

The Record e-edition

There for you
24-hours-a-day
7-days-a-week.
Wherever you are.

Access the full edition of the Sherbrooke Record as well as special editions and 30 days of archives.

Renew or order a new 12-month print subscription and get a 12-month online subscription for an additional \$5 or purchase the online edition only for \$125.00

Record subscription rates
(includes Quebec taxes)

For print subscription rates,
please call 819-569-9528
or email us at
billing@sherbrookerecord.com

12 month web only: \$125.00
1 month web only: \$11.25

Web subscribers have access to the daily Record as well as archives and special editions.

Subscribing is as easy as 1,2,3:

1. Visit the Record website: www.sherbrookerecord.com
2. Click e-edition.
3. Complete the form and wait for an email activating your online subscription.

Weather



TODAY:
SUNNY

HIGH OF 26
LOW OF 9



TUESDAY:
CLOUDY

HIGH OF 25
LOW OF 17



WEDNESDAY:
60 PER CENT
CHANCE OF
SHOWERS
HIGH OF 25
LOW OF 18



THURSDAY:
PERIODS OF
RAIN
HIGH OF 25
LOW OF 17



FRIDAY:
60 PER CENT
CHANCE OF
SHOWERS
HIGH OF 27
LOW OF 14

Happy trails to you



THE SCOOP

MABLE HASTINGS

On Friday, August 6, the Missisquoi North Volunteer Centre (CABMN) Senior Services organized the last of its weekly walks for seniors until September.

The group was welcomed at the home of Thérèse Descary who was a lovely hostess sharing information, conversation and kindness in welcoming a large group to walk her land and beautifully maintained trails.

"We were an extra-large group of 23 persons," said Monique Gilbert the Coordinator of CABMN Senior Services. "It really was a beautiful day and watching the group as we hiked the trails was a very moving experience."

Gilbert encouraged the active group of seniors to keep moving during the remainder of August while she and her SAPA Senior Services colleague, Angelle Laplume take a well deserved vacation to rest up for the fall programming.

Gilbert has sent the participants a weekly program to follow if they wish and suggests that the members of the group meet in the heart of the village to walk together.

The weekly walking program is just one of the many offered for Potton and area seniors through the CABMN. Heart and Energy, Jog Your Mind, Viactive...the list goes on. As the senior population in the MRC Memphremagog oust reaches over 60%, the CABMN continues to expand this program to ensure an improved

quality of life for all and to strive to keep seniors in their homes for as long as possible.

For more information about the many programs offered by the CABMN for youth, the intellectually challenged, seniors and more, visit the CABMN website at www.cabmn.org signing up for their free weekly newsletter will assure that you are informed on the various programs and activities offered. To reach the CABMN Main Office located at 314B Principal in Mansonville, call 450-292-3114.



PHOTOS COURTESY

Ben by Daniel Shelton



Panel 1: A man sits in a chair reading a newspaper. A dog named Ben is lying on the floor. A question mark is above the dog's head.

Panel 2: The dog is barking and running towards the door. The man looks surprised.

Panel 3: The man opens the door. The dog is standing in the doorway. The man says, "HE KNEW YOU WERE COMING TWO MINUTES BEFORE YOU SHOWED UP!"

Panel 4: The man is talking to the dog. The dog says, "WELL, EVEN I COULD SMELL THAT BURRITO A MILE AWAY!" The man replies, "BURP! DOGS SEEM TO HAVE A SIXTH SENSE ABOUT THESE THINGS..."