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## New CIDI program ‘The Luminaries’ focuses on local guests

By Cassandra Pegg  
Special to Brome County News

Local radio station CIDI (99.1) will be premiering a new radio show starting Dec. 6 called ‘The Luminaries’. Host and creator David James revealed what can be expected from this new program.

The Luminaries is a five-part series of one-hour interviews with interesting and inspiring members of the community.

Though many of the guests may be known by their names or their impact in various fields and in the community, this program provides the opportunity to get to know these people in an up close and personal way.

The guests, in order of broadcast are Dr. John Fowles, an Order of Canada recipient who is a retired orthopaedic surgeon with a penchant for art and bird watching; Peter Turner, a country lawyer, contributor to the Tour Des Arts, author and Queen Elizabeth II Golden Jubilee Medal holder; Reverend Tim Smart, an amateur astronomer who is the parish priest at Grace Anglican Church as well as the chaplain at Cowansville Medium Security Penitentiary; Danielle Dansereau, president of the Mont Pinnacle Land Trust, ocean sailor and script writer;

CONT'D ON PAGE 2

## Galerie Farfelu – an eclectic place to shop in Sutton



LOUISE SMITH

Maaïke Zuyderhoff is an accomplished bookbinder whose work is on display

By Louise Smith

Galerie Farfelu is a co-operative store with about twenty artisans having their work on display. They take turns running the store and when Covid-19 is behind us, workshops will be given by some of the participating

artisans.

The Galerie started about thirty years ago in Knowlton. It then moved to Sutton and has been there ever since.

There is something for everyone. There is pottery from Stanley Lake. His distinctive style catches the eye with both his use of colour and design. There

are artists who do a variety of collage work or paintings of pastoral scenes. There are handmade knitted and crocheted pieces and woven pieces. One artist makes unique hats. No two will ever be alike. Hannah Cohen creates paper mache animals that she calls

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# Brome County Community Bulletin Board

## December 13

HANDEL'S MESSIAH, WEB! L'HARMONIE DES SAISONS is presenting this masterpiece online, from December 13 at 2 p.m. to December 26, on the QUEBEC BAROQUE platform. With 4 internationally renowned vocal soloists (Hélène Brunet, Daniel Taylor, Philippe Gagné and Jonathon Adams), professional choir and baroque orchestra on period instruments, under the Musical Direction of Eric Milnes. Tickets: \$20 <https://www.harmoniedessaisons.org/en/season-2020-2021/Messiah>

## 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**  
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. Prepare to light a candle for Advent 2, PEACE. Given the rising number of COVID-19 cases in our area, in-person worship services from December 6 to January 10 inclusively, are suspended. Joining by Zoom will still be an option. Sunday worship, 11:00 a.m. The Zoom link is in our weekly Friday newsletter, contact the church office to sign up. 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 Sunday bilingual mass will recommence in our summer chapel as we adhere to the strict protocols established by the Quebec Public Health Department. A maximum of 50 people will be permitted to attend the service. Thank you for your understanding. For more information, call: 450-263-1616 or visit the website <http://unitedesvignes.org>

**GRACE ANGLICAN CHURCH**  
How are you celebrating your Covid-19 Christmas? Our buildings might be closed, but our ministry continues online! Join the Anglican Churches of Brome-Missisquoi for online worship this holiday season: every Sunday morning at 10:30, a special service of Lessons and Carols for Advent (20 December at 10:30 a.m.), and a Carol Service for Christmas Eve

(24 Dec. at 7:30 p.m.) – all 'visually' brought from our churches to your home. You can tune in via Zoom or listen on your telephone. For more information, or to join us, contact the Rev. Tyson Rosberg at: trosberg@montreal.anglican.ca or 450-538-8108.

**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**  
Due to the fact that we are taking precautions for the COVID-19 virus, services will continue to be online on our website <http://www.stpaulsknowlton.com/> or our Facebook and YouTube pages. All services are live and also available for replay. On Site Church worship is postponed until further notice.  
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). New: Tune into "Tim Talks" on Facebook – three times weekly. Everyone welcome. Please check out our website: [www.stpaulsknowlton.ca](http://www.stpaulsknowlton.ca) or St. Paul's Knowlton's Facebook page. We are now live streaming! Everyone welcome. Telephone: 450-242-2885.

**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.

## New CIDI program

CONT'D FROM PAGE 1

And finally, Stanley Lake, co-founder of Tour des Arts and Sutton Jazz Festival as well as a musician and ceramist.

"The Luminaires," explained James, "is a way to get to know those inspiring individuals, the inspiring neighbours that we know from afar. This gives us the opportunity to get personal with them."

"Some of these people have never before shared their personal lives and music before, it will be a treat to hear."

James gave a sneak peak into some of what will be covered in these exclusive interviews.

"There is a guest whose father changed the family name because of anti-Semitism, who was run down by a car and relates firsthand experience of being in an induced coma, who flirted with criminality but never succumbed and went on to teach at Massey-Vanier high school, who met a childhood friend decades later in prison at Christmas, and a guest who deals daily with clinical depression and knows first hand the need to support people with mental health issues."

The segments of this series will be a mix of interviews and a curated selection of music from the guests themselves.

"Hearing their life stories and then their favourite music is really a window into their personalities," added James.

He described the interviews as candid.

"The mood was essentially personal, it's like sitting down and having a conversation."

It seems fitting that if the guests will become so well-known to the listeners the host should be as well.

David James made his first documentary 50 years ago while he was a student at Trent University. The documentary was for the Trent University Radio Service broadcast on CHEX radio in Peterborough, Ontario. It was the first documentary about Canadian folk singer Bruce Cockburn. In 1972 his first documentary on CBC radio was broadcast. This was during his time as a journalism student at the University of Western Ontario, where he graduated first in the class.

James also worked as a news and public affairs correspondent for CBC Radio in Paris. He eventually moved on to other things and it has been 39 years since he prepared a radio program. "The Luminaires" is his comeback to radio journalism.

"I've had this urge for a while to mix interviews with music," he explained, "and journalism is deep in my bones."

When Gillian MacCormack, a CIDI board director, approached him about doing a program, he was more than happy to get back in the radio journalism saddle.

When asked why he decided to go with the format of interviewing local people he replied, "It comes from

the idea of what the mandate is for community radio, the program pushes that mandate to really inform and reflect the community, by talking with

*James also worked as a news and public affairs correspondent for CBC Radio in Paris. He eventually moved on to other things and it has been 39 years since he prepared a radio program. "The Luminaires" is his comeback to radio journalism. "I've had this urge for a while to mix interviews with music," he explained, "and journalism is deep in my bones."*

inspiring and unique folks in the area."

It is evident that the interviewees are equally passionate about the series.

"It took some time on their part too," James added, "I thank them for contributing."

One guest commented, "This was a singular and interesting experience for me. Revisiting the past and discovering new links, new threads. Facing the old universal questions 'Who are you, where are you from, where are you



David James

COURTESY

going?"

"The Luminaires" will be broadcast on CIDI 99.1FM and worldwide on various websites including the radio's site [cidi991.home.blog](http://cidi991.home.blog).

The program launches on Sunday, Dec. 6 from noon to 1 p.m. and then the following four Sundays. There will be repeat shows on Thursdays starting Dec.10 from 2 p.m. to 3 p.m.

