

# Three days in a row over 1000 cases in Quebec

Record Staff

Quebec reported over 1,000 new cases of COVID-19 for the third straight day on Sunday, reporting 1,079 new cases of COVID-19 after having reported 1,107 new cases on Saturday and 1,052 new cases on Friday.

Authorities also reported 12 additional deaths attributed to the novel coronavirus on Sunday, with two of those deaths having taken place in the past 24 hours, nine between Sept. 27 and Oct. 2, and another at an unspecified date.

Quebec has now recorded 78,459 COVID-19 cases since the pandemic began and 5,878 total deaths.

Hospitalizations went up by eight cases across the province, for a total of 334.

Of those, 64 people were in intensive care, an increase of four from the previous day.

The Estrie region reported 13 new cases on Sunday bringing the regional total up to 1858. There was no significant shift in any of the outbreaks under supervision over the weekend, although the Centre d'hébergement Saint-Joseph in Sherbrooke's old North Ward was added to the list of institutions under "outbreak watch."

# Fall start up for volunteer centre youth programs



SADD Leadership group 2020

COURTESY

By Mable Hastings

With many changes in programming, the Missisquoi North Volunteer Centre (CABMN) re-opened its doors to youth this past Saturday, October 3 at the Youth Centre located at 282 Principale in Mansonville.

CABMN youth programs have operated for close to forty years now, with an average of 5-8 weekly programs for youth ranging in ages from 5 to 20+. This year due to the Covid pandemic, the programs have been limited to two on a trial basis to assess the situation and its security and as time unfolds, more programs may be added.

"Today we held our first SADD/Leadership meeting (post lock down) and it went really well," said Ethan Ball, who shares the coordination and animation of the CABMN youth programs with Eleanor Cote.

"Youth programs are not seen as essential services and the fact that we

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## WORLD TEACHER'S DAY

2020.10.05

Teaching for a better world:  
Together in strength and solidarity

CTF/FCE www.ctf-fce.ca



ataunion.org

On this World Teachers' Day, the Appalachian Teachers' Association wishes to thank all teachers, past and present, for their lifelong devotion to the betterment of others.

"Let us remember: One book, one pen, one child, and one teacher can change the world."

Malala Yousafzai

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## Weather



TODAY:  
MIX OF SUN  
AND CLOUD

HIGH OF 15  
LOW OF 9



TUESDAY:  
MIX OF SUN  
AND CLOUD

HIGH OF 17  
LOW OF 10



WEDNESDAY:  
PERIODS OF  
RAIN

HIGH OF 13  
LOW OF 6



THURSDAY:  
PERIODS OF  
RAIN

HIGH OF 8  
LOW OF -3



FRIDAY:  
MIX OF SUN  
AND CLOUD

HIGH OF 9  
LOW OF 2

# Youth programs

CONT'D FROM PAGE 1

have been apart for seven months and with the Covid pandemic far from over, it was extremely important to explain to the youth, the necessity of adopting safety measures," shared Ball.

All youth wear masks until they are seated in the building or when moving around. When entering the building the name of each youth, their contact information and health questions are asked. The temperature of all who enter the building is taken, hands are sanitized and each youth and staff are given a task to perform throughout the day to keep surfaces, equipment and hands disinfected. Numbers in the groups have been limited to allow for physical distancing at meeting and activity stations between all youth when masks are not required.

The 12 youth who gathered for the first Saturday group were quickly implicated in creating the plan for the coming weeks of activities, projects and events with all remaining conscious to the limitations and requirements of safety for all during the pandemic. Many ideas were exchanged and included: the creation of new group sweatshirts, increased visibility on social media, awareness activities, in house fun with reduced numbers, safety measures and more....

It is unknown when the Government directives might change and the groups be forced to shut down but in the meantime, the youth strive to make new memories, share in conversation and build connections with others in this very strange reality in which we are all living.

"I think they grasped the whole reality better than we do," said Ball.



SADD member, Hunter Bouchard

PHOTO COURTESY

"My co-worker, Eleanor and I worked really hard at getting some youth back in the building. We are going to work at accommodating other groups for the younger youth this week through a new partially "outdoor" program that celebrates farming while implicating the youth in tending animals and experiencing working together in a hobby farm setting," he added.

Cote is a horse owner and enthusiast who has operated riding camps for youth in the past and Ball has found a love for raising pigs, so the two plan to share their passion with elementary aged children with this completely new program idea.

"On Saturday we were with the youth

from 9 a.m. to 4 p.m.," shared Ball. "It was really nice at the end of the day for Eleanor and me to reflect upon our time with the youth and be left with the sentiment that even though they'd just left, we missed them already," said Ball. "We work with an amazing group of youth!"

For more information about the regular weekly youth programs of the CABMN and updates on Covid adjusted programming visit: www.cabmn.org and sign up for the organization's weekly newsletter. To contact the Youth Centre call: 450-292-4886 or email Eleanor Cote at e.cote@cabmn.org or Ethan Ball at e.ball@cabmn.org

# Fire Prevention Week celebrates major milestone

Record Staff

Public Safety Minister Geneviève Guilbault announced the launch of the 30th annual Fire Prevention Week, which takes place between Oct. 4 and 10. The spokesperson for this year's awareness campaign is two-time Olympic medalist Dominique Maltais.

"In our daily lives, in the kitchen or near the BBQ, or in a host of everyday activities, a simple distraction can cause a serious fire, injuries, burns or even loss of life," said Maltais.

The Olympian trained as a firefighter with the Baie-Saint-Paul Fire Department. The theme of the week-long event is about accountability. People need to be aware of the dangers of an open fire or safety hazards.

Maltais added that in the event of a fire, people have less than three minutes to get out. It's important to ensure the smoke alarm is working, she continued, and to consider an evacuation plan, which can save countless lives.

Nearly half of all residential fires

in Quebec are linked to distractions or human error, according to a press release. This year, Fire Prevention Week will focus on informing the public of the many sources of distraction people can find in the kitchen.

"We all have a preventive role to play in the face of fire risks, notably by being vigilant and responsible in our behaviour," said Guilbault. "With nearly half of all fires caused by distraction or human error, we are the first to be able to protect ourselves against a fire in our home."

## Ben by Daniel Shelton



# Eastern Townships School Board addresses attack on young boy in Cowansville

By Michael Boriero - Local Journalism Initiative Reporter

The Sûreté du Québec (SQ) opened an investigation into a scary altercation near Massey-Vanier High School, after a group of apparently older kids filmed someone attacking a younger boy and uploaded the video on social media.

