

## Full agenda for first TBL virtual council meeting of 2021

By Taylor McClure  
Special to The Brome County News

The Jan. 11 meeting opened with a question period where six questions were submitted and answered by Mayor Richard Burcombe. One citizen was concerned with the vaccination schedule for the elderly in Brome Lake and asked whether elected officials had any information to offer on when vaccinations were to be administered. The mayor explained that little new information has been made available, repeating that it will be health care workers and CHSLD residents who will receive the vaccination first and then it will slowly be distributed among the town's elderly. This is the process the government envisions for Quebec.

Two citizens submitted questions regarding the town's plan for the parking lots at Douglass Beach, Tiffany Beach, and the lot at the end of Benoit Street near the lake, citing concerns about people coming from out of town to take advantage of the lake, but not contributing to the community.

Mayor Burcombe explained the town is planning to install parking meters at both Douglass Beach and Tiffany Beach for non-residents. Brome Lake residents can go to town hall to receive a sticker that will provide them with free parking. Burcombe noted it was more difficult to find a solution for the lot at the end of Benoit Street and a possible solution is to put a fence with signs restricting access to residents only.

As part of its 2015-2020 strategic plan for arts, culture, recreation, and community life, the town aims to

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## Local pharmacist offers visibility to local artists



COURTESY URSULA KOFAHL LAMPRON

Artist Ursula Kofahl Lampron showcasing her art work in the large window of Uniprix Jean-Marc Bélanger.

By Taylor McClure  
Special to The Brome County News

Residents and visitors may have taken notice of the beautiful art displays that have been set up in the large window of the Uniprix in Brome Lake. Thanks to Uniprix pharmacist and owner Jean-Marc Bélanger, local artists have been given

the opportunity to showcase their work in the window at no cost for the last two years. A new artist is showcased each month and their work continues to brighten the streets of Knowlton.

Bélanger bought the pharmacy three years ago and quickly decided that something needed to be done about the large window. "The window was ugly. It was full of publicity, it had a picture

of a family, and I felt that it could be nicer," Bélanger said, recalling his first impression of his new pharmacy.

He found the perfect solution after watching an interview. "I had seen this interview of a guy talking about taking the metro and how we are surrounded by so much publicity that we don't even notice anymore. He paid the metro

CONT'D ON PAGE 3

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# Brome County Community Bulletin Board

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## 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 11:00 a.m. (For details, see Emmanuel United Church.) In-person worship services are suspended until further notice.  
Church office: 450-248-3044; email: bedford.pastoral@yahoo.ca

**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**  
We live light into 2021. In-person worship services are suspended until further notice. Joining on line is always an option. Sunday worship, 11:00 a.m. The Zoom link is in our weekly Friday newsletter, contact the church office to sign up. Worship Leader: Virginia Wallace, email: virlynwal@yahoo.ca Virginia will lead worship on January 24. She is a candidate for ordained ministry with Atlantic School of Theology and in a volunteer internship at Emmanuel. 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**  
Grace Church Sutton now meets online on Sunday mornings at 10:30 a.m. Everyone is invited to join in. For an invitation, please email the Rev. Tim Smart at [revtimsmart@gmail.com](mailto:revtimsmart@gmail.com) or go our Facebook page for the Sunday link. We are on Facebook at "Grace

Church, Sutton".

## KNOWLTON-MOUNTAIN VALLEY PASTORAL CHARGE

Knowlton United Church, 234 Knowlton Road. For information please contact Rev. Steve Lawson at 450-242-1993. Join us on the Facebook Church group 'Knowlton-Mountain Valley Pastoral Charge' for weekly Sunday services.

**ST. PAUL'S ANGLICAN CHURCH**  
We continue to livestream our Sunday morning worship at 8 and 10 a.m. at St. Paul's Knowlton on Facebook. 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](mailto: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 council meeting

CONT'D FROM PAGE 1

provide financial support to organizations and certain events taking place in Brome Lake.

During the January meeting, council adopted a financial support plan with a maximum of \$85,000 for Theatre Lac-Brome for their 2021 season to help ensure the organization's long-term financial stability. A resolution was passed in July 2020 which allowed the local farmer's market to carry out its activities on the property of Theatre Lac-Brome and the town also opted to keep this agreement for 2021.

Financial contributions were adopted for the Pettes Memorial Library in the sum of \$132,600 to support its 2021 operation budget and a donation to the Fondation Jeunesse Brome-Missisquoi in the sum of \$250.

Residents will also be interested to learn that the production company for The Republic of Sarah will be returning to Brome Lake to continue filming in the next couple of weeks. Town officials collaborated with the production company to ensure all safety the protocols and regulations were in place for the crew while filming and were satisfied with what has been organized. It was also demanded that the production company separate any crew members, or organizers who fall ill, from the rest of the population, as well as other conditions the production company is expected to follow.

Council thanked the various organizations in Brome Lake, such as the Wellness group, the Lions Club, and the local food bank, for their contributions to community life and for providing Brome Lake with a better

holiday season.

Councillors approved requests from the Knowlton Literary Festival, The Knowlton Cinema Festival, the Aviron Rowing Club, and the Brome County Historical Society who are requesting the support of Parc Rural; a committee at the regional level that puts money aside for different projects in the community. They nominated a local selection committee for Parc Rural composed of Mayor Richard Burcomb, Councillor Ron Myles, and David Taveroff.

Despite the pandemic, things were busy for the land management and urban planning department in 2020.

Council passed the draft resolution for its first PP c'est moi project for the construction, modification, and occupation of a building on 513 Chemin Knowlton. PP c'est moi allows for the usage changes of a specific property within a sector rather than changing the designation of an entire sector. A proposal was submitted by the owner for an establishment of sales and maintenance for tractors, landscaping, and forestry equipment and accessories.

Part of the project is a request to allow heavy vehicle services, not permitted in this zone, under current Brome Lake bylaws. PP c'est moi permits the town to have the owner agree to and establish other requirements for their establishment. The oral and written agreement is subject to five conditions: the southern end of the fence be opaque, no access is to be created on Tuxen Street, use is to be limited to sale and maintenance of vehicles and light agricultural and forestry equipment,

a final landscaping plan showing compliance to the proposed yard layout with city by-laws be filed, and that a maximum of two signs on the property be posted at all times.

To finalize the adoption of the project, there is usually a public consultation but due to the pandemic, the government has obliged council to do written consultations that will last 15 days. Following the consultation, the council will decide whether to approve, with or without changes, the project at their next meeting. Citizens will then have the right to request a referendum if they wish to do so.

Statistics showed an increased demand for inspectors as a result of the hot real-estate market in town. The town noted a cumulative number of 566 permits delivered which was an increase of 19.1% over 2019.

A similar pattern emerged when it came to requests for exterior modifications, minor variance requests, demolition permits, and particularly the total number of subdivision requests. There were 135 different requests for 2020.

