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Adaptive Sports Foundation: a tale of resilience, inclusion, and snow!

By Emilie Hackett
Brome County News

Peter Treacy suffered extensive third-degree burns and lost his leg following a tragic car accident in 1980. However, he did not let that define him. Treacy went on to inspire others and bring back joy into the lives of disabled Quebecers when he founded the Adaptive Sports Foundation (ASF) in 1995.

What began as an adapted ski school at Owl's Head and counted five students and 10 volunteers quickly became one of the Eastern Townships' most revered organizations. Now celebrating its 25th anniversary, ASF encompasses over 200 volunteers and operates with several mobile units, allowing a multitude of disabled skiers to participate in the program. ASF also includes a winter camp for injured soldiers and a summer program where participants can do adapted waterskiing, tubing, canoeing, and kayaking.

Originally from Pointe-Saint-Charles, Treacy moved to the Townships in 1974. He was first exposed to adapted skiing in the years after his accident in Morin Heights, where he took his family skiing. "I thought I would never be able to ski with my children again," he told Holly Bailey for The Press Club 99.1 FM. After meeting a disabled skier who, just like him, had an amputated leg and was skiing on one ski and an outrigger, Treacy knew he had to try it too. The Knowlton resident eventually became the Canadian Association for Disabled Skiing's (CADS) first certified adaptive ski instructor.

After four years as an instructor in the Laurentians, Treacy realized that residents of the Townships needed to have this opportunity as well. With the help of his wife, Joan, he began mapping out the logistics for such a program in the region. There would be a



PHOTO COURTESY DIDIER PRINCE

Didier Prince is one of the many disabled skiers that participate in the Adaptive Sports Foundation's ski days at Owl's Head.

heavy need for funding, as the equipment and specialized gear can be quite costly, and they would need to find a ski hill that would be willing to partner up and host the adaptive ski sessions. Fred and Lillian Korman, who opened the Owl's Head ski hill in 1965, were quickly convinced by Treacy's mission. "We are so thankful to have had the Kormans in our path. Their dedication showed that Owl's Head is a mountain that has heart," explained Treacy. He

mentioned that since the change in ownership, the ASF has been just as well received.

They started off with a snowmobile and a trailer they bought for \$100 and Treacy borrowed \$10,000 to buy other equipment. He recalled meeting with Sharon McCully, from the Record, in the first year of ASF, previously known as The Eastern Townships Disabled Skiers Program. "Sharon had done press conferences for us and had put big

spreads in the Sherbrooke Record. She helped us so much from the first day on," he said. McCully later sent the article to a Bombardier representative who, moved by their mission, donated a Skidoo to the ASF.

"We had enthusiastic volunteers from the beginning. When you give up your time for something this special, it gets to your heart. We didn't have a lot, but our students were so happy,"

CONT'D ON PAGE 5



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Brome County Community Bulletin Board

March 5

Pancake supper at Holy Trinity Church Iron Hill on Tuesday, March 5 from 4 p.m. to 7 p.m. Pancakes, sausages, real maple syrup, and homemade beans. Adults \$8 and children under 10 are \$5. Take a break from winter and bring a friend. Information: 450-263-2579.

March 5

Pancake Supper at Grace Anglican Church in Sutton, Tuesday, March 5 from 5 to 7:30 p.m. Pancakes with maple syrup, sausages, homemade baked beans, fruit and cookies for dessert. Adults \$8, children under 10 years, \$5. A warm welcome to all.

March 9

Saturday, March 9, 1:30 p.m. to 2:30 p.m. Lecture: QAHN Heritage Talks and the Brome County Historical Society present, "A Motley Crew of Unsung Heroes: Medical Training in the Canadian Army During the First World War" by Jeremy Reeves and Abbey Lacroix. Old Courthouse Building, 15 St. Paul Street, Knowlton. Details: qahn.org

March 9

Saturday, March 9, 1:30 p.m. to 2:30 p.m. Lecture: Heritage Talks and the Brome County Historical Society present, "A Motley Crew of Unsung Heroes: Medical Training in the Canadian Army During the First World War" by Jeremy Reeves and Abbey Lacroix. Old Courthouse Building, 15 St. Paul Street, Knowlton. Details: qahn.org

March 9

St. Patrick's Irish Stew! Creek United Church, 278 Brill Rd, West Bolton. March 9, from 11:30 a.m. to 1 p.m. Cost \$10. Everyone welcome! Contact: Eleanor Bath at 450-994-3169.

March 9

3rd annual St Patrick's Country Music Appreciation Jam, in Country style, at the Burrough's Falls Reception Hall in Ayers Cliff on Saturday, March 9 starting at 1 p.m. Hours of live country music, delicious buffet, several door prizes, all for just \$20. Along with the amazing house band "Bobbi Dee and The Honky Tonk Rebels" will be our very special guest Bubba Lacroix, plus we always have some talented musicians stopping by to jam. Call Burrough's Falls 819-838-4912 to reserve your tickets.

March 10

Breakfast, \$8. Sunday, March 10, 9 a.m. to 12:30 p.m. Legion Cowansville, 120 Boul. Davignon. Information: (450) 263-3543.

March 11

Monday, March 11, Knowlton Coffee Break "The ABCs of Working with Conflict." 1:30 p.m. FREE. Learn some tricks and dialogue to help you achieve clear thinking, with guest speaker Leslie Jenkins. Brome Lac Community Centre, 270,

rue Victoria, Knowlton 450-248-0530 avantebarb@hotmail.com

March 12

Tuesday, March 12, "Lunch drop-in" 12 noon to 1:00 p.m., Bring your lunch, grab a chair & eat with us! Avante Women's centre, 15 rue du Pont, Bedford. Phone: 450-248-0530
Email: avantenancy@bellnet.ca

March 13

Township's Association 'Food for Thought' at 12 noon at Knowlton United Church. Lunch with guest speaker Catherine St. Pierre who will discuss, Sleep: How to get enough.

March 13

Wednesday, March 13, "Job Seeking Tips" 6 p.m. How to effectively do a job search, practice interviews, etc. FREE! Avante Women's centre, 15 rue du Pont, Bedford, Phone: 450-248-0530
Email: avanteoutreach@outlook.com

March 15

Friday, March 15, Health Matters "Gotta Go, Gotta Go!" 10 a.m. Bladder health Updates. FREE. Everyone welcome! Followed by a soup lunch. Cowansville, CLSC, 397, rue Rivière
Email: avantebarb@hotmail.com

March 16

Cowansville Legion St. Patrick's Day Supper - Saturday, March 16, 5:30 to 7 p.m. Tickets \$15; Legion members \$13 Legion Cowansville, 120 Boul. Davignon.

