

TUESDAY, AUGUST 1, 2017

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Caterpillar infestation causing havoc with foliage

Forestry specialist says no cause for alarm

By Ann Davidson

Large clusters of deciduous trees in the forests this summer are looking like they are dying off and thus causing concern for those who recognize that there is something awry, especially for the maple sugar producers. According to experts, at this point there is no cause for alarm – this is a forest tent caterpillar infestation cycle.

From a distance it looks like autumn has already arrived. The leaves of many hardwood trees look shaggy and stressed and are bearing a premature browning. Their leaves are dry and curling, partially eaten and are dropping off.

An arborist or hiker going through the hardwood forests this summer could find himself in what might feel like a live horror movie. Walking through an unavoidable scourge of creeping, writhing creatures dropping and going every which way along the silk they produce is a challenge. “They are disgusting,” cringed one anonymous arborist when describing the deluge of creatures landing on his head and shoulders, crunching under foot and even smearing the windshield of his truck while on a tree job a couple of weeks ago. I’ve

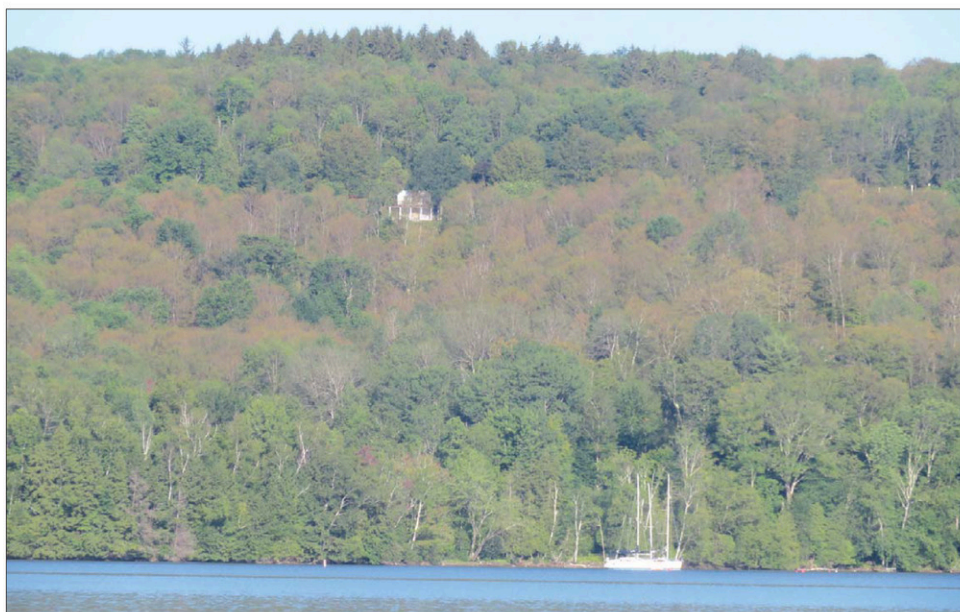
never seen them like this.”

Sutton-based forestry engineer, Justin Manasc of “For-Eco Sylviculture,” says that there is no reason to be alarmed about impending disappearance of the forest. It is a natural phenomenon. It’s cyclical and it is an indigenous situation. Most of the trees will recover and a second growth will appear in time for this year’s fall foliage. “Nesting season is almost over. This natural phenomenon usually happens every 10 to 15 years, but this summer is the worst outbreak that foresters have witnessed. If this kind of defoliation cycle repeats itself next summer, the weaker trees might not survive.”

Natural Resources Canada (NRC) cites that tree mortality has been shown to increase with the duration of sustained defoliation. “Two or more years of heavy defoliation can also result in a severe reduction in the radial growth of trees and may cause considerable branch and twig mortality,” NRC reports. “Forest tent caterpillar is one of the causes of aspen decline reported in Alberta and Ontario.”

The areas affected are mostly in the higher elevations like Glen Sutton,

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ANN DAVIDSON

Even some of the lower areas of deciduous forests such as this one in Sargent’s Bay on Lake Memphremagog have been inundated with the forest tent caterpillar infestation this summer.

Corriveau and Milne to perform in OSM series

Knowlton selected for only pre-concert

By Ann Davidson

The Montreal Symphony Orchestra (OSM) is celebrating the city’s cultural heritage in honour of Montreal’s 375th anniversary. As part of the OSM Summer Festival “Virée Classique,” Townships-based Mélisande Corriveau and Eric Milne of “Harmonies des saisons” have been invited to perform. The duo’s objective is to transport the audience back to the time of “Nouvelle France” in the early 1700s while demonstrating their diversity to play other



COURTESY

Mélisande Corriveau and Eric Milne have been invited to perform in the Montreal Symphony Orchestra series celebrating Montreal’s 375th anniversary.

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Brome County Community Bulletin Board

August 2

Sutton Legion Bingo every Wednesday at the Sutton Legion, 2 Curley St. Sutton. Jackpot of \$200 or more. Start at 6:30 p.m. Bring your friends and lucky charms. Info: 450 538-2864. Social night every Friday at the Sutton Legion. Come and play cribbage, and bridge. Donation of \$2. Come and have fun.

August 3

Coldbrook Park from 6 to 8 pm. Free!
Festive Thursdays in Lac-Brome: Giant puppets from the Dame de Cœur Theater Join us for a festive evening where the entire family is invited to participate in a manipulation workshop to create a giant puppet with the help of the acclaimed theater group La Dame de Cœur. Then bring life to the character you created in a fun musical choreography. For information in case of rain, contact us: 450-242-2020 ville.lac-brome.qc.ca/loisirs or F/LSCLB.

August 4

"Home Child," the newest play by Laura Teasdale, with Mary-Francis Kobelt and Nicolas Retson-Fournier, will be performed at St. Paul's United Church, 4929 Foster St, Waterloo on Friday, August 4 at 7 p.m. Free admission. Performance to be held outside, weather permitting (inside the church in case of rain). Come and help us celebrate our 150th anniversary! Information: 450-539-2129 or rob_ossington@hotmail.com.