The town council accepted two minor variances requests. In West Brome, the owner requested permission to build a lake on his land for irrigation purposes without a main building or establishment. This is contrary to the town's bylaws. In Bondville, the owner requested authorization to build a house in the Loisirs Invernesse project at 3.02 meters left of the lateral line when bylaws ask for 4.5 meters. Their reason was to allow for the piece-by-piece construction of the main section of the house that dates back to 1850.

Various subdivision requests were also made and it was proposed that the owners seed over 10% of the value of the land covered by the request to the town.

Accounts payable for 2019 totalled \$265,952.20 and cheques received totalled \$726,351.05.

The town adopted an invoice for the demolition of 264 Knowlton Road in the amount of \$66,469.35 taxes included.

Council also authorized and approved payments for the renovations at Town Hall and work done at Fisher's Point.

Other authorized payments include an amount of \$2,000,055.27 to be paid in two installments for the services of the of Sureté de Quebec for 2021 and the renewal of a computer software that is used for dispatching of calls from the CAUCA. It's about \$5,000 a year for the firefighters and first responders.

There was also a notice of motion concerning the borrowing bylaw of \$500,000 for maintenance of the path networks and \$1-million for the acquisition of vehicles for the public works department. This amount may not necessarily be spent in one year, but over a period of time. Citizens have the right to oppose this decision on the town's website if they wish to do so. Instructions will be made available on the website in the upcoming weeks.

The next town council meeting will be taking place on February 1, 2021 and will be able to view on their Facebook page and website in the days following.

# 'Be a little kinder than what is necessary' is school's motto this year

## Knowlton Academy students adapting well to new challenges

By Taylor McClure  
Special to The Brome County News

Since COVID-19 hit Quebec, students and teachers have been doing their best to adjust to the new rules and protocols they are expected to follow while at school. They have been learning to navigate this new environment with unprecedented challenges along the way. Despite the obstacles surrounding the pandemic, students and staff at Knowlton Academy (K.A.) know how to work together to overcome any challenge sent their way.

Since returning from Christmas break, students and staff at Knowlton Academy have been working together to swiftly adapt to their continuously changing environment.

While they are happy to be back at school, the situation has not been easy for them. "The kids are happy to be back and the teachers are pleased that we are back, but hesitant," explained Renalee Gore, Principal of K.A. "Everyone is very worried; they

are cautiously optimistic. My staff has been very professional."

She explained that when new protocols are received from the government, they are set in place as quickly as possible, usually by the next day. "We adapt very quickly."

Major changes have had to be made in terms of how student activities are carried out. "Students have their own zones and they change zones every week. The kids know the zones and what zone they will be in next," said Gore. "They know they will get in trouble if they cross zones and they respect that. They don't particularly like it, but they understand and are usually respectful."

Students are still getting the chance to be involved in different outdoor activities.

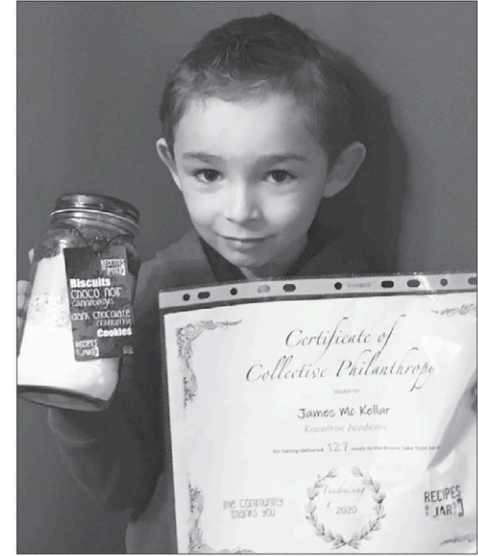
Over 140 sleds were recently purchased for K.A. students through private donations so students can take advantage of the new sliding hills behind the school and go on nature walks. One parent also decided to make

a snowshoe track around the school. "We just do things differently. We just cancelled our ski season which is a real heart-breaker but it's not feasible this year."

The major challenge students and staff are facing right now is the new mask requirement. "Kindergarten children aged four and five don't wear masks, but Grades 1 to 4 have to wear masks in all common areas, presenting the newest challenge. It has also been challenging for some kids in Grade 5 and 6."

Teachers have been asked to wear their protective gear as much as possible and they are doing everything they can to make sure that students still enjoy their time at school and receive a quality education while keep protocols in mind.

While the situation has been challenging, the collaborative effort of students, staff, parents, and the community has been immeasurable. "I'm very proud of my staff, the students, the community, and the parents who



COURTESY KELLY BUSH  
James Mc Kellar, K.A.'s top seller! (127 jars).  
have been quite supportive."

She added that with the difficult situation going on right now, the world needs a little bit of kindness. "Be

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# Visibility to artists

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to showcase art and I found this wonderful. For me, it's more interesting to have people notice art."

At first, he wasn't sure if artists would be interested in showcasing their work in his window, but he decided to give it a shot, first approaching Michel Gamache, local artist and owner of ArtLab in Brome Lake. "I asked him: What do you think if I asked you to showcase your art in my window? Would you be interested?"

Once Gamache accepted the offer, various other artists began to approach Bélanger to have their pieces showcased. As a result of the wide interest, he has now been showcasing a new artist every month for the past two years. "I feel like it's a lot nicer for the town, I don't see the use of having more publicity."

He added that people deserve one spot that is publicity-free. "When you come into my store, you are bombarded with prices. It's good for the streets of Knowlton to have one spot publicity-free."

And with Brome Lake being a major centre for arts and culture, he believes it is good for artists to be provided with this sort of platform. "Knowlton is such a town of the arts that it's good to have this platform. A free window is a good

initiative for small-scale artists that don't always feel comfortable showing in a gallery. All of this is free, and it is not my objective to make money."

He has been coordinating the showcases with the help of local artist, Ursula Kofahl Lampron.

"I do this for the artists as it gives them a venue where they can show their work," said Lampron. Many galleries charge for space to show an artist's work. If they participate in symposiums and other public venues, they are the ones who carry the cost of showing," said Lampron.

Artists of all different mediums and levels of experience can apply to have their art showcased by contacting Uniprix to have their name put on a reservation list.



COURTESY URSULA KOFAHL LAMPRON  
Artist Susan Pepler showcasing her work.

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# Massey-Vanier students returning this week and tough year for seniors

By Louise Smith

On Monday, January 18, classes resumed at Massey-Vanier. Elementary students went back the week before. The students had received classes online while at home.

For socializing, students are eager to go back. For keeping control on the spread of the virus, there are concerns. We are currently having a curfew until the beginning of February, but students travelling on buses and meeting at school are a concern. Teenagers can be asymptomatic while carrying the virus. Especially with the introduction of a new strain that spreads more rapidly, there are reasons to be concerned. On the English side of Massey-Vanier, students come from towns all over the region. Teachers too, live in many different towns. It is a perfect mixing area at a time when we are told to avoid intermingling.

