

More Covid measures relaxed next week

By Matthew McCully

The health ministry announced that COVID-19 health directives will be further relaxed concerning events, auditoriums and bars. The changes will come into effect on Sunday, Aug. 1 at 12:01 a.m.

The new relaxed rules will apply throughout Quebec, with all regions in the green zone.

During events where people remain seated in specific places, including amateur sports and leisure events with bleachers or stands, the current capacity of 50 people inside will increase to 250, and the limit of 100 people outside will increase to 500. The new rules include assemblies, meetings, conventions or ceremonies, and places of worship.

Stadiums, halls and festivals will also have their capacity increased from 5,000 to 15,000 people, divided into separate sections of 500.

Inside, the current capacity of 3,500 people will be increased to 7,500 people divided into individual sections of 500.

In addition, bars, restaurants and microbreweries will be able to serve alcohol until 1 a.m. instead of midnight as at present, but they bars and microbreweries must close at 2 a.m.

Social distancing measures remain mandatory, both inside and outside. The wearing of masks or face coverings is also required in indoor public places, particularly when people are walking around.

COVID-19 vaccination- additional dose remains an exception

The health ministry clarified on Monday that the administration of an additional dose of vaccine is an

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Health professionals say they are pushed to the brink



ARIANNA MYERS

By Arianna Myers
Local Journalism Initiative

For years, the syndicat des professionnelles en soins des Cantons-de-l'Est (FIQ-SPSCE) has raised concerns about work conditions that they believe are putting the health and security of patients and employees at risk.

Workforce changes imposed on the healthcare system by various governments in recent years has exacerbated this situation, and according to the FIQ-SPSCE, the COVID-19 pandemic is further adding to the strain.

In the last few months, the FIQ-SPSCE has called on the management of the CIUSSS de l'Estrie - CHUS to

update them on the daily situation in various departments, particularly the maternity ward, neonatology, emergency rooms, long-term care and operating rooms, without seeing any real improvement.

Therefore, on Monday, July 26, members of the FIQ-SPSCE held a press conference in Fleurimont to announce

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Weather



TODAY:
MAINLY CLOUDY

HIGH OF 21
LOW OF 7



WEDNESDAY:
SUNNY

HIGH OF 22
LOW OF 7



THURSDAY:
PERIODS OF
RAIN

HIGH OF 21
LOW OF 13



FRIDAY:
SHOWERS

HIGH OF 18
LOW OF 9



SATURDAY:
60% CHANCE OF
SHOWERS

HIGH OF 21
LOW OF 13

Spotted - Possums



DISHPAN HANDS

SHEILA QUINN

“Yeah, so Stephanie* saw one of those things.....those animals? Not one of those ones with the hard kind of shell...you know the ones that roll into a ball?” (Stephanie’s name has been changed to protect her identity....well, not really, but it’s been changed none-the-less.)

“An armadillo?”

“Yeah, not that. She saw it in Cowansville. Those things.....that are are kind of like a big rat?”

“An opossum?”

“Yes, that. I think so.”

We find a picture online. It seems to be the thing that Stephanie saw.

According to www.ecomuseum.ca “The North-American Opossum is the only marsupial in Quebec (and in Canada for that matter). The newborn babies are in a near embryonic state and they continue their growth in their mother’s pouch for a few more weeks. The marsupial family includes for example: kangaroos and koalas, which are very popular exotic animals!

The Opossum is omnivorous, meaning it will eat small mammals as well as fruits and insects found its way. We find it mostly in the south of Quebec.’

A ‘possum...what would we do if we come across one? Townshippers tend to know about skunks, about racoons, dogs, cats, deer, most birds, most farm animals and other common Townships rodents....and then some - we spend a lot of time with a lot of animals.

But what about this rather new-ish resident?

Adapted from the book *Wild Neighbours*, www.humansociety.org describes them as ‘a gentle wild neighbour’, and claims that opossum ‘get a bum rap’, seen as pests, causing messes in our garbage and gardens and a threat to chickens, but most of these accusations are rarely the result of ‘possum play. As much as they’re rather odd-looking critters, the Human Society goes on to explain a bit more about their appearance - ‘Opossum are not aggressive: their own-mouth, defensive hissing is merely a bluff to look vicious...and if that doesn’t work, they play dead when really scared!’

Not that we should really be snuggling up to them any time soon.

Doesn’t hurt to have a tight-fitting lid on the garbage cans and to avoid leaving pet food outside, although they might munch on fruit that has dropped from trees.

They do provide some interesting garden service - eating slugs, insects, snails and even smaller rodents. And apparently it’s not so much playing dead, but rather a kind of automatic shut-off switch in their nervous

systems that fear provokes, resulting in a catatonic state.

So, how do we identify an opossum? They are approximately the size of a large house cat (say 15 to 20 inches long), and weigh about 10 to 13 pounds. Some well-fed ones, like well-fed house cats, can grow to surprising sizes.

John Craton, of the ‘Possum Pages on opossum.craton.net has an interesting FAQ section that reveals an interaction that could be more dangerous to some animals:

‘They will rarely fight, despite putting up a fearsome display if threatened, and most likely will simply attempt to flee or play dead. The only animals that should avoid exposure to opossums are birds, horses and sea otters. Strange as that may sound, if these animals ingest opossum feces, they are at high risk of contracting a deadly disease known as ‘sarcocystosis’. (If you suspect that an opossum may have entered a stable of horses, look for signs of their feces.) For more thorough investigation, check John Craton’s website for photographs.

On a more new age note, whatismyspiritanimal.com states, ‘When ‘possum shows up, ask yourself if you’re taking the right road for your goals, or if you’ve wandered off track. If the latter, ‘possum may say, ‘Lie still and play dead.’ Use the time to think of alternatives and genuinely assess the hidden matters of your circumstances. ‘Possum’s mantra is: ‘Read between the lines.’

But still....maybe put out a garbage can with a tight-fitting lid.



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Ben by Daniel Shelton



Local News

Mandatory overtime has not only made it nearly impossible to provide the quality of care to which the population of the Eastern Townships is entitled to, but it has also taken a toll on the physical and mental health of many healthcare professionals.

Covid measures relaxed

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exceptional measure for people who have an essential trip planned outside the country in the short term and who must meet vaccination requirements.

Currently, there is no international consensus on the criteria for a person to be recognized as 'adequately vaccinated'. Discussions are ongoing with the federal government to ensure that mixed or two-dose scenarios of AstraZeneca or Covishield's vaccine are more widely recognized internationally. Further instructions may be issued in the future.

In the meantime, certain exceptional measures are possible in Quebec to accommodate people who have an essential trip planned in the short term. The possibility of obtaining an additional dose of an mRNA vaccine to meet vaccination requirements in a foreign country had already been mentioned earlier in press briefings by the national director of public health, Dr. Horacio Arruda.

In both Quebec and Canada, a mixed schedule, including a viral vector vaccine (AstraZeneca or Covishield) and an mRNA vaccine (Pfizer or Moderna), is considered to be entirely valid. The vaccines are considered interchangeable, following the recommendations of the Comité sur

l'immunisation du Québec (CIQ) and the Comité consultatif national sur l'immunisation (CCNI), and all offer very good protection against COVID-19.

Individuals in exceptional situations will be counselled on the appropriateness of receiving an additional dose based on their situation and needs, and will be asked to give their informed consent. The minimum interval of four weeks must be respected before an additional dose is administered.

As of Monday, 3,875 people have received an additional dose in Quebec out of a total of over 10 million doses administered in the province.

It was previously announced that people who have already had COVID-19 can obtain a second dose of vaccine, particularly if they wish to travel and must meet the requirement of a double vaccination.

Quebec reported 75 new cases of COVID-19 on Monday (298 new cases since the last update), bringing the total number of people infected to 376,828. There are currently 814 active cases in the province, and 364,774 people have recovered.

One death was reported since the last provincial update, for a total of 11,240 deaths.

Hospitalizations remained stable at 67, and 20 patients are currently in intensive care, a decrease of one since the last update;

Two new cases were reported in

the Estrie region, both in the Haute-Yamaska, for a total of seven active cases in the region, according to the CIUSSS de l'Estrie-CHUS.

Sherbrooke footbridge opens for pedestrians and cyclists

Record Staff

The new multipurpose footbridge on Route 220 in Sherbrooke is now accessible to pedestrians and cyclists, according to the city's mayor, Steve Lussier, and Transport Minister François Bonnardel.

"This new footbridge, which has been eagerly awaited by Sherbrooke residents, particularly those in the Saint-Élie sector, will ensure the safety of cyclists while greatly improving the flow of traffic," said Lussier.

The structure runs parallel to the Route 220 overpass between Dion

and Godin roads. The footbridge is also over Highway 10-55, which the minister believes will help solve the traffic flow problems in the area.

Motorists will have access to an additional lane, since cyclists and pedestrians will be funnelled onto the footbridge. According to Bonnardel, the government wants to encourage active transportation.

"With this bridge, we are making travel safer and more enjoyable for all road users," said Bonnardel. "Pedestrians and cyclists will benefit from a quality infrastructure that promotes active mobility."

Health professionals pushed to the brink

CONT'D FROM PAGE 1

that they have reached their breaking point and called on local health authorities to address the situation in several CIUSSS de l'Estrie - CHUS facilities.

The biggest source of concern for members of the FIQ-SPSCE is mandatory overtime, whereby nurses are forced to ignore their fatigue and family duties and work beyond the hours of their agreed contract, shared vice-president of labour relations for the FIQ-SPSCE, Stéphanie Goulet.

"Although mandatory overtime is supposed to be an exceptional measure, it's become a drug that establishments depend on," explained Goulet. "They know that it's destructive, but they continue to use it more and more."

For example, for the work schedule of July 18 to Aug. 14 alone, 2,355 Registered Nurse shifts and 1,187 Licensed Practical Nurse shifts remain unfilled. Therefore, these unfulfilled shifts will need to be filled by mandatory overtime, shared Goulet.

According to Goulet, many nurses in CIUSSS de l'Estrie - CHUS facilities are so overworked that after 16 hours of work, often without a break, their families have to pick them up at the hospital after their shift. However, just 10 minutes before, they are expected to have enough concentration to properly administer medications to their patients.

Therefore, mandatory overtime has not only made it nearly impossible to provide the quality of care to which the population of the Eastern Townships is entitled to, but it has also taken a toll on the physical and mental health of many healthcare professionals.

To make matters worse, when health care professionals express that they are overworked and refuse to work 16 hours in the same day, management typically threatens disciplinary action. Therefore, "mandatory overtime is killing the network," argued Goulet. "It has become inhumane, dangerous, and this barbarous practice cannot go on."

Therefore, members of the FIQ-SPSCE are calling for the Quebec Ministry of Health and Social Services and management of the CIUSSS de l'Estrie - CHUS to take immediate action.

To ensure the long-term survival of the network, local health officials must implement solutions to prevent health care professionals from being overworked, causing many to leave through early retirement, sick leave, by moving to the private health care system or completely changing their career paths.

"I have never seen such an intense crisis, and I have also never seen my colleagues as exhausted as they are right now," shared Stéphanie Dion, who has worked in the neonatology department at CHUS Fleurimont for

almost 18 years.

According to Dion, if management of the CIUSSS de l'Estrie - CHUS continues to implement the same inhumane working conditions, the care that patients deserve will no longer be given because nurses will no longer be able to complete their obligations.

"Presently, neonatology at CHUS Fleurimont only works because of the overtime provided by our health care professionals," explained Dion. Therefore, she is urging those who have decision-making capabilities to take action and to stop turning a blind eye.

"Like many others, being a nurse has been my dream since I was a little girl," shared Anne-Marie Sylvain, who has been a maternity and obstetrics nurse for seven years now. "However, that dream has recently become a nightmare"

"All we wish for right now is that no one dies, and we don't want to be the one there when that happens, but unfortunately, it will eventually happen if nothing changes," explained Sylvain.

According to Nathalie Lévesque, vice-president of the executive committee of the FIQ after hearing testimonies from multiple health care professionals from CIUSSS de l'Estrie - CHUS, "it is clear that the network is completely paralyzed, and it is time for change."

"Although this crisis can be

explained by the fact that health care professionals are taking time off for summer vacation, it is important to acknowledge that this can also be explained by the mismanagement and lack of accountability from the CIUSSS de l'Estrie - CHUS in recent years, especially during the pandemic," stated Lévesque.

At the beginning of the summer, FIQ-SPSCE members demanded the Quebec government for additional measures such as regulating services based on the amount of healthcare workers on the floor, reducing the number of operations in the surgical blocks, and paying health care workers double for mandatory overtime on weekends, shared Lévesque.

However, members of the FIQ-SPSCE state they have not yet had a response from Quebec's Ministry of Health and Social Services.

Following the call for action from members of the FIQ-SPSCE, the CIUSSS de l'Estrie - CHUS released a statement, stating that they are concerned about the work conditions for nurses in Quebec, particularly in the Eastern Townships. However, they do not believe that the network has reached a breaking point and have assured that all patients receive quality and safe care in every CIUSSS de l'Estrie - CHUS facility.

Bitter medicine, good for you



DIAN COHEN

If you have an outstanding balance on your credit card, get ready for a big surprise. Starting next week, Aug. 1, 2021, the minimum is going up.

The Quebec government has just amended legislation that went into effect two years ago. Right now, Quebec residents pay a minimum of 2.5 per cent of the amount they owe. Starting next week for Quebecers, that minimum will increase to 3 per cent, then will continue to increase 0.5 per cent every year until it reaches 5 per cent in 2025. This gradual increase applies only to accounts that are already open. Any new credit card account that's opened after Aug. 1 will carry a minimum payment of 5 per cent. That was also the case when the original Bill 134 came into effect.

The timing of this amendment is interesting, considering the fact that consumer credit card debt outstanding is at

a six-year low, as the pandemic induced lower spending through all of 2020. "Across the board in all age groups, we're starting to see people pay more than they actually spend on a credit card, which is a real positive behaviour change in terms of consumers," said Rebecca Oakes, assistant vice-president at Equifax, who said consumers paid \$11 for every \$10 they spent in January 2021.

Credit cards have always been a blessing and a curse – a blessing if used sparingly to purchase bargains and get paid off within the month; a curse because it's so easy to hand over a credit card without thinking of the 18, 21 or 28 per cent interest rate it carries if you don't pay off the balance in full.

A couple of questions come to mind: Why focus on minimum payments? Why not ensure that interest rates are not as high as 18 or 28 per cent? Why not ensure that people who are approved for credit cards are able to pay the balance off? The answers are complicated.

In Canada, regulation of a lot of things is split between the federal and provincial governments – credit cards among them. Regulation of interest rates is in the hands of the feds – namely the Financial Consumer Agency of Canada. Protecting the consumer belongs at both levels, but the province prevails.

