

450.577.1737 450.538.4000
todd.chabot@remax-quebec.com

Todd Chabot
Courtier Immobilier
Real Estate Broker

Le Petit Musée, the little darling of Brome Fair

In tribute to a friend of the fair

By Ann Davidson

In the nick of time, just a day before the opening of Brome Fair, a new structure was completed with the intention to highlight historical artifacts of farming in the past. For all passers-by, Le Petit Musée clearly has become the little darling of the fair.

For almost 50 years the late Alan Webster of TBL, loved and supported the ac-

tivities of the Brome County Agricultural Society, especially Brome Fair. In 1969 he even took a turn as president of the organization. And for the years after Webster was a loyal supporter, helping out in whatever way he could. He had always thought that the grounds needed another structure. But because of his untimely death, he never saw it become a reality.

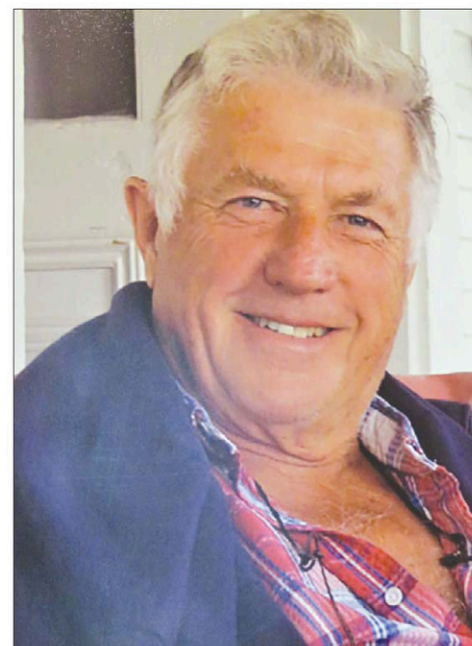
Years before his passing, Webster had bought and disassembled an old log house and coded each piece for rebuild and brought it back to Brome Lake with the intention of setting it up somewhere. The components were carefully stored in a barn nearby and left with a question of what to do with it. In the advent of an impending property sale, the logs had to be transferred to a new location. As a solution, friends Cam Brown, Brian Shemilt, and Faye Davis came up with the idea to make it a museum about farming in the area and to erect the building on the Brome Fairgrounds.

Thanks to Rusty Padner of Brigham the gift to Brome County Agricultural Society officially opened last Friday, just

on time for visitors to view the display of restored photos of yesteryear along with an antique butter churn and milk can. Davis says that she and Shemilt have plans for a much more detailed display for next year and that time constraints to prepare had been limited. Davis had been able to provide some photos of her grandfather's farming operation at Knowlton's Landing in Potton.

Le Petit Musée is a permanent fixture located on the south side of the midway and is Sally Webster's and the community's tribute to Alan, his love for Brome Fair, and farming community in the Townships. According to Sally Webster, Shemilt and Davis have big plans for next year.

While unstable weather slapped organizers and fairgoers with challenges of biting cold winds on Friday and driving rain on Sunday, though not yet confirmed, it is thought that Saturday's sunshine resulted in a record high of 20,000 visitors on any one day. And despite a 20-minute power outage on Saturday evening the shows went off without a hitch.



PHOTOS BY ANN DAVIDSON

Strong and loyal patron of the Brome County Agricultural Society, Alan Webster, has been paid tribute posthumously, with the erection of Le Petit Musée, a log structure that he had bought prior to his passing.



Le Petit Musée was completed just days before the opening of Brome Fair and going forward will serve as an exhibition room highlighting photo-documentation and memorabilia of farming in the past.

Bromont's SCCACE readying for air show

Will feature a job exhibition

By Ann Davidson

For almost 20 years aerial shows at the Bromont Airport owned by the municipalities of Cowansville, Granby, and Bromont have been a roar-

ing success. Since 2014 the non-profit organization that organizes it, now called SSACE (Spectacle et Salon Aérien des Cantons de l'Est) has further shaped the event that will be held on September 15, 16, and 17 to an international dimension. This year they also partnered with AeroEmploi to add a job fair to the formula.

The aviation enthusiasts at SSACE are driven to promote the aeronautics industry, specifically in this region of Quebec. Knowing that there is a demand for people to work in the industry, the group has expanded its mission

to help individuals find different types of jobs within the industry. That's why this year they will be including a job fair. As director of the program as well as air operations Joe Singerman says, "See a great show, bring your CV and leave with a job."

A pilot himself and with a lifelong love affair with planes, Singerman says that there is a shortage of pilots and the aviation industry is a growing sector in Quebec. They want Bromont to be a part of this trend. Explaining that several airlines in the western part of North

CONT'D ON PAGE 8



COURTESY OF JOE SINGERMAN

Captain Matthew Kutryck of the 435 Squadron, Bagotville, Saguenay, Quebec, waving from the cockpit, will be one of the skilled and inspiring pilots at the upcoming Eastern Townships Air Show and Aviation Fair in

KIA KIA DE COWANSVILLE

New and used vehicles

403 rue de la Rivière
450 263-6000

www.kiacowansville.com



COWANSVILLE
TOYOTA



Jeremiah Beaulne

Conseiller en vente- Sales Consultant

jbeaulne@cowansville.toyota.ca

450-263-8888

GROUPE

ST-LOUIS

COWANSVILLE

TOYOTA



MAZDA



NISSAN



Brome County Community Bulletin Board

September 8

Friday night bridge nights at the Sutton Legion will be **cancelled** until further notice.

September 8

Brome Hall rummage sale – 330 Stagecoach Rd, Brome. On Friday, September 8 from 3-7 p.m. and Saturday, September 9 from 8 a.m.-12:30 p.m. Doors open for donations Monday, September 4 to Friday, September 8. For information: 450-242-1085 or 450-243-5742.

September 9

Country dance with variety at Trinity Anglican Church, 409 South St., Cowansville, Saturday September 9, 7-11 p.m. Music by Jimmy Edwards Country Folks band. Door prizes, 50-50 drawing. Support the church and food bank. Donation \$8. Canteen on premises.

September 9

Creek annual ham supper Saturday, September 9 from 4:30 to 6:30 p.m. Donation: adultstwo for \$25 or \$13 per person, children 10 and under \$3. Please come and enjoy! Contact May Banks: 450-243-0280 or Steve Lace: 450-242-1816

September 10

St. James Anglican Church – Foster. We open our doors to welcome you on Sunday, September 10 at 11 a.m. for a service of Holy Communion, Bishop Mary Irwin-Gibson officiating. There will be a remembrance and dedication of a plaque for Elvia Johnson. We are the little church on the hill, 725 Lakeside, Foster. Join us afterwards in the hall to visit over lunch. Everyone is welcome.

September 11

The Canadian Club of the Yamaska Valley **“Free Guest Day”** monthly meeting: Sept. 11 at 2 p.m. at the Auberge West Brome on Rte. 139. Speaker: Dr.

Robert Pincott. Topic: Staying healthy while away. No charge for non-members. For lunch reservation at the auberge call 450-266-7552/1-800-902-7663. For information: 450-372-4562. Also please visit our web page <http://www.canadianclub-yamaskavalley.ca>

September 13

Lift Your Spirit: Insights in Aging – a study of being mortal to be held at Knowlton United Church from noon to 2 p.m. Lunch served at noon followed by a workshop. Cost: \$7. For more information please contact Steve Lawson at 450-242-1993.