Make sure to tune in to 'The Luminaires' to learn a little more about the intriguing lives of some very fascinating members of the community.

# Mont Tricot – a wool store in Sutton that meets everyone’s needs

By Louise Smith

Owners Lucinda and Gilles Barbeau have been operating Mont Tricot for nine years. The colours and textures of the variety of wools available on the shelves are extensive. Lucinda and Gilles also know a lot about each type of wool in the store. They can give advice on what wool is best for any project that a customer has in mind. They do not give knitting or crocheting lessons, but they can point customers to good websites.

The shop is not huge and in red zone times two customers are the maximum for entering the shop at any one time. Covid-19 has brought in new customers

who are starting up projects and many return customers who are happy with the quality and variety available in the store. The hope is that customers will have a smile (underneath their masks!) while in the store and then at home when using the wools purchased from Mont Tricot.

The shop is located at 20-K rue Principale Nord in Sutton. It is open on Wednesdays to Sundays from 11 a.m. to 4 p.m. Their email address is monttricot@gmail.com and the phone number is 450-538-8040.

Right: Lucinda and Gilles Barbeau have been running Mont Tricot for nine years in Sutton.



LOUISE SMITH

# Changes to Emmanuel United’s worship style as cases rise in Red Zone

By Louise Smith

Sunday, November 29 was the last in-person worship service until mid-January for Emmanuel United Church in Cowansville. It will be reevaluated again in the new year and

decisions will be made depending on the situation at that point. The services have also been broadcast on Zoom and for the foreseeable future they will be Zoom only.

As cases are on the rise in Quebec for Covid-19, it makes for changes in what

can be practiced for worship. Anyone wishing to Zoom in to a service can get the co-ordinates through the church email capchurchoffice@bellnet.ca .

Sunday, November 29 was the first Sunday in Advent. There are four Sundays in Advent and a central candle is

lit on Christmas Eve. The first Sunday is for Hope. In this year, Hope takes on another layer of meaning. Let us hope that by next year we can all be attending Advent Sundays in person.

# Sutton Volunteer Centre continues to support community through pandemic

By Cassandra Pegg  
Special to Brome County News

The Centre d’action bénévole de Sutton (CAB) has had a year full of adjustments to allow them to continue to offer their important services to the community.

Jocelyn Darou, volunteer coordinator at CAB, talked through some of these changes, beginning with the annual food drive.

Darou explained that in a regular year the food drive is announced in November and lasts for a week with volunteers going door-to-door to ask for food or monetary donations.

“This year for the health and safety of our volunteers, we decided not to do the door-to-door collections.”

CAB will be accepting monetary donations instead that will allow them to purchase food themselves to give to those in need.

“It would have been impossible to handle,” he said of the food collection, “Last year we had over 8,000 pounds of food donated. That takes a lot of space

and handling and logistically it just would not work.” “The door-to-door with so many people would have been a safety risk. We decided this even before the second wave,” Darou went on.

He explained that they are hoping to receive monetary donations and will be doing a lot more purchasing food themselves than previous years.

Darou understands that there is more of an emotional relationship to giving food when compared to money.

“We expect there to be some people who would usually donate food who might not want to donate money for their reasons and

that is completely fine. We do hope people in the community will step up to the challenge and help us in this special year.”

He is confident that CAB will be able to provide great baskets this year as in previous years.

Distribution will be different this year as well. While delivery was usually reserved as a last resort, this year it will be a main fixture.

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# Galerie Farfelu

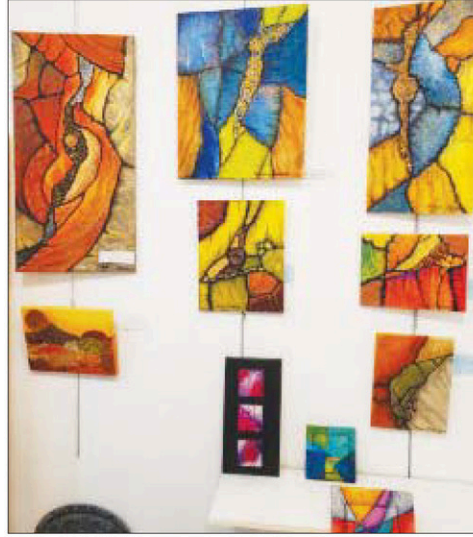
CONT'D FROM PAGE 1

“hanimals”. They are whimsical and guaranteed to produce a smile in the beholder.

On duty on Saturday was Maaïke Zurderhoff who is a bookbinder. She binds original pieces or else restores older books. Bookbinding is an art unto itself. It is fascinating to listen to her speak about the work she does. Maaïke

is one of the artists who will offer lessons “in the time to come.”

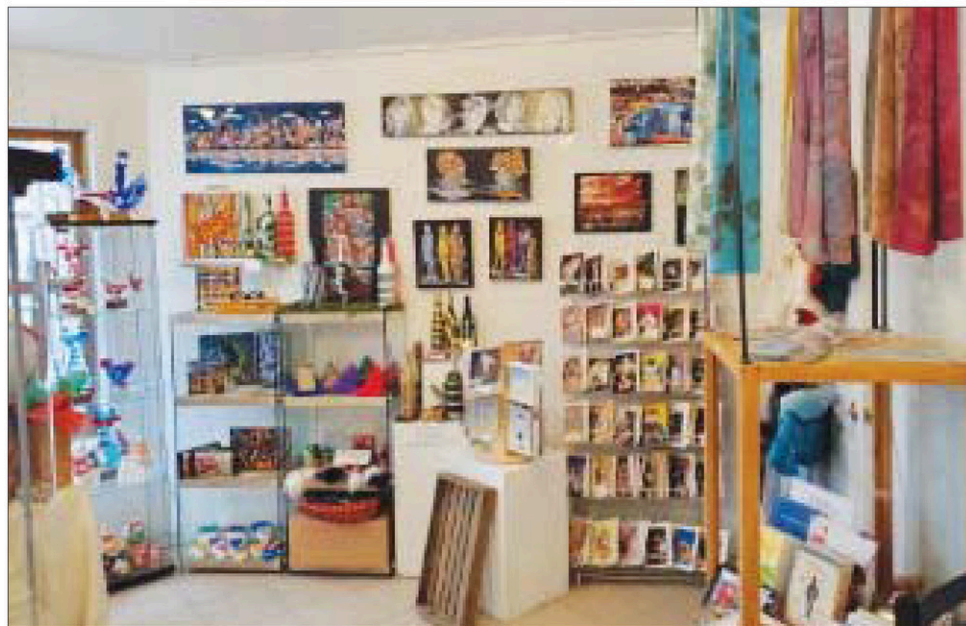
The store is located at 20 rue Principale Nord in the complex beside the post office. To get handmade and unique pieces for everyone on your Christmas list, there is no better place to go than Galerie Farfelu. For opening times please call 450-538-5959.



Pixie Durand's bright artwork lights up a full wall in the Galerie Farfelu.



Hannah Cohen's "hanimals" bring a smile to your face



The gallery is full of a wide variety of artistic creations sure to delight all.

PHOTOS BY LOUISE SMITH

# Pet of the Week: Nala



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If you are interested, please write an email to [adoptionspcamonteregie@gmail.com](mailto:adoptionspcamonteregie@gmail.com) and tell us about yourself, your phone number, municipality, why you want a dog at this time, other pets you have had in your lifetime, your dog experience, why you feel we'd make a good match, current members of your household, your schedule, how much you are away from home, available time to spend with me, what kind of surroundings we would be walking/working in....everything you can think of mentioning that would help us know you better. (Please include that you saw me in the Brome County News.)

