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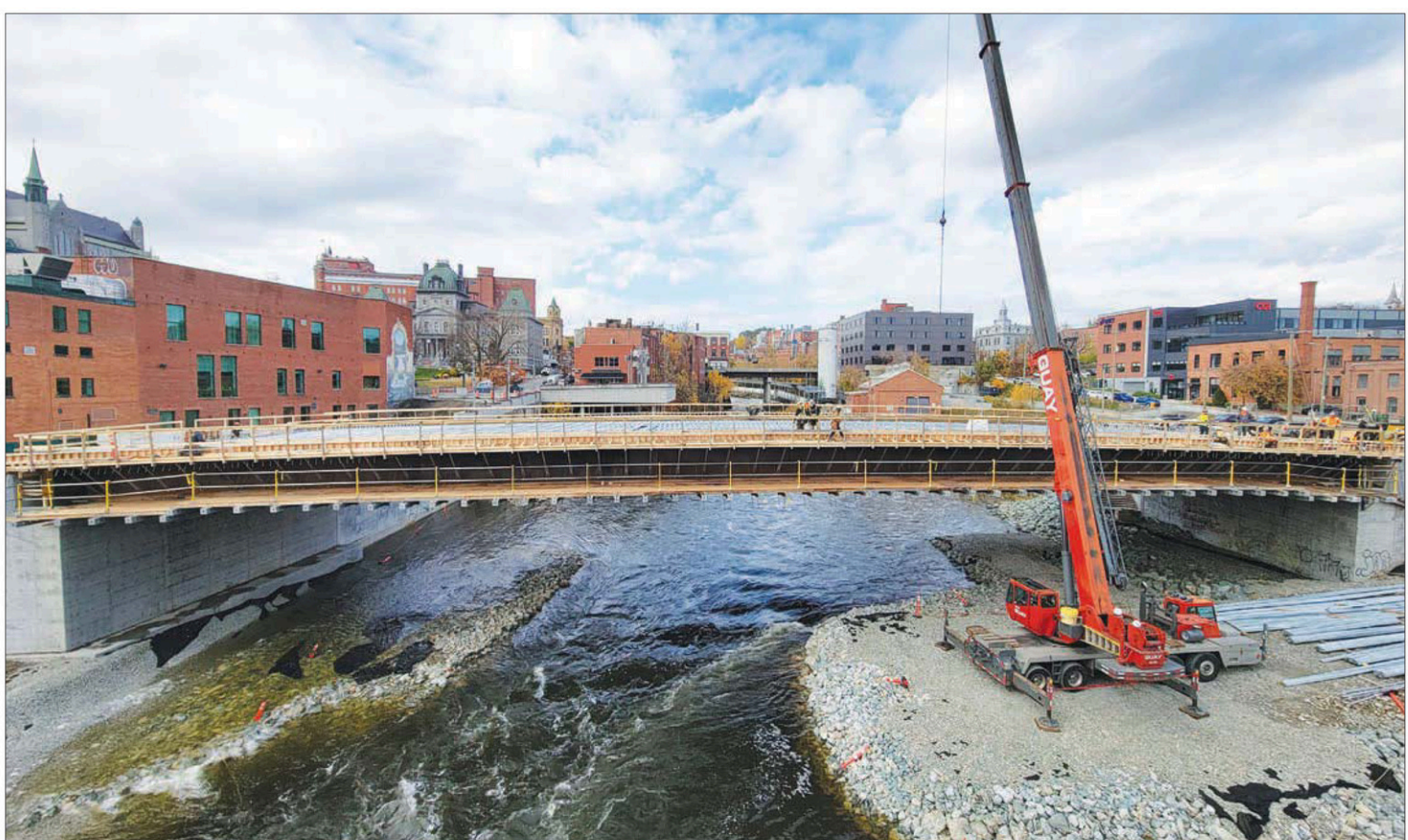
Rock Forest recreation centre temporarily closes ice rink due to Legionella presence

By Michael Boriero

The Centre récréatif de Rock Forest (CRRF) was forced to temporarily close its ice rink after the city of Sherbrooke discovered high levels of Legionella bacteria in the cooling tower. The cooling tower, which is located outside, is used to maintain the rink's ice surface. The water in the tower is reportedly tested frequently and on Oct. 17 the city received a report indicating a significant presence of Legionella, which can pose a potential risk to public health. Legionella is known to cause Legionnaires' disease, which is a type of pneumonia. The symptoms include

CONT'D ON PAGE 3

Grandes-Fourches Bridge work to take longer, cost more



GORDON LAMBIE

By Gordon Lambie

Anyone looking forward to driving across the new Grandes-Fourches Bridge in Sherbrooke is going to have to be more patient. Having already been suspended in November of 2021 until more funding could be secured for

mandatory decontamination work, it's now estimated that the new span near the meeting of the Magog and Saint-François Rivers will cost significantly more than originally planned and not be completed until roughly the end of 2023. According to documents approved

by Sherbrooke's city council on Tuesday night, the original contract for the construction of the bridge, awarded to Construction Longer inc. in July of 2021, was \$18,787,465. What, at the time, was the lowest of five bids, has ended up requiring three

CONT'D ON PAGE 3

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Weather



TODAY:
MAINLY SUNNY

HIGH 11
LOW 1



FRIDAY:
SUNNY

HIGH 11
LOW 4



SATURDAY:
SUNNY

HIGH 17
LOW 1



SUNDAY:
SUNNY

HIGH 19
LOW 4



MONDAY:
MIX OF SUN
AND CLOUD

HIGH 19
LOW 7

Go big or gourd home!



LINDA KNIGHT SECCASPINA

How I longed to be somewhere peaceful today like my old pumpkin patch at home in Cowansville, Quebec. Growing up with my grandmother she gave me a love of growing things— but mostly, I just seem to kill plants. My grandfather and she had this huge garden on South Street where they grew everything from beans to zinnias. Occasionally my grandmother would find things growing in her compost pile (aka her garbage) from old fruit she threw in there like cantaloupes, and she would nurture them to blue ribbon prize fruit.

Every year I would grow pumpkins and I think I had a pumpkin patch each year until I left home. I tried to grow them in Oakland, California the first year, but “hoods” don’t seem to like pumpkins. I mean if you were growing “weed” “I am sure that stuff would spring up like wild flowers, but forget

the pumpkins.

When my pumpkins were the size of large baseballs I would go across the street to the local Pharmacy called Varins on South Street and buy hypodermic needles. In those days no one questioned a 14-year-old girl buying a dozen needles. Then I would carefully pull one out of its package and fill it with milk. Every week I would inject the stems with milk making them grow bigger. To this day I don’t know if it worked, but my grandmother swore by it.

My son Perry this year wanted to grow some prize winning pumpkins and he took care of the special seedlings and treated them like gold. I had such hopes of finally someone in the family growing an oversized pumpkin, but alas it was all for naught. Conversations about these burgeoning buds were frequent until one day I noticed that anything about the gourds had ceased. Soon sad stories of looking out the window and seeing deer eat them were coming my way.

He was devastated, I was devastated, and I felt just like a former neighbour that had grown a pumpkin so large that one day he tripped over it. He tried to reach out to steady himself on his pumpkin, but he fell into it. Putting out his hand he realized the skin was rotting from the inside and the gentleman entered the pumpkin with a splash. He sure gave all of us ‘pumpkin’ to talk about’.

Growing giant pumpkins is a world onto itself, with its own legends,

rumors, and superstars! I have told my son that next year we will do it together and know that something could go wrong at any time. Did you know it’s not unusual for a single pumpkin to drink nearly 100 gallons of water a day to be gourd-geous? Mr. Dill produced the world champion pumpkin four times, and is considered the godfather of giant pumpkin growing. Atlantic giant seeds can be bought online or in your local garden store and I’m thinking it will be a great stocking stuffer.

*What is it about giant pumpkins?
You can't eat giant pumpkins.
You can barely move them.*

I honestly think the love for giant pumpkins comes from Schulz's story: It's the Great Pumpkin Charlie Brown. When the cartoon special first aired the television special kids felt so badly for Charlie Brown wasting his time waiting for the Great Pumpkin and not getting candy that they actually mailed candy to Charlie Brown via CBS. That's what life is all about. Smile, life is gourd and when life gives you pumpkins, just make a lot of fabulous pies.

*The Expositor Brantford Ontario—
October, 1928*

EXHIBITION CANCELLED—
Mr. Fitzgerald of Barnet was growing a giant pumpkin for exhibition at our local fair. He provided every care that could be given a pumpkin and it grew ponderous. Then one day Fitzgerald went out to inspect the pumpkin and found that his Persian cat had scooped out a cavity in it and had taken possession of it with a litter of four kittens.

Quebec opposition party swears allegiance to Quebec people, but not to King

The Canadian Press

The debate over the oath of office that members of Quebec’s legislature swear to the Crown is continuing this afternoon at the provincial legislature.

The 11 elected members of the sovereigntist Quebec solidaire party are declaring their loyalty to the people of Quebec, but they are not swearing

allegiance to King Charles III, as required by the Canadian Constitution.

Parti Quebecois Leader Paul St-Pierre Plamondon said earlier this week that the three members of his party elected Oct. 3 will also refuse the oath when their turn comes Friday.

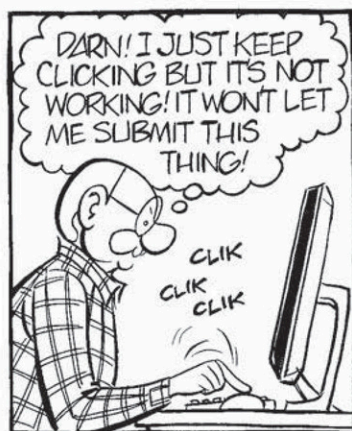
Patrick Taillon, a constitutional law professor at Universite Laval, says it will be up to the legislature to decide whether members who refuse the oath

can take their seats and whether they will be able to participate in debates and votes.