On Oct. 1 three were arrested in connection with the alleged attack; two minors and one young adult. While one minor and the young adult were released after questioning with conditions, one minor was held for a court appearance the following day, the SQ confirmed.

The incident occurred last week and it already has the Eastern Townships School Board talking about its next steps in the situation. However, ETSB Chair Michael Murray told The Record that the police have asked the board to wait for the investigation to conclude

before taking action.

Murray said the board has already put several measures in place throughout the years, spreading the word about anti-bullying. The ETSB has a lot of questions surrounding the brutal attack, he continued, they hope to anticipate and prevent similar incidents in the future.

"We have ongoing anti-bullying projects that we have had for many years; projects that run straight through the curriculum starting in kindergarten, so certainly we don't ignore the situation, we address it as directly as possible," said Murray.

Quebec's provincial police couldn't provide a timeline for the investigation, which triggered some frustration from Murray. According to the ETSB chair, there have been situations in the past that the board could have aided the police in uncovering the facts.

"The police are very vague about that kind of thing quite frankly and

they want to take the time they're going to take and they don't know how it's going to unfold either," Murray said, adding that all they can do is stay out of their way for now.

Instead, the board is often left fending off wild and crazy accusations flung about on social media, Murray explained. The problem, he continued, is that those accusations and theories are frequently disproven after the police have finished their investigation.

## New school construction project

Murray also revealed to The Record that the ETSB was granted permission to begin construction on a new elementary school in Drummondville. According to the chair, the school will have 15 classrooms and is projected to open in 2022.

It's the first school construction project in over 50 years, Murray explained, which is a major milestone for the school board. The project was approved a year ago, however,

a land issue quickly emerged with Drummondville city officials.

"We had reached an agreement in advance, so it's been held up by conflict or lack of agreement between the Ministry of Education and the city of Drummondville," said Murray.

Murray said that there was some push back when the city was informed about a new law requiring them to cede land to the Ministry of Education. The ETSB ended up landing a prime location at a municipal park.

With the land dispute and the COVID-19 outbreak, the timetable for the construction project is slightly delayed, Murray added, but the board believes it can get the project up and running fairly quickly. They're planning to open tenders within the next few weeks.

"We're hoping to accelerate the next phases, all the planning is done, all the engineering, all the drawings, everything," Murray said.

# Extra push for flu vaccination due to second wave of COVID-19

By Reann Fournier  
Special to The Record

The transition from fall to winter marks the start of the annual flu season, where, according to Infection Prevent and Control Canada, 5-10 per cent of adults and around 20-30 per cent of children are infected with influenza each year. In order to prevent being infected and possibly transmitting the virus to others, it is recommended by health professionals to receive a vaccination known commonly as the 'flu shot'.

Typically, the flu shot is recommended by Canadian Public Health for everyone six months and older. People over the age of 65, those with certain health conditions, individuals living in nursing homes or long-term care facilities, children under the age of five, and pregnant women are all at higher risk and it is therefore especially encouraged that these individuals are vaccinated.

Canada Public Health says that receiving a yearly flu shot is effective and important as the type of flu virus usually changes each year, meaning a new vaccine is created yearly to protect individuals from the specific strains of influenza that year. According to Marie-Ève Nadeau, who works in the communications department for the CIUSSS de l'Estrie-CHUS, this year it will be especially important to be vaccinated against the flu. "Considering we have two respiratory viruses that will be present, influenza and COVID-19, it is all the more important to benefit from the flu vaccine," she said. "The best way to protect yourself from complications of the flu is to be vaccinated."

Nadeau was sure to add that the measures to prevent the spread of COVID-19 applied to influenza as well. "Social distancing, wearing a mask or face covering, frequently washing our hands, is all particularly important in the context of the second wave of COVID-19 which is currently starting and which is likely to overlap with the

start of the flu season," she said.

Flu shots are administered by a nurse or pharmacist and are typically available at several places including many local pharmacies and most doctor's offices in the Estrie region. This year, however, considering COVID-19 protocols, everyone looking to be vaccinated must schedule an appointment.

"To book an appointment, people should check the list on the clicsanté.ca website," said Nadeau. "We don't want to publish a list of dates and places because we want to avoid people showing up without an appointment. They absolutely have to make an appointment."

As of Oct. 1, 2020, clicsanté.ca will allow for individuals to book appointments to receive their flu shot. You must select 'seasonal influenza vaccine' as the service and enter your postal code. From there, a list of possible sites will be where you can select your desired location and book an appointment.

In order to abide by Public Health safety guidelines, the vaccination clinics have adapted several new policies. There will be a limitation to the number of people present in a clinic at one time, linear circuits and directional arrows for people to follow, triage of people exhibiting symptoms at the entrance, and a decreased waiting period after vaccination. Patients will also be required to wear a mask, show up to their appointment alone (with exceptions like caregivers, parent/child), and are asked to arrive at the exact time of their appointment.

## THE RECORD

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# Quebec government invests \$1 million to support Beirut's recovery

Record Staff

Immigration Minister Nadine Girault announced that the provincial government is giving \$1 million in financial support to six Quebec-based international organizations working

with local partners in Lebanon.

The Quebec government sent out a call of humanitarian action projects on August 6, following the devastating explosion that impacted the lives of thousands of Beirut residents on August 4. Organizations were required

to submit an official project proposal on the government's website.

The selection process, according to a press release, was based on the criteria of the Programme québécois de coopération internationale (PQDI). The

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# EDITORIAL

The four dissenting judges argued, in short, that imposing deadlines on trials “exceeds the proper role of the Court by creating time periods which appear to have no basis or rationale in the evidence before the Court...”

## Jordan delayed trial ruling put to test in Normandeau case



PETER BLACK

Several years ago, while on a visit to Ottawa, familiar haunts once upon a time, I took the boys to the Supreme Court of Canada building. It was an early weekday morning in the summer and the place was deserted. A good-natured guard agreed to allow the three of us to enter the stately, ornate courtroom, under his watchful eye. Although he drew the line at trying out the chairs behind the bench, we pretty much had the run of the place.

I can't imagine what a pair of young boys retained from that visit, but I was left in a state of awe at what momentous cases that room had seen argued and adjudicated. I was also left thinking the room seemed kind of small for the enormity of the decisions that took place therein.

The enormity of one of those decisions was visited on Quebec's intertwined and inscrutable political world recently in a case involving some very high-profile people.