Spokesman Charles Tanguay of the

Quebec Consumer Protection Office says the Quebec government is acting now because it is concerned that federal and provincial government emergency financial payments as well as credit payment deferrals will disappear soon and people need to rely only on the money they earn.

The Interest Act of Canada is silent on the level of interest rates – it basically says whatever rate the borrower and lender agree on is okay. The Criminal Code of Canada sets the maximum allowable annual interest at 60 per cent – interest above that level is usury and a criminal offence. (By this standard, credit card companies are shining examples of restraint.) However payday loans are exempt from Canada's usury laws.

The Canadian Bankers Association provides some rationale for the 20+ per cent rates: you get an interest-free period from purchase to payment – the card issuer pays the costs. And you get access to unsecured credit where no collateral is needed – the issuer assumes the risk of your defaulting on the loan. Finally, the card issuer pays the cost of processing millions of transactions, upgrading security and other technology, mailing statements, collecting payments and providing value-added rewards.

The Financial Consumer Agency of Canada (FCAC) monitors and supervises all federally regulated financial institutions. Michael Toope, spokesperson for FCAC says his agency makes sure that these financial institutions comply with all the regulations that are in place to protect consumers, but that "the financial institutions that issue credit cards make their own determinations about whether to issue credit cards to consumers who apply for them.... (our job) is to protect financial consumers by strengthening financial literacy, helping consumers understand how credit cards work."

The Quebec Consumer Protection Office (<https://www.opc.gouv.qc.ca/en/credit-cards-minimum-payment-maximum-interest/>) has an excellent website that's well worth a look. Here's an example of how much interest you pay if you don't pay off your balance in full each month. Say you found a great electric bike for which you paid \$1,000 using a credit card with a 19.9 per cent interest rate. Pay off 100 per cent of the balance – no interest charges. But pay only 5 per cent of the balance, you'll be charged \$414 in credit charges and it will take you almost five years to pay off the bike. And if you just pay the new minimum of 3 per cent, it will take you eight years and an additional \$852 in credit charges to pay off your debt. So

that great bike at \$1,000 has now cost you \$1,852. Not such a bargain after all. Of course, this minimum payment will keep your credit rating okay, but you're paying a stiff price.

M. Tanguay says his Office is always concerned about the overuse and abuse of credit cards: "These cards are supposed to be convenient when you don't have cash on you, but they can get you into a lot of financial trouble of you're not careful. If you miss a payment or you spend more than you can afford, additional credit charges add up quickly and make your total debt much higher than it was."

If you find yourself in one of these situations, especially after Aug. 1 when your next bill may be a shocker, there are counselling agencies to help: People's Budget Service of Sources www.sbpdessources.com T: 819 879-4173 or ACEF de l'Estrie www.acefestrie.ca T: 819 563-8144.

Most Quebecers are pretty good with money. According to Equifax, more than three million Canadians took advantage of credit payment deferrals since the start of the pandemic and four out of five of these have now completely exited the use of deferral programs. "Payment deferrals have been instrumental in preventing consumers impacted by the pandemic from becoming delinquent on their debt obligations. Even as consumers come out of deferral programs, the 90+ day delinquency rate for non-mortgage products stayed level in Q4 at 0.98 per cent. However, early-stage delinquency (where an individual has missed one or two months of payments) continued to rise during Q4."

"The numbers suggest recovery will remain very uneven," adds Rebecca Oakes. "Quebec, for example, has shown early non-mortgage delinquency continue to fall despite consumers leaving deferral programs... The support mechanisms across Canada remain pivotal in the prevention of further increased delinquency levels."

The best support I can think of is: don't use a credit card at all, but if you do, pay off the balance promptly each month. If you're going to rethink the card you have, or are just about to apply for a new card, you may want to check out <https://itools-ioutils.fcac-acfc.gc.ca/CCCT-OCCC/SearchFilter-eng.aspx> – this is FCAC's credit card comparison tool and it has dozens of options for cards with lower interest rates.

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Provincial rowing head coach cheers on former Knowlton club member

By Michael Boriero
Local Journalism Initiative

Gavin McKay was sitting on the edge of his seat Sunday evening, as he watched one of his former Aviron Knowlton athletes, Gabrielle Smith, book a spot in the final of the women's double sculls event in Tokyo.

"I was watching, and I was glued to the television. Everything that goes on there, you feel tingles on the back of your neck. You've got your heart up in your throat, it's pretty exciting. I just wish my cheers would pass through the television to Tokyo," said McKay.

Smith and her teammate Jessica Sevick will compete for gold at 8:18 p.m. Tuesday evening, according to McKay. The 46-year-old told The Record that it was an unforgettable moment, and he knew that if anyone could handle the pressure, it was Smith and Sevick.

"Our sport is not easy at all from a physical standpoint, but to deal with that," he said. "She's there with her teammate, Jessica, and both of them are just great people and they have a strong value set, and I think that at the moment they were really leaning on each other."

McKay is the high performance head coach of L'Association québécoise d'aviron, the province's rowing association. He met Smith in 2012, after she participated in the Row to Podium Program in Montreal. The program aimed to attract strong athletes.

They worked together for six years, attending several international competitions. McKay said he knew she had a legitimate chance at making the national rowing team. She has always been willing to put in the work, he explained, which separated her from other athletes.

"What became very clear is one, she is brave enough to take on a new sport, and also smart enough to recognize that she has the necessary talent and from that point forward she needed to make a large enough effort to make it happen," McKay said.

When he moved to Knowlton in 2015 to take on more duties as the lead coach for the Regional NextGen Program, and set up the national centre, Smith came along with him to continue her training out of Brome Lake. She eventually joined the Canadian national team in 2018.

"She is lining up a good performance already and so for me there's excitement, a feeling of accomplishment, and I would say it is just really intrinsically motivating and satisfying to see all that work that was done really pay off for her," said McKay.

When asked about the current situation in Japan — the Olympics has banned spectators due to COVID-19 — he noted that it is likely a strange feeling for many athletes. The rowing events are not particularly rowdy, but the noise level increases as the rowers reach the finish line.

"In a normal olympic situation you will be racing and it's pretty quiet for the majority of the race, but as you get close to the finish line you start to hear the roaring of the crowd and I think that's something that this group of athletes is going to miss," he said.

The Tokyo Olympic Games has been special so far, McKay added, athletes are going full tilt, and most of the rowing races have been a dead heat. Several Canadian teams have slipped into the final of their respective events by the finest of margins.

Smith has developed into a dominant rower, and she only started when she was 18 years old. McKay said rowing lives on the fringe of the sports world, and not a lot of young athletes consider trying it until they are in their teens.

However, when the Games roll around, rowing clubs often witness a surge in registration, as the sport gains visibility on the television screen, and especially when Canada is doing well. It is a demanding and physical sport, but McKay believes that it suits all ages.

"It's such a healthy activity that it can just lead to a lot of good things for people on that side and there is a really fun community and a great group of people who are involved across the country and in Quebec," he said.

McKay has been a rowing coach since 1993. He has never been to the Olympics, but he has witnessed many former athletes reach the top, and



COURTESY OF GAVIN MCKAY

Gavin McKay with Marilou Duvernay-Tardif, Gabby Smith and Anna Burnotte at a spring training camp in March 2018 at Shawnigan Lake, BC.

come home with a medal. His goal remains the same. He wants to train and propel the next generation of Olympic rowers.

"It's something that I've been saying for a while, not just about [Smith]. I have a belief in myself to help athletes rise up to that level, and also I've been in the sport of rowing for a long time. My interest is really developing athletes up to that level," said McKay.

Mary Simon installed as 30th Governor General, first Indigenous person to hold role

By Jordan Press
The Canadian Press

Gov. Gen. Mary Simon says the country must find the humility necessary to create a more just society, vowing she will play her role as the country's new representative of the head of state.

Simon officially became Canada's 30th Governor General, and the first Indigenous person to hold the role, during a ceremony Monday morning.

As she took her seat at the head of the Senate chamber, her husband, Whit Fraser, turned to her, took a small bow and then sat down next to Simon.

Speaking shortly after officially taking on the role, Simon said she has heard from Canadians who have challenged her to bring a new and renewed purpose to her office to deal with challenges the country faces.

Her maiden speech touched on a number of themes, but she noted the need to rethink how Canadians view reconciliation with Indigenous Peoples.

She said reconciliation won't be completed through projects and providing services to Indigenous Peoples, but is rather a way of life that requires daily work and getting to

know one another.

"To meet this moment as Governor General, I will strive to hold together the tension of the past with the promise of the future, in a wise and thoughtful way," she said in her speech.

"Our society must recognize together our moments of regret, alongside those that give us pride, because it creates space for healing, acceptance and the rebuilding of trust. I will strive to build bridges across the diverse backgrounds and cultures that reflect our great country's uniqueness and promise."

Prime Minister Justin Trudeau named Simon, an Inuk leader and former Canadian diplomat, as his choice to be the Queen's representative in Canada earlier this month, replacing Julie Payette who resigned in January.

Her choice came amid a national reckoning with the country's historical mistreatment of Indigenous Peoples, including horrific findings of unmarked graves at the sites of former residential schools.

"Clearly, this signals a further step on the path toward reconciliation, with the Indigenous Peoples of Canada starting to find our rightful place in Confederation," said David

Chartrand, president of the Manitoba Metis Federation, in a statement on Simon's installation.

Trudeau said in a statement that he expects Simon to help the country confront difficult truths about the past, and walk the shared path of reconciliation.

He also said Simon will use her unique experiences to represent Canadians in all their diversity, at home and abroad, and in both official languages.

Trudeau was among the 44 people allowed to witness the ceremony in person as public health guidelines set limits on attendance and mask requirements for all in the chamber.

Despite requests from officials that people avoid gathering, a crowd of people stood across the street, awaiting Simon's arrival for the ceremony.

When she stepped on to the red carpet, the crowd began clapping and cheering. As the cheering quieted, someone in the crowd yelled, "down with the monarchy," before adding, "free yourselves."

Simon's red carpet welcome saw Trudeau, Heritage Minister Steven Guilbeault, Supreme Court chief justice Richard Wagner and Sen. Marc Gold, the government's representative in the upper chamber, spread out and



THE CANADIAN PRESS/RYAN REMIORZ

Governor General Mary Simon and her husband Whit Fraser wave before entering Rideau Hall, Monday, July 26, 2021 in Ottawa.

bumping elbows in lieu of handshakes.

She then turned to a First Nations drumming circle, nodding her head ever so slightly to the beat, before heading inside and being accompanied by a traditional Inuit drummer on her way into the Senate chamber. Inside the chamber, a traditional Inuit oil lamp remained lit during the ceremony.

EDITORIAL

If we limit speech by cancelling those we disagree with, other societal pillars also face peril. When expression is compromised, which freedom is next?

Can we cancel 'cancel culture'?

By Dino Sossi
Instructional Assistant,
Technology and Media, University of
Toronto

Alexi McCammond's journalism career was rapidly ascending. She was a political reporter for Axios and a fixture on cable news.

Jeffrey Toobin was an award-winning lawyer-turned-journalist. He wrote for The New Yorker, provided legal analysis on CNN and authored a New York Times best-selling book on O.J. Simpson.

And Mimi Groves was accepted to the renowned University of Tennessee's cheer team, who were reigning national champions.

Each life was charmed.

But social media's penetrating gaze and uncontrollable virality unearthed troubling personal moments for each of them. Their lives became disrupted in ways once unimaginable.

Digital fall from grace

In March 2021, McCammond was primed to assume the editor-in-chief position at Teen Vogue. However, offensive tweets from her teenage years resurfaced. Staff members were outraged and McCammond resigned before she even started.

Toobin was caught exposed during a staff Zoom call, costing him multiple jobs.

And a seconds-long Snapchat video showed Groves stating a racial epithet. Public pressure forced Groves off her beloved Tennessee cheer team, and she later withdrew from the university.

Different circumstances, similar results and each was embroiled in cancel culture. Cancel culture is "promoting the 'cancelling' of people, brands and even shows and movies due to what some consider to be offensive or problematic remarks or ideologies."

This phenomenon has exploded due to social media's amplifying powers, society's deep divisions and

difficulties redressing longstanding inequities.

Violating standards of public morality can exact severe consequences, both online and off. This includes penalizing both the transgressors and those harmed by their offensive words or deeds.

The roots of cancel culture

Cancel culture arose in the popular consciousness decades ago. It is paradoxical that a term now used to counter problems like sexism emerged from a song about a bad romance that was later incorporated into a misogynistic movie scene.

Legendary Chic guitarist Nile Rodgers wrote the song Your Love Is Cancelled in response to a date gone awry.

And in dialogue based on that song, Wesley Snipes' character Nino Brown dumps his girlfriend in 1991's iconic movie New Jack City: "Cancel that b—h. I'll buy another one." Nino's fiery command is harsh and unforgivable.

At its best, cancel culture minimizes regressive attitudes like Nino's sexism. It brings them public attention and earns disapproval. Ideally, the targets rethink their position. And even better? They make amends.

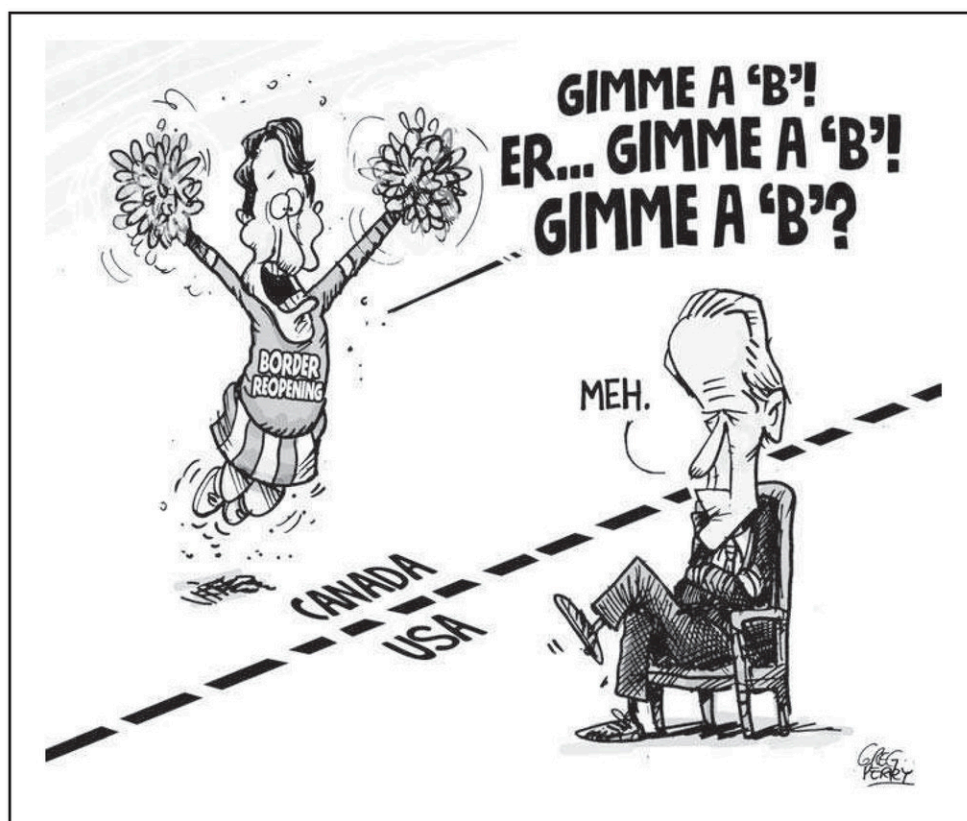
The right to free expression

Democracies celebrate free expression — it is essential to their functioning. In liberal democracies, like Canada and the United States, constitutional protections safeguard a wide range of speech.

