

Wales Home confirms false positive

By Gordon Lambie

After issuing a letter Friday advising the Wales Home community of a confirmed case of COVID-19 among the staff of the long term care facility (CHSLD) on Norton 2, Executive Director Brendalee Piironen confirmed on Sunday that the case is now considered a false positive.

In a post on Facebook, Piironen said that the Wales Home employee who was told they tested positive for COVID-19, was retested on Saturday and received official confirmation after that second test that they were actually negative. In an official update issued later in the day, the director clarified that the employee who originally tested positive will have to receive another negative result before being allowed to return to work, as per public health regulations.

“Thank you to all the employees for your dedication and loyalty of setting up Norton 2 as a warm zone. You are all amazing,” the director wrote. “This was a great drill which we hopefully never have to put in place.”

This marked the home’s closest call to date with the virus that has proven most deadly so far in the province’s long term care homes. According to the Institut national de santé publique du Québec, more than 5,000 of the 7,255 deaths that have been linked to COVID-19 since the start of the pandemic have been in CHSLDs or private seniors’ residences (RPAs).

Before the home received the news of the false positive, mass testing was set up for employees who had worked or been on Norton 2 between Monday, Nov. 30, and Wednesday, Dec. 2, as well as for residents, in order to help contain any potential spread as quickly as possible. All tests returned a negative result, and the residents will be tested again on Dec. 10.

In the mean time additional measures remain in place around the long-term care section, including dressing stations where employees are required to change gowns and gloves between each resident they see.

Huntingville neighbourhood transformed into Hockeytown



MATTHEW MCCULLY

By Reann Fournier Special to The Record

The Duecks, located in Huntingville, have made their own outdoor skating rink for close to ten years now, and it’s grown every year. “Usually, I start with the boards,” Daylen Dueck explained. “At this point, we have to piece different tarps together because it’s gotten so

big.”

Dueck said that over the years, as the neighbourhood kids have grown and become more interested and able, more and more people have been frequenting the homemade rink in the family’s yard. “We have about 12 elementary aged kids,” he said. “It’s always kind of been a community rink. Everyone in the neighbourhood uses it.”

Dueck got some extra help putting the rink together this year. “My neighbour mentioned wanting to help out with the rink,” Dueck explained. Devon and Tonie Mackey who live next door to the Duecks went out and got all new boards and lumber. “This was all without me even knowing,” Dueck said, “so it was a cool surprise.”

It’s a bit bigger this year, Dueck

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## Weather



TODAY:  
30 PER CENT  
CHANCE OF  
FLURRIES

HIGH OF -5  
LOW OF -7



TUESDAY:  
CLOUDY

HIGH OF -4  
LOW OF -12



WEDNESDAY:  
PERIODS OF  
SNOW  
HIGH OF -3  
LOW OF -3



THURSDAY:  
FLURRES

HIGH OF 1  
LOW OF -4



FRIDAY:  
CLOUDY  
PERIODS

HIGH OF 3  
LOW OF -2

# I'm having a "Blue Christmas"

Every day of late we are reminded that this holiday season much like the rest of this past year is not going to be "normal." Family units will likely not be gathering with those from other communities and areas or with family members living close by. The reality of the Covid pandemic is causing some to struggle daily with the melancholy sadness and isolation that is required to remain healthy, to keep loved ones healthy and to end this madness once and for all. Sacrifices are being made and it makes for some painful decisions and puts the meaning in a "blue Christmas." Without neither analyzing too deeply nor projecting my own personal thoughts onto the rest of you, I cannot help but wonder if there isn't a positive that can be found in the situation we are all in this holiday season.

The expression, "absence makes the heart grow fonder" comes to mind. Reflect here for a moment on your past few Christmases and likely you will recall sentiments of anxiety over shopping for gifts in crowded stores, rushing to prepare the annual traditional holiday baking, the arrangements to visit a variety of family members going from home to home to celebrate the season together. The list of usual complaining and the stresses of the season are going to be hushed this year. Many are opting to shop online and realize that they will miss the walks through an overcrowded mall while carols play and strangers smile while sharing a holiday greeting. Baking will be done on a smaller scale and shared by fewer mouths. We will likely not have the luxury of going from home to home embracing loved ones and creating memories that we and our children will carry for years to come. No, this Christmas will be different.

In what will not be there is likely



Alexis, Julia and Kate put a little fun into their photo!



Peyton and Jessie Johnson

PHOTOS COURTESY

a reminder of all we take for granted. We tend to think that the "normal" is promised to us forever and without a time limit. Shopping, greeting and sharing the common sounds, smells and sights of the holiday season are no longer as readily available to us without a potential cost that affects more than our pocketbooks. In taking the "normal" for granted, we may have lost something that this isolated season will return and instil as being a gift rather than a burden, rush, chore... "Don't it always seem to go that you don't know what you've got till it's gone..."

This holiday season take the rare



Ava and Kendra Jersey-Fortin

opportunity to take a photo with your own household members and share it with family and friends while encouraging them to do the same. Bake cookies, cakes, sweets and spend time with your tribe while appreciating the opportunity to do so; making those memories not while regretting what we cannot do but in celebration of what we can do and what we still have. Build a snowman, go sliding, rush out into a snowstorm and let the flakes melt upon your tongue embracing the past and what you miss. Consider this year the holiday season of counting our blessings. This year may very well make the years to come a treasure in doing the "normal" things while looking at them in a different light.

Covid will not win over the human spirit and a collective "thank you" for health, happiness and loved ones to be missing this season. The treasures within the absences will give us something to look forward to for many years to come when a new normal returns. Grab your camera, collect those living within your walls whether human or a pet and get a Christmas photo to share. As for me, I'm having a Blue Christmas this year and with Willie Nelson singing, I'm going to embrace it as best I can....

