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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

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TUESDAY, AUGUST 10, 2021

Young adults catching up on vaccination

Record Staff

According to Health Minister Christian Dubé, 73 per cent of the province's 18-29 year olds, widely criticized as being the slowest to adopt vaccination, now have either their first dose or an appointment for one. That same age group can claim 70 per cent coverage for a second dose. Dubé shared the statistic on Twitter Monday as an example of how people are getting on board with what he referred to as "the collective effort."

The provincial population as a whole has now reached 84.7 per cent coverage for a first dose and 71.8 per cent for adequate vaccination.

The Province of Quebec reported 250 new cases of COVID-19 on Monday as a part of 759 that were recorded over the

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Herwood looking to expand



GORDON LAMBIE

Maryse Pariseau, Jason Wheeler and Shane Wheeler of Herwood

By Gordon Lambie

Jason Wheeler, President of Windsor-based Herwood Pallets, says that his family's company is

about to start a whole new chapter. Having received financial support from the provincial government in the form of two loans with a combined value of \$4,646,950, the wooden pallet

manufacturer will now be able to go ahead with a significant expansion and modernization project.

"The work is going to be the expansion

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Weather



TODAY:
MIX OF SUN
AND CLOUD

HIGH 30
LOW 20



WEDNESDAY:
CHANCE OF
SHOWERS

HIGH 27
LOW 20



THURSDAY:
CHANCE OF
SHOWERS

HIGH 28
LOW 19



FRIDAY:
CHANCE OF
SHOWERS

HIGH 28
LOW 18



SATURDAY:
CHANCE OF
SHOWERS

HIGH 25
LOW 14

On preserves and traps



DISHPAN HANDS

SHEILA QUINN

I was just re-arranging. A few things were out on display on a shelving unit. The little, one-serving teapot could fit just about anywhere really. I opted for the built-in shelving in the corner of the living room. I set the teapot on the shelf, but something caught the lid. I'm not even sure what it was.

There was no catching it. I'm sure I said, 'No, no, no, no, no' out loud as it tumbled to the ground. It didn't shatter, it didn't even really break, it rather sort of crumbled. That's what happens when artefacts hit the floor.

I don't remember the last time I broke something important. Me - myself. Not this important.

My eldest, once nicknamed Destro, had inadvertently and occasionally intentionally broken a few important things - the pink and blue elephant lamp that had been in my nursery, the jars containing a rock collection that was from all over the world, scattering and combining the world together once more.

Several pages were torn out and torn up from a copy of a book my father had given me.

These losses were tough, but the nostalgia gene runs strong with me - I sometimes think it is a 6th sense of some sort - something I feel, coursing through objects - bits of old time and long losts (long lost people, moments, places) imbibed in them, brimming with former segments and slices of time.

That probably explains a lot about my eclectic taste in décor, but also why I seem to have a pretty good memory. Maybe it is the time itself I can still feel there, and so I call it back, and there we are in another place, with

other smells and sounds, other tones and colours. I have a very visual mind and play around my memory Rolodex regularly, although many experts would declare them tainted by time and perspective, inaccurate rememberings, and probably most of them are altered, at least slightly, by time and life.

But, they're there, and there are lots of details that are correct.

Except that with the small teapot - because I wasn't there at the time.

The teapot had lived with me for a time, and at our family home for a time, and has been back with me since some time this year.

I wasn't there upon the arrival of the teapot because it was given to our Gran as a wedding shower gift in 1936. Eighty-five years it has been kept, and in seconds a toppling top robbed it of its unbrokenness. It had no chips. It had a stained interior that I liked to look in - a symphony of the tiniest of cracks, riddles and riddles of them, all stained brown with tea, in what was once a cream-coloured backdrop.

A tiny beehive house - that was the shape of the pot itself, and on top of the lid, a tiny chimney. Little painted bees buzzing away here and there. A little door, a few little windows, tiny shrubs, a woody-looking spout and handle. Made in Japan.

I continued the 'No, no, no, no, no, no' out loud as I picked up the two main halves that had split from one another, the chimney making one side a little larger than the other. I scooped up the few other little chips. They felt crumbly and ancient. Sort of like actual chips, stale ones. I remembered Gran's wicker baskets lined with a napkin and filled with plain Yum-Yum chips, a very regular side to chicken sandwiches that she somehow managed to make taste divine. We used to say it was her hands that made them taste so good.

I scolded myself for not being more careful...yet I wasn't being careless... yet I still wanted/needed to scold myself, upset that it happened, no matter what, and nowhere for that strange little mourning to go. Eighty-five years of a little teapot that was mostly perfect, chipless at least.

There were a few things that poked at my guilt. Admittedly, sometimes I'm not sure that I really like it. But how can I not like it?! It's a little beehive house teapot that was my

Gran's! My Gran the bride-to-be, of the wedding with no photographs, where she wore a blue outfit that she was proud was blue (her favourite colour and mine), a July 1936 wedding.

But still, sometimes I have had that feeling. Strange what those family heirlooms and strange inheritances can hold over us sometimes - a feeling of obligation towards keeping and showcasing. And in my mind, my Rolodex memory of a memory I don't have, of bride-to-be Gran, with shiny brown hair that was exactly the same colour as my own (that I know, I'd seen it - she had kept her long hair from her first haircut at 13 years of age, it looked like we had cut it from my own head), reaching her mid-twenties, marrying our funny Bampie. So wasn't that beehive house teapot our house? Weren't the bees us? Wasn't all of time somehow preserved inside it, sleeping in that little system of cracks inside? Or were we trapped?

Naw, no. No we weren't trapped in a teapot, otherwise there would have been genies in the tea on the daily. Well, her name was Jean....

No, we weren't trapped, and I'm not either, not trapped to keep anything that I don't feel is right for me - that I can pass on items to other family members, and if there is no one to take them, then it is right and good to donate them somewhere where they will be appreciated.

The teapot is on the kitchen counter. It has been sitting there since Saturday night, when, in my care and my hand, that lid tumbled and split. If I hold the two big sides together, the crack disappears completely, but for a tiny Trivial Pursuit-esque wedge, and that wedge I have too. The underside suffered a slightly more complicated repair, but something can be done.

I will still keep it. It is small, and is the only thing of its kind, the rest of those shower gifts gone from endangered to extinct, a survivor of a time, and well, it still is sort of cute. So now I too will have a thing like many of the salvaged items at my grandparents' home, survivors of the Great Depression, keepers of things, and keeping for good, possessions that had evidence of glue or even sometimes tape, yet I will contemplate this experience, and I won't let myself be surrounded by glued-together teapot time traps. It's okay to let the genies out, and to mind our preservations.

Ben by Daniel Shelton



Local News

They want to do what they believe is right for the student population. The number of vaccinated students remains a mystery right now, but the university plans to release a new platform to calculate the vaccination rate.

Bishop's and Champlain mull over new mask mandate in classrooms

By Michael Boriero

Bishop's University and Champlain College Lennoxville staff are eager to welcome back a full slate of students come fall, but they are not too keen on the prospect of completely dropping the mandatory mask rule in classrooms.

Last week, the Quebec government announced that post-secondary institutions will be back to in-person learning after the pandemic forced everyone online last year. Students will also no longer be required to wear a mask when they are seated in class.

The physical distancing rule has also been eliminated. According to Bishop's University Dean of Student Affairs Dr. Stine Linden-Andersen, everyone is looking forward to being back, but the university is wary about becoming too lenient given the current situation.

"We have decided that we will likely keep a mask requirement, at least for the beginning of the semester," said Linden-Andersen. "Students will be coming from all over and even though students are vaccinated, they can still carry the virus."

She told The Record that the Bishop's administration team wants to get a better idea of how many students are either partially or fully vaccinated before altering their current mask policy. They do not

want to risk any potential outbreaks at the start of the semester.

They have not made an official decision yet, she noted. They want to do what they believe is right for the student population. The number of vaccinated students remains a mystery right now, but the university plans to release a new platform to calculate the vaccination rate.

"We haven't done that yet, but we are about to launch a tool that is going to do that for us, so I can't say too much about it yet, but we are very excited about it and it will be easy for students," said Linden-Andersen, keeping the name of the tool a secret.

She added that her colleagues have been working diligently throughout the summer, promoting vaccination campaigns, and reminding students to respect Quebec's health and safety measures. She is also waiting to hear more about the vaccination passports.

Linden-Andersen said that as it stands, most students seem ready to return to campus. International students will be allowed to attend certain classes virtually, though, since many of them are struggling to obtain a student visa in time for fall.

When asked about the constant rule changes in the province, she said it has become second nature for everyone at this point. Linden-Andersen is aware that the pandemic could throw a curve ball to the start

of the school year, so she is always monitoring the situation.

"I think that it has just become the way we live now, you know, I wake in the morning, I check the news, I check my emails for any changes to rules and guidelines and we just kind of go with it. Maybe that's a healthy life skill to learn; that things constantly change," she said.

Champlain Campus Director Nancy Beattie explained that most of the cegep's decisions in the coming months will be in line with Bishop's because they share many buildings on campus. She said that everything announced last week was expected, except for the mask update.

"As a management team, back at our last meeting in June, before everybody left on vacation, we had decided we would actually ask that masks remain at all times inside until Thanksgiving when we could reassess what the situation was," said Beattie.

Unlike Bishop's, however, Champlain has already surveyed its students, tracking down the number of vaccinations prior to the start of school. According to the director, the data indicates a significant portion of the student population has at least one dose.

"The internal survey that we run shows that 87 per cent of our students are already either double-vaccinated or will be before the start of classes," Beattie said.

She admitted that one of the remaining question marks is the vaccine passport. But like Linden-Andersen, Beattie said there is not much to share until they get more information from the government. However, she is confident that most students will be on board.

"I think our students appreciate, particularly athletes, [...] that this is required to be able to return to sport and protect the community, as well as themselves, so there doesn't seem to be, at least from what I've heard, any resistance from our student population," said Beattie.

Last year was challenging for the entire cegep staff, she continued, and it will be even more work if they need to keep track of student vaccinations and passports. It will be time-consuming, but not impossible, she said, the Champlain platform can handle it.

Beattie added that it will be less complex compared to 2020 because they will not need to reserve classrooms, monitor student numbers, and continuously adjust schedules. But the cegep does plan to stick to a rigorous sanitization and cleaning policy.

"The pieces that will still remain burdensome and critical are the ongoing cleaning of common areas, extra cleaning in classrooms, extra cleaning in residences, those are ongoing from last year," said Beattie.

Herwood

CONT'D FROM PAGE 1

of a building, the modernization of equipment, and the purchasing of new assembling equipment," said Wheeler explaining that once

complete, the work of building pallets will be faster but easier, allowing the company to do more with the people they already have. "There is a huge

demand in the industry," he added, "We've had a large increase in certain areas of products."

According to the president, the plan is to get construction started at the end of October or the beginning of November with the idea that it could be complete by the end of the year. The new expansion will then hold the new equipment.

Once up and running with this new equipment and possibly a second machine to automate projects that can't be produced on existing equipment, Wheeler estimated that production capacity might be double what it is at the moment.

"It's a must," he said of automating parts of the assembly process, sharing that when it comes to serving industrial demand, "Things have become so complicated; this is not just everyone making (pallets) in the back of their garage like they used to."

Lucie Lecours, Quebec's Minister for the economy, was on hand

to announce the government's contribution to the nearly \$6 million project on Monday.

"Quebec benefits greatly from the ambition of small and medium sized manufacturers like Herwood," Lecours said, calling small and medium sized businesses the backbone of the regional economy.

The minister underlined the importance of supporting technological innovation and automation in small and medium sized businesses, arguing that these processes help keep the market competitive.

André Bachand, Member of the National Assembly for Richmond, praised the developments that have already been made at the business since he last toured it as a federal Member of Parliament, and acknowledged the fact that the success of the enterprise has been due in no small part to the ongoing commitment of the Wheeler family.

Vaccination

CONT'D FROM PAGE 1

weekend, bringing the total number of people infected since the start of the pandemic to 379,439, and the number of active cases across the province to 1,857.

There was one additional death recorded over the weekend, bringing that total to 11,242, but hospitalizations decreased again, dropping by two to 55, with 14 in intensive care.

According to Quebec's national institute of public health, the

INSPO, the Eastern Townships saw the number of active cases increase to 49 over the weekend, although details were not available on the specific breakdown of where those cases were located. A local update from the CIUSSS de L'Estrie-CHUS featuring information about local cases and the vaccination campaign is expected Tuesday morning. The number of hospitalizations in the region increased to five, with no one in intensive care.

One day at a time



DIAN COHEN

later, the global economy is twisted up like a pretzel and we can't count on the benchmarks and theories we have used for decades to measure or explain the health of the economy. That's why there are so many views about the future: is inflation the most pressing problem? What about the millions of jobs that are missing? Are we close to full employment? When will the stock market crash? How close is deflation and recession?

Nevertheless, we all have to make decisions about our own lives and the lives of those who depend on us. So let's try to observe where the global economy and our own little corner of it is now.

1. The pandemic economy isn't over. We're just entering another stage of it. Much as we would like to, it's very hard to just "move on" from COVID to a more normal life. Even as we try, as long as there are unvaccinated people anywhere in the world, the virus is free to mutate. We have vaccines here but they don't help people who don't get them. Some countries haven't even started vaccinating. People are still getting sick and going to the hospital. Hospitalization costs rise as younger, healthier unvaccinated patients

don't die quickly like older people did last year. The longer they stay in hospital, the more they consume hospital capacity that you may need if something happens to you. If you have income and pay income taxes, you know that this is something you are helping to pay for.