March 16

CWL St. Patrick's Luncheon and Bake Sale. You are invited to the CWL St. Patrick's Day Luncheon and Bake Sale at St. Patrick's Catholic Community in the church hall in Granby, corner of 101 Principale and Dufferin (entrance in the back), Saturday, March 16, from 11:30 a.m. to 1:30 p.m. Tickets: adults - \$12 and children under 10 - \$5. There will be door prizes.

March 30

Concert: The JUNO award winning ensemble L'Harmonie des saisons performs the music of J.S. BACH, Brandenburg Concertos and the always delightful Wedding Cantata, with soprano Hélène Brunet joining the instrumental team on period instruments under the direction of Eric Milnes, NY. The ensemble offers two performances: Granby: Galerie d'art Boréart, Friday March 29, at 7:30 p.m., 278 chemin de Brill. Lake Brome: Creek United Church, Saturday, March 30, at 2 p.m., 279 rue Principale. Presale tickets available at www.eventbrite.com, Brome Lake Books, or Bijouterie Gervais. Reservations: 450-539-1309 Adults: 30\$ (Presale 25\$) Students: 10\$ and free for Children 12 and under.

April 5

Annual Quilt Exhibition and Sale: Held at Emmanuel United Church, 203 rue

Principale in Cowansville, Friday April 5 and Saturday April 6; from 9 a.m. to 3 p.m. If you wish to exhibit one or more of your beautiful quilts, please contact Laurie or Alice at 450-955-1957. Also in attendance on both days will be "Fil Amis" Quilt Store as well as Machines à Coudre – Benoît Leblanc with his specialized machines. For more information contact Norma at 450-263-3448. For those attending the show there is a \$5 entry fee: includes snacks and beverages.

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

Holy Trinity (Iron Hill), St. John (Brome), and the Ascension (West Brome) will be closed February and March 2019. St Aidan (Sutton Junction) is closed until April 19. Regular service rotation resumes in April. Rev. Tim Smart, rector. Information: 450-538-8108

BEDFORD PASTORAL CHARGE OF THE UNITED CHURCH OF CANADA

You are warmly welcomed to join us each Sunday for an uplifting spiritual experience. We welcome you and your ideas as we provide a safe place where individually we seek out a greater purpose for our lives. Every Sunday at 10 a.m. join our community in either Bedford, Stanbridge East or Mystic. Services in Bedford and Stanbridge East are followed by coffee and snacks. The address for each church can be found on our website bedfordpastoral.org For more information please contact Wendy Near at the church office on Thursday and Friday from 9 to 11 a.m. by phone 450-248-3044 or call 450-248-2739, or by email at Bedford.pastoral@yahoo.ca

CALVARY UNITED CHURCH SUTTON

A warm welcome awaits you at our Sunday worship service in Sutton at Grace Anglican Church at 9 a.m. followed by a coffee hour at 10 a.m. in the church hall. Information: 450-538-0530.

COWANSVILLE COMMUNITY BAPTIST CHURCH

Cowansville Community Baptist Church meets Sundays at 10 a.m., 137 rue John, Cowansville. Everyone is welcome.

CREEK/WATERLOO PASTORAL CHARGE

Sunday, March 10 – worship and music: Creek United, 278 Brill Rd., West Bolton, service and Sunday school, at 9 a.m.; St. Paul's United, 4929 Foster, Waterloo, service at 10:30 a.m. BIBLE STUDY of Philipians continues Wednesday, March 13 from 10-noon at Creek. Reverend Dave Lambie, minister. For information or to leave a message call: 450-539-2129.

EMMANUEL UNITED CHURCH

Come together for a thoughtful and spiritual experience and give yourself a good start to the week. Our Sunday worship is at 205 rue Principale, Cowansville, at 10:30 a.m. Sunday School is every fourth Sunday of the month. This first Sunday in Lent we celebrate communion with our minister, Rev. David Lefneski. We serve the United Church communities of Brigham, East Farnham, Farnham and Cowansville, but really anyone can find a home here. Give it a try and sample a Sunday. Wheelchair accessible.
Church Office: 450-263-0204
website: emmanuelcowansville.ca

ÉGLISE CATHOLIQUE ST. ÉDOUARD CATHOLIC CHURCH

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

GRACE ANGLICAN CHURCH

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

GRANBY UNITED CHURCH

Where God Unites all Children. Be a part of the family. 101 rue Principale, Granby. Please call 450-372-1417 for information and to confirm time of our services.
guc-eug@bellnet.ca.

KNOWLTON-MOUNTAIN VALLEY PASTORAL CHARGE

Serving the regions of Knowlton, Bolton Centre, Mansonville and Vale Perkins. Worship service at 11 a.m. at Knowlton United Church, 234 Knowlton Road (450-243-6078). A warm welcome is extended to all. Handicapped access available. Should you require the services of the minister, please contact the Rev. Steve Lawson at 450-242-1993.

ST. PAUL'S ANGLICAN CHURCH

24 St. Paul's Road, Knowlton. St. Paul's is a dynamic, diverse community pursuing and serving Jesus in the Eastern Townships, 8 a.m. and 10 a.m. Sunday services (traditional, contemporary and modern music and format). New: St. Paul's at Night, a video church experiment (because it is tough to get up Sunday morning). Begins Saturdays at 7 p.m. Everyone welcome. Please check out our website: www.stpaulsknowlton.ca or St. Paul's Knowlton's Facebook page. We are now live streaming! Everyone welcome. Telephone: 450-242-2885.

TRINITY ANGLICAN CHURCH

409 South Street, Cowansville. All Sunday services are at 10:30 a.m. Come and join us as we endeavor to learn and practice God's loving will. We'd love to welcome you. Information: 450-955-3325 (leave message).

Philip Sydney Fisher's Order of Canada medal

Submitted by
Brome County Historical Society

The Brome County Historical Society is fortunate to possess a large collection of medals of major historical importance. In the first of a two-part series exploring this collection, we examine the history of Philip Sydney Fisher's Order of Canada medal.

