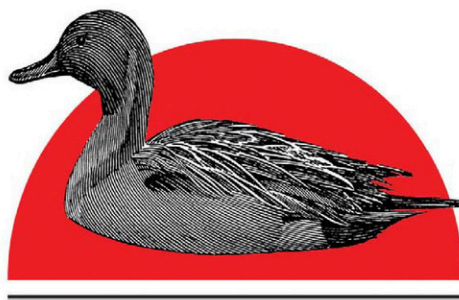




December TBL council meeting

BCN Staff

Due to the red zone restrictions the Dec. 7 council meeting was held remotely through videoconferencing. The mayor was not in attendance and Counsellor Lee Patterson acted as pro-mayor.

The council received two letters from the Ministry of Transport. The letters confirmed two grants to the amount of approximately \$180,200 and \$554,900 from the Ministry of Transport for roadwork projects that will be undertaken in 2021. The repaving of Sugar Hill and St Paul road accounts for 65 per cent of the roadwork that is planned for 2021.

The council adopted the invoice for the installation of LED lights around town for approximately \$114,200.

An invoice of approximately \$40,000 was adopted to be paid in relation to the West-Brome trailer park project which has been ongoing for quite some time now. The council is optimistic that 2021 will be the year for the project.

The council adopted the invoice for architectural plans for the construction of the new fire hall to be built on Victoria Road.

An invoice for the water treatment centre in West Brome was adopted for approximately \$64,000.

The adaptive transport program in the region, Adapted Transport for Us, will continue with no fees charged to the town for the third year in a row. Prices for the adapted transport service

CONT'D ON PAGE 2

The recipe for Christmas cheer is giving cookies to essential workers



CASSANDRA PEGG

By Cassandra Pegg
Special to Brome County News

Over the last month, members of the Trinity Anglican Church once again took it upon themselves to bring a little joy to some of the essential workers who continue to dedicate much of their time and energy to keep our communities safe.

Throughout the year, Dawn Larin has orchestrated several muffin and cookie

drives to keep the ambulance workers, firefighters and policemen and women smiling through the tough times. Larin and her eleven cookie bakers have been hard at work this month and the last, and each of these important services, police, ambulance, and firefighters, have received ten dozen homemade cookies during the latest cookie drive.

Larin joked that giving them 10 dozen cookies each ensures that there are some goodies left once the first

shift of workers has had their fill.

She talked about why she feels so strongly about giving back to the community.

"In these out-of-the-ordinary times the essential people are overworked with some of their own that have fallen sick with the COVID-19 virus," Larin explained. It can be hard to remain positive, but gestures such as the ones made by the folks at the Trinity

CONT'D ON PAGE 3

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- BOUTIQUE -

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 online meeting on Sunday mornings. Information: Rev. Tim Smart 450-538-8108.

BEDFORD PASTORAL CHARGE OF THE UNITED CHURCH OF CANADA

Sunday worship service via Zoom available in partnership with Emmanuel, Cowansville. Sundays at 11 a.m. (For details, see Emmanuel United Church.) In-person worship services are suspended until further notice. Minister: Rev. David Lefneski, 450-955-1574. Church office: 450-248-3044; email: bedford.pastoral@yahoo.ca

CALVARY UNITED CHURCH SUTTON

NO SERVICES ARE AVAILABLE 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

Let there be light. Prepare to light a candle of Advent LOVE. In-person worship services up to and including January 10 are suspended due to the rising COVID-19 cases in our area. Joining online will still be an option. Sunday worship, 11 a.m. The Zoom link is in our weekly Friday newsletter, contact the church office to sign up. Christmas carolling during services on Dec. 20 and 27. Christmas Eve Zoom service on the 24 at 4 p.m. No service on Jan. 3. When driving or walking by the church, see our outdoor manger scene; the first Christmas was simple...ours can be too. Minister: Rev. David Lefneski, 450-955-1574; Church office: 450-263-0204; email: capcchurchoffice@bellnet.ca

ÉGLISE CATHOLIQUE ST. ÉDOUARD CATHOLIC CHURCH

Our 10:30 bilingual mass has resumed as we adhere to the strict protocols

established by the Quebec Public Health Department. Thank you for your understanding. For more information, call: 450-263-1616 or visit the website <http://unitedesvignes.org>

GRACE ANGLICAN CHURCH

How are you celebrating your Covid-19 Christmas?

Our buildings might be closed, but our ministry continues online! Join the Anglican Churches of Brome-Missisquoi for online worship this holiday season: every Sunday morning at 10:30, a special service of Lessons and Carols for Advent (20 December at 10:30am), and a Carol Service for Christmas Eve (Dec. 24 at 7:30 p.m.) – all 'visually' brought from our churches to your home. You can tune in via Zoom or listen on your telephone. For more information, or to join us, contact the Rev. Tyson Rosberg at: trosberg@montreal.anglican.ca or 450-538-8108.

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

This year, Christmas will be online at St. Paul's Knowlton on Facebook. Although much of our life remains out

of our control, we intend to livestream our usual Christmas services. Our Longest Night Service of Hope will take place on December 21 at 7 p.m. Our Family Christmas Eve service will take place on December 24 at 4 p.m. Our Traditional Christmas Eve service will take place on December 24 at 9 p.m.

Christmas Day will be at 11 a.m. We continue to livestream our Sunday morning worship at 8 and 10 a.m. All services are also available for replay. At 24 St. Paul's Road in Knowlton, St. Paul's is a dynamic diverse community pursuing and serving Jesus in the Eastern Townships. Our mission is to grow in members and spiritual maturity so that we can reach as many people as possible with the love of Jesus. Every welcome! Telephone: 450-242-2885 email: stpaulsknowlton@gmail.com

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.

TBL December meeting —

CONT'D FROM PAGE 1

also remain the same as last year at \$3.25 for a simple trip, and \$6.50 for a trip to Granby, Cowansville, Bromont or Sutton. Councillor Pierre Laplante was nominated to the administrative council of Adapted Transport for Us.

The water and sewer systems will be changed in the Rue Montagne area of Bondville and the roadway will be improved. To begin this project the environment must be categorized, and a geotechnical study must be conducted beforehand. The council awarded a contract of \$26,160 for this project.

To move forward with the reconstruction of Blackwood Dam, the rights of access for seven properties along Mill Pond are required and that process is underway.

Full-time status was awarded to Michel Viau as the mechanic at the town garage as well as to Christine Marchand who works as an archivist and assistant to the clerk's office.

Mélissa Brock was hired as the tax technician for the town.

France Brazeau was hired as the administrative assistant in land management services for the town.

A \$3 million dollar 'umbrella' bylaw

was adopted to maintain, renovate and build gravel and paved roads as well as sidewalks.