2. The global supply chain log jam isn't going away. Our finely tuned "just-in-time" manufacturing system that eliminated waste has not survived COVID. The virus caused and is still causing production slowdowns or stops that have not yet abated. Malaysian, Vietnamese and Indonesian factories, from whence so many of our manufactured goods come, have been idle for weeks. Ships and shipping containers are not where they are supposed to be - many of them are stuck at sea - creating a backlog of goods sitting in factories, waiting to be put in boxes. Many are waiting for truck drivers who themselves are in exquisite short supply. All these bottlenecks have resulted in shortages of many items - cobalt, lithium, steel, building supplies, cement, microchips. And shortages of components like these mean that homes and rental units and furniture and cars and smart phones

and washing machines and bicycles are also backlogged. Prices of all of them are up significantly. Because our personal behavior has changed, what used to be predictable supply and demand is now "lumpy" - as an example, because so many people started eating at home, simple things like Ketchup packets and the packaging materials for sushi and Big Macs have become scarce.

To quote Geopolitical Futures, "Countless other hiccups in supply chains near and far are further complicating the situation. This has left finely tuned logistics networks overwhelmed and off-balance. It's anyone's guess how long it will take to untangle this mess. There are simply too many single points of failure - each of which can affect a dozen more - for things to snap back to working order quickly. However, the immediate situation plays out, though, there's likely to be immense long-term implications as countries across the globe scramble to try to rewire the global trading system around their needs."

Dian Cohen is an economist and a founding organizer of the Massawippi Valley Foundation.

Cohendian560@gmail.com

Try not to speculate a lot about the future because that's all it is - speculation. A great many trees have been sacrificed to explain what post-COVID normalcy would look like and many gigawatts of electricity have been spent on the internet postulating how the economy will recover. It's been pretty much a waste of time.

When the virus took hold last January, governments around the world moved quickly to prop up their economies. Businesses everywhere were forced into adapt-or-die mode. These two measurable behaviors have changed the way we understood the economy to work. Eighteen months

The story of Faith and hope and love

Record Staff

Staff here at the paper love a good birthday party and do their best to attend, especially when the guest of honour is turning 100.

But we missed one.

Luckily, Kerry-Leigh Burchill, granddaughter of Rose Ellen Faith (née Page), was kind enough to let The Record know about the recent celebration and sent a picture hoping her grandmother's contagious smile might lift local spirits.

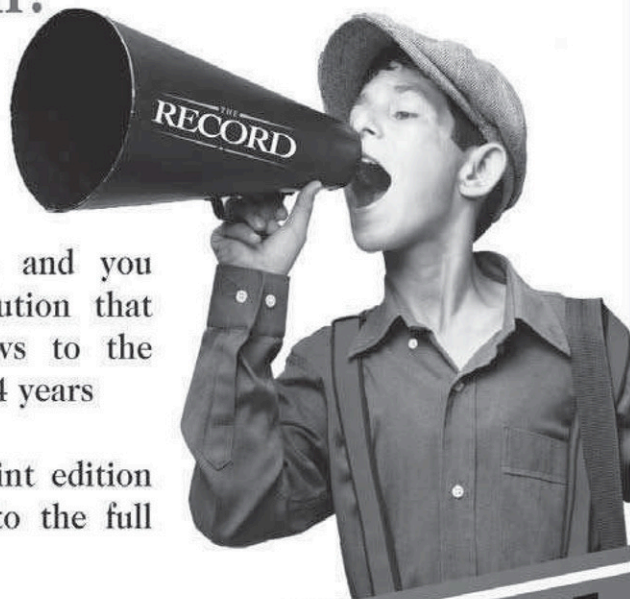
Rose was born on the Page Farm on Duvernay Street on Aug. 2, 1921 and for over a century she has been

a stoic and positive advocate for her birthplace. According to Burchill, Rose has been an inspiration for her family and community in her many roles of daughter, wife, farmer, mother, hospital seamstress, caregiver and knowledge keeper.

Given the current stressful climate, Burchill thought readers would appreciate the beauty in her grandmother's smile; a woman that has lived through war, the depression, the transformation of Sherbrooke all the while never faltering to greet each day with gratitude.

The Record would like to wish a happy belated birthday to Rose.

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COURTESY KERRY-LEIGH BURCHILL

Fière la Fête returns to Sherbrooke after 2020 virtual pride

By Arianna Myers
Special to The Record

celebrations.

This year's edition of Fière la Fête will be held from Tuesday, Aug. 24 to Saturday, Aug. 28, and will feature events such as group discussions, conferences from a number of keynote speakers, an art vernissage, a literary night, and several concerts and shows in various downtown Sherbrooke locations. The festival will also see the return of the diversity march, a family-friendly parade that invites everyone to walk and display their colours proudly at the Marché de la Gare on the last day of the event.

Dembah Tombor, one of the honorary presidents of Fière la Fête, spoke to The Record of the importance of having pride events in the Eastern Townships.

"As a black, bisexual, activist woman, pride is very important to me because it represents the freedom to be who I am and to love whom I want. I also find it important that there be more representation of LGBTQIA2S + people who are racialized in the Eastern Townships and who are proud of it."

"This year, Fière la Fête's theme is the end of isolation," explained Tombor. "After being in isolation for a year and a half, the LGBTQIA2S + community



GUILLAUME BOLDUC

needs the opportunity to be able to come together in a safe space."

"Since I've participated in the past editions of Fière la Fête, prior to the pandemic, I am looking forward to being able to see the members of our community back together again," shared Tombor. "It's going to be a great celebration that everyone should look forward to."

As the event quickly approaches, Fière la Fête is looking to the local

community for support. To help make this year's celebration truly special, they are seeking dedicated volunteers and affiliate event organizers.

Although some details still need to be confirmed and may vary depending on Quebec's public health measures, those interested in supporting local members of the LGBTQIA2S + community can get more information on Fière la Fête's website at <https://fierelafete.ca/en/home/>

Expos cruise into second place with three-game streak

Record Staff

The Expos exploded for five runs in the fourth inning, with Corentin Boucher leading the charge thanks to a three-run home run. Sherbrooke also capitalized on an error, and a single from Jonathan Raymond.

There were several more errors that led to points on the board. And team manager Bruno Laurin capped off a wild night with a single in the seventh inning. Sherbrooke pitcher Matthew Adams-Whittaker picked up his first win in 2021. He allowed two runs and seven hits.

On Friday evening, the Expos took on the Drummondville Brock in a stout defensive game. Sherbrooke went on to win 4-0, after pitcher Oscar Rodriguez allowed just two hits in six innings of work. All four runs were scored in the fourth inning off Brock's Benjamin Runyon.

Runyon, Drummondville's pitching ace, suffered his third loss of the season, allowing seven hits in five innings. Meanwhile, Rodriguez silenced the Brock crowd and stifled the team's offence, posting five strikeouts in six innings to earn his fourth win of the season.

The Expos returned home on Sunday evening for a rematch against the Montreal Legend Jets. Sherbrooke lost 8-0 the last time they faced the Jets, however, they bounced back an 8-1 win in front of 491 spectators at



PHOTOS: VINCENT L. ROUSSEAU

Amedée Roy Stadium.

Sherbrooke starting pitcher Ismael Pena recorded his second win, striking out six batters in five innings, and allowing only three hits. The Expos, holding a 4-0 lead after four innings, shocked the crowd with a German Lopez two-run triple to take

a commanding lead.

The Expos have another busy three-game week coming up, and no home field advantage. They have a rematch with Saint-Jérôme Tuesday, a battle with first-place Saint-Jean-sur-Richelieu Wednesday, and a match on Sunday against Victoriaville.

Whether you identify as a member of the LGBTQIA2S + community, are questioning, or are an ally, people from all walks of life are invited to celebrate sexual and gender diversity for five days in the ninth edition of Fière la Fête in Sherbrooke.

Founded in 2013, Fière la Fête is one of the only events celebrating the LGBTQIA2S + community in the Eastern Townships. Its mission is to improve the visibility and acceptance of gender and sexual diversity among those who live outside of major urban areas.

Since its foundation, Fière la Fête has hosted eight successful pride events, with each one attracting between 300 and 500 people. After the outbreak of the COVID-19 pandemic prompted the cancellation of pride celebrations across the country last year, Fière la Fête changed its plans in order to host virtual pride events instead.

While the historic numbers aren't expected this year, 2021's edition promises to be more of a return to normal with both in-person and virtual events following last year's scaled-back



EDITORIAL

Overlooked completely by politicians and journalists is a very delicate, sensitive issue: windfall cost savings due to premature deaths during the COVID-19 pandemic.

Government cost savings from pandemic premature deaths

By Charles S. Shaver, MD

In April, Ottawa indicated that the deficit for the previous fiscal year was a \$354.2 billion, but would drop to \$154.7 billion for 2021-22. This figure does not account for possible prime interest rate increases.

Yet overlooked completely by politicians and journalists is a very delicate, sensitive issue: windfall cost savings due to premature deaths during the COVID-19 pandemic.

For 2021, the maximum Canada Pension Plan payment is \$1203.75 per month and the average payment is \$619.44. The Quebec Pension Plan pays up to \$773.29 monthly at age 60 and \$1715.73 at age 70 and beyond.

Old Age Security pays a maximum of \$626.49 per month. In Quebec, a similar program if started at age 70, pays \$817.97 per month and ceases at death.

Conditions in nursing homes were sadly deplorable, as revealed when 1650 members of the Canadian Armed Forces were sent to LTC facilities in Quebec and Ontario. As of July 30, 2021, COVID-19 caused 17,017 deaths among those age 80 and above, 5376 for those aged 70-79, 2555 for those aged 60-69, and 993 for those ages 50-59.

According to Patrice Dion, of the Centre for Demography, COVID-19 caused over 15,600 deaths across Canada during 2020. The average age of those who died of COVID-19 was 83.8 years, whereas the average age at death in Canada in 2019 was 76.5 years. Over half of deaths occurred in Quebec, or double the average for Canada. Nova Scotia, Saskatchewan, and British Columbia had only half the national average. Fewer than 10 deaths were reported in Newfoundland and Labrador, PEI, New Brunswick, and the territories.

Due to the virus, the Life Expectancy at Birth (LEB) dropped by 0.84 years in Quebec, but for Manitoba, Ontario, and Alberta, the LED dropped by 0.60, 0.34,

and 0.32 years respectively.

Looked at differently, for all of Canada, the average life expectancy for a 60-year-old male is an additional 20.5 years and for a female 24.9 years. At age 65, it is 16.7 years for a male and 20.8 years for a female. At age 70, it is 13.2 years for a male and 16.9 years for a female. At age 75, it is 10.2 years for a male and 13.2 years for a female. At age 80, it is 7.7 years for a male and 10.1 years for a female. At age 85, it is 5.7 years for a male and 7.4 years for a female. Even at age 90, it is 4.3 years for a male and 5.5 years for a female.

Some of these elderly patients in chronic care facilities might have had co-morbidities such as diabetes mellitus or cardiac disease, which would adversely impact their future life expectancy.

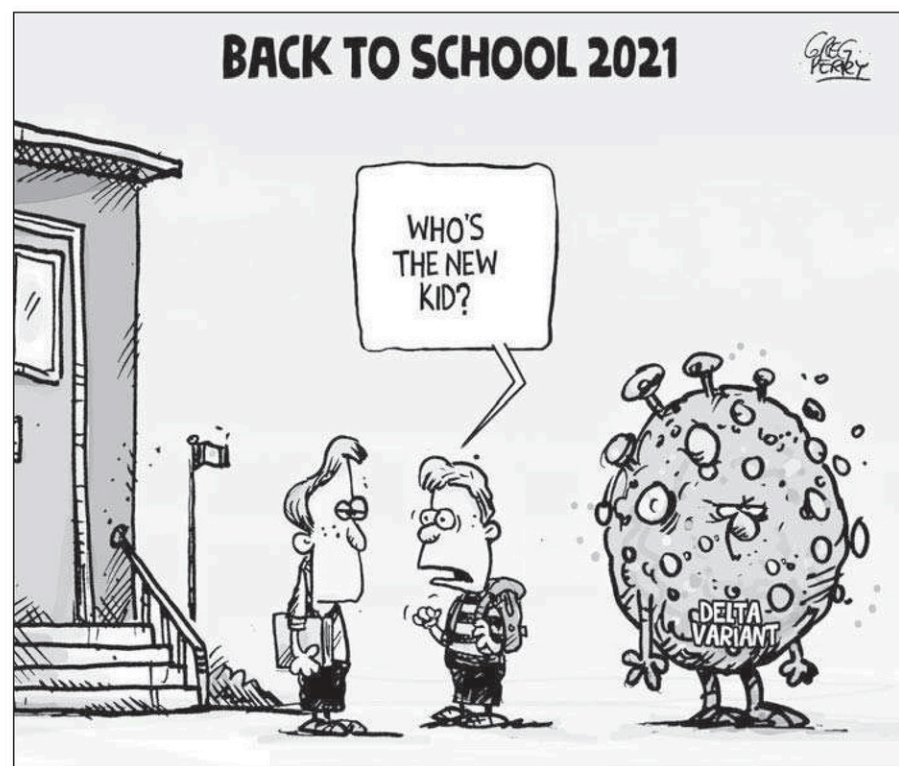
Although one can rightly attack provincial governments for lax policing of long term care facilities. However, the bottom line is that the premature deaths of these unfortunate patients represent many person-years of government pensions that no longer must be paid out, a savings that will continue for decades. It will likely total several billion dollars. This is truly an example of an "unintended consequence." It is of a different order of magnitude than the federal deficit, but still significant.

I did not major in mathematics, but I would very much welcome comments from those who have a better background in actuarial analysis.

In any event, the question now is whether Ottawa and Quebec City are willing to earmark the windfall savings that I have outlined as an extra health transfer payment to the provinces so as to improve facilities and staffing of Long Term Care facilities.

Ottawa physician Dr. Charles S. Shaver was born in Montreal. He is Past-Chair of the Section on General Internal Medicine of the Ontario Medical Association.

The views here are his own.