He says that while he believes the Quebec legislature could change the oath unilaterally by passing a bill, not all constitutional experts agree.

In Ottawa, Prime Minister Justin Trudeau told reporters it is up to the Quebec legislature to decide how it manages the swearing-in process.

Ben by Daniel Shelton



Local News

The second incident took place at approximately 3:50 a.m. on Sunday, Oct. 17. The SPS received a call from a citizen who had witnessed a car accident at the intersection of King Street East and Wellington Street North.

Sherbrooke police report downtown drama over the weekend

Record Staff

The Sherbrooke police reported two significant events in the city's downtown over the weekend.

On Saturday, Oct. 15 at approximately 5:45 p.m., a woman called the police department from her apartment at 25 Wellington Street South to report that she had been pepper sprayed by her boyfriend's ex-wife.

The police quickly responded to the scene joined by the fire department

who also responded to help with the ventilation of the apartment building.

The victim provided police with a picture of the suspect along with other details about her identity.

At approximately 10:45 p.m. that same day, two police officers on patrol at the intersection of King Street East and Bowen Street South recognized the suspect and promptly arrested her for assault with a weapon. The 38-year-old was transported to the police station where she remained while awaiting

her court appearance.

The victim suffered minor injuries that did not require ambulance transport.

The second incident took place at approximately 3:50 a.m. on Sunday, Oct. 17. The SPS received a call from a citizen who had witnessed a car accident at the intersection of King Street East and Wellington Street North.

Two patrol vehicles were dispatched to the scene where they found a group of youths about to get into a taxi.

After questioning the young people, the responding officers were able to identify the driver of the vehicle, who was intoxicated.

The 20-year-old male failed the initial sobriety test at the scene and was arrested for impaired driving. He was then transported to the police station for a breathalyzer test.

He was released after the test but will have to appear in court at a later date. His vehicle was towed and his driver's license was suspended.

Recreation centre

CONT'D FROM PAGE 1

coughing, shortness of breath, fever, muscle aches and headaches. However, the city has stated that there are no cases of Legionnaires' disease linked to the rink.

The bacteria can also cause Pontiac Fever, which is a milder infection compared to Legionnaires' disease. The symptoms are typically fever and muscle aches. According to a press release, Sherbrooke was able to intervene quickly and implement a strict procedure.

Louis Nadeau, the head of the buildings division at the city of Sherbrooke, said the city took immediate action on Tuesday morning, shutting down the equipment and emptying the water from the cooling tower, which is considered a place where Legionella can develop over time.

The report noted there was a concentration of four million chronic

toxicity units (CTU) per litre of water found in the cooling tower. The desired maximum level should be around 10,000 CTU, Nadeau explained in a phone interview Wednesday, noting the city could not waste any time.

However, the centre will remain open to racket sports. Folks who frequent the CRRF can continue to play tennis, pickle ball, squash, badminton, and racquetball. Nadeau said the contamination is isolated to the arena, and there should not be any worry from the public.

The decontamination process has already been initiated and the tower is expected to be back in operation at the end of October. It will only be used once decontamination has been completed, the water has been replaced, and microbiological analyses have shown it is safe.

With the cooling tower out of

service, and the rink's refrigeration compressors turned off, the ice surface has been melted down, which means Hockey Sherbrooke will need to reschedule games and team practices. The installation of a new ice surface is slated to begin next week.

Hockey Sherbrooke General Manager Stéphane Dion told The Record it will only have a minor impact on the organization's upcoming activities. Dion said roughly 42 hours of ice time per week is allocated to the CRRF. Teams will be asked to hold joint practices for the time being.

This will give teams a chance to recuperate lost ice time, he continued. But it is a different story for the games lined up for this weekend. Dion noted the organization will do its best to limit the number of cancelled games, but unfortunately, those games will be difficult to reschedule now.

"The impact on the weekend is a

bit more problematic because we will need to cancel games. However, we believe we will only have to cancel less than five games. Right now we're at three but it is possible that two more games will need to be cancelled," he said in a phone interview.

Although there will be a few games lost this weekend to the temporary closure, Hockey Sherbrooke is trying to squeeze the remaining games this month into an already packed schedule throughout the year. It will take some maneuvering, Dion explained, but it will work.

He also noted the organization has sent out a press release informing the hockey community — parents, players, coaches, and referees — of the city's cooling tower discovery and subsequent decision to shut down the ice rink. And an update has been added to the website.

Grandes-Fourches Bridge

CONT'D FROM PAGE 1

separate budget increases totaling 35 per cent of the original contract in the time since in order to cover unexpected decontamination costs, bringing the new bill to \$25,363,078.

Jocelyn Grenier, the Deputy Director of Sherbrooke's Urban Infrastructure division, explained that in addition to the added costs, the unexpected work will also mean that the work will take longer than originally expected to complete.

"The project was suspended for round nine months," Grenier said, pointing to that delay associated with funding for the work and the stoppage that will be necessary during the winter months as an explanation for the longer timeline.

The deputy director explained that

the main complications have come in the form of contaminated water on the south side of the bridge and a buried dump site filled with pieces of old cars on the north side. Although contaminated soil can be treated effectively within the city, he said that anything considered hazardous materials needs to be sent away to specialized sites in the Montreal area.

The overall budget planned for the Grandes Fourches project, including the construction of new roads connections, a traffic circle, and shoreline restoration, has been estimated at \$45 million. Although the Bridge was always expected to be the most expensive part, Grenier said that the increase in decontamination costs might impact later aspects.



GORDON LAMBIE

Jocelyn Grenier, the Deputy Director of Sherbrooke's Urban Infrastructure division standing next to a pit filled with the remnants of old cars that was found during excavation work

Lennoxville councillor to host gathering for Fairview citizens

By Gordon Lambie

Guillaume Lirette-Gélinas, the Borough Councillor for Lennoxville's Fairview district, will be hosting what he is calling a "citizens' assembly" in a hybrid online/in person format on the evening of Thursday, Nov. 3, at 6:30 p.m. at the Amédée-Beaudoin Community Centre.

"The idea is, above all, to find citizen-driven solutions to local problems," said Lirette-Gélinas, explaining that the idea for such a forum was a part of his initial electoral campaign. The borough councillor then engaged in an initial door-to-door campaign in his half of the community last summer to try to gather ideas about some of the concerns in the district.

Unlike the monthly borough council meetings, during which citizens from all over Lennoxville are free to bring their concerns directly to the council so that members can provide a perspective or possible solution from the city, he said that his hope is that by

providing people with a space to discuss issues among themselves, solutions can be found that can be worked out right away. If the citizens cannot find a solution among themselves, he said that he will try to take the matter to the council level for further discussion.

The councillor presented this first meeting as a "pilot project" but said that his hope is that there could eventually be one about four times a year.

"For me it's all about being open minded and inclusive," Lirette-Gélinas said, underlining the point that he is trying to keep the plan fairly free-form at this point so people feel they can bring any issue to the table. He listed topics such as community life, housing and safety, mobility, integration of disabled people and new residents, sports and recreation, culture and heritage, urban development, and cultural diversity as possibilities, but stressed that he's open to whatever comes to the table.

"I'm all ears," he said.

Asked about the initiative on the part of their fellow council member, both Uplands District councillor Jennifer Garfat and Borough President Claude Charron made it clear that they are not involved in the meeting and do not plan to be.

For her part, Garfat said that she has often found that a vocal minority tends to take over larger forums, leaving many people feeling like there is no room for them to share their concerns.

"I had thought about doing something similar, but I prefer to work one-on-one," Garfat said, noting that working and shopping in Lennoxville provides her many opportunities to interact with the public.

Charron, meanwhile, said that he wishes his colleague well with the project but argued that it is a political gesture by the Sherbrooke Citoyen party (of which Lirette-Gélinas is a part) and that independent councillors were "not invited."

Lirette-Gélinas did not say whether or not his fellow council members are

welcome at the gathering, although he did say that he ran the idea by the other council members before moving ahead with the idea.

Sherbrooke Citoyen's platform is built around ideas of transparency and citizen participation, but Charron questioned whether people in the community an additional forum for discussion.

"We're available all the time," the borough president said, expressing a hope that people in the community know they can reach out about any issue they may have. He also expressed some concern about the idea of holding events specifically for one district over another, reflecting that although the Uplands and Fairview districts have long existed, past councils have tended to act as if Lennoxville is one unified community.

So far, Lirette-Gélinas said that about 40 people have indicated that they plan to be present at the assembly, most of whom he expects to see in person.

Quebecers asked to participate in allergies initiative for Halloween

Record Staff

Quebecers are encouraged to take part in the #MaCitrouilleTurquoise initiative created by Allergies Québec to provide a fun-filled Halloween experience for children with food allergies.

In a press release, the organization noted folks can paint a pumpkin turquoise or put up a poster on their door to indicate they are participating in the initiative. This will signal to parents with children with food allergies that there are non-food treats available for them at the door.

Children with food allergies tend to steer clear of Halloween festivities because of potentially allergenic products, the organization explained, adding this is the sixth edition of the initiative, which originally launched in the U.S. in 2014. It is now present in roughly 15 countries total.

According to Dominique Seigneur, the director of development and communications for Allergies Québec, food allergies represent a rapidly growing health problem in the province. Seigneur believes this initiative will raise awareness for this issue among young and old alike.

