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TUESDAY, DECEMBER 14, 2021

# Townships reports 561 new Covid cases

By Gordon Lambie

There were 561 new cases of COVID-19 recorded in the Eastern Townships over the weekend, bringing the average number of new cases per day in the region to 169 over the last week. As of Monday's report the total number of active cases in the region was 1,572, with 70 active outbreaks being tracked across the territory.

The number of people hospitalized in the Townships increased by eight to 32, eight of whom were in intensive care. This accounted for 40 per cent of all Covid hospitalizations in the province outside of the greater Montreal area.

Asked about the threat of a rising number of Omicron cases in Ontario on Monday afternoon, Premier François Legault said that there has not yet been a change to the recommendations from the provincial public health department, although he was due to meet with Public Health Director Dr. Horatio Arruda on Monday night.

The Province of Quebec reported 1,628 new cases on Monday, bringing the total number of people infected to 467,609 with 14,251 active cases.

There were 1,081 outbreaks being tracked across the province on Monday, and the number of hospitalizations increased by six compared to Sunday, reaching 268 with 73 in intensive care.

The province also recorded three new deaths, for a total of 11,611 since the start of the pandemic.

As of Monday, 272,246 young people aged 5 to 11 had received a first dose of the vaccine against COVID-19 and 52,256 were awaiting their appointment. That amounts to 42 per cent coverage in that age group across the province, and 42.9 per cent in the Eastern Townships.

# Townships groups called on to start a revolution of community development



GORDON LAMBIE

Émilie Drouin, Charles Lamontagne, Vicky-May Hamm, Claude Belleau, Émanuele Lapierre-Fortin and Christian Bibeau at the launch of the Estates-General on community development launched in the Eastern Townships on Monday afternoon

By Gordon Lambie

On Monday representatives of a large number of organizations, municipalities, and institutions in the Eastern Townships gathered at the Jouvence retreat centre in Mont-Orford Provincial Park to begin a new conversation about how to move forward as a society when it comes to

community development. Coordinated locally by the Observatoire estrien du développement des communautés (OEDC), the Estates-General on community development makes up part of a province-wide effort begun last May to establish new priorities for community development and better understand the work that is already being done.

"We cannot continue to do things the way we have before," said Claude Belleau who, along with former Magog mayor Vicky-May Hamm, was asked to be one of the spokespeople for the new initiative.

Although the process of the Estates-General began with a call for identifying priorities and sharing

CONT'D ON PAGE 3

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## Weather



TODAY:  
SUNNY

HIGH -1  
LOW -8



WEDNESDAY:  
CLOUDY WITH  
SUNNY BREAKS

HIGH 2  
LOW 1



THURSDAY:  
LIGHT RAIN

HIGH 11  
LOW 1



FRIDAY:  
SCATTERED  
FLURRIES

HIGH 3  
LOW -4



SATURDAY:  
SCATTERED  
FLURRIES

HIGH -1  
LOW -7

# Yamaska Literacy Council brings reading to CABMN Christmas baskets



**THE SCOOP**  
**MABLE HASTINGS**

The Missisquoi North Volunteer Centre (CABMN) a non-profit charitable organization is busy preparing for its Annual Christmas Baskets for needy families and individuals that will be delivered on Dec. 15 in Potton and surrounding areas. Gathering food, traditional Christmas dinner items, and small extras makes for a busy few weeks for volunteers and CABMN staff.

The CABMN recently received a visit from the Administrative Assistant for the Yamaska Literacy

Council, Amanda Patch, who delivered new books (in both French and English) for each child whose family is registered to receive a basket this year. These beautiful books will be added to the baskets giving the special gift of reading to children in need.

The mission of the Yamaska Literacy Council (YLC) is to identify and respond to evolving literacy needs in Brome-Missisquoi & Haute-Yamaska regions, to help English speaking adults and older youth improve their literacy skills in order to reach their goals, to provide training and support to literacy volunteers and to increase public awareness of literacy issues and solutions. Their services and programs deliver community-based literacy programming including: one-to-one tutoring, lifelong learning, youth and family initiatives and promotion, outreach and advocacy.

The YLC is overseen by a Board of Directors and the staff team is made up of: Executive Director, Wendy Seys, Administrative Assistant, Amanda Patch, Development Agent, Cindy Elston and Learning Hive



KRYSTEN VANIER  
Amanda Patch-Administrative Assistant with the Yamaska Literacy Council

Agent, Kayla Colosimo. The YLC offices are located at: 505 Rue Sud in Cowansville, 5403 Rue Foster in Waterloo and 5 Rue Academy in Stanbridge East. To reach the YLC call: (450) 263-7503.

Since 1981 the Yamaska Literacy Council has provided literacy services in the area and with initiatives like providing books for children in need they organization has truly become instrumental in finding ways to bring the wonder and joy of reading to all. The CABMN staff was extremely touched by Amanda Patch's visit to the organization and the show of community support and kindness displayed by the YLC group.

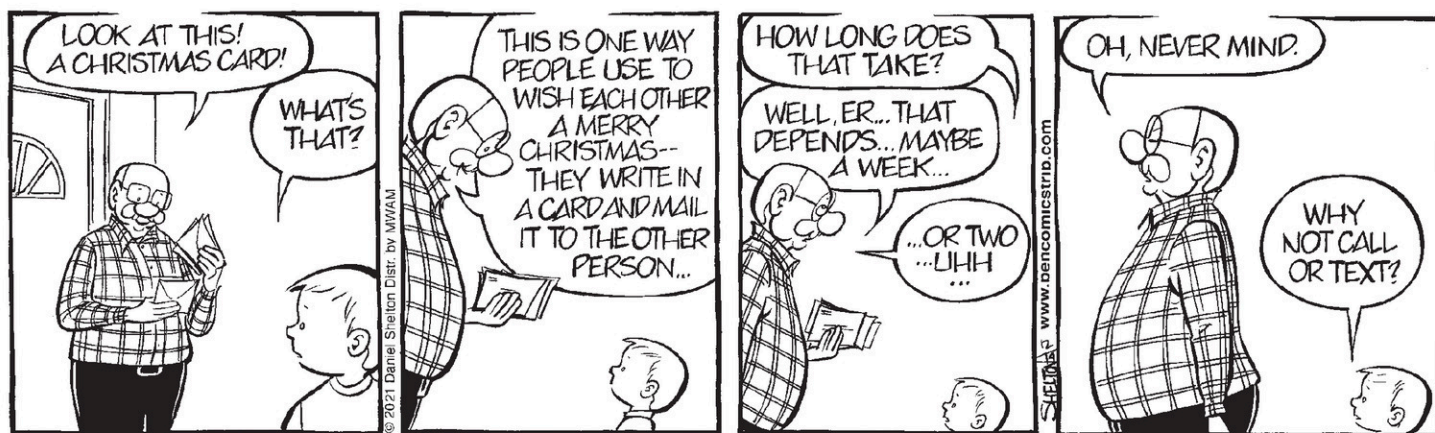
Patch who is also the book keeper for the Avante Women's Centre in Bedford and President of the Reilly House in Potton also took the opportunity during her visit on Friday, December 10 to present a cheque issued to the CABMN Partage/Share Christmas basket initiative as a donation from the Reilly House (Association Culturelle, Sociale et Recreative de Potton) in the amount of \$500.00 from the sale of Cookbooks held in support of the cause each year.



Amanda Patch, Reilly House President, and Debra Harding

KRYSTEN VANIER

## Ben by Daniel Shelton



## #NewsMatters: The National Assembly Report

By Raquel Fletcher

### Bill 21 at centre of controversy again at National Assembly

Politicians react to story broken by *The Low Down*

Quebec's religious symbols ban, Bill 21, was at the centre of controversy once again as the National Assembly wrapped up its fall session last week.

As first reported by *The Low Down* to Hull and Back News, in a story that garnered national attention, a grade three teacher in Chelsea, Quebec was removed from her classroom and reassigned other duties because she wears a hijab.

Premier François Legault said the Western Quebec School Board should never have hired teacher Fatemeh Anvari. "I want to remind everybody that Bill 21 became a law in June 2019. It was voted democratically by the National Assembly."

He added the secularism law, which prohibits public employees in positions of authority, including teachers, from wearing religious symbols while at work, is "reasonable" and "balanced."

The Parti Québécois agreed with the premier. "We're in a democracy... When a law is enacted, it applies," said leader Paul St-Pierre Plamondon.

However, the other opposition parties said there's nothing simple about firing a teacher, especially when Quebec is facing an acute labour shortage. "Fundamentally, we don't

think it's right," said Liberal Leader Dominique Anglade.

"It's very sad. We cannot afford in Quebec to lose teachers," added Gabriel Nadeau-Dubois, co-spokesperson for Québec Solidaire.

### End of session and Christmas greetings

The party leaders expressed their views as part of their year-end press conferences Thursday and Friday in Quebec City. As is the custom, the leaders exchanged Christmas greetings to one another and a few light-hearted jokes.

Anglade presented the other leaders with Christmas gifts, including a toy backhoe for the premier, needling him over his controversial plans to build a \$10 billion tunnel between Quebec City and Lévis. "I took the time myself - myself - to paint it green so he could say it's carbon neutral," she said to laughter in the house.

During his speech, Legault was also good-natured, noting that: "Despite all the tough debates that we can have here, I think that I want to say a big thank you to all the MNAs for the work that has been done during the pandemic."

"It's been more than 21 months that we have been trying, each one of us, in our riding offices to reassure citizens, to face, in certain cases, major frustrations."

It was a rare moment of levity and cordiality in the National Assembly,

where debate has become increasingly tense in recent weeks. Legault admitted he has a short temper when he feels provoked by the opposition.

When a 65-year-old man died earlier this month after the emergency room was closed in his town due to staff shortages, Anglade accused the premier of being personally responsible.