Letters

The Quebec English School Boards Association does not speak for the entire English education community

Please consider two points regarding The Record article: "Quebec looking at a three election fall with return of school board vote" (Aug. 9). In the press release put out by the Quebec English School Boards Association on Aug. 6, Vice President Noel Burke said the English school boards are "disappointed" by the Sept. 26 election call.

As a candidate for chair of the Lester B. Pearson School Board, where Mr. Burke is chairman, I am neither disappointed nor "dismayed" by the announcement.

Rather, I am looking forward to a vigorous campaign, which calls for stronger leadership roles for those closest to our children on a daily basis.

Moreover, in the event I win, and in keeping with my first campaign promise, a Letter of Intent will be filed to:

"Drop membership to the Quebec English School Boards Association."

CHRIS EUSTACE
MONTREAL

Speaking out for safe transit

I am a mother and I have been using public transportation my whole life. I believe that it is safer than driving, not only for me but for the community and environment.

Accessibility is important for everyone in the community. To be able to go to school, to work and to reach friends and family. Access to clean air and nature are also essential to our survival.

I believe the federal government can help prioritize this accessibility and harmonious environment within communities by improving public transit, as well as safer greener bike and pedestrian pathways.

I would appreciate a no traffic, low-cost electric train ride for me and my child from Sherbrooke to Montreal to visit the grandparents.

SINCERELY,
KATE PRICE
SHERBROOKE

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.

THE RECORD

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'Scorched earth' tactics for midsummer fishing



ON THE HOOK

ANDREW HOWARTH

For as long as I can remember, I've been interested in fishing opportunities that are underappreciated among most anglers. When I recall my few examples of these, including midwinter trout fishing and midsummer bass fishing, I'm reminded that this lack of appreciation is sometimes warranted. Yet, in recreational fishing, it often pays to capitalize on the oversights of your peers.

The proverbial 'dog days of summer' have a similar effect on both anglers and fish: heat waves become virtually inescapable, and when combined with the paradoxical monotony of Canadian summer, lead to sluggish and even morose behaviour. However, unlike humans, most fish are ectotherms, meaning organisms that cannot regulate their internal temperature physiologically. In humans, physiological thermoregulation—a term that you should consider using at your next cottage weekend or barbecue—is achieved by bodily functions such as perspiration and blushing. Because fish lack these and other similar abilities, they must modify their behaviours to stave off intense heat. The point of all this is to explain that there is good fishing to be had in midsummer, provided that anglers hydrate properly, and make some basic observations about fish behaviour.

One of the main ways that fish avoid overheating is by searching out diverse 'microhabitats' that provide access to cooler water, shade, and other essential commodities like food and dissolved oxygen, without having to move very far. The appearance of this microhabitat varies across waterbodies and fish species, but a main-lake point with dense weeds and a sharp dropoff represents classic microhabitat for warmwater fish. Bass, panfish, walleye, and pike are among the species that love to capitalize

on the shade, depth, windcurrents, and refuge provided by these spots. Fishing deep water and dense cover can feel like searching for hay in a needlestack, so I prefer to fish these areas fast and hard. Heavy jigs, spinnerbaits, and jerkbaits can be fished fast and erratically through these areas, in order to cover water and elicit frantic 'reaction strikes' from unsuspecting fish.

Aside from provoking reaction strikes, anglers fishing in midsummer should look to the most likely and productive feeding windows, and concentrate their efforts there. On a typical midsummer day, this means fishing hard during the first and last hour of daylight. To avoid excessive exertion and stress, many fish feed aggressively at these times, and it's wise to fish such high-percentage hours with a similarly bold disposition, cramming in as much fishing as possible. In other words, midsummer anglers should 'make hay' before and after the sun shines. Admittedly, I've found it difficult at times to leave the water after just one or two hours of fishing, but I've discovered the most pleasant and simple way to spend the idle time in between outings: enjoying some cool shade and breeze while napping in my hammock.

The final tip that I'll give to you midsummer anglers is to capitalize on the impulsiveness of brooding summertime fish. For a variety of reasons—many of them cryptic—midsummer fish will sometimes respond to true 'scorched earth' tactics and presentations in puzzling and seemingly illogical ways. Strange though it may seem, these anomalies translate to great fishing. I've seen smallmouth and largemouth bass—along with other warm and cool water species—attack topwater and near-surface lures with minimal persuasion in exceptionally hot and stagnant conditions. When this strange phenomenon occurs, it's obvious: fishing fast and covering water quickly produces many violent strikes. Large, waking streamers, and 'walk-the-dog' style topwater lures are favourites of mine for this scenario and application.

If scorched earth tactics don't produce results after an hour or so, consider throwing in the towel—live to fish another morning or evening! And, if your illogical self tells you that staying for another hour won't result in you catching nothing but heatstroke, just think about the blissful afternoon nap that awaits you back on shore.



ANDREW HOWARTH

Midsummer fishing is enjoyable for various reasons beyond topwater smallmouth bass. Paddling and wet wading are among the numerous secondary pleasures that can round out this experience.



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12 to 17-year-olds



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Death

**Drew,
Ronald
Lawrence**


It is with great sadness that we announce the passing of Ronald Drew, peacefully in his sleep on August 5th at the age of 92. Loving father of Larry (Gail), Melody (Barb), Elaine (Les), Faye (Kathy), Kevin (Dominique) and Laura (Jim); grandfather of Lyle (Claire), Michael (Nicole), Brett (Katelyn), Brian (Jennie), Sarah, Jen, Stephanie, Mackenzie and Ziad; great grandfather of Finley, Theodore, Adelissa, Rory and Navy. Predeceased by his loving wife, Lucy, and siblings Leslie, Austin, Norman, Phyllis and Leonard. Remembered by his sister-in-laws Doreen, Diane, Marjorie, Janice and many nieces, nephews and extended family and friends. Ron will be laid to rest at South Gower Cemetery after a private ceremony with immediate family. We are grateful to the staff at Bayfield Manor for the care they have given Ron during his time there. In lieu of flowers, the family requests that donations be made to Parkinson's Canada or Bayfield Manor Residence Council, in his memory.

Condolences/Tributes/Donations
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TUESDAY, AUGUST 10, 2021

Today is the 222nd day of 2021 and the 52nd day of summer.

TODAY'S HISTORY: In 1821, Missouri was admitted as the 24th U.S. state.

In 1949, President Harry S. Truman signed the National Security Act, which established a consolidated Department of Defense.

In 1977, postal employee David Berkowitz of Yonkers, New York, was arrested for the "Son of Sam" killings that left six dead.

In 2006, British authorities arrested 24 people suspected of plotting attacks on airplanes with liquid bombs smuggled in shampoo and water bottles.

TODAY'S BIRTHDAYS: Herbert

Hoover (1874-1964), 31st U.S. president; Charles Darrow (1889-1967), Monopoly game inventor; Jack Haley (1898-1979), actor; Jimmy Dean (1928-2010), singer/actor/entrepreneur; Eddie Fisher (1928-2010), singer; Rosanna Arquette (1959-), actress; Antonio Banderas (1960-), actor; Suzanne Collins (1962-), author; Gus Johnson (1967-), sportscaster; Justin Theroux (1971-), actor/screenwriter; Angie Harmon (1972-), actress; Kylie Jenner (1997-), TV personality.

TODAY'S FACT: The Smithsonian Institution, officially chartered by Congress on this day in 1846, estimates that about 95% of its collection is in storage rather than on display.

TODAY'S SPORTS: In 1981, Pete Rose got the 3,631st hit of his career, breaking the National League record

for career hits held by Stan Musial.

TODAY'S QUOTE: "Telling a story in a futuristic world gives you this freedom to explore things that bother you in contemporary times ... like the vast discrepancy of wealth, the power of television and how it's used to influence our lives, the possibility that the government could use hunger as a weapon, and then first and foremost to me, the issue of war." – Suzanne Collins

TODAY'S NUMBER: \$705.4 billion – estimated Department of Defense budget for the 2021 fiscal year.

TODAY'S MOON: Between new moon (Aug. 8) and first quarter moon (Aug. 15).

It's easy for piercings to become infected

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

Dear Doctor: A few weeks after I got my ears pierced, my right ear lobe hurt a lot and got really itchy. It's OK now, but my mom says that means it got infected. What do you think went wrong? I'm getting another piercing, and I don't want to get another infection.

Dear Reader: We tend to focus on the jewelry that a piercing is going to display, but it's also important to remember that you're starting out with an open wound. Until the site is completely healed, you need to take precautions against infection. This is particularly true because the wound won't be protected from the outside world by a bandage. In addition, it will contain a foreign object that can serve as a conduit for bacteria.

How long a piercing takes to heal depends upon where it's located. A pierced earlobe, which is fatty tissue with good blood flow, takes about six to eight weeks. A piercing on the cartilage of the ear, which has no direct blood supply, can take from four months to a year to fully heal, depending on its location.

Always have any piercing done by

an experienced professional. Check them out beforehand, and be sure to ask about their hygienic practices. Once the piercing is complete, you'll keep your starter earrings in place, even at night, until the wound is completely healed. Changing them too soon can introduce bacteria or reinjure the wound, which will set back recovery several weeks.

It's crucial that you always wash your hands before touching a new piercing. Don't fuss with the earrings too much, as that can irritate the wound. Use swabs to gently clean both sides of the area several times a day with a mild antiseptic soap or a sterile saline solution. Avoid hydrogen peroxide or rubbing alcohol, as these can dry out and kill the healthy new cells, which slows the healing process. To prevent adhesion, you'll turn the earrings a complete revolution a few times a day, preferably while the area is wet from cleaning.

Pain and slight itching are common soon after a new piercing. However, your mother is correct that the increased pain and persistent itchiness you experienced weeks later are often signs of infection. Additional symptoms include swelling, redness, crustiness, a visible puslike discharge and a sensation of heat. More serious

infection can cause fever and a feeling of malaise.

If infection in an earlobe piercing is mild, it can often be treated at home. This includes the use of a warm compress, rinsing with sterile saline several times a day and giving healing a jump start with an antibiotic ointment on the affected area. If things don't clear up in a few days, see your health care provider right away.

Complications can include developing an abscess, or an infection that becomes systemic. For more serious infections, you may be prescribed oral antibiotics. If infection develops in an upper ear piercing, which is in the cartilage, it is important to seek medical care right away.

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.)

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:

Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$16.00 (includes taxes)

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

WEDDING WRITE-UPS:

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

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

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

NEA Crossword Puzzle

Your Birthday

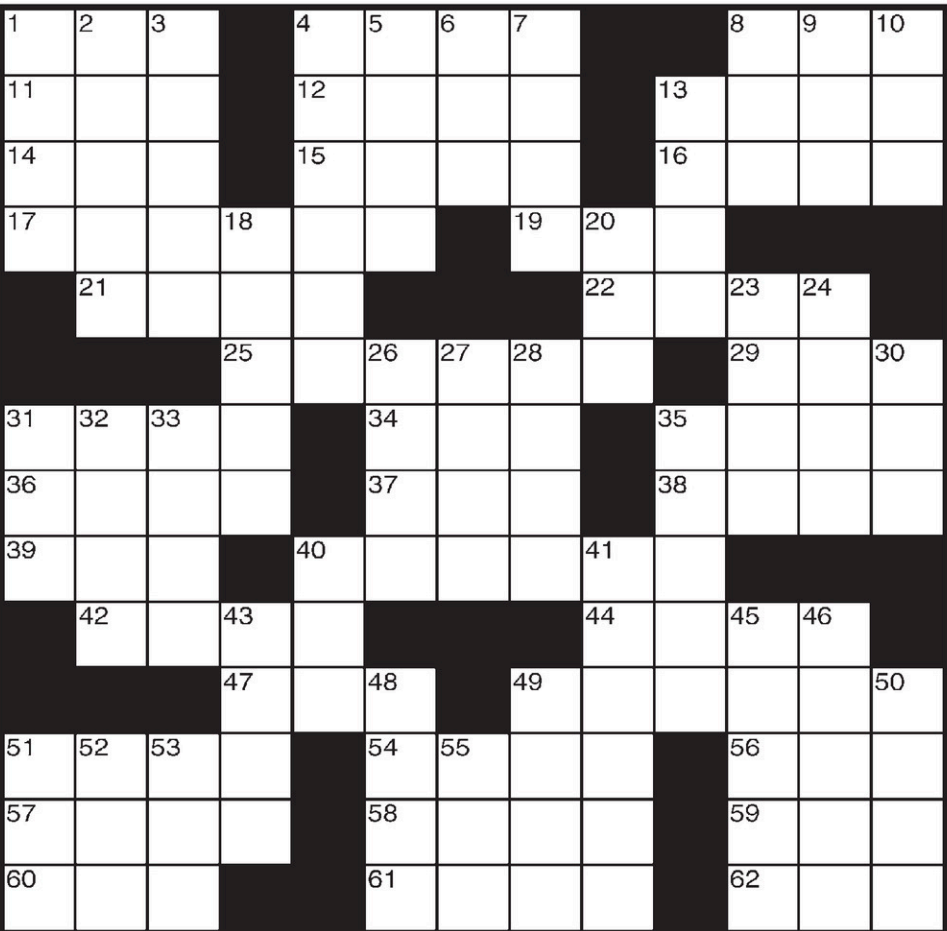
TUESDAY, AUGUST 10, 2021

Answer to Previous Puzzle



- ACROSS**
- 1 Outscored
 - 4 "Finding —"
 - 8 Busy place, slangily
 - 11 Comedian Poehler
 - 12 Inkling
 - 13 Parade feature
 - 14 Some toothpaste
 - 15 German industrial region
 - 16 Like good brandy
 - 17 "I" trouble?
 - 19 Folk-song mule
 - 21 Paquin of "True Blood"
 - 22 Thailand, once
 - 25 Actress Bassett
 - 29 Between pi and sigma
 - 31 Course of action
 - 34 Stop — — dime
 - 35 Voting group
 - 36 Limping along
 - 37 Cotton seeder
- DOWN**
- 1 Conduct (a war)
 - 2 Sweater letter
 - 3 Parachute material
 - 4 Honda rival
 - 5 Mild Dutch cheese
 - 6 "Drop — — line"
- 38 Mislaid**
- 39 Pet shop sound
 - 40 Cook gently
 - 42 Party-thrower's plea
 - 44 Cuzco founder
 - 47 Diminutive being
 - 49 Hoity-toity (hyph.)
 - 51 So-so grades
 - 54 Moby Dick pursuer
 - 56 Sun, in Acapulco
 - 57 Sack out
 - 58 Whimper
 - 59 Old monitor
 - 60 Dwight's nickname
 - 61 Sea eagle
 - 62 Lennon's spouse

- 7 Galley movers
- 8 Zig's opposite
- 9 1300 hours
- 10 Peculiar
- 13 South Seas paradise
- 18 Absurd
- 20 Third king of Judah
- 23 The younger Guthrie
- 24 Electrical units
- 26 Disco dancer (hyph.)
- 27 Ms. Bagnold
- 28 Terra firma
- 30 Harvest moon mo.
- 31 Pilot a ferry
- 32 Place of refuge
- 33 Elec. units
- 35 Mix together
- 40 Noncom
- 41 Prone
- 43 Sleeveless garment
- 45 Kid who rode Diablo
- 46 Festoon
- 48 Renown
- 49 Croquet site
- 50 Choir voice
- 51 Dernier —
- 52 Reaction to a mouse
- 53 Vane dir.
- 55 "Who sat down beside — ..."



