

Residents of long-term care homes hardest hit by pandemic fatality

Record Staff

In her Report on the State of Public Health in Canada, published on Wednesday, Chief Public Health Officer, Dr. Theresa Tam said that the health impacts of this year's pandemic have been worse for seniors, workers who provide essential services, racialized populations, people living with disabilities and women.

The report, entitled, From risk to resilience: An equity approach to COVID-19, is available online through the Public Health Agency of Canada.

There were 929 new cases of COVID-19 reported in Quebec on Wednesday, bringing the total number of people infected since the start of the pandemic to 102,814. The total number of deaths climbed by 17 to 6,189. The number of hospitalizations decreased by 1 compared to the previous day, for a cumulative total of 526.

In the Eastern Townships, 26 new cases were reported, 12 of which were in the Granit sector, bringing the regional total to 2599. There was one new death in the region and one new person admitted to hospital, while the number of people in intensive care remained stable at three.

Although the majority of local outbreaks being observed by the CIUSSS de l'Estrie - CHUS remained stable, a new outbreak watch was declared at the Centre de santé et de services sociaux du Granit after fewer than five users received a positive test result. A campaign of testing is currently being carried out among staff and users in a bid to keep the situation under control.

Bishop's rugby player balances family dynamics in sophomore season



MICHAEL BORIERO

By Michael Boriero - Local Journalism Initiative Reporter

When Tate Robinson visited Bishop's University two years ago, she instantly fell in love with the school's sprawling campus and overtly friendly atmosphere. It made moving from her hometown of Victoria, British Columbia to Lennoxville, Quebec an easy decision.

"I just love it so much, the community is, the sports community is really good, but

overall the Bishop's community we're so tight knit, like I know most people within the whole off-campus housing," Robinson said.

It also helped that the university boasts a reputable music program. She is currently in her second year at Bishop's studying music as a voice major. And as an added incentive, Robinson, a highly touted rugby player, was recruited to join the Gaiters women's rugby team.

Robinson made a name for herself at St. Michaels University School in Victoria. She caught the eye of

Gaiters' women's head coach Tom Whyld at a national tournament in Hamilton, Ontario. But little did Whyld know Robinson was already leaning towards enrolling at Bishop's.

"I didn't even expect to play rugby at university [...] I can get my academics, but I also have the balance of athletics, which is really something you don't think you need but it really helps to have the best experience, for me," she said.

However, what the 19-year-old

CONT'D ON PAGE 7

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Weather

TODAY:
CHANCE OF
FLURRIES OR
RAIN

HIGH 4
LOW -4

FRIDAY:
MIX OF SUN
AND CLOUDS

HIGH 0
LOW -12

SATURDAY:
SUNNY,
EVENING
SPOOKINESS
HIGH 1
LOW -4

SUNDAY:
SHOWERS

HIGH 9
LOW -2

MONDAY:
PERIODS OF
SNOW

HIGH 0
LOW -6

Night of the Living Fred



ROSS MURRAY

There are those who say that Fred will appear if you look into a mirror and recite your credit card number three times. But then the mirror indicates you need those three security numbers too, so now you have to start all over again because the mirror has timed out.

And after you do recite your credit card number three times, and the security code, and don't forget the expiration date, you can sense him nearby. You know Fred has appeared. He's in the house! Because this is a pretty safe neighbourhood and you rarely lock the door. You slowly turn... And he is there! Brushing his teeth in the kitchen sink! Then just as quickly he is gone, the only evidence a glob of minty spit. Your stomach churns, for you have no choice but to wipe it up yourself...

Others say that Fred only comes to life on Halloween and after a couple of Coors Lights but almost right away starts to get sleepy and wants to go home. Then he wanders the streets looking for the souls of the damned and wherever he parked the stupid car. If you listen in the night, sometimes you can hear him moan and sigh and

call for an Uber.

Some tell of how Fred appears unbidden when it's a full moon and you have, like, five pages left in a really good book. Suddenly Fred is there at the foot of your bed! His dead eyes are those of a creature without a soul or even the slightest sense of self-awareness. You gasp! He gurgles, "Wggllgrughmm bllbregghh!" then coughs. "Sorry, bit of toothpaste phlegm. Watcha readin'?" But before you can answer, Fred launches into a monologue about how he's not much for books and then complains that he is eternally cursed, which is really just a list of things that have been cancelled because of COVID. He goes on to discuss in detail his cat allergies as well as a business idea for something called "bikini dentists"...? It's chilling; how can someone—or something—not see that all you want to do is finish your damn book!

No one knows where Fred comes from. Possibly a phantom dimension between the living and the dead, possibly Laval. Stories are told of how he is doomed to walk between these two worlds and always bring the conversation around to how many steps he's registering on his Fitbit. Is he a spectral figure or merely a Couche-Tard manager with a low-ranking fantasy football team? No one knows for sure, for Fred is ethereal, unknowable, not much fun to hang with.

I heard about a friend of a friend who was terrorized by Fred in the most awful way imaginable: by email! One pitch-black night, she opened her inbox, and there it was, an email from Fred, written in blood-red ink! And all caps!

"URGENT! I AM GOING TO OPEN YOUR BRAIN SPACE WITH A RUSTY CAN OPENER! THANKS! :-)" the email said. More ghastly still, there was a read-receipt request! ("Fred requested a receipt be sent when message 'AVAILABILITY FOR SKULL OPENING?' is read. Do you want to send a receipt? Yes/No/BLARRRGH!")

"What?" she replied. "When is this going to happen?"

Fred: "I'M AVAILABLE ANY DAY!"

Her: "I can do Tuesday or Thursday."

Fred: "HMMM, THOSE DON'T WORK FOR ME. LOL!"

Her: "Wednesday then?"

Fred: "SUPERDUPER!"

Her: "What time?"

Fred: "I'M EASY!!!"

Her: "Would 9:00 am or 2:30 pm work?"

Fred: "SOUNDS GOOD! ;-)"

And she never heard from him again...

Sometimes, when he is summoned from the netherworld and he's not already in his PJs, Fred comes to you in the night and, as you sleep, enters your dreams. He whispers to you, "I know Trump's a loathsome human being but he gets my vote because he's not a politician and he says it like it is." Trapped in this nightmare, you cry out, "ARE YOU STUPID? AS SOON AS YOU ENTER POLITICS, YOU'RE A POLITICIAN! PLUS, YOU DON'T GET TO VOTE! YOU'RE CANADIAN! AND A GHOST!" To which Fred smirks, "Agree to disagree."

Then you wake up screaming. Thank God it was only a dream.

Or was it...?

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Ben by Daniel Shelton

Panel 1: A man asks a woman, "KISS ME, BEN." She looks confused.

Panel 2: The man says, "BUT- NO BUTS- KISS ME! KISS ME AS IF YOUR LIFE DEPENDS ON IT!"

Panel 3: The man and woman are kissing.