Nathalie Normandeau, former

deputy premier and minister under Jean Charest, along with five others, including former Gaspé mayor François Roussy and Marc-Yvan Côté, a former health minister under Robert Bourassa, and a top Liberal organizer, were arrested in March, 2016, by the province's anti-corruption squad, and charged with seven offenses, including fraud and breach of trust.

On Sept. 25, Quebec Court Judge André Perreault ruled the prosecution of Normandeau et al must be terminated because, as their lawyers had argued, the case had violated the Jordan precedent on time limits on criminal trials as determined by a 2016 Supreme Court of Canada decision.

The ruling was perhaps no surprise given the four-and-a-half year stretch since the initial arrest with no trial date yet set; but what has caught a lot of attention is Judge Perreault's somewhat startlingly direct admonition to the tut-tutting public:

“There will probably be those who will claim the petitioners were lucky to escape conviction. This is unfair. The petitioners are from this moment freed from any charge. They are all of them as innocent as anyone who will walk by you today on the street.”

In other words, innocent is innocent regardless of how that innocence was determined by the court.

The Jordan decision was a huge landmark for Canada's criminal justice system, but it also is a window into the workings of the country's top court, particularly in light of the shenanigans south of the border over appointing judges to the Supremes.



The Jordan ruling, in July 2016, was a five-four decision, with the majority decision written by Justices Michael Moldaver, Andromache Karakatsanis and Russell Brown, with the support of Justices Rosalie Abella and Suzanne Côté. Moldaver, it has been noted by legal observers, had strong opinions on delayed trials before Stephen Harper named him to the Supremes in 2011.

In a 2005 lecture, Moldaver opined: “Long criminal trials are a cancer on our criminal justice system and they pose a threat to its very existence ... if the public comes to view the system with disdain and contempt, then the system will have lost its reason for being. And the consequences, I fear, will be serious.”

Little did Moldaver know that 11 years after uttering that warning, he would be the lead justice in the ruling that attacked the cancer on the criminal justice system he had

diagnosed.

The four dissenting judges argued, in short, that imposing deadlines on trials “exceeds the proper role of the Court by creating time periods which appear to have no basis or rationale in the evidence before the Court; and risks negative consequences for the administration of justice.”

Hundreds of criminal cases have been “stayed” since the Jordan ruling.

The minority decision was written by Thomas Cromwell and backed by then-chief-justice Beverly McLachlin, her successor as chief Richard Wagner, and Clement Gascon. Only Wagner is still on the court.

All this to say, the Jordan decision could have gone either way, and that it went the way it did, Nathalie Normandeau et al, and all those who find themselves in similar circumstances, must be thankful - innocent, but thankful.

## Quebec government investment

CONT'D FROM PAGE 3

projects that made the cut concentrate on physical and mental health, psychosocial and business support.

They were also selected because of

their willingness to supply medical equipment and housing. The focus is on the neighbourhoods and Lebanese population most affected by the explosion.

Girault said she is convinced the organizations receiving government funds will be able to use their resources to support Beirut and its citizens. She added that these organizations have long been involved with helping countries in need.

“Quebec and Lebanon are united by the French language and their membership in the Francophonie. These natural ties have contributed to the creation of a strong and dynamic Lebanese community. I would like to convey once again the solidarity of Quebecers to the Lebanese people,” Girault said.

Développement et Paix is providing psychological and psychosocial support. They're set to receive \$200,000. Oxfam-Quebec is getting \$200,000 to support micro, small and medium-sized businesses.

Partenaires Canadiens pour la Santé Internationale (HPIC) is also receiving \$200,000 for drugs and medical supplies. Humanité & Inclusion and Médecins du Monde will get \$150,000 access to health services. And \$100,000 is given to Collaboration Santé Internationale for medical and school equipment.

The Record welcomes your letters to the editor. Please limit your letters to 300 words. We reserve the right to edit for length, clarity, legality and taste. Please ensure there is a phone number or email where you can be reached, to confirm authorship and current town/city of residence. Names will not be withheld but the address and phone number of the writer are not published, except by request. Please email your letters to newsroom@sherbrookerecord.com. Preference is given to writers from the Eastern Townships.

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6 Mallory, Sherbrooke, Quebec J1M 2E2  
 FAX: 819-821-3179  
 E-MAIL: newsroom@sherbrookerecord.com  
 WEBSITE: www.sherbrookerecord.com

<p><b>SHARON McCULLY PUBLISHER</b> (819) 569-9511  <b>MATTHEW McCULLY MANAGING EDITOR</b> (819) 569-6345  <b>GORDON LAMBIE ASSOCIATE EDITOR</b> (819) 569-6345  <b>SERGE GAGNON CHIEF PRESSMAN</b> (819) 569-4856  <b>JESSE BRYANT ADVERTISING MANAGER</b> (450) 242-1188</p> <p><b>DEPARTMENTS</b></p> <p>ACCOUNTING (819) 569-9511              ADVERTISING (819) 569-9525              CIRCULATION (819) 569-9528              NEWSROOM (819) 569-6345</p> <p style="text-align: center;"><b>KNOWLTON OFFICE</b>              5B VICTORIA STREET, KNOWLTON, QUEBEC, JOE 1V0              TEL: (450) 242-1188 FAX: (450) 243-5155</p>	<p style="text-align: center;"><b>PRINT SUBSCRIPTIONS</b></p> <p>For print subscription rates, please call 819-569-9528 or email us at billing@sherbrookerecord.com</p> <p style="text-align: center;"><b>ON-LINE SUBSCRIPTIONS</b></p> <table border="0" style="width: 100%;"> <tr> <td>QUEBEC:</td> <td>1 YEAR</td> <td>108.72</td> <td>5.44</td> <td>10.85</td> <td>\$125.00</td> </tr> <tr> <td></td> <td>1 MONTH</td> <td>9.78</td> <td>0.49</td> <td>0.98</td> <td>\$11.25</td> </tr> </table> <p>Rates for out of Quebec and for other services available on request.              The Record is published daily Monday to Friday. Back copies of The Record are available.</p> <p>The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.              PM#0040007682</p> <p>Return undeliverable Canadian addresses to The Record, 6 Mallory Street, Sherbrooke, QC J1M 2E2</p> <p style="text-align: center;"><b>Member</b>              ABC, CARD, CNA, QCNA</p>	QUEBEC:	1 YEAR	108.72	5.44	10.85	\$125.00		1 MONTH	9.78	0.49	0.98	\$11.25
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# Mental Illness Awareness Week

## Oct. 4 to 10, 2020



When it comes to mental health many suffer alone and in silence, until the situation has escalated to a point of desperation or crisis. Research indicates that early intervention leads to better long-term outcomes. The sooner one seeks help, the more likely one is to go on and lead a satisfying life. Most people who seek professional help recover. It takes courage but asking for help is a sign of strength! So where can we turn for help?