Philip Sydney Fisher was born in 1896 to Roswell Corse Fisher and Mary Field Ritchie. As a young man, Fisher completed a B.A. at McGill University but abandoned his plans to complete a graduate degree with the outbreak of the Great War. Fisher traded academic robes for a flight suit and received a commission in the Royal Naval Air Service in 1915 with which he served until 1917 when a German fighter pilot's bullet wounded his left knee. After his return to Canada, Fisher inherited Alva House

from his uncle, Sydney Arthur Fisher, in 1921 and became an adopted son of Brome County. When not at Alva House, Fisher lived in Montreal where he worked for the Southam Company - a media conglomerate controlled by the family of Fisher's father-in-law - eventually becoming President and then Chairman of the Board. For his contributions to publishing, Fisher received the Medal of Service of the Order of Canada in 1967.

The medal in the BCHS's collection is not the one that Fisher received in 1967 but a replacement issued to Fisher in 1972. Until 1967, Canada relied on the British honours system but to mark the centennial of Confederation, Prime Minister Lester B. Pearson announced the establishment of a two-tiered Order of Canada. At the highest level were Companions of the Order while another level recognised significant national achieve-

ment with a Medal of Service. Fisher, alongside other Canadian greats such as George Randolph Pearkes, Wilfrid Pelletier, and Maurice Richard, was thus among the first cohort to receive the Medal of Service. However, in 1972, the Order of Canada was restructured into a three-tiered hierarchy as the previous structure was deemed unsuitable for the proper recognition of Canadians. Fisher was thus named an Officer of the Order of Canada and he traded in his Medal of Service for the medal in the collection of the BCHS.

Fisher's medal highlights a landmark moment in Canadian history and of the trials that Canada faced in giving material expression to its national identity. In short, Fisher's medal speaks far beyond the three-word motto engraved on its face, "Desiderantes meliorem patriam" - "They desire a better country".



Cowansville supports Zero Waste initiative

BCN Staff

The City of Cowansville is supporting an initiative by a citizen inviting local merchants to take part in the Circuit Zéro Déchet, where stores provide zero waste options to their customers.

The Circuit Zero Déchet brings together Quebec merchants offering products without packaging or offering the possibility to their customers to bring their own containers in order to reduce non-reusable materials such as plastic and polystyrene, glass jars. Cloth bags and reusable containers are therefore prioritized for their multiple use.

"Having the support of the City is a huge advantage for us" commented Alexandra Lamontagne, who initiated the Cowansville Green Committee. "In addition to being able to reach more people, we can create a movement in Cowansville, which was our primary goal. We invite merchants who care about the environment to join the movement and register for the Circuit," she said. The Cowansville Green Committee will meet for the first time on March 14 in the Arthur-Fauteux room of the MRC at 7 p.m.

An environmental consultation session for merchants will be held on Wednesday, March 13 at 7:30 a.m. at Cowansville City Hall. La Mie Bretonne Bakery was the only Cowansville business to be part of the Zero Waste circuit before the initiative began. Since then, La Goutte d'Or, L'Archipel, and CJ Maternité have also registered. All merchants participating in the Circuit can be found on an interactive map accessible at www.circuitzerodechet.com.



PHOTO COURTESY VILLE DE COWANSVILLE

Above, from left to right, Sarah Brandreth, owner La Goutte d'Or, Arielle Prince-Ferron, manager of La Goutte d'Or, Mayor Sylvie Beauregard, Annie Huard-Langlois, co-owner of La Mie Bretonne, CJ Maternité owner Catherine Lavallée, and citizen Alexandra Lamontagne.

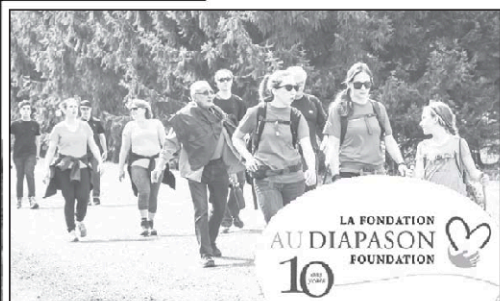
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The Million Dollar Walk!

Let's raise the first million in time for the 10th edition of La Marche/La Course to be held on May 5, 2019. We invite the communities of Brome-Missisquoi and Haute-Yamaska to get involved by organizing a fundraising event of their choice or by participating in those organized by their neighbours, colleagues, friends or family. There are a million ways to raise a million: garage sales, bingos, baseball tournaments, bowl-o-thons, dances, concerts, etc. *Find one that interests you!*

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Rev. David Lefneski returns as Emmanuel gears up for its 175th anniversary

By Louise Smith

The Congregation at Emmanuel United Church in Cowansville welcomed their minister back last Sunday from his vacation to Peru. He had a marvelous time in that historical and majestic country. He came home and now he is facing his move from the city, to Cowansville. That's a sure sign that he

is staying awhile!

To celebrate his return and to "warm up" after a long, long winter, hot soup and bread and desserts were served up after church last Sunday. The homemade soups were delicious and all homemade. Rose Highfield made a Colombian bean soup, which was appropriate, as she has just recently returned from a two and a half month visit to her son in Colombia.

Over 35 people stayed for lunch. There is a positive feeling in the faith community.

The church will be busy over the next little while. There will be a St. Patrick's Day pancake luncheon on the Sunday, the 17th of March, from 11 am to 2 pm. There will be a two-day quilt show on April 5th and 6th and an art exhibit and sale by Nora Goyette's students on April

13th.

This is a special year because it is celebrating the 175th anniversary of Emmanuel United Church. If anyone has photos or stories they can drop them off at the church office during business hours. We are trying to write up 175 short stories to commemorate this special year. A big celebration is planned for June 9th.