August 5

Country dance with variety at Trinity Anglican Church, 409 south St. Cowansville, Saturday August 5, 7-11 p.m. Music by Jimmy Edwards Country Folks band. Door prizes, 50-50 drawing. Support the church and food bank. Donation \$8. Canteen on premises.

August 5

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

August 5

Legion 99 Cowansville 120, Davignon August 5 & 6, **garage sale.** If you would like to donate items to support the legion, call Debbie 450-263-4677 or Denise 450-263-0561.

August 5

The 2017 Flower Show presented by the Parish of St-James the Apostle, Stanbridge East – Saturday August 5 from 1–5 p.m. 19 Maple St. Stanbridge East. General admission \$10, children \$2. Exhibitors \$12, children \$2. For informa-

tion 450-248-7288.

August 6

St. James Anglican Church – Foster. We open our doors to welcome you on Sunday August 6 at 9:15 a.m. for a **service of Holy Communion**, Rev. George Campbell officiating. We are the little church on the hill, 725 Lakeside, Foster. Join us afterwards in the hall to visit over refreshments. Everyone is welcome

August 6

All you can eat brunch will be hosted at the Sutton Legion. Eggs your way (omelettes are our specialty). Donation of \$8 for adults, children 6 to 8 yrs \$4, little ones are always free. 9:30 a.m. to 12:30 p.m., everyone welcome. 2 Curly St Sutton Que. Information: 450 538-2210.

August 6

Stanbridge Ridge annual church service at the Stanbridge Ridge Stone Church will be held on Sunday, August 6 at 10 a.m. Come and join us for this hour of worship. You will be warmly welcomed by all.

August 11

From the Sun King to the Beatles! L'Harmonie des saisons presents a concert of wonderful music that was played in the intimacy of the bedroom of Louis the XIV that travelled to New France, with some songs from the Beatles. This duo recital – Mélisande Corriveau, viola da gamba and Eric Milnes, harpsichord – will present in Knowlton, on Friday August 11, 7:30 p.m. at the United Church. Tickets available at Brome Lake Books. Reservations: 450-539-1309 or 819-769-1856. Pre-sale tickets \$25, at the door \$30, students \$10, free for kids (12 and under). www.harmoniedessaisons.org.

August 12

Come hear **the Suzanne Sheridan band at the Piggery**, Saturday, August 12 at 8 p.m. Singer, songwriter, and guitar player Suzanne Sheridan and her band bring you the music of Leonard Cohen. Tickets are \$20 and available by contacting Cora Buckle at 819-837-2535 or Janet McBurney at 819-565-9716 after 6 p.m. Proceeds to benefit the Coasters, a Magog Relay for Life team.

CHURCH BULLETINS

ALL SAINTS ANGLICAN CHURCH – DUNHAM

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

ANGLICAN PARISH OF BROME

Services are at 9 a.m. First Sunday of the month – no service; second Sunday of the month – St. John the Evangelist, Brome; third Sunday of the month – Church of the Ascension, West Brome; fourth Sunday of the month – St John the Evangelist, Brome; fifth Sunday, –

Holy Trinity, Iron Hill. Canon Tim Smart, rector. Information: 450-538-8108.

BEDFORD PASTORAL CHARGE OF THE UNITED CHURCH OF CANADA

You are warmly welcomed to join us each Sunday for an uplifting spiritual experience. We welcome you and your ideas as we provide a safe place where individually we seek out a greater purpose for our lives. Every Sunday at 10 a.m. join our community in either Bedford, Stanbridge East, or Mystic. Services in Bedford and Stanbridge East are followed by coffee and snacks. The address for each church can be found on our website, bedfordpastoral.org. For more information please contact Wendy Near at the church office on Thursday and Friday from 9-11 a.m. by phone 450-248-3044 or call 450-248-2739, or by email at Bedford.pastoral@yahoo.ca.

CALVARY UNITED CHURCH SUTTON

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

COWANSVILLE COMMUNITY BAPTIST CHURCH

Cowansville Community Baptist Church meets Sundays at 11:30 a.m., 137 rue John, Cowansville. Everyone is welcome.

CREEK/WATERLOO PASTORAL CHARGE

Sunday, August 6 – worship and music: Sacrament of Holy Communion at both worship services. Creek United, 278 Brill Rd., West Bolton, service and Sunday school, at 9 a.m. St. Paul's United, 4929 Foster, Waterloo, service at 10:30 a.m. Reverend Dave Lambie, minister. For information or to leave a message call: 450-539-2129.

EMMANUEL UNITED CHURCH

Come together for a thoughtful and spiritual experience and give yourself a good start to the week. Sunday worship is at 203 rue Principale, Cowansville, at 10:30 a.m. We serve the United Church communities of Brigham, East Farnham, Farnham, and Cowansville...but really anyone can find a home here. Give it a try and sample a Sunday. Wheelchair accessible. Worship leader: Frances Jones. Church Office: 450-263-0204. Website: emmanuelcowansville.ca.

ÉGLISE CATHOLIQUE ST. ÉDOUARD CATHOLIC CHURCH

366 Knowlton Road, Knowlton. You are invited to participate in a bilingual Mass Sundays at 10:30 a.m. Christian meditation is now on Wednesday afternoons 2:30 p.m. to 3:30 p.m. (side door). The group is now bilingual and has been formed to introduce meditation to newcomers. We welcome beginners and ex-

perienced meditators. Regular attendance not required. Information call Clare at 450-243-5590.

GRACE ANGLICAN CHURCH

52 Principale sud, Sutton, welcomes everyone for Sunday services at 10:30 a.m. All welcome. Canon Tim Smart, rector. Information: 450-538-8108 or visit our website at www.gracechurchsutton.org.

