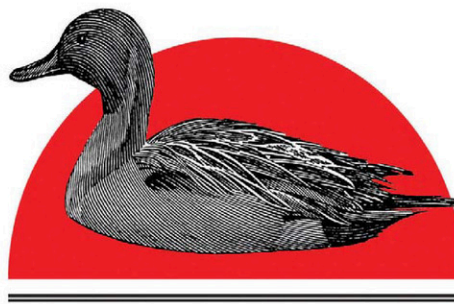


Brome County NEWS



TUESDAY, JULY 14, 2020

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Busy July 4 weekend at Douglass Beach



CASSANDRA PEGG

What is your opinion of a **mobile notification application** to inform you of exposure to the coronavirus?



PARTICIPATE IN THE CONSULTATION TODAY

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Québec

SPCA Montréal celebrates 30 years

By Cassandra Pegg
Special to Brome County News

Before opening the SPCA Montréal, a no-kill shelter, Linda Robertson had an animal rights organization and through that

CONT'D ON PAGE 2

By Cassandra Pegg
Special to Brome County News

On the weekend of July 4, the Facebook page "Knowlton.com" saw a flurry of activity.

The cause of this was the massive number of people who flocked to Douglass Beach to escape the summer heat. Many posts and comments speculated about the cause of this influx of visitors, while others tried to find

solutions, and others still demanded the town take action.

One resident reported what he estimated to be 35 or more cars parked on the sidewalks of Lakeside.

CONT'D ON PAGE 5

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Brome County Community Bulletin Board

CHURCH BULLETINS

ALL SAINTS ANGLICAN CHURCH – DUNHAM

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

ANGLICAN PARISH OF BROME

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

BEDFORD PASTORAL CHARGE OF THE UNITED CHURCH OF CANADA

We offer you, during the pandemic, services in partnership with Emmanuel United Church's Zoom Sunday worship, a children's Zoom activity every Tuesday afternoon. See announcement under Emmanuel for more details. Minister: Rev. David Lefneski, 450-955-1574. Church office: 450-248-3044; email: bedford.pastoral@yahoo.ca

CALVARY UNITED CHURCH SUTTON

NO SERVICES ARE AVILABLE in Sutton at Grace Anglican Church Information: 450-538-0530.

CREEK/WATERLOO PASTORAL CHARGE

Church worship services are available on Facebook Live for the foreseeable future. Please contact the Rev. Dave Lambie for virtual pastoral care.

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

EMMANUEL UNITED CHURCH

As we live through this pandemic together, we hold our communities in heart and prayers. Emmanuel offers you: the weekly newsletter by email or printed form; the weekly Sunday Zoom worship live at 10 a.m.; the weekly worship service bulletin with prayers, readings and hymns; kid's Zoom activity every Tuesday at 4 p.m. (during July and August). Our pastoral care, calls and support are available to you as needed. The Zoom link is in our weekly Friday newsletter or by contacting the church office. In light of the government policies, two metres is the rule always. The two-metre and 10-people maximum rules permit weddings in outdoor locations (ideally in the backyard of a home) and for funeral interment services in cemeteries. Minister: Rev. David Lefneski, 450-955-1574. Church office: 450-263-0204; email: capchurchoffice@bellnet.ca

ÉGLISE CATHOLIQUE ST. ÉDOUARD CATHOLIC CHURCH

Our 10:30 Sunday bilingual mass will recommence in our summer chapel as we adhere to the strict protocols established by the Quebec Public Health Department. A maximum of 50 people will be permitted to attend the service. Thank you for your understanding. For more information, call: 450-263-1616 or visit the website <http://unitedesvignes.org>

GRACE ANGLICAN CHURCH

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

Church, Sutton".

KNOWLTON-MOUNTAIN VALLEY PASTORAL CHARGE

ALL WORSHIP SERVICES CANCELLED UNTIL FURTHER NOTICE. Knowlton United Church, 234 Knowlton Road. For information please contact Rev. Steve Lawson at 450-242-1993.

ST. PAUL'S ANGLICAN CHURCH

Due to the fact that we are taking precautions for the COVID-19 virus, services will continue to be online on our website <http://www.stpaulsknowlton.com/> or our Facebook and YouTube pages. All services are live and also available for replay. On Site Church worship is postponed until further notice.

24 St. Paul's Road, Knowlton. St. Paul's is a dynamic, diverse community pursuing and serving Jesus in the Eastern Townships, 8 a.m. and 10 a.m. Sunday services (traditional, contemporary and modern music and format). New: Tune into "Tim Talks" on Facebook – three times weekly. Everyone welcome. Please check out our website: www.stpaulsknowlton.ca or St. Paul's Knowlton's Facebook page. We are now live streaming! Everyone welcome. Telephone: 450-242-2885

TRINITY ANGLICAN CHURCH

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

SPCA Montérégie

CONT'D FROM PAGE 1

she began making inquiries about where homeless animals picked up on the South Shore were being sent.

In a video interview with Montreal Gazette, Linda Robertson recounted how she founded the SPCA Montérégie 30 years ago.

"I was very distressed to learn that animals that were being picked up," she explained in the interview, "were taken to private pounds, and they ended their day in either a gas chamber, a decompression chamber, or they were electrocuted". She explained further that the animals who escaped that fate were sent to the United States to be used in research labs. With this shocking revelation, Robertson knew something needed to be done.

In order to change the fate of these animals, Robertson decided to create an SPCA. She applied to the government for a charter and began looking for funding. Without funds, her options were limited. She contacted the Montreal Gazette and they did a story about the SPCA and photographed the three dogs they had in the beginning.

She was thankful for the article they wrote about the

SPCA Montérégie and soon after they received donations totalling \$30,000.

The next step was the purchase of a second-hand van and the renting of a location in Chambly to run the operation.

In the beginning Robertson and her associates worked seven days a week, 365 days a year. The shelter would close at 8 p.m. and open at 8 a.m.

In order to have a source of income for the care of the animals they were taking in, the SPCA Montérégie obtained a contract with the cities of St-Lambert and St-Bruno to pick up stray animals in their towns.

Currently, they have around 60 dogs and the same number of cats.

We spoke to one very happy local adopter, Tanie Ewing of West Bolton.

In 2018, Ewing saw a big dog up for adoption in Brome County News' "Pet of the Week" column, a reoccurring notice submitted by Gail Watt that features the picture of an animal ready to be adopted and a small description to get people interested.

She headed over to the adoption

agency.