### Mental Health Estrie

Mental Health Estrie (MHE) is a non-profit community organisation committed to providing information, support, education and advocacy to English-speaking families and individuals in Estrie impacted by mental illness. Services are currently available remotely by phone (819-565-3777) and email (mhe.info@bellnet.ca). We invite you to "like" our Facebook page <https://www.facebook.com/MentalHealthEstrie/> for updates and links to articles, guides and ideas for coping strategies or visit our website at [www.mentalhealthestrie.com](http://www.mentalhealthestrie.com).

### Connecting with your local CLSC

For the number of your local CLSC, call 811. Each network of CLSCs has a mental health department and services are available even if you do not have a family doctor there. Call and ask for the "Psychosocial Intake Department," or the "Accueil psychosocial". In general, your call will be returned within 24-48 hours to set up an initial appointment.

### Consulting a psychiatrist:

A psychiatrist is a medical doctor who specializes in the functions of the brain and can prescribe medications when necessary. Medication is often extremely helpful and can be an important part of the recovery process. A referral from a general practitioner or the CLSC is generally required to see a psychiatrist. If you have no family doctor, visit any walk-in-clinic to receive a referral.

### Walk-in clinics:

If you or a loved one does not have a family doctor, or the family doctor is unavailable, there may be a clinic near you that accepts patients who

are not registered. If you are unsure of walk-in clinics in your area, call 811 for assistance or search: <http://sante.gouv.qc.ca/en/repertoire-ressources/consultations-medicales-sans-rendez-vous/>.

### Finding a psychologist:

Psychologists or psychotherapists focus on providing talk therapy (psychotherapy) or counselling; they cannot prescribe medication. To find a qualified psychologist near you, consult the Order of Psychologists' online database (<https://www.ordrepsy.qc.ca/>). As this website is currently available in French only, you can call 1-800-561-1223 to connect with bilingual staff that will help you find a psychologist who can communicate in English.

### Hospitalizations:

In the event of a crisis (imminent danger to oneself or others i.e. suicidal ideation or threat to someone else) it is suggested/possible to go directly to the Hotel-Dieu hospital on Bowen street in Sherbrooke. Under other conditions, a referral to the psychiatric services of the CHUS (Hotel-Dieu site) from the CLSC or a doctor is recommended. Visits to the hospital require a wait in the regular emergency room to be seen by a doctor from that department. This is to ensure that the cause of the visit is not physical and to treat any physical ailments first. Once seen by an ER doctor you or your loved one may be transferred to the psychiatric emergency unit to be evaluated. It is strongly recommended that someone accompany you or your loved one, as it can help to have additional information from friends and family and to have a

second set of eyes and ears to remember the information provided by the health service providers. Additionally, it can help with the long wait time at emergency, which can sometimes deter people from waiting.

### To file a complaint:

Anyone can use the complaint examination procedure to express dissatisfaction if they feel their rights have not been respected or to file a complaint if they deem necessary. The Centre d'assistance et d'accompagnement aux plaintes (CAAP Estrie) can give you information and help guide you through the steps of filing a complaint. Contact Angela Moore or Ashley Boynton, Complaints Advisor 819-823-2047 or toll-free 1-877-767-2227.

### Other emergency services:

- Info-Santé: 811 (Option 1: nurse, Option 2: social worker)
- JÉVI - Center for suicide prevention : 819-564-1354
- Suicide Prevention Hotline Across Quebec: 1-866-APPELLE
- Urgence Detresse Crisis Hotline : 819-780-2222
- CHUS Hotel-Dieu & Fleurimont Hospitals: 819-346-1110

To learn more about Mental Illness Awareness Week visit: <https://www.camimh.ca/mental-illness-awareness-week/about-miaw/>. To learn more about how mental illness impacts Canadians, visit: [mentalhealthcommission.ca/](http://mentalhealthcommission.ca/) English.

Oct. 4 to Oct. 10 is Mental Illness Awareness Week (MIAW): a national public education campaign to inform the general population of the reality of mental illness, to foster understanding and to reduce stigma. Established in 1992 by the Canadian Psychiatric Association, this annual event is now coordinated by the Canadian Alliance on Mental Illness and Mental Health (CAMIMH) in cooperation with all its member organisations and other supporters across Canada.

In recognition of MIAW 2020, throughout the week The Record will feature articles submitted by community members who have shared their experience of living with a mental illness or accompanying their loved one on their journey. It is our hope that these articles will shed some light not only on the reality of mental illness, but on the recovery of hope, and the hope of recovery.

Millions of Canadians live with mental illnesses every day and when we include the impact on family and friends, the numbers continues to grow. One in five Canadians are affected by a mental illness at any given time. By the age of 40, 50 per cent of people will have or have had a mental health problem (Canadian Mental Health Commission).

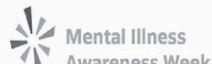
# 44% of Canadians

felt that their mental health care needs were either unmet or only partially met.

Make access to mental health care a priority.

- Statistics Canada, 2019

#MIAW20 | CAMIMH.ca  
October 4-10, 2020



## 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 Avery Porter

Send your pumpkin selfies to [classad@sherbrookerecord.com](mailto:classad@sherbrookerecord.com) before noon on Thursday, October 29.

The photos will be published in the paper on October 30.

# An approach adapted to the different regions to limit transmission of the virus

It is now more important than ever that we follow health measures to limit the spread of the virus. It is essential that each of us remains vigilant and adopts good habits. Since the virus is not spreading everywhere at the same rate, a new tool has been implemented to show how the situation is evolving in each Quebec region. This four-level alert system will make it easier for you to keep track of the government's interventions.

We must contain the spread of the virus throughout Quebec. This is how we can retain some level of normalcy over the next few months. Each region can make a big difference in limiting the spread of the virus. Let's continue to protect each other.

## Progressive regional alert and intervention system

The Progressive regional alert and intervention system specifies which additional measures each health region must take to slow the transmission of the virus. These depend on the alert level reached and are intended to limit the health, social and economic impacts of COVID-19, protect those who are most at risk and avoid overburdening the healthcare system.