But at its worst, cancel culture curtails speech. It threatens this longstanding fundamental freedom. If we limit speech by cancelling those we disagree with, other societal pillars also face peril. When expression is compromised, which freedom is next? Freedom of assembly? Freedom from fear?

Endless purgatory

Cancel culture can grievously impact the cancellee's professional



status. Their livelihoods could end. Think of comedians Louis C.K. or Aziz Ansari — their once-flourishing careers have withered indefinitely.

The debate regarding what to do with those who have been cancelled persists: Should their careers be terminated entirely, forever and without review? Should they be penalized in proportion to their offence? Should their punishment have an end date?

Cancellation is a widespread viral online phenomenon. Due to its essence, it must exist within public discourse to produce its full effects. Given that it occurs among members of wide-ranging internet communities, trying to tailor cancellations on a case-by-case basis seems improbable. Once guilty in the court of public opinion, there is no appeal.

Ideological divide

We live during a particularly fraught political moment. The ideological division between right and left in today's politics seems like an impassable chasm. This perilous gap has never felt wider.

One month before the last presidential election in the United States, nine out of 10 voters believed the other side's victory would lead to "lasting harm." And both sides claim their speech has been unjustifiably chilled.

During this era of cancellation, opponents' transgressions are demonized. Slamming someone as irredeemably wicked on Twitter

becomes common. Lives are irrevocably upended. We no longer reconcile differences with respectful conversations.

The long-term outlook for public spaces as marketplaces of ideas becomes worrisome.

Nuanced considerations

But there is hope. A Politico survey conducted in July 2020 found that 27 per cent of American voters believed that cancellation could positively impact society. From this, the negative valence of cancel culture has the potential to be marshalled for more positive ends.

For example, cancel culture could champion pro-social movements that are broadly accepted, like the fight against racism. Following the unspeakable death of George Floyd, support for intractable social problems is strong. A 2020 poll showed that two-thirds of Americans supported racial justice protests. This work is of fundamental social importance and requires constant vigilance. Cancel culture could combat racist expression, ultimately promoting social justice.

Coping with COVID-19 has brought longstanding inequalities into sharp relief. These include racial and class differences driving unacceptably poor health outcomes. Cancel culture's dependence on the whim and will of the masses means that we cannot move forward together if we speak separately and alone.

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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Local Sports

Expos offense shines in busy three-game week

Record Staff



VINCENT LÉVESQUE-ROUSSEAU

With two wins and a loss last week, the Sherbrooke Expos climbed back into second place in the Ligue de Baseball Majeur du Québec (LBMQ) Louisville Slugger Division.

However, the Expos still have a lot of work to do this season. They have two games in hand over the rest of the division. Sherbrooke struggled out of the gates, but they have been stringing together more complete games over the past couple of weeks.

Last Wednesday, the Expos grounded an offensively-challenged Montreal Jets 6-1 at Raymond-Davault Stadium. Sherbrooke found a groove late in the game, scoring three runs in the fourth inning, and adding two more runs in the fifth.

Expos pitcher Oscar Rodriguez struck out eight batters in five innings, claiming his third win of the season. Sherbrooke returned home on Friday evening for a meeting with the Victoriaville Cactus. It was a hard-fought game, but the Cactus came out on top 5-3.

After Sherbrooke jumped out to a 3-0 lead in the fifth inning, it looked as though the home crowd at Amédée-Roy Stadium were going to be treated to a victory. But Victoriaville had other plans in the sixth inning. The Cactus exploded for five runs to steal the game.

Victoriaville stunned roughly 300 Sherbrooke spectators thanks to a three-run double from Pierre-Olivier Marcoux, and another run from Pier-Olivier Dostaler. Cactus pitcher Etienne Blanchette was lights out, allowing only five hits in the game.

The Expos returned with a vengeance on Saturday, though,

pummeling the Saint-Jérôme Cardinals 15-3. It was just the second time this season Sherbrooke put up 15 or more runs on the scoreboard. Eric Cyr made his first appearance as starting pitcher for the first time since 2018.

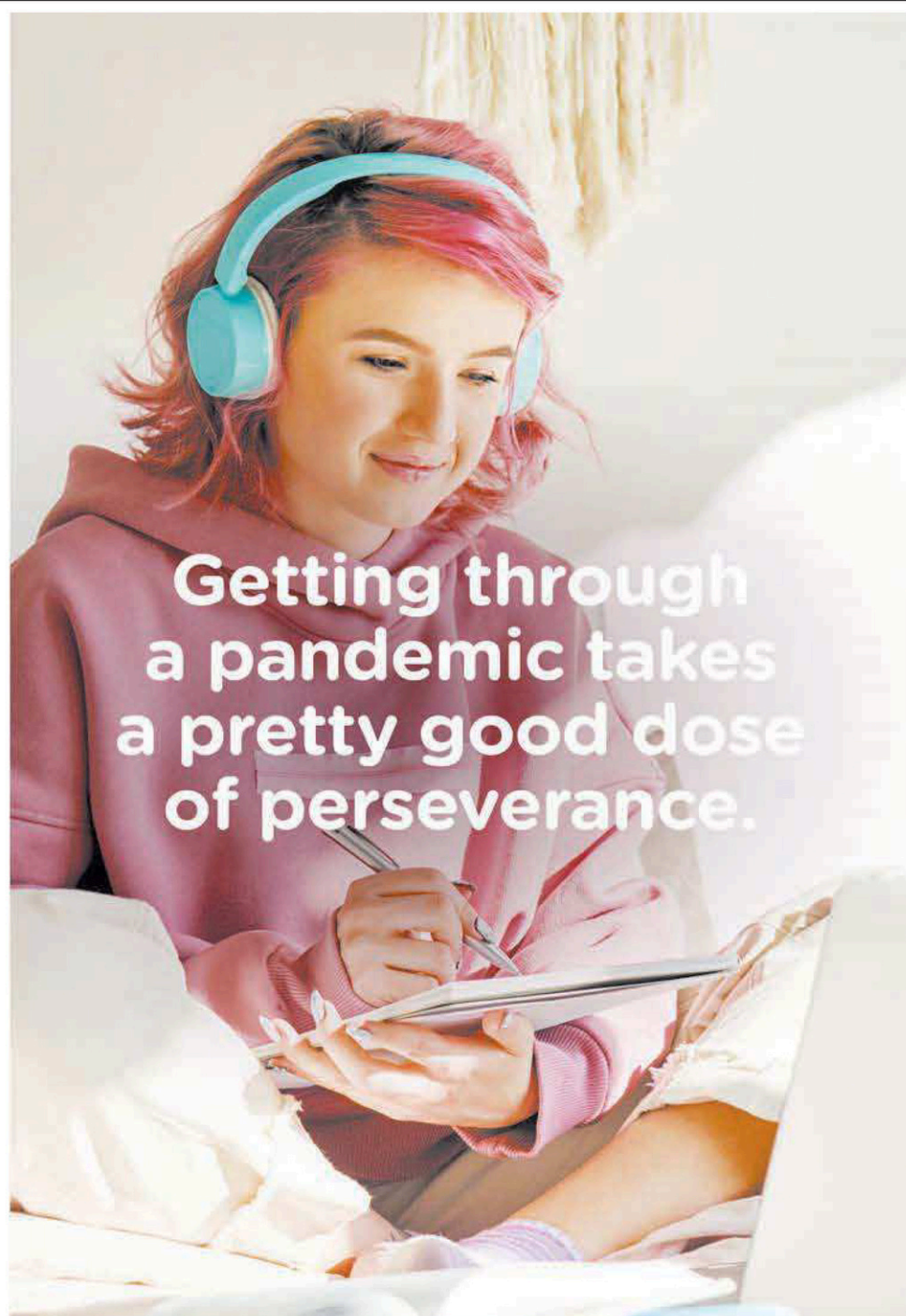
Cyr allowed one unearned run and four hits through five innings. The Expos poured in 12 runs between the fourth and sixth inning. Sherbrooke started to pull away after a three-run shot over left field courtesy of Christophe Jutras.

Jutras and Matthew Adams-Whittaker each scored four runs in the game. Sherbrooke's offence battered the Cardinals' pitchers with 17 hits in total. Saint-Jérôme's Tristan Beaudin suffered his first loss of the season.

The Expos play two home games this weekend. They face the Shawinigan Cascades on Saturday afternoon, followed by a showdown on Sunday evening with a division rival the Acton Vale Castors.



VINCENT LÉVESQUE-ROUSSEAU



Getting through a pandemic takes a pretty good dose of perseverance.



And above all, a 2nd dose of vaccine.

Quebec.ca/COVIDvaccine

Votre gouvernement

Québec

In Memoriam

In loving memory of
Gisele Compagna Danforth

July 27, 2016



May the winds of heaven
blow softly
and whisper in your ear
how much we love and miss you
and wish
that you were here
.....already 5 years has gone by
Love your family

TUESDAY, JULY 27, 2021

Today is the 208th day of 2021 and the 38th day of summer.

TODAY'S HISTORY: In 1789, Congress established the Department of Foreign Affairs, later renamed the Department of State.

In 1953, a Korean War armistice was signed after three years of fighting.

In 1974, the House of Representatives voted to recommend the first article of impeachment against President Nixon. In 1996, a bomb exploded in an Atlanta park during the Summer Olympics, killing one person.

TODAY'S BIRTHDAYS: Hilaire Belloc (1870-1953), writer/historian; Leo Durocher (1905-1991), baseball player/manager; Norman Lear (1922-), TV producer/writer; Jerry Van Dyke (1931-2018), actor; Bobbie Gentry (1944-), singer-songwriter; Peggy Fleming (1948-), figure skater; Donnie Yen (1963-), actor; Triple H (1969-), professional wrestler; Nikolaj Coster-Waldau (1970-), actor; Maya Rudolph

Datebook

(1972-), actress; Alex Rodriguez (1975-), baseball player; Jonathan Rhys Meyers (1977-), actor; Jordan Spieth (1993-), golfer.

TODAY'S FACT: The Republic of Korea (South Korea) refused to sign the armistice agreement that ended the Korean War. It has never made a peace treaty with the Democratic People's Republic of Korea (North Korea).

TODAY'S SPORTS: In 1986, 83 years after the Tour de France was established, American cyclist Greg LeMond became the first non-European to win the race.

TODAY'S QUOTE: "I've been writing jokes since I was a kid, and it served me well at 'SNL.' I can write those in my sleep. In fact, I have." – Maya Rudolph

TODAY'S NUMBER: 4 – Major League Baseball teams (Dodgers, Giants, Cubs and Astros) managed by Leo Durocher on his way to a career total of 2,009 wins.

TODAY'S MOON: Between full moon (July 23) and last quarter moon (July 31).

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Melatonin can be useful nonmedical solution for sleep issues

ASK THE DOCTORS
By Eve Glazier, M.D., and
Elizabeth Ko, M.D.

Dear Doctor: Melatonin gets mentioned a lot when people talk about the problems they have with getting to sleep. I've been thinking about trying it to help me stay asleep, but I'm not really sure that I understand it. What is melatonin, and how does it work?

Dear Reader: Getting adequate and high-quality sleep was already a challenge before the pandemic. These days, a good night's sleep has become even more elusive. Stress, anxiety and a decrease in physical activity all play a role. So can the amount of time we spend indoors, which separates us from the changing light cues our bodies use for sleep regulation. Rather than prescription sleep aids, many people are seeking out nonmedical solutions. Among these is melatonin. It has been part of the can't-sleep conversation for so long, and is so widely available, it's

easy to be aware of it without knowing what it is.

Melatonin is a hormone produced by the pineal gland, which is located in the middle of the brain. It processes information about cycles of light and dark in the environment and plays an important role in the timing of our body's circadian rhythms, which are the 24-hour cycles of our internal clocks. As daylight fades and night arrives, the shift from light to dark triggers the pineal gland to begin to secrete melatonin. It's released into an area of the brain known as the third ventricle, and from there it enters the circulatory system. Secretion of the hormone begins soon after sundown, peaks at about 2 or 3 a.m., and then gradually decreases. The decline of melatonin levels toward the end of the sleep cycle helps with awakening.

Melatonin itself doesn't actually cause sleep. Rather, it affects the complex array of metabolic processes that set the stage for sleep.

Melatonin receptors have been found in virtually every part of the body, including the skin, kidneys, lungs, liver, breasts, gall bladder and small intestine.

Although we mainly think about melatonin in relation to sleep, it's fascinating to note the hormone has a wide scope. It's involved in the regulation of blood pressure and body temperature, distribution of the blood supply, immune response, antioxidant activity, body mass, bone density, sexual maturity and reproduction. However, the specifics of its roles outside of the sleep-wake cycle are not yet fully understood.

With our use of artificial light to extend day into night, we alter the pineal gland's cycle of melatonin production and release. This has led to the popularity of melatonin supplements. Research shows that it is safe for short-term use and may be useful for those who struggle to fall and stay asleep. It can also help with

the effects of jet lag.

Start with a small dose, about .05 milligrams, taken two to three hours before bed. Potential side effects can include headache, nausea, dizziness and grogginess. People with major health conditions such as liver or kidney failure, or women who are pregnant, should seek medical guidance before trying it. And don't forget about the importance of limiting bright light a few hours before bed, particularly the blue light that emits from computer, tablet and smartphone screens.

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, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10880 Wilshire Blvd., Suite 1450, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.)

