

Over 100
cattle perish in
Stanstead East
barn fire

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THE RECORD

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'Beginner'
mistakes that
every angler
should avoid

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TUESDAY, JUNE 1, 2021

Post- secondary schools told to prepare for an in- person fall semester

By Gordon Lambie

Danielle McCann, Quebec's Minister for Higher Education, announced Monday afternoon that so long as Quebecers aged 16-29 reach or surpass the 75 per cent vaccination goal and that the epidemiological situation is considered stable, students on post-secondary campuses will not need to be socially distanced for the fall 2021 semester.

Although she emphasized that the decision is conditional and could change or be revoked if things deteriorate, McCann said that there is a "strong chance" of a return to normal, in person classes in post-secondary institutions across the province this fall and encouraged schools and students to begin planning for that reality.

Provincial Public Health Director Dr. Horacio Arruda encouraged schools to also come up with a back-up plan, just in case.

There were 276 new cases of COVID-19 reported across the province of Quebec on Monday, bringing the total number of people infected to 370,319 and the total number of active cases down to 3,925. The number of active cases in the province has fallen by almost 1,800 since last Tuesday.

There was one new death recorded in

CONT'D ON PAGE 3

Sowing the seeds of community in Square Queen



COURTESY CLAUDE CHARRON

By Gordon Lambie

A work bee took place last Saturday to prepare new garden beds at the Square Queen public space in Lennoxville. The event drew a number of volunteers, including tenants from the Mon Shack supervised housing

resource and other members of the community.

"It was such a nice day; it was perfect," said Josée Parent, Executive Director of Mon Shack, who said that her organization was approached about getting involved by Anne-Sophie Demers, who coordinates the space

through Commerce Sherbrooke. "I thought the idea was just amazing because it is something created by, for, and with the community, which are the same values we have at Mon Shack," she shared.

The idea in question, according to

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Weather



TODAY:
MIX OF SUN
AND CLOUD

HIGH OF 21
LOW OF 10



WEDNESDAY:
SUNNY

HIGH OF 26
LOW OF 13



THURSDAY:
CLOUDY 60 PER-
CENT CHANCE
SHOWERS

HIGH OF 20
LOW OF 15



FRIDAY:
CLOUDY

HIGH OF 25
LOW OF 13



SATURDAY:
MIX OF SUN
AND CLOUD

HIGH OF 29
LOW OF 15

Piercing Infirmary – Katalina Smith



DISHPAN HANDS SHEILA QUINN

Countless Townshippers have had to pivot professionally during the pandemic. Others have taken up new hobbies and passions due to a significant change in the rhythm of their lives. In that line, a new body piercing service, opened within the Gypsy Tattoo parlour, called the Piercing Infirmary opened for business this weekend, and the owner and operator's path truly intrigued me. This weekend we exchanged on this addition to her vocational life.

SQ: Tell us about yourself – what is your family portrait and the path that brought you here?

KS: My name is Katalina Smith, I am 26 years old, fiancée to Bryan Wilson and mom of an 18 month old son. I grew up in the Eastern Townships going to school at Heroes Memorial, Massey Vanier, Champlain College Lennoxville where I studied Health Sciences (and was a VP on the Champlain Students' Association). Then onto McGill University where I studied Anatomy for one year, but switched to complete the three-year program of Bachelors of Science in Nursing - giving me the current title of Nurse Clinician. I have worked for six years as a nurse but the last three years in the emergency room in at the BMP in Cowansville and am recently starting a new full time position in home care.

SQ: What prompted this interest in piercing?

KS: I have always loved body modifications including tattoos and

piercings. I grew up with family members all having either tattoos or piercings or both. My first tattoo i was 15 years old. Currently my father in law Mike Greenwood is a tattoo artist and piercer and so I'm around the shop a lot.

SQ: What prompted the decision to embark on another career? Do you hope to do this full-time?

KS: What encouraged me to start this new adventure and go do formal training in piercing is Mike. Mike is not only the owner of Gypsy Tattoo but also my father in law. He is focusing more his attention to the art of tattooing and has been looking to find someone who could be a piercer at the shop. He mentioned it to be jokingly at first, but the more I thought about it the more I was interested. Being a nurse I am already comfortable and knowledgeable about the human body, managing infections, handling needles, being comforting to clients, touching people in all the "awkward" spots, and being sterile so it seemed like an easy transition. I do not want to do this full-time. I have every intention of maintaining my current full time job as a nurse clinician and doing this only 2-3 times a month.

SQ: What has been your pandemic experience? Starting a business now is interesting timing!

KS: Given I have a 18 month-old, I spent the first six months of this pandemic at home on maternity leave. When I went back to work in the emergency room it was an eye opener to not only "what is COVID" in terms of real life people and their symptoms but also a great relief as we had put in place proper PPE (personal protective equipment) in order to protect the staff. It is an interesting time to start something new, but i feel with everyone being obligated to stay home , many are looking to spend money and find experiences we can do during COVID, such as gardening, working out from home, going back to school online, and getting piercings.

SQ: How have you found the experience since your grand opening?

KS: My grand opening was Friday, May 22. When I announced we would do a 2 for 1 on that day the response was incredible and within 48 hours the day was booked, thus I opened a 2nd day of 2 for 1 Saturday, May 29. I cannot speak for other piercers but given i am only doing this a few times a month I wanted them to be as FULL as possible. For example just Saturday I did over 19 piercings from 9:30 a.m. to 4:00 p.m. I am set up within my father in laws tattoo shop which you may know is connected to their home, so my mother-in-law took care of her grandson/ my son the whole day, so i could pop in



PHOTOS COURTESY KATALINA SMITH

and say hi, and have lunch with him.

SQ: Who are your supporters?

KS: My supporters are definitely Mike and Beverly (her father and mother-in-law) who backed me in order to get the piercing course and helping me set up a place within their shop -Gypsy Tattoo. And of course my fiancé Bryan who helps me non-stop whether it is to set up my shop, organize tiny jewelry or getting me lunch on the day I'm working.

Friends and family have quickly liked my Facebook page and shared my content to help me. My Facebook page is called: Piercing Infirmary - Katalina Smith - obviously a nod to my nursing career.

SQ: What are your goals? Do you have many piercings yourself by the way?

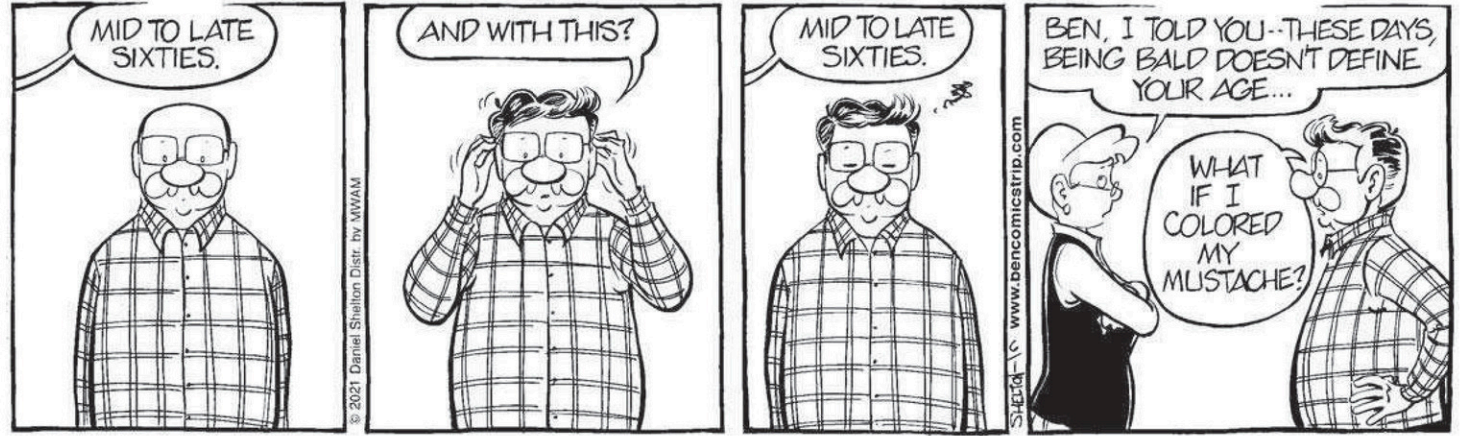
KS: My goal is to continue to be available to our community for their piercing needs whether that is to create a new piercing, change jewelry or even a contact for reliable information on healing process, signs of infection and recommendations. I know that my limited scheduled may make me unavailable to some people and that is really unfortunate but as I mentioned, my main career and full-time job is to be a nurse and I don't see that changing. As for piercings I used to have many in which I removed due to poor healing but I was young and didn't know what I know now about healing, though I do have many holes in my ears including helix and conch. Not to say that I won't get more, as working as a piercer makes me want some!

Wishing Katalina Smith best of luck with her new business.

Piercing Infirmary is located within the Gypsy Tattoo shop, located at 1495 Boulevard Jean-Jacques-Bertrand, Cowansville, Quebec. For more details, please visit her Facebook page – Piercing Infirmary – Katalina Smith.



Ben by Daniel Shelton



Local News

The fire completely destroyed the barn, killing around 140 cows trapped inside. The fire department received a phone call at roughly 2 a.m.

Over 100 cattle perish in Stanstead East barn fire

By Michael Boriero

The Régie intermunicipale de prévention et de protection incendie Memphrémagog Est sent 40 firefighters to Stanstead East early Friday morning to contain a fire that had engulfed a large cattle barn located on the grounds of Grenier Farm.

The fire completely destroyed the barn, killing around 140 cows trapped inside. The fire department received a phone call at roughly 2 a.m., according to Battalion Chief Chris Goodsell. A passerby made the call after noticing something unusual in the distance.

"The fire had been burning for quite some time before we got alerted, before anyone saw it," said Goodsell. "It's at the end of a dead end road and if you look on google maps, the dead end road is not too far from the highway."

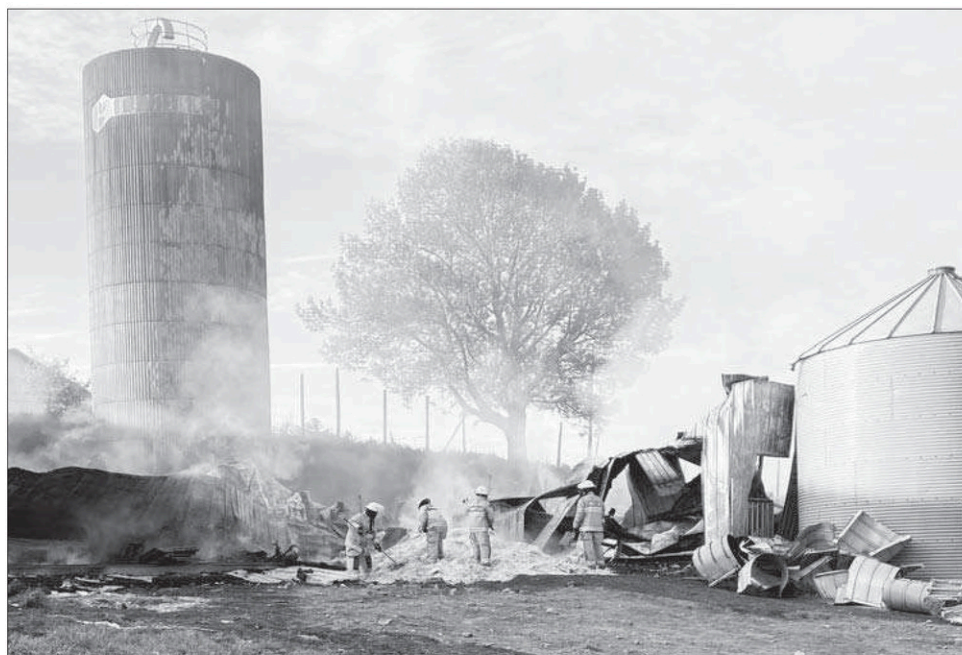
Grenier Farm is visible to motorists driving along highway 55. However,

with the curfew still in place overnight on Thursday, the roads were mostly unoccupied, Goodsell explained, which is why it took a while for someone to spot the fire.

According to the battalion chief, along with 40 firefighters from Stanstead, Stanstead Township, North Hatley and Ayer's Cliff, a group also came in from Derby Line, Vermont. The American firefighting unit brought in an extra tanker for support.

"We have a great mutual aid agreement with the Americans," Goodsell said. "We have for close to 40 years, if not more, so any time there's any type of emergency across the border, we're allowed to go back and forth."

There were 12 trucks in total at the scene, he continued, and it took roughly eight hours to contain the blaze. Goodsell told The Record that firefighters in the region prepare specifically for these types of situations, as farms are rarely located



PHOTOS COURTESY

nearby a fire hydrant.

He said firefighters also complete preventative visits in the event they need to find a water source. The firefighters used about 45,000 gallons of water to combat the burning barn, taking advantage of a pond down the road to replenish the tankers.

"In this particular call we never ran out of water once, our water source was about a kilometre up the road, there was a pond, so we were able to set up our pumps from there and fill our tankers and do what we call a tanker shuttle," said Goodsell.

While they managed to contain the spread of the fire, the barn was a total loss, entirely razed to the ground. Once the firefighters got their bearings, it was mostly a defensive operation, Goodsell added, as they pushed the fire towards the middle of the building.

"It was a very long barn, so we had to set up basically at both ends and work our way towards the middle," he said. "Our first priority when we got there was to protect exposures because there were two other buildings close by and we wanted to make sure they didn't catch."

Goodsell believes the fire started on the south side of the barn, but he is waiting for the complete investigation. He mentioned that several neighbouring farmers came over to help the Grenier family. A few cattle escaped the fire, so they needed a place to stay.

"They always help each other, there were some cattle that [survived], but they no longer have the facility to hold them, so they work together to bring them to a different location," Goodsell said.



Square Queen

CONT'D FROM PAGE 1

Parent, is for the community to tend the vegetables in the garden beds over the course of the summer and then present them to Community aid for that organization's Meals on Wheels program when it comes time to harvest.

"We need to work all together to provide the best service," Parent

said, adding that she feels that Saturday's work bee, on top of being a great example of people working together as a community, also served as a kind of healing experience for people who have felt bottled up and isolated over the course of the pandemic.

"It's time now to celebrate that

we have a place where we can see each other safely and feel like we belong to a community again," she said.

Lennoxville Borough President Claude Charron, who also took part in the project day, said that the plan is to put plants in the earth this coming Saturday.

Looking back on the work from last weekend, he expressed appreciation for all who came out to help but added an extra word of thanks for Mathieu Poisson and Jim Davidson whose excavator equipment helped save many backs from being overworked in the process of moving large amounts of earth.