Allergies Québec also noted people need to remember that allergies can cause an anaphylactic reaction at any time, which can lead to death within minutes. Nearly 75 per cent of folks with peanut allergies have been accidentally exposed to peanuts, the press release

continued.

In Canada, peanuts, wheat, milk, mustard, tree nuts, eggs, fish and seafood, sesame, soy and sulphites have been identified as the ten priority allergens. They are each responsible for the majority of severe allergic reactions. Over 160 allergenic foods have been identified in Canada.



LOUISE SMITH

PHOTO OF
YOUNG
CANADIAN
SOLDIER

Name:

Hometown:

Age when enlisted:

Regiment:

Served:

A few words about them:

Join

THE
RECORD

in saying thank you to
our veterans

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

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

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

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

The Record will publish a special section November 3 on Townshippers' contribution to the war effort.

Send photos before October 27 to
classad@sherbrookerecord.com

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

The Border Report

New to the team is Tanya Rhodes who is responsible for beautifying the Colby Curtis Museum garden over the last several years. Besides her clever green thumb she has many years of experience tutoring English students in the evenings at Stanstead College.

Team work

**PHELPS AIDE
PHELPS HELPS**

Teenagers are one of the cohorts that have been most adversely affected by the pandemic and all of its ensuing isolation. They suffered because they are social creatures. Adolescence marks the years of risk-taking, friend-making and learning at an unprecedented pace. For almost two years they were shut away in their homes with little connection to the world beyond their phones.

This year, their social lives are regaining momentum. At Phelps Helps, we have observed a hunger and thirst for in person connection. They come to us for help with schoolwork but mostly they come to be with others in a warm and caring environment. We are reveling in this renewed sense of trust. It is a privilege that we do not take lightly.

We anticipated that there would be great needs this year - of all kinds. We are so thankful that we read the signs and armed ourselves with an intrepid team of community workers ready to plunge into the struggle, the trouble and the good times too. Our high school program has switched gears. For years, one person guided the ship. This person was Clea Corman who, alongside founding member Katie Lowry, built the program up from

the ground. With all of this bursting need, we have had to change our approach.

The 22-23 school year has us forming around our Stanstead student body as a team. Nick White has been at Phelps since 2020. This year he is supporting our local teens by showing up at Galt on Wednesday at lunch hour to hang out and sprinkle his positive energy around. Sarah Elliot who started last year, continues to throw her all into connecting with the youth in town, while at tutoring sessions or doing groceries at the Tradition where many of them work.

New to the team is Tanya Rhodes who is responsible for beautifying the Colby Curtis Museum garden over the last several years. Besides her clever green thumb she has many years of experience tutoring English students in the evenings at Stanstead College. She has a great interest in connecting with teenagers and has quickly learned most of the participants' names. Her get-up-and-go-ness has been deeply appreciated, her kindness even more so.

Clea Corman is back in town! She is once again guiding her peers through the complexities of supporting our local youth on an academic



COURTESY

Our newest team members Tanya Rhodes (right) and Clea Corman (left)

front. When a student utters these five famous words, "but I have no homework," she is armed and ready with the most engineered strategies to sit them down and have them practicing algebra in mere minutes. She goes after their teachers and mentors relentlessly trying to crack the code on what it is that they are struggling with and how to make it seem easier.

Josiane and Katie act as glue to keep it all together. On the evenings that Katie makes an appearance a little magic is diffused into the scene. She has known our students since their very early school days. To most she feels like a cherished aunt that cares about their future. Josianne, who started with us last year, fills a child's belly with health and love.

There is never a crumb left when she bakes her famous banana bread.

We are forging ahead together to improve the circumstances of the youth we believe in so greatly. With some incredible volunteers by our side and a business team with an unwinding work ethic, we hope to make the lives of our kids feel fuller and richer. May the force be with us.

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

FRONTIER ANIMAL SOCIETY

Featured pets: Pipper & Pinto

Our last two cat adoption open houses were so successful that we're doing it again this week. In fact, we may even turn it into a weekly event. Stay tuned!

Of the eleven cats and kittens featured in the last two editions, we are happy to share that six were adopted into wonderful homes including five-year-old Ida who has been waiting for a family for well over two years.

Licorice, DeeDee and Lucy, all of whom were featured last week, are still available.

This week we would like to introduce Pipper and Pinto, two adorable orange tabbies who are approximately three months old.

Although both kittens are a little timid, Pipper is turning out to be the more confident of the two. Once he feels secure, Pipper is affectionate, quick to purr and he will happily crawl into your lap for cuddles and pets. He is also curious and very playful.

Pinto is a sweet and gentle kitten who needs a little time to feel comfortable with new people and in new situations. In a quiet and loving home with an adopter who understands his needs and will allow him to settle in at his own pace, we know he'll blossom into a wonderful and affectionate companion. Despite being shy, Pinto is curious and engaged and being a kitten, he can't resist playing with his favourite toys.

Pipper and Pinto do not have to be adopted together but they make for a nice pair. If they are not adopted together, our preference is to place them into homes with another friendly and welcoming cat or kitten.

This week, the adoption open house will take place from 10 a.m. to 12 p.m. on Saturday Oct 22. The shelter is located at 2405 Griffin in Ogden. If you would like more information on our adoptable cats and kittens, please give Linda a call at 819-868-2684.



Pipper

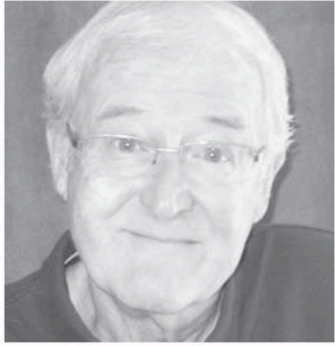


Pinto

EDITORIAL

Taking one car off the road and driving the new one only about 4,000 kilometres per year seemed like a step in the right direction – until now.

Getting a charge out of driving more



TIM BELFORD

Apparently I don't drive enough. That's right. I need to hit the road more often and spend more time behind the wheel touring the highways and byways of our beautiful province; at least according to the friendly mechanic who came last week to boost our car's failing battery.

If you're a regular reader of my weekly epistle you will know that we recently purchased a new, at least new to us, vehicle. At that time I made some cynical and somewhat disparaging remarks about all the bells and whistles that are now standard issue on so many cars. Those comments have come back to haunt me.

When I asked the gentleman who arrived, quite promptly, from the CAA, whether I should purchase a new battery, he shook his head and gave a sorrowful shrug of his shoulders. "No," he replied. "The battery is fine. You just have to drive more to keep it charged."

"All the new computer stuff like heated seats and steering wheels, back-up cameras, climate control, automatic headlights and dashboard screens suck up a lot of electricity. We recommend you try to drive about an hour a day."

An hour a day! I suppose I could always do my grocery shopping in Richmond. Or perhaps I could drive to Coaticook for my hardware supplies. Why not schedule a regular trip to

Scotstown and visit its renowned butcher's shop?

I guess if you make a half-hour commute for work each day or you're a busy parent driving and dropping off kids at sundry schools and activities, it's doable. But for a retired couple who live within walking distance of most of life's necessities it would be a bit of a stretch. It's also in direct conflict with the environmentally sound practices we are constantly encouraged to adopt.

Before this latest purchase, my bride and I decided to do our bit by going to one car. The second vehicle was really just an added convenience and with a minimum of planning and co-ordination things were going well. It also helps that apart from the grocery store and the weekly visit to my 'club,' I don't need the car that much.

Like many Quebecers we opted for an SUV. It's gasoline-powered but the four-wheel drive comes in handy in a province that has eight months of winter and four months of bad weather. It also has considerable carrying capacity which is essential particularly during spring planting when the head gardener decides she needs bags of mulch, sheep manure, potting soil, and garden soil, as well as a variety of pots and hanging plants.

Taking one car off the road and driving the new one only about 4,000 kilometres per year seemed like a step in the right direction – until now. The lingering question, however, is why are automobile manufacturers producing vehicles that, according to the CAA mechanic, have to be driven an hour a day just to keep their batteries functioning? All the fancy extras are nice and car companies may claim it's what people want but "Drive more!" is hardly a slogan for this day and age.

By the way, the dealer has since installed a battery charger under the hood of our vehicle that you can plug in as needed: sort of a poor man's hybrid.



Letters

The Broth of Life

Old habits, be they good or bad, die fast. As humanity faces new and emerging challenges it is easy to remain, if circumstances allow, in the same old repetitive cycle of our regular practices. These are the practices that are passed down to the next generation. All too often we look to modern and contemporary solutions without looking back in time to find remedies to the challenges that arise.

Since the inception of fast food and the factory production of our daily caloric intake, many of us have forgotten the basics of acquiring, preserving and converting nature's bounty into nutritious, wholesome and healthy meals. Some of these practices from a time gone by had more to do with the inability to afford restaurant meals and food products that were accessible almost uniquely by those who were financially privileged. With the advent of inexpensive fast food came habits formed out of convenience more than wisdom. Soon an occasional treat became a regular ritual. As we learned to enjoy new flavours that steered us away from the foods that sustained us for centuries we also became conditioned to pay more for less.

Today, as inflation creates challenges that many of us have not had to face, the cost of fast food production has steadily increased, and with it, in many cases, quality has decreased. That reality doesn't seem to keep people from driving past their local farmers' roadside produce stands or neighbourhood agricultural food markets and lining up at drive through restaurants. And the more people line up for their daily fast food meals the more they line up for health care. None of this makes sense except for the fact that many of us do not know otherwise.

