

## “Everyone wants to do something”

TBL residents trying to process local tragedy

By Gordon Lambie

The community around the Town of Brome Lake is working through its grief surrounding the shooting of 17-year old Riley Fairholm last week in a variety of ways. In addition to ongoing conversations with emergency social workers and neighbours, hundreds also came together on Sunday evening for a benefit concert that ended up raising \$3,276 for local mental health centre Dunham House.

“Everyone has different ways of processing things,” said Jessica Brown, who helped to organize Sunday’s concert, explaining that the idea was born out of a desire to give the community at large a way of responding to the unexpected tragedy. “It was a big thing for everyone to come to terms with,” she said, pointing out that even townspeople with no direct link to Fairholm were affected by his death.

Brown said that she had heard several local youths talking about the idea of a benefit concert, and stepped in to help make the whole thing happen when it became clear that the local kids were not sure how to make the event a reality.

“No one knows what the right protocol is in this kind of situation, but everyone wants to do something,” the organizer said, adding that she was struck by the generosity of the community. She explained that the funds were given to Dunham house because that is the charity Fairholm’s family chose to support in lieu of flowers.

In the wake of last week’s events, the CIUSSS de l’Estrie – CHUS held two support sessions at the local community centre where social workers were made available to meet with members of the population and the regional healthcare institution has been following up with ad-hoc and targeted interventions based on individual needs. Although Brown spoke very highly of those workers and their interventions, she noted that as a general rule, it is hard to get access to mental health resources in English in the Eastern Townships.

“It is hard to get help,” She said. “People don’t talk about it.”

Murray Brohman, the general manager of Dunham House, agreed with that assessment.

“There just aren’t very many resources,” Brohman said, noting that on an average day the CLSC will direct people to either the BMP hospital in Cowansville or the Granby Hospital, which he said is not a good option for English speakers. The issue is even more dire, he added, for people under 18 years of age.

“They’re having a terrible time of it,” the general manager said, noting that even Dunham House cannot accept people who are not legally adults.

Although nothing is set in stone at this point, Brohman said that he has been a part of some informal conversations at this point about trying to make sure more resources are available to people in the community.

“If there’s something we can do, we’re certainly willing,” he said.

Linda Ransom, who runs a local mental health support group, has also been looking at what can be done for the community. Although she said that her own support group is beyond its capacity right now, she expressed openness to the idea of helping to set up others.

“What I’m offering is to help,” Ransom said. “I’m not a professional and I’m not trained, but I’ve been doing this group



COURTESY BARRY BELLWARE

Denis Coulombe learned and performed the song “C’etait l’Hiver” by Francis Cabrel on Sunday by special request of the mother of Riley Fairholm. Coulombe shared the stage with Angel Forrest, Sarah Biggs, and Leadville Union as a part of Sunday’s benefit concert at Coldbrook Park

for 22 years.”

Drawing on her experience and local connections in the field of mental health, Ransom pointed out that there are bilingual resources that exist that she feels people are just unaware of. The best of these in the Brome-Mississquoi region, she suggested, are Oasis Santé Mentale (450-777-7131) and the Haute-Yamaska Suicide Prevention Centre (450-375-4252), both of which are based in Granby.

Ransom pointed out that the community is also finding its own ways to cope, with nightly vigils being held at the site of the shooting that 25-30 people are attending regularly.

“Everybody knew him,” she said, calling Fairholm a well-liked and friendly boy.

Quebec’s Bureau of Independent Investigations, the BEI, is still in the community, but the organization has issued

no new updates on the investigation into Fairholm’s death since last Wednesday evening. At that time the BEI confirmed that the victim of the shooting was a minor and that he was holding a handgun, although they made no statement about whether or not the gun was functional.

BEI spokesperson Martin Bonin-Charron said that there will be no further communiqués issued with regard to the investigation until the final report is completed, which could take several months to a year.

The CIUSSS, meanwhile, is reminding the public that people who feel distressed or who have people in distress around them as a result of any tragic event should call 811 or report to the nearest health and social services establishment in their region.

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# Brome County Community Bulletin Board

## August 1

**Sutton Legion Bingo every Wednesday at the Sutton Legion, 2 Curley St., Sutton.** Jackpot of \$200 or more. Start at 6:30 p.m. Bring your friends and lucky charms. Info: 450-538-2864.