Already there had been changes to the reporting of progress for this year. Instead of three report cards, the government changed it to two. Initially

the first report card was due in January. Just last week the date was changed to the first week of February. Most teachers had already done their marking. Any changes to a reporting period need to be made several weeks in advance and not just days.

Final year students need their report cards as they apply to CEGEP. Another change to this year is that provincial exams have been cancelled. Each school will still make exams and the year end report will have a greater weighting. The students currently in their last year also had a major disruption last year. High school students went home on Friday, March 13, and did not go back for in person learning until the start of this school year. CEGEPS will have to make accommodations for the incoming students next fall who have gone through two years of disruptions.

Hopefully, the return will go well. Teenagers under sixteen are not even on the list for getting a vaccine. As the community gets vaccinated, things will slowly get back to 'normal'.

# The Town of Brome-Lake closes lake access points

BCN Staff

With the increase in reported incidents over the past few days, and with an expected mild weather forecast, the Town of Brome Lake is announcing that it has no choice but to close its access to Brome Lake.

The new measures took effect on Thursday, January 14 and they are expected to last a few days.

According to their press release, access to the Douglass Beach parking lot will be restricted to those using the trails and skaters who wish to enjoy the ice oval.

The parking lots at Tiffany Park and the Bondville sector (near Cowell Street) will be completely closed.

"I am disappointed at the number of people who take unnecessary risks when venturing out on the lake, despite our many prevention messages, which

were broadcast on social networks and then picked up by the media," stated Brome Lake Mayor Richard Burcombe in the press release. "We must always keep in mind that our teams' rescue operations on the lake endanger the safety of our employees. It's even riskier in times of pandemic."

At around 8:45 a.m. on Tuesday, January 12, the ice gave way under the weight of an ATV. The driver sustained no injuries.

Following the incident, the location of where it took place was barricaded approximately one kilometer away from the shoreline.

This event is in addition to nearly ten other incidents, fortunately without adverse consequences, that have been reported to the Town of Brome Lake.

For more information, it is possible to consult the website [societedesauvetage.org](http://societedesauvetage.org).

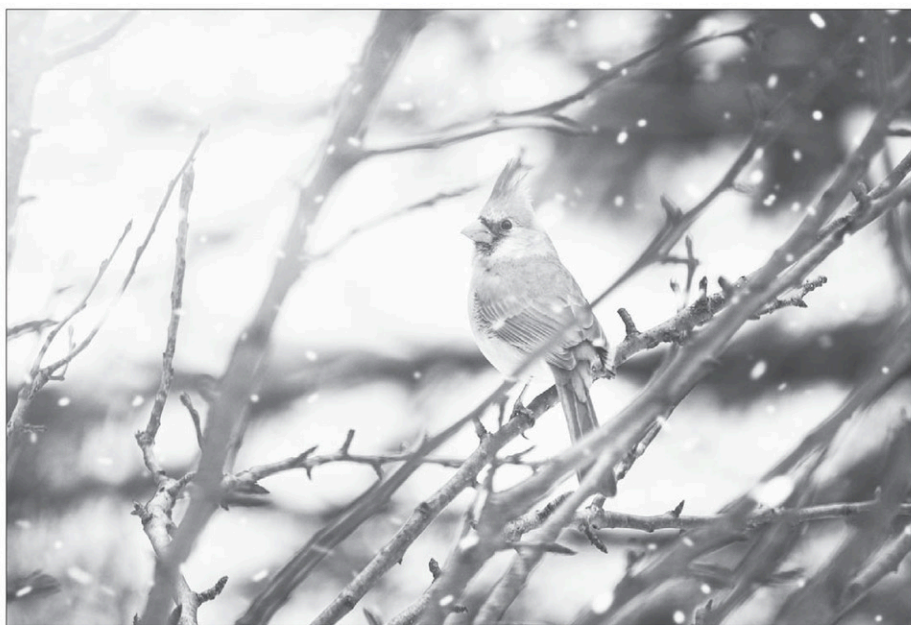
# A winter wonderland



COURTESY LOUISE SMITH

The pretty side of winter as fresh snow drapes over everything.

## Ben in Focus



BEN MCAULEY

Your friendly neighbourhood cardinal!

Brome County NEWS

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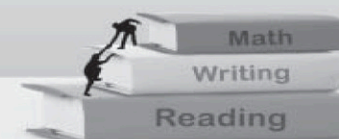
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# K.A. adapting to challenges

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a little kinder than what is necessary; that's our motto."

While major changes have had to be made to their activities to respect social distancing, that didn't hinder the fundraising efforts of K.A.

For a second year in a row, K.A. was involved in the Recipes-In-a-Jar fundraiser and it was an unexpected success after raising \$3,435 for K.A. and over 1,000 meals for the local food bank. "We raised about \$1,000 more than last year," said Kelly Bush,



COURTESY KELLY BUSH

Asha Auclair, K.A's second top seller (60 jars).

Chair of the Parent Participation Organization. "We are thankful for that because with COVID-19 we didn't know how it would go as there were no in-person sales."

Instead, orders were taken online and they were delivered to each person's door by the Recipes-In-a-Jar company rather than the usual process of distributing the orders at the school. "It went really well."

This year was incredibly special as the company who makes the jars decided to go above and beyond. "For every jar that was sold, the Recipes-In-a-Jar company donated a meal to the foodbank. We sold 1,141 jars which means 1,141 meals were donated."

The money raised from the Recipes-In-a-Jar fundraiser will be put towards activities and events for students and staff at K.A. "Funds raised will go towards supporting Knowlton Academy staff and students during this challenging year with things like online reading programs, uplifting class activities/surprises and school events like the Knowlton Academy/Parent Participation Organization's sponsored socially-distant Halloween treats for the entire school," explained Bush.

She added that these activities are needed, especially right now when students are limited in what they can do. "The money will go towards fun activities that kids can do to brighten their day."

This year, the top three sellers were each given a gift certificate to Brome Lake Books and the top class was promised a pizza party. "Lee Mosher's Grade 2 class had the greatest number of students participate (9) and they sold the most." They sold 165 jars,

raising \$1,813,35 for their school.

Despite the challenges of the pandemic, students took it in stride and did their best to do their part for the fundraiser. "Students seemed really into it - 74 kids sold jars. Things went pretty well considering everything."

While the Recipes-In-a-Jar fundraiser was a success, plans for future fundraisers are left up in the air. "We have to think outside the box on what we can do to raise money and socially distance," explained Bush.



COURTESY KELLY BUSH

Leila Lacroix, K.A's third top seller (45 jars).



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**Session 1 - Early childhood language development** Jan 25 (1-3) Jan 26 (6-8)

Would you like to better understand...

- ...children's speech and language learning?
- ...which developmental milestones they should be reaching, and when?
- ...the early impact of bilingualism on growing up in an English minority population?

**In this open and interactive session, we'll discuss:**

- what you can expect, potential red flags, and how and when to seek support
- how to use play to promote the growth of communication abilities
- the role of a speech-language pathologist and the support available in your region

**Session 2 - Bilingualism and early childhood** Feb 16 (6-8) Feb 17 (1-3)

In this interactive session, we delve into bilingualism, multilingualism and communication needs for children from 0-5 years of age.