GRANBY UNITED CHURCH

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

KNOWLTON-MOUNTAIN VALLEY PASTORAL CHARGE

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

ST. GEORGE'S ANGLICAN CHURCH

130 Principale, Granby, welcomes everyone for Sunday service at 11 a.m. All welcome. Bienvenue a tous. Reverend Richard Gauthier, rector. Information: 450-372-2197.

ST. PAUL'S ANGLICAN CHURCH

24 St. Paul's Road, Knowlton. St. Paul's – a dynamic, diverse community pursuing and serving Jesus in the Eastern Townships. 8 a.m. and 10 a.m. Sunday services (traditional, contemporary and modern music and format). Please check out our new website: www.stpaulsknowlton.ca. Messy Church every third Wednesday of the month from 5-7 p.m. Everyone welcome! Telephone: 450-242-2885.

TRINITY ANGLICAN CHURCH

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

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Opening of new photo montage exhibit in Sutton

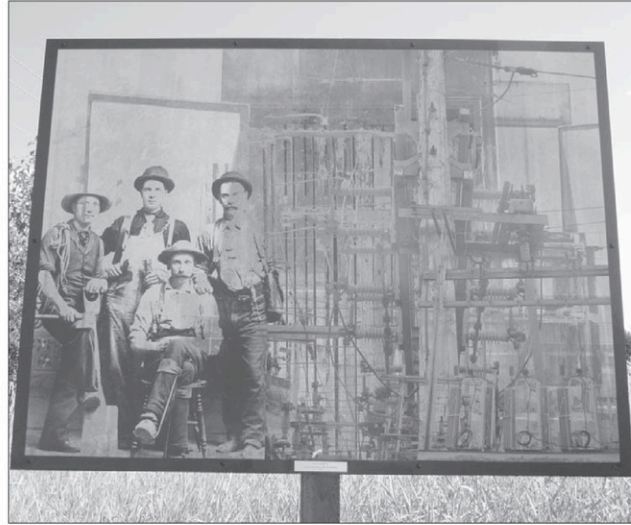
By Louise Smith

On Sunday, July 30, artist Louis Lefebvre had a celebration on the grounds of the Parc D'Arts et de Reves, to officially unveil his ten photo montages. Each photo montage is formed from a selection of photos from the Heritage Sutton archives. A plaque showing the original photos used in each piece is underneath each of his works of art.

Lefebvre had experimented with this technique using old photos from his own family collection before embarking on this project. He collaborated with Heritage Sutton and those behind the Parc D'Arts to come up with the themes for each montage and the choice of images.

Originally the project was submitted for Canada 150 funding, but it was not to be. The Town of Sutton then backed the project. Lefebvre created more than ten panels and then a final "cut" was chosen. The montages are on aluminum panels and they are projected to last at least five years. The Parc D'Arts et de Reves is located just beside the Caisse Populaire on Rue Principale in Sutton. The panels line a walk at the back of the park.

The panels will be on display for several years, but they may be taken in during the wintertime. People are asked to identify people or buildings used in the montages so that the Heritage Society of Sutton can add to their knowledge of the area. It is a fascinating way to take something from the past to make it into a contemporary work of art.



Above, this panel focuses on electricity in its early days.



Right, artist Louis Lefebvre stands in front of one of his photo montage panels. This panel focuses on the train transportation that once came to Sutton.

PHOTOS COURTESY OF LOUISE SMITH

Caterpillar infestation causing havoc with foliage

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Sutton, Glen Mountain, Bolton Pass, and the three mountains emerging on the west side of Sargent's Bay. Although Manasc says that the incidence is not so dramatic in the valleys, there are areas affected close to lake level in Sargent's Bay and at the southern base of Owl's Head on Lake Memphremagog. Reports of the problem are coming from Vermont and Eastern Ontario as well.

Manasc says that trees that are impacted by this explosion are ash, maple, birch, poplar, and flowering fruit trees. Although it could cause a temporary reduction in the sugar content of maple syrup, the forestry and tree care consultant says that volume of sap should not be affected. "For now it seems that the yellow birch in this area is most affected," he added. However, the NRC says that forest tent caterpillar outbreaks represent a model system of forest insect disturbance ecology. In addition, from a timber supply perspective, the decline caused by forest tent caterpillar defoliation could have important implications for management planning.

Identified by its, black and blue striped coat interrupted by white dots down its back, the creepy-crawler that poses no harm to humans has a voracious appetite and Manasc says that when they are in full thrust one can literally see a tree go bare overnight. "Eventually

these caterpillars die off."

The NRC says that population outbreaks of forest tent caterpillar have not been as widely studied as those of other cyclic insects. Manasc laments that the reason is primarily related to funding but he admits the relevance of the emphasis that has been put on the more exotic bugs such as the emerald ash borer attacking white ash trees and a fungus that is wiping out the butternut population, both originating from Asia. And then there is the Dutch elm disease. "These blights come from foreign countries where the natural diversity can take care of them. We here in Canada do not have the same natural checks and balancing agents for these foreign bodies attacking our forests. There is less inclination to undertake extensive research on an indigenous pest because our natural world will eventually take care of it.

"We must find a way to control them. We are currently trying to identify a resistant individual butternut so that the species does not become extinct."

According to Manasc little is known about the cause. It's possible that climate change plays into it. In Canada it appears to be more dominant in the eastern provinces than in the

Rockies. Landscape could be a factor. There is no easy way to control forest tent caterpillar infestation. "That is, nothing that would make sense. The only way in the past has been by spraying toxic chemicals but that is a dumb method because it kills all beneficial insects." He suggests that property owners apply an organic pesticide or soapy water with garlic or cayenne steeped in it, but this measure only works on a local scale. When forests are concerned this becomes an expensive alternative.

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Correction

The caption under a photo with the story, "Teasdale's 'Home Child' is taking flight" in the July 25 issue of Brome County News mistakenly identified the actress as Laura Demon. The actress is actually Frankie Kobelt of Lennoxville.

We apologize for the error.