In-person fall semester

CONT'D FROM PAGE 1

Monday's data, which took place between May 24 and May 29. That addition increased the total number of people who have died over the course of the pandemic to 11,128.

The number of people hospitalized decreased by two, to 362. There were 89 people in intensive care; a decrease of one compared to Sunday's data.

In the Eastern Townships there were 20 new cases reported, decreasing the number of active cases to 312. The region reported no new deaths, but the number of hospitalizations increased by three for a total of 32, two of whom are in intensive care.

Quebec reported a total of 5,583,075 doses of vaccine administered as of

Monday morning, accounting for first dose vaccination in 60.8 per cent of the provincial population and adequate vaccine coverage in 6.8 per cent.

In the Townships, 303,621 people (60.1 per cent) had received a first dose as of Monday, and 27,633 (5.5 per cent) had received a second. Across

age groups 15.4 per cent of those 12-17 in the region have been vaccinated, along with 45.3 per cent of 18-29-year-olds, 55.4 per cent of 30-39-year-olds, 68.2 per cent of 40-49-year-olds, 78.8 per cent of 50-59-year-olds, 87.3 per cent of 60-69-year-olds, and 91.9 per cent of those 70 and older.

The mood is brightening



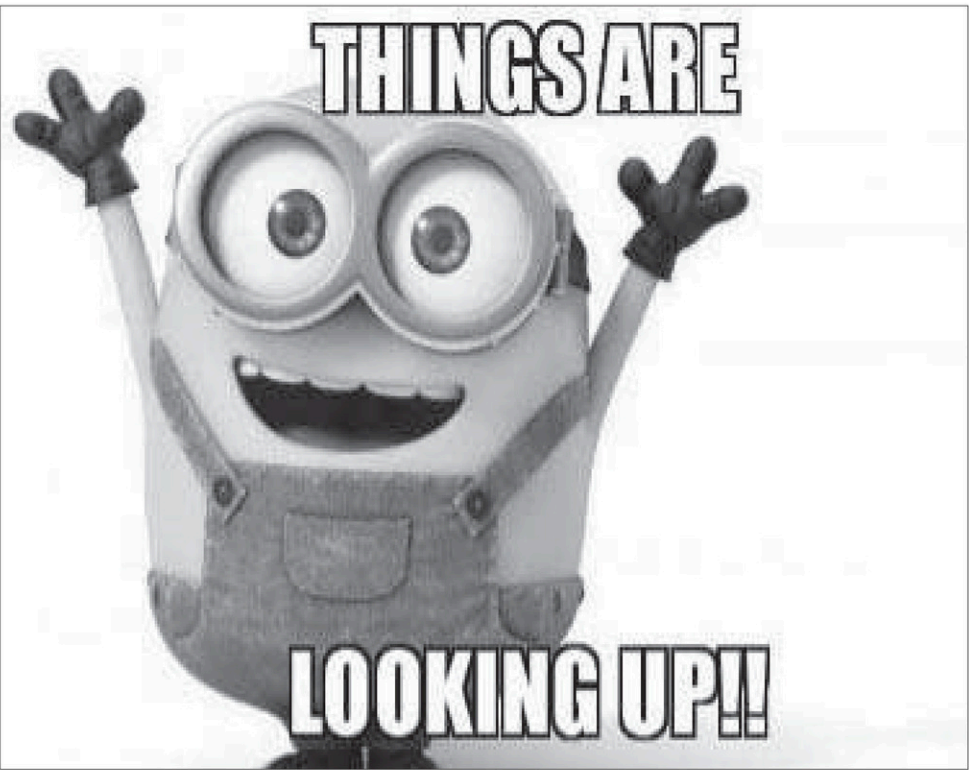
DIAN COHEN

Terraces were packed this past weekend – people are demonstrating how much we are all social animals and need to talk, touch and socialize in person. And all I hear about these past few days is getting back to the office.

Funny thing about that. From the beginning of agriculture to the Industrial Revolution and development of the office, the way we work has, is, and will continue to change over time. The office as we

know it is barely 200 years old and is unlikely to survive much longer. The changes wrought by the pandemic have been sudden and dramatic. And before I launch into a diatribe about how we'll work in the future, let's consider for a moment, the questions on the minds of many people whose entire work experience except for the last year or so has been in an office.

There is no set "re-opening" date for everyone and no one is expecting that there will be an immediate or even gradual return to a pre-pandemic schedule. Statistics Canada tells us that at the beginning of 2021, 32 per cent of Canadian employees aged 15 to 69 worked most of their hours from home, compared with only 4 per cent in 2016. Of all these new "teleworkers", 90 per cent reported being at least as productive, i.e. accomplishing at least as much work per hour at home as they did previously in their usual place of work. More than half (58 per cent) reported accomplishing about the same amount of work per hour while roughly one third (32 per cent) reported accomplishing more work



per hour. Various other surveys over the last year as well as executives and other employees I've talked to are almost unanimous that the presence of everyone who was in an office in March 2020 is no longer necessary or feasible.

People who work have not been idle about acting on their newly-articulated preferences. A sizable number have moved farther away than a commute. Four out of five told StatCan that they would like to work at least half of their hours from home once the pandemic is over. Corporate executives are now having to come up with flexible schedules that will accommodate their own beliefs that face-to-face time is valuable for collaborating and mentoring and the preferences of their employees who want to work from home.

This is a fascinating development. Bosses are having to think about what's good and inclusive and right for their employees as well as what's good for the business. They are having to dwell much more than they may have in the past on the fact that their employees are unique and valuable.

Clearly, there are occupations where such flexibility is much more difficult or even impossible – think teachers (they told StatCan they want to go back to school) and other service workers. These people have past grievances about their status on the "respect" scale of pay and working

conditions – now they hold a crucial role in how the post-pandemic return to work will play out. Is the teachers' support service workers strike the canary in the coal mine?

Lynda Gratton, professor of management practice at London Business School, says that "given the astonishing speed with which companies have adopted the technology of virtual work, and the extent to which most employees don't want to revert to past ways of working, executives are seeing a once-in-a-lifetime opportunity to reset work using a hybrid model—one that... will allow us to make our work lives more purposeful, productive, agile, and flexible."

As of right now, only one in seven people feel that they have a meaningful job. Liselotte Lyngsø, co-founder, Future Navigator believes that "the upcoming generations want to be a part of a meaningful journey. They will either want to find ways to make large sums of money in a short period of time so they can be free to enjoy other aspects of life, or they will want to be a part of a movement that creates a better world... They will decide when, how and where to work."

The mood is definitely brightening.

Dian Cohen is an economist and a founding organizer of the Massawippi Valley Health Centre.
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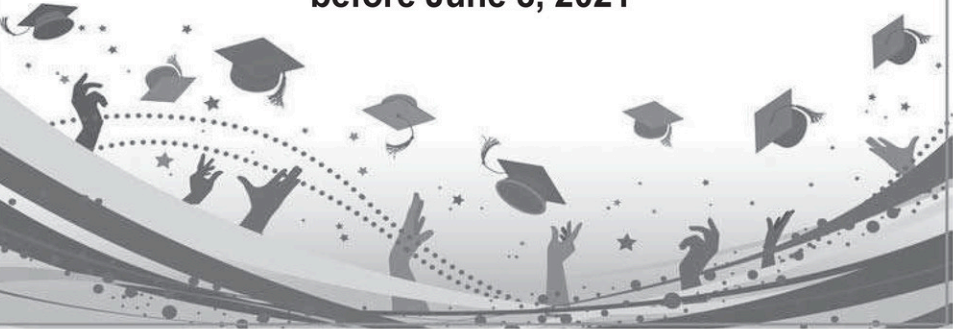


The Record will be publishing a keepsake special section for E.T.S.B. High School Graduates of 2021

The Record wants to honour the E.T.S.B. High School Graduates of 2021 with a special section on June 15.

We are inviting proud parents, grandparents, aunts, uncles, friends and neighbours to send a message of congratulations – free of charge – to be published in this section.

Email your submission, with the graduate's name and high school, to classad@sherbrookerecord.com before June 8, 2021





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Duck race brings in more than \$2,000

By Gordon Lambie

The rubber duck race to benefit Way's Mills United Church proved to be a great success over the weekend. Gathered outdoors in the sunshine, spectators watched from above as the small colourful birds dodged the rocks and shoals of the Niger River to make their way from start to finish.

"We are very happy" said organizer Nicole Poitras, noting that between the

initial sales of the ducks, donations received, and proceeds from the hot dog and plant sales that took place as a part of the event, the fundraiser managed to raise well over \$2,000.

According to Poitras, it was a duck purchased by Chanelle Coates that crossed the line in first place netting her \$500 that the winner was apparently going to use to help offset the recent purchase of an electric car. Poitras herself won the second-place prize of \$300 and Serge Merineau and Anne Leydet came in third, netting \$200. The organizer said that she isn't doing anything special with the money except paying off some of the expenses she incurred getting the event together, and also buying more ducks for next year. As for the third-place pair, Poitras pointed out that as they paid for 11 of the \$20 ducks, they actually ended up in the same financial situation as if they had bought one duck and not placed.

Although a few of the ducks eventually had to be rescued due to the relatively low water level, almost all of them eventually made their way down to the finish line, which bodes well for the possibility of repeating the event.



The 3rd place duck



GORDON LAMBIE

Sherbrooke resident completes double marathon for multiple sclerosis

By Michael Boriero

Fernand Courchesne completed another gruelling challenge on Sunday, running a double marathon to raise awareness, and donations, for the Multiple Sclerosis Society of Canada.

The Sherbrooke resident, and health services auxiliary in Magog, started his double marathon at 6:15 a.m. and finished at roughly 9:15 p.m. He told The Record that it was about 10 hours of actual running and walking, but he tacked on an extra five hours for rest and food.

"It went well, the first 45 km was relatively easy, but I did 84 km in total, which is the equivalent of a double marathon, and it was difficult, especially in my legs," he said. "I slowed down a lot near the end, I started walking more than I was running, but

I still completed my goal."

Courchesne has been on a life changing journey over the past two years, shedding weight, getting active, and using his new-found love for running to raise money for various causes. Last year, he ran up and down Mont Orford for more than 30 hours.

He was raising money to purchase an adapted wheelchair called a Kartus. Courchesne works with people who have limited mobility, and he wanted to give back in a way that would allow them to experience an outdoor activity.

The Sunday double marathon took place on World Multiple Sclerosis Day. What made his event unique is he had six volunteers throughout the day sitting in a Kartus. He pushed each of them for an 11.5 kilometre loop around Lac des Nations.

He completed eight loops in total. According to Courchesne, Sherbrooke MP Élisabeth Brière joined him for one full loop during the day. Geneviève Brisebois, a woman living with MS, also participated in the event. She ran alongside Courchesne for roughly 23 kilometres.

It was her longest run since receiving her diagnosis, he said. Courchesne had a lot of time to prepare for the double marathon, but he needed to reflect on his past achievement in Orford. Although he finished that challenge, Courchesne injured himself along the way.

"I prepared a lot this year and the difference was I had more experience with avoiding injuries," said Courchesne. "I got injured in the past,



COURTESY FERNAND COURCHESNE

Sherbrooke Member of Parliament Élisabeth Brière (left) was one of the participants who did an 11.5km loop around Lac des Nations on Sunday in a Kartus pushed by Fernand Courchesne as part of a fundraiser for the Multiple Sclerosis Society of Canada. She is seen here with Courchesne (centre), Cindy Trottier, director of the Estrie branch of the MS society (Right), and Céline Dion, another fundraiser participant seated in the Kartus.

but not this year, that's why I slowed down my pace the last 20 km, and especially the final four kilometres."

He plans to re-do his Orford challenge, which was also dubbed the Everest challenge, in September. However, he is still ironing out the details, as he plans to run and hike for more than 50 hours. This time around, though, his sole focus was for people battling MS.

His goal was to raise \$3,000 in

the month leading up the double marathon. He has raised just over \$2,300 for the Multiple Sclerosis Society of Canada to date. But people can still donate, he explained, they have until the end of June.

Anyone who would like to donate to Fernand Courchesne's campaign and to the Multiple Sclerosis Society visit the MS walk website and find Courchesne's fundraiser, listed in the Estrie region.



EDITORIAL

To those familiar with the constitutional wars of the 1980s and 1990s, this cuts awfully close to the “distinct society clause.” It was at the heart of the failed Meech Lake Accord, which didn’t obtain the required unanimous provincial consent.

What’s behind Québec’s latest, and largely superficial, constitutional gambit

By Andrew McDougall
Assistant Professor, Politics,
University of Toronto

Québec Premier François Legault recently shocked the Canadian legal community when he unveiled his new proposed Bill 96 on protecting the French language in Québec. Among other proposals, Legault announced the province plans to move forward with a constitutional change to the Constitution Act of 1867, with two clauses:

- Québecers form a nation.
- French will be the only official language of Québec. It is also the common language of the Québec nation.

His basis for proposing these changes was to change Québec’s own provincial constitution, which can be altered with the so-called “unilateral” amending formula in Sec. 45 of the Constitution Act of 1982.

The idea appears to have come from Patrick Taillon, a professor of constitutional and administrative law at Université Laval, who made the proposal earlier this year.

To those familiar with the constitutional wars of the 1980s and 1990s, this cuts awfully close to the “distinct society clause.” It was at the heart of the failed Meech Lake Accord, which didn’t obtain the required unanimous provincial consent.

Fears of another constitutional crisis now loom. Despite this, there is probably less to Legault’s gamble than first appears.

Here are some answers to commonly asked questions about Legault’s move:

Can Québec act unilaterally?
With the usual caveats that experts

will always disagree and no one can predict what the courts will do, the answer is almost certainly no. As many commentators have already noted, these changes go beyond what the Constitution’s unilateral amending formula allows Québec to do.

The clauses don’t pertain to the internal constitution of the Québec state, but would make a change to the constitutionally recognized nation of Canada and otherwise affect guarantees for official languages. Making these changes would likely require, at a minimum, the use of the Constitution’s 7/50 amending formula for the first proposed clause, and the consent of Ottawa for the second. The bilateral amending formula, incidentally, was how New Brunswick entrenched its bilingualism in the early 1980s.

And yet Québec’s unilateral move has, after some silence, been accepted by the federal government and all of the federal parties as within Québec’s jurisdiction. When the House of Commons faced a Bloc Québécois motion supporting Legault’s move, only Independent MP Jody Wilson-Raybould objected. There appears to be no provincial opposition.

So is that the end of the story?
Again, no. Legault’s proposal is likely to fail in the courts if the proper procedures are not followed. Nor could the argument be made that the rest of the country has already “consented” via news conference.