"I was very impressed with the way they would talk to people," she explained in a phone interview. She said that the SPCA was very attentive to the potential owners, making sure the homes they were sending animals to were guaranteed to keep the animals happy and healthy.

Ewing went in and met Max, the dog that would soon be a new member of her family. She recalled that he was "kept in a nice spot," and they took him home that day.

"What was interesting," Ewing added, "Gail Watt came and checked on him after a few weeks," she said, to make sure Max was adjusting and happy in his new home. She was impressed with the thoroughness of the adoption process.

All in all, Ewing said, the SPCA Montérégie is "a great place to adopt a dog," and she would go back again once she is ready for another adoption.

No need to buy dogs, she said, when you can go to the SPCA.

The SPCA Montérégie is located at 178 Chemin du Vide in Sainte-Angèle-de-Manoir and adoptions are by appointment only.

Correction

On page 3 of last week's Brome County News, in the article entitled "The local business perspective on COVID-19", the business Les Serres La Fleur is listed as being located in Foster. The location is actually in Fulford. We apologize for any confusion this may have caused.



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Douglass Beach: Town of Brome Lake introduces control measures

BCN Staff

Noting a significant increase in the use of Douglass Beach, the Town of Brome Lake announces the implementation of certain measures to control access. As of July 8, temporary gates will border the site to limit the number of people who may use the beach. In addition, a portion of the parking lot will be reserved for Brome Lake residents.

In the event that the beach reaches its maximum, a coordinator has the authority to notify a security officer

posted at the entrance. The latter can then restrict access until spaces become available.

It is also planned that a parking attendant will be stationed at the entrance of the parking lot, in particular to collect entrance fees. He will post a sign indicating that the parking lot is at the limit of its capacity, if necessary, while managing a parking zone reserved for residents. The Town of Brome Lake is still looking for staff for this position. Interested candidates can contact the Centre Lac-Brome for more information

at 450 242-2020 or at infoloisirs@ville.lac-brome.qc.ca.

The Town is adding an extra measure on weekends and during the two-week construction holiday by hiring someone with the mandate to enforce physical distance on the beach site.

“At this particular time of year, I ask people at Douglass beach to be civic-minded, as we have seen a significant increase in the number of visitors,” said Brome Lake Mayor Richard Burcombe. “Now that such measures have been implemented, I hope that users will

cooperate so that everyone can enjoy this magnificent place while respecting the rules in effect.”

Douglass Beach remains open daily between 10 a.m. and 7 p.m. Access to the parking lot is free for Brome Lake residents who have purchased a parking sticker, available at the Town Hall or at the Centre Lac-Brome. The cost is always \$10 per car for non-residents or \$6 after 3 p.m.

June TBL council meeting

By Cassandra Pegg
Special to Brome County News

Mayor Burcombe opened the fourth consecutive council meeting held by the municipality over Zoom.

The meeting started with a question period. All questions were sent in writing.

A citizen expressed concern about the number of vehicles parked on Lakeside on Saturday July 4. She also asked why did the town change the decision regarding the parking at the beach?

The mayor says there were 68 vehicles parked there and the Sureté du Québec (SQ) issued 49 parking infractions. Addressing the second part of the question, the Mayor explained that people parked everywhere on the streets and came by foot on the trail or walked in by Lakeside road. They decided to open up the parking to prevent this problem. He then explained the new measures being put in place. There will be a fence that borders the beach,

the opening in the fence will be by the parking lot and can be closed to limit the people on the beach. There will be an employee starting on Thursday to collect the fees from non-residents.

A citizen asked to put barriers at the entrance to the beach for each vehicle that goes in and double the tariff for non-residents.

The mayor said this would create a jam on Lakeside road. The barrier will only be used to close off the parking once it is full. The security guard will control the admission of people to the beach. He added that there are similar problems in all the nearby tourist towns.

Another citizen asked, when will the town start holding the council meetings in public again?

The mayor said they received an email from the government during the weekend saying they could start having public meetings again. The next meeting will be held in person at the community centre. They will follow government guidelines and only 50 people will be admitted to the meeting

to respect distancing.

The last question asked what is the town going to do about extra dust, excessive speed, and extra truck traffic that will be caused by the paving work planned for Iron Hill road?

The mayor confirmed that there will be a lot of traffic when the project starts. He explained that they will make sure calcium is put down to control dust and advise the SQ of the work and the speeding issue.

The council authorized the final payment of \$11, 383 for the play installation at Douglas beach. The total cost of the project is \$34,495.

A sum of \$744,148 was allocated for payment to Groupe AllaireGince for work done under contract for sanitation of wastewater in West Brome.

\$57, 221 was allocated for payment to the contracted company Asphalte des Cantons for paving and patching work.

For the replacement of culverts on Papineau, Brandy and Howard roads, \$164,070 was allocated to Excavation A.R. Valois inc.

Excavation St-Pierre et Tremblay were allocated a total of \$183,652 for the replacements of culverts under contract.

The parking of Bistro Knowlton Inc. (The Knowlton Pub) will be used for the public market.

The council renewed the agreement for the management of the Public Market for a contract of \$30,950.

The town will apply and distribute new protocols for firefighters and first respondents, non-syndicated employees, and public works employees during COVID-19.

The lake patrol warns of the danger of drowning and have noticed more people using paddle boards on the lake. The minimum equipment for this

CONT'D ON PAGE 4

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



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Friday night Cowansville legion canteen a hit!

By Louise Smith

This past Friday, the line to enter the Legion at 5 p.m. was quite long. Many patrons were wearing masks. People were let in to the Legion, one at a time. President Robert Bouthot welcomed everyone. The disinfectant gel was compulsory upon entering. Patrons were asked to sign the visitor book with their phone number, just in case any tracing was ever needed to happen as a follow up re: Covid-19.

Orders for hot dogs, hamburgers, cheeseburgers, and poutines were then given. The order was given in to the kitchen and a number was given to each customer. Customers who were going to eat inside at the tables had to sit two metres apart. Customers coming for take-out orders stayed in a separate line waiting for their numbers to be called.

The operation went smoothly for the two hours and it was good to see people supporting the Legion after so many months of having to keep its doors closed.



A good crowd came to support the Friday canteen.



PHOTOS BY LOUISE SMITH

Cowansville Legion members prepare tasty offerings to the public on Friday nights.

Legions offer important services to the community but their fundraising is a key component to being able to give those services. The Legion in Cowansville is appreciative of the support being shown just a

few weeks after being able to reopen. The canteen is available every Friday.

TBL Council Meeting

CONT'D FROM PAGE 3

activity is a life jacket and whistle.