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Happy 120th birthday, BCCHS!

Brome County Historical Society

Rain or shine, Saturday, August 5 is picnic day at the Brome County Museum! Pack your lunch and blankets or chairs and join us for a day of old-time family fun in celebration of the 120th anniversary of the founding of the Brome County Historical Society and the 50th anniversary of the founding of the Sir John Johnson Centennial Branch of the United Empire Loyalists' Association of Canada!

The day gets underway at 10 a.m. with the opening of our Brome County Museum to visitors. Laura Teasdale's play "Home Child" will be performed on the lawn (or in the Court House in case

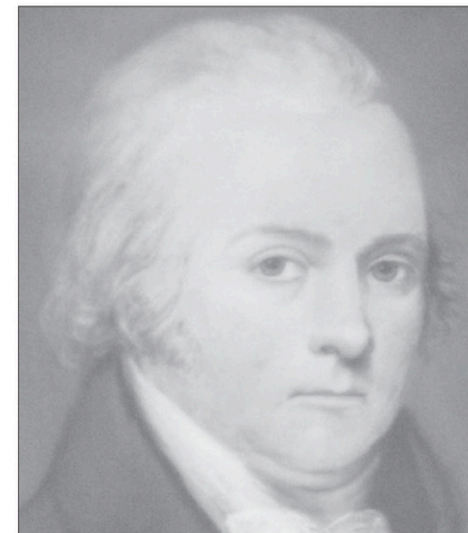
of rain) from 11 a.m. to noon and there will be horse and wagon rides courtesy of Jeff Lavigne and his team from 1 to 3 p.m.

Try your hand at a game of horse-shoes or making home-style ice cream, two favourite summer pastimes of yesteryear, and enjoy refreshments and homemade desserts courtesy of our wonderful volunteer bakers! "Confederation Coffee," the museum's signature sesquicentennial beverage, will also be served to anyone (of legal drinking age!) able to answer a trivia question about our latest special exhibit, "From Forest to Field: Brome County's Agricultural Tradition," which is on now through late September in the Centennial Building.

Museum admission is by donation on August 5 as are the events, activities, and consumables. All visitors must pass through admissions in the Centennial Building and sign our guest book in order to have access to the fun and festivities of our picnic day.

For further information about the Brome County Museum, including picnic day and our upcoming "Night at the Museum" gala fundraiser and "Adopt an Artefact" program, please call 450-243-6782 or visit us at bromemuseum.com. We are also having fun on Facebook!

Pictured, Sir John Johnson (1742-1830) for whom our local branch of the UELAC was named.



The Parish of St. James the Apostle, Stanbridge East presents its 2017 flower show

The Parish of St. James the Apostle is continuing the tradition that began in 1938 of presenting its annual flower show.

It will be held on August 5 from 1 p.m. to 5 p.m. at the Anglican Church, 19 Maple St., Stanbridge East.

Our theme this year is Canada.

As a tribute to Canada's 150 years of Confederation we have chosen to celebrate Canada's beauty and diversity with floral arrangements representing our provinces and territories.

There are categories for both adults

and children.

There will be a bake table and a white elephant table overflowing with quaint treasures of every kind.

There will be an art exhibition and sale.

Tea, sandwiches, and sweets will be served under the big top.

Door prizes donated by local artisans will be drawn.

General admission includes the tea under the big top.

For information call 450-248-7288.

BMP Ball: again a great success!

The second edition of the Grand Summer Ball of the Brome-Missisquoi-Perkins Hospital Foundation was held on July 14 at the Campanile Farm in Dunham. The fundraising event was again a wonderful success, and raised the amount of \$73,000. The funds will be dedicated to the relocation of the Oncology Clinic of the BMP Hospital.

The honorary presidents were our host André Bourbeau, philanthropist and Pierre Janecek, mayor of Dunham. For the occasion, the Bourbeau family arena was transformed into a reception hall in the style of The Great Gatsby. The

280 guests were treated to a truly magical evening.

The construction for the relocation of the Oncology Clinic on the third floor of the BMP Hospital will start this summer. Today the clinic treats annually more than 3,100 patients and performs more than 1,700 chemotherapy treatments. This reorganization will be completed early in 2018 and will provide larger and more ergonomic premises tailored to the needs of the patients. It will also provide treatment in a quiet, warm, and relaxing atmosphere.

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LETTERS

Volunteering has improved my life

DEAR EDITOR:

I have said it many times at the end of my circuit, "another day another dollar." In fact it is much more than that. In my head I am in friendly competition with the others to beat the monthly record. When I was younger and wore shorter skirts, I regularly made between \$80 and \$100. Now on a good day I am lucky to make \$60, but it isn't actually all about the money. It gives me incredible pleasure to make someone smile and often I just have to give one to get one returned.

I am a carter, bringing muffins, juice, nuts, hygiene products magazines and chocolate to sick people at the Brome Missisquoi Perkins Hospital.

For 100 years the B.M.P. Hospital Auxiliary has been making patients' visits as

pleasant as possible. The boutique in the lobby, my favourite candy cart and fundraising events during the year have raised almost 1 million dollars that have gone towards nurses' training and hospital equipment.

I have gained in self-esteem by volunteering, and improving the lives of others has given me pride. I will live longer being part of a team and exercising my brain giving change. I boost my immune system in small doses being in contact with sick people, but most of all I smile more than I used to.

If you are even a little tempted to join in the fun or see what it is like leave your name at the boutique and I can take you out for a spin.

PHYLLIS SISE
Foster

Thanks to musicians for Canada Day celebration

DEAR EDITOR:

I would like to thank Leo, Ross, Roger, Terry, Don, and Norman who joined me to entertain those attending the 150th Canada Day celebration at the Royal Canadian Legion, Waterloo. Many people have told me how much they enjoyed the music that afternoon and I

would like to pass on their kind remarks to you.

Also, Thanks to RCL Branch 11 from the opportunity to be part of this event.

