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Au Diapason Foundation ‘Walking for a Million!’

BCN Staff

For its 10th anniversary celebration, Au Diapason Foundation launched its major fundraising campaign: I’m Walking for a Million!

The Foundation is seeking to raise \$ 2 million in two years, with a specific objective of raising the first million by the 10th edition of La Marche / La Course to be held on May 5th, 2019.

There are a million opportunities for businesses and community members of Brome-Missisquoi and Haute-Yamaska to contribute to the fundraising campaign. They can participate in La Marche / La Course on May 5, organize a fundraising event or take part in one already established by a family member, friend, neighbour, or colleague. All

CONT'D ON PAGE 3



COURTESY



COURTESY

Inside La Maison au Diapason’s new memorial park stands a stainless steel tree created by artist and sculptor, Mathieu Isabelle

Left to right: Luc Harbec, President of Au Diapason Foundation, Dr. Christian Beauchesne, President of La Maison Au Diapason and L’Équipe d’accompagnement Au Diapason, Louis Villeneuve, mayor of Bromont, Marie-Josée Filteau, Executive Director, La Maison Au Diapason, L’Équipe d’accompagnement Au Diapason and Au Diapason Foundation, Mathieu Isabelle, artist and sculptor.



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Brome County Community Bulletin Board

August 25

Garage Sale at Knowlton United Church, 234 Knowlton Road, Saturday, August 25 from 8 a.m. to 1:30 p.m. Drop off of items will take place on August 20 from 4 to 6 p.m.; August 24 from 4 to 6 p.m. For pick up of items please call 450-777-0172.

September 8

2nd annual "Fall into Autumn" Country Music Appreciation Jam at the Burrough's Falls Reception Hall, Ayer's Cliff on Saturday, September 8 starting at 1 p.m. Hours of continuous fun, live country music, door prizes, corn roast and cold buffet, all for just \$15. Our mission is to support LIVE country music and to encourage professional musicians to keep their music alive! Along with the new house band Bobbi Dee and The Honky Tonk Rebels will be the featured band (all the way from Montreal) Lost Highway, plus other favorite local musicians may stop by to Jam. This is one Fall Event you really won't want to miss! To reserve a spot, call Burrough's Falls Hall at 819-838-4912.

September 8

Creek Annual Ham Supper Saturday, September 8 from 4:30 to 6:30 p.m. Donation 2/\$ 25, Single \$ 13, Children 10 & Under \$ 3. Contact: May Banks 450-243-0280, Steve Lace 450-242-1816.

CHURCH BULLETINS

ALL SAINTS ANGLICAN CHURCH - DUNHAM

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

ANGLICAN PARISH OF BROME

Services are at 9 a.m. First Sunday of the month - Holy Trinity, Iron Hill; second Sunday of the month - St. John the Evangelist, Brome; third Sunday of the month - Church of the Ascension, West Brome; fourth Sunday of the month - St. Aidan, Sutton Junction. Canon Tim Smart, rector. Information: 450-538-8108.

BEDFORD PASTORAL CHARGE OF THE UNITED CHURCH OF CANADA

You are warmly welcomed to join us each Sunday for an uplifting spiritual experience. We welcome you and your ideas as we provide a safe place where individually we seek out a greater purpose for our lives.

Every Sunday at 10 a.m. join our community in either Bedford, Stanbridge East or Mystic. Services in Bedford and Stanbridge East are followed by coffee and snacks. The address for each church can be found on our website at bedfordpastoral.org For more information please contact Wendy Near at the church office on Thursday and Friday from 9 to 11 a.m. by phone 450-248-3044 or call 450-248-2739, or by email at Bedford.pastoral@yahoo.ca

CALVARY UNITED CHURCH SUTTON

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

COWANSVILLE COMMUNITY BAPTIST CHURCH

Cowansville Community Baptist Church meets Sundays at 10 a.m., 137 rue John, Cowansville. Everyone is welcome.

CREEK/WATERLOO PASTORAL CHARGE

Sunday, August 26 - worship and music: Creek United, 278 Brill Rd., West Bolton, service and Sunday school, at 9 a.m.; St. Paul's United, 4929 Foster, Waterloo, service at 10:30 a.m. Reverend Dave Lambie, minister. For information or to leave a message call: 450-539-2129.