"Pretty paper, pretty ribbons of blue  
Wrap your presents to your darling  
from you  
Pretty pencils to write I love you  
Pretty paper, pretty ribbons of blue"

## Ben by Daniel Shelton



# Local News

While the majority of outbreaks under observation remain under control, several new sites and cases were added to the list over the weekend.

## More than 5,000 new cases over the last three days

Record Staff

With a record high, one-day total of 2,031 new cases of COVID-19 reported on Saturday, this past weekend saw 5,067 additions to the list of 151,599 people in Quebec who have been infected with the virus since this past spring. Sunday's count, although lower at 1,691, was still higher than any other

day so far. The number of deaths recorded over Friday, Saturday and Sunday was 74, and the number of hospitalizations increased by 41 over the weekend. As of Sunday's report, the number of people in intensive care in the province had increased to 102.

In the Estrie region the total increased by 351 over the weekend to 5,312, and the number of deaths climbed to 73. As of Sunday morning

there were 28 people hospitalized in the region for COVID-19, five of whom were in intensive care.

While the majority of outbreaks under observation remain under control, several new sites and cases were added to the list over the weekend.

On Sunday, the long term care section of the Centre multiservices de santé et de services sociaux d'East Angus was added to the list of facilities

under "outbreak watch," while ongoing outbreaks at the Villa-Bonheur, Argyll pavilion, and Pavillon du Parc residence all saw significantly more cases (12, 12, and 38 respectively, all spread between staff and residents.)

On Friday cases previously reported at Alexander Galt Regional High School were classified as an outbreak after Public Health established evidence of community spread within the school.

## Health minister confident over decision to cancel holiday gatherings

Record Staff

Quebec's Health Minister Christian Dubé believes the data revealed in two new weekly reports by the Institut national d'excellence en santé et en services sociaux (INESSS) backs the government's recent decision to cancel holiday gatherings.

"The decision we have taken to no longer allow Christmas gatherings in

the red zone reflects our desire to take no risks, in support of the teams in the health and social services network," said Dubé.

According to data collected at the end of November, new COVID-19 cases increased by 12 per cent compared to the previous week. However, the increase is attributed to the Greater Montreal area.

The report indicates a steady rise in cases among elderly folk, mostly 80

years old and over, through the month of November. The INESSS also notes a 19 per cent increase in anticipated hospitalizations.

"In contrast to the last few weeks, when the overall picture of the pandemic was relatively stable, we have seen worrying signs of the situation worsening in recent days, particularly in terms of hospitalizations in certain regions," said Dubé.

But while the numbers are climbing,

the Quebec government is confident that the current hospital capacity in the Greater Montreal area will be adequate to handle the upcoming month. However, the same cannot be said about every region in the province.

"We must do everything we can to prevent our hospitals from overflowing, and I invite Quebecers to redouble their efforts so that we can reduce the number of cases," Dubé said.

## Teachers union demands more attention on government contract negotiations

Record Staff

The Syndicat de l'enseignement de l'Estrie (SEE), a union that represents 3,500 teachers from the Centre de services scolaires des Hauts-Cantons, des Sommets and Région-de-Sherbrooke, reminded the Quebec government about ongoing contract negotiations Friday.

Teachers decorated SEE's head office in Sherbrooke with posters and banners demanding change in the school system. They wanted to bring the issue to light once again following several months of neglect since the pandemic swept through Quebec.

"The very difficult context that we

are currently experiencing should not make us forget that teachers are currently in the midst of negotiations for the renewal of their national collective agreement," said SEE President Richard Bergevin.

Bergevin also stated that teachers in the Eastern Townships are determined to reach an agreement and resolve the issues they face in schools and centres every day. The union rejected an offer from the provincial government last May.

They claimed it didn't meet their demands. According to a press release, teachers want better services for students with ADHD, better compensation, and more job

opportunities and stability for people entering the field.

The Fédération des syndicats de l'enseignement (FSE) et à la Centrale des syndicats du Québec (CSQ), which oversees 34 unions and more than 65,000 teachers across the province, backed Friday's humble protest.

"Every day, teachers take care of students despite the lack of resources and difficult working conditions. It's now up to the government to take care of teachers," said Josée Scalabrini, president of the Fédération des syndicats de l'enseignement (FSE-CSQ).

Despite an overwhelming rejection, the Quebec government has stood by its original offer. In the press release,



COURTESY RICHARD BERGEVIN

the FSE-CSQ said it proposed a new agreement on June 9, however it has fallen on deaf ears.

## Neighbourhood transformed into Hockeytown

CONT'D FROM PAGE 1

added, "And it actually looks like a legitimate rink, like the ones you see in Sherbrooke, so it took a few extra days to get everything set up and ready to go."

With the current state of the pandemic, as the area is considered a red zone, Dueck said he is unsure exactly how interactions on the rink will be working. "It's not like people that we don't know come to skate, and everyone is comfortable, but with different activities and families we all have different feelings on how the kids can safely interact," he explained.

"It can be hard for the kids to understand, because normally we have a group of 12 of them hanging out all together, and now they're a bit more confined to their own yards," he added. "The main thing we do is play hockey on the ice," Dueck said, but the neighbourhood is still working out a plan for how to do that safely this year.

The rink is located right next door to Grace Village.

"We always get comments from the people working there that the residents love the sound of the pucks,

the skates, and the kids laughing and having fun," said Dueck. "It really adds to the neighbourhood atmosphere and in the evening, we have lights up and everything."

Dueck said that, although this year might be a shorter one with the December chill setting in a bit later than usual, it's been great to see others showing interest. "For me, making the rink is fun, just having the quiet at night, it's almost a spiritual experience," said Dueck. "It's a lot of work, yes, but it's always worth it."



COURTESY

# EDITORIAL

Eaton's was a pioneer in the catalogue trade, launching its first 32-page edition in 1884.