The council agreed to ask the Minister of Transport to lower the speed from 90 km/h to 70 km/h between the village of Knowlton and along Route 104 (Knowlton Road) to Barnes Road.

\$186 was distributed to the Ladies Guild at Holy Trinity Church, and \$500 to Appalachian Corridor.

To support local businesses during the pandemic, \$30,000 was set to be allocated between September 2020 to September 2023 through the financial aid program CLD.

The date of the next council meeting has been changed to Aug. 3.

Brome County News welcomes your letters to the editor. Please limit your letters to 300 words. We reserve the right to edit for length, clarity, legality and taste.

Please ensure there is a phone number or email where you can be reached, to confirm authorship and current town/city of residence. Names will not be withheld but the address and phone number of the writer are not published, except by request.

Preference is given to writers from the Eastern Townships.

Princess Theater has reopened – new rules to apply

By Louise Smith

On July 3, the doors of the Princess Theatre on rue Principale in Cowansville reopened. Disinfectant is at the door, par for the course these days. Patrons are asked to stay two metres apart in the line waiting to pay. The staff is behind plexiglass. The concession stand is open for snacks. Debit or credit is preferred but cash is always legal tender.

Each of the theatre lounges can hold a maximum of 50 people. People who come together can sit together, but two empty seats have to be left on either side of the cluster. People can sit in every row until the 50 maximum is reached. Patrons are asked to stay in their seats if possible, for the whole movie. If someone has to leave the theatre during the showing, they are asked to turn their head away from people seated in the theatre both exiting and re-entering the room. With all these new regulations in place, movie-goers are asked to come a little bit earlier as it takes more time to process people. Also, even though there may be space in the biggest room, once 50 patrons buy tickets for the film being shown there, no other tickets can be sold for that



PHOTO BY LOUISE SMITH

The Princess Theatre is open for business in Cowansville

performance. Whether for the large or the smaller rooms, 50 is the maximum capacity per showing.

The times for movies in each of the theatre spaces is being staggered to reduce everyone entering or leaving the

theatre, as a whole, at the same time. For more information on movies being shown and times call the theatre at 450-263-5900 or visit them on Facebook: CinemaPrincessCowansville.

Brome County NEWS



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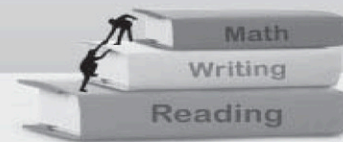
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Brome County News Community Calendar is reserved for non-profit organizations only. **Deadline is noon on Fridays.** Must be pre-paid. Up to 40 words: \$8, 41-70 words: \$12, 71-100 words: \$15, all prices include taxes. **Special rates:** \$2 off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



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Busy weekend at Douglass Beach

CONT'D FROM PAGE 1

With many Montreal area beaches closed entirely or with strict limitations on capacity, many TBL residents hypothesize that Montreal residents are coming to this region instead. With the long lineups reported for pools and beaches by the Journal de Montreal, it is no surprise that people are heading to the country where regulations are less strict and there are less people to compete with.

With the parking lot overflowing over the US holiday weekend, another resident wondered about having to pay to park at the beach, "Why did we pay for passes (the windshield sticker) when no one is in the booth and everyone has free reign?"

The Town of Brome Lake is introducing control measures to mitigate these concerns.

A press release from the town included a plan for a parking attendant to be "stationed at the entrance of the parking lot, in particular to collect entrance fees".

Parking will still be free for residents with the sticker and \$10 per car for non-residents, or \$6 after 3 p.m.

The town is looking for employees for the parking attendant position and

encourages candidates to get more information at 450-242-2020 or at info@brome.qc.ca.

Many people also expressed confusion over the change of regulations over who can park at the beach. When the beach first opened for the season, only residents of TBL were allowed to use the parking lot. Since then, the regulations have changed to include non-residents as well.

While some community members were not happy with this development, Ghyslaine Forcier, communication manager of TBL, explained in a phone interview the decision to allow non-residents to park at the beach.

"The problem we faced was a lot of people parked everywhere around the beach and it caused a lot of problems for the circulation on Conference Street and on a lot of surrounding streets. It could have been problematic for emergency services, if there was a fire or something like that."

He continued, "The parking was really not full, so we had a situation where the parking wasn't full, but a lot of people were parked everywhere. It was a little bit of a mess."

The town decided to give access back

to the parking lot so everyone would cease parking on the surrounding streets and causing safety hazards.

According to the press release, "A portion of the parking lot will be reserved for Brome Lake residents". This solution was frequently brought up by residents over the last week as well.

Several people expressed discomfort about the number of tourists coming to town with the pandemic still going strong.

"It's too risky to have all this going on", one resident said, "I bet there are very few Lac Brome residents at the beach".

Another added that she is "afraid we'll see the return of the virus".

On weekends and during the two-week construction holiday the town will be hiring "someone with the mandate to enforce physical distance on the beach site". While the security guard will be surveying the land of Douglass Beach, the lifeguard on duty will also be making sure social distancing is respected in the water.

When asked about the wearing of masks, Forcier responded that "for now, masks are not being enforced on the beach, but the town recommends

wearing the mask when going to closed places where social distancing is impossible". He adds that the beach is a place where masks are recommended.

As of now, there is no project in the works by TBL to make wearing masks mandatory, but the town is closely following the public health guidelines.

The debate is still divided as to whether TBL should be welcoming tourists during this time.

"We need tourists and visitors in Knowlton" said one resident, "downtown is dead and businesses are doing miracles to survive."

Businesses seem to be pro-tourism during the pandemic.

One store in Knowlton explained, "We here at Boulangerie Lacey value every person who enters our establishment. We have the sanitation station set up and make sure everyone uses it. With the regulations the Quebec government have put into place, we feel comfortable serving locals and tourists alike."

Other businesses have expressed gratitude for the sanitation stations provided by the town and are happy to have tourists if it allows their establishments to stay afloat.



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Bright Beginnings and Health Early Years in the Townships!



By: Lisa Payne, Townshippers' Association

Recent research tells us that unfortunately our English-speaking youngsters are starting school less prepared than their Francophone peers. English-speaking five-year olds do poorly in at least 2 of the developmental benchmarks in Kindergarten compared with their French counterparts. As one can imagine, this is likely due to a long list of reasons. The research also shows that English speaking parents tended to be lower on the socio-economic scale, under educated and under employed. For a clear picture and more information on these statistics; <https://chssn.org/wp-content/uploads/2014/11/0-to-5-Profile-Quebec.pdf>.