Children learn what they live and it is time again where they learned from home and school how to care for themselves through sound home cooking practices and personal financial management. There is nothing more affordable and healthy in the way of healthy eating than to create your own soup broth. If you are omnivorous in your perspective then boiling down some beef bones or a chicken carcass will create the foundation for all the other ingredients be they vegetables, meat, rice, lentils, beans pasta and spices to create a pot of nutritious food to provide more than one meal for a family. If you are vegetarian the same recipe applies minus the animal products. The broth of life sustained humanity across the spectrum of cultures since heat was first applied to cooking. For many it still does.

Perhaps the broth of life is a corner stone building block that can lead us to important life lessons beyond what we eat. There is so much that we consume and acquire that amounts to extravagance and robs us of the collective joy of living simpler. Accepting emerging technological trends does not mean we need to reject the best practices of old and what is best for us and our natural environment. In many regards we just need to get back to the basics including the very occasional treat at our local fast food restaurant.

GREGORY BISHOP
NORTH HATLEY

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NHL's Kim Davis hopes next Hockey Canada board is 'diverse and inclusive'

By Joshua Clipperton
The Canadian Press

Kim Davis sees only one path forward for Hockey Canada.

The NHL's executive vice-president of social impact, growth initiatives and legislative affairs watched from afar as revelation after damning revelation emerged throughout a scandal-filled spring, summer and fall over how the sport's most powerful national organization handled sexual assault allegations.

And following last week's developments, Scott Smith left Hockey Canada as president and CEO, while the entire board of directors stepped down, Davis says the door is open for the embattled federation to push forward and make a real difference.

"There are certain hallmarks of strong leadership," she told The Canadian Press in a recent interview. "Leading from the front, owning the problems that need to be solved, being transparent and accountable. We're at a moment where the world is demanding that of organizations. Hockey Canada should be no different.

"Now that there's an opportunity to reimagine the board, I'm hoping that reimagining will include that kind of leadership."

Hockey Canada has received blistering criticism since May when

news broke that an undisclosed settlement had been paid to a woman who alleged in a \$3.55-million lawsuit she was sexually assaulted in 2018 by eight players, including members of the country's world junior team, following a gala in London, Ont.

The organization's world came crashing down in the weeks and months that followed as the scandals piled up, including that a fund maintained by registration fees from players across the country had been used to pay out uninsured liabilities, including sexual assault and abuse claims.

Hockey Canada then announced days after the release of an "action plan" to address safe sport issues that members of the 2003 world junior team were being investigated for a group sexual assault.

None of the allegations have been proven in court.

There were also a series of disastrous hearings on Parliament Hill that left politicians and the public stunned by the lack of accountability from the organization's leaders.

Set to elect a new board in December, Hockey Canada announced over the weekend it plans to follow the recommendations set out in an interim report by former Supreme Court justice Thomas Cromwell, who is conducting an independent

governance review.

Those recommendations include the new board of directors being larger and more diverse, something Davis, who is Black, hopes to see.

"We have to be centred around the young people who are impacted by poor leadership of adults," she said. "I'm hopeful that the future will result in a far more diverse and inclusive board of transparency and accountability."

CONN SMYTHE CONTROVERSY

The NHL released its first-ever comprehensive diversity and inclusion report to the board of governors this week.

The data shows close to 84 per cent of league and club employees are white, while Black, Indigenous and people of colour make up just under 14 per cent.

With a goal of getting that second number up to 25 per cent to mirror fan demographics, Davis was asked if it's appropriate for the playoff MVP award to still be named after Conn Smythe?

The Toronto Maple Leafs founder reportedly once said he'd pay anyone \$10,000 if they could turn Herb Carnegie, a star Black player, white in order to sign him.

"We've seen this argument and debate over and over again in our societies, from flags to monuments, all over the world," Davis said of the Conn

Smythe Trophy. "How one group views an individual may be very different than other groups whose lived experience has been different. Should (the trophy name change) happen? I don't know.

"From my own personal perspective, these artifacts and symbols can be painful. It's something that we should at least be open to (for) robust debate and understanding."

OVECHKIN'S CHASE

Alex Ovechkin sits just 20 goals short of passing Gordie Howe's mark of 801 for second on the NHL's all-time goal list after scoring twice Monday against Vancouver.


The Washington Capitals sniper is also tied with Ted Lindsay for second all-time with 121 game-winning goals, 14 back of Jaromir Jagr.

Wayne Gretzky's all-time goal record stands at 894.

BEDARD BLASTS OUT OF GATE

The presumptive No. 1 pick at the 2023 NHL draft, Connor Bedard has put up some gaudy numbers to start the Western Hockey League season.

The 17-year-old centre, he doesn't turn 18 until after next June's draft, was held off the scoresheet in the Regina Pats' opener, but registered nine goals and 11 assists in 10 games since to lead the WHL in scoring.



Desjardins

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LENNOXVILLE

This season, Uplands Cultural and Heritage Centre is presenting in its art gallery: Recent Works by accomplished artists Denis Palmer (watercolour, woodcut and ink) and Réjean Côtes (pottery). Hours: Thursday to Sunday, from 10:00 a.m. to 4:30 p.m. Admission is free.

IVES HILL

Annual Turkey Supper and prize-giving of Sherbrooke-Compton Plowing Match on Friday, October 28 at Ives Hill Community Hall at 7 p.m. RSVP before Tuesday, October 25 by calling Felicia Kirby 819-572-2413.

ONLINE WORKSHOPS

Mental Health Estrie invites you to attend an upcoming free virtual (Zoom) workshop which is open to all and presented in English. "Feeling

Lost: Understanding and Coping with the Stress and Stigma of a Psychotic Illness" will take place on Wednesday, October 26 from 6:30 p.m. to 9 p.m. with Camillo Zacchia, Ph.D. Psychologist. Understanding the nature of mental illness with a focus on psychotic illnesses such as: Schizophrenia, Schizoaffective Disorder, and Bipolar Disorder. For more information or to register, please visit mentalhealthestrie.com, our Facebook & Instagram pages, email outreach@mentalhealthestrie.com, or call (819) 565-2388.

BURY

Fundraiser for the Centre Communautaire de Brookbury, 571 Brookbury Road, Bury. Spaghetti Supper on October 22 at 5 p.m. Includes salad, rolls, dessert and drink. Cost \$15.

BURY

Halloween Party on October 28 at 7 p.m. at the Centre Communautaire de Brookbury, 571 Brookbury Road, Bury. Judging of costumes, and games. Bring a decorated pumpkin and these will be judged as well. Cost \$2. Everyone welcome.

LENNOXVILLE

HCC Seniors Lunch will be held on Thursday, October 27 at noon. Everyone welcome. Please call Elaine at 819-563-8700 (elebourveau@videotron.ca) to

reserve your place.

LENNOXVILLE

The Lennoxville United Church Women (UCW) invites you to its 2022 Christmas Bazaar on Saturday, November 19 from 10 a.m. to 3 p.m. in the Gertrude Scott Hall, 6 Church Street, Lennoxville (Sherbrooke). Come browse the selection of Christmas goodies and gifts we will offer at the Bake Table (Homemade Christmas (Fruit) Cakes and Donuts available on a first-come, first-served basis), Candy Table, Wish Table, Crafts Table (Knitting, woodworking, jewellery, etc.), Attic Treasures and a Fishpond for the younger set. We will also have available a selection of themed gift baskets suitable for such occasions as a Baby Shower, a Wedding Shower, a "Christmas Tea-for-Two," a "Grannie's Christmas" and more.

ONLINE

Zoom in on Health: Tuesday, October 25, 2022, 12- 1 p.m. Ageism at a Glance! Online workshop through zoom. To register, contact: Vanessa Asselin (va@townshippers.org).

RICHMOND

The Richmond County Historical Society and the St. Patrick's Society of Richmond and Vicinity are proud to present the final result of the historical mural installed in downtown

Richmond. The inauguration will take place on Sunday, October 23 from 1 p.m. to 3 p.m. at Place René-Thibault (160 rue Principale N., Richmond). Among the guests we will have the honour of having members of the Abenakis community of Odanak. Light refreshments will be served. RSVP is required to president@rchs-shcr.ca by October 20.

NORTH HATLEY

The North Hatley Legion will hold a Halloween Party on Saturday, October 29 from 8 p.m. to midnight. Live music with Chantal Paradis, Phillip & Adam Patton, and Gerry Goodsell. Prize for best costume. 18+. Information: 819-842-2933 after 2 p.m.

LENNOXVILLE

The St Francis Valley Naturalists' Club presents: Any Newcomers in Your Backyard? Caroli-na wrens have moved to Lennoxville and Cooper's hawks are nesting in Hatley. Join members Gary McCormick and Suzanne Kohl as they tell of their sightings with photos, videos, graphs, bird behaviour and adventures. The audience is asked to bring their stories too. What is new in your area? 7 p.m., Wednesday, October 26, 2022, Amédée Beaudoin Community Centre, Lennoxville. Admission is free. Please note: this is a scent-free event.

In-laws overstay at newlyweds' home

Dear Annie

THURSDAY, OCTOBER 20, 2022

Dear Annie: I recently attended my favorite cousin's wedding, which was absolutely beautiful. However, I am troubled by what I heard about his new bride's parents. Her parents planned a visit with them in their house this past summer for two weeks and then extended their visit to 3 1/2 weeks. Now, after the wedding, they plan to stay two more days and are now saying maybe they'll stay a week.

