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Dignitaries and Officials visit Knowlton Academy

By Ann Davidson

The committee for the Knowlton Academy Greenhouse and Garden Project excitedly received a special visit last Thursday by Quebec's Minister responsible for the English community, Kathleen Weil as well as Lise Champagne, attachée for MNA Pierre Paradis, officials from Lab-École, La Tablee des Chefs, Croquarium and the Eastern Townships School Board. They all came to check out a number of features that Knowlton Academy implements: The Greenhouse and Garden Project, the legendary Bistro program, and also the sports program that highlights an almost 40-year-old alpine skiing program. It is the committee's hope that Quebec Government will continue to support the project. It would also like Lab-École or La Tablee des Chefs to foster a partnership with Knowlton Academy. And as Susan Muir, Chairperson of the KAGGP committee said, the Croquarium program is one for the KAGGP to get to know more about.

CONT'D ON PAGE 3

From inspiration to pro-action K.A. Students set to make school a straw-free zone

By Ann Davidson

When underwater diver and videographer, Will Allan, who also happens to be an alumnus of Knowlton Academy, came to visit the K.A. students at the second annual career day, they were so inspired by his presentation of "Revolution" that the outcome was a pro-active movement by the Secondary One students to make their school a plastic straw-free zone. As well, they aim to encourage other schools and eateries to follow suit.

These students that are about to transition from Knowlton Academy to Massey-Vanier High School have done a lot of research on the impact of discarded plastic straws.

"We chose the project because of the ocean. If we use plastic, it is killing our coral, endangering our sea life. We love our planet and want to protect it," explained Ben McAuley. Odessa Roslin chimed in to say that her class had found out just how bad straws are when they watched "Revolution". "We wanted to find out more so we watched a Ted Talk with nine-year-old Molly Speer from Australia. She started a movement at her school that soon became "Straws-No-More". Eventually her drive to rid plastic straws caught on so much that Molly ended up speaking about her mission on Ted Talk. "Straws get stuck in the noses of sea-turtles," bemoaned Roslin.

According to Braydan Maiger, over 500 million straws are discarded every day in North America. "The first straw ever discarded is somewhere still because it cannot decompose."

These Secondary One students say that if Vancouver is completely straw free, they should be able to succeed in making their school straw free. And then they would like to expand their idea to the other elementary schools in



PHOTO BY ANN DAVIDSON

These Secondary One students at Knowlton Academy are working toward making their school as a straw-free zone in TBL in a quest to reduce the millions of straws that are discarded on a daily basis across North America.

the area as well as Massey-Vanier and a couple of restaurants too. "For now, we are not banning them. We want to make the school a straw-free zone but know that it is more likely to succeed by reducing the amount being used. After all, we have succeeded in ridding the use of plastic bags here!" said Emma Lightbody. Katrina Burcombe spoke about straws made from alternative products such as metal, paper, pasta, bamboo, and glass. One of the students even had a sample of a washable/reusable unit that has its own pop-up straw.

"Want to influence the kids coming into Sec One to continue this process and we will try to take the same idea to Massey Vanier," piped up Jack Eldridge.

The students have made brightly coloured signs and posted them all around the school and its grounds. They say they know that they won't be

able to completely abolish them for now but they are hoping to reduce the amount that are being used. They drafted a letter to the governing board for support on eventually making the school a straw-free zone in TBL. They have also communicated with the folks running the breakfast program. And they are hoping that the PPO (Parents committee) will agree to subsidize the purchase of the washable/reusable drink containers for students bringing their lunches.

Proud teacher of these students, Sheila Perry says that being a "We School" has clearly empowered her students. "This is a wonderful legacy for an amazing Secondary One. We've created a bunch of social activists who know that giving people alternatives will pave the way to helping keep the planet cleaner and safer."

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Brome County Community Bulletin Board

June 6

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.

June 9

Annual Children's Fishing Day (ages 3 to 17) sponsored by the Brome Bolton Fish and Game Club, 8:30 a.m. to noon, at the pond 454 Brill Road, West Bolton (south of Spicer Road). For information: 450-243-5885 or 450-243-5405 (evenings). Volunteers welcome.