To help curb this challenge, Townshippers' Association has been developing a Bright Beginnings program since the spring of 2019. The Bright Beginnings program is designed with the aim of mobilizing partners to enhance the well-being and educational success of English-speaking children and youth in Quebec. Funding for this program is provided by the Lucie and André Chagnon Foundation and the project is managed by our long-time partners at the CHSSN.

The CHSSN (Community, Health and Social Services Network) also funds Townshippers with a grant originating from Public Health Agency Canada called HEY (Healthy Early Years) to run programs and projects for this

demographic and their parents. Through this exciting new programs we have facilitated parenting courses; Parent Talk Workshop with Sandra Seasons, organized a Red Cross first aid for parents, partnered and supported other organizations to create resources and to host and hold events all geared at addressing the issues that plague English Speaking children 0-5 years and their families.

Our latest project was to assemble school readiness kits. In December 2019, we started by talking to the experts- teachers! It was important to understand what teachers see from 5 years old in September, where the gaps are. Several of the teachers consulted, remarked that many children did not know how to play, were not able to interact with others successfully, or perform independent acts such as opening their own snack. Together we brainstormed a list of resources that could be included in a readiness kit what would help children become familiar with school materials before they enter school. We also wanted to include a how to/what to expect for parents as their children transition from home or daycare to school.

These "I am Ready for School" bags were filled with to the brim goodies for children and parents alike to spend the summer investigating and getting to know the kindergarten materials. The reusable bags included crayons, scissors, chalk, playdough, glue, a white board and markers, primary pencils, erasers, line tracing workbooks, storybooks, information on sleep and nutrition, some healthy lunch tips, a list of activities and suggestions on how to play with your child and many resources from community partners. With the help of these partners; 25 bags were delivered to Waterloo Elementary through Cindy Elston, ETSB school transition agent, 15 bags were delivered to Butler Elementary through Holly Bailey, CLC coordinator, 15 bags were delivered to Farnham Elementary through Krista Steiche, ESTB school transition agent, 20 bags were delivered to the CPE in Knowlton and 12 bags to the Sutton CPE through



TOWNSHIPERS' ASSOCIATION

Krista Steiche, ETSB School Transition Agent for Farnham and Pre- Kindergarten teacher Kristy Chamberlin with their school readiness bags for children in the area.

Alexandra Roy, the CPE Director.

Local vendors such as Toro graphics, Eureka and Brome Lake Books added their professional touches to the project. A local author, Ms. Heather even added some educational pages to accompany her storybook on sleep. We hope that this helps these families get off to a smooth educational experience. Thank you to all who participated in making this project such a success!

This monthly column keeps you in touch with Townshippers' Association's activities and community news. Other ways to keep in touch:

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PUBLIC CONSULTATION

on the use of a mobile application for notification of exposure to the coronavirus

The Gouvernement du Québec is assessing the possibility of providing a mobile application for intelligent phones, that could be used to inform users if they are exposed to the virus.

Objectives of the application:



- Inform users by means of an alert if they have been near an individual who has received a positive COVID-19 result.



- Protect others, in the event of a positive COVID-19 result, by anonymously notifying users whom they met over the previous 14 days.

The scenario being examined is that of a **FREE, ANONYMOUS, SAFE, CONFIDENTIAL** application **WITHOUT GEOLOCATION or TRACING.**

.....

It would be up to each citizen to decide whether to install the application. It would also be possible to deactivate it at any time, or to completely erase it.

The effectiveness of this application will depend on the uptake rate among the population.



Before considering the use of the application, the Gouvernement du Québec considers it essential for citizens to be able to express themselves on this issue.

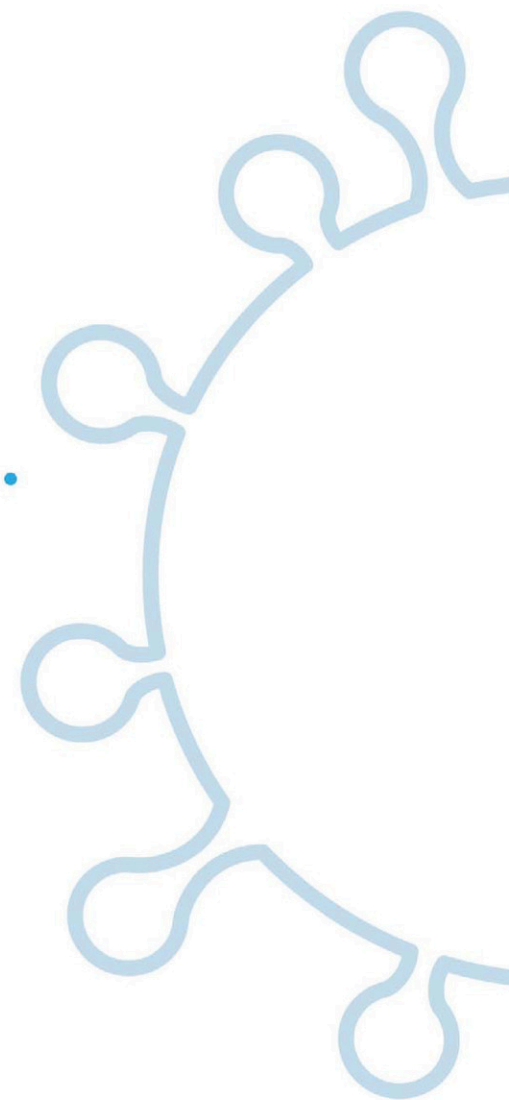
This consultation will make it possible to inform the population and gauge their interest in such an application, and to properly identify their concerns.

.....

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Community fridge opens in the Knowlton community centre

Exchange of fresh produce operates under the slogan, "Take what you need and give what you can"

By Cassandra Pegg
Special to Brome County News

Another new project comes to TBL! Under the director of Joanne Nowak, family resource manager of TBL, a community fridge has been opened. It is what Nowak calls a 'harvest fridge', meaning that the fridge facilitates the exchange of fresh produce from the gardens of residents. It operates under the slogan, "Take what you need and give what you can".

The fridge is located in the kitchen of the community centre in Knowlton and everyone is encouraged to drop by and leave produce in exchange for produce left by someone else. Only garden surplus (fruit and vegetables) is being exchanged at the moment.

Nowak did her research for this project. "All over the world there are community fridges and we have them here in the Eastern Townships too."

She listed the nearby towns of St-

Étienne de Bolton, Sutton, Roxton Pond, Waterloo and Cowansville as places that have initiated similar projects.