## August 4

**Country Music Fans – Come join us at Trinity Anglican Church Hall, 409 South St., Cowansville, Saturday, August 4 from 7 to 11 p.m.** for an evening of fun and dance with Jimmy Edwards Country Folks Band playing your favorite country songs and a variety of dance music. Door prizes, 50-50 drawing. Canteen on premises. Please support the church and food bank.

## August 4

**Cowansville Legion 99 Garage Sale, 120, boul. Davignon. August 4 & 5.** To donate call Denise (450) 263-0561 or Debbie (450) 522-6674.

## August 4

**The Mental Health & Well-Being Support Group.** Please phone Linda: 450-243-0928 or email: pleasantvalley001@gmail.com for the location of the meeting. Join us for an opportunity to share experiences in a safe environment and receive support, information, encouragement & acceptance. Having support makes all the difference!

## August 5

**Brunch is cancelled at the Sutton Legion on August 5.** See you on August 19.

## CHURCH BULLETINS

### ALL SAINTS ANGLICAN CHURCH – DUNHAM

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

### ANGLICAN PARISH OF BROME

Services are 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 at [bedfordpastoral.org](http://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](mailto: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 August 5 – worship and music: Hymn sing 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 205 rue Principale, Cowansville, at 10:30 a.m. 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: Frances Jones. Church Office: 450-263-0204. website: [emmanuelcowansville.ca](http://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](http://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](mailto: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.

### LIVING HOPE CENTER

Living Hope Center, a full Gospel

church, meets on Sundays at 9:30 a.m. at 127 Principal behind the Princess Theatre in Cowansville. For more information call pastor Tony Farrugia at 450-295-3573. Come and worship the Lord Jesus Christ with us.

### ST. JAMES ANGLICAN CHURCH – FOSTER

We open our doors to welcome you on Sunday, August 5 at 9:15 a.m. for a Morning Prayer Service of, at the little church on the hill, 725 Lakeside, Foster. Please join us afterwards in the hall to visit over refreshments. Everyone is welcome.

### 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 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) Please check out our new website at: [www.stpaulsknowlton.ca](http://www.stpaulsknowlton.ca). Everyone welcome! Telephone: 450-242-2885.

### STANBRIDGE RIDGE STONE CHURCH

Stanbridge Ridge annual church service at the Stanbridge Ridge Stone Church will be held on Sunday, August 5 at 10 a.m. Come and join us for this hour of worship. You will be warmly welcomed by all.

### 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).

## Duckfest cancelled in 2018

### BCN Staff

The Town of Brome Lake announced late on Monday afternoon that the 2018 edition of the Lac-Brome Foodie Duck Festival scheduled for September 15, 16, 22 and 23 has been cancelled because the promoter has withdrawn from the planning process.

This is a very important event for Brome Lake, but

the short delay before the festivities forces the town to take a step back, said Mayor Richard Burcombe, in a press release. "There is no question of us organizing or supporting a smaller event."

"It is certainly disappointing for the team to come to such an outcome after all the efforts that have been made," Gilbert Arel, General Manager of the Town,

"It's a shame for the town's outreach and for the merchants to lose an event of this notoriety," added

councillor Louise Morin, noting that the festival has been a standby of the community for over two decades. "We won't let it go, it's emblematic for Brome Lake."

The town intends to seek a new promoter in the coming weeks in order to organize next year's edition.

# Arts Alive! Québec: coming to Knowlton this weekend

By Stacey Vilandré

Arts Alive! Knowlton, the local celebration of Quebec arts and culture with a focus on the English community, is coming up this weekend. The brainchild of the English-Language Arts Network (ELAN) and funded by the Government of Canada, This annual festival is part of a larger initiative that showcases locals and special guests by giving them an opportunity to display their artistic skills and geographical, cultural, and linguistic backgrounds in several communities across the province.

“Whichever destination visitors choose, they can be sure of a charming Arts Alive! Québec experience,” said ELAN executive director, Guy Rodgers. “I especially like the way workshops and performances dovetail this year in Knowlton, and follow a swing music theme in Québec city.”

In the Arts Alive! model, each region creates its own way of celebrating and picks its own headliners. In this way, every local festival has something for everyone in the family while also playing to local strengths.