## Department store catalogues used to be what ecommerce is now



PETER BLACK

I was the (untalented) bass player in a rock band when I was a teen. Because we couldn't afford the guitar model I craved, Paul McCartney's Hofner 501 violin-style, we ordered a relatively inexpensive, no-name, made-in Japan version of the iconic guitar, from the Eaton's catalogue.

I still have that bass, and, apparently, Sir Paul still has the one the Hofner company gave him in 1963. The original bass he bought in Germany was lost or stolen in 1969, and there are reports it may be in the possession of a collector in Ottawa.

The point of this digression is not that your scribe's rock star career fizzled while Sir Paul's soared, but that, far from being a recent phenomenon, buying stuff that is delivered to your home has been around since the days of Pony Express.

What today is the inexorable surge of online commerce was once a thriving trade in catalogue orders. Folks of a certain age may still recall the thrill of receiving the Eaton's or Simpson's catalogues in the mail prior to Christmas.

For people living in small towns or farms scattered across the country, catalogues from the big city stores were not just a practical means to purchase all manner of items, they were a world of wonderment. The catalogue was a dazzling inventory of a booming consumer culture.

Eaton's was a pioneer in the catalogue trade, launching its first 32-page edition in 1884. By 1896, the company was shipping out some 200,000 parcels a year to homes all over the growing young nation.

The last Eaton's catalogue was published in 1976, while Simpson's hung on until the 1980s. Video may have killed the radio star, but the car and the shopping mall likely killed the catalogue as a mass merchandising tool.

As is our national tradition, catalogues have featured in the interplay between French and English. We need look no further than Roch Carrier's famous tale "The Hockey Sweater" (original French title: "Une abominable feuille d'érable sur la glace"), in which the Eaton's folks in Toronto accidentally send a franco kid in rural Quebec a Toronto Maple Leafs sweater. Shame and national identity issues ensue.

Quebecers were by no means obliged to order from the Eaton's catalogue. Although French versions - done in original French, to account for cultural differences - of Eaton's catalogues first appeared in 1928, some Quebec companies had jumped into the mail order retail game several years earlier.

Quebec City-based P.T. Legaré, with 11 branches in regional towns, launched a catalogue in 1910, catering almost exclusively to the rural market, offering tools and supplies.

Dupuis Frères, though, was in its day the francophone equivalent of Toronto-based Eaton's, with a huge flagship store in downtown Montreal. At one point in the 1950s there were even duelling Santa Claus parades in Montreal, with the Eaton's cavalcade moving through streets in the western downtown, whereas the Dupuis parade plied the east end, with Santa even arriving by helicopter in Parc Lafontaine.



Alas, persistent labour troubles caused Dupuis Frères to close its store doors in 1978, and it had abandoned its catalogue in 1963. Place Dupuis in the east end is all that remains of the once-dominant merchandiser. Bankruptcy claimed Eaton's in 1999, although downtown malls in Toronto and Montreal perpetuate the venerable retailer's legacy.

The golden age of mass-mailed retail store catalogues is pretty much gone, with ecommerce, the digital equivalent of the printed catalogue, steadily becoming the preference of a majority of consumers. One of the last to go was the Canadian Tire catalogue

which ceased to be in 2008, after more than 80 years of mass mailings.

There is, though, evidence catalogues are making a comeback, even among millennials born into the digital world. A recent marketing research report in the Harvard Business Review found catalogue mailings have been increasing steadily since 2015.

The study concluded the "real power (of catalogues) is how they increase the vividness of a product by enhancing the consumer's ability to visualize and imagine product usage experiences."

Like a geeky kid from the sticks vividly imagining he's playing bass for the Beatles.

DEAR EDITOR,

On behalf of the Lampe Foundation, we would like to express our sincere thanks and appreciation for the support that the Record has shown by allowing us to have a venue to showcase our award recipients this year.

In 2020, with the ongoing pandemic, we like many other charitable organizations have had to either postpone or cancel our award ceremonies, where we not only handout our scholarships and bursaries, but also take the time to recognize and applaud the efforts and accomplishments of our local youth. We can assure you that those featured in the Giving Tuesday section, were delighted to be able to share their stories with the broader audience of those who read the Record.

Once again, thank you for your continued support of not only the Lampe Foundation, but also for our local youth and the leaders of tomorrow. Working together we will help to make our community stronger.

REGARDS,  
HEATHER BOWMAN & CAROL MOONEY,  
CO-CHAIRS, LAMPE FOUNDATION

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**Member**  
ABC, CARD, CNA, QCNA

# National Day of Remembrance and Action on Violence against Women



By Gordon Lambie

Sunday marked the National Day of Remembrance and Action on Violence against Women, and although the restrictions of the COVID-19 pandemic limited the size and format of the annual vigils and ceremonies of remembrance

for the 31st anniversary of the École Polytechnique massacre, several groups and communities found their own ways to mark the day.

In Sherbrooke, a vigil was held on Sunday night at 6:30 p.m., organized by local women's rights and sexual assault support centre CALACS-Estrie. To mark the occasion, the city hall was

lit up in purple.

The National Day of Remembrance and Action on Violence against Women was established by the Parliament of Canada in 1991 in commemoration of the 1989 shooting of 14 female students at the École Polytechnique in Montreal. Geneviève Bergeron, Hélène Colgan, Nathalie Croteau, Barbara Daigneault,

Anne-Marie Edward, Maud Haviernick, Barbara Klucznik-Widajewicz, Maryse Laganière, Maryse Leclair, Anne-Marie Lemay, Sonia Pelletier, Michèle Richard, Annie St-Arneault and Annie Turcotte are remembered each year alongside activities aimed at raising awareness about and advocating for the end of gender-based violence.

## Marlene Jennings seeks to rekindle connections with English-speaking organizations

By Michael Boriero - Local Journalism Initiative Reporter

Marlene Jennings, a former Liberal MP, is working to unite English-speaking community members in her new role as president of the Quebec Community Groups Network (QCGN).