EMMANUEL UNITED CHURCH

Come together for a thoughtful and spiritual experience and give yourself a good start to the week. Sunday worship is at 205 rue Principale, Cowansville, at 10:30 a.m. We serve the United Church communities of Brigham, East Farnham, Farnham and Cowansville, but really anyone can find a home here. Give it a try and sample a Sunday. Wheelchair accessible. Worship Leader: Deborah Beattie. Church Office: 450-263-0204 Website: emmanuelcowansville.ca

ÉGLISE CATHOLIQUE ST. ÉDOUARD CATHOLIC CHURCH

366 Knowlton Road, Knowlton. You are invited to participate in a bilingual Mass Sundays at 10:30 a.m.

GRACE ANGLICAN CHURCH

52 Principale sud, Sutton, welcomes everyone for Sunday services at 10:30 a.m. All welcome. Canon Tim

Smart, rector. Information: 450-538-8108 or visit our website at www.gracechurchsutton.org.

GRANBY UNITED CHURCH

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

KNOWLTON-MOUNTAIN VALLEY PASTORAL CHARGE

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

LIVING HOPE CENTER

Living Hope Center, a full Gospel church, meets on Sundays at 9:30 a.m. at 127 Principal behind the Princess Theatre in Cowansville. For more information call pastor Tony Farrugia at 450-295-3573. Come and worship the Lord Jesus Christ with us.

ST. GEORGE'S ANGLICAN CHURCH

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

ST. PAUL'S ANGLICAN CHURCH

24 St. Paul's Road, Knowlton. St. Paul's is a dynamic, diverse community pursuing and serving Jesus in the Eastern Townships 8 a.m. and 10 a.m. Sunday services (traditional, contemporary and modern music and format). Please check out our new website: www.stpaulsknowlton.ca. Everyone welcome! Telephone: 450-242-2885.

TRINITY ANGLICAN CHURCH

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



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Au Diapason also offers free bereavement support and serves the territories of Brome-Missisquoi and Haute-Yamaska.

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Meet the Brome Missisquoi candidates

BCN Staff

As part of the upcoming provincial electoral campaign, the Brome-Missisquoi Chamber of commerce (CCB-M), in association with the young members of the Massey-Vanier High School student council, will host an election meeting with the different political parties' representatives.

The event, which will be held in French, will take place on Monday, Sept. 17, 2018, at 7 p.m. in the Massey-Vanier High School Auditorium, at 222, Mercier Street, Cowansville.

"We believe that all citizens, including members of the business community, the different organizations and the youth of Brome-Missisquoi

will find this meeting an opportunity to meet with every candidate and hear what each of them has to say about our region's major issues," said Joannie Tardif, CCB-M's president. Furthermore, the collaboration with the student council with the CCB-M is significant, since today's youth could be tomorrow's entrepreneurs, and allows them to get involved in the democratic process, and raise awareness about different election issues, she added.

The citizens of the Brome-Missisquoi territory, as well as the members of the business community, are welcome to suggest their questions by email, at info@ccb-m.ca, before Aug. 31, 2018.

LETTERS

Knowlton Film Festival Superb

DEAR EDITOR:

The documentary about Supreme Court Judge Ruth Bader Ginsburg was sensational.

What a hero she has been for women and equal rights for all. Her wonderful husband, deceased in 2010, was her pillar in the days when women were not welcome as lawyers, let alone judges on the Supreme Court.

She advocated equality for all, and achieved it. She was small in store but larger than life with her words. Her words changed the course of history.

SHERYL TAYLOR
BROME-MISSISQUOI

Au Diapason 'Walking for a Million!'

CONT'D FROM PAGE 1

forms of participation are important and make a real difference for patients at the end of life and their families.

"It's been 10 years since the Foundation was created when construction of La Maison Au Diapason was about to begin. Since then, more than 1,000 patients and their families have benefited from free care in this peaceful environment", underlined Luc Harbec, President of Au Diapason Foundation. "We must continue our collective efforts to ensure the sustainability of the activities of La Maison," he added.

