

# Estrée over 100 daily COVID-19 cases

Record Staff

The Estrie region reported 102 confirmed cases of COVID-19 on Sunday, the highest daily increase since the beginning of the pandemic. The total number of cases in Estrie so far is 4,091. According to the CIUSSS de l'Estrie-CHUS website, 3,471 people are considered recovered from the virus, leaving 620 active cases in the region.

A new death was declared locally, bringing the total number of deaths in Estrie to 54.

Sherbrooke accounts for 39 of yesterday's new cases, while 17 were reported in the Haute-Yamaska regional health sector, and 14 were from the Granit sector. No new cases were reported in Coaticook, and only one in the Haute-Saint-Francois, three in Memphremagog, eight in La Pommeraiie and 10 in Des Sources.

Within the outbreaks under watch by the CIUSSS de l'Estrie-CHUS, of note were nine new cases (eight residents, one employee) and one death (a resident) in a sector of the Hôpital et centre d'hébergement D'Youville CHSLD in Sherbooke.

A new outbreak of less than five people was declared yesterday at Ayer's Cliff Elementary School.

More local details are available on the CIUSSS de l'Estrie-CHUS website at <https://www.santeestrie.qc.ca>.

Quebec reported 1,154 new cases yesterday, bringing the total number of people infected in the province to 132,042. Also 23 new deaths were reported, for a total of 6,829. Among them, eight occurred in the last 24 hours, the others occurred in the weeks leading up to NOV. 20.. The number of hospitalizations decreased by four compared to the previous day, for a cumulative total of 642. Among those, the number of people in intensive care increased by four, for a total of 103.

# Firefighters toy drive marks 80 years

Campaign's focus on sports equipment to keep children active



COURTESY

Photo from a previous year's toy drive. The campaign will continue this year with safety and sanitary measures in place.

By Reann Fournier  
Special to The Record

Since 1940, Sherbrooke firefighters have come together to support local families in need during the holiday season. Their annual toy campaign will proceed this year with a special request for outdoor sports equipment to be donated.

As many families have experienced major changes in their daily lives, this year's toy campaign is more important than ever. "We're in our 80th year now and we're doing things similarly to what we have in the past two years," said David Leblanc, a firefighter in the Sherbrooke Fire Department and the director of operations for the toys campaign. "Families can sign up

through the registration form on our website and then on Dec.19, they will have a box of toys delivered from our firefighters or sponsors."

Leblanc said that the registration period has yet to close, but already, registration numbers are matching previous years. "The boxes are delivered to about 600 families, which equals

CONT'D ON PAGE 3



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PERIODS OF  
SNOW

HIGH OF 0  
LOW OF 0



THURSDAY:  
MIX OF SUN  
AND CLOUD

HIGH OF 9  
LOW OF 1



FRIDAY:  
MIX OF SUN  
AND CLOUD

HIGH OF 5  
LOW OF 0

# Ken Jones Respite Program holds annual Flu Shot Day



## THE SCOOP

### MABLE HASTINGS

The Ken Jones Respite-KJC (a program of the Missisquoi North Volunteer Centre-CABMN) in Mansenville held its annual flu shot day for clients and family members on Thursday, November 19 at the Youth/KJC Centre.

The KJC is a weekly program every Thursday that offers respite to families and a fun activity day out for people with intellectual or physical disabilities. While the group is presently unable to meet due to the Covid pandemic, it normally takes place from morning until afternoon offering crafts, music, games, bowling and an atmosphere of friendship and caring. Coordinated and animated by CABMN staff, Sheila Samborsky and Eszter Csiszer, the program is a highlight for clients and admittedly, both women feel they get a lot from their time spent with the group as well.

Each year the duo organize flu shot day in collaboration with the CIUSSE/CHUS for the clients and their families.

"This makes it convenient and since it is conducted in a place that the participants are comfortable in surrounded by friends," said Samborsky, "it makes it less stressful



CIUSSE/CHUS workers, Brittany Montmony and Marylene Bureau

COURTESY

an experience for them."

Including the participants, 23 people got the shot administered by CIUSSE/CHUS workers, Brittany Montmony and Marylene Bureau, who did an excellent job calming nerves and making the experience as painless as possible.

Samborsky and Csiszer had set up a waiting area that assured social distancing and as people entered, their temperatures were taken and mandatory hand disinfecting and masks were a must. Following each person's exit, the chairs and tables were sanitized by the two who have clearly mastered Covid precautions.

"We are proud to be able to offer

this service to our clients and their families each year," explains Csiszer. "These people are very important to us and keeping them safe and healthy is always a priority."

For more information about the Ken Jones Respite program visit the CABMN website at: www.cabmn.org or call the CAB at 450-292-3114. All calls will be referred to Samborsky and Csiszer, who will be happy to explain the program and the requirements for joining.

Regarding the flu shot day experience, one of the clients put it best after freshly exiting the injection room when I asked her if it hurt and she replied, "Only when you talk about it."

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## Ben by Daniel Shelton



# Local News

"I think it's really important to underline that every measure, whether it's masking, washing hands, keeping a distance, is focused on the general health and welfare of everyone," said Murray.