Productivity is the name of the game. How you go about getting ahead physically, emotionally and financially will affect your status and reputation. Think outside the box, and take the path of least resistance. If you use intelligence and insight, you will overcome any setback you encounter.

LEO (July 23-Aug. 22) - Refuse to let anyone stifle your plans or come between you and someone who has always supported you. Indulgence will set you back. Consider every angle, ask questions and verify information.

VIRGO (Aug. 23-Sept. 22) - Take pride in what you do. Accept responsibility and honor your promises. Do quality work and live up to your word. Work to improve your relationships with others, and hone your skills.

LIBRA (Sept. 23-Oct. 23) - Do what you can to make a difference. The suggestions you make and the help you offer will bring about changes that will make your life easier. New friendships and beginnings await if you get out and mingle.

SCORPIO (Oct. 24-Nov. 22) - Move in a direction that suits you. You'll miss your chance to create a solid position for yourself if you follow someone else. It's time to look out for No. 1 and engage in what's best for you.

SAGITTARIUS (Nov. 23-Dec. 21) - Watch what others do, and stand up for your rights. You'll be offered false insight into what's happening with a friend or relative. Get the facts before you offer to help someone.

CAPRICORN (Dec. 22-Jan. 19) - You'll

find a unique way to increase your savings, improve your health or combat someone trying to take advantage of you. An emotional shift will help you improve your life.

AQUARIUS (Jan. 20-Feb. 19) - Don't lose sight of what you are trying to accomplish. You'll find the right balance to help you take advantage of an opportunity without dismantling what you've worked so hard to build.

PISCES (Feb. 20-March 20) - Be creative, and you'll find a way to please others. Work alongside someone who gets what you are trying to do and shares your beliefs. What you achieve will change the way others treat you.

ARIES (March 21-April 19) - Speak up, offer suggestions and call on people you know can help you get your plans moving in a positive direction. Words matter, so be precise. Present facts and negotiate passionately.

TAURUS (April 20-May 20) - Get things done on time. Too much talk and not enough action will make it difficult to gain support. No detail will be too small. Take a moment to share something special with a loved one.

GEMINI (May 21-June 20) - Think matters through, and talk with someone you respect. Getting a well-rounded view before you make your next move will give you the confidence to forge ahead without hesitation.

CANCER (June 21-July 22) - Resisting change will hold you back. Information will put your mind at ease and make a transition more manageable for you to accept. Look for the positive in whatever situation you face.

TUESDAY, AUGUST 10, 2021

Believe the bidding more than the card

By Phillip Alder

When you go into an authorized car dealership, you see a wall covered in certificates claiming that the salespersons are doing a great job. Those pieces of paper are only for show. When I complained about a dealership to that company's head office, I never even received a reply.

In bridge, sometimes an opponent's card suggests a particular holding. However, especially when playing against an expert, don't trust her or him implicitly.

In today's deal, South's three diamonds was an ambitious game-try, but he looked destined to make his game with only a combined 17 high-card points.

Defending were two top Canadian internationals, Fred Gitelman and George Mittelman.

Gitelman (East) overtook the club-queen lead with his king to switch to the diamond four. Mittelman took declarer's king with his ace and returned the diamond six. After winning with his queen, South ruffed a club in the dummy and played a heart to the queen. Mittelman smoothly dropped the jack, a no-cost play.

Taking this card at face value,

North		08-10-21	
♠	K 5 2		
♥	10 9 4 2		
♦	J 9 5 3 2		
♣	4		
West		East	
♠	A J 10 8 6 4 3	♠ 9 7	
♥	J 8	♥ K 3	
♦	A 6	♦ 10 7 4	
♣	Q J	♣ A K 10 7 6 3	
South			
♠	Q		
♥	A Q 7 6 5		
♦	K Q 8		
♣	9 8 5 2		
Dealer: South Vulnerable: Both			
South	West	North	East
1♥	1♠	2♥	3♣
3♦	3♠	4♥	All Pass
Opening lead: ♣ Q			

declarer ruffed a club in the dummy and called for the diamond jack. He planned to continue with a fourth diamond, ruffed and overruffed. Another club ruff would have been followed by the fifth diamond, on which South would have discarded his spade queen.

However, West ruffed the diamond jack and cashed the spade ace for down one.

The declarer was the victim of excellent defense, but he misplayed. If East were 3-3 in the red suits, either the spades were 8-1 or the clubs 5-3, both virtually impossible given the auction.

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.

“RS RFWPY WBU WPIU P TVM
 31 NUVGM CYX, PF MSVPF, P
 MWPYY XPXF'W OFCT BCT P TVM
 KCPFK WC SVN WBU GUFW.”
 — VFWCFPC JVFXUGVM

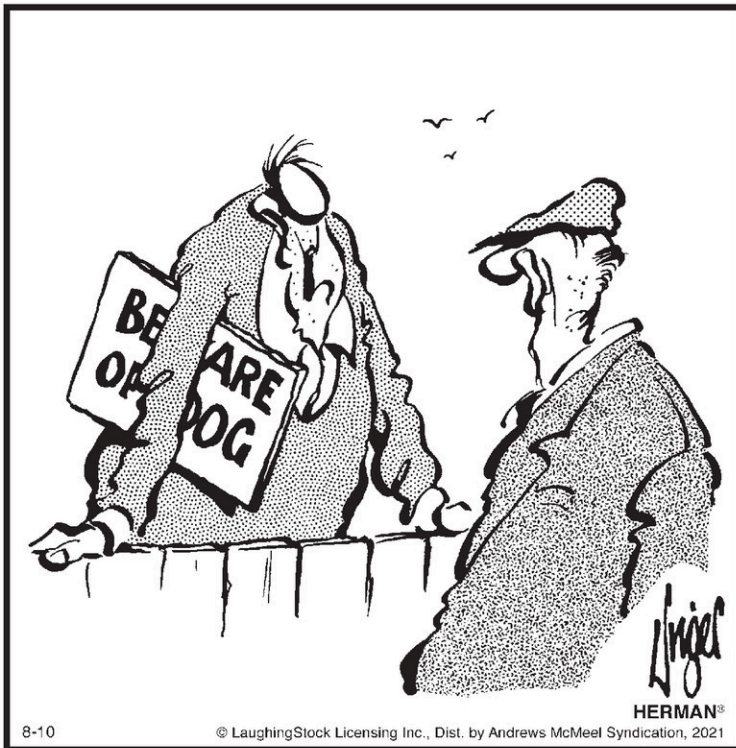
Previous Solution: “Nobody sets out to make a bad film — I shouldn't say 'nobody.' Some people certainly don't care.” — Sam Elliott

TODAY'S CLUE: *W sjenbe i*

REALITY CHECK

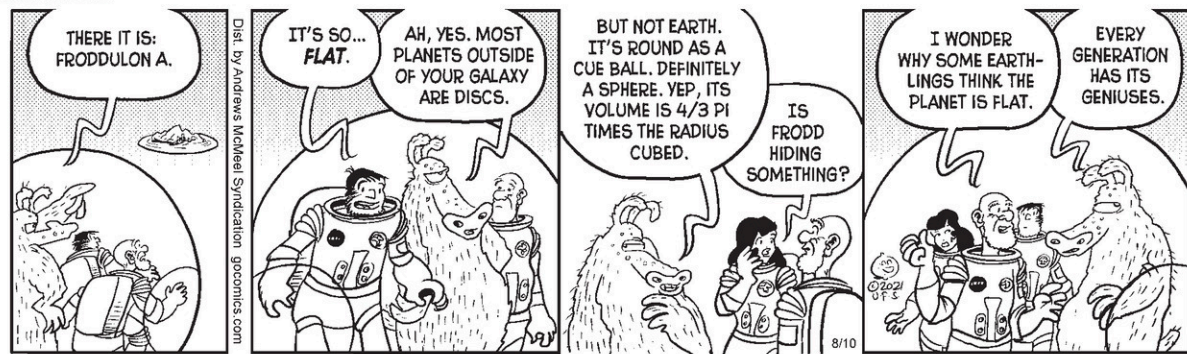


HERMAN

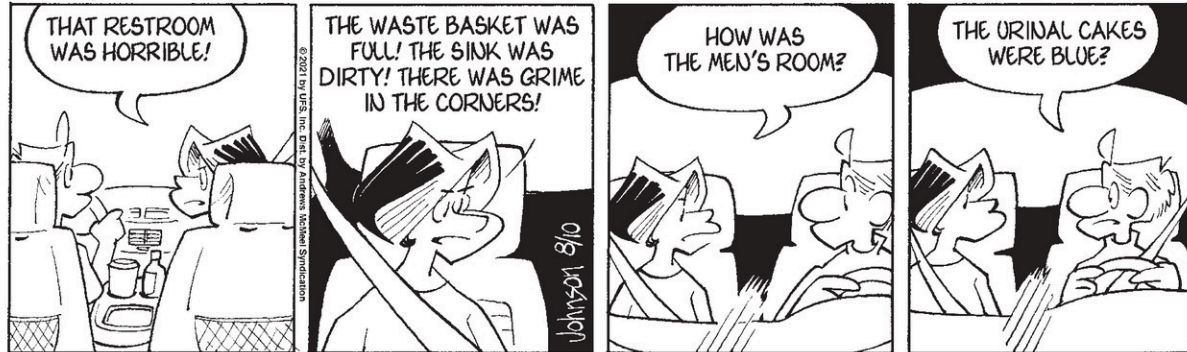


“It doesn't pay to advertise. Someone stole the dog.”

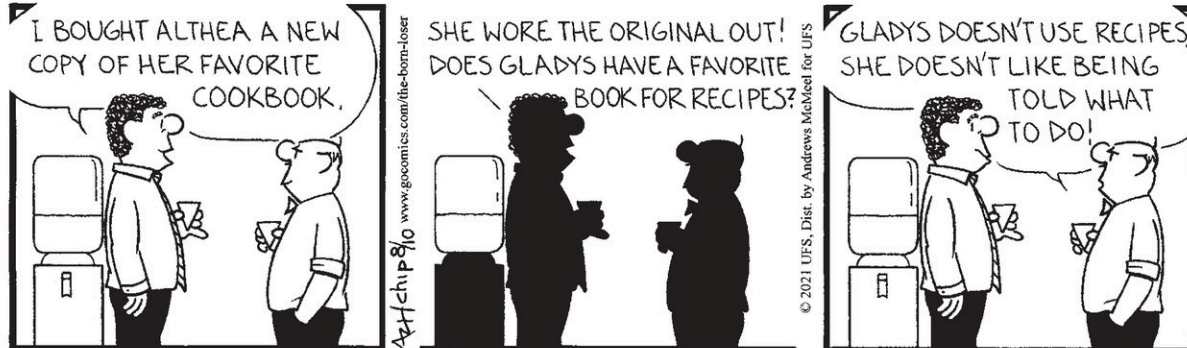
ALLEY OOP



ARLO & JANIS



THE BORN LOSER



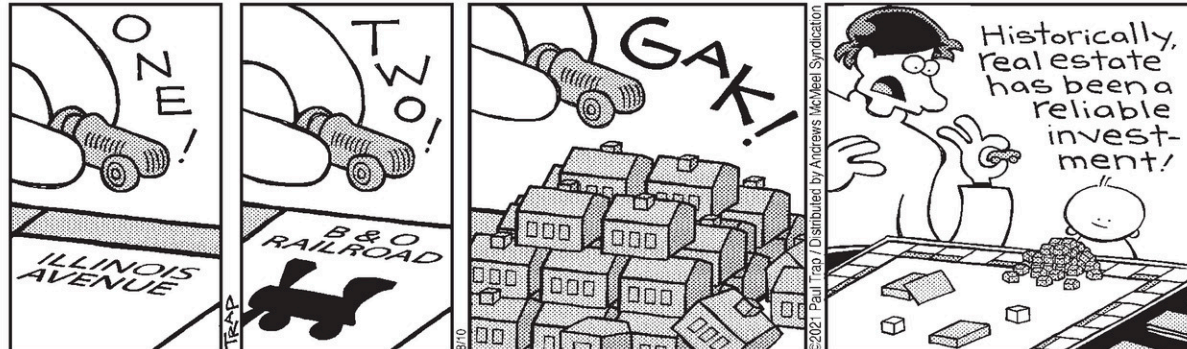
FRANK AND ERNEST



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

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AUGUST 15
 Gala outdoor launch of Emergence: Contemporary Women Poets of the Eastern Townships of Quebec, on Sunday, August 15, from 2 to 4 p.m., in the park opposite Studio Georgeville, 20 Carré Copp, Georgeville. Meet publisher/photographer Louise Abbott, editor Angela Leuck, and many of the 24 poets in the anthology. See photos, hear readings, get your book (\$25) autographed. Challenge: to sell all remaining copies toward financing a new poetry anthology on place in the Eastern Townships. All are welcome! Info: artsunae@gmail.com.