June 9

Legion 99 Cowansville 120 Blvd. Davignon. Hamburger Steak Supper. Saturday, June 9, 5:30 to 7 p.m. \$15 ticket, \$13 for Legion members. 450-263-3543. Everyone welcome!

June 9

The Mental Health & Well-Being Support Group. Please phone Linda at: 450-243-0928 or e-mail 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!

June 10

All you can eat brunch will be hosted at the Sutton Legion. Eggs your way (omelettes are our specialty) Donation of \$10. For adults, children 6 to 12 yrs \$4, little ones are always free. 9:30 a.m. to 12:30 p.m., everyone welcome. 2 Curly St., Sutton, Qc. Information: 450-538-2210.

June 11

Monday, June 11, Knowlton Coffee Break "Home Security" 1:30 to 3:30 p.m. FREE. Brome Lac Community centre, 270, rue Victoria, Knowlton. avantebarb@bellnet.ca

June 12

Tuesday, June 12, DIY with Barb "Stick Stuff" 6 to 8 p.m. Avante Women's Centre, 15 rue du Pont, Bedford avantebarb@hotmail.com

June 13

Lift Your Spirit - Insights into Aging. Knowlton United Church

Wednesday, June 13 at noon. Lunch: 2 p.m. Cost \$7. Guest presenter: Dorothy Moffat, Dietitian will speak on 'Eating Well: Sugar and Salt'. For details please contact Steve Lawson at 450-242-1993.

June 13

Wednesday, June 13, **Avante's women under 40 "Book Swap."** Bring a book you love, share why you love it, then swap it! 6 to 8 p.m. with guest speaker Lynn from Yamaska Literacy Council. Avante Women's Centre, 15 rue du Pont, Bedford avantebarb@outlook.com

June 14

Thursday, June 14, **Soup Café, FREE.** Enjoy a bowl of soup with us at noon! Avante Women's Centre, 15 rue du Pont, Bedford. avantebarb@hotmail.com

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: bedfordpastoral.org For more information please contact Wendy Near at the church office on Thursday and Friday from 9 to 11 a.m. by phone 450-248-3044 or call 450-248-

2739, or by email at Bedford.pastoral@yahoo.ca

CALVARY UNITED CHURCH SUTTON

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

COWANSVILLE COMMUNITY BAPTIST CHURCH

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

CREEK/WATERLOO PASTORAL CHARGE

Sunday, June 10 - worship and music: Creek United, 278 Brill Rd., West Bolton, service and Sunday school at 9:00 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. This Sunday we celebrate communion and a baptism with Rev. Wayne Beamer. We serve the United Church communities of Brigham, East Farnham, Farnham and Cowansville, but really anyone can find a home here. Give it a try and sample a Sunday. Wheelchair accessible. Church Office: 450-263-0204. website: emmanuelcowansville.ca

ÉGLISE CATHOLIQUE ST. ÉDOUARD CATHOLIC CHURCH

366 Knowlton Road, Knowlton. You are invited to participate in a bilingual Mass Sundays at 10:30 a.m. Christian meditation is now on Wednesday afternoons 2:30 p.m. to 3:30 p.m. (side door). The group is now bilingual and has been formed to introduce meditation to newcomers. We welcome beginners and experienced meditators. Regular attendance not required. Information call Linda Spear: 450-538-2506.

GRACE ANGLICAN CHURCH

52 Principale sud, Sutton, welcomes

everyone for Sunday services at 10:30 a.m. All welcome. Canon Tim Smart, rector. Information: 450-538-8108 or visit our website at

www.gracechurchsutton.org.

GRANBY UNITED CHURCH

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

KNOWLTON-MOUNTAIN VALLEY PASTORAL CHARGE

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

LIVING HOPE CENTER

Living Hope Center, a full Gospel church, meets on Sundays at 10 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. 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: www.stpaulsknowlton.ca. Everyone welcome! Telephone: 450-242-2885.

TRINITY ANGLICAN CHURCH

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



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Dignitaries and Officials visit

CONT'D FROM PAGE 1

Lab-École is a non-profit organization that offers a team of experts who will guide the environment of tomorrow's schools by leveraging the knowledge of teachers and other professionals from a wide range of fields who can facilitate healthy and active lifestyles, nutrition, and cutting-edge teaching practices by providing innovative teaching spaces.