The alert levels are established based on the recommendations of public health authorities who regularly review the situation, taking into account the epidemiological situation, transmission control and the capacity of the healthcare system.

Don't forget that everyone must adopt behaviours that limit transmission of the virus. We do it to ensure that our children can keep going to school, to protect our seniors, to ensure the safety of our healthcare workers and to revive our economy. **Follow the basic measures at all times:**



- > Keep your distance
- > Wear a face covering
- > Cough into your elbow
- > Wash your hands
- > Adapt your greetings

## FOUR ALERT AND INTERVENTION LEVELS



To find out the alert level in your region, consult the Map of COVID-19 alert levels by region at [Québec.ca/alertlevels](https://quebec.ca/alertlevels).

[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

1 877 644-4545

Québec 

# Datebook

MONDAY, OCTOBER 5, 2020

Today is the 279th day of 2020 and the 14th day of autumn.

**TODAY'S HISTORY:** In 1877, Chief Joseph and the Nez Perce tribe surrendered to U.S. Cavalry troops after a 1,700-mile retreat.

In 1947, President Harry Truman delivered the first address to be televised from the White House.

In 1970, the Public Broadcasting Service was founded.

In 2005, the U.S. Senate voted 90-9 to prohibit the use of "cruel, inhuman or degrading treatment or punishment" on detainees.

**TODAY'S BIRTHDAYS:** Jonathan Edwards (1703-1758), theologian/evangelist; Chester A. Arthur (1829-1886), 21st U.S. president; Louis Lumiere (1864-1948), inventor/filmmaker; Ray Kroc (1902-1984), founder of McDonald's Corp.; Bil Keane (1922-2011), cartoonist; Vaclav Havel (1936-2011), playwright/Czech president; Steve Miller (1943-), musician; Bernie Mac (1957-2008), comedian/actor; Neil deGrasse Tyson

(1958- ), astrophysicist; Maya Lin (1959- ), architect/sculptor; Mario Lemieux (1965- ), hockey player; Guy Pearce (1967- ), actor; Kate Winslet (1975- ), actress; Jesse Eisenberg (1983- ), actor.

**TODAY'S FACT:** In the first televised White House address, President Truman asked the American people to stop eating meat on Tuesdays and poultry on Thursdays to help relieve food shortages in Europe.

**TODAY'S SPORTS:** In 2001, Barry Bonds set a new single-season home run record with his 71st and 72nd home runs.

**TODAY'S QUOTE:** "For me, I am driven by two main philosophies: know more today about the world than I knew yesterday and lessen the suffering of others. You'd be surprised how far that gets you." - Neil deGrasse Tyson

**TODAY'S NUMBER:** 38,695 - company-operated and franchised McDonald's restaurants worldwide in 2019.

**TODAY'S MOON:** Between full moon (Oct. 1) and last quarter moon (Oct. 9).

## SUDOKU

DIFFICULTY RATING: ★★★★★

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

10/3

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### PREVIOUS SOLUTION

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

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

## NEA Crossword Puzzle

### ACROSS

- 1 Debtor's note
- 4 Make soaking wet
- 7 Soggy
- 11 Road coating
- 12 Tiny insect
- 13 Autobahn vehicle
- 14 AMA members
- 15 Motown's Diana —
- 16 Prof.
- 17 Cutlass kin
- 19 Pay for a hand
- 20 Floor
- 21 Choose
- 22 Ashram dweller
- 25 More agile
- 28 Spanish "that"
- 29 Rozelle or Sampras
- 31 Floor covering
- 33 Fat cat's bundle
- 34 Proceed
- 36 Golly!
- 37 — Abdul-Jabbar

- 40 Perch
- 42 Unser and Gore
- 43 Nonverbal OK
- 44 Recipe amts.
- 46 Took apart
- 49 Roughen from cold
- 50 Calendar info
- 52 Small lump
- 54 Fox's prey
- 55 Dobbin's dinner
- 56 Ernst & Young staffer
- 57 Phillips University town
- 58 Retiring
- 59 Border

### DOWN

- 1 — be an honor
- 2 Galley slaves' need
- 3 Sky bear
- 4 Night racket
- 5 NATO cousin

### Answer to Previous Puzzle

B	A	G		C	B	S			Q	U	E		
E	L	L		R	E	A	L		S	U	L	K	
E	A	U		E	S	T	A		C	I	T	E	
		N	E	E	D	I	E	R		H	E	R	D
				R	O	E		G	R	E	T	A	
P	L	E	A		G	L	E	A	M				
R	O	T		V	E	E		S	E	E	D	S	
O	P	E	R	A		O	O	P		L	A	G	
				E	L	A	N	D		H	I	N	T
		Z	O	N	E	D		Y	O	M			
H	O	S	T		A	S	S	U	M	E	D		
O	R	C	A		P	O	S	T		M	O	P	
O	R	A	L		T	I	E	R		I	D	S	
F	O	R			L	Y	E			R	O	I	

- 6 Qt. parts
- 7 Delicate
- 8 Dad's sister
- 9 Inventory wd.
- 10 Hole
- 12 Got big (2 wds.)
- 18 Inadequate
- 19 IRS month
- 21 Receptive
- 22 Cut down
- 23 Meryl, in "Out of Africa"
- 24 Goose egg
- 25 Quell
- 26 Proof word
- 27 Regrets deeply
- 30 Wool sources
- 32 Obtain
- 35 Bagpipe sounds
- 38 Knocked sharply
- 39 Loop trains
- 41 Peculiar
- 43 Silly
- 44 Larger — life
- 45 Graceful wrap
- 47 Proceed very slowly
- 48 Fall guy
- 49 Ernesto Guevara
- 50 Musical notes
- 51 Murmur of content
- 53 Thud

1	2	3		4	5	6		7	8	9	10	
11				12				13				
14				15				16				
	17		18					19				
				20				21				
22	23	24				25			26	27		
28				29	30				31		32	
33					34			35		36		
	37		38	39				40	41			
				42				43				
	44	45						46		47	48	
49					50	51				52		53
54					55					56		
57					58					59		