“The value of this project to regional communities, as well as, to the artists, was clearly demonstrated by the dozens of letters of support that accompanied the ELAN’s grant application,” Rodgers added, expressing his gratitude to the Department of Canadian Heritage’s Quebec division, which has funded the

Arts Alive! Québec for the 4th year running. Since ELAN is a non-profit organization that connects, supports, and promotes Québec’s English-speaking artists and art communities, all the events within the various festivals will be held in English, although not to the exclusion of French-speaking members of the public.

The main places that these weekend-long celebrations will be taking place are: Hudson, Huntingdon, Knowlton, Québec City, and several of Montréal’s Libraries.

The Knowlton festival will take place from Friday August 3 at 4 p.m. until Sunday August 5 at 9 p.m. The events will be held at Théâtre Lac Brome, the Old Court House, Music at Art Café, and the United Church. Some events will have an admission fee, while others will be free. Some activities include: teddy bear picnics, workshops (Tango, songwriting, drumming, flower arranging, flower circle, and puppet), art exhibits, music, plays, and more. To some people and merchants, this may simply be seen as another tourist trap, but for others this is a long awaited time to showcase themselves. Some local artists will be able to play a part in these festivities.

“Arts Alive is good for the soul,” said local



GUY RODGERS

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## Inauguration of La Maison Au Diapason’s Memorial Park

La Maison Au Diapason is proud to announce the inauguration of its Memorial Park which will be held on Saturday, August 18th.

The inauguration will be a commemorative ceremony to honor the memory of those who have passed away at La Maison Au Diapason since it opened. The focal point of the Park is a stainless steel tree created by a world renowned artist. To close the ceremony, the singer MADMOISELLE (La Voix 2017) will perform for the guests.

To celebrate its 10th anniversary, the Foundation then will host a family picnic and will unveil its major fundraising campaign. The day will end with an acoustic concert from La Tournée des Petits Bonheurs presented by the Festival international de la chanson de Granby.

Since 2010, La Maison Au Diapason has offered free specialized palliative care and spiritual and psychological support to more than 1,000 end-of-life patients and their loved ones from the territories of Brome-Missisquoi and Haute-Yamaska.

For more information on this event, please contact us at La Maison Au Diapason (450)534-2002.

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# A Recent Logo for Brome Village



LOUISE SMITH

The logo for Brome Village can be found on the mailbox outside the office located in the Brome Hall.

By Louise Smith

**B**rome Village decided not to join in the cluster of towns that make up the Town of Brome Lake. The village has its town office in part of the Brome Hall where local events are often held. The council is small but its vision is large.

Irena M. Hodorowki, the Director-General of Brome Village, is in the office and she is happy to share information on the village with visitors. Their logo is a fairly recent acquisition. In 2015 Townshippers' Day was being held on the Brome Fair Grounds. The Townshippers' organization wanted to use a town logo on their advertising, but the village at that time did not have a logo. The Townshippers' team came up with several design suggestions and the town council chose this one.

The sun represents happiness and life in Brome Village. There are mountains in the logo and the green colour represents agriculture. Brome Village does not have a slogan or motto, but Irene says it is time for the council to think of one. Brome Fair has its own, "All roads lead to Brome." Certainly, on Labour Day weekend in September, it does seem that way!

# Pet of the Week — Tommy



**H**ello! I am a 5-year-old guy with black, medium-length fur and quite a bit of white fur too! Also my eyes are really special - they are brown but each of them has a touch of blue - kind of like sparkly jewels! I am shy and timid, almost scared, of new people so if you are interested in me - getting to know the 'real' me - it would be great if you would just come and sit and spend time with me so I can get used to the look of you, your smell, the way you move, the way you talk. Then with time I can be the one to approach you and feel safe beside you. My master had to go to the hospital and my mistress has Parkinson's and can't take care of me all by herself. Wouldn't it be great if they could receive good news soon - the news that I have been adopted into a new family! In case you didn't notice, I also am overweight - it feels terrible - please help me to lose some pounds! There are lots and lots of dogs and cats living here with me at the SPCA Montérégie, 178, ch. du Vide, Ste-Angèle-de-Monnoir (exit 37 on autoroute 10) Adoption hours are 2 - 4 p.m. on Thursdays & Saturdays. Hope to see you!