Because of Covid-19 the shelter is closed to the public. Therefore adoptions are BY APPOINTMENT ONLY.

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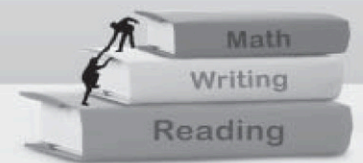
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# Sutton Volunteer Centre

CONT'D FROM PAGE 3

"We're offering it to just about anyone who signs up," Darou explained, "We're thinking of spreading it out over a bit more time."

He revealed some of the other changes and issues that CAB has dealt with this year.

"The spring was a really crazy time, it was very intense and difficult to, as quickly as possible, find ways to not stop helping people in need. We did have to reorganize the things we do."

The food bank was delivering everything the first few months and it completely changed how it was managed, he explained.

"We called everyone that had come at least once in the prior year to see how they were doing, to see if they needed help foodwise or other."

He went on, "We wanted to help people in need, and we knew that the vulnerable were even more vulnerable. It was out of the question for us not to do something."

For CABs meals-on-wheels and food bank operations, many volunteers are over 70 and were therefore asked to stay home for their safety. But with the confinement many people were now able to help out and they managed to find enough volunteers to replace them.

"In the spring, the collective kitchen and the homework assistance had to stop. In the fall the homework system had started again, with safety precautions and it didn't start as early as usual," Darou continued.

"Both the school and the volunteers were hoping to find a way to make that happen," he explained, "The need was there."

Many activities had been cancelled in the Spring, then adapted to do outdoors in the summer.

"We were just about to start doing activities inside again when the change of zones happened," he said.

"We don't have to cancel everything, though we did cancel some activities for now and are focusing on the ones that are directly for vulnerable people."

Darou explained that they also have three outreach workers whose have the role of reaching out to people in the community who are going through difficult times whether that be financial, logistical, emotional, mental health related or anything else.

"They can have this human connection to help people identify their needs and find the resources to help them."

The pandemic caused them to have to find new ways of reaching isolated

## Ben in Focus



BEN MCAULEY

Good evening, grosebeak.

or vulnerable people but they are very good at what they do, Daval assured. They work with people who are 50+, young families and anglophones and are always approachable to the community.

"There's sort of this image of Sutton as being a well off tourist destination," explained Darou, "but there is also a very real hidden poverty and definitely

a lot of people who are struggling and who need support and sometimes aren't receiving services that they need. That's what we're here for."

CAB is accepting online donations through their website [cabsutton.com](http://cabsutton.com). Donations for the food drive will be collected from December 7 to 12, by cheque or online.

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LUHTA

# Abattoir for sheep products to open in Cowansville

BCN Staff

Myriam Langlois and Jamie Schofield are co-owners of La Bêlerie in Cowansville, which started as a sheep raising operation in 2017. They raise around 1,800 sheep per year and consistently surpass the norms of the industry for the wellbeing of their animals. In March 2020, La Bêlerie expanded its operations of distribution and transformation by opening a butcher and a boutique at 333 Brossseau road in Cowansville. They also launched their website where they offer recipes as well as an online version of their store which offers varied boxes of their products.

Recently, Langlois and Schofield announced in a press release that their business will be expanding once again, this time with the construction of an abattoir that will process and transform sheep products. At the cutting edge of technology, the 22,000 square-foot building will be outfitted with a high-volume cutting room, as well as a packing line held to the highest standards. The project will cost around \$7 million and is supported by a solid collaboration with the town of Cowansville. The abattoir could open as soon as Spring 2021.

With the construction going forward, La Bêlerie will be able to continue its mission to make mutton

even more accessible for consumers. The new installations are situated on the neighbouring lot of the already established boutique and butcher. This addition is important in continuing the vision that Langlois and Schofield have for their business. It also allows them to address an important issue that producers in Quebec have been facing, namely a lack of abattoirs in the province.

Schofield explained that even beyond their own business, this construction is a step towards the dietary autonomy that much of Quebec aspires for. He added that recently the government of François Legault published a strategy about the buying of food in Quebec

that spoke to the same autonomy. He and Langlois are happy to add their concrete efforts that are in line with the direction of the government on this issue. Langlois added that they are happy to also support the economic development of the region and of Quebec.

Eighty jobs will be created with the establishment of the new infrastructure. Langlois added that the collaboration of the Bank of Montreal, Services aux Entreprises de Granby and Investissement Quebec was key to financing this project.

In a year where many businesses have been struggling, it is encouraging to see local success stories such as this.

# Rue Principale businesses during Covid-19 Red Zone times

By Louise Smith

The Princess Theatre has its “temporarily closed” sign up again on the marquee. Even when it reopened after the first wave, attendance was not at levels seen pre-Covid. Depending on how long the theatre has to stay shut will determine its future. Hopefully, it will survive. In recent years the theatre has been split into various rooms and an addition was added to the building not too many

years ago.

The Rendez-Vous Café across from the theatre is open for take-out only. A huge “Open” flag flies outside the café. The menu and phone number are in the window of the café. A hand-drawn rainbow is also decorating the window.

Nearby a shop has closed and a for

rent sign is in its window.

Further down The Pub has a huge green sign saying that it is open for business. It has a full food menu to select from. Other bars without a full menu are really struggling, as they have no source of income.

Even so, it is not easy for any restaurant or food-producing bar to make a profit, as sit down customers are where the money is made. When the

first wave was over, social distancing and extra health measures, and a cap on the number of customers at any one time, business was better than it is with take-out only, but like the theatre, it was nowhere near pre-Covid levels.

The big stores will survive but it will be up to us to help to keep local businesses afloat in these strange times and in the times to come post Covid-19.



Rendez-Vous Cafe has a large “open” flag outside its location



The Pub hopes that passers-by will notice their bright green sign.



The Pub is offering take-out during this second wave



Rendez-Vous Cafe hopes to make it through this second wave.

PHOTOS BY LOUISE SMITH

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# Theatre Lac-Brome Looking forward to 2021... and beyond!

**W**e have really enjoyed bringing you our updated newsletters over the spring, summer, and fall, and as we move into winter, we have launched our two-year fundraising campaign Looking Forward to 2021... and Beyond!

In addition, Giving Tuesday is upon us... a day set aside to celebrate the generosity of giving!

With that in mind, our current newsletter and the few to follow will focus on the area of Philanthropy, featuring interviews with some community members.

For this edition of our newsletter, Artistic Director Ellen David sat down with a member of the community, a very special, humble, and determined woman, who has been so dedicated to our theatre over the years and who felt it important to share her views on philanthropy. In this issue, we spotlight Claire Léger.

"Having met Claire Léger in the past, I already knew what a remarkable woman she is, but having spent some precious time recently discussing the value of culture as an important element of the human experience, my regard for her has perceptibly deepened, and at many points during our conversation, I had shivers when I understood how her commitment to living a life enriched by music, art and theatre is in her DNA. Here are some of the questions I asked Claire, and her gracious responses." - Ellen David

**What is your association with the town of Knowlton?**

The first time I came to Knowlton was in 1988, and I said to myself that I would come back when I was ready to retire, which came to pass in 2003. I developed an attachment and a love for Knowlton, and now it is my home sweet home.