September 17

Soup luncheon at the Memorial Hall, 20 Academy Street Stanbridge East. Fundraiser for Maple Leaf Chapter No. 2 Order of the Eastern Star. Sunday, September 17. From 12-2 p.m. donation: \$8. Including homemade bread, tea, or coffee. Bake sale table available; proceeds go to Butler Elementary School breakfast program. It's the “Apple Pie Festival” in the village! Come for lunch then to the festival for some apple pie!

September 22

New this fall! **A duplicate bridge club** in Brome Lake. The club will start on Friday, September 22 from 12:30-4 p.m. at the Brome Lake Community Center (270 Victoria, Knowlton). Bridge will be every week on Fridays! Cost is \$4 per session (includes snacks). Come play with us. We look forward to seeing you! For more information, contact Roger Rouleau at 450-955-1410.

CHURCH BULLETINS

ALL SAINTS ANGLICAN CHURCH – DUNHAM

Sunday services at 10 a.m. – all wel-

come! The Reverend Sinpoh Han. Information: 450-295-2045.

ANGLICAN PARISH OF BROME

Services are at 9 a.m. First Sunday of the month – Holy Trinity, Iron Hill; second Sunday of the month – St. John the Evangelist, Brome; third Sunday of the month – Church of the Ascension, West Brome; fourth Sunday of the month – St. Aidan, Sutton Junction. Canon Tim Smart, rector. Information: 450-538-8108

BEDFORD PASTORAL CHARGE OF THE UNITED CHURCH OF CANADA

You are warmly welcomed to join us each Sunday 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 9-11 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 11:30 a.m., 137 rue John, Cowansville. Everyone is welcome.

CREEK/WATERLOO PASTORAL CHARGE

Sunday, September 10 – worship and music sacrament of Holy Communion at both worship services. 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. 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. Sunday worship is at 203 rue Principale, Cowansville, at 10:30 a.m. Sunday school is every third Sunday of the month. 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. Worship leader: Norman Haslam. 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. Christian meditation is now on Wednesday afternoons 2:30 p.m. to 3:30 p.m. (side door). The group is now bilingual and has been formed to introduce meditation to newcomers. We welcome beginners and experienced meditators. Regular attendance not required. Information call Clare at 450-243-5590.

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. GEORGE'S ANGLICAN CHURCH

130 Principale, Granby, welcomes everyone for Sunday service at 11 a.m. All welcome. Bienvenue a tous. Reverend Richard Gauthier, rector. Information: 450-372-2197.

ST. PAUL'S ANGLICAN CHURCH

24 St. Paul's Road, Knowlton. St. Paul's – 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). Please check out our new website: www.stpaulsknowlton.ca. Messy Church every third Wednesday of the month from 5 - 7 p.m. 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. Reverend George Campbell. Information: 450-955-3325 (leave message).

**You want to be seen,
with The Record, it's possible**

**Don't miss your chance,
call us now!**

THE
RECORD

819-569-9525

Massey-Vanier HS begins another year



PHOTOS COURTESY OF LOUISE SMITH

New faces appeared in the Secondary 1 hallways of Massey-Vanier.

By Louise Smith

Mansonville Elementary. Julie Edwards is returning as the principal.

The students were happy to return. Some first time students were getting used to the layout of the building, but they were reassured that it would get easier in the days ahead.

There is always something special about the first few weeks of school. Everyone has fresh pencils and paper and notebooks and even rulers and calculators. Hopefully that special feeling (and availability of school supplies) will continue throughout the school year.

Everyone in the main office, as well as the rest of the staff, were ready to greet new and returning students to Massey-Vanier. There have been some new staff added and a few changes in the administration. Petra Bardon retired in June and Diane Vokey who was doing some administration replacement work last year, is the new full-time vice-principal. Dave Scott will split his time between being half-time vice-principal at Massey-Vanier and half-time principal at

First day back at Heroes' Memorial

By Louise Smith

On Wednesday September 29 the students from the Eastern Townships School Board returned to classes. At Heroes' Memorial in Cowansville, a new teacher on staff is James Poirier. He is teaching Grade 6. He comes from Ontario and has taught at the CEGEP and high school level before coming to this board where he has since worked in Danville, Waterloo, and Magog. He is looking forward to his new group of students in a new setting. Friday was his first experience at Brome Fair.

Enrollment has gone up in the past few years and Heroes' now has close to




Derek on his first day in Kindergarten with his proud papa.

250 students. A new kindergarten student, Derek, was excited to start his first year at school. He was almost speechless but he did have a cheery disposition. He was able to say hi to the kids around him.

Inside the school more hallways have had new tiles installed and some painting was done over the summer. The building and the staff were all prepared to begin a new year.



Ms. Carter was capturing shots on the first day of school at Heroes' Memorial.

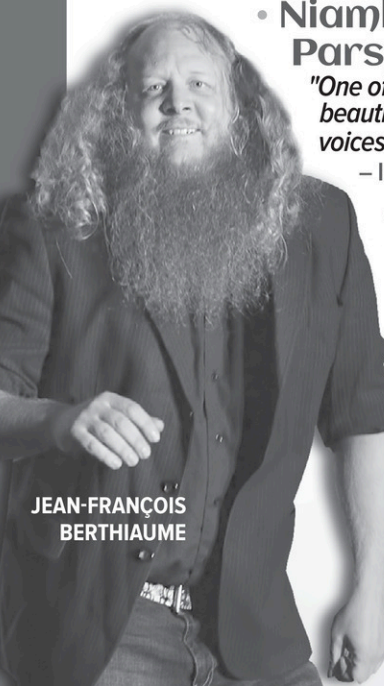


Celtic international festival HARMONIES Celtiques festival international


Musicians & Dancers from Ireland, Scotland, Brittany,
Canada's East Coast and Québec

SEPTEMBER 30 TO OCTOBER 8, 2017

LAC-BROME (KNOWLTON), BROMONT, MANSONVILLE & WATERLOO



• Niamh Parsons
"One of the most beautiful and expressive voices in all of Ireland."
– Irish Music Magazine

PRESENTED IN COLLABORATION WITH
CLAIRE LÉGER & 

VILLE DE LAC-BROME
TOWN OF BROME LAKE

• Richard Wood
"The best, or more precisely, the most entertaining fiddler I have ever seen."
– Shetland Times

• Blackie O'Connell & Cyril O'Donoghue
"Pillars of the Irish music scene"

• Sophie & Fiachra, with André Marchand
"Irish Music with a Quebecois Twist at it's very, very best" – Mike Harding


and many more!

OPENING CONCERT

Gael Warning!

September 30, 2017 - 8 pm
AUBERGE LAKEVIEW INN, LAC-BROME (KNOWLTON)

What better way to kick off the Festival? Two of County Clare's most exciting musicians, **Blackie O'Connell** (uilleann pipes) and **Cyril O'Donoghue** (bouzouki, voice), some Irish sean-nós stepdancing... plus talented piano and fiddle duo Maclsaac & MacKenzie as openers...
BE PREPARED TO BE SWEEP AWAY!



Buy your tickets before
September 20 to benefit
from the early bird rates

**Concerts every night,
Workshops every day**

Tickets available online and by phone
www.celticharmonies.ca
450-292-3456 ext. 227

OPINION

Why a Pig Slaughterhouse is a terrible idea for TBL

Water supply, wastewater, greenhouse gas, disposal, and economic concerns

By Kathryn Lexow

Town of Brome Lake prides itself with clean water and air and promotes a safe and healthy environment in which to live and raise young families. The stated mission of the town is “to offer its permanent residents and its vacationers an exceptional environment in which to live and work in a rural setting.”