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

Published weekly by

**THE RECORD**

6 Mallory, Sherbrooke, QUEBEC, J1M 2E2

E-MAIL: [newsroom@sherbrookerecord.com](mailto:newsroom@sherbrookerecord.com)  
website: [www.sherbrookerecord.com](http://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.

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

Canadian Publications Mail Service Product Agreement No. 0479675.

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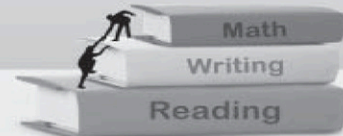


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The Record was founded on February 7, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke

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# Arts Alive! Québec: coming to Knowlton

CONT'D FROM PAGE 3

Knowlton businessman Danny McAuley. "Put away the iPhone, turn off Netflix; take in a concert and join a workshop. This is the perfect opportunity for parents and children to do something together."

"Townshippers are always excited to introduce new people to the community and these events give us a platform to do just that," he added.

For more information about the events held during

Arts Alive! Québec consult:

<https://www.quebec-elan.org/arts-alive-quebec/>



Drumming workshop with Donna-Marie Sullivan



Lantern making with Théâtre des Petites Lanternes

PHOTOS BY GUY RODGERS



2018 Summer Fundraiser

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[www.bromemuseum.com](http://www.bromemuseum.com)

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<b>TICKETS:</b>	<b>DATE:</b>	<b>LOCATION:</b>
\$50 (single)	August 11, 2018	Brome County Museum
\$90 (couple)	7:00 pm	130 Lakeside, Knowlton

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# Our School's Page

## MASSEY-VANIER HIGH

### MASSEY-VANIER SCHOLARSHIP, BURSARY FUND CEREMONY 2018

The annual Massey-Vanier Scholarship, Bursary Fund ceremony took place Wednesday, May 30, 2018 at Massey-Vanier in the auditorium. Family, friends and donors gathered to celebrate the achievements of 54 graduating students.

The numerous scholarships, bursaries and prizes will provide significant financial support to these students who will be pursuing post-secondary studies, either at the collegial or vocational level. Representatives from businesses, towns, organizations, societies, service clubs, memorial funds, as well as, individuals presented their respective awards to the students. The MVSBF Awards Committee is grateful to our generous donors and the dedicated volunteers from our community who support our graduates each year.



Anthony Arias-Lamoureux



Dustyn Bates



Vivianne Beaulac



Chad Beausoleil



Myriam Bernier



Olivia Blinn-Giroux



Haley-Elizabeth Boomhower



Jasmine Boomhower



Catherine Carrier



Christina Cieurlej



Jordan Cleary



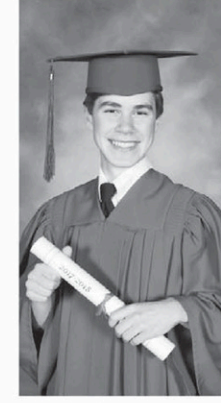
Jakob Corey



Julien Crossfield



Marianne Desloges



Dylan Desormeaux



Joshua Desrosiers



Elizabeth Driver



Olivia Dumont



Owen Eland



Isaac Flanagan



Emily Glover

# Our School's Page

## MASSEY-VANIER HIGH



Levi Goodhue



Jade Gosselin Neil



Mackenzie Jacobs



Melissa Jodoin



Jasmine King



Anders Koræen



Katrina Lacroix



Sabrina Larose  
Tremblay



Alexia Marchessault



Andrea Marcoux



Erika Mayo-Larose



Sara-Maud Michaud



Curtis Needham



Thomas Osborne  
O'Donnell



Cassandra Pegg



Gabriel Pelletier



Jayden Perry



Lily-Ann Raafat



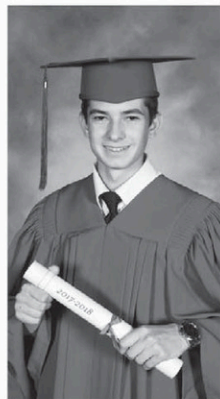
David Ramsay



Leila Ravenelle



Emma Marie Read



Nathan Reynolds



Veronica Rocheleau



Tamara Rowe

# *Our School's Page*

## MASSEY-VANIER HIGH



*Nathan Roy*



*Nolan Russell*



*Jesse Salois*



*Naomi Santarossa*



*Philip Sayers*



*Nathan Shonfield*



*Faith Vaughan*



*Sarah-Maude Wanzer*



*Summer Wisdom*

# *Congratulations*

# *To All Of You!*

# Great News: the lake is holding its own so far this season!

Submitted by Renaissance Lac Brome

The end of July is fast approaching, and the transparency index of the lake water remains above the historical average for the month, which is some 3.3 metres, despite the frequent presence of heatwaves. No episodes of cyanobacteria with surface scum have been reported to this date. This achievement is in part due to our environmentally responsible work in revitalizing the shore banks, better managing runoff waters, and reducing the phosphorous content in the lake. This proves the point that major changes are frequently caused by small daily gestures.

