

Quebec reports 458 new cases, two new deaths

Record Staff

The Province of Quebec reported 458 new cases of COVID-19 on Thursday, 305 of which were among non-vaccinated individuals. This increase brought the total number of people infected across the province to 420,929 with 4,834 active cases. According to Santé Quebec, unvaccinated people have been 6.7 times more likely to contract the virus than vaccinated people over the last 28 days, and 21.5 times more likely to be hospitalized.

There were two new deaths recorded on Thursday, for a total of 11,455 since the start of the pandemic.

Between the 12 new admissions and 22 new discharges, the overall number of hospitalizations in the province decreased by ten to 287. Of that number, 72 people were in intensive care, a decrease of three compared to the previous day.

There were also 523 outbreaks being tracked across the province.

In the Eastern Townships the number of active cases decreased from 342 on Wednesday to 329 on Thursday, but the number remained high compared to where it has been in recent weeks. Looked at in relation to population, the Des Sources health region remained the area of the Townships with the highest rate of infection, at 154.7 per 100,000 people, or 19 active cases, followed by the Granit region with 122 per 100,000, or 26 active cases, and Coaticook, which

CONT'D ON PAGE 3

Another year of empty 'Empty Bowls'



GORDON LAMBIE/ARCHIVES

By Gordon Lambie

After a surprising success as a lawn sale in 2020, Lennoxville's annual empty bowls fundraiser

is returning in its pandemic-adapted form this fall.

"We're back with empty, Empty Bowls again," said organizer Lucy Doheny with a chuckle, sharing that although

the original model of the Empty Bowls events was to offer a simple soup meal in order to raise funds for local hunger-fighting organizations, the sale format actually ended up making more money

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TODAY:
40 PER CENT
CHANCE OF
SHOWERS
HIGH 13
LOW 10



FRIDAY:
SHOWERS
HIGH 15
LOW 3



SATURDAY:
CLOUDY
HIGH 7
LOW -2



SUNDAY:
SUNNY
HIGH 10
LOW 1



MONDAY:
30 PER CENT
CHANCE OF
FLURRIES
HIGH 10
LOW -1

Smile why you still have teeth



LINDA KNIGHT SECCASPINA

Years ago I never thought that I would come to this point in my life. Sleeping in my Grandmother's bedroom as a teen, I gagged looking at the glass of water containing her upper dentures sitting beside the bed. It didn't matter that at age 15 in the 60s my overbite was so bad that the local dentist decided to pull out the protruding front teeth and gave me a tiny dental plate. Those were the days when the dentist office looked like a torture chamber and he would promise us all a lollipop if we didn't scream during the drilling.

Life wasn't so bad with the small false tooth plate, and it didn't interrupt my life much - except during one day in Montreal. The sandwich bread they were serving at the Simpson's Sears lunch counter was just too soft. Somehow when I put my sandwich down the gentleman sitting next to me had to mention that the tiny false tooth plate was stuck to my sandwich.

Years progressed, and there was still little change in my dental features and by this time Grammy

had her top and bottom dentures in that same glass. You know you are really old when you and your teeth don't sleep together anymore! I vowed this would never happen to me until one day my dentist told me my gums were so infected that most of my teeth would have to come out and be replaced by capped teeth.

Well, that was 30 years ago, and the price has gone up three-fold for dental care, so as parts of my mouth hardware fall apart like a Lego set, I am holding on to what I have with great care. This has never happened to me before. Well, maybe one time, and it wasn't exactly my teeth.

I was asked to make and serve Simnel cake one Mothering Sunday after the church service. I had just gotten my first nose stud put in that week, and it was becoming loose, and looking a tad infected. After I served the fifth piece of cake, an old man came up to me with a big smile wearing a thick wool allergy ridden sweater. I began to sneeze, and then I let one out that was nothing short of gale force. You can all guess what happened next. That little rhinestone nose stud took one giant leap for mankind, right across the front of the church. I didn't falter, I did not sway, but I did let out a scream that was heard into the heavens.

"Don't anyone move!" I yelled. I have lost my nose stud, and no more cake until it's found!"

The strange part is no one blinked an eye, just like when my teeth fall out. Immediately they looked down and tried to find it. One little old lady started picking at something with her cane and said,

"Is this it dear?" and she started

to giggle.

She took her cane and launched the nose stud across the rug in one fell swoop like she was trying to get a hole in one. I grabbed it, smiled, and resumed the serving of the Simnel Cake. So this exact scenario happened to me last week- without the cake and the nose piercing.

When I woke up last Sunday my front teeth cap (six teeth) were missing. I usually poligrip them down but my son's dog was visiting for the week and I forgot. Immediately, I look at the 28-pound French bulldog sleeping next to my head and assume the worst. Am I going to have to follow her around looking for evidence of my lost teeth? Did she gobble them up like candy? I was able to wear a mask for a town event and not look like Ma Kettle until my husband could come home and help me look.

I did everything known to man to try and find those teeth and I religiously followed Bella outside, each time hoping I might see them in some deposit in the grass. It wasn't until hubby came home that I let him take over and within an hour he had found them. So where were they? They had rolled off the bed into the tiny waste basket.

Now they are glued in, and I think I will have no more worries until I have to blow out the 71 candles on my birthday cake next year. I think I should look into the whereabouts of a tooth fairy as soon as possible for extras. Does anyone know if she delivers? Does she take cash or Paypal? After-all, dentists are medical professionals who help you put your money where your mouth is.

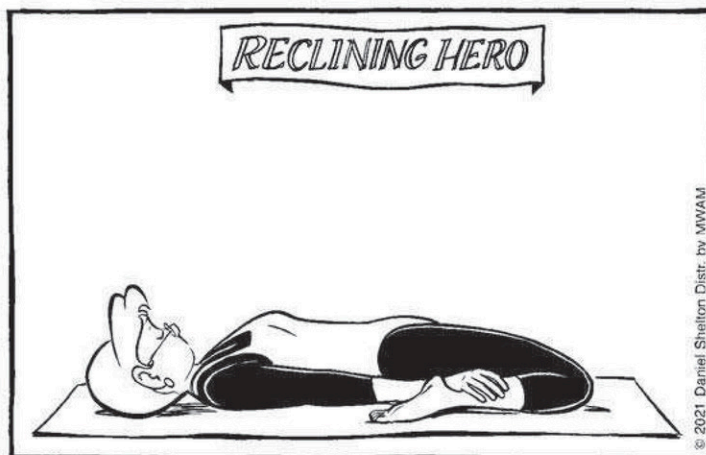
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Ben by Daniel Shelton



Non-Covid infant infections overwhelm Sherbrooke hospital

By Geoff Agombar
Local Journalism Initiative

CHUS - Hôpital Fleurimont continues to struggle with critically high admissions in its pediatric Intensive Care Unit.

A Monday news release from Santé Estrie says Respiratory Syncytial Virus (RSV) infections among very young infants are spiking earlier than usual.

Pediatrician Sylvie Lafrenaye told Radio-Canada that she has never seen a situation like this in her 20 years working in intensive care.

Assistant head nurse Sylvie Tanguay told Radio-Canada the situation on Oct. 10 reached the point where there were insufficient beds to accept incoming pediatric patients. Sick children were diverted to smaller departments in

Granby or Drummondville because the Fleurimont pediatric ICU was full.

Santé Estrie explains that RSV infections normally peak during the winter, but it is already very active in the region this year. Like many regions across the province, the situation is further complicated by significant labour shortages.

Santé Estrie stresses that the management team is closely monitoring this influx of very young ICU patients to ensure these children receive the best of care.

When to consult a doctor? Santé Estrie advises:

- if your baby has had a fever for more than 72 hours;
- if your baby's general condition is altered (lethargic, less responsive);
- if your baby is experiencing respiratory distress, difficulty breathing;
- if your baby is dehydrated (not drinking well, vomiting, less urine, dry lips);
- if your child seems to be seriously ill, don't hesitate to seek help quickly.

In the current context, Santé Estrie says it is essential to protect young children from all viral infections, especially those aged three months or less. To this end, pediatricians recommend that, when feasible, parents of newborns should:

- avoid social contact with family and friends as much as possible, because even if they appear healthy, they may be contagious;
- avoid sending your newborn's siblings to daycare for a few weeks, because many viruses circulate there and may be brought home;
- avoid contact with people who are sick or have a cold at all costs, even if they do not have COVID-19;

- wash your hands frequently and cough into your elbow.

Santé Estrie explains that RSV is of greatest concern for babies born prematurely and in babies less than three months old. But, an infection that looks like a common cold in an older child or adult may be a virus that can cause severe pneumonia or bronchiolitis in a young child.

RSV (sometimes known as hRSV or human orthopneumovirus) may sound exotic, but is actually very common. According to WebMD, most children will experience an RSV infection before their second birthday. In the vast majority of children, RSV symptoms resemble a cold and last one to two weeks. Reinfections later in life are generally uneventful. Over the course of a typical year, RSV is generally the leading cause of respiratory hospitalizations of infants.

But, 2021 is not a typical year. A prolonged period of strict public health measures to mitigate the spread of the novel coronavirus has disrupted the seasonality of many well-known infections. Decreased spread during the last year and a half could increase the likelihood of other viruses spiking to high levels at unpredictable times. With hospital systems and staff stretched thin, there is an elevated risk that individual hospitals or regions could be overwhelmed during the rocky transition to new routines.

For weeks, medical experts have warned COVID-19 is not the only virus that will have access to more hosts as we increase social contacts and work hours, and send our children back to day-cares and schools in greater numbers.

On Sep. 23, Dr. Zain Chagla, an infectious disease physician and

associate professor at McMaster University, told CBC that cold and flu viruses, such as enterovirus and rhinovirus, were spiking earlier than usual, and we should expect those trends to accelerate as students return to school.

Chagla explained epidemiologists typically look to the winter season in Australia or New Zealand to predict what to expect in Canada when winter comes to the northern hemisphere. But this year, those countries were in lockdown due to local Covid spikes, so their flu season was virtually non-existent, like ours was last winter. Meanwhile, Asia, sub-Saharan Africa and South Africa have seen increased flu transmission recently, suggesting Canada will see surges soon too.

Pascal Lavoie, a pediatrician and clinician scientist at the B.C. Children's Hospital Research Institute, told the CBC on Sep. 23, "Things are going to stabilize again, but as we enter into this transition, I think people need to be vigilant."

Lavoie added that parents would have to be vigilant with respect to RSV this fall, because there were early signs of a resurgence starting to build in Eastern Canada and US.

Since late September, news reports have noted that resurgence of flus and colds was driving increased traffic at Covid testing sites.

An Oct. 1 news release by Santé Estrie warned that the circulation of RSV was growing due to increased frequency of contacts between children in schools and daycare centres. That release noted that "At the CHUS - Hôpital Fleurimont, from April 24 to Sept. 11, 2021, compared to the same period last year, we experienced a 58% increase in pediatric admissions. Admissions in intensive care have increased by 53%."

Covid update

CONT'D FROM PAGE 1

also had 19 cases for a rate of 101.2 per 100,000. The region with the highest individual number of cases remained Sherbrooke, with 108, although its rate of infection was lower because of its larger population.

Although the province continues to record thousands of new vaccinations each day, with over 9,000 being added on Thursday, the overall rates of vaccination remained largely unchanged at 90 per cent of the eligible population for a first dose and 86 per cent for a second.

Empty bowls

CONT'D FROM PAGE 1

with less overall work.

Beyond the simplicity of just making and selling bowls though, the potter said that she also feels that selling the bowls without anything inside of them helps to underline the message that no one should have to go hungry.

"This way they really are empty," she said, adding that in the past people's support tended to dwindle after the meal ran out of soup.

While not 100 per cent certain of the date yet, Doheny said that she is aiming to hold the sale of bowls around the second week of November.

The Empty Bowls movement is an

international grassroots initiative that dates back to the 1990s and pairs potters with organizations that work to prevent hunger on the local level within communities.

Some version of the event has been taking place in Lennoxville since 2013, with recent editions raising as much as \$7,500 per year for causes like the Cornerstone Food Bank, the Lennoxville Elementary School Breakfast Program, and the Bishop's/Champlain pastoral fund for students in need.

In addition to the hundreds of bowls that she has been making for this year's edition, Doheny also

welcomed the support of North Hatley artist Alan Gerrish.

"He is probably one of the best potters we've ever worked with and he's made 100 bowls," she said.