QCGN, a non-profit linking 53 English-language community organizations across the province, was subject to a public rift among its members last fall. Several organizations opted out of the network after butting heads with former president Geoffrey Chambers.

But Jennings is in now, and she plans to open up a dialogue with all QCGN members, including those lost last year. She also wants to approach different organizations that aren't involved with QCGN, but provide important services for the English-speaking community.

"It's not something that's going to happen over night, but we're hoping that with QCGN 2.0 renewal that we'll have the structure, which will allow for this kind of work to happen and these kinds of relationships to be created and established and to be nourished," Jennings said.

The goal is to bring the network into the 21st century, she added in an interview with The Record, and to ensure that the QCGN is the primary

advocacy group for English-speaking minority communities in Quebec.

Her first order of business, however, is mending government relations, both federal and provincial. Jennings said she is in the process of contacting like-minded, and not so like-minded, MPs and MNAs in an effort to share English-speakers' concerns.

The French language debate has intensified over the last few months, she continued, and "virtually all of the parties in Ottawa are talking about permitting and supporting the application of the French charter to federally regulated businesses in Quebec."

"We're going to be working hard to reframe that debate because the way it's framed right now we're not part of the equation and the whole vision of Canada with two equal languages is also no longer part of the framework," she added.

Jennings is also confident with QCGN's leadership. Vice-President Kevin Shaar and board member Joan Fraser are both long-time English-speaking community advocates. And she is already receiving messages from people looking to volunteer.

She got an email from someone who has worked closely with Franco-Ontarian communities eager to offer their support. Jennings plans to

rewrite the narrative by establishing relationships with French-speakers across the country.

"People are stepping up to the plate, which is great, and we're in the process of developing a framework, key messages and a series of different campaigns; reaching out to opinion leaders within our community, across the province, but also outside," Jennings said.

But before she was tasked with righting the ship at QCGN, Jennings was placed at the helm of the English Montreal School Board (EMSB) — the largest English public school board in the province. Quebec's Ministry of Education named her trustee in 2019.

Jennings spent a year reinvigorating what many considered a dysfunctional board. She said that when she arrived everyone from top-level managers to teachers on the ground believed the EMSB needed a profound change.

"Part of what happened under my mandate was that we developed a transformation, an organizational and cultural action plan to actually put into effect," said Jennings.

She reorganized personnel and gave more power to the incoming director general, managers and coordinators of various departments. She believes the council of commissioners adopted too much power over time.

However, some argue she spent most of her time making changes for the Quebec government. When she took over as trustee, Bill 40, a law created to turn school boards into service centres, had just passed. A source at the EMSB said Jennings set up the board like a service centre.

There was no ill intent from Jennings, the source added, the law had passed and she had a job to do. Eastern Township School Board (ETSB) Chair Mike Murray, on the other hand, said during a council meeting last month that he believes there was a devolution of power at the EMSB.

He said the changes Jennings made during her brief tenure reduced the council of commissioners to a support role. But the newly elected QCGN president said there remains a need for school boards.

Jennings said the government should have postponed English school board elections indefinitely back in September. She also believes the Quebec government needs to allow for mail-in voting. The process works, she said, just look at the United States of America.

"We've always said that if mail-in ballots are allowed, or even become the only vehicle for voter participation, that voter participation will probably increase four-fold, maybe five-fold, maybe even more," Jennings said.

# Be there for yourself the way you're there for others



**You are always there when your loved ones are going through difficult times. But don't forget about yourself—solutions exist to help you feel better.**

The current situation may cause you distress. Experiencing various levels of anxiety in some spheres of life is normal. When this happens, you may find it more challenging to deal with your thoughts, emotions, behaviour and relationships with others. Most people succeed in adapting, but listening to your needs is vital. **Don't hesitate to do whatever is necessary to help yourself.**

## Take care of yourself

- Rely on your personal strengths and have confidence in your abilities.
- Remind yourself of the winning strategies you used in the past to overcome difficulties. There is no one-size-fits-all solution! Each and every one of us must take steps to foster our own well-being.
- Enjoy life's little pleasures, such as listening to music, taking a warm bath, reading, exercising, etc.
- If you live close to nature, make the most of it. Breathe deeply and slowly as you walk.
- Learn to delegate, and allow others to help you.
- Ask for help when you feel overwhelmed. **It is not a sign of weakness, but rather a sign of strength when you are strong enough to do what is necessary to help yourself.**
- Lend a hand in your community in a way that respects your personal limits and public health directives. By helping others, you can improve their wellness and your own as well.
- Think about what has meaning and value for you. Reflect on the important things in your life that you can hold onto in hard times.
- Reduce the stressors in your life.
- While it is important to stay informed, limit the amount of time spent reading about COVID-19. Information overload can increase stress and anxiety, and even cause depression.



### The *Getting Better My Way* digital tool

*Getting Better My Way* is a digital self-management tool for emotional health. If you are experiencing stress, anxiety or distress, this tool can help improve your well-being by identifying practical things you can do to feel better. Learn more at [Québec.ca/Gettingbetter](https://Quebec.ca/Gettingbetter)



## Give voice to your feelings

- Keep in mind that having a range of emotions is normal. Feelings play an important role in life, and it is essential to experience them without passing judgment.
- Use words to express what you are going through. Do you feel alone? Are you worried?
- Allow yourself to share your feelings with a trusted friend or family member. It might also be helpful to write down how you're feeling or call a helpline. Find what works for you!
- Those closest to you may not necessarily be able to "read" you. Express your feelings.
- Leave space in your life for your feelings and those of your loved ones.



## Make judicious use of social media

- Use critical thinking before sharing something on social media. Ill-advised information can have harmful effects and be detrimental to everyone's efforts in these times.
- Use social media to share positive actions.
- Watch videos that make you smile.