Chef Ricardo Larrivée, host and co-founder of Ricardo Media is deeply involved with Lab-Écoles as well as La Table des Chefs along with a number of other successful individuals from disciplines such as teaching and business, health and fitness. He said that working on self-esteem, confidence and self-sufficiency is what he is trying to accomplish with young people. "It's an extremely positive dynamic that teachers can use to help students find other areas in which they can excel or grow. Teaching children to eat well can help them grow into increasingly aware and demanding adults who are capable of changing the economic view."

For the past year and a half, the organizing committee with its coordinators Jennifer Harrison and Jennifer Ruggins-Muir and teachers Heidi Neil, Lee Mosher and Emily Broadbent have been diligently working to set the stage for a unique farm-to-table program that serves to integrate all aspects of building, growing, harvesting and food preparation into the curriculum. This applied learning will result in the development of life skills, a strong knowledge and understanding about healthy eating and will enhance of the current

curriculum.

A lot of planning has gone into the process. From designing and redesigning and building the infrastructure under the guidance of chairperson Susan Muir who is an architecture and permaculture design technician as well as developing inclusive activities for the students has been a learning curve for everyone. As principal of the school, Renalee Gore, said, "We started with an ambitious plan and we are growing smarter as we learn to be more practical and reshape our direction."

According to Gore, the reality of the school is that 30 per cent of the students live in financially challenged homes. "We want all our students to be able to eat healthy meals at lunchtime. By growing its own, the school will be able to provide the cafeteria and school families with healthy food."

The different components of the project were presented to the guests who were eager and enthusiastic about how the project has progressed and the trajectory it is taking. Minister Weil admitted being "blown away" by the detail and thought that has gone into it and commended the coordinators for finding a way to inspire and engage 100 per cent of the school population. In particular, she suggested that the organizing committee take the program "on the road" across Quebec to pitch to other schools and schoolboards. Not so fast, said the committee They want it to catch on within its own school board first.



PHOTO BY ANN DAVIDSON

Susan Muir, chairperson of the Knowlton Academy Greenhouse and Garden Project, Jennifer Harrison, coordinator, and Renalee Gore, Principal of Knowlton Academy, Minister Kathleen Weil, Jennifer Ruggins-Muir, coordinator, and Michael Murray, chairman of the ETSB at the entrance to the Knowlton Academy Secret Garden. The sign was reclaimed and freshly painted by teacher, Marie-Catherine Nault.

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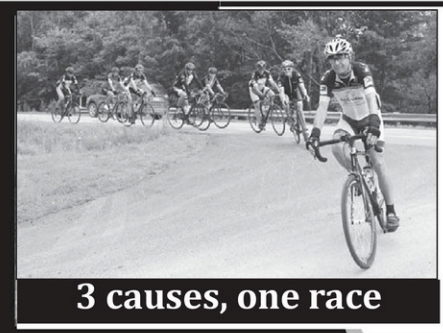
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Dre Julie Tremblay, D.M.D.
Dentist

Correction

Last week BCN published an article about a new Optimist Club which will meet in Cowansville every month, calling it the Cowansville Optimist Club.

In fact, the new club is more broadly reflecting its reach by calling itself the Brome Missisquoi Optimist Club.
BCN regrets any confusion this may have caused.



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CÉGEP DE GRANBY FONDATION

Dissolution of Austin Women's Institute after 92 years of service to the community

By Ann Davidson

"Keep us o Lord from pettiness: let us be large in thought and word and deed.

Let us be done with fault finding and leave off self-seeking.

May we put away all pretense and meet each other face to face without self pity and without prejudice.

May we never be too hasty in judgement and be generous

Let us take time for all things; make us grow calm, serene, gentle.

Teach us to put into action our better impulses, straight forward and unafraid.

Grant that we may realize that it is the little things that create differences, that in the big things in life we are one.

And may we strive to touch and know the human heart common to us all, and oh Lord, let us not forget to be kind."

By Mary Stewart in 1904.

Until this year of 2018, since its establishment 92 years ago, the Austin Women's Institute (AWI) members lived and implemented activities based on the above official creed of the Federated Women's Institutes of Canada. Earlier this year the remaining members remorsefully started to prepare for the dissolution of what has through all its years served as a backbone of the rural community.