10-3

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# NEA Crossword Puzzle

# Your Birthday

MONDAY, OCTOBER 5

- ACROSS**
- 1 Entranced
  - 5 End of some URLs
  - 8 Quite
  - 12 Project starter
  - 13 Yes, in Kyoto
  - 14 Sheltered
  - 15 Industry magnate
  - 16 Maybes
  - 17 Bank holding
  - 18 Antenna
  - 20 Adjusts slightly
  - 22 Hoover's org.
  - 23 Wharf denizen
  - 24 Campus figures
  - 27 Population survey
  - 30 Ear of corn
  - 31 Trucker's haul
  - 32 Avg. size
  - 34 As well as
  - 35 Isn't able
  - 36 Skip over water
  - 37 Meat on skewers
- 39 March**
- composer
  - 41 Exist
  - 42 Chafe
  - 43 Pen insert
  - 46 Physicist's study
  - 50 Jellybean shape
  - 51 Check-cashing needs
  - 53 Knights of —
  - 54 Cat's prey
  - 55 Born
  - 56 State, in Paris
  - 57 Implored
  - 58 Earn
  - 59 Half, in combos
- DOWN**
- 1 Costa —
  - 2 Carpentry tool
  - 3 A fruit
  - 4 Import tax
  - 5 Pungent pod
  - 6 LummoX
  - 7 Abuse
  - 8 Hotel employees

Answer to Previous Puzzle

I	O	U		S	O	P		D	A	M	P	
T	A	R		G	N	A	T	A	U	D	I	
D	R	S		R	O	S		I	N	S	T	
	S	A	B	E	R			A	N	T	E	
			A	W	E		O	P	T			
H	I	N	D	U		S	P	R	Y	E	R	
E	S	A		P	E	T	E		R	U	G	
W	A	D		W	E	N	D		G	E	E	
	K	A	R	E	E	M		R	O	O	S	
			A	L	S		N	O	D			
	T	S	P	S			U	N	D	I	D	
C	H	A	P		D	A	T	E		N	U	B
H	A	R	E		O	A	T	S		C	P	A
E	N	I	D		S	H	Y			H	E	M

- 9 Lamb's alias
- 10 Terrible smell
- 11 Urges
- 19 College degs.
- 21 Vacuum attachment
- 24 Interest amt.
- 25 Black bird
- 26 Woodwind instrument
- 27 Pulls a fast one
- 28 Language of Pakistan
- 29 Whales' homes
- 31 Tagging
- 33 Student stat
- 35 Actor — Reiner
- 38 Used a parachute
- 39 Heat source
- 40 Followed orders
- 42 Turn back the clock
- 43 Easy victory
- 44 Cruel
- 45 Turn toward
- 47 From memory
- 48 Lab weight
- 49 Sasquatch cousin
- 52 Joey or Kiki

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18				19			20	21				
			22				23					
24	25	26				27			28	29		
30					31				32		33	
34				35					36			
	37		38					39	40			
			41					42				
43	44	45					46		47	48	49	
50					51	52			53			
54					55				56			
57					58				59			

**PISCES (Feb. 20-March 20)** – Take care of unfinished business. A change to how you earn money or handle your financial affairs will be profitable. A chance to reconnect with someone will be eye-opening. Romance is favored.

**ARIES (March 21-April 19)** – Put your professional responsibilities first. Leave no room for error, and be prepared to make adjustments to maintain a good rapport with your peers and superiors. A partnership will change the way you live.

**TAURUS (April 20-May 20)** – Your ideas will lead to opportunities. Discuss your plans with someone who shares your concerns and interests. A romantic gesture will encourage a loved one to speak up about his or her intentions.

**GEMINI (May 21-June 20)** – Keep your thoughts and emotions to yourself. Refuse to let anyone take advantage of you. Concentrate on whatever will benefit you the most. Be secretive regarding your plans.

**CANCER (June 21-July 22)** – Stand up for your rights and make a difference. Your strength and courage will be recognized and appreciated. Romance is on the rise.

**LEO (July 23-Aug. 22)** – Don't be lured down the wrong path. Emotions will run high if you can't come to terms with what's right. Find alternative ways to use your skills.

**VIRGO (Aug. 23-Sept. 22)** – Trust and believe in what you are capable of doing. Make changes to improve your life and emotional well-being. Personal growth will open doors to new beginnings. Love and romance are in the stars.

Moderation, discipline and strategy will be crucial this year. Refuse to let anyone talk you into something costly or risky. Focus on health, fitness and taking care of unfinished business. You can pave the way to new beginnings and rewards.

**LIBRA (Sept. 23-Oct. 23)** – Be open to suggestions, but don't get involved in something that isn't budget-friendly. Trying to please others or being generous with your time or money will cause undue stress and limit your chance to advance.

**SCORPIO (Oct. 24-Nov. 22)** – Take a strong position if you want to get things done your way. A passionate approach will help bring about positive change. A discussion with a friend or relative will be enlightening. A romantic gesture will make your day.

**SAGITTARIUS (Nov. 23-Dec. 21)** – Take care of unfinished domestic business. Aim to take better care of your health and well-being. You will be taken advantage of if you are too unsuspecting.

**CAPRICORN (Dec. 22-Jan. 19)** – Follow through with your plans. You can negotiate, take care of pending problems, sign contracts and make personal changes that will enhance your reputation, position or job prospects. Romance is favored.

**AQUARIUS (Jan. 20-Feb. 19)** – Don't make decisions under duress. Ask questions, consider others' motives and trust the facts. Handle pressing money matters with care. Joint ventures will lead to legal entanglements.

MONDAY, OCTOBER 5, 2020

## The robots make weird opening leads

By Phillip Alder

To start today, look only at the West hand. What would you lead against one no-trump doubled?

Isaac Asimov's first law of robotics is: "A robot may not injure a human being or, through inaction, allow a human being to come to harm."

Those of you who play regularly at Bridge Base Online with the robots will have noticed that in particular their opening leads are unusual. A minor-suit singleton against a no-trump contract is not uncommon. They would do so much better to lead fourth-highest from the longest and strongest, or top of touching honors. Perhaps they don't because they may injure a human bridge player!

South upgraded his hand for the aces and kings. (The Kaplan-Rubens hand evaluation method rates this hand as worth 15.15 points.) I like West's double in preference to a bid showing a spade-minor two-suiter.