## Choose healthy living habits

- Try to keep to a routine for eating, resting, sleeping and other daily activities.
- Take time to eat well.
- Go to bed at an hour that lets you get enough sleep.
- Be physically active on a regular basis, while complying with public health directives.
- Reduce your consumption of stimulants like coffee, tea, soft drinks, energy beverages, chocolate, etc.
- Drink lots of water.
- Lower your alcohol, drug and tobacco consumption, or simply say no to them entirely. The same goes for gambling.

## Help and resources

We are all going through unprecedented times that can intensify our emotional reactions. For example, you might feel greater fatigue or have fears that you can't shake, or even have trouble just dealing with the day-to-day. Focus on these signs of a problem and, as soon as you can, contact resources that can help you to better manage your feelings and develop new coping strategies.

- **Info-Social 811**  
Info-Social 811 is a free and confidential telephone consultation service available 24/7
- **Regroupement des services d'intervention de crise du Québec**  
Provides 24/7 referral services for people in distress (French): [centredecrise.ca/listecentres](http://centredecrise.ca/listecentres)
- **Suicide prevention crisis helpline**  
Crisis helpline that provides suicide prevention services 24/7:  
1 866 APPELLE (277-3553)

For a host of other helpful resources, visit [Quebec.ca/gettingbetter](http://Quebec.ca/gettingbetter)

[Québec.ca/Gettingbetter](http://Quebec.ca/Gettingbetter)

 **Info-Social 811**

Québec 

**In Memoriam**

**SANBORN, Floyd** – In loving memory of a dear father and grandfather who passed away 31 years ago December 4, 1989.

*When God led you in for warmth,  
It was a cold and bitter evening,  
It was then He closed your eyes  
And whispered, "We are leaving."  
Your pain was sudden and silent,  
It ran deeper than any of us knew,  
Your faith was strong and abiding  
And we will never stop missing you.*

**In loving memory,  
ERIC and BEVERLEY  
DANNY and ERIKA**



**MONDAY, DECEMBER 7, 2020**

Today is the 342nd day of 2020 and the 77th day of autumn.

**TODAY'S HISTORY:** In 1787, Delaware became the first state to ratify the U.S. Constitution.

In 1941, Japan launched a surprise attack on Pearl Harbor, Hawaii, killing 2,403 American soldiers and civilians.

In 1999, the Recording Industry Association of America filed a copyright infringement lawsuit against the online file-sharing service Napster.

In 2002, Iraq denied that it had weapons of mass destruction in a United Nations declaration.

**TODAY'S BIRTHDAYS:** Willa Cather

(1873-1947), author; Eli Wallach (1915-2014), actor; Ted Knight (1923-1986), actor; Ellen Burstyn (1932- ), actress; Harry Chapin (1942-1981), singer-songwriter; Johnny Bench (1947- ), baseball player; Tom Waits (1949- ), singer-songwriter; Larry Bird (1956- ), basketball player; Jeffrey Wright (1965- ), actor; Patrice O'Neal (1969-2011), actor/comedian; Sara Bareilles (1979- ), singer-songwriter; Emily Browning (1988- ), actress; Nicholas Hoult (1989- ), actor.

**TODAY'S FACT:** Following the Japanese attack on Pearl Harbor in 1941, the Senate voted for a war resolution 82-0. The House of Representatives approved the resolution 388-1.

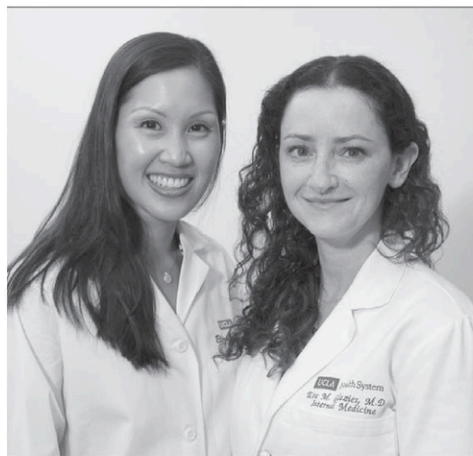
**TODAY'S SPORTS:** In 2007, home-run record holder Barry Bonds pleaded not guilty to lying to investigators about using performance-enhancing drugs.

**TODAY'S QUOTE:** "That is happiness; to be dissolved into something complete and great. When it comes to one, it comes as naturally as sleep." – Willa Cather, "My Antonia"

**TODAY'S NUMBER:** 64 – servicemen lost by the Imperial Japanese Navy during the attack on Pearl Harbor on this day in 1941.

**TODAY'S MOON:** Last quarter moon (Dec. 7).

# Insulin is at the heart of both types of diabetes



**ASK THE DOCTORS**

By Eve Glazier, M.D., and Elizabeth Ko, M.D.

**Dear Doctors:** We keep hearing about Type 2 diabetes, and I'm embarrassed to say, I don't actually know what it is. What does it do, and how do I know if I have it?

**Dear Reader:** To understand diabetes, we should first talk about glucose. That's the sugar our bodies make from the foods that we eat, and which our cells use as their main source of fuel. Glucose travels throughout the body via the blood, which is why it's also often referred to as blood sugar. However, it's not immediately available to the cells. That's where insulin, a hormone manufactured by the pancreas, comes into play. Insulin helps transport glucose from the blood into the cells, where it can be used as energy.

When someone has diabetes, it means that the insulin part of that energy equation isn't working properly. Either the body isn't manufacturing enough – or any – insulin, or it isn't responding properly to the insulin that is present. That leads to blood-glucose levels that are too high.

Over time, high blood levels of glucose are dangerous. Adverse health effects include damage to the circulatory system, vision problems, nerve damage, stomach or intestinal problems, slow healing, kidney disease and an increase in the risk of heart disease and stroke. Extremely high blood sugar levels can

lead to coma, and even death.

In Type 1 diabetes, the pancreas makes little or no insulin. It often develops early in life, but can occur at any age. This type of diabetes is managed with diet and exercise, plus the use of medications and insulin.

