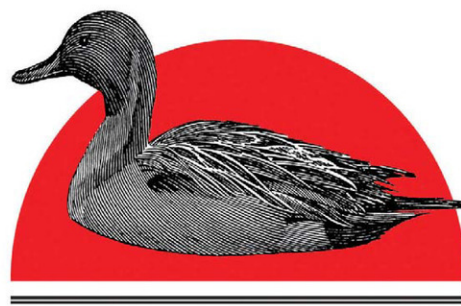




TUESDAY, MARCH 24, 2020

What's open and closed in town? A question with no easy answer

By Taylor McClure
Special to Brome County News

In facing a situation that is consistently changing on a daily basis, it may be difficult to stay up to date with the services that are still available in your community. This is so much the case that the text of this article has been changed twice since Sunday to reflect new measures that have been put into place to prevent the spread of the coronavirus, and the many local businesses, restaurants, shopping centres, and educational institutions have had to close their doors as of late.

In Brome Lake, there are various establishments around the village that are currently working hard to keep their services accessible all while adjusting to these measures and keeping the health and safety of the community that supports them as their top priority. Since the information and regulations continue to change on a regular basis, it is suggested to check for business hours online or phone before venturing out.

While The Uniprix Jean-Marc Bélanger recently decided to lock their doors out of the safety for staff and clientele, they also have a delivery system in place in order to continue to offer essential services.

"We offer free delivery for prescriptions and floor products," said Melissa Robitaille, Manager of the Uniprix, adding that while the business is mostly delivering to Knowlton residents for now, they may eventually expand their territory. "We may go wider and deliver to South Bolton and different places like that."

All deliveries have to be pre-paid and the order will be left outside of the door. Two deliveries go out each day, first at 1 p.m. and again at 4 p.m. Prescription renewals can be done over the phone or on Uniprix's website and they will be prepared to be picked up at the front or back door of the pharmacy. Old boxes and phials are no longer accepted.

"We ask that people wait at least three hours for prescriptions due to the amount of calls," Robitaille added.

Familiprix-Jean-Raphaël Itoua is also offering free delivery to Brome Lake residents and they are encouraging people to order their prescription beforehand to reduce waiting times at the pharmacy. A sanitizing station is



COURTESY

also set up at the front of the pharmacy.

The Brome County News attempted to reach the local IGA grocery store for comment about how that essential business has adjusted business practices but was redirected to a national media line where no one was available to comment. The paper was informed by a local shopper, however, that the store has reduced its hours to open from 8 a.m. to 6 p.m. and groceries can be ordered over the phone and online. Attempts to access the IGA website on Sunday and Monday redirected users to a "virtual waiting room" with a listed wait time of over one hour.

As they sell food, the Boutique Canards du Lac-Brome is open to the public, but they are taking strict sanitation measures.

"We have no delivery system but if we are many in the boutique and the person is in Knowlton we can see what we can do," said Valérie Gouin, manager of the boutique. "If someone

can't leave and they're really stuck, I can see if someone from my team can deliver it if they are close by."

Orders can also be done over the phone and picked up at the store to limit waiting time. "I had a lady call and she knew exactly what she wanted so she came here to pick it and she used her card but it took two seconds because everything was prepared," emphasized Gouin.

On Sunday it was announced that all restaurant dining rooms and dining halls are now closed as a part of the provincial government's new measures and only takeout and delivery can be offered.

Prior to this announcement, one local restaurant known as Café Floral was doing its best to adjust to the situation and to keep their dining area open by sitting people about 10 feet apart from one another and disinfecting all tables and chairs after each rotation of people. The dining

area is now closed but Café Floral is still offering takeout.

On Monday all non-essential businesses were ordered to close no later than midnight Tuesday, which means that many of the other establishments in the area that had remained open to the public will soon be closed.

Although Brome Lake Books had previously been operating on a limited-access model where a small number of visitors would be allowed into the store at a time under strict conditions, the business is now shifting to an exclusively online model for the foreseeable future.

"We are trying to encourage people to order online or by phone," said Danny McAuley, co-owner of Brome Lake Books. "We are doing free delivery in the Lac-Brome area but anyone can contact us and we can see what we can do; if it's too far we might have to ship it."

Books that are ordered and paid for

CONT'D ON PAGE 4

NOTE:

Due to the COVID-19 virus, many events and services are being cancelled throughout the area. It is recommended to phone ahead or check online for updates when planning to attend an event or service.