Although the event's simple soups have not returned in 2021, Doheny said that she is back to the point where she is comfortable inviting a few people in to her studio on Moulton Hill road to help decorate the bowls before they are glazed. She will be at work on them this coming Sunday, Oct. 24, from 10 a.m. to 3 p.m.

"I have about 250 to glaze over the next three weeks," she said.



GORDON LAMBIE/ARCHIVES

Pottonman triathlon raises \$7,000 to benefit missisquoi north volunteer centre (CABMN)



distances. On Sept. 12 Van Oordt set out before dawn. Fourteen hours, 35 minutes and 41 seconds later with 229.67km travelled and 11,302 calories burned, Marc completed his dream in tact and was still sporting the same contagious smile he had throughout the day.

On Thanksgiving weekend Van Oordt and his wife Annabelle Ambroise delivered a symbolic cheque to the CABMN in the amount of \$7,000 which represents all of the donations received from individuals and businesses in the name of "Pottonman."

"The amount raised by Pottonman and his team of supporters is truly inspiring," said Mable Hastings-CABMN Executive Director. "While the funds will be a tremendous help to the CABMN activities for youth, seniors, the intellectually and physically handicapped and more; the gift of getting to know Marc and his wife has been equally appreciated by the CABMN staff. These are truly good people with big hearts."

Event's end found Van Oordt in an adrenaline rush as well as fatigued. The days that followed were filled with the realization that he had enjoyed himself and accomplished far more than he could have imagined.

"There will be other long-distance triathlons," he shared. "Not right away



COURTESY

Pottonman, Marc Van Oordt receives thank you basket from the CABMN and community

however as the impact on family is a great one but if my physical health allows, in a few years time I may try it again," he added.

Event supporter Mike Cyr, a local real estate agent and former CABMN Board of Director's member was present at the event and cheered Marc on throughout the day. He was quick to share his gratitude and praise.

"I am so proud of Marc, Annabelle and their crew," he said. "Their selfless commitment to fundraise for our little community is incredible!"

"Even though it was a solo and autonomous event, I was incredibly lucky to be able to count on some very generous people," shared Van Oordt.

Corporations and donors including: Canoe and Co., Club Orange, Owl's Head Ski and Golf, Jean Coutu Mont St Hilaire, Jean Coutu Beloeil, Ms. Isabelle Charest Member of Parliament for Brome Missisquoi, Mike Cyr-Real Estate Broker, Nubik and Resto Bolton. The

Corporate and Institutional fundraising team: Elsa de Chevigny, Patrick Guay, Valérie Leclerc, and the "D-Day Support Team" Kayak-Etienne Beaulieu, Bicycle-Line Ste-Marie, Philippe Guay, Alain Desjarlais, Alexandre Dumas, Alejandro Sandoval, Cyrille Guerin, Running: Thierry Allegrucci, Billy Malenfant, Christopher van Oordt, David van Oordt, Nicolas vanOordt - Supply: Annabelle Ambroise and Isabelle Turcotte, Coach: Pierre Svartman, Cheerleaders on site: Anik Landry and Chantal Albert.

"Finally, I must thank My #1 supporter - the woman in my life - the one who has supported me all these months, Annabelle Ambroise," Marc shared.

Marc Van Oordt aka "Pottonman" impacted the community in so many ways, inspiring both youth and adults. More than just a race, this personal project spread a lot of joy and positivity and that is a priceless gift.



COURTESY

Marc Van Oordt (aka Pottonman) presents mock cheque representing the \$7,000 raised with his triathlon fundraiser.

THE SCOOP

MABLE HASTINGS

In July The Record introduced readers to Marc Van Oordt an athlete with a personal dream to partake in a Triathlon. Although his original plan of participating in a large event in his native Netherlands in 2020 was not possible due to the Pandemic, Van Oordt found his own way of challenging himself. He decided to embark upon his own solo, semi autonomous triathlon in Potton making it a fundraising initiative benefiting the Missisquoi North Volunteer Centre (CABMN), a non-profit charitable organization that will celebrate its 40th Anniversary in 2022.

A triathlon is an event combining swimming, cycling and running (in that order) in events of different

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The Border Report

All-in-all, great things are happening in the renewed high school tutoring sessions at Phelps. Not only are students back, as an organization we are also feeling reinvigorated.

High school tutoring back on track

**PHELPS AIDE
PHELPS HELPS**

Phelps Helps 2021-2022 year is off to a great start. We would also like to thank all of the wonderful volunteers who have already donated much of their invaluable time. As the year progresses, we intend to build on this solid beginning, to lean into challenges and to encourage our students to dream big.

Phelps Aide Phelps Helps was

founded in 2012 and has grown organically from a single high school tutoring program to six unique programs, providing the Stanstead area with free educational and career support. For more information or to volunteer, please email us at info@phelpshelps.ca, visit our website www.phelpshelps.ca or call our offices at 819-704-0799.



COURTESY

As the world is trying to free itself from a nearly two year-long pandemic, high school aged students are still navigating their way through the tumultuous teen years. This cohort experienced the brunt of the social impact when in March of 2020 community interactions came to a halt in the Eastern Townships. Life is slowly returning to normalcy and students are having to rediscover their place within it. Phelps Helps is standing beside them with the hope of finding ways to support and guide them forward.

As to be expected, participation rates have skyrocketed compared to the previous year. Throughout the 2020-2021 school year, we tried our best to keep up in-person activities, however, much was limited due to red-zone mandates. While we closed our doors for most of the year, we still kept students engaged through on-line tutoring. It came as little surprise that our numbers suffered, aligning with the data coming in from other youth driven organizations. Teachers and parents watched as the kids

they cared about retreated to their bedrooms and their cell phones.

This year, however, it seems as though our local students have a thirst to reattach to their Phelps Helps community. Within the first month, our participation rate has already reached 82%. We have had many busy nights with as many as fifteen students filling up our quiet study spaces. If you were to walk around Phelps on one of these given evenings, you would find heads bent over books and students crowded around a volunteer. Snacks are being devoured and books are being dusted off from the shelves.

All-in-all, great things are happening in the renewed high school tutoring sessions at Phelps. Not only are students back, as an organization we are also feeling reinvigorated. Being around our local kids is what fuels us to continue to do the work that we do. We tip our hat to the hard-working High School Program Coordinator, Elizabeth Courchesne for her behind-the-scenes work in ensuring that the

FRONTIER ANIMAL SOCIETY

Featured pet: Stella

Over the years we have taken in our fair share of abandoned barn cats, many of whom arrive at the shelter in a state of neglect. Most are unsterilized and many require treatment for fleas, parasites, and a variety of other ailments. Don't get us wrong, we support the responsible placement of feral or unsocialized cats but only into barns where they are cared for, have proper shelter and access to food and water.

Our concern is for those who end up at barns where they are unwanted and uncared for. Stella is one such cat and her story is particularly heartbreaking.

Stella was rescued along with 7 other cats from a barn where they were being callously tormented and shot at with pellet guns. Thankfully, a good Samaritan intervened and over time, she has successfully caught and removed every last cat. Sadly, she believes some succumbed to the cruelty before they could be rescued.

Of the 8 cats who were brought to our shelter, two, Stella and Eartha, who we believe are sisters, require surgery to remove the pellets. Stella's from her

back and Eartha's from her jaw. It's unimaginable that there are people in this world who can be so needlessly cruel.

Understandably, Stella is timid and keeps her distance from people, but she is sweet and just needs time to learn to trust. What Stella needs is a calm and quiet home with a compassionate and patient adopter who will give her the time she needs to heal emotionally. After her ordeal, she deserves to experience kindness in the comfort of a safe and loving home. She deserves toys, treats, soft blankets and sunny windowsills!

Stella may always be a little timid, but we have every reason to believe she'll come around. A home with another friendly and gentle cat should be fine. Stella is approximately a year old.

If you can give this beautiful young cat the home she deserves, we'd love to hear from you. To inquire, please send an email to frontieranimalsociety@gmail.com or better yet give our cat adoption coordinator Linda a call at 819.868.2684

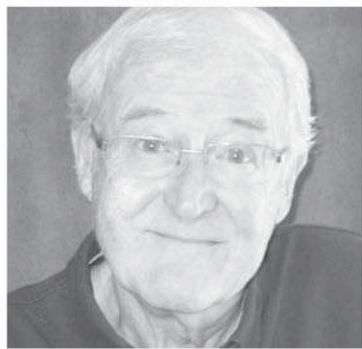


COURTESY FAS

EDITORIAL

When you are writing or referring to a plurality of items it is 'fewer' stones or books or people. If it's a collective it becomes 'less' as in less water in the tank or less bread on the counter.

Less words than you want about an amount of things



TIM BELFORD

Many years ago if someone wanted an example of the clear, concise and grammatically correct use of the English language, they would invariably consult the Globe and Mail or perhaps listen to the CBC; not any more.

Sadly, editorial oversight seems to be a thing of the past. The media today is rife with the misuse of the language and a disregard of some of the basic rules of grammar. Note, I am not talking here about the occasional spelling error or the inevitable typo or two - both mistakes that I have made in abundance myself - but a complete abandonment of the correct words themselves.

At the risk of being dismissed as a pedant (also referred to as a purist, dogmatist, hair-splitter, pettifogger and fault-finder) let me give two examples found in Canada's 'national' paper and heard on the CBC recently.

A cheerful and earnest reporter was describing a recent gathering of anti-vaxxers pointing out that "there were a lot less people" at the event than expected. I presume what he meant to say was that there were 'a lot fewer' people at the event unless, unlikely as it may sound, they were in a large heap on the ground.

The difference is simple and something that was, at one time, drilled into the youthful heads of would-be reporters. When you are writing or referring to a plurality of items it is 'fewer' stones or books or people. If it's a collective it becomes 'less' as in less water in the tank or less bread on the

counter.

The same holds true for 'number' and 'amount.' There can never be a large amount of people in a crowd nor is there a large amount of politicians in the House of Commons. It makes no more grammatical sense than saying there is a large 'number' of coal in a pile.

Part of the problem, I can only presume, is that the teaching of the basics of English in our schools isn't what it used to be. As boring and mind-numbing as they were, the rules of grammar and the parsing of sentences was a rite of passage to the correct use of the language. Just how far we have fallen came to my attention when I once told a young script writer - the proud possessor of a B.A and a Masters in journalism - to avoid using so many gerunds. The baffled look on his face said it all.

Mind you, today's ubiquitous advertisements for everything from automobiles to Zantac don't help. Stretching the meaning of even common words erodes communication in the subtlest of ways.

What is "invisible dirt" and if it's invisible how we will ever know if it's gone after using the touted miracle washing detergent. Then there is the "certified" used car. Does that mean that the advertiser certifies that the car has actually been used before or that it's certified to last more than a week on the road.