The glaring realization of a dwindling and aging membership coupled with the sign of the times of gainful employment for women, travel and transportation more accessible, alternative options for people to engage in other specific community causes has resulted in a recruitment challenge. These are all factors contributing to the lifestyle shift of homemakers being there at the end of the day to provide food and comfort to their loved ones who had toiled all day on the farm or in the woods; the days when the women had little opportunity to socialize except for the regular meetings of the AWI.

They have played a central role in community life by supporting education and related activities, sharing their knowledge and skills with each other, comforting the ill and those who have lost loved ones, coming to the assis-

tance of families in need, organizing social events that brought the community together while raising funds to assist students as well as the many causes that meant so much to them.

Their first meeting was held in the home of Mrs. Maude (Asher) Bryant where 20 women from the community congregated to learn more about the W. I. from Mrs. Hillhouse, the president of the Brome County W.I.

During the late 1930s/early 1940s the ladies managed to acquire two vacant buildings located on the road that is now known as Chemin des Pères in Austin. Until the one used for the youth centre was razed to the ground and the other that was used as their meeting place was sold and moved to its current location on a farm up the road, it was also the home of their annual Garden Party that got started in 1942. The Garden Party was always the main fundraiser for the AWI and was an event that continued for over 65 years. In reminiscing about the Austin Garden Party, former members Elizabeth Goodwin and Mayor Lisette Maillé spoke about the various activities that were undertaken to amuse all ages. There was the tea with all sorts of yummy homemade goodies; fancy sandwiches, squares, cookies and the tables were decorated with flowers and pretty table cloths. A bake table was set up with home made fresh bread, pies made of fresh fruit, cookies, squares and cakes, some jams and jellies made from in-season fruit. A craft table displayed hand-sewn, aprons, potholders, dolls, children's clothes, and knitted and crocheted items too; all made by the members, all for sale. A raffle highlighted three big-ticket items, usually a patchwork quilt, a hand knitted sweater or crocheted afghan as well as a painting from a local artist. "It was Eileen Taylor who introduced the white elephant sale, a room specifically set up to sell second hand clothes, jewellery, household items, and books. "A veritable find of affordable Christmas gifts!" recalled Maillé, who described two of her fondest memories as a child as being the children's Fish Pond and also the Treasure Hunt Games. Sometimes there were pony rides were organized for the children too. Goodwin regaled



PHOTO BY ANN DAVIDSON

Both having been members of the Austin Women's Institute, Elizabeth Goodwin and Mayor Lisette Maillé reminisced about the history and role of the local institution whose members held a prominent role in community life until its recent dissolution this year.

the work of all the members and marvelled at how they were able to bring the entire community together for what felt like a homecoming. "It was so much fun to meet up with people that we had not seen for a long time, to catch up on the news of the community." She said it was an important social event back in the days when social engagements were few and far between.

Because the ladies had contributed to the purchase of furniture and kitchen ware at the Austin Town Hall, the council offered them a location for meeting and hosting the annual Garden Party in perpetuity when they needed a new location to meet.

The AWI's greatest legacy is notably the founding of the library in Magog by Marjorie Mitchell, Agnes Fisher and Margaret Corbett. According to a 1971 report from the AWI Library Committee found at Brome Missisquoi Historical Society's Museum in TBL, the first library in Magog opened at then Princess Elizabeth High School seven years earlier (1964). By 1971 the group realized that it could not solely support the library because its demand had become so great. That was when a Citizen's Committee under the chairmanship of Mitchell, formed to discuss the possibility of the community taking

over the library. It was at that point the library became constituted and Georges Girard became president of the board of directors. A report from a 1976 article in the Townships Sun cited that by 1975 the library held over 20,000 books with a circulation of 61,647 in the fiscal year 1974-75.

Ofcourse, there are so many other contributions to the community to be thankful to the AWI for: bursaries issued to graduating high school students, support to school fairs, donations to fire victims, support to the erection of playgrounds, provision of furniture for the Austin Town Council, knitted items for premature babies, lap blankets for invalids, socks for people living in the northern communities of Quebec, outfitting classrooms with computers. They shared their knowledge and expertise amongst each other as well as with other Women's Institutes that still live on. The AWI never stopped giving and will be remembered forever for those looking because reports and memorabilia have been donated to the BCHS archives. As well, Maillé said there is a plan for the local historian, Snerge Wagner, to undertake the writing of the history of the AWI.