This kind of change to the written Constitution would require a legislative act. Notably, Ottawa has accepted a unilateral move by Québec to do this, but hasn’t said it would consent to the change if consent is



eventually required.
But Legault is probably not trying to trigger a constitutional crisis. He’s trying to avoid one.

He’s still the Québec premier. Being seen as tough when it comes to French language rights is central to his job. And don’t forget he’s up for re-election next year. His unilateral move has effectively let the rest of the country off the hook and avoided a major political collision. By merely asserting his right to do it, Legault has signalled he’s not interested in involving anyone else in Canada.

Prime Minister Justin Trudeau’s nod to his claim leaves this discussion for another day. For now, Legault can claim victory and move on to other topics that are bigger priorities. If Legault had really wanted to trigger a constitutional crisis, he would have asked for a constitutional conference with Ottawa and the rest of the country. There is no appetite for that.

Keep in mind the context of Legault’s proposals. They were announced in the middle of the COVID-19 pandemic. There was a curfew in Québec, and these proposals were made less

than a week before Legault was due to announce the reopening of the province. The minds of the public are very much elsewhere.

Then why do it at all?
Legault is responsible for assuring Québecers about the linguistic security of French in Québec and standing up for his province. But it’s easy to forget that Legault is also a former PQ minister who swore off ever holding another referendum.

He’s come a long way on federalism, but he needs to find balance. This proposal has been characterized in Québec as Legault finding a middle ground between federalist and separatist voters.

What’s to lose? If Legault has read Québec voters correctly, he’ll be a political hero. But if — or when — this dies in the courts, there will be no other politician or other level of government to blame. And that keeps a lid on constitutional politics. For better or worse, the rest of the country appears more than willing to play along with Legault’s game.

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‘Beginner’ mistakes that every angler should avoid

Part 1 of 2



ON THE HOOK

ANDREW HOWARTH

For much of eastern Canada, May and June coincide with the first inklings of summer, as well as the opening of fishing seasons for well-known species like bass, pike, and walleye. Anglers who associate fishing with more generic activities like boating and cottaging normally ‘dust off’ or purchase fishing gear at this time, but they make some predictable mistakes when doing so. Avoiding these pitfalls will thoroughly improve your fishing experience this summer.

Around this time last year, many of us were emerging cautiously from our pandemic hideaways, hoping to recreate safely in an outdoor setting. Perhaps unsurprisingly, fishing license sales and participation increased in many regions last spring and summer—a trend which has been somewhat persistent. As an avid supporter of recreational fishing, this excites me, but I also worry about the beginners who will inevitably be disheartened by learning pains and unsuccess. Having worked in a variety of fishing and outdoor stores for more than a decade, I’m aware of the ill-informed purchases and first forays into fishing that result from not receiving proper instruction. Hopefully, I can help some of you avoid these.

‘Beginner’ mistakes begin at the tackle shop. Actually, these mistakes occur most frequently at big box stores. If possible, avoid purchasing your first rod and reel ‘combo’ from stores from stores that don’t specialize in fishing. The best starting place for a beginner is a small store where you’re most likely to receive high-quality, tailored advice. This will be your first and highest

priority, and it is worth any minor inconvenience. When in doubt, simply direct your questions to the tackle shop employee! This saves time and money, while preserving your mental and physical health.

Next, avoid purchasing beginner ‘kits.’ These are rarely and/or minimally functional, and contain gear that is all but useless. Instead, purchase a medium-light action spinning rod, and an open-face spinning reel. Ask the shop owners—or, in their absence, a more experienced angler—to recommend a reliable rod and reel that are at least one tier above the ‘beginner kit.’ Combos in this tier are significantly more functional, and, in my experience, sell almost instantly on Kijiji after a 30 per cent discount is applied. Used beginner kits are more difficult to sell, and will cost you more time, storage space, and money if you decide that fishing isn’t your thing.

It’s also important to accept that your first rod and reel won’t ‘work for everything.’ This isn’t the goal, and—despite what you may think—is neither realistic or important. Novice anglers are like novice golfers: the first step is learning to swing a club, and this requires only a five iron. A medium-light spinning rod and reel are the five iron of freshwater fishing tackle, and provide maximal function and flexibility—no pun intended. Next, purchase high-quality monofilament fishing line in 8-10 lb test, and, if possible, have the shop workers or a more experienced angler spool it for you. Watch closely, and take mental or written notes.

Other equipment such as terminal tackle, lures, and bait are also best purchased with a shop worker or experienced angler’s recommendation and blessing. Chances are, if a lure is first marketed in an infomercial, it’s a gimmick and a waste of money. Time-tested and proven tackle may not be eye-catching to a novice angler, but the opposite is true for fish. Find out what tackle is effective and relatively easy for a beginner to use, given your spectrum of potential target species. A lure or bait is only effective if the angler can utilize it effectively! As a general rule, bad tackle is made to catch customers, whereas good tackle is made to catch fish. To be continued...

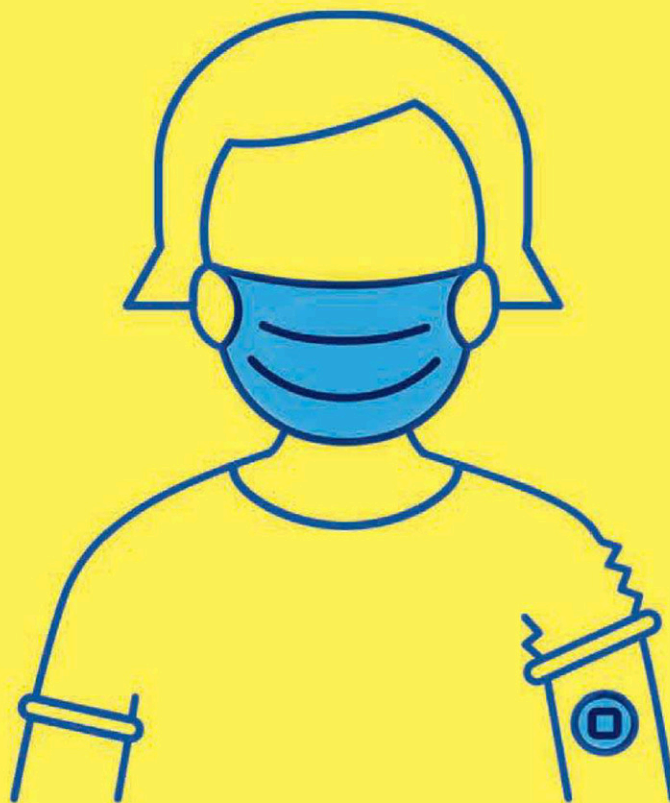


ANDREW HOWARTH

Bass, pike, and other popular warm water species have a reputation for being relatively ‘easy’ to catch. This may be true, but only if you can avoid making a suite of ‘rookie’ mistakes.

Even once vaccinated, you still need to protect yourself.

Let’s work together to keep respecting health measures so we can protect each other.



Follow all the health guidelines.
All the time. No exceptions.



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

Votre gouvernement

Québec

Herd immunity requires larger number of vaccinations



ASK THE DOCTORS by Eve Glazier, M.D., and Elizabeth Ko, M.D.

Dear Doctor: Ever since the pandemic started, people have been talking about “herd immunity” and how they see it happening. Sometimes it doesn’t even seem like they’re talking about the same idea. What is herd immunity? Has it ever happened? Will we reach it with the novel coronavirus?

Dear Reader: Herd immunity is the protective effect that occurs when enough of a population is

resistant to a contagious disease that it becomes difficult for the infection to spread. This widespread immunity helps protect those who remain vulnerable to infection, such as infants and children too young to get the vaccine, as well as adults who may be immunocompromised.

The protective effect of herd immunity is usually arrived at via the process of vaccination. Perhaps the most successful example is smallpox, a contagious and disfiguring disease that once killed one-third of those who became infected. Another great example is polio, which was once one of the most-feared illnesses in the U.S. Caused by the poliovirus, it’s a life-threatening disease that left at least 15,000 people paralyzed each year, many of them children.

Herd immunity to both smallpox and polio was reached through nationwide – and worldwide – vaccination campaigns. The last natural outbreak of smallpox in the United States occurred in 1949, and the disease was declared eradicated worldwide in 1980. No cases of polio have originated in the U.S. since 1979. However, the disease is still a threat in some countries, which

is why the polio vaccine continues to be recommended. While it’s theoretically possible to reach herd immunity through antibodies conferred when enough people have become sick and recovered from a disease, this takes a steep toll in terms of illness, suffering and lives lost.

When it comes to reaching herd immunity to the coronavirus that causes COVID-19, we face several complications. One is the fact that the contagiousness of a virus impacts the percentage of the population that must become resistant to it in order to stop its spread. It was originally hoped that immunity to the coronavirus by 60% to 70% of the population would be sufficient. However, the continued emergence of highly contagious variants of the virus has raised that estimate to at least 80%, and perhaps higher. This makes both the pace and the scope of vaccination programs all the more important.

Unfortunately, due to uneven vaccination availability worldwide – and persistent vaccine hesitancy – that goal isn’t being met. Half of all adults in the U.S. have now received at least one dose of a vaccine, but those

rates have begun to slip. Also, some people are skipping the second dose of the two-dose regimen. Rather than herd immunity, we’re faced with the prospect of COVID-19 becoming a manageable illness.

Thanks to the vaccinations that have taken place, as well as advances in treatment of active disease, we can expect future outbreaks of COVID-19 to be smaller and less deadly, according to officials from the Centers for Disease Control and Prevention. And as vaccine development and vaccination campaigns continue, herd immunity sometime in the future remains a possibility.

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

Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10880 Wilshire Blvd., Suite 1450, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.

Datebook

TUESDAY, JUNE 1, 2021

Today is the 152nd day of 2021 and the 74th day of spring.

TODAY’S HISTORY: In 1792, Kentucky was admitted as the 15th U.S. state.

In 1796, Tennessee was admitted as the 16th U.S. state.

In 1980, the Cable News Network (CNN) began broadcasting.

In 1990, President George H.W. Bush and Soviet President Mikhail Gorbachev signed an accord to halt production of chemical weapons.

In 2009, General Motors Co. filed for Chapter 11 bankruptcy.

TODAY’S BIRTHDAYS: Brigham Young (1801-1877), religious leader; Andy Griffith (1926-2012), actor; Marilyn Monroe (1926-1962), actress; Pat Boone (1934-), singer-songwriter; Morgan Freeman (1937-), actor; Brian Cox (1946-), actor; Jonathan Pryce (1947-), actor; Ronnie Wood (1947-), guitarist; Powers Boothe (1948-2017), actor; Heidi Klum (1973-), model/TV personality; Alanis Morissette (1974-), singer-songwriter; Amy Schumer (1981-), actress/comedian; Justine

Henin (1982-), tennis player; Tom Holland (1996-), actor.

TODAY’S FACT: The Beatles’ “Sgt. Pepper’s Lonely Hearts Club Band,” released on this day in 1967, was the first rock album to win a Grammy Award for Album of the Year.

TODAY’S SPORTS: In 1925, Lou Gehrig pinch-hit for the New York Yankees, marking the first game in Gehrig’s record-setting streak of 2,130 consecutive games played.

TODAY’S QUOTE: “I wish people could achieve what they think would bring them happiness in order for them to realize that that’s not really what happiness is.” – Alanis Morissette

TODAY’S NUMBER: 1 – position held by “Sgt. Pepper’s Lonely Hearts Club Band” on Rolling Stone’s “500 Greatest Albums of All Time” list, released in 2003 and revised in 2012.

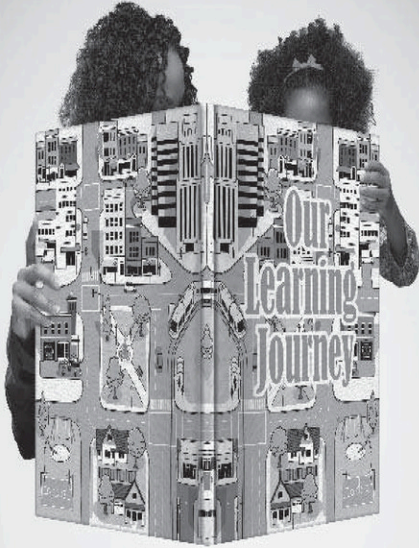
TODAY’S MOON: Between full moon (May 26) and last quarter moon (June 2).

Do Just One Thing



By Danny Seo

If you are repotting a household plant, can you reuse last year’s soil from your outdoor window boxes and garden pots? The answer is no, unless you are absolutely certain that the soil is free of any disease. Since it can be impossible to tell, the best way to reuse potting soil is to sprinkle it in the yard, where the sun has a chance to “bake” it, killing any disease as the soil eventually blends right into the ground.



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NEA Crossword Puzzle

ACROSS

1 — Mont-gomery of jazz

4 Social position

8 Short-spoken

12 Playing card

13 Colleen’s home

14 Garden bloom

15 Keogh relative

16 Tow

17 Shoe part

18 Virginia caverns

20 Certain distances

21 Tuneful

25 Chess player’s shout

28 Rolling — — (rich)

29 Ultimate degree

32 Takes advantage of

33 Max opposite

34 Debtor’s note

35 So-so grade

36 “— appetit!”

37 Veld grazers

38 Smoke-house hanger

39 Mr. Roddenberry

40 Word of honor

41 Cobble together (hyph.)

43 Eminent

46 Put out a fire

50 Feels crummy

51 First aid plant

54 Balance sheet guru

55 Norwegian port

56 Prefix for “trillion”

57 Musical notes

58 Not fatty

59 Fat fiddle

60 “But is it —?”

DOWN

1 Mournful cry

2 Tan shade

3 Singe

4 Change colors

5 Ventilate

6 D.C. gun lobby

7 Nail container

Answer to Previous Puzzle

W	A	X			A	R	F			D	A	N	
A	R	E			C	L	A	I	M	O	B	I	
R	A	N			A	L	I	B	I	S	U	P	
	B	A	T	T	E	D		D	I	E	T	S	
			H	E	N			J	I	M			
F	A	K	I	R			G	A	S	P	I	N	G
I	V	A	N			A	R	C			S	O	L
J	E	T				W	O	K		B	A	D	E
I	C	E	B	E	R	G			P	A	Y	E	E
			A	M	Y			R	U	B			
J	E	S	S	E			M	U	S	E	U	M	
O	R	E			N	E	I	G	H		N	I	B
S	I	L			D	E	R	B	Y		D	E	E
E	E	L				K	E	Y			O	N	A

8 Kind of duty

9 Caspian Sea

10 Frosty tributary

11 Kitchen meas.

19 Iowa town

20 Cal Tech rival

22 Supple

23 Like a bialy

24 Banquet

25 Large amount

26 Underway

27 Swarm with

29 1492

30 Talk up

31 Sudden silence

37 Disco dancer (hyph.)

39 Kind of instinct

41 Golden Fleece thief

42 Just perfect

43 Liverpool poky

44 Stand up

45 Jazzy Fitzgerald

47 Home of the Bruins

48 Box a bit

49 Sunrise direction

51 Dune buggy kin

52 Grass skirt accessory

53 Spanish gold

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
18				19				20				
			21		22	23	24					
25	26	27			28				29	30	31	
32					33				34			
35					36				37			
38				39					40			
			41					42				
43	44	45						46		47	48	49
50					51	52	53			54		
55					56					57		
58					59					60		

TUESDAY, JUNE 1, 2021

Your Birthday

Show discipline, follow through with your plans, and refuse to let overindulgence and overreaction take control. It’s up to you to make the most out of what you have to work with if you want to excel this year. If you work hard, you will end up reaping the rewards. Romance and commitment are favored.