**What is your relationship to Theatre Lac-Brome?**

When the theatre decided to expand a few years ago, I found it to be a worthwhile project and it was my first important contribution in the region.

**What is your connection to the arts in general?**

As a child, I was immersed in the arts. There were no "white walls" in our home... we were surrounded by art. I am a lover of sculpture, classical music and its composers and performers, world music... music that touches me. I follow all the young aspiring musicians, and I am always on the lookout for new voices. There is another music that I love... that of nature. When I am in the garden, I listen to the song of the birds and the sound of the leaves.

**What do you feel is the importance of theatre and culture in a person's life?**

When a young person sees a play, it can change the course of their life. A child who discovers something completely new, can see the world with fresh eyes. The arts can open one's spirit, as well as improve our interpersonal relationships. I love plays



Claire Léger

that make me cry, make me laugh, that have depth, that make us reflect on life. When we leave the theatre and we are still thinking about and talking about the play we just saw... I love that!

**How did you balance your professional life and your love for the arts?**

When I was young, I played the piano. I stopped when I started University. I studied commerce, did my undergraduate at HEC, and obtained my MBA in business administration at UQAM. My brother and I took care of the family business, and in the company I took care of the design component. I studied the flute, engraving and I restarted the piano after 50 years. You have to be determined! I think that the arts and business can complement each other beautifully... and this brings a harmony to life.

**What is your motivation with respect to philanthropy?**

It gives me pleasure to contribute to Theatre Lac-Brome, because it is a gathering place where all kinds of cultural activities are presented, and it can become the soul of Knowlton while attracting people from near and far. I support numerous causes, because I believe that we should give if we can, and at this moment in time when institutions such as the theatre are in survival mode, TLB must survive. As I have mentioned, culture is so important when one is part of society, and contributing to its well-being is an integral part of one's values.

**What is your dream for TLB?**

I dream that the theatre will achieve the goal of an endowment fund, to assure its long term health. I also hope of course that one day in the not too distant future, the pandemic will be behind us, so that we may all gather once again to enjoy concerts, performers, cinema, shows, theatre... to rejoice together in positivity.

We thank Claire Léger for her inspiring words and her generosity.

TLB has always been blessed with very generous and culturally-conscious donors who enabled our institution not only to survive, but to flourish over the

CONT'D ON PAGE 10

## BOUTI VERRE

VERRE SOUFFLÉ RECYCLÉ

Glassblower Caroline Couture has been practicing her craft for over 14 years. She founded Boutiverre in 2012 during her 2 years of residency at Center de Métiers de Verre-Espace Verre where she completed her college diploma in glass crafts. By luck and charm the municipality attracted the Montrealer to Lac-Brome six years ago and it is in the heart of downtown that she opened her Boutiverre workshop-boutique that recently celebrated its 5<sup>th</sup> birthday.



Fascinated by the possibilities of glass, the young woman chose this path, by perfecting its know-how as far as New Zealand and Cleveland.

In the three ovens in her workshop, which reach 1200° C, Caroline Couture heats, blows and shapes used bottles of sparkling wine and water to make lighting and design objects for the table.

What inevitably attracts attention at Boutiverre are its lights, all unique in shape and texture.

I like to use natural textures that have character and match any décor. The texture obtained by the fusion of wood ash is particularly appreciated. I am always looking for new shapes and assemblies," she notes.

Working with recycled blown glass requires a lot of research and control of molten matter.

290A Ch. Knowlton,  
Lac Brome, QC, JOE 1V0

She would like to thank all the companies in the region that provide it with its raw material, because the bottles are selected for their attributes and thickness.



"Each type of bottle has its own character and is worked differently."

In times of pandemic, the artist is particularly looking for Eska glass water bottles, her favourite bottle.

In addition to her workshop you can also find Boutiverre in the section Fabrique 1840 on Simons website. She also goes to trade fairs art or design in Montreal, Quebec and Toronto where the reaction of visitors is always positive. "People find it comes out of the ordinary. It is very rewarding."



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# Be there for yourself the way you're there for others



**You are always there when your loved ones are going through difficult times. But don't forget about yourself—solutions exist to help you feel better.**

The current situation may cause you distress. Experiencing various levels of anxiety in some spheres of life is normal. When this happens, you may find it more challenging to deal with your thoughts, emotions, behaviour and relationships with others. Most people succeed in adapting, but listening to your needs is vital. **Don't hesitate to do whatever is necessary to help yourself.**

## Take care of yourself

- Rely on your personal strengths and have confidence in your abilities.
- Remind yourself of the winning strategies you used in the past to overcome difficulties. There is no one-size-fits-all solution! Each and every one of us must take steps to foster our own well-being.
- Enjoy life's little pleasures, such as listening to music, taking a warm bath, reading, exercising, etc.
- If you live close to nature, make the most of it. Breathe deeply and slowly as you walk.
- Learn to delegate, and allow others to help you.
- Ask for help when you feel overwhelmed. **It is not a sign of weakness, but rather a sign of strength when you are strong enough to do what is necessary to help yourself.**
- Lend a hand in your community in a way that respects your personal limits and public health directives. By helping others, you can improve their wellness and your own as well.
- Think about what has meaning and value for you. Reflect on the important things in your life that you can hold onto in hard times.
- Reduce the stressors in your life.
- While it is important to stay informed, limit the amount of time spent reading about COVID-19. Information overload can increase stress and anxiety, and even cause depression.



### The *Getting Better My Way* digital tool

*Getting Better My Way* is a digital self-management tool for emotional health. If you are experiencing stress, anxiety or distress, this tool can help improve your well-being by identifying practical things you can do to feel better. Learn more at [Québec.ca/Gettingbetter](https://Quebec.ca/Gettingbetter)



## Give voice to your feelings

- Keep in mind that having a range of emotions is normal. Feelings play an important role in life, and it is essential to experience them without passing judgment.
- Use words to express what you are going through. Do you feel alone? Are you worried?
- Allow yourself to share your feelings with a trusted friend or family member. It might also be helpful to write down how you're feeling or call a helpline. Find what works for you!
- Those closest to you may not necessarily be able to "read" you. Express your feelings.
- Leave space in your life for your feelings and those of your loved ones.



## Make judicious use of social media

- Use critical thinking before sharing something on social media. Ill-advised information can have harmful effects and be detrimental to everyone's efforts in these times.
- Use social media to share positive actions.
- Watch videos that make you smile.



## Choose healthy living habits

- Try to keep to a routine for eating, resting, sleeping and other daily activities.
- Take time to eat well.
- Go to bed at an hour that lets you get enough sleep.
- Be physically active on a regular basis, while complying with public health directives.
- Reduce your consumption of stimulants like coffee, tea, soft drinks, energy beverages, chocolate, etc.
- Drink lots of water.
- Lower your alcohol, drug and tobacco consumption, or simply say no to them entirely. The same goes for gambling.

## Help and resources

We are all going through unprecedented times that can intensify our emotional reactions. For example, you might feel greater fatigue or have fears that you can't shake, or even have trouble just dealing with the day-to-day. Focus on these signs of a problem and, as soon as you can, contact resources that can help you to better manage your feelings and develop new coping strategies.