**Listening to your interests, concerns, and questions, we'll discuss:**

- how bilingualism and multilingualism impact language development
- what is 'normal' or expected in bilingual language development
- why it's important to support the home language in a minority-language context

**and how to:**

- recognize potential challenges and support bilingualism for children living with difficulties
- prepare children for school entry in a language other than what's spoken at home

**Session 3 - Literacy and early childhood language development** Mar 25 (6-8) Mar 26 (1-3)


In this session, we promote early literacy and offer practical approaches to parents and individuals caring for children 0-5 years of age. Through interaction and lively discussion, we'll share ways to inspire children to discover books for learning, for building their language skills and for exploring the world around them.

**We'll discuss:**

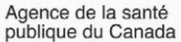
- when and how to introduce books
- the links between spoken and written language
- the importance of books in a child's life before school entry
- strategies for including books in routines other than bedtime
- how to support bilingualism or multilingualism as the child learns to read and write

**These live sessions will be provided free online by professionals!**


Each session will be presented twice on different dates to allow for maximum participation.  
**SAVE THE DATE Session 1 - Early childhood language development** January 25<sup>th</sup> from 1:00-3:00pm and repeated on January 26<sup>th</sup> from 6:00-8:00pm.  
For more information contact [lpayne@townshippers.org](mailto:lpayne@townshippers.org)



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CHSSN2

# Confinement in Québec

**A confinement and a curfew are in effect across Québec from January 9 to February 8, 2021, inclusively,\* with the exception of the Cree Territory of James Bay and Nunavik.**

These measures are in place to slow the spread of the virus and protect the population, which includes seniors, at-risk individuals and healthcare workers.

## THE CONFINEMENT AT A GLANCE



### Gatherings are prohibited

- Private indoor and outdoor gatherings at homes and cottages are prohibited.
- There are a few exceptions:
  - One visitor from another address for people living alone (ideally, always the same person to limit social contacts)
  - One informal caregiver
  - Individuals offering services or support
  - Labourers for planned work



### Travel is not recommended

- Travel between cities or regions is not recommended (except for essential travel for students, workers, shared custody and freight transportation).



### Sports and recreational activities with members of the same household only

- Sports and recreational activities must be limited to members of the same household. Activities such as walking, downhill skiing and cross-country skiing are permitted, provided they are carried out individually or with members of the same household, and that the curfew is respected.
- An exception is also permitted for individuals who live alone, who may carry out an activity with another individual (ideally, always the same person). In this case, a minimum distance of two metres must be maintained at all times.



### Commercial establishments open for essential goods only

- Non-priority businesses must close until the end of the confinement. Businesses authorized to continue their activities must offer only essential goods and services.
- Curbside pickup is still allowed. Products can be purchased online and delivered or picked up on site without entering the premises, in accordance with the health recommendations.
- Restaurant dining rooms remain closed. Delivery, takeout and drive-through orders are permitted. Only delivery will be possible during the curfew.
- To comply with the 8 p.m. curfew, all businesses must close their doors no later than 7:30 p.m.
- Exceptionally, during the curfew, pharmacies and service stations will remain open on the same schedule as usual. Pharmacies will only be allowed to sell medication and essential products such as pharmaceutical, hygiene and cleaning products. Service stations will only be allowed to sell food, non-alcoholic drinks, fuel and products for road vehicles. In other words, service stations are not authorized to sell tobacco or alcohol products during the curfew.



### Mandatory teleworking and reduced activities

- Teleworking is mandatory for people who work in office buildings.
- In the manufacturing and construction sectors, activities must be reduced to a minimum to meet commitments. Teleworking is mandatory when possible and shifts must be adjusted to limit the staff present at any time on production and construction sites.

*Visit [Québec.ca/en/confinement](https://quebec.ca/en/confinement) for more information about the measures in force.*



## THE CURFEW AT A GLANCE

### Stay home from 8 p.m. to 5 a.m.

During the confinement, a curfew is in effect from **8 p.m. to 5 a.m.** Quebecers must not leave their homes or property during this period, save for the exceptions below.

#### Valid exceptions

- A person whose presence is required at their place of work or who is transporting goods needed for the ongoing activities of their business.
- A person who is going to a pharmacy to obtain medication or pharmaceutical, hygiene or cleaning products.
- A person who must go to or return from a hospital, a clinic, or a dentist's or optometrist's office.
- A person who must visit a sick or injured relative.
- A student who must attend an in-person evening class or go to a laboratory in a recognized school.
- A parent who must accompany their child/children to the home of the other parent who has custody of them.
- A person who is going to take an inter-regional or inter-provincial bus, train or plane to their final destination.
- A person who must take their dog out to do its business, within a radius of no more than one kilometre from their place of residence.
- A person who must travel in order to comply with a court judgment, to respond to a summons to appear before a court, or to exercise custody or access rights as a parent.
- A person who must accompany another individual to a medical appointment if they are unable to drive themselves there.
- A parent who must accompany a sick child to the hospital.
- A person travelling to give blood at a Héma-Québec donor centre.
- A person who must accompany another person who requires assistance in one of the situations listed above (e.g. a parent who must drive an adolescent to their workplace).

#### Broader policing and fines for offenders

- Police will continue to ensure compliance with health measures and can intervene when individuals are outside their homes during curfew hours.
- Offenders can face fines ranging from \$1,000 to \$6,000 if they are unable to adequately justify why they are outside the home. Young people 14 years of age and over are subject to a \$500 fine.

*To learn more about the curfew, visit [Québec.ca/en/confinement](https://quebec.ca/en/confinement).*

#### Be there for yourself like you're there for your loved ones

The current situation may cause emotions that are distressful or difficult to handle. Experiencing an imbalance in various facets of everyday life is a normal reaction. Managing your thoughts, emotions, behaviours and relationships with others may become more challenging. While most people will adapt to the situation, it is important that you listen to your needs. Take the necessary steps to get help if you need it.

There are solutions. Visit [Québec.ca/gettingbetter](https://quebec.ca/gettingbetter) to learn more.



*\*This article contains information valid as of January 12, 2021. For the most up-to-date information, visit [Québec.ca/en/confinement](https://quebec.ca/en/confinement).*

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

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Québec 

# Happy New Year from Townshippers' Association



Happy New Year from Townshippers' Association! We hope that you had a restful and enjoyable holiday season, and that 2021 has started off well for you.

Our team is back at work and already planning a variety of interesting projects and virtual activities for the coming months – there will be everything from Health Matters and CHEP videoconferences to informative webinars, virtual Place aux jeunes Eastern Townships Discovery Trips, virtual poetry breaks, new episodes of our popular About Townshippers web series, and more.

We look forward to re-connecting with you!