GEMINI (May 21-June 20) – Observation will help you avoid a sticky situation. Knowledge is key when it comes to getting ahead and making a good impression. Don’t expect anything from others, and promise only what’s possible.

CANCER (June 21-July 22) – Take a chance and try something you’ve never done. Explore avenues that allow you to use your imagination, and let your creativity flow. A change may be frightening, but it will turn out well.

LEO (July 23-Aug. 22) – Hang on to your cash. A spending spree won’t make you feel better. Do your best to save for something that will benefit you mentally, physically, emotionally or financially.

VIRGO (Aug. 23-Sept. 22) – Make a change, but before you do, make sure you aren’t disrupting someone’s life or emotional well-being. Honesty, integrity and concern for others will help you gain approval and assistance.

LIBRA (Sept. 23-Oct. 23) – You’ll learn plenty if you sit back and observe. Moderation will be the key to success. Focus on education, personal growth and getting along with others. Everything will fall into place.

SCORPIO (Oct. 24-Nov. 22) – Take more

time to make your home comfortable. Decluttering your space will make it easier to head in a positive direction. A move may seem impossible, but you’ll eventually make it.

SAGITTARIUS (Nov. 23-Dec. 21) – Think twice before you share your thoughts and opinions with others. Someone will use your openness to interfere with your plans. A partnership will need an adjustment.

CAPRICORN (Dec. 22-Jan. 19) – Don’t be fooled by what others say or do. An offer may sound amazing, but will be lacking in the end. Bide your time; focus on personal changes that will make your life easier.

AQUARIUS (Jan. 20-Feb. 19) – Don’t limit what you can do. Seize the moment, take advantage of what’s available to you and express your feelings and plans to those who will be affected by your decisions. Romance is favored.

PISCES (Feb. 20-March 20) – Get the lowdown before you approach someone who isn’t likely to share your enthusiasm, opinions or goals. A problem at home will escalate if you try to hide information.

ARIES (March 21-April 19) – You’ll receive important information from a friendly conversation. Take the high road if someone says something unkind. Patience will pay off and help you get your way in the end.

TAURUS (April 20-May 20) – Set your sights on what and who can help you get ahead. Show compassion and understanding; you’ll get exactly what you want. An unexpected professional or financial change will pay off.

TUESDAY, JUNE 1, 2021

Do you ruff low, middle or high?

By Phillip Alder

Patrick Young, a Scottish scholar and librarian who died in 1652, wrote, “The trouble with weather forecasting is that it’s right too often for us to ignore it and wrong too often for us to rely on it.”

The trouble with advice in bridge books and newspaper columns is that it is right almost all of the time, but there are always exceptions to the rules, which is why bridge has retained its popularity.

For example, sometimes in a trump contract, your initial problem isn’t when to draw trumps but how to use a trump to try to stop an opponent from winning a trick unnecessarily. In today’s deal, South is in four spades after West in the auction showed a six-card diamond suit.

West leads the diamond ace: three, four, six. West cashes the diamond king: eight, queen, nine. West continues with the diamond jack. Should declarer ruff low or high on the board?

Note that East does not play high-low with queen-low doubleton. To drop the queen under partner’s ace shows either a singleton queen or (much more likely) the queen and the jack.

Yes, that was a dirty-trick question! If

North06-01-21

♠ K 7 6 4

♥ A K 5 2

♦ 8 3

♣ A 4 3

West

♠ 9

♥ 6 4

♦ A K J 7 5 2

♣ 9 8 6 5

East

♠ J 10 8

♥ Q J 10 9 7

♦ Q 4

♣ Q J 10

South

♠ A Q 5 3 2

♥ 8 3

♦ 10 9 6

♣ K 7 2

Dealer: West

Vulnerable: Both

South	West	North	East
	2♦	Dbl.	Pass
3♠	Pass	4♠	All Pass

Opening lead: ♦ A

CELEBRITY CIPHER

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ XSYM J LBTUB XUJBJMK LZMKL
TMF JB BIUML JMBZ TM ZPYUDC
OYD TOZUYF JMBYDDYVBTD RUZVYLL,
J HILB BSUZX JB ZIB.”
— TDTMJL NZUJLLYBBY

Previous Solution: “Freedom makes a huge requirement of every human being. With freedom comes responsibility.” — Eleanor Roosevelt

TODAY'S CLUE: A equals P

REALITY CHECK

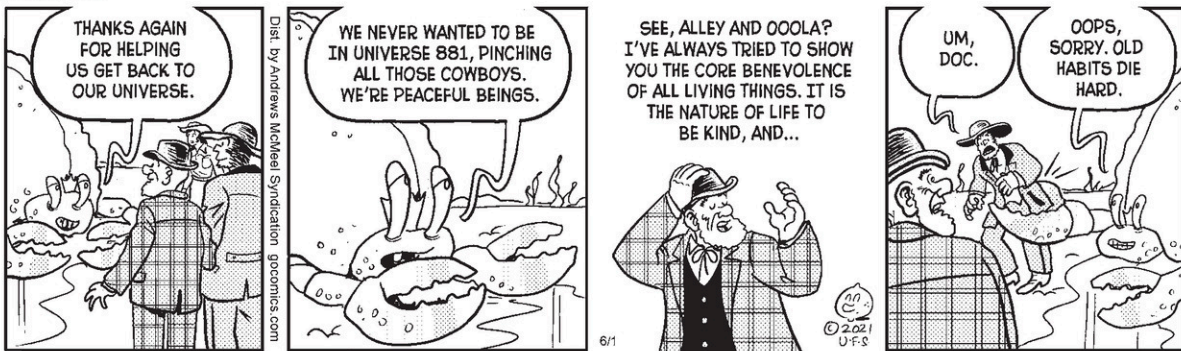


HERMAN



“Salesman of the week gets to go to Hawaii.”

ALLEY OOP



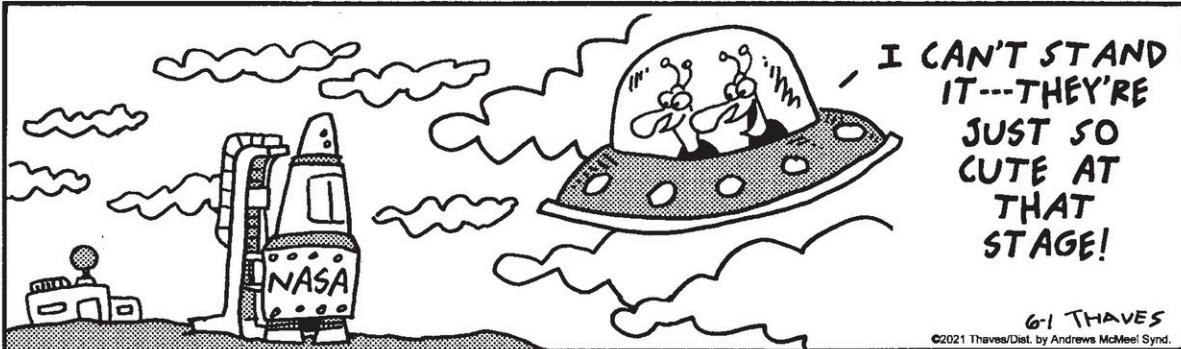
ARLO & JANIS



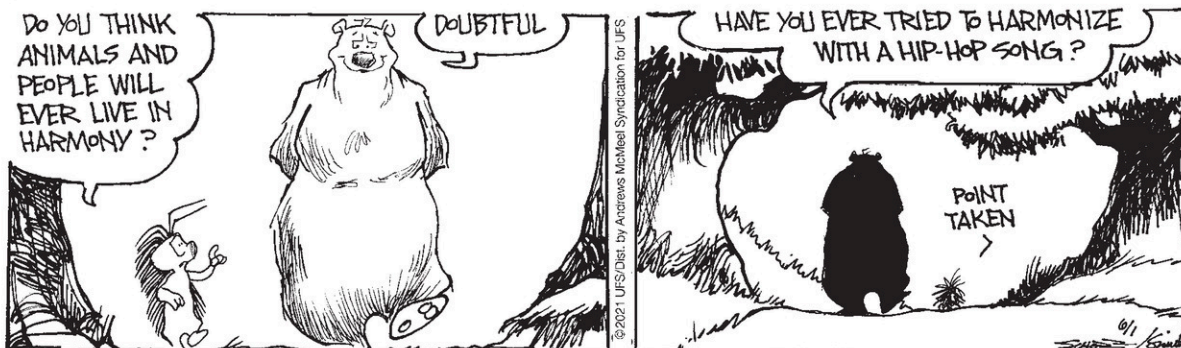
THE BORN LOSER



FRANK AND ERNEST



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DIFFICULTY RATING: ★☆☆☆☆

		9	6	5		3		
3				2		9	5	
	2	8		9			4	6
9	3	4	1				8	5
		5	9		4	1		
6	1				5	4	7	9
2	5			4		8	9	
	6	3		8				7
		7		1	3	2		

6/1

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PREVIOUS SOLUTION

8	2	3	9	6	4	1	5	7
6	1	4	2	5	7	3	9	8
7	5	9	3	1	8	4	2	6
5	4	1	6	2	3	8	7	9
2	6	7	4	8	9	5	1	3
3	9	8	5	7	1	2	6	4
9	8	2	7	4	5	6	3	1
4	3	5	1	9	6	7	8	2
1	7	6	8	3	2	9	4	5

HOW TO PLAY:

Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

Unfriended by my husband

Dear Annie

TUESDAY, JUNE 1, 2021

Dear Annie: My husband and I met in high school and have been married for 23 years. Before we were married, we broke up several times and dated other people. He joined Facebook last year, at the end of August. He friended an old girlfriend from high school.

I got mad, and he responded by blocking me. I have never felt the need to check his phone, but something didn't seem right, so I gave in. I checked his phone without his permission. I found out about a week after joining Facebook that he had sent a message to someone he used to work with before we were married, and he asked this person if he knew how to get ahold of an ex-girlfriend he had dated at one of those times when we had broken up.

In the message, he told this person he wanted to see this ex-girlfriend and that he really missed her and has never forgotten her.

I am devastated and not sure what to do. I want to confront him. All these years, I thought we had a good marriage. We have two beautiful teenage children. My heart is broken. I need your advice. - Heartbroken

Dear Heartbroken: Trust is a fundamental pillar in a marriage, and he has broken that. It is understandable that you are devastated. You and your husband desperately need marriage counseling, whether he admits it or not. If he refuses to go, then tell him what you know about his desire for his old girlfriend and ask him why he is so unhappy in your marriage.

Ideally, you can confront him about his text messages with a counselor in the session so there will be a moderator in what is likely to be a heated exchange - with the goal being to get your marriage back on track. He has to stop bullying you by doing things like blocking you on Facebook. You are supposed to be on the same team.

Dear Annie: I wrote this when my mother was alive, and I want to share it with you and your readers. Sad to say, she passed away in 2009. I still miss her.

God took a dash of wisdom and patience, and to this, he added a loving heart. He took the stars from heaven and put a twinkle in your eyes. We call them mothers, but they are really ANGELS in disguise. I love you, Momma. - Sweet and Sassy

Dear Sweet and Sassy: You and the great Abraham Lincoln had the same thought: "All that I am, or ever hope to be, I owe to my angel mother." What a gift it is to have a loving and caring mother. We all recently celebrated Mother's Day, but I like the idea of celebrating our mothers every day.

Dear Annie: I have a family situation that I am not sure how to handle. My middle daughter lives in another town, where she is attending graduate school. In three weeks, she will begin a summer internship in her hometown, where her mother and I live.

I have not asked her where she plans to live for the summer, due to her busy exam and study schedule. We want her to stay with us - except for her dog, which she rescued from a shelter about three years ago. The dog and my daughter are very attached to each other, and in general, the relationship has been very good for both of them.

The problem is that her dog is hyper and has had problems cohabitating with the two other dogs living in my house. We have had my daughter and her dog at our house several times before, and we also kept him once for a week when she was traveling. My wife and I cannot handle the stress of her dog and his destruction for the summer.

We would like to offer our house to our daughter, knowing she will still be required to pay rent at her school apartment and likely cannot afford rent during the internship in another town.

How do we approach her about her summer living arrangements before we get this sprung on us a few days in advance of her start date, knowing she probably does not have an option for the dog? - Not Quite the Empty Nesters

Dear Not Quite the Empty Nesters: In order to avoid "Rovergate," you must act swiftly and directly. Speak with your daughter about possible dog trainers or videos and books that could help her train the dog to not have destructive behavior.

Before your daughter moves in, go for walks or fun outings with your fur babies and hers. That way the dogs can hopefully establish a friendship outside the home, on neutral territory.

Dear Annie: I am the mother of four adult children. I have many happy memories of all their childhoods, including birthdays, graduations and other milestones. I feel I have wonderful relationships with three of them (and their spouses).

The fourth has been challenging, to say the least. He rarely visits and seems uncomfortable and angry around me. Everything I know about his life I find out from his siblings. He has some substance abuse issues that he refuses to acknowledge - I think that's part of what is going on. It's certainly not where I imagined we would be at this stage of our lives.

How do I proceed? He doesn't seem open to, or capable of, letting me in. Is there hope for a relationship when it's one-sided? Do I just ignore the behavior and hope he comes around? I love him dearly, but liking him is becoming more difficult. - Sad and Hopeless

Dear Sad and Hopeless: Where there is love, there is hope. Your relationship with your son can certainly be saved. Since your three other children have a good relationship with him, ask them whether they can help him acknowledge his substance abuse issues. He must be treated for that, first and foremost, because until then, you are not dealing with him but the substances altering his brain and personality.

Ignoring his behavior won't do him any favors. It sounds like he is hurting, and when someone is hurting, there is nothing like a family member showing they care. Maybe your other children will be able to get through to him. Even if he continues to push you away, just come back to him with love.