"I'm strong, but it's tough to hear things like that," the premier admitted with a heavy sigh.

Anglade also revealed how the pandemic has been taking its toll. She broke down in tears in front of reporters while talking about people who lost their lives in the province's long-term care homes during the first wave. "I know what it's like to lose somebody you love in a terrible situation," she said, referring to her own parents' deaths in the 2010 Haiti earthquake.

Reading the final report about what happened to them gave her closure, Anglade said. "It's not necessarily something you really want to find out. But when you do find out, you're capable of moving on," she said.

### Next year's election

While leaders called for a more respectful tone, next year's election is only 10 months away and they hinted at the type of campaign rhetoric to come.

The Liberal leader said she doesn't believe recent polls that show the CAQ

could win close to 100 seats, including more seats on the island of Montreal.

"Next year, there is going to be a clear choice that Quebecers are going to have: they're going to have a choice between a government that is paternalistic, that doesn't anticipate, that doesn't have a vision for society, versus a government that is progressive, inclusive, federalist and that has a vision for the future," she said.

"I think what ordinary people want is affordable rent. They want accessible mental health care... and they want us to deal with climate change. So, when we ask those questions, François Legault reacts, he loses control, because we are putting the finger on his contradictions," said Nadeau-Dubois.

The PQ leader currently does not have a seat at the National Assembly but said he doesn't feel left out of the debate.

"We will jump into 2022 on the right topics and with people that deserve the trust of the population," said St-Pierre Plamondon.

The former lawyer still struggles with name recognition but said he won't drop one of his surnames to make it easier to say. "I don't think I could come to Christmas this year saying: Mom, I just deleted your name," he said. "So, we'll stay with PSPP."

*Raquel Fletcher is Global News' National Assembly Reporter*

## Trudeau won't rule out federal intervention in challenge to Quebec secularism law

The Canadian Press

Prime Minister Justin Trudeau says he's still not ruling out federal intervention in a legal challenge to Quebec's secularism law after an elementary school teacher was recently reassigned because she wears a Muslim head scarf.

Speaking to reporters in Ottawa

on Monday, Trudeau said he deeply disagrees with the law, which bans certain government employees from wearing religious symbols, noting that the possibility of someone losing their job because of their religion is no longer "theoretical." Quebec Premier François Legault responded by saying he doesn't understand how the federal

government could intervene to challenge a bill that is supported by the majority of Quebecers. Legault says the bill does not target people because of their religion but only bars government employees deemed to be in positions of authority from wearing religious symbols while they are working.

Legault says it's important for

government employees to appear to be neutral, adding that a teacher would not be allowed to wear a shirt advocating their support for the Liberal party. It was revealed last week that a Grade 3 teacher at Chelsea Elementary School, just north of Gatineau, Que., had been reassigned to duties outside the classroom because of her hijab.

## Community development revolution

CONT'D FROM PAGE 1

information during Monday's gathering, Belleau called on those present to recognize that they are at work in a time when great change is possible.

"We're at a junction point in society," the spokesperson said, describing the world as being at the meeting point of two tectonic plates. Although such a location is one of

great tension and uncertainty, he pointed out that it is also a location from which great change can be carried out. "We need to reach beyond the group of people that we typically work with."

Hamm addressed the gathering from a less revolutionary point of view, but she argued that groups who take the time to establish community

priorities now will be better placed to get those priorities built into political platforms in the lead-up to the 2022 fall election.

Organizations present at Monday's meeting were invited to take the questions asked and conversations started back home with them in order to build as large-scale a picture as possible of what is going on in the

region over the coming months.

Once that gathering process is complete, the group plans to come back together in the Spring of 2022 for a larger gathering in Sainte-Camille where, hopefully, ideas will be developed into action plans and shared. That initiative is then to be followed by a province-wide event in October of 2022.

# Eyes wide open



DIAN COHEN

Simon Roy has his work cut out for him.

Newly elected mayor of the small municipality of Ayer's Cliff, his first order of business was to look at the finances. "If you don't know what you have to work with, how can you make your plans? So the first thing I did was to look at the budget and the bank account."

It was not a pleasant surprise. Within a month of his election, Roy had organized a public presentation to tell his residents. "There's a shortage of approximately \$2 million due to the failure to index the tax accounts between 2012 and 2021."

That's a pretty big oversight. Asked who's to blame, Roy sensibly points to nobody - he's new, he has to work with his councillors, he has four years to

make things better. "Everyone involved on the Council has good intentions, but no one has the ability to work endless hours scrutinizing every detail. There are no lawyers on the council, no accountants... If I had any criticism at all, it would be that perhaps the council would have been wise to ask for some expert advice in the area of budgeting, since none of them are accountants."

Preparing the municipal budget is a year-long process of oversight by the Town manager, the auditors of the accounts, the assessors who evaluate the properties and the municipal councillors. At least, best practices do it this way, culminating in the fall council sessions to prepare the final budget to be presented to the public in late December or early January. Says Roy, "I came into this position with my eyes wide open. I am a process guy - I like to know the rules and how things work. Frankly, there are very few rules and processes here that are transparent. I hope to change that - for example, by having separate bank accounts for infrastructure, for special projects, and so on."

All municipalities are faced with the challenge of balancing the budget, as mandated by provincial legislation. While a municipality can incur debt to pay for large capital projects, it cannot incur a deficit to fund day

to day operations the same way the province or the feds can. That's why the Ayer's Cliff deficit must result in a whopping tax increase, whether done in one year or over a few years. Seventy or eighty people came out to hear Roy's presentation on December 7. "Nobody is happy about it," he says. "But they seemed to understand that drastic measures need to be taken. We cannot continue to leave it to the next Council and the next Council." The drastic measures he outlined in his presentation include cutting expenses by 15%, going full steam ahead with development projects, boosting property valuations to make up the shortfall. (Also included is doing nothing, which he says is not an option.)

Roy is taking the bull by the horns and taking it in stride. "Nobody is happy about the situation. And some people will remain unhappy. But the composition of Ayer's Cliff is changing, with people retiring from Sherbrooke and Montreal and coming to Ayer's Cliff, where tax rates are half what they are in the cities they are leaving. They understand that building valuations will have to increase. There will be solutions for everyone. If a person is not planning to sell their property in the next few years, they will have to pay more, but they will have a more valuable asset. Older people have the

option of a reverse mortgage on their property if they don't have the cash." Roy made sure that the provincial government grant to seniors to cover a tax increase was posted on the Ayer's Cliff website and Facebook page. (<https://www.revenuquebec.ca/en/citizens/tax-credits/grant-for-seniors-to-offset-a-municipal-tax-increase/>)

Ayer's Cliff residents will know soon enough what combination of solutions the Council has agreed on. And that's not such a bad thing - knowing is better than not knowing, and not knowing for long enough can lead to a much worse situation. The Federation of Canadian Municipalities recently surveyed cities, town and villages across the country to see how the pandemic had affected them. They found a minimum shortfall between \$10 to 15 billion. Undoubtedly, as budgets are published across the province, we will hear more distress and unhappiness. The more interesting follow-on will be to watch how many municipalities open their books and their processes to their citizens, the better to be able to monitor their financial well-being.

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

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## Year-end tax tips

by Diane Cohen

There are only a couple of weeks left till the end of the year. If tax-planning is not what gets you up in the morning, this quick read will serve as a reminder. It's nothing more than that - you'll have to look into these suggestions more closely or talk to your tax preparer. There are also a host of online websites, including the Canada Revenue Agency, to offer more detail.

Claims for COVID-related work expenses - If you were employed in 2020 and worked from home, you can deduct up to \$400 in home expenses from your taxable income, without the need to keep receipts or get a signed T2200 form from your employer. The federal government has promised to extend the simplified deduction through the 2022 tax year, and to increase the allowable amount to \$500.

Maximizing Your TFSA - If you're planning to withdraw money from this tax-free account for something you will spend it on in 2022, do it now, at the end of 2021, so that you can replace it in 2022 without a penalty. And you get to put an additional \$6,000 into it, also tax free.

RRSP contribution - If you're turning 71 in 2021, you have until the end of December to convert your RRSP into a RRIF. If you're not turning 71, you can contribute 18% of your earned income, to a maximum of about \$27,000.

RESP - If you have children or grandchildren who are younger than 15, consider a Registered Education Savings Plan. The Canadian government

will contribute at least \$500 a year to your plan, but only if it's opened and has \$2,000 in it before the beneficiary turns 17.

Charitable contributions - Both federal and provincial governments offer tax credits for charitable donations. The Quebec tax credit rate is 20 per cent for the first \$200 of the donation and 24 per cent or 25.75 per cent for the remainder. The federal tax credit rate is 15 per cent of a donation under \$200 and 29 per cent over \$200. If you donate shares of stock on which you're made money, not only do you not have to pay capital gains tax, but you get a deductible tax receipt.

Tax-loss selling - If you're an investor and you have made some money in the stock market, you'll have to pay a capital gains tax. You can offset that tax by selling some stocks that at trading at a loss, and you can go back three years to find them.

Tax deduction on interest payments - If you've borrowed money for investment purposes, such as a mortgage on a rental property or to invest in the stock market, you may be able to deduct the interest you've paid.

Expense claims if you rent out your cottage - You can claim many expenses against any income received from your rental property - current and capital costs to maintain the property, insurance premiums, property taxes, utilities, travel to and from the property.

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

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# Peggy Munkittrick, 102, had a servant's heart

By Geoff Agombar  
Local Journalism Initiative

Everyone who remembers Peggy Munkittrick starts by stressing they cannot possibly find words to convey everything she touched in her life. But one thing they are certain of, she was the kind of person who made them feel special every time they met.

The kind of person who friend Cynthia Drew remembers getting stopped at the U.S. border and asked, "Do you have any jam for me today, Peggy?"