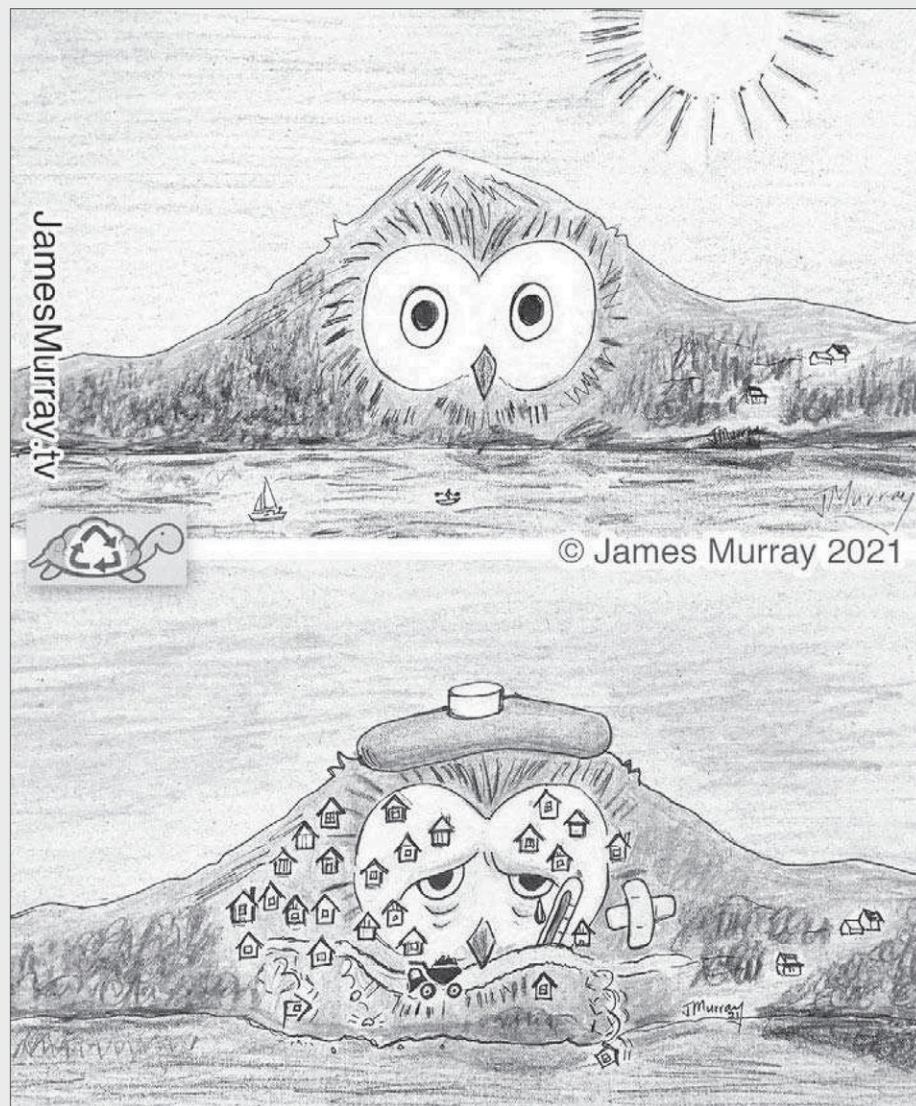
One particular company selling bath and shower liners boasts that the insert will be "custom installed." What would be the alternative? "Our liner is guaranteed to sort of fit the space?" Then there's the automotive company that boasts that their trucks are "professional grade," which leaves one wondering what kind of amateur-grade vehicles the opposition is foisting off on an unsuspecting public.

Languages change and adjust to the times. The alternative is to disappear. Just the same, making a mistake and making it often enough to claim legitimacy isn't necessarily a good thing.



Letters

Artist's view of the Mont Owl's Head residential development project



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Cantonniers looking for an assistant coach

Record Staff

The Magog Cantonniers organization, of the Quebec U18 AAA Hockey League, is looking for an assistant coach who is able to start immediately.

The team is looking for a passionate person who cares about the development of young hockey players, especially at the U18 level where coaches are working with young athletes aged between 15 and 17 years old.

The chosen candidate will work with the team's head coach, Stéphane Robidas, and other members of the hockey staff.

The team practices on weekdays, Monday to Thursday, from 2:30 to 4:30 p.m. at the Magog arena.

Games are played mostly on weekends, but there are some weekday games as well as the team's participation in some tournaments, including the league's mid-season tournament in Saguenay in December.

Those interested in the position can send their applications by emailing christian.lord47@gmail.com.

Only those selected will be contacted.

Canadian athletes must be vaccinated to compete in Beijing Olympics and Paralympics

The Canadian Press

Canada's Olympic and Paralympic athletes must be vaccinated to compete at the 2022 Winter Games in Beijing.

The Canadian Olympic and Paralympic Committees announced a COVID-19 vaccine mandate on Wednesday, saying the decision was made with support of the boards of directors and athlete commissions.

The mandate aligns with the federal government's recent announcement that all air travellers must be fully vaccinated by Oct. 30, 2021, Canadian Olympic Committee CEO David Shoemaker said in a statement.

The Canadian team was over 95 per cent fully vaccinated, but not 100 per cent, at the Tokyo Games last summer, and Shoemaker noted there were no positive cases among the 840 Canadian athletes and staff who travelled to Japan.

"We want to do the same for Beijing," he said. "A fully vaccinated team following robust hygiene and physical distancing protocols is the best way to do that."

The United States Olympic Committee announced a similar vaccine mandate recently, also a departure from the Tokyo Games where American athletes such as swimmer Michael Andrew made headlines because of their anti-vaccine beliefs.

The Olympics open Feb. 4 and the Paralympics on March 4.

"Our commitment to ensure the health and safety of each and every member of the Canadian Paralympic Team is of the utmost importance to us," Karen O'Neill, the CEO of the Canadian Paralympic Committee, said in a statement.

"Our efforts to keep the team safe were successful at the Tokyo Games, and building on that success our aim is to take the next step for Beijing with a vaccine mandate for the entire team ... Full vaccination is the most effective tool at our disposal as we continue our preparations for the Paralympic Winter Games."

China also has a 21-day quarantine mandate for travellers who have not been fully vaccinated.

2022 Nissan Frontier



To say the revamp of the truck has been a long time coming is an understatement; this is the first big do-over since 2005! Photo: D. Hyeman



By D. Hyeman

The Nissan Frontier is getting a full-scale redesign for 2022 - and safe to say, it's due. Overdue. Over-overdue. We haven't seen an all-new Frontier since the second-gen truck debuted in 2005 and we haven't seen a new model-year since way back in 2019. That means it will have been three full model-years since a new Frontier arrived on lots. It was time, grasshopper.

To their credit, Nissan has taken the job seriously and given the Frontier an all-new engine and transmission, some more creature comforts and most obviously, all-new styling.

Outside

It's a styling change that does a nifty job of channeling the much-loved Nissan hardbody trucks of the late 80s and early 90s, mixed with some proper modern styling that makes for a look that isn't so explicitly retro as, say, the Ford Bronco.

True, you can see some of the old truck in the new, squared LED headlamps that get DRLs above and below the main light for kind of a squinting look. The shape of the front fenders and leading edge of the hood are also nods to the old truck. But the blacked-out grille with red Nissan logo (a detail only for the Pro-4X versions), six new colours (including the Tactical Green Metallic shade seen here), two-tone wheels and DRL taillamps do their part to seat the Frontier firmly in the modern day.

The Pro-4 is one of three trims available (four if you include the two-door King Cab and four-door Crew Cab versions). This is what the offering looks like:

- S King Cab (\$39,998)
- SV King Cab (\$41,498)
- SV King Cab (\$43,498)
- SV Crew Cab (\$45,398)
- Pro-4X (\$45,598 and \$47,498, depending on cab style)

There are also two available bed lengths - five and six feet, although for the most part those bed lengths are restricted to which cab length you select. The sides of the bed have also been lowered for 2022, making for easier liftover and lessening the need for other bed-access adds, although an additional grab handle fitted to the bed wall is available.

Both the SV and Pro-4X can be had with both cab types, although the Pro-4X King Cab is Canadian-specific.

Apparently Canadians - especially those in the West - like their smaller trucks.

Inside

The interior has also been redesigned for 2022 and now gets a more modern look and new features like an optional 9-inch touchscreen display (an 8-inch display is standard), 7-inch in-gauge display and standard Zero Gravity seats. There's also standard Nissan SafetyShield 360 tech (that provides standard rear automatic braking, automatic emergency braking, blind spot warning and rear cross-traffic alert) and eight cupholders, as well as Android Auto and Apple CarPlay compatibility.

Heated steering wheel and seats are available at the SV level, but no matter which trim you select, the steering wheel cannot be adjusted for reach, just for tilt. I found that to be a bit of a problem as coupled with the lack of any lumbar adjustment, I never quite found the perfect driver seating position. I came pretty close after a bit of tweaking - and the seats are comfortable and supportive - but I never felt like I was 100-percent seated correctly. They have, however, improved interior ergonomics by moving the shift lever closer to the driver.

Pro-4X

Being the big daddy of the bunch, the Pro-4X gets all manner of adds such as off-road suspension with Bilstein dampers, aluminum and steel underbody skidplates, red tow-hooks outside, electric locking rear differential and some design touches inside such as more red Nissan logos and "Pro-4X" embossing.

It also gets the Intelligent AroundView park assist monitor that includes an "off-road mode" and a forward and down-facing camera that you can activate at speeds of up to 10 km/h. This is especially helpful as you crest hills, so you can see on the monitor what's coming even if all you can see through the windshield is the great blue yonder.

A hill descent system that can be activated on the fly with the push of a button (placed somewhat awkwardly by the driver's left knee) allows you to focus on steering as you head downhill while the computers handle the braking and transmission.

Powertrain

Power from the new V6 - 93 percent of which is made up of all-new parts - is rated at 310 hp and 281 lb-ft-feet of torque - this gives more horses than the old truck, but the torque figure remains unchanged. The only transmission you can pair with it is a new 9-speed, and it's a partnership that makes for some great mid-range grunt but takes a little of coaxing when setting off from stop.

It sounds a real treat, though, and

while Nissan has spent a lot of time on reducing in-cabin noise for this generation of the truck, I don't mind hearing a bit of a growl from the exhaust when you really get on it.

Speaking of new parts and noise reduction: Nissan says that they've applied 41 new parts to help in that regard, including revised engine bay and side dash insulation, new floor damping material, laminated front door glass, floor damping and quieter tires. These have helped reduce engine noise, road noise and wind noise by 5, 3 and 2.5 decibels respectively.

Of course, it may be hard to picture a five-decibel reduction but know this: the Frontier is one quiet-riding truck on the highway.

On (and off) the road

Mind you, if we're talking about the Pro-4X version, then the highway performance is one thing, but it's not the main thing. Buyers will want to know how the Frontier performs off-road as well.

Simply put, it performs quite well. The suspension is properly tuned for this, and the hydraulic steering does well to meter out the harshest bumps that come through the front axle. Speaking of metering out bumps: it's here where we also really feel what the hydraulic body mounts have done. I found myself moving to and fro far less in the cabin than I would have expected considering the harshness of the cottage road I was on, and that feeling of stability makes it much easier to focus on the task at hand, and that's getting through adverse terrain as safely as possible. Coupled with the camera and hill descent system, it's a rewarding experience.

If you're a big off-roader and like to have control of your own gears, though, you'll have to do so with the auto transmission's manual mode since there's no manual gearbox available on any Frontier. That will be disappointing for some, but in this day and age, we all know that the manual is just not the draw it once was, and manufacturers are responding by offering ever-fewer vehicles with it.

I doubt many will trouble themselves about the lack of a manual transmission, though. At the end of the day, Nissan has delivered a pickup that checks off many of the requirements that help pickups grow beyond the stigma of being work vehicles and make them adventure vehicles instead. The Frontier looks very cool, it drives quietly and is (mostly) comfortable, and it has all the safety and infotainment tech one needs.

Add the very capable off-road abilities of the Pro-4X model, and you have a quality entrant into the burgeoning small/midsize pickup segment.

Aluminized steel & stainless steel mufflers



Fernand Cabana, owner
Sylvain Auger, Manager

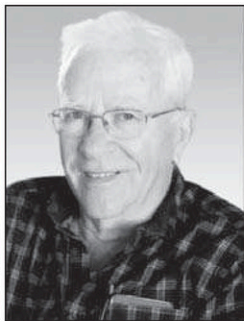


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Sherbrooke

www.silencieuxsherlenn.com

Death

**Alan Webb
(1937-2021)**



Passed away peacefully at the CHUS Fleurimont, October 19th, 2021, at the age of 83, resident of Cowansville, husband of Ms. Diane Harland, son of late Maurice Webb and late Marion Shufelt.

Besides his loving wife, he is survived by his children; Heidi (Mike Maddin), Lori (Andrew Lacroix) and David Webb, his dear grandchildren: Tyler, Kristin, Cole, Wade, Skogen and Zahra, his grandchildren Ethan and Adrian, his brothers-in-law, and sisters-in-law, his nieces and nephews, and other relatives and friends.

Visitation will be held at: Complexe funéraire BROME-MISSISQUOI, 402 rue de la Rivière, Cowansville, Qc on Saturday October 23rd, 2021, from 9 a.m. to 11:30 a.m. A private burial will follow at the Riverside Cemetery.

**BROME-MISSISQUOI
Funeral Complex
402, rue de la Rivière,
Cowansville QC
PHONE: 450-266-6061
complexfuneraire.ca**

Rabies completely preventable with vaccine



ASK THE DOCTORS
By Eve Glazier, M.D., and Elizabeth Ko, M.D.

Dear Doctors: We just heard a story on the news about a man who got bitten by a bat and then died of rabies a few weeks later. We see bats in our area a lot, so we're worried. Why didn't the rabies treatment work? What is rabies, anyway?

Dear Reader: You're referring to a case that occurred last August in a community just north of Chicago. An 87-year-old man woke up to find a bat on his neck. The bat, which was captured, tested positive for rabies. Despite urgent warnings that he needed immediate preventive care, the man refused.