This “exceptional environment” does not include an environmentally unfavourable and potentially ruinous, annual 500,000-pig slaughterhouse operation, which could employ 70 workers, most of whom will come from outside the community.

But this is exactly what Mayor Richard Burcombe and council are pitching for our rural, recreational, and tourist focused community.

Mountains of waste

The long-term profitability and sustainability of such a risky venture is highly questionable. Public health and protecting our ecosystems override the need for such an agri-food business. From an infrastructure and environmental perspective, producing massive amounts of slaughterhouse waste, on a small plot of land, is just a terrible idea in the Brome Lake territory. Here are key reasons why:

Fragile water supply

Residents remember all too well TBL having to close the Jolibourg well because the town didn't have the proper certification. The opening of the large infiltration gallery eventually helped, but there were numerous bureaucratic delays.

Although the potable water supply from the current wells now seems to be meeting demand, it may not allow for much needed affordable housing development. So, the water supply is extremely fragile.

All it would take would be a leak to really foul things up, like previous years when residents were restricted from

washing their cars and watering their lawns and the town was trucking in water to supply their needs.

From 2012 to 2014, two of the town's curb valves were re-opened by mistake, pumping millions of litres of water over a period of two years, to non-existent residences.

As a result of this “administrative error”, the town had to truck in some \$300,000 of potable water to meet a severe water shortage. Over 900 tanker truckloads delivered some 30 million litres of water to replenish the depleted Spring Hill reservoir, according to figures supplied by town hall.

Property owners on the water system were then slapped with a \$70 water tax increase which appeared on their 2013 tax bill. The annual water tax went up from \$280 to \$350.

Wastewater management

One of the largest environmental concerns associated with slaughterhouses is wastewater and water contamination by pollutants. The wastewater from slaughterhouses, as you can imagine, contains all sorts of animal wastes and solids, including fat, grease, intestines, bone, manure and antibiotics. Slaughterhouses are cleaned with strong chemicals and water adding to this waste contamination. When too much of such waste is produced in one place, there is no safe, cost-effective way to use it or dispose of it.

All this wastewater is a problem for a number of reasons. One of the biggest is its contribution to nitrate pollution, which is a major source of water contamination in agricultural communities. Also, this nutrient pollution can be airborne and can soak into the ground water, where it can reach drinking water systems.

Nitrogen, phosphorous, and ammonia in waterways can kill aquatic life, and make it much more difficult for fish, insects, and other creatures dependent on the water to survive.

Furthermore, TBL's track record with

LETTER

Living in the peaceful town of Brome Lake

DEAR EDITOR:

After a short absence I am back commenting on what's going on in our town. I would say a lot of progress has been made by investing in a new gas station, a new Tim Hortons and a convenience store, as the other one does not have the capacity to serve everybody at the same time. We will need another pump station. We also have noticed more tourists coming this way thanks to the new improvements done on our roads and streets. Also to our Knowlton Theatre, thanks to our representative M. Paradis the best representative we have in our region again.

Noticing improvements in other areas just before the November election I wonder if we should vote for the same council – likely – at least they did not fight with each other during their mandate.

Now let's bring our attention to what's going on in Fulford Road/Foster.

Part of the road coming from Bromont and when going for a short walk we should take a chance with the big trucks. They do not speed, they race instead, including the police. No respect for pedestrians because it's a short cut going anywhere, I imagine. I am begging the council: Please do something before an accident happens! We have requested in the past and they did not pay attention. It's a disgrace that we have to live like this in this touristic area, like the town of Brome Lake. We are running out of time and something has to be done before the elections. Just on time we have learned that the famous aquatic swimming pool has not been approved by the government; bad news for the council, what a joke! Poor senior citizens living on a limited pension, we cannot afford increases anymore! The money does not grow on trees.

AL AZEVEDO
Town of Brome Lake

dealing with its own wastewater has been dreadful. TBL was cited by the Ministry of Sustainable Development, Environment, Wildlife and Parks (MDDEFP) for repeatedly violating environmental regulations at the wastewater treatment site at 50 Mill Rd., in Bondville. TBL was one of five municipalities in Quebec with the most infractions in the management of municipal waste discharge, according to an audit completed by ministry officials in 2012.

Although upgrades to our wastewater site were eventually implemented, they are not robust enough to manage sewage from a pig slaughterhouse.

Greenhouse gas emissions

Slaughterhouses produce greenhouse gas emissions which are equally frightening. The main source of these emissions is from the electricity used to run the slaughterhouses and to get rid of the previously mentioned wastewater as well as packing, cooling, and transporting the dead animals and the processed meat products.

Slaughterhouses are also responsible for large outputs of methane and carbon dioxide, both major contributors to climate change. These gases are created both in the process of slaughter and by the degradation of wastewater. As estab-

lished above, wastewater contains a number of organic materials, all of which release methane and carbon dioxide when they decompose.


Waste disposal

So just to understand the worst of mass pig slaughtering, consider how some of these waste products are disposed of by the agriculture industry.

One is to spray the wastewater as irrigation over fields. A bad idea, as this method can contaminate surface and groundwater, cause terrible smells, contribute to greenhouse gases, and negatively impact the soil. Another approach to dispose of waste is lagoons. These are commonly known due to their use as storage for manure and other factory farm waste, but they are also used for slaughterhouse waste. This use produces a lot of methane and again spews terrible odours.

How to oppose the town council's 'pig slaughterhouse' project

Contribute to a sustainable future. A petition is currently being circulated within the community to strongly oppose the town's so-called “attractive” slaughterhouse “investment.” Also, you can voice your opposition by contacting the mayor and councillors. Email: reception@ville.lac-brome.qc.ca ; Phone: 450-243-6111 or Fax: 450-243-5300.



5-b VICTORIA ST., KNOWLTON, QUEBEC, J0E 1V0
TEL: (450) 242-1188 FAX: (450) 243-5155
bcnnews@qc.aibn.com

Published weekly by
THE RECORD

6 Mallory, Sherbrooke,
QUEBEC, J1M 2E2
E-MAIL:
newsroom@sherbrookerecord.com
website: www.sherbrookerecord.com

SHARON MCCULLY PUBLISHER (819) 569-6345
STEPHEN BLAKE EDITOR (819) 569-6345
NICOLE MARSH SECRETARY (450) 242-1188
JESSE BRYANT ADVERTISING (450) 242-1188

Established May 1991

CIRCULATION
Distributed to all Record subscribers every Tuesday as an insert, and to households and businesses in Abercorn, Bedford, Brigham, Brome, Bromont, Cowansville, East Farnham, Foster, Fulford, Knowlton (Brome Lake), Sutton, Bolton Centre, West Brome.

The Record was founded on February 7, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke

Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

Canadian Publications Mail Service Product Agreement No. 0479675.

Member
ABC, CARD, CNA, QCNA

**OFFICE HOURS:
MONDAY TO FRIDAY
9 A.M. TO NOON**

**BCN RATES & DEADLINES
COMMUNITY CALENDAR**

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



Learn More. Achieve More.
To improve reading, writing or math skills, look under **LEARN** in the Yellow Pages™ or visit www.LookUnderLearn.ca

ABC
Life Literacy Canada

BCN Lifestyle: HEALTH AND FITNESS EDITION

Proactive health and wellness



AMY ROGERSON PHT AND KARINE TCHOLKAYAN PHT

As clinicians working in the health and rehabilitation industry, we often get asked by our friends, family members, or neighbours, advice concerning different physical limitations. Even though it is a challenge to offer proper personalized advice without the whole story, we have learned that positive change can come from doing the basics well.