JIMMY EDWARDS
Knowlton

Brome County NEWS



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Published weekly by THE RECORD

6 Mallory, Sherbrooke, QUEBEC, J1M 2E2
E-MAIL: newsroom@sherbrookerecord.com
website: www.sherbrookerecord.com

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JESSE BRYANT ADVERTISING (450) 242-1188

Established May 1991

CIRCULATION

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

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

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

Canadian Publications Mail Service Product Agreement No. 0479675.

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BCN RATES & DEADLINES COMMUNITY CALENDAR

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Bicycle wreck sends rider to hospital Sunday

By Ann Davidson

Out for a ride on their bikes at mid-day, in the splendour of real summer weather on Sunday, a group of cyclists ran into a calamity on Millington Road in Austin that resulted in minor injury to one who was transported to the Magog hospital by ambulance.

Lucky for them, no cars were involved. It was a matter of the cyclists not following the Highway Code to ride in

single file. One rider was too close to another and got his pedal caught in his friend's bike. And what followed was a toppling of a couple of riders onto the blacktop.

At mid-summer it is once again a reminder, says Paul Robitaille, director of the fire department and first responders of Austin who were first to arrive on the scene not far away from the Austin town hall, that we all have to follow the rules of the road.

He says that so many drivers are in-

censed about the number of cyclists on the road and that we have to accept the changes when it comes to the use of our infrastructure. "But everyone, whether cyclist or driver must be watchful and obey the rules of the road." He says that in this part of the Townships there are many blind hills and corners and hidden driveways. It is important to always pay attention and to anticipate what could be waiting around the next bend.



ANN DAVIDSON

The Austin first responders and paramedics assisted a cycling accident victim Sunday.

Corriveau and Milne to perform in OSM series

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genres of music.

The Juno Award winning duo says that they are thrilled to have the honour of participating in the Montreal Symphony Orchestra Summer Festival series. Permitted to perform a one-time rehearsal of their planned program, they have selected the Knowlton United Church to be the location. On August 11, local concert-goers and supporters of "Harmonies des saisons" will have the opportunity to have a taste of their August 12 show in Montreal. Corriveau says that for the Knowlton concert at 7:30 p.m. they will be performing the same program that they will use for the official concert in Montreal but have purposely added the works of Marin Marais, Michel Corrette, and some Beatles songs to "give it a grand public twist."

South Stukely resident Gary Richards is a strong supporter of "Harmonies des saisons" and says that being invited to

perform with the MSO is a great honour. "Corriveau and Milne were given the privilege of having one warmup elsewhere at least 100 kilometres off-island and they chose Knowlton. They believe that they have a strong base of concert-goers in the Lac-Brome area. And since they want to demonstrate their versatility they felt that Knowlton was a perfect match. Imagine a harpsichord and viola da gamba playing Lennon and McCartney tunes. They deliberately chose Knowlton as the place to do it. It's a match made in heaven: the diversity of Knowlton's population, the right church fit, a musical program that spans three centuries."

Corriveau describes the concert as "intimate chamber music" that was written for the court of Louis XIV. He was known for his love of the viola da gamba. During that time works of great French composers were often heard by

the settlers of New France. Corriveau explains that Claude-Thomas Dupuy, a scholar and great music lover, was stationed as intendant in New France between 1726 and 1728. It was over those two years that he spent his evenings interpreting certain music by Marais and François Couperin.

Milne on harpsichord and Corriveau on viola de gamba hope to transport their audience back to the early days of "Nouvelle France." The pieces were found in the library of Dupuy, a viola player himself, who brought the music

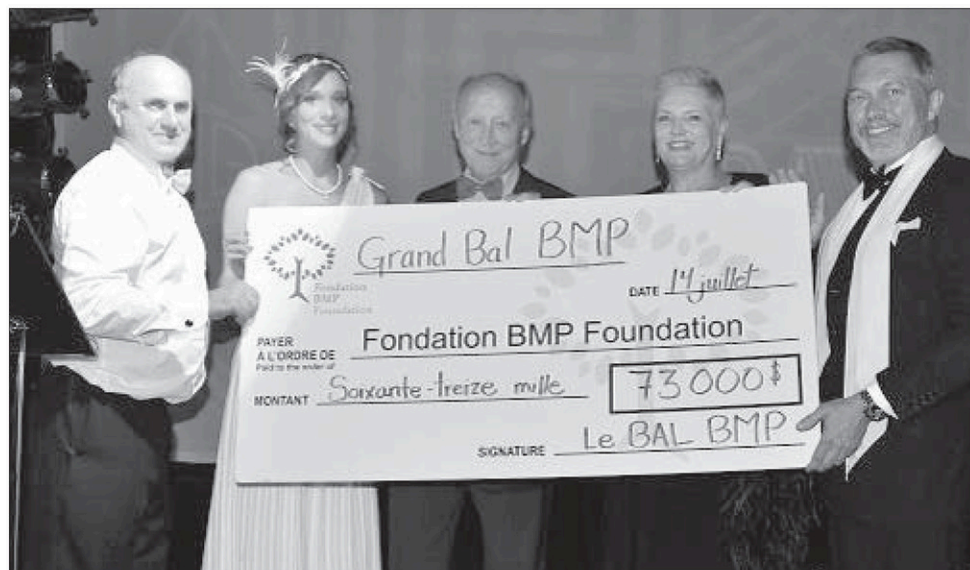
with him from France.

As sponsors of the Knowlton concert, Signy Stephenson, owner of Auberge Knowlton/Bistro Le Relais, says that they will be having a draw on August 3 for two tickets for the Montreal concert on August 12 at 11:30 a.m. in Salle Claude-Leveillé.

Tickets can be purchased at Brome Lake Books in Knowlton or Bijouterie Gervais in Granby. For more information call 450-539-1309 or email info@harmoniesdessaisons.com.