Type 2 diabetes, once referred to as adult-onset diabetes, often develops later in life. It occurs when the body doesn't make or use insulin well. Type 2 diabetes often begins as insulin resistance, which is a condition in which the body stops responding properly to the insulin in the blood. This leads to a loss of the ability to control blood sugar.

Some people can manage Type 2 diabetes with diet and exercise alone. Others may also need medication or insulin to keep their blood sugar in control. Medication needs often change over time, so it's important for everyone with diabetes to have medical care.

Symptoms of Type 2 diabetes often develop gradually. They include persistent fatigue, increased thirst and urination, blurry vision, frequent infections, slow healing and unintended weight loss. Risk factors for developing the disease include being overweight, storing excess fat mainly in the abdominal region, a family history of diabetes, inactivity and being over the age of 45. These last two factors are associated with a drop in lean muscle mass, which some researchers think may play a role.

Type 2 diabetes used to be seen most often in middle-aged adults. Unfortunately, in recent years it has increasingly been seen in young adults, adolescents and even children. If you suspect you have developed the disease, it's important to see your doctor. Diagnosis is usually via a blood test. Treatment includes weight loss, changes to diet, exercise, blood sugar monitoring and, possibly, the use of medications or insulin.

*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.*

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## Do Just One Thing

By Danny Seo



One trick interior decorators use to make a space feel more special is to install dimmer switches so you can control the amount of light a fixture produces. But does a dimmer also mean energy savings? Turns out, mood lighting is also a good thing for the environment. It works because light dimmers reduce the flow of electricity to a fixture, which means the bulbs work at lower power outputs. It also means the lightbulbs will last longer, since there's less wear and tear on them, too.

# NEA Crossword Puzzle

# Your Birthday

MONDAY, DECEMBER 7, 2020

Size up what's reasonable, and look for practical ways to reach your goal. You can accomplish plenty if you take the steps necessary to ensure success.

**GEMINI (May 21-June 20)** - Set your sights on a reasonable goal. Take a look at what others are doing, and ask experts for advice when in doubt. Make decisions based on facts, not emotions or peer pressure.

**CANCER (June 21-July 22)** - Fix up your surroundings to accommodate your lifestyle. A unique joint venture will turn out to be lucrative as well as give you an emotional boost. Romance is favored.

**LEO (July 23-Aug. 22)** - Keep your emotions in check when dealing with sensitive issues. Say less, and listen to complaints and criticism earnestly. The information you receive will help you make positive changes.

**VIRGO (Aug. 23-Sept. 22)** - A change to your environment or surroundings will help you realize what you want. Sum up your alternatives, and take steps to improve your life. Don't dismiss an opportunity.

**LIBRA (Sept. 23-Oct. 23)** - Living in the past will be your demise. Focus on moving forward. Discuss your plans with someone close to you. A common goal will promote a better connection with someone you love.

**SCORPIO (Oct. 24-Nov. 22)** - Look for alternative routes that will help you channel your skills and energy into something more suitable. Use your imagination. Romance is featured.

Listen to what others say, and assess the pros and cons. Search for what feels comfortable, and take steps that ensure a better future. Refuse to let your emotions override practicality. The research will put your mind at ease and encourage you to make good decisions.

**SAGITTARIUS (Nov. 23-Dec. 21)** - Take the initiative. Invest time and energy into setting up a routine that helps you continue to strive for positive goals, better relationships and a brighter future.

**CAPRICORN (Dec. 22-Jan. 19)** - A change to how you handle your finances, health or legal matters may not turn out as anticipated. Don't believe everything someone tells you. Be resourceful, and leave nothing to chance.

**AQUARIUS (Jan. 20-Feb. 19)** - If you want to make a change, update your resume to suit the current job market. Be bold, and discuss your ideas and concerns. Don't take a risk with your health.

**PISCES (Feb. 20-March 20)** - Be careful who you share your ideas or beliefs with to avoid a situation that will put you in a vulnerable position. Focus on how you can make a difference, not a disturbance.

**ARIES (March 21-April 19)** - Don't let uncertainty get you down; initiate what you want to do wholeheartedly, and don't look back. It's time to take control and bring about the changes that will lead to a better future.

**TAURUS (April 20-May 20)** - Emotional spending will turn out to be costly.

## Answer to Previous Puzzle

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

- ACROSS**
- 1 Profound
  - 5 Be on your —!
  - 9 Way off
  - 12 "My Way" composer
  - 13 Solemn vow
  - 14 "Pulp Fiction" name
  - 15 Rostrum
  - 16 "Free Willy" whale
  - 17 Voight of film
  - 18 Joins up
  - 20 Palm off
  - 22 She, in Seville
  - 23 Cash dispenser
  - 24 Pleasure boat
  - 27 Perimeter
  - 31 Self-image
  - 34 Accused's need
  - 35 Claw or talon
  - 36 Parroted
  - 38 Form droplets
  - 40 Paramount rival
  - 41 Hard to get
  - 42 Part of GI

- 44 Aunts and uncles
  - 46 Deep breath
  - 49 Yawned
  - 52 Annoyed
  - 55 Mother lode
  - 56 Placed
  - 58 Puncture
  - 59 Hitch-cock's title
  - 60 Millay or Ferber
  - 61 Fifty-fifty
  - 62 Eggs companion
  - 63 Five hundred sheets
  - 64 Tore apart
- DOWN**
- 1 Use hip boots
  - 2 Lacking sense
  - 3 Ability
  - 4 Without effort
  - 5 Honk
  - 6 Rowboat's need
  - 7 List ender
  - 8 Elevator opening
  - 9 Japan's highest peak

- 10 Hoopie of the comics
- 11 Diatribe
- 19 Auto import
- 21 Harbinger
- 23 Book of maps
- 25 Log home
- 26 Makes tracks
- 28 Filly's mother
- 29 Rock-band booking
- 30 Freddy Krueger's street
- 31 Maize unit
- 32 College stat
- 33 Above, to Tennyson
- 37 Hockey feint
- 39 Check for prints
- 43 This or that
- 45 Loafer
- 47 Mitt
- 48 — Gurley Brown
- 49 "Golly!"
- 50 Pavarotti piece
- 51 Salon offering
- 52 Ricci of fashion
- 53 Wax-coated cheese
- 54 Fender mishap
- 57 Fruity drink