March

Avante is in prevention mode. The rest of our March activities are cancelled in order to keep our members and staff as safe and healthy as possible. The office will stay open during this time. Stay tuned for further updates on April 1st.

March 28

Caregivers Cafe meetings are cancelled until further notice due to the COVID

Brome County Community Bulletin Board

19 virus. Caregivers, please take care of yourselves and make use of any and all services available to you.

March 28

Country Dance Saturday March 28, from 7 to 11 p.m. at the Trinity Anglican Church, 409 south street Cowansville. Music by Keepin' it Country. Donation \$8. Door prizes! Canteen on Premises. Proceeds to benefit the food bank.

March 28

MEETINGS CANCELLED UNTIL FURTHER NOTICE

The Mental Health & Well-Being Support Group. Please phone Linda:

579-488-1450 or pleasantvalley001@gmail.com for the location of the meeting. Join us for an opportunity to share experiences in a safe environment and receive support, information, encouragement & acceptance. Having support makes all the difference!

March 29
CANCELLED

14th Annual Parish of Brome Sugar on Snow Outreach Fundraiser - Sunday March 29 Holy Trinity Church Hall, Iron Hill - Information Judy (450) 263-3025, Doug (450) 263-2579, Val (450) 204-7285.

April 4

POSTPONED TO A LATER DATE

Township Toddlers Annual Benefit Saturday, April 4 from 5 p.m. to 6:30 p.m. Roast beef and pork BBQ. Salle des Chevaliers de Colomb 224, rue Christophe Colomb, Cowansville for information 450-263-5080. (Ross) 450-266-1716.

April 19

POSTPONED

The Brome Lake Firemen's association is having their Annual General Meeting. April 19 at 9 a.m. for information email to blfa1896@gmail.com

Church Bulletins

ALL SAINTS ANGLICAN CHURCH -
DUNHAM

Sunday services at 10 a.m. - all welcome! The Reverend Sinpoh Han. Information: 450-295-2045.

ANGLICAN PARISH OF BROME

Services are suspended until Easter. Services at 9 a.m. begin again Easter Sunday, April 12, Church of the Ascension (West Brome), Sunday, April 19, Holy Trinity (Iron Hill). Canon Tim Smart, rector. Information: 450-538-8108.

BEDFORD PASTORAL CHARGE OF
THE UNITED CHURCH OF CANADA

You are warmly welcomed to join us each Sunday as we gather in worship. We welcome you and your ideas as we provide a safe place where all can seek a greater purpose to life. Services take place: March 29 in Mystic. Worship begins at 9:30 a.m. and is followed by coffee and snacks. For more information please visit <http://www.bedfordpastoral.org/> or call 450-248-3044.

CALVARY UNITED CHURCH SUTTON

A warm welcome awaits you at our Sunday worship service in Sutton at Grace Anglican Church at 9 a.m.

followed by a coffee hour at 10 a.m. in the church hall. Information: 450-538-0530.

CREEK/WATERLOO PASTORAL
CHARGE

Services cancelled for this Sunday, March 29, and all other events as well til the end of March. worship and music: Creek United, 278 Brill Rd., West Bolton, service and Sunday school at 9:00 a.m.; St. Paul's United, 4929 Foster, Waterloo, service at 10:30 a.m. followed by Annual Congregational meeting. Reverend Dave Lambie, minister. For information or to leave a message call: 450-539-2129.

EMMANUEL UNITED CHURCH

There will be no 11 a.m. worship service on Sunday, March 29. Emmanuel United Church worship service is at 11:00 a.m., 205, rue Principale, Cowansville. Sunday School is held the first and third Sunday of each month. Drumming in worship. Everyone is welcome at our Lent 5 service. Soup and Solidarity at 12:15 p.m. in our hall. Wheelchair accessible. Worship Leader: Cynthia Reynolds, candidate for ministry from Stanbridge East. Church office: 450-263-0204 website: emmanuelcowansville.ca

ÉGLISE CATHOLIQUE ST. ÉDOUARD
CATHOLIC CHURCH

366 Knowlton Road, Knowlton. You are invited to participate in a bilingual Mass Sundays at 10:30 a.m.

GRACE ANGLICAN CHURCH

52 Principale sud, Sutton, welcomes everyone for Sunday services at 10:30 a.m. All welcome. Canon Tim Smart, rector. Information: 450-538-8108 or visit our website at www.gracechurchsutton.org.