## The Inclusive Mentorship Initiative – Connecting Health Professionals

By Heather Ancliffe

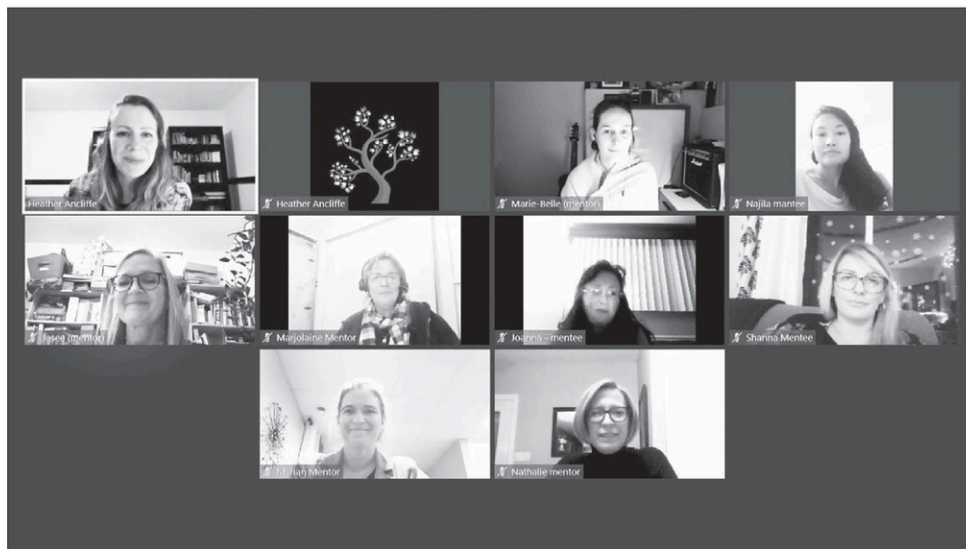
With 2020 in the review mirror, we can now focus on what lies ahead for the Inclusive Mentorship Initiative. It is true that 2020 was not without its challenges, but there were still some new and exciting endeavours that would not

have come about had we not faced those challenges.

Like the rest of the world, the Inclusive Mentorship Initiative went 100% virtual in 2020. Not only did the mentorship meetings between the mentors and mentees switch to a virtual format, so did the group events that we previously held in person.

The program started with a virtual meet and greet orientation event in October, and mentees and mentors were invited to a Zoom meeting hosted by Heather, the program manager. Introductions were made and pertinent information about the program and its protocols was shared with participants. This set the pairs on the right path to begin building their mentorship relationship and meeting (virtually).

In December, just before the holidays, another virtual event was held over Zoom – this time, a speed networking event. This speed networking event offered the mentees and mentors an opportunity to get to know their peers, while practicing their language skills. Zoom's breakout rooms facilitated the chat sessions by offering private virtual rooms where pairs could chat one-on-one. Every 8 minutes, the host set up a new "room" for a new pair to connect. Pairs were encouraged to talk (in French) about whatever they desired and, if they needed some inspiration, a variety of conversation starters were left in the chat box for them to use. This speed networking event mixed all the Inclusive Mentorship program participants together in random pairings. Mentees not only got the chance to speak with multiple mentors, but with other mentees as well. In addition to this, mentors had the opportunity to share tips and advice on their own mentorship success with other mentors.



COURTESY

Participants in Townshippers' Association's Inclusive Mentorship program recently participated in a virtual speed networking event, which allowed them to get to know their peers from the health and social services sector and practice their French-language skills.

The speed networking event was a huge success and a lot of fun for everyone involved. We are already looking forward to the next virtual group event, which will take place in February.

The Inclusive Mentorship Initiative is a program aimed at facilitating the improvement of the French-language communication skills of English-speaking health and social services students, in order to help them comfortably and successfully integrate into the health and social service sector in the Estrie region. The goal of this program is to increase the presence of English-speaking professionals from the Lennoxville Vocational Training Centre and Champlain Regional College in the public health care system in the Eastern Townships.

For more information about the Inclusive Mentorship program, contact Heather Ancliffe: [inclusivementorship@townshippers.org](mailto:inclusivementorship@townshippers.org).

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

Online  
[www.townshippers.org](http://www.townshippers.org)  
[Facebook.com/Townshippers](https://www.facebook.com/Townshippers)  
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## A broker who saves lives

### An Interview with Réginald Gauthier

By Sylvain Bolduc

#### Describe your job to us.

I have been a real estate broker for 38 years and currently broker-owner of Immeubles Coldbrook inc. I also get involved in causes. I try to help my fellow citizens when possible. When the duck farm fire broke out, many people were left out of work. I started a fundraiser that raised \$45,000 in two weeks.

#### What achievement are you most proud of?

My personal success is without hesitation being one of the founding members of the First Responders emergency medical service of the Town of Lac-Brome, created more than 13 years ago. Our service has one of the highest life-saving rates in Quebec. I am on post every week ready to receive 911 calls.

#### A memorable moment?

A few years ago, an 86-year-old lady

called us on a Monday. She had had a high fever for over 4-5 days. I asked her why she had waited so long. She said she wanted to wait until Monday because she knew I was on duty... I found that very touching.

#### What do you like most about our region?

In addition to the exceptional panoramas, it is the people who live there. They are genuine and are concerned about the well-being of their fellow citizens. My travels have shown me that we live in one of the most beautiful places in the world. Unfortunately, too few of us realize this. We are really spoiled, because the majority of people can only dream of living in our bucolic villages and the surroundings. We are truly pampered with our great restaurants, our inns, not to mention our golf courses, our superb ski resorts, our crystal-clear lakes and rivers.

Do you know of a well-kept

#### treasure in the Townships that deserves to be known?

The falls on the Chemin de la Falaise. You take Chemin du Mont-Écho, in Lac-Brome. Near the T-junction turn left, there is a parking lot. A great place to take a walk in summer.

#### What is your favourite restaurant in the Townships?

I like the West Brome Inn very much for its chef, and the wine list is quite extensive. Restaurant at La Fontaine, in Sutton, pleases me for its dishes that stand out in the region.

#### And your favourite regional product?

Vitalité Elderberry has excellent products made from elderberries, a small fruit in great demand. The farm is already the largest producer of elderberries in Canada, and is located at 851 Knowlton Road, West Brome (tel: 450 531-0093).



COURTESY SYLVAIN BOLDUC

Réginald Gauthier

# The story of two houses in Cowansville and the origin of the naming of Elizabeth Street

Introduction by Louise Smith

Houses are passed by every day. A few in Cowansville have signs outside telling of their history. Many are without signs, but each house has a history.

Ingeborg Fulord came to Cowansville from Denmark. She was a nurse at the BMP Hospital and it was there that she first met James Fulford when he was visiting at the hospital. Their first home after their marriage in 1960 was on Church Street. Here is the story of that home and of the farm across the street.

"We (Ingeborg Johnstad-Moeller and James McClure Fulford), started our married life, in 1960, on Church Street, at number 309, which at that time was across the street from the McClure Farm. Both buildings are still standing but changes have been made to them.