The council tabled a notice of motion that the details for the 2021 budget for the diverse services provided by the town can be viewed online on the town website and will be adopted on Dec. 14 at the 2021 budget meeting.

Three demands for financial contribution were received. Action Communautaire Lac Brome requested \$20,000 to hire and coordinate a resource for youth in the community.

The Brome County Historical Society requested \$17,500. Oasis Santé mental, which offers free, bilingual and anonymous mental health services, requested \$1,000.

A resolution of interest was adopted for the 'Rues Principales' project which involves several towns and aims to bring in activities to animate the centre of the towns.

The town declared itself an ally against spousal violence and salutes the efforts of the facilities who take in those who are victims of this kind of violence.

After outdoor Christmas lights, the other hot item this year is a real Christmas tree

By Louise Smith

It seems that in these Covid times, a nostalgic look back to simpler times is driving trends this Christmas. A record number of households are decorating outside their houses with lights and lawn ornamentation.

Many started to decorate earlier to chase the gloom away of this long, unending year of the pandemic.

Outdoor lights were hard to find a few weeks ago and now it seems that real Christmas trees are the next item on the list. It used to be that most depanneurs and all grocery stores sold real Christmas trees. Artificial trees, some already with lights on them, seemed to be putting an end to the real tree market in the past few years. However, this year, a demand has come back for the "real thing". But this has happened when the supply has dropped and there are fewer outlets selling the trees.

In Cowansville one of the few places with real trees is the Rona on Route 104. On Saturday they still had

about twenty trees left.

As restrictions for the holiday season seem to get stricter as the days pass, the one thing that can go ahead as "normal", is decorating for the season. Happy decorating everyone and may next year be one of full celebration as we can put these Covid times behind us.



LOUISE SMITH

The number of locations selling real Christmas trees is down this year as the demand for them has risen!

Caretaker takes care of Waterloo Elementary students

By Matthew McCully

Waterloo Elementary School's caretaker Frank Bailey went above and beyond the call of duty to make sure all the students at the school could have the chance to enjoy a special holiday meal before leaving for the Christmas break.

While Mr. Frank thought his gesture was flying under the radar, school staff members caught wind of his "beautiful deed in a time of need" and wanted to make sure he was recognized for his generosity.

According to Timothy Croteau, a teacher at the school, Mr. Frank is relatively new at Waterloo Elementary, now in his second year at the school.

It's tradition for the school's cafeteria to put together a special holiday meal every year before students leave for the break.

While on the job, Mr. Frank learned from the cafeteria staff that the meal is made available to students who pay \$4.

Worried that not all of the students could afford it, Mr. Frank sprung into action and donated money out of his own pocket to make sure all students who wanted a holiday meal could have one.

Croteau said the school's PPO also kicked in additional funds to make sure no students would miss out.

"It's really uplifting," Croteau said, "No one asked Mr. Frank to do this."

Mr. Frank was very quiet about his donation and didn't want anyone to know, but Croteau said Waterloo Elementary staff felt that in such a turbulent time, good news, much like a delicious turkey dinner, should be shared.

Right: Mr. Frank enjoying a special holiday meal with some Waterloo Elementary students on Monday. Little did they know Mr. Frank had quietly made a donation to the cafeteria to ensure all students at the school could enjoy the meal.



TIMOTHY CROTEAU

2021 budget forecasts: measures to ease the effects of the crisis

At the end of a year marked by many singularities, the Town of Brome Lake presents a financial program marked by tax relief measures. The residential tax rate remains unchanged for the coming year. Significant reductions are being applied to entrepreneurs' rates. Service rates are affected by slight upward variations of approximately 1% at most.

Remaining one of the most attractive in the area, the residential rate is maintained at \$0.665 per \$100 of assessment. In order to provide a breathing space in a pandemic context, the rate for non-residential (commercial) buildings is slipping below the dollar (\$0.99), a decrease of 33.6%. The industrial rate has dropped from \$1.86 to \$1.32, a decline of 29%. These two measures will be in place for 2021 only.

Owners of serviced vacant lots and buildings with six or more units will be charged rates of \$1.33 and \$0.7875

respectively, the same as last year.

The budget forecasts were presented by the Council at a special meeting held by videoconference on December 14. It should be noted that billing increases are reflected in the pricing of certain services, namely for sewers (\$20 increase per unit), septic tank emptying (\$22 increase) and the collection and treatment of residual materials (\$2 increase).

More specifically, the impact on the taxpayer's tax bill is as follows: for a serviced residence valued at \$300,000, the increase is \$22 (0.8%). The increase is 1.1%, or \$24, for the same unserved home.

"Given the current climate, Council felt the need to intervene to help its taxpayers," said Brome Lake Mayor Richard Burcombe. "From then on, the elected officials did not hesitate to give a boost to businesses and industries by considerably lowering the rates charged to them for the year 2021. What's more,

these measures will benefit all sectors of Brome Lake, from Foster to West Brome."

"I believe that the Council has taken the necessary steps to bring the tax account in line with current conditions. In other words, it will not be an additional burden on our taxpayers," says the Mayor.

Road improvements are taking up \$2 million. An amount of \$3.2 million is budgeted for the reconstruction of the Blackwood Dam. The renovation of the Montagne Street sector will require an investment of \$5.5 million, while the work will be carried out over a two-year period.

"Despite the uncertainty, Council, along with the administration, has decided to work with a budget that includes a list

of projects, as it is normally the case," said the mayor. "At the same time, we will still have the flexibility to adjust to what 2021 brings us."

Revenues reach \$15.6 million

The investment envelope totals \$12.46 million for 2021, while 33% of this amount is amortized through grants.

It should be noted that projected revenues for 2021 are \$15.6 million, an increase of 2.3%. Expenses are expected to reach \$14 million (+ 3.9%).

Submitted by
Town of Brome Lake

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Recipe for Christmas cheer

CONT'D FROM PAGE 1

Anglican Church are most welcome.

"The policemen told us that it has been many, many years since someone thanked them or even gave them a gift for Christmas," Larin recalled.

The cookies were delivered to the police and the firefighters before the switch to the red zone so many of the bakers went with Larin for the exchange and there was a small ceremony, right next to the fire trucks.

The Reverend said a prayer and blessing for the essential workers to close off the cookie exchange.

Before they could get over to the ambulance station, the red zone restrictions were put in place and the delivery party had to be significantly reduced. Even so, as cheery and committed as ever,

Larin and fellow church member Claude Pariseau donned their Christmas hats and headed over to the station. They were greeted by just one person who graciously accepted the cookies on behalf of the ambulance workers (alongside a little extra treat just for her, courtesy of Larin).

Larin shows no sign of stopping on her cookie crusade and is planning to organize another uplifting delivery in February that will be Valentine's day themed, of course.

Until then, Larin and the Holy Trinity Church wish a Merry Christmas and a happy and safer New Year for 2021 to all the workers, and to all the readers of Brome County News.