Treatment for rabies consists of an initial injection of a medication known

as rabies immunoglobulin, which is made up of antibodies against the rabies virus. It is given in the vicinity of the bite to stave off infection. This is followed by a series of four shots given in the arm over the course of two weeks. The medication in these shots teaches the immune system to recognize and fight off rabies infection.

Unfortunately, the man developed symptoms consistent with rabies a month later. These include headache; neck pain; difficulty controlling the motor function of the arms, hands and fingers; difficulty with speech; exhaustion; and numbness.

Rabies is almost always fatal, and the man passed away. However, with the medical care that the man declined, the disease is 100% preventable. Once the virus begins to cause symptoms, though, it's too late for the treatment to be effective. That's why, whenever exposure to rabies is suspected, treatment must begin immediately.

Rabies is caused by a virus that attacks the nervous system. It is spread via the saliva of an infected animal, most often through a bite. In other parts of the world, where up to 60,000 people die of rabies each year, dog bites are the most common cause of infection. Here in the United States, thanks to robust veterinary vaccination programs, the disease is most often found in wild animals. This includes raccoons, skunks, foxes and, yes, bats.

Cases of rabies in humans are quite rare in the U.S., with fewer than three reported each year. The death in Illinois was the first in 67 years in that state. This speaks to the efficacy of the treatment, which is received by 30,000 to 60,000 people each year. However, it's still important to practice prevention. At this time, physical contact with saliva from an infected bat is the leading cause of rabies exposure in the U.S. Wildlife experts caution that you should never touch a bat with your bare hands.

If you know or suspect that you've been bitten by a bat, seek immediate medical care. Whenever possible, the bat should be captured and sent to a laboratory for rabies testing. But just because you have bats in your area doesn't mean you're in danger. Wildlife experts say that just a fraction of 1% of bats carry rabies. Stay safe by keeping your pets' rabies vaccinations up to date, and when it comes to bats and other wildlife, keep your distance.

Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health. (Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10880 Wilshire Blvd., Suite 1450, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.)

Datebook

THURSDAY, OCTOBER 21, 2021

Today is the 294th day of 2021 and the 30th day of autumn.

TODAY'S HISTORY: In 1879, Thomas Edison successfully tested an electric lightbulb.

In 1892, the original "Pledge of Allegiance" was recited by an estimated 12 million schoolchildren across the United States in honor of the 400th anniversary of Columbus' voyage to the New World.

In 1959, the Guggenheim Museum opened in New York City.

In 1967, more than 35,000 anti-

war protesters stormed the Pentagon, resulting in nearly 700 arrests.

TODAY'S BIRTHDAYS: Samuel Taylor Coleridge (1772-1834), poet/essayist; Alfred Nobel (1833-1896), inventor/arms manufacturer; Dizzy Gillespie (1917-1993), jazz musician; Celia Cruz (1925-2003), singer; Whitey Ford (1928-2020), baseball player; Ursula K. Le Guin (1929-2018), author; Judy Sheindlin (1942-), judge/TV personality; Benjamin Netanyahu (1949-), Israeli politician; Carrie Fisher (1956-2016), actress/writer; Ken Watanabe (1959-), actor; Kim Kardashian (1980-), model/socialite;

Zack Greinke (1983-), baseball player; Kane Brown (1993-), singer-songwriter.

TODAY'S FACT: While there are no posthumous nominations for the Nobel Prizes, they can be awarded posthumously if the winner dies before the Dec. 10 ceremony.

TODAY'S SPORTS: In 1975, Red Sox catcher Carlton Fisk hit a home run that glanced off the foul pole at Fenway Park in Boston, giving the Red Sox a 12th-inning victory over the Cincinnati Reds in Game 6 of the World Series.

TODAY'S QUOTE: "I don't hate hardly ever, and when I love, I love for miles and miles. A love so big it should either be outlawed or it should have a capital and its own currency." – Carrie Fisher, "Shockaholic"

TODAY'S NUMBER: 13.5 – hours Thomas Edison's first prototype electric incandescent lightbulb lasted before burning out.

TODAY'S MOON: Between full moon (Oct. 20) and last quarter moon (Oct. 28).

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:

Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)

Discounts: 2 insertions or more: 15% off

With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.

BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:

Text only: \$16.00 (includes taxes)

With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.

WEDDING WRITE-UPS:

\$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: classad@sherbrookecord.com - They will not be taken by phone.

DEADLINES FOR DEATH NOTICES:

For Monday's paper, email production@sherbrookecord.com or call 819-569-4856 between 1 p.m. and 5 p.m. Sunday. For Tuesday, Wednesday, Thursday or Friday's edition, email production@sherbrookecord.com, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

TOWNSHIPS' CRIER

Needing space from brother

Dear Annie

THURSDAY, OCTOBER 21, 2021

TOWNSHIPS

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-888-424-2975, www.aa.org

ZOOM

Halloween Poetry Break: Join us to share some spooky poems and get in the Halloween spirit! October 25, 2-3:30 pm or October 27, 7-8:30 pm. On Zoom; phone-in option available. To register, contact Michelle: ml@townshippers.org.

LENNOXVILLE

Remembrance Day Supper, A.N.A.F. #318 (The Hut), 300 St. Francis Street, Sherbrooke (Lennoxville) on Saturday, November 6 at 6 p.m. Tickets on sale now, \$20. per person. Call Doreen Morissette at 819-821-2967. Deadline: November 4. Roast Beef with all the trimmings.

AYER'S CLIFF

The Royal Canadian Legion, Branch #128, Ayer's Cliff will be holding a general meeting on October 28, 7 p.m., at the Community Hall (Rosedale Street). Masks and COVID rules apply please. Membership fees do now. Orders your crosses and wreaths A.S.A.P. Volunteers needed to help with poppy boxes and wreaths.

RICHMOND

St. Anne's Anglican Church, Main St. South, will be holding a Christmas Bazaar (many new articles), Food Sale and Rummage Sale on November 27 from 10 a.m. to 3 p.m. Our first Christmas Bazaar in 2 years. Hope to see you there. Please wear your mask.

RICHMOND

The Richmond-Melbourne United Church at 247 Principale Sud, Richmond, will be holding a Rummage Sale on Saturday, October 30 from 9 a.m. until 1 p.m. There will be something for everyone, so come ahead! We hope to see you there. All proceeds will go to the Richmond-Melbourne United Church. Please note: a mask is obligatory, your vaccination passport will be asked for, physical distancing will be observed, and only limited numbers will be allowed in at any one time.

ONLINE WORKSHOPS

Mental Health Estrie invites you to attend our free virtual workshops which are open to all and presented in English. The theme this November is "Effective Communication". On Wednesday, November 10, we will host Rachelle Doucet (Director of Workshops and Training at Vent Over Tea) as she teaches "Active Listening Skills" from 6:30 p.m. to 8 p.m. on Zoom. On Wednesday, November 24, we will host Mélanie Hughes as she presents "Conflict Resolution for Interpersonal Relationships" from 6:30 p.m. to 8:30 p.m. on Zoom. For more information, or to register, please visit our Facebook or Instagram pages, email outreach@mentalhealthestrie.com, or call (819) 565-2388.

Dear Annie: I need help, but I'm so lost on what to do. Please help with some advice. I'm 52 years old and so broken. My mom passed away on Sept. 14, 2019, at home. I've had to live with my brother "Ed" ever since. Or, should I say, he has had to live with me.

I love him, but he can be such a challenge. Life is all about him. He sees a counselor weekly; he is a recovering alcoholic and drug abuser; he is bipolar and high - I mean (SET ITAL) high(END ITAL) - anxiety and needs complete hip surgery.

I am his caregiver, and I'm really not happy. Everything I do seems to be for him. He is going back to drinking after 170 days of sobriety and smoking again after three weeks of quitting. It never ends. He stands and mumbles where I can hear him carry on, usually about me. Ed is very self-centered and spiteful, but he is my brother. I don't want to just abandon him, but I need a life. I don't know where to turn. He only gets \$794 per month Social Security, not enough to maintain his own place.

I've been single since my youngest was 4 years old. She is 26 now. I would like to find my special someone to spend my life with. What should I do? - Overwhelmed and Unsure

Dear Overwhelmed: I'm so sorry for the loss of your mother. I'm sure you still miss her every day.

You have given everything to your brother, and it's time that he takes some responsibility for himself. Even though he's carrying a large load, there is no reason he can't accept some part-time work to supplement his Social Security and get a place of his own. It's great that he is in therapy, but he should also look into Alcoholics Anonymous and Narcotics Anonymous for additional support in his battle with addiction.

As for your own well-being, reach out to your local Al-Anon chapter to meet others going through similar situations with their loved ones.

Remember that creating distance between you and your brother is not an abandonment; it's a boundary. You can only give someone else a tow if your own tank is full. If you're running on empty... well, then you'll both get stuck in the mud.

Take a deep breath and write down a list of things you're grateful for. Often, when our lives feel like they're spiraling out of control, we become so overwhelmed that we feel helpless. This exercise will help put things in perspective.

Dear Annie: I am afraid you missed the boat on your answer to Worried in Wyoming. I am a lawyer, and I can assure you that the risk of her husband keeping virtually all of the assets in a noncommunity property state is real.

If she is concerned about the other woman, I suspect she at least has some reason for concern. Something that isn't a threat while it's at a safe distance can become serious quickly if that distance is removed. After all, there's only so much that can happen over the phone.

I agree that she shouldn't go on the attack, but moving to another state should always be a joint decision. If she doesn't want to move, her husband should be willing to discuss it. How about staying put and arranging frequent visits? If the husband doesn't listen to her and insists on the move, then before she even considers relocating, she should find a good divorce lawyer immediately. - A Lawyer's Perspective

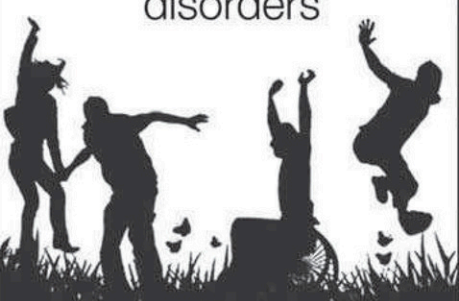
Dear Lawyer's Perspective: Thank you for offering your professional advice. Sometimes, what appears to be an irrational fear may very well be a gut instinct. If Worried in Wyoming feels like this plan will harm her, her relationship or her assets, she should indeed take action.

"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book - featuring favorite columns on love, friendship, family and etiquette - is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.


Send your questions for Annie Lane to dearannie@creators.com.

When you have muscular dystrophy, your muscles say stop, but your mind says go

We provide hope and support to people with neuromuscular disorders



Donate today at www.muscle.ca



PUMPKIN CARVING PHOTO CONTEST

ARE YOU A MASTER PUMPKIN CARVER?

The Record would like to see your Halloween pumpkins. Send us a selfie holding your pumpkin for a chance to win a prize. The contest is open to all ages. The winner will be chosen by our esteemed panel of pumpkin judges based on a combination of skill, creativity and overall spookiness.



Last year's winner Mackenzie Jones-Leggat

Send your pumpkin selfies to classad@sherbrookerecord.com before noon on Thursday, October 28. The photos will be published in the paper on October 29.