KNOWLTON-MOUNTAIN VALLEY
PASTORAL
CHARGE

Worship at Knowlton United Church, 234 Knowlton Road is at 11 a.m. and will be held on the First 3 Sundays of each month. A warm welcome is extended to all. Should you require the services of a minister, please contact Rev. Steve Lawson at 450-242-1993. Handicapped access available.

ST. PAUL'S ANGLICAN CHURCH

Due to the fact that we are taking precautions for the COVID-19 virus, services will continue to be online on our website <http://www.stpaulsknowlton.com/> or our Facebook

and YouTube pages. All services are live and also available for replay. On Site Church worship is postponed until further notice.

24 St. Paul's Road, Knowlton. St. Paul's is a dynamic, diverse community pursuing and serving Jesus in the Eastern Townships, 8 a.m. and 10 a.m. Sunday services (traditional, contemporary and modern music and format). New: Tune into "Tim Talks" on Facebook - three times weekly. Everyone welcome. Please check out our website: www.stpaulsknowlton.ca or St. Paul's Knowlton's Facebook page. We are now live streaming! Everyone welcome. Telephone: 450-242-2885.

TRINITY ANGLICAN CHURCH

409 South Street, Cowansville. All Sunday services are at 10:30 a.m. First and third Sunday of month is communion service. Second, fourth and fifth Sunday of month is morning prayer service. Minister available Thursday from 10 a.m. to 2 p.m. Come and join us as we endeavor to learn and practice God's loving will. We'd love to welcome you. Information: 450-955-3303 (leave message).

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COVID-19: Call for great vigilance for the population of Granby, Bromont and surroundings

BCN Staff
CIUSSS de l'Estrie

We currently note a high potential for transmission of COVID-19 in the population of Granby, Bromont and the surrounding area. It seems that people carrying the virus have circulated or are still circulating in several public places. We are counting on the collaboration and solidarity of those affected, and of the population in general, to help us slow the spread of the virus in our region.

"It is not the places themselves that increase the risks but rather the people carrying the virus who do not respect the confinement instructions. They expose the members of their entourage as well as their fellow citizens to the

virus. The voluntary isolation required must last for 14 days," said Dr. Alain Poirier, director of public health in the Eastern Townships. It is essential that people who receive a positive result avoid contact.

People from the general population who have symptoms of cough or fever or difficulty breathing and who meet all the screening criteria must go to the test center located near the emergency department of Granby Hospital. The test center is open without appointment 7 days a week, from 8 a.m. to 8 p.m. There is no point in going to the test center without having at least one of the three symptoms, since the test will not be able to detect the virus. If you have any questions or concerns regarding COVID-19, people with or without symptoms are invited to visit quebec.ca

or to call 1 877 644-4545.

Reminder of the three screening criteria for the population

* Return from a trip from outside Canada;

* have one or more of these symptoms: fever or cough or difficulty breathing;

* The symptoms started within 14 days of returning from the trip.

Preventive screening for CIUSSS staff members in Estrie - CHL RLS de la Haute-Yamaska et de la Pommerai

Considering the high transmission potential, special measures are taken to protect the members of the CIUSSS de l'Estrie - CHUS staff from the Haute-Yamaska and La Pommerai RLS. If they have any of the 3 symptoms (fever or cough or breathing difficulties), staff members, including doctors, were

invited to be tested ideally no later than Monday, March 23 at 4 p.m. at the test center located near the emergency department of the Granby Hospital, even if they have no travel history or close contact with a confirmed case. The capacity of the test center will be adapted according to the expected attendance. Staff must present their employee card or a document attesting to their employment relationship with the establishment.

The two targeted RLS currently have a more significant potential for spreading the virus in the community than in other sectors. Preventive screening measures for the CIUSSS de l'Estrie - CHUS staff are not required at this time in the other RLS of the territory.

Temporary closure of BM Chamber of Commerce

Due to the current exceptional situation linked to the Covid-19, and out of concern for limiting the spread of the virus, the Brome-Missisquoi Chamber of Commerce, which is the agent for the Cowansville automobile insurance office, has decided to close its doors. We invite you to consult the website of the Société de l'assurance automobile du Québec, to use online services (<https://saaq.gouv.qc.ca>) and check the hours of service of the various open service points.