Au Diapason Foundation organizes four major annual fundraising activities; a golf tournament, a wine and cheese tasting event, a poinsettia sale and La Marche / La Course.

La Maison Au Diapason recently created a memorial park for the families and loved ones of those who were cared for at the hospice. "We wanted to create a meaningful space entirely dedicated to the memory of patients who passed away at La Maison", said Dr. Christian Beauchesne, President of La Maison Au Diapason and L'Équipe d'accompagnement Au Diapason. "We sincerely thank the anonymous donor

who made this project possible. I'm certain families will appreciate this beautiful and peaceful park."

Inside the memorial park stands a stainless steel tree, created by artist and sculptor Mathieu Isabelle. Over the next few months, the names of those who spent their last days at La Maison since it opened will be engraved on the leaves of the tree. Families will be contacted for permission to include the name of their loved one.

Some 300 dignitaries, members of the Boards of Au Diapason's organizations, donors, partners, employees, volunteers, families and friends gathered on Saturday for the inauguration of the memorial park, the commemorative ceremony and the launch of the fundraising campaign.

"The event was a real success!", commented Marie-Josée Filteau, Executive Director of La Maison Au Diapason. "Guests were particularly moved by testimonials delivered by Antoine Bertrand and Jean Leclerc. "We're happy to have been able to count on the participation of Mademoiselle, who performed

Celine Dion's Encore un soir and Josh Groban's You Raise Me Up."

Guests enjoyed a magical moment as more than 100 butterflies were released. Several families also participated in a picnic, accompanied by music by harpist Isabeau Corriveau.

The event ended with an acoustic concert by Véronique Bilodeau, one of the 24 semi-finalists at the Festival international de la chanson de Granby. The concert was presented as part of the Les Petits Bonheurs 2018 tour.

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BCN RATES & DEADLINES COMMUNITY CALENDAR

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Pet of the Week — Budha



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Austin Fire Department acquires new off road emergency vehicle



Submitted by
The Austin Fire Department

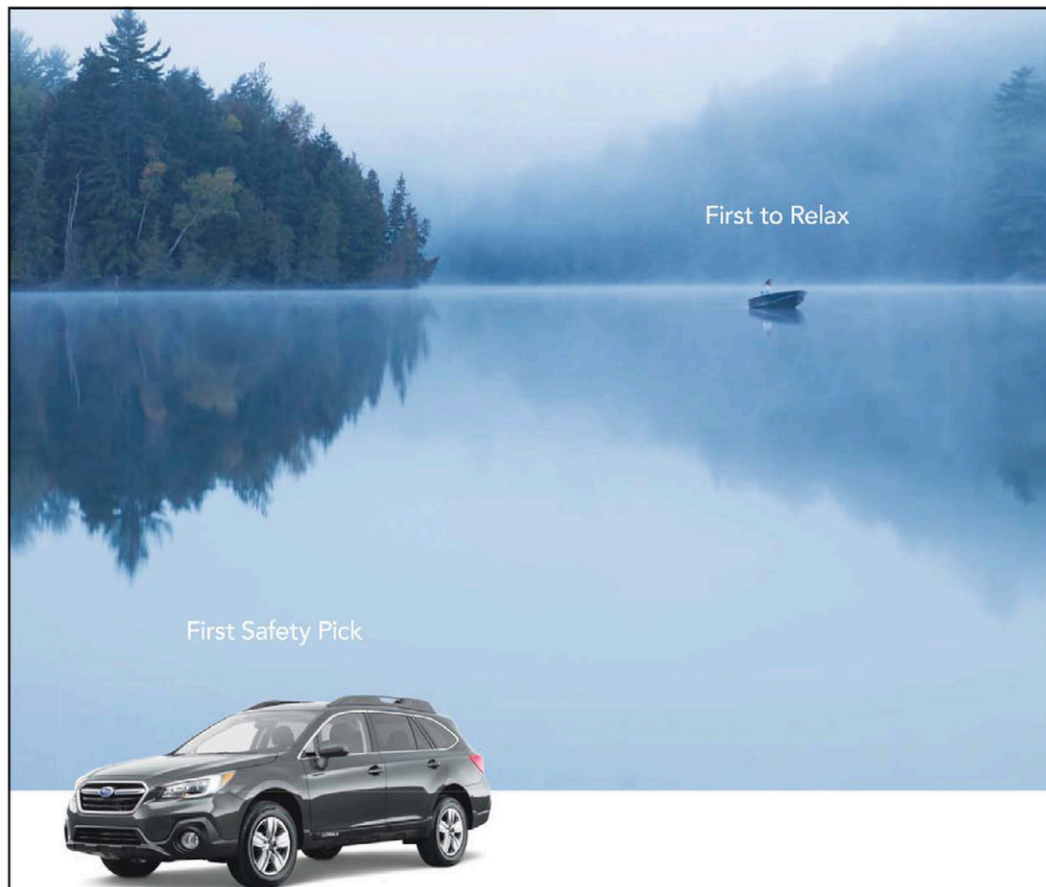
The Austin Fire Department is pleased to present its newest acquisition! Unit 1451 is an off road emergency vehicle for fighting forest fires and for off road rescues.