1 lucky participant will win a \$25 gift certificate to Brome Lake Books

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CELEBRITY CIPHER

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“XVYZ SWZTJ’A UWCZ VJ KXWA
KWVJAT WD TZAOKT MJS KMHYYT.
XVYZ PMTEZT WBZD HWO MJS
KMTTZZT.” — FXZZJ KWPZXX

Previous Solution: “Having a mixed background and feeling a little bit like a fish out of water in most places can be a benefit.” — Viggo Mortensen

TODAY’S CLUE: 3 srtabn 1j

REALITY CHECK

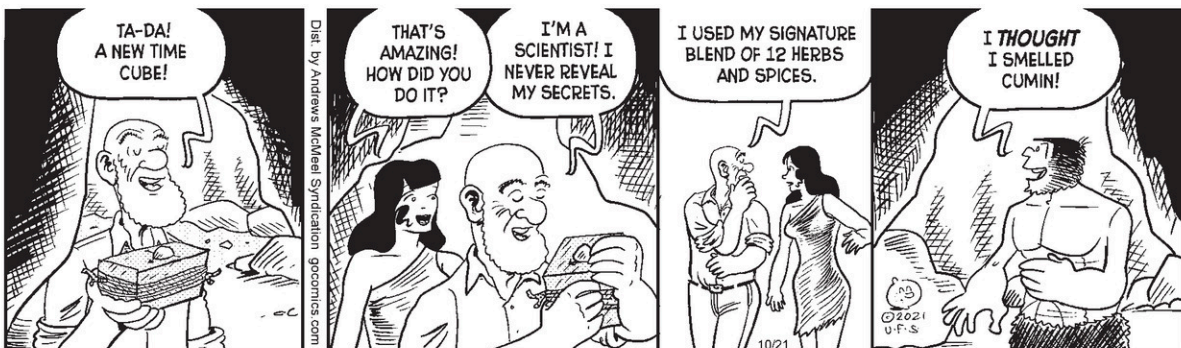


HERMAN

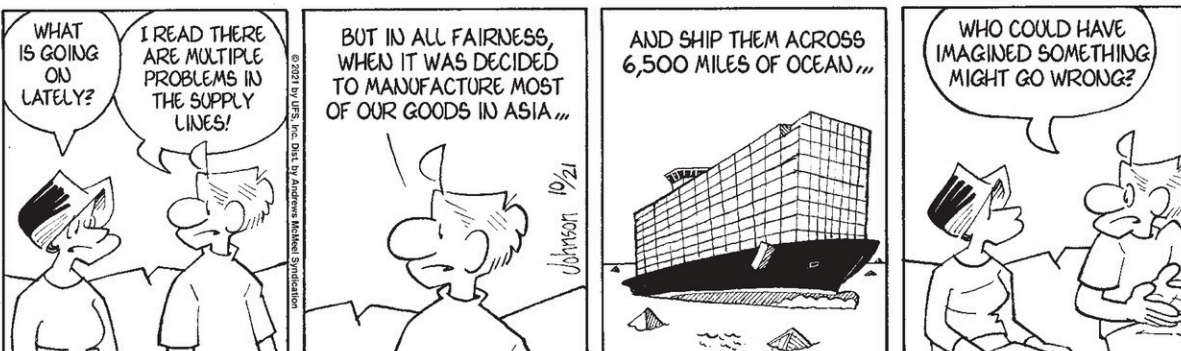


“Come on... you won't get to be a guard dog just by looking at it.”

ALLEY OOP



ARLO & JANIS



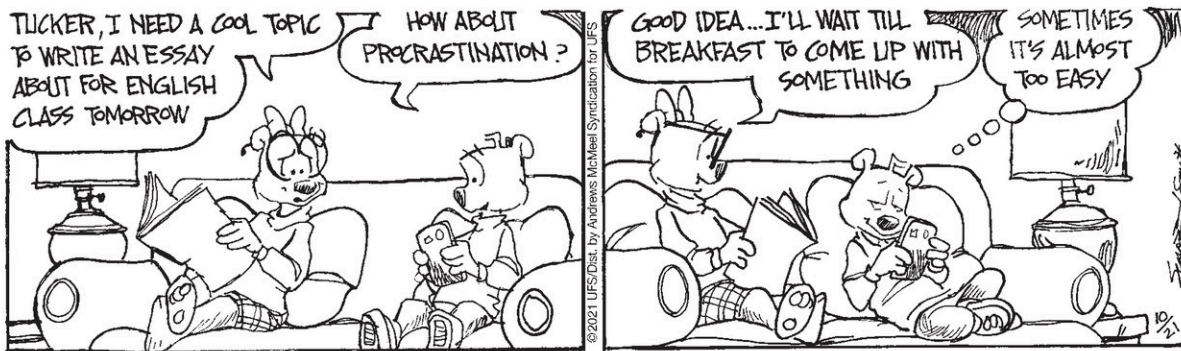
THE BORN LOSER



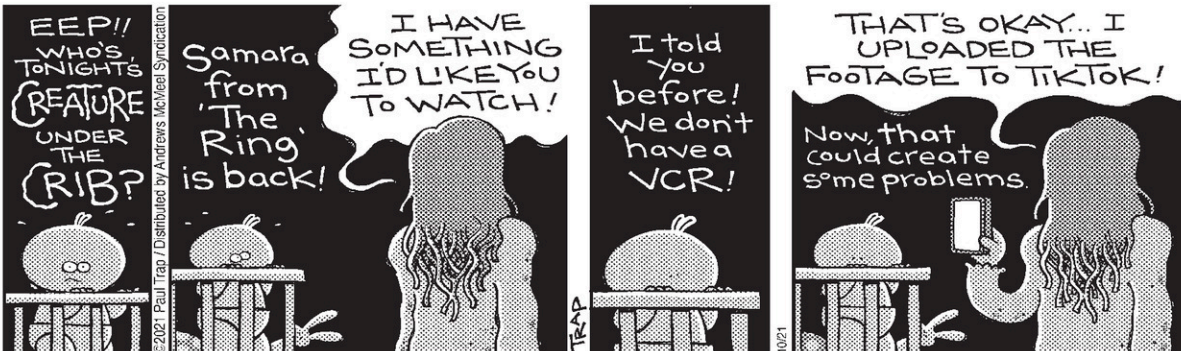
FRANK AND ERNEST



GRIZZWELLS



THATABABY



Go grocery shopping with dietitians. When you choose products with the Health Check symbol, it's like shopping with the Heart and Stroke Foundation's dietitians, who evaluate every participating product based on Canada's Food Guide. www.healthcheck.org

Diabetes The New EPIDEMIC. REACT NOW! Diabetes Québec. Information and donations: (514) 259.3422 or 1.800.361.3504 www.diabete.qc.ca

Call Sherbrooke: (819) 569-9525 between 8:30 a.m. and 4:30 p.m.
 E-mail: classad@sherbrookerecord.com
 or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

CLASSIFIED

Deadline: 12:30 p.m. one day prior to publication
 Or mail your prepaid classified ads to
 The Record, 6 Mallory, Sherbrooke, Quebec J1M 2E2

100 Job Opportunities 100 Job Opportunities 240 Fruits&Vegetables 440 Miscellaneous

THE RECORD

URGENT

CARRIER NEEDED in Lennoxville

The Record is looking for a carrier in Lennoxville to start on **October 29, 2021** for the following streets:

- Boright
- Clough
- Downs
- Lloyd
- Mount
- Robert-Peel
- Spring - Garden
- Summer
- Vaudry
- William - Paige

Around 35 customers

If interested, please contact our offices by phone at **819-569-9528** or email at billing@sherbrookerecord.com

MACDONALD'S FARM. Open Saturday from 9 a.m. to 4 p.m. Good selection of squash, pie pump-kins, also garlic, **fresh** carrots, beets and other produce. 696 MacDonald Road. 819-820-8494.

275 Antiques

WE BUY from the past for the future, one item or a household, attic or basement, shed or garage. We like it all, give us a call. 819-837-2680.

What: MEET YOUR CANDIDATES for November 7th Election. **Who:** Mayor (Beaudin, Fortin, Lussier, Tétréault), President (Charon, Collins, Duguay), Fairview (Boulangier, Linette-Gélinas), Uplands (di Mambro, Garfat). **When:** 2 p.m. to 4 p.m., Saturday, October 23. **Where:** Square-Queen (if rain - Hope Community Church, 102 Queen). **Questions:** 819-238-9333/www.lennoxville.org

Easy home updates to help you chill out this fall

(NC) With the change in season, it's time to tackle your home maintenance checklist. From safety precautions to appliance upkeep, here are tips to help you breeze into fall.

Use a clean furnace filter.

Dirty filters mean your furnace has to work harder. Regularly changing them in your central air and heating system can significantly improve your appliances' efficiency and longevity, while easing the pressure on your wallet. In most homes, filters should be changed monthly throughout the heating season. To make sure it's working properly, have your furnace serviced by a professional.

Test for radon.

Radon is an invisible, odourless gas that can seep from the soil through cracks in the foundation. After smoking, radon is the second-leading cause of lung cancer, according to Statistics Canada. A simple DIY test kit can be purchased from most hardware stores to determine if you have a safe radon level in your home.

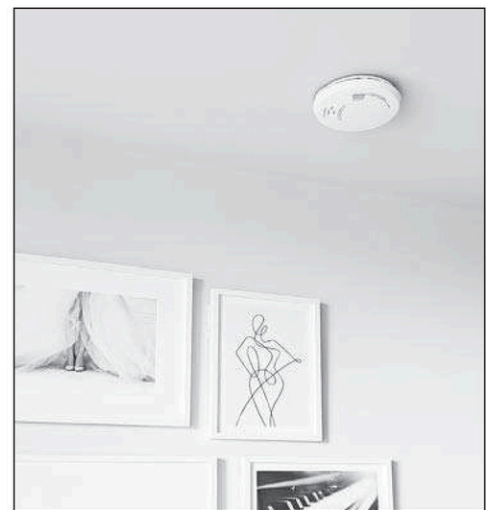
Check your alarms.

The Canadian National Fire Information Database reports that 80 per cent of fire deaths occur in homes without working smoke alarms, often due to missing batteries or expired alarms.

Smoke and carbon monoxide alarms should be installed on every level and every bedroom, with the batteries replaced at least every six months. Make maintenance easier with 10-year battery alarms from First Alert, and eliminate battery replacements and low-battery chirps for a decade.

Remove leaves from gutters.

Accumulated leaves can cause water from snow melt and ice to pool, and the extra weight can lead to roof sagging or damage. So be sure to bring out the ladder and clear those gutters of leaves and debris before wintry weather.



SUDOKU

DIFFICULTY RATING: ★★★★★

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PREVIOUS SOLUTION

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 7 | 8 | 5 | 4 | 6 | 9 | 3 |
| 3 | 4 | 6 | 7 | 1 | 9 | 5 | 8 | 2 |
| 8 | 5 | 9 | 6 | 3 | 2 | 1 | 4 | 7 |
| 5 | 1 | 8 | 9 | 6 | 7 | 2 | 3 | 4 |
| 9 | 7 | 4 | 5 | 2 | 3 | 8 | 6 | 1 |
| 6 | 3 | 2 | 1 | 4 | 8 | 9 | 7 | 5 |
| 4 | 8 | 1 | 2 | 7 | 6 | 3 | 5 | 9 |
| 2 | 9 | 3 | 4 | 8 | 5 | 7 | 1 | 6 |
| 7 | 6 | 5 | 3 | 9 | 1 | 4 | 2 | 8 |

HOW TO PLAY:
 Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

PHOTO OF YOUNG CANADIAN SOLDIER

Join

THE RECORD

in saying thank you to our veterans

They were sons, daughters, brothers, sisters, husbands, wives, fathers, mothers, friends and neighbours.

They were a new generation of teachers, doctors, lawyers, farmers and businessmen who set aside their hopes and dreams to fight for our freedom.

The Record would like you to join us in paying tribute to the many Townshippers who served their country in time of war.

Send a photo of a veteran(s) in your family at the age they were at the time they served and a brief description, to allow Townshippers to say a collective thank you.

The Record will publish a special section November 4 on Townshippers' contribution to the war effort.

Send photos before October 29 to classad@sherbrookerecord.com

A few words about him:

Name:

Hometown:

Age when enlisted:

Regiment:

Served:

If your business or organization would like to recognize veterans in the special section, please contact one of our sales representatives at 819-569-9525

NEA Crossword Puzzle

Your Birthday

THURSDAY, OCTOBER 21, 2021

PISCES (Feb. 20-March 20) – A change to how you earn your living will push you in a new direction. Someone close to you will offer insight into options you may not have considered. Present what you have to offer with pizzazz.

ARIES (March 21-April 19) – Spending time with a loved one will lift your spirits. Taking a day trip or attending a gathering will offer a different perspective of life, love and what's possible.

TAURUS (April 20-May 20) – Emotional stubbornness will not help you get ahead. Take care of responsibilities, live up to promises and trust only those who have always been there for you. Stick to the basics.

GEMINI (May 21-June 20) – There will be an undercurrent of misinformation that can affect your reputation. Be honest, or someone will question you until you tell the truth. Be intelligent, disciplined and precise.

CANCER (June 21-July 22) – You'll get the help you need, but it will come at a cost. Try to handle things on your own. Stick close to home, and you'll avoid a social situation that makes you uncomfortable.

LEO (July 23-Aug. 22) – You'll get an emotional jolt from a critic. Consider what's said and whether it's constructive and can help you improve. Aim to be your best instead of letting anger call the shots.