BMP Ball

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The BMP Foundation is grateful for the support of partners and sponsors who made this night possible, especially Le Service Ambulancier Farnham Inc., Assante Wealth Management, RBC Royal Bank, RBC Wealth Management, Aéroports de Montréal, Burkman Capital Corporation, LB Avocats Inc., and the Town of Dunham.

We wish to thank all our ambassadors, our donors, our partners, our extraordinary volunteers, and members of the organizing committee. The success of such an event relies on the exceptional collaboration of all involved as well as their generosity. To all, a big thank-you!





BBQ COMMUNAUTAIRE COMMUNITY BBQ

Souper Boeuf et Porc / Beef and Pork Supper

Au bénéfice de / To benefit the

l'Assoc. des Pompiers et des Premier Répondants
Brome Lake Firemen's Association & First Responders

August 5th, 2017 17h00 / 5:00pm

Terrain de l'Exposition / Brome Fair Grounds

MANNIX, CHRIS

DANSE / DANCE

20H00 / 8:00 PM

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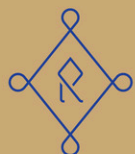
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LE RENAISSANCE
RETIREMENT RESIDENCES

The little Sutton museum that continues to grow



PHOTOS COURTESY OF LOUISE SMITH

Richard Leclair, the president of the Sutton Museum, stands in front of a piece of art created by children using paint and a bicycle.

By Louise Smith

At one end of the town of Sutton, not far from city hall, is the Sutton Museum. It has been in existence for about 30 years. It grew from the collections of Edmund J.O. Eberdt, who liked to repair and collect old radios, stereos, and all kinds of odds and ends. If parts were not available, or the repair was deemed too expensive, the articles were often donated to Eberdt's growing collection.

Eventually he turned his business into a little museum which opened in 1984. In 1998 Eberdt gave his museum collections and buildings to the town. Richard Leclair came on board in 2008 to be the curator. He took it as his mission to prepare a new exhibit each year with the material on hand or to bring in new pieces for special displays. In 2012 he became the president of the museum.

This year there is a special display on bicycle racing. In 1976 a bicycle club was formed in Sutton. They would meet in the parking lot of the post office and from there they would bicycle all over the region. In 1980 the Coupe des Ameriques race was started for cyclists aged 30 and over. It was not held each year but this year was the 24th edition

of the event. It attracts a growing number of American and Canadian riders every year.

Included in the museum's bicycle display is Lynne Bessette's gold medal from the London 2012 Summer Paralympic Games. She was the lead rider on a special bicycle for two, which had her paired with Robbi Weldon, who is blind. Together they won the Women's B Road Race. Lynne Bessette was born in Knowlton in 1975. She travels a lot promoting bicycling but she was at the opening of this exhibit.

There are panels too on Clara Hughes, the only Canadian Olympic athlete to have won medals in both Summer and Winter Olympic Games. She lived in Glen Sutton for 12 years when she was in training for the Games.

Upstairs there is an exhibit on forms of communication and there is a special section featuring Jehane Benoit, who was famous for her cooking. She was a resident in Sutton for over 30 years.

The museum is open only on weekends from 1 p.m. to 5 p.m. Admission is \$12 for a whole family, or \$5 for adults, \$4 for those 65 and over, \$4 for 12 to 17 year olds, and it is free for those under 12 years of age.



Lynne Bessette's gold medal, won jointly with Robbi Weldon in the 2012 Summer Paralympic Games, is on display in Sutton's museum.

Our School's Page

MASSEY-VANIER HIGH

MASSEY-VANIER SCHOLARSHIP, BURSARY FUND CEREMONY 2017

The annual Massey-Vanier Scholarship, Bursary Fund ceremony took place Wednesday, May 31, 2017 in the Massey-Vanier auditorium. Family, friends, and donors gathered to honour 68 graduating students. Scholarships, bursaries and prizes provided significant financial support to these students who will be pursuing post-secondary studies, either at the collegial or vocational level. Representatives from memorial funds, businesses, foundations, legions, towns, organizations, societies, service clubs, and individuals presented their respective awards to the students. The MVSBF Awards Committee is grateful to our generous donors and dedicated volunteers from our community who support our graduates each year.