Brome County
NEWS



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Published weekly by

THE
RECORD

6 Mallory, Sherbrooke,
QUEBEC, J1M 2E2

E-MAIL:
newsroom@sherbrooke-record.com
website: www.sherbrooke-record.com

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

Established May 1991

CIRCULATION

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

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

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

Canadian Publications Mail Service Product Agreement No. 0479675.

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Words of hope

Fostering a viable solution to improving the unwanted cat population

By Cynthia Graham

Summer is upon us and the local animal shelters are almost full. Calls come in regularly, some showing up with litters and people are looking for solutions to deal with this problem. Unfortunately, there is no magic answer. An un-neutered cat can produce about 128 cats in its lifetime! Consider that a cat can easily live 15 years and the owner must be willing to care for it during its lifetime. Many people get a cat without realizing the costs of the food, the vet costs (including sterilization) and the affection the kitty requires from its owner. After a few months some people realize pet ownership is a bigger commitment than they envisioned. This leads to pets being surrendered to an animal shelter, left outside at the cottage before returning to the city, without the option of getting back in, etc. This is the discouraging reality for all involved in animal rescue that plays out, year after year. It is time to start a discussion on fostering animals, as part of the solution to prevent and reduce the unwanted cat population. Fostering is a flexible option for a family to volunteer for an animal in need until a permanent home can be found.

Fostering provides the opportunity for a household to have a pet for a number of weeks or months, while the ownership of the animal is retained by the shelter. The family helps take care of the

animal, socializes it, gets it into a routine and treats it as a family pet. Each shelter has its own procedure for selecting and working with foster families. The shelter is responsible for the vetting, collaborates with the family, responds to questions relating to the cat with the goal of getting it into a permanent home.

Last fall, a family of kittens was rescued in Bondville. The mother cat had been a stray for about one year. She appeared to be an end-of-summer dump from the previous year. She survived the winter and eventually camped out on a couple's porch, together with her litter of 5 kittens. A foster family took in the cats and within three months - all the kittens and the mother ended up finding permanent homes. The SPCA Montréal and the foster family collaborated to create this winning solution. This foster family socialized the cats and worked with them to get them in to a routine, including using a litter box. The SPCA Montréal had the cats vetted and a photographer took photos of them. The photos were posted on Petfinder and a local campaign was launched. The foster family found homes for the majority of the litter. Patience and collaboration were essential to realize this goal. According to the foster family, "It was amazing to be part of the solution and to see the cats move on to great homes, where everyone is happy."

The cats benefit by being placed into a safe, home environment, according to Nathalie Leveault of Cabane à Chat in Cowansville. The network of foster families with this shelter provide a home that may have children, dogs and other cats. The families feed, water, provide love to nurture the kitty's overall well-being. Cabane à Chat has the animals vetted including all shots, sterilization, de-worming, etc. Nathalie is periodically contacted by a foster family, who has decided to adopt the cat. The is known as a foster fail, but it really means the cat

has found a loving home. The Frontier Animal Society also has a large network of foster parents living in the Eastern Townships and Montreal. This provides opportunity and flexibility to the volunteers helping the animals and the shelter.

Fostering does not mean that shelters are able to take in every animal, but it provides an additional option to save lives. For further information, reach out to your local shelter. If you have time this summer, join in and become part of a rewarding solution.



PHOTOS COURTESY OF BLAIR MCDUGALL





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Annual show of antique cars a huge Success in Cowansville

By Louise Smith

The Auto Expo held on the grounds of Walmart in Cowansville on Saturday, June 2 was a big hit. Hundreds of people came to see all the vintage cars on display. What stood out was the brilliance of the colours of the cars. Each vehicle was highly polished and as much a work of art as a way of getting around. Many of the vehicles were from the 1950s to the 1970s, but there were some real vintage models from the 1930s and the 1940s on display as well.

The owners were busy polishing and buffing the cars between 4 and 5 p.m. after they had entered the parking lot and had taken up their positions. It was with love and pride that the owners put on the final touches.

The show was between 5:30 and 10:30 p.m. that night. People started to mill around before the start time and the parking lot was full of a healthy-sized crowd by 6 p.m. and it continued that way until it was time to wrap up the evening.