ENTREPRISE EUREKA 2019

Margot Allen

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LETTERS

Oh Little Town of Knowlton

DEAR EDITOR:

Sung to the tune of "Oh Little Town of Bethlehem":

Oh little town of Knowlton
How still we see thee lie
With lanterns lit to melt your heart
In glory of our great town.
With fairy lights and garlands
That drape our town with hope
We hope that thee will gather
And peace to men on Earth.

Happy holidays
Three pines
Twinkling towards solstice

SHERYL TAYLOR
BROME LAKE

WHERE FAIRIES REALLY DO RESIDE!

William Street has some lights worth visiting

By Louise Smith

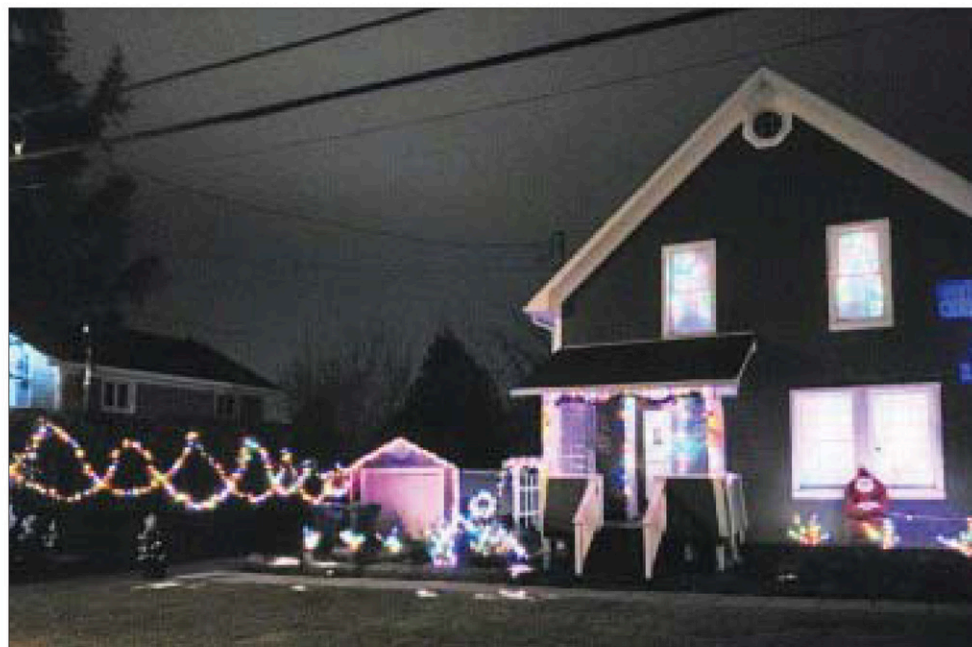
If you take a drive on William Street in Cowansville there are a few houses worth stopping the car for, to get out to take a closer look.

One house is fully decorated with lights in every window, along the fence, outlining the roof and the garage, and lights in the yard too. At the side of the front of the house is a countdown clock projecting the time to go until Christmas.

Another has lighted icicles outlining the roof and the lower level. Each of the three columns on the porch are totally covered in coloured lights. Big snowflakes are projected on the house.

The stunner is a huge outdoor tree, much taller than the house behind it, that is covered top to bottom with hundreds of coloured lights. I would like to have seen the preparation to get the tree ready for the season. What kind of ladder or other device was used to reach the top?

No matter what your mood when you first reach the street, a smile will come to your face after seeing these three places in particular. This past Sunday was the Advent Sunday of Joy, following the Sundays of Hope and Peace. All the lights around this year are adding to our joy despite the continuance of restrictions around Covid.



PHOTOS BY LOUISE SMITH

Several residents on William Street in Cowansville have light decorations worth seeing during this holiday season

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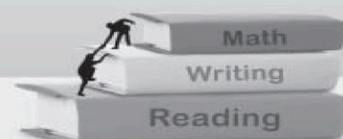
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BCN RATES & DEADLINES COMMUNITY CALENDAR

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



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Freemasons Support Waterloo Elementary School Breakfast Program



Adults, pictured left to right: Rt. Wor. Bro. Brian Allen, Adriana Lyons, Principle of Waterloo Elementary School, W. Bro. Ed Lowry. Children, left to right: Taylor Warnock, Nygel Lefebvre.

The Freemasons of Brome Lake Lodge No. 35 A.F. & A.M are shown presenting a cheque for \$2000 for the Student Breakfast Program at Waterloo Elementary School.

This year the breakfast program is particularly needed because of the many families being affected by loss of income due to the pandemic. It ensures that every child can have a nutritional breakfast prior to commencement of the school day.

Brome Lake Masonic Lodge No.35

and the Grand Lodge of Quebec have helped fund this student breakfast for the past 28 years. It is staffed entirely by volunteers and is funded solely through donations.

To find out more about the Students Breakfast Program call Waterloo Elementary School at 450-539-0162.

For information on Freemasonry and Masonic Lodges in the Eastern Townships and Quebec, visit the website: <http://glquebec.org/>

Submitted by Brian Allen

Pet of the Week: Cats



We speak for the cats of the world! Although it seems there are less DOGS in shelters these days, we guess because of your 'virus', we assure you there are still lots and lots of cats and kittens always/still looking for a home to call their own!

Adopt a cat/kitten! Convince your friends and family to spay or neuter their animals! There are just SO MANY of us! Please help and be part of the solution!

May your holiday season be calm, low key, loving and considerate of others...

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- Envelopes
- Non-metallic wrapping paper
- Tissue paper

COMPOSTING

- Natural cork stoppers or lids
- Food leftovers
- Non-waxed cardboard (dishware included)

GARBAGE

- Plastic wine corks
- Broken decorations
- Christmas garlands
- Ribbons, bows and metallic wrapping paper
- Photos
- Broken glass : Christmas balls or wine glasses
- Plastic utensils (compostable or not)
- Biodegradable or compostable plastic dishware
- Bubble wrap

ECOCENTRE*

- Electronics
- Christmas lights
- Batteries
- Styrofoam packaging

*Closed inclusively from Decembert 20 to 31, 2020 and from January 1 to 4, 2021.

Visit bmvert.ca for the municipal calendar of the collection of Christmas trees!

MRC BROME-MISSISQUOI

TIPS AND TRICKS FOR THE HOLIDAYS

Are you looking for decorations? You should check out thrift shops! You can find original items for a low cost!

Avoid glitter, they easily spread and contaminate the environment.

Have you thought of using journals or brown paper to wrap your gifts?

Try ecological or reusable wrappings, like fabric or metal boxes.

If your used objects can still serve a purpose, think about dropping them off at a thrift shop.

Download the Ça va où? application to learn how to perfect your sorting skills!