She explained that the project is a great way to reduce food waste since much of what we eat is thrown out while it can still be eaten. She continued, "It gets people to share healthy foods and it involves the community".

In fact, the community was very much involved in the naming process of the fridge.

Two residents, Ghislaine Lebel and Lily-Anne Willey, were the winners of the contest held to pick a name and slogan for the fridge. According to Nowak, "Commu-Fridge/Commu-Frigo" was chosen because it is billigual and makes everyone feel welcome.

Nowak explained that the fridge already had a trial run. Knowlton Academy's "Secret Garden" recently had a harvest of herbs, radishes, lettuce and more that was brought to the fridge.

At that point, Nowak explained, "The

fridge wasn't officially open, so I called people in the community to come help themselves."

Even before its official opening the fridge was serving TBL.

Furthermore, the location of the fridge inside the community centre gives it an advantage that many fridges in the surrounding regions cannot enjoy.

Nowak explained that due to the COVID situation, many fridges have had to close for safety reasons.

Luckily for TBL residents, the community centre is open for blood tests, Summer camp, and more, so the fridge can also stay open. Nowak added that she is working there from Monday to Friday so she can oversee that only one person is in the kitchen at a time and that all other safety measures are being followed.

If you are there for a blood test, take a radish too, said Nowak.

The fridge will run until around the end of September and people can help themselves between 8 a.m. - noon and 1

p.m. - 4 p.m.

Nowak invites any local producers and people with gardens to participate, and any kind of harvest surplus from the public market or other events is also welcome.

Granby ran into problems with people taking a lot more than they were leaving and had to close their fridge. Nowak is hopeful that generosity will prevail in TBL.

Alongside donations from individuals, Nowak expressed a desire to keep taking in the non-sellable but perfectly edible produce from the IGA that would otherwise be tossed. This produce used to go to the local food bank but during COVID, the food bank has been giving out gift cards instead.

"Why not have this food available for people?" explained Nowak.

The survival of this project, Nowak concluded, depends on the generosity of people in the community.

"We'll see how it goes".

A local success story: TBL resident Patricia St-Onge releases her first album

By Cassandra Pegg
Special to Brome County News

On July 10, Mansonville native Patricia St-Onge released her first CD, Give it Some Time.

You might recognize this local 'Jane-of-all-trades' from the front cover of the BCN in January 2019. Then it was the opening of her Legworks dance studio, now it is a 12-song CD.

In a phone interview, the local singer discussed her album.

She started seriously thinking about releasing a CD in 2018, though music had been a part of her life since childhood. She recalled her grandmother sitting her down to sing 'churchy songs' and her dad being a source of music as well.

She confided that after the cancer diagnosis and loss of her mother, it took a full year for her to pick up the guitar again. The aftermath of this difficult time in her life was a big reason why she started writing music. Gradually inspiration started coming back to her.

"I never wrote songs but when I got serious about the album it was right after I wrote my first song."

When asked about the themes that run through the album, St-Onge was clear on the answer.

"The biggest lesson is that you can't rush things. That's why I called it Give

it Some Time".

She continued, "The main theme that runs through it is to let things unfold the way they're supposed to."

She added that gratitude "was a big thing" for her while working on the album. She expressed that seeing the people she got to work with and realizing how fortunate she was to have a lot of great people in her life inspired her not to take things for granted.

"I really am the luckiest person I know," she mused.

St-Onge discussed her creative process when it comes to writing songs.

"It ties in with patience," she said, since inspiration always strikes at the wrong time.

"I can't decide that I'm writing a song today" she elaborated, "I'll come up with the lyrics first or just an idea. Three or four of the songs I was literally walking out the door."

She laughed as she explained that she had cancelled plans for some of the songs when they popped into her head. Some ideas just came to her and she would sit down and get it out while others took months to put together.

"The first song I started writing was the last song I finished," she admitted. The first song she started writing was actually the namesake of the album Give it Some time.

She expressed that lyrics are the

easiest, and "it comes together when it's supposed to."

The difficulties she faced while creating this album had a lot to do with unexpected setbacks. It was difficult to coordinate with the people she wanted to do backup vocals with.

"Life steps in," she added, reaffirming that delays were the biggest challenges.

During the process she found herself wondering, "Is the album supposed to be what it is or are you rushing it?" At that point, she figured it just was not time to release it yet. One song featured on the album now had not even been written the first time around.

"I learned patience in a whole different way while making this album," St-Onge stated.

According to St-Onge, her greatest success with this album was the relationships she got to build with the people she worked with.

The album is deeply meaningful to her because of the people she involved in it. Her daughters and several family members make appearances.

St-Onge swears she is not a crier but she does recall one recording session for the last song on the album Will the Circle be Unbroken, where she got to experience the "little studio filled with people she loved so much". She said she was overwhelmed with gratitude.

"The whole reason for doing this

album was meaning. It was not about rushing through or selling tons of copies, it was about being meaningful."

She explained that there were other emotional moments in the process, too, and told the story of recording one very poignant song on Mother's Day.

Throughout the making of this album, St-Onge had her mother in the back of her mind. This was especially true while recording A Coat of Many Colours and she expressed that that one was very difficult to get through.

She laughed a little as she remembered asking herself, "Why did we choose to do it on Mothers day?" She took the emotional session as a reminder that sometimes things are just below the surface, and that is okay.

When asked about future plans, St-Onge expressed a desire to complete her "creative trifecta". She has already checked two items off the list: opening a dance studio and releasing a CD. The last piece is writing a book.

There is a lot to say about each song so that is a potential book topic, she explained and added that she would like to share her life experiences, or, write her story.

TBL is very lucky to be home to such an ambitious and talented lady.

The album will be available at Brome Lake Books and Belles Choses in Knowlton.



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Brault shoe store in Cowansville – a local shopping update

By Louise Smith

The Brault Shoe Store on South Street/Rue Sud in Cowansville is a family-owned local store that has been in business for many years. The shop has tastefully decorated windows and inside it is well set up and welcoming. The store is beside Trinity Anglican Church.

Changes have occurred because of Covid-19. The disinfectant bottle is there at the entrance to the store. The taped arrows are on the floor. There is a plastic covering on the debit machine that is cleaned regularly. Cash is accepted but a preference is given to debit or credit cards. What is also accepted are “Cowansville dollars”, part of a plan by the town to support local businesses. Dollars can be purchased through city hall. When you buy them, you get a little more than what you paid as an incentive to buy from local merchants. Various businesses have the town sticker in their windows letting customers know that the Cowansville dollars are accepted inside.