My cousin and his new wife decided to get a hotel for those two nights and were OK with that because it was kind of like a mini honeymoon. But they are really upset that they now might have house guests for the rest of the week. I'm really concerned - not only for what is happening now but also for the future. I think they are setting up an uncomfortable precedent by not saying no to this overstepping of boundaries. They really don't want to hurt anyone's feelings. but they don't know what to do. Any advice on how to handle this? - Overstaying Their Welcome

Dear Overstaying: You are correct that the bride's parents are likely not reading the room. However, the only ones positioned to stand up to the couple are the newlyweds. Next time you chat with your cousin, let him know that this behavior from his in-laws will likely continue unless he sets boundaries now. If they don't set the boundary, they can't blame anyone for crossing the line.

Dear Annie: As a parent of two amazing young adults with severe food allergies (milk, eggs, peanuts and tree

nuts), I was moved by "Garlic Allergy"'s letter. I appreciate your response, but also wanted to write about another option for managing this allergy.

My children also struggle with any potluck situation and they like to pack their own food to bring along so that they can enjoy the social part of a potluck or other food related event, but don't have to worry about needing to head to the hospital because of ingesting something they are allergic to. It may feel awkward to pull out your packed food, but in our experience, people don't mind and would prefer that you are there eating your own food than not attending. - Experienced Allergy Mom

Dear Experienced Allergy Mom: What a great suggestion - thank you! I was overwhelmed with the responses in support of "Garlic Allergy" from readers who had similar stories. The sentiment of the letters was always the same: When someone tells you they have a food allergy, don't roll your eyes. They have probably been on a long and unpleasant health journey in order to discover their intolerance in the first place.

"How Can I Forgive My Cheating Partner?" is out now! Annie Lane's second anthology - featuring favorite columns on marriage, infidelity, communication and reconciliation - is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

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



A new Saturday newspaper to help you plan your weekend and learn more about our Townships' communities and the people who make them special

INTERESTING FEATURES

COLUMNS

WEEKLY NEWS RECAP

TRIVIA

TOWNSHIPS EVENTS CALENDAR

TIPS FOR SHOPPING LOCALLY AND MUCH MORE



Watch for it throughout the Townships every Saturday at your local newsstand and online at www.sherbrookerecord.com beginning Oct. 22

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CELEBRITY CIPHER

by Luis Campos

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

"MFGVG'Y SI YMIDDOSR MFOY
GZOYMGSMOKB WOVVIV MFKM'Y FGBN
TD MI LITVYGBJ EFGS LIT'VG KCITM
MI FKUG K XON." — PIFS XVKYOSYXO

Previous Solution: "Up there with my awards, I have a great big statue of Groucho Marx, just to put everything in perspective." — John Lithgow

TODAY'S CLUE: *islenbe r*

REALITY CHECK



HERMAN

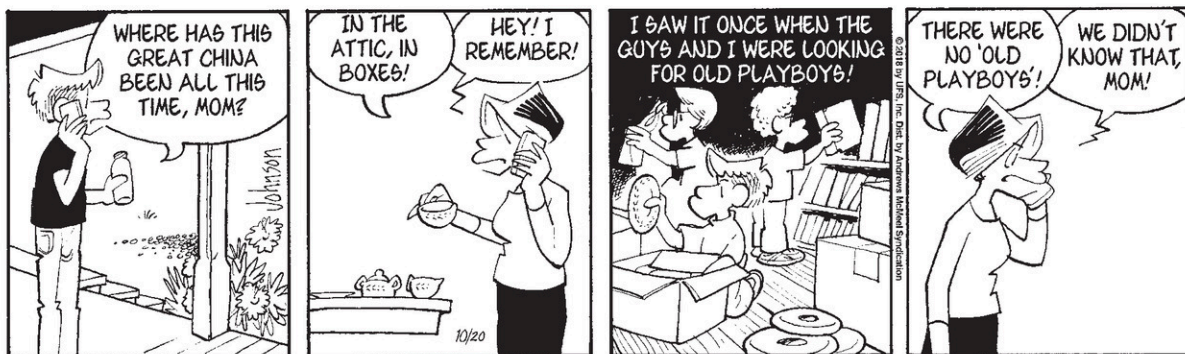


"This one looks OK. Can I try it out on your front door?"

ALLEY OOP



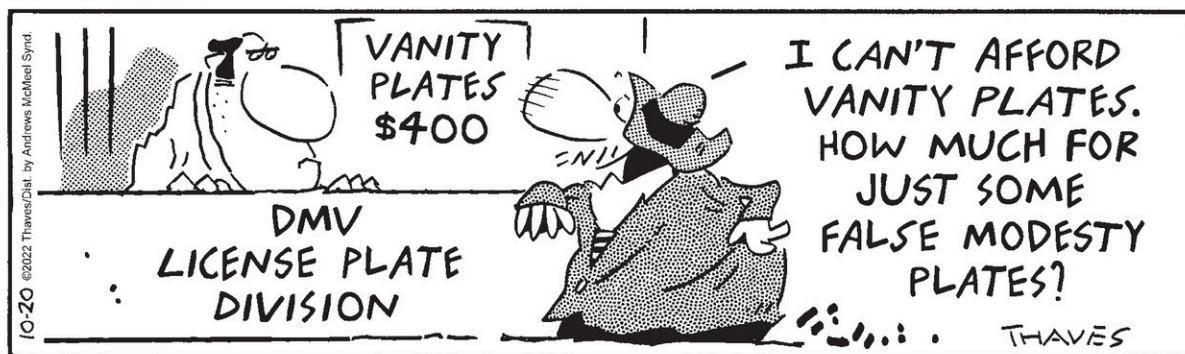
ARLO & JANIS



THE BORN LOSER



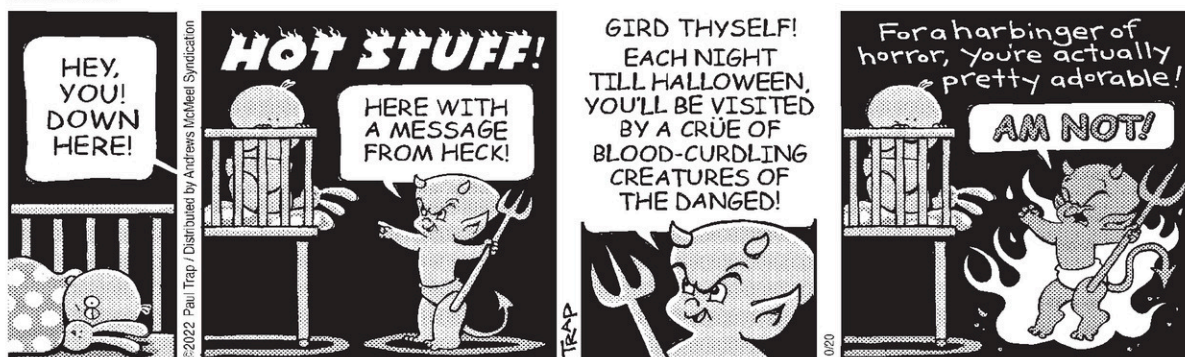
FRANK AND ERNEST



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 or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

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NOTICE OF CLOSURE OF INVENTORY (C.c.Q., Art. 795)

Notice is hereby given that, following the death of **Rick Donovan**, on July 3, 2022, in his lifetime domiciled at 122 Wellington Street, Cowansville, province of Quebec J2K 0X5, an inventory of the assets and liabilities of the deceased was prepared by the liquidator of the Estate, Dorothy Talmadge Donovan on October 18, 2022, before Mtre. Karl St. Jacques, notary, in accordance with the law.

This inventory may be examined by any interested party at the office of Mtre. Karl St. Jacques, notary, located at 35 Victoria, Town of Brome-Lake, Quebec, J0E 1V0.

Given on October 18, 2022
 At Town of Brome-Lake, Quebec
 Karl St. Jacques, notary

THE RECORD

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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
 Noah Last

Send your pumpkin selfies to classad@sherbrookerecord.com before noon on Wednesday, October 26.

The photos will be published in the paper on October 28.

Guess Who?

I am a rapper born in California on October 21, 1995. I have a love for cats, and that love inspired my stage name. My brother's rapping motivated me to follow suit, and one of my songs inspired memes that went viral in 2018.

Answer: DoJa Cat

SUDOKU

DIFFICULTY RATING: ★★★★★

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

10/20

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PREVIOUS SOLUTION

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

NEA Crossword Puzzle

Your Birthday

THURSDAY, OCTOBER 20, 2022

PISCES (Feb. 20-March 20) – Take a step back and look at things differently. Taking an objective point of view will help you bounce ideas off those who can stimulate your imagination and points you in the right direction.

ARIES (March 21-April 19) – Share with a loved one. Signing up for something you've always wanted to do will encourage you to branch out and explore new avenues. Address outdated concepts.

TAURUS (April 20-May 20) – Enjoy what life has to offer. Go where the action is and support the people and organizations that share your beliefs. A partnership will prove lucrative and help you succeed.

GEMINI (May 21-June 20) – A targeted approach to whatever you do will help curb interference. Your colleagues and superiors will respect and appreciate a level head and good work ethic. Stick to the facts.

CANCER (June 21-July 22) – Patience is a virtue and will be your best friend when dealing with domestic issues. Do something that will encourage you to look and be at your finest. How you handle others will be key.

LEO (July 23-Aug. 22) – Use charm to win favors and encourage better relationships. Give an inch and gain an inch by offering incentives. A positive change at home will lift everyone's spirits. Discipline will pay off.

VIRGO (Aug. 23-Sept. 22) – A change will occur if you let anger take charge. Discover the truth, stick to the rules, ask questions and make changes based on facts. Add to your qualifications and knowledge.

The trick is to keep everything moving. Refuse to let outsiders slow you down. Map out what you want to accomplish, what's important to you and who you want to spend your time with, then act accordingly. Opportunity is within reach, but you must take responsibility and make things happen. Act, and everything else will fall into place.