- **Info-Social 811**  
Info-Social 811 is a free and confidential telephone consultation service available 24/7
- **Regroupement des services d'intervention de crise du Québec**  
Provides 24/7 referral services for people in distress (French): [centredecrise.ca/listecentres](http://centredecrise.ca/listecentres)
- **Suicide prevention crisis helpline**  
Crisis helpline that provides suicide prevention services 24/7:  
1 866 APPELLE (277-3553)

For a host of other helpful resources, visit [Quebec.ca/gettingbetter](http://Quebec.ca/gettingbetter)

[Quebec.ca/Gettingbetter](http://Quebec.ca/Gettingbetter)

 **Info-Social 811**

Québec 

# Magic in the Streets of Sutton

## Un conte à la fenêtre lights up rue Principale

The holiday season is fast approaching. In keeping with this festive spirit, the D'Arts et de rêves team has prepared a gift full of magic and light for all of Sutton: Un conte à la fenêtre, an original creation by fairy-artist Patsy Van Roost, also known as the "Mile End Fairy."

From December 1 to 24, 2020: On each and every one of those days, a holiday tale will light up along rue

Principale in Sutton. Guided by an Advent calendar created especially for the event, children and adults alike can follow the story by going to the address indicated where they will discover the day's excerpt on display. Rue Principale will light up gradually throughout the whole month to shine brightly on December 24th. The project was born of a desire to overcome

isolation by encouraging spontaneous exchanges between members of the same community who often rub shoulders without necessarily meeting each other due to language barriers or generational gaps.

"Because of COVID, times are hard, especially for small business owners. More than ever we need magic in our lives. By reading the tale outside in the street, people can safely stop and talk. I want to instigate meetings, create bonds between people, whether strangers or neighbours!" says artist Patsy Van Roost.

December 1: The adventure begins at 4:30 p.m. in the window of the Comptoir du Marchand de Thé

(4, rue du Dépôt) where the first excerpt of the tale will light up. Come and pick up a copy of the calendar and

meet the artist who will be outside handing them out to passers-by.

A unique Advent calendar: The magnificent Advent calendar created by Marie Bilodeau, a graphic designer and illustrator from Abercorn, will be offered to all citizens, young and less young alike, as of November 30, to give each and every one the chance to participate in the progressive unveiling of the tale and hence follow the story.

Distribution points:

- Le Cafetier (9, Principale N)
- La Rumeur affamée (15, Principale N)
- Sutton Visitor Information Center (24A, Principale S)

A holiday tale made in Sutton: Inspired by the ideas of grade 5 and 6 students at École de Sutton/Sutton School, as well as the memories and

experiences of local seniors, the tale was collaboratively written by Marie Clark and Agathe Génois, two professional writers who are also residents of the town. The entire village of Sutton is invited to participate in this joyful and unifying project.

D'Arts et de rêves, a non-profit organisation founded in 2015 continues to pursue its mission to support artists in the fields of Visual Art, Literature, and Contemporary Circus Art, as well as helping to make art accessible to the public. We accomplish this by offering to the public a Cultural Park and for artists, a Residence-Workshop.

Submitted by  
Natasha Evoy  
Project Coordinator  
D'Arts et de rêves

# Theatre Lac-Brome

CONT'D FROM PAGE 7

years. We recognize that now more than ever, when times are tough and theatres have been shut down, the hunger for venues such as

Theatre Lac-Brome is palpable. To move forward on strong footing and enable us to continue, we rely on the support of those committed to the future of TLB.

While 2020 saw a very limited programming and the bulk of our extensive season cancelled due to the health crisis, we'd like to give a standing ovation to those dedicated performers who did grace our stage and courtyard this year. Bravo to Stéphane Tétréault and Valérie Milot; Angel Forrest and Denis Coulombe; Patricia St-Onge; as well as Isabelle Metwalli and Enzo de Rosa. Kudos to those audience members who came out to support these shows and TLB, and who enjoyed the gift of live performance!

Behind the scenes, we have been busy getting organized, and planning exciting new programming for when our doors can safely reopen. In the meantime... some great news! TLB received a grant from the Department of Canadian Heritage for our upcoming

Theatre Lac-Brome Heritage Project: A Community-Cultural Initiative. This multi-layered program will illuminate the fine history of the theatre,

acknowledge the community it serves, and help to strengthen it with a view to the future of TLB as an important cultural hub for the region!

In 2020, we intended to present the wonderful work of one artist per month in our lobby gallery. Alas, while conditions this year did not allow for that, we did manage to feature a few. Special thanks to:

- Muriel Faille
- Susan Pepler
- Marie-Josée Gravel
- Alan MacIntyre
- Geneviève Duplessis
- Andrea Amarica

### Farmers' Market

As the temperatures grow colder and this unique year winds down, we wish to say farewell for now to the Farmers' Market, which enjoyed great success on our grounds. It was a pleasure to welcome them, and we hope to see them back in 2021! Take a look at some of the goodies that were available!

### In Memoriam

In our last newsletter, we featured one of the beautiful photographs from People of the Eastern Townships of Quebec II. We would like to acknowledge that this wonderful Facebook group was created by the

late and much missed Tom Standish in March 2018. Tom created a space for the group to virtually gather so that they could enjoy the history and beauty of

this area. This favourite photo of his is the view from his home.

We recognize the talent and dedication of Tom Standish (1962-2019).



TOM STANDISH



Hallacres Farm during the Farmers' Market

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# Distracted Driving Bites

## National Safe Driving Week

**D**istracted driving is an important topic, both in the safety sphere and in the context of public discussion. Focus is often placed on the dangers of handheld devices, and for good reason. But while this is one example of a potentially fatal action that can be taken behind the wheel, it's not the only one.



December 1 - 7 is National Safe Driving Week and, in partnership with the Insurance Brokers Association of Canada, the Canada Safety Council wants to highlight the dangers of distracted driving, with a particular focus on eating behind the wheel.

"Distraction is distraction, no matter how you slice it," said Gareth Jones, President and CEO of the Canada Safety Council. "We all have a responsibility - to ourselves, to our loved ones and to our fellow road users - to remain vigilant at all times and stay focused on the task at hand."

The task of driving always requires your full attention. Any activity that removes your focus off the road can be qualified as distraction. This can include using your phone, reprogramming your radio or Global Positioning System (GPS), grooming, entering a conversation with passengers and, yes, even eating and drinking behind the wheel.

A momentary loss of focus on the road can cost you a second or two in which to react to a sudden change in expected traffic or behaviour. And that small moment of time can make all the difference in the world.

"Distracted driving is an extremely risky behaviour, and the stakes are high - death, injury, property damage, and rising insurance premiums," said Peter Braid, Chief Executive Officer of IBAC. "That's why insurance brokers are partnering with the Canada Safety Council to raise awareness of the danger. The fries may smell great, but it's not worth the risk. Resist the temptation and keep your eyes on the road."

Do you identify yourself among the group of people who eat behind the wheel? You're not alone. It's a common activity, with some polls online estimating the number at up to 70 per cent of all drivers. Distraction behind the wheel is a major contributor to collisions and near-misses; however,

drivers do not often correlate eating behind the wheel as a form of distraction.