The kind of person who brought food and clothes when Ruth Lewis's parents moved to Lennoxville in the '60s. The kind of person who showed up with a fridge to replace their icebox, or co-signed on a loan so her parents could buy their first home. "They were Uncle Harold and Auntie Peggy to all the kids. The door to their house on Belvedere Street was never locked and there was always people there."

Lewis remembers when she was six and her great-aunt passed away, it was Peggy who came to her room to comfort her through her sobs. Then in the '80s, when she drove home from Montreal after her dad passed, Peggy was seated at the kitchen table when she got home. "She was just a constant in my life," Lewis says. "This is a huge loss for me, but I'm just one of thousands."

Peggy was born in Bury, QC in 1919, but her family moved to Lennoxville while she was still young. Her father had a lumberyard, but died when Peggy was still young. She grew up in the house on Belvedere (now College) Street, which she and her husband later lived in. She married Harold Munkittrick in 1940, a few years after he had purchased the bike shop that would operate under his name for 30 years.

Their house was always open and their truck was constantly ferrying children to Sunday school or supplies to this camp or that home on need. They maintained a vast network of relationships, and somehow knew who needed what, when, and how to offer material support in a way that people felt buoyed and treasured, not patronized.

"The thing I loved about my grandmother is she was a master of combining empathy and humour," recounts grandson Dan Munkittrick. "My grandparents weren't wealthy people, per se, because they didn't believe in keeping their money. They believed in using it."

"She had this internal drive. She was a woman of tenacity. She had a desire to do something important for people. She was totally 'others-centric.' Her whole outlook was how can she serve others in the littlest way, or in largest ways," Dan says. "I can't even begin to tell the stories. People will tell you stories I've never heard, because they were humble in that way. They didn't broadcast what they did for others. They just did what they knew was the right thing."

Although everyone remembers Peggy making jokes and flicking her hand to shoo away compliments and credits, the Munkittricks nonetheless played a foundational role in building several local institutions. Cynthia Drew describes Peggy as "welfare before we had welfare," and indeed Peggy volunteered for Sherbrooke Welfare for many years.

Ruth Lewis remembers Peggy doing paperwork and legwork to arrange adoptions, and Peggy was at the centre of creating the Maplemount children's home in Cookshire.

The Munkittricks had a cottage at Lake Wallace near the Quebec-Vermont border which, of course, was the same lake as the Frontier Lodge Christian Youth Camp. So, kids could come over to the Wallaces for boat rides and waterskiing. Harold drove supplies and children out from Sherbrooke in his army truck, and Peggy spent 25 years making meals and baking desserts from scratch in the kitchen.

After caring for an elderly aunt in their home, Peggy received an inheritance. That inheritance was invested to start up the Grace Christian Home, now known as Grace Village.

Again and again, Peggy and Harold found their way to the centre of what was needed, when it was needed, and there sprouted another community of service.

Dan Munkittrick recalls his



PHOTOS COURTESY OF CYNTHIA DREW

*Peggy and her husband, Harold Munkittrick*

grandparents perspective on life, "It's not about personal accumulation. It's about relational engagement. That's what she and my grandfather did exceptionally well. It wasn't just a friendly word. It was more like, You don't have, so we're going to figure out how to help you out with that."

Dan says Peggy's Christian faith was the central driver in everything she did. She strove to walk that faith in her every day and deed. Dan says a circle of like-spirited friends within the Grace Chapel community, including the families of Dr. William Klinck and Dr. Arthur Hill, were instrumental in the community building his grandparents are known for.

Sandra Klinck, director of care at Grace Village, describes them as "social workers without a formal title... Real pioneers." Klinck thinks the two doctors were able to identify community needs through their medical practices, and together the small network of doers and givers just got down to the business of finding concrete ways to address those needs.

Dan says Peggy was a bright light in every room she entered. She continued to drive her own car and volunteer into her eighties. As an example of her undying zest for life, he remembers driving her up to Ottawa to spend Christmas 2002 with his family. He bought an air hockey table for his kids that year. Her great-children were still young and Peggy spent a whole day playing just as hard as any of them and beating them, too. "The next day, she couldn't even lift her arm. She had to eat with her left hand. It was so classic. Another little example of her hunger to participate. And the whole time, just so

much laughter going on."

At Grace Village, Peggy was a fixture in her wheelchair outside her room, giving away candies and pinches and laughs. Even at 102, chasing down a 103rd birthday next January, Dan says Peggy was still her vibrant self until very recent days, always in the thick of things. When they came and Peggy was in her room, not in the hallway, they knew something had changed.

Klinck says it was a great privilege to care for Peggy in those final days. She recalls singing cherished hymns in her room on her final evening, last Friday, "When we all get to heaven, what a day of rejoicing it will be" and "It is well with my soul."

Drew wants people to remember, "Peggy had a servant's heart." Klinck adds a nuance, "She was a leader. But she was a servant-leader."

Peggy and her late husband Harold Munkittrick had one son, the late Dale Edward Munkittrick. She was sister to the late Lester Campbell MacLeod. She is survived by her daughters-in-law Annabelle Dryden and Leah Munkittrick, her grandchildren Debbie Beck (Patrick), Dan Munkittrick (Kathy) and great-grandchildren Evan, Brigitta, Bryson Beck and Sarah McGinnis (Andrew), Matthew Munkittrick (Abby), Ben Munkittrick (Bethany). Her first great-great-grandchild, Jedidiah, arrived seven months before her passing.

The family has scheduled a memorial after the holiday season, 2 p.m., Jan. 8 at Grace Village. Dan Munkittrick suggests contacting dankathy@rogers.com closer to that date to confirm, as public health measures may yet necessitate a change of venue or time.



*Peggy Munkittrick at 88 years old with her great granddaughter Sarah Munkittrick, baking a few of the thousands of cookies Peggy baked in the Frontier Lodge kitchen over 25 summers.*

# EDITORIAL

A CEO who speaks English in a francophone setting signals that it is acceptable to do so and not to speak French.

## Corporate leadership:

### Why the tone at the top has moral consequences

By Claudine Mangen  
RBC Professor in Responsible  
Organizations and Associate Professor,  
Concordia University

In November, Air Canada made headlines when its CEO gave a talk at the Chamber of Commerce in Montréal and admitted he doesn't speak French.

Michael Rousseau has lived for more than a decade in Montréal, where Air Canada is headquartered. He has since apologized and committed to learning French. However, the fallout from his talk continues.

More recently, the CEO of SNC-Lavalin postponed a speech he was scheduled to give in Montréal, committing to first brushing up on his French.

The media attention focused on Air Canada and SNC-Lavalin illustrates the importance of CEO conduct. Indeed, what CEOs say and how they say it are essential — it sets the tone at the top of the firm and can have far-reaching repercussions.

#### Tone at the top — what it is, what it does

Tone at the top refers, broadly, to what a company's leadership talks about, how they talk, what they do and how they do it. Tone at the top is internal when leaders talk to employees and act inside the organization. It's external when leaders address broader audiences, like Rousseau's speech in Montréal, and their actions take place outside the organization.

Tone at the top can be delivered different ways: it can be in-person or remote (delivered via newspapers, news releases, reports, social media, videos).

Tone at the top reveals the moral reasoning of organizational leaders, revealing what they believe is right or wrong and what matters or does not matter. When CEOs give talks in a francophone region yet only speak in English, doing so reveals their beliefs about whether language matters — and what language they believe is most important.

The moral reasoning revealed by tone

at the top has consequences. CEOs have authority because of their position at the top of the corporate hierarchy. What they say and do trickles down the hierarchy to all employees, legitimizing particular behaviours along the way. A CEO who speaks English in a francophone setting signals that it is acceptable to do so and not to speak French.

#### Tone at the top — the bad and the good

Tone at the top therefore has moral weight. It can promote a particular culture within an organization, encouraging employees to behave in more or less moral ways.

Tone at the top can contribute to a culture permissive of harassment. Uber CEO Travis Kalanick, for example, resigned in 2017 after an internal probe documented widespread sexual harassment under his watch.

Corporate culture can create a climate where harassment, including sexual harassment, flourishes if leaders are passive, avoid making decisions and fail to intervene when faced with inappropriate behaviour until serious problems arise. "Laissez-faire" tone signals that inappropriate behaviour is tolerated, legitimate and will not be punished or corrected. Perpetrators are encouraged, victims silenced; bystanders know about the behaviour but don't stop it.

Further exacerbating this problem is hostile leadership characterized by aggressive behaviour that creates a climate of fear and silence. Problematic behaviours promoted by tone at the top are manifold and include insider trading, misreporting and earnings management.

On the other hand, tone at the top can promote a healthy culture when leaders model moral behaviour.

The women leaders in corporate Canada who I've interviewed often emphasize the importance of care and empathy in leadership.

One leader spoke about what people value, pointing out that they are "not going to get behind something that's illegal or whatever. So the trust and integrity peace pivots into successes." She



explained that trust requires "integrative thinking," which "comes from listening and being open."

#### Tone at the top — what to do about it

Ideally, leaders are attentive to their communities, behave responsibly and model good behaviour. They are aware of how their words and deeds carry particular moral weight.

Getting there starts early. Leaders are a product of their societal cultures. Education is vital to ensure we're all aware of what we say and do, how this resonates with others and what impact our words and behaviour have on them.

Closer to executive offices, boards of

directors are responsible for monitoring corporate leaders; they need to act proactively before a crisis occurs.

Doing so involves defining what they see as proper behaviour and what crosses a boundary by asking questions about expectations, priorities and how leaders act and talk. They need to lay out what happens when boundaries are crossed.

Board members need to leverage this information during the recruitment process to identify leaders who are a good match for the firm and, after that, to accompany and evaluate leaders comprehensively and regularly.