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NEA Crossword Puzzle

Your Birthday

TUESDAY, JULY 27, 2021

- ACROSS**
- 1 Help letters
 - 4 Trims back
 - 8 Make a mad dash
 - 12 Completely
 - 13 Eros, in Rome
 - 14 Reason to cram
 - 15 Result in (3 wds.)
 - 17 Strauss of denim
 - 18 Roman garments
 - 19 Diving duck
 - 20 Koan discipline
 - 22 Rocky Mountain hrs.
 - 23 Good-natured
 - 26 Self-images
 - 28 Ordinance
 - 31 Pandora's boxful
 - 32 Get-up-and-go
 - 33 Groom's reply (2 wds.)
 - 34 Large green parrot
 - 35 Yes, in Yokohama
 - 36 Sharif or Bradley
 - 37 Telepathy, briefly
- DOWN**
- 1 Road crew's supply
 - 2 Bread spread
 - 3 Refinery waste
 - 4 Make happen
 - 5 Ref's cousin
 - 6 Tyke
 - 7 Marquee notice, for short

Answer to Previous Puzzle

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

- 8 Ignited again
- 9 Canned
- 10 Under-ground chamber
- 11 Sultan's cousin
- 16 Stuns
- 19 Super-man's emblem
- 21 Sister's boy
- 22 Down in the dumps
- 23 Goddess of victory
- 24 Lands in "la mer"
- 25 Give a hand
- 27 Paraphernalia
- 28 Capital of Peru
- 29 Father of Seth
- 30 Sported
- 36 Leering sort
- 38 Still of "Zoolander"
- 40 Limerick writers
- 42 Wide cravat
- 43 Raw metals
- 44 Disrobed
- 45 No future
- 47 Eatery
- 48 - - -foot pole
- 49 Have occasion for
- 51 Male swan
- 52 Melodrama shout
- 53 Nothing

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
18									19			
			20		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		

Wasting time on the impossible will not get you where you want to go. Maximize your time, and you will surpass your expectations. Don't let uncertainty hold you back. Stretch your mind, explore what excites you and forge ahead with enthusiasm.

LEO (July 23-Aug. 22) - Look for alternative learning methods that will keep you sharp, current and better equipped to navigate your way to the top. Change begins within, and discipline will be necessary.

VIRGO (Aug. 23-Sept. 22) - Use your imagination and express your intentions, and you'll captivate the minds of like-minded people. Step into a leadership position and set a strategy that will lead to opportunities.

LIBRA (Sept. 23-Oct. 23) - Gather information that will help you determine your best professional or financial move. Take the initiative and be a problem solver, and doors will open. Group endeavors will gain recognition.

SCORPIO (Oct. 24-Nov. 22) - Spend more time working toward a personal goal. Make an effort to declutter your space. Letting go of the past will set you free and prompt you to start a new chapter in your life.

SAGITTARIUS (Nov. 23-Dec. 21) - Refuse to let anyone play with your emotions. Question whatever sounds suspicious, and be practical when dealing with others and their ideas. Focus on personal growth.

CAPRICORN (Dec. 22-Jan. 19) - Take the route that suits your needs. Put

more time into staying fit and healthy and building equity and financial stability. The aim is to ease stress, not to ramp it up.

AQUARIUS (Jan. 20-Feb. 19) - Stop worrying about what others do and pay attention to what you can do to make your life better. Take responsibility and put your plans in motion. Set high standards and strive to reach your goal.

PISCES (Feb. 20-March 20) - Turn a negative into a positive. A change someone makes will benefit you if you are quick to react and take advantage of what's available. Create what you want in your mind, then make it happen.

ARIES (March 21-April 19) - Look for a direct route to avoid confusion. You'll require discipline if you want to avoid backtracking. Reach out to someone in the know, and it will help you eliminate mistakes.

TAURUS (April 20-May 20) - Uncertainty will set in if you let others make decisions for you. If you do things yourself, you'll gain perspective and make connections that will help you advance. Romance is on the rise.

GEMINI (May 21-June 20) - Learn from experience and stay in control. You know what you want better than anyone, so follow through with your plans from beginning to end. Don't forgo an opportunity to please someone.

CANCER (June 21-July 22) - Step up and do things your way. Take control, make a statement and expand your circle of friends. An adjustment to please a friend, relative or loved one will lead to an unexpected opportunity.

TUESDAY, JULY 27, 2021

The bidding counts declarer's hand

By Phillip Alder

Dr. Samuel Johnson wrote, "If he does really think that there is no distinction between virtue and vice, why, Sir, when he leaves our houses let us count our spoons." Fair enough, assuming you don't - in a modern setting - forget what is in the dishwasher.

At the bridge table, the same thing applies. It isn't hard to count out a deal, but most players can't be bothered, misdefending or misplaying as a consequence.

Against four spades, West led the club ace. When East signaled encouragement with the eight, West continued with the club king and the club three, East ruffing with the spade four. Thinking he had the setting trick, East tried to cash the diamond ace. However, South ruffed, played a spade to dummy's queen, crossed back to the spade king, cashed the heart ace, ruffed the heart three with dummy's last spade and cashed the diamond king, discarding his heart six. Declarer ruffed a diamond back to hand, drew East's last trump and claimed, his hand being high.

West wasn't pleased. "You knew

		North	07-27-21
		♠	Q 4 3
		♥	2
		♦	K J 7 4 3
		♣	9 7 5 4
West		East	
♠	10	♠	J 9 8 7
♥	10 9 8 7 4	♥	J 5
♦	Q 10 6	♦	A 9 8 5 2
♣	A K 10 3	♣	8 2
		South	
		♠	A K 6 5 2
		♥	A K Q 6 3
		♦	—
		♣	Q J 6
		Dealer: South	
		Vulnerable: East-West	
South	West	North	East
1♠	Pass	2♠	Pass
3♥	Pass	3♠	Pass
4♥	Pass	4♠	All Pass
Opening lead: ♣ A			

South had at least five-five in the majors from the auction. And by trick three he was also known to have three clubs. How could he have any diamonds? Just return a trump (or a heart) at trick four, and he cannot do everything. He must lose either a heart trick to me or another trump trick to you."

As Confucius might have said, "When you have count of three suits in declarer's hand, you can work out his length in fourth."

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.

" B ' U P G P N H P F H V P T R F C W P M C O O V P Z
 M I J R B V Z W P S , C X N R F D E R N R P I T P W P
 S P U P W J R B V Z W P S N R P G X P V U P X ."
 — G C I C W D Z F V H R

Previous Solution: "Don't take life too seriously and always remember: It is just a passing fad." — Mick Jagger

TODAY'S CLUE: *g equals E*

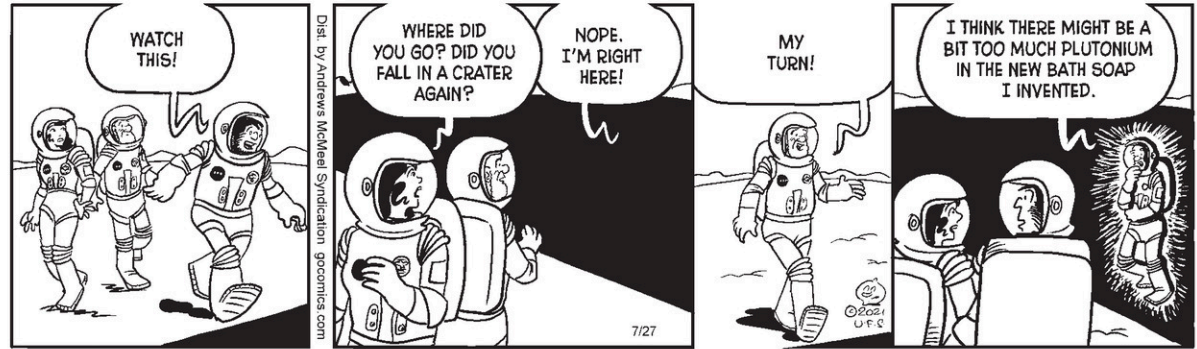
REALITY CHECK



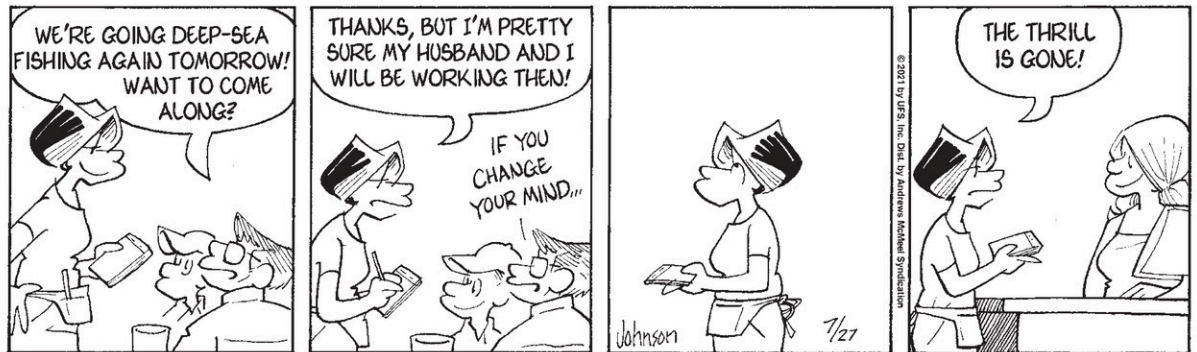
HERMAN



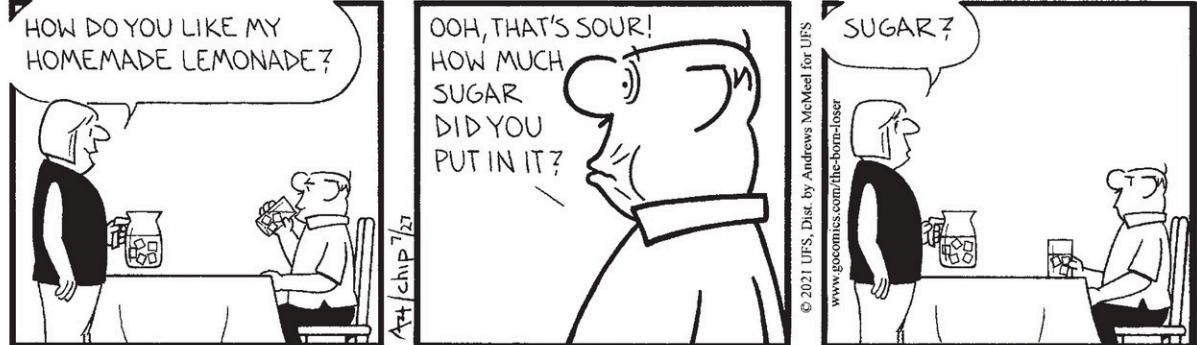
ALLEY OOP



ARLO & JANIS



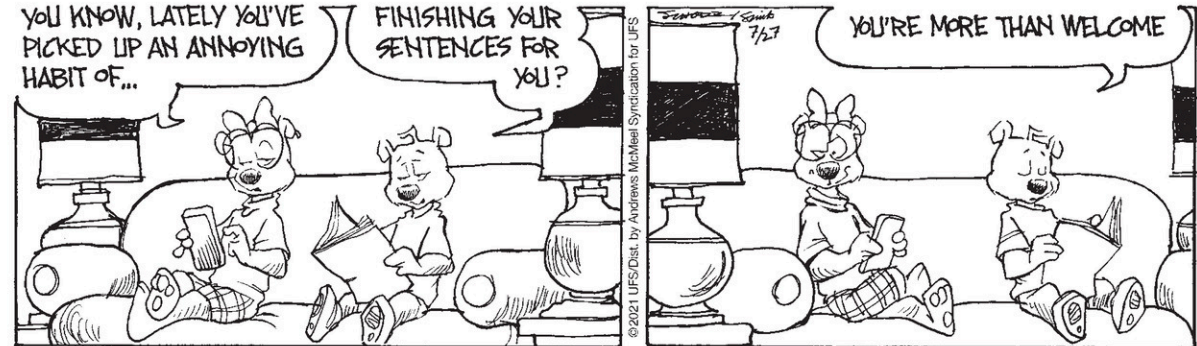
THE BORN LOSER



FRANK AND ERNEST



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By Christopher Kimball
 THE ASSOCIATED PRESS

To the uninitiated, the Italian pairing of melon and prosciutto may sound odd. But anyone who tries it learns the sweet fruit combines with salty richness into a deceptively simple whole greater than the sum of its parts.

For the height of summer, we kept that lesson in mind as we riffed on the savory-sweet classic in our book "COOKish," which limits recipes to just six ingredients without sacrificing flavor. A base of watermelon plus savory fresh tomato offers a cooling, vibrantly colored salad that comes together in just minutes.

To keep the dish vegetarian, we

Melon Salad

skip the cured meat in favor of goat or feta cheese, the richness of which balances the sweet fruit. We temper the pungency of savory shallot with a short soak in white balsamic vinegar, and fresh basil (or mint) adds color and herbal notes.

Don't forget to salt the melon and tomato first in a colander. This step pulls out excess liquid, which keeps the salad from turning soggy.

MELON SALAD

Start to finish: 30 minutes
 Servings: 4

2 cups (about 8 ounces) 1-inch cubes watermelon OR honeydew
 2 pounds ripe tomatoes, cored and cut into rough 1-inch chunks
 Kosher salt and ground black

pepper
 1/4 cup white balsamic vinegar
 1 medium shallot, sliced into thin rings
 1 cup lightly packed fresh basil OR mint, torn if large
 Extra-virgin olive oil, to serve
 2 ounces fresh goat cheese OR feta cheese, crumbled (1/2 cup)

In a colander, toss the melon and tomatoes with 1/2 teaspoon salt; set aside. In a large bowl combine the vinegar and shallot, then let stand for 10 minutes. Pour off and discard the vinegar, then add the melon-tomato mixture and basil to the bowl. Drizzle with oil and toss, then season with salt and pepper. Transfer to a serving bowl and top with cheese.

Dear Annie

TUESDAY, JULY 27, 2021

Dear Annie: My wife and I have been married for four years. I have never been married before, and my wife, "Gertrude," was divorced when we married.

While dating, Gertrude told me about how her ex-husband would verbally abuse her and her child. But now Gertrude is treating me the same way she says she was treated by her ex, making the same types of comments and doing to me almost exactly what she told me he did to her, yelling and screaming for nothing.

I have mentioned to her several times that she is treating me exactly how she described her ex-husband treating her. I am getting extremely frustrated.

I love my wife and want our marriage to last. I have asked her to stop treating me in such a way, but it continues. Gertrude and her ex were married for 10 years, and we met two years after their divorce. I cook, clean, do yard work, work full-time and pay the bills - all the things she complained her ex never did. What advice can you give? - Extremely Frustrated

Dear Extremely Frustrated: Seek marriage counseling as soon as you can. If your wife refuses to go, then attend counseling alone. No one deserves to be verbally abused. It can be as damaging to your self-esteem and just overall sense of happiness as being physically abused.