ABOUT THE COWANSVILLE OFFICE

The Cowansville Agent is operated by the Brome-Missisquoi Chamber of Commerce (CCB-M). This service is linked to the values of the CCB-M, in particular commitment and proximity. Moreover, all the profits generated by the operation of this point of service are reinvested in services to members of the chamber of commerce.

Waterloo public parks and play areas closed indefinitely

BCN Staff

The City of Waterloo, to support collective efforts to reduce the Coronavirus pandemic (COVID-19), announces the closure of all public park play areas starting at midnight Tuesday, for an indefinite period. Common assembly areas such as kiosks in the parks will also be inaccessible. The dog park, the skateboard park and the pump track will not be open to the public either.

Jean-Marie Lachapelle, mayor of Waterloo, said, "It is a collective duty to act in terms of prevention. I ask for the cooperation of all citizens. Children and young people should not

be allowed to play in the play areas, go to the skate park or the pump track. You should not congregate even in the outdoor common areas. Adults also have a major role to play: they must be role models, they must follow the recommendations of the government and the City. We must act collectively to stem the spread of Coronavirus."

The following is a list of some of the public parks with play areas or gathering areas affected by the closure:

- Canine Park (436, avenue du Parc)
- Beach Park (15, rue du Lac)
- Generations Park (311, avenue du Parc)

- Moulins-Ellis Park (6 100 rue Foster)
- Parc des Saules (173 rue des Saules)
- Parc du Carré Foster (4 192 rue Foster)
- Parc Robinson (35 rue Mario)
- Parc Wilfrid-Hémond (418 rue de la Cour)
- Parc Denise-Lauzière (5491 rue Foster)
- Place du Centenaire (5 200 rue Foster)
- Skatepark (185 rue Lewis-Ouest)
- Vélo Parc - Caboose (2326 rue Beaulac)

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LETTERS

Cooperating together during trying times

DEAR EDITOR:

Congratulations and thank you to Jean-Marc Bélanger, the owner of Uniprix in Knowlton for making the difficult decision LAST THURSDAY to close the store to the public. Many people were refusing to respect their quarantine or the 2-metre distancing and the health of customers and employees (and EVERYONE) is the Number One priority.

However, great service is still there for us! Phone in your order (not just prescriptions but for any item in the store), it will be prepared for you and will be delivered FREE to your home or you can pick it up at the front door.

Remember, if you are 70 years old or older, YOU MUST NOT GO OUT. Take advantage of this service and have your purchases delivered to your door by the store or have someone younger pick it up for you.

Familiprix and IGA now offer similar services. AND STAY HOME.

Please, we must all, all, all work together, for the sake of everyone.

GAIL WATT
BOLTON WEST

Brome County News 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.

Preference is given to writers from the Eastern Townships.

What's open and closed in town

CONT'D FROM PAGE 1

in advance can also be picked up just outside the store if set up by prior arrangement.

"We are trying to communicate through our webpage and social media to encourage ordering online so we can avoid contact," McAuley said. "We can make suggestions too and we can do the shopping for them. We can suggest what might work for them and activities and games too that we might have to keep them busy."

The co-owner said that the team members are doing their best to wipe down anything they see that has been handled and employees are consistently washing their hands.

Ben in Focus



BEN MCAULEY

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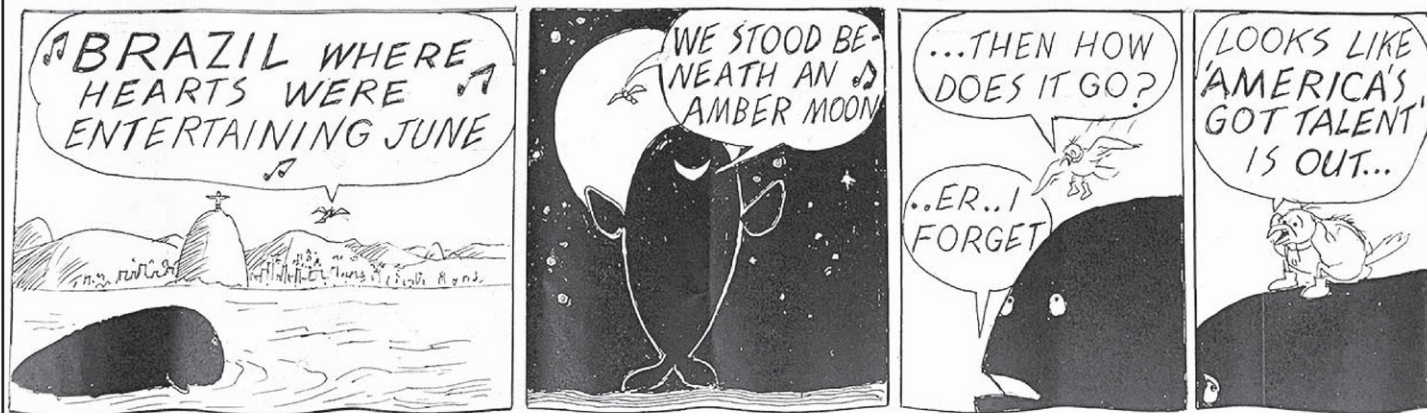
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BCN RATES & DEADLINES COMMUNITY CALENDAR