"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book - featuring favorite columns on love, friendship, family and etiquette - is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

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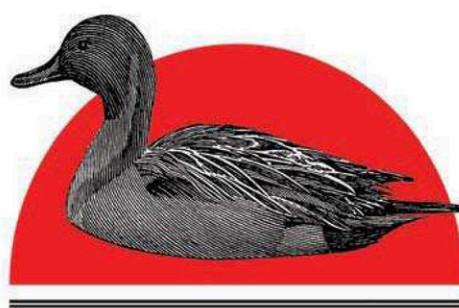
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Celebrate Water Month with educational activities

BCN Staff

To mark Water Month this year, the Organisme de bassin versant de la Yamaska (OBV Yamaska) will offer school activities related to water in 43 classes in the region, totaling more than 1,000 students, from kindergarten to secondary five.

The 43 classes are distributed among schools in the municipalities of Cowansville, Ange-Gardien, Saint-Césaire, Saint-Hyacinthe, Saint-Pie and Roxton Pond.

Three animators with scientific experience will provide activities in the schools throughout the month of June. According to the press release, these activities will take place in compliance with health measures and will be adapted according to the school level and the length of the periods. These sessions come from the water educational program Project WET of the Association canadienne des ressources hydriques (ACRH).

"We have around 15 activities of varying duration and complexity related to water in our database, allowing us to educate children from kindergarten to secondary five," explained project manager Lou Paris.

The initiative is a part of the Plan d'action 2018-2023 de la Stratégie québécoise de l'eau which deploys concrete measures to protect, use and manage water and aquatic environments responsibly, integrated and sustainable.

It is supported by the Government of Quebec through the Regroupement des organisations de bassins versants du Québec (ROBVQ) and is sponsored by ACRH. Additional financial support has been requested from the MRCs and municipalities where the school classes are located (pending response).

Brome County Historical Society wants to preserve St. Andrew's Church



MUNICIPALITY BOLTON-OUEST

By Taylor McClure
Special to Brome County News

The Municipality of Bolton-Ouest and the Brome County Historical Society (BCHS) are looking to preserve and restore the St. Andrew's

Church on Tuer Road by moving it to the BCHS property in Brome Lake next to the museum. After years of deteriorating conditions and a need for major repairs, the municipality is consulting its citizens about what they think of the potential move and it is

expected to make its final decision on June 7. The church was designated a heritage building by the municipality in 1994 and serves as an important reminder of the first people to settle in the area; the municipality is hoping

CONT'D ON PAGE 3



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Brome County Community Bulletin Board

CHURCH BULLETINS

ALL SAINTS ANGLICAN CHURCH – DUNHAM

unday 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

Joint Sunday worship service via Zoom is available in partnership with Emmanuel, Cowansville. Sundays at 11 a.m. (For details, see Emmanuel United Church.)

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

Welcome back, Rev. David, from your summer vacation! A big 'thank you' is extended to Virginia Wallace who kindly filled in during his time off. Join us at the joint Zoom live service from the church sanctuary each Sunday at 11 a.m. Youth worship on Wednesday from 4-5 p.m. outside when possible. The link for Zoom is in our weekly Friday newsletter. Contact the church office to sign up or for pastoral care. For our Bible Study, please let us know your interest and we will advise you on the schedule. Minister: Rev. David Lefneski, 450-955-1574. Church office: 450-263-0204; email: capcchurchoffice@bellnet.ca

ÉGLISE CATHOLIQUE ST. ÉDOUARD CATHOLIC CHURCH

Our 10:30 a.m. Sunday 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 or go our Facebook page for the Sunday link. We are on Facebook at "Grace Church, Sutton".

KNOWLTON-MOUNTAIN VALLEY PASTORAL CHARGE

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

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.

Everyone welcome! Telephone: 450-242-2885 email: stpaulsknowlton@gmail.com

TRINITY ANGLICAN CHURCH

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

Former Cowansville resident graduates from George Brown College with honours

By Louise Smith

Wendii Gwen Fulford, the daughter of Ingeborg and Jim Fulford, graduated last week from a Personal Support Worker Program at George Brown College in Toronto. The graduation ceremony was held over Zoom. Gwen had come home to help with her mom's care for two weeks. It was special that her mom was able to "attend" the convocation. Her mom had last seen Gwen at an award ceremony when she graduated from a Photography Certificate Program at Ryerson College.

In these Covid times, personal support workers are in high demand in all Canadian provinces. Gwen's motivation for entering the program was both her mom and dad. They had a car accident in 2016 and Ingeborg still requires daily assistance in the mornings and evenings. Gwen wanted to understand the correct procedures to assist someone with her mom's

needs and her goal is to take her skills into the community around her in the Toronto area. It also means that she can be part of her mom's support team when she comes home for visits.

Gwen was very pleased with the program. It not only covered the basic procedures in support work but many other areas as well. The program included learning about organizing operations at institutions, nutrition information and dietary planning, the management of time and resources, and learning how to cooperate and work as a team member.

Gwen worked hard in her yearlong program and excelled. The awards committee at the college met and decided to give Gwen the Extendicare Paramed PSW Award for outstanding commitment and achievement in the program and in her stage placement.

She has a job in the Toronto starting in June. Gwen will continue to pursue more learning online. She has found a program on being a medical



transcriptionist. It is being offered by Canscribe College in British Columbia. She sees it as a compliment to the knowledge acquired this past year at George Brown College.

Ingeborg is happy to have Gwen home for these two weeks. She is proud of Gwen's achievement and was glad to have been able to be part of Gwen's graduation.

Sac a Mots bookstore gives thanks to the English community

By Louise Smith

The Sac a Mots used bookstore on Rue Sud in Cowansville wanted to pay homage to the English-

speaking community, which has shown support for the store over many years. Last week, after the article in the Brome County News profiled their services and book offerings, the store

took to Facebook to say thanks, and also came up with a plan for English customers.

For the next little while, a two-sided book cart, full of hard cover English

language books, will offer books for as low as one dollar per book. Anyone who has not been to the store should make the trip to see all that is available. The store is not open on Sundays.

Three artists come together for anniversary art project

Artwork will highlight the 50th anniversary of the Town of Brome Lake

By Taylor McClure
Special to Brome County News

Isabelle Daval, owner of Hors-Cadre, Annie Gosselin, owner of Ma Ani, and Michel Gamache of Art Lab, have joined forces to organize a community project in celebration of the 50th anniversary of the Town of Brome Lake called 50 pieds carré de création pour le 50^{ième} anniversaire. The project involves getting the participation of citizens from the seven villages that make up Brome Lake, Knowlton, Bondville, Fulford, Foster, West Brome, East Hill, and Iron Hill, to create a piece of artwork that will be unveiled during the 50th anniversary celebrations. The group is now seeking the creative input of the local community.

After reaching out to people in the community for ideas on how the 50th anniversary of Brome Lake could be celebrated, the town approached Daval asking her if she would be willing to organize the artistic project that she

suggested. "I was looking, looking, looking, and we have three galleries in Knowlton so I thought it would be good for the three of us to work together on the project."

After finding her collaborators, Daval, Gosselin, and Gamache slowly started to organize the project.

To get the project off the ground, 50 pieds carré de création pour le 50^{ième} anniversaire needs the participation of artists, or anyone wanting to participate, from the seven villages that make up Brome Lake. "It's not just Knowlton," emphasized Gosselin. "It's not just because our galleries are in Knowlton that we are going to exclude others."

The project involves painting 576 4x4 squares that will come together to create a final piece of artwork. "The three of us will manage the artists and they will have three pieces to paint, but if we don't have enough artists we will start to go through students at the schools," explained Gamache.

The 4x4 squares will be made

available for pick-up up at any of the three galleries and give the participating artists the freedom to paint whatever inspires them about the region. "The themes that touch Brome Lake can be exploited according to their inspiration and Jeremy from the museum will prepare a list of historical facts that can also be used if people don't have ideas or if they are missing information," said Daval.

"The only thing we ask is that everyone use the same medium which is acrylic" added Gosselin. "We don't want a mixture of oils, pastels - everyone does acrylic. It's not a very expensive medium and artists can use base colors like red, orange, and blue."

Gosselin said that while artists can use whatever colors they want to paint their square, they will be designated a specific accent color to work with. "We know how many squares we need of what color for the final unveiling."

Once the 576 squares have been completed, Daval, Gosselin, and

Gamache will put together the final piece of artwork, which will measure eight feet by eight feet, to be unveiled as part of Brome Lake's 50th anniversary celebrations. "It will be magical," said Daval.

Gosselin also hopes that by organizing the project, more artistic links will be developed within the community. "It will help create an artistic community. Connections between artists already exist but we will be able to have a bank of artists in Brome Lake with their implication in the project."

Artist or not, whoever participates in the project will leave a significant mark in the community and they can always remember their contribution. "They will have the opportunity to be a part of history just by participating," said Daval.

For more information on how to participate, artists can reach out to Daval at info@hors-cadre.ca or 450-242-1908. Artists can also join the Artists of Brome Lake Facebook group at facebook.com/groups/artistsofbrome

St. Andrew's Church

CONT'D FROM PAGE 1

that by handing the reigns over to the BCHS that the building will be around for generations to come.

"The councillors want to inspect the building to see what could be done with it for municipal usage for it, but unfortunately the building is quite small and it couldn't serve our purposes," explained Jacques Drolet, Mayor of Bolton-Ouest.

To make matters more complicated, Drolet explained that the St. Andrew's Church needed to be moved if the municipality were to take on the necessary renovations and repairs, but they don't own a piece of land that they can move it to. This is what really pushed the municipality to move forward with the idea of moving the building to the property of the BCHS.

"The piece of land of where it is located cannot support the construction. There is no water, no sewage system, or electricity, and there is a marshland under the church. The floor itself will have to be totally replaced."

The building has been in the area since 1914 and originally served as the schoolhouse of the early pioneers to Bolton-Ouest before it became home to the Anglican parish. It was eventually sold to private parties and was declared a

heritage building by the town in 1994. The maintenance of the building was supposed to be undertaken by former parishioners. "The former parishioners of that church were initially supposed to maintain the building which has not been done for 15 years or so. It is not very good at present time and it needs major repairs."

With time running out to save the building, the BCHS approached the municipality and offered to move the building to its property, where it would join the like of the famous Paul Knowlton Home and the former Knowlton courthouse, where it would restore the building. "By keeping the historical value of the building itself and moving it to the museum property in Knowlton, that will be the best way to preserve it for many years to come."

Drolet emphasized that it was important to the municipality to find a way to keep the building around for future generations. "We have to preserve the work of pioneers in this area. There are not many that are left so it's a good thing to recognize what had been done by them at that time and their efforts to put together that building. That's why it's important to preserve it as much as we could."

The BCHS already has plans to use the

building for its temporary exhibitions and Drolet thinks the group will help give the building a new lease on life. "The society itself has plans in order to make a temporary exhibition in there of the artifacts they have at the museum," said Drolet. "There are a lot of people that are going in front of the museum property so there is a much larger audience for that building itself but where it is now its almost impossible to see because there are so many trees that block the views. It's only people with bicycles that can see it, it will be a renewed interest in the building at the new location."

While the responsibility and restoration of the building would be in the hands of BCHS, the municipality would be there for support if needed. "The municipality will certainly consider any demand from the society in this regard."

Before the

municipality moves forward with any plans, they have been consulting its citizens to ensure that they would support the initiative. "We are in favor of it but decided we would consult our people to see if they would be in agreement with us at the time. So far, they have all been in favor except for one and that's 80 people that confirmed that. The consultation will end on June 4 and the answer from the village county will be ratified at the council meeting on June 7."

For more information and to stay updated on the situation, visit the municipality's website at <https://bolton-ouest.ca/en/>

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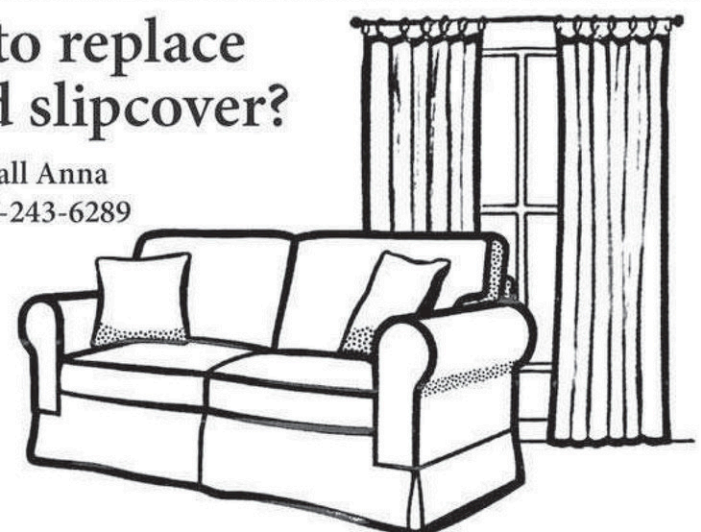
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LETTERS

Family and Seniors Policy Survey

DEAR EDITOR:

To all citizens of West Bolton!
Did you receive the survey? Did you fill in the survey? Did you submit the survey?
What survey? the 'Family and Seniors Policy' survey!
You are invited to make known YOUR needs concerning young families and the elderly, not just for the present but also what you foresee for your future and the future of West Bolton.
It is available online at www.bolton-ouest.ca or phone 450-242-2704. Be sure you make your voice heard!
The deadline is Monday, June 7th!

GAIL WATT
A COMMITTEE MEMBER
450-242-2892

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

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

Preference is given to writers from the Eastern Townships.

Club Passion Photo Cowansville members share their creativity

BCN Staff

Club Passion Photo Cowansville is launching a new photography exhibit at the Cowansville municipal library, Bibliothèque Gabrielle-Giroux-Bertrand.

The exhibition has an open theme and presents 37 photographs taken by the members of the club. It shows the

diversity of the members' vision and creativity.

club's mission is to share and enhance the knowledge and skills of its members and to promote their work. The aim and purposes of the club are to bring together individuals interested in photography in the greater Cowansville area, share techniques of photography, support the involvement of individuals

in the club's activities who share the passion for photography, and promote the work of club members.

The exhibit is now available and it is open to the public until July 17, 2021.