It is with this mantra in mind that we would like to introduce the following column on managing your health and wellbeing through a proactive approach. We hope to motivate our readers to move better and to understand that the human body is highly adaptable and resilient. With this in mind, our first topic today will focus on the benefits and recommendations of staying active and mobile.

Recently, there has been a strong movement to encourage both adults and children to move in order to optimize health, at a community based level, with such campaigns as *Exercise is Medicine Canada*® or *The Energy Cubes*®. The underlying messages are simple and can have a great impact on reducing chronic illness as well as bringing the community closer together through physical activity and play.

Throughout our practice as physiotherapists, we constantly encourage our patients to come up with concrete objectives in order to achieve their short- and long-term mobility goals. This is when

education about the minimum requirements necessary to achieve these goals comes into play. If a person is ready and willing to start making lifestyle changes, it is beneficial for them to be clearly informed on the dosage needed to see changes in their cardiovascular function, muscular strength, balance, or their joint mobility. We strongly believe that the best motivator is knowledge.

Cardiovascular training

As summarized by the *Exercises is Medicine Canada*® experts, when it comes to cardiovascular physical activity, the benefits are clear; it reduces the risk or incidence of developing hypertension, diabetes, heart disease, stroke, breast and prostate cancer, Alzheimer's disease, and depression. The pharmaceutical industry has yet to find a pill that is as effective as exercise, with little to no side effects! The same group states that in order to achieve health benefits, adults should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic activity per week, in bouts of 10 minutes or more. This could play out as many different scenarios, depending on your personal preferences and abilities. For instance, one could choose to combine brisk walking or cycling in their daily commutes or errands. There are many community based dancing or walking groups if you prefer to join your efforts in a more social manner. For more vigorous activity, one can choose to add bouts of swimming, running or cross-country skiing to the equation. If you have not been active or well in a very long time, don't let this discourage you. You can progressively build up your tolerance and capacity to aerobic activity starting with small bouts of 10 minutes. If this scenario sounds like a daunting task to you, get help from a health professional who will know how to properly assess your needs and guide you with your goals. *Exercise is Medicine Canada*® clearly states that aerobic activity is a sure way to help you maintain or improve your body weight, your functional independence, your mobility, your bone

health, and mental health.

Strength training

Another beneficial form of physical activity for your health is strength training. It is well recognized that while increasing your lean tissue mass, strength training will also help reduce the risk of developing heart disease, increase bone mineral density and can help older adults improve functional capacity. If your objective is to improve your global health, strength exercises performed twice per week will already have an impact. According to guidelines established by The American College of Sports Medicine (ACSM), in order to see more tangible strength gains that translate into your daily function, a minimum requirement of three sessions per week is necessary. These same guidelines advise to perform one to two sets of each exercise, trying to target major muscle groups, allowing yourself a least one-day break in between sessions. ACSM recommends choosing a load (free weight, elastic tubing, sand bag, food cans...) that allows your muscle to fatigue after 15-20 repetitions (for deconditioned adults) or eight to 12 repetitions (for healthy active

adults). If you remain consistent with this routine, you can expect to start feeling strength gains six weeks after you begin your first effort.

Neuromotor and balance training

Neuromotor training is a key component of our fitness and becomes even more critical as we get older. A guideline by Garber et al. in *Medicine & Science in Sports & Exercise* in 2011, describes that this type of exercise focuses on developing your motor skills including balance, coordination, and agility. Maintaining your balance relies on the complex coordination of your muscles, joints, nervous system, vision, and vestibular system (inner ear). Neuromotor training will focus on improving your body's ability to react quickly by using all of these different body systems efficiently. It is well known that falls can be a significant contributor to injury and disability in seniors. A recent review by the Canadian Physiotherapy Association states that fall prevention programs are an essential tool in minimizing risk but have also been shown to improve quality of life, physical function, strength, balance,

CONT'D ON PAGE 8



AMYROGERSON
Physiothérapeute - Physiotherapist

Sports physiotherapy • Active rehabilitation • Manual therapy
Physiothérapie sportive • Réadaptation active • Thérapie manuelle



Karine Tcholkayan pht and Amy Rogerson pht
Members of/Membres de l'Ordre professionnel de la physiothérapie du Québec

2-550 Ch. De Knowlton Rd., Lac Brome (QC) J0E 1V0

TEL: (579)438-8484

sportphysio.knowlton@gmail.com

See your gift grow
Development and Peace
1 888 234-8533
www.devop.org

CENTRE DENTAIRE
Tremblay & Associés
New Patients are Welcome

Now open from Tuesday to Friday to serve you better
Tuesday: 12 noon to 8 p.m.
Wednesday & Thursday: 9 a.m. to 4 p.m.
Friday: 9 a.m. to 2 p.m.

485, ch Knowlton, Knowlton QC J0E 1V0
T. 450.243.5591

Dre Julie Tremblay, D.M.D.
Dentist

MGM-TV production transforms Frelighsburg to a rural Maine town for 10-event series

By Ann Davidson

Anyone going through Frelighsburg at the end of August and into September, especially the OLF, might get a shock with all the English only signs that have a strong hint of the New



COURTESY

It's possible that onlookers might get a glimpse of Patrick Dempsey, former "Grey's Anatomy's" Dr. McDreamy, who is returning to television to take the lead role and could be in Frelighsburg.

England seaboard. Don't be fooled. It's only temporary while a 10-part series, made-for-TV movie starring "Grey's Anatomy" alum Patrick Dempsey (alias Dr. McDreamy), along with Ben Schnetzer, Damon Wayans Jr., and Virginia Madsen is in production.

According to resident Susan Muir, "The Truth About The Harry Quebert Affair" is the talk of the town and has townsfolk very excited. With street names like "Magnolia on the Row" and buildings being identified as "United States Postal Service," "Jake's Hunting and Fishing," "Clark's Diner," "Somerdale Boat Repair Shop," "Somerdale Elementary School," and "Somerdale Town Hall" it might be confusing but amusing navigating the picturesque village built along the Rivière des Brochets (Pike River). It is not easy to pinpoint just who is part of the production crew and who is not. Don't be mistaken when the road signs indicate directions to Bethel, Augusta, Farmingham, Brunswick, and Camden, and cars of the period sport Maine license plates.

Produced by MGM Television and directed by Jean-Jacques Annaud, "The Truth About The Harry Quebert Affair," is a wildly popular novel written by Joël



ANN DAVIDSON

The stunt team for the production of "The Truth About The Harry Quebert Affair" wait for their cues in front of the diner specially built in the centre of Frelighsburg as part of the set.

Dicker, and the murder mystery published in 2014 has recently been adapted for the screen. According to a review by Alice Gregory of The New Yorker, the book has been less well received in the US than in Europe.

Over two million copies of the book that is translated into 37 languages have been published. It has won several prestigious awards, including the 2012 Grand Prix du Roman de l'Académie, and according to Variety Editions in 2016 it surpassed Dan Brown's "Inferno" on the European best-seller lists. "In May, it was finally published in America by Penguin Books, which printed a hundred and twenty-five thousand copies. It was the largest deal in the imprint's history."