When Leonard Cohen came to Glen Mountain

Buffy Glassco's Foster poetry conference, October 1963

By Peter White

John Stinson Glassco (1909-1981), known as "Buffy", was a famous Canadian poet and memoirist from a wealthy Montreal family, who chose to live in Knowlton and Foster for much of his life. For four years during World War II he was a rural postman, and from 1952 to 1954 he served on the council of the village of Foster.

David Dawes, owner of The Shack in Knowlton, recounts that around 1937 Glassco and his partner Graeme Taylor bought the Dawes family farm on Spring Hill Road in Knowlton, today owned by Robert Briscoe. It had a 16-room house, with five bathrooms. They called it Windermere Farm, in honour of Wordsworth and the Lake Poets. The famous Dawes black Percherons, the emblem of Dawes Black Horse Brewery, had overwintered there and were stood out to stud, to the Blackwood farm among others. A young lady "housekeeper" later moved in, and the ménage became known locally as the Dirty Hermits. The property, where Glassco raised purebred hackney ponies, was sold in 1945 to the Timmins family.

Buffy Glassco and Graeme Taylor then moved to a wooden house on route 243, on 30 acres of land they called Jamaica Farm; the barn still stands today, at 736 Lakeside. They built a large riding ring on the north side of Foster Road, where in 1951 Buffy and eight others founded the Foster Horse Show. This became a major annual event in the equestrian calendar – in 1958, attendance was over 3,000 people. For many years West Bolton mayor George Rogerson acted as ringmaster, and Russell Call as announcer. A perennial champion was Ann Shemilt Johansson, who still lives in Knowlton. All profits from the horse show, which later moved to Lions Park in Knowlton, went to the Brome-Missisquoi-Perkins hospital in Cowansville. In 2010 the Brome County Historical Society placed a plaque on the Jamaica Farm barn commemorating the first Foster Horse Show. After Graeme Taylor's death in 1957, Glassco designed and built for himself the existing lovely stone

house on Foster Road, at the corner of Lakeside (route 243).

But poetry was never far from Buffy's mind, and in 1963 he decided to organize the Foster Poetry Conference. This quixotic literary venture was intended to bring together a number of English-speaking Canadian poets, mainly from Quebec. Thanks to his reputation and contacts, Buffy succeeded in attracting many poetic luminaries to the ski chalet at the foot of Glen Mountain in West Bolton for the weekend of October 12 to 14, 1963. With the help of Brome County MLA Glen Brown, he even got a \$1,000 grant from Quebec's new Ministry of Culture, set up by the Lesage government.

Those attending included Louis Dudek, Irving Layton, Eli Mandel, Henry Moscovitch, Frank R. Scott, A.J.M. Smith, George Whalley, and three poets from North Hatley: Ralph Gustafson, Ronald Sutherland and D.G. Jones. And Leonard Cohen, who at the age of 29 was just beginning to become known as a poet and novelist – his first album would not appear until 1967, and his novel *Beautiful Loser* would be published in 1966.

Buffy Glassco took it upon himself to edit *English Poetry in Quebec: The Proceedings of the Foster Poetry Conference*, published by McGill University Press in 1965. The Conference had included the reading of three papers: two in French – one on present-day English poetry in Quebec, and one on the translation of poetry in the province – and one in English on French poetry in Canada. It also allotted ample time for the public reading of new and unpublished poetry in both languages, and space for a public display of Quebec poetry recently published in book form.

Not surprisingly, much of the action took place in the bar of the chalet, which had not yet opened for the ski season. Glassco later lamented that his *Proceedings* had been unable to catch the full flavour of these drinking and debating sessions, which were apparently often contentious. At one point a goat wandered into the premises.

Interestingly, Glassco did not have



Irving Layton, Milton Wilson, Leonard Cohen, Eli Mandel and Aviva Layton, Foster Poetry Conference, October 1963



Ann Johansson of Knowlton, on her horse Timber, accepts a trophy at the 1959 Foster Horse Show. Looking on is Christopher Hobson of the United Kingdom.

a high opinion of Leonard Cohen. He reports seeing a National Film Board documentary on Cohen in 1965, in which the unifying shot was of Cohen, in leather jacket, reading his poetry to a gaggle of open-mouthed teenagers, wowing them. Then such shots as: Cohen giving autographs at the barbershop, having his hair cut as a child, riding his bicycle (an infant double was used), having lunch with his mother, striding into Ben's Delicatessen – all heads turning, silent with awe, in his bath, soaping his legs, occasionally making inspired notes for poems on the wall beside him, in his underwear, raising the blind and looking out over Montreal in the dawn (very strong, this), Cohen walking along St. Catherine Street (the great Canadian poet pauses to

look at the shop-windows and movie-stills), walking on Mount Royal, and finally his waking face looking at his own sleeping face (the poet's imagination rests) on a TV screen (trick shot) (Cohen, in tone of humble wonder: "I can hardly believe all this is really me...")

Glassco's final comment was: "How the NFB was induced to collaborate on this indulgence of a 5th-rate poet's megalomania is one of those mysteries which are pointless to even examine."

Perhaps Glassco was jealous of Cohen's great talent for self-promotion. At any rate, when the proceeds of his book were distributed to the contributing poets, Leonard Cohen got three dollars.

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Aukaneck Aventures' 40 sled dogs in Bedford

By Sylvain Bolduc

The following is an interview with Chantal Riel and Éric Laramée from Aukaneck Aventures.

Describe your passion, your business

Our company is a dog sled company (about forty dogs) in Bedford. We are offering short distance hikes (more

or less 10 km) so we specialize in the initiation of dog sledding. We offer a real adventure. If the client wishes, he can put on the harnesses to the dogs, harness them, drive his own sled and thus fully experience the musher experience under the supervision of a guide. In addition, the adventure ends in the warm decor of the gourmet boutique Les Saveurs dantan, with a hot drink, au gratin onion soup and

homemade desserts.

Can you describe a false belief or an unknown truth in your field?

That sled dogs are mean! Our dogs are big doggies who just want to be cuddled and yes we all know the names by heart !

Tell us about a tough time you came out of stronger

The loss of our first dogs who were not only the mainstays of our kennel but also our best friends. It was much more trying than we would have thought because besides losing our best friends, they were our best dogs; it was by building emotional bonds with each dog that we came to rebuild the kennel. Of course we have to meet their needs but it is also by giving them love, by showing them to trust, by giving

them each their place among the pack and by always being there for them, that we have learned so much!

Describe a happy event of which you are proud?

Of course births are always memorable and pleasant events! There is no better spectacle than to see a dog born, develop, bicker with each other, come true in our kennel. There is also the fact of being frequently told that people have conquered their fear of dogs thanks to our dogs, which is particularly touching.

What is your favorite regional restaurant or product in the Townships?