## Eastern Townships MRC demands extra effort from citizens in fight against pandemic

By Michael Boriero - Local Journalism Initiative Reporter

Brome-Missisquoi Regional County Municipality (MRC) general manager Robert Desmarais led a virtual press briefing Friday morning to address a surge in COVID-19 positive cases in the Bromont, Cowansville, Farnham and Lac-Brome areas.

Desmarais was joined by Santé publique de l'Estrie Director Dr. Alain Poirier, Eastern Townships School Board (ETSB) chairperson Mike Murray, and several mayors urging the region to avoid complacency in order to flatten a second wave of the novel coronavirus.

"For the Brome-Missisquoi region, the situation is not alarming; however we have noticed, in the last few weeks, an increase in the number of cases and

two outbreaks, including one at the BMP Hospital in Cowansville," Poirier said.

The local public health director added that if people are exhibiting signs of COVID-19, they should consult the Quebec government's symptom self-assessment tool, which can be found online. Quebecers tend to forget this tool is available to them, he continued.

The message from the MRC's mayors remains the same as during the early days of the pandemic. They are reminding citizens to respect the government's health and safety measures, including physical distancing, wearing a mask, and frequent hand-washing.

Murray was given an opportunity to speak during the briefing, where he chose to highlight the importance

of mental health. He also revealed a roughly two-minute long video created by students to remind their peers of some easy ways to keep others safe from infection.

"I think it's really important to underline that every measure, whether it's masking, washing hands, keeping a distance, is focused on the general health and welfare of everyone," said Murray, adding that student success is at the heart of every school initiative.

He also took time to acknowledge the work of all ETSB teachers, personnel, support staff, and administration for finding ways to keep students motivated and busy since September. Everyone is stressed and worried, Murray said, and students need to be resilient.

The video concludes with a student saying, "do it for yourself, for your

family, and for your friends." According to Murray, it was a collaborative effort between several schools and a testament to the ingenuity and creativity of ETSB students.

Murray said it is important for students to find a creative outlet, especially during the pandemic, as events, arts, sports, and many other social gatherings have been cancelled. He also reminded everyone in the Zoom meeting that this crisis is temporary.

"I re-emphasize: it's for now, it's not forever, it's not for the rest of our lives, and one of the aspects of critical importance is the mental health of everyone, so the stability of the schools, the message that we're going to get through this together is really essential," Murray said.

## Firefighters toy drive

CONT'D FROM PAGE 1

out to be an average of 1,000 kids," he said. "We usually stay between 800 and 1,000 children and we're expecting similar numbers this year."

This year is special, considering the pandemic, so the toy campaign has made some adjustments. While they normally accept used toys as donations, the department has noticed that repairing some of these toys proves difficult. "If we get a small electric toy car, for example, that can get quite difficult for repairing or cleaning," said Leblanc. "This year, we're partnering with different companies, like Toys 'R' Us, to purchase some of the toys. We're still accepting donations in the form of money or new toys."

The fire department is also making a special request for sports equipment this year. "With the isolation and having to stay home, we want to encourage the children to be active and get outside," said Leblanc. "It's one of our core values that we support with the campaign, and we thought that the best way to

support kids being active would be to accept sports equipment as donations."

Some donations have already been accepted and a second date is coming up next week. "With or without COVID, we're still accepting and delivering the toys and equipment," said Leblanc. "We are, of course, observing measures to keep our firefighters, sponsors, and families safe."

"Our main objective is to help families in the city having difficulties," said Leblanc. "It's incredible to see the reach we have to the community. Some people who received boxes as children are quite successful, one owns a market in the city. There's also a family that we've helped who now own a restaurant and it's incredible to see how we contribute to their success."

The last date to drop off donations is Nov. 29, and will be accepted at the fire stations in Sherbrooke. Families who wish to register for a box of toys are asked to submit a request form through <https://inscription.cjps.info/>.



BRUCE PORTER




## Help Brighten a Family's Holiday!

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# EDITORIAL

*It was under Borne, incidentally, that Quebec City ripped up its streetcar system and converted to buses.*

## Labeaume mulls exit: Not 'irreplaceable' but maybe inimitable?



PETER BLACK

Since forever - OK, the 1930s - being mayor of Quebec City was a long-term job.

Not since 1938 has a chef of the vieille capitale ruled the sceptred town for less than 12 years, or three terms. Sainte Foy suburban warrior Andrée Boucher was the tragic exception that made the rule in recent history.

Her untimely passing two years into her merged city mandate in August 2007, though, as cold-hearted as it may sound, created an opening for a maverick of a mayor in the spark-plug frame of Régis Labeaume.

Prior to the flamboyantly attired Boucher, Quebec City, true to its undeservedly dull and bureaucratic reputation, had not exactly elected exciting top civic officials of the stature of Jean Drapeau or Rob Ford. Labeaume has shattered that stereotype with a mix of bravado and boldness (arrogance and recklessness) unfamiliar to these parts.

Next month, Labeaume hits the milestone of 13 years as mayor, the first

two of those years as the out-of-the-blue replacement for Boucher in a special election in November 2007. He becomes the city's third longest-serving mayor behind Jean-Paul l'Allier's 16 years (1989-2005), and Lucien Borne's 15 (1938-53).

