

Sutton food drive raises \$25,000

By Cassandra Pegg
Special to Brome County News

From Dec. 7 to 12, the Centre d'action bénévole de Sutton (CAB) put on their annual food drive, and despite different circumstances this year, it was very well-received.

Jocelyn Darou, volunteer coordinator at CAB explained that the food drive was a success thanks to the many volunteers willing to help out.

"We had ten teams of volunteers delivering baskets to 35 people from Brome to Glen Sutton," he explained, "Last year we only delivered ten or twelve baskets."

This year, the food drive was focused on raising monetary donations due to safety issues with handling all the food that would usually have been donated. CAB was responsible for using the money to buy food to fill Christmas baskets that were given freely to those who needed them.

"We have already raised almost \$25,000," Darou was happy to report, "Last year it was about \$12,000 so that's really positive and we're really happy with everyone being very supportive in the community."

He added that special thanks goes to the towns of Sutton and Abercorn as well as MNA Isabelle Charet for their support with the food drive. He specified that especially this year they were very generous in their donations.

"That money helps not only for the Christmas baskets but also for the food bank all year round."

All in all there were 67 baskets claimed and CAB is proud of the baskets they provided.

CONT'D ON PAGE 5

Knowlton Lions Club organized a Santa drive by



LLETTE TAYLOR

On Wednesday, December 16, six Lake Brome institutions benefited from a Santa drive by, organized by the Knowlton Lions Club. The establishments visited were: the CPE La Passerelle des Mousses on Victoria, La Garderie Les Petits Trésors du Lac on Bondville, Knowlton Academy, l'École St-Edouard, Excelsoins Knowlton House

and Manoir Lac Brome.

It was great to see the reactions of the seniors and the children as Santa appeared on board Old Betsy, the Knowlton antique fire truck driven by firefighter Ryon Oud. In the lead of Santa's convoy was fireman Ross Clarkson in a Town of Brome Lake fire truck.

The Club would like to thank Greg Needham, who was contacted for the truck and his son, Curtis Needham, who is also in the fire department. Scott Evans and Corey Masse Ford, also, who went to get the old girl the night before.

Submitted by
Knowlton Lions Club



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Brome County Community Bulletin Board

Lac Brome Food Bank - if you need assistance, please call 450-242-2020 ext: 319.
Pick up at 270 Victoria at the back.

CHURCH BULLETINS

ALL SAINTS ANGLICAN CHURCH - DUNHAM
Sunday services at 10 a.m. - all welcome! The Reverend Sinpoh Han. Information: 450-295-2045.

ANGLICAN PARISH OF BROME
Sunday services cancelled until further notice. See the announcement for Grace Anglican Church to join the online meeting on Sunday mornings. Information: Rev. Tim Smart 450-538-8108.

BEDFORD PASTORAL CHARGE OF THE UNITED CHURCH OF CANADA
Sunday worship service via Zoom available in partnership with Emmanuel, Cowansville. Sundays at 11:00 a.m. (For details, see Emmanuel United Church.) In-person worship services are suspended until further notice.
Minister: Rev. David Lefneski, 450-955-1574
Church office: 450-248-3044; email: bedford.pastoral@yahoo.ca

CALVARY UNITED CHURCH SUTTON
NO SERVICES ARE AVILABLE in Sutton at Grace Anglican Church Information: 450-538-0530.

CREEK/WATERLOO PASTORAL CHARGE
Church worship services are available on Facebook Live for the foreseeable future. Please contact the Rev. Dave Lambie for virtual pastoral care. Creek United, 278 Brill Rd., West Bolton, St. Paul's United, 4929

Foster, Waterloo, Reverend Dave Lambie, minister. For information or to leave a message call: 450-539-2129. Sunday Service is available for now on Facebook Live through the page of none other than Dave Lambie.

EMMANUEL UNITED CHURCH

Let there be light. In-person worship services up to and including January 10 are suspended. Joining online is always an option. Sunday worship, 11:00 a.m. The Zoom link is in our weekly Friday newsletter, contact the church office to sign up. Christmas Eve Zoom service on the 24th at 4:00 p.m. Christmas carolling during the service on Dec. 27. No service on Jan. 3. When driving or walking by the church, see our outdoor manger scene; the first Christmas was simple...ours can be too. Minister: Rev. David Lefneski, 450-955-1574; Church office: 450-263-0204; email: capcchurchoffice@bellnet.ca

ÉGLISE CATHOLIQUE ST. ÉDOUARD CATHOLIC CHURCH

Our 10:30 bilingual mass has resumed as we adhere to the strict protocols established by the Quebec Public Health Department. Thank you for your understanding. For more information, call: 450-263-1616 or visit the website <http://unitedesvignes.org>

GRACE ANGLICAN CHURCH

O Come, All Ye Faithful! Join the Anglican Churches of Brome-Missisquoi for an online Virtual Carol Service on Christmas Eve, 24th December at 7:30 p.m. You can tune in via Zoom or listen on your telephone. To join us contact the Rev. Tyson Rosberg at: trosberg@montreal.anglican.ca or #450-538-8108. There will not be a virtual service from Grace Church on Sunday Dec. 27.

KNOWLTON-MOUNTAIN VALLEY PASTORAL CHARGE

ALL WORSHIP SERVICES CANCELLED UNTIL FURTHER NOTICE. Knowlton United Church, 234 Knowlton Road. For information please contact Rev. Steve Lawson at 450-242-1993.