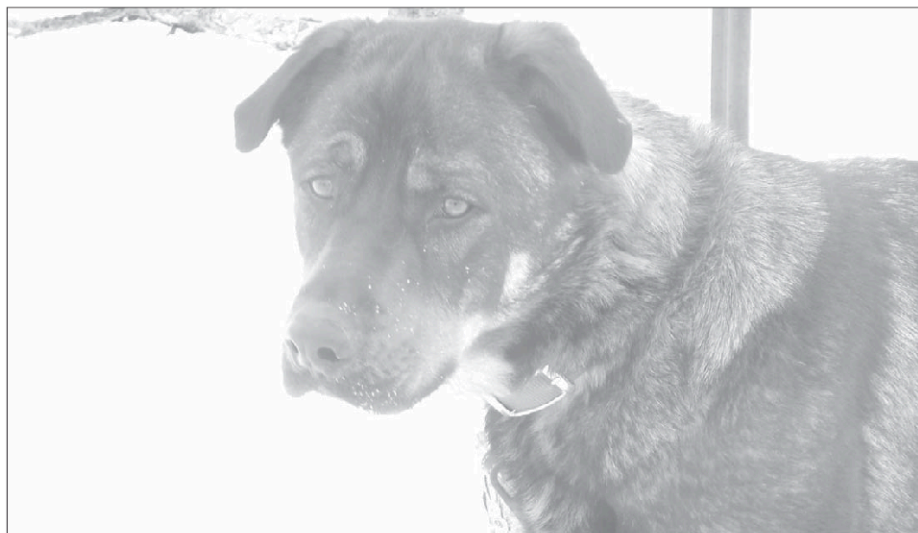
The soup luncheon was enjoyed by all



Rose Highfield served up a Colombian-style soup

PHOTOS BY LOUISE SMITH

Pet of the Week: Mylo



Hello! I am an 18-month-old young, happy gentleman, weigh 75-80 lbs, and my coat is a beautiful blend of black, brown and gold fur. I am happy, cheery and love to play with other dogs. Oh yes, I love people too!

The people where I lived had too many dogs. You see, they had my mother and my father; then they had a litter; I guess my brothers and sisters went to homes (good ones I hope!) but a home was never found for me. I kept growing and growing and now they just find the three of us just too much!

I wish people would think of all the pros and cons and possibilities BEFORE they let new dogs be born. Lots of 'leftovers from a litter' arrive at shelters constantly, either the entire litter, most of it, or just 1-2 leftovers, and we can be any age from 2 months old up! Please help us and make people aware - to be responsible for their actions! Thanks! There are lots and lots of dogs and cats here at the SPCA Montréalégie, 178, ch. du Vide, Ste-Angèle-de-Monnoir (exit 37 on autoroute 10). Adoption hours are 2 - 4 p.m. on Thursdays & Saturdays.

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Brome County NEWS



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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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Adaptive Sports Foundation

CONT'D FROM PAGE 1

recalled Treacy. As it gained traction, the foundation was able to purchase more equipment. Running solely on individual donations and sponsorships, its management cost is estimated around \$300,000 a year.

"The experience is honestly unbelievable. So many parents experience such a relief to see their children have so much fun," explained Treacy. He and his wife Joan would come home from the hill every day and talk about the wonderful scenes they had seen unfold that day. "We are so blessed."

ASF does not only help disabled children, it also has several programs for adults. 26-year-old Didier Prince's life was forever changed in August 2015 after a surfing accident in North Carolina. Fracturing three different vertebrae in his neck, he became tetraplegic and was confined to a wheelchair.

"I used to love skiing, it was definitely a passion for me," he explained. Prince learned about Adaptive Sports' skiing program two years ago while he was participating in the adaptive water-skiing program. He signed up for the following winter and now participates in four adaptive skiing sessions a year at Owl's Head.

"We're assigned a volunteer coach who assists us throughout the session. In my case, he helps me steer, turn, and slow down. My disability is severe, so I ski sitting down on two skis. It's great to be able to go back outside, to reconnect with the outdoors and to be able to experience the gliding sensation that comes with skiing again," said the engineering student, who currently studies at the Université de Sherbrooke.

Prince participated in his last session of the 2018-2019 winter season on Saturday. He is usually accompanied by several friends and family members. "It's a wonderful organization. There are so many fun and dedicated volunteers who help make the experience even better."

Treacy, who handed on the torch to Steve Charbonneau in 2014, explained that the foundation attracts volunteers and participants from all over the province. Charbonneau is also hoping to expand across the province. "They went up to Shawinigan this weekend with a mobile team. Steve is also training volunteers all over Quebec. We have started to receive school groups, and we think it's so important that everyone is

included. Last Friday, many school groups came to Owl's Head and about 12 kids with disabilities were able to ski thanks to our program. They had such a wonderful time. The challenge with being disabled is that there are a lot of activities we can't do, but this helps us feel part of the group and helps us live that thrill too," added Treacy.

"I've met so many beautiful people along the way. I wouldn't wish my accident on my worst enemy, as I suffered tremendously with the burns. But it's the best thing that has ever happened to me. I would have never met all the wonderful people, the generous volunteers and the students that I've met. Their courage is so remarkable," he commented.

Treacy likes to recall his first encounter with the Vermette family. As they were on their way home from mass one Sunday, a driver in the opposite direction struck their car when he dropped his cellphone. The tragic accident led to their mother's death, while all three of her children, in the backseat, became paraplegic. The family enrolled the three children, who had spent the entire year in the hospital, in the monoski program, which required that special equipment be brought in from the United States. "I took their father up in a snowmobile so he could watch his children ski down the trail, and he burst into tears. He told me it was the first time in a year he had seen his children laugh," explained Treacy.

The ASF founder noted that the foundation works a bit like the human body: "Our volunteers are the heart of the program. They do the heavy pumping and we could never work without them. Then we have our many generous donors. They're the bloodstream of the operation. They make sure that we have the power to do what we do. And then we finally have our board of directors, they're the brain. They make our vision come to life, they do the work to find financing, and they put us in the right direction. We need all three to work."

"We are so incredible fortunate for the support we get from all over," said Treacy. Due to health reasons, his direct involvement at the ski hill has decreased over the years. "I was able to go up three or four times this year, and it was so wonderful to see all the students and volunteers that I knew. Their smiles are amazing and the happiness it brings everyone is everything.



RECORD ARCHIVES/MURIELLE PARKES

(From The Record, Dec. 7, 2001 edition) Pictured (left to right) Front Row: Hon. Lise Thibault, Guylaine Berthiaume. Back row: Fred and Lillian Korman (Owl's Head), Guy-Marie Papillon (Groupe Essaim), Peter Treacy and Jean Provencher (ETDS). The new Dualski is pictured left, the "Ski Fauteuil" on the right.