Panel 4: The man says, "THAT WAS OKAY... BUT NOT GREAT. IF MY LIFE IS ON THE LINE, I NEED A FEW MINUTES TO PREPARE..."

Local News

Children or teenagers placed in a foster family are children between the age of 0 to 17 years old who may have family problems, behavioural disorders, or a physical or intellectual disability.

Memphremagog offering up \$430,000 to improve quality of life

Record Staff

The Memphremagog MRC recently announced \$430,549 in financial aid for five local projects through its policy for supporting structural projects to improve living environments. The policy draws on the régions et ruralité fund of the Ministry of Municipal Affairs to offer financing to municipalities, non-profit

organizations, and cooperatives looking to offer projects focused on improving the wellbeing of local citizens.

"Fewer files were submitted to us as part of this call for projects, but these are projects whose cost is higher and which should have a significant impact on improving living environments, particularly in rural areas," said Vincent Gérin Mayor of Ayer's Cliff and chair of the MRC's

region and rurality fund. "These are consistent with the strategic vision adopted by the MRC for the next 20 years and demonstrate a real desire on the part of municipalities to support their communities from an environmental, social and economic point of view."

The projects funded through the announcement include the final stage of restoration for the round barn in Mansonville, the development of

a skills track and two roller tracks in André Gagnon Park in Potton, the construction of a community pavilion at the Cherry River park in Orford, and the creation of a park honouring volunteers at the Ayer's Cliff Fair. The fifth project approved is the creation of a community hall project in Fitch Bay that was tied to a fire hall project that failed to get community approval in a recent referendum.

Foster families sought

Record Staff

The CIUSSS de l'Estrie - CHUS is putting out a call for foster families in the region, inviting anyone who might be interested in welcoming a child into their family to an information meeting on November 25. The call is part of a province-wide recruitment campaign and has a target of 200 new families, 50 of which would be for children or youth with intellectual or physical impairments.

Anyone interested in participating in the information session must register in advance by calling 819 346-8471, extension 58456, option 4, or emailing contratsrirtfrni.ciussechus@ssss.gouv.qc.ca

According to the public health department, anyone wishing to foster must be single, in a couple, or in a regular or single-parent family; must be 18 years of age or older; must be a Canadian citizen; must not have a criminal record or be the subject of a complaint in relation to the abilities and behaviour required to be a foster (applies to all adults living under the same roof as the applicant); must have sufficient space to welcome a child and a living environment which complies with safety, hygiene and comfort standards; must be physically and psychologically fit; and must have the aptitudes and ability to provide assistance and support services.

The foster family program focuses

on trying to return children to their natural family environment as soon as possible, but stays have been known to vary from lengths of a few months to the time it takes for the child to reach the age of majority. Being a foster family means treating the child like a family member, while also being ready to cooperate with the child's natural parents. It means added responsibility and a significant change in lifestyle.

Children or teenagers placed in a foster family are children between the age of 0 to 17 years old who may have family problems, behavioural disorders, or a physical or intellectual disability.

Sometimes, parents recognize that

they are having difficulty meeting their child's needs and agree to place them in another family's care. Sometimes, a social worker recommends to the court that a child should be removed from his family environment and placed in another family's care.

All children or teenagers who are placed with a foster family are followed by a psychosocial support worker from a public institution.

More information on the requirements and process to become a foster parent is available in English on the website of the local public health department at www.santeestrie.qc.ca/en/care-services/themes/famille-parent-enfant/foster-families/

Sherbrooke local wins \$40,000 in 6/49 draw

By Reann Fournier
Special to The Record

Manon Mongeau, a Sherbrooke local, won a \$40,343.10 cheque through lotto 6/49 last week.

Out of the thousands of tickets purchased, Mongeau cashed in a good chunk of change. "I was in shock," she said. "There were just too many numbers and I couldn't believe what I was seeing. I cried like a baby."

Mongeau said that although the win is definitely a nice surprise, she doesn't plan on changing much about her life. "We have plenty of projects that we'd like to tackle," she mentioned. "I have a 10-year-old car, for example, but we need to take things slowly and still stay in simplicity."

"It definitely relieves financial stressors," said Mongeau. Throughout the pandemic, her partner was out of work, like many other Canadians, which caused inevitable financial

stress for the two of them. "We don't know when this will all be over, so I don't want to be making any decisions too fast," said Mongeau. "I'll definitely be keeping some backup in case anything does happen."

For the long term, Mongeau will be investing a portion of her winnings. "We need to be responsible through this, not make any hasty decisions," she said. "I already have meetings with financial advisors and everything."

While Mongeau wants to maintain a simple life, she plans to use a sum of her winnings to make a down payment on a new home. "It's definitely a process and a bit of a project but, eventually, when we find somewhere we like, I would like to use some for a down payment on a home."

Mongeau said she made everyone laugh when, two weeks before the draw, she lost her wallet. "It was just my luck, I kept saying and... Well, it was luck this time."



COURTESY LOTO-QUÉBEC

Le Tremplin 16-30 partners with Mon Centro to support young people in revitalizing downtown

By Reann Fournier
Special to The Record

Le Tremplin 16-30 has partnered with Mon Centro, a documentary series focused on Sherbrooke's city center, to launch a crowdfunding campaign to support and encourage young people to revitalize their community.

The campaign will launch on Oct. 28 on La Ruche Quebec and will be available for one month with a goal of \$20,000. The funds will be allocated to the organization of seven laboratories in downtown Sherbrooke, all done by young people and local artists.

The labs will be spaces for exchange and creation with the goal of mobilizing citizens in the area. Francis Poulin, director of Le Tremplin, explained that the timing is right to offer opportunities to invest in social innovation. "We are particularly concerned about the integration of young people," he said. "The project will allow us to take advantage of their creativity and empower them to act

in the development of the downtown area."

The campaign has received enthusiastic responses from the community with more than 20 downtown businesses supporting the project with 'Pay it Forward' type gift certificates. Several gifts will be given to those who contribute donations to the campaign, including a digital version of the Mon Centro series.

Jean-François Vachon, the series' screenwriter, said that the partnership between Le Tremplin and Mon Centro is unique. "We approached them because we wanted to distribute our documentary series and offer the profits to revitalize the downtown core," he said.

"What's great is that our support is in continuity with the documentary work. We were touched by the liveliness of those involved in the area and are convinced that the labs will have a positive impact on the community," added Jean-Sébastien, director of Mon Centro.

If the campaign reaches its goal



COURTESY

by Nov. 29, the labs will run from December to the end of summer 2021. Funding for three of the labs has already been secured from the City of Sherbrooke.

Poulin added that there is already a project manager who is working to become involved in the neighbourhood

and begin processes with young people and local artists. "The support of La Ruche and the community multiplies the potential of the project and reaffirms that the animation, development, and beautification of the downtown should be done by young people," he said.