## Quebec restores some government websites taken down due to software vulnerability

The Canadian Press

documents only days ahead of exams.

Some Quebec government websites taken down Sunday due to a massive software vulnerability are back online.

The websites of power utility Hydro-Quebec and the Health Department were restored today, while the education ministry and some university services remain unavailable.

The Université du Québec a Chicoutimi reported the temporary shutdown of its websites, leaving thousands of students unable to access online class notes and

Quebec announced Sunday it had taken almost 4,000 government websites off-line as a preventive measure after the discovery Friday of a vulnerability in a software library widely used in public and private sector websites.

The software flaw allows an unauthorized user to easily gain access to a vulnerable system over the internet.

Cybersecurity experts praised Quebec's decision to take the websites down, however, they warned that getting all government systems back online could take weeks or months.

The Record welcomes your letters to the editor. Please limit your letters to 300 words. We reserve the right to edit for length, clarity, legality and taste. Please ensure there is a phone number or email where you can be reached, to confirm authorship and current town/city of residence. Names will not be withheld but the address and phone number of the writer are not published, except by request. Please email your letters to newsroom@sherbrookerecord.com. Preference is given to writers from the Eastern Townships.

### THE RECORD

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# Local Sports |

## Canada clinches gold medal, World Cup title in women's Team Pursuit on home ice in Calgary

Connor Howe wins first career World Cup medal with silver in men's 1500m

Speed skaters Isabelle Weidemann, Ivanie Blondin and Valérie Maltais skated to a new Canadian record in the women's Team Pursuit on Saturday, helping them claim their third consecutive gold and finish the season atop the World Cup rankings.

The Canadians time of 2:52.067 eclipsed their previous national mark of 2:52.412, which was set at last weekend's World Cup in Salt Lake City. The hometown crowd roared as they crossed the finish line with the fastest time of the day, which helped them defeating their rivals from Japan (2:52.892), as well as the third-place Chinese (2:58.428).

"We're really excited! It was a clean race today. We wanted to go out and skate really smooth and make sure that we stayed together, and we accomplished that mission. I think we were a little less nervous than last weekend and really fueled by the crowd here in Calgary. Everybody's family was here to watch us, which made this even more exciting," Isabelle Weidemann said in a press release.

After a third overall finish to start the Olympic quadrennial in 2018-2019, Canada's team of Weidemann, Blondin and Maltais have earned three straight World Cup titles in the women's team pursuit and should be a medal favourite at Beijing 2022.

It was also a memorable weekend for Canmore's Connor Howe, who reached the World Cup podium for the first time in an individual distance on Saturday, skating to a silver medal in

the men's 1,500m.

"The Olympic qualification is always in the back of our heads, but we try to just skate each race the best we can, and I think it worked out. I think my consistency has improved a lot this season, so even if I'm not always feeling 100%, I can usually skate close to my potential. This weekend, I executed a bit better than in Salt Lake City - and some of the top guys weren't there - so that may have raised me a few places in the standings. I knew I was on pace for a good time after I saw the lap board from my coach, but Joey [Mantia] finished really strong, so I was pretty sure I wouldn't catch him," Howe commented.

The 21-year-old posted a personal-best time of 1:42.425 on home ice, putting him behind American Joey Mantia (1:41.860) and ahead of bronze medalist Allan Dahl Johansson of Norway (1:43.275). The podium performance propelled him to third overall in the World Cup rankings, pre-qualifying him for Beijing 2022 in that distance.

Canada also earned a pair of top-10 results in the men's Mass Start, with Jordan Belchos (7:47.580) finishing eighth and Antoine Gélinas-Beaulieu (7:46.740) ninth.

The ISU World Cup in Calgary continued through Sunday with the men's 500m(2), 1,000m and Team Pursuit, as well as the women's 1,500m and Mass Start.

Submitted by Speed Skating Canada

## Watch out, COVID-19.



### Vaccination for 5 to 11-year olds has begun.

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# Date Book

TUESDAY, DECEMBER 14, 2021

Today is the 348th day of 2021 and the 84th day of autumn.

**TODAY'S HISTORY:** In 1799, George Washington died at Mount Vernon, his home in Virginia.

In 1819, Alabama was admitted as the 22nd U.S. state.

In 1911, explorer Roald Amundsen and his party became the first humans to reach the South Pole.

In 2001, after Hurricane Michelle devastated Cuba, a commercial shipment of food left the United States for the island nation for the first time since 1962.

In 2012, a 20-year-old gunman killed 26 people at Sandy Hook Elementary School in Newtown, Connecticut, before taking his own life.

**TODAY'S BIRTHDAYS:** James Doolittle (1896-1993), military aviator; Margaret Chase Smith (1897-1995), politician; Shirley Jackson (1916-1965), author; Don Hewitt (1922-2009), TV producer; Lee Remick (1935-1991), actress; Patty Duke (1946-2016), actress; Bill Buckner (1949-2019), baseball player; Michael Moloney (1963- ), interior designer;

Vanessa Hudgens (1988- ), actress.

**TODAY'S FACT:** Historians have estimated that physicians drained 5 to 7 pints of blood from President George Washington in the day prior to his death, in an attempt to cure him.

**TODAY'S SPORTS:** In 1988, after losing the first 17 games of the season, the Miami Heat defeated the Los Angeles Clippers 89-88 for the franchise's first win.

**TODAY'S QUOTE:** "As an American, I want to see our nation recapture the strength and unity it once had when we fought the enemy instead of ourselves." - Margaret Chase Smith, "Declaration of Conscience"

**TODAY'S NUMBER:** 3 - points known as the South Pole: the ceremonial pole, the geographical pole and the magnetic pole.

**TODAY'S MOON:** Between first quarter moon (Dec. 10) and full moon (Dec. 18).

# Do Just One Thing



By Danny Seo

According to the National Sanitation Foundation, your coffeemaker is the fifth-dirtiest appliance in your home. That's high, considering you don't bake, fry, microwave or cook with it; but the coffee maker is constantly moist inside, making it a breeding ground for mold and yeast. To clean it, create a 50/50 mixture of white vinegar and water. Run the mixture through the coffee maker to disinfect and loosen minerals and grime inside. Then run a full pot of water through to rinse out any residual traces of vinegar.

# Go easy on the salt to give your heart a break

## KITCHEN SCOOP

by Alicia Ross

Salt is sodium, but not all sodium is salt. According to the Centers for Disease Control and Prevention website:

"Most of the sodium Americans eat comes from packaged, processed, store-bought and restaurant foods. Only a small amount comes from salt added during cooking or at the table. In fact, most Americans already get more daily sodium than recommended before they ever pick up a salt shaker."

Furthermore, according to the Food and Drug Administration, in general, Americans should not consume more than 2,300 mg of sodium per day; for others, who are "more sensitive to the effects of salt," they should limit their intake to 1,500 mg.

Thank goodness there are more and more low-sodium ingredients available, so I'm not compromising convenience for health when I'm cooking. Even though I'm not on a doctor-ordered low-sodium diet, I appreciate the health benefits. Like many of us, I am genetically predisposed to high

blood pressure and other cardiac complications. So watching what I eat is crucial to heart health.

How do we reduce our sodium intake? Limit the use of highly processed foods. Cook more often at home, and use as many low-sodium and reduced-sodium ingredients as possible. Add salt at the table to individual portions only after tasting. Careful, though - you can easily over-salt your dish if you go wild with the shaker. Stop, taste, and salt incrementally, pouring it into your hand, then sprinkling with your fingers. Your heart will thank you.

### Suggested menu:

Simmered Chicken Meatballs  
Rice or pasta of your choice  
small green salad

### Simmered Chicken Meatballs

Start to finish: 40 minutes  
Yield: 12 servings

### Ingredients:

1 jar (26-ounce) low-sodium marinara sauce  
32 ounces low-sodium chicken broth  
2 slices hearty whole-grain sandwich

bread, cut in small cubes  
1/2 cup low-fat milk  
1 large egg  
1/3 cup grated parmesan cheese  
2 teaspoons Dijon mustard  
1 teaspoon dried Italian seasoning  
1 pound premium ground chicken (see Cook's Note)  
1/4 cup flour, for dusting  
Salt and pepper to taste

In a large skillet, pour the marinara sauce and chicken broth together and stir to mix. Cover and heat on medium-high to bring to a boil.

Meanwhile, in a medium-to-large bowl, combine the bread, milk, egg, parmesan, Dijon mustard and Italian seasoning, mixing well. Crumble the ground chicken over the mixture and then stir well. Divide the mixture into balls slightly larger than a golf ball.

Pour the flour into a small bowl and shake to distribute. Drop each ball first into the flour, gently tossing to coat, and then into the boiling sauce mixture. Repeat until all the balls are formed, floured and placed into the sauce.

Cook, covered, for 10 minutes, and

then uncover and cook for another 10 minutes. Nudge meatballs so they will freely turn in the boiling sauce. Stir occasionally. Serve as desired.

(Cook's Note: Ground chicken can be one of those hidden sodium sources. Check to make sure your ground chicken has not had a sodium solution injected into it before packaging. Often those labeled "premium" do not. But check the nutritional content to be sure, and ask your grocery store manager to stock sodium-free and reduced-sodium products.)

Approximate values per serving: 145 calories, 4 g fat (1 saturated), 51 mg cholesterol, 14 g protein, 10 g carbohydrates, 1 g dietary fiber, 190 mg sodium.



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## TOWNSHIPS

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## ONLINE WORKSHOPS

Mental Health Estrie invites you to a free virtual workshop in English: "Finding Hope for the Ag Community" presented by Lauren Van Ewyk (MScMHC, RSW, sheep farmer). Whether you are part of the ag community, work with its members, or know friends and family who do, this workshop could

help you develop strategies to boost the mental health of those involved in agriculture while gaining a better understanding of the challenges faced in this profession. Open to all, 2 p.m. to 3:30 p.m., Thursday, December 16. For more information, or to register, please visit our Facebook or Instagram pages, email outreach@mentalhealthestrie.com, or call 819-565-2388.