### HOW DO I AVOID IT?

1. Leave yourself extra time and eat before you leave or wait until after you arrive at your destination.
2. Don't keep food in your vehicle. It's easy to avoid the temptation when it's not within arm's reach! Leave the granola bar or the candy bar at home. Alternatively, leave your snacks in the back seat or the trunk, out of reach from the driver seat, and pull over if you feel like you need to eat.
3. Wait until you're fully stopped - for example, at a red light - before taking a sip from your non-alcoholic drink. Do not drink alcohol behind the wheel.
4. If you're picking up fast food, resist the temptation to immediately dig in. Wait until you arrive to start eating.
5. If you absolutely cannot wait to eat, park your car and enjoy your meal while immobile.

No meal is worth endangering the lives of your fellow road users or your own. Act responsibly and help keep Canadian roads safe for everyone!

Submitted by  
Manager, National Projects, Canada Safety Council

# Happy 69<sup>th</sup> Anniversary



Happy 69<sup>th</sup> Wedding Anniversary to  
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# Dangers of a sedentary COVID-19 lockdown: Inactivity can take a toll on health in just two weeks

By James McKendry  
Postdoctoral Research Fellow in exercise physiology, muscle protein metabolism and aging, McMaster University

bed-bound due to illness. However, reduced physical activity, such as step reduction, is a long-term choice that brings about multiple negative health consequences.

Written by academics, edited by journalists, backed by evidence.

Insulin resistance (a warning sign for the development of type 2 diabetes), reduced muscle mass, increased body fat and poor sleep quality are just some of the health concerns caused by physical inactivity. Physical inactivity is also a major contributor to poor mental health and social isolation, which can be particularly problematic for older adults.

McMaster University researchers have shown that reducing daily steps to fewer than 1,500 – similar to the activity level of people who are housebound during this pandemic – for just two weeks can reduce an older person’s insulin sensitivity by as much as one-third. The same period of inactivity also led to individuals over age 65 losing as much as four per cent of their leg muscle.

To make matters worse, once an older individual loses muscle, it is much more difficult to restore. Even when the research subjects returned to their normal daily routines, they did not regain their lost muscle. Effectively, older individuals simply don’t possess the same ability to

bounce back that younger people do.

Regaining muscle requires deliberate effort. So, it truly is a case of use it or lose it.

## Resistance is not futile

As a muscle physiologist with a keen interest in healthy aging, I’m pleased to report it’s not all doom and gloom. There are some things you can do – resistance exercise and eating your protein – to keep and even build muscle, get stronger and maintain your health for this winter and beyond.

The most effective way to maintain the muscle you have is strength training, or resistance exercise, which, put simply, means performing work against an additional load. And it doesn’t have to be complicated. If you have access to a gym to use free-weights and guided-motion machines, that’s great. However, there are many valuable alternatives you can easily do at home. Body-weight exercises such as push-ups, squats and lunges, elastic-band exercises and stair-climbing are just a few options that will help you to meet the World Health Organization’s latest physical activity guidelines.

The good news for those who may be put off by the sound of resistance exercise is that doing any exercise with a high degree of effort will help you to get stronger and prevent (at least

some) muscle loss. If, for any reason, performing resistance exercise isn’t possible, simply adding a walk, a bike ride or some lower-intensity strength exercises such as yoga or Pilates to your daily routine can have significant physical and mental health benefits.

## Protein and muscle

Of course, a healthy diet and avoiding overeating are also critical to staying healthy. Protein-rich foods are particularly important, since they make you feel fuller for longer and provide building blocks for your muscles.

It is generally agreed that older adults need more protein than current guidelines suggest.

A good, easily achievable, target would be to eat 25 to 40 grams of protein with each meal (about one or two palm-sized portions). This equates to approximately 1.2 to 1.6 grams of protein per kilogram of body mass each day. Also, getting your protein from both animal (dairy, meat, fish, and eggs) and plant-based (beans, nuts, seeds, and lentils) sources may be beneficial.

Given how quickly inactivity and poor nutrition can sap your strength and your health, doing something now is the best way to power through the cold, dark winter and beyond.

We don’t miss anything, except someone like **you**.

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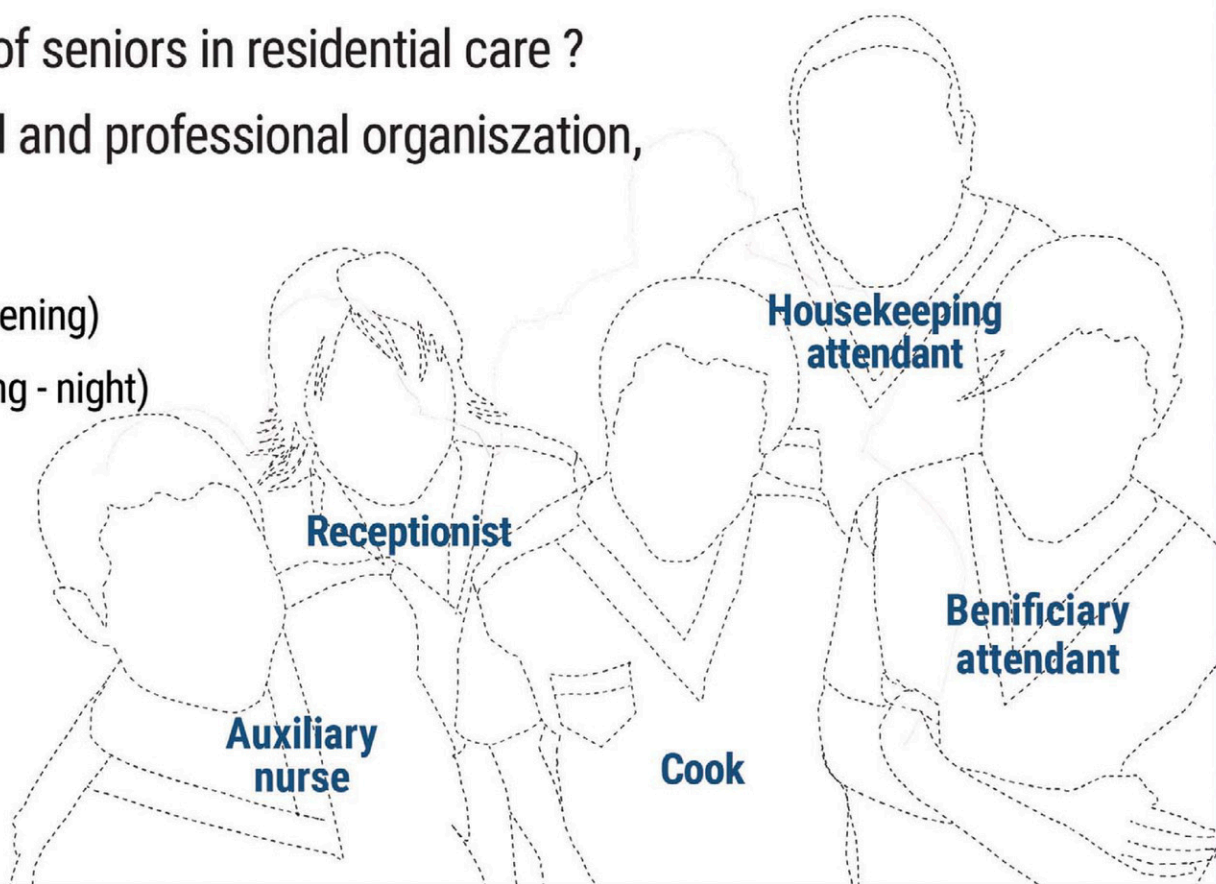
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**TOWN OF BROME LAKE**

**PUBLIC NOTICE**

**SPECIAL SITTING OF COUNCIL**

A special sitting of Council will be held on **Monday, December 14, 2020, at 7 p.m.**

According to the directives given by the Ministry of Municipal Affairs and Housing (Ministerial Decrees 2020-090 and 2020-074, and 1020-2020), **the meeting will be held behind closed doors and by video-conference, with a recording of the meeting made public as soon as possible after the holding of the meeting.**

The Agenda, Presentation of Budget, the three year capital expenditures program, and other related documents will be available for consultation at Town Hall and published on the Town website: [ville.lac-brome.qc.ca/fr/vie-municipale/previsions-budgetaires](http://ville.lac-brome.qc.ca/fr/vie-municipale/previsions-budgetaires). The web site will also give information about how the public can participate in this meeting.