ST. PAUL'S ANGLICAN CHURCH

This year, Christmas will be online at St. Paul's Knowlton on Facebook. Although much of our life remains out of our control, we intend to livestream our usual Christmas services. Our Longest Night Service of Hope will take place on December 21 at 7 p.m. Our Family Christmas Eve service will take place on December 24 at 4 p.m. Our Traditional Christmas Eve service will take place on December 24 at 9 p.m. Christmas Day will be at 11 a.m. We continue to livestream our Sunday morning worship at 8 and 10 a.m. All services are also available for replay. At 24 St. Paul's Road in Knowlton, St. Paul's is a dynamic diverse community pursuing and serving Jesus in the Eastern Townships. Our mission is to grow in members and spiritual maturity so that we can reach as many people as possible with the love of Jesus. Every welcome! Telephone: 450-242-2885 email: stpaulsknowlton@gmail.com

TRINITY ANGLICAN CHURCH

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

Modified Christmas at Emmanuel United Church of the Cowansville Area Pastoral Charge and Bedford Area Pastoral Charge

By Louise Smith

Last Sunday was the third Sunday of Advent. The only ones allowed in the church were the service team. Everyone else had to watch the service by Zoom. The beginning of this service paid tribute to the tradition of Santa Lucia. Usually the Santa Lucia is a young girl, but this year Darlene Halfyard stepped in. Real candles were used and Darlene spent part of the service getting the wax out of her hair! The youth have been gathering for worship and making a music CD, keeping social distancing, one day a week. On Thursday at the last youth gathering 46 gift bags were prepared for those connected with the pastoral charge who are alone this Christmas. Cookies, pocket prayer shawls, candy canes, youth made ornaments and cards were included. To top the bags off a CD of inspirational carols made with friends of Susan Reininger and the Pot Pourri Choir was added. It was a way of hopefully adding cheer during these trying times. The Christmas Eve service is often the highest attended service of the year. Many family members join the Congregation for the afternoon service. This year the service will be at 4 p.m. but only through the medium of Zoom. Anyone wanting to view the service can go to Zoom and enter meeting number 894 0864 0063 with the passcode 078251. Rev. David Lefneski and the worship team hope that soon enough in person worshipping will occur once the vaccine is widespread. Until then, Zooming will have to do. In his recent newsletter, Rev. Lefneski



An angel adorns the creche outside Emmanuel United Church in Cowansville

speaks of how the angel outside the manger in front of the church speaks a simple message. "It announces that the first Christmas was simple so ours can be too. It says that we may be Zooming services for the Bedford and Cowansville pastoral charges this



COURTESY

Darlene Halfyard was Santa Lucia this year on the Third Sunday in Advent

holiday season, but the promise of a Child awakens hope and faith in our hearts."

Third annual Christmas Market in Knowlton brings in quite a (socially distanced) crowd

By Cassandra Pegg
Special to Brome County News

On Dec. 12 and 13, Le Relais at 286 Knowlton Road was turned into a holiday wonderland where several local vendors gathered for the annual Christmas market usually put on at the Marina.

Jaime Moar from the Marina and Ariane Jodoin from Le Relais were the masterminds behind this collaboration.

Moar explained that they have been having the Christmas market at the Marina for the last few years and had quite a few amazing vendors participating, and they have always had a passion for supporting small local businesses. It was not feasible to have the market at the Marina safely so Moar was just about convinced it was not going to happen this year. But luckily, things fell into place to have it at Le Relais.

Moar explained that she first approached Le Relais about the gingerbread house project that the Marina organized earlier this year with a few other businesses. Le Relais displayed gingerbread houses that the community decorated in their windows. It was from those conversations that the idea for the Christmas market started to take shape.

Ariane Jodoin explained that she had been speaking with one of her colleagues about how sad it was to have such a nice dining room with no clients and all that space to fill.

"I checked with the Marina to see

what was going on with the Christmas market, I had a feeling that they weren't doing it."

But within two weeks Moar and Jodoin were putting on a very successful Christmas market.

The real trouble was finding enough vendors to fill the room.

"Over half the usual vendors didn't want to come back this year," Moar explained, citing that many did not want to take any risks.

"I messaged Ariane saying I didn't know if we could do it."

Luckily, word got out about it and through some connections of the vendors they were able to bring in a few more local businesses in and ended up with about ten different kiosks for people to peruse.

"The main complication was being COVID safe, not just for us but for everyone that was there," Jodoin said.

All precautions were followed and Jodoin was happy to report that logistically everything worked out very well. They made sure the tables were properly spaced, had someone at the door and they even put down arrows to make sure everyone kept their distances.

"Overall it was a great success," she added, "We had a really good turnout, a steady flow of people even with Sunday being a bit slower."

The market was only advertised on social media, but word had no problem getting out.

Moar explained why it was important to her to try and make the market happen this year.

"Now more than ever something like this is needed, Knowlton is such a special community," she said, and with so many great Christmas activities taking place, the market fit right in.

"It's so easy to just say it's too complicated," Jodoin added.

"When the dining room was empty, I was a bit sad that nothing was happening and then on Saturday to see the space filled and to see people laughing and having conversations, that's priceless," Jodoin said.



LAURALOOMS CREATIONS

Le Relais offered a selection of pastries and Christmas treats, mulled wine, and warm drinks for people to enjoy at the end of their tours as they were heading out.

Moar revealed that there may be more partnerships to come between Le Relais and the Marina.

"We've talked about the fact that we'd love to do more collaborations like this."

She added that there is a need to support small businesses throughout the year so it would be great for them to have more opportunities to sell their products in a similar atmosphere as the market.

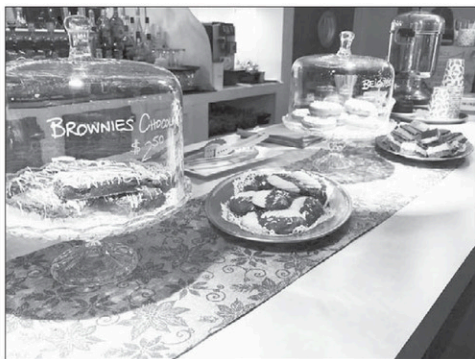
The Marina is closed for the season

but hopeful about reopening in the summer, though Moar explained that the past summer was not all bad for them since the limited number of people served at once kept things running smoothly.