## RICHMOND

The Daniel Ménard RCM Library will be closed for the Christmas holidays from December 19, 2021 to January 4, 2022 inclusively. We return on Wednesday, January 5, 2022.

## LENNOXVILLE

**The Tradition Continues!** For almost a decade Hope Community Church has been serving a hot Christmas

meal for people who are alone or in financial difficulty at Christmas time. Over that time well over 1000 people, particularly seniors and students have joined us at HCC for Christmas dinner. We look forward again this year, to serving Christmas dinner to the folks in our community who really need some company at this time! COVID-19 won't stop us, but we do have a special plan in place that will ensure the health and well being of our guests and volunteers. **Changes for 2021:** We'll be offering a fun festive Christmas program before sending you home with your meal. The program starts at 11:00 on Christmas morning in our main auditorium! (No vaccination passport needed, but masks and physical distancing will be required.) **Takeaway Meals:** Unfortunately, we can't serve meals at our church

building this year but we're still going to give you Christmas dinner. We'll be preparing takeaway meals for everyone who is registered. (Up to 160 meals available.) These will be distributed following the Christmas program. One meal per attendee. **You need to register** to let us know how many people to expect. Giving your names and an email or phone number will allow us to make sure that we can reach you in case of any last minute changes and help us to be certain that we have enough food! **Family friendly Christmas Program:** December 25, 11 a.m. until noon, Hope Community Church, 102 Queen St. Sherbrooke, QC J1G 1J6. **Registration required: online** at <https://hcclennoxville.ca/christmas-for-you> or by phone at 819-822-2627. **Cost:** Free of charge! It's our gift to you.

# Changing diet changes relationship

Dear Annie

TUESDAY, DECEMBER 14, 2021

**Dear Annie:** Last weekend, I got a text from my dad that said: "I'm going vegan LOL." (Yes, he says "LOL." He's hip like that.) I laughed and brushed it aside, but during dinner last night, he and my stepmom told me they are serious about it. It definitely took me by surprise, but I was supportive and excited about the idea, so much so that I even went with him to Barnes & Noble to pick out an awesome vegan cookbook. But since then, I've been having a strangely emotional reaction to his decision.

We love to eat. That's our "thing." We go out to dinner, try new, unusual cuisines and eat our way through new cities when traveling. He even seriously considered taking a leave from work to audition for a Food Network show. Some of my best memories involve meals we've shared. And now what? I'll order sashimi, and he'll have ... seaweed? I have no issue with the decision itself; I've done every juice cleanse and 30-day challenge under the sun - and I love me some seaweed. I actually find the choice quite admirable.

What I realized is that the child in me is afraid that a piece of our relationship will be lost. Through my parents' (nasty) divorce, no matter how things were between them or between us - no matter when new people came into the picture and old people left - whenever we sat down at the table, all of the yuckiness melted away. This feels like one more thread of consistency and connection being cut.

Are there any actions you suggest I take to move forward? - Herbivore Dilemma

**Dear Herbivore Dilemma:** You are clearly a thoughtful person to have such insight into your emotions and their roots. Perhaps this is the opportunity you've needed to express some long-held feelings. Talking through these concerns will bring you closer than ever. And with time, you'll find out that it was never about the food; it was about sitting down together.

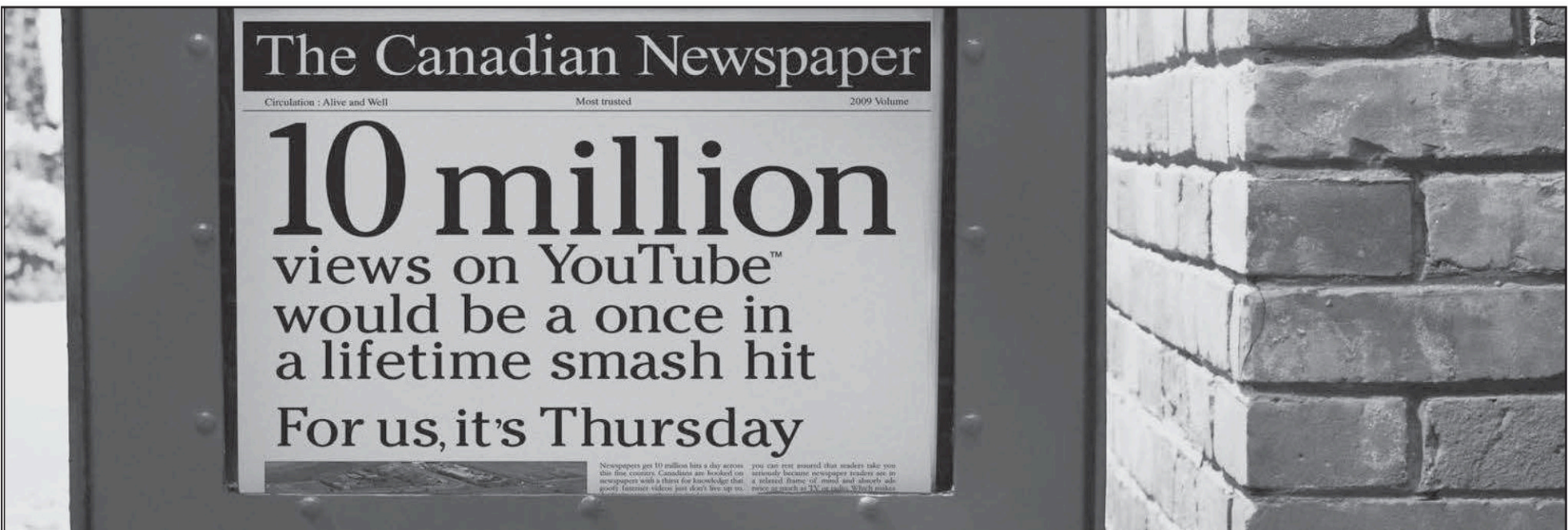
**Dear Annie:** I have a weird question for you. I live in a Midwestern community that has expensive water and sewer costs. I also exercise every day, and as a result, I drink a lot of water - and I mean a lot

of water. So when my wife is not home, I urinate in the bathroom sink. Then I wash my hands, which rinses the sink basin at the same time. This uses a fraction of the water that flushing the toilet would use. Multiply that by dozens of times a day and the savings are significant. Urine is sterile; the sink gets washed out afterward; and my hands are clean. What are your thoughts on my actions? - Sink Secret

**Dear Sink Secret:** I think you ought to knock it off. For one, urine isn't sterile; that's just a myth. For another, if you're really bent on saving water, there are plenty of ways to do so - such as installing a low-flush toilet - that don't require lying to your wife.

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

Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).



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### CELEBRITY CIPHER

by Luis Campos

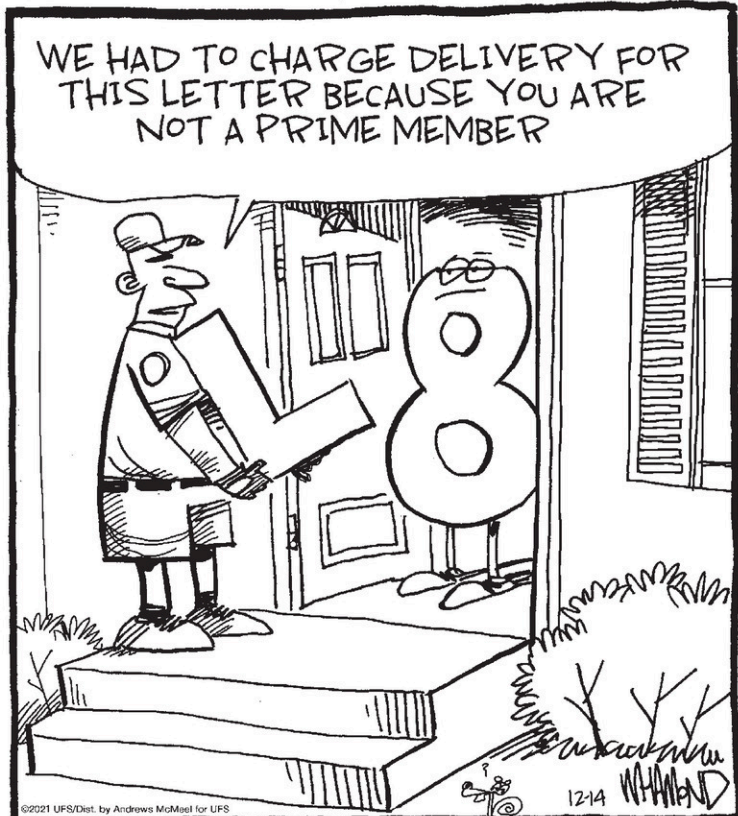
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ LA SBKF CDACTD HZF HA RZAN PC  
HAA VBLH, BKJ GH'L KAH VPK! FAP  
LXAPTJ LHBF B UGJ BL TAKR BL  
CALLGOTD! ” — MBKDLLB XPJRDKL