LOUISE SMITH

Vintage cars at the Auto Show in Cowansville were well appreciated by all in attendance. Owners had a right to be proud. The engines under the hoods were as much show pieces as the cars themselves.

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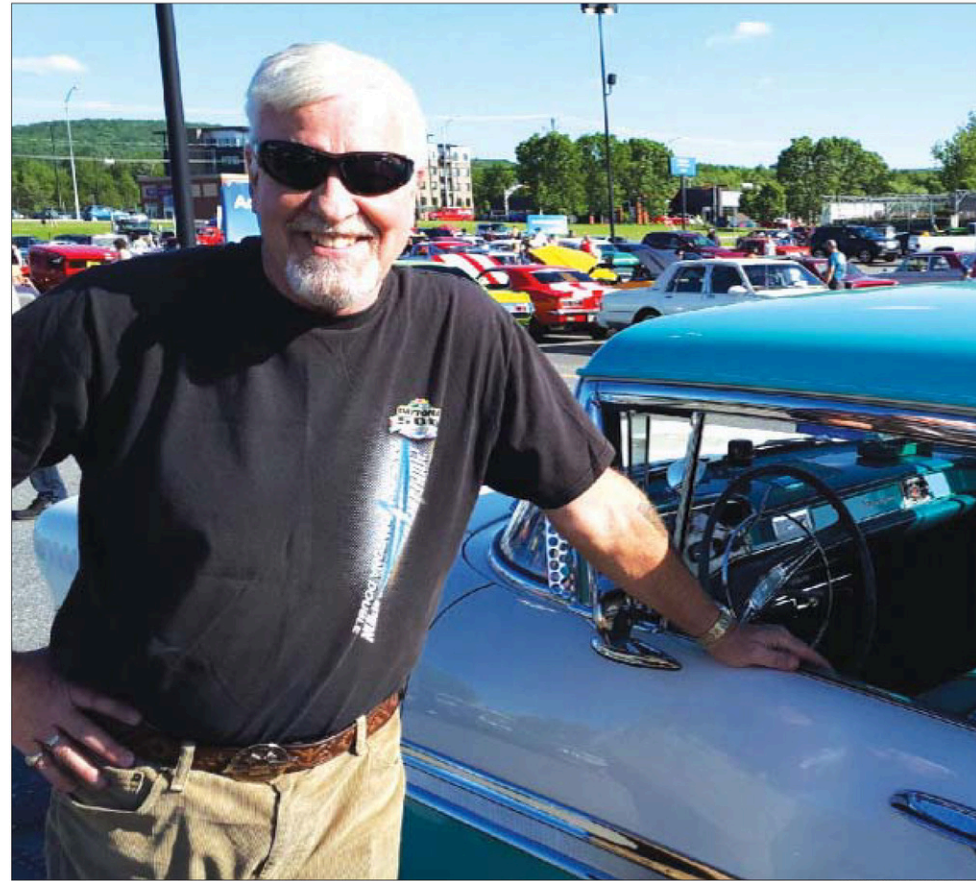
By Louise Smith

David Dennis, from Milton, Vermont, was beaming with pride as people came over to his 1958 Chevrolet Biscayne. When he acquired it in 2014 it only had 3389 miles on it. There had only been one true owner before him. A farmer from Illinois had bought the car in 1957 and had passed away in 1960. It had stayed in a barn on the property.

It was not touched again until it was auctioned off in 2012. The car dealership that bought the car had it on display and had the car up for sale. David saw it on line and made an offer that was initially not accepted, but after months of contact, the dealership accepted his offer and Dennis admitted that he jumped for joy after he realized that the car was to be his. It was January 2013 and Dennis had to wait until the spring to go to Illinois to pick up the car. He said it was one of the longest waiting periods of his life.

The car had to be detailed with a full cleaning and a few hoses had to be changed, but the original sticker for its first oil change is still on the door. This is one of 200 cars that was made without an oil filter. The car has a two-toned finish - arctic white and tropic turquoise. It has a six cylinder blue flame 235.5 cubic inch motor.

It truly is one of the finest examples of an existing model of the Chevrolet Biscayne.



LOUISE SMITH

David Dennis is the proud owner of a 1958 Chevrolet Biscayne



Even the colours sound more exotic than today's tones. This Biscayne is a two-toned arctic white with tropic turquoise.