With the help of the Ministry of Public Security's financial assistance program, and the participation of the MRC of Memphremagog, the municipality of Austin was able to obtain a considerable subsidy for the purchase of the vehicle. The Austin Firefighter's Association also made a financial contribution towards the purchase of the vehicle.

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Paradis to retire as a Liberal with head held high

By Matthew McCully

According to Liberal Riding Association President Hardy Craft, MNA Pierre Paradis, who has represented the Brome Missisquoi riding for nearly four decades, will not run in the upcoming provincial election.

Ingrid Marini, former Executive Director of Townshippers' Association will take up the Liberal banner in Brome Missisquoi.

Paradis made the decision Friday, Craft said.

"He's disappointed. He loves representing the people of Brome Missisquoi. He loves his job," commented Craft, explaining that Paradis is still feeling the effects of a head injury sustained at the end of 2016.

"For the first six months, he couldn't even get out of bed for long," Craft said.

In January, 2018, Craft said Paradis felt better and had the intention of returning to the National Assembly, but then he had a relapse.

"At the meeting on Friday it wiped him out after a few hours. It was hard on him."

"I've been with Pierre since he started 38 years ago," commented Craft, explaining that regardless of the buzz, Paradis was the Liberal candidate in Brome Missisquoi until he heard otherwise from the man himself.

"He knows even if he would like to he can't; he's not going to run," Craft said.

"The important thing is that he will retire as a Liberal with his head held high."

Coinciding with his medical leave from the National Assembly, Paradis was temporarily removed from the Liberal caucus and stripped of his role as Minister of Agriculture amid allegations of sexual misconduct from a former colleague. He was later accused of ethics violations by National Assembly Ethics Commissioner Ariane Mignolet, who suggested Paradis had misappropriated his housing allowance.

Paradis was subsequently cleared of any sexual impropriety, and the report of his alleged ethics violations was rejected.

The two politically damaging inquiries, both of which have since been discredited, only had legs because Paradis was off his feet, according to Craft.

"He couldn't defend himself," Craft said. "If he had been in good health, this would have been over a long time ago," he commented.

"He hasn't done a bad thing in his life," insisted Craft. He remembered back in the 1980s getting calls from journalists sniffing around for dirt on Paradis. "You have to be cleaner than clean," Craft said, to have had a politi-



THE CANADIAN PRESS/JACQUES BOISSINOT

MNA Pierre Paradis, who has represented the Brome Missisquoi riding for nearly four decades, announced on Friday that he will not run in the upcoming provincial election.

cal career spanning close to four decades.

"There are good things happening at the end of the mandate," Craft added, explaining that even in convalescence, Paradis maintained his political savvy.

"He couldn't announce he was not running again and then expect his dossiers to be completed," explained Craft, pointing to recent developments in the health sector in the region.

The only project still on the table for Paradis was Highway 35 to connect Quebecers to the Vermont border rather than the narrow and winding route 133 currently being used. "Maybe it's too big a project for Quebec," Craft said, explaining that the highway was supposed to be completed in time for Expo '67, so Paradis' inability to get it done shouldn't exactly count as a failure.