The library is located at 608, rue du Sud in Cowansville. Opening hours are available on the library's website at <https://www.ville.cowansville.qc.ca/fr/citoyen/nav/737A/bibliotheque.html>



SUSAN PETRIE

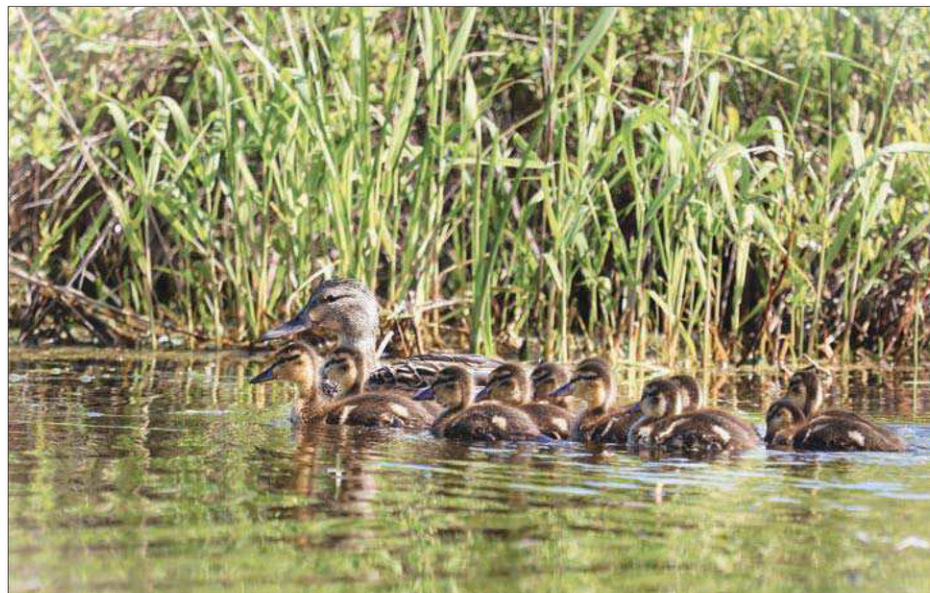
La grenouille de la forêt tropicale by Susan Petrie, member of Club Passion Photo



VIBHAKAR JARIWALA

Standing Tall Alaska by Vibhakar Jariwala, member of Club Passion Photo

Ben in Focus



BEN MCAULEY

Calmly floating on the surface, but paddling like heck underneath!

Ben in Focus



BEN MCAULEY

Water-logged turtle

Brome County
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Knowlton entrepreneur makes it her 'Mission' to help her community feel good

By Taylor McClure
Special to Brome County News

Katrina Cote, owner of the popular Toro Graphix in Knowlton, is expanding her business ventures with a new nutritional shake bar in the village. After starting her own health and fitness journey and losing 60 pounds, many people approached Cote asking for her secret, which prompted her to take on clients. Now she's gearing up to share her secret with the rest of Brome Lake by launching Mission Knowlton Bar Santé to offer various types of shakes and teas filled with nutrients and the opportunity to be coached by Cote.

"I started protein shakes, became healthier, and I lost a lot of weight and people started asking me questions. I'm coaching over 70 people now which is not what I planned on doing," explained Cote. "I just started doing this to feel happier, to have more energy, and more confidence. I feel so much better. All of these women and men asked me what I did"

After taking on this new coaching role, the next step for Cote was to launch Mission. "The next step in the business was to open up my own shake bar like Activ8 (located in Waterloo). Since we already have Toro Graphix, I

thought that it would be easy to put them side by side."

Like Activ8, Mission will offer various different types of shakes and teas from a nutrition company and they serve different purposes depending on the goal of each client. "Some people drink the shakes to gain weight, to build muscle, to lose weight, and some people just like them because it's fast and ready to go. There all types of reasons for taking the shakes and teas."

Cote explained that the nutritional company that provides the products are highly rated. The shakes are also keto friendly and good for dietetics "They are good for the stomach, the digestive system, they debloat you, and they are helping people feel better about themselves. They are rich in vitamins and very good for you."

The shakes serve as meal replacements while the teas work to give people more energy. Some people choose to incorporate the products with exercise but some prefer to stick with just the products. "All of the shakes are a meal replacement and the tea is really for energy, it speeds up the metabolism to help you lose weight and to have more energy."

She emphasized that it was of the utmost importance for people to continue eating in-between their



KATRINA COTE

shakes and they are not to be depended on as actual food. "It's very important that they have snacks between shakes to keep the metabolism going. They need to make sure they have snacks and that they are not starving themselves. The shakes with the protein keep people feeling full. It's important that they still eat of course and to have a regular,

healthy supper. People often cheat on weekend and get back to it on Monday morning."

There will be many different flavors of shakes, including Pineapple, Strawberry, S'mores, and Rice crispy, which Cote will show her clients how to make at home. "I have the secret

CONT'D ON PAGE 6



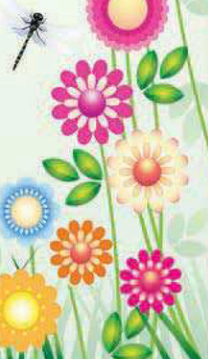
Have you been organizing your flower gardens? Starting your flower pots or hanging baskets? Are you busy making your own floral arrangements or bouquets?

It's flower season and we want to see what you have been planting in your backyard! Share what you have been doing with us by sending in your best pictures of your most priceless flowers, gardens, and any other creative floral ventures for our **PICTURE CONTEST** and you will be eligible to win a prize!

We will share some of our favorite pictures in Brome County News and a winner will be drawn.

Email: bcn@sherbrookerecord.com

We look forward to your participation and to see the creativity that shines throughout the community.



Grill | THE LOCAL DUCK



Catch up with Donna Morrissey, guest author of the Knowlton Literary Association

The Association is also looking for your input about the Knowlton Literary Festival

The Knowlton Literary Association recently recorded a presentation given by guest author Donna Morrissey, on April 23, about her upcoming book. If you missed the live presentation, or you would like to see it again, you can now watch the recording at your leisure. The presentation is on YouTube.

Pluck: A Memoir of a Newfoundland Childhood and the Raucous, Terrible, Amazing Journey to Becoming a Novelist, is scheduled to be released this fall.

It is a deeply personal reflection of a woman who left her isolated Newfoundland community at age 16, eager to explore the world. Her path was difficult, from the death of a teenaged brother who followed her to Alberta's oilfields, to mental illness, marriage, divorce and working in a fish processing plant to support her two young daughters. Ultimately Morrissey landed on her feet as one of Canada's most prominent writers, having penned six national bestselling novels.

Many of Morrissey's stories are drawn from her own varied life experiences, combining darkness and light, levity and sadness into her tale, as the indomitable spirit and humour that sustains her. An inspiring and insightful memoir, *Pluck* illustrates that even when you find yourself unravelling, you can find a way to spin the yarns that will save you—and delight readers everywhere. The live presentation was sponsored by the Writers' Union of Canada.

To view the presentation, click on the link: <https://youtu.be/CQy2gzOCIEI>

The Knowlton Literary Festival wants to host this year's literary event in a safe, responsible and fun environment and would like your ideas. They are asking you to complete a short two-minute, five-question survey: <https://www.surveymonkey.com/r/TV335LR>.

On a 'Mission'

CONT'D FROM PAGE 5

ingredients that make it taste better but they can make it at home."

By opening up Mission, Cote also hopes that more people will be interested in being coached. "By coaching I mean that I am guiding them on what to do, what to eat, what to drink, and how their meal plan should go depending on what their goal is. I guide them with what is best for them and if they are interested in exercising then

we do have challenges that we do and it's motivating and keeps them interested."

Through her coaching, Cote has seen the difference the products can make in the life of her clientele. "It makes you feel good. It's a healthy lifestyle, it's not a diet. It's not something that you're going to do for a month and stop. You change a little bit of everything and it makes a big difference in your life. The women I've been coaching started

feeling better about themselves and it's nice to see them feel good in their skin and it's very inspiring."

Cote organized two VIP tastings over the last two weekends and business was non-stop. Before she even organized these tastings, there was a lot of hype on Mission's social media pages and the community was excited for the business to open its doors. "I was really surprised, I wasn't sure how people would react."

Mission Knowlton Bar Santé officially opened its doors on May 31.

PHOTO: KATRINA COTE



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Fresh agricultural produce straight from your local farmers

Marché D'Ici du Lac-Brome kicks off its 2021 season

By Taylor McClure
Special to Brome County News

Marché D'Ici du Lac-Brome, the local farmers' market, will celebrate its opening weekend on June 5. Organized by les Marchés D'Ici for a third year, the non-profit organization supporting local agricultural production and a good standard of living for farmers, is celebrating 20 years this year. The market will once again be held in the parking lot of Theatre Lac-Brome. The market plays an important role in the community and organizers are hoping for a successful year with some new additions.

"Often farmers' markets are young, they have three or four years of life, but Lac-Brome is about 10 or 12 years old and since the very first day it started, people went to that market," said Diane Seguin, founder of les Marchés D'Ici and the head of its board of directors. "It's a really good market for producers because it's important for them to

have direct contact with their clients to explain what they do. When you're a client and you speak to the producer you can understand all the work there is to produce a carrot, a steak, a meal."

Seguin emphasized that it's important for the community to know the people behind the product. "They will be there each week and if you are not satisfied or have a question they are there to answer. You have a guarantee and more security about who produces the product. There is traceability; who made the product, who they are, and where they are. That is a guarantee and that is important for me. The campaign in Quebec to buy from local producers is all about that."

The market is also an important space to educate the community about local agricultural production. "Farmers' markets are so important because people understand why they cannot have tomatoes the first week of June. That's not the way the ground works, it's not the way they grow. We educate people at the same time and



MARCHÉ D'ICI DU LAC-BROME

they understand why agriculture is important. It's a place where people exchange with one another and understand that there is work behind the product and that there is a person and an enterprise too behind the product. It's important to the survival of a region to have a good farmers' market."

Marché D'Ici du Lac-Brome will once again be located in the spacious parking lot of Theatre Lac-Brome after moving there last year due to Covid restrictions. "The producers were too close to one another at our other location and clients couldn't respect the two meters distance, so we moved to the parking lot of the theatre. It's fun because the real place for a market to be is in the heart of the village."

One of the characteristics that makes the market in Brome Lake special is that it's had the same producers since Dayone, who are either from Knowlton or its surrounding villages, but like Seguin mentioned, the market needs new things too. "We have something very special this year. It's called Passion Recolte, brought to the town by a young girl who went to Vietnam for three or four months and realized that youngsters over there and families worked in fields and picked cashews. She saw how they

were treated and she wanted to help them. She structured their enterprise and she goes and lives there three to six months a year and comes back with cashew nuts. She also brings back pepper; top quality pepper."

Club Mijoté, a new enterprise that makes ready-to-go meals and provides vegan and vegetarian options, will also make its way to the market starting on July 3 and Paradis des fruits Duham, a fall fruits producer, will participate in the market near the end of August.

Despite the Covid restrictions, Marché D'Ici du Lac-Brome had a successful year last year and Seguin hopes that will continue in 2021. "It's a gift during the summer to have the farmers' market and we really think it's important."

She added that she wants to see the market play a role in the experiences of visitors to Brome Lake. "I'm trying to tell people that it's a double experience. Come to the market but after go to for a picnic, go in the village to buy from the boutiques and stores. Our campaign is to live experiences and Lac-Brome is a gift because it's so nice and there are lots of things to do."

Marché D'Ici du Lac-Brome starts on June 5 and runs for 19 weeks until Oct. 9. It will be located at 9 Chemin du Mont-Écho, Knowlton.



MARCHÉ D'ICI DU LAC-BROME

Terrasse season is upon us!

By Louise Smith

It does not matter if it has been cool the past few days. Now that outdoor seating is allowed people are willing to brave the colder temperatures just to be able to have the opportunity to sit outside once more. The provincial Covid caseload on Sunday for the province was just over 300. That's great news.

Ice cream places and restaurants all have the go ahead for terraces, but bars are not included yet. We are so used to saying terrasse that it has replaced terrace. It is similar to how going to the

local "dep" or depanneur has become part of the English vocabulary in Quebec. It's quite something when you visit in Ontario and say that you are going to go to the "dep". People wonder what we mean.

Local businesses in the region are supporting each other as best as possible.

Valentine Restaurant on Rue Riviere in Cowansville is using the next-door pool hall terrasse until the bar can reopen. Warmer weather this week will mean that the outdoor spaces will seat as many people as is permitted.



LOUISE SMITH

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Québec 



Calling

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It's been a rough year for artists and performers, with public gatherings banned, venues shuttered, craft shows cancelled and theatre performances put on hold.

Brome County News wants to help kickstart the arts sector that contributes so much to the vitality and richness of Brome-Missisquoi.

Each week the newspaper will feature a local artist, musician, writer or performer.

Brome County News will also publish a comprehensive Artists Directory for Brome-Missisquoi to allow residents and visitors to find musicians for live performances, pianists for weddings or special occasions, potters to create the perfect gift, to commission a painting by a Townships artist or to buy books written by Townships' authors.

If you are an artist, writer, musician, actor or artisan, or otherwise involved in the arts, send us an email and someone will contact you about your FREE listing in the directory.

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Check out the Brome County News website:
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This project has been made possible by the Community Media Strategic Fund offered jointly by the Official Language Minority Community Media Consortium and the Government of Canada



Lily Butters: A model for today

Mrs. Lily Butters, having been trained as a nursing professional, emigrated from England with her family shortly after the First World War. The war had left her country & their farm in a desolate condition. They were beneficiaries of the Colonial Settlement Act which netted her family 200 acres along Lake Memphremagog, a horse and an ox. Unfortunately, the land was on the wrong (non-lakeside) of the road and essentially a huge rock inappropriate for farming crops. The family survived through the depression on farm animals, vegetable gardens & Mrs. Butters' work as a maid in hotels along the lake. At the outbreak of World War II, most of the family, including Mrs. Butters, enlisted. Enlistment opened up a new life for her and her children.

After the war, Mrs. Butters did not want to go back to life as it was before the war, so she started a business: taking in intellectually handicapped babies, mostly from Montreal. She soon saw there was a huge market for this service, but she needed more space, so she added new sections onto her original farmhouse. As her service grew, so did her house. By 1955, she was forced to incorporate. Expansion continued relentlessly. Mrs. Butters accepted all children that came to her door, regardless of ability to pay, and for whom many had no other option. By 1968, her original farmhouse now had over 325 occupants and experienced a complete overall, (see contrasting photos). Other buildings began to dot the 35-acre institutional property. By 1972, the Quebec Government had nationalized the institution. Mrs. Butters was retired and reluctantly moved to a beautiful home built expressly for her on the grounds of the hospital. Mrs. Butters started her post-war business at 48 and was retired at 72.

In 1982, her former workforce was faced with a difficult problem. The

Government was worried that their non-ambulatory residents would be severely compromised if the building and the establishment was allowed to remain open, due to serious structural issues, i.e. what to do in the event of a fire. After consulting the union, it was decided to offer unionized workers the voluntary right to go home, with full benefits, with two clients of their choice, for the winter. Shortly thereafter, 32 residents left, and the 3rd floor was emptied. The government soon after acquiesced and issued a permit for 250 residents. Those multi-handicapped clients who wintered in the community never returned to that building. Mrs. Butters' army responded to the problem with imagination.