There are so many beautiful and great products around! But let's say more specifically microbreweries.



COURTESY SYLVAIN BOLDUC



Brome County
NEWS

5-B Victoria St.
Knowlton, QC J0E 1V0
450-242-1188



The BCN office will be closed for the holidays from December 21, 2020 to January 4, 2021.

There will be no BCN published on December 29, 2020.

During that time, you can contact 819-569-9525 or classad@sherbrookerecord.com for any information.

We would like to take this time to wish you all a very Merry Christmas and a happy New Year!

The B.C.N. staff

CHRISTMAS SERVICES
ST. PAUL'S CHURCH, KNOWLTON

This year, Christmas will be on-line at St. Paul's Knowlton on Facebook.

Although much of our life remains out of our control, we intend to livestream our usual Christmas services.

Our Longest Night Service of Hope will take place on **December 21** at 7:00 p.m.

Our Family Christmas Eve service will take place on **December 24** at 4:00 p.m.

Our Traditional Christmas Eve service will take place on **December 24** at 9:00 p.m.

Christmas Day will be at 11:00 a.m.

Merry Christmas!

The Reverend Tim Wiebe
stpaulsknowlton@gmail.com
450-242-2885





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Take self-isolation seriously

Please follow self-isolation instructions to avoid transmitting COVID-19 to others.



Self-isolation means stay at home



- ✓

Do not go to school or work, to an early childhood or daycare centre, or to any public place such as a stores, supermarkets or pharmacies.
- ✓

If you live in a private home for seniors, remain in your own unit and do not walk around the building. We recommend that you have your meals delivered to you, thus avoiding the need to move around inside the residence.
- ✓

Do not go out for walks.
- ✓

Do not take public transit.
- ✓

If no one can help you with your supermarket or pharmacy purchases, try the home delivery services offered by many stores. Stay at least two metres away from the delivery person.
- ✓

Don't allow any visitors into your home.
- ✓

If you live with other people who don't have COVID-19:
 - If possible, remain alone in one room of your home.
 - Avoid contact with the other occupants of the home. Stay at least two metres away from them. If you need to get closer, cover your nose and mouth.
 - If possible, eat and sleep alone in one room of your home.
 - If possible, use a bathroom that is reserved for you. Otherwise, disinfect after each use.
 - Air out the house and your room often by opening a window if the weather permits.
- ✓

You can go out on your balcony or in your private yard while remaining at least two metres away from anyone else.
- ✓

If you need to leave your home for medical reasons, wear a mask or face covering.

The people living with you can continue with their usual activities (work, school, daycare, etc.) as long as they themselves are not under a self-isolation order, such as while awaiting test results, after having been in contact with a confirmed case of COVID-19, or after returning from a trip abroad, etc.).

When should you self-isolate



You tested positive

If you don't develop any symptoms, you need to self-isolate for **10 days from the date of your screening test**.

If you do develop symptoms, you need to self-isolate until **all** of the following conditions are met:

- 10 days have passed since your symptoms first appeared
- You have had no fever for at least 48 hours (without having taken fever medicine)
- Your symptoms have improved for at least 24 hours (excluding cough or loss of smell, which may last longer)



You are waiting to take the test or find out your results

While awaiting your test results, you'll need to self-isolate if:

- You have symptoms of COVID-19 or had them in the last 10 days
- You have been flagged by public health authorities as having been in contact with a COVID-19 case
- You have returned from a trip abroad

If you meet none of these criteria, you do not need to self-isolate. We do recommend that you follow general health measures until you get your results. If you test positive for COVID-19, you will receive instructions from the public health authorities.



You have COVID-19 symptoms

If you have symptoms such as fever, the onset or worsening of a cough, difficulty breathing or a sudden loss of smell without nasal congestion (with or without loss of taste), you need to self-isolate and get tested. The COVID-19 Symptom Self-Assessment Tool provides recommendations on what steps to take based of your condition. Go to [Québec.ca/decisioncovid19](https://quebec.ca/decisioncovid19) to evaluate your symptoms.



You have been in contact with a confirmed case of COVID-19

If you don't develop any symptoms, you'll need to self-isolate for **14 days from your last contact** with the confirmed case of COVID-19 even if your COVID-19 test result is negative.

If you do develop symptoms, you'll need to self-isolate until **all** of the following conditions are met:

- 10 days have passed since your symptoms first appeared
- You have had no fever for at least 48 hours (without having taken fever medicine)
- Your symptoms have improved for at least 24 hours (excluding cough or loss of smell, which may last longer)



You are returning from abroad

All travellers entering Canada are required to self-isolate for 14 days, even if their COVID-19 test result is negative.

To make the best possible decisions for your own health and that of your loved ones during the COVID-19 pandemic, consult the Self-Care Guides. They will provide you with the best ways to protect yourself from COVID-19, take care of yourself, provide basic care to family members and friends, and where and when to consult a health professional if you need care or services.

[Québec.ca/selfisolating](https://quebec.ca/selfisolating)

📞 1 877 644-4545

Québec 

Townshippers Have Talent!



COURTESY OF ANNE BOSWALL

The winning submission in the painting category of the Townshippers have talent creative challenge was this beautiful painting, which was created by Anne Boswall and titled "Owl's Head Morning Mist."

By Lisa Payne and Michelle Lepitre

Townshippers never cease to amaze! When we had to cancel our annual Townshippers' Festival earlier this year because of the COVID-19 pandemic, our staff started bouncing around ideas about how we could bring people together to celebrate differently. And the "Townshippers have talent" creative challenge was born!

In October, we asked Townshippers to tell/show us why they were thankful to be Townshippers. We received numerous entries from Townshippers near and far! Photographs, paintings, songs, poems, and essays were submitted by Townshippers 0-99 years old. We put together a selection committee to decide how to judge these entries and, let us just say, it was no easy task for them. All the entries were impressive! In the end, our selection committee chose to award gift cards for local businesses to winners in six categories:

- * Youth - Olivia Gauthier and Bianca Beaulne (Sister Duet)
- * Photography - Serafina Gagliardi
- * Song - "Megantic is Burning" by Brian Allen
- * Painting - "Owl's Head Morning Mist" by Anne Boswall
- * Written Word - by Kathleen Lynch
- * Nostalgia - Betty Telford (The Townshippers Spring Fling 1987)

We would like to thank everyone who took the time to send in memories, creative thoughts, and thoughtful notes. We can confirm that Townshippers definitely have talent, and we have loved seeing what makes you proud to be a Townshipper!

Even though our creative challenge is over, we would love it if you would continue to share your creativity with us on Facebook or Instagram and let us know what makes you proud to be a Townshipsper. If you do, please tag us (@townshippers) and use the hashtag #proudtownshipper so we can share it!