PHOTO COURTESY DIDIER PRINCE



PHOTO COURTESY DIDIER PRINCE

Sometimes I think the volunteers enjoy themselves even more than the students do just because they feel the great joy they're experiencing," he noted. "I'm so glad to have Steve in charge now and I know he can take ASF to the next level so we can help more and more people. It's a wonderful feeling."

The foundation has come a long way since its inauguration in 1995, going

from 10 to 200 volunteers and expanding with an injured soldier winter camp and a summer adaptive sports program along the way. The Adaptive Sports Foundation symbolizes resilience, courage, inclusion, and perseverance, much in the spirit of its founder, Peter Treacy.



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Mamma Mia, here the Knowlton Players go again My my, how can you resist them?

The Knowlton Players are over the moon with excitement to be performing Mamma Mia! on the stage at Theatre Lac Brome.

A mother. A daughter. Three possible dads. And a trip down the aisle you'll never forget!

The show is directed by Lucy Hoblyn and stars Sheila McManus and Ellyn Wiebe.

As usual Lucy's plays are a family affair. Both of her parents are in it. Sarah is part of the amazing Septet who sing backup through the whole production. John is one of three Greek men (or Greek seers as Frank Johnston Main, another Greek man calls them). The Brown/Gauthier/Beaulne family is taking part as a whole which include first timer Alan Gauthier playing Harry. I love having first timers in the show. They are all so enthusiastic. They remind the rest of us why we do this. Carole Goulet, Sheila Quinn, Louise Gelinas, the Alexandre family (Dorothy, Brandon and Thomas) and Daniel Jannack are also newcomers to the Knowlton Players stage.

We have six different choreographers contributing their individual styles to

the show. Lucy's husband Danny is one of them. He had fun teaching teenagers how to fold sheets in one of his dances. Danny is also designing the set. It has to be compact to fit the 40 cast members on stage.

Lucy has always loved Abba as many of her friends have seen on nights out at the pub or other get-togethers. An Abba song gets played and Lucy is always the first on her feet. It comes from watching Top of the Pops in England in the 70s.

The irony is that her parents had never heard an Abba song before being cast in Mamma Mia. They had never even seen the movie version. Mamma Mia the movie is the highest grossing movie ever in England.

ABBA's hits tell the hilarious story of a young woman's search for her birth father. This sunny and funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago.

The story-telling magic of ABBA's timeless songs propels this enchanting



Ellyn Wiebe, Darleen Bell, Sheila McManus, Sheila Quinn with Riley Jarand in the background

tale of love, laughter and friendship, creating an unforgettable show. A large cast of community stars, non-stop laughs and explosive dance numbers combine to make Mamma Mia! a guaranteed smash hit.

The show runs from March 28 through April 7. The evening shows

start at 8 p.m. and the matinees at 2 p.m.

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Sheila Quinn and Riley Jarand



Bill Jarand with some of the cast members

PHOTOS BY BEN MCAULEY

Farnham Elementary does Pink T-Shirt Day in a big way!

By Louise Smith

Pink T-Shirt Day is a Canadian phenomenon dating back to an incident in Nova Scotia in 2007. A boy was teased and bullied for wearing a pink t-shirt to school. In response, some other students bought pink t-shirts and wore them the next day. That has grown into the Pink T-Shirt Day every February 27th. Quite a few schools in the Eastern Townships School Board participate each year. That I know of, Sutton Elementary and Farnham Elementary were involved from our end of the school board.

In Farnham, the students had an inspirational speaker, Eric Ibey, from the Beanstalk Project. He spoke on anti-bullying. The Beanstalk Project is a youth engagement initiative that helps to build global leaders and to create social change. As well as having a guest speaker the students created Anti-Bullying and Kindness posters and a bulletin board full of mini pink t-shirts with logos. All the activities focused on anti-bullying and making a difference.

Kudos go out to the staff and students at all schools who strive to make a change. It is so easy to be critical. It is good to see students actively wanting to make a better environment for all.



Students listened carefully to the message given by Eric Ibey from the Beanstalk Project



PHOTOS COURTESY

Mini pink t-shirts filled a bulletin board with positive messages.

Ben in Focus



BEN MCAULEY

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Heroes' students show emphasized friendship and how to get along

By Louise Smith

The grade 6 students in Josee Menard's class, with the support of their teachers and the technical support of Ms. Barr, put on a show last Thursday at Emmanuel United Church. There was a daytime show for the senior students and a nighttime show for the parents and the general public.

The vignettes were all student generated. They included puppet show seg-

ments, skits, and lip syncing. The show was bilingual and it showcased the students' views on sensitive topics. It was appropriate that the show took place at the end of February, one day after Pink T-Shirt Day, a Canadian national Anti-Bullying Day.

The students were also using their talents to raise funds for their April class trip. This was one of many enterprises undertaken by the students to raise money throughout the year.



PHOTOS BY LOUISE SMITH

The Heroes' students had fun while trying to get across a serious topic

The Knowlton Lions supports Saint-Édouard School

Submitted by the Knowlton Lions Club

At a recent meeting the members of the Knowlton Lions Club agreed to give a contribution of \$2,000 toward the purchase of recreation equipment for Saint-Édouard School. The sum will allow the school to modernize some of the equipment in the schoolyard. This donation is in recognition of the importance of recreational activities in the school life of our children. Over the years the Knowlton Lions Club has been a regular supporter of the local schools because of the essential role that schools assume in the community. The Lions have always been present to meet some of their needs.

Lions Clubs International is the largest service club organization in the world. With over 1.4 million members in more than 46,000 clubs, they serve communities in 210 countries and geographical areas around the globe. Since 1917, lions clubs have aided the blind and visually impaired, championed youth initiatives and strengthened local communities through hands-on services and humanitarian projects.

Right: At the check presentation, Lions member Errol Frechette and the school principal Lysanne Legault.



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BCN Lifestyle: HEALTHY LIVING EDITION

The importance of keeping a healthy lifestyle



CATHERINE ST-PIERRE

Hey everybody!

Did you miss me? Of course you did, right? Well, I'm back, at least for a little while. So get yourself an herbal tea, get comfortable in your favourite reading chair, have a note pad and a pen at hand, and be ready to be proactive about your own health and fitness.