Danville-Windsor Legion Remembrance Day plans for 2020

In precisely 17 days, we will be commemorating "Remembrance Day" as usual at this time of year in our various communities. However, as you well know, the various usual protocol ceremonies will be very special this year here as elsewhere around the world. Following the example of all the other Branches of the Royal Canadian Legion in Eastern Townships. The Danville-Windsor Branch will underline in a special way, as it should by its primary mission, namely its duty of memory towards those who fought to preserve our values of freedom through the great wars and conflicts in which Canada was involved and or associated over time.

For our Subsidiary 41 it is this Friday, Oct. 30, that the various highlights of the annual commemoration of

Remembrance Day will begin, starting with the traditional sale of poppies at different places on the territory. On Monday, Nov. 2, during the regular meeting of the council of Danville, the mayor Michel Plourde, as well as the councillors, will take the opportunity to present an honorary certificate to two members of the executive of the Subsidiary 41. Saturday, Nov. 7, in a very sober and very simple way, three or four members of Subsidiary 41, covered with a mask in accordance with the health standards currently in force, and in the total absence of the public, will lay six wreaths at the cenotaph in the square. The plan will culminate with the broadcast on Wednesday, Nov. 11 (all day), of a virtual ceremony of almost 30 minutes, on the local community TV (Canal Info + on Facebook), and on the



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Facebook page of the Royal Canadian Legion Branch 41 Danville-Windsor. For the occasion, four soldiers active in the Canadian Armed Forces all from Danville will present personal testimonies.

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The Border Report

During the demolition yesterday, the crew came across a granite keystone with a cross and something sealed inside. Adam said it was kept aside and the manoir will find a way to feature it somewhere on the grounds.

Halloween festivities around Phelps



all the spooky, beautiful and creative costumes! Unlike previous years, we cannot welcome trick-or-treaters inside our space. We can, however, join in the fun of the local Halloween car rally taking place on Saturday.

There is still time to register for the rally which consists of 30 km and 50 questions and answers located around town. There are prizes for the best-decorated vehicles and the top 3 ranking vehicles. The cost to participate is 20\$, and all the funds collected will go to the CAB Christmas baskets - truly a great cause! Register online at www.loisirs-stanstead.ca.

We hope to see many familiar faces out on Saturday, having fun for a great cause!

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



COURTESY

Halloween is back again this year, and although things are not yet back to normal, we are excited that Phelps can participate in the Halloween fun!

To kick off the Halloween festivities, participants in the Spark program at Sunnyside Elementary and l'école primaire Jardin-des-Frontières took some time to decorate pumpkins. Phelps would like to give a big thank you to Christopher Maynard and family from Topher Farm, in Waterville, for generously donating pumpkins for our participants for a second year!

Trick-or-Treating is a go in Stanstead, and Phelps is excited to see

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.

Manoir Stanstead demolition for the safety of residents

By Matthew McCully

According to nurse and Manoir Stanstead director Susie Adam, the demolition of roughly 50 feet of building between the seniors' residence and the unused portion of the building, formerly the Pensionnat des Ursulines, was necessary for safety and insurance reasons.

"It's hard to see the part going down, but for the safety of the residents, we do what we have to do," Adam told The Record.

With the manoir occupying only the right side of the building, staying connected to the uninhabited sections was a liability, Adam explained. "It was too dangerous."

The residence was supposed to move forward with the demolition in the spring, but plans were delayed because of the pandemic.

During the summer, a decontamination crew went in and

removed asbestos from the building, the residence director added.

Work began last week, and Adam estimates the demolition will be complete by this afternoon.

Adam said the manoir plans to put in a pond and seating area where the section of building was removed.

While the property in the back is lovely, Adam pointed out, "They (the residents) like to see what's happening in town."

During the demolition yesterday, the crew came across a granite keystone with a cross and something sealed inside. Adam said it was kept aside and the manoir will find a way to feature it somewhere on the grounds.

As for the now disconnected section of the building, Adam said it has been empty for at least 10 years. There are no immediate plans in the works for that portion of the old school and the gym in back. "There are no projects in the works



ROSS MURRAY

at the moment," she said, explaining it will depend on what the building owners would like to do with the space.

"We're just concentrating on keeping COVID outside of the building right now, that's a full-time job," Adam said.

FRONTIER ANIMAL SOCIETY

Featured pet: Nora

Nora needs a soft and gentle place to land.

Nora was rescued from a local barn where sadly, cats are regularly dumped by the side of the road. Being somewhat timid and a little fragile, Nora was not well suited to outdoor living so although the shelter is not a home, she is safe and warm and learning to trust.

Fearful of, and easily intimidated by other cats, Nora did not adjust well to life in the open colony and she spent most of the time in hiding. We have since moved her into one of our

smaller isolation rooms where she is much more at ease. More relaxed, she now happily accepts pets and attention from our volunteers and we're pleased to share that she is turning out to be quite affectionate and friendly.

This sweet girl will do best in a quiet household where she can ease into her new life as much loved and pampered pet. Despite being fearful of the other cats, we did spot her sharing the couch with our senior cat Lili, who has a calm and gentle temperament. This leads us to believe that Nora will do fine in a home with another cat who has those

same qualities.

Sleek and slender in appearance, Nora, who is approximately 2, has the most captivating and expressive almond-shaped eyes which only lend to her elegance.

With nurturing and love, this once timid cat is responding beautifully, and we know that in a home of her own where she is surrounded by the comfort and love of a family, she will blossom. She is a lovely cat.

To inquire about adopting Nora, please give our cat adoption coordinator Linda a call at 819-868-2684.



EDITORIAL

This got me thinking. Why not get in on the 'reality' bonanza here in the Townships? With a little imagination and some minor start-up costs we could offer up an array of new shows.

Roll the Cameras!



TIM BELFORD

Reality TV is a lot of things to a lot of people; exciting, fascinating, irritating, phony as all get out or just plain dumb. What can't be argued is that it's a gold mine for television networks.

American Idol, as can be imagined in a country as self-centred as its own president, is a winner with millions of viewers. It also takes in \$7.1 million an episode. Then there's Dancing with the Stars where professional hoofers lead an array of B-list television and movie types around the ballroom floor. It takes in \$2.6 million. Even the show Lost, with the absolutely ridiculous premise that there is an island anywhere in today's world that can't be found, rakes in \$2.6 million.