It is said in many reviews that "The Truth About The Harry Quebert Affair" brilliantly skewers small-town life, the publishing industry, and our cultural obsession celebrity and scandal." The Swiss-born author who has spent much of his life in the United States is considered one of the most dynamic new voices in fiction.

While this is the first television production for director Annaud, Dempsey will assume the lead role as a literary icon who finds his life upended after being indicted for the murder of a girl whose body was found on his property.

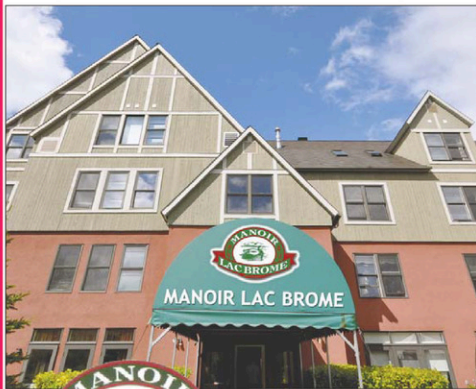
Although Gregory scathingly touts it as a "sort of novel you recommend to a grieving friend or coworker out on jury duty — somebody with temporarily disabled critical faculties trying to forget who or where they are," Annaud, the director of the series, feels that Joel Dicker's exquisite thriller has captivated a worldwide audience with its complicated tale of love and lies. And Steve Stark, MGM's president of television production and development, says that he is "thrilled that this first class ensemble cast led by Patrick Dempsey and the incomparable director Jean-Jacques Annaud, get to bring this provocative page-turner to life."

"The Truth About the Harry Quebert Affair" was the ideal project for my first American television venture," Annaud said in a statement. "It is a rich and nuanced novel set in a small New England town and has all the elements for a classic mystery. Having MGM (and producers Tarak Ben Ammar and Fabio Conversi) as my partners has given me the ability to assemble a formidable cast and a talented crew. Their enthusiasm for Harry Quebert is equal to my own."

The production is also being filmed in the Montreal area. For now it is not known when Epix will broadcast the series.

**Retirement Living
in the picturesque
Town of Knowlton**

**Manoir Lac Brome,
a place to call home.**



**Rooms Available
Affordable all inclusive rates**

- Tax credit for home support services for seniors
- 3 meals per day
- Social activities daily
- Weekly doctor visits
- Nurse on duty daily
- 24 hour supervision
- Accredited private retiring home
- Sprinkler system throughout the building



Manoir Lac Brome, 28 Mont Écho Road, Knowlton, QC JOE 1V0
(450) 242-4663 or 1-800-453-3246

Fax: 450-242-2433

www.manoirlacbrome.com

E-mail: manoiracbrome@bellnet.ca



ANN DAVIDSON

Motorists travelling through Frelighsburg might be confused about the road signs that are meant to be directions for a story in production set in Maine.

ABOUT TOWNSHIPERS'

Literacy legacy continues

This week, two of Canada's best musicians will perform at one of the greatest events in the Eastern Townships dedicated to benefiting literacy efforts. Our latest guests on Townshippers' Association's About Townshippers' radio program on CIDI 99.1, were Wendy Seys from Yamaska Literacy Council (YLC), and Ilze Epnors, the Quebec director of the Peter Gzowski Invitational (PGI). Townshippers' has worked closely with both these literacy champions and we have been frequent booth neighbours at Brome Fair over the years.

Statistics show that one in five adults in Quebec struggles with basic literacy demands. Townshippers' partnership with these organizations has resulted in many common initiatives, such a project with YLC to make health information more accessible to readers who have difficulty with some of the vocabulary – in fact that includes most of us when it comes to medical terms!

In our recent interview, we ask the organizers of this event to explain the Peter Gzowski tradition for the PGI initiative across Canada. Ilze was lucky enough to engage two of Canada's best: Steve Briggs, accomplished guitarist, and



KATE HOLBROOK
Wendy Seys (standing) and Ilze Epnors.

Russell DeCarle of Prairie Oyster, who will perform in an intimate setting on September 9 at 7 p.m. at The Lakeview Inn.

This year's poet laureate is Julia Rohan, who will wrap up the evening this year, and one student from the YLC will be recognized for her success. The event will also feature a silent auction with books, wine, and gift certificates available for the lucky bidders! Tickets for the concert cost \$30 and can be reserved at Brome Lake Books by calling 450-242-2242, or at 450-243-0720.

Listen to CIDI at 99.1 FM on your radio or live your phone, iPad, or computer by visiting their new website www.cidi991.com where you can get programming details including About Townshippers' with photos of your hosts.

Townshippers' is very happy to let you know more about what we do on our weekly show airing at 4 p.m. on Fridays and repeating every Tuesday at 10 a.m. Guests on About Townshippers' in September include Philip Lanthier, president of the Knowlton Literary Festival, and Kristelle Holliday of the Quebec English Language Arts Network. Have a cultural event you'd like to share on-air?

Pet Of The Week — Bella

Hello! Big announcement – lots of small dogs here this week! Please pass the word! All colours and ages! I just arrived here so I didn't know that this is unusual; I see lots of medium and big dogs also, and then there are lots and lots of cats too!

What's my story? Well, in my case my family was an older couple and now it seems, where they live I am not allowed to live. Little old me! What harm could I do? Then there's another story I heard this week: a nice lady had to bring her beautiful, big, calm dog here because she just moved to a different municipality where you are only allowed *one* dog; she had two dogs and imagine, she had to choose between them – which one to keep and which one to abandon to us!

You humans sure make a lot of strange laws and rules; you create a lot of unnecessary sadness and we animals don't understand your logic! We dogs don't think you know what or why you are doing – just laws and laws for the



sake of laws. Couldn't we all just get along? So if your municipality or landlord *permits dogs*, please come and visit us at the SPCA Montérégie, 178, ch. du Vide, Ste-Angèle-de-Monnoir (exit 37 on autoroute 10). Maybe you will choose one of us, big or small, to join your family and have a great life together! Adoption hours are 2-4 p.m. on Thursdays and Saturdays.

450-460-3075
www.spcamonteregie.com
www.facebook.com/SPCAMonteregie

Call Townshippers' Lac-Brome office at 450-242-4421.

For more on Townshippers' and our activities, keep reading this column in the Brome County News and visit our website www.Townshippers.org. You can also follow us on Twitter @Townshippers

and Facebook.com/Townshippers. Connect with our offices in Sherbrooke at 100 – 257 Queen, 819-566-5717, toll-free: 1-866-566-5717, or Lac-Brome at 3-584 Knowlton Rd, 450-242-4421, toll-free: 1-877-242-4421.

Serve our duck breast

-2\$/kg

Get a \$2 rebate per kg on duck breast at our store in September 2017



BOUTIQUE

LAC BROME

40, Centre Road, Knowlton QC J0E 1V0 450.242.3825 ext. 221

Sunday to Thursday 10 am to 5 pm
Friday 10 am to 6 pm
Saturday 9 am to 6 pm

Bromont's SCCACE readying for air show

CONT'D FROM PAGE 1



COURTESY OF JOE SINGERMAN

The iconic Snowbirds soaring up in synchronized fashion during an aerobatics demonstration this summer. They will be performing at the upcoming Eastern Townships Air Show and Aviation Fair in Bromont September 15, 16, and 17.

America have already had to reduce their flight schedules, there simply aren't enough pilots to fulfill the demand. The job fair set up on-site will allow those who are curious to learn about possibilities -to apply for training programs and/or jobs. Industry leaders, technicians, and pilots will be available to inform people about the types of jobs

and where there are positions available.