For those who have not yet met me, I'm Coach Cat. As the months go by, you'll come to find that I am quite the firecracker. I'm not a conventional writer, I tend to write as I think, in a way I believe you will understand no matter what the topic. I give information from

my own experiences and what I've learned at Universite de Sherbrooke in my kinesiology degree, rather than boring statistics that are presented in a way that appears to be in the author's favour.

My background is really all over the place, which has become a blessing in my career as a kinesiologist, speaker, writer, you-tuber, coach, and motivator... I can relate to so many issues and forward all my findings directly to you. Aren't I such a sweetie?

Let's get cracking with this subject that seems so far and wide, so easy to understand, yet so difficult to apply in any stage of our lives. Why is it that keeping a healthy lifestyle so complicated? Actually, the answer is pretty simple: Priorities, yes priorities and perhaps some procrastination. We want the magic pill or the instant gratification, which—well—doesn't yet exist.

Here are just a few—okay, lots—of benefits of keeping a healthy lifestyle.

- increases the quality of sleep
- increases functional and structural strength
- increases range of motion
- improves self-esteem and confidence
- improves balance and coordina-

tion

- improves focus and stamina
- improves energy levels
- reduces stress and anxiety
- reduces risk of illness, and aches and pain due to injuries
- helps with weight management

Cat, that's all interesting, but what can I do to get these benefits?

Fortunately, every little bit adds up. Here are a few simple practices that will move you in the right direction.

- eat plenty of local, fresh, organic fruit, vegetables and meat every day.
- drink 8-10 glasses of water daily
- sleep adequately, more than 6 hours if possible, no more than 10 (nap included)
- work on your flexibility (stretches)
- work on your strength (weight bearing exercises)
- work on your coordination (break the moves baby)
- work on endurance (cardiovascular exercises)
- meditate (learn to chillax)
- breathe (yes, learn to breathe... I can show you)
- be positive (being grateful)

Applying any one of these practices will help you move into a healthier lifestyle. Start with one and once it becomes a habit, add a second. Being consistent and persistent will give you the results you are looking for.

In future articles we will talk about all of the above practices. Learning about these subjects and how you can integrate them in your life and promoting healthier habits that will allow you to feel great and live a happier life.

As always, if you have special conditions or health issues, you should consult a specialist, which can be your doctor, a physiotherapist, a nutritionist, a psychologist, or a kinesiologist (like me). Our goal is to help you move in the right direction as smoothly as possible, according to your needs and goals.

I hope this was useful information. I love hearing/reading your thoughts on the current subject, and also would appreciate you sharing ideas for future articles. Please feel free to contact me via email at physikinaction@gmail.com or call 450-243-4162 to schedule an appointment.

Till next time, here's to health!

Coach Cat xox

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31st edition of the BMP Brunch

BCN Staff

The Brome-Missisquoi-Perkins Hospital Foundation will hold its 31st edition of the BMP Brunch on Sunday, May 5, 2019. The fundraising event will take place at the Auberge West Brome and will offer two services, the first at 10:00 a.m. and the second at 1:00 p.m. The BMP Brunch is organized in collaboration with the Knowlton Lions Club. Tickets are on sale for \$50 on the BMP Foundation website. They are also available at the BMP Foundation, the Lac-Brome Leisure and Community Services Centre and the Lac-Brome Town Hall.

Anchored in Brome-Missisquoi

Created in 1988 by Mr. Georges Bristol, this event was initially a small spaghetti dinner with the aim of raising money for the BMP Hospital, this event is also an opportunity for participants to meet their elected representatives. Whether it is to cut the roast beef or to serve water at the tables, the mayors of the area are happy to take the time to exchange with the citizens of Brome-Missisquoi. In fact, we would like to underline that Isabelle Charest, Member of Parliament for Brome-Missisquoi, Minister Delegate for Education and Minister Responsible for the Status of Women, has already confirmed her presence for

this event.

Emphasize volunteer involvement

Since 2016, the BMP Brunch has been the setting for the presentation of the George Bristol Award for Volunteer Involvement. The purpose of this award is to promote, develop and recognize the exceptional and sustained commitment of women and men who are committed to the well-being of our community.

This year, the Georges Bristol Prize will be awarded to an active member of the Brome-Missisquoi community: Dr. William Barakett. In presenting him this award, we wish to recognize his work and career with patients at the BMP Hos-

pital and Knowlton Clinic. Dr. Barakett, a decorated member of the Order of Canada, is known as a family doctor who goes beyond the call of duty. Co-founding member of the BMP Foundation, he has raised millions of dollars to improve health services through fundraising campaigns and philanthropic actions. Deeply concerned about the welfare of mentally disabled people, he serves as president of the Butters Foundation, which raises funds to provide them with services and housing throughout the region. He is also respected for his expertise in the treatment of addictions. Dr. Barakett is a model of dedication and

CONT'D ON PAGE 11

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A pasta dish that'll have your family asking for seconds

By America'S Test Kitchen

There is something magical about this recipe, which coaxes the ultimate flavour out of just a few humble supermarket ingredients, turning them into a rich-tasting and well-balanced pasta dish that will have your family reaching for seconds.

After browning the sausage, we sauteed a hefty amount of sliced onions, along with sliced fennel, which added texture and flavour to the dish. And while it may seem like a mistake to add an entire can of tomato paste and no other tomato product to make the sauce, the concentrated, bold flavour of the tomato paste intensified during cooking and added rich notes to the dish.

To pull everything together, we added 2 cups of boiling water, simmering the mixture until thick. Sharp Pecorino cheese, added to the sausage-onion mixture, enriched the sauce by giving it a salty bite. Chopped fennel fronds added pleasant anise notes upon serving.

ZITI WITH FENNEL AND ITALIAN SAUSAGE

Servings: 4-6

Start to finish: 30 minutes

1 pound sweet or hot Italian sausage, casings removed
2 onions, halved and sliced thin
1 fennel bulb, fronds chopped, stalks discarded, bulb halved, cored, and sliced into 1/2-inch pieces
1 (6-ounce) can tomato paste
1 pound ziti
Salt and pepper
1 ounce Pecorino Romano cheese, grated (1/2

cup), plus extra for serving

Bring 4 quarts water to boil in large pot for pasta. Cook sausage in Dutch oven over medium-high heat, breaking up meat with wooden spoon, until no longer pink, about 4 minutes. Stir in onions and fennel, cover, and cook until softened, about 5 minutes. Uncover, reduce heat to medium, and continue to cook until vegetables are golden, 10 to 12 minutes.