When you tell her that she is treating you the same way her ex treated her, what does she say? If she agrees and says she wants to change, there is hope. If she gets defensive and blames you, then saving this marriage will be much harder. Both partners have to want to change their behavior and have mutual respect for each other. First, you must respect yourself enough to stop this behavior.

Dear Annie: I have three sons

with whom I have no relationship. Two are drug addicts and alcoholics, and one is a narcissist. Their father was emotionally abusive, and after 22 years of marriage and much counseling, I finally divorced him.

My sons don't care about me, let alone love me. I have tried for the past 20 years, since the divorce, to have a close relationship, but to no avail. They just don't care. My heart has been broken in two over and over. My therapist agrees with me to let it go by not contacting them anymore since they never respond. It's so hard, but I'm trying. If I completely let go, I know I'll never ever hear from them again. - Should I Let Go for My Own Sanity?

Dear Should I Let Go: Your sons had a very turbulent childhood, and most likely, they love you but are just mad at you, their father and the entire situation. Hurt people hurt people, and it sounds like they are hurting with alcohol, drugs and narcissism. I'm not sure you can "let go" of your children, no matter how old they are. What you can do is work on your own anger, hurt and regret about what happened and heal from it.

The more you forgive yourself, your ex-husband and actions that your grown children have done by pushing you away, the more at peace you will be. The more you are at peace, the greater likelihood they will come back to you when they are ready and in need of support. If they don't come back, at least you will be living with more joy.

"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.

SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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PREVIOUS SOLUTION

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HOW TO PLAY:

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

THE RECORD

APP

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Eastern Townships cultural communities benefit from federation funds



President of the Fédération des communautés culturelles de l'estrie, and Office Director for Compton Stanstead MP Marie Claude Bibeau.

...ion des communautés culturelles de l'estrie (FCCE), the Sherbrooke group working to bring regional community organizations, advocacy and Eastern Townships, re-115,000 from the Fed-erment on Monday morn-

Eastern Townships on storm watch

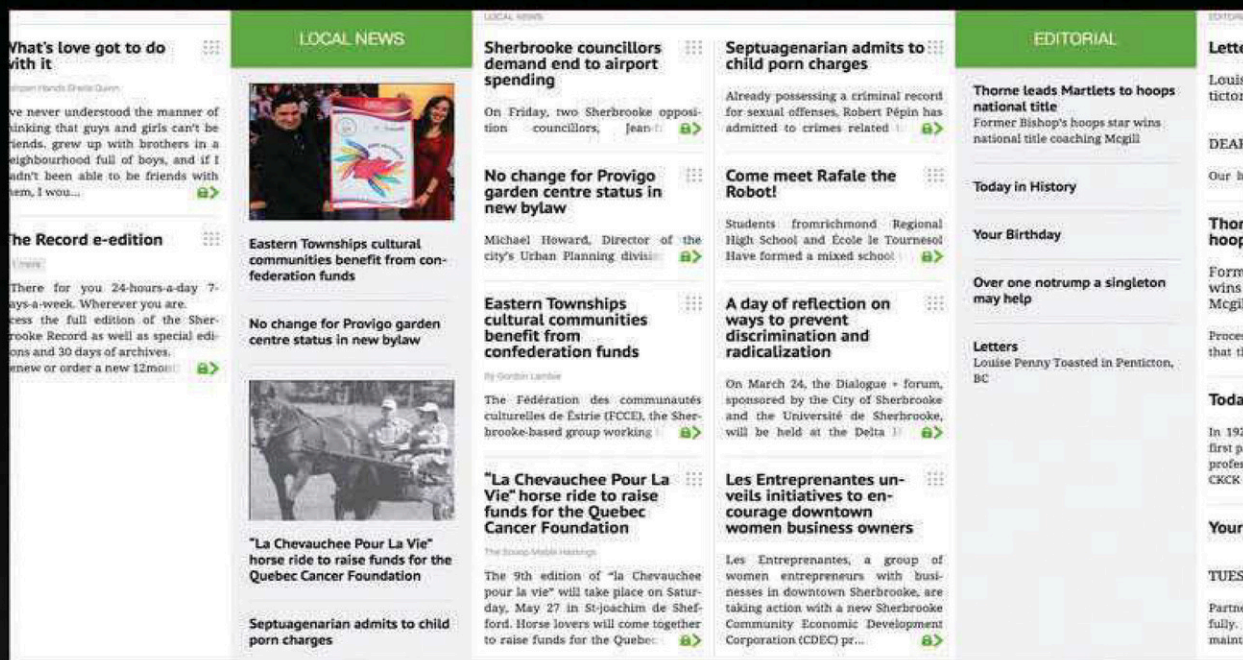
Continuing the winter that doesn't seem to know what to do itself, the Eastern Townships re- is on watch to receive anywhere between 10 and 45 cm of snow to- a storm that Environment Canada referring to as "hazardous"

According to the warning is- yesterday afternoon, a low pres- system developing over the Ce- United States will track toward- coast of New England today as it- tensifies. The weather system is- dictated to hit much of Southern- Central Quebec with snow begin- in the morning. At the time snow- amounts through Wednesday- evening were expected to get as- as 45 centimetres over a numbe- areas, especially in the Eastern T- ships, Beauce, and Charlevoix re- and parts of the Gaspé Peninsula.

In addition to the snow, no- easterly winds of between 70 and- kilometres per hour are expec- meaning that those who choos- brave the outdoors could expe- near-zero visibility as a result of- already falling from the sky.

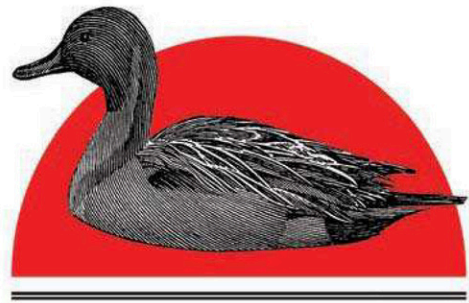
"Consider postponing non-ess- tial travel until conditions- prove," the weather service war- "Road closures are possible."

The winter of 2016-17 has



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More than 200 additional households to benefit from high-speed internet

BCN Staff

The federal and provincial governments announced new projects that will allow more than 18,200 additional Quebec households to have access to high-speed internet services by September 2022. This is made possible by a joint investment of \$94 million through Canada-Quebec Operation High-Speed, which provides financial support for projects by cooperatives, non-profit organizations and local businesses.

MNA for Brome-Missisquoi, Isabelle Charest, and MP for Brome-Missisquoi, Lyne Bessette, noted that 260 additional households in the MRC Brome-Missisquoi will be able to benefit from high-speed Internet access offered by IHR Telecom.

As highlighted in a press release, the Éclair II component of Operation High-Speed complements projects announced last March bringing the number of new homes that will have access to high-speed Internet over the next 15 months to approximately 232,000.

The work funded by Operation High Speed is a key element of Quebec's digital shift and will promote access to telehealth, remote education, entertainment, online shopping and remote work.

Ding's organizes a fundraiser in support of the BMP Hospital oncology department



TAYLOR MCCLURE

Arlene McKellar, pictured with her husband and her adopted grandson, organized a fundraiser on Friday with proceeds going to the oncology department at the BMP Hospital.

By Taylor McClure
Special to Brome County News

On Friday, Arlene McKellar, owner of Garage Ding's and well-known community supporter, turned her own personal experience with cancer into a fundraising event for the Brome-Missisquoi Perkins Hospital oncology department. McKellar, recently diagnosed with breast cancer, wanted to give back to the medical

team and the community that have been supporting her throughout her journey. Confidently rocking her new buzz cut, with her hair going towards a children's wig, a donation jar has been set up at Ding's, along with a Go Fun Me campaign organized by McKellar with a goal to raise \$2,500 for the Foundation.

Rather than simply contribute to the Foundation's annual Cancer Walk, McKellar wanted to make a more personal contribution so decided to

organize a GoFundMe to get it out there," said McKellar.

McKellar had surgery to remove a tumour discovered Easter weekend and is starting chemotherapy treatments. "Cancer is a scary word, but I lucked out because it seems I got the best of a bad situation."

When her oncologist told her that losing her hair was inevitable, McKellar decided to organize a fundraising event.

CONT'D ON PAGE 4

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Brome County Community Bulletin Board

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

Sunday services cancelled until further notice. See the announcement for Grace Anglican Church to join the on line meeting on Sunday mornings. Information: Rev Tim Smart 450-538-8108

BEDFORD PASTORAL CHARGE OF THE UNITED CHURCH OF CANADA

Joint Sunday worship service via Zoom is available in partnership with Emmanuel, Cowansville. Sundays at 10:30 a.m. (For details, see Emmanuel United Church.) The Ridge outdoor service will be held on August 8. Church office: 450-248-3044; email: bedford.pastoral@yahoo.ca

CREEK/WATERLOO PASTORAL CHARGE

Church worship services are

available on Facebook Live for the foreseeable future. Please contact the Rev. Dave Lambie for virtual pastoral care. Creek United, 278 Brill Rd., West Bolton, St. Paul's United, 4929 Foster, Waterloo, Reverend Dave Lambie, minister. For information or to leave a message call: 450-539-2129. Sunday Service is available for now on Facebook Live through the page of none other than Dave Lambie.

EMMANUEL UNITED CHURCH

Join us Sunday, 10:30 a.m., at the hybrid outdoor (live & Zoom) service in the Cowansville Cemetery beside Emmanuel. The service can be moved inside if inclement weather, with adherence to pandemic protocols. The Zoom link will be in the Friday newsletter. We are singing golden oldies (hymns) throughout the summer.

Minister: Rev. David Lefneski, 450-955-1574. Church office: 450-263-0204; email: capcchurchoffice@bellnet.ca

ÉGLISE CATHOLIQUE ST. ÉDOUARD CATHOLIC CHURCH

Our 10:30 a.m. Sunday Mass has

resumed as we adhere to the strict protocols established by the Quebec Public Health Department. Thank you for your understanding. For more information, call: 450-263-1616 or visit the website <http://unitedesvignes.org>

GRACE ANGLICAN CHURCH

Grace Church Sutton, now meets online on Sunday mornings at 10:30 am. Everyone is invited to join in. For an invitation, please email the Rev. Tim Smart at revtimsmart@gmail.com or go our Facebook page for the Sunday link. We are on Facebook at "Grace Church, Sutton".

KNOWLTON-MOUNTAIN VALLEY PASTORAL CHARGE

Join us on the facebook Church group 'Knowlton-Mountain Valley Pastoral Charge' for weekly Sunday services. Knowlton United Church, 234 Knowlton Road. For information please contact Rev. Steve Lawson at 450-242-1993.

ST. PAUL'S ANGLICAN CHURCH

We continue to livestream our

Sunday morning worship at 8 and 10 a.m. at St. Paul's Knowlton on Facebook. All services are also available for replay. At 24 St. Paul's Road in Knowlton, St. Paul's is a dynamic diverse community pursuing and serving Jesus in the Eastern Townships. Our mission is to grow in members and spiritual maturity so that we can reach as many people as possible with the love of Jesus. Every welcome! St. Paul's intends to re-open for Sunday (in person) worship on September 12, 2021 at 8 and 10 am. More details to follow. Telephone: 450-242-2885 email: stpaulsknowlton@gmail.com

TRINITY ANGLICAN CHURCH

In conformity with government recommendations, church services are suspended on a temporary basis. Trinity Anglican Church, members are now using Bell Conferencing Services to maintain contact with each other. If a special need arises, you are invited to contact the church office 450-955-3303 and please leave a message.

Being a tourist in our own backyard The Louise Penny "Three Pines Locations"

Part 1

By Louise Smith

This is the second summer in which many people are not traveling far. The US/Canada border is still closed. As vaccination rates go up,



Sapin, bistro du lac, on Lakeside Road, in Knowlton offers live music on weekends. It is one of many bistros which inspired Louise Penny for *Brutal Telling*.

restrictions are dropping and movement between towns is both sanctioned and encouraged. It is rewarding to discover the interesting and historic places so close to us.

The Brome Lake Bookstore in Knowlton has been prominent in featuring and promoting Louise Penny as she continues to publish her Inspector Armand Gamache mystery novels. There have been 17 books in the series to date. The bookstore is located at 45 Lakeside Road. At the store all of her books are available. What is also available is a bilingual map showcasing various buildings in the area, which served as inspiration in her fictional town of Three Pines. There is a special corner in the bookstore which has three pine-shaped bookshelves and a sitting area with a guest book which is shared with Louise Penny each time she makes an appearance. *How The Light Gets In* features a bookstore and Brome Lake Books is the model used by Louise Penny.



The Brome Lake Book Store hosts Louise Penny's book launches and is the starting point for any Louise Penny tour.

Knowlton has two more featured buildings. In her first novel, *Still Life*, in the first chapter, the character of Jane has a painting on display. The Brome County Historical Society, located at 190 Lakeside Road, has an exhibition hall. This was used as her model. Any of the many bistros in Knowlton serve as her model for the bistro in *Brutal Telling*.

In Sutton, the La Rumeur Affamee, located at 15 North Principale, offers fine grocery shopping and baking and cheeses. It has been open for the last 20 years.

The building was once a true old-fashioned general store. It was used as a setting in *The Cruellest Month*.

The town of Frelighsburg, close to the US border, has no buildings connected to Louise Penny's novels, but its town crest has three pines on it. The three white pines symbolize the local flora of the area. Perhaps it was the inspiration for the name of her fictional town, Three Pines.



PHOTOS BY LOUISE SMITH

Tourists can sit on a Three Pines bench outside of Brome Lake Book Store.



The Brome Lake Historical Society building on Lakeside Road was the inspiration for the hall where Jane's painting was on exhibit in *Still Life*.



La Rumeur Affamee, in Sutton, serves as a backdrop for *The Cruellest Month*.



The town crest of Frelighsburg has three pines on it. Is this the origin of Louise Penny's fictional town's name?

Victim of a hit and run accident in Calgary is in recovery

“He’s an unbelievable, strong-willed, determined kid”

By Taylor McClure
Special to Brome County News

Emerson Wikeruk, a Massey-Vanier graduate from Bolton Centre, became a victim of a hit and run incident in Calgary on July 4 when he was struck by a driver on Memorial Drive located near the Calgary zoo. The extent of his injuries left him in a medically-induced coma and his family was uncertain about his recovery. Now out of a coma and starting to take his first steps, Wikeruk’s family is hopeful and they are supporting him in his recovery in as many ways as possible.

“He is out of his coma; today was three days,” said Kayla MacPhee, Wikeruk’s sister, when we spoke to her on July 21. “He was in a medically-induced coma for three days because of his injuries.”