Lily Butters ran that institution as a military operation, but one with heart. She was tough but generous. She wanted, albeit demanded, that her employees care for their clients, sometimes with less than enough resources. She hired people from her community; and gave them a vocation. If not for her, these people would have had to work the rocky fields of Austin or the floors of Dominion Textile in Magog. By 1972, the Cecil Butters Memorial Hospital was the largest employer in Brome County with over 100 stable government jobs. In 1972, Lily Butters was awarded the Order of Canada for her work with disabled children. Mrs. Butters lifted families in the area out of poverty, opened up new opportunities for their children and gave a hand to families that had no option but to give up their child, most of the time at the advice of their family doctor.

In 1976, friends and family created the Butters Foundation as a lasting legacy to her important and valued work in the community. The foundation continues, to this day, to support families who have chosen to raise their handicapped child at home, and to support the provision of housing for those who had to leave it.

CONT'D ON PAGE 11



COURTESY

In 1972, Lily Butters was awarded the Order of Canada for her work with disabled children.

Avante June Newsletter

Summer is almost here but it feels as though it has already arrived with the warm weather, the blooming flowers, and the sweet smell of lilac trees. Here at Avante, we are looking forward to seeing you during this beautiful time of year even if it is only through a computer screen.

All our activities will continue to be offered through Zoom meetings and Facebook Live presentations. Registration is strongly recommended at avanteregister@gmail.com.

Our services remain the same (information, resources, counselling). We are available to meet with you in-person at the centre (15 du Pont, Bedford) or by phone 450-248-0530.

Our New Instagram Account

Avante is now on Instagram! Check us out under the name of Avante Women's Centre or under the username [avantewomenscentre](https://www.instagram.com/avantewomenscentre).

DIY WITH THE LITTLES

Our PPDay "do-it-yourself" have become quite popular with the at-home-with-the-kids/grandkids crowd. On Friday, June 4 at 10:00 a.m., Christine and Crafty Cathy will be making suncatchers with the littles. Pick up your kits at Avante, you'll need them to follow along. Please

register for the link by June 2.

SUPPORT GROUP FOR WIDOWS

The support group for widows is meeting on Monday, June 7 via Zoom at 10 a.m. The group is open to any widow who would like to be among other women sharing similar experiences and emotions. Please register for the link by June 2.

MOVIE MATINÉE

On Tuesday, June 15 at 10:00 a.m., we will be viewing *The Colour Purple* featuring Oprah Winfrey. The film tells the story of a young African-American girl named Celie Harris and shows the problems African-American women faced during the early 20th century, including domestic violence, incest, pedophilia, poverty, racism, and sexism. Celie is transformed as she finds her self-worth through the help of two strong female companions. Please register for the link by June 10.

ZOOM CAFÉ

Join Nancy for some lighthearted conversation at our monthly Zoom Café on Thursday, June 17 at 1:00 p.m. Please register for the link by June 15.

VIRTUAL BINGO

Sick of not having any social

outings? Let's play Bingo and have a good laugh and perhaps even win a prize on Friday, June 18 at 6:30 p.m.! Reusable bingo cards can be picked up at Avante, you just need your own chips or daubers. Please register for the link by June 16.

NATURE WALK AND GEOCACHING

Join us for a nature walk on Wednesday, June 30 at 10:00 a.m. We will be meeting at Avante and walk to the Bedford nature trail. Not only will it be a beautiful walk, but we will also get to Geocache. What is Geocaching, you ask? Geocaching is a fun activity, in which participants use navigational techniques to hide and seek containers, called "geocaches" or "caches", at specific locations marked by coordinates all over the world. The caches usually have little nick-nack in them which we can replace with our own nick-nack upon finding them. Please sign up by June 25th.

BOOK CLUB

Are you an avid reader? Join Avante's Book Club at anytime. We are currently reading *The World That We Knew* by Alice Hoffman. Our next meeting will be held on June 8 at 7 p.m. via ZOOM. Please register for the

link by June 4.

CREATIVE WRITING GROUP

Do you have a passion for writing? Join Brie's Creative Writing Group. Every two weeks we will have a new writing activity, it could be a poem, a short story, your choice. We have not selected dates yet, so stay tuned and check Facebook, email or Instagram regularly.

JULY UPDATE

There will be no Calendar of events for July, however, we will still be hosting a few activities. Stay tuned and check email, Facebook and Instagram regularly.

Hope to see you all soon!

Avante Women's Centre welcomes women from all walks of life in Brome-Missisquoi and supports them to reach their full potential through educational and informational programs and services and collective action for social change.

We can be reached in-person at 15, rue du Pont, Bedford or by phone at 450-248-0530.

Submitted by
Avante staff

Butters

CONT'D FROM PAGE 10

The foundation has also provided bursaries for students at the various levels of the public system in Quebec. When I visit classrooms, I expel the live & legend of Lily Butters as a model for young people today. She created a business from nothing, built it into a large corporation and was awarded one of the highest honors in the land for her efforts.

She did this all without much government help. Nothing at all until 1972, except for minimal Federal Government help for indigenous disabled children from the north & from the west. She stretched dollars and cut corners when needed. As a result, she had a profound impact upon the lives of countless families from all over the province, worked with public luminaries from Montreal such as Dr. Wilder Penfield of McGill University and welcomed Governor-General Georges Vanier to her hospital in the

late 1960s. She did all this but still had time to wake up early enough in the morning to make the morning porridge for her residents. Please note she slept next to the kitchen. Lily Butters raised a family, created a workforce, and left an indelible imprint upon the field of intellectual disability in eastern Canada. She showed to what extent one person can change the landscape of any social situation.

As our late President, Dr. William Barakett of Knowlton often said, the legacy of Lily Butters is (1) as a model of what can be done if people put their minds and hearts into it and (2) as a beacon of help to parents and siblings in need of help to raise & love an intellectually disabled or autistic member of their family. The Butters Foundation is proud to honor her name.

Submitted by
Ron Creary



Lily and friends

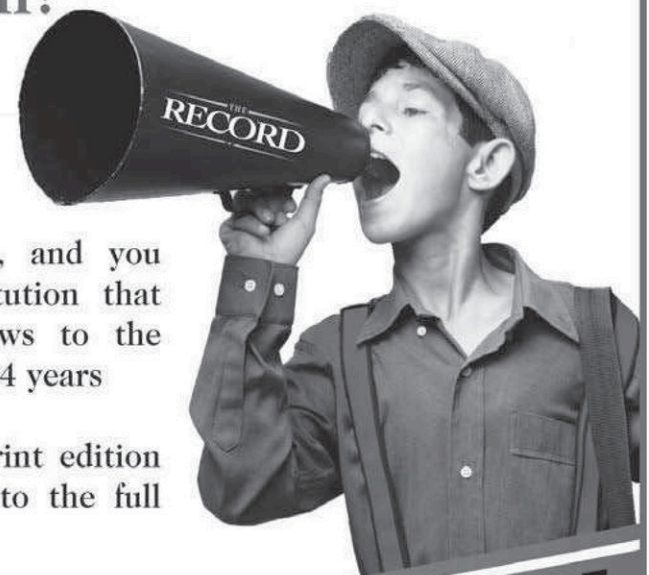


PHOTOS COURTESY

Butters farmhouse

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File types



BEHIND THE LENS

DARREN MURPHY

Much has been argued regarding whether to shoot digital images in RAW or JPEG files. There are literally dozens of forums on the internet where this subject is debated and even argued over. At the end of the day, the decision comes down to what you plan on doing with the photographs you take. Personally, I have shot in both modes, depending on the type of picture I'm taking. For example, I recently took a picture of a chestnut tree on our property to send to a friend. As this was just to show this person the tree (no post processing in Lightroom), I sent a JPEG file. As a wildlife photographer, knowing I'll be processing and even selling my pics, I always go RAW for the best image

quality.

The advantages of RAW, shooting parameters such as white balance, sharpening and tone can be adjusted in your selected program. I have always used Lightroom, as I believe it to be much more advanced than the other choices out there today. I can dress up my picture without losing any of the original quality. Color conversion is managed resulting in a more finished, quality photo. You basically achieve results you couldn't possibly get with a JPEG file. Another bonus is you can create a JPEG file from a RAW file, but you cannot do the opposite. You can compress a large file to make it smaller, but once the JPEG algorithms have discarded their data, that particular information is lost forever.

JPEG images have their advantages as well. For example, they are smaller in byte size so they take up much less room on your memory card. If you have a memory card with not much storage, this could become a huge problem. I remember when I bought my first camera, the card I bought had very little storage. I was in the field shooting snowy owls when I ran out of room on my card. Panicking, I had to go back through the viewfinder and erase what I deemed to be inferior shots. Not a problem today as the memory card I use now can hold thousands of pics.

Of course, like everything else this came at a cost! Another advantage is because JPEG files are smaller in size, they are much easier to send over the internet. Much faster than doing with RAW images. The good news is today, many cameras allow you to save a picture in both the JPEG and RAW format at the same time. Yes, you will have a much larger file size, but you'll have one image you can instantly send over the internet, and another high-quality image you can blow up using your Lightroom or Photoshop program (there are many more) should you decide to frame and sell your image.

You may have heard of TIFF files as well. TIFF files are processed in-camera and are large in file size, even bigger than a RAW file. It is the standard file type used in publishing, but there is little or no reason to shoot in TIFF as you can accomplish more with a RAW file. A RAW file can be saved as a TIFF after processing and provides much greater flexibility with what you choose to do with it.

Finally, I was messaged last week asking where one can find osprey to shoot. The answer is I've seen them everywhere, from Lac Brome, to the Missisquoi river in Bolton all the way to Lac Memphremagog. An osprey is our only raptor that plunges into the water as it feeds primarily on fish. The first

time I saw one was at the northern end of Fitch Bay one August morning. It was circling about eighty feet above the shallow end of the lake and suddenly folded its wings and plunged talons first into the bay. It disappeared for a few seconds, then came to the surface. It appeared to struggle to get its wings flapping, but a few seconds later left the surface with what appeared to be a bass in its razor-sharp talons. Quite the thing to witness. You'll find these birds either hovering above a body of water, or sitting on a branch of a tree along the shoreline searching for its next meal. You should be able to get fairly close without entering its circle of fear, just remember to bring either your 300 or 400 telephoto lens.



DARREN MURPHY



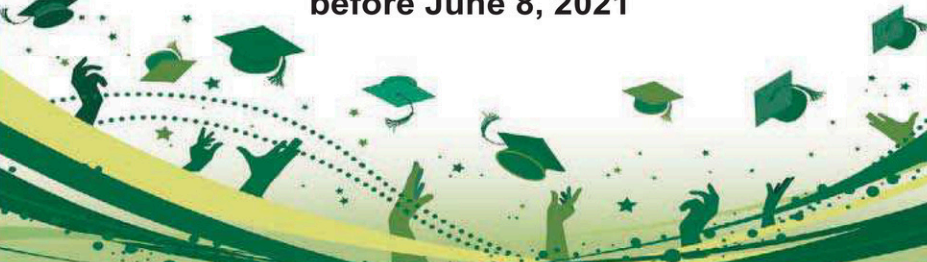
Class of 2021

The Record will be publishing a keepsake special section for E.T.S.B. High School Graduates of 2021

The Record wants to honour the E.T.S.B. High School Graduates of 2021 with a special section on June 15.

We are inviting proud parents, grandparents, aunts, uncles, friends and neighbours to send a message of congratulations – **free of charge** – to be published in this section.

Email your submission, with the graduate's name and high school, to classad@sherbrookerecord.com before June 8, 2021



You did it!

And the community wants to celebrate with you





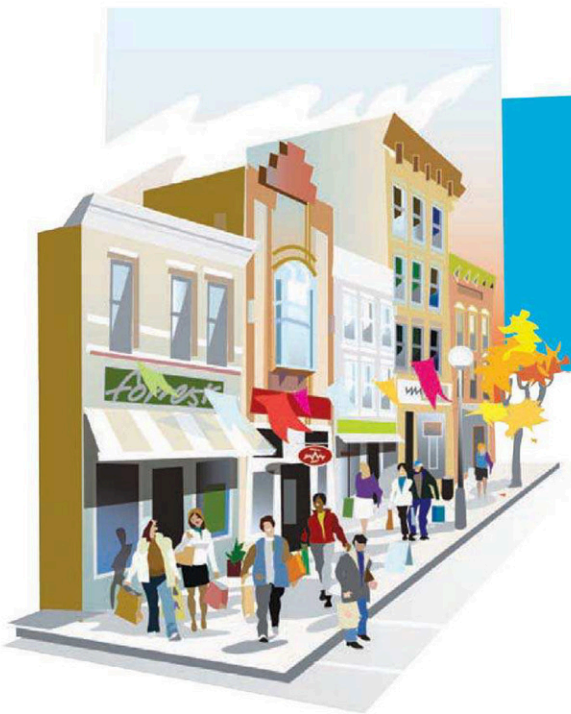
Send us a pic of yourself in your **prom attire** or a pic of you with an **"I did it"** look, with the information below and your name will be entered in a draw for a **Smart phone**.

Grad's name:

E.T.S.B. High School:

Name one goal you hope to accomplish in the next five years:

Entries must be received at classad@sherbrookerecord.com by **5 o'clock, June 8**. Winner of the draw will be announced June 15 in a special souvenir section dedicated to the Class of 2021 made possible with the support of the *Community Media Consortium* and the *Government of Canada*.



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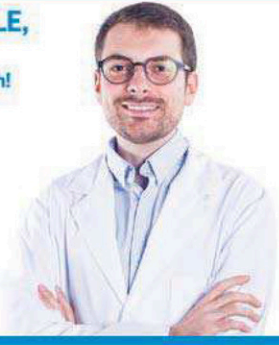
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CLASSIFIED

Spice cabinet shortcut speeds up this Kurdish braise

By Christopher Kimball

The elaborate pilafs, roasts and other celebratory dishes of the Middle East often take time that home cooks don't have. But they still can provide ample fodder for inspiration.

At Milk Street, we've found ways to streamline these traditions into weeknight-friendly meals.

One such dish is koresh-e tareh-ye kordi, a popular Kurdish braise of chives, white beans, and lamb or chicken. Usually, it comes loaded with a dozen or more spices, including cardamom, cumin, cinnamon, dried rose petals, coriander, turmeric, dried limes, cloves and more.

For this version from our book "Milk Street Tuesday Nights," which limits recipes to 45 minutes or less, we rely on a spice-cabinet shortcut, the Indian spice mix garam masala, which already includes several of the spices on that list. And since the finished dish tends to play up the cardamom and turmeric, we added a bit more of each.