Brome County News Community Calendar is reserved for non-profit organizations only. **Deadline is noon on Fridays.** Must be pre-paid. Up to 40 words: \$8, 41-70 words: \$12, 71-100 words: \$15, all prices include taxes. **Special rates:** \$2 off for 2 insertions, 1 BCN and 1 in the Friday Record "What's On" section. Please forward notices to 5-b Victoria St., Knowlton, QC J0E 1V0, email: bcnnews@qc.aibn.com, or fax: (450) 243-5155. Visa and Mastercard accepted.

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Stay home: do not go to school, child centres or daycares. Avoid public spaces and work from home, whenever possible.

Protect those close to you, particularly the elderly and those at greater risk for infection, by avoiding visiting them if you are feeling sick.

It is strongly recommended that all persons returning from abroad self-isolate at home for a period of 14 days and watch out for any symptoms.

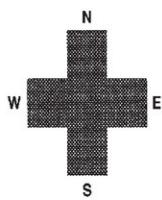
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or Knowlton: (450) 242-1188 between 9:00 a.m. and Noon

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JOB OFFER

Municipality in the Montérégie, Town of Brome Lake is distinguished by its exceptional life environment and its bucolic surroundings. It offers a diverse range of services to its 6,000 residents to which it wants to ensure a high standard of quality in the management of its administration. In this context, Town of Brome Lake wishes to receive highly competent candidates, dynamic and recognized in their field, to fill the position of:

**LABOURER -
PARKS AND INFRASTRUCTURE**

TEMPORARY / FULL TIME

Under the supervision of the Director of Public Works and Technical Services, the incumbent will perform various tasks related to public works of the municipality.

You can consult the Town's website at
<https://ville.lac-brome.qc.ca/municipal-life/job-offers/>

to view the complete job description and requirements for the position.

Please submit your curriculum vitae with a cover letter by mail or email, mentioning "Labourer - Parks and infrastructure," to 122 ch. Lakeside, Lac-Brome, QC J0E 1V0 or isabelle.rosa@ville.lac-brome.qc.ca no later than Friday April 3, 2020.

We thank all applicants; however, only prospective candidates will be contacted.

The masculine gender is used indiscriminately and only for the purpose of lightening the text.



JOB OFFER

Municipality in the Montérégie, Town of Brome Lake is distinguished by its exceptional life environment and its bucolic surroundings. It offers a diverse range of services to its 6,000 residents to which it wants to ensure a high standard of quality in the management of its administration. In this context, Town of Brome Lake wishes to receive highly competent candidates, dynamic and recognized in their field, to fill the position of:

MECHANIC

PERMANENT / FULL TIME

Under the supervision of the Director of Public Works and Technical Services, the incumbent will have the responsibilities of maintaining and repairing to town's entire float of vehicles. Work involves the verification and maintenance of heavy and light vehicles, machinery, emergency vehicles, generators and all motorized vehicles of the Town.

You can consult the Town's website at
<https://ville.lac-brome.qc.ca/municipal-life/job-offers/>

to view the complete job description and requirements for the position.

Please submit your candidacy by forwarding your resume, accompanied by a letter of presentation, by mail or email mentioning "Mechanic" to 122 lakeside Road Lac-Brome, QC J0E 1V0 or isabelle.rosa@ville.lac-brome.qc.ca by Friday April 3, 2020.

We thank all applicants; however, only prospective candidates will be contacted.

The masculine gender is used indiscriminately and only for the purpose of lightening the text.



Fig.16

› If this feels like a math test, visit mathliteracy.ca or call 1-800-303-1004.