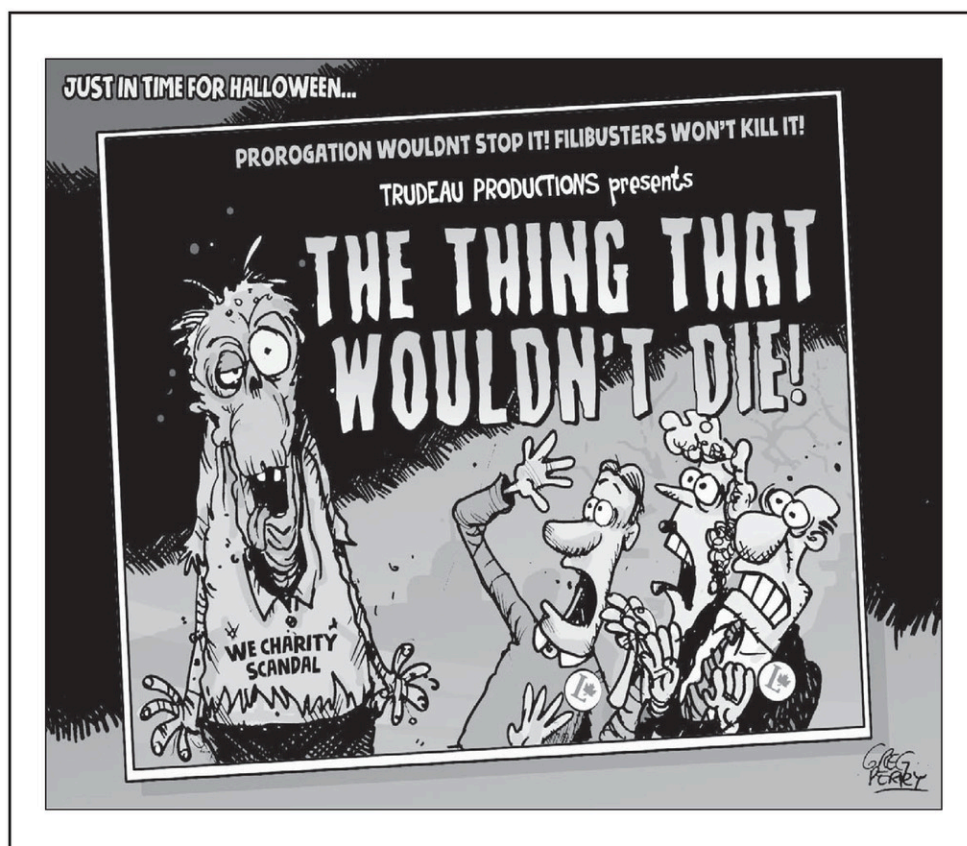
This got me thinking. Why not get in on the 'reality' bonanza here in the Townships? With a little imagination and some minor start-up costs we could offer up an array of new shows.

Who knows? In this wired world where anybody can create a blog or release a video all we'd have to do is start raking in the cash.

A great start would likely be a local version of Naked and Afraid. Contestants would be dropped off in a swamp near Scotstown during hunting season. They'd be given minimal supplies and clad only in deerskin jackets, each wearing one of those Christmas hats with a set of reindeer antlers. If they walked out of the woods at the end of a week they'd win.

Plowing with the Stars would likely go over well in rural areas. Each week a local farmer would be matched with a Quebec celebrity to see if they could teach them to drive a tractor in a straight line. Picture Celine Dion, hair blowing in the wind, belting out one of her hits like "I Drove All Night" or "My Heart Will Go On." The show would be particularly good during election campaigns when politicians from François Legault to Paul St-Pierre Plamondon would be falling all over themselves for the publicity.

What about Real Housewives of Bishopton? The camera could follow a group of outrageously wealthy local women as they have their morning coffee and complain about the weather. We could get candid shots of them sneaking off to meetings of the Women's Institute or secret quilting bees where they'd share stories of the latest stupid thing their husbands had done. Talk about intrigue.



For those looking for the next big local star we could offer them Ayer's Cliff Has Talent. Each week a panel of unbiased local judges could audition singers, guitar players, fiddlers, jugglers, step dancers and magicians. The finalist from each show would be offered a spot on the stage at the Ayer's Cliff Fair. After that, who knows where the future might lead?

We could even have our own version of Survivor. Six good looking people of various ages would be abandoned on Whitcomb Beach in North Hatley.

There they would attempt to build their own shelters, cook their own food and indulge in a variety of challenges set up by the host of the show. Each week the 'tribe' would vote someone off the beach and they would be forced to leave. The ultimate goal of the 'survivors' would be to find a way to get across the Massawippi River while the bridge is still under repair. The way things are going with the repairs the show should be good for at least six seasons.

Roll the camera!

Letters

DEAR EDITOR:

People have been complaining about the COVID-19 pandemic restrictions and becoming lax about following rules. The staff have been magnificent, but they can't be everywhere all the time. Those of us who lived in Canada during World War II had shortages and restrictions for five years, but we considered ourselves fortunate that, for those of us not on coastal areas we were safe. Many,

Musings on COVID-19

many Canadian men and women lost their lives in the war. Others returned from the fighting maimed, disfigured or emotionally shattered.

I was nine when the war started; just starting Grade 5. A large map of the world appeared on the classroom wall, with various coloured pins showing the movement of the armies. A radio was brought in as well for when some leader would be speaking. Both boys and girls knitted 12-inch squares which were put together to

make colourful afghans for people overseas who had lost everything in the bombing. We all assembled care packages in shoe boxes - various essentials such as canned meats and soup mixes; it seemed extraordinary to us that people needed such things. Of course, we had shortages and rationing, but there was always enough. Aluminum foil from cigarette packages was made into big balls to be reused. We had no elastic or leather, I'm not sure what shoes were made of, but they rarely lasted more than a few months. Underpants were fastened at the waist with one or two buttons. If the buttons popped off, we were in trouble as the drawers fell to the floor.

At mid-term, just after Christmas, a new boy came to our class. We didn't learn his story for some time; he spoke no English, only Polish. A girl from another grade sat beside him for an hour every afternoon who also spoke Polish; the story emerged. Along with his family and several hundred other people he had been shot at by German troops; then pulled into a huge trench the prisoners had previously prepared, and set on fire. He was beneath several dead people, badly burned but alive. Somehow, he

had gotten out and had found a house not too far away where he was nursed back to health. He was 10 years old, sponsored by an uncle, a cobbler, who lived and worked in Sarnia. Everyone at school helped him. Imagine living through such horror and still being able to laugh and play!

So far COVID-19 has ruled our lives for eight months. We have no idea how much longer it will last. World War II lasted five years. We all lost family members killed overseas, even me. One of my uncles came home with a steel plate covering his skull. We did without things and made do with others, but we survived.

If we are all careful and obey the rules, we should survive the COVID-19 pandemic. No one is starving, no one is trying to burn us to death. They are trying to keep us safe and happy; and so far, doing a great job.

Great Britain emerged from World War II victorious but starving and bankrupt. We are, so far, neither of these, so let's keep smiling and be thankful to those who work so hard for us.

LOUISE EMANUEL

Originally printed in the Manoir Lac Brome October newsletter.

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	1 MONTH	9.78	0.49	0.98	\$11.25

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Local Sports

Bishop's rugby player

CONT'D FROM PAGE 1

sophomore didn't expect when she chose to join the Gaiters community was that she would also be bringing her father, an experienced rugby coach, across the country, too.