New in Townships Expressions: Ridley's War, by Jim Napier

If you are a reader, you probably know how great it feels to curl up with a good book and a blanket on a cold, winter day... and if you are not, well this is a perfect year to try it out and see for yourself how satisfying it can be! If you are looking for a good crime

novel to get lost in, why not pick up a copy of "Ridley's War," a book that was recently published by Jim Napier, one of our Townships Expressions authors.

"Ridley's War" follows Detective George Ridley as he unexpectedly becomes involved in a murder investigation and a mystery that dates back sixty years. How will he figure out what happened so many years ago, and bring a killer to justice without any eyewitnesses...? You will have to pick up a copy to find out!

"Ridley's War" is available through Townships Expressions at a cost of \$25. You can order your copy on our website, in the Townships Expressions online shop, or by contacting Cathy Turner directly: ct@townshippers.org.

If you are looking for a unique gift for someone on your list, we also have a great variety of other books and music from local authors and artists... but hurry, you have only three days left to order your items before the holidays!

Happy holidays from the Townshippers' team

After a busy year, our staff will be taking a couple of weeks off for the holidays, beginning on Friday, December 18. We will be back at work on Monday, January 4, 2021 with lots of new ideas and information to share with you.

Despite the unusual circumstances this year, we hope that you have a lovely, relaxing holiday season. We look forward to catching up with you again in the New Year!

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

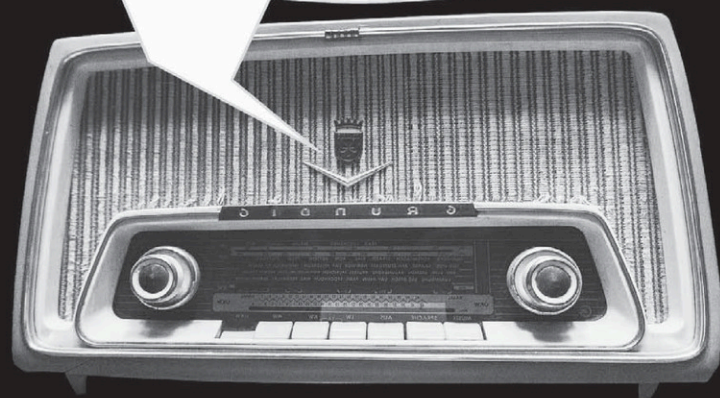
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Centre d'Action Benevole de Cowansville and other charities are helping neighbours at Christmas

By Louise Smith

The Centre d'Action Benevole de Cowansville (CABC) food bank serves people within the Cowansville community. It also coordinates food distribution to other non-profit organizations in the area.

During Covid times, the usual food drive at this time of year has to be modified. They are requesting that gift cards for any amount at IGA, Super C, or Tigre Giant be purchased. The gift cards can be donated at CABC's office at 201 rue Principale in Cowansville. They operate in the building directly beside Emmanuel United Church.

Covid has affected charity giving

for many non-profit organizations. On Saturday volunteers from Main dans la Mains were collecting outside businesses in Cowansville. Its offices are located at 215 rue Sud.

The Royal Canadian Legion branch no.99's Christmas basket donations have been combined with the Knights of Columbus donation campaign.

Plastic boxes are beside cash registers in many businesses throughout the town. Money is being collected instead of food items.

Although modified, it is hoped by all the charities that no one will go without at this Christmas time.

Local community warmly receives 'The Luminaires' and CIDI announces video content in 2021

By Cassandra Pegg
Special to Brome County News

On Sunday Dec. 6, CIDI 99.1 began its new five-part series called 'The Luminaires'. Hosted by David James, the program highlights a few of the interesting people in the community that might have thus far only been known by name but who have fascinating life experiences, careers, and stories to tell.

The program premiered with first guest Dr. John Fowles, a retired orthopaedic surgeon and Order of Canada recipient. Despite an unfortunate technical issue that delayed the start of the program by 20 minutes, the first interview was very well received.

In addition to positive opening reviews, host David James revealed that Heritage Sutton Historical Society approached CIDI to see about getting audio copies of the interviews to add to their Oral History Fund.

Cathy Dery, CIDI's sales and marketing manager talked about 'The Luminaires' program and future projects on the horizon.

"David James' show is a great fit for us," she explained, "it shines a light on all the fascinating and unique characters that many people may be unaware of."

She added that the show emphasizes the values that CIDI holds in high regard including uniqueness, integrity and providing and creating great content. She said they are delighted that Heritage Sutton approached them about getting copies.

Along that line, Dery mentioned that CIDI is encouraging other towns in the region to reach out to them so they can offer a voice to other communities as one of the only local radio stations.

"If they have programs, or something they want to start or promote, we would be really thrilled to be that voice for them and get their interviews out there, get their voices out there."

Dery added that they are always on the lookout for new program ideas and it would be very interesting to work on projects together with people from the surrounding communities.

She explained that over the last year listening to the radio has been on a huge upswing. CIDI is definitely blooming

what with the new 'Luminaires' program and, as Dery announced, a new YouTube studio to be set up at the station in the New Year.

She revealed that they will be filming and posting videos of more content that listeners will love. Potential YouTube show ideas are currently in the works. She added that the video shows will be interesting, comical, and unique and will bring in another stream of income for the studio to keep doing what they do as well as providing another outlet for great local content.

While eagerly awaiting the debut of the YouTube channel, listeners can enjoy the rest of 'The Luminaires' program. The next guest is Peter Turner of Sutton who is a Queen Elizabeth

Golden Jubilee Medal Recipient, retired country lawyer, educator and volunteer for many organizations. His interview and musical selections, which were first broadcasted on Sunday December 13, will be repeated on Thursday December 17 at 2 pm. The next three Sundays after that we will hear from the last three Luminaires, Rev. Tim Smart, Danielle Dansereau and Stanley Lake, at noon on Sundays and repeated at 2 pm each Thursday.

There was some confusion about how to listen to the radio when outside the range of its relatively low-power transmitter. Luckily, anyone in the world can listen to CIDI and 'The Luminaires' via the internet at <https://cidi991.home.blog/> and <https://tunein.>



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NEWS

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The town of Cowansville is adding to the Christmas spirit

By Louise Smith

The town of Cowansville is again promoting local businesses by putting covers on all of its parking meters throughout town. This reprieve lasts for the whole month of December.

The lamp standards have lighted Christmas decorations. The bridge on rue Sud has both decorations and lights. The park across from the Domaine du Parc shopping centre has a lighted tableau. The light pattern on the Christmas tree changes on a rotational basis. Christmas music

plays through speakers. There is an ornament-shaped archway over the path. A brightly lit snowman and reindeer are all part of the display. In the summer some of the trees in the park area were lit up by coloured lights at the ground level. This has continued in this space and it forms a

background to the Christmas tableau. Whereas inside gatherings are highly restricted, it is good to know that there is something outside that can be enjoyed by all at this time of the year.