You would expect West to lead the club king. Declarer can win that and play a heart, but the defenders take one spade, two hearts and four clubs for

North		10-05-20	
♠	Q 5 3		
♥	Q J 7 5		
♦	J 9 7 3		
♣	9 7		
West		East	
♠	A J 9 4 2	♠ 8 7	
♥	A K	♥ 10 9 2	
♦	8	♦ Q 10 5 4	
♣	K Q J 8 6	♣ 10 4 3 2	
South			
♠	K 10 6		
♥	8 6 4 3		
♦	A K 6 2		
♣	A 5		
Dealer: East			
Vulnerable: Both			
South	West	North	East
1NT	Dbl.	All Pass	Pass
Opening lead: ??			

down one. Plus 200 would have been a top for East-West in an online duplicate.

However, at the table, West led the heart ace. No problem; surely the robot shifted to the club king. No – it led the diamond eight: nine, 10, ace.

Declarer played a heart, and finally West turned to clubs, but South won, played a heart to the jack and ran the diamond jack when East played low. Now South had seven tricks: two hearts, four diamonds and one club. Plus 180 was a top for North-South.

### 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.

“ZO'K IDTCDDKKZPY KZOOZPY XO X  
WMADIH WBFU XBB PZYE0, VXZOPY  
... OM IM HMFC RZJD MC ODP  
AZPFODK MR AXODCZXB.” — KXPICK  
UDCPEXCI

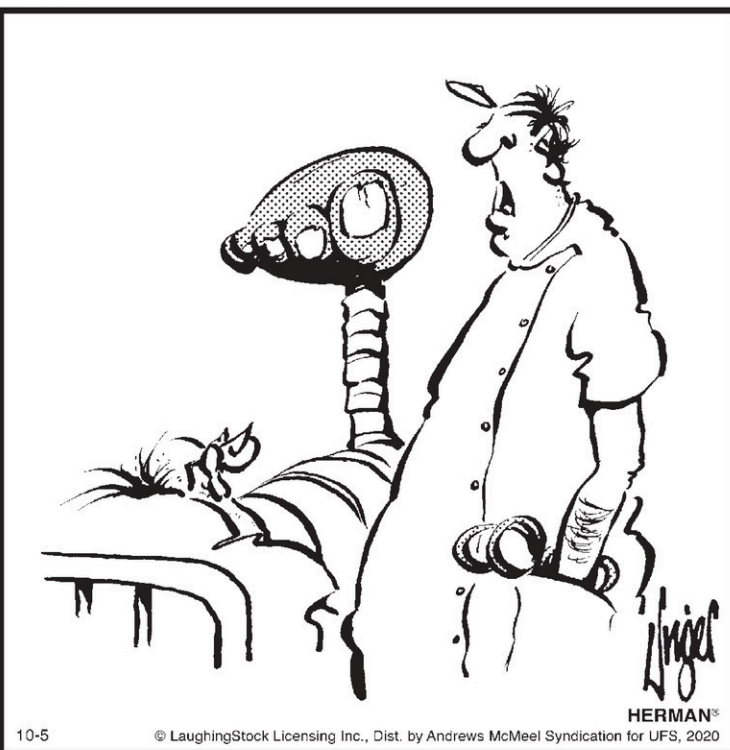
Previous Solution: “I am not aware of my public image or what people think of me ... I'm kind of the Forrest Gump of rock 'n' roll.” — Leon Russell

TODAY'S CLUE: A sjenbø r

### REALITY CHECK

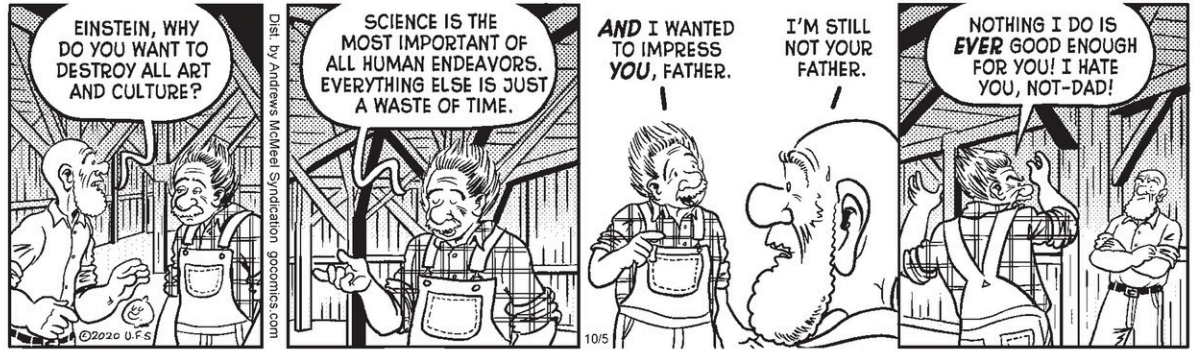


### HERMAN



“You should stay off that left foot for a couple of days.”