Zoe Aiken



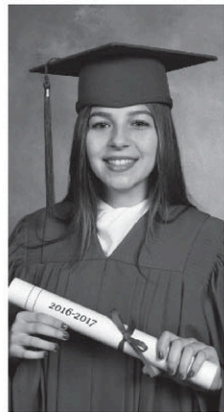
Kaitlin Arnason



Nickki Badger



Claude Beaulac



Audréann Borduas



Leeza Bouchard



Simon Bournival



Vanessa Bresee



Olivia Clark



Maria Daigneault



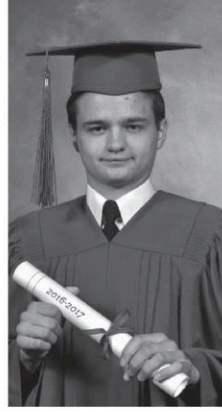
Darrell Desormeaux



Andrea Diabo



Alyssa Ditcham-Realffe



Jeremy Dohmen



Elizabeth Donovan



Abbie Dorrington



Loucas Ethier



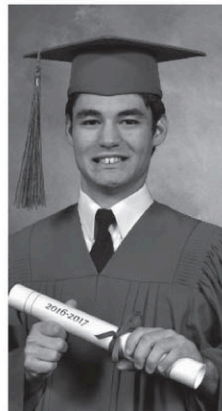
Krystèle Fontaine



Makayla Foster



Melissa Grant



Nicolas Grant



Noah Grimond



Meagan Hachey



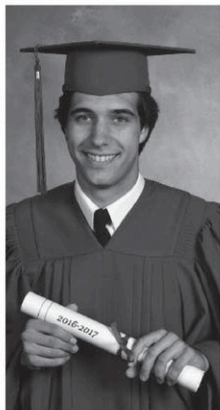
Angel Hebert



Arthur Jacques

Our School's Page

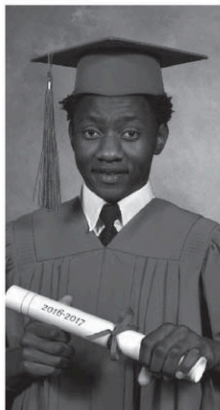
MASSEY-VANIER HIGH



Patrick Janulewicz



Gabriel Julien-Deyette



Lambert Kikundule



Kate Labonté



Catherine Laporte



Riley Lavoie



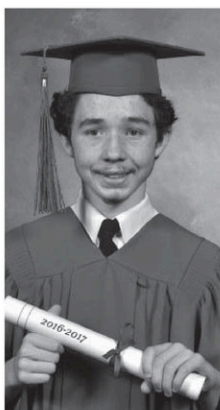
Katelynn Lawlor



Jasmine Legault



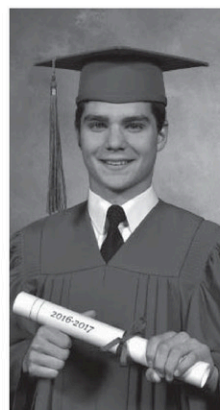
Lydia Ling-McGill



Vincent Marcoux



Sydney Mason



Timothy Michel



Caitlyn Needham



Evlyn Paquette



Marianne Paradis



Malena Perkins



Arianne Perreault



Katriona Persons



Mattina Poirier



Hannah Raymond



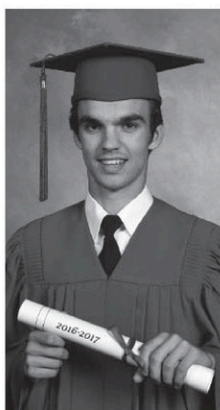
Mercedes Reynolds



Justine Romero



Maya Rowe



Christopher Royer



Stacey Roy



Tyrel Sherrer



Naomi Soule



Megan Stone

Our School's Page

MASSEY-VANIER HIGH



Myléna Tardif



Cheyenne Tinker



Kaitlyn Venneman



Marc Vermeulen



Matthew Viau



Isabelle Vincent



Kylie Westover



Abbigail Whitcher



Abie Whitehead



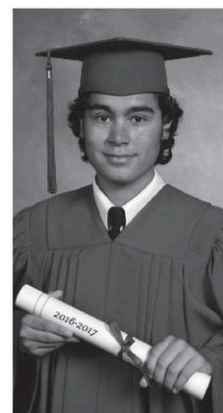
Shaun Wilson



Morgan Woodard



Connor Wright



Elicio Young-Suniga



Kieran Zelis



Taylor Zinn

Congratulations To All Of You!

Pet Of The Week — Mademoiselle

Hello! I am a lady, about 5 years old and my fur is dark, almost black, with a “frosting” of white/silver, beige, and tan hairs that make me look very shiny and glossy, and I have the prettiest eyes! The people here describe me as gentle and sweet and I do love human company and hope to find a peaceful home to live my life with a human who will not let me down.

Do I have a chance of really finding a home of my own someday? There are so many cats and kittens here at this shelter; there are so many cats and kittens at all the shelters everywhere; foster homes are full; there are so many cats and kittens in the fields and the ditches all over the place! Help us, help us please! Find a way to control out population! How? Sterilize your pets — be sure your friends

do too. Yes, it costs money so find out how to establish a low-cost sterilization clinic/van! Keep pushing — there must be a way. Fight for us — keep trying! A long, hard struggle perhaps, but you humans find ways to accomplish lots of fantastic things, so we trust you can do this for us.

Since last October my home has been at the SPCA Montérégie, 178, ch. du Vide, Ste-Angèle-de-Monnoir (exit 37 on autoroute 10).

Come and see us!

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Death

Death



Donald LULHAM (1927-2017)

Donald (Don) Arthur Lulham of Lac Brome died peacefully on July 25, 2017 at the age of 90. Don is survived by his loving wife of 62 years Patricia (Ayasse), and his caring children, Donald, Michael (Susan Dansereau), Cynthia (the late Massimo Pompili) and Caroline (Stephen Sharp); cherished grandchildren, Margaux Sharp, Cassandra Sharp and Harris Pompili, and siblings Alexander and Margaret, as well as numerous nieces and nephews. He was predeceased by his siblings Robert, Norman, Ross and Barbara. Don was born on May 16, 1927 in Longueuil, Quebec. An accomplished athlete, he won several Canadian gold medals in canoe racing. Don was a veteran of the Korean War, serving in the tank corps with Lord Strathcona's Horse, and was an active member of the Royal Canadian Legion in Longueuil. He worked at Pratt & Whitney in Longueuil, retiring after 32 years. Don was known and loved for his tremendous sense of humour, wit, and generosity of spirit. Don was cared for at home by his wife Patricia and special thanks to CLSC nurses Nicole, Isabelle and Jade for their support. In lieu of flowers, please send donations to the "Fondation BMP," and specify the Oncology Department: http://fondationbmp.ca/en/donate/. A private family service will be held at the National Field of Honour in Pointe-Claire, QC. The family will host a gathering for family and friends to celebrate his life at a later date to be announced. Condolences can be sent to www.desourdy.ca

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Card of Thanks

EVANS - I would like to thank the friends and family who attended the graveside service for Joyce Winifred Price Evans. Also a big Thank you to Valerie for the service and to Dorson and Gay for the kinds words. SAM EVANS AND FAMILY



Fig.11



> If this feels like a math test, visit mathliteracy.ca or call 1-800-303-1004.

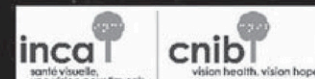
Math solves problems



“Watch me, Grandma!”



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To find out more about the role of a returning officer and how to apply, go to elections.ca and click on Employment or call 1-800-463-6868.

The online application will be available from July 28 to August 18, 2017.