TAKE A LOOK...
 at what's in the **Classifieds.**
 THE RECORD
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classad@sherbrookerecord.com

THE RECORD

URGENT

CARRIER NEEDED in Lennoxville

The Record is looking for a carrier in Lennoxville to start on **August 30, 2021** for the following streets:

- Boright
- Clough
- Lloyd
- Robert-Peel
- Spring-Garden
- Summer
- Vaudry

Around 24 customers

If interested, please contact our offices by phone at **819-569-9528** or email at billing@sherbrookerecord.com

Fig. 16
 › If this feels like a math test, visit mathliteracy.ca or call 1-800-303-1004.

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Math solves problems

SUDOKU

DIFFICULTY RATING: ★★★★★

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

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PREVIOUS SOLUTION

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

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

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Giving up on dating

Dear Annie

TUESDAY, AUGUST 10, 2021

Dear Annie: I want to know why people think it's OK to harass and abuse other people. My ex brought his girlfriend home, and they spent the night in the garage. That was when we were still married.

Then he took my 5-year-old daughter out on dates with the girlfriend, and he abused and harassed me for a year to try to get me to abandon the house and my daughter so he wouldn't have to pay child support.

During this ordeal, I was ripped off by a lawyer who knew my ex was harassing me and did nothing. My ex and the girl are not together anymore, but I later found out that the girlfriend was hitting my daughter on her hands to punish her when she did something wrong.

I just don't get why there are horrible people in the world who do awful things and don't think they've done anything wrong. It is not unusual for them to turn the situation on you, acting as if you deserved it.

After all this, I'm done with men. I don't even date. It ain't worth it. I talk to people on chat sites, and they tell me they don't date for the same reasons. Being alone in this day and age is just the better way to go. I feel so broken and empty inside; no one would want me anyway. I am ruined,

and no one seems to care.

So, I just want to know - why?! - Someone Who Just Wants to Know Why

Dear Know Why: Hurt people hurt people. Whether they were hurt when they were children and are repeating the same patterns or they were hurt when they were adults - it doesn't matter where the meanness came from. Being cruel to other human beings never feels good in the long run.

I'm not sure that making blanket statements, such as saying that you are finished with dating forever, is going to make you feel better in the long run. Just commit to only surrounding yourself with people who lift you up and have your best interests at heart. I would also let your ex know that his ex-girlfriend is never allowed to be around your daughter again. Child abuse is a serious crime and needs to be treated as such.

Dear Annie: I am disabled, and I find it difficult to deal with people who seem to be critical of my ailment or who think there is nothing wrong with me.

This all started when I was 25 and hurt myself at work. That was followed by failed lower back surgery. My injuries are not visible at all. I'm 52 now and still get the looks. I have had the police called several times

for parking with my handicapped placard because people have doubted my injury.

It is extremely embarrassing and hurtful. However, I look at it like this: Those same people who give me looks or make snide remarks are the ones who would not think twice about using anything that was offered to them if they were handicapped.

Here's another thing to think about: By denying yourself the help you need, you are not allowing yourself the best care possible, nor are you truly taking care of yourself. If you are disabled, YOU must always come first. As the penguins from "Madagascar" would say, "Just smile and wave, boys; just smile and wave." - Surviving and Living Life with a Disability

Dear Living Life with Disability: Thank you for sharing your perspective. I hope it empowers others to smile and wave.

"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.

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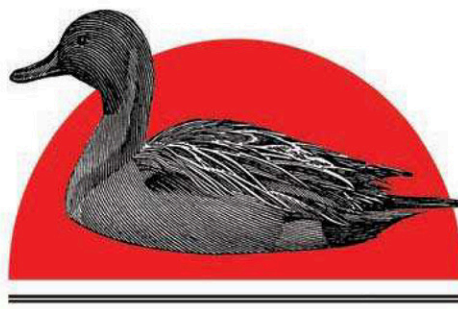


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Pitous' Ensemble event invites animal lovers for a day of fun

BCN Staff

The Pitous' Ensemble dog event is back for a third year with a new formula. Unique of its kind in Quebec, the event will take place at Parc Terrio in Bolton-Est on Sunday Aug. 22 from 10 am to 4:30 pm. All dog lovers are invited to attend, with or without your Pitou.

On the program, Emmanuelle Fournier-Chouinard, psychologist and practitioner in animal mediation (zoothérapie), will lead a conference entitled Relation humanimale et co-soins. There will also be a workshop for children presented by Mireille Chapleau, actress and canine behavior coach. Lucie Blanchette, dog trainer, will offer a clinic entitled « Apaisez votre chien en étant un bon leader à ses yeux. »

During the day, there will be a demonstration of agility and Frisbee with Josée Roussy, dog sport specialist from Accrocanin. To end the event in style, Jean Lessard, host of the program "On s'aime en chien," broadcast on Radio-Canada, will give a conference on the theme of "establishing a relationship of trust with your dog."

You will be able to visit on the site a dozen kiosks welcoming various representatives of the canine world. A literary tent will be set up for young and old.

Bistro du Rucher Boltonnois will serve its local hot dogs and homemade dog biscuits. Several surprises will also be waiting for visitors.

For more information on the event, visit the site pitousensemble.com

Theatre Lac-Brome slowly raises curtain again



JOHN CAMERON

Vittorio Rossi (left, writer/director of *The Chain*), Ellen David (center, artistic director of Theatre Lac-Brome), and Barry Lorenzetti (right, producer of MagJusjen Entertainment).

By Taylor McClure
Special to The Record

With entertainment put on hold throughout the pandemic, Theatre Lac-Brome is slowly beginning to welcome back audiences. While the theatre was forced to put larger theatrical productions on hold during the pandemic, it has been organizing events to take place throughout the summer to keep Townshippers on their toes, such as film screenings and musical performances, and the group is only just getting started.

"On June 10, 14, and 15 we did our first children's theatre festival. I had been in touch with both elementary schools and had all of their classes come in. There were 425 students over three days, five shows, and three theatre companies. They were all socially-distanced since

their classes are in their own bubbles," said Ellen David, executive artistic director of Theatre Lac-Brome.

Three theatre groups, Les Foutoukours, who presented a circus show called Brotipo, Le théâtre de la pire espece, who presented Léon le nul, and Le gros orteil, who presented The Librarian and Le Bibliothécaire, were thrilled to be back on stage performing live and made the group's first children's festival a success. "We've had some kids theatre shows, but we have never done a festival over a few days entertaining all the kids from both schools fully. We are going to make it a tradition. We got beautiful feedback and testimonials from the schools."

In July, TLB welcomed musical group Tennessee Two, performing Johnny Cash and Friends, then its unique La Dolca Vita soirée fundraising event, inspired by a film presentation of *The Chain*,

originally a play, about an Italian family. "It was originally done at Centaur in 1988 and a couple a years ago, it was resurrected at McGill, but because of the pandemic, it couldn't follow through with its next series of plays. They decided to film it over a period of nine days. Barry Lorenzetti, the director, was generous enough to supply us the film. They provided food boxes, wine and cocktails."

Various local painters, such as Susan Pepler, Ursula Kofahl Lampron, and Michel Gamache, contributed to the soirée by participating in a gallery at the Theatre. "They agreed to donate a portion of the sales from their pieces, to Theatre Lac-Brome."

The group will continue its lineup of events for August with various artists coming in to provide musical performances, such as the *The Best of*

CONT'D ON PAGE 5

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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

Zoom service from Stanbridge East at 10:30 a.m. We'll leave the doors open so dog walkers and joggers can hear the sound of the worship team reading the service. You may recognize one of the hymns! 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

During the summer our two pastoral charges (Cowansville and Bedford) are cooperating in summer worship experiences. This Sunday's 10:30 a.m. worship service will be in Stanbridge East (see Bedford Pastoral Charge). The Zoom link in the Friday newsletter. Our service on August 22 will be an outdoor hybrid service at Emmanuel. 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 a.m. 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. Everyone welcome! St. Paul's intends to re-open for Sunday (in person) worship on September 12, 2021 at 8 and 10 a.m. 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.

Full tilt garage sales are back at pre-Covid levels

By Louise Smith

In Cowansville, for the second month, garage sales were under way for the full weekend, during the first weekend of the month. At the Royal Canadian Legion, branch no. 99, on Davignon Blvd., after only several weeks of planning, the large inside and outside grand garage sale went off without a hitch. The money raised was within the norms of pre-Covid times. The Legion was glad of the support of numerous volunteers and customers from the community.

Having the garage sale helped with necessary fundraising that has been greatly impacted with Covid restrictions over the past year and a half. Going forward, the Friday night hamburger and poutine sales have resumed and the general public is welcomed between 5 p.m. and 7 p.m. every week on Friday nights.

Next weekend the Dunham Women's Institute branch will be

holding a garage sale at the Church of the Ascension in West Brome on Saturday, Aug. 14, from 9 a.m. to 2 p.m. The Women's Institute is another charity organization which has been impacted with losing the ability to fundraise during Covid within the community.

Looking ahead to September, the Guild Hall Group in the village of Brome are planning a sale. Plans are still in effect to change the configuration of the hall and to modify the bathrooms, but the construction date has been moved back so a sale is possible. More details will follow when dates and times are confirmed.

Until October the weekly Saturday Market in Sutton will continue from 8 a.m. to 1 p.m. on the grounds near Sutton's Royal Canadian Legion. People who like to shop at these sales are glad to see the variety of shopping opportunities available right into the fall.



PHOTOS BY LOUISE SMITH

The Royal Canadian Legion in Cowansville wishes to express its gratitude for the numerous volunteers and community customers who came out to their two-day sale.



Eastman sees first female mayor in town's history

By Michael Boriero
Local Journalism Initiative

Nathalie Lemaire became the first female mayor of Eastman last week, after Yvon Laramée stepped down from the position suddenly at the end of July, citing personal and medical reasons.

Lemaire has been on the municipal council for 12 years. The vote took place last Monday during the town's public assembly, where she won over her opponent by a single vote. She told The Record that she is proud to join the long list of female mayors in the region.

"All of the villages around Eastman have female mayors like Orford, Austin, East Bolton, they are all female mayors, so I'm very proud to join them and I hope they will have more in Quebec," said Lemaire.

She noted that there has not always been equal or fair representation in politics, especially at the municipal level. It's normal to see women on council's these days, Lemaire explained, but the situation was completely different 50 years ago.

Women deserve a place everywhere in society, she added. Lemaire was inspired to run for council because of several influential female politicians who paved the way for her in the

Eastern Townships. She is also deeply connected to Eastman.

Lemaire has been living in the small town for 42 years. When she was elected to council, she turned her focus to environmental issues, arts and culture, and promoting literature. She has also been volunteering at the local library for the past 30 years.

"For me, culture and literature is very important in life and I know in Eastman it is very important, too, so I'm very proud of it," said Lemaire, adding that she is still the vice-president of the Réseau BIBLIO de l'Estrie, which is responsible for libraries in small villages.

Lemaire does not spend every waking minute discussing politics, though. She feels very close to nature, and she makes an effort to go hiking whenever she has some time to unwind. Her kids are all adults now, so she tries to find ways to stay busy and active.

It is her love for nature that led her to take responsibility of the environment committee in Eastman. During her time on council, the town has adopted many laws to protect its lakes, rivers, ponds, and marshes, she said. There is a new rule almost every year.

"In Eastman it's not possible to build anything on those lands and I'm very proud of that, and we want to

protect our lakes and river banks," said Lemaire.

The town implemented strict rules about dumping water from private lands and into public lakes. The council also built a boat washing station last year, and there are several laws in place to protect the landscape and environment from development projects.

Lemaire and her colleagues are constantly looking for ways to improve the quality of life in Eastman. It is never finished, she said, there is always work to be done. Lemaire added that these rules are even more important with so many newcomers in the town.

But while she has recently taken over a new position, as head of Eastman, it could be short-lived. Lemaire has not yet decided whether she will run in the upcoming municipal elections in November. It has a lot to do with motivation, she noted, after more than a decade on council.

"First, I did not know if I wanted to go back for another four years. I'm not sure if I will do it for personal reasons. It's not because I don't like the job, it's just after 12 years I'm not sure if I'm enthusiastic enough," said Lemaire.

She noticed many of counterparts in other towns face a lot of pressure due to social media. And in the past few months, Lemaire has seen several



COURTESY

mayors announce they are unlikely to run again, which has made her question whether it is the right fit for her.

In the meantime, however, she is ready for the challenge at hand. She wants to make Eastman a better place to live, and attract more people to the area. The town's vitality and success has always been one of her top priorities, and she has no intention of changing her mindset.

Local businesses come together to support Knowlton Academy students

By Taylor McClure
Special to Brome County News

Jessica Brown Real Estate/Immobilier, Virgin Hill Coffee, Camlen Furniture, and ATHLETICA Lac-Brome, have pledged support to the Christian Vachon Foundation, a group that supports

the development, perseverance and educational success of young people from vulnerable backgrounds, to fulfill the need requested by 25 Knowlton Academy families this year. The group is hoping to get other businesses in Brome Lake on board to support the cause.

Vachon started the foundation after growing up in a situation where his family was unable to support his athletic aspirations and needed help throughout the school year.

As an adult, Vachon wanted to give back to kids in a similar situation. "The foundation has grown exponentially and I think there are about 170 schools benefitting right now," Brown said. It seems like the need is exceptionally high in the English schools right now. We were all pretty shocked to hear of the need for 25 kids at Knowlton Academy while the French school in Knowlton

didn't have any requests this year."