Add tomato paste and cook until darkened, about 3 minutes. Stir in 2 cups boiling pasta water and simmer until thickened, about 5 minutes.

Meanwhile, add pasta and 1 tablespoon salt to boiling water and cook, stirring often, until al dente. Reserve 1 1/2 cups cooking water, then drain pasta and return it to pot. Add sausage mixture, Pecorino, and 1 cup reserved cooking water and toss to combine. Season with salt and pepper to taste and add remaining cooking water as needed to adjust consistency. Sprinkle individual portions with fennel fronds and extra Pecorino before serving.

Nutrition information per serving: 550 calories; 187 calories from fat; 21 g fat (g saturated; 7 g trans fats); 48 mg cholesterol; 929 mg sodium; 68 g carbohydrate; 6 g fiber; 9 g sugar; 21 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Ziti with Fennel and Sausage in "All-Time Best Sunday Suppers."

(The Associated Press)

A silky smooth soup with a big dose of healthy greens

By America'S Test Kitchen

When considering uses for sturdy greens like kale and Swiss chard, a smooth pureed soup may not immediately come to mind. But we had high hopes for a silky-smooth soup that delivered a big dose of healthy greens packed with essential nutrients.

First, we built a flavourful foundation of sweet caramelized onions and earthy sauteed mushrooms. We added broth, water and lots of leafy greens (we liked a mix of chard, kale, arugula, and parsley, each with unique nutritional qualities), and simmered the greens until tender before blending them until smooth.

We were happy with the soup's depth of flavour, but it was watery and too thin. Many pureed soups call for excessive amounts of cream to create a velvety consistency.

Instead, we used Arborio rice: The rice's high starch content thickened our soup perfectly and without dulling the bright flavours of the greens. And rather than adding dairy richness by the cupful, we drizzled each bowl with just a tablespoon or two of yogurt enlivened with lemon and tarragon.

SUPER GREENS SOUP

Servings: 6

Start to finish: 1 hour, 20 minutes

1/2 cup organic plain low-fat yogurt

2 tablespoons plus 1/2 teaspoon cold-pressed extra-virgin olive oil
1/2 teaspoon minced fresh tarragon
1/4 teaspoon finely grated lemon zest plus 1/2 teaspoon juice
Salt and pepper
1 onion, halved through root end and sliced thin
3/4 teaspoon light brown sugar
3 ounces white mushrooms, trimmed and sliced thin
2 garlic cloves, minced
Pinch cayenne pepper
3 cups water
3 cups homemade or low-sodium chicken or vegetable broth
1/3 cup Arborio rice
12 ounces Swiss chard, stemmed and chopped coarse
9 ounces kale, stemmed and chopped coarse
1/4 cup fresh parsley leaves
2 ounces (2 cups) baby arugula

Combine yogurt, 1/2 teaspoon oil, tarragon, and lemon zest and juice in bowl. Season with salt and pepper to taste, cover, and refrigerate until ready to serve.

Heat remaining 2 tablespoons oil in Dutch oven over medium-high heat until shimmering. Stir in onion, sugar, and 1/2 teaspoon salt and cook, stirring occasionally, until onion releases some moisture,

about 5 minutes. Reduce heat to low and cook, stirring often and scraping up any browned bits, until onion is deeply browned and slightly sticky, about 30 minutes. (If onion is sizzling or scorching, reduce heat. If onion is not browning after 15 to 20 minutes, increase heat.)

Stir in mushrooms and cook until they have released their moisture, about 5 minutes. Stir in garlic and cayenne and cook until fragrant, about 30 seconds. Stir in water, broth, and rice, scraping up any browned bits, and bring to boil. Reduce heat to low, cover, and simmer for 15 minutes.

Stir in chard, kale, and parsley, 1 handful at a time, until wilted and submerged in liquid. Return to simmer, cover, and cook until greens are tender, about 10 minutes.

Off heat, stir in arugula until wilted. Working in batches, process soup in blender until smooth, about 1 minute. Return pureed soup to clean pot and season with salt and pepper to taste. Drizzle individual portions with lemon-tarragon yogurt, and serve.

Nutrition information per serving: 152 calories; 52 calories from fat; 6 g fat (1 g saturated; 0 g trans fats); 0 mg cholesterol; 388 mg sodium; 20 g carbohydrate; 3 g fiber; 5 g sugar; 7 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Super Greens Soup in "Nutritious Delicious."

(The Associated Press)

BMP Brunch

CONT'D FROM PAGE 9

caring for young general practitioners. It is an honour this year to be able to count on his presence at the BMP Brunch and to present him with this award highlighting his altruism and his

involvement for the citizens of Brome-Missisquoi.

A history of commitment

The Brome-Missisquoi-Perkins Foun-

ation is above all a story of committed citizens who are concerned about the health of their community. Since its founding in 1993, the Foundation has raised and invested more than \$27 mil-

lion in several redevelopment projects to provide better services and greater access to health care.

For any questions or to make a group reservation, call 450-266-5548.

Today in History

Today in History for March 5: On this date:

In 1496, King Henry VII of England granted a charter to John Cabot and his three sons, permitting them to claim any and all lands they might discover.

In 1755, Anthony Henday, an employee of the Hudson's Bay Co., camped about 32 kilometres downstream of present-day Edmonton where the Sturgeon River empties into the North Saskatchewan River. He paddled down the North Saskatchewan at the end of April to Fort Saint-Louis, 16 kilometres below the forks of the Saskatchewan. After trading there with the French, he returned to York Fort, on Hudson Bay, on June 23. Henday had explored farther west into the interior than any European to date, and his account of the Blackfoot Indians was the first by any European.

In 1770, the Boston Massacre took place when British soldiers fired on a mob that had been harassing a sentry. Five men were killed and historians credit the event as one of the incidents that hastened the American Revolution.

In 1827, Count Alessandro Guiseppe Volta, the Italian inventor of the electric battery, died.

In 1844, the seat of government for the united Upper and Lower Canada was moved from Kingston, Ont., to Montreal.

In 1844, the first issue of the "Globe," edited and published by George Brown, appeared in Toronto.

In 1874, the Prince Edward Island legislature opened its first session.

In 1910, an avalanche at Rogers Pass, B.C., killed 62 railway workers.

In 1933, Adolf Hitler and his Nazi party were voted into power in a German election.