The shopping experience at Brault Shoes is very pleasant. All the staff is



Family owned Brault Shoe Store in Cowansville welcomes returning and new customers

friendly and the selection and prices are reasonable for the good quality of the shoes and clothes and purses



The display windows are always tastefully decorated at Brault Shoes

and other accessories in the store. As shoppers venture out, some are rediscovering the businesses that are



PHOTOS BY LOUISE SMITH

Rules and the hand sanitizing gel are at the door as you enter.

owned and operated by Townshippers. The small store experience is a pleasant one worth trying.

Pets of the Week: Fanny & Cayenne



Hello to you! We arrived at the shelter a few days apart, never met before, but it was ‘love at first sight’ and now we are inseparable! I Fanny (one-year-old female) on the right, am quite shy but my friend Cayenne (2-year-old female on the left) gives me confidence and now the world is like a different place for me!

We each weigh about 40 lbs, short black fur with white markings, and look at that - EIGHT white feet! We are athletic, full of energy and enthusiasm, love other dogs and people, people, people! Are you ready for us? We could bring lots of happiness into your household! Special price for the two of us...hope you’ll write!!

However, please remember adoptions are BY APPOINTMENT ONLY. Please do not turn up at the shelter. YOU WILL BE TURNED AWAY. Please send an e-mail to the shelter, tell us about yourself, include your phone number, why you want a dog at this time, your dog experience, apartment or house, members of the household including pet(s), etc...only selected applications will be contacted by telephone and be given an appointment. Thank you for your understanding in these difficult times.

To learn about the history and founding of the SPCA Montérégie, watch and listen to Linda Robertson in this short YOUTUBE VIDEO. Here’s the link! <https://youtu.be/snEBaXzgfjw>

DOG IN HOT CAR: Please, please LEAVE US AT HOME. It’s not worth dying over. Believe us - more dogs die this way that you can imagine!

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Don't pull milkweed when you pull the weeds!

By Louise Smith

It's too bad milkweed has "weed" in its name. Milkweed is a very important plant when it comes to the preservation of the monarch butterfly species. The butterfly migrates to Canada from Mexico and it goes back to Mexico at the end of the season. Butterfly numbers have been dropping in recent years.

There is now a concerted effort to plant butterfly-friendly plants in our gardens to support the monarch and other species. The milkweed is not really a weed but its name has meant that many a gardener has pulled the plant out of garden spaces. What is so important is that milkweed is the only host plant for the struggling monarch butterfly species. Without the

milkweed there will be no monarch butterflies.

Monarch butterflies feed on the nectar from the milkweed flower and the female butterfly will lay her eggs on the underside of the milkweed plant's leaves. When the caterpillars hatch they feast on the leaves of the plant.

During the Covid-19 "stay at home" measures, more people became interested in gardening and designing the use of space in backyards. If you have not included milkweed in this year's plans, consider this vital plant in next year's plans. The flowering plant returns each year. It is a hardy plant and it is easy to cultivate. The monarch butterfly, bees, and other pollinators will thank you for adding milkweed to your garden.



PHOTOS BY LOUISE SMITH

Plant the lovely milkweed flower in your garden



PHOTO COURTESY

The milkweed is the only plant from which the monarch butterfly drinks and on which it lays its eggs.

Ben in Focus



BEN MCAULEY

This isn't a scratch and sniff.

The sky continues to fascinate us

By Louise Smith

The night skies, when not cloudy, are giving quite a show these days. The clearer skies mean more stars are visible. Interesting planet alignments and comets have also been part of the celestial show over the last few weeks.

But even daytime skies have been more interesting. The clouds look more like the clouds of my childhood. I hadn't really noticed the changes

until the lack of planes in the sky made me see that the "old skies" were returning. Many are commenting on the brilliance of the blue in the sky or the softer formation of the clouds. Sunrises and sunsets are more often spectacular. There is something to be said for reducing the air traffic over our area. Everything is sharper and more defined.

It is nice that there are some things that have gotten better with Covid-19!



PHOTOS BY LOUISE SMITH

The intensity of the colour and the shapes of the clouds these days harken back to the time before heavy air traffic

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Cool off with homemade ice cream

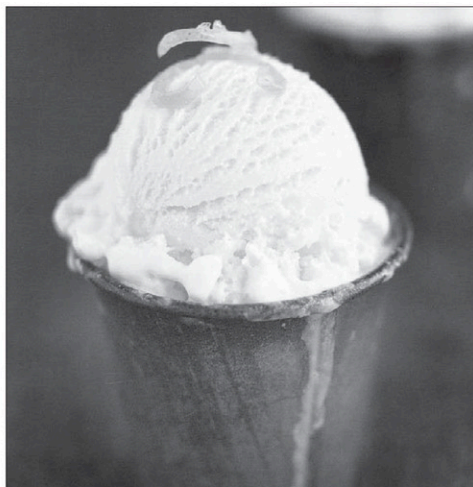
Ice cream is an indulgence few people can resist. With a vast array of flavors to tempt any palate, ice cream is popular year-round, but particularly so when the mercury rises. Few desserts can cap a hot day better than a few scoops of thick and frosty ice cream.

The supermarket freezer case or a local ice cream shop may offer plenty of ice cream options, but ice cream also can be prepared at home with some patience and quality ingredients. This recipe for "Meyer Lemon-Buttermilk Ice Cream" marries the chill of ice cream with summer citrus. A Meyer lemon is a hybrid of a lemon and a mandarin orange, offering a unique balance of citrus flavor. Enjoy this recipe, courtesy of "Chocolate Obsession: Confections and Treats to Create and Savor" (Stewart, Tabori & Chang) by Michael Recchiuti & Fran Gage.

Meyer Lemon-Buttermilk Ice Cream Makes 1 quart

3/4 cup (6 ounces) heavy whipping cream
2/3 cup granulated cane sugar, divided into halves
2 Meyer lemons, (1 zested and both juiced to equal 3 tablespoons fresh lemon juice)
1/2 Tahitian vanilla bean, split horizontally
1/3 cup whole milk
6 extra-large egg yolks
1 1/4 cups (10 ounces) buttermilk, chilled

Stir the cream and 1/3 cup of the sugar together in a small saucepan. Finely grate the zest from the lemon into the pan. (The lemon can then be juiced as part of the 3 tablespoons fresh lemon juice.) Scrape the vanilla seeds from the bean into the pan and then add the bean. Bring the cream to a boil over medium heat. Turn off the heat, cover the top of the pan with plastic



wrap, and let cool to room temperature. Transfer to a bowl, cover, and refrigerate overnight.