It was under Borne, incidentally, that Quebec City ripped up its streetcar system and converted to buses. More on that in a bit.

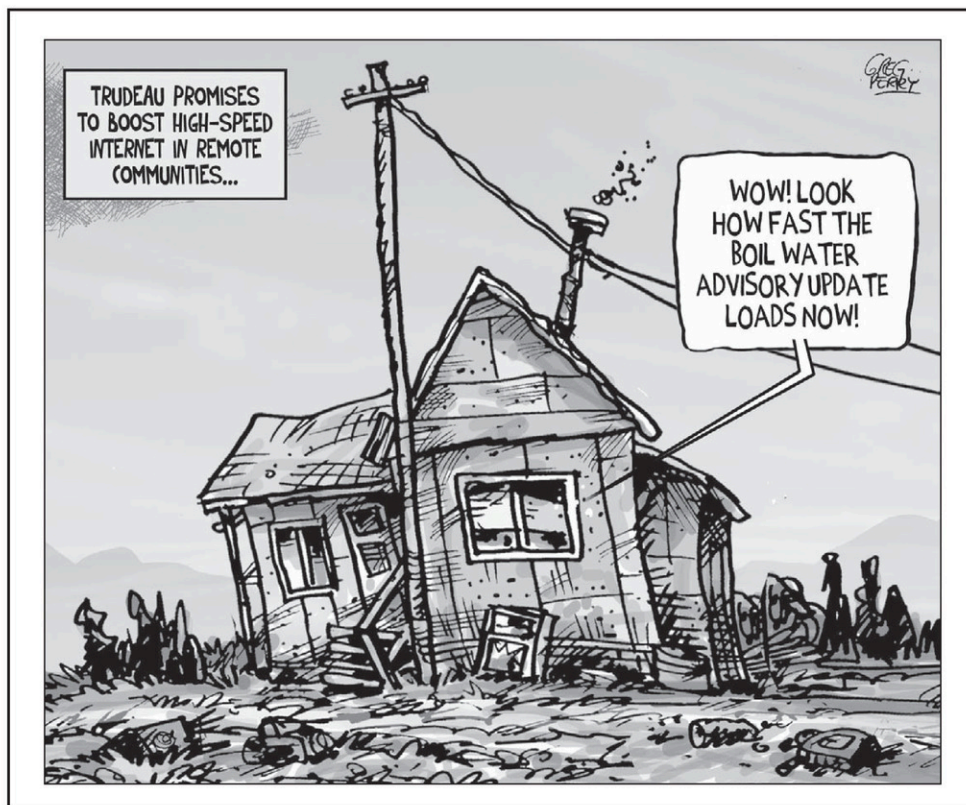
Earlier this month Labeaume caused a stir with a quip in an interview to mark the anniversary of his first victory, and with a year to go before municipal elections next year.

"I am absolutely replaceable. Cemeteries are full of irreplaceable people," he told the Journal de Québec.

That the mayor is reflecting on his political future probably comes as no surprise. He'll be 65 in May and having endured a frightening brush with prostate cancer two years ago, could be forgiven for pondering what to do with the rest of his life.

As for whether or not he's replaceable or not, the more appropriate question is perhaps who but Labeaume would have had the energy, vision and audacity to take on the mammoth projects he has placed on his stocky shoulders.

For starters, Labeaume took office on the eve of the city's 400th anniversary celebrations in 2008, with the event organization lacking forceful leadership. Labeaume and his team took charge and produced an extraordinary and financially profitable parade of events, from magical Sir Paul McCartney and Céline Dion concerts, to a rousing world hockey tournament.



It's hard to imagine anyone but Labeaume piloting the construction of a new arena to replace the aging Colisée and speed the return of the Nordiques. Barely five years after his election, construction was underway on the \$400 million Videotron Centre.

Hopes for an NHL team may have evaporated, but the city does now have a world class sports and entertainment complex located in a part of the city destined for growth and development.

Labeaume's latest big project, a \$3.3 billion tramway system, is proving to be an infinitely more challenging and contentious venture than building a new skating rink. The project has been bedevilled by multiple changes in design, political maneuvering and waffling, and, most recently, a negative environmental assessment. It's unlikely sod will be turned officially until 2022.

The tramway, combined with the Legault government's pet project, a

tunnel under the St. Lawrence River, are bound to be the dominant issues in the city in the coming years. Labeaume surely will be mulling whether he has the will and the stomach for the battles ahead to build the transportation network.

A recent Leger poll shows if elections were held today Labeaume would win in a walk against any potential rival, and satisfaction level with the job he has done tops 70 per cent. That same poll found that a new transit system is by far the issue of most interest to residents.

Labeaume himself has offered up some suggestions as a successor, should he decide to not go for l'Allier record of longest serving mayor. Whoever should end up taking the torch from Labeaume, whenever that should be, must be prepared to be in it for the long haul - and to never feel irreplaceable.

## Local community development group launches podcast

Record Staff

The Observatoire estrien du développement des communautés (OEDC) is celebrating its 15th anniversary with the launch of a new podcast, Sonar.

The OEDC already dropped three episodes, available on Spotify, RSS, and Balado Québec. Sonar explores

the depths of community stakeholders living in the Eastern Townships. The shows host, Ian Fournier, will speak to people working on the ground.