The McClure farmhouse, pictured in this photo in 1942, no longer had the front porch. This 1942 photo was taken at the Golden (50th) Wedding Anniversary of James McClure and Anna Elizabeth Barron. Elizabeth Street runs parallel to Church Street. It is named after Anna Elizabeth Barron, the wife of James McClure.

James and Elizabeth had four girls and three boys. The oldest girl, Alice McClure taught grade four at what was then Cowansville High School, which is now Heroes' Memorial. She taught there for almost twenty-eight years. She married Claude Booth Fulford, and in 1960 she became my mother-in-law.

At 309 Church Street we rented the upstairs apartment in what for many years was known as the McFee's House. The McFees were related to the McClure family, who were living in Lachute, and when the farm across the street was coming up for sale, Mr. McFee suggested to James McClure that he buy it, and so he did. In 1919 he moved to Cowansville.

Later on, James' three sons, David, Coswell, and John took over the running of the farm, when James could no longer manage the farm. I know they can cows and chickens and they sold milk under the name of McClure Milk in glass bottles in the town of Cowansville.

David married Mary Hendersen from further up the road. A house was built for them next to the farm, where they raised their twin girls, Mary and Anna. They were living there when we moved across the street in 1960. David died when the girls were young. Coswell died at a young age and had never married.

I personally got to know John McClure and his youngest sister Jean. On weekends Jean taught piano lessons in Cowansville. During the week she lived and taught music in Montreal. John had taken over the running of the main farmhouse and he now owned the McFee House. We paid our rent to John, \$30 a month. I earned \$95 every two weeks as a registered nurse at the Brome Missisquoi Perkins Hospital. My husband was working for Albany Felt in Cowansville.

I loved the farm and its open fields and the sugarbush. Two pieces of land had been sold for one dollar each by John McClure to two industries, The Green Thumb glove factory, and the R.C.A. radio company to bring business into Cowansville. As a shortcut, for many workers went home for lunch, they were allowed to cross by the farm, down along John's vegetable garden and cross the railroad tracks.

The first time my Jimmy took me for a walk around the farm and fields the milkhouse was no longer being used for milk production. I remember being impressed by the size of the big container to boil the bottles. At that time it was used as a work shed for canning and wood projects. Today it is a shed. If I remember right, the ash house is still there too. The barn can be seen at the right side of the photo. It is no longer in existence. A few houses were built in the fields, but very few, and standing in the driveway you could down over the fields and into the sugarbush.

In 1963 we moved to Holland for fifteen wonderful years when Jimmy was transferred there by Albany Felt. Coming back in 1978 much had changed. Many more houses had been built on the McClure land, but the sugar bush was still intact.

People loved to go birdwatching in



LOUISE SMITH

The other side of 309 Church. Notice the height of the tree.

the summer and cross country skiing in the winter. A house had been built where there had once been vegetable gardens.

John McClure once told me that he had offered the sugar bush to the town for free if they would take care of it. The offer was turned down. Eventually the land was sold to a developer by the twin girls, Mary and Anna, the daughters of David McClure.

Many houses have been built since the 1960's. It is progress, but when you consider the lost views of nature, perhaps time does march on, but not in prettier shoes."



The celebration of James McClure and Anna Elizabeth Barron McClure in 1942 at the McClure Farm. Notice the outside veranda. It was gone by 1960.



PHOTOS COURTESY

How 309 Church Street looked in 1960. Notice the height of the tree.

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## Card of Thanks

SMITH - We want to thank everyone  
who sent cards and e-mails of  
condolences on Bryan's passing. They  
were appreciated very much.

COLLEEN AND MARK SMITH

## Consider Mediterranean fare for healthy living

The start of the new year often begins with resolutions made to fix bad habits and/or adopt new, healthier ones. Resolutions designed around healthy eating are popular.

The Mediterranean Diet has long been touted as an informed and balanced way of eating. While not a diet, it is an approach to eating that includes foods indigenous to the Mediterranean region. It is marked by large portions of fresh fruits and vegetables, whole grains, legumes, olive oil, as well as fish and other seafood. Poultry, eggs and cheeses are enjoyed in moderation, and fattier meats and sweet are allowed but should be limited. The guidelines

also include plenty of water and a moderate amount of wine.

A transition to the Mediterranean diet doesn't need to involve drastic changes. In fact, one can start slowly with a tasty side dish or appetizer. This recipe for "Dolmades" from "The Mediterranean Diet Cookbook" (Rockridge Press) by the editors of Rockridge University Press is a popular dish in Greece.

Dolmades  
Makes 20

- 1 tablespoon olive oil
- 3 shallots, chopped
- 2 cloves garlic, minced

- 3/4 cup short-grain rice
- 1/4 cup gold raisins
- 1/4 cup pine nuts, toasted
- Juice of 1 lemon
- Sea salt and freshly ground pepper, to taste
- 2/3 cup water
- 4 green onions, chopped
- 1 small bunch mint leaves, finely chopped
- 1 small bunch flat-leaf parsley, chopped
- 20 preserved grape leaves

Heat the oil in a large skillet over medium heat. Add the shallots and garlic, and sauté for 5 minutes. Add the rice, golden raisins, pine nuts,

and lemon juice. Season with sea salt and freshly ground pepper.

Add 2/3 cup water, bring to a boil, and cover. Reduce heat and simmer for 20 minutes. Turn off heat and allow rice to cool. Add the green onions and herbs to the rice filling and mix well.

Rinse the grape leaves in water and stuff each leaf with about 1 tablespoon of the filling. Roll tightly and place each in a steamer, seam side down. Steam for about 10 minutes, until leaves are tender. Serve warm.

(Metro Creative)

## Fulford Review 2020

The year has ended, but the pandemic persists. We hope for a better New Year in 2021.

We recalled anniversaries of events which were initiated in the 1960s: the street dances, and, in Fulford Hall, the card parties, socials, dances and the children's Christmas party. The hurried "black-topping" of Davis Road, dubbed "Jolley Boulevard" or "Jolley's Folley."

So many happenings were cancelled, both locally and in the area, such as services held in church, some missed issues of The Record and Tempo, etc. Wright's Store closed, but the post office continues; some did start new businesses, others acquired established firms, long-time owners worked to cope with the situation.

Andra Quilliams and Izach Quilliams graduated from MVHS; the Valliere grandchildren: Zachary will attend CEGEP and Emily continues her studies at Universite de Montreal; Tehya Lemire, Wyatt Wright and Emily Mason, respectively, pursue a Master's Degree; Mahalia Robinson studies at Concordia and this year organized the Kelly-Ann Drummond Cup.

One of the last sports events before the pandemic was the Broomball Tournament. Results were Foster Freight over Havoc; consolation, Wright's Store over Wolf Pack. Proceeds donated to MVHS Athletic Department.

"While Crossing the Field," a book of poetry by Deborah Banks, was published. Deborah grew up in Fulford and now resides in Nova Scotia.

A number of properties changed hands; new houses built; old house

demolished; a house destroyed by fire (which, sadly, took the life of the dog).