The next day, strain the cream through a fine-mesh sieve and return to the saucepan. Add the milk. Bring to a simmer over medium heat.

While the cream mixture is heating, combine the egg yolks and the remaining 1/3 cup sugar in the bowl of a stand mixer fitted with the whip attachment. Beat on medium-high speed until the mixture is pale and thick and forms a ribbon when the whip is lifted from the bowl, 3 to 5 minutes.

Switch the mixer to low speed. Slowly pour the hot cream mixture into the bowl and beat just until combined. Do not beat to a froth.

Return the mixture to the saucepan and cook over medium heat, stirring constantly, until the custard coats a spoon and registers 160 F on an instant-read thermometer, about 5 minutes.

Pour through the fine-mesh sieve into a bowl. Cover the bowl and refrigerate the custard overnight.

The next day, add the buttermilk and lemon juice to the custard and stir to mix. Churn the custard in an ice-cream maker according to the manufacturer's instructions.

(Metro Creative)

Fulford News

Congratulations to MVHS graduates Andra Quilliams and Izach Quilliams. Andra also won second place in the essay contest organized by Make for YOUth of the Townshippers' Association along with other supporters.

Condolences to the family and friends of the late Clayton Brunton, husband of Mildred "Millie" MacPhee, long-time residents of Farnham. Clayton grew up in Fulford; he was a dedicated volunteer.

News from "Fulford East" (aka Nova Scotia): Emily Mason is a page at the Provincial Legislative Assembly at Halifax.

Submitted by
Margaret Fordham

Conserving water during drought and dry periods

Weather can be unpredictable. Carefully developed plans for days spent in the great outdoors can be derailed by unexpected rainstorms, while sudden bursts of sunshine can turn overcast afternoons into chances to get outside and breathe some fresh air.

Lawn and garden enthusiasts know just how mercurial Mother Nature can be, especially during summer. The specter of drought looms every summer, but the National Weather Service's Climate Prediction Center does not anticipate any broad-scale areas of drought developing in the Lower 48 states in 2020. While that's good news for lawn and garden enthusiasts, it's wise to remain prepared for drought.

In recognition of the difficulties drought can pose, the Environmental Protection Agency offers the following tips to homeowners to ensure that water is available to meet critical needs.

- Learn local regulations. During dry periods and droughts, local water utilities put restrictions in place. These restrictions are not meant to be nuisances, but designed to ensure water is available to fight fires and meet other critical needs. Adhering to these guidelines, no matter how difficult they can be, helps your community stay safe. Periodically visit local water utilities' websites to learn if there are any restrictions in place.

- Inspect fixtures for leaks.

Conservation is the goal of water restrictions. Leaky fixtures compromise conservation efforts, so inspect all interior and exterior faucets and pipes for leaks and fix them immediately.

- Look into upgrades. Upgrading outdated bathrooms and other water features can be a great way to conserve water without changing daily habits. For example, the EPA estimates that water-conserving toilets can reduce water consumption by as much as 60 percent each year. That saves consumers money while also helping them to conserve during droughts or periods of dryness.

- Water wisely. The EPA notes that experts estimate that as much as 50 percent of the water we use outdoors is lost to evaporation, wind or runoff due to overwatering. The EPA recommends watering primarily in the early morning and evening, after the sun goes down, so less water is lost to evaporation. If you have an irrigation system that uses a clock timer, consider replacing the timer with a WaterSense labeled irrigation controller, which acts like a thermostat for a sprinkler system, using local weather and landscape conditions to tell the sprinkler system when to turn itself on and off.

Drought and dry conditions in summer highlight the importance of conserving water.

(Metro Creative)



Today in History

Today in History for July 14:

On this date:

In 1430, Joan of Arc, taken prisoner by the Burgundians in May, was handed over to Pierre Cauchon, the bishop of Beauvais.

In 1789, a Paris mob stormed the notorious Bastille prison and released seven political prisoners during the French Revolution. Bastille Day is now a national holiday in France.

In 1865, a team led by British mountain climber Edward Whymper became the first to reach the summit of the Matterhorn, on the Swiss-Italian border. Four members of the team fell to their deaths during the descent when a rope broke.

In 1867, Alfred Nobel demonstrated dynamite for the first time at a quarry in Redhill, Surrey, England.

In 1881, American outlaw gunfighter William Bonney – better known as “Billy the Kid” – was shot to death by Pat Garrett in Fort Sumner, New Mexico.

In 1915, Sir Robert Borden became the first Canadian prime minister to attend a British cabinet meeting.

In 1924, former U.S. president Gerald Ford was born. He died Dec. 26, 2006.

In 1933, Robert Bourassa was born in Montreal. He served as Quebec's premier from 1970-76 and again from 1985-94. He died of cancer in 1996.

In 1933, “Popeye the Sailor Man” appeared in his first cartoon.

In 1933, the National Socialist – or Nazi – party was declared the only legal political group in Germany. The proclamation paved the way for the establishment of Adolf Hitler's dictatorship, which ruled until 1945. Hitler enforced the party's policies of extreme nationalism and anti-Semitism through brown-shirted storm troopers, his elite SS Guard and the Gestapo, the secret police.

In 1960, British researcher Jane Goodall arrived at the Gombe Stream Reserve in the Tanganyika Territory (in present-day Tanzania) to begin her famous study of chimpanzees in the wild.

In 1965, “Mariner 4” circled Mars, taking the first close-up photographs of the red planet.

In 1966, eight student nurses were murdered in Chicago by Richard Speck. Sentenced to eight consecutive life prison terms, Speck died in 1991.

In 1968, a 24-day strike by St. Lawrence Seaway workers ended. The 1,200 members of the Canadian Brotherhood of Railway Transport and General Workers ratified an agreement calling for a 19 per cent wage increase over three years.

In 1970, the freighter Eastcliffe Hall sank in the St. Lawrence River off Chrysler's Park and Marina, with the loss of nine lives. An inquiry later blamed the accident on the drunken captain and the first mate.

In 1972, Donald Macdonald,

president of the Canadian Labour Congress, was elected the first non-European president of the 91-country International Confederation of Free Trade Unions.

In 1976, the House of Commons passed a bill to abolish the death penalty. After debating the issue for more than two months, the bill was approved by a 130-124 vote. At the time, there were 11 men on death row awaiting the noose, although the last hangings had occurred in 1962.

In 1978, Soviet dissident Anatoly Shcharansky was convicted of treasonous espionage and anti-Soviet agitation, and was sentenced to 13 years at hard labour. He was released in 1986.