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
15					16					17		
18				19				20	21			
	22						23					
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31	32	33		34					35			
36			37		38			39		40		
41					42				43			
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49	50	51				52	53					54
55				56	57				58			
59				60					61			
62				63					64			

MONDAY, DECEMBER 7, 2020

## When the winds blow up suddenly

By Phillip Alder

Sir Winston Churchill, who was born in breathtaking Blenheim Palace, said, "Never, never, never believe any war will be smooth and easy, or that anyone who embarks on the strange voyage can measure the tides and hurricanes he will encounter."

Bridge players should bear that in mind. South felt like he had been blown over by a hurricane after today's deal. What do you think of the auction, and how should declarer have played in five diamonds after West led the spade queen?

South might have opened two clubs, but given the one-diamond start, three diamonds was a major underbid. He should have jumped to three no-trump, showing at least six strong diamonds, 18 or 19 high-card points, in theory black-suit stoppers and, often, a singleton heart. North's three-heart rebid was also strange, since it promised a six-card suit. Why not continue with three spades?

Note that three no-trump makes because the club suit blocks.

Looking at all 52 cards, South can take 13 tricks via three spades (finessing dummy's 10 on the second round), two hearts and eight diamonds. But the declarer, thinking that it wasn't necessary

North				12-07-20								
♠	A	10	5	2								
♥	K	J	10	9	6							
♦	J											
♣	10	6	4									
West				East								
♠	Q	J	8	7	3	♠	9					
♥	8					♥	Q	7	5	4	3	2
♦	10	6				♦	9	4				
♣	J	7	5	3	2	♣	A	Q	9	8		
South												
♠	K	6	4									
♥	A											
♦	A	K	Q	8	7	5	3	2				
♣	K											
Dealer: South												
Vulnerable: North-South												
South	West	North	East									
1♦	Pass	1♥	Pass									
3♦	Pass	3♥	Pass									
5♦	Pass	Pass	Pass									
Opening lead: ♠ Q												

to assume West had the spade jack, won with the spade king, cashed the heart ace, played a diamond to the jack and discarded a spade (not the club king!) on the heart king.

A Category 5 hurricane came out of nowhere. West ruffed and led a spade, trumped by East. Then East cashed the club ace for down one.

### 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.

“ ZUN ZECRX GD XPD AUFECDZ RUX  
XU ZBMD FL KPCX B XPBRS BI  
EBZPX DMDR XPUFZP B XPBRS BX BI  
PULDYDII.” – CNGBECY APDIXDE K.  
RBGBXV

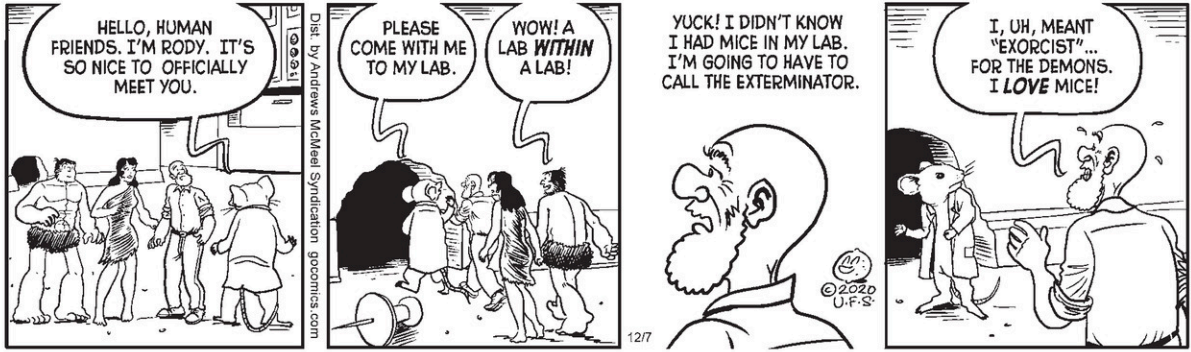
Previous Solution: “You’ve got to be original, because if you’re like someone else, what do they need you for?” – Bernadette Peters