A former Canadian national men's and women's rugby team coach, Spencer Robinson was also recruited by Whyld to join the Bishop's family. His extensive knowledge of the sport made it difficult for the university's rugby leadership to pass up on.

"They literally pulled me into this room and said 'hey, what does it look like next year, can you come out' and I said 'well, actually, yes I can,'" he explained, sitting in his office at the Bishop's sports facility.

Spencer and Whyld got to know each more at the 2019 Summer Universiade in Naples, Italy. He officially joined both the men's and women's teams' coaching staff this year, signing on for a specialized role as head of rugby development.

With COVID-19 interrupting normal life, his first season with Bishop's hasn't gone according to plan. But Spencer said it also allowed the rugby program to expand on areas that needed improvement, like ball handling, positioning, communication and defensive alignment.

"It's sometimes an opportunity you don't get when the season is on and you've got to think about preparing for the next game," he said. "Now you've got a big window to go 'ok, where do we usually struggle,' so it's been a pretty good opportunity to dig into those things."

Spencer, a 55-year-old firefighter and captain out of Victoria, took a few months off work to join Bishop's on the field this year. He has always been dedicated to growing rugby, travelling around the world and coaching various teams.

He also assisted his alma mater, University of Victoria, in developing a women's rugby program, alongside a notable Bishop's University alumna, Jenny Vincent, in 1990. And now, he is trying to help Bishop's reach the same

level as some of the schools on the West coast.

According to the long-time coach, a lot of the players at Bishop's can seamlessly move into powerhouse programs like at the University of British Columbia. All it takes is proper preparation and dedication, he said.

"With me it's never ability, it's effort and we're looking for top-level effort," said Spencer.

Robinson knows all too well the intensity and passion her father brings to the sport. She is held to a different standard, she explained, and she doesn't look for any father-daughter short cuts. Spencer coached Robinson at St. Michaels, so she knows what to expect.

Of course, she continued, some players find it odd when they find out her father is part of the coaching staff. But they have balanced that dynamic for a number of years. And when it comes to rugby, she said, her father is always going to be a good asset on any team.

"I don't really take it as a bad thing at all, I think what he offers is helpful to the team and, you know, he helps not only the players, but also the coaches to see other sides of the game that they might not have seen before," said Robinson.



COURTESY BISHOP'S UNIVERSITY

Alert!

Estrie

The spread of COVID-19 is high in your area. We ask that you limit your get-togethers with family and friends, and avoid travelling to other regions.

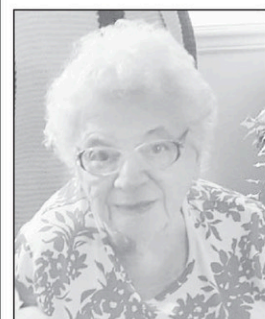
We need to act now.

Québec.ca/coronavirus

1 877 644-4545

Votre gouvernement Québec

Death



Madelyn Bullock Curtis
1928 - 2020

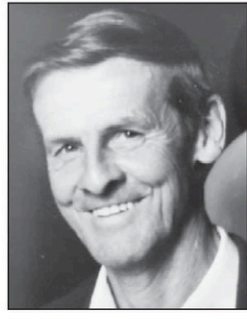
We are saddened to announce the death of Mrs. Madelyn Bullock Curtis, at the Magog Hospital, on October 24, 2020, at the age of 92. Dear wife of the late Raymond Curtis from Stanstead.

Mrs. Bullock leaves to mourn her son Jim (Judy), her daughter Mary (Dave), her grandchildren, her great grandchildren as well as her nieces Carolyn Parent, Lois St-Hilaire and Kathy Cass. She also leaves many other relatives and dear friends.

Funeral services will be held at a later date.

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info@salonfunerairecoaticook.com
www.casshomes.ca

Death



Lance Paxton

At the Coaticook hospital, on October 22nd, 2020, passed away Mr. Lance Paxton at the age of 68. Husband of Barbara McCormick.

Visitations: Friday, October 30th from 2 p.m. to 4 p.m. and from 7 p.m. to 9 p.m. Saturday, October 31st from 9 a.m. to 10:30 a.m. followed by a funeral service at 11 a.m. at St-Edmond Church.

He leaves to mourn his loving wife Barbara and their children Paul (Nathalie), Katrina and Lana (Allan), his grandchildren Shawn (Chanel), Jeremy, Gabriel, Melissa, Mackenzie, Zackary and Riley. His brothers and sisters: Patricia (the late Jean-Guy), Bernard (Sharon), Steve (France), Rodney (Patricia), Patrick (France), Andrew (Rachel), Jerry (late Lorette, Ginette), Luke (Suzanne), Mark (Julie) and Carol (Benoit). His sister-in-law Laura (Barry), brother-in-law Jeffery (Louise). Predeceased by his parents Bernard Paxton and Geraldine Smith, brother Wayne (Manon), daughter-in-law Caroline Dubois, father and mother-in-law Don and June McCormick, brother and sister-in-law Randy and Kathy McCormick (Dave). He also leaves to mourn his nieces and nephews, other relatives and friends.

Résidence Funéraire Charron et Fils
228, rue Child, Coaticook QC
PHONE: 819-849-4141
info@charronetfils.com
www.charronetfils.com

In Memoriam

MORIN, Steven Frederick - In loving memory of my dear son who left us 36 years ago today.

*Remembering you is easy,
I do it every day.
Missing you is a heartache,
That never goes away.*

**Lovingly remembered
MOM**

In Memoriam

Your generous contribution will help finance research into lung disease such as asthma, emphysema, chronic bronchitis and lung cancer.

Over 700,000 Quebecers who suffer from respiratory disease thank you.

Quebec Lung Association

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Montreal: (514) 287-7400

Datebook

THURSDAY, OCTOBER 29, 2020

Today is the 303rd day of 2020 and the 38th day of autumn.

TODAY'S HISTORY: In 1929, the New York Stock Exchange crashed in what came to be called "Black Tuesday," marking the beginning of the Great Depression.

In 1966, the newly formed National Organization for Women held its first national conference.

In 1969, the first connection on ARPANET (the precursor to the internet) was made between computers at UCLA and Stanford Research Institute.

In 2004, European leaders signed the first constitution of the European Union.

In 2015, China announced the end of its one-child policy after 35 years.

TODAY'S BIRTHDAYS: Fanny Brice (1891-1951), singer/comedian; Bill Mauldin (1921-2003), cartoonist; Ellen Johnson Sirleaf (1938-), Liberian president; Bob Ross (1942-1995), painter/instructor; Richard Dreyfuss (1947-), actor; Lee Child (1954-), author; Dan Castellana (1957-), actor; David Remnick (1958-), journalist/editor; Joely Fisher (1967-), actress; Winona Ryder (1971-), actress; Gabrielle Union (1972-), actress; Ben Foster (1980-), actor; India Eisley (1993-), actress.