In accordance with section 325 of the Cities and Towns Act, the deliberations at this meeting and question period must deal exclusively with the following subjects :

- Adoption of the budgetary provisions for the 2021 fiscal year;
- Adoption of the three year capital expenditures program 2021-2022-2023
- Draft Bylaw 2021-01 (Property Taxes for 2021) – Adoption
- Draft Bylaw 2021-02 (Tariffs for Goods and Services 2021) - Adoption

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**TOWN OF BROME LAKE**

**PUBLIC NOTICE**

**Upcoming Town Council and Demolition Committee Meeting Closed to the Public**

According to the directives given by the Ministry of Municipal Affairs and Housing (Ministerial Decrees 2020-090 and 2020-074, and 1020-2020), **the following meetings will be held behind closed doors and by videoconference:**

- i) Regular Sitting of Council on December 7, 2020, 7:00 p.m.
- ii) Meeting of the Demolition Committee on December 7, 6:30 p.m.

The public is not permitted to attend these meetings. Recordings of the meetings will be made public as soon as possible after the holding of the meetings.

**In addition, take notice that all other regularly scheduled public meetings will also be closed to the public until further notice.**

For the **Town Council meeting**, the public may submit questions or comments in writing concerning:

- 1) Question Period. All questions will receive a public written reply;
- 2) Minor Exemption applications 499, 500, and 501 (see public notice on TBL website for details);

For the **Demolition Committee meeting**, the public may submit questions and comments concerning the demolition application for 38 Foster Road, Lot 4 265 356 (see public notice on TBL website for details).

**To be considered, all questions or comments must be submitted to the attention of Me Owen Falquero, Town Clerk, in writing or by e-mail at [owen.falquero@ville.lac-brome.qc.ca](mailto:owen.falquero@ville.lac-brome.qc.ca) by 12 p.m. on Monday, December 7, 2020.**

Given at Brome Lake  
This 30 November, 2020

**Owen Falquero, B.A., LL.B., J.D.**  
Attorney, Town Clerk

Death

**Smith,  
Bryan  
1947-2020**

At Sherbrooke on November 26th, 2020 at the age of 73 passed away Mr. Bryan Smith, husband of Mrs. Colleen Smith, living in West Bolton. He was the son of the late Frank Smith and Rena Davis. He is survived by his wife Colleen and his son Mark.

He was the brother of: the late Raymond, Ivan and Stanley.

He leaves to mourn his brother: Sid and many nieces and nephews and friends.

Colleen and Mark would like to thank the doctors, nurses and staff at the SNT Bowen in Sherbrooke for the wonderful care they gave him while he was there.

Cremation was held in Granby at Les Jardins Funéraires Bessette Crematorium. According to the wishes of the family no service will be held.

However, you can send your sympathies to the family via our website: [www.famillebessette.com](http://www.famillebessette.com).

**Les Jardins Funéraires Bessette**  
997 rue des Colombes, Granby QC  
PHONE: 450-777-1171  
FAX: 450-777-4393  
[www.famillebessette.com](http://www.famillebessette.com)  
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## Fulford News

Condolences to the family and friends of the late Douglas Roderick Lambie, husband of Beatrice Roland.

Condolences to the family and friends of the late Pierrette Brasseur, widow of Marcel Routhier.

Congratulations to Mahalia Robinson who helped organize the Kelly-Anne Drummond Annual Rugby Event, a fundraiser for survivors of domestic violence.

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

Side-effects: Sales of masks have increased, but have lipstick sales been affected?

*Submitted by  
Margaret Fordham*

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# Today in History

## Today in History for Dec. 1: On this date:

In 1680, a comet appeared close to Earth and was clearly visible until the end of February.

In 1841, the first copyright in Canada was issued for "A Canadian Spelling Book."

In 1855, the Canadian post office opened a money order branch.

In 1869, the vast territory owned by the Hudson's Bay Co. was officially transferred to the Canadian government.

In 1904, the Louisiana Purchase Exposition in St. Louis closed after seven months and some 20 million visitors.

In 1913, the first drive-in automobile service station, built by Gulf Refining Company, opened in Pittsburgh.

In 1917, Father Ed Flanagan founded Boys Town, a home for poor, orphaned or problem children, in Omaha, Neb. In later years, the facility expanded to a farm and Flanagan travelled the world spreading his ideas on how to deal with delinquent boys.

In 1918, the Serbs, Croats and Slovenes united to form what would become Yugoslavia. The name change came in October 1929.

In 1919, millionaire Ambrose Small sold his Canada-wide chain of theatres and then within 24 hours disappeared without a trace. He sold his interests to Trans-Canada Theatres for \$1.7 million. After receiving a down payment of \$1 million, Small disappeared from his Toronto office. He is thought to have been murdered but the mystery has never been solved.

In 1922, driving on the right-hand side of the road began in New Brunswick.

In 1923, Queen's University set the record for points by one team in a Grey Cup game. The Golden Gaels blasted the Regina Roughriders 54-0 at Toronto's Varsity Stadium.

In 1942, the Beveridge report, a white paper on social welfare commissioned by the British wartime government, was published. It laid the foundations for the modern welfare state in Britain.

In 1943, the leaders of the United States, Britain and Russia concluded a meeting in Tehran. Franklin Roosevelt, Winston Churchill and Josef Stalin agreed on the scope and timing of operations to smash the German army in the Second World War. They also planned an era of peace, in which all countries would be invited to join a world family of democratic states.

In 1955, Rosa Parks, a black seamstress, refused to give up her seat to a white man on a Montgomery, Ala., city bus. Parks was arrested, sparking a year-long boycott of the buses by blacks.

In 1959, 12 countries signed a pact in Washington making Antarctica a scientific preserve.

In 1960, the new terminal building at Montreal International Airport (Dorval) was officially opened.

In 1960, Gordie Howe of the Detroit Red Wings became the NHL's all-time leading scorer with 1,092 points. (Oct. 15, 1989, Wayne Gretzky registered his 1,851st point to surpass Howe and become the NHL's all-time leading scorer. Gretzky retired with 2,857 regular season points).

In 1962, for the only time ever, the Grey Cup game failed to finish on the day it started. Fog at Toronto's CNE Stadium forced the game between the Winnipeg

Blue Bombers and Hamilton Tiger-Cats to be suspended in the fourth quarter. The game resumed the next day, but there was no further scoring as the Bombers won 28-27 to win their fourth CFL title in five years.

In 1973, David Ben Gurion, a founder of modern Israel and its first premier, died at the age of 87.