Wikeruk suffers from a broken neck, jaw, leg foot, extensive internal injuries, and long-term injuries as a result of a hit and run incident on July 4 at 1:45 a.m. as he was walking with his skateboard along Memorial Drive in Calgary. According to MacPhee, it was raining that night and the driver who hit Emerson apparently pulled over, saw that he hit him and drove away.

Wikeruk was later struck by a second vehicle leaving the family and police looking for witnesses to come forward. “We have had so much support here. We were on Global News, CTV, four newspapers here in Calgary. It’s been amazing how many

people are trying to get his story out there. We wanted it out there because we didn’t know who was in the second vehicle,” explained MacPhee. “We wanted to get other witnesses to come forward. Eventually, it kind of helped because the police got more tips. The police are still looking for four more vehicles that witnessed the accident as well.”

The police are currently holding two cars, a Chrysler 300 2016, which they believe was driven by the first driver, and a four-door silver sedan which they believe was driven by a witness “An accident is an accident and we can understand that, but when you hit someone and decide to leave you are committing a criminal offence. That’s the part that we are struggling with.”

Wikeruk doesn’t remember the accident and he is slowly recovering. “He actually took his first step. His leg is still broken and he has bad injuries to his lower spine and nerve damage so they aren’t sure about recovery time. With the aid of a walker today, he could take three steps. He is also breathing on his own and the feeding tube is cleared as well so he is eating liquid foods. His spirits are staying so high it’s so unbelievable.”

To help in his recovery, Wikeruk’s parents are relocating from Quebec to Calgary after being told that he could be in the hospital for six months to a year. Having worked in roofing and construction, he also trained as volunteer firefighter in Austin, Quebec, the family knew that Wikeruk’s injuries would impact his future. They decided to organize a GoFundMe to support him. “We don’t know about his recovery. It’s really just to help with his medical expenses because here in Calgary we have to pay for wheelchairs and medical beds. You have to pay \$5000 for one medical bed that’s brand new. With Emerson’s accident, he’s not going to just go back to roofing and construction. He will have some long-term injuries that he will carry for the rest of his life so for that too he will need medical equipment. He’s only 25; it’s a lot.”

Described by his sister as a “nice, kind, generous, helping man,” Wikeruk was overcome with emotion when he heard of the support he was receiving from the local community and people in Calgary. “Right now, we



PHOTOS COURTESY

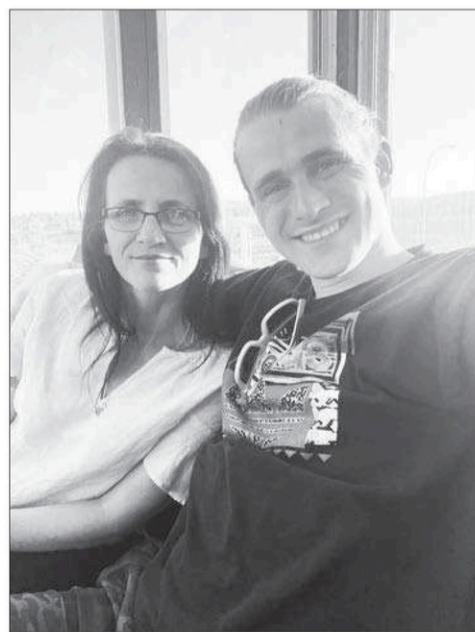
Wikeruk (top middle) pictured with his family who hope for a fast recovery.

are at about \$13,000 and it has helped immensely. When I told Emerson about it his eyes filled with tears. He had no idea this was happening. He was sitting in the hospital trying to recover and figure out what his next move is.”

The family is also organizing an online auction on Wikeruk’s birthday Sept. 9 and anyone can donate with proceeds also going towards Wikeruk’s medical expenses and living expenses while he is in recovery. “We are so thankful for the love and support from everyone. He’s a strong kid so he will pull through. We have a very strong loving

family that I am very thankful for.” To support Wikeruk, you can donate to the GoFundMe at https://www.gofundme.com/f/Emerson-rehabilitation-fund?utm_campaign=p_cp+share_sheet&utm_medium=copy_link_all&utm_source=customer

To donate to the online auction, email MacPhee at kayla_lynn7@hotmail.com



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NOTICE OF ANNUAL GENERAL MEETING

You are invited to attend the Annual General Meeting of the **BROME-MISSISQUOI-PERKINS HOSPITAL FOUNDATION** to be held on

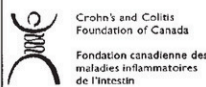
MONDAY, AUGUST 30, 2021
at 6:30 p.m.

The meeting will be broadcast via videoconference. **Registration is required at info@fondationbmp.ca or at 450-266-5548.**

The Board of Directors will report on its activities.

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Pet of the week: Rosie

This is Rosie. A beautiful Labrador mix, 4 years old. Rosie is a dog with passions. The first is humans. She loves them all very much. Being with them, participating in their daily life makes her very happy. Then there are the balls. You launch, I run, I catch, I bring back the ball, and we start again. An endless story but what fun we will have together. And finally, the water. A swimming pool, a lake, the sea, Rosie is always up for it.

Rosie is looking for a home without other animals, a house with a fenced backyard, with people very present and active. She is sterilized, vaccinated and dewormed. If you think you are the perfect family for that perfect dog, please send an email at: adoptioncamonteregie@gmail.com Include your name, address, phone number, members of family, dog experience, etc. Due to Covid-19, adoptions are by appointments only. Hurry up, Rosie is waiting for you.



Ding's Fundrasier

CONT'D FROM PAGE 1

event. "I thought that since I would lose my hair, I may as well shave my head, raise money for a good cause, make the best of everything and keep positive."

With hairdresser Christina Bushey on site, Mckellar, along with her husband, head mechanic at the couple's garage, their six-year-old adopted grandson, and other members of the community by her side for support, she received her first buzz cut with some of the hair going towards children's wigs. "The hair has to be at least eight inches long to be donated. It can be color treated, it doesn't matter; at one time they did refuse."

Another 10 people got a haircut in solidarity with Mckellar. "It's nice, it makes me feel really proud. I was surprised to see how many people came to get their hair cut."

Community members came together to provide refreshments, cookies, and cupcakes with pink icing and Amalgamated Industries, located in Knowlton, provided free pink hair paint in support of the cause. "They whipped up a batch of pink hair paint just for me and my fundraiser to give away. It's temporary, so you can put it in your hair and it washes out."

Mckellar emphasized that the medical team, staff, nurses, and technicians that have been working with her at BMP Hospital have explained every detail of her treatment throughout the process and it was important for her to support their work. "The money is going to go back to the BMP Foundation but it's dubbed for the oncology department."

To help raise money, she has set up a donation jar at Ding's, as well as the GoFundMe, or people can donate to the BMP Foundation directly. "Some people want a tax receipt so they are donating to the BMP Foundation for the oncology department, giving my email address and my name, so they will send me an email letting me know."

Her goal is to raise \$2,500 and after Friday's fundraiser she already raised a total of around \$2,400. The campaign will continue for the next few months.

To support the fundraiser, you can donate to the GoFundMe at https://www.gofundme.com/f/fundraiser-for-the-bmp-oncology-dept?utm_campaign=p_lico+share-sheet&utm_medium=copy_link&utm_source=customer, or to the donation jar at Ding's located at 510 Knowlton Road.



TAYLOR MCCLURE

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.

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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East Bolton mayor reflects on a political career spanning more than three decades

By Michael Boriero
Local Journalism Initiative

Joan Westland, long-time mayor of East Bolton, has decided not to run in the upcoming municipal election, leaving a gap at the helm of the town's council for the first time in nearly three decades.

"I have to admit, when I would think about going into an election and that whole procedure and then if I do get re-elected that I have another mandate for four years, I didn't feel super enthusiastic, which I had always felt before," said Westland.

She has been the mayor of the modest municipality for 28 years. She also spent several years as a member of the town's council. Westland took over the position from Kathan (Keene) Peasley in 1983 at 32 years old, not knowing it would turn into a decades-long affair.

Now in her 70s, Westland told The Record that once she realized that she no longer had the same drive, she took it as a clear sign to bow out of municipal politics. The job has changed significantly over time, Westland explained, it requires much more time and attention.

"I think that people generally don't recognize that it has become quite a demanding involvement, it's not just showing up once a month for a meeting, so those things you take into consideration as well when you are looking to get involved," she said.

When Westland began her foray into politics, she worked part-time as mayor,

held onto her career, raised her family, and went on vacations. She admitted that it would be nearly impossible to do that today. It is harder to find a work-life balance.

Westland said that nowadays people interested in getting involved in municipal politics, especially as mayor, take sabbaticals from their respective jobs in order to fully commit themselves to a four-year mandate. They need to be engaged at all times.

"There's all kinds of legislation that you need to be familiar with [...] you need to be out with your population, talking to people, listening to people, ensuring that the decisions that are being made really do reflect the interest of the community," said Westland.

When asked about some of the difficulties she has faced during her tenure as mayor, Westland immediately brought up the Bell telecommunications tower controversy. There were several protests in 2013 and 2014, she said, but it was done under federal jurisdiction.

The federal government told Westland that she could negotiate with Bell, but it was mostly superficial, she noted. The telecommunications giant went ahead with the project, despite objections from East Bolton residents and council members.

"It was put where it really shouldn't have been, it is taller than it was supposed to be, it has a light on it that it wasn't supposed to have [...] it made you feel like the municipalities sit at the kids' table and Bell and the federal government are at the

adults' table," said Westland.

There are other issues that have popped up throughout her many years in office, but Westland said there isn't a municipality out there that can please everyone. However, for the most part, the town has always been quite positive and community-driven.

"In a municipality that really doesn't have a village centre, or a commercial village centre, like Mansonville, Potton, Knowlton, and Brome Lake, I have always been impressed that community spirit is alive and well," said Westland.

While there are many highlights in her mayoral career, Westland's most memorable moment was when the town created a non-profit organization called Le Rucher boltonnois, which has since set up several initiatives, such as the adopt-a-beehive project and a public market.

She has also put an emphasis on protecting the environment. Westland said she has been talking about the environment since 1983. She recently attempted to revise several land use bylaws, but residents turned it down because they felt it was too restrictive.

"The municipality also purchased a number of years ago an old sandpit that part of it is behind town hall and part of it is behind Terrio Park, and the idea of purchasing that piece of land is to look at the feasibility of putting into place a type of eco-residential area," she said.

Although Westland is leaving in November, she does want to see this project



COURTESY

to completion. The town has already started to analyze the area, and test the water quality. She hopes at the very least to be part of the discussions going forward.

Westland plans to stay active during retirement. And while her political life is coming to an end, she will always remember the town's community spirit, whether it was through the countless number of volunteers or the many residents who showed up to council meetings.

"You can get mired in the English, French, the locals and the outsiders, the weekenders and the full-time residents, and all of those can chop up into little factions and I think that over the years that I've been here, we have successfully overridden that kind of divisiveness," she said.



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Eastman declines citizens' petition for moratorium on new development projects

BCN Staff

Following the filing of a petition titled "Pour un développement immobilier, vert, durable et réfléchi à Eastman" calling for a moratorium on new development projects, the Eastman Green committee and the Municipality of Eastman met to discuss the concerns of the population of the environmental impacts of the projects carried out in the Eastman territory.

On April 1, 2021, a petition supported by more than 500 signatories was filed with the municipality. The petition asked the municipal council to impose a complete moratorium for a period of three months on the issuance of any new permits, agreements or certificates authorized for a development project outside the urban perimeter.

According to the press release, the three-month period was intended to be a time to focus on the urban, environmental, social and financial issues of real estate developments in Eastman. The purpose of this process was to encourage the municipality to go beyond provincial and regional standards in order to show leadership in environmental matters.

The members of the council mentioned in the most recent meeting that since the merger of 2001, the vast majority of the real estate development of the municipality takes place within the zones identified by the strategic zoning plan. Council members also noted that it has legislated to minimize environmental impact, when they could not be avoided, in terms of lighting, erosion, retention of runoff, drainage, height of houses in the

mountains, density and steep slopes.

The municipality decided this is not a good time to conduct a public consultation. The council had some justifications, starting with the overhaul of the urban plan expected a year from now. Once the plan is completed, the municipality will then have in hand concrete elements that will give greater weight to the protection of the environment, in particular a characterization of wildlife corridors throughout the territory of Eastman. These elements will also make it possible to better align with the new development plan of the MRC de Memphrémagog.

Council declined the request for a moratorium, believing that a moratorium is a drastic measure, which penalizes almost everyone without distinction. Likewise, the council did

not want to take steps as restrictive as those linked to a moratorium, while the next municipal council may not treat the file or the consequences of this interruption in the same way, starting in November 2021.

Following the discussion, Eastman Vert and the Municipality of Eastman decided to collaborate to collect citizen data through a survey that will take the concerns of the population on environmental issues and the development of the territory. With the responses received, the municipality believes that the future 2021-2025 council will effectively be able to better identify the main ecological concerns of Eastman residents. The results of such a survey could also improve and complete the overhaul of the future urban plan.

Take a trip down Brome-Missisquoi's new artistic boulevard

BCN Staff

Le Boulevard des Arts!, a new artistic circuit in Brome-Missisquoi, will be taking place the last weekend of July, August and September for three artistic walks. By car, motorbike or bicycle, travel the two roads that connect Saint-Armand to Frelighsburg and Frelighsburg to Dunham where 20 artistic studios that are presenting the work of 34 resident and guest artists.

Le Boulevard des Arts! covers a short distance, with travel only between 5 to 10 kilometers each weekend, leaving

more time to explore the workshops, discover the works, and the artists.

Below is a list of possible routes. As all the workshops are open every weekend, people can rearrange the route to their liking.

Weekend 1: from Saint-Armand to Pigeon-Hill, six workshops, 14 artists: painters, ironworker, jeweler, mosaicist and ceramists. July 31 and August 1.

Weekend 2: from Pigeon-Hill to Frelighsburg, seven workshops, 11 artists: painter and printmaker, prints and textile art, bookbinding, blown glass and bird nesting boxes. August 28

and 29.

Weekend 3: Frelighsburg and its surroundings, seven workshops, nine artists: painting, knitting, leather goods, engraving. September 25 and 26.

Along the way, a large blue flag by the side of the road identifies the workshops.

There is an interactive map that includes information on the artists that can be found by visiting:

www.boulevarddesarts.com.

PHOTOS COURTESY

Right: artist Nicole Awashish



Artist Madeleine Bélisle



Artist Nancy Lambert

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Club Pickleball Lac-Brome is back!

After a lengthy hiatus due to the pandemic, the Club Pickleball Lac-Brome gleefully resumed its activities on June 11. At this point, mid-summer, the club is in full swing with over 100 registered members playing what has been dubbed "the fastest growing sport in North America," that is, pickleball, a mix of tennis, badminton and ping-pong.