VIRGO (Aug. 23-Sept. 22) – An experience you encounter will help you recognize whom you can trust. Embrace a change that promises awareness, answers and a chance to make your life better. Budget wisely.

Pay attention to detail, size up situations and don't vacillate. It's up to you to make decisions that will improve your life and relationships with others. Put more thought and energy into activities that will benefit you mentally, emotionally and physically. Striving to be your best will improve your status quo. Don't mix emotions with financial or professional matters.

LIBRA (Sept. 23-Oct. 23) – Take care of pressing matters personally. If you depend on others, you will be disappointed. Physical fitness will help you project confidence. Hold your head high and strut your stuff.

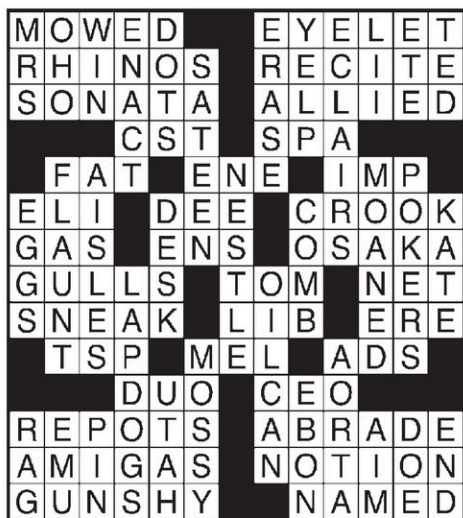
SCORPIO (Oct. 24-Nov. 22) – A change of plans will leave you in limbo. Don't lament over something you cannot change; pick up the pieces and proceed to do what you do best. Put your plans in motion.

SAGITTARIUS (Nov. 23-Dec. 21) – When in doubt, stop and think about what you are doing. Put your energy into your responsibilities and do the best job possible. Discipline and hard work will be crucial.

CAPRICORN (Dec. 22-Jan. 19) – Examine what you want to accomplish, then push ahead. Letting someone disrupt your plans or momentum will lead to defeat. Outsmart anyone who tries to upset you. You must keep a level head.

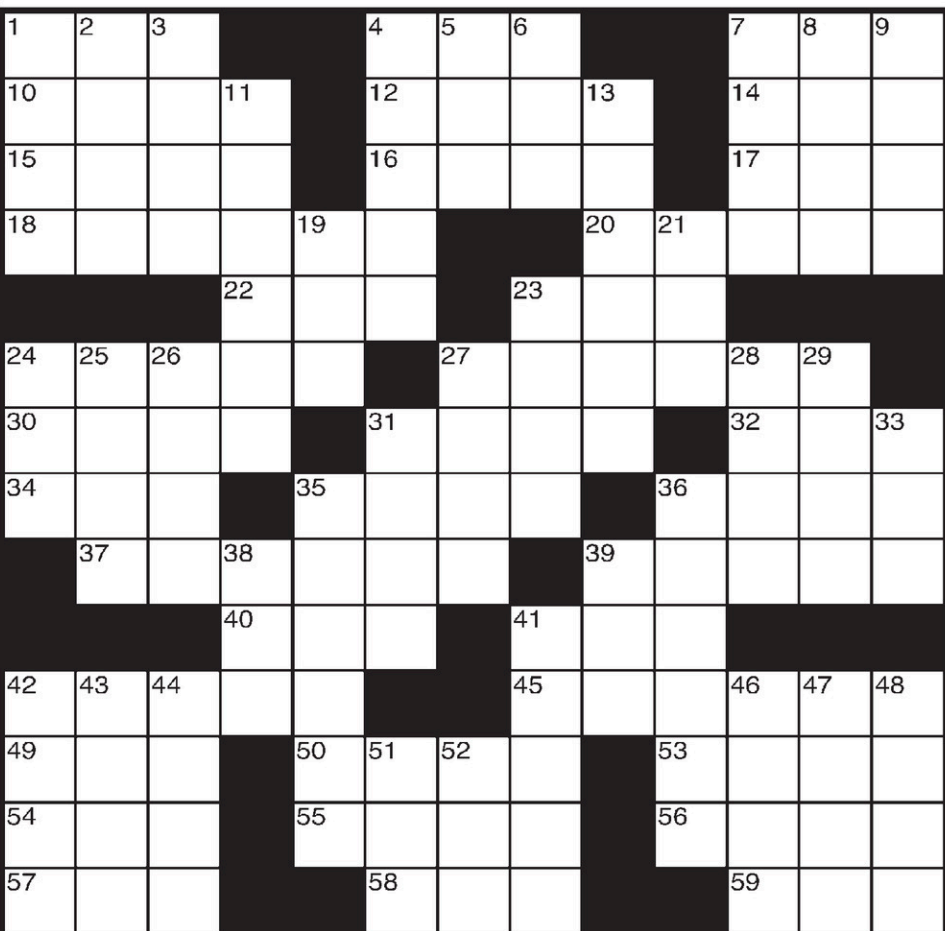
AQUARIUS (Jan. 20-Feb. 19) – Don't let your emotions take charge. Concentrate on what you want to achieve, and don't stop until you reach your goal. Opportunity and financial gain are within reach. Stick to your plan.

Answer to Previous Puzzle



- ACROSS**
- 1 "Bam!"
 - 4 Chilly and damp
 - 7 Fuse word
 - 10 Caspian Sea feeder
 - 12 Sheik, usually
 - 14 Moo goo — pan
 - 15 Construc-tion toy
 - 16 Muse count
 - 17 Vase
 - 18 Pretending to be
 - 20 Word of woe
 - 22 Equal score
 - 23 Deli order
 - 24 Use force
 - 27 Under-stands (2 wds.)
 - 30 Posterior
 - 31 Come unraveled
 - 32 Back again
 - 34 Rainbow shape
 - 35 Century component
 - 36 Where Vietnam is
- DOWN**
- 37 Truth
 - 39 Stream
 - 40 Primate
 - 41 Watch pocket
 - 42 Be stingy
 - 45 Foreign
 - 49 Strike
 - 50 Used thriftily
 - 53 Las Vegas rival
 - 54 Munched on
 - 55 Desperate
 - 56 Mlle. in Barcelona
 - 57 Garnet or ruby
 - 58 To the —
 - 59 Witticism

- 8 Cleopatra's wooer
- 9 Lemonade color
- 11 Dawdle
- 13 "— and the Beast"
- 19 Zilch
- 21 Units of wt.
- 23 Char
- 24 A Gershwin
- 25 Griffin of game shows
- 26 Gait
- 27 Dingy
- 28 In that case (2 wds.)
- 29 Small band
- 31 Gala
- 33 Shade tree
- 35 Barked
- 36 Cool bowers
- 38 Ewe's mate
- 39 Crate
- 41 UPS competitor
- 42 Catch a fly ball
- 43 Toy with a tail
- 44 News article
- 46 Time in office
- 47 A big fan of
- 48 Jacket
- 51 Actress — Basinger
- 52 Geologic time period



THURSDAY, OCTOBER 21, 2021

The robots can short-circuit

By Phillip Alder

Hunter S. Thompson, a writer who founded the gonzo journalism movement, said, "When the going gets weird, the weird turn pro."

In today's deal, a robot made a weird play that would not have been duplicated by any human. How should the play go in three no-trump after West leads the heart king?

North, knowing they could have 26 combined points, invited game. He had to go via Stayman because an immediate two-no-trump response would have been a minor-suit transfer. If North had had four spades, he would have rebid two spades, natural and game-invitational but nonforcing.

West's hearts were so strong that he did not worry about South's rebid, but he was pleased to see the 10 on the board.

South had only four top tricks. He needed luck. To start, declarer held up his heart ace until the third round, East discarding a club. A spade to the jack was followed by a diamond to the 10. When that held, South continued with the spade king. West took the trick and cashed his heart nine: spade eight, club four, heart four. West shifted to the club 10, dummy's jack winning the trick. Now declarer played a club to his king and a club to the ace; then he led the

| | | | |
|-------------------|------|------------------|----------|
| | | North | 10-21-21 |
| | | ♠ J 8 2 | |
| | | ♥ 10 6 2 | |
| | | ♦ Q J 7 6 | |
| | | ♣ A J 5 | |
| West | | East | |
| ♠ A 9 6 3 | | ♠ 10 5 4 | |
| ♥ K Q J 9 | | ♥ 5 3 | |
| ♦ 5 4 3 | | ♦ K 9 8 | |
| ♣ Q 10 | | ♣ 9 7 6 4 3 | |
| | | South | |
| | | ♠ K Q 7 | |
| | | ♥ A 8 7 4 | |
| | | ♦ A 10 2 | |
| | | ♣ K 8 2 | |
| | | Dealer: East | |
| | | Vulnerable: Both | |
| South | West | North | East |
| 1NT | Pass | 2♣ | Pass |
| 2♥ | Pass | 2NT | Pass |
| 3NT | Pass | Pass | Pass |
| Opening lead: ♥ K | | | |

diamond queen. When East played low, South put up his ace and went down in his contract.

Why didn't declarer finesse again in diamonds? I have no idea! If West had the diamond king, he would have won trick five to guarantee the defeat of the contract.

The robot should not turn pro!

Seniors

October 2021

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STEVE & ELKAS

Four wish-list destinations for when you choose to travel again

(NC) We all need something to inspire joy these days, whether it's a fresh hobby or a new tv show. But if you feel like you've seen everything on every streaming service, or already mastered bread baking and mask making, it might be time to daydream about your next sun-soaked vacation.

Try exploring these less crowded destinations that offer all the attractions of the big names. Whenever you're ready to travel, these beaches will be waiting for you.

Antigua

Boasting 365 beaches along its coastline, there's no shortage of sun and sand to savour in Antigua. From golden lively bays to secluded jade waters, there's definitely one for every taste. If you can break away from beaches such as Dickenson Bay or Jolly Beach, admire attractions like English Harbour, which is the former naval base of Nelson's Dockyard, and Shirley Heights Lookout.

Curaçao

Take old-world European charm, dip it in the Caribbean, soak it in the sun and you've got Curaçao. Doused in

Dutch heritage, its capital is brightly painted in pastel tones. You can visit Willemstad for Curaçao nightlife and culture influenced by Indigenous, Spanish, Dutch and Jewish settlers. Find excursions that include diving around coral reef or hiking in Christoffel National Park.

Barbados

Between beaches for every mood, from totally tranquil to windy and rugged, you'll find colonial houses, tropical gardens and rolling sugar cane fields. Nip into the national dish of cou-cou and flying fish or cut it to calypso classics. You can settle in the sand, but Bajan culture might keep you on your feet.

Nassau

The capital of Bahamas, Nassau injects urban flavour to the country's easy-going island vibe. On the island of New Providence, it decks the coast with historic structures in sorbet shades, overlooking divine beaches. Upscale resorts line shores seconds away from fine-dining bistros and charming seafood shacks. Nassau offers a taste of the tropics, tinged



with big-city thrills.

If you really can't wait to go, remember to review health and safety measures that will be in place. Find

more information about destinations and current safety measures at aircanadavacations.com.

Top tips to boost immunity this fall

(NC) Immunity is a hot topic on everyone's radar in today's COVID landscape. Over time, as restrictions loosen and we begin to once again spend time in public spaces, it's essential to consider preventative health actions that help improve our immune system.

When we think about immune support, vitamins,

minerals, and getting adequate rest all come to mind. But there are other protective actions we can take to help ward off illnesses.

Get moving with exercise

Regular physical activity is considered one of the main components of healthy living. It can also improve your ability to repel viruses.

You don't have to be a marathon runner or body builder to reap the benefits. No matter the intensity level, activity is known to stimulate how our bodies cells work together to help keep us healthy. All forms of activity including yoga, walking and stretching contribute to improved immunity.

Stay up to date on vaccinations

One of the best things you can do for your lifelong immunity is to keep on top of immunizations. As we age, our immune system gradually weakens and becomes less effective at protecting us from disease. That's why keeping up to date on vaccinations throughout adult life is important to staying healthy. Even if you think you're up to date, it's important to check with your healthcare provider as some adults may have missed one or more of their vaccines as a child and need to catch up now. There are



also diseases that are more common in adults, even healthy ones, so additional vaccines are needed as we get older.

Proper diet and meal planning

The food we eat directly correlates to building stronger immunity. The body's immune response relies on the presence of many micronutrients that we get from food. Be sure to serve colourful foods because the brighter the food, the more nutrition and immune-boosting ingredients they pack — think beets, carrots and cabbage. Especially in autumn, there are bountiful harvests of whole foods and vegetables to help keep our plates colourful and our immunity high.