Le Relais is in takeout mode and open from Thursday to Sunday. The Auberge is also open though there is of course quite a few less people both in the restaurant and inn than usual.

"Summer will be here soon," joked Jodoin, "We're staying positive as much as possible."

With the Christmas spirit created by the market, positivity does not seem to be a problem for this duo.



RIANE JODOIN

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

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

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

The B.C.N. staff

Davis Joachim

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My Kind of Jazz is cool jazz, hot jazz, old school & way out.
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Pets of the Week: Dogs



Greetings from the beyond! Once upon a time each of us was a 'shelter dog' looking for a new home. We four lucked out, got adopted thanks to the Brome County News, lived out our lives in happiness (photo is from 2002) and eventually passed on.

We would like to thank all the wonderful people all over the world who believe in 'shelter animals' and are willing to give us a second chance. You helped us. Now we would like to try to help you in your very difficult virus difficulties!

You adopted us out of kindness, love and consideration - now if you take those same qualities and use them when thinking about your fellow humans, we hope you will really, really make the sacrifices this holiday season to not be responsible for spreading this INVISIBLE virus.

Please, please for the love of others - the frontline workers, the people who cannot have regular surgery because the hospitals are clogged, the people in all different circumstances who will die indirectly because of lack of available care... you see, it could be you...or a relative...or a neighbour...

PLEASE no social gatherings! Stay home! Stay SAFE! We love you humans, but sometimes you can be so blind! (AND of course, still be strict about the usual - wash your hands, use sanitizer, stay 6 feet apart and wear a mask!)

Seasons' Greetings to all...the dogs and cats of the world.

adoptionspcamonteregie@gmail.com

Novelist Louise Penny supports The Knowlton Lions Club



At the check presentation, from left to right Meredith MacKeen, secretary Knowlton Lions Club, Lucy Hoblyn of Brome Lake Books, Lise Desrosiers, Louise Penny's personal assistant, presenting the check, and John Staton, president of the Knowlton Lions Club.

During the fall of 2020, a special masks "I'm FINE" in reference to a phrase that the author uses in her Gamache books, were on sale at Brome Lake Books. Novelist Louise Penny decided that the proceeds would be donated to different local organizations. In line with the sales for November, Three Pines Creations presented a check for \$6,884.50 to the Knowlton Lions Club.

In a statement Louise Penny declared, "I am very aware of how lucky I am to live in Knowlton (or Three Pines). Such an extraordinary community! Thanks to people like you and your legion of volunteers. Thank you for all you do! I know you are heading into an especially busy time and you help the community in so many ways. If there's anything more I can do, now or in the future, please let me know. Congratulations on all your important work in this difficult time."

Submitted by Knowlton Lions Club



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

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A new day dawning at St. Paul's, Knowlton

St. Paul's Anglican Church in Knowlton has entered into an agreement with a local developer to build condominiums. The money raised from the sale of part of the Church's property will be invested in an Anglican Church investment fund. It will provide at least a quarter of the annual running costs of the Church.

"Thanks to the cooperation of members of St. Paul's, respected citizens of Knowlton, and the Diocese of Montreal- the corporation of St. Paul's, Knowlton has agreed to sell a portion of its land to Bousada Inc. to build condominiums," says Reverend Tim Wiebe. "The goal of the project is to create a beautiful building that will enhance the Mill Pond project, preserve the adjacent green space and help ensure the ongoing work of St. Paul's church."

Two years ago, St. Paul's Church held a "Town Hall" meeting with its members to begin exploring how it might better use its underutilized

property. Phil O'Brien was the driving force behind the project. Mr. O'Brien is a local resident and friend of St. Paul's. He has a great deal of experience in re-purposing historic properties, including McGill College Avenue, the World Trade Centre in old Montreal and Christ Church Cathedral in Montreal. Mr. O'Brien enlisted the help of another resident of the Town of Brome Lake, Eric Gauthier, an architect with the firm FABG who was responsible for the renovation of Theatre Lac Brome. Several options were considered, but given the limited area of buildable land, the condominium development was the most cost-effective.

"Skip Eaman, St. Paul's treasurer, ensured that St. Paul's interests were well looked after throughout," said Reverend Wiebe.

The planned 12-unit condominium will mirror the Church's architectural style and exterior material, evoking the look of the cloisters that sit next to many European churches. The design



COURTESY

has been successful, and many of the proposed condominiums are already spoken for. There will be substantial green space adjoining the property. Discussions have included the Brome Lake Land Foundation to ensure the preservation of the green space.

The next steps involve consultation

with local residents, starting the process of modifying the zoning by-law with the Town of Brome Lake and final government approvals. If all goes well, construction would start in 2021.

*Submitted by Shirley Spencer
St. Paul's Knowlton*

Sutton food drive

CONT'D FROM PAGE 1

Darou explained they were able to add in some little extras this year with more gifts for kids and families such as coupons for Alban Houle, a fruit and vegetables place in Sutton.

They also organized a project with kids from the school, the daycares 'Jardin D'enfants de Sutton Inc' and the 'Centre de la Petite Enfance' as well as with people from the community who wanted to participant.

"We had a whole bunch of people make Christmas cards. Each basket had at least one or two Christmas cards," he explained, "We have so many that we're going to deliver them to old folks' homes in Sutton so that's really nice."

There was very nice weather for people to come get their baskets at the John Sleeth building where there was coffee and snacks available for volunteers and people coming in. Darou added that it was a nice atmosphere for people to come chat and to make sure everyone was doing okay after such an isolating year.