Intended to give spectators a thrill by showcasing skills and professionalism, the show boasts Canada's icon aerial team, the famous Snowbirds (431 Air Demonstration Squadron) who, in the spirit of Canada's 150th celebration will be performing aerobatics and fabulous fly pasts in their CT-114 Tutor jets, specially clad in Canada 150 décor. Members of the team come from the Canadian Armed Forces and National Defence Public Service employees.

Fans for the CF-18 are produced in Bromont. That's why the organization thought people would be interested in seeing the finished product. Captain Matthew Kutryck from Bagotville's 425 Tactical Fighter Squadron has trained throughout Canada and the US with the Hornet. He has served on NORAD missions across the country and is currently a section lead and fighter electronic warfare instructor at the 425 Squadron. Singerman says that there are plenty more attractions including Dan Marcotte with his bi-plane. Gordon Price says he is glad to be back from a 24-year sabbatical from aerobatic flying and will be flying the only YAK 50 registered in Canada. The YAK is said to be the largest aircraft to fly in the World Aerobatic

Championships. Martin Hivon, pilot from the Canadian Forces and having made flying instruction for almost half his career, will be piloting a two-seater aircraft that is certain to leave the audience impressed. And glider pilot Manfred Radius, who has been a glider pilot since he was a teen, will be on deck too. There will also be a chance to take a 45-minute ride in a jet.

With the intention of boosting local economy, the volunteer-driven organization has made provisions for the rental of 35 vehicles and 60 hotel rooms for pilots and technicians coming to the area

for the three-day event. There will be plenty of food trucks and four local restaurants will be stationed on site. SSACE has also organized a shuttle bus from Sherbrooke so that individuals and families who do not have transportation can be given the opportunity to get to the site. Bus schedules can be found on SSACE.CA. Organizers say that there will be place for people to park their RVs there for the weekend. Because of a recent acquisition of land adjacent to the runway, spectators will be able to have a closer view from the bleachers of the planes taking off.

Proactive health and wellness

CONT'D FROM PAGE 5

social interaction, and overall wellbeing. Garber et al. also mentions that in younger populations, this type of training can be important in minimizing the risk of ankle and knee injuries. Some examples of activities that can be used to train your neuromotor system may include: Tai Chi, yoga, qigong and fall prevention programs. The exact time and frequency required to get improvement in neuromotor function remains unclear but the most common recommendations are a frequency or two to three days per week for 20-30 minutes in duration for neuromotor activities. Including basic balance exercises (standing on one foot) with a gradual progression in difficulty (standing on an uneven surface or with eyes closed) in your regular exercise routine is an easy way to begin training this system.

Flexibility and joint mobility

Recent studies confirm that flexibility has been shown to play an important role in improving stability and balance but contrary to popular belief does *not* have a protective effect on reducing muscle and tendon injury risk or muscle soreness after activity! Normal age changes cause a decrease in our tissues elasticity over time but improvements are always possible through a regular flexibility program. According to the Garber et al. guideline, the recommended frequency to gain joint mobility and flexibility is two to three times per week but more significant improvements will be seen with programs that are completed daily. The same article adds that stretches should be held for 10-

30 seconds building to 30-60 second and repeated two to four times each. The group states that with a regular flexibility routine, you should see gains within three to four weeks. Timing of your stretching program is very important. The best gains in mobility are attained when the body temperature is elevated and the elasticity of our muscle tissues is at its peak. Cardiovascular exercise is one of the best methods to reach this effect. As a general rule, if you are a little sweaty, you have reached the increased body temperature we are looking for! Be aware that our muscle strength and power will decrease shortly after stretching so doing so before strength training or sports activities is not ideal. We now know that a good dynamic warm-up before activity has a substantially better effect on performance than flexibility exercises alone!

In summary, we hope that these guidelines can help shed some light on how to best use exercise to attain your health and wellness objectives. Exercise truly is one of the best ways to maintain global health, prevent injury, and decrease chronic illness. If you are looking to begin a regular exercise routine, and you have a pre-existing medical condition or are experiencing pain, it is important to consult with a registered health care professional to ensure the safest options. Now let's all get moving!

Amy Rogerson and Karine Tcholkayan are registered physiotherapists, each holding a master's degree in physiotherapy and a bachelor of science in exercise science.

Say YES to Launching Your Business

TAKE ADVANTAGE OF OUR FREE AND LOW-COST ONLINE WORKSHOPS

1 Jump-Start Your Business & Financing Options

FREE | Wednesdays: 2:00 PM – 3:30 PM

Get the information you need to get your business off the ground.

2 The Essentials of E-commerce

\$20 | September 19: 6:30 PM – 8:30 PM

There are a lot of different components to a successful e-commerce initiative, but where do you start?

3 Maximizing Visibility On Search Engines Through Seo: 2-Part Series

\$35 | 6:30 PM – 8:30 PM

Part One: September 26

Part Two: October 3

Learn how to get the highest possible ranking and increase your business's visibility.



To find out when a YES Business Coach will be in your area, contact:

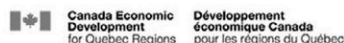
Emily Prangle Desormeaux in Knowlton: 450-242-4421 or msevers@townshippers.org

Evelina Smith in Sherbrooke: 819-566-2182 or info@townshippers.org

For free* business support: www.yesmontreal.ca | 1-888-614-9788

*Business consultations are offered free of charge for a one time \$20 file activation fee. Available by appointment only.

Program Funded by:



In Partnership with:



Financial statements,
Audit, Bookkeeping,
Taxation, Corporations,
Individuals, Estate planning
and settlement,
Farm and business
transfers, re-organizations

DUKE CPA Inc.

Société de comptables professionnels agréés
Chartered professional accountants corporation

duke-cpa.com

127 Principale, Suite 105,
Cowansville, QC, J2K1J3

T: (450) 263-4123
Fax: (450) 263-3489

One Quebecer
out of two
does not
have a will.
And you?



Un héritage à partager

LEAVE A LEGACY™

Québec

www.legacy-quebec.org

1 888 304-8834

OLD ORCHARD BEACH



Old Orchard Beach takes its name from an orchard that was once located on some high ground in the area. Sailors used the orchard as a landmark. Old Orchard Beach's potential as a summer resort area was recognized early and the first inn opened in 1820, the same year Maine became a state. For many years, Old Orchard Beach served as a vacation place for America's rich and famous.



Old Orchard Beach is a true family resort - there's something for everyone in this Maine paradise!