The club's first "Introduction to Pickleball" clinic was held on July 4 and attracted 18 participants; some became instantly hooked on the game and decided to join the club then and there! The clinic is FREE and is offered to the community (16+ years old) on the first Sunday of the month with the next one being Sunday, Aug. 1, 12-2 p.m. at Lion's Park (weather permitting). No reservations necessary; just show up with your tennis shoes and the rest will be provided by the club.

Registered club members have access to numerous reserved court hours and, since the onset of the season, have participated in (or will participate in) various activities such as:

- Opening social "Pickleball Picnic in the Park" on July 11 whereby more than one third of club members met up with each other, played pickleball and enjoyed fun, mini-challenges (with prizes to be won, of course!).

- Eight "skills and drills," on-going sessions for members interested in improving their game; 24 participants per weekend are able to benefit from this activity.

- "Coach on the Court" will have three experienced players observing those on the courts and will then offer advice, tips and recommendations regarding techniques, positioning, etc.

- An inner-club, Round Robin tournament had 24 players competing



PHOTOS COURTESY

Club Pickleball Lac-Brome's board of directors.

against each other on July 17; this event proved to be very popular with members hoping for similar competitions in the future.

- Speaking of tournaments, several members have registered to represent the club and compete in a fundraising tournament in Sherbrooke on Aug. 6, 7, 8. Organized by the "Association de Pickleball Sherbrooke," the proceeds from "T'En Smash Deux Belles" will go towards the "Multiple Myeloma Walk."

Clearly, the Lac-Brome pickleball community is very active! New members continue to trickle in as there are still over three months left to play club hours on the pickleball courts in Lion's Park.

If you are interested in trying out the sport, you are welcome to come to the next intro clinic on Aug. 1 (12-2).

Or if you would like to join the club, you can register online through the town's website (Recreation and Culture) or in person at the Brome Lake Community Centre. Cost is \$25. The Club can be reached by email at: club.pickleball.lac.brome@gmail.com

Otherwise, come see us on the courts. You're sure to get a warm welcome and some smiles, especially if you belt out the cheerleading chant:

"Pickleball, Pickleball, Dink, Lob, Smash!"

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It's been a rough year for artists and performers, with public gatherings banned, venues shuttered, craft shows cancelled and theatre performances put on hold.

Brome County News wants to help kickstart the arts sector that contributes so much to the vitality and richness of Brome-Missisquoi.

Each week the newspaper will feature a local artist, musician, writer or performer.

Brome County News will also publish a comprehensive Artists Directory for Brome-Missisquoi to allow residents and visitors to find musicians for live performances, pianists for weddings or special occasions, potters to create the perfect gift, to commission a painting by a Townships artist or to buy books written by Townships' authors.

If you are an artist, writer, musician, actor or artisan, or otherwise involved in the arts, send us an email and someone will contact you about your FREE listing in the directory.

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Check out the Brome County News website:
www.bromecountynews.com



Olympics flashback to 1908

By Jeremy Reeves and the
Brome County Historical
Society

For the past couple of days, many of us will have been following the exploits of the Canadian athletes competing at the Japan Olympic Games. As the team at the Brome County Historical Society loudly cheers at our televisions, we also silently carry out historical research in our archives. To get everyone in an Olympic frame of mind, we propose to take a trip back to 1908 London and the fourth Olympiad where Arthur Westover did both his County and his Country proud.

Arthur Westover was born in the Township of Sutton in 1864 and census records indicate that Westover lived in Sutton Junction all his life where he held a general store and graciously served his local community. For the purposes of our story however, it is important to know that Westover was an avid trap shooter. As a member of the Sutton Junction Shooting Club, Westover regularly led his club to victory over the Waterloo and Sherbrooke Gun Clubs. When not shooting for his local club, Westover also competed nationally as a member of the Dominion of Canada Trap Shooting Association.

Westover's regional and national success evidently drew the attention of the committee responsible for selecting athletes for the 1908

Olympic Games in London in which Westover competed in both team and individual trap shooting events. Although the official report on the events, held at the Uxendon Shooting Club, specifies that "heavy rains, high winds, and changeable light made shooting difficult", Westover finished in a respectable fifth place in the individual event, beating twenty-three other shooters. Westover did however leave London with a medal having come second in the team event. Any athlete reading this column will nevertheless empathize with Westover and the Canadian team having cruelly missed out on gold—won by the United States—by only two points.

If the 1908 games were the highlight of Westover's career, they were also a major moment for the relatively young Dominion of Canada and its history of Olympic participation. For the first time, the federal government endorsed and financed the Canadian delegation. Moreover, the 1908 games were the first time that the Canadian athletes wore a uniform with the maple leaf that has become a universally recognized Canadian symbol and has graced our national uniforms ever since.

Best of luck to all the Canadian athletes competing in the games but let them never forget that the maple leaf on their uniform represents one hundred and thirteen years of athletic excellence. No pressure!



COURTESY

Arthur Westover's competitor badge from the 1908 Olympics. Collection of the BCHS.

New investments for the municipal infrastructures of Brome-Missisquoi

BCN Staff

As part of the improvement of the Programme de la taxe sur l'essence et de la contribution du Québec (TECQ 2019-2023), Minister of Municipal Affairs and Housing, Andrée Laforest, and Brome-Missisquoi MNA, Isabelle Charest, announced

funding of \$9,517,515 to allow the 25 municipalities in the Brome-Missisquoi riding, including Brome Lake, Cowansville, Bromont, and Brigham, to carry out work on their municipal infrastructures.

According to the press release, the investment is part of the government's initiatives to stimulate economic

recovery in all regions of Quebec by supporting the completion of projects that meet the priorities of municipalities. The financial sum will allow them to finance even more municipal infrastructure work, in particular those related to drinking water, wastewater treatment and local roads.

On July 5, an increase in the contribution from the Government of Quebec of \$ 496 million to the program was confirmed by the Government of Canada bringing the total financial sum contributed to the program over \$4.4 billion.

Mont Sutton hosts fundraiser in support of the Multiple Sclerosis Society

BCN Staff

On Aug. 21, Marc Fournier, who plays Yves Jacob in *District 31*, will hurtle down the slopes of Mont Sutton as part of the Multiple Sclerosis (MS) Mountain Bike Challenge, which consists of a fundraising event organized for the benefit of the Multiple Sclerosis Society of Canada.

"I've never ridden a mountain bike, but I'm ready. There are people

around me who have this disease, and it is important for me to support them as best I can. I know very well that a diagnosis of multiple sclerosis comes with many difficulties, and we must unite to allow, one day, the discovery of a cure," stated Marc Fournier, actor and spokesperson for the MS Mountain Bike Challenge, in a press release.

Having to be postponed last year due to the pandemic, the event will be held for the first time at Mont Sutton

and will welcome avid cyclists who will cross the miles for a cause dear to them. The fundraiser organized on this occasion will allow the MS Society to invest in MS research and to offer programs and services to people living with this disease and their families.

"Today, we still don't know the cause of multiple sclerosis, and no cure has yet been found, but research is evolving. We have a better understanding of the symptoms of this disease and

how the immune system works, and new treatments have been developed, but we must continue our efforts to build a world without MS, and we are optimistic that we will achieve this goal," commented Louis Adam, general manager of the Quebec and Atlantic divisions of the MS Society.

For more information on this event or to register for it, visit velomontagnes.ca.

Former union leader is new liberal candidate for Brome-Missisquoi

BCN Staff

Pascale St-Onge, former president of Federation nationale des communications et de la culture

(FNCC-CSN) has been nominated as the Liberal candidate in the riding of Brome-Missisquoi in the next federal election. St-Onge moved with her family to Orford in 2018.

As union leader, St-Onge advocated for print media and helped create programs to support media and culture sectors adapt to the upheaval caused by digital platforms. With her colleagues, partners and employees of regional newspapers in the former Groupe Capitales Media Group, which included La Tribune and La Voix de

l'est, she helped develop the project to purchase and transform these local newspapers into cooperatives, allowing them to continue to serve their communities.

St-Onge will replace MP Lynne Bessette, who will not seek re-election, as candidate for riding.



COURTESY

Pascale St-Onge, left, has been nominated as the liberal candidate to replace MP Lynne Bessette, who is not seeking re-election in Brome-Missisquoi.

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Red Fox



BEHIND THE LENS DARREN MURPHY

The red fox is widespread throughout most of the world and unfortunately is considered a pest by many people, particularly farmers. Why? Simply because they lose small livestock to this highly intelligent predator. I totally understand their frustration, these lost animals are their livelihood. However, foxes are just doing what comes naturally, they hunt to provide for their families. In effect, all animals do. For me personally, they are a beautifully photogenic creature and I have spent many hours in the field taking pics while watching their unique family dynamic. They are so common you are just as likely to see one in the city as you are here in the country. So where does a wildlife photography enthusiast find these animals? Believe it or not, with a little patience and some baiting, right on your own property. If you have a garden, you can believe the local foxes already knows of its existence. They are more interested in mice, voles, squirrels than your lettuce and veggies. In the past, I've put out a fresh fish and hunkered down in my blind and

waited. While living in Robinson's Bay (Lac Brome) we were fortunate to have a family of foxes living at the bottom of our property. From our back deck we could see the route they took every morning and when they returned usually late afternoon. So, it was pretty easy to move my blind close to the trail and leave out a tasty morsel. Naturally they found it right away and I was able to photograph the family up close.

I've discussed photography blinds in a previous article. For this shoot I simply put a small camouflaged colored tent next to a large bush near the trail. Most foxes don't spook easily, some are even happy to oblige you as you take their pictures. Fox pups are born in April and will exit the den normally after about six weeks. During this time the male fox is working overtime in order to feed his new family. The mother fox never travels far from the den and sometimes can be seen playing with the newborns just outside the den's entrance. For me the best shots are usually the interaction between the parents and pups. Even the pups alone are fun to observe as everything is completely new to them. I have a pic of a young fox chasing a monarch butterfly on the edge of an open field. The young just love to play and will wrestle with one another on occasion. Make no mistake, a parent is always nearby watching for any potential danger. Years ago in Ile Perrot, just west of Montreal I had one of my best fox shoots. A friend had been advised there was a family of four that had a den in the forest by the golf course. We both went down one sunny afternoon and positioned ourselves out in the field where they were known to frolic. Sure enough, the father was the first to emerge followed by two

young ones. These particular foxes had no fear. They were intrigued by our presence and approached within thirty feet. The sun was going down over the field, the lighting was absolutely perfect. I personally must have taken over a hundred pics, mostly keepers. It was one of those trips that doesn't happen very often and probably will never happen again. The great thing about photographing foxes is you can sometimes get away with using only a 200mm lens or smaller. No need to break out the heavy artillery as these creatures are quite fearless. Some will approach out of curiosity and others if they believe you will feed them. All in all, the experience is well worth the effort. Great way to spend an afternoon and chances are you'll get some great

pics.

Finally, I received a few messages inquiring as to where I have been taking my recent blue heron pics. For the past week I've been spending some time at a swamp here in Georgeville. It's literally two minutes from my front door and the photo opportunities are endless. This week I've shot some blue herons, muskrat, kingfishers, cedar waxwings and an osprey. This place is easy to find, take the road from Magog to Georgeville, enter the village and hang a left on McGowan Road. I've also been informed there's an eagle family out on Eagle Island directly in front of the Marina in Knowlton. Maybe it's time to take Gerry Moar up on his offer of that kayak to paddle out there. Sounds like a plan!



DARREN MURPHY



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Razor Clam Linguine Serves 4

- 1/2 stick unsalted butter
- 1/4 cup extra-virgin olive oil
- 1 cup finely chopped onions
- 2 cloves garlic, minced
- Salt
- Freshly ground black pepper
- 1 cup dry white wine
- 3/4 pound linguine
- 1 1/2 cups chopped (1/2-inch) razor clam meat
- 1 cup finely chopped fresh parsley

1 tablespoon chopped fresh oregano
Red pepper flakes (up to 1 tablespoon)
1/2 cup grated parmesan cheese, plus more for garnish

1. Bring a large pot of salted water to a boil for the pasta.
2. Heat the butter and olive oil together in a large saucepan over medium heat until the butter melts. Add the onions and garlic, season to taste with salt and black pepper and cook until almost tender, about 5

minutes, stirring a few times. Adjust the heat to medium-low, add the wine, and simmer until the liquid reduces by about two-thirds, about 10 minutes. When you add the wine, add the pasta to the boiling water and cook according to the package instructions.

3. Add the clams, parsley, oregano, and red pepper to taste to the reduced sauce; simmer for 2 to 3 minutes to heat the clams through. Taste for seasoning and add more salt and black pepper if needed.

4. Drain the pasta and transfer to a

large serving bowl. Add the sauce and parmesan cheese and toss until well mixed. Serve immediately, topped with more cheese, if desired.

Cleaning tip: Drop clams into boiling water for a few seconds until their shells pop open. Snip off the tough, skinny neck; slice them lengthwise and cut out all the dark, digestive bits, leaving the white meat. Give them a final rinse to remove any last bits of sand.

(Metro Creative)

Did you know?


Peaches are a summertime staple. This sweet fruit is at home in desserts, salads, on top of cereals, and all on its own. Peaches thrive in warm climates with lots of sunlight. Peaches are native to northwest China, and they are believed to have been domesticated and cultivated since 2000 B.C. Later, they were widely grown in the region known as Persia, which is now called Iran. As a result, the scientific name for the peach species is *Prunus persica*. China

continues to be the world's largest peach producer, followed by Spain, Italy, Greece, and the United States. In the United States, even though Georgia is known as "The Peach State," it is not the country's biggest producer of peaches. Georgia is beat out by California and South Carolina. New Jersey also produces its fair share of peaches.

Nectarines and peaches are similar fruits. In fact, nectarines are a type of peach. Peaches have a dominant allele

for the fuzzy skin, while nectarines have a recessive allele for that fuzz. In regard to flavor, peaches and nectarines are very similar, but some experts say nectarines are slightly sweeter and firmer. According to the College of Food, Agriculture and Environmental Sciences, nectarines also have considerably more potassium and twice as much vitamin A as peaches.

(Metro Creative)



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Simple ways to encourage young artists

No two students are the same. Some students may love to read and naturally gravitate toward English class, while others may be fascinated by the world around them and find nothing stokes their academic passions quite like the study of physics.

A passion for a given subject can make students more excited about school. But what about students with a passion for art? Many school districts have drastically cut back on fine arts classes. For example, a recent analysis of data from the State Department of Education in Oklahoma found that schools in the Sooner State cut more than 1,100 fine arts classes between 2014 and 2018.