LIBRA (Sept. 23-Oct. 23) – Stand tall and speak on behalf of those you care about and want to help. Be an advocate for justice and fair play, and offer valid and challenging options. Live, learn, teach and fight.

SCORPIO (Oct. 24-Nov. 22) – Slow down and look at the fine print. Making a move before you have all the facts will end in disaster. Bide your time and be observant, and you'll find the right path forward.

SAGITTARIUS (Nov. 23-Dec. 21) – Opportunity is apparent, so take the initiative to make things happen. Traveling, pursuing educational pursuits and working alongside people who get things done will pay off.

CAPRICORN (Dec. 22-Jan. 19) – Don't put a price on friendship or love. Have patience, listen to complaints and offer suggestions, but don't pay for someone's mistakes. Stick to the truth and be discreet.

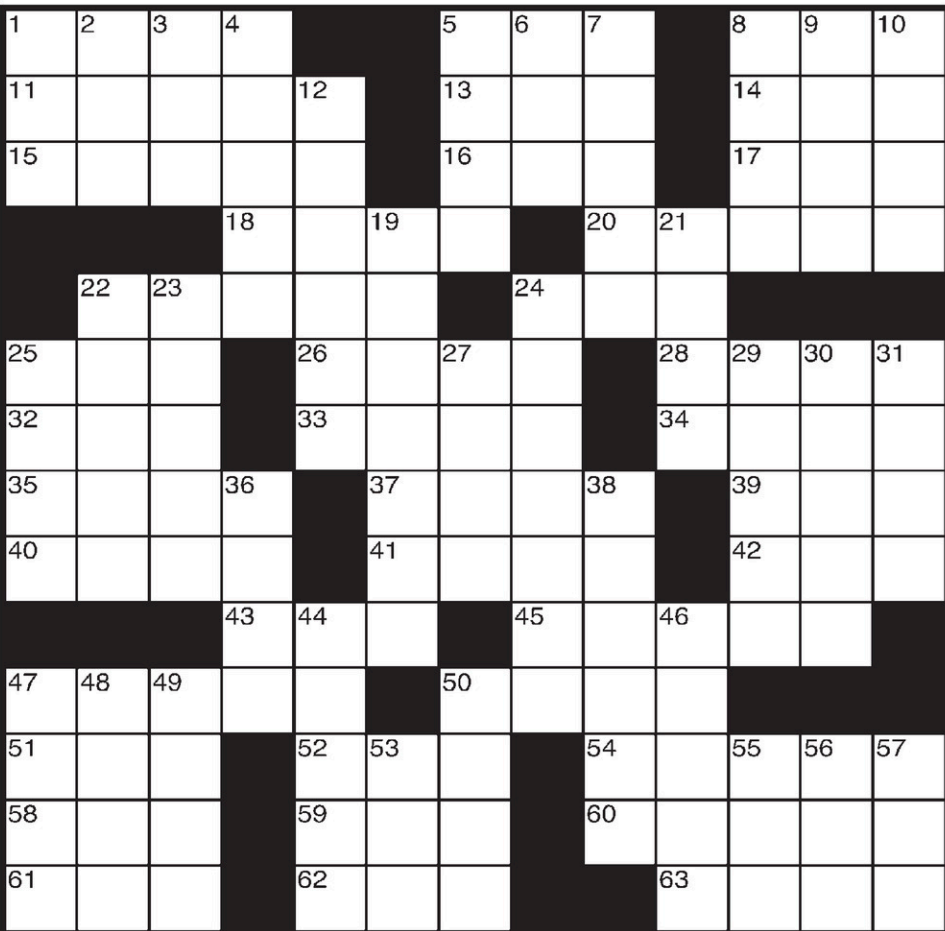
AQUARIUS (Jan. 20-Feb. 19) – Put your energy into something that makes you feel helpful. Helping those you love or someone in need will give you satisfaction that's greater than financial compensation.

Answer to Previous Puzzle



- ACROSS**
- 1 Mark with acid
 - 5 April 15 org.
 - 8 Mil. officer
 - 11 Snake toxin
 - 13 Light brown
 - 14 Japanese sea bream
 - 15 Boredom
 - 16 Pasture
 - 17 Berlin conjunction
 - 18 Carpentry item
 - 20 Goopy treat
 - 22 Thick of things
 - 24 Clingy seedpod
 - 25 Like Capp's Abner
 - 26 Clublike weapon
 - 28 Auto import
 - 32 Shapiro of NPR
 - 33 Mournful cry
 - 34 "Waterloo" pop group
 - 35 Nut center
- DOWN**
- 37 Famous lithographer
 - 39 Apply makeup
 - 40 Augments
 - 41 Clueless
 - 42 Ms. Hagen of films
 - 43 Wordplay
 - 45 Bike
 - 47 Collision
 - 50 Buzz
 - 51 Possesses
 - 52 Breeze through
 - 54 Advances
 - 58 Mork's planet
 - 59 Coffee server
 - 60 Whole extent
 - 61 Craven or Unseld
 - 62 Auction unit
 - 63 Toy on a string

- 5 "— cost you"
- 6 "Norma —"
- 7 Major mess
- 8 Virile type
- 9 Pack of hoodlums
- 10 Spring or ebb
- 12 Marsh vapor
- 19 Like spaghetti
- 21 Livy's bear
- 22 Bogged down
- 23 Homer opus
- 24 Implore
- 25 Buddhist monk
- 27 NBA team
- 29 Pop singer Paula —
- 30 Slacken off
- 31 Rum cake
- 36 Sugar amts.
- 38 Voicing an opinion
- 44 Ryder rival (hyph.)
- 46 Floorboard sound
- 47 Food, slangily
- 48 Cooked just slightly
- 49 Questions
- 50 Didn't stay
- 53 — -Magnon
- 55 Gigi's boyfriend
- 56 Same old grind
- 57 Sault — Marie



THURSDAY, OCTOBER 20, 2022

The optimist and the realist

By Phillip Alder

The optimist looks at a ring doughnut and sees only the doughnut. The pessimist looks at the same doughnut and sees only the hole. The realist knows that whatever the shape, the doughnut still tastes good. How does each of those players approach bridge?

In today's deal, how should South plan the play in six clubs?

The contract is against the odds, but neither player did anything dreadful in the auction. Having the spade jack or 10 would improve the slam's chances, but who can make bids based on the possession or absence of a key jack or 10?

There are different ways to play the contract, but the best line is to start with the club ace-king before turning to spades. If the clubs are 3-2 and the spades 3-3, dummy's heart loser will disappear on the 13th spade. Declarer is also home if the club queen drops doubleton and the defender with three trumps has at least three spades.

However, when South leads a trump off the dummy at trick two, East plays the queen. The optimist thinks this might be from queen-doubleton. The realist knows this is highly unlikely because no one defends like that. The pessimist, thinking the 4-1 trump break is fatal, throws in the towel.

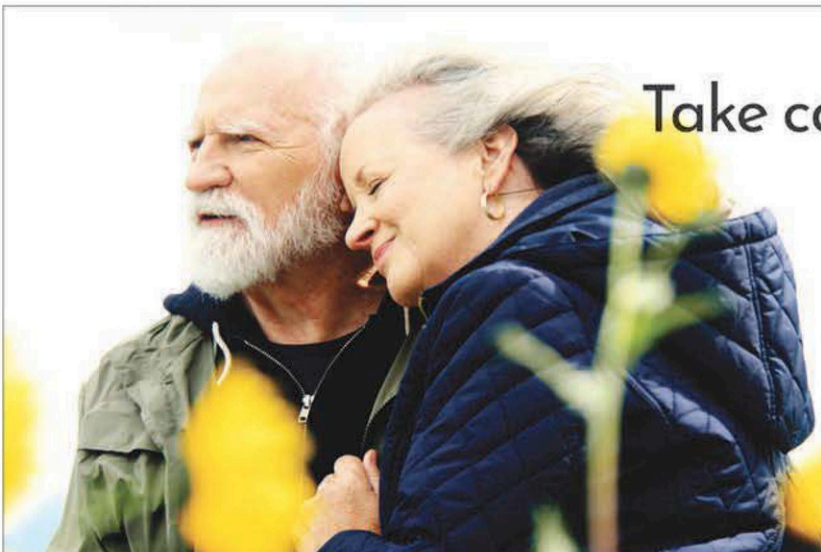
		North	10-20-22
		♠ 6 5 3	
		♥ A 5	
		♦ 9 8 5 4 2	
		♣ 7 6 4	
West		East	
♠ J 9 4		♠ 10 8 7	
♥ K Q J 4		♥ 10 8 7 6 3	
♦ J 7		♦ Q 10 6 3	
♣ 10 9 8 2		♣ Q	
		South	
		♠ A K Q 2	
		♥ 9 2	
		♦ A K	
		♣ A K J 5 3	
Dealer: South			
Vulnerable: East-West			
South	West	North	East
2♣	Pass	2♦	Pass
3♣	Pass	3♦	Pass
3♠	Pass	4♣	Pass
4♦	Pass	4♥	Pass
6♣	Pass	Pass	Pass
Opening lead: ♥ K			

The realist plays on. Knowing that he cannot afford another round of trumps, he wins with the club ace and immediately cashes his spades, banking on a 3-3 split. West ruffs the last spade as dummy's low heart goes away. Back comes a trump, but South wins, ruffs his heart loser in the dummy, returns to hand with a diamond, draws the last trump and claims – really!



PHOTO BY JANET WATSON.

Members of the walking group, Jackie Lougheed, Dianne Prah, Judy Keenan, Bev Taber Smith, Elizabeth Cope, Sandy Pilon, Bonnie Rourke, Geraldine McGurk, Lee Sullivan Lapp, Melanie Cutting, Daniella Bernstein, on a recent group hike.