Cowansville is lighting up its street standards, bridges, and parks for the Christmas season

PHOTOS BY LOUISE SMITH

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VILLE DE LAC-BROME
TOWN OF BROME LAKE

PUBLIC NOTICE

EXPLANATORY DOCUMENT FOR THE 2021 BUDGET
 AND THREE YEAR CAPITAL EXPENDITURES PROGRAM FOR THE YEARS 2021, 2022 AND 2023

NOTICE is hereby given:

THAT in accordance with section 474.3(1) of the *Cities and Towns Act*, the municipal Council of Town of Brome Lake has decreed that an explanatory document for the 2021 budget and the three year capital expenditures program for the years 2021, 2022 and 2023 be published in a newspaper circulated in the territory of the municipality;

THAT the budget for the 2021 financial exercise includes revenues and expenses for the Town in the order of \$15,647,730, estimates for revenues and expenses for 2021 and 2020 financial exercises being more fully detailed below;

THAT the Town's three year capital expenditures program for the years 2021, 2022 and 2023 is more fully described below.

SUMMARY OF BUDGETS

Anticipated Revenue	2020	2021	VARIATION	%
General property taxes	\$ 11,045,090	\$ 10,864,000	\$ (181,090)	-1.6%
Water tax (residential)	\$ 467,000	\$ 475,000	\$ 8,000	2.1%
Sewer tax	\$ 668,000	\$ 729,000	\$ 61,000	9.5%
Septic tank tax	\$ 86,000	\$ 123,000	\$ 37,000	43.0%
911 Emergency Center	\$ 37,000	\$ 37,000	\$ -	- %
Garbage tax	\$ 384,890	\$ 392,000	\$ 7,110	1.8%
Composting tax	\$ 274,000	\$ 263,000	\$ (11,000)	-4.0%
Recycling tax	\$ 118,300	\$ 160,000	\$ 41,700	35.2%
Compensation in lieu of taxes	\$ 39,000	\$ 41,000	\$ 2,000	5.1%
Services rendered (other municipalities)	\$ 241,190	\$ 219,780	\$ (21,410)	-8.9 %
Other revenues	\$ 480,390	\$ 479,210	\$ (1,180)	-0.2%
Licences and permits	\$ 62,000	\$ 64,000	\$ 2,000	3.2 %
Transfer of duties	\$ 800,000	\$ 1,200,000	\$ 400,000	50.0 %
Conditional transfers	\$ 596,520	\$ 600,740	\$ 4,220	0.7 %
TOTAL:	\$15,299,380	\$15,647,730	\$ 348,350	2.3%

Anticipated Expenses	2020	2021	VARIATION	%
General administration	\$ 1,707,960	\$ 1,932,080	\$ 224,120	13.1%
Public security	\$ 2,942,680	\$ 3,010,050	\$ 67,370	2.3 %
Transport	\$ 3,295,380	\$ 3,354,680	\$ 59,300	1.8 %
Public Health	\$ 2,651,380	\$ 2,696,370	\$ 44,990	1.7 %
Health and Welfare	\$ 178,330	\$ 189,330	\$ 11,000	6.2 %
Urban planning and development	\$ 915,260	\$ 914,060	\$ (1,200)	-0.1%
Recreation	\$ 1,791,230	\$ 1,909,540	\$ 118,310	6.6 %
Debt service	\$ 1,169,520	\$ 1,279,540	\$ 110,020	9.4 %
Investment expenses	\$ 778,230	\$ 830,930	\$ 52,700	6.8 %
Other affections	\$ (150,000)	\$ (170,000)	\$ (20,000)	13.3 %
Non-affected surplus	\$ -	\$ (400,000)	\$ -	- %
Affected surplus	\$ (25,000)	\$ (48,000)	\$ (23,000)	92.0%
Financial reserves and reserve funds	\$ 44,410	\$ 149,150	\$ 104,740	235.8 %
TOTAL:	\$ 15,299,380	\$ 15,647,730	\$ 348,350	2.3%

TAXES / TARIFFS	2020	2021
Residential immovable	0.665	0.665
Non-residential immovable	1.49	0.99
Industrial immovable	1.86	1.32
Immovable - 6 units and +	0.7878	0.7878
Serviced vacant lots	1.33	1.33
Waterworks	210.00	210.00
Sewer	270.00	290.00
Septic tank	50.00	72.00
Garbage (waste, composting, recycling and ecocentre).	233.00	225.00

2021 - 2022 - 2023 CAPITAL EXPENDITURE PROGRAM

	2021 \$(000)	2022 \$(000)	2023 \$(000)
GENERAL ADMINISTRATION			
Furniture and office equipment	\$ 23	\$ 10	\$ 10
PUBLIC SAFETY			
Blackwood dam	\$ 3,200	\$ -	\$ -
Vehicles	\$ -	\$ 55	\$ -
Fire Station	\$ 200	\$ -	\$ -
Various equipment	\$ 103	\$ 25	\$ 25
PUBLIC WORKS			
Road repairs	\$ 1,970	\$ 930	\$ 510
Montagne Street sector	\$ 2,750	\$ 2,750	\$ -
Vehicles	\$ 325	\$ 325	\$ 320
Various equipment	\$ 25	\$ 25	\$ 25
OCCUPATIONAL HYGIENE			
Mobile home park West-Brome sector	\$ 2,800	\$ -	\$ -
Water supply and distribution	\$ -	\$ 1050	\$ 950
Pumpkin Station	\$ -	\$ 150	\$ 1,200
Equipment for waterworks	\$ -	\$ 165	\$ 50
Equipment for sewage system	\$ 200	\$ 105	\$ 50
RECREATION			
Trail repairs	\$ 130	\$ 100	\$ 100
Development of parking lots	\$ 320	\$ 100	\$ -
Four seasons skating rink	\$ 150	\$ -	\$ -
Park and trail signage	\$ 100	\$ -	\$ -
Volleyball court	\$ 25	\$ -	\$ -
Community kitchen	\$ 35	\$ -	\$ -
Others - parks and trails	\$ 102	\$ -	\$ -
TOTAL OF THE CAPITAL EXPENDITURES PROGRAM	\$ 12,458	\$ 5,790	\$ 3,240

FINANCING

	2021 \$(000)	2022 \$(000)	2023 \$(000)
Long-term financing	\$ 6,562	\$ 2,730	\$ 2,980
Working Capital	\$ 160	\$ 55	\$ 100
Government grants	\$ 4,158	\$ 1,575	\$ -
Financial reserve - water	\$ -	\$ 1,115	\$ -
Surplus and other	\$ 765	\$ -	\$ -
Allocations for operating activities	\$ 813	\$ 315	\$ 160
FINANCIAL TOTAL	\$ 12,458	\$ 5,790	\$ 3,240