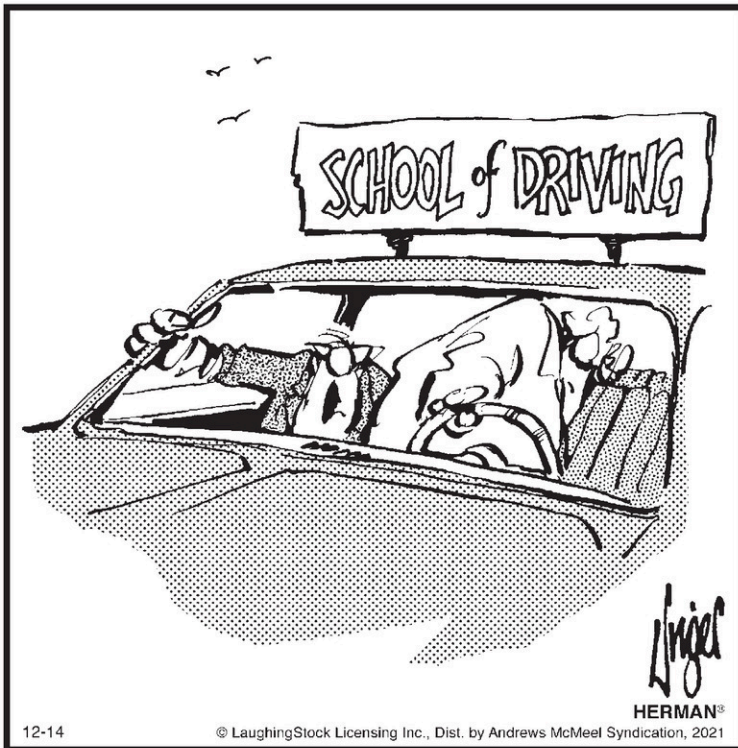
Previous Solution: “Really interesting things come because you don't know what the rules are, what you can and can't do.” — Steve Buscemi

TODAY'S CLUE: W sjenbø S

### REALITY CHECK

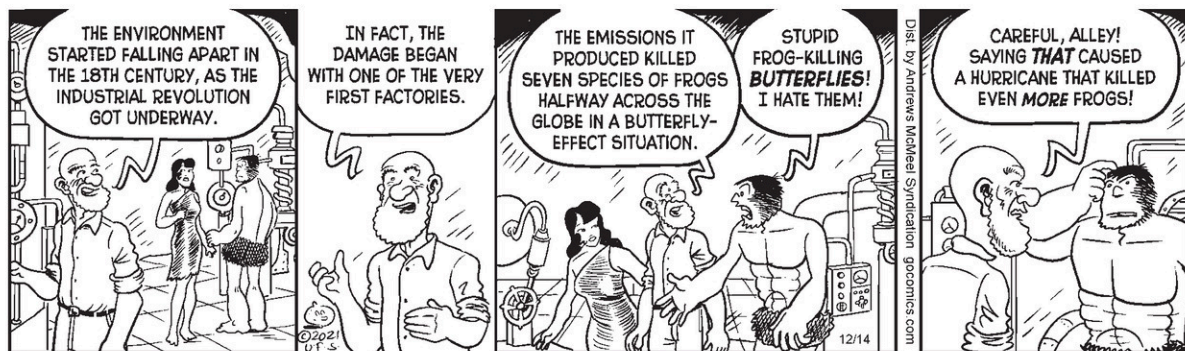


HERMAN



“Don't start looking for your glasses at 80 mph.”

### ALLEY OOP



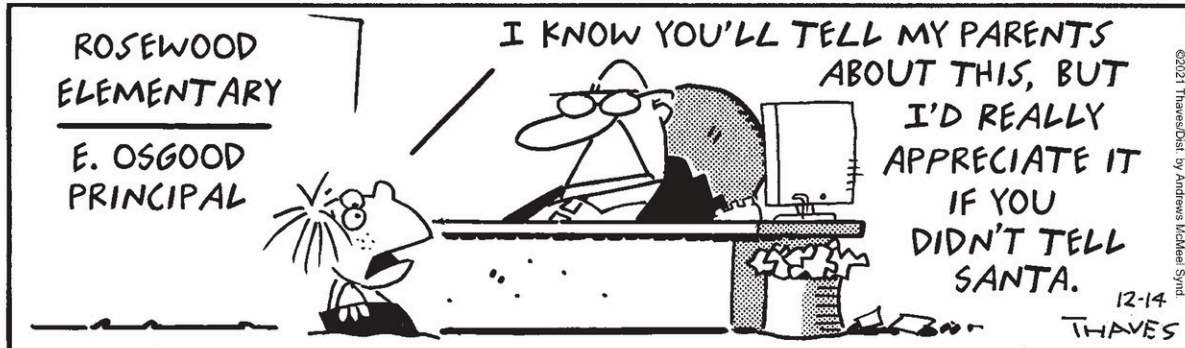
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U	E	K	C	U	O	K	C	T	A	U	T	U	M	N	W	D	F	L	P
O	F	W	V	O	O	E	C	H	J	K	G	F	E	C	I	P	S	E	M
K	A	S	U	T	L	O	P	A	T	C	S	P	T	Z	N	T	N	G	L
F	L	B	D	E	U	O	U	N	B	I	Z	G	N	N	T	P	S	N	C
I	L	D	R	O	E	K	R	K	G	N	H	E	B	Z	E	K	B	A	G
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E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

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	7							
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## PREVIOUS SOLUTION

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

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

## AUTUMN WORD SEARCH

APPLE  
 AUTUMN  
 CHILLY  
 CINNAMON  
 CLOVES  
 COLOR  
 FALL  
 FALLING  
 FIREPLACE  
 FOLIAGE  
 JACKET  
 LEAVES

NOVEMBER  
 ORANGE  
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# NEA Crossword Puzzle

# Your Birthday

TUESDAY, DECEMBER 14, 2021

**TAURUS (April 20-May 20)** – Inconsistency will rear its ugly head if you are gullible or lack initiative. Think matters through, budget wisely and don't let outsiders interfere with your plans.

**GEMINI (May 21-June 20)** – Be careful what you say and do. Someone in a position of power can make or break your plans. Choose your words carefully and execute your plans with precision.

**CANCER (June 21-July 22)** – Set a goal and relay your message with precision. You stand to gain mentally, physically and financially if you are direct and take control. Romance is favored.

**LEO (July 23-Aug. 22)** – Emotions will stand between you and what you want. If you overreact, take on too much or let someone steal your thunder, you will lose ground. Put your feelings aside and be practical.

**VIRGO (Aug. 23-Sept. 22)** – It's up to you to make things happen. Don't wait for someone to make the first move. Wasted time will lead to disappointment, regret and anger. There is nothing you can't achieve!

**LIBRA (Sept. 23-Oct. 23)** – Pay attention to personal matters instead of getting involved in what's happening to others. A steady pace will lead to the perks you want and the chance to meet people heading down a similar path.

**SCORPIO (Oct. 24-Nov. 22)** – You can take control of any situation if you speak from the heart. An energetic approach will help you build a better life. Let go of the past and finish what you start.

## Answer to Previous Puzzle



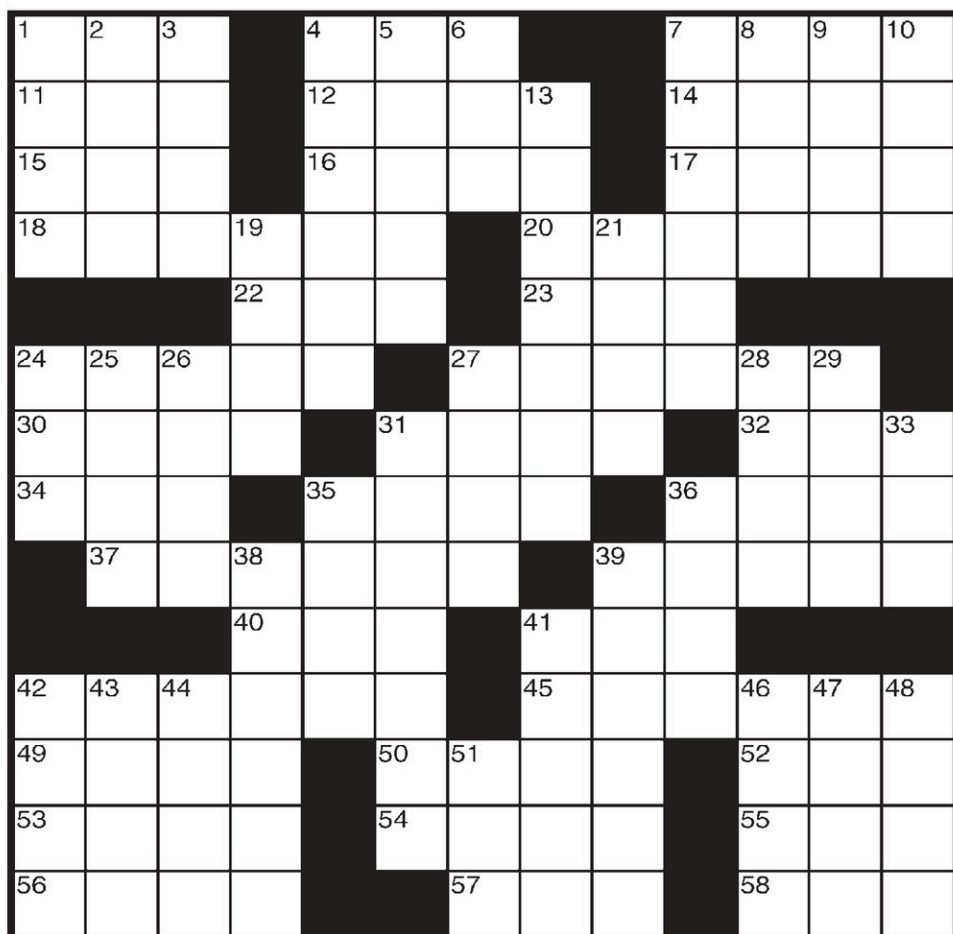
- 9 Plant in a swamp
- 10 Apollo program sponsor
- 13 Angels' city
- 19 Type of ranch
- 21 "Primal Fear" star
- 24 Hummus, e.g.
- 25 Inventor's spark
- 26 "Frozen" snowman
- 27 Tot's transport
- 28 Desktop picture
- 29 Nautical greeting
- 31 Spookiest
- 33 Chicago trains
- 35 Wheel parts
- 36 Cosmetic buy
- 38 Justly
- 39 Wallet filler
- 41 Target rival
- 42 Haley or Trebek
- 43 Costly
- 44 Ms. Miles
- 46 Grand in scale
- 47 Time periods
- 48 Faxed, maybe
- 51 "What — that?"