We are waiting for you!
www.oldorchardbeachmaine.com

Ocean House HOTEL & MOTEL
 — Ocean front units with kitchenettes
 — Ocean front pool
 — Some 1 & 2 bdrm units
 A/C — CATV — Telephones
71 W. Grand Ave., OOB
 info@theoceanhouse.com
 1-877-837-4148 • www.theoceanhouse.com

Green Dolphin
 62 East Grand Ave.
 Old Orchard Beach, Maine 04064
 RESERVATIONS: 207-934-4764
 www.greendolphinmotel.com

LUXOR MOTEL

Early Season Specials

- Near beach
- Pool
- A/C
- Kitchenettes

(207) 934-4019
 12 Heath St. O.O.B.
www.luxormotel.com

Old Orchard Beach, Maine
FLAGSHIP MOTEL
 "Quality Lodging Across The Street From The Atlantic Ocean"

 Canadian dollar at par until June 22nd* and after Labour Day
 *promotion only valid with cash - minimum 3 nights stay
20% DISCOUNT with CC
 *promotion only valid with minimum 3 nights stay
Flagship Motel
 54 West Grand Avenue
 Old Orchard Beach, Maine 04064
 800-486-1681
 Phone: 207-934-4866
 E-Mail: info@m@maine.rr.com
<http://flagshipmotel.com/>

NE'RE BEACH
 FAMILY CAMPGROUND
 POOL • PISCINE
 FREE HI-FI

 Off-season rates starting at \$30-\$35 until June 13 and after Labor Day
 Regular in season rates are \$50/55/60 a night for family of 4 (2 adults 2 children)
5 MIN. WALK TO BEACH & AMUSEMENTS
 Clean, quiet, convenient with swimming pool
Low prices • 58 sites
38 Saco Ave. 207.934.7614
www.nerebeach.com • nerebeach@yahoo.com

Crosswinds
MOTEL & COTTAGES
 142 East Grand Avenue, Old Orchard Beach
 Motel 2 Bedroom • Cottages • Cabins • Heated Pool
 75 Yards from the Beach!
 E-mail: info@crosswindscottages.com
 Visit our website at crosswindscottages.com
1-207-934-4062

Ici nous parlons français

ROYAL ANCHOR RESORT
OFF SEASON PROMO
4 nights for the price of 3
 Call for details from September 15 to October 5, 2017
 203 East Grand Avenue
1-800-934-4521
www.royalanchor.com

- Directly on the beach
- Free deluxe continental breakfast buffet
- Heated outdoor pool
- Free tennis

CALL SHERBROOKE: (819) 569-9525 BETWEEN 8:30 A.M. AND 4:30 P.M.
 E-MAIL: classad@sherbrookerecord.com
 OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON

OR MAIL YOUR PREPAID CLASSIFIED ADS TO
 5-B VICTORIA ST., KNOWLTON, QUEBEC JOE 1V0
 THE RECORD, 6 MALLORY, SHERBROOKE, QUEBEC J1M 2E2

CLASSIFIED

100 Job Opportunities

LAC-BROME RECREATION & COMMUNITY SERVICES is looking for a **Youth Animator** for our District 12-17 Teen Program. Starting date: September 8. 4.5 hours per week. Friday evenings from 5:30 p.m. to 10 p.m. For more information on this position, visit us at ville.lac-brome.qc.ca/loisirs/job-opportunities. Please send your resume, by email or in person, to andre.boudreau@lac-brome.qc.ca

Find a deal on a plumber or a plum of a deal in the Classifieds



(819) 569-9525
(450) 242-1188

Classifieds
(819) 569-9525
(450) 242-1188

Selling, buying, exchanging, offering services? Put it in our Classifieds for results!

To reach our Classified dept. call: 450-242-1188 or 819-569-9525

130 Courses

COURS DE CONVERSATION en anglais avec mises en situation et activités. Deb. I et II et Inter. I. Petits groupes, max. 6 personnes. Professeur diplômé. Session d'automne débute au début mi-octobre. Appelez Mme. Van Brunt 450-243-0273.

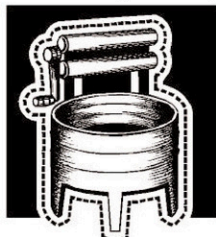


Don't get mad!

Put a classified ad and get results!

Turn something old into something new with the Classifieds!

Turn Aunt Mary's antique sofa or grandfather's clock into instant cash with an inexpensive ad in the Classifieds. then take your new found wealth and find something you really want in the very same pages.



(819) 569-9525
(450) 242-1188

160 Music

ADVANCE FLUTIST looking to meet classical musicians to play chamber, improvisation, baroque to contemporary or other music. Please call 450-521-9534.

Classifieds
(819) 569-9525
(450) 242-1188

Want your ad to stand out?

For .50 a word - bold it.

QCNA Blanket Classified Ads

For Sale
 QCNA (Quebec Community Newspapers Association) can place your classified ad into 20 weekly papers throughout Quebec - papers just like the one you are reading right now! One phone call does it all! Call Marnie at QCNA 514-697-6330. Visit: www.qcna.org.

SAWMILLS from only \$4,397. - MAKE MONEY & SAVE MONEY with your own bandmill - cut lumber any dimension. In stock ready to ship. Free info & DVD: www.NorwoodSawmills.com/400OT. 1-800-566-6899 ext:4000T.



Have a shapes scavenger hunt, taking turns finding shapes indoors and outdoors. Then make each shape with your body - kids and adults work together.

How do you learn as a family? Tell us #FamilyLiteracyDay

LEARN AT PLAY, EVERY DAY.



Find more ways to learn at play as a family at www.FamilyLiteracyDay.ca

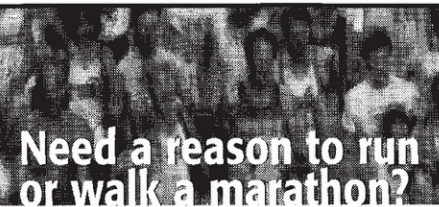


In Memoriam

FRIZZLE, Jimmy: January 17, 1956 - September 7, 2009.

*Loving memories never die,
 As years roll on and the days pass by,
 In our hearts, memories are kept
 Of the one we loved and will never forget.*

Love always,
 CECILIA, PAUL, BARB,
 TONY, MARIA & SARAH



We'll give you 4 million.

More than four million Canadians have arthritis. Find out how you can help by participating in marathons around the world. Train. Travel. Triumph.



For more information, call 1-800-321-1433 or visit us at www.arthritis.ca/jointsinmotion

Fulford items

It was interesting to hear of Alice Holman's experiences as a V.I.P. Hostess at the Czechoslovakian Pavilion of Expo 67. There she accompanied guests, such as Robert Kennedy and family, the sister of the Shah of Iran, "Lady Bird" Johnson et al. Alice recalled "Lanterna Majica," an innovative, computerized performance with humans; the haute cuisine at Golden Prague and the other restaurants; "hitch-hiking" to reach the site during the strike; get together and the camaraderie off hours. Many memories to cherish.

Wyatt Wright had his first visit to the Montreal Highland Games as a volunteer at the tent of The St. Andrew's Society of Montreal. He enjoyed watching the competitions in sports, Highland dancing and other events. Kilts predominated and tartan was everywhere, as were the bagpipes and drums.

Submitted by Margaret Fordham

OPEN HOUSE



in honour of
 MAY TRACY

who is celebrating her
 90th Birthday

Sunday, September 10
 1 p.m. to 4 p.m.
 West Brome Anglican
 Church Basement

A light lunch will be served.

800,000 QUEBECERS ARE ILLITERATE
 Help us help them!
 Online giving: www.fqa.qc.ca/en/ or 1-800-361-9142
 Literacy Foundation Words of hope

Factors to consider before getting treated with PPIs

Ask The Doctors
By Robert Ashley, M.D.



the endoscopy found a stomach or duodenal ulcer, your gastroenterologist would have tested for H. pylori with a rapid urease test or with a biopsy test. So if you had an endoscopy that found an ulcer, you likely already have your answer.

If you didn't have an endoscopy and have been diag-

nosed with gastritis, then I would recommend checking for H. pylori. If you're infected, you could be treated with antibiotics instead of a long-term PPI. The breath test for H. pylori evaluates the bacterial infection's ability to break down urea, a chemical compound excreted in urine, and produce carbon dioxide. This is a very good test with an 88 to 95 percent sensitivity in picking up the organism, but the sensitivity decreases substantially if you are already taking a PPI.

