

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:
CLOUDY WITH SHOWERS

HIGH OF 17
LOW OF 8



TUESDAY:
MIX OF SUN AND CLOUD

HIGH OF 15
LOW OF 2



WEDNESDAY:
MIX OF SUN AND CLOUD

HIGH OF 14
LOW OF 3



THURSDAY:
MIX OF SUN AND CLOUD

HIGH OF 15
LOW OF 5



FRIDAY:
CLOUDY PERIODS

HIGH OF 18
LOW OF 4

Getting active with Stukely Sud volunteers!



THE SCOOP MABLE HASTINGS

The Missisquoi North Volunteer Centre (CABMN) covers a large service territory in the western sector of the MRC Memphremagog that encompasses the Municipalities of Potton, Bolton-Est, Saint-Etienne-de-Bolton, Eastman and Stukely Sud. The contribution and efforts of registered volunteers in all five of the areas who make up the CABMN volunteer data base is the driving force behind all

that the CABMN is able to accomplish as an organization.

On Wednesday, Sept. 22 the CABMN Senior Services Coordination team (SAPA)-(Monique Gilbert and Angelle Laplume) travelled to Stukely Sud and visited the CABMN volunteers offering its Viactive exercise program there.

Created by Kino-Quebec, Viactive is offered free of charge and keeps you in shape, because no matter what your dream is, you have to be healthy to make it come true and to stay in shape, there is nothing better than physical activity. Viactive groups in the MRC Memphremagog west exist in Mansonville, Eastman and Stukely Sud.

The SAPA team met with the Stukely Sud volunteers to discuss their involvement, experiences and plans for the program in the coming year. The friendly gathering held in Stukely gave the animators and the volunteers an opportunity to get better acquainted and the CABMN presented the volunteers with small

thank you gifts in recognition of their support and involvement. The Stukely volunteers were all treated to a few extra surprises that added to the fun!

"I was really impressed with the Stukely Sud Viactive volunteers and their display of teamwork, support and friendship in offering this program to the seniors in their area," said Gilbert. "This team has truly stimulated interest and involvement throughout the years and it is both impressive and encouraging. Their actions really put an emphasis on volunteers who come together supporting one and other to better their community and the lives of its citizens."

The Viactive program in Mansonville meets weekly as Covid directives permit. For complete information about the program contact the SAPA team of the CABMN at 450-292-3114 or visit the website at www.cabmn.org. Signing up for the weekly digital newsletter will keep you up-to-date on all CABMN happenings.



COURTESY

In photo left to right: Christianne Timmons, Johanne Seguin, Milica Sykorsky, Claudette Sirois, front and center is SAPA Senior Services team member, Angelle Laplume. Absent from photo are: Christiane Aubertin (Stukely Sud Viactive volunteer and Monique Gilbert-SAPA Senior Services Coordinator).

Ben by Daniel Shelton