The foundation offers financial aid for back-to-school supplies, clothing, and extracurricular activities. "It's really to help families experiencing a financial crunch. It's not meant to be an annual thing unless they need it. It's really meant for people experiencing financial crisis that year. They evaluate over the summer whether the requests are legitimate. The request goes through the school system first and then through the foundation."

Brown, along with her collaborators, want to get the word out to the local community about the foundation and that there are students in Brome Lake that need a helping hand. "We didn't know about it, so we assume that a lot

of others don't know about the foundation and that they could help fund it and earmark it for kids in our neighborhood."

It's estimated support for 25 students at K.A. will amount to \$12,500 and within 12 hours of putting a request out to the community July 25, \$6,000 was raised. "We are hoping to target other local business and clients of ours that can contribute financially on a yearly basis so we can fill this need and we don't have to put out a request. It's important to make people aware. We know quite a bit about our community and our school, but we didn't know how high this need was at K.A."

Brown emphasized that they did inform themselves about other

schools nearby. "I asked what other schools around me were specifically affected because I didn't want to just focus on Knowlton, but the reality is, Sutton didn't have any requests this year. There was a big demand in Cowansville at the Anglophone elementary school and a couple at Massey-Vanier. It just depends on where you're living."

If people want to support students in their communities, they can write a cheque directly to the foundation, noting the contribution is for children specifically in a given area."

Those who want to support students at K.A., can contribute at the link below and all will go directly to the school. <https://www.fondationchristianvachon.com/>

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LETTERS

The Mont Glen Neighbourhood Phone Directory Project - update!

DEAR EDITOR:

All, or almost all of the houses in the Mont Glen Neighbourhood have been visited by a member of our team and given our flyer. Just about everyone we contacted was very, very enthusiastic and over 80 households have already submitted their information!

This is wonderful. This is well over 50% of the addresses! However, we are wondering if there are more of you out there? If you forgot, are delaying, have misplaced our info, have questions or reservations please contact us soon. glenneighbours21@gmail.com

The information we would like is: road, civic number, and at least one name (just first name if you wish) and phone number. More names, more phone numbers, and even an e-mail address or two would be most welcome - but only if you are comfortable with it.

This 'phone directory' will exist only in printed form (not digital) and upon completion will be delivered to each household. Wouldn't you like to be included - to show how civic minded and community minded we are?

So please send your info to glenneighbours21@gmail.com

GAIL WATT
450-242-2892

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.

Two local photographers highlight climate change

BCN Staff

The Cowansville public library, Bibliothèque Gabrielle-Giroux-Bertrand, will host an exhibition featuring two local photographers from Aug. 9 to Sept. 25.

Denis Giroux, from Cowansville, and Michel Tournay, from Sutton, will present "Grand Nord, Grand Sud, Photos d'ailleurs," featuring 32 images from the coldest and most remote locations on earth: the Arctic and Antarctica.

The images of scenery, wildlife

and sky invite the observer to explore these wild spaces that are imperiled by climate change.

In the Southern Hemisphere, images of South Georgia and the Sandwich Islands, together with images of the Antarctic Peninsula, are captured by Denis Giroux.

In the Northern Hemisphere, Québec, Manitoba, Alaska, Russia, Norway and the North Pole are seen through the lens of Michel Tournay. Some large format images allow the observer to experience the vastness of each region.

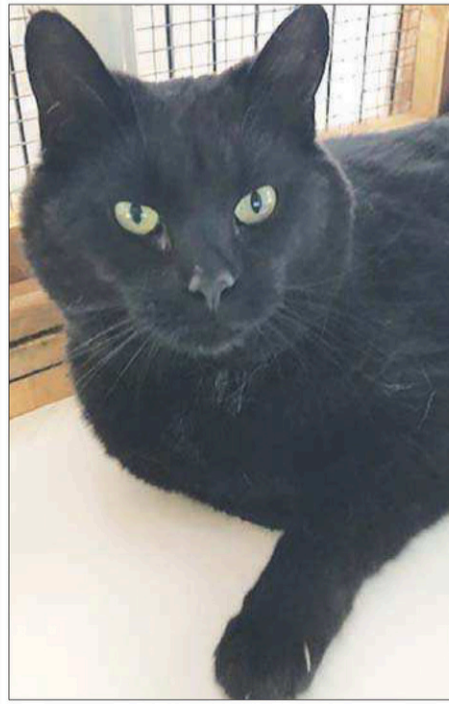
"Our common attraction to the coldest regions of the globe brought us together for this project." The two travelers will be present at Bibliothèque Gabrielle-Giroux-Bertrand on Sept. 25th from 1 p.m. to 4 p.m. during the Journées de la culture event to discuss their experiences as photographers and their adventures.

Bibliothèque Gabrielle-Giroux-Bertrand is located at: 608 Rue du Sud, Cowansville. <https://www.cowansville.ca/loisirs-et-culture/culture/bibliotheque>

Pet of the week: Gigi

Gigi is a beautiful and pleasantly plump 10 year old female who is looking for her forever home. This pretty black panther is affectionate and loves to be pet but can also be a bit shy. GIGI would be happiest in a calm home, without children.

Senior cats are such wonderful companions! If you are interested in adopting lovely Gigi, please consult her profile on Petfinder or write to us at : adoptionspcamonteregie@gmail.com THANKS!!



Étoile filante et aurore.

MICHEL TOURNAY



"Moi, j'aime pas la foule."

DENIS GIROUX



Established May 1991

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BCN RATES & DEADLINES COMMUNITY CALENDAR

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



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Theatre Lac-Brome

CONT'D FROM PAGE 1

Barbra, performed by Cherylyn Toca (La Voix) and musical director/arranger/pianist Nick Burgess.

"We will have a dance party some time in August and we also hope to offer some Sunday brunches, coffee, croissants with music or monologues that we would produce ourselves. So, stuff is rolling out slowly. The bigger pieces, we will have to wait so that we will be able to make sure we can bring in enough people in to make it worthwhile."

Coming to Theatre Lac-Brome in 2019, Davis had filled the 2020 calendar with special events for the community that she hopes will soon see the light of day. "We had multiple shows in English that we produced, musical events of all genres, kids' shows, and the Knowlton Players were coming in for three shows, as well as artists exhibiting every month in our gallery," explained Davis. "I was pushing it to this year but some of these shows are quite expensive for us to produce, we have to build them for scratch. One show I had

planned for last season is on hold until 2022."

Davis said it can take from six months up to a year to organize a theatrical production and while they have a large space, safety concerns restrict the size of the audience. "We have a 161-seat theatre but with current guidelines, we are only comfortable to put 80 people in those seats. The difference with the kids is that each class is a bubble, but it's different with adults because they are all coming from separate places."

Theatre Lac-Brome has taken this period to focus on rebuilding its volunteer base and organizing its spaces at the theatre. "It's been a busy time and when things open up we will be ready to welcome the public. It takes time for us to get up and running so we want to do it well and make sure people are safe at the same time. It's a labor of love to get this back on track."

TLB has also been working on a cultural outreach project that centered around workshops within the community. "We received a grant from Heritage Canada for a community cultural outreach program. I formed disciplines in various areas: choir, dramatic writing, visual arts and sculpture, and photography. We had workshops beginning in May in all of these disciplines that will be included in our heritage presentation in October or November. The theatre is 35-years-old and we will honour its history, respect the past, and build the future with this project."

Despite the hiatus from major productions, the public will get to see



PHOTOS COURTESY

A group of students that participated in Theatre Lac-Brome's children's festival. some live theatre from the group in the upcoming months. "Labor Day weekend, the Thursday, Friday, Saturday, and Sunday before Labor Day, we have a very exciting piece of theatre and a show that people will respond to. It's very funny. I can't announce it yet but people should stay tuned because it will come shortly. We will try to bring some English theatre for October. Theatre been more challenging, but this piece will happen Labor Day weekend."

All of the upcoming events will be up on

the Theatre Lac-Brome website <https://theatrelacbrome.ca> and or in its newsletter which can be received by contacting theatrelacbrome@gmail.com or (450) 242-2270.



The Tennessee Two.

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'Go wild in the kitchen and behind the bar'

Locals introduce Australian botanicals to spice up culinary creations

By Taylor McClure
Special to Brome County News

Chris Muir and Jennifer Ruggins-Muir, both well known in the Brome Lake community, have been working in collaboration with the Wild Hibiscus Flower Company, established by their friend Lee Etherington in Australia, for nearly 20 years. With their feet grounded in North America, they have travelled across the continent to educate people and businesses about how to incorporate the hibiscus flower, and other botanicals native to Australia, into their culinary creations and alcoholic beverages. They have played a role in making a unique, not so well known product, recognizable across the globe and they hope to continue to spice up people's everyday eating and drinking habits.

"We are group of Australians that are super close friends. We're sitting at the table one night and we drank a little too much champagne and we dropped one of these hibiscus flowers in the champagne flute," explained Chris, who is originally from Australia. "We started selling them to markets. With us being over here, they needed someone here. The North American market is so different"

"We import the flowers and distribute them across North America, but I do all of the recipe development using those products so we are always creating content for our products. We use the products in our own culinary creations," added Jennifer. Her recipes can be found on the company's website.

What started off with a bottled hibiscus flower in syrup to be used in champagne, developed into something more and a further exploration of how other Australian

botanicals can give that culinary dish and beverage something special. "We have more than just the hibiscus flowers and syrup now. We have butterfly pea flowers and cocktail extracts, lotus roots too. There are lots of cocktail applications with garnishes and the syrups add a touch to champagne. Appetizers with the flowers accompany goat cheese, chive, and black pepper and we make sauces for duck breast, cakes, dishes with cakes and crême brule," said Ruggins-Muir.

"Jen has an ability with food and food styling; you either have it or you don't. She can create a story with an ingredient, and an image as well, and that is important. It needs to connect with viewer instantly," emphasized Chris Muir.

Before Covid-19, Muir travelled seven months of the year to educate people and businesses on how they could use their products, recognizing an opportunity in North America. Both he and his wife did shows and events where people got to witness their creations first hand. "We just thought there was lot of opportunity over here, particularly in the U.S. The only problem with being different is that you have to educate, and be very passionate about the amount of time it takes to educate. When you think of Quebec and the way people love fun and food, we decided if you couldn't succeed in Quebec, you couldn't succeed anywhere in North America."

Ruggins-Muir explained that the best way to educate people about the hibiscus and other specialty items is through retail and food service. "The best way to educate consumers, other than through the press, is through restaurants. If people are served a cocktail with a flower and they're curious about it, they might go to the store. It goes hand in hand. Food service helps educate people on the products through retail."

Muir emphasized that their products are not a necessity. "The whole idea is, we are not a necessity. If you are looking for something different and you want to have a bit of a wow factor and a talking point, that is where we come in. We produce for people looking for something different."

Their products can be found in local stores, like Panier Champêtre, businesses, and restaurant chains across North America and they are currently focusing on making people more aware of the butterfly pea flowers. "It's a climbing vine, but the



PHOTOS COURTESY

flowers are royal blue and what makes them so unique is that if you put them in cocktails, it's the only plant in the world that you can get a true blue color from. It's pretty cool. If you add any acid, like lemon juice, the color changes to purple so it's really cool for cocktails," said Ruggins-Muir.

"That flower is very much on trend. We started educating over here about seven years ago and it took us about five years to really get it going," explained Chris. "The blue gins in the SAQ, use our blue flower that we supply so that they can have a blue gin. We sell to brewers, distillers, and

tea companies, but it's all happening here."

Describing Etherington, founder of the Wild Hibiscus Company as a 'mad scientist,' there are always new unique products entering the market. "It's a lifestyle, it's our livelihood, it's us every day. It's basically slowly growing and fostering it," said Chris.

At the end of the day, the Wild Hibiscus Company has one goal. "Our slogan is: Go wild in the kitchen and behind the bar," he added. "Just get creative and have fun with it that's the whole idea."

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A new mountain bike park for Mansonville

BCN Staff

enjoy mountain biking.

This mountain biking centre caters mainly to intermediate and expert cyclists and different coaching formulas will also be made available and offered on site.

You must purchase tickets online at <https://en.wolfbikepark.com/> to

experience the park.

The Eastern Townships is a must be place for cyclists of all ages and abilities and a brand new 2021-2022 cycling guide has been created by Tourisme Cantons-de-Est to help Townshippers and visitor's find their path.

This guide provides a total of 20

cycling routes, eight mountain biking locations, four national parks, and gravel circuits located in the region.

The new guide is available at tourist information offices in the region, from members of Tourisme Cantons-de-Est and online at cantonsdelest.com

Mansonville established a new bike park for locals and visitors to enjoy this summer called the Wolf Bike Park, a mountain biking-centre for the area, that include many jumps and sharp turns for those who

Arborescence condo development enters phase four

BCN Staff

at an altitude of 206 metres, the Des Merisiers phase will offer forest and nature views, as well as convenient access to the ski slopes and mountain biking trails. It's the only property in Bromont with multi-residential zoning at such a high elevation.

"The new Des Merisiers phase reflects our corporate philosophy, which aims to protect nature so that we can integrate into it better. We look forward to welcoming residents and giving them the opportunity to enjoy the Arborescence experience and take full advantage of the site's incredible amenities," said Hugues Ouellette, the spokesperson for Arborescence and

general manager of Gestion Terrart Inc in the press release.

The 72 new single-floor condos and penthouses will have 2-bedroom units and 3-bedroom units. They will be divided into six buildings, some of which will be equipped with elevators. Each unit comes with heated indoor parking, EV charging station pre-wiring, large balconies that can accommodate tables for six to eight people, indoor fireplaces, large windows, superior soundproofing and additional storage in the basement.

Des Merisiers owners will be able to consult Érik Maillé Design team for help selecting finishes and decorating

their homes. These designers will also support Phase 2 and 3 owners.