The goal is to bring community development and collective action to the forefront through conversations with Townshippers; discovering who they are, where they come from and what motivates them to change the region for the better.

According to a press release, some of the themes discussed in the show include mental health, food security, resilience, youth and seniors, and

community response to the ongoing pandemic.

Fournier talks about developing the podcast with OEDC Executive Director Émanuèle Lapierre-Fortin in episode 0. In the episode, it is revealed that the organization decided to move from a written format to something more accessible.

An audio format provides flexibility. It could also provide inspiration to others looking to make a difference. The OEDC consulted its members before pursuing this new project, and the result was overwhelming approval.

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

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 The Record is published daily Monday to Friday. Back copies of The Record are available.

The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.  
 PM#0040007682

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# Norman Webster: a half century in the newsrooms of the world

By Gordon Lambie

This coming Thursday Massey College in Toronto is hosting a virtual book launch event for a new publication by veteran journalist Norman Webster entitled *Newspapering: 50 Years of Reporting from Canada and Around the World*.

Speaking with The Record from his home just outside North Hatley, Webster explained that the book is a collection of some of his favourite and most significant pieces of writing from his years spent working as a reporter, editorialist, and foreign correspondent for papers like The Globe and Mail, The

Montreal Gazette, and The Sherbrooke Record.

While Webster traced the origins of his career back to a summer job with The Globe and Mail in 1958, he shared that his early goals lay much closer to home.

“Originally my ambition was to become sports editor at The Sherbrooke Record,” he said, sharing that he was in awe of then-editor Len O’Donnell and his “Sport Shots and Pot Shots” column. “That was the greatest thing I could aspire to.”

Webster fondly remembered his early work under editors John Cranford and Hugh Doherty, the latter of whom he said was, “A great editor but not very generous.”

“I would take a Gaiters football game and cover it from beginning to end that would earn me about a buck fifty,” he said, recalling that his rate was ten cents per column inch.

From his days writing the “All around the campus” column for The Record and editing The Campus, Bishop’s student paper (“I actually did more journalism than course work,” he chuckled,) Webster went on to cover events and affairs of all sorts across the globe over the course of his career.

As a foreign correspondent in China from 1969-1971 he had a front row seat to that nation’s cultural revolution. He reflected in brief on visits across Europe

and the Middle-East, to Apartheid South Africa and Margaret Thatcher’s England.

“She was tremendously forceful and not loveable at all,” he noted while adding that the former British prime minister was admirable at the same time, for what she was able to accomplish.

Thatcher is far from the only giant on Webster’s list of subjects. Looking back the journalist also dropped names like Nelson Mandela and The Dalai Lama, as well as a few closer to home like Bourassa, Mulroney, and Trudeau.

“I covered a lot of major stories at home and abroad,” he said, explaining that when it came to putting the book together he, “just picked the ones (he) liked,” based on significant events, interesting people, or other, more personal reasons.

With regard to the book launch, Webster’s Wife, Pat said that the night will be one of good times and good stories.

“It’s going to be a really fun evening,” she said. “We’ve taped some segments with Norman talking about some of these memories.”

Beyond reflection on the pieces selected for the collection, Webster will reflect on day-to-day things like life in newsrooms over the years, his world travels, and how journalism has changed, or not, since he got started.



COURTESY

“There are many, many friends and colleagues chiming in to talk about journalism, how it was and how it is,” Pat added.

Michael Goldbloom, principal and vice-chancellor of Bishop’s University, will introduce recollections of Webster’s friends and colleagues, including Roy MacGregor, Joan Fraser, Doug Gibson, Geoff Stevens and Jeff Simpson as a part of the evening’s events.

The launch will be free to attend, and it will begin at 7 p.m. on Thursday on the Massey College website: [www.masseycollege.ca/event/virtual-book-launch-newspapering-norman-webster/](http://www.masseycollege.ca/event/virtual-book-launch-newspapering-norman-webster/)



A collection of press passes

## PQ MNA calls for more effective government assistance programs

Record Staff

Gaspé MNA Méganne Perry Mélançon, Parti Québécois economy critic, is demanding the Quebec government make immediate improvements to the Aide aux entreprises en régions en alerte maximale (AERAM) program.

AERAM aims to assist businesses located in red zones. With the government announcing an extended closure until Jan. 11, 2021, Mélançon believes small and medium-sized businesses are going to need all the help they can get to survive.

In a press release, the Gaspé MNA explained that submitting an application to the program can be extremely difficult. The government has been flooded with requests from Quebec-based businesses, but the cash is not always readily available.

Mélançon said Premier François Legault casually dropping the news of an extended shutdown period for bars, restaurants and gyms shows a lack of compassion. The information deserved more attention, she continued, as this has a tremendous impact on local business owners.

“The government keeps saying that

AERAM is working effectively on the ground; this is not true,” Mélançon said. “Sixty-page forms, fees to open a file, endless delays [...] it’s not going well, not at all.”

Many business owners have invested a lot of money into bringing their establishments up to par with Quebec’s health and safety guidelines, she added, but the government continues to push the idea that they need to remain closed in order to combat COVID-19.