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THE RECORD

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Please note that due to the Coronavirus outbreak and for the safety of our employees and public, our offices in Lennoxville and Knowlton are closed to the public until April 14.

Should you need to reach us, you can contact us by phone or email:

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Circulation: 819-569-9528 or by email at billing@sherbrookerecord.com

Newsroom: 819-569-6345 or by email at newsroom@sherbrookerecord.com

Knowlton: 450-242-1188 or by email at bcnnews@qc.aibn.com

Thank you for your understanding.

Spring forward with top kitchen tips from Anna Olson

Spring is the perfect time to take advantage of the change in season by refreshing your kitchen. Canadian celebrity chef Anna Olson recommends three tips for all of spring's culinary possibilities.

Out with the old. Just like changing your wardrobe, switch out your condiments twice a year.

To ensure you're using your condiments before they expire, Olson recommends moving them to an area of your fridge that you can see. Using the tinted glass panel of the LG InstaView Door-in-Door refrigerator, you can keep condiments easily visible. The feature helps you save space and money while avoiding unnecessary food waste by simply knocking on the glass to see what is inside.

Freshen your life from the inside out. Give your recipe book a refresh with unique meal ideas.

For many, the freezer is the land of forgotten foods. It quickly fills up with food items we don't see or use for months. Put your imagination to the test by recreating recipes using what you already have by hosting a freezer potluck for friends and family. Some funky ideas include Thai chicken and vegetable curry soup, or a delicious cabbage roll soup.

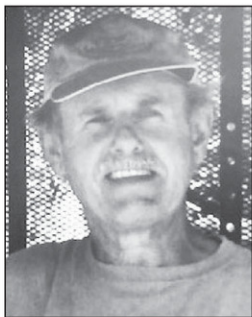
Get sweet this spring. Mix and match frozen fruit to create a sweet treat the whole family can enjoy.

Use up your frozen fruit to make tasty puff pastries or fruit tarts. Get creative by using the frozen fruit you already have or experiment with berries and rhubarb to make your creation more seasonal. If you're unsure if your frozen fruit has expired, look for fruit that is frostbitten or dull in colour.

(www.newscanada.com)

Death

**Peter
Howard
Hartley
1949-2020**



It is with regret and sadness that we announce the passing of Peter Howard Hartley on March 12, 2020 at the age of 70.

He is survived by his loving and supportive wife of 34 years, Suzanne Fortier, his brother Steve (Lilian), his niece Robyn (Cara), his sisters-in-law Colette, Mariette, Charline his brothers-in-law Jean-Louis and Andrew, as well as Anick (Martin), Marie-Claude (Philippe-A) and Olivier. Our heartfelt gratitude goes to Kim Page, Peter's caregiver, for her support and dedication. And a very special thank you to Dr. Karen Iny for her excellent care and compassion.

In lieu of flowers, donations can be made in Peter's memory to the BMP foundation.

A private burial was held on March 18th. A celebration of Peter's life will be held at a later date due to the circumstances.

Funeral arrangements entrusted to:

**BROME-MISSISQUOI
Funeral Complex**

402 rue de la Rivière, Cowansville QC
PHONE: 450-266-6061
www.complexebm.com

Death

**Claire E. Hobbs
1938 - 2020**



It is with heavy hearts that we announce the passing of Claire Hobbs (née David), peacefully at home in Dunham QC on March 14, 2020, in her 82nd year.

Born in Cowansville QC, Claire was the "baby" of a large farming family and still had a larger than life impact on everyone around her. Claire married Arthur Hobbs in 1962. Together at their farm in Dunham they planted not only an orchard but deep roots in the community and shared a loving relationship for 56 years. Claire's involvement at All Saints' Anglican Church in Dunham had a profound impact on church life: from the pews, to the choir stalls, and especially the kitchen.

Claire will be remembered as a loving wife, a caring mother and grandmother, an exceptional cook and hostess, a pillar of the church, and a generous and caring soul. She will be dearly missed by her son Michael (Mary), her daughter Jennifer (Jeff), her grandchildren, great-grandchildren, surviving sisters Marion, Florence and Noreen, her large extended family, and many dear friends.

A funeral service will be held at All Saints' Anglican Church in Dunham at a future date. Arrangements are being organized with the Brome-Missisquoi Funeral Complex.

The family would like to extend heartfelt thanks to the palliative home services team from the CLSC in Cowansville.