Learn more about what vaccinations may be right for you at vaccinateforlife.ca.

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Boost happiness and well-being in your golden years

(NC) As we age, many of us realize that we may lose some strength and flexibility. But staying active and healthy as you get older can prevent this and is easier than you think. All it takes is keeping a few lifestyle and wellness tips in mind:

Exercise your body

Getting at least 150 minutes of exercise a week including light cardio and muscle- and bone-strengthening activities is recommended and helps maintain your posture and balance. These exercises could include climbing stairs, walking, dancing or simple yoga poses, all of which you can do outdoors or indoors as the weather cools in the fall. Even practicing a few new stretches or balance exercises, such as standing on one foot, can make a difference.

Learn something new

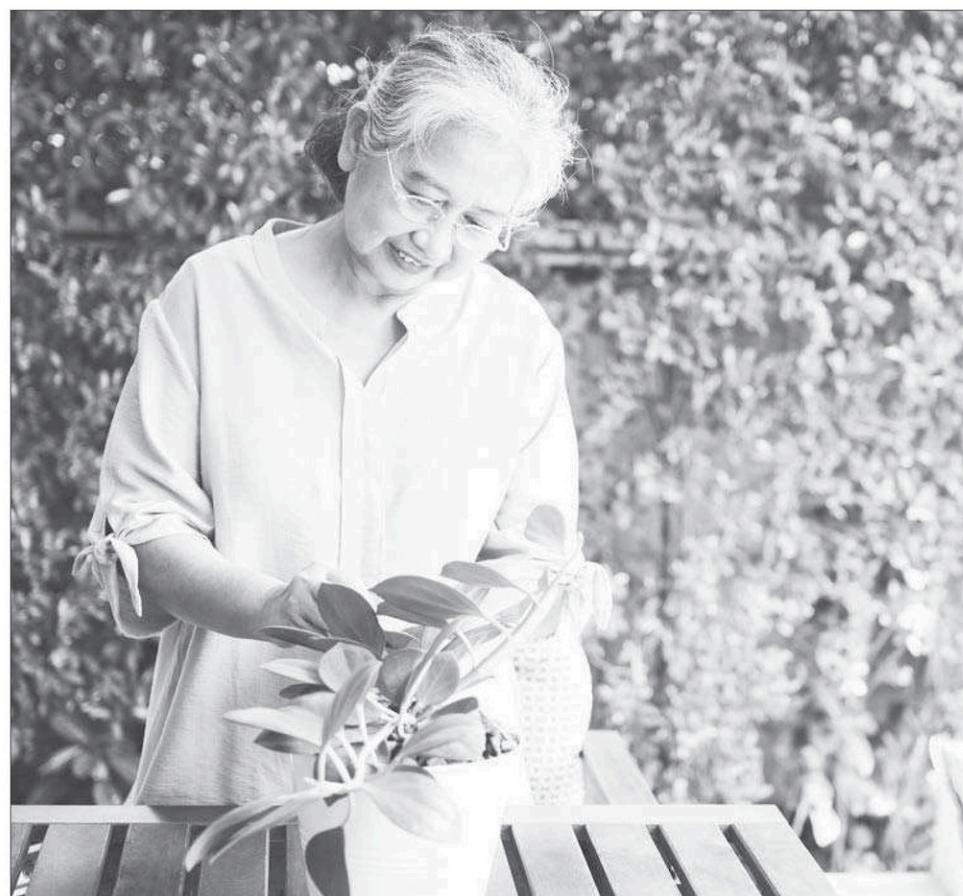
Research shows that trying your hand at something new helps your brain forge new pathways and keeps your mind and body engaged, which is key to maintaining one's overall well-being. Consider learning tai chi, which is a gentle way to reduce stress

and anxiety while improving flexibility and balance. Or you can take up a new language to exercise your mind – there are apps that even turn it into a fun game.

Have a backup plan

"Accidents can happen to anyone, even to healthy and flexible people in their fifties, so it's important to be prepared and think ahead in the event of a fall or other accident," says Dr. Samir Sinha, director of health policy research at the National Institute on Ageing. "Yet more than 30 per cent of older Canadians report not being prepared to manage medical emergencies when alone."

To help stay safe in an emergency, older Canadians can also use discreet and wearable technology like Telus Health Companion, the first personal emergency response service on Apple Watch in Canada. It offers peace of mind at home or while on-the-go with automatic fall detection and access to 24/7 live emergency support discreetly from your wrist. Learn more at [telus.com/companionwatch](https://www.telus.com/companionwatch).



Social inclusion of older adults

In Québec, improvements in living conditions, advances in medicine and health care and access to education mean that current generations are living longer and are healthier than previous generations.

Increased life expectancy is a major success. Longevity has many advantages, both for individuals and communities.

However, perceptions of aging have changed little and many people are still afraid of growing old. Preconceptions about older adults persist and older adults say that they are still ignored, treated like children and victims of prejudice.

Changing perceptions

Getting old is often associated with an overall decline in health and the development of various forms of limitations. Yet, most people age 65 and older describe their health as good, very good or excellent.

Participation in society

Many older adults are active in all spheres of society. They put their experience to use for the good of all and include:

- volunteers;
- elected officials;
- consumers;
- workers;
- donors;
- voters;
- family caregivers;
- mentors;
- students;
- musicians;
- authors.

Older adults must be given an

opportunity to keep or take their place in society. Their citizen and social participation, be it volunteer or paid, contributes to the vitality of communities and needs to be encouraged and supported.

Effects of the social inclusion of older adults

Social inclusion gives older adults a sense of purpose, of accomplishment and of belonging to the community. It allows older adults to stay active and to continue to contribute to the development of society based on their needs, preferences and abilities. Social participation fosters ties that prevent isolation.

Impact of stereotypes and prejudice

Stereotypes and prejudice such as ageism can lead to discriminatory practices that devalue older adults' experience and expertise. Due to a lack of social recognition, older adults may

turn inward, feel fragile and useless and have low self-esteem. These phenomena lead to isolation and withdrawal from all forms of involvement in society.

It is important to take action, in

particular by recognizing the value of older adults and their contribution to society.


(Source: www.quebec.ca)

Moving?

The Service québécois de changement d'adresse (SQCA) allows you to notify 7 government departments and agencies of your change of address in a single step:

Commission des normes, de l'équité, de la santé et de la sécurité du travail
Élections Québec
Ministère du Travail, de l'Emploi et de la Solidarité sociale
Régie de l'assurance maladie du Québec
Retraite Québec
Revenu Québec
Société de l'assurance automobile du Québec

[quebec.ca/moving](https://www.quebec.ca/moving)



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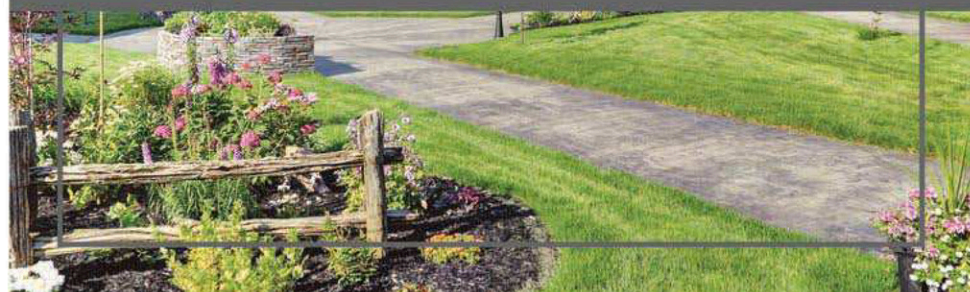
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- ✓ Prevention programs
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Lennoxville and District Community Aid

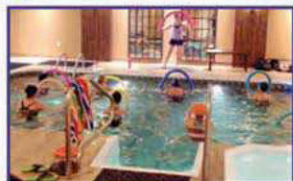
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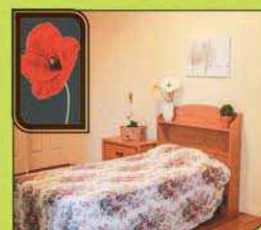
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Must-see destinations in Canada that you can get to now

(NC) While many travel plans were put on hold due to pandemic safety precautions, now is the perfect time for captivating escapes and activities to enjoy in our own backyard of Canada.

Canadian getaways cater to every craving, from scenic road trips to outdoor adventures and sophisticated city breaks. Here are some ideas to get you started.

Victoria

Take a walking tour of British Columbia's capital, which occupies a charming corner of Vancouver Island, complete with calming harbour vistas and neighbouring natural attractions. Victoria flaunts sprawling gardens and Edwardian estates, balanced by a proud First Nations culture and a modern, bohemian arts scene. The city's perpetually pleasant climate makes it an ideal spot for outdoor exploits by land or by sea.

Banff

A scenic spirit sweeps through the town of Banff, located in the heart of the Canadian Rockies and Banff National Park. Picture stepping into a postcard from Canada. Evergreen forests cling to commanding mountains, with surrounding lakes dyed emerald by glaciers. Alpine meadows neighbour limestone canyons and mineral hot springs for natural beauty and adventure. Explore it all with self-guided or small group hiking tours.

Quebec City

One of North America's first settlements, this city makes past and present collide—from its old fortified walls to the trendy haunts of

downtown districts. Proudly French Canadian and festive from summer to winter, nature lovers, history buffs and lively locals can converge on the oldest streets of Canada. The quaint streets and laid-back culture make this city perfect for cycling around.

Niagara Falls

Nothing prepares you for Niagara Falls. From the Canadian side, witness gushing water pouring over a horseshoe-shaped crest to hit the river bottom below. You can venture through the mist by boat or follow tunnels carved into bedrock to stand behind the falls. Once on dry land, explore the nearby village and its surrounding wineries and breweries.

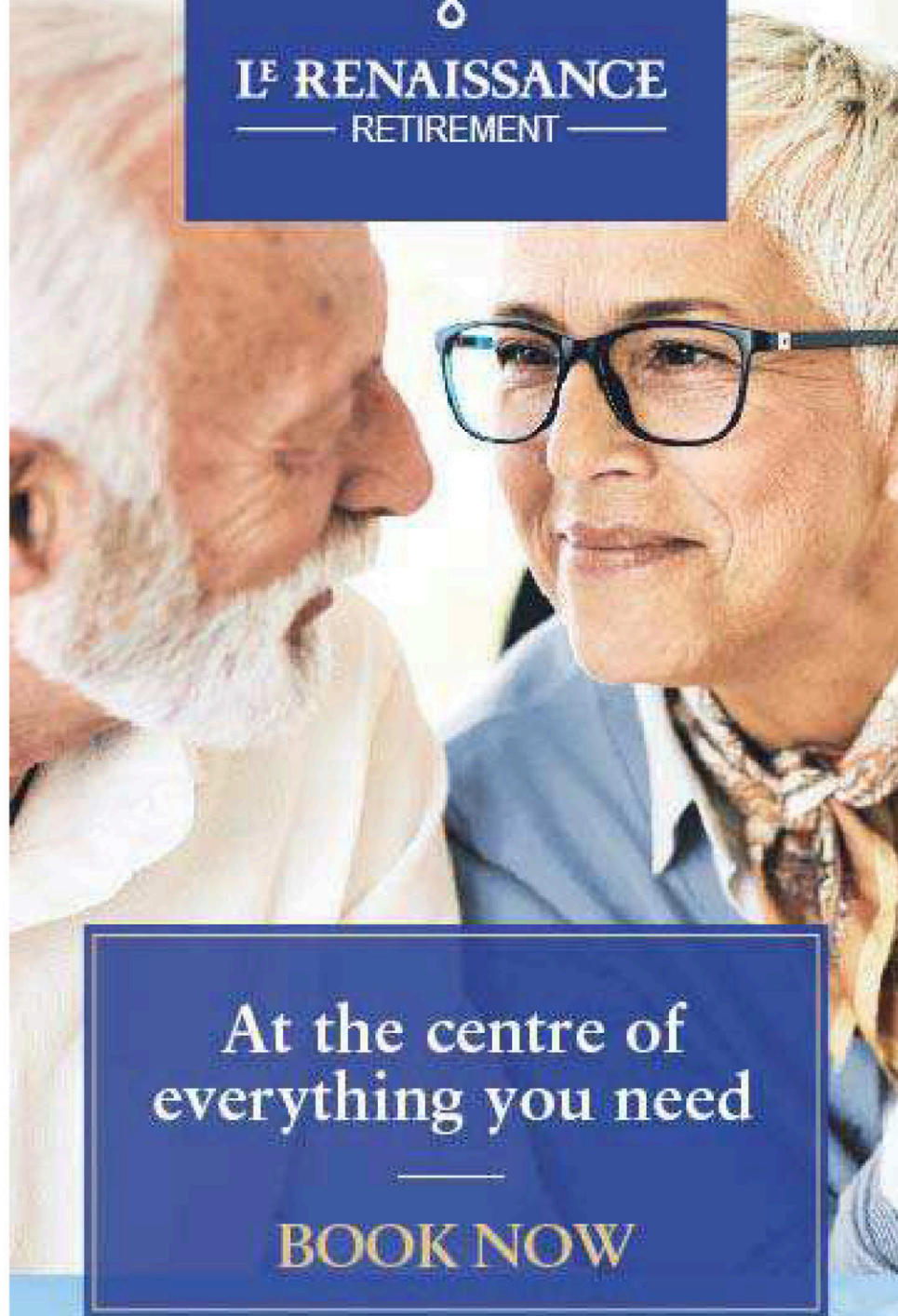
Îles-de-la-Madeleine

Îles-de-la-Madeleine (or Magdalen Islands) is a set of serene islands floating in the Gulf of St. Lawrence. Winter morphs the archipelago into a postcard-perfect picture of Canadian wildlife, hosting harp seals and their pups on snowy shores. Summer shines on the isles' red, cliff-ringed beaches and windswept, pastoral landscapes. Enjoy a warm welcome year round, the Maelinots (locals) serenade you with traditional island tunes.