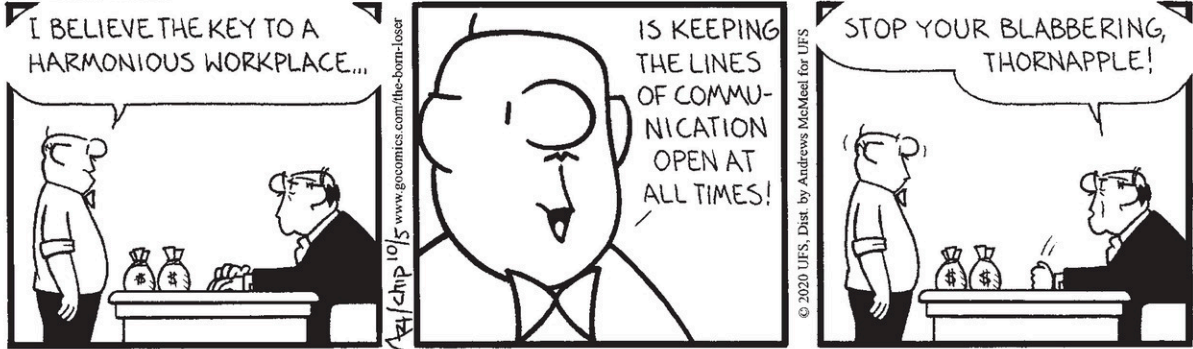
### ALLEY OOP



### ARLO & JANIS



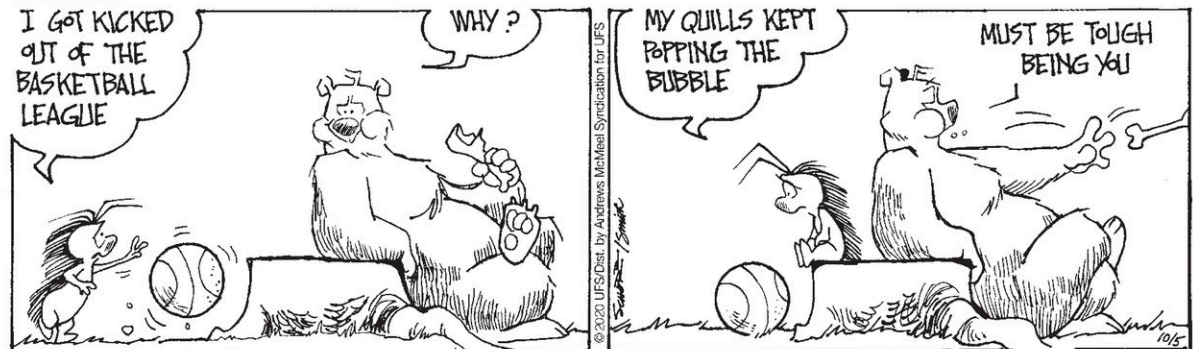
### THE BORN LOSER



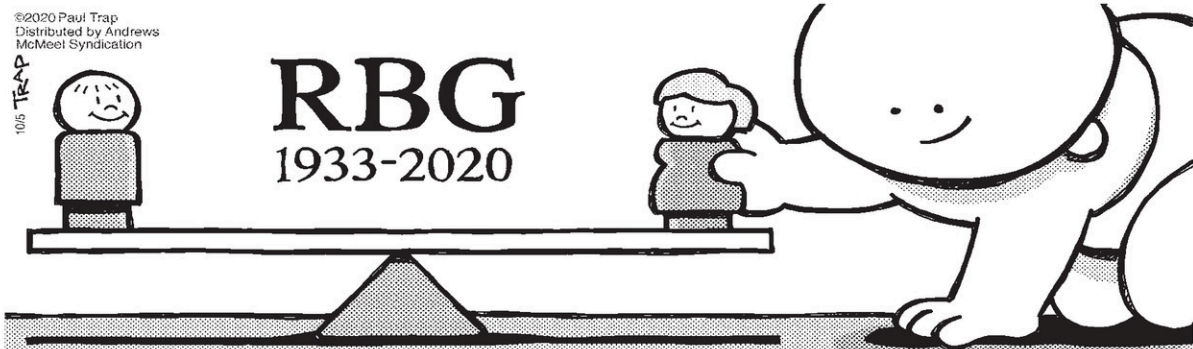
### FRANK AND ERNEST



### GRIZZWELLS



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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

# CLASSIFIED

## Addicted to love

Dear Annie

MONDAY, OCTOBER 5, 2020

**Dear Annie:** I am depressed and deeply heartbroken over the final breakup with a man whom I have loved for eight years. I went to endless therapy and even went to a wellness center in Germany to help me get over him. Nothing has worked. Here's the backstory.

"Steve" has hurt me deeply many times, and after a few weeks or months of my begging him to come back, he always did. He's broken up with me so many times, ruined my birthdays and holidays, and he's excluded me from family functions when his ex-wife and adult kids would attend.

I met "Steve" while he was separated from his wife. He said that he was essentially divorced, though they hadn't gone through the formal process yet. A year in, I learned that he didn't even have a lawyer. It took him five years to get divorced. I was promised that once he was divorced, I'll be allowed to attend family functions. We even got engaged. However, after he told his four older sisters about the engagement and they were angry, he broke it off.

We got back together again after that, only for him to break up with me the day after we got back from my birthday trip on which he told me he loved me and promised no more breakups.

This year, I had no contact with him from February until the end of May, when his dad died.

We got back together for three weeks. But at the end of June, he told me that he'd made a mistake. He is almost 62 years old; I am 54.

When I told him that he'd used me and treated me as a friend with benefits, his reply was, "I thought our feelings were mutual." I told him that he knew I loved him, but he insisted he thought we could just hang out. He said that he's not in love with me. I feel so used and dirty; it almost feels like I was violated. The thought of our intimacy during those three weeks nauseates me. I feel unloved, and I miss how he used

to love me.

How can a human being act so kind, caring and loving, and then say, "I'm not in love with you"?

This has been a pattern, and I cannot get over it. My head knows; my heart, however, is bleeding. How do I stop hurting and missing him? - Depressed, Heartbroken and Missing Him

**Dear Depressed:** You can get hooked on a person in a way that is not dissimilar from getting hooked on a drug. That's not just a figure of speech: A 2017 report published in the journal "Philosophy, Psychiatry, & Psychology" explains that "so numerous are the superficial similarities between addictive substance use and love- and sex-based interpersonal attachments, from exhilaration, ecstasy, and craving, to irregular physiological responses and obsessive patterns of thought, that a number of scientific theorists have begun to argue that both sorts of phenomena may rely upon similar or even identical psychological, chemical, and neuroanatomical" substances. In toxic or tumultuous relationships such as yours, these addictive effects could be even more pronounced.

Just as the vast majority of people cannot simply will themselves out of addiction, you're going to need more than just logic to get over Steve. You're going to need time and support. Cut off all contact. Block his number and email address, and block him on social media. Join a support group such as Co-Dependents Anonymous (<https://coda.org>), and return to therapy. It won't be quick or easy, but it will be so worth it. And remember, "you" are worth it.

"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.creator-publishing.com> for more information. Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).

Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).

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# SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

10/5

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## PREVIOUS SOLUTION

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

### HOW TO PLAY:

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

20 years. 10,000 wishes. 100% Canadian.

"Only 2 more needles 'til my wish!"

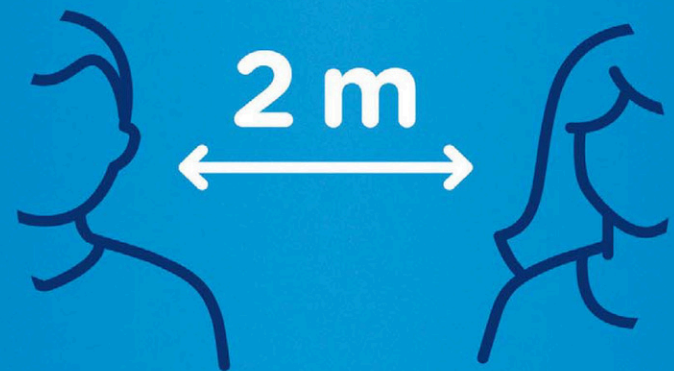


20 years 10,000 wishes

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