TBL announced that all streetlights would be changed to LED.

On some roads, swaths of trees were removed near the power lines.

Canadian Pacific (CP) announced its full ownership of Central Maine and Quebec Railway (CMQ) which "runs from Saint-Jean-sur-Richelieu through many communities in Quebec's Eastern Townships, and then onward to Maine and Vermont." It also announced upgrades and maintenance, etc. CP was so important in the lives of rural residents of the Townships - everything from travel to mail (the excitement when Eaton's catalogue arrived, later followed by parcels).

Long-time residents Jeannine (nee Lamoureux) and Louis-Gilles Ares moved to Cowansville.

The collapse of culverts on Fulford Road necessitated the replacement of metal by concrete form. Unfortunately, it seems to attract even more heavy traffic, such as "A" and "B" units (known in old railway terms as "cow and calf"), on a municipal country road not intended for such. No limits are posted for Fulford Road.

Condolences to the families and friends of the following deceased:

Garrett James "Gary" Wright, husband of Karen Moreton, Arthurette, NB; Andre Ares, widower of Gilberte Chagnon, husband of Jeanette Audet, of Granby; Felix Allard, husband of Reine Boisvert, of Foster; Douglas Bates, husband of Janet Brunton, Dunham; Rupert Mottram, brother of Jerry Mottram, Granby

area; Raymond Lariviere, husband of Nathalie Lavoie, Fulford; Stanley O'Brien, widower of Gloria Mudgett, companion of the late Doreen Gibbs (nee Chute), Sutton; Leonard Desilets, husband of Claudette Vandal, of the Cote family of Fulford; David William "Duke" Gibbs, husband of Sheila Lassemba; Emily (May) Haddon, widow of Douglas Banks, Foster; Clayton Brunton, husband of Mildred "Millie" MacPhee, Cowansville, long-time resident of Farnham, grew up in Fulford; Norma Jean Gaylor, wife of Andre "Deedee" Vaillancourt, born in Fulford; Germaine Coutu, widow of Noel Roy, formerly of Town of Brome Lake; Cathy Blanchette, wife of Glen Badger, Fulford; Arthur Young Smith, widower of Mariette Hayeur, Fulford; Hugh M. Wright, widower of Elizabeth "Betty" Banks, Fulford; Douglas Roderick Lambie, husband of Beatrice Roland, father of Rev. David Lambie; Pierrette Brasseur, widow of Marcel Routhier, Fulford.

According to records, a general store operated in Fulford from 1865, so it was sad to learn that Wright's Store would close on August 31, 2020. During the depression years, it had been owned and run by Mrs. Katherine Korner, assisted by her son, Charlie Dunn, who installed a barber's chair which he operated until he went to World War 11, in which he lost his life. It seemed that most basic items, including gasoline, were available, but one family, newly arrived from Montreal, had it explained by Mrs. Korner that toilet paper was not sold as everyone used the catalogue.

In December 1939, Oscar E. Davis

purchased the store from Mrs. Korner. When electricity arrived in Fulford in 1947, it presented great opportunities to Oscar who, it appeared, was a born salesman. The store was extended and the facade held big display windows with large electric appliances, while inside the Sylvania television drew an audience. Oscar's wife, May (nee Miller), took care of the general stock, assisted by Juliette Cote (later Wright), and served a variety of snacks-pickled eggs, pickled tongue, cheddar cheese sliced off the big round on its own stand, soft drinks (in a water cooler), soda biscuits, sardines opened by the customer, etc., - nail kegs providing seats for viewing Hockey Night in Canada. The TV also revealed some diagnostic information as the screen reacted to one's car. Except for Mr. Cote, who worked on the CPR gang, and always said that the last damn car he had had was the best, yessir mister man, and even when it ran out of gas, it ran on fumes.

Later Oscar added a grainshed, joined to the store by a one-car garage, and celebrated at a dance in the new building. In 1964, the business was sold to Hugh Wright and the store was run by his wife, Betty (nee Banks), at a busy time when the post office was added to the services. In 1986, son, Robert, and his wife, Carla, took over and, for the first time, wine and beer, were added to the increasing variety of stock. The closing of the general store has left a void in the community.

Submitted by  
Margaret Fordham

# Today in History

**Today in History for Jan. 19:  
On this date:**

In 570, according to tradition, the Muslim Prophet Muhammad was born.

In 1200, Zen Master Dogen, an important figure in Japanese Buddhism, was born.

In 1563, the "Heidelberg Catechism" was first published in Germany. Written by Peter Ursinus and Caspar Olevianus, it comprised a balanced statement of Calvinist tradition, and was soon after accepted by nearly all of the Reformed churches in Europe.

In 1568, Miles Coverdale, publisher of the first printed English Bible, died. He completed the translation of the Old Testament, which William Tyndale had left unfinished at his death in 1536.

In 1649, King Charles I was executed after being convicted of treason under a Puritan-influenced English Parliament. Charles, a devout Anglican with Roman Catholic sympathies had staunchly defended the "divine right of kings" while oppressing the Puritans.

In 1649, Canada's first execution took place in Quebec. The prisoner was a 16-year-old girl accused of theft. Her executioner was a pardoned criminal.

In 1736, James Watt, the Scottish engineer and inventor who perfected the steam engine, was born.

In 1807, Confederate general Robert E. Lee was born in Westmoreland County, Va.

In 1809, Edgar Allan Poe, the American poet and short-story writer, was born in Boston.

In 1840, American explorer Capt. Charles Wilkes discovered Antarctica.

In 1885, a U.S. patent was issued for the roller coaster.

In 1889, the Salvation Army split as one faction within the denomination renounced allegiance to founder William Booth. Booth's son Ballington and his wife Maud led the American splinter group, which in 1896 incorporated itself as a separate denomination known as the Volunteers of America.

In 1915, the first air raids on England were staged by German Zeppelins.

In 1915, a U.S. patent was issued for the neon sign.

In 1937, millionaire Howard Hughes set a transcontinental air record when

he flew from Los Angeles to Newark, N.J., in seven hours, 28 minutes and 25 seconds.

In 1943, Princess Margriet of the Netherlands was born in an Ottawa hospital. Crown Princess Juliana, who became queen in 1948, and her two oldest daughters, fled from the Nazi occupation of The Netherlands in 1940 and eventually came to Canada.

In 1948, Frank McKenna was born in Apohaqui, N.B. He was elected to the New Brunswick legislature in 1982, became provincial Liberal leader in '85 and made history in the '87 provincial election by winning all 58 legislature seats. After being re-elected in 1991 and '95, he stepped down on Oct. 13, 1997 – exactly 10 years after his Liberals' take-all win. On Jan. 14, 2005 he announced he had accepted an appointment as Canada's ambassador to the U.S. He resigned the post Jan. 25, 2006, two days after Stephen Harper's Tories won a minority government.

In 1955, U.S. President Dwight Eisenhower held his first televised presidential news conference.

In 1958, the Canadian Football Council was renamed the Canadian Football League.