- ACROSS**
- 1 Man, once
- 4 Environ-mental prefix
- 7 Caution
- 11 Citrus cooler
- 12 Teasdale of poetry
- 14 Vicinity
- 15 Decay
- 16 Large family
- 17 Calendar abbr.
- 18 Kind of gown
- 20 List of items to be discussed
- 22 — — creek
- 23 Not him
- 24 Vacuum tube
- 27 Xerxes ruled here
- 30 On strike
- 31 Huron neighbor
- 32 Ernesto Guevara
- 34 Pod content
- 35 Quantity of paper
- 36 Rapper — Moe Dee
- 37 Uphold
- 39 Actors' trophies
- 40 Yvette's date
- 41 Meter reading
- 42 Recommend
- 45 Brawls
- 49 Wolf's expression
- 50 Long-necked bird
- 52 "The Gold Bug" author
- 53 Countess' spouse
- 54 Dainty pastry
- 55 Motor lodge
- 56 Diagnostic aid (hyph.)
- 57 Pig's digs
- 58 Kan. time

## DOWN

- 1 Zinger
- 2 Scent
- 3 Bigfoot's kin
- 4 Go on the lam
- 5 Type of lily
- 6 Zoologists' mouths
- 7 Sprinkles
- 8 — — for one's money

Want more puzzles? Check out the "Just Right Crossword Puzzles" books at [QuillDriverBooks.com](http://QuillDriverBooks.com)



TUESDAY, DECEMBER 14, 2021

## In Bridge terms, what is LOL?

By Phillip Alder

What do the letters LOL mean to you? No doubt "laughing out loud," but now we have a bridge usage. A new book entitled "LOL" has been written by James Marsh Sternberg and Danny Kleinman (AuthorHouse). The letters stand for "loser on loser." This is when declarer contrives to dump two losers on one trick. It is a play that was easy to overlook until this worthwhile book containing 132 loser-on-loser deals appeared.

In this example, how should South play in three spades after West leads the diamond ace and shifts to the club two? (A good idea is to lead the king from ace-king when you are thinking of switching to a singleton at trick two.)

Did West wonder about overcalling with three no-trump? Maybe, but here that would have been unlucky because the diamond suit would not have generated six winners.

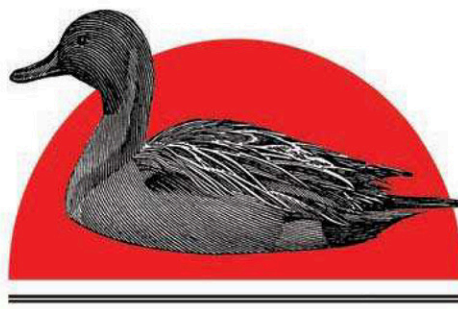
This deal arose during a team-of-four match. At the first table, South took the club shift in his hand and tried a sneaky low spade to dummy's nine. However, West, knowing his partner was void of spades, stepped in with his king, then led the heart nine (top of nothing). East won with his ace and returned a club for his partner to ruff: down one.

North muttered under his

North				12-14-21
♠	9 3			
♥	K J 10 5			
♦	Q 4 2			
♣	A Q 9 4			
West		East		
♠	A K 7 4	♠	—	
♥	9 8 7 6 4	♥	A 3 2	
♦	A K 9	♦	J 10 7 6 5 3	
♣	2	♣	J 7 6 5	
South				
♠	Q J 10 8 6 5 2			
♥	Q			
♦	8			
♣	K 10 8 3			
Dealer: South				
Vulnerable: Neither				
South	West	North	East	
3♠	Pass	Pass	Pass	
Opening lead: ♦ A				

breath, "Even the parking attendant knew that club was a singleton."

At the other table, South realized it. He won trick two with dummy's club ace and led the diamond queen. Then, when East played low, declarer did not ruff — instead, he made a loser-on-loser play, discarding his heart queen. Now East could never get on lead to deliver the lethal club ruff.





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## Culinary students bring practice to the table at l'Entre-Deux

By Taylor McClure  
Special to Brome County News

Every school year, Campus de Brome-Missisquoi, the region's adult education and vocational centre, opens its dining area, l'Entre-Deux, to the public on Thursday and Friday afternoons to provide students in the school's culinary and restaurant service program with practice to help them prepare to go out into the field. While reservations for the month of December are full, the restaurant will open again on Jan. 13 and diners are welcomed with open arms to support student learning.

"It's for practice. We have another department, Service de Restauration, which is another DEP. The students in front serve the customers and the students in the kitchen prepare the plates. At the end of the course, they go to work in restaurants so it's important to practice," explained Éric Bolant, culinary teacher and head of the culinary program on campus.

"There are many kinds of services during the year; we have the table d'hôte, breakfast, and lunch," explained Bolant.

Bolant said students have been serving the public through the school's very own dining area. For over a decade. "Before it was in Massey-Vanier, but they built a new kitchen with a new dining area. It's been around 15 years that the program has been with this reception area."

CONT'D ON PAGE 5

## Brome Lake residents struggle with power outages

Midnight Madness unplugged due to strong winds



MICHAEL BORIERO

By Michael Boriero

A mass power outage that swept through Quebec on Saturday evening continues to leave a mark in the Eastern Townships, as pockets of residents push 48 hours without electricity.

Hydro Quebec said that at the height of the storm on Sunday morning, nearly 400,000 customers were without power in the province. And there were still over 30,000 homes without power as of late Monday morning, according to the public utility company.

The Town of Brome Lake is one of

several municipalities still dealing with the aftermath of 100 km/hr winds over the weekend. A massive white pine tree was blown over in the chaos, crashing down on Victoria Street, and taking several power lines and a utility pole with it.

Brome Lake Mayor Richard Burcombe told The Record that he hopes to see the power back up and running throughout the territory by the end of day on Monday, or early Tuesday morning. He asked that every resident show patience during this time, though.

"We've had the cooperation of Hydro Quebec, I mean, we've been in contact

with them, and of course, everybody wants their power on at the same time but they go by priority. They know how to do it and we just have to live with it," said Burcombe.

The Record spoke to members of the crew working on removing the fallen tree. They expected to be on-site until about 11 p.m. on Monday, as Hydro Quebec comes in to fix damaged power lines, as well as replace a utility pole split in half by the white pine during the storm.

Burcombe said he was fortunate to recover his electricity on Sunday evening. However, there are residents in

CONT'D ON PAGE 3

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# Brome County Community Bulletin Board

December 15

The next food bank pick up at Trinity Anglican Church. 409 South Street Cowansville. December 15 from 1-3 p.m. Please wear a mask and provide proof of vaccination.

December 16

**Album Launch & Concert.** Give It Some Time by Patricia St-Onge. An intimate evening of music, friends and laughter with special guests. Thursday, December 16 at 7:30 p.m. at the Lakeview Inn (50 Rue Victoria, Lac Brome). Tickets are \$20. Call or text (450) 204-0203. Or leave Patricia St-Onge a message on Facebook. Seating will be limited as Covid rules will apply.

December 19

A "Service of Carols & Lessons" All Saints Anglican Church, Dunham, Sunday, December 19 at 2 p.m. Freewill offering or non-perishable foods will be collected. These proceeds will go to "Helping Hands Food Bank" at the Trinity Anglican Church, Cowansville. For more information, please call the parish at 450 295-2045. Everyone Welcome!

December 19

Royal Canadian Legion, Shefford Branch #77, Breakfast, Sunday, December 19 from 8:30 a.m. to 12:30 p.m. at 77 Lewis Street, Waterloo. Adults \$15, children 6-12 \$10. **Breakfast is served, passport and mask required.** We will also be accepting monetary donations only for our Christmas Basket Fund.

December 20- 23

**Meet the Artisans! Marché Noël Artisanal is open every week,** Thursday to Sunday during November and December, plus the week leading up to Christmas we will be open Dec 20, 21, 22, & 23. Shop leisurely and safely without the crowds! Facebook for updates @ marchedesartisanatsdunham or contact michilynnd@gmail.com.