The Coalition Avenir Québec government also recently handed its responsibility to help local businesses over to the MRCs. The problem, she explained, is that community organizations have also fared poorly throughout the pandemic.

They are not fit to help the many requests coming in through the AERAM program. These local organizations are being asked to provide assistance even though they don’t have the means to do so, Mélançon said. The process needs to be simplified, she concluded.

“It is imperative that the economy minister rolls up his sleeves and makes assistance available now, for all entrepreneurs in the red zone who request it and who meet realistic criteria,” said Mélançon.

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



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

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

## Take care of yourself

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



## The *Getting Better My Way* digital tool

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



## Give voice to your feelings

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



## Make judicious use of social media

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



## Choose healthy living habits

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

## Help and resources

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

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

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

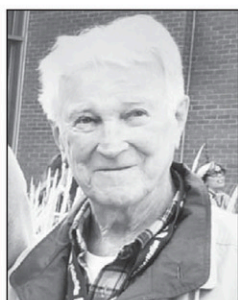
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 **Info-Social 811**

Québec 

Death

Death



**John Karpluk**  
(1931-2020)

Born in Montreal. Died on November 20th, 2020 after a long and well lived life.

John was known to his friends as Fox, as in Silver Fox, perhaps for the colour of his hair or for his savoir faire. He was predeceased by his parents Mary (Keller) and John Karpluk as well as his brother Emile. John was proud of his European heritage and always made a point of celebrating Little Christmas on January 6th.

In his early teens, he was a Golden Gloves boxer in Montreal. In the early 60s he went on to graduate from McGill University in Education. He first taught at Lasalle Catholic High School before relocating to the Eastern Townships in 1969 where he was a guidance counsellor at Alexander Galt Regional High School, then at Champlain College in Lennoxville.

He enjoyed Friday ski excursions with friends at nearby ski hills and was an avid golfer in the summer. John could often be found having a pint or two at the Golden Lion Pub or Elmwood Hotel. He, for the most part, was a loner and a confirmed bachelor. He had a silken voice and sometimes could be encouraged to break into song with a stirring rendition of the Whiffenpoof Song.

With special thanks to Manor St. Francis, the CHUS, and the Maison Aube-Lumiere for their wonderful care and also to Dr. Zoltan Ferenczi and Dr. Patrick Richard.

A private interment will be held at a later date.

In memory of John, donations could be made to the Maison Aube-Lumiere, 30171 12 Avenue North, Sherbrooke, J1H 5H3



# Datebook

MONDAY, NOVEMBER 23, 2020

Miley Cyrus (1992- ), actress/singer.

Today is the 328th day of 2020 and the 63rd day of autumn.

**TODAY'S HISTORY:** In 1954, more than 25 years after "Black Thursday," the Dow Jones industrial average finally surpassed its pre-Depression high.

In 1963, the first episode of the long-running science fiction drama "Doctor Who" aired on the BBC.

In 2001, the U.N. International Criminal Tribunal for the Former Yugoslavia charged former Yugoslav president Slobodan Milosevic with genocide for his role in the 1992-1995 Bosnia and Herzegovina conflict.

In 2005, Ellen Johnson Sirleaf was elected president of Liberia, becoming the first female elected head of state in Africa.

**TODAY'S BIRTHDAYS:** Franklin Pierce (1804-1869), 14th U.S. president; William H. Bonney, aka Billy the Kid (1859-1881), outlaw; Boris Karloff (1887-1969), actor; Erte (1892-1990), artist/designer; Paul Celan (1920-1970), poet; Bruce Vilanch (1948- ), comedy writer; Robin Roberts (1960- ), sportscaster;

**TODAY'S FACT:** New Shepard, developed by the privately funded aerospace company Blue Origin, became the first rocket to fly to space and return to Earth in a controlled, vertical landing on this day in 2015.

**TODAY'S SPORTS:** In 1919, the first play-by-play of a football game was broadcast on the radio, featuring the Aggies of Texas A&M hosting the Longhorns of the University of Texas.

**TODAY'S QUOTE:** "Life provides losses and heartbreak for all of us – but the greatest tragedy is to have the experience and miss the meaning." – Robin Roberts, "Everybody's Got Something"

**TODAY'S NUMBER:** 5 million – estimated population of Liberia in July 2020.

**TODAY'S MOON:** Between first quarter moon (Nov. 21) and full moon (Nov. 30).

## The Royal Canadian Legion, Branch #15, Richmond

"We will remember them." Due to Covid-19, Branch #15 was unable to hold our regular parade and ceremonies.

On October 31, executive members met in the Veteran's Garden at the Legion. A ceremony was held and filmed by Miss Scobele to be shown to the young people at St. Francis Elementary School.

On November 7, Richmond Regional High School posters were judged by three executive members.

On November 8, the public was asked to lay their wreaths and crosses at the cenotaph. That same day, three members from the executive went to

South Durham to meet the Mayor and a ceremony was held at the monument.

November 11, the executive committee met at the cenotaph and a private ceremony was held.

We wish to express our thanks to all who purchased wreaths, crosses and poppies. We must also thank those who made donations to the Poppy Fund. We thank the stores who helped us with our Poppy Campaign.

We will re-open when the Red Zone is lifted.