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Seniors



Walking your way to improved health

By Quinn Ruby
Local Journalism Initiative

The word 'exercise' can be intimidating, especially for those who struggle with loss of mobility and energy as they age. But it doesn't have to be. Something as simple as going for a brisk walk every day can make all the difference to health, both physical and mental.

"For seniors, the big thing is circulation," says Kendra Brock, manager and nurse at Bishop's University's Health Services, "and to get good circulation, you need to have your heart doing exercise." Walking is a great way to get that exercise in, she says, and there are arm and leg mobility exercises people can do if they struggle to walk. With regular walking, Brock says, "You're less likely to accumulate fluid in your ankles and feet and around the heart or lungs."

Regular walking is also a way

in which seniors can remain independent for longer, says Brock. "The more they're using their extremities, the more they're able to wash themselves or brush their own teeth or get themselves dressed," she says. "When we see less activity and movement, that's when they tend to become more dependent for care."

Arguably the most significant benefit of walking, though, is the opportunity for improved mental health and regular socialization. Feelings of loneliness and isolation are widespread among the aging population, especially since the pandemic, and walking with a friend or a group can be a great way to improve physical and mental health at the same time. Dr. MéliSSa Généreux, medical advisor at Estrie Public Health and professor at the University of Sherbrooke, says in a video for the Culture for Seniors project, "Social isolation and loneliness increase health risks as much as smoking 15

cigarettes a day. Our research shows that loneliness amongst seniors has more than doubled as opposed to pre-pandemic estimates." A way to combat this, according to Brock, is to join a walking group.

The Sherbrooke and District branch of the Canadian Federation of University Women has a walking group that meets monthly at a different trail in the Eastern Townships. There are 10-20 women over the age of 55 who regularly join the walks. Each woman donates a toonie at each walk and at the end of the year, the women decide on a charity to donate the funds to. Carol Mooney, who has been the coordinator of the walking group for 14 years, says, "These women just have so much knowledge. They have so many ideas, and it's things that I can pick up from them." She says that after a few years, the group changed its name to the Friends Walking Group because the women truly all became friends. "When we get together it's something

we look forward to so much. Just being together and sharing." Speaking on the combination of exercise and socialization, Mooney says, "You have the beauty of nature...but then you're listening. You just have the ability to listen to others and to learn from them."

Despite the name of the organization, the group welcomes women without university degrees and men on their walks. They make sure to include alternative options for people that may struggle with the terrain of the chosen walk.

As winter approaches, it's important to remember to have the proper equipment for walking outdoors such as poles and shoe crampons. If walking in the winter weather isn't appealing, there are local facilities like Bishop's University's Sports and Recreation Centre and the Centre sportif at the University of Sherbrooke that offer indoor walking tracks.



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Healthy eating as you age

By Quinn Ruby
Local Journalism Initiative

Maintaining a healthy diet is important for everyone but especially for senior citizens. Kendra Brock, manager and nurse at Bishop's University's Health Services, says "As we get older, all of our organs get older and our metabolism changes as well."

Brock and the rest of the staff at Health Services tend to see a number elderly patients with fragile bones so they recommend adding sources of calcium and Vitamin D to their diet. Health Services also sees patients that are deficient in Vitamin B12 so they recommend eating "any fruits and veggies that are high in B12," says Brock, like apples, bananas, spinach, and butternut squash. Brock also notes the significance of getting enough calories and protein as one ages to ensure that their red blood cell and hemoglobin levels stay high enough. "It's really important because that's what carries our oxygen around and improves our brain activity."

For those that struggle to get enough calories, protein, vitamin D and calcium through their diet, Brock recommends nutritional drinks such as Ensure or Resource.

As far as things that seniors should be cutting back on, Brock says that fat is the main one. "As a young adult, you already start to get fat deposits in your arteries in your heart. But then the older you get, the more it can accumulate," she says. Dairy products, cheeses, ice cream, and fried foods all fall under this category, she says. "Especially for somebody who have may have high cholesterol issues, that would be something to scale back on," she adds.

But healthy food isn't always accessible due to barriers like reduced mobility, lack of a vehicle or drivers' license, rising food costs, and even cooking fatigue. This is where services like Meals on Wheels come in. Lennoxville Community Aid's Meals on Wheels program offers \$6 delivered meals three times per week for Lennoxville residents and twice per week for Waterville and North Hatley residents. 70 volunteer cooks and 90 volunteer drivers serve around 65 people in Lennoxville, 10 in North Hatley, and around 15 in Waterville.

The meal, which is delivered by a volunteer around lunchtime, always includes a main course, which consists of a meat, a vegetable, and a starch, a fresh salad, and a homemade dessert. "We have great cooks who really care about what they're going to be offering," says Director General Sylvie Gilbert Fowlis. While you have to be 65 or older to receive meals, Fowlis says, "It doesn't matter if you're living alone or if you're a couple or you might be tired of cooking. This allows people to have a nice, healthy, balanced meal."

They offer menus of the meals beforehand so customers can plan



Volunteer cooks Luc and Anthony prepare meals for Lennoxville Meals on Wheels customers.

QUINN RUBY

grocery shopping and other meals around their Meals on Wheels meals. Although they try to choose meals that are commonly well-liked, "We're open and we always welcome suggestions. We try to meet the needs of people that are not enjoying a certain meal by maybe removing it from our recipe book and offering something else," says Fowlis.

Fowlis adds that the meal delivery service is an opportunity for social connection with the volunteer, particularly for people that live alone. She says, "They can have a human contact with someone that makes a difference," maybe one that they wouldn't have had otherwise. It also gives people peace of mind, she adds. "Some people think, 'If I fall during the morning at least I know the meals are coming so if there's no answer at the door, they'll make sure I'm okay.'"



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Did you know?

Men and women may have more free time after 50 than they had in previous decades. As children grow more independent and even leave the house, parents look to various activities, including travel, to fill their free time. Travel is often seen as a luxury, but heading off for parts unknown can produce some serious health benefits. A joint study from the Global Coalition on Aging and the Transamerica Center for Retirement Studies found that women who vacation at least twice a year have a lower risk for heart attack than those who travel once

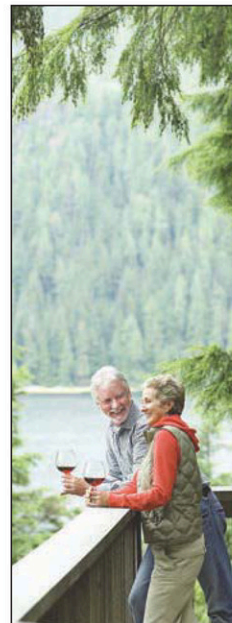
every six years. The study also found that men who do not take annual vacations are at a significantly higher risk of death (20 percent) and heart disease (30 percent) than those who make who take time to get away each year. Vacations don't even need to be long to produce significant, positive results. A 2018 study published in the International Journal of Environmental Research and Public Health found that a four-day long weekend vacation positively affected well-being, recovery, strain, and perceived stress for as long as 45 days.

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Age is no deterrent when it comes to academics

(MC) Students often experience some jitters on the first day of school, but the prospect of such nervousness doesn't appear to be too great a deterrent for students 60 and older. Officials at Toronto's York University estimated they had around 430 students aged 60 and older in undergraduate and graduate programs in 2021.

Increased enrollment among people at or nearing what is often considered retirement age could be a reflection of what the AARP notes has been an increase in continuing education courses at many colleges and universities. Such courses may be offered to individuals of

a certain age at reduced tuition. They also can help workers over 50 learn new skills that can benefit them in an ever-adapting professional landscape that increasingly relies on technologies that may not have been around when older professionals attended college and began their careers. In addition, the AARP reports that

individuals interested in going back to school for personal enrichment, as opposed to achieve an advanced degree, may be able to audit classes for free. In such instances, older adults often do not receive academic credit but still get to benefit from taking the class.



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3 tips to make your golden years more fun

(NC) In a world that may seem designed for the young, getting older can feel like you're becoming invisible. But, of course, you don't simply stop having fun as you age. Here are some tips to help keep you on your toes to take advantage of the best years of your life.

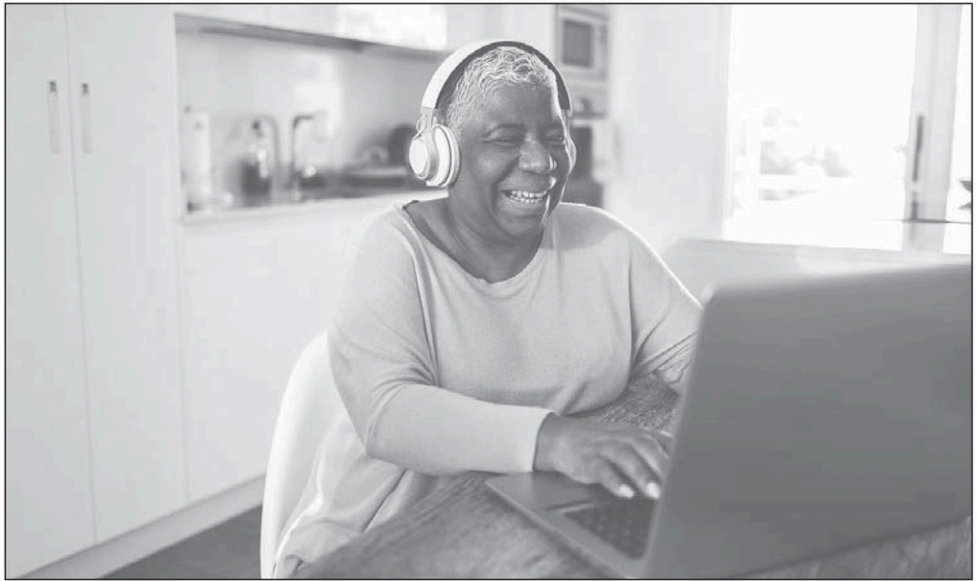
you looking forward to slowing down and relaxing? Maybe a bit of both? Recognizing these broad goals can help you realize what will bring you the most fun and enjoyment as you're making plans.