Boasting Scandinavian-inspired architecture and materials sourced in Quebec, Arborescence is intended to be a forest sanctuary where people can experience all four seasons. The eco-friendly project is being built in several phases, which will eventually total roughly 328 units. Construction on the first three phases, which include 120 units, began in 2019.

It works to preserve as much forest cover as possible and the condo developers committed to planting a seedling in Bromont for every tree that's cut for the project.

Following the first three phases of Arborescence, an eco-friendly and sustainable condo development in Bromont, real estate developer Gestion Terrart Inc. announced that the fourth phase, Des Merisiers, officially launched on Aug. 5. With almost all units in the first three phases already sold, the 72 new units will be built near Bromont Mountain's ski trails and completed by 2023.

The new phase will be located in the middle of the property, right off Trail C1 leading directly to the Versant des Cantons chairlift. Perched

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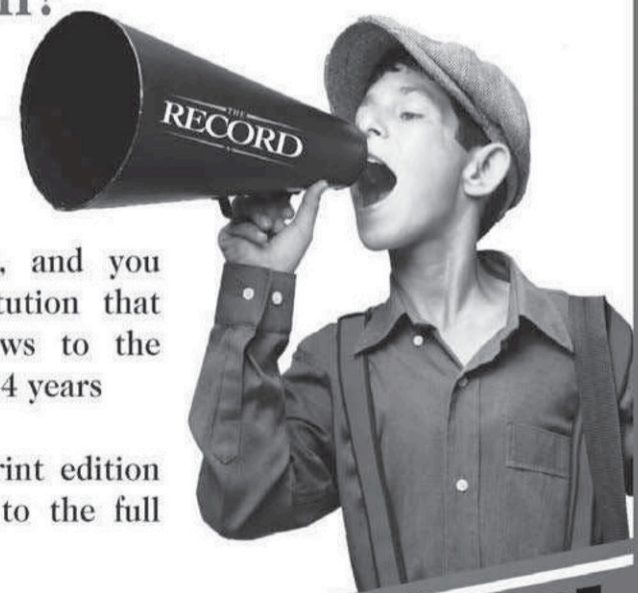
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Québec 

Dunham Women's Institute is back in action

We're back! Six members met on July 14 at the home of member Noreen Craig, marking the first time that our Women's Institute (W.I.) group has met in person since COVID restrictions were imposed (and are now somewhat relaxed)! It was so nice to be able to catch up with everyone!

President Judy Jones called the meeting to order and thanked Noreen for her hospitality and the members for coming. The Mary Stewart Collect and the Salute to the Flag were repeated in unison.

The motto was: "You don't stop laughing because you grow older, you grow older because you stop laughing" (Maurice Chevalier).

The Roll Call was to tell a funny story, poem or joke. Needless to say, there was much laughter at the various tales told!

The Treasurer's Report was provided and annual dues were paid.

Work will soon start on our 2022 Program Book, including ideas for what projects we might support for 2022. As always, we're also looking for ways to encourage new memberships.

A fundraising yard sale will be held on Saturday, Aug, 14 from 8 a.m. to 2 pm. The event will be held in West Brome, in front of the Anglican Church of the Ascension (at the corner of McCurdy and Route 139). All are welcome - come to see what treasures you can find!

Our next meeting will be Wednesday, August 4, again at the home of Noreen Craig.

Submitted by
Candy Coates
Publicity Chairperson



COURTESY

Sutton Traditional Fiddle Festival is back

BCN Staff

The Sutton Traditional Fiddle Festival (STFF), a group dedicated to traditional fiddle music that welcomes numerous artists from Quebec and beyond, is launching its 8th edition, to be

held at Veteran's Park, in the village of Sutton, from Aug.20 to 22.

This year, four concerts, each featuring two performances, will be presented outdoors under a marquee, in compliance with the social-distancing protocols.

The program has been designed for an audience of all ages and offers an exceptional showcase of eight artists and groups including many up-and-coming artists.

Artists include Gen & Marcus, Stéphanie Lépine & Éric Beaudry, Alex Kehler & Félix Michaud-Duhamel, McKinley James & Everest Witman, Nicolas Boulerice & Frédéric Samson, Les Quatre Coins, Pascal Gemme and his surprise guest Nicholas Williams, and La Déferlance. Exclusive duets will be heard during this long-awaited reunion with the public.

Each year, the STFF organizes private concerts at the Villa des

Monts de Sutton, a retirement home for people of 75 years of age and over, and at the CHSLD-Foyer de Sutton. To help bring people together, three external concerts will be offered for the first time in collaboration with traditional music schools in the province.

This "OFF Festival" is presented in partnership with the Town of Sutton, the Caisse Desjardins Brome-Missisquoi, and the CALQ (Montérégie-Est).

"We are thrilled to meet again for this 8th edition of the Sutton Traditional Fiddle Festival! This year, four major shows are presented to you under a marquee at Veteran's Park, in the heart of our beautiful village of Sutton, with a total of eight concerts over three days. As in every edition, and perhaps even more so this year, our guest artists and groups promise to deliver a precious opportunity to come



EVAN SHAY

Gen & Marcus.

together and celebrate in music our history and our traditions," said STFF President Thomas M. de Grosbois.



BRENT HYDE

Les Quatre Coins.



LEAH NETSKY/WARD DHOORE

Everest Witman and McKinley James.



JULIE MARTEL

Stéphanie Lépine and Éric Beaudry.



SERGE BEAUDETTE

Alex Kehler and Félix Michaud-Duhamel.



TZARA MAUD

Nicolas Boulerice and Frédéric Samson.

The flavour for all your summer meals, yuzu

(NC) Look again, that's not a lemon, it's a yuzu! This citrus fruit is bright yellow, round and slightly smaller than an orange. The taste is between that of a grapefruit and a mandarin orange – tart but very sweet scented. While the fruit itself is almost never eaten on its own, the zest and juice are used countless ways in foods and drinks.

Yuzu has a very strong flavour, and depending on your usage, very little may be needed to pack a punch. In drinks, a little goes a very long way, and just a drop in a cocktail is often enough. It also has infinite applications in sweet recipes, where it's best used like an essence. Try adding a couple of drops to your custards, jellies, ices and meringues and you won't regret it.

This summer, President's Choice Insiders Report has a great range of yuzu products for anyone looking to try something new, including this indulgent, dairy-free riff on ice cream cake. It's made with tangy-sweet yuzu citrus and blueberry sorbet, layered on a coconut-graham crust and topped with zesty blueberry-lime sauce.

Yuzu Blueberry Sorbet Cake

Prep time: 20 minutes
Cook time: 15 minutes
Serves: 12

Ingredients:

- 1 1/2 cups (375 mL) graham cracker crumbs
- 1/2 cup (125 mL) unsweetened medium shredded coconut
- 5 tbsp (75 mL) coconut oil (solid or liquid)
- 1 tub (946 mL) PC yuzu citrus and blueberry sorbet
- 3 cups (750 mL) frozen wild blueberries
- 1/3 cup (83 mL) granulated sugar
- 2 tbsp (30 mL) cornstarch
- 1 tsp (5 mL) grated lime zest
- 2 tbsp (30 mL) fresh lime juice
- 1/2 cup (125 mL) coconut chips

Directions:

1. Toast graham crumbs and shredded coconut in nonstick skillet over medium heat, stirring often, until light golden; about 5 minutes. Transfer to bowl. Return skillet to medium heat; add coconut oil and cook until melted (skip this step if using liquid coconut oil). Stir into graham crumb mixture.

2. Mist 9-inch (2.5 L) springform pan with cooking spray or grease with coconut oil. Lightly press graham crumb mixture into bottom of pan (do not press up side of pan and do not pack mixture firmly). Freeze 30 minutes.

3. Let sorbet stand at room temperature until beginning to soften, about 20 minutes. Scoop sorbet into springform pan over crust, smoothing top; return to freezer.

4. Meanwhile, bring frozen blueberries and sugar to a boil in small saucepan over medium-high heat. Reduce heat to maintain a gentle boil; cook, stirring occasionally, until blueberries are softened and liquid becomes a bit syrupy, about 5 minutes. Stir cornstarch with lime juice in small bowl; stir into blueberry mixture. Return to a boil, stirring constantly; remove from heat. Stir in lime zest.

5. Transfer blueberry mixture to a large heatproof bowl. Refrigerate until slightly cooled, about 20 minutes. Pour blueberry mixture over sorbet, gently smoothing top. Return to freezer until well chilled, at least 1 hour.

6. Run small paring knife around inside edge of springform pan; release and remove side of pan. Tip: If cake doesn't easily release from pan, dampen a kitchen towel with warm water and wrap it around base and side of pan to slightly melt the edge just enough to release.

7. Transfer to serving platter, removing from base. Sprinkle with coconut chips. Tip: Run your knife under warm water before slicing, wiping blade with a damp cloth between cuts.

Try this: Serving this cake outdoors? Freeze your serving platter and plates before using to keep the cake from melting too fast.

Nutritional information per 1/12 of cake: calories 390, fat 15 g, saturated fat 11 g, sodium 190 mg, carbohydrates 63 g, dietary fibre 3 g, sugars 33 g, protein 3 g.
(News Canada)



Calling

all Artists, Artisans, Musicians, Writers and Performers

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

This project has been made possible by the Community Media Strategic Fund offered jointly by the Official Language Minority Community Media Consortium and the Government of Canada



In the field



BEHIND THE LENS
DARREN MURPHY

No matter how careful you are trying to keep your camera (and especially your lenses clean), when you spend considerable time in the outdoors dust becomes an unwelcome problem. Yes, there are lens caps that keep the lens clean, it's changing them on the move where you risk the dust and dirt factor. Personally, I keep cleaning wipes in my camera bag, they are the kind used for cleaning glass lenses and even electronic devices. They come in small packets and are perfect for removing any dust you will most certainly collect while shooting in the field. This helps alleviate your lens dust but there's another place which over time accumulates dust in a much more sensitive area. Digital cameras are much more prone to dust and dirt attaching itself to the low pass filter that sits in front of the photo sensor.

This dust and dirt will eventually block light from reaching the photo diode and cause marks to appear on your images. In most cases if you have a good post processing program such as Lightroom, you can fix these marks. It takes time and practice to master this procedure, so why not fix the problem at its origin. Prevention as they say is better than cure. You can try lens changing in a dust free environment, some photographers change their lenses in clean plastic bags or actual lens changing bags. Proceed with caution when trying to clean your mirror as sometimes dust will attach itself there as well. Use only a cleaner and specialty swabs endorsed by the camera's maker. All companies such as Canon, Nikon, Sony etc. sell cleaning kits on their websites. If you're leery about doing this yourself I suggest you bring your camera to an authorized dealer and they will clean it for you.

As mentioned in a previous article, digital cameras love batteries! They are constantly draining them morning noon and night. Always carry a spare battery if you're planning to spend a day out shooting. Winter is even worse as the cold drains the battery even faster. On cold winter days I normally have three fully charged in my camera bag. In my early days of shooting Snowy Owls, I once travelled from the west island in Montreal to Casselman Ontario for a shoot. It was minus

twenty, and after two hours my battery died. Being a rookie, I wasn't aware of the havoc that cold plays on digital camera batteries and I was forced to leave a field full of Snowy Owls. Never made that mistake again! Of course, you could also purchase an inverter, it plugs into the 12V power outlet in your car. This way you can charge a battery should the need arise.

So far, it's been a great summer for picture taking. Luckily, I've come across many species I haven't normally seen these past few years. Fitch Bay continues to be an oasis that never seems to disappoint. I've come across

osprey on several occasions and have been fortunate enough to get some great shots. Kingfishers abound as well. They seem to congregate just past the covered bridge on the way out to the open lake. If you park your boat or kayak by the reeds on the north side you can get some decent shots of this incredible bird, along with various duck species, herons, common loons and with luck a bald eagle as well. There's a marina in Fitch Bay that rents watercraft, well worth the cost if you're looking for a place where you're guaranteed to get some awesome pics.



DARREN MURPHY

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Saturday	9 am to 6 pm
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Today in History

**Today in History for Aug. 10:
On this date:**

In 1846, the Smithsonian Institution was founded in Washington, D.C.

In 1876, Alexander Graham Bell made the first long-distance call, from his residence in Brantford to his assistant in Paris, Ont., 13 kilometres away. The call was preceded seven days earlier by the first telephone call from one building to another, between Bell and his uncle. The world's first definitive tests of the telephone were one-way transmissions. Bell, who was born in Scotland but lived a large part of his life in Canada, is considered one of the greatest inventors of the 19th and 20th centuries. Bell also worked on the photoelectric cell, the iron lung, desalination of seawater, the phonograph, and attempted to breed a super race of sheep at Baddeck, N.S.

In 1921, Franklin Roosevelt was stricken with polio while vacationing at his summer home on Campobello Island, N.B. The man who later became one of America's most memorable presidents was on holiday at his family cottage from his job at a New York bank when he became feverish and his legs suddenly grew weak. He was 39 at the time.

In 1932, movie canine "Rin Tin Tin" died at age 14.

In 1935, Lord Tweedsmuir was appointed Governor General of Canada.

In 1943, Prime Minister Mackenzie King, British Prime Minister Winston Churchill and U.S. President Franklin Roosevelt met with military planners

at Quebec City to discuss the invasion of France and Pacific campaigns. Since the other Allies were not represented at the conference of the Combined Chiefs of Staff, Canadian Prime Minister Mackenzie King attended as host. Before the conference ended on Aug. 24, it was agreed that the supreme Allied commander of the invasion would be an American and that continuing aid would be sent to Chiang Kai-shek in China.

In 1945, Japan announced its willingness to surrender and end the Second World War, provided Emperor Hirohito's status remained unchanged.

In 1949, the first commercial jet plane to fly in the Western Hemisphere made its maiden flight over the Malton airport (now Pearson International) outside Toronto. The Jetliner C-102 was designed in Canada by an Englishman, James Floyd, and built by Avro of Toronto. It was never produced commercially.