We shouldn't sit on our laurels, however, and tell ourselves that the battle has been won. On the contrary, we must remain vigilant and not let our guard down. We must soldier on with our sound practices and always tell ourselves that Brome Lake is our collective jewel and we should be proud of what we have done over the last 10 years to protect it. We are not

sheltered from cyanobacteria blooms but there is hope that Mother Nature is on our side for the moment.

## Invasive species are always cause for concern.

RBL keeps abreast of the latest news about the arrival of exotic, invasive species and we are most aware of the problems caused by the Eurasian water-milfoil and Zebra mussels. The water-milfoil is present in the southern part of the lake in Elizabeth Bay and to the north in the Yamaska delta. We see no problem at the moment because the colonies are very localized.

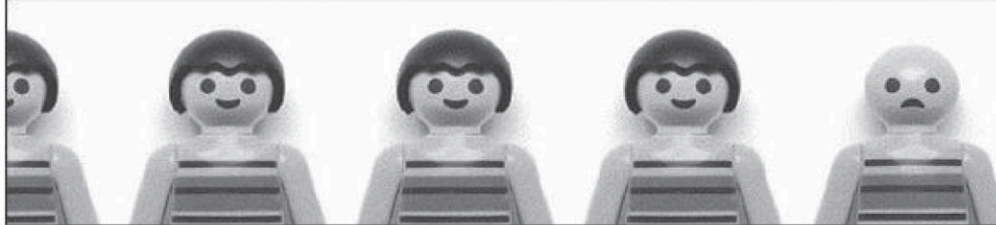
On July 23, we attended a press conference held by Memphremagog Conservation about its discovery of the presence of zebra mussels in that lake. Regarding Brome Lake, we are fortunate that no traces of zebra mussel have yet been reported. Since Brome Lake has a low calcium rate and a fairly neutral pH rate, the risk of this pest establishing itself here is low. Please

remember that it is important to not transport vegetation or animal species from one lake to another.

Sunday, July 22 was the first day of the 2018 inventory of the Rusty crayfish. Renaissance, in collaboration with Quebec's Ministry of Forests, Wildlife and Parks (MFFP), is seeking to determine if the species is present in Coldbrook and Quilliams brooks, and in the Yamaska River.

## A Sad Departure!

As July comes to an end so does the remarkable 12-year tenure on the board of RBL of Pierre Beaudoin and his wife Francine Duclos. We wish them all the best in their new life in the Montreal region. Both personally and on behalf of the board and citizens in general, thank you so much for what you have done over countless hours on behalf of Brome Lake.



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PROVINCE OF QUEBEC MUNICIPALITY OF BOLTON-OUEST PUBLIC NOTICE PUBLIC CONSULTATION MEETING TO THOSE INTERESTED IN DRAFT BY-LAW NUMBER 346-2018 MODIFIANT LE RÈGLEMENT DE ZONAGE NUMÉRO 264-2008 AFIN D'ASSURER LA CONFORMITÉ AU SCHÉMA D'AMÉNAGEMENT RÉVISÉ DEUXIÈME REMPLACEMENT DE LA MRC BROME-MISSISQUIO, NOTAMMENT EN CE QUI CONCERNE LA RENATURALISATION DE LA RIVE Public notice is hereby given as follows: 1. At a meeting held on July 3, 2018, the Council of the Municipality of Bolton-Ouest adopted draft by-law number 346-2018 modifiant le règlement de zonage numéro 264-2008 afin d'assurer la conformité au schéma d'aménagement révisé deuxième remplacement de la MRC Brome-Missisquoi, notamment en ce qui concerne la renaturalisation de la rive. 2. A public consultation meeting will be held Monday, August 13, 2018 at 7:30 p.m. in the council chambers located at 9, Town Hall Road in Bolton-Ouest. During this public meeting, the mayor or a person designated by him will explain the draft by-law as well as the consequences of its adoption and will hear people who wish to express their views on this matter. 3. The purpose of the draft by-law is to amend Zoning by-law number 264-2008 in order: - To add definitions for the following words: Tree and shrub cover, Revegetation and Berm; - Provide a buffer strip inside a destructured tract of land; - Amend the provisions relating to tree cutting; - Amend or add provisions regarding shoreline protection. Thus, to ensure compliance with the Development plan of the MRC Brome-Missisquoi. 4. This draft by-law covers the entire territory of the Municipality of Bolton-Ouest. 5. This draft by-law is not subject to approval by way of referendum. 6. The draft by-law is available for consultation at the Town Hall, located at 9, Town Hall Road in Bolton-Ouest, between 8:30 a.m. and noon and between 1:00 p.m. and 4:30 p.m. from Monday to Thursday, and between 8:30 a.m. and noon on Friday. GIVEN in Bolton-Ouest on July 30, 2018. Jean-François Grandmont, OMA Director general and Secretary-Treasurer