"As things worked out, I think things are going to go very well," Craft said,

referring to Ingrid Marini, who will run for the Liberals in Brome Missisquoi in the upcoming election.

"Pierre is 68. His entourage is older," Craft said, explaining the Marini, in her early 40s, will bring in younger people.

"We're happy with the result. I think Ingrid is a good candidate."

According to Craft, both Marini and her mother have worked for Paradis in his offices over the years. Marini comes from several generations of farmers, Craft went on, adding that Paradis was a friend of her great grandfather.

Marini's candidacy for the Liberal party will be announced officially on Wednesday at 10:30 a.m. at the legion in Phillipsburg, Craft said.



RECORD ARCHIVES

Some 300 people turned out for Pierre Paradis' nomination meeting in February of 2007, as he launched bid to add another four years to his 27 as MNA for Brome-Missisquoi. He was sporting a sign with a slogan used by former Tory cabinet minister Heward Grafftey in a previous federal election campaign.



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NEWS 

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 Yard/Garage Sale - Contents of family home. Large variety of household goods, furniture, garage items including 2 snowblowers. August 25 & 26 starting at 10 a.m. at 4 ch. Parc des Sapins, South Stukely. Info: 450-297-2359.

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A stir fry with easy prep ingredients done in under an hour



METRO CREATIVE

By America's Test Kitchen

Quick-cooking stir-fries are a natural choice for weeknight dinners. This one combines easy-prep ingredients with a levelled-up sauce made from Asian pantry staples.

To save on time, use pre-cut broccoli florets rather than fussing with a whole head of broccoli. For a crisp-tender texture and bright green colour, we steam the broccoli slightly in the skillet before sauteing it. You will need a 12-inch nonstick skillet with a tight-fitting lid for this recipe.

Note that you'll need 1/2 cup of basil, so shop accordingly. Long-grain white, basmati, or Texmati rice can be substituted for the jasmine rice.

STIR-FRIED CHICKEN AND BROCCOLI WITH HERBS AND SCALLION RICE

- Servings: 4
- Start to finish: 45 minutes
- 1 1/2 cups jasmine rice
- Salt and pepper
- 1/4 cup oyster sauce
- 1 tablespoon rice vinegar
- 1 tablespoon Asian chili-garlic

- sauce
- 1 tablespoon fresh ginger
- 1/2 cup fresh basil
- 1/4 cup fresh mint
- 4 scallions
- 12 ounces broccoli florets
- 1 red bell pepper
- 1 pound boneless, skinless chicken breasts
- 2 tablespoons plus 1 teaspoon vegetable oil

Rinse rice in fine-mesh strainer until water runs clear. Bring rice, 2 1/4 cups water, and 1/4 teaspoon salt to simmer in large saucepan over medium heat. Reduce heat to low, cover, and simmer until rice is tender and liquid is absorbed, 16 to 18 minutes. Remove pot from heat, lay clean folded dish towel underneath lid, and let sit for 10 minutes.

While rice cooks, whisk 2 tablespoons water, oyster sauce, vinegar, and chili-garlic sauce together in small bowl; set aside. Peel and grate 1 tablespoon ginger. Chop 1/2 cup basil and 1/4 cup mint. Slice scallions thin.

Cut broccoli florets into 1-inch pieces. Stem and seed bell pepper, then slice thin. Trim chicken, slice each breast in half lengthwise, then slice crosswise 1/4 inch thick.

Heat 1 tablespoon oil in 12-inch nonstick skillet over medium-high heat until shimmering. Cook chicken until no longer pink, 1 to 2 minutes per side.

Transfer to plate. Add 1 tablespoon oil to now-empty skillet and increase heat to high. Add broccoli and cook for 30 seconds. Add 1/3 cup water, cover, and reduce heat to medium. Steam broccoli until just tender, about 2 minutes.

Uncover broccoli, stir in bell pepper, and cook until vegetables are tender and most of liquid has evaporated, about 3 minutes. Push vegetables to sides of skillet. Add remaining 1 teaspoon oil and ginger to centre and cook, mashing ginger into pan, until fragrant, about 30 seconds.