"People receiving the baskets are always very grateful and love the

support that CAB can give them and the support of those indirectly involved," he explained, "We'd like to thank all the partners and the numerous businesses and organizations that supported us, and the citizens and volunteers in the community who donated money and time."

Darou explained that CAB has plans for more activities that will help out the community.

"We want to continue doing something in the same vein as the Christmas cards that we did and have people in the community write letters or poems or send art pieces to seniors who are particularly isolated."

He added that they want to find a way to reach out to seniors, particularly something where the correspondence goes both ways so that whoever got the card, or the letters would be able to write back.

CAB also plans to continue their collaboration with the school for the intergenerational garden project that started this year.

"Everyone involved was super

positive and motivated and everyone wants to continue," Darou expressed, "We have a good team that's preparing in-class and outside workshops in the Winter and Spring."

Teamwork and collaboration seem

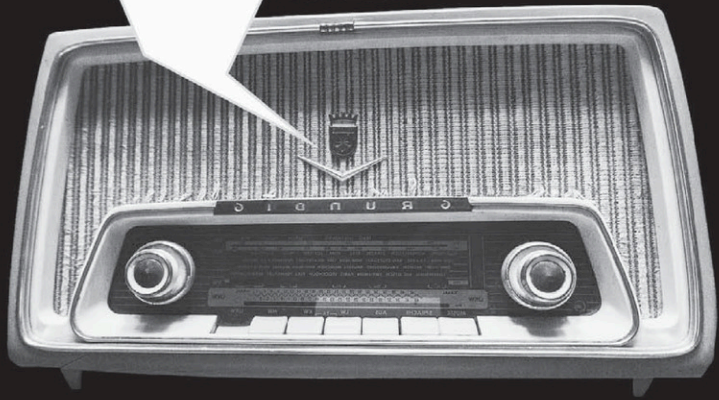
to be at the heart of CAB's operations which continue to support, and provide much-needed services to, the surrounding communities.



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Outdoor hockey rinks with an old-time twist

By Louise Smith

The time to put on the skates has come. Hockey rinks have been flooded and people are on the rinks all throughout town. The outdoor rinks in the past few years have had heated cabanos at the side to provide shelter and warmth to skaters taking a break. But with Covid times, there has had to be a return to simpler shelters.

Older people will remember the wooden shacks that were built near

the ice rinks to allow for the changing of boots for skates and skates for boots. They are simple and not very warm, but they get the job done.

As we approach the lockdown over the Christmas holidays, it is good that there are some activities that can be done outside while following the guidelines of the province. In the future we can look back to this time as an occasion when simpler activities were appreciated.



LOUISE SMITH

Family skating fun is a fun activity during the Christmas break and beyond

Dec. 21 conjuncture of Jupiter and Saturn – a return of the “Christmas Star”?

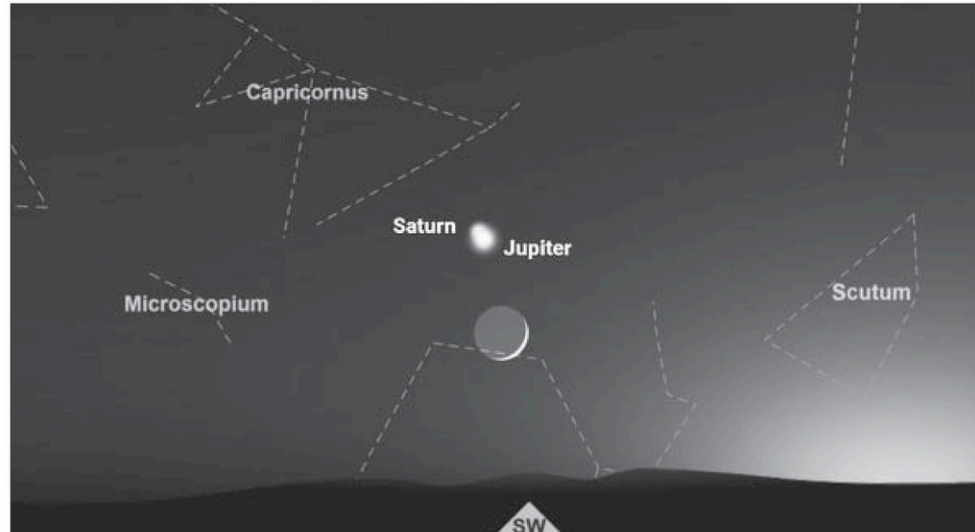
By Louise Smith

For several nights the close alignment of Jupiter and Saturn has been visible in the night sky. It is easy to see about 4:45 p.m., to the left of the moon, and up a bit higher. The planets are really far apart but their orbits are in line this closely about only once every several hundred years. They sometimes get close about every sixty or eighty years but rarely where they seem on top of each other.

This year it is being called the

Christmas Star. Joe Rao from Space.com says that the last time that they were quite this close together was 397 years ago. But it hasn't been as close as this for eight hundred years. He goes on to say these two planets might be similar to what was seen as the Star of Bethlehem. In 7 B.C. the planets met three times that year in May, September, and December. That was the rarest of occurrences. The first conjunction presumably started the Magi on their way to Bethlehem from

CONT'D ON PAGE 3



TIMEANDDATE.COM

Even with a cell phone the planets of Jupiter and Saturn are the brightest things in the night sky after the moon.

Potton Township inaugurates multifunctional shelter



THE SCOOP

MABLE HASTINGS

This week the Municipality of the Township of Potton announced the soon-to-come opening of its multifunctional shelter.

Located in the Missisquoi North Park, André-Gagnon sector, the multifunctional shelter offers a permanent roof which, in winter, will cover the municipal skating rink. In addition, the shelter is equipped with a lighting and sound system, retractable and waterproof side walls, a multifunctional concrete surface, and new rink boards. To keep the ice in the best possible condition, the municipality also purchased a Zamboni.

both in winter and in other seasons.