TODAY’S CLUE: *Keats S*

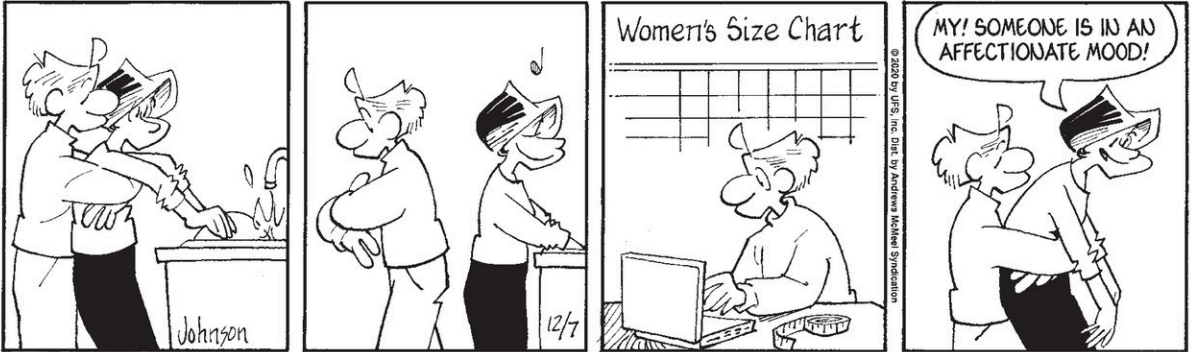
### REALITY CHECK



### ALLEY OOP



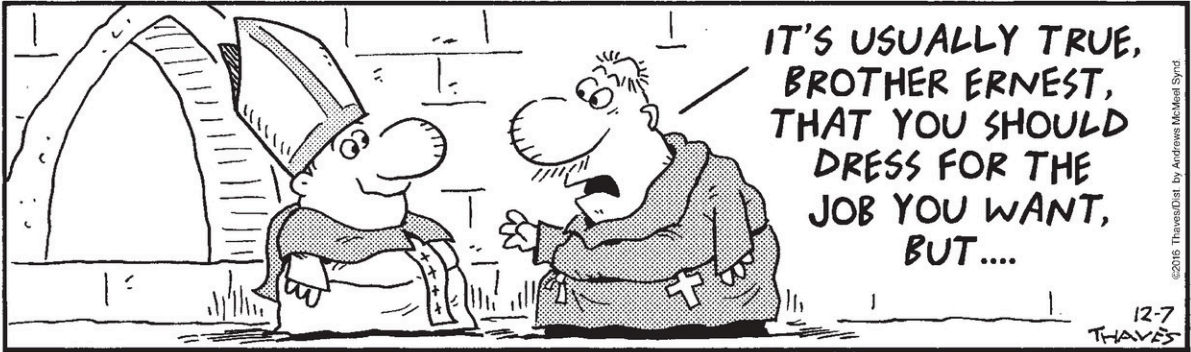
### ARLO & JANIS



### THE BORN LOSER



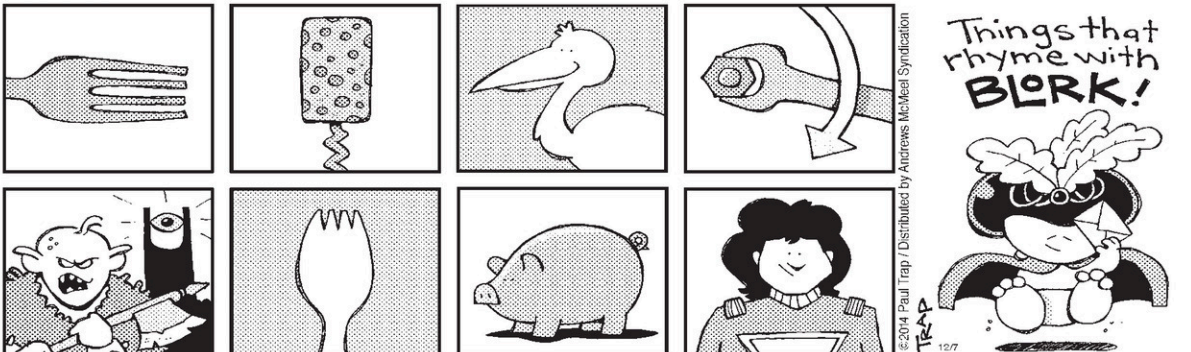
### FRANK AND ERNEST



### GRIZZWELLS



### THATABABY



### HERMAN



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## Jump into love

Dear Annie

MONDAY, DECEMBER 7, 2020

**Dear Annie:** I went out with a friend from high school 36 years ago, and he was my first. After all those years of both of us being married to other people, we found each other on Facebook after our spouses passed away. We've been seeing each other for almost 10 months now, and he's talking about getting married early next year.

Not sure what people will think and say about us marrying only after a year of losing our spouses. What should I do? - Lost for Now

**Dear Lost for Now:** Are you sure you are lost for now? Or were you just found? What a blessing to reconnect and fall in love with each other. I'm sure your spouses would want you to be happy sooner rather than later, and it sounds like happiness is what you have found. What a gift. Go for it and enjoy each other. Friends who criticize you are not your real friends.

**Dear Annie:** I can relate to where Insecurities is coming from. I have been there many times, and it can be quite the struggle.

A couple of years ago, I found an app that has been a source of relief for many issues, ranging from sleep issues to COVID-19 stress and anxieties of all kinds. The Tapping Solution is a guided meditation partnered with finger tapping of acupressure points to relieve whatever stress is bothering you. I have used it and can wholeheartedly recommend it. I encourage anyone to check it out. - Success Through Tapping

**Dear Success:** Thank you for your suggestion of tapping. Tapping is combination of Chinese acupressure and modern psychology that uses fingertip taps instead of needles.

The theory behind tapping is that all negative emotions are caused by a disruption in the body's energy system, and that tapping can restore balance. Any tool that helps alleviate anxiety during this time is worth a try.

**Dear Annie:** My little brother was scammed two different times to

the tune of over \$70,000.

At one point, the second scammer claimed to be in Indiana looking for him, but I was able to hack her emails and prove to him that she was emailing from the Philippines. In addition, I was able to find a news group where she posted, bragging about her exploits. He finally got out of that and has been married to a good woman for over 10 years. - Scammed as Well

**Dear Scammed as Well:** I am sorry your brother had to lose all that money, but it's good that he got his happily ever after. It sure sounds like he deserved it. I am printing your letter to alert others to always contact local authorities if you suspect improper activity.

"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.

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

12/7

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## PREVIOUS SOLUTION

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

### HOW TO PLAY:

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

## Looking for an original gift?



In 2016, The Record published a commemorative book entitled "County Fairs of the Eastern Townships". This book includes pictures taken over the past century from all the fairs in the region. Available at \$8 each if picked up (\$12 if mailed).

THE RECORD



We also have a limited number of Book 2 of "Decades of Headlines" compiled into one book. This book covers some of the most important headlines and stories from the front pages of the newspaper - wars, depression, floods, crime and punishment - from 1921 to 1930. Available at \$8 each if picked up (\$12 if mailed).



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# This year, we'll celebrate the holidays differently.

Because the pandemic isn't behind us yet, we must avoid get-togethers during this time.

In red zones, let's celebrate within our bubble to protect our loved ones, the elderly and the entire community.

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Let's keep our spirits up.

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