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- July 4 @ 10:00 am - 10:30 am: Ocean Park Annual 4th of July Parade
- July 4 @ 6:00 pm - 8:00 pm: Patriotic Concert featuring Don Campbell!
- July 4 @ 9:45 pm - 10:00 pm: Fourth of July Fireworks
- July 28 @ 7:00 pm - August 3 @ 9:00 pm: Evening Entertainment in the Square
- August 4 @ 6:30 pm - 10:00 pm: Ocean Park Illumination Night -
- August 17 @ 8:00 am - August 19 @ 5:00 pm: Old Orchard Beach Olympics
- August 26 @ 8:00 am - 5:00 pm: Ironman 70.3 Triathlon
- September 8 @ 7:00 am - 10:00 am: Eastern Trail Alliance-Lighthouse Bike Ride
- September 8 @ 10:00 am - 1:00 pm Annual Bikefest on the Pier -
- September 14 - September 15 25th Annual OOB Car Show
- September 15 @ 12:00 pm - 4:00 pm 10th Annual Chilifest on the Pier
- September 22 @ 10:30 am - 5:30 pm Wings 4 Wishes.

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TBL's businesses are taking a turn

By Ann Davidson

“There’s nothing left in Knowlton.” “The town is dead!” “What’s happened?” “It isn’t like the good ol’ days!”

Wait!

Has anyone looked around recently? The sector south of Knowlton Road is growing and changes can be evidenced elsewhere, while some businesses remain anchored in the community.

Two years ago, there was little happening south of Knowlton Road other than Patti Mason and Annette Blanco’s gift store, Le Panier Champêtre, that has been in business for almost 15 years and The Lavender Farm. Now there is an antique store, an artist studio called L’armoire d’Ursula (Ursula’s Closet), a flower shop and Cyclerie de Knowlton, an ice-cream and sorbet parlour sure to gain popularity for its healthy refreshments for passers-by. Around each of the corners one can find clothing for women at Iris as well as Rococo, fresh baked goods from Panissimo, several other antique shops and household items made on site from blown glass, not to mention Dominica, specializing in Italian cuisine and the shoe store. What about Isabelle Daval’s “Hors cadre” a little farther down the street, two pharmacies? La Pikenya featuring articles from Africa, Barne’s Home Hardware and then north of Knowlton Road, there’s the famous Brome Lake Books in their new digs and steadfast to the business sector there is Camlen’s furniture, household items, reproductions as well as authentic antiques that is another business well anchored and successful. Enter almost any of the stores and customers will discover that business owners are making sure to support local economy by selling locally produced products.

Where is the nothing in Knowlton anymore? Folks, What about Brome Lake Ducks boutique that is in construction. How bout the Knowlton Brewery? And Canadian Ponds? De La Ferme à la Table? And Rona?

Almost everything is within walking distance including wonderful eateries such as Café Florale, Star Café, along with its mobile pizza truck, The Pub, The Marina and Le Relais. In between there will be activities in the park throughout the summer and in the future the town will have facilitated a farmers’ market to be open year-round. The Town of Brome Lake is evolving and behind the evolution a lot of creativity and work is being applied to reach success!


Patti Mason, co-owner of Le Panier Champêtre reminds everyone that “The only thing constant is change. If we can’t make changes the town will suffer.”

It takes time to effect change.



COURTESY

Ursula Kofahl-Lampron is an artist who is known world-wide for her work. After taking a sabbatical for several years she says she is ready to go back to her work again and wants TBL to get to know her. She sees that Knowlton is a strong artistic community. “There are people here who appreciate art and I want to be a part of that community. I was born with a pencil in my hand. I need to paint. I want to be a part of what people think knowlton represents. This is not for material gain. I want to be part of the new buzz and I want people to know who I am.” Starting on June 8th Ursula will be painting outside each Friday under the awning in front of her studio despite inclement weather. It is located directly across the street from Le Panier Champêtre on Mont Echo. She hopes that her presence will draw people to the town that she and her husband have adopted as theirs.



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PRESS RELEASE

Giving Blood: a feel good act!

Saint-Laurent, May 23, 2018 – Do you want to make a difference? Give blood! Donating blood is an act of solidarity that costs nothing, takes only a few minutes of your time and helps save lives.