TODAY'S FACT: Liberian President Ellen Johnson Sirleaf was Africa's first female elected head of state.

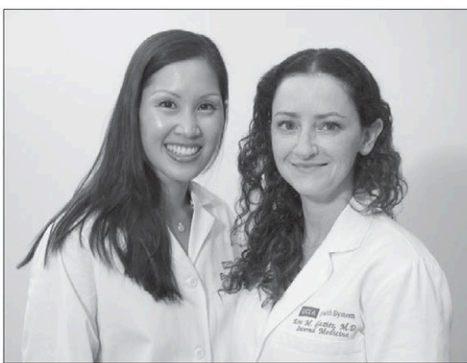
TODAY'S SPORTS: In 1960, Cassius Clay (later known as Muhammad Ali) made his professional boxing debut, winning a six-round decision over Tunney Hunsaker.

TODAY'S QUOTE: "You were fly, dope, and amazing from birth ... From the second you took your first breath, you were worthwhile and valid. And I'm sorry you had to wait so long to learn that for yourself." - Gabrielle Union, "We're Going To Need More Wine"

TODAY'S NUMBER: 77 - age of astronaut John Glenn when he flew into orbit aboard the space shuttle Discovery on this day in 1998, making Glenn the oldest person ever to travel in space.

TODAY'S MOON: Between first quarter moon (Oct. 23) and full moon (Oct. 31).

Exercise with Afib appears to be a good practice



ASK THE DOCTORS

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

Dear Doctors: I used to be pretty active, but after a diagnosis of Afib in the spring, I've become reluctant to exercise. My wife is after me to get moving again, and my son says he just read that people with Afib live longer if they exercise. Is he right?

Dear Reader: Your son appears to be up on the latest research regarding people living with the heart condition known as atrial fibrillation, also referred to as Afib or AF. We'll get to that in a moment, but first, the basics. Afib is a common heart rhythm problem, or arrhythmia, in which the upper chambers of the heart aren't behaving properly. Instead of beating in a regular and predictable fashion, the upper chambers, which are called atria, quiver and fail to coordinate with the

lower chambers of the heart, known as ventricles. This results in a chaotic and disorganized heartbeat, which interferes with the efficient and orderly flow of blood through the heart. Afib can also lead to the formation of blood clots, which increases the risk of stroke.

For some people, Afib has no discernable symptoms. They may only become aware of the condition when it's discovered during a routine doctor's visit. Others can feel physical sensations, such as an irregular heartbeat, skipped beats or a racing heart. Afib can cause someone to feel dizzy or lightheaded, have chest pains and experience shortness of breath or fatigue that is out of proportion to their exertions.

Treatment typically includes medication to control the heart rate, blood thinners to guard against stroke and lifestyle changes to manage risk factors. Those risk factors include obesity, high blood pressure, diabetes, alcohol use, smoking and hyperthyroidism. Advanced age and certain existing heart problems also raise the risk of developing Afib. In some cases, surgery to shut down the area of heart tissue that is dictating the rogue heartbeat may be recommended.

It's not surprising that, when diagnosed with any type of heart problem, someone might be leery about exercise and exertion. However,

a study published earlier this year in the European Heart Journal had good news. Researchers who studied 1,100 people living with Afib over the course of nine years found that individuals who got regular exercise were 45% less likely to have died at the end of the study period than those who remained sedentary. It's important to note that, while observational studies like this can pinpoint a certain outcome, they can't establish the reason it was reached. Exercise was a common factor among the people who lived longer, but the study can only suggest it as a factor in their longevity, and not decisively prove it.

Still, a wealth of existing research links exercise with lower blood pressure, improved blood lipid levels, better blood glucose management and weight control - each a risk factor in Afib. Our advice is to listen to your family and get moving again. Check in with your health care provider, share your worries, and together you can craft an exercise plan that's safe and appropriate.

(Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health.)

(Send your questions to askthedoctors@mednet.ucla.edu. Owing to the volume of mail, personal replies cannot be provided.)

Each year, many Canadian women over 40 see their lives shattered by osteoporosis... Please consult your doctor or visit our Web site to learn more.

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Take matters into your own hands



NEA Crossword Puzzle

Answer to Previous Puzzle

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

- ACROSS**
- 1 Candle lovers
 - 6 Rock shop curiosity
 - 11 Life's work
 - 12 Taipei locale
 - 13 Roman statesman
 - 14 Adds a lane
 - 15 Pitch
 - 16 Artist — Magritte
 - 17 Epsilon follower
 - 19 Horse controller
 - 23 Cosmo, e.g.
 - 26 Feint
 - 28 Cotton gin name
 - 29 Discreetly
 - 31 Remove paint
 - 33 Jungian term
 - 34 Crazes
 - 35 Food fish
 - 36 Doe's mate
 - 39 Mr. Danson
 - 40 Black-and-white snack
 - 42 Haunches
 - 44 Furniture wood
- DOWN**
- 46 Throw out
 - 51 Crazy busy
 - 54 Soapbox mounter
 - 55 Crabby
 - 56 Mr. Dangerfield
 - 57 Type
 - 58 Work dough
 - 1 Postcard, maybe
 - 2 Willy or Shamu
 - 3 Summer job seeker
 - 4 Radio wave pioneer
 - 5 Sell-out sign
 - 6 Get heavier
 - 7 Comforter stuffing
 - 8 Be in debt
 - 9 Newsman Rather
 - 10 Coast Guard off.
 - 11 Vaccine amts.
 - 12 Pinch
 - 16 Road map info
 - 18 Ben & Jerry rival

- 20 Uncanny
- 21 Homeric tale
- 22 Playful bites
- 23 Young person
- 24 Actor's whisper
- 25 Ring thing
- 27 That senora
- 29 Baylor's city
- 30 Scale notes
- 32 Cable channel
- 34 Paramount rival
- 37 — Austin of tennis
- 38 Web-footed bird
- 41 Sleek swimmer
- 43 Evita or Juan
- 45 Gael republic
- 47 Asian-art stone
- 48 Active volcano
- 49 Dorm denizen
- 50 Take a crack at
- 51 Pig
- 52 Before, to bards
- 53 Cooper's channel
- 54 Mork's planet

Happy 60th Anniversary Flora and Robert Norway



One by one each year flew by
 Since you both said "I do"
 60 years of memories,
 Shared by the two of you.
 From big events to holidays to simple daily pleasures,
 Some tearful times along the way,
 Some joys that can't be measured.
 One by one each year now gone,
 But still they're yours forever.
 Each and every memory,
 Of sixty years together!

Happy Diamond Anniversary
 Love Babb,
 Dave and gang.

Guess Who?

I am a singer born in California on October 25, 1984. As a child, I was only allowed to listen to gospel music because my parents were pastors. Eventually I branched out and gained fame as a pop singer. My 2010 album featured five songs that topped the charts.