Having a garage sale, flea market or a farmers' market this week? Advertise in The Record classified section (819) 569-9525 (450) 242-1188

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## In Memoriam

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

*As time passes, not a day goes by without memories that fill our hearts with happiness.*

**ALWAYS IN OUR HEARTS XOXO  
CECILIA, CAROL, SCOTT, TODD,  
DARREN, LAURA AND FAMILY**

## In Memoriam

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

*Your memories give us endless smiles and warmth.*

**Forever in our hearts xoxo  
CAROL, CECILIA, SCOTT, TODD  
DARREN, LAURA AND FAMILY**

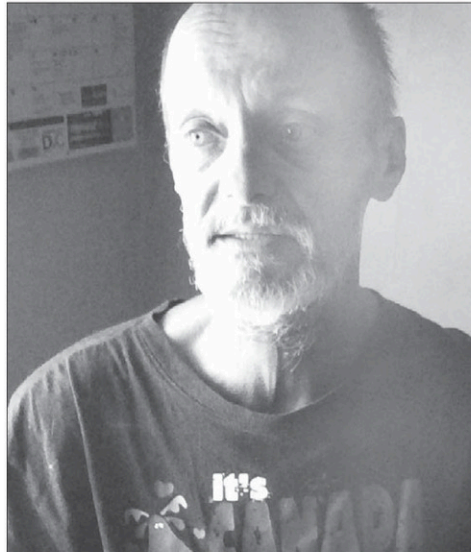


Fig.16

> If this feels like a math test, visit [mathliteracy.ca](http://mathliteracy.ca) or call 1-800-303-1004.



## In Memoriam



**Jimmy Booth  
1960 - August 5, 2015**

*Tonight the stars are gleaming  
On a lonely silent grave  
Where sleeps and dreamless slumber  
One we love but could not save  
No one knows the silent heartaches  
Only those who have lost can tell  
Of the grief we bear in silence  
For the one we loved so well*

**Lots of love from  
sisters MAXINE, TRUDY, MARYLAND,  
brother MIKE  
and brother in law RUSSELL,  
friends CODY AND WILL  
and THE BALL TEAM**

## Death



**Lynn, Maureen Frances (Reed)**

**Born Verdun, Quebec October 25 1930.**

**Died peacefully at the CHSLD - Foyer Sutton, Quebec  
July 22 2018.**

Mourned by her children: Donna Kinlin (Ken), Sharon Coates, Joanne Beullac (Pierre), and David Lynn Jr. (Susan Mailley); grandchildren: Laura Kinlin, John Kinlin, Ryan Coates (Annik LeBlanc), Jennifer Antoine (Shawn), Chantal Magnone (Michael), Julie Beullac, Nicky Beullac,

Shannon Lynn, Kristin Lynn, and Bryan Lynn; and great-grandchildren: Xavier Coates, Tessa and Ali Antoine, Leo and Vivienne Magnone.

Friend and former spouse of David W. Lynn Sr. (DWL Meats).

Predeceased by her parents James Reed and Anne Hernon.