L’agence immobilière Coldbrook invites you to the blood drive to be held on **Wednesday, June 13th, from 1:00 p.m. to 7:30 p.m.**, at the Lac-Brome Community Centre located at 270 Victoria Street. The members of the Héma-Québec team and the volunteers hope to welcome 65 donors.

In Québec, someone needs blood every 80 seconds. Every day, Héma-Québec must collect at least 1,000 blood donations to meet all the needs of Québec hospitals. The collective blood supply belongs to all. Regardless of where the blood is collected, it is processed and tested, and then sent wherever the needs are, wherever it is necessary to contribute to saving lives.

A blood donation takes an average of 60 minutes and you can donate whole blood every 56 days. Make an appointment at one of our four GLOBULE Blood Donor Centres or check for upcoming mobile blood drives on our website: <http://www.hema-quebec.qc.ca>.

Who can donate?
Any healthy person aged 18 and over can generally donate blood. Héma-Québec makes donor and recipient safety its utmost priority and establishes strict qualification criteria that are reviewed and assessed on a regular basis. Consult our website to learn more about these criteria.

Before coming to a blood donor clinic, you can check if you are eligible to donate with the Donor Customer Service at 1-800-343-7264. You can also go to the **BLOOD (Who Can Donate Blood?)** section of Héma-Québec’s website to become better informed.

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Pet of the Week — Carey



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P.S. DOGS - CARS - HOT WEATHER! Cars heat up much faster and hotter than you humans think and too many of us dogs die every year left in the cars to 'roast'. Remember, we only sweat from our mouths and the pads on our feet - not much surface to cool down our body temperature! So please, please do us a favour and just leave us at home. An extra treat or an extra walk will do just fine thank you!

Heroes' Restaurant Group

By Louise Smith

Under the direction of Sarah Badger, and with the help of her mother, Christine Lawrance, five students have been meeting regularly to hone their cooking skills in the staff room. After going through a series of recipes, they designed a menu and had a "restaurant" day on May 29th where they served staff and parents.

The menu consisted of chicken noodle soup, pizza, and sugar cookies. The students were all excited but they were able to control themselves to be able to prepare the meal. It was a hit! No one left hungry and everyone enjoyed their meal. The chefs were Dawson, Darren, Wyette, Katalena, Gabriel, and Malee.



LOUISE SMITH

Theatre workshop to explore vocal techniques

The Knowlton Players will host a voice workshop with Alexander Technique teacher, Trish Baillie. The workshop will take place on Saturday June 16 from 10 a.m. to 1:00 p.m. upstairs in the Old Court House, 15 St. Paul Road, Knowlton.

The interactive workshop will explore how body/mind tensions can affect the voice. It will explore releasing the

breath, improving breath support, awareness and presence, and explore how the breath supports the voice releasing into speech. The Alexander Technique is very useful for actors but is also a valuable tool for anyone that uses their voice regularly for work or for speaking in public.

The workshop will be given by Trish Baillie, who freelances as a teacher and

private coach of voice and the Alexander Technique. She trained at The Central School of Speech and Drama in London, UK.

Anyone interested in attending is invited to bring along a short text or song to work on.

You should also wear comfortable clothing and if possible bring along a couple of blankets or a yoga mat and

something like a pillow to support your head. Yes, we will be lying on the floor. Refreshments will be provided. Space is limited so please confirm your presence by calling Brome Lake Books at 450-242-2242 or by emailing Knowlton Players at knowltonplayers@hotmail.com.

The workshop is free for Knowlton Players members* and \$15 for non-members (*paid membership 2017-2018).

June Royea, fabulous at 90, and cute as a kid!



June Royea at her 90th Birthday Party.



June Royea when she was a young girl

By Louise Smith

June Royea, nee Dougall, had a birthday party held for her by her niece, Dora, last Saturday. June has been a longtime resident of Cowansville, and she only left briefly when she went to Montreal many years ago to study to be a nursing assistant.

June has turned a wonderful 90 years young. On display at the party was a photo of June when she was a young girl. As we age, all our years are inside of us, and her young self was enjoying the party as much as her senior self.


She was surrounded by family and friends who hope to celebrate many more of her birthdays in years to come.



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