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Owen Falquero, B.A., LL.B., J.D.
 Attorney
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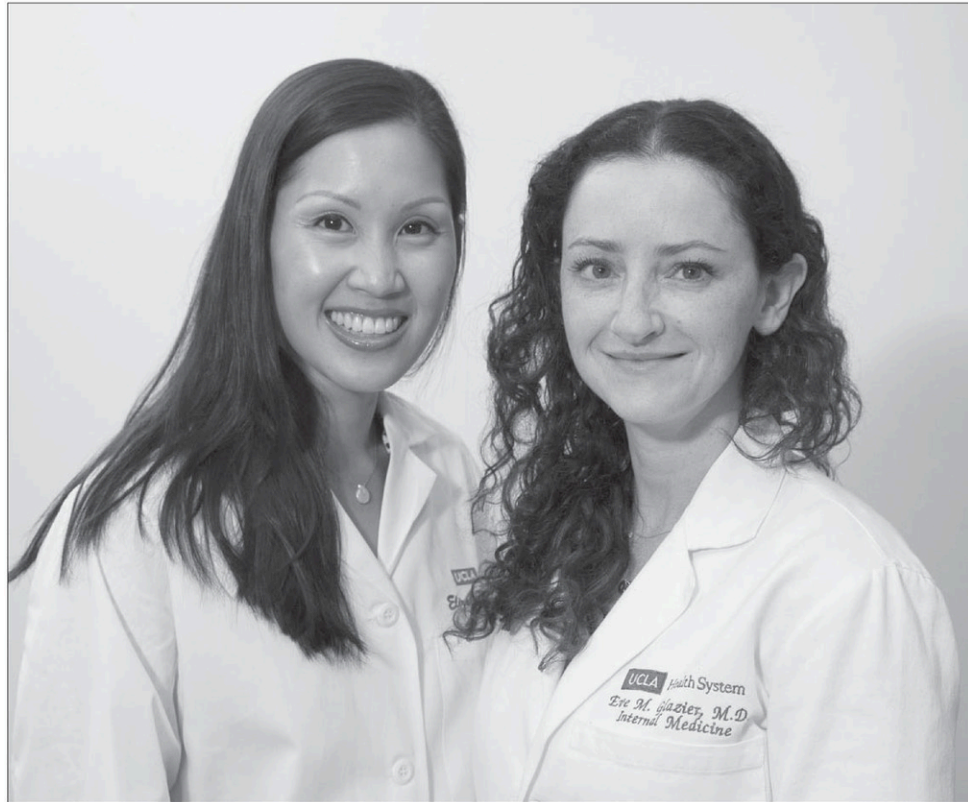
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ASK THE DOCTORS

By Eve Glazier, M.D.,
and Elizabeth Ko, M.D.

Dear Doctors: We're all pretty stressed-out, even the kids. I keep saying that spending a Saturday in the nice park near our house could help, but my husband just laughs. Isn't there some kind of research that being outdoors is good for you?

Dear Reader: Just thinking about a walk under the open sky as we began our answer to you brought about a sigh of relief. It makes sense, because long before we humans started spending so much time in built environments, we were deeply connected to the natural world. Many people have an innate understanding about that connection, and years of research backs them up.

Studies show that regularly spending time outdoors confers a host of mental health benefits. These include relief of anxiety and stress, a boost to feelings of calm, enjoyment and well-being, and improvements to mood and attitude. And that's not taking into account the positive effect that even mild exercise, like walking, has on the body.

It seems like the link between time spent in nature and emotional well-being would be hard to prove, but researchers from the University of Michigan in Ann Arbor found a way. In fact, according to their study, published in 2019 in the journal *Frontiers in Psychology*, as little as 20 minutes spent outside in nature can have a healing effect. As an added surprise, their study showed the connection holds up even when the green space is in an urban environment.

Over the course of two months, the researchers had 36 volunteers spend at least 10 minutes three times per week in a variety of outdoor environments.

These included public parks, the green spaces near their places of work or their own backyards. The participants could either sit still or stroll around during their outdoor time, but they were banned from chatting, reading or using screens of any kind. In order to rule out the known benefits of exercise, they were also asked to refrain from vigorous physical activity prior to their nature walks.

Before and after each outing, samples of saliva, which contains the stress hormone cortisol, were collected from each volunteer. Analysis of the saliva samples revealed that the volunteers returned from their nature outings with lower levels of cortisol than they started out with. Surprisingly, the biggest drops in the stress hormone occurred in the first 20 to 30 minutes of nature immersion. Benefits continued after that, but more gradually. Neither the time of day that someone chose to be outdoors nor where they spent their time played a role in the stress reduction. According to this study, the simple act of stepping outside into a green space began to bring relief.

The time frame that this study reveals is certainly new, but research about the benefits of spending time in nature dates back to the 1970s. We hope that, with proximity to a park and the low bar of 20 to 30 minutes, you'll be able to persuade your family to make being outdoors a regular part of their lives.

(Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health.)

(Send your questions to askthedoctors@mednet.ucla.edu. Owing to the volume of mail, personal replies cannot be provided.)

In Memoriam



HARRY T. RUSSELLE

December 20, 1930 to 2017

Sadly missed by
THE FAMILY

Death

Kenneth Eagan (1938 - 2020)

Mr. Eagan passed away suddenly on October 19th, 2020 in Knowlton, Quebec. Kenneth Eagan was born on January 27th, 1938 in Chatham, New Brunswick, and he is survived by many close friends in the Knowlton area, including Lawrence Bobo, Mary Jean and Harold Manfield, Jean Wyszynski, and others who will miss his companionship greatly.

Ken was a lifelong employee of the Royal Bank and Trust in Montreal, and he enjoyed gardening and walking, eating at "The Crossing" with friends, and attending the Cowansville Legion and the Knowlton "Golden Agers". As his friends know, he was a friendly and jovial man.

At Ken's wish he did not want any service locally as he did not want his friends to fawn over him. Just remember him as he was to you!

Ken will be buried at the Milltown Roman Catholic Cemetery in St. Stephen, New Brunswick, in the family plot where his parents are buried.

Arrangements are by Complex Funeraire Brome Missisquoi in Cowansville.

Card of Thanks

REID, Dorothy Sarah Burnett (nee Ingalls) - Our heartfelt thanks to all who sent cards and condolence messages at the time of our Mother's passing. The donations to various Foundations were much appreciated. A tree was planted in Canada by the grandson of a lifelong friend of the family. Thanks to Reverend Tim Smart for the caring service at Fairmount Cemetery. Due to circumstances the service was limited to family members. One member of each family expressed their favorite times spent with Dorothy. The grandchildren and great-grandchildren expressed many favorite times at the farm.

THE FAMILY OF DOROTHY



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