Thank you to all. Stay safe.

Siemy Stelwagen, President

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**BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMS, BRIEFLETS:**  
Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)  
Discounts: 2 insertions or more: 15% off

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

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

Text only: \$16.00 (includes taxes)

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

**WEDDING WRITE-UPS:**

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

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

**DEADLINES FOR DEATH NOTICES:**

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

# NEA Crossword Puzzle

# Your Birthday

MONDAY, NOVEMBER 23, 2020

will bring you closer to a loved one. More stability will result if you discuss your intentions and make suggestions that lead to a healthier lifestyle. A surprise will lift your spirits.

**GEMINI (May 21-June 20)** – Someone will use persuasive measures to get you to take on added responsibility. You may want to specify what you are willing to do before you commit. Don't be afraid to ask questions.

**CANCER (June 21-July 22)** – Pace yourself. Enjoy the process of getting things done the way you see fit. A personal change will boost your reputation and offer insight into what else you can accomplish.

**LEO (July 23-Aug. 22)** – Monitor what everyone around you is doing. If you don't like the change of direction someone is pursuing, back away and do your own thing. Use your energy productively.

**VIRGO (Aug. 23-Sept. 22)** – Try something new, change the way you do things and listen to the experts. Positive plans will begin to unfold if you nurture a meaningful relationship.

**LIBRA (Sept. 23-Oct. 23)** – Keep an open mind, but don't give in to someone putting demands on you. Problems at home will develop if uncertainty takes charge. Focus on how you earn your living and handle your money.

**SCORPIO (Oct. 24-Nov. 22)** – Change your lifestyle to suit your needs. Use your intelligence and ingenuity, and follow your passion. A creative pastime looks promising. Romance is favored.

Work toward a goal. Stick to the truth and live up to your moral code. Focus on taking care of your responsibilities, cleaning house emotionally and physically, and making room for new beginnings. Live in the moment and enjoy what makes you happy.

**SAGITTARIUS (Nov. 23-Dec. 21)** – Refrain from sharing personal information. Set up a budget that will help you adjust to a change in income. Don't take on someone's problems or responsibilities.

**CAPRICORN (Dec. 22-Jan. 19)** – You'll be able to make adjustments to how you work, earn your living or handle your personal affairs. Your insight will help you gauge how others feel and what they are capable of contributing.

**AQUARIUS (Jan. 20-Feb. 19)** – Refuse to let anyone push you in an uncomfortable direction. When uncertainty sets in, turn to something that makes you feel at ease. A physical or creative outlet will help you gain perspective.

**PISCES (Feb. 20-March 20)** – Your persuasive charm will compel others to see and do things your way. A positive change will transpire with the help someone offers. Romance is encouraged.

**ARIES (March 21-April 19)** – Review and revise your financial situation. Knowing exactly where you stand will help you make better decisions. A positive change will encourage you to get involved in a joint venture.

**TAURUS (April 20-May 20)** – Romance

## Answer to Previous Puzzle

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

- ACROSS**
- 1 Canned meat
  - 5 Blushing
  - 8 Confess
  - 12 Pact partner
  - 13 Thou, today
  - 14 Trevi Fountain coins, once
  - 15 Continue (2 wds.)
  - 16 Outshone
  - 18 Late summer fruit
  - 20 Fairy-tale being
  - 21 Goddess of dawn
  - 22 Chili pepper quality
  - 25 Animal friend
  - 28 Go off at an angle
  - 29 Piece of land
  - 33 Toughened
  - 35 Jackie — of "Rush Hour"
  - 36 Rookie
- DOWN**
- 1 Droop
  - 2 Kerplunk
  - 3 — vera
  - 4 Chatty starling
  - 5 Type of whiskey
  - 6 Time of the mammals
  - 7 Not as bright
  - 8 High peak
- 37 Swimsuit**
- 39 Bridge holding**
- 40 Pizazz**
- 42 Extend**
- 43 Oxford's country**
- 46 Promising**
- 49 Nest-egg letters**
- 50 Zoo barker**
- 53 Snags**
- 56 Aloha, in Rome**
- 58 Customer enticement**
- 59 — Paulo**
- 60 Carpentry tool**
- 61 Portent**
- 62 Form 1040 info**
- 63 Bold look**

- 9 Shop tool
- 10 Black-and-white snack
- 11 Is a groom
- 17 No —, ands or buts
- 19 Roam about
- 23 Spread out to dry
- 24 Grocery container
- 25 Core
- 26 New Age singer
- 27 Go left or right
- 30 "Wool" on clay sheep
- 31 Pretoria coin
- 32 Phillips University town
- 34 Took a cab
- 37 Bleat
- 38 Room offerers
- 40 Exit
- 41 Andes ruminants
- 44 Zip
- 45 Stick-on design
- 46 Lhasa —
- 47 Wheels for nanny
- 48 Enameled metal
- 51 Staffer
- 52 Take it easy
- 54 — Franklin
- 55 Boy
- 57 Above, to a bard

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
	18				19					21		
				22		23				24		
25	26	27		28					29	30	31	32
33				34					35			
36								37	38			
39						40	41				42	
				43	44					45		
46	47	48		49					50		51	52
53				54				55		56		57
58						59				60		
61						62				63		

MONDAY, NOVEMBER 23, 2020

## A record that can only be equaled

By Phillip Alder

I read about today's deal in Simon Cocheme's entertaining new book, "Bridge With a Twist" (Master Point Press). It occurred during the 2010 European Championships. It was played at 82 tables with 19 different contracts and 27 different results. What can each side make?