Answer: Katy Perry

	1	2	3	4	5		6	7	8	9	10			
11							12							
13							14							
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33									34					
35				36	37	38				39				
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				44	45					46	47	48	49	50
51	52	53							54					
55									56					
57									58					

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.

"PSG RSL'V EANK FA XSFMUNYL,
LSV REAL VEAKA'C LGKCAC JSYLB
14-ESGK CEYDVC NLJ KYCIYLB VEAYK
EANUVE." — KYXIP BAKONYC SL
XSOYJ

Previous Solution: "I'm a big believer in overcoming and achieving and doing things and not feeling sorry for yourself." — Drew Carey

TODAY'S CLUE: *M equals P*

REALITY CHECK

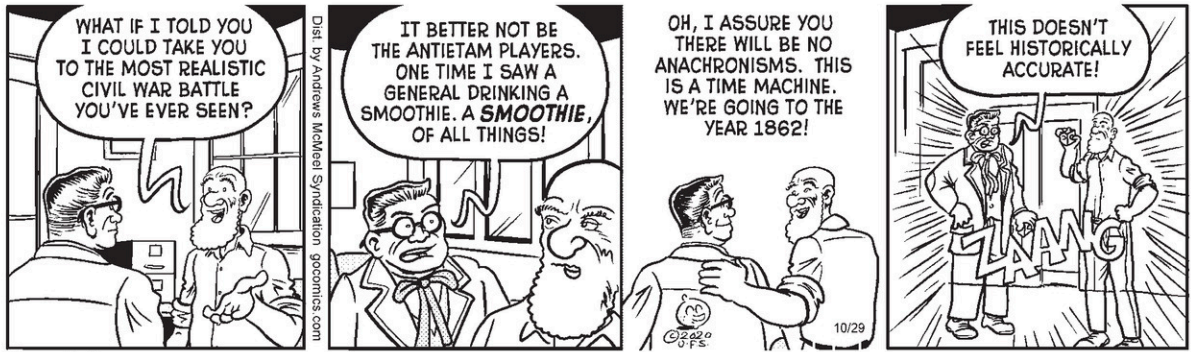


HERMAN

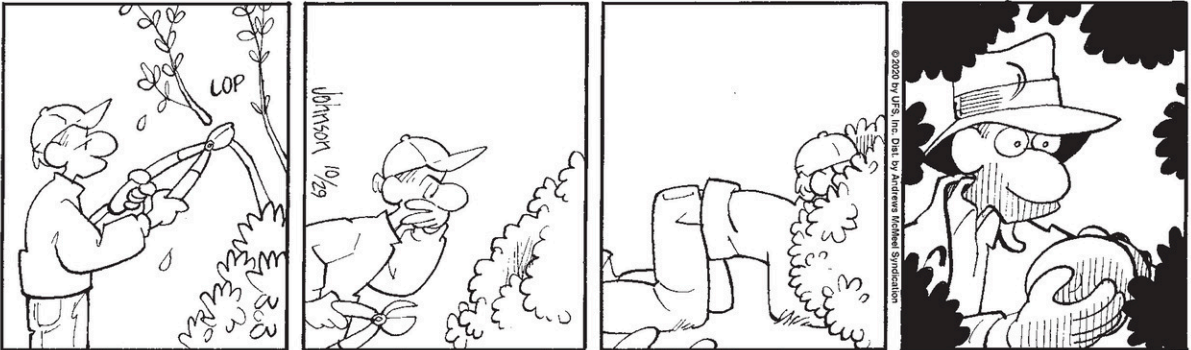


"We usually put 30 percent on!"

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



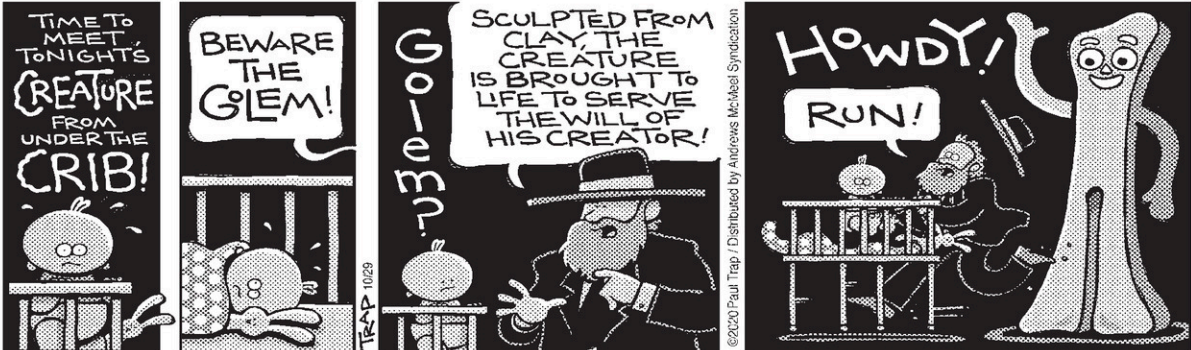
FRANK AND ERNEST



GRIZZWELLS



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THE
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GAME & PUZZLE WORD SEARCH

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

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

- ACTION
- ADVENTURE
- ANAGRAM
- APPLICATIONS
- ARITHMETIC
- BOARD
- BRAIN TEASER
- CARDS
- CHARADES
- COMPUTER
- CONSOLE
- COSPLAY
- CROSSWORD
- CRYPTOGRAM
- CUBE
- GAMES
- MAZE
- PLAYERS
- PUZZLE
- SCORE
- SIMULATION
- SUDOKU
- TRIVIA
- VIDEO

Your Birthday

THURSDAY, OCTOBER 29, 2020

Persistence will pay off. You are overdue for a change that will inspire you to use your knowledge, skills and awareness to create a unique lifestyle that will benefit you as well as those who look up to you. Broaden your horizons.

SCORPIO (Oct. 24-Nov. 22) – How you process and utilize information will affect how your day goes. When uncertainty sets in, ask questions and move on quickly. Don't waste precious time.

SAGITTARIUS (Nov. 23-Dec. 21) – Take the opportunity to make a change at home. Relax, spend time with a loved one or develop an intriguing idea. Personal improvements will lift your spirits and encourage romance.

CAPRICORN (Dec. 22-Jan. 19) – Avoid getting into a disagreement with someone who can influence the outcome of a project. Be sure to keep your distance when out and about. Focus on health and well-being.

AQUARIUS (Jan. 20-Feb. 19) – Distance yourself from anyone who appears to be out of control or demanding. Focus on physical improvements, earning more money and sticking to what works best for you. Romance is in the stars.

PISCES (Feb. 20-March 20) – A change you encounter will turn out better than anticipated. An innovative idea you present will be well-received. Don't make promises until you are sure you can deliver.