1. Make a bucket list

Though it may be a bit cliché, making a list of things you want to accomplish in the remainder of your life can be a great exercise to understand your priorities, and your desired retirement style. Even if you don't draft a detailed list, give it some thought: Do you crave adventure and new activities, or are

2. Find fun fitness

Physical activity is crucial to your overall health and wellness, and it is never too late to get started. In fact, in retirement you may be able to devote more time to activity than you ever did in the past. Whether you walk just half the golf course, dance in the kitchen or join a traditional fitness class, the key is to try out different activities to find one you enjoy. Don't be afraid to



make modifications for ability if you're worried about injuries.

3. Get connected online

If you're not totally comfortable on the internet, you're not alone. But it can be a great resource to enrich your social life and help maintain your independence. Try getting your grandkids to teach you their favourite online video games; join social media and participate in groups and forums and reconnect with family and friends you normally call once a year. Just be sure to take the time to brush up on how stay cyber safe.

Scammers often target older adults assuming they are more vulnerable.

So, prove them wrong, and watch out for red flags like strange or threatening requests. Don't give out personal information like your address, social insurance number or mother's maiden name and never send money to someone you've only met online. Some scammers will target seniors pretending to be a family member. So if you get an urgent message from a relative in need, reach out to them through another means like by telephone to verify it's really them.

If anyone requests something sensitive, block them and report them to the platform you're on.

Find more information at GetCyberSafe.ca.

Upcoming free webinars on Zoom

SENIORS ACTION QUEBEC, in partnership with Éducaloi, is pleased to continue to bring free webinars until March. Information is power and we will address topics that will give seniors, caregivers, adult children and individuals working with seniors' valuable information, we hope you will join us.

With the need to continue to be careful, especially with Wave 7, the following events will be done virtually. This way you will be safe, no travelling required and all you need is a computer, iPhone, or iPad.

The presentations will be in English.

To Register for these webinars: email ruthkathleenpelletier@gmail.com including your contact information, a phone number and the name of the organization, if you are with one.

Closer to the event you will receive an email containing the Zoom link and the Agenda for the webinar approximately 2 days before each webinar that you registered for. This will enable you to "Join" the webinar.

October 26, 2022, 9:30 - noon

Things to Know to Have Successful Volunteer Governing Boards

Presenter: Frances Ravensbergen, PhD. Frances has been working and consulting in the community sector in Quebec for over 40 years. She was a founder and active with the Centre for Community Organizations from 2000-

2021, teaches at Concordia University (Applied Human Sciences, School of Community and Public Affairs).

Topics that will be covered:

Bylaws and the journey of a board member from recruitment to end of term.

Roles & Responsibilities of a Volunteer Board Member

Other key items such as: staff and boards working together, liability insurance, effective board meetings, the Board's role in HR management, conflict resolution, etc.

Tuesday November 8, 2022, 10-noon.

With the Higher Interest Rates and Increased Costs: Are You Worried About Your Debt Load? What Can You Do to Protect Yourself and Family

Topics that will be covered:

Know the signs when you are in trouble.

What are the misconceptions people have when approaching the bank for help?

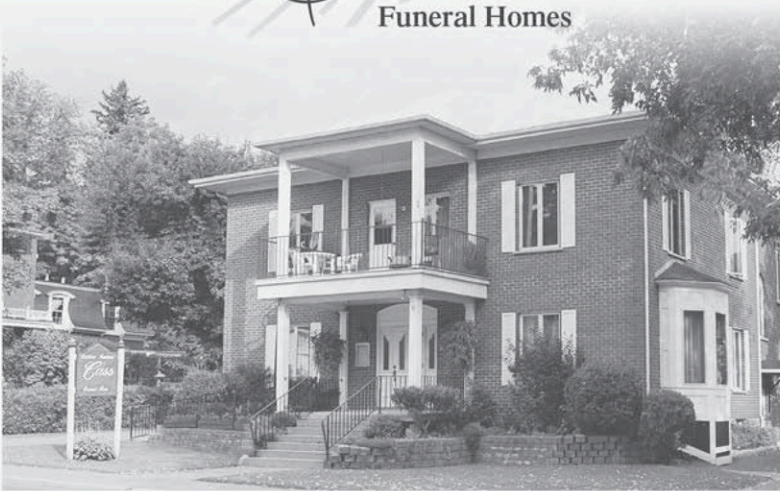
What can your bank do for you?

Preparing an Expense Worksheet, reducing utility costs, Seniors programs and discounts, and Government Benefits. Controlling credit card debt.

Presenters: Kenneth De Melo, Senior Branch Manager at BMO in Kirkland Monica Sourour, Money and Budget Coach

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Launched in 2019, Culture for Seniors has already reached 3 200 English- and French-speaking seniors through various cultural activities offered throughout the area covered by the project, namely the RCMs of Val-Saint-François and Les Sources.

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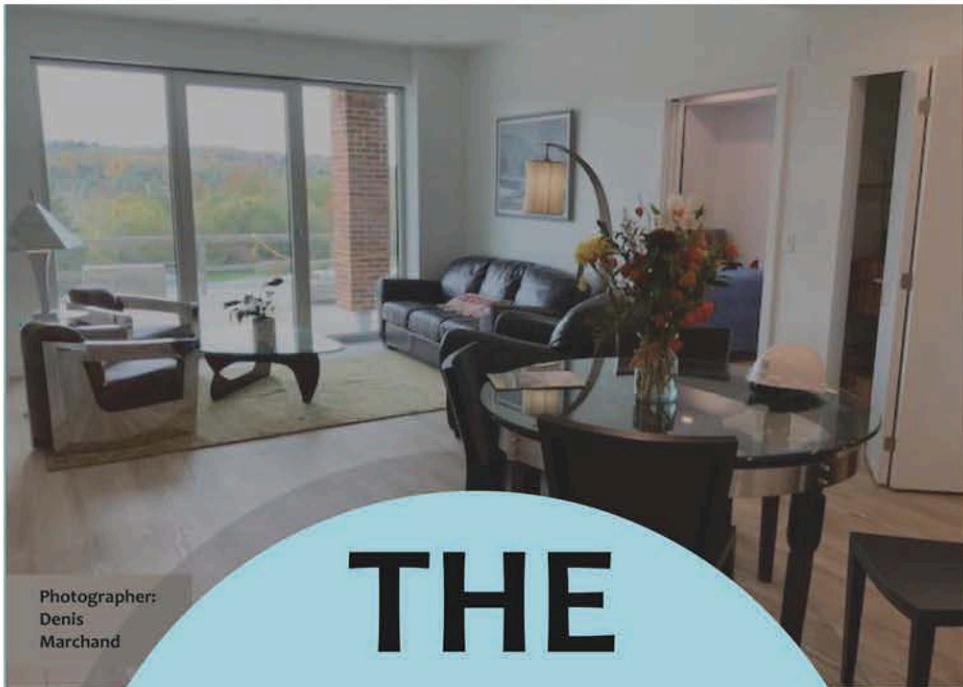


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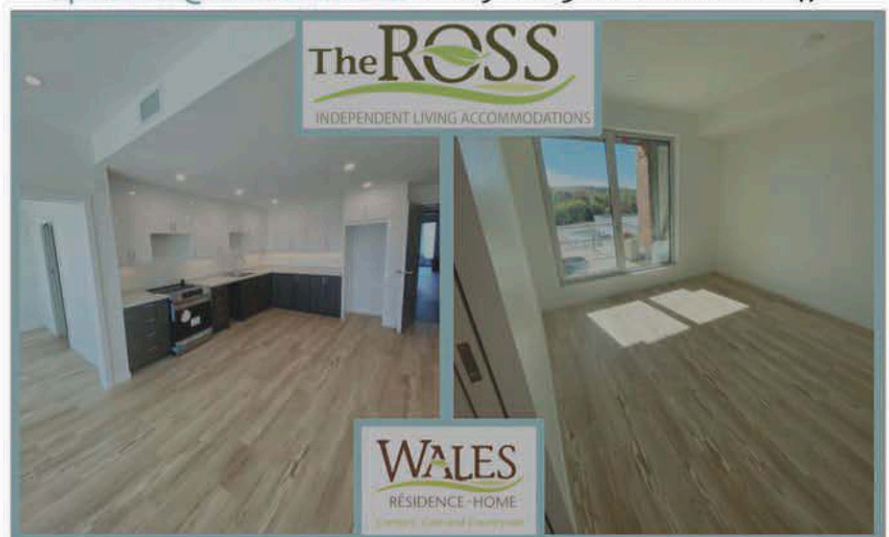
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The Résidence Wales Home's Ross construction is nearing completion! By mid-December 2022, forty-two condo-style apartments will be ready for admissions. There are seven apartment types, so six units per format, including lofts, one-bedroom, two-bedroom, and two-bedroom, two-bathroom units.

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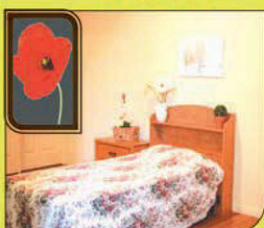
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