In summer, the shelter can host recreational activities such as ViACTIVE and other programs for people aged 55 and over, yoga, zumba, pilates, tai chi, pickleball, outdoor cardio, dog training workshops, weddings, parties, family and community gatherings, sports competitions, exhibitions and special events.

The new shelter will allow the skating season to be extended with better quality ice. During the summer, the shelter will become a shaded space that will be appreciated by citizens, visitors and day trippers (hiking, kayaking, canoeing).

In order to be able to carry out this \$ 1 M 406,000 project, the Municipality received a subsidy on July 26, 2018 from the Ministère de l'Éducation, du Loisir et du Sport du Québec for \$ 603,586. The municipality disbursed approximately \$ 703,000 and the private sector contributed \$ 100,000.

"At first, we talked about the development of a roof over the ice rink, the project really took shape when we envisioned this as a multifunctional shelter, one that could be used year-round. This seasonal vocation of this building helped us, as council, to justify the costs as this building



COURTESY

will now serve many purposes," commented Mayor Michael Laplume, in a press release.

Restrictions during the maximum pandemic alert - Red zone:

The rink can accommodate 25

people maximum - The playing of individual hockey, in pairs, or in groups of maximum 8 people is permitted on this rink. Matches and competitions are prohibited and spectators are not permitted.

Conjunction

CONT'D FROM PAGE 6

the Far East. The September conjunction would have encouraged them and the final one would have been when they met with King Herod asking for the whereabouts of the prophesized king.

On Thursday it was a crescent moon but the shaded part of the moon was somewhat lit by the reflection of the sun on the oceans. With the reduction of air pollution in the sky, it is a wonderful time to look up. Look up and think, are we seeing what was seen that Christmas so long ago?



LOUISE SMITH

On Thursday night the dark side of the crescent moon was lightly lit by the reflection of the sun on the oceans of the Earth

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Take self-isolation seriously

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



Self-isolation means stay at home



- ✓ Do not go to school or work, to an early childhood or daycare centre, or to any public place such as a stores, supermarkets or pharmacies.
- ✓ If you live in a private home for seniors, remain in your own unit and do not walk around the building. We recommend that you have your meals delivered to you, thus avoiding the need to move around inside the residence.
- ✓ Do not go out for walks.
- ✓ Do not take public transit.
- ✓ If no one can help you with your supermarket or pharmacy purchases, try the home delivery services offered by many stores. Stay at least two metres away from the delivery person.
- ✓ Don't allow any visitors into your home.

- ✓ If you live with other people who don't have COVID-19:
 - If possible, remain alone in one room of your home.
 - Avoid contact with the other occupants of the home. Stay at least two metres away from them. If you need to get closer, cover your nose and mouth.
 - If possible, eat and sleep alone in one room of your home.
 - If possible, use a bathroom that is reserved for you. Otherwise, disinfect after each use.
 - Air out the house and your room often by opening a window if the weather permits.
- ✓ You can go out on your balcony or in your private yard while remaining at least two metres away from anyone else.
- ✓ If you need to leave your home for medical reasons, wear a mask or face covering.

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



When should you self-isolate

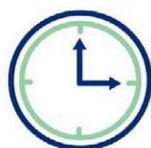


You tested positive

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

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

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



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

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

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

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



You have COVID-19 symptoms

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



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

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

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

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



You are returning from abroad

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

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

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

1 877 644-4545

Québec 

Partage/Share Food Bank distributes Christmas baskets to those in need



THE SCOOP

MABLE HASTINGS

On December 16, after three days of collecting, sorting and packing the Missisquoi North Volunteer Centre Partage/Share Food Bank Christmas baskets were delivered to over forty families by the Potton Firemen/First Responders and volunteers.

On the Monday of the delivery week, volunteers gather to number boxes, sort and determine what food they have and what is still needed. On the following day, the non-perishables are placed in the boxes according to fam-

ily size and on the final day the perishables are added (turkey, ham, milk, eggs, butter...). After all has been finalized the Firemen/First Responders and other volunteers team up in cars, load the deliveries and then with a well mapped out route, boxes are brought to families who have requested support.

The CABMN organization recognizes the hard work of the Partage/Share committee members: June Peacock, Christian Donaldson, Claire Alger, Réjean Néron, Roger Gagné and Cathy Riendeau. Thanks also go out to all the volunteers and those who donated so generously to the cause. June Peacock who spoke on behalf of the P/S committee said that it was one of the best years for donations and support stating that she could not be happier with the turnout.

The boxes included books donated by the Yamaska Literacy Council (arranged by Amanda Patch), handmade wooden toys made and donated by Blair Anderson, a cabmn volunteer as well as cards made by cabmn summer student Selena Chapman and the students from the Mansonville Elementary and Baluchon schools. The Potton Valley Baptist Church and the 7th Day Adventist Church in Abercorn were very helpful in donating food this year.

Following the deliveries the CABMN received some phone calls with many expressing gratitude for the kindness shown and the efforts made by the Partage/Share food bank and CABMN staff all throughout the year. The Covid Pandemic created a greater need this year and thanks to kind individuals, businesses, Government and Municipal support as well as the constant help of the BAM (Banque Alimentaire Memphremagog) food bank, the Partage/Share was able to offer a lot of help throughout.

For more information about the CABMN and its many programs in the MRC Memphremagog west, visit: www.cabmn.org



PHOTOS COURTESY OF JENNIFER MCGEEAN

A Covid-19 Christmas – Year 2020

Christmas this year is so different
For families and friends, you see,
Because no one is to visit
And celebrate you see!

We used to all get together
And enjoy our friendship and food
This year we are all restricted
For what we can do!

Our hearts are full of sorrow
Because of this covid you see
It's broken our hearts with sorrow
And spoiled everyone's Christmas, you see.