In lieu of flowers, please consider a donation to the BMP Foundation or All Saints Anglican Church Dunham. Forms are available at the Complex.

Brome Missisquoi Funeral Complex
402, rue de la Rivière, Cowansville QC
www.complexebm.com

PHONE: 450-266-6061
FAX: 450-266-6057

Card of Thanks

Thank you!

WILLIAM (Bill) PATTERSON

We would like to thank you very much for the kind expressions of sympathy shown following Bill's passing.

Nicole and Lee



Thank you
for saving moments,
funding breakthroughs
and saving lives.



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In challenging times, stay connected

By Louise Smith

Last week it was all about what was being cancelled left, right and centre. Events from spaghetti dinners, St. Patrick's luncheon, to musical shows were being cancelled or postponed. Then clubs and groups all started to go on hiatus, at first for what seemed like a two-week period. This was followed by schools, libraries, gyms, pools, bowling alleys, and all places where crowds congregate, closed, including churches.

Since Friday the 13th, our world seems to have changed. Every day there are new recommendations and directives given out by municipal, provincial, and federal leaders. It has moved from being a set of inconveniences to a set of guidelines, which can impact every one's health, and the health and safety of loved ones around us. We are given daily statistics of cases confirmed, and now deaths from the coronavirus.

It has moved from being a two-week

shut down to possibly six months of a new reality. During this time there won't be much community "news". Instead every one has to take time to focus on what is really important in life.

New routines have to be made. Keeping in touch is of the utmost importance. Connections with people have to be made daily. Never hesitate to tell someone that you love him or her. Cheer up someone who is worried or down. Write down the family stories that you meant to get to someday, but never had time to get it done. Funny how busy we all were. There never seemed to be enough time. That is not a problem now.

This is a good time to get through all your stuff and to decide what is of real value and what is not. Spring cleaning can be done to the nth degree this year!

Take up a new hobby, read some good books, or finish all the half finished projects lying around at the back of your closet. Establish a new routine.

Listen to the news occasionally, but not obsessively.

Walk every day, keeping the social distancing in mind. Have you noticed how many more people are out walking every day? All dogs must be thrilled with the extra long walks. In fact all pets must be wondering, why are my humans around so much more?

The sky seems bluer and the air seems fresher. This is a time to focus on the positive. While sorting my book shelves, I came across a Mindfulness book that I had not had time to read. A good quote for these times comes from Henry David Thoreau. "Let us spend one day as deliberately as Nature, and not be thrown off track by every nutshell and mosquito's wing that falls on the rails." It is a very eloquent way of saying that we should focus on the positive that Nature has for us. Do not over worry. Together we will be celebrating sometime down the line when this has passed.

Spring

Hurrah! Spring is getting nearer
Sun is shining bright
Snow is slowly melting
Leaving such a dirty sight!

Snow banks are so dirty
As the sun is melting them each day
Leaving mounds of stones and gravel
After the snow has melted all away

In the distance are the mountains
Crapped with huge drifts of snow
And when the sun shines on them
I see the glistening snow.

So the signs of spring are showing
As I drive along the way.
Today, I saw some pussy willows
I know that Spring: is on its way!

Composed and submitted by
Verna M. Patterson

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Town of Brome Lake Wellness Valentine Luncheon

Submitted by TBL Wellness Centre

On Valentine's Day, February 14 at the Centre Lac-Brome, over 100 of our seniors enjoyed a heart-warming dinner of chicken pot pie with heart shaped biscuits and a dessert of valentine cupcakes with chocolate hearts and ice cream.

An excellent repertoire of songs during the meal was provided by Ralph Steiner on his guitar. The children from La Passerelle des Moussees also entertained us with a few songs and a lot of cuteness.

A great turnout of Wellness volunteers helped everything to run smoothly.

Thank you to all the seniors who braved the cold weather and to all who made it a successful event.

The next TBL Wellness event planned

is our Mother's Day Luncheon on May 8, depending on the measures recommended with social distancing at that time.



Pets of the Week



HELLO! We understand that you humans have lots of worries these days and some or you bemoan the fact that you HAVE to stay home and get bored, etc. We understand. Lots of us live that on a daily basis!

BUT how could you get bored when you have US? Dogs around the world are messaging us that they are so, so happy that finally they are getting to spend lots of time with their family, getting to know each other, the way we were always hoping life would be like! (It is probably the same in the 'cat world' too.)