We will look at one table in the match between Denmark and Ireland in the senior division. If the bidding looks strange, it is because Rex Anderson (South) thought West had opened one heart, when he had actually bid two hearts, a strong two-bid. Over two hearts, three clubs by Pat Barry (North) was natural, but if West had opened one heart, then three clubs would have been Ghestem, at least 5-5 in spades and diamonds. Anderson, liking the apparent double fit, took a shot at four spades. But North thought that his partner had a long spade suit. So, after West used the Grand Slam Force, asking his partner to bid seven hearts with two of the top three trump honors, North judged to bid six spades. Yes, he thought six hearts would fail, but he also believed that his partner would make six spades.

Against six spades doubled, Peter Lund (West) led the diamond ace. Declarer took the first seven tricks with a crossruff. Then Steen Moller (East)

		North	11-23-20
		♠	A K J 9
		♥	Q 10 6 5
		♦	—
		♣	K Q 10 8 2
West		East	
♠	—	♠	8 7 6 5 4 3
♥	A J 9 8 3 2	♥	K 7 4
♦	A K Q 8 3 2	♦	10 9 5
♣	A	♣	4
		South	
		♠	Q 10 2
		♥	—
		♦	J 7 6 4
		♣	J 9 7 6 5 3
<b>Dealer: South</b>			
<b>Vulnerable: East-West</b>			
South	West	North	East
Pass	2♥	3♣	3♥
4♠	5NT	Pass	6♥
Pass	Pass	6♣	Dbl.
Pass	Pass	Pass	
<b>Opening lead: ♦ A</b>			

tabled his six trumps, claiming the remaining tricks for down five, plus 1100 to East-West.

Did you notice the rarity? Each of the 13 tricks was won by a trump.

East-West cannot make a slam, but North-South are cold for six clubs!

### CELEBRITY CIPHER

by Luis Campos

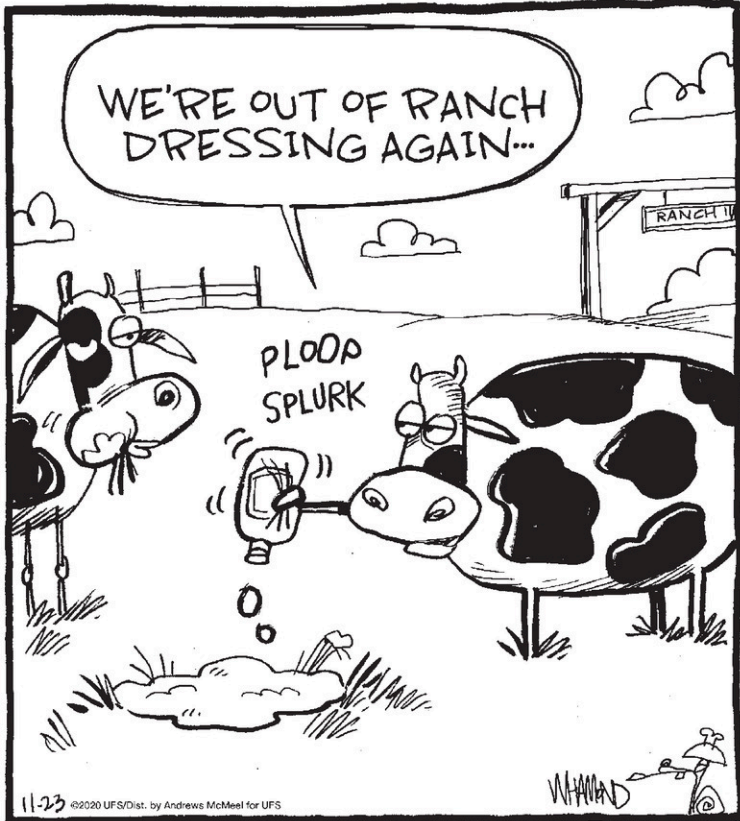
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" U Z C H N X U E G C P C S E D U Z C L C K U  
 U Z N U F K F T N D C I K E T F K L X  
 N D D I C Y F N U F E T N T G C T Y E M I N A C B C T U ."  
 - Y Z N I S C K K Y Z H N L

Previous Solution: "Eddie Van Halen was a guitar superhero. A true virtuoso. A stunningly good musician and composer." – John Mayer