So hope we can all enjoy next Christmas
As we have a whole year ahead
We hope this virus is over
And we'll be able to look ahead

*Composed and submitted by
Vera Patterson
Brigham*

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Season's Greetings

How to host virtual holiday celebrations

(MC) The 2020 holiday season figures to be vastly different than seasons past. The novel coronavirus COVID-19 has transformed daily life in many ways. The public has become accustomed to wearing masks while shopping, limiting the number of people in public venues and keeping their distance from friends and loved ones. Many events have been reimagined as virtual celebrations because of social distancing protocols. For those with large families or people with inherent risk factors that make them more susceptible to illness, sharing the holidays over video conferencing apps may be the safest way to go in 2020.

The following tips can help holiday hosts make the most of a virtual holiday experience.

Pick a bright, festive spot

Set up your tablet, smartphone or computer in a bright area with a festive backdrop. You'll want others who join the virtual hangout to be able to see you clearly. A Christmas tree or a decorated fireplace in the background can set the scene.

Choose the right conferencing app

Certain programs may work better than others depending on your needs. For example, if everyone has the same

operating system platform (iOS or Android), you may be able to use an app inherent to that system, which won't require a separate download or login.

Apps also may be chosen depending on how many people can be invited in, as some set limits. Do your homework and conduct a test run prior to the holidays.

Keep props nearby

If the goal is to open gifts virtually, be sure to have everyone gathered and gifts nearby so no one is scrambling in and out of view.

Position the camera at eye level

Try to set up the camera so you're not looking up or down. Practice looking straight into the camera instead of at yourself in the minimized window or even others on the screen. This way you'll appear engaged.

Use mute when not speaking

Muting yourself (and encouraging others to do the same) when you are not speaking will limit the amount of background noise. As the host, serve as the moderator and encourage everyone to speak one at a time. Choose a visual cue to signal when someone has the floor to speak, such as raising a hand or even showing a festive picture.

Tune into virtual worship

While some places of worship have reopened to some capacity, others may still be offering hybrid services. If your place of worship offers services via YouTube or another video platform, gather around and watch together and participate just as if you were there in person. Better yet, share the link with other family and friends so they can tune in as well.

Share dinner 'together'

Set up your camera source so it captures the holiday table. All parties gathering virtually can then sit down to the holiday meal as one and enjoy one of the season's more endearing traditions.

Virtual celebrations may continue through the holiday season. Adapting with some video conferencing tips can ensure everyone enjoys the festivities, most of a virtual holiday experience.

Toute l'équipe d'Uniprix Knowlton vous offre ses meilleurs vœux de bonheur et de santé pour 2020. Merci de votre confiance et de votre fidélité!

All of us at Uniprix Knowlton extend our best wishes of health and happiness to you and yours for 2020. Thank you for your loyal patronage!



Jean-Marc Bélanger
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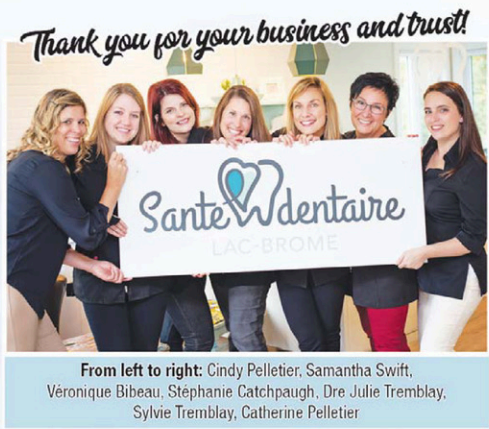
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From left to right: Cindy Pelletier, Samantha Swift,
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 Sylvie Tremblay, Catherine Pelletier

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En cette saison des Fêtes et à l'aube de la nouvelle année, j'aimerais vous souhaiter à tous et toutes bonheur, santé et prospérité.

Joyeuses Fêtes!

This holiday season, I would like to wish you all happiness, health and prosperity as we enter the New Year.

Happy Holidays!

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Farm Memories from Helen Mason Thomas

Introduction by Louise Smith

Helen Mason is one of the children of Esther and Murray Mason. She grew up on the farm on Plouffe Road in Cowansville off of Montee Lebeau. When she talks of the Stevenson Woods, she is talking of the property on which Massey-Vanier School was built. The family home has been sold but the view of the mountains of Sutton still remains. Helen lives now in British Columbia.

Where I Am From

I'm from the soil,
From racing barefoot through



The view of Sutton Mountain from the Mason farm has not changed much in the past few decades.

grass and stubble,
I'm from the barn,
and a barn bridge that leads to
the hay loft
From cows, horses, chickens, and
pigs
From hay, grain, an orchard, a
garden, and all that feeding.

I'm from the corn crib,
and the huge windmill on the
barn
that grinds the corn
From the tiny mice that steal the
corn
and the cats that steal up on the
mice.

I'm from looking west to assess
the weather
From rainfall, snowfall, and the
wind that blows it in
From the summer rush to get hay
to the barn ahead of rain
and winter paths to the water
pump
deep through drifts of snow.

I'm from the windmill that spins
the wind
to turn the gears that creak and
push,
to pull water from the earth to
the tank
And I'm from turning a tap that

fills the long hollowed log troughs
for the thirsty cows to drink from

I'm from the climb going up the
windmill's ladder
in search of Dad in the fields or
the cows in the pasture
I'm from the frosty double
windows with
the sun or the moonlight
struggling through
I'm from a wood burning stove
which
runs out of heat long before the
morning

I'm from jingling to church across
snowy fields
in the old red sleigh with Rodee
pulling
From grasping the sides as Rodee
prepares to leap over
that open creek that runs through
Stevenson's Woods.