Other simplifications included swapping canned white beans for dried and substituting easy-to-find ingredients for more traditional ones (such as fresh lime zest for dried Persian limes). Besides saving time, canned beans also include starchy liquid that we treat like a separate ingredient; it adds both body and flavor to the dish.

Every bit of this hearty braise is infused with allium pungency thanks to four whole bunches of scallions. That may seem like a lot, but they give the braise flavor and a vibrant color. Just remember to keep the green parts separate from the white parts; they're added at different times. Serve with rice, roasted potatoes or warmed flatbread.

CARDAMOM-LIME CHICKEN AND WHITE BEANS

Start to finish: 30 minutes

Servings: 4

1 1/2 pounds boneless, skinless chicken thighs, trimmed and cut into 2-inch chunks
Kosher salt and ground black pepper
3 tablespoons salted butter
4 bunches scallions, thinly sliced, white and green parts reserved separately
2 tablespoons tomato paste
1 tablespoon garam masala
1 1/2 teaspoons ground cardamom
1 teaspoon ground turmeric
Two 15 1/2-ounce cans cannellini beans, drained, liquid reserved
1 cup low-sodium chicken broth
2 teaspoons grated lime zest, plus 1/4 cup lime juice

Season the chicken with 1 teaspoon salt and 1/4 teaspoon pepper. In a large pot over medium-high, melt the butter. Add the chicken and scallion whites, then cook, stirring once or twice, until both the chicken and scallions begin to turn golden brown, 3 to 5 minutes. Add the tomato paste, garam masala, cardamom, turmeric, 1 1/2 teaspoons salt and 1/2 teaspoon pepper.

Cook, stirring constantly, until fragrant, 30 to 60 seconds. Add the bean liquid, broth, and lime zest and juice, then bring to a boil. Reduce to medium and cook, uncovered, stirring occasionally and adjusting the heat as needed to maintain a simmer, until the chicken is opaque when cut into, 5 to 7 minutes.

Stir in the scallion greens and the beans, then cook until the beans are heated through, another 2 minutes. Taste and season with salt and pepper.

(The Associated Press)

Leek and goat cheese quiche

By America'S Test Kitchen

This quiche's velvety custard makes it perfect for an elegant affair or a laid-back brunch. Store-bought pie dough, partially baked and still warm, can be used in place of the homemade crust.

LEEK AND GOAT CHEESE QUICHE

Servings: 6-8

Start to finish: 3 hours 30 minutes
(plus 2 hours, 45 minutes chilling and cooling time)

Crust:

3 tablespoons ice water, plus extra as needed
4 teaspoons sour cream
1 1/4 cups (6 1/4 ounces) all-purpose flour
1 1/2 teaspoons sugar
1/2 teaspoon salt
8 tablespoons unsalted butter, cut into 1/4 inch pieces and frozen for 10 to 15 minutes

Filling:

2 tablespoons unsalted butter
1 pound leeks, white and green parts only, chopped fine
3/4 teaspoon salt
5 large eggs
2 cups half-and-half
1/4 teaspoon pepper

4 ounces goat cheese, crumbled (1 cup)
1 tablespoon minced fresh chives

For the crust: Whisk ice water and sour cream together in bowl. Process flour, sugar, and salt in food processor until combined, about 3 seconds. Scatter frozen butter over top and pulse mixture until butter is size of large peas, about 10 pulses.

Pour half of sour cream mixture over flour mixture and pulse until incorporated, about 3 pulses. Repeat with remaining sour cream mixture. Pinch dough with your fingers; if dough feels dry and does not hold together, sprinkle 1 to 2 tablespoons more ice water over mixture and pulse until dough forms large clumps and no dry flour remains, 3 to 5 pulses.

Turn dough onto sheet of plastic wrap and flatten into 4 inch disk. Wrap tightly and refrigerate for at least 1 hour or up to 2 days. Before rolling dough out, let it sit on counter to soften slightly, about 10 minutes.

Roll dough between 2 large sheets parchment paper to 12 inch circle. (If dough is soft or sticky, refrigerate until firm.) Remove parchment on top of dough round and flip into 9

inch pie plate; peel off second sheet of parchment. Lift dough and press into pie plate. Cover loosely with plastic and refrigerate until firm, about 30 minutes.

Trim all but 1/2 inch of dough overhanging edge of pie plate. Tuck dough underneath to form tidy, even edge that sits on lip of pie plate. Crimp dough evenly around edge of pie plate using your fingers. Wrap dough-lined pie plate loosely in plastic and refrigerate until firm, about 15 minutes.

Adjust oven rack to middle position and heat oven to 400 F. Line chilled crust with double layer of aluminum foil, covering edges to prevent burning, and fill with pie weights or pennies. Bake until dough looks dry and is pale in colour, 25 to 30 minutes. Transfer to rimmed baking sheet and remove weights and foil.

For the filling: Reduce oven to 350 F. Melt butter in 10-inch nonstick skillet over medium-high heat. Add leeks and 1/2 teaspoon salt and cook until softened, about 6 minutes; transfer to bowl.

Whisk eggs, half-and-half, 1/4 teaspoon salt, and pepper together in large bowl. Stir in leeks and goat cheese. Place pie shell in oven and carefully pour egg mixture into warm shell until

it reaches 1/2 inch from top of crust (you may have extra egg mixture).

Bake quiche until top is lightly browned, centre is set but soft, and knife inserted about 1 inch from edge comes out clean, 40 to 50 minutes. Let quiche cool for at least 1 hour or up to 3 hours. Sprinkle with chives. Serve slightly warm or at room temperature. (Cooled quiche can be refrigerated wrapped in plastic wrap for up to 6 hours. Reheat in 350 F oven for 10 to 15 minutes.)

For a variation: Spinach and feta quiche

Omit chives and substitute crumbled feta for goat cheese. Stir 1 (10-ounce) package frozen chopped spinach, thawed and squeezed dry, into eggs with cheese.

Nutrition information per serving: 459 calories; 289 calories from fat; 32 g fat (19 g saturated; 1 g trans fats); 244 mg cholesterol; 584 mg sodium; 31 g carbohydrate; 2 g fiber; 7 g sugar; 13 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americanstestkitchen.com>. Find more recipes like Leek and Goat Cheese Quiche in "ATB Brunch."

(The Associated Press)

Today in History

Today in History for June 1: On this date:

In 1533, Anne Boleyn, the second wife of King Henry VIII, was crowned as Queen Consort of England.

In 1812, U.S. President James Madison sent Congress a list of grievances against Britain which he said called for a declaration of war. Congress made the declaration on June 18th, launching the War of 1812.

In 1831, the North magnetic pole was discovered by Sir James Ross.

In 1835, Kingston Penitentiary opens as the Provincial Penitentiary of the Province of Upper Canada with six inmates.

In 1841, Scottish missionary-explorer David Livingstone left for Africa, where he penetrated the deepest reaches of the continent proclaiming the message of Jesus Christ.

In 1860, the first post office in Canada was established in what is now Thunder Bay, Ont.

In 1867, Viscount Monck was appointed Canada's first governor general. He served until November, 1868.

In 1876, the Royal Military College opened in Kingston, Ont., with a class of 18 cadets.

In 1882, the Salvation Army officially began operations in Canada, following founder William Booth's philosophy of providing both "soup and salvation." The group began its service work in Toronto about one month later.

In 1882, gas lighting came to Winnipeg.

In 1909, the Grey Cup was donated for the Canadian football championship. Named for Gov. Gen. Earl Grey, the original conditions stated that the Cup "must remain always under purely amateur conditions." The Grey Cup game is now a contest to determine the champion of the Canadian Football League.

In 1909, the federal External Affairs Department (now Foreign Affairs) was created.

In 1926, movie star and sex symbol Marilyn Monroe was born Norma Jean Mortenson in Los Angeles. She died of a drug overdose Aug. 5, 1962, at the age of 36.

In 1927, after a six-year "dry" spell, liquor stores opened in Ontario.

In 1936, the liner Queen Mary reached New York on her maiden voyage from Britain.

In 1943, a civilian flight from Portugal to England was shot down by the Germans during the Second World War, killing all 17 people aboard, including actor Leslie Howard.

In 1958, Charles de Gaulle became premier of France, marking the beginning of the end of the Fourth Republic.

In 1968, Alberta's flag was proclaimed by Queen Elizabeth.

In 1968, Helen Keller, who overcame blindness and deafness to become a symbol of courage, died at age 87 in Westport, Conn.

In 1971, 13 prisoners were charged with murder in several deaths during rioting two months earlier at the federal penitentiary in Kingston, Ont.

In 1987, Lebanese Premier Rashid Karami was killed when a bomb exploded in his helicopter during a flight from Beirut to Tripoli.

In 1992, the European Community announced a temporary suspension of fishing off Canada's Grand Banks to preserve dwindling fish stocks.

In 1994, South Africa rejoined the Commonwealth after an absence of 33 years.

In 1997, Canadian Christopher Plummer was named best dramatic actor for "Barrymore" at the Tony awards in New York.

In 2001, Hank Ketcham, the creator of comic cartoon "Dennis the Menace," died in California at age 81.

In 2001, the king and queen of Nepal and six other members of the royal family were shot to death at their palace in Kathmandu. The crown prince killed them and wounded three others before shooting himself.

In 2003, the BBC accused the British government of "sexing up" its case for going to war in Iraq. It had claimed Iraq could launch weapons of mass destruction within 45 minutes of an order to fire them.

In 2004, Ontario became the second province to set fixed voting dates, the first Thursday of October, every four years. (B.C. was the first).

In 2008, a large fire at Universal Studios destroyed several movie sets and damaged 40,000 to 50,000 videos and reels.

In 2008, legendary designer Yves Saint Laurent died. He was 71. He reworked the rules of fashion by putting women into elegant pantsuits that came to define how modern women dressed.

In 2009, General Motors Corp. filed for bankruptcy protection in the U.S., the biggest industrial bankruptcy in history. The iconic automaker moved to shrink its global operations and shed thousands of jobs, with massive help from Washington and \$10.5 billion from the Canadian and Ontario governments.

In 2009, a new era at the Canada-U.S. border, the world's longest undefended border, formally kicked in as those entering the U.S., including American citizens, were required to show a passport before making the crossing.

In 2009, an Air France Airbus crashed into the Atlantic Ocean as it flew from Rio de Janeiro to Paris. All 228 people aboard were killed, including one Canadian. All the flight data and cockpit voice recordings were recovered in May 2011.

In 2011, Space shuttle Endeavour wrapped up its last mission with a safe, middle-of-the-night landing, in NASA's next-to-last mission in its 30-year program. The youngest of the shuttles logged 198 million kilometres over 25 flights in 19 years.

In 2011, military aircraft evacuated nearly all 1,200 residents of Wollaston Lake and Hatchet Lake First Nation as an out-of-control wildfire threatened the remote northern Saskatchewan communities. No buildings were destroyed, but the flames burned to the edge of Wollaston Lake. Residents began returning on June 7.

In 2015, Jacques Parizeau, the blunt-talking sovereigntist former premier of Quebec, died at age 84. Parizeau was premier during the 1995 provincial referendum which saw the federalist No side defeat sovereigntists by a whisker after a bitter campaign. He blamed "money and the ethnic vote" for the loss and was roundly criticized to the point that he resigned as premier a day later.

In 2010, the 57-km Gotthard Base tunnel officially opened in Switzerland, providing a high-speed rail link under the Swiss Alps between northern and southern Europe. It supplanted Japan's 53.6-km Seikan Tunnel as the world's longest and deepest rail tunnel.

In 2017, President Donald Trump declared he was pulling the U.S. from the landmark Paris climate agreement, striking a major blow to worldwide efforts to combat global warming and distancing the country from its closest allies abroad.

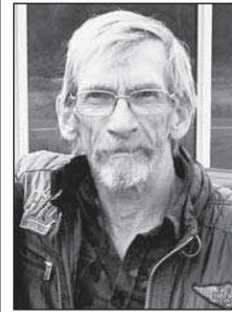
In 2017, former nurse Elizabeth Wettlaufer, 50, pleaded guilty to using insulin to kill eight seniors and hurt six others in her care over the last decade at three Ontario long-term care facilities, in part because she felt angry with her career and her life's responsibilities. (She received eight concurrent terms of life in prison with no chance of parole for 25 years.)

In 2019, Leah Chase, the "Queen of Creole Cuisine," died at the age of 96. Chase earned renown over the years as a creole chef at Dooky Chase, civil rights icon and patron of the arts. Chase also became known as a symbol of New Orleans resilience when she reopened the restaurant after it was badly damaged during Hurricane Katrina. On June 10, fellow chefs, musicians, politicians, family and friends were among hundreds of admirers who filed through a New Orleans church to pay their last respects.

In 2020, federal health officials said nursing homes had reported nearly 26,000 deaths among residents from COVID-19.

In 2020, U.S. President Donald Trump declared himself "the president of law and order" amid ongoing racial unrest across the country. Trump threatened to deploy the military to American cities if state governors and the National Guard couldn't quell the violent demonstrations. Even as Trump spoke in the White House Rose Garden, loud tear gas explosions could be heard as military and law enforcement moved peaceful protesters in nearby Lafayette Park. Following his speech, police used tear gas to clear protesters before Trump made a quick trip to the nearby St. John's Church for a photo-op.

Death



Norman Pettigrew

Norman Pettigrew in his 66th year passed away peacefully at his home with his family by his side, on Thursday, May 27, 2021.

Norman leaves behind a beloved wife of 46 years, Carol True. Survived by his older sister Barbara Lambert (Pierre Lambert). Norman also leaves his three children, Peggy Pettigrew (Benny Gauvin), Tommy Pettigrew (Tina Lemaire), Joseph Pettigrew (Kimberly Blair). Truly missed by his 6 grandchildren, Kodie & Nicholas, Sebastian & Maria, Kailey & Jacob. Predeceased by his parents Frederick Pettigrew, Evelyn Rolfe and brother William Pettigrew. Norman will be greatly missed by many sisters & brothers-in-laws and nieces and nephews. He also leaves his 4 legged best friend Shelley. Norman had many interests; old cars being rebuilt by his sons, riding his motorcycle and fishing with his family and friends. Service will be held at the Bolton Centre Cemetery, Baker Pond Rd. on Saturday, June 5, 2021 at 2 p.m. A remembrance to celebrate Norman will held at Tommy and Tina's place, 2898 Rue Principale, Dunham, Friday, June 4, 2021 after 1 p.m. Due to Covid-19 restrictions, masks will be mandatory, 25 people at a time. Please note that a limited amount of people will be allowed in at a time. No need for flowers, just your presence and stories would be appreciated. Steven Elkas Funeral Home, 4230, rue Bertrand Fabi, Sherbrooke, Que. J1N 1X6 in charge of arrangements.



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