ARIES (March 21-April 19) – Don't

waste your time on people and things you cannot change. Choose positive outlets for your energy. Align yourself with people who share your beliefs. A partnership requires an adjustment.

TAURUS (April 20-May 20) – Stick to your plans, and don't stop until you reach your destination. Take advantage of opportunities and stabilize your important relationships. Now's the time to take care of business.

GEMINI (May 21-June 20) – Distance yourself from drama and people who play mind games. Do your own thing. Trust in your skills and ability to get the job done. Beware of outsiders trying to muscle in.

CANCER (June 21-July 22) – Don't take chances. Be cautious when dealing with sensitive issues; someone will take advantage of you if you get into a dispute. Protect your assets.

LEO (July 23-Aug. 22) – Strive for perfection, do your own thing and stay away from people making unrealistic promises. Use your intelligence to navigate your way to a safer and better future.

VIRGO (Aug. 23-Sept. 22) – Stop worrying about what others do or think, and show strength and courage in the way you handle adversity. If you call the shots, success can be yours.

LIBRA (Sept. 23-Oct. 23) – Refuse to let someone pressure you into something that benefits them more than you. An adjustment to how you present yourself to others will show off your unique style. Romance is on the rise.

NEA Bridge

THURSDAY, OCTOBER 29, 2020

Whith many winners, why go on defense?

By Phillip Alder

Rubin Carter, who was a boxer, said, "The strategies of offense and defense are very similar between chess and football. Chess really brought closeness to the team back in those days."

Some chess players love to play offense; one example was Mikhail Tal. Others prefer defense; Anatoly Karpov springs to mind. In bridge, a hand is usually more suitable for either offense or defense. Knowing in which camp your hand sits should be a strong influence during the auction.

Look at today's East hand. Does it initially suggest offense or defense? North passes, East opens one heart, South overcalls two clubs, and West cue-bids three clubs, showing three or more hearts and at least game-invitational values. After North leaps to five clubs, what should East do?

This predicament faced three robots at Bridge Base Online. Amazingly, they all passed. Five clubs was passed out and went down three (losing three spades, one heart and one diamond). Minus 150 gave North-South 93.3% of the matchpoints.

That East hand screams offense, not defense. So why did the Easts pass? I have no idea! I must admit, I would

	North	10-29-20
	♠ J 10 4	
	♥ 8	
	♦ K 4 2	
	♣ J 10 8 7 6 5	
West		East
♠ A K Q 9 7 3		♠ 5
♥ 7 5 4		♥ A K Q J 10 6 2
♦ 7 5		♦ Q J 8 6 3
♣ 4 2		♣ —
	South	
	♠ 8 6 2	
	♥ 9 3	
	♦ A 10 9	
	♣ A K Q 9 3	
	Dealer: North	
	Vulnerable: East-West	
South	West	North
		East
		Pass
2♣	3♣	5♣
		1♥
		??
		Opening lead: ♠ K

have been tempted to jump straight to six hearts, hoping partner had, say, the spade ace and diamond king. Here, the slam would have depended on South's lead. If he chose the club ace, I would have ruffed, drawn trumps and taken all 13 tricks. But if South had led the diamond ace and worked out that North's four was high, he would have played a second diamond to defeat the contract. (No pair bid six hearts in the BBO duplicate.)

COVID-19 Halloween tips

Dear Annie

THURSDAY, OCTOBER 29, 2020

Dear Annie: I don't know what to do about my husband anymore. I am just about to lose it with him. He's always calling me bad names, and I've noticed him leering at my sister many times. Whenever I call him out on it, he gets aggressive and it becomes a big argument. He tells me I should just leave. I am really getting tired of this mistreatment. It's always something, every week. Yet, whenever I've prepared to leave, he's tried to smooth things over with me, for the sake of appearances. I feel so unwanted and unhappy, but I know that I'm not in the wrong. What should I do? – Desperate in Denver

Dear Desperate: First and foremost, I must say that if your husband's insults constitute verbal abuse, reach out to the National Domestic Violence Hotline at 1-800-799-7233.

If his behavior is inconsiderate but not abusive, then I encourage you to attend marriage counseling. I only have a vague picture of the situation based on your letter, but it's clear that you two aren't communicating well. Marriage counseling can offer a neutral space in which you can both learn not just how to express yourselves but how to better listen to each other.

Dear Annie: Here are some tips to help keep yourself, your family and your neighborhood safe during this time, while still celebrating this whimsical time of year.

1. Get the facts. Brush up on the public health's Halloween guidelines. Your Halloween mask does not replace your normal mask, for example. Educate yourself on the safest ways to proceed for your household.

2. Know the safest alternatives: If you want to be as safe as possible, consider alternative in-home-only activities for your entire household. Coordinate a virtual costume party with your friends. Host a Zoom pumpkin carving event with the people you would normally invite over. Decorate sugar cookies and watch your favorite Halloween movies at home. Host a virtual event where each friend brings a scary story to share.

3. Avoid the front door. COVID-19 spreads when people "share the air" and having kids walk up to your front door is an easy way to "share the air" and put yourself at risk. Instead, do the candy transactions or other activities out in the open, where there's air circulation. Get creative blocking off areas where you don't want people. Use ropes and spiderwebs, chains and even lawn furniture

with skeletons in it. Make it clear visually where you want people to go.

4. Distance candy distribution: Placing candy into a kid's trick-or-treat bag by hand means you're close enough to get or spread COVID-19. So, how do you avoid this? There are some creative solutions to get candy to kids from a distance. Some families are making a candy chute that spits candy out from a distance. Test it first to make sure you get it just right. As a last resort, you might place a large candy bowl at the front of your driveway and stay inside. It's not going to help the kids socially distanced from each other, but it should keep them from coming to your door. – Vanessa Alvarez of Nexme

Dear Vanessa: It's a tricky year for handing out treats. I appreciate these tips for doing so safely and the creative ideas of alternate activities.

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

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

How to dry and preserve leaves

By Thelma Day
Thelma's Days

I love walking through leaves in Autumn, hearing them crunch under my feet. I pick some up as their beautiful colours catch my eye.

I have an easy way of drying and preserving them, to make an inexpensive fall decoration for my table. This is so simple and doesn't cost a penny.

I place them in a book, usually a large heavy book for a few days, about a week, and voila....they appear pressed.

My favourite book to use is a large atlas. I put a heavy weight on top about a week.

Maple leaves come in many pretty colours, from orange, yellow, rust, green, brown and reds.

What I do with the dried leaves?

I place them on my table and cover with a clear plastic. Makes a nice fall tablecloth. It's also a nice activity and learning

experience for children. The colours blend well with fall cushions.

"I'm so glad I live in a world where there are Octobers."

- from Anne of Green Gables by Lucy M. Montgomery

Visit Thelma's blog at <https://thelma-day.blogspot.com>

Her food blog can be found at <https://thelmaday.blogspot.com>