Please, please, please STAY AT HOME for the sake of everyone. Don't be the innocent carrier of the virus to another location. Only you humans can stop the spread of this virus. Us dogs are looking on in disbelief. It is so obvious to us! Money, money, I want, I want, not me,

not me...When all this is over and you look back on this moment, we hope you can state with a clear conscience, 'I did it right. I did not take any action that could have caused the spread of COVID-19 and brought about the death/deaths of other people'. At least, FROM THIS MOMENT ON, promise to 'do it right'.

The SPCA Montérégie is closed to the public. We are being well taken care of. We wish you good health and rely on you to make good decisions.

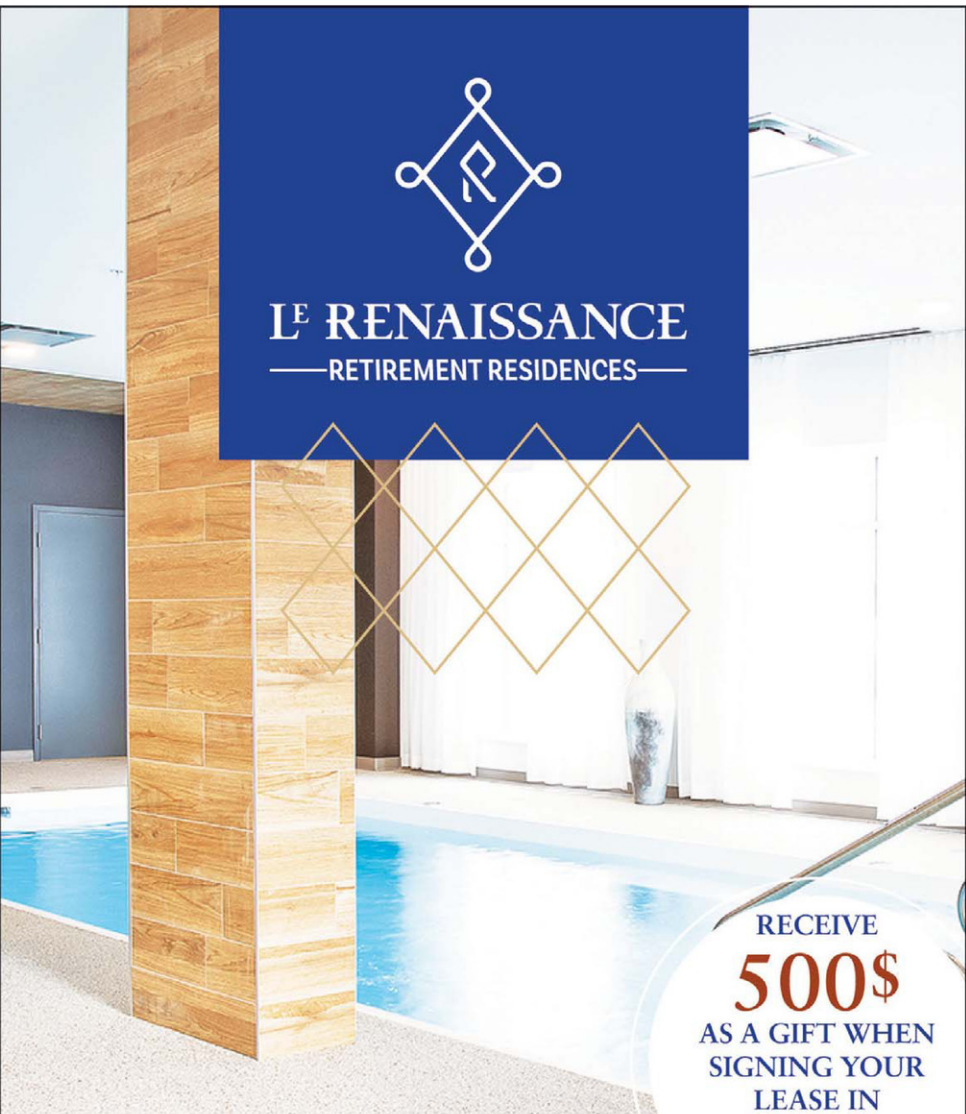
Love from all the dogs and cats of the world. We need you to be alive at the end of all this!

P.S. IF someone in your household is in 'isolation' (i.e. HAS covid-19) and there are other people in the house, regrettably they must not touch or cuddle the family pet(s). Very sad, but that is a possible transmission...

SPCA Montérégie
450-460-3075



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