TODAY'S CLUE: *g e n s i e n b e v*

### REALITY CHECK



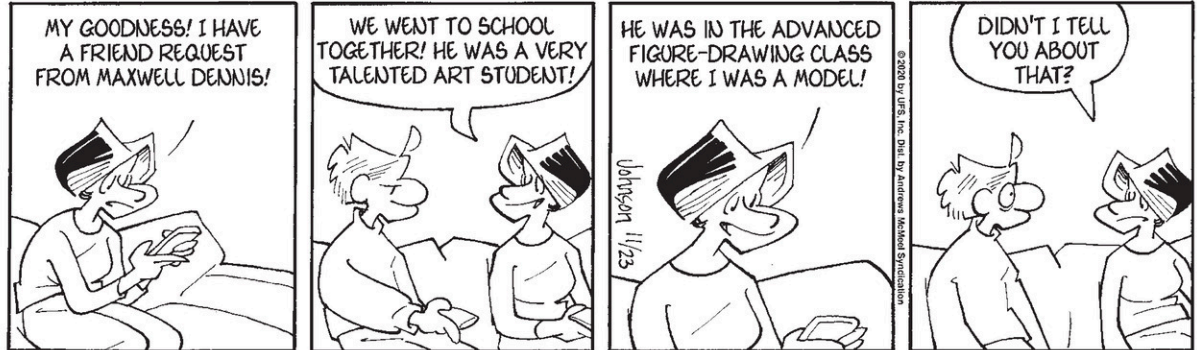
### HERMAN



### ALLEY OOP



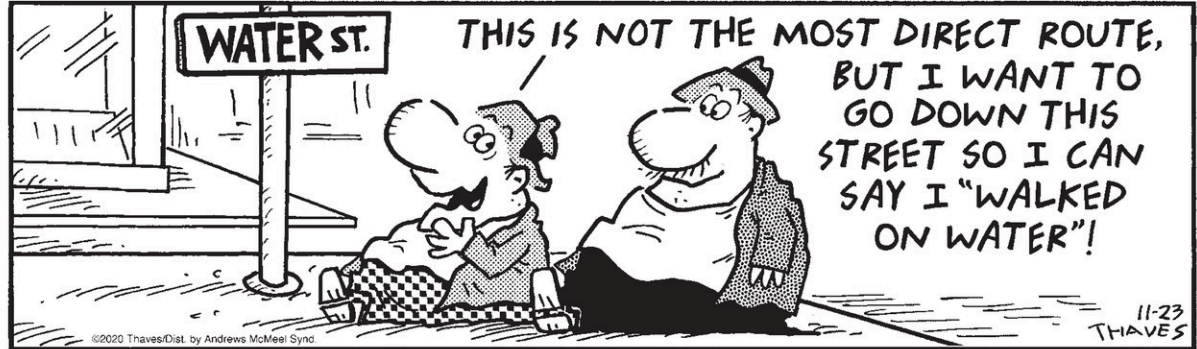
### ARLO & JANIS



### 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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# No plastic planet, please

Dear Annie

MONDAY, NOVEMBER 23, 2020

**Dear Annie:** We all know plastics are polluting our oceans. I don't have numbers, but the proportion of balloons amidst us is frightening. In my family, we released balloons to send love to a child lost too young. Although we did it before plastic statistics were the norm, it still makes me cringe. Please ask your readers to celebrate a life or occasion with natural resources. Maybe your readers can even write to you with some suggestions. - No More Balloons

**Dear Balloons:** Thank you for your letter. While balloons are celebratory, you are correct that they can pose a risk to wildlife and the environment. The most responsible thing to do is to find a natural resource for celebrations instead, such as flowers, candles or even planting a tree. If you do use balloons, make sure they are deflated and cut up and put into the trash so they don't end up in oceans or waterways or consumed by wildlife. Like you, I'm curious if readers have additional suggestions or comments.

**Dear Annie:** I am a 23-year-old single mom of three children. I just had a newborn son last month, and my daughters are in preschool and kindergarten. I live with my mom, my 18-year-old sister and my 15-year-old brother. I do everything for my kids.

Is it wrong for me to ask for help getting them ready or washing bottles or even watching the baby every now and then?

I have mental health problems, and my whole family knows this, yet I get up every two hours with the baby and still have to get up at 5 a.m. to get everyone ready for school.

The purpose of my moving in with my mom was to help me out because my husband died. Annie, am I being entitled, or is it OK to ask for help? - Young Mommy

**Dear Mommy:** No, you are not being entitled, and YES, you should ask for help. You have trauma from losing your husband and have three

children under the age of 5. Of course you need help. In fact, if your mom and siblings won't help you out, they are being entitled. "It takes a village to raise a child" is an African proverb that means it takes a community effort for children to grow up in a safe and healthy environment, and that definitely applies here.

You also mentioned that you have mental health problems. Ask for more help - from your mom and siblings but also from your church or community. You could also seek support through government programs including Temporary Assistance for Needy Families (TANF) and the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). Best of luck to you and your family.

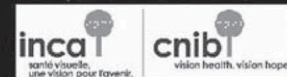
"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book - featuring favorite columns on love, friendship, family and etiquette - is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

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

## "Watch me, Grandma!"



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DIFFICULTY RATING: ☆☆☆☆☆

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

11/23

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## PREVIOUS SOLUTION

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

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

## Looking for an original gift?



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

THE RECORD



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



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or drop by our offices at 6 Mallory, Sherbrooke (Lennoxville).



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

It's normal for these uncertain times to bring out negative emotions or anxiety. You're there for your loved ones when they're not doing well. Remember to be there for yourself. There are solutions for getting better.

[Quebec.ca/gettingbetter](https://Quebec.ca/gettingbetter)

Info-Social 811

Votre gouvernement

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