I'm from the sway of the elm tree
branch
that carries the swing my dad,
Murray, made me
It transports my dreams, my
releasing,
my musings, my highs and lows,
my "to and fro's", my jumping
downs and running



PHOTOS BY LOUISE SMITH

The Mason farm buildings are still standing.

I'm from the twinkle of stars in
summer darkness
I'm from a catch in my breath
when the sun rises
huge, from behind Sutton
Mountain
I'm from daily chores that blend
the soul with the soil
I'm from a farm's voice.
Sacred toil.

Ben in Focus



BEN MCAULEY

Happy holidays!



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In Memoriam

HARVEY - Remembering our loving son and brother, Kevin Allen Harvey, who left us December 21, 2000.
*He was loved so much.
He never will be forgotten,
For his smile, jokes
And good humour.*

JUNIOR AND BARBARA
(mom and dad)
LLOYD AND MARK (brothers)
(**ROBERT PICKEN**) and
TRUDY (REV. DAVE LAMBIE)
(sisters)
AND SEVERAL NIECES & NEPHEW

The bright side of small holiday celebrations

To say the novel coronavirus COVID-19 changed life would be an understatement. Due to COVID-19, the way people interact with one another has changed dramatically over the last several months. Despite this, the public has proven very resilient and adaptive, often finding a silver lining while confronting challenges that might once have seemed insurmountable.

The holidays are one aspect of life that have been modified as people continue to navigate the new normal. It's easy to lament the fact that extended family may not be able to travel or celebrate the holidays together. However, there is something to be said for small celebrations. The following are some of the positive aspects of scaling back holiday festivities.

- **More personal:** Certainly it can be great to see distant cousins or old college roommates for the holidays. But the more people who you see each holiday season, the less personal interaction you get. When the holidays are scaled back, dinner becomes more intimate and everyone can exchange gifts and see their loved ones' reactions.

- **Reduced expenses:** Putting out an extensive holiday spread and entertaining 10 or more people can

be expensive. Small gatherings are less expensive because there's fewer mouths to feed.

- **Ability to splurge:** On the other side of the financial coin, having fewer people for the holidays means one can indulge on items that may not be possible when hosting a crowd. Therefore, if chicken was normally on the menu, it could be possible to upgrade to a roast or something indulgent like lobster and other seafood. In addition, a small holiday celebration may free up the budget to spend more on gifts.

- **Special touch:** When there are only a few people celebrating, hosts can go the extra mile to give celebrations a special touch. Create a special holiday dessert even if the recipe is time-consuming. In addition, immediate family can pile into the car to tour the neighborhood decorations, something that may not be as manageable with a motorcade of relatives.

While holiday celebrations may need to be scaled back this year, small gatherings can produce some pleasant, unanticipated benefits.

(Metro Creative)



What are the differences between sparkling wines?

As midnight approaches on New Year's Eve, revelers anxiously anticipate toasting the arrival of a new year with a glass of something bubbly. Once the cork is popped and the drinks are poured, the party can truly begin. Although revelers may assume any fizzy beverage they are served is champagne, by the true definition of the word, they actually may be drinking something else — one of many varieties of sparkling wine.

True champagne

Authentic champagne is named after Champagne, France, the region where the grapes used to make it are grown, fermented and bottled. According to European law, the only labels that are allowed to include the

name "Champagne" must be bottled within 100 miles of this region, which is close to Paris.

The taste of champagne is unique thanks to the soil in which the grapes are grown. It is a mineral-rich soil and imparts that flavor into the beverage. Champagne is made from a unique base of grapes that include Pinot Noir, Pinot Meunier and Chardonnay grapes. Experts with Wine Country also say that roughly 90 percent of all blended champagnes use a ratio of 2/3 red and 1/3 Chardonnay mixes.

Another component that sets champagne apart is the process by which it is made. It is strictly controlled by the Appellation d'Origine Contrôlée. This certification dictates how a producer may grow the grapes and

how the grapes can be harvested and processed. Champagne is produced by méthode champenoise, a process that is said to have been invented by a monk named Dom Perignon. This procedure involves double fermentation in bottles and creates an earthy, yeasty flavor.

Sparkling wines

Champagne is sparkling wine, but not all sparkling wines are champagne. Other notable types of sparkling wine include Italian Prosecco and Spanish Cava. Sparkling wine is produced in regions of France as well as in the United States and Canada. But sparkling wine can be made just about anywhere grapes are grown. Sparkling wines are often double-fermented in steel containers instead of bottles.

People are drawn to other sparkling wines besides champagne for various reasons. For some, cost is a heavy consideration, as authentic champagne can be considerably more expensive than sparkling wine. In addition, some people find less expensive champagnes are not as palate-pleasing as sparkling wines.

Few things are more universally associated with celebrations than a bottle of bubbly. Subtle differences set sparkling wines apart from champagne, but personal preference is oftentimes the deciding factor when choosing which beverage to choose for a special occasion.

(Metro Creative)

Classic fruitcake tailor-made for the holiday season

The holiday season is steeped in tradition, and many of those traditions figure to be compromised to some degree in 2020. The outbreak of the novel coronavirus COVID-19 that began in the winter of 2019-20 has affected holidays and how people celebrate for much of the year. St. Patrick's Day was the first holiday to be affected by COVID-19, as communities across the globe canceled celebrations or scaled them back considerably. For example, the world renowned St. Patrick's Day Parade in New York City was canceled in 2020, and many other holiday celebrations had to shift course as well.

While family gatherings to celebrate holidays like Easter, the Fourth of July and Labor Day may have been downsized in 2020, one staple of such celebrations has endured: food. That trend figures to continue throughout the 2020 holiday season. In-person dinners may or may not be possible, but families can still take to their kitchens and do some holiday baking, ultimately sharing their bounties with relatives, friends and neighbors.