In 1978, the Inuit agreed to take 95,000 square kilometres of the western Arctic and \$45 million in return for renouncing all claims to about 500,000 square kilometres, including the resource-rich Mackenzie River Delta.

In 1980, 23 patients died when fire swept through a nursing home in Mississauga, Ont.

In 1995, the Red Cross began recalling plasma products possibly contaminated with Creutzfeldt-Jakob disease. It was Canada's largest-ever recall of blood products.

In 1996, American driver Jeff Krosnoff and Calgary race marshal Gary Avrin were killed when Krosnoff's car crashed during the 11th running of the Molson Indy in Toronto. Another marshal was injured.

In 1996, Hilda Watson, the first woman to lead a political party in Canada – Yukon's Progressive Conservative party in 1978 – died in Haines Junction, Yukon at age 74.

In 1999, Major league umpires voted to resign Sept. 2 and not work the final month of the season. The strategy collapsed, with baseball owners accepting the resignations of 22 umpires.

In 2000, a tornado hit a campground at Pine Lake near Red Deer, Alta., where nearly 1,000 people from across Canada and around the world were holidaying. Eleven people died, including a two-year-old child from Brampton, Ont. A 12th person died in hospital a month later.

In 2000, a Miami jury ruled five big U.S. tobacco companies must pay US\$145 billion in punitive damages to a sick smoker in Florida. A circuit court judge upheld the award on Nov. 6.

In 2014, the Church of England overwhelmingly voted to allow women to become bishops, marking a 20-year process since ordination of the first female priests.

In 2015, after long, fractious negotiations, world powers and Iran struck an historic deal to curb Iran's nuclear program in exchange for billions of dollars in relief from international sanctions. The agreement

Death

Death



Robert John Seymour MD 1933 - 2020

It is with great sadness, that we announce the death of Dr. Robert John Seymour. Bob was born on the family farm in Durham County ON. in 1933. He was a long-time member of the McGill University Teaching Staff. He was an Associate Professor of Obstetrics, Gynecology and Oncology of McGill, and Director of Gynecologic Oncology at McGill. He was a Charter Member of the Gynecologic Oncologists of Canada, an Examiner for the Royal College of Canada Surgeons, and an Honorary Member of the Canadian Medical Association.

Bob loved the outdoors, and outdoor sports, including hiking, cycling, canoeing, Alpine and X-Country Skiing. He was a Volunteer, Instructor, and Member of the Board of Directors of the Adaptive Sports Foundation, a long-time member of the Knowlton Lions Club, and a former treasurer of the Canadian Club of Yamaska Valley.

Special thanks to the dedicated staff at BMP Hospital in Cowansville, especially Dr. Jacques Laplante and nurses Jo Anne Martin and Marie-Helen Duhamél on the 2nd Floor Day Treatment Center.

Bob leaves to mourn Shirly, his beloved spouse of 65 years and his daughters Karen (Rick Haig), and Lynn (Marc Lalonde). He also leaves his six Grandchildren André Lalonge (Daniel Maldoff), Dan Lalonge (Maggie Rogers), Geneviève Lalonge (John Erik Rasmussen), Dayna Haig Conway (Drew Conway), Jeff Haig (Samantha Beaton), Andrew Haig (Alisha Khanna) and three great-grandchildren, Arlow Conway, Benoit Lalonge, and Henry Haig.

A celebration of Bob's life will take place at a later date, due to Covid-19. In lieu of flowers, a donation to the Foundation of the Brome Missisquoi Hospital 950 Principale, Cowansville QC. J2K 1K3 or Doctors Without Borders, PO Box 1269, Stn K, Toronto ON M4P 9Z9 would be appreciated.

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was aimed at averting the threat of a nuclear-armed Iran and another U.S. military intervention in the Middle East. (In May 2018, President Donald Trump withdrew the U.S. from the accord and abruptly restored harsh sanctions.)

In 2016, a large truck plowed through revellers gathered for Bastille Day fireworks in the French Riviera city of Nice, killing 85 people and injuring 300 others as it bore down for nearly two kilometres along the famed waterfront Promenade des Anglais. The carnage ended when the terrorist, a 31-year-old Tunisian-born Nice resident, died in a shootout with police.

In 2018, Angelique Kerber claimed her first Wimbledon women's singles title with a 6-3, 6-3 victory over seven-time champion Serena Williams, leaving Kerber just the French Open title to complete a career Grand Slam.

In 2018, English Premier League star Wayne Rooney made his Major League Soccer debut as a second-half substitute and assisted on the third goal in D.C. United's 3-1 victory over the visiting Vancouver Whitecaps in the first game played at Audi Field.

In 2019, Simon Pagenaud (see-MOHN' PAH'-jeh-noh) won the

Honda Indy for the first time in his career. Pagenaud topped the field on the 2.89-kilometre, 11-turn street course that winds around Exhibition Place on Toronto's lakefront. It was a near-perfect weekend for the Frenchman, who started from the pole.

In 2019, Novak Djokovic (NOH'-vak JOH'-kuh-vich) has become the first man in 71 years to win Wimbledon after facing match points in the final, coming back to beat Roger Federer in an unprecedented fifth-set tiebreaker. The top-seeded Serb outlasted Federer 7-6 (5), 1-6, 7-6 (4), 4-6, 13-12 (3) in a match that lasted nearly five hours to win his fifth championship at the All England Club and second in a row. The triumph earned Djokovic his 16th Grand Slam trophy, moving him closer to the only men ahead of him in tennis history: Federer with 20, and Rafael Nadal with 18. This was the first year Wimbledon has used deciding-set tiebreakers.

(The Canadian Press)



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Jesse Bryant
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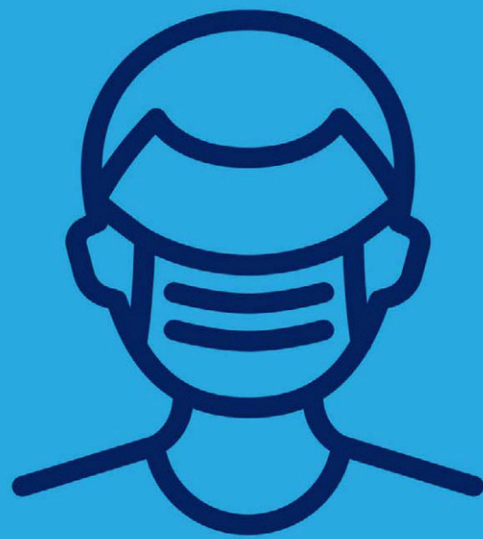
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