In 1960, Canada met India's request for \$25 million in aid under the Colombo Plan.

In 1962, the Canadian government announced changes to immigration laws designed to prevent discrimination based on race or national origin and allowing greater immigration from Asia, Africa and the Middle East.

In 1966, Indira Gandhi was elected India's first woman prime minister.

In 1967, Herr Kari Tausch of Hesse, Germany, wrote the shortest valid will. It read, "All to my wife."

In 1977, Jean Jaebone of Winnipeg was revived by doctors after her heart had stopped beating for three hours and 32 minutes.

In 1981, U.S. President Jimmy Carter announced the signing of an agreement by the U.S. and Iran to free the 52 Americans held hostage in Iran in return for the U.S. unfreezing \$8 billion in Iranian assets which Carter froze when the hostages were seized. The 444-day hostage-taking is believed to have cost Carter his re-election bid. The hostages returned the next day,

Jan. 20, as president Ronald Reagan was inaugurated.

In 1987, Erik Nielsen, former deputy prime minister, resigned as MP for the Yukon after almost 30 years in federal politics.

In 1989, Canadian Airlines International announced it was purchasing Wardair, Canada's third largest carrier, for about \$248 million.

In 1990, Dr. Roberta Bondar, a neurologist from Sault Ste. Marie, Ont., was selected as Canada's first woman in space when she was named to a mission aboard the space shuttle "Discovery" in 1992.

In 1991, Canadian CF-18 jet fighters flew an offensive mission in the Persian Gulf war, marking the first time Canadian forces had engaged in battle since the Korean War.

In 1993, the Israeli parliament abolished a law that had forbidden Israeli citizens from meeting members of the Palestinian Liberation Organization. The measure was a step forward toward officially recognizing the PLO.

In 1995, Russian troops took control of the presidential palace in Grozny and President Boris Yeltsin declared war "effectively over" in Chechnya.

In 1996, Lucien Bouchard decided to donate his federal pension to the Quebec government.

In 2005, Canadian Football League legend Norman Kwong was named Alberta's new lieutenant governor.

In 2005, the Supreme Court of Canada upheld a Saskatchewan law limiting tobacco promotional displays in stores.

In 2009, Shawn Hennessey and Dennis Cheeseman, who admitted helping James Roszko kill four RCMP officers near Mayerthorpe, Alta., in 2005, pleaded guilty in an Edmonton courtroom to lesser charges of manslaughter. (On Jan. 30, they were sentenced to 15 years and 12 years in prison, respectively).

In 2012, Rupert Murdoch's British newspaper company agreed to pay damages of nearly \$1 million to 36 high-profile victims of tabloid phone-hacking, including actor Jude Law, soccer player Ashley Cole and former British Deputy Prime Minister John Prescott.

In 2012, photography pioneer Eastman Kodak filed for Chapter 11 bankruptcy protection in the U.S., as it sought to boost its cash position and stay in business. The ailing company failed to find a buyer for its trove of 1,100 digital imaging patents. (In December, Apple, Research in Motion and Microsoft were among 12 companies to buy the patents for about \$525 million.)

In 2012, pioneer Canadian freestyle skier Sarah Burke died in a Utah hospital from injuries she sustained in a superpipe training run on Jan. 10. She was 29. She suffered irreversible brain damage after tearing a vertebral artery, which led to severe bleeding on the brain, causing her to go into cardiac arrest at the scene.

In 2018, a jury found former railway employees Tom Harding, Richard Labrie and Jean Demaitre not guilty of criminal negligence causing death in the 2013 Lac-Mégantic tragedy that killed 47 people when a runaway train carrying crude oil derailed and exploded in the small Quebec town.

In 2020, Foreign Affairs Minister Francois-Philippe Champagne pressured the government of Iran to live up to its promise to allow outside experts to examine the flight recorders of the Ukrainian airliner Iran shot down. Champagne said the consensus of the countries who lost citizens on Jan. 8 was that the recorders should be examined in either France or Ukraine.

In 2020, China reported a sharp rise in the number of people affected in a pneumonia outbreak caused by a new coronavirus, including the first cases in the capital. Canada bolstered screening of airline passengers from central China for anyone with flu-like symptoms. The Public Health Agency of Canada said the additional measures were implemented at international airports in Toronto, Montreal and Vancouver.

In 2020, Bong Joon Ho's Korean film, "Parasite," became the first foreign language film to take top honours from the Screen Actors Guild.

(The Canadian Press)

## Enjoy comfort food on chilly days

During the height of winter, people increasingly retreat indoors and look for something to within the warm confines of home. Plenty of activities can fit the bill, but some provide the rewarding prospect of a freshly made meal or dessert.

When seeking recipes for cold days, consider those comfort foods that can be enjoyed warm to chase away the chill. "Croissant Bread Pudding" is an ideal choice. Topped with a rum-flavored sauce, it's sweet and decadent for all the right reasons. Enjoy this recipe from "The Pampered Chef: Stoneware Inspirations" (The Pampered Chef, Ltd.) by The Pampered Chef Test Kitchens.

**Croissant Bread Pudding**  
Yields 12 servings

- 4 large croissants (about 3 ounces each)
- 1 red baking apple, such as Jonathan
- 6 eggs
- 1/2 cup plus 3 tablespoons sugar, divided
- 2 cups half and half
- 1 orange
- 1/2 cup pecan halves, chopped
- 3/4 cup butterscotch caramel ice cream topping
- 1/4 teaspoon rum extract
- 1/2 cup golden raisins

1. Preheat oven to 350 F. Lightly spray a deep baking dish with nonstick cooking spray. Slice croissants from top to bottom into 1/2-inch slices. Set aside 16 of the largest slices. Cube remaining slices and place in bottom of baker. Arrange reserved slices over cubes in an overlapping circular pattern. Core and slice apple, leaving peel on; cut slices in half. Tuck apple slices between croissant slices.

2. In a bowl, whisk eggs and 1/2 cup of the sugar. Pour half and half into a microwave-safe container and microwave on high 2 minutes or until hot. Slowly add half and half to egg mixture; whisk until blended. Carefully pour egg mixture over croissants. If

necessary, lightly press croissants down to coat.

3. Zest orange to measure 2 teaspoons zest. Juice orange to measure 1/4 cup juice; set juice aside. Chop pecans. Combine remaining sugar, orange zest and pecans; sprinkle over croissants. Bake 30 to 35 minutes or until golden brown and set in center. Remove from oven to a cooling rack; let stand 10 minutes.

4. Meanwhile, combine ice cream topping, rum extract, reserved orange juice, and raisins in a microwave-safe container. Microwave on high 30 to 60 seconds or until hot; pour into serving bowl. Serve sauce over pudding.

(Metro Creative)



# Take self-isolation seriously

**In the fight against the spread  
of COVID-19, you must stay home:**

- in case of symptoms
  - after testing
  - if the test is positive
- after returning from a trip
- after being in contact with someone  
who's tested positive

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

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