In 1942, a U.S.-Canada defence board approved the construction of the Alaska Highway.

In 1946, Winston Churchill gave his Iron Curtain speech at Westminster College in Fulton, Mo. Said Churchill, "From Stettin in the Baltic to Trieste in the Adriatic, an iron curtain has descended across the continent."

In 1953, Josef Stalin died after ruling the Soviet Union for almost 30 years. He was 73. After his death, first secretary Nikita Khrushchev charged the dictator with the murder of thousands during purge trials and farm collectivization in the 1930s. In 1961, the 22nd party congress ordered his body removed from the Lenin Mausoleum in Moscow.

In 1966, a BOAC (now British Airways) Boeing 707 crashed in the side of Mount Fuji in Japan, killing all 124 people on board, including one Canadian.

In 1967, Gov. Gen. Georges Vanier died in Ottawa at age 78. Born in Montreal in 1888, Vanier studied law at Laval University before distinguishing himself in the public service and diplomatic corps. He was appointed governor general of Canada in 1959, the first French-Canadian and the first Roman Catholic to hold the post. His years in office were turbulent because of a troubled economic situation, a succession of minority governments, and the rise of violence and separatist sentiment in Quebec. The former general and diplomat won the affection and admiration of Canadians through his concern for the poor and the family. A deeply religious

man, Vanier brought a spiritual and moral dimension to his office.

In 1969, Rejane Laberge-Colas became the first female judge of the Quebec Superior Court.

In 1970, the Nuclear Non-Proliferation Treaty went into effect after 43 countries ratified it.

In 1976, the British pound, once the pillar of the world's economy, fell below US\$2 for the first time.

In 1979, NASA's "Voyager 1" space probe flew past Jupiter, sending back photographs of the planet and its moons.

In 1980, Canadian-born actor Jay Silverheels, who played the part of the Lone Ranger's sidekick "Tonto," died at age 61.

In 1982, comic actor John Belushi was found dead of a drug overdose in Hollywood. He was 33.

In 1982, Steve Podborski of Toronto became the first North American to win the World Cup men's downhill skiing championship. He achieved the title with three wins and two seconds in the 10-race event. Later that year, he was made an officer of the Order of Canada.

In 1983, the Labor party, headed by Robert Hawke, who had been party leader for only one month, won the Australian general election, defeating the incumbent Liberal party.

In 1983, at Mount Tremblant, Que., Laurie Graham of Inglewood, Ont., won the first World Cup women's downhill skiing championship ever held in Canada.

In 1990, to the cheers of hundreds of onlookers, workers in Bucharest, Romania, succeeded in removing a seven-metre, six-tonne bronze statue of Vladimir Lenin from its foundation.

In 1992, the trial of four Los Angeles police officers charged with beating motorist Rodney King opened in Simi Valley, Calif. Their acquittal sparked riots in the Los Angeles area. Two officers were later re-tried and convicted on federal charges.

In 1993, Canadian sprinter Ben Johnson was banned for life by the I.A.A.F. for failing a second drug test, five years after he lost his 1988 Olympic 100-metre gold medal.

In 1995, the disgraced Canadian Airborne Regiment was officially disbanded during ceremonies at CFB Petawawa in eastern Ontario. About 2,000 people attended a solemn church service. It was followed by the laying-up of the colours, where two regimental flags were placed in the base museum, and a final dismissal for the unit's 660 paratroopers.

In 1997, the Swiss government unveiled plans for a US\$6.3 billion fund to aid victims of the Holocaust and other humanitarian injustices.

In 1998, new DNA tests cleared the late Dr. Sam Sheppard in the 1954 murder of his wife, a case that inspired the television series and movie "The Fugitive."

In 1998, Eileen Collins, a U.S. Air Force lieutenant-colonel and veteran of two shuttle flights, was named the first woman to command a space shuttle mission.

In 1999, Paul Okalik was elected by his fellow MLAs as the first premier of Nunavut.

In 2003, hundreds of thousands of students across Canada and worldwide protested against

the war in Iraq.

In 2004, Marc LeFrancois was fired as president of Via Rail in the wake of the sponsorship scandal.

In 2004, lifestyles guru Martha Stewart was convicted on all four counts of making false statements, obstruction and conspiracy in a stock-trading trial. She later received a five-month prison sentence.

In 2006, at the 78th Academy Awards, "Crash" won three awards, including Best Picture and Best Original Screenplay for Canadian director-writer Paul Haggis and Bobby Moresco.

In 2009, Ontario PC Leader John Tory failed in his bid to regain a seat in the legislature, losing a by-election in the riding of Haliburton-Kawartha Lakes-Brock to Liberal Rick Johnson. Tory announced the next day he would step down as party head once an interim leader was selected.

In 2009, a new trial was ordered for Romeo Phillion as the Ontario Court of Appeal struck down his murder conviction for the 1967 stabbing of Ottawa firefighter Leopold Roy. Phillion spent 31 years in prison for the murder he confessed to, but then recanted. The Court, in ordering the trial, said it could not grant the acquittal Phillion was seeking. (In 2010, the Crown officially withdrew the charges. In 2012, he sued for \$14 million but the lawsuit was dismissed by the Ontario Superior Court of Justice. An appeal court then ruled Phillion should at least have a chance to put his case to a jury. In 2015, the Supreme Court of Canada cleared the way for him to sue police when it refused to hear the appeal to block the lawsuit. Phillion died Nov. 2, 2015.)

In 2009, Vincent Li (now known as Will Baker), a man who believed he was following God's orders when he stabbed and beheaded fellow passenger Timothy McLean on a Greyhound bus in 2008, was found not criminally responsible due to schizophrenia. He was placed in a psychiatric hospital but was given more freedom every year. In 2017, he was granted an absolute discharge.

In 2013, President Hugo Chavez, the fiery populist who declared a socialist revolution in oil-rich Venezuela, crusaded against U.S. influence and championed a leftist revival across Latin America, died at age 58 after a nearly two-year bout with cancer.

In 2013, U.S. discount giant Target opened its doors to customers in Canada for the first time. Its first stores were in three communities west of Toronto - Guelph, Fergus and Milton. (In January 2015, the retailer announced it would close all 133 Canadian stores after underwhelming sales showed it wouldn't turn a profit for several years.)

(The Canadian Press)



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