Remembered by her brothers and sisters: late Kevin Reed (Norma Ramirez), late Paddy Reed (late Joan Biggs), Irene Demone (late Art), late James (Jimmy) Reed Jr., late Noreen/Bunny Seguin (late Bill), Alicia Rowe (John), Theresa Gorichan (Bill), late Michael Reed, and Linda Smart (Dave Rush, late Bob Smart), and many nieces and nephews.

At her request, no visitation or service.

Cremation arrangements by Desourdy Funeral Homes, 101 Jean-Besré, Cowansville, Qc.

Donations, if desired, to the Multiple Sclerosis Society of Canada (<https://mssociety.donorportal.ca>).

« Rest in peace, Mom ».

**DÉSOURDY FUNERAL HOMES  
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info@desourdy.ca**

**PHONE: 450-263-1212  
FAX: 450-263-9557  
www.desourdy.ca**

# Marinate your tuna ahead to ensure moist grilled fish

## By America'S Test Kitchen

Tuna steaks are a treat, and the intense heat of the grill is perfect for getting a good sear on the outside while keeping the inside tender, moist, and pleasantly pink. We wanted a foolproof method for grilling tuna to perfection, and we decided to make vinaigrette that would complement the fish but not overshadow it.

We found that marinating the fish before grilling worked to season it throughout and ensure remarkably moist grilled fish; a bit of ginger and five-spice powder proved a simple way to boost the flavour of our oil-based marinade. We found we could let the steaks marinate for up to 24 hours, making our recipe more flexible.

As for the grilling method, we built a hot, concentrated fire by pouring the coals over only half the grill, which encouraged the exteriors of the steaks to cook quickly before the interiors could overcook. To accompany the steaks, we made a lime-ginger vinaigrette and gave it more aromatic depth with coriander seeds, fresh cilantro, and fresh basil. A bit of fish sauce offered some umami notes.

## GRILLED TUNA STEAKS WITH LIME-GINGER VINAIGRETTE

Servings: 4  
Start to finish: 1 hour 25 minutes (25 minutes active)

**Vinaigrette:**  
2 tablespoons lime juice  
1 1/2 teaspoons grated fresh ginger  
1 teaspoon coriander seeds, crushed  
1/4 teaspoon red pepper flakes

1 tablespoon fish sauce  
1 tablespoon chopped fresh basil  
1 tablespoon chopped fresh cilantro leaves  
1/3 cup canola oil  
Salt and pepper  
**Fish:**  
3 tablespoons extra-virgin olive oil  
1/2 teaspoon grated fresh ginger  
1/2 teaspoon five-spice powder  
Salt and pepper  
4 (6- to 8-ounce) tuna steaks

Whisk lime juice, ginger, coriander, pepper flakes, fish sauce, basil and cilantro in bowl until well combined. Whisking constantly, drizzle in oil. Season with salt and pepper to taste and set aside.

Combine oil, ginger, five spice, 1/2 teaspoon salt, and 1/4 teaspoon pepper in 1-gallon zipper-lock plastic bag; add tuna, seal bag, toss to coat, and refrigerate for at least 1 hour.

- For a charcoal grill: Open bottom vent completely. Light large chimney starter filled with charcoal briquettes (6 quarts). When top coals are partially covered with ash, pour evenly over half of grill. Set cooking grate in place, cover, and open lid vent completely. Heat grill until hot, about 5 minutes.

- For a gas grill: Turn all burners to high, cover, and heat grill until hot, about 15 minutes. Leave all burners on high.

Clean cooking grate, then repeatedly brush grate with well-oiled paper towels until grate is black and glossy, 5 to 10 times.

Remove tuna from oil, place on grill (on hotter side if using charcoal), and cook (covered if using gas) until grill marks form and bottom surface is opaque, 1 to 3 minutes.

Flip tuna and cook until opaque at perimeter and translucent red at centre when checked with tip of paring knife and registers 110 F (for rare), about 1 1/2 minutes, or until opaque at perimeter and reddish pink at centre when checked with tip of paring knife and registers 125 F (for medium-rare), about 3 minutes. Serve with vinaigrette.

Nutrition information per serving: 442 calories; 254 calories from fat; 28 g fat (4 g saturated; 0 g trans fats); 70 mg cholesterol; 628 mg sodium; 1 g carbohydrate; 0 g fiber; 0 g sugar; 43 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Grilled Tuna Steaks with Lime-Ginger Vinaigrette in "The Complete Make-Ahead Cookbook."

(The Associated Press)



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