Return cooked chicken, with any accumulated juices, to skillet and toss to combine. Stir in oyster sauce mixture and simmer until slightly thickened, about 1 minute. Off heat, stir in basil and mint. Fluff rice with fork and stir in scallions. Serve stir-fry over rice.

Nutrition information per serving: 503 calories; 92 calories from fat; 10 g fat (1 g saturated; 0 g trans fats); 83 mg cholesterol; 940 mg sodium; 67 g carbohydrate; 4 g fiber; 4 g sugar; 34 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Stir-Fried Chicken and Broccoli with Herbs and Scallion Rice in "Dinner Illustrated."

(The Associated Press)



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STIR IT UP!
By Marialisa Calta

Peaches, according to "The Oxford Companion to Food," are an ancient fruit that originated in China and became so popular they traveled the world. Persians claimed them as "Persian apples," and by the time of the American Revolution, even people in the United States thought they were native to this country.

Alan Davidson, editor of the "Oxford Companion," writes that peaches are the most celebrated fruit in literature, with the possible exception of the cherry. The Greek philosopher Theophrastus wrote about peaches, as did Pliny, Virgil, Emile Zola, T.S. Eliot and Mark Twain. Zola, apparently, was the originator of the "peaches and cream" description; he likened the complexions of the girls of southern France to that country's famous Montreuil peaches.

Renoir and Picasso loved to paint this sensual fruit. When legendary French

chef Auguste Escoffier wanted to honor soprano Nellie Melba, he did it with peaches (and gave us peach Melba to enjoy ever after).

One of my favorite ways to enjoy peaches and cream is in homemade ice cream. The recipe below can't be beat.

PEACH ICE CREAM

- Yield: 6 cups, or 12 servings
- 3 large egg yolks
- 3/4 cup sugar
- 2 cups heavy (whipping) cream
- 1/2 cup whole milk
- 5 medium peaches (1 3/4 to 2 pounds)
- 1 teaspoon almond extract
- Juice of half a lemon
- Fresh raspberries or sliced peaches, for serving (optional)

In a medium bowl, whisk together egg yolks and 1/2 cup of the sugar. Set aside.

Fill a large bowl halfway with ice and cold water. Set out a smaller bowl (with a minimum capacity of 2 quarts) that

will fit inside the larger bowl.

In the top of a double boiler set over simmering water, heat the cream and milk until bubbles just begin to form on the surface. Do not let the mixture boil.

Add about 1/2 cup of the hot cream to the egg yolk mixture and whisk briskly to combine. Stir yolk mixture into the remaining cream in the double boiler and whisk well. Cook over simmering water, stirring constantly with a stainless steel or wooden spoon, until the mixture thickens slightly and coats the back of the spoon, about 5 minutes. Remove from the heat and pour into the smaller bowl that you have set out. Place this bowl into the prepared ice-water bath. Stir gently to cool the mixture.

When the ice cream base is cooled to room temperature, cover and refrigerate until thoroughly chilled, at least 2 hours or overnight (recommended).

Bring a pot of water to a boil. Meanwhile, use a sharp paring knife to cut an X in the bottom of the skin of

each peach. Working in batches, plunge the peaches into the boiling water for 1 to 2 minutes, remove with a slotted spoon and, when cool enough to handle, slip off the peels. Cut the peaches in half, remove and discard the pits, and cut the flesh into 1/4-inch pieces. You should have about 2 cups of fruit.

Sprinkle the peaches with the remaining 1/4 cup of sugar, the almond extract and lemon juice. Let the peaches sit at least 30 minutes at room temperature for the flavors to blend.

Puree half of the peaches in the bowl of a food processor or in a blender. Stir the peach puree into the chilled ice cream base. Then stir in the remaining cup of peach chunks.

Freeze the mixture in an ice cream maker following the manufacturer's instructions. You can serve it immediately, or pack it into an airtight plastic container and freeze until firm, 3 to 4 hours. It will keep for several weeks in the freezer.

Serve with sliced peaches or raspberries, if desired.