In the face of such budget cuts, parents may need to take a more active role in support of their children's passion for art. The following are some ways parents can encourage that passion.

- Recognize the educational value of art. PBS notes that creative activities are some of the building blocks of child development. While schools may be shifting their focus to common core subjects like mathematics, parents should recognize that art can be

incredibly valuable to young minds as well. For example, art can help young children develop language skills, as creating art projects, even while just a toddler, often compels children to talk about their art. In addition, a recent report from Americans for the Arts found that art education strengthens problem-solving and critical-thinking skills. If parents recognize the value of art, students are more likely to follow suit and reap all the rewards that art education provides.

- Allow children the freedom to create. While technique is important for artists, young artists can benefit from some space. Other subjects are necessarily structured, but art sessions can be a great time for kids to simply explore their creativity without much interference from parents or educators. A designated room for arts, including arts and crafts, can illustrate to children that their interest in the arts is important and worthy of exploration.

- Keep supplies well-stocked. Much like parents of young athletes enroll them in sports leagues or purchase the latest equipment, parents of children with a passion for art can indulge that



passion by enrolling them in local art classes and keeping them well-stocked with art supplies. Even if the supplies are as simple as crayons and construction paper, their availability can send kids the message that their passion for art is not taken lightly.

The arts can benefit students in myriad ways. If local school districts no longer offer art programs, it's up to parents to find ways to encourage their children's love of art.

(Metro Creative)

Caution and caustic products go hand-in-hand

Keeping a home clean is no small task. All sorts of stains appear in homes every day, some harder to clean than others. And for each individual spill or accident that can dirty up a home, there seems to be a cleaning product tailor-made to address it. That can make choosing the right cleaning product more complicated than simply choosing the least expensive option.

Cleaning products are not one and the same, and various consumer advocacy groups have emphasized the importance of choosing products that are both effective and safe. Caustics are one type of product that get ample shelf space at grocery stores. According to the U.S. Department of Health & Human Services, caustics are chemicals that burn or corrode people's skin, eyes and mucus membranes. While it may seem as though no one would willingly bring such products into their homes, caustics are widely used. In fact, the National Capital Poison Center notes that drain cleaners, oven cleaners, rust removers, toilet bowl cleaners,

dishwasher detergents, and cleaning products for brick and concrete are among the various products that can cause chemical burns.

Adults generally know to exercise caution around potentially dangerous cleaning products, including caustics. However, children and pets may not be so savvy. That only underscores the importance of exercising extreme caution when bringing such products into a home. The NCPCC notes that caustic products cause instant damage, which means parents and/or pet owners won't be able to prevent injuries if curious youngsters and animals come into contact with these substances. Before purchasing caustic cleaning products, consumers can consider these pointers, courtesy of the NCPCC.

- Only purchase caustics if nothing else will do the job. Because of their potential to cause so much damage so quickly, caustics should only be purchased if no other product is up to the task. A little extra elbow grease is worth avoiding the potential problems caused by caustics.

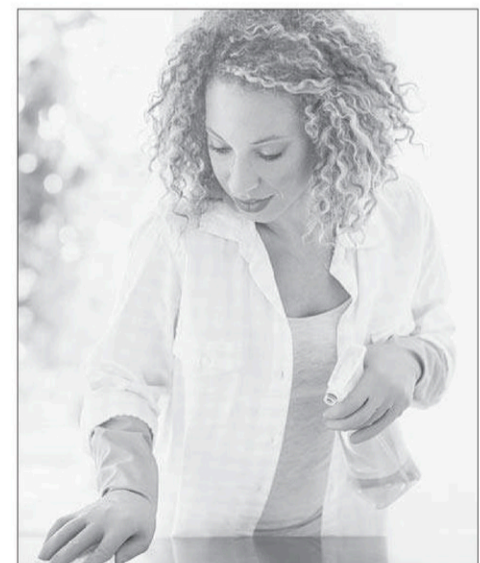
- Don't buy caustics in bulk. Extra caustics around the house only increase the risk of injury. Only purchase the amount you need, storing anything you bring home in areas that cannot be accessed by curious kids and pets.

- Do not transfer products to different containers. Caustics should always be kept in their original containers. That reduces confusion and the risk of accidents. In addition, product warning labels on the original packaging will ensure anyone who needs to use the substance will be made aware of its potential safety hazards.

- Follow directions carefully. All it takes is a simple spill for a caustic product to cause an injury. When using caustics, follow the manufacturer's instructions carefully and exactly.

- Protect yourself. When using caustic products, wear gloves and safety glasses to reduce your risk of injury. In addition, open windows if the label advises doing so.

- Do not use caustics near kids or pets. Never use caustics in front of children or pets. Kids and pets are



naturally curious, and that curiosity may compel them to look for products they saw mom and dad using.

Caution and caustic products must go hand-in-hand to avoid injuries and accidents around the house.

(Metro Creative)

Today in History

**Today in History for July 27:
On this date:**

In 1606, the first permanent French colony in Canada was established at Port Royal, N.S.

In 1866, the laying of the first successful transatlantic cable was completed with the landing of the 3,034-km cable at Heart's Content, Nfld. The achievement marked the establishment of instantaneous communication between North America and Europe. The first cable, laid in 1858, failed three weeks after it was complete.

In 1890, Dutch painter Vincent Van Gogh shot himself. He died two days later.

In 1891, a railway linking Edmonton and Calgary was completed.

In 1909, Orville Wright established a world duration record for airplanes when he and passenger, Lieutenant Frank Lahm, remained aloft for one hour and 12 minutes.

In 1921, insulin was discovered by Frederick Banting and Charles Best at the University of Toronto. The discovery and the demonstration of insulin's beneficial effects on diabetes are considered one of the great medical achievements of the 20th century and earned Banting the Nobel Prize in 1923.

In 1940, Bugs Bunny made his debut as Warner Brothers released the animated short, "A Wild Hare."

In 1953, the three-year Korean War ended with the signing of an armistice in Panmunjon. During the conflict, United Nations and South Korean forces had 500,000 troops killed, wounded, or missing in action. The dead included 516 Canadians. Despite the armistice, Korea remains sharply divided along the heavily fortified 38th parallel.

In 1960, Canadian army units were formed for service in the Congo on behalf of the United Nations.

In 1964, Sir Winston Churchill, the longest-serving British MP in history, made his last appearance in the Commons. The former prime minister died at age 90 the following January.

In 1974, in televised hearings, a U.S. judiciary committee voted to impeach President Richard Nixon. Nixon resigned two weeks later after tapes proved he had covered up his involvement in the Watergate affair. He was the first president in U.S. history to resign.

In 1979, the first of 10 military flights bringing Vietnamese refugees to Canada arrived in Vancouver.

In 1980, the deposed Shah of Iran died at age 60 in a military hospital near Cairo.

In 1982, the Montreal Expos won their 1,000th game with a 4-3 win over the Chicago Cubs.

In 1989, thousands of pro-choice supporters demonstrated in Montreal, Toronto, Vancouver and other cities to protest the Quebec court decision to prevent Chantal Daigle from having an abortion.

In 1996, rowers Marnie McBean and Kathleen Heddle became the first Canadians to win three Olympic gold medals. On the same day, sprinter Donovan Bailey of Oakville, Ont., won the men's 100-metre race in a then-

world record time of 9.84 seconds. (In 2009, Usain Bolt of Jamaica set the 100-metre world record at the world championships in Berlin with a 9.58, obliterating the 9.69 world mark he set at the 2008 Beijing Olympics.)

In 1996, tragedy hit the Atlanta Olympics as a homemade pipe bomb exploded at Centennial Olympic Park. One person was killed and 111 were injured and a Turkish cameraman rushing to the scene died of a heart attack. Convicted serial bomber Eric Rudolph was later convicted of that attack and two other bombings and sentenced to life in prison.

In 1999, in an overwhelming defeat for major league umpires, their threatened walkout collapsed when all of the umpires withdrew their resignations - however, about one-third of them ended up losing their jobs anyway.

In 1999, the practice of children reciting "The Lord's Prayer" in Saskatchewan's public schools was ruled a violation of human rights.

In 2003, Bob Hope, master of the one-liner and favourite comedian of servicemen and presidents alike, died of pneumonia at his home in Toluca Lake, Calif., at the age of 100.

In 2003, Paul Tracy won the Molson Indy Vancouver, becoming the first Canadian-born driver to win Champ Car races twice in his homeland during the same year.

In 2005, Ahmed Ressam, who was caught with a trunkful of explosives as he tried to sneak into the U.S. from Canada, was sentenced to 22 years in prison on terrorist-related charges for a plot to bomb the Los Angeles airport.

In 2007, a memorial was unveiled in Stanley Park playground in Vancouver in memory of the 331 people - 82 of them children - who died in the Air India bombing in 1985.

In 2009, the EU gave the final approval to ban the imports of seal products from Canada.

In 2009, financial adviser Earl Jones, 67, turned himself in to Quebec provincial police to face charges of fraud and theft after disappearing for about three weeks. Quebec's financial securities regulator had alleged Jones may have swindled investors out of as much as \$50 million. (In 2010, he pleaded guilty and was sentenced to 11 years in prison.)

In 2019, Kylie Masse helped set a Canadian record when she won the bronze medal in the women's 200-metre backstroke at the FINA World Championships. Masse's bronze was Canada's seventh pool medal, the most the country had ever won at the world championships. Canada took two gold and five bronze in the pool as well as an open water bronze the previous week for Eric Hedlin. The previous pool mark was six, set in 1978.

In 2020, the world's biggest COVID-19 vaccine study began in the U.S. The 30,000 volunteers weren't told if they were getting a dummy drug or an experimental vaccine developed by the U.S. National Institutes of Health and drug maker Moderna.

(The Canadian Press)

In Memoriam

PAGE, Alfred - In loving memory of a dear husband, father, brother, grandfather, great grand-grandfather and friend who passed away on July 24, 2005.

Absent is the face we loved and cherished. Quiet is the voice we loved to hear. But not far are the memories that fill our hearts with happiness.

**Always in our hearts xoxo
Cecilia, Carol, Scott, Todd, Darren,
Laura and family**



In Memoriam

TEOLIS, Stephen - In loving memory of a dear husband, father, brother, grandfather and friend who passed away on July 1, 2016.

A day we will never forget; the day heaven welcomed you. As time goes by, we get used to your absences, but we will never get used to you being gone.

Your memories give us endless smiles and warmth.

**Forever in our hearts xoxo
Carol, Cecilia, Scott, Todd, Darren,
Laura and family**



Serve white bean soup with dumplings

By Sara Moulton
THE ASSOCIATED PRESS

Basically, this is a white bean and vegetable soup flavoured with pancetta and garlic. It's thickened by pureeing a few cups of the cooked vegetables and stirring them back into the pot - one of my favourite ways to thicken a soup because it's so simple. It also avoids dulling the soup's flavour, which is the problem that crops up when flour or cream is used to do the job. Afterward, you'll stir in some fresh lemon juice as a brightener. This is another of my favourite soup tips.

The pancetta makes its appearance as a supporting player, not the star of the show. If you'd like, you can swap in bacon instead. (Both meats are cured pork from the belly. The difference? Bacon is smoked. Pancetta is not.) And you're welcome to leave out the pork altogether.

The dumplings are comfort food and making them is, as mentioned, a fail-safe proposition. You start with fresh breadcrumbs, which require nothing more intricate than pulsing fresh slices of bread in a food processor. (One slice turns into about 1/2 cup of crumbs.) Then just combine the crumbs with eggs and Parmigiano-Reggiano. You can roll the "dough" into balls and cook them right away, but the work is easier if you park it in the refrigerator for at least 30 minutes beforehand.

How to round it out? I recommend a nice green salad.

White Bean Soup with Greens and Bread Dumplings
Start to finish: 1 hour, 35 minutes
(30 active)

Servings: 4
2 large eggs
2 cups fresh white or whole-wheat breadcrumbs
2 ounces freshly grated Parmigiano-Reggiano
2 tablespoons finely chopped fresh sage
2 tablespoons extra-virgin olive oil

4 ounces chopped pancetta
1/2 cup medium chopped onion
1 cup medium diced carrot
1 1/2 cups medium diced fennel
2 teaspoons minced garlic
Two 15-ounce cans white beans, drained and rinsed
4 cups chicken broth
8 ounces baby kale, spinach, or chopped larger greens of your choice
1 tablespoon fresh lemon juice or to taste
Kosher salt
Black pepper

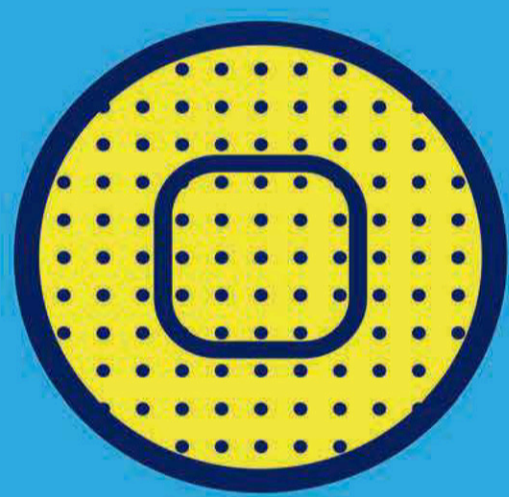
In a medium bowl, lightly beat the eggs. Stir in the crumbs, cheese and sage. Cover and chill at least 30 minutes. Roll into 12 balls.

In a Dutch oven or large saucepan heat the oil over medium-high heat. Reduce the heat to medium-low, add the pancetta and cook, stirring occasionally, until the pancetta is lightly browned, about 8 to 10 minutes. Remove the pancetta with a slotted spoon. Leave all the fat in the pan, add the onion, carrot and fennel, and cook, stirring occasionally, over medium heat, until very lightly browned, 12 to 14 minutes. Add the garlic and cook, stirring, 1 minute.

Add the beans and the chicken broth to the saucepan. Bring to a boil, turn down to simmer and cook for 15 minutes. Add the dumplings to the pot and simmer, covered, for 8 minutes.

Transfer 2 cups of the solids with a little of the liquid to a blender and blend until smooth. Return the puree to the pan. Add the kale and pancetta and simmer, stirring, until all the greens are wilted, about 3 minutes. Add the lemon juice; salt and pepper to taste. Ladle the soup into 4 soup bowls and spoon 3 dumplings into each bowl.

Nutritional information per serving: 485 calories; 160 calories from fat; 18 g fat (7 g saturated; 0 g trans fats); 136 mg cholesterol; 727 mg sodium; 51 g carbohydrate; 12 g fiber; 6 g sugar; 27 g protein.



Your 2nd dose of vaccine is essential.



The combined effect of two doses ensures longer-lasting and better protection against COVID-19.

Getting your 2nd dose of vaccine is a must.