In 1981, a Yugoslav DC-9 airliner crashed into a mountain in fog as it came in to land at the airport in Ajaccio, Corsica, killing all 180 people aboard.

In 1984, John Austin, co-founder of Austin Airways Ltd., Canada's oldest bush airline, died in Toronto at age 72.

In 1986, the Supreme Court ruled that Canada Post does not have to provide door-to-door delivery.

In 1987, George (Punch) Imlach who managed and coached the Toronto Maple Leafs hockey team to four Stanley Cup victories, died in Toronto at age 69.

In 1988, Benazir Bhutto was named prime minister of Pakistan, the first woman to lead a Muslim country in modern times, after her party won a plurality of seats in the parliamentary elections.

In 1989, Soviet President Mikhail Gorbachev announced after a historic meeting with the Pope that the Vatican and the Soviet Union agreed to establish diplomatic relations. Gorbachev also pledged that religious believers of all faiths would be allowed to worship in the Soviet Union.

In 1989, Romanian gymnast Nadia Команeci, 28, was granted political asylum in the United States after her Nov. 28 defection from Romania.

In 1989, the Arabian peninsula states of North and South Yemen agreed to merge into a single state. They were united as the Republic of Yemen on May 22, 1990.

In 1992, in Mineola, N.Y., Amy Fisher was sentenced to five to 15 years in prison for shooting and seriously wounding Mary Jo Buttafuoco - her lover's wife. Fisher served seven years.

In 1996, Peter Bronfman, the business tycoon, who with his brother Edward, controlled the largest corporate empire ever assembled in Canada, died at age 67.

In 1998, Exxon agreed to buy Mobil for \$73.7 billion.

In 1999, Canadian boxing officials cancelled an entire weight division at the national championships in Campbell River, B.C., rather than allow a young Sikh, Pardeep Nagar, to compete wearing a beard.

In 1999, the internationally renowned Montreaux Clinic for eating disorders in Victoria, B.C., was ordered to close by Jan. 31, after losing its licence.

In 1999, Northern Ireland began an unprecedented era of self-rule at the stroke of midnight as 25 years of direct administration from Britain ended.

In 2000, Vicente Fox Quesada was sworn in as president of Mexico. He was the first national leader in 71 years who was not from the long-ruling Institutional Revolutionary party.

In 2002, Quebec Premier Bernard Landry created a Council for Sovereignty for a more aggressive political independence policy.

In 2004, Tom Brokaw hosted his last broadcast of NBC's "Nightly News." He had been on the anchor desk for 23 years.

In 2004, the Ukraine parliament passed a vote of no confidence, bringing down Prime Minister Viktor Yanu-

kovich's government. It was just the latest turn in the Orange Revolution which began after the elections of Oct. 31, which the opposition under Viktor Yushchenko declared fraudulent. The Supreme Court declared the results invalid and ordered another election, which Yushchenko won on Dec. 26.

In 2005, South Africa's highest court approved same-sex marriages.

In 2008, the Liberals, NDP and Bloc Quebecois, which together held more than half of the seats in Commons, signed a historic accord that would support a Liberal-NDP coalition government for at least 18 months, in the event the minority Conservative government fell on a non-confidence vote. (Three days later, parliament was prorogued by Governor General Michaëlle Jean upon Prime Minister Stephen Harper's request.)

In 2008, the cargo vessel, "Cap Blanc," from the French island of St-Pierre-Miquelon, capsized off the southeast coast of Newfoundland with the loss of four sailors.

In 2008, the TSX dropped more than 800 points, its worst plunge since the 1987 crash.

In 2009, record-breaking Canadian astronaut Bob Thirsk returned to Earth after spending six months aboard the International Space Station, where one of the goals of the six astronauts was to gather information on the effects of space on the body. Thirsk's stay on the I.S.S. also marked a pair of firsts - not only was it the longest space stay for a Canadian, but it also marked the first time two Canadians had ever crossed paths in outer space - when astronaut Julie Payette arrived aboard a shuttle.

In 2009, U.S. President Barack Obama ordered 30,000 more U.S. troops to be deployed in Afghanistan - but he also pledged to begin withdrawing American forces in about 18 months, beginning in July 2011.

In 2011, the Maple Leaf flag was hauled down for the last time in Afghanistan's Kandahar in a quiet ceremony at Kandahar Airfield, marking the end of Canada's military presence in the province.

In 2012, Enrique Pena Nieto took the oath of office as Mexico's new president, bringing the Institutional Revolutionary Party back to power after a 12-year hiatus.

In 2013, a speeding New York City passenger train on the southbound Hudson Line derailed on a riverside curved section of track in the Bronx, killing four people and injuring more than 60 others.

In 2014, the tumultuous era of scandal-plagued Rob Ford came to an end as his successor, John Tory, officially took over as mayor of Toronto.

In 2016, former Laval mayor Gilles Vaillancourt pleaded guilty to three fraud-related charges and was incarcerated after defence and Crown lawyers agreed to a six-year prison term. He had to reimburse about

\$7 million, mostly from Swiss bank accounts, as well as hand over his condominium to the city he headed for 23 years.

In 2017, former U.S. national security adviser Michael Flynn plead-

ed guilty to lying to the FBI, becoming the first Trump White House official to face criminal charges and admit guilt so far in special counsel Robert Mueller's wide-ranging investigation into Russian meddling in the 2016 election.

In 2017, the Federal Court of Appeal upheld a ruling from the Competition Tribunal that Canada's largest real estate board must allow its realtor members to make home sales data available online, dismissing a Toronto Real Estate Board appeal.

In 2018, Quebec boxer Adonis Stevenson was knocked out in his light heavy-weight title fight in Quebec City and was placed into a medically induced coma.

In 2018, Canada acted on an American request and arrested a top Chinese tech executive in Vancouver. Meng Wanzhou is the CFO of Huawei Technologies and daughter of the company's founder. The U.S. wants her to face allegations of fraud as it says Huawei used unofficial subsidiary Skycom to do business with Iranian telecommunications companies between 2009 and 2014 in violation of sanctions. On December 11th, a B.C. judge released Meng on 10-million dollars bail.

In 2019, Canada's premiers say they want the federal government to increase health-care transfer funds by just over five per cent and allow the provinces to opt out of any national pharmacare program. They emerged from a meeting in Mississauga, Ont., to say they had reached a consensus on four priority areas, including on federal health-care funding. They reiterated their call for a 5.2 per cent increase in annual health-care transfer payments from the federal government. They also said the federal government should recognize the right of any province to opt out of its proposed pharmacare program with full compensation. The premiers said they are also eager to address economic competitiveness, the fiscal stabilization program and Northern priorities with the federal Liberals.

In 2019, the woman who says she was a trafficking victim made to have sex with Prince Andrew when she was 17 asked the British public to support her quest for justice. Virginia Roberts Giuffre told BBC Panorama in an interview that Britons "should not accept this as being OK." Giuffre's first UK television interview on the topic described how she says she was trafficked by notorious sex offender Jeffrey Epstein beginning in 2001 and made to have sex with Andrew three times, including once in London. Giuffre said "this is not some sordid sex story. This is a story of being trafficked, this is a story of abuse and this is a story of your guys' royalty." Andrew, 59, categorically denied having sex with Giuffre and apologized for his association with Epstein, who died in prison in August in what New York City officials said was a suicide.

(The Canadian Press)



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