One study in those taking the PPI Prevacid found the sensitivity of the urea breath test decreased by 33 percent. The stool test for H. pylori has a sensitivity of 94 percent in picking up the organism. It is also more cost-effective than the breath test. But again, if you are already taking a PPI or even Pepto-Bismol, the sensitivity significantly decreases.

If you're considering taking a PPI long-term for acid reflux (heartburn), there has been no proof that treating an H. pylori infection would improve the acid reflux unless you had an ulcer in the duodenum. Again, this is something that would be seen on endoscopy. Regarding acid reflux, you should first look at stopping cigarette smoking, alcohol, caffeine and chocolate before considering long-term use of a PPI.

In summary, if your doctor diagnoses you with gastritis, an H. pylori stool test would be of benefit. If your doctor suspects an ulcer, then I would recommend getting an endoscopy, during which you would be tested for H. pylori.

Dear Doctor: Because of the potential risks of proton pump inhibitors, should I have an H. pylori breath or stool test to make sure I have this bacterium before committing to long-term treatment with a PPI?

Dear Reader: That's an excellent question, and it reflects our increasing knowledge about both the bacterium and PPIs. First identified in 1982, *Helicobacter pylori* is a bacterium that causes chronic inflammation of the stomach lining and stomach, as well as duodenal ulcers; it can also lead to gastric cancer and a slow-growing type of cancer known as MALT lymphoma. In fact, H. pylori is the most common chronic bacterial infection in humans. As for PPIs, they can cause deficiencies in some nutrients and increase the risk of infection with the bacterium *C. difficile*.

Because these PPIs (Nexium, Prilosec, Prevacid, Aciphex, Protonix, Dexilant) decrease the acidity in the stomach, allowing for healing of inflamed tissues, they're used to treat inflammation in the stomach; ulcers of the stomach or the duodenum; and acid reflux.

Whether you should take PPIs long-term depends on your condition. In most cases for which the medication is prescribed long-term, you would have an endoscopy to visualize the esophagus, stomach and the duodenum (first portion of the small intestine). If

Solving family money fights

Consumer Report

You may be a whiz at Quicken and a disciplined index investor, but that doesn't mean you can completely remove the raw human emotion from financial decisions. Money attitudes and habits run deep, according to Consumer Reports.

How can relatives confront contentious money concerns without dynamiting family ties? Because personal finance is as much personal as it is finance, Consumer Reports asked experts from a range of disciplines – finance, law, psychology, and even preschool education – to address common family money scenarios. Some of the experts prescribe a warm and fuzzy approach; others tout tough love. Choose the counsel that best fits your style and situation to maintain (or restore) the peace and set out on a secure financial course.

Consumer Reports offers these six strategies to help take the sting out of a thorny money conversation with a family member:

1. Meet in a neutral place. People tend to keep their voices down and control their anger more when they're not at home, says state district court judge John Roach in Collin County, Texas. Roach is the co-author, with his wife, Laura, of "Divorce in Peace: Alternatives to War From a Judge and Lawyer" (Wheatmark, 2016). A casual restaurant is a good venue, Roach says.

Or talk while walking in a natural setting such as a park, says Holly Gillian Kindel, a certified financial planner with Mosaic Financial Partners in San Francisco. "Studies find people are better able to process information and come up with creative ideas while engaged in physical activity in nature," she explains.

2. Focus on one topic. "Too many people try to tackle too much at once," Roach notes. If you and your siblings have to deal with a parent's daily care, for instance, focus first on what it will cost and how you'll pay. Later, discuss who will oversee the care.

3. Hire a pro. If the issue is a particularly contentious one, hiring a neutral person, such as a finan-

cial planner or CPA, can help keep conversations on track. The facilitator can also take responsibility for assigning tasks or requiring parties to share documents. "Having a pro involved takes the pressure off of you," says Robert Karn, a wealth manager based in Farmington, Connecticut. "Let him be the bad guy."

4. Listen actively. "Mirroring what someone said in your own words allows them to feel heard and to say whether you're understanding each other," says Jennifer Safian, a divorce mediator based in New York City.

5. Be respectful. "When someone's talking, we tend to anticipate what they're about to say and interrupt them," Roach says. "Conversations break down at that moment." Fight the temptation and wait your turn.

6. Agree to disagree. No amount of talking can guarantee that you'll get another person to see things your way, Roach says. When you reach an impasse, you sometimes have to be prepared to let it go and move on.

To learn more, visit ConsumerReports.org.

I'M LEARNING FRENCH

Because...
my brain gets a boost.

CPF Canadian Parents for French

Join CPF - for answers and support as they discover French. www.cpf.ca



Brome County
NEWS



Jesse Bryant
Sales Manager

Let our readers know about your products & services

Tel.: 450-242-1188

Fax: 450-243-5155

email: jbryant@sherbrookerecord.com



Lois Hardacker

Lois Hardacker
 Courtier Immobilier Agréé
 Chartered Real Estate Broker
 www.loishardacker.ca
 lois@royallepage.ca
 450-242-2000
 3 Victoria, Knowlton
 Lac-Brome, QC
 JOE 1V0

ROYAL LEPAGE
ACTION
 CHARTERED REAL ESTATE BROKER
 Independently Owned and Operated

DIAMOND AWARD

THE SWALDOW CLUB

DISTINCTION CLUB DES DIX ANS
 PROVINCIAL

Facebook, Twitter, LinkedIn, YouTube, Instagram, RSS icons

Brome County
NEWS



BROME-MISSISQUOI
Funeral Complex

— SINCE 1927 —

To reunite, to reconnect.

Cowansville **450 266.6061**
 Lac-Brome **450 243.1616** . Bedford **450 248.2911**

WWW.COMPLEXEBM.COM



Edith Chaput
 Notaire • Notary

MAIN OFFICE
 114 Church Street
 Cowansville

BY APPOINTMENT
 IN LAC-BROME

Tel.: 450 306-1269

www.edithchaput.com

Brome County News
Business
Directory

Brome County
NEWS



For all your advertising needs, call

Jesse Bryant
 Sales Manager

450-242-1188
jbr Bryant@sherbrookerecord.com

UNIPRIX

René-Claude Gagnon

310, chemin Knowlton
 Knowlton **450 243-5700**

Monday - Friday: 9:00 a.m. to 8:00 p.m.
Saturday: 9:00 a.m. to 5:00 p.m.
Sunday: 10:00 a.m. to 5:00 p.m.

Chambre de commerce de Lac-Brome

Achetons chez nous



Buy Local

cclacbrome.com

© 2013

NAPA **AUTOPRO**

Signature

GARAGE D.C.S. INC.

Prop. Darren Paige & Carolyn Lemaire

For all your automotive and tire needs

450.243.0763
 554 ch. Knowlton
 Knowlton, QC JOE 1V0
info@garagedcs.com

Désourdy

salons funéraires — funeral homes

A reassuring presence

450 243-5566 | Cowansville • Farnham • Ange-Gardien
www.desourdy.ca | Henryville • Knowlton • Mansonville • Sutton

Encourage
our local
businesses



Paul Luc Girard
 BCOM, AEC

Sutton

RESIDENTIAL
REAL ESTATE BROKER
 pgirard@sutton.com
 paullucgirard.com
 cell & txt 514 886 4011
West-Brome 450 242 2197

groupe sutton — clodem inc.
 REAL ESTATE AGENCY