Though it might not have as many devotees as holiday cookies, fruitcake is a must-have for many during the holiday season. This recipe for "Fruitcake" from Jeanne Sauvage's "Gluten-Free Baking For the Holidays" (Chronicle Books) can help holiday celebrants ensure the holiday tradition of baking fruitcake continues this holiday season.

Fruitcake Serves 10 to 15

Macerated Fruit

- 2 1/2 pounds raisins, pitted prunes, pitted dates, and dried figs, finely chopped
- 1/2 cup candied orange and/or lemon peel, finely chopped
- 1/3 cup candied or dried cherries, finely chopped
- 2/3 cup candied or preserved

ginger, finely chopped

Grated zest and juice of 1 large lemon

Grated zest and juice of 1 large orange

1 tablespoon orange or tangerine marmalade

1 tablespoon apricot jam

1 cup applesauce

2 tablespoons brandy, sweet sherry or apple juice

1 cup unsalted butter, at room temperature, plus more for greasing

3 cups Jeanne's Gluten-Free All-Purpose Flour (see below)

1 teaspoon ground cinnamon

1 teaspoon ground ginger

1 teaspoon freshly grated nutmeg

1 teaspoon ground allspice

1 tablespoon baking powder

1 cup packed dark brown sugar

1 teaspoon pure vanilla extract

4 extra-large eggs, at room temperature

2 tablespoons brandy, rum, whiskey, sweet sherry, or apple juice, or as needed

The day before you bake the cake, prepare the macerated fruit. Place the raisins, prunes, dates, and figs in a large bowl. Add the citrus peel, cherries, ginger, lemon zest and juice, and orange zest and juice. Add the marmalade, jam, applesauce, and brandy and stir to combine. Cover the bowl and let stand overnight at room temperature so that the fruits soak up the liquid and the flavors meld. The mixture can macerate in the refrigerator for up to 1 week.

Preheat the oven to 325 F. If the fruit has been in the refrigerator, bring it to room temperature. Grease the bottom and sides of a 9 1/2- or 10-inch springform pan with butter. Line the bottom with three layers of parchment paper and the sides with one layer of



parchment. The batter will be very sticky.

In a medium bowl, mix together the flour, cinnamon, ginger, nutmeg, allspice, and baking powder.

In the bowl of a stand mixer fitted with the paddle attachment, beat the butter on medium-high speed until light and fluffy, about 3 minutes. Add the brown sugar and beat for 1 minute. Reduce the speed to low, add the vanilla, and beat until combined. Add the eggs, one at a time, beating after each addition. Then beat for 1 minute longer. Add the flour mixture and beat until just combined. Add the macerated fruit and, with a large wooden spoon, combine with the batter. This requires a bit of strength. Scrape the batter into the prepared pan.

Bake for 2 hours, then reduce the oven temperature to 300 F and bake until a toothpick inserted into the middle of the cake comes out clean, about 2 hours. If the cake browns too quickly, you might want to tent it with aluminum foil for the last 2 hours so it doesn't burn.

Remove the cake from the oven and, while it is still hot, pierce it all over with a skewer. Pour the brandy over the top. Place the pan on a wire rack and let the cake cool completely.

Remove the sides from the pan and

peel the parchment paper from the sides and bottom of the cake. Wrap the cake in waxed paper and place it in an airtight container or wrap it in a few layers of plastic wrap. Leave the cake at room temperature for 3 to 5 days to allow the flavors to meld. If you used alcohol, you may store the cake in the refrigerator for up to 2 weeks.

Once the cake is sliced, store in an airtight container at room temperature for up to 1 week.

Jeanne's Gluten-Free All-Purpose Flour Makes 4 1/2 cups

- 1 1/4 cups brown rice flour
- 1 1/4 cups white rice flour
- 1 cup sweet rice flour
- 1 cup tapioca flour
- Scant 2 teaspoons xanthan gum

In a large bowl, whisk together the brown and white rice flours, sweet rice flour, tapioca flour, and xanthan gum thoroughly. Transfer the mix to an airtight container. Store in a cool, dark place for up to 6 weeks or in the refrigerator for up to 4 months.

(Metro Creative)

The Final Act

The curtain will fall, one last time upon this long running presentation. It has been a real life drama, spanning many decades. The two main characters are a husband and wife team. The essence of the story, is but a recounting of involvement in the lives of others.

The vocation of each, was people oriented. Their investment in time and energy in the lives of many, proved successful. One began in teaching, and made his mark quite early. He had the welfare of all his classes a number one priority.

He had a friendly manner, and interacted well with students. He found so many ways to get across the subjects of their studies. Over the years, his methods of communicating were rewarded with promotion. From classroom setting, he found himself in charge of all

around him.

His wife was equally well qualified, a health practitioner, who treated those with mobility problems. She also trained others in the art of treating aches and pains. Skeletal structure, muscular development, were at the centre of her occupation. And it is no surprise she had a multitude of patients. Man was never made to be sedentary. And to have our drama play out, it needed a cast of thousands. Neighbours, acquaintances, and strangers were much the better for having interacted with the two.

And as the final act plays out, our team of two have said, they are prepared to move along, to be together as has been the case, and leave their roles to others.

Age and illness has played a role, in defining what their future holds.

With great difficulty in keeping home and grounds in good shape, the couple have entered into a residence.

And it is here, that others will perform the tasks to meet all of their demands. They spent a lifetime caring for others by showing them the way and how to develop as a person.

The time has come that others will do the needed tasks for living, and they can benefit from the expertise of others, trained specifically for that task.

They have played their role in life to the betterment of many. They will leave the theater heads held high, to the accolades and thanks of a full house. Bravo, Bravo.

By David Edmond

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Time spent with family is an opportunity to take care of yourself

These uncertain times may lead to negative emotions or anxiety. Regularly engaging in physical activities that you enjoy, especially outdoors, could help you feel better.

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

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