In 1950, Canada and United States signed the Niagara River Pact approving an increase in power output from the Niagara River.

In 1953, Louis Saint-Laurent's Liberals were re-elected, winning an overwhelming majority in the federal election. Saint-Laurent first became prime minister in 1948, replacing a retiring Mackenzie King, and had the advantage of running Canada during the prosperous post-war years. His government created several large

projects, including the Trans-Canada Highway, the St. Lawrence Seaway and the Canada Council.

In 1954, construction of the St. Lawrence Seaway began at Cornwall, Ont. A ground-breaking ceremony was held at Cornwall and Massena, N.Y. The waterway took five years to complete, was considered a monumental engineering and construction feat and opened ports on the Great Lakes to ocean traffic.

In 1960, the Canadian Bill of Rights became law. The document applies only to those under federal regulations because consent of the provinces was not obtained. It recognizes the rights of individuals to life, liberty, personal security and enjoyment of property. It also protects equality before the law and freedoms of speech, religion, assembly and association, and the press. But the Bill of Rights does not have the legal force of the Charter of Rights and Freedoms, which became part of Canada's Constitution in 1982.

In 1966, nine workers were killed and 59 injured when a span of the partially completed Heron Road Bridge collapsed into the Rideau River in Ottawa.

In 1969, Leno and Rosemary LaBianca were murdered in their Los Angeles home by members of Charles Manson's cult, one day after actress Sharon Tate and four other people were slain.

CONT'D ON PAGE 14



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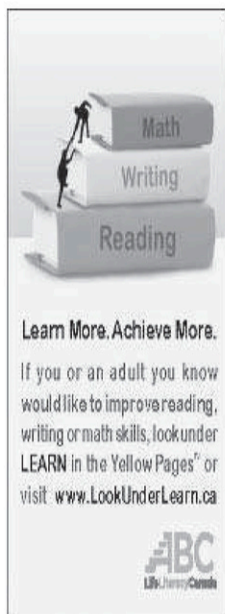
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340 Garage Sales

Saturday, Aug. 14, yard sale in West Brome from 8am to 2pm, in front of the Anglican Church of the Ascension (corner of McCurdy and Rte. 139). Fundraiser for the Dunham Women's Institute.



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Today in History

CONT'D FROM PAGE 13

In 1976, hurricane Belle smashed into the New York-New Jersey-Connecticut coastline, leaving millions of dollars in property damage. It eventually ended in the Gaspé region of Quebec after drenching New Brunswick.

In 1977, the biggest manhunt in New York City history ended with the arrest of David Berkowitz as the "Son of Sam" killer, who murdered six people and wounded seven others in one year. He was later sentenced to 365 years in prison.

In 1981, a 42-day post office strike ended as workers voted to accept a two-year contract that gave them a 12.5-per cent raise. The post office became a Crown corporation a month later.

In 1981, transatlantic air traffic was thrown into confusion when some Canadian air traffic controllers refused to handle flights to and from the United States. The controllers claimed a strike by U.S. air traffic controllers had made the skies unsafe. Normal operations resumed two days later.

In 1982, Claude Ryan resigned as leader of the Quebec Liberal Party.

In 1990, Canada announced it would send three ships and 800 sailors to the Persian Gulf as part of a multinational force massed to prevent Iraqi leader Saddam Hussein from invading Saudi Arabia and to force him to withdraw from Kuwait.

In 1995, Timothy McVeigh and Terry Nichols were charged with 11 counts each in the April 19 bombing of a federal building in Oklahoma City in which 168 people were killed. McVeigh was convicted and sentenced to death.

He was executed by lethal injection at the federal prison in Terre Haute, Ind., on June 11, 2001. Nichols was convicted and sentenced to life in prison with no possibility of parole.

In 1995, a Guatemalan jet carrying 65 people, including three Canadians, crashed into a volcano in central El Salvador, killing all on board.

In 1999, Ontario was named the second worst polluter in North America (after Texas) in a NAFTA report.

In 2003, temperatures hit a record 37.7 C in London for the first time in recorded history. Throughout Europe, the summer of 2003 broke heat records, with some parts seeing temperatures soaring six degrees above normal. The weather was estimated to have caused the deaths of tens of thousands.

In 2006, British authorities thwarted a terrorist plot to simultaneously blow up several aircraft heading to the United States using explosives smuggled in hand luggage. Twenty-four men were arrested in Britain. The arrests led to tough new restrictions on bringing liquids on flights.

In 2008, massive explosions and fire at a propane storage facility in north-end Toronto neighbourhood forced the evacuation of thousands of residents and closure of highways and subway stations. One employee of the plant died. A firefighter who responded to the emergency call on his day off, also died after collapsing at the site. A 2010 report by the Ontario Fire Marshal's Office blamed the blast on a leak during an illegal propane transfer. In 2013, Sunrise Propane and directors

Shay Ben-Moshe and Valery Belahov were found guilty of nine provincial-offences charges. In 2016, a judge imposed \$5.3 million in fines against the company and its directors.

In 2010, the World Health Organization declared the swine flu pandemic officially over. The WHO said at least 18,449 people had died worldwide since the outbreak began in April 2009.

In 2010, in B.C. Supreme Court, Taser International lost its bid to quash the Robert Dziekanski public inquiry report that found its products can kill.

In 2011, the price of gold surpassed US\$1,800 an ounce for the first time as investors continued to pull their money out of stocks and snap up precious metals contracts.

In 2018, four people were killed, including two police officers, when a gunman opened fire in a quiet residential corner of Fredericton, N.B. Police said they shot a suspect who was taken to hospital for treatment of serious wounds. Matthew Vincent Raymond, 48, was later charged with four counts of first-degree murder.

In 2018, a Canadian gold mining company won the right to go after Venezuela's prized U.S.-based oil refineries and collect \$1.4 billion it lost in a decade-old takeover by the late socialist President Hugo Chavez.

In 2019, wealthy American financier Jeffrey Epstein was found dead in a New York jail after apparently committing suicide while awaiting trial on sex trafficking charges. An autopsy was to be conducted on the

high-profile inmate with connections to celebrities and presidents who was accused of sexually abusing underage girls for years. Attorney General William Barr said two days later that the Justice Department had already found "serious irregularities" at the Manhattan jail where Epstein died and said the investigation would continue.

In 2020, Lebanese Prime Minister Hassan Diab delivered a brief televised speech to say he would step down from his job in the wake of an explosion at a port in Beirut. He blamed corrupt politicians who came before him for the explosion that killed at least 200 people and injured about six-thousand others. Diab's cabinet resigned earlier in the day following a weekend of anti-government protests.

In 2020, the federal government named Winnipeg lawyer Isha Khan to be the new head of the Canadian Museum for Human Rights. She became the first woman and the first person of colour in the post. The museum's board had apologized after an external report found systemic racism and other mistreatment was pervasive at the institution.

In 2020, former professional wrestler James Harris died at the age of 70. The Mississippi-born sharecropper was better known as "Kamala the Ugandan Giant."

In 2020, the confirmed number of COVID-19 cases in the world reached 20 million, according to Johns Hopkins University.

(The Canadian Press)

In Memoriam

Your generous contribution will help finance research into lung disease such as asthma, emphysema, chronic bronchitis and lung cancer.

Over 700,000 Quebecers who suffer from respiratory disease thank you.



Toll free: 1 800 295-8111
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Death



Vesta Jorgensen
1938-2021

After a long and courageous battle with cancer, passed away Vesta Jorgensen. Beloved wife and mother, aunt, grandmother, and friend to many who shared her love of theatre, song, arts, and birds. Lived for the last 16 years in her ancestral home of Bolton Ouest. Leaves behind grieving husband, Cedric Briggs, her sister, Sue Kelly (Larry), sister-in-law, Primrose Keist (married to cousin, Peter (Keist), her daughter, Carolyn (Marc), her son, Ian (Lola) and his children, Kol and Victoria, her step-son, Michael, and his son, Devin, her nieces and nephews, Paul (Laura), Melissa (Jason), and Christopher. Predeceased by her parents, Vera and Hank Jorgensen, and sisters, Christine and Linda (Phil). A celebration of her life will be planned for late fall.

Arrangements entrusted to:

DÉSOURDY FUNERAL HOMES
318 ch. Knowlton, Knowlton QC
PHONE: 450-243-5568
FAX: 450-263-9557
info@desourdy.ca
www.desourdy.ca

Death



André Marcoux
1936 - 2021

Suddenly on Friday July 30th, 2021, at the age of 84, passed away André Marcoux of Mansonville, Qc. He is predeceased by his wife Phyllis Clark, his parents, Albert Marcoux and Laurence Rodrigue and his brother Laval.

He leaves to mourn his children, Francis (Cynthia), Roger (Stephanie), Natalie (Chris) and Patrick. His grandchildren, Frankie, Andrew, Nicholas, Michelle, Jordan, Christina, Zoey, Nora, Tahlia, Eloise, Joshua, Jacob, Allison, Brandon, their spouses and 11 great-grandchildren. Also, his brother and sisters, Gisèle, Mariette (Roland), Urgel (Susan) and Diane (Gaston), as well as many other relatives and friends.

André was a town councillor and mayor of Mansonville for 20 years and very active in his community, during his life. He will be greatly missed by all.

Family and friends will be welcomed on Saturday, August 14th, 2021, from 11 a.m. at the Parc André Gagnon (364 rte de Mansonville, Mansonville, QC J0E 1X0).

Followed by a celebration of his life at 1 p.m. at the same location.

Funeral arrangements entrusted to the Désourdy Funeral Home, 101 rue Jean-Besré, Cowansville, Qc.

Subitement, le vendredi 30 juillet 2021, à l'âge de 84 ans est décédé André Marcoux époux de feu Phyllis Clark de Mansonville. Il était le fils de feu Albert Marcoux et de feu Laurence Rodrigue et frère de feu Laval Marcoux.

Il laisse dans le deuil ses enfants, Francis (Cynthia), Roger (Stéphanie), Natalie (Chris) et Patrick, ses petits-enfants, Frankie, Andrew, Nicholas, Michelle, Jordan, Christina, Zoey, Nora, Tahlia, Eloise, Joshua, Jacob, Allison, Brandon et leurs conjointes et ses 11 arrière-petits-enfants. Il laisse également dans le deuil son frère et ses sœurs, Gisèle, Mariette (Roland), Urgel (Susan) et Diane (Gaston) ainsi que plusieurs autres parents et amis.

André a été conseillé et maire de Mansonville pendant 20 ans et était très actif dans la communauté. Il manquera grandement à tous.

La famille accueillera parents et amis, le samedi 14 août 2021 à 11h, au Parc André Gagnon (364 ch de Mansonville, Mansonville, QC J0E 1X0).

Suivi de la célébration de sa vie à 13h au même endroit.

Les arrangements ont été confiés au salon funéraire

Désourdy inc
101 rue Jean-Besré
Cowansville, Qc J2K 0L3
450-263-1212 www.desourdy.ca

Card of Thanks



On Thursday July 22, 2021, Colin and Brian Gage of Stanbridge East, Rosemary Gage of Bedford, Floyd Gage of Calgary were proud and honored to place veteran stakes at the graveside of Wes and Lou (parents who met and married during the war and who served in the Air Force) at the "Ridge Cemetery" in Stanbridge East, Stanley Gage (uncle who served in the Army) at the "United Church Cemetery" in Hatley and Gordon Gage (uncle who served in the Navy) at the "Mystic Cemetery" in Mystic. We thank the Royal Canadian Legion BR 82 of Philipsburg for providing us with the Veterans' stakes and to Arnold Raymond for starting this initiative in seeing veterans are remembered. "LEST WE FORGET"

Tahini Dip

(NC) Finger foods are universally loved by kids and adults alike for their no-fuss, no-muss nature, but they could not exist without their trusty companion: the dip. Canadians may first think of ranch sauce or garlic aioli when asked about our favourite dips, but this staple can be as varied and creative as your imagination allows.

Typically made using local ingredients, dips can contain just about anything including vegetables, grains, dairy, oils and spices, elevating the taste of the foods they, are combined with.

Middle Eastern cuisine sees dips being made with eggplant, chickpeas, yogurt and so much more. Their Indian counterparts are often loaded with veggies and spices, while East Asian cuisine offers a wide array of dips accompanying everything from rolls to edamame to dumplings and everything in between.

Get the full scoop on some of the world's most delicious cuisines by exploring their local flavours through dips.

Tahini Dip
Prep time: 5 minutes
Serves: 4

Ingredients:

- 1/2 jar (80 g) Tahini
- 4 tbsp (60 mL) cold water
- 1 tsp (5 mL) lemon juice
- 1 garlic clove, crushed
- 1/2 tsp (3 g) salt
- Pepper, to taste
- Parsley, to taste

Directions:

1. Combine tahini, water, lemon juice, garlic, salt, pepper and parsley in a small bowl and whisk together.



Jesse Bryant
Sales Manager

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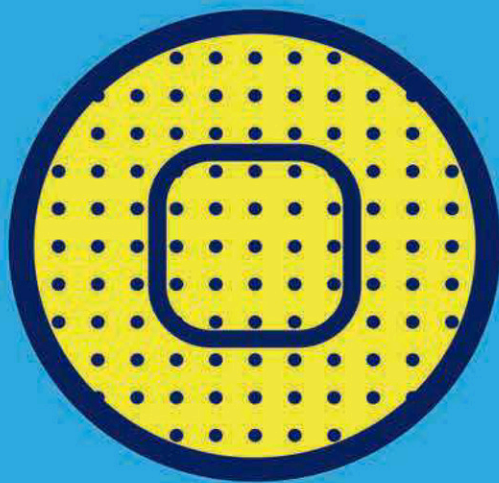
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Your 2nd dose of vaccine is essential.



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

Getting your 2nd dose of vaccine is a must.