If you're not so close to these destinations, the tourism industry has been developing appropriate health and safety protocols whether it's a ski hill, flight or hotel stay you're after.

If you're looking for a quick getaway or a longer stay, Air Canada Vacations has many flight and hotel packages with inclusions that let you bundle and save.

Find more information at aircanadavacations.com.



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Retirement pension under the Québec Pension Plan *Retraite Québec*

Anyone who has contributed sufficiently to the Québec Pension Plan can receive basic financial protection upon retirement.

The amount of the retirement pension depends on the age at which the person decides to begin receiving their pension, the number of years the person contributed to the Plan and the employment earnings on which the person contributed.

As of 60 years of age, a person can receive a retirement pension under the Québec Pension Plan and continue to work full time or part time. The amount of the pension is reduced if payment begins before age 65 and is increased if payment begins after the person's 65th birthday.

Target group

Anyone who is 60 years of age or older and has contributed to the Plan for at least one year.

What to do

To apply for a retirement pension under the Québec Pension Plan, use *Retraite Québec*'s online service or complete the Application for a Retirement Pension under the Québec

Pension Plan form, which is available on the *Retraite Québec* website.

If you receive a disability pension, you do not need to apply for a retirement pension. Your disability pension will automatically be replaced with a retirement pension as soon as you turn 65.

When

It is recommended that you apply for your retirement pension one to three months before the date on which you wish to start receiving your payments. However, you cannot apply more than 12 months in advance.

Who to contact

For more information, call *Retraite Québec* at one of the following numbers:

Québec region: 418-643-5185

Montréal region: 514-873-2433

Elsewhere in Québec: 1-800-463-5185 (toll free)

To use the online service or to find out more about the retirement pension under the Québec Pension Plan, visit the *Retraite Québec* website at www.retraitequebec.gouv.qc.ca

(Source: quebec.ca)

Power of attorney– Ministère de la Justice

A power of attorney, also called a "mandate," is a contract by which one person (the mandator) designates another person (the mandatary) to represent them and act on their behalf in the performance of specific legal acts. A person who gives the power of attorney must be able to manage their property themselves.

A power of attorney authorizes the person who accepts the mandate to carry out everyday administrative tasks, such as paying bills, on behalf of the person who gives it. It can also authorize more important tasks, such as signing a lease for a dwelling or selling a house or car. The mandate can be given orally or in writing. In some cases, a written document is necessary.

Target group

Anyone who wishes to be represented in the performance of legal acts.

What to do

The mandate should contain the following information:

- The name of the mandator (the person giving the power

of attorney)

- The name of the mandatary or mandataries (the person or persons who accept the power of attorney)

- A description of the responsibility entrusted to the mandatary or mandataries

- The signature of the mandator
- The date it was signed

You do not need witnesses and you are not required to file the power of attorney with a notary. The mandatary does not need to be present when the document is drawn up, but they must have accepted the mandate.

Who to contact

For more information about powers of attorney, call the Centre de communications avec la clientèle of the Ministère de la Justice at one of the following numbers:

Québec region: 418-643-5140

Elsewhere in Québec: 1-866-536-5140 (toll free)

You can also visit the Ministère's website at www.justice.gouv.qc.ca.

(Source: quebec.ca)

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Lennoxville, Sawyerville, Cookshire, Richmond
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Turning 65

When you turn 65, you are automatically registered with the public plan. No action is necessary. However, if you are also eligible for a private plan, you have a choice to make.

Choice of insurers if you are eligible for a private plan upon turning 65

Insurers provide 2 types of coverage: basic coverage (equal to the coverage afforded under the public plan) and supplemental coverage (which supplements the public plan coverage).

If you have access to a private plan providing basic coverage, you have to choose the type of insurance you wish to have. Before reaching a decision, find out what options your private insurer provides and the cost of these options.

Depending on what your private insurer offers, you may decide to be insured:

- by the public plan only
- by the private plan only, if it provides at least basic coverage
- by the public plan (basic coverage) and a private plan (supplemental coverage)

Under certain insurance contracts, the decision to give up private plan coverage is irrevocable, meaning that you cannot change your mind later. To find out more, get in touch with your private insurer.

Joining the public plan only

You don't have to contact us in order to join the public plan; you will be automatically registered when you turn 65. You will be paying the annual premium when you file your income tax return. By completing Schedule K of your tax return, you will know the amount of the annual premium corresponding to

your situation.

Joining a private plan only

Before joining a private plan only, make sure that it provides coverage at least equal to public plan coverage. In your tax return, you will have to indicate that you have been covered during the entire year under a private plan. In this case, you will not have to pay the public plan premium.

Important information

Contact us before you turn 65

Let us know before you turn 65 that you are retaining your private insurance. This will avoid you being automatically registered with the public plan.

Joining the public plan and private plan

Usually, the private plan premium increases when you turn 65 if you continue being insured under this plan. Because of this, many people decide to join the public plan for basic coverage. Some will add the supplemental coverage provided by a private insurer.

Should you decide upon this combination, you will have to pay the annual public plan premium just as a person registered with the public plan only. This is because you benefit from the same services covered by this plan.

Important information

Supplemental coverage

Supplemental coverage does not replace the basic coverage of the public plan. It only supplements it by paying, for instance, the cost of prescription drugs not covered or the portion of the cost not reimbursed under the public plan.

(Source: www.ramq.gouv.qc.ca)

Life after a stroke: The physical challenges patients may face

(NC) The third-leading cause of death in Canada is due to stroke. It is also a major cause of disability.

A stroke is a condition that occurs when there is a disruption of blood flow to the brain. This disruption can cause severe damage to brain tissue, which could potentially result in damage to the part of the brain that controls certain muscles in the body. This can cause muscles to become tight or stiff, which is known as post-stroke spasticity.

Research shows that 30 per cent of all stroke survivors will develop spasticity.

Spasticity can range in severity, and depending on which muscles have been affected, it can manifest in ways that make it difficult to do even the easiest of everyday tasks, like brushing your teeth, walking or just trying to stand up.

Often, survivors will experience at least one of the following symptoms:

- Inability to straighten limbs (arms, hands, feet, etc.)
- Muscle stiffness
- Abnormal postures
- Uncontrollable spasms and muscle reflexes

When it comes to strokes, time is truly of the essence. The quicker patients can receive the critical care they need, the greater likelihood of survival and a positive recovery.

If you're experiencing spasticity symptoms after a stroke, it's important to talk to your doctor. Reports show that symptoms of spasticity can worsen over time, as studies show that more than 25 per cent of stroke survivors develop spasticity symptoms six weeks



after having had a stroke.

Learn more about spasticity and

resources available to those living with the condition at beyondstroke.ca.

Arthritis is on the rise in Canada — are you at risk?

(NC) What do Kathleen Turner and Patrick Stewart have in common? Aside from being prolific actors, the two also have arthritis.

"For many, arthritis is an invisible disease, but the pain is very real for the famous and not-so-famous people who live with it every day," says Trish Barbato, president and CEO of the

Arthritis Society.

In Canada, the condition impacts six million people, and that number is expected to grow to nine million by 2040.

Arthritis is a collection of more than 100 diseases that can be divided into two types - inflammatory arthritis and osteoarthritis. With the condition

affecting one in five, chances are if you don't have it yourself, you know someone who does. And it's important for everyone to feel supported, as research shows that people living with chronic pain who feel support in their lives have:

- lower pain intensity,
- less depression and anxiety,

• better ways of dealing with pain, and

• overall better quality of life.

The best way to support people living with arthritis is take their pain and condition seriously.

Learn more at arthritis.ca

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In 2021, the Wales Home celebrates one hundred years of existence providing unparalleled healthcare services to seniors.

Recognized by the Government as the first seniors' residence in the province of Quebec, the Résidence Wales Home is a private, not-for-profit organization founded in 1921 that provides a continuum of care for up to 200 seniors who range from being completely independent to those requiring long-term care.

The Wales Home now operates a senior's home (RPA – from apartments for fully autonomous seniors to rooms for seniors requiring minimal care and services), an Intermediate care unit (RI) for seniors with beginning stages of dementia, and a long-term care unit (CHSLD).

The Wales Home is currently renovating Shaw and Manning rooms (first and second floor) to increase their original size, including private, adapted washrooms. These modernized rooms have new floor finishes, lighting, and triple-glazed windows for improved temperature control and energy efficiency and will be connected to geo-thermal for heat and cooling. Each



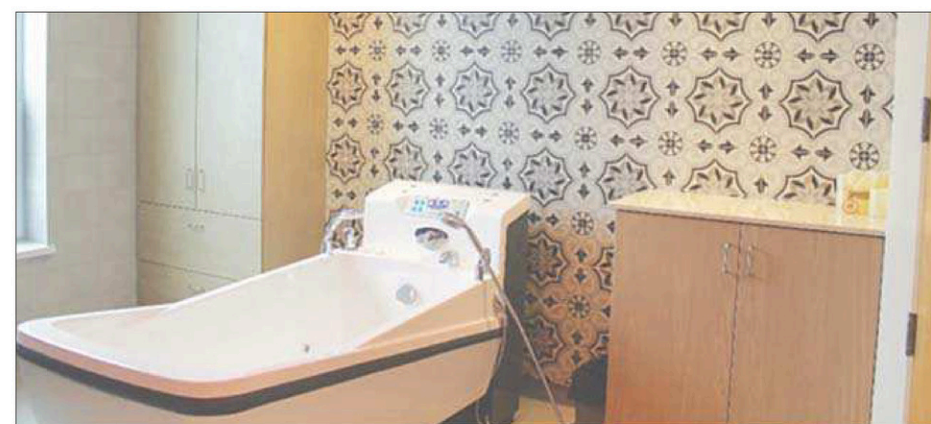
of the floors is equipped with a beautiful solarium overlooking the St-Francis River, a relaxing spa-like bathing facility, a nursing station, and all meals are served in our beautiful dining room. Residents benefit from the presence of an experienced nursing care staff 24/7.

The Wales home recently signed a contract with the CIUSSS de l'Estrie-CHUS for an intermediate care unit (RI) offering seniors with dementia a safe and homelike living environment. Our Central Unit is equipped with 12 fully renovated private rooms with private, adapted washrooms, a spa-like bathing facility, and cozy living and dining room area. This unit is government-funded, and admissions are filed through the CIUSSS.

The CHSLD Wales offers long-term care to 96 seniors and is also funded by the government. A long-term contract with the CIUSSS allows for seniors to access excellent care at government subsidized rates. All admissions are filed through the CIUSSSS de l'Estrie-CHUS.



The residents can decorate their rooms according to personal taste.



Bathing accommodations for your assisted bath with a trained caregiver.



Relax and enjoy the view from the solarium overlooking the St-Francis River

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