Elections Canada is an independent body set up by Parliament to conduct federal elections, by-elections and referendums.



Memory training can create new pathways in the brain

Ask the doctors

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

Dear Doctor: My memory is terrible. To be honest, it always has been. I seem to spend half my time searching for my keys or wondering whether I forgot to turn off the stove and lights. Could memory training help?

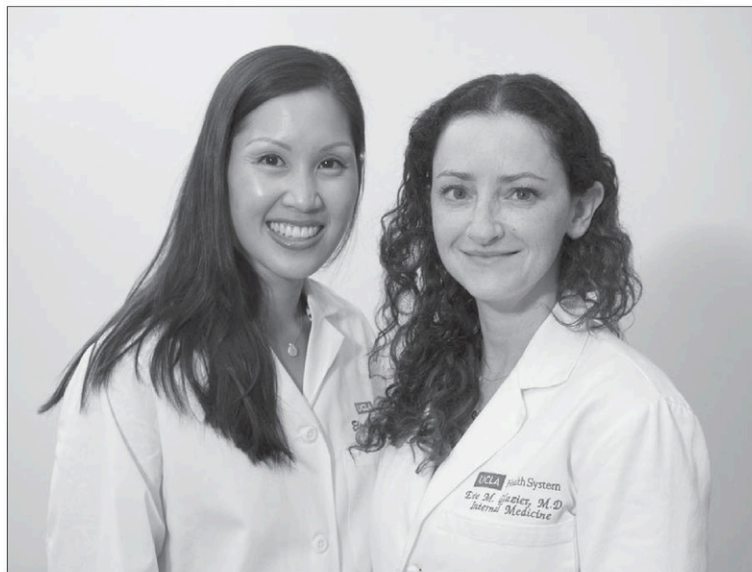
Dear Reader: Ready for a short answer that you're not likely to forget?

Yes.

As long as problems with recall do not arise from either medical or physiological issues, it is indeed possible to improve one's memory. And it's not just a matter of mastering complex systems or relying on clever tricks. An intriguing study published in the scientific journal *Neuron* shows that a certain type of memory training has a measurable and lasting effect on networks that connect different regions of our brains.

Researchers compared the brain activity of 23 top memory athletes with 23 people with no memory training at all. After just six weeks of training, scans of the brains of the amateurs began to resemble those of the memory athletes.

The training focused on a strategy known as "method of loci," also sometimes called the memory palace. The idea is that you mentally "place" things you want to remember — a person's name, where you put the phone bill, what your spouse asked you to pick up at the store — into a landscape you know really



well. Then when you picture yourself moving through that landscape, you'll encounter the items you wanted to remember.

What was striking about the study wasn't just that the amateurs significantly improved their memories. In the months after learning and adopting the method of loci technique, the new pathways created in their brains were still there.

That's all pretty high-octane stuff. But science

shows that maintaining a good memory is a whole-body endeavor, and that simple lifestyle changes can make a difference.

Here at UCLA, we have a memory program for adults with known risk factors for cognitive decline. These risk factors include being sedentary, being overweight, having diabetes or having a family history of Alzheimer's or dementia. Studies show that stress and depression can also have a hand in memory issues.

Participants in the UCLA program improve their diets and are asked to exercise regularly and work on stress reduction. They also do brain training, some of it quite similar to the regimens reported in the *Neuron* study. They make a point of memorizing the kind of information that we now relegate to our electronic devices, such as a shopping list, frequently called phone numbers, birthdays of family and friends, addresses, and one or two credit card numbers.

At the end of 12 weeks, participants reported improvements not only to their memories, but also to their moods and general sense of well-being. They enjoyed the challenges of shopping without a list and skipping the autodial feature on their phones to make calls themselves.

Perhaps a similar memory program is available in your area. And even if not, an improved diet, more exercise and basic memory practice are changes that you can incorporate into your own life.

Discover a twist on a traditional cheesecake

Try something new, with this creamy and delicious no-bake cheesecake recipe. This tropically-inspired spin on a traditional cheesecake features a richly flavoured toasted coconut crust, topped with a creamy avocado and zesty lime cream cheese blend.

"It's a gorgeous shade of lime green that contrasts beautifully with the garnish of red raspberries," says Tom Filippou, executive chef for President's Choice cooking school. "This velvety dessert has the perfect amount of texture and will leave guests stunned once they learn the key ingredient."

Avocado Lime and Coconut No-Bake Cheesecake
Makes: 12 servings

Ingredients:

- 3/4 cup (175 mL) shredded sweetened coconut
- 3/4 cup (175 mL) graham cracker crumbs
- 1/4 cup (50 mL) unsalted country churned butter, melted
- 3/4 cup (175 mL) granulated sugar
- 2 tsp (10 mL) finely grated lime zest
- 2 pkg (each 250 g) cream cheese, cubed and at room temperature



- 1 pkg (400 g) PC frozen avocado chunks, thawed
- 1/3 cup (75 mL) fresh lime juice
- 1/2 cup (125 mL) fresh raspberries

Directions:

1. Line bottom and sides of 9-inch (2.5 L) spring-

form pan with parchment paper.

2. Toast coconut in dry frying pan over low heat 5 to 7 minutes, stirring frequently until golden and fragrant. Set aside to cool.

3. Stir together coconut, graham crumbs, and butter. Press onto bottom of prepared pan. Chill 15 minutes.

4. Meanwhile, place sugar and lime zest in food processor; pulse on and off until well-mixed. Add cream cheese; process until smooth. Add avocado and lime juice; process until completely smooth.

5. Pour cream cheese mixture over crust and smooth top. Cover; chill 6 hours or until set.

6. Unclasp side of pan and remove ring. Carefully peel parchment away from side of cake. Place cheesecake on cake plate and mound berries on top. Garnish with lime slices and fresh mint, if desired.

Nutritional information per serving: Calories 360, fat 24 g, sodium 220 mg, carbohydrates 31 g, fibre 3 g, protein 6 g.

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