## CHURCH BULLETINS

### ALL SAINTS ANGLICAN CHURCH - DUNHAM

Please Note: The weekly 10 a.m. church service will be cancelled on December 19th. **Christmas Services - Christmas Eve Friday December 24 at 9:30 pm. No church service on Christmas day Saturday December 25. Worship service will resume on 1st Sunday after Christmas December 26 at 10 a.m.** For more information, please contact the Rev. Sinpoh Han at 450 295-2045

### ANGLICAN PARISH OF BROME

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

### BEDFORD PASTORAL CHARGE OF THE UNITED CHURCH OF CANADA

Advent Four - Love. We light the Candle of Love as we continue our Advent journey. Worship service 9:30 a.m. at Stanbridge East United led in rotation by our worship team leaders following pandemic protocols. Our Candlelight Communion celebration is on December 23 at 7 p.m. A special Christmas Eve Barn service will be at 7 p.m. in the barn across from 144 ch. de la Rivière, Pike River. Worship Leader: Frances Jones. Church office: 450-248-3044; email: bedford.pastoral@yahoo.ca

### CREEK/WATERLOO PASTORAL CHARGE

Creek United, West Bolton, and St. Paul's United, Waterloo, are now meeting weekly in-person, respecting physical distancing, registration of attendance, hand sanitising, and the wearing of masks. The Creek service starts at 09h00. The Waterloo service starts at 10h30. Communion is normally the first Sunday of the month. Other special services must be arranged

through the minister. Church office is 450-539-2129 Rev. Dave Lambie @ 450-531-3149

### EMMANUEL UNITED CHURCH

Advent Four - LOVE. We light the Candle of Love as we continue our Advent journey. Sunday's hybrid worship service is at 11 a.m. following COVID-19 protocols. Our Christmas Eve service is at 4 p.m. Given the limited number Christmas Eve that respect the metre distance between households and wearing of a mask, we ask that you reserve your place so we can maximize seating. If you reserve but find your self unable to attend, please let us know to allow others to be part of this light-filled celebration. Call Gail at 450-263-1450 or Susan at 450-266-4727. Please request the Zoom link that is published in the weekly Friday newsletter. Please join us. Minister: Rev. David Lefneski, 450-955-1574. Church office: 450-263-0204; email: capcchurchoffice@bellnet.ca

### ÉGLISE CATHOLIQUE ST. ÉDOUARD CATHOLIC CHURCH

Our 10:30 a.m. Sunday Mass has resumed as we adhere to the strict protocols established by the Quebec Public Health Department. Thank you for your understanding. **Our mass schedule during the Christmas period will be as follows:** Christmas Eve December 24 at 7 p.m., Sunday December 26 and January 2 at 10:30 a.m. Masks and/or facial coverings are obligatory. There will not be a mass celebrated on Christmas Day. May the Lord bestow his many blessings upon you and your family. For more information, call: 450-263-1616 or visit the website <http://unitedesvignes.org>

### GRACE ANGLICAN CHURCH

We are now open for in-person worship at our 10:30 am Sunday services at Grace Anglican Church, Sutton. Everyone is welcome, bring your voice to be accompanied by our

wonderful new organ (singing with masks for now). Alternatively, you can attend online. For an invitation to join, please email the Rev. Tim Smart, [revtimsmart@gmail.com](mailto:revtimsmart@gmail.com) or visit our Facebook page "Grace Church, Sutton" for the Sunday link.

### KNOWLTON-MOUNTAIN VALLEY PASTORAL CHARGE

Join us for 11 a.m. in person worship at Knowlton United Church, 234 Knowlton Road. Worship services are held the 1<sup>st</sup> three Sundays of each month unless otherwise indicated. Also join on the Facebook Church Group 'Knowlton-Mountain Valley Pastoral Charge' for our services. For further information please contact Rev. Steve Lawson at 450-242-1993. Members will be asked to follow COVID-19 protocols as outlined by the Quebec Public Health Department.

### ST. PAUL'S ANGLICAN CHURCH

St. Paul's has re-opened for Sunday in person worship at 8 and 10 am. We continue to livestream our Sunday morning worship at 8 and 10 a.m. at St. Paul's Knowlton on Facebook. All services are also available for replay. At 24 St. Paul's Road in Knowlton, St. Paul's is a dynamic diverse community pursuing and serving Jesus in the Eastern Townships. Our mission is to grow in members and spiritual maturity so that we can reach as many people as possible with the love of Jesus. Everyone welcome! Telephone: 450-242-2885 email: [stpaulsknowlton@gmail.com](mailto:stpaulsknowlton@gmail.com)

### TRINITY ANGLICAN CHURCH

We welcome you to join us for our 10:30 a.m. Sunday morning church services in the church. We adhere to the protocols established by the Quebec Public Health Department and the Anglican Diocese of Montreal. To leave a message, please contact the church office 450-955-3303.

## Farnham students make connections with Kenya

By Ruby Irene Pratkan  
Local Journalism Initiative

A surprise LinkedIn message from thousands of miles away created an unexpected connection between Farnham Elementary School principal Cathy Canzani and colleagues in Kenya. More than five years and a pandemic later, students and teachers at the school are pitching in to make sure Kenyan students keep learning.

Stephen Mwara, a teacher at Sokoro Primary School in Molo, Nakuru County, Kenya, messaged Canzani out of the blue on the social media platform "five or six years ago," Canzani remembers. "He just said he wanted to learn more about Canadian schools."

The two teachers struck up a friendship, and last year, when Canzani was teaching grades 3 and 4, she and her students, who were around the same age as the children in Mwara's class, raised money to allow Mwara to buy school supplies and sports

equipment; in return, they received a joyous unboxing video. The children also started exchanging videos and letters, sent as photos and email attachments.

"Our student population is almost entirely white, and at the beginning, our students felt like there was a big difference between themselves and the Kenyan kids," says Canzani. "Once we started swapping videos, it was like that barrier melted away."

The fundraiser gave rise to a multidisciplinary project. "Our motto at Farnham Elementary is 'Work hard, be kind, develop your mind,' and we worked on every aspect of that," Canzani says. "We did a huge math problem when we were trying to find out shipping costs and currency conversions and what to buy." (Plans to buy sports equipment in Canada and ship it to Kenya were dropped when the class realized mailing a box of supplies to a small town in central Kenya would cost as much as the supplies

themselves.) "The students worked on their writing skills with the letters, and we learned a lot about Kenya."

They also discovered the pleasure of giving, of "being part of something bigger than you and learning to care for others," says Canzani. "The joy on the faces of the Kenyan students as they opened the gifts was amazing, and so was the joy for our students who did the giving."

### Keeping children in school

This year, nearly two years into the COVID-19 pandemic, as the season of giving shifts into high gear, Canzani and her students are taking their fundraiser a step further, in collaboration with Mwara and Keziah Njuguna, the head teacher of Sokoro Primary School.

"In Kenya, going to school is a privilege," Canzani explains. "Because of COVID, a lot of parents have lost their jobs and a lot of kids have had to drop out of school. A year's tuition

costs between \$200 and \$230. We decided to try to raise enough to send ten kids back to school."

Canzani decided to expand the fundraiser and make it a school-wide event. "COVID is wearing on all of us, you could just feel that the energy was low around the school, and I figured we could find a way to give back," she says. The staff and students of Farnham Elementary have been keen to pitch in. Canzani began accepting donations in late November and plans to continue until Valentine's Day. The school's grade 2 class raised \$520 through a single Christmas card sale in early December.

Parents and community members who wish to contribute to the project can mail cheques to Farnham Elementary School (425 Rue Saint-Joseph, Farnham, J2N 1P4), buy products from a class fundraiser or drop off cash or cheques at the school. Tax receipts for donations can be issued.

# Frelighsburg urban plan restricts development on mountain

By Ruby Irene Pratkan  
Local Journalism Initiative

Conservation activists in Frelighsburg are breathing a sigh of relief after the town council declined to implement changes to urban planning bylaws that would have made future residential construction in the Mont Pinnacle area easier.

Any future major construction on the mountain will have to be approved by the town council and by residents of the area in a referendum, Mayor Lucie Dagenais explained. The regulations were approved at a Dec. 9 town council meeting along with the rest of the town's urban plan.

"In fact, no new regulations [to do with the mountain] have been passed," Frelighsburg mayor Lucie Dagenais clarified. "We are taking away certain proposed changes and [implementing] the same regulations that were in place in 1994. We wanted to introduce the concept of integrated development projects [in the area] and encode future developments in a way that would allow us to avoid referendums...but that seemed to cause division, so we decided to retract it. It wasn't worth it to divide the town further."

Dagenais says, developers or property owners can propose construction projects, but they stand little chance of approval: "Any project would have to be approved by the urban planning consultative committee, then by town council and then by people living in the area and in contiguous zones through a referendum, so there's not much chance of new projects being carried through."

The preservation of Mont Pinnacle has been a subject of debate in and around Frelighsburg since at least the 1980s. In 1988, the developer Désourdy acquired part of the mountain to develop a ski resort, a golf course and a housing development. The project ran into delays, and in 1993, a slate of candidates opposed to the project was elected to the town council.

"It was quite a saga," recalls Danielle Dansereau, chairperson of the board of the Mont Pinnacle Trust, which owns much of the mountain today. "It was hard on the social fabric, because it created division between people who thought [the resort] would bring economic development and jobs, and people who were in favour of conservation."

In August 1994, the town council modified zoning regulations in order

to ban alpine skiing and require that houses in the sector be constructed along public streets, among other changes; the promoter dropped the project and sued the municipality. The case reached the Supreme Court of Canada; in 2004, the court ruled that the council had acted within its rights. In the interim, the land earmarked for the resort was divided and sold. The trust owns 285 hectares of land on and around the mountain and has developed a network of educational trails there; the peak was acquired by the Daniel Langlois Foundation, which monitors wildlife in the area.

In April 2021, the proposed regulatory changes and the rest of the town's urban plan were the subject of contentious public consultations, in which the trust participated.

"As a resident, [the current regulations] were what I wanted," says Dansereau, a founding member of the trust who has been involved with the trust in various capacities for the last 30 years. "These regulations don't freeze development, but if an ambitious project is proposed, it must be under a management plan and be approved by the people living in the area."

Dansereau says she was pleasant-

ly surprised to see Dagenais and the councillors walk back the proposed changes: "It shows a lot of openness on their part."

Jade Langevin of the citizens' group Les Voix Citoyennes, which also advocated against the changes, says her group was "amazed" by the councillors' decision, made at a Dec. 9 council meeting: "It shows that when people are involved in participatory democracy, we can have an impact." She adds that the "battle" against excessive residential development in the region "needs to keep being fought."

"The mountain is an area with a lot of biodiversity, a lot of plant and animal habitat, and a lot of symbolic value for Frelighsburg," says Dansereau. "It also has a lot of symbolic value, and people are very attached to it. What we want is for people to disrupt it as little as possible, to not restrict the habitat of other living things. Humans don't need to be everywhere."

"Nobody wants there to be heavy-duty development on Mont Pinnacle," says Dagenais, the mayor. "Conservationists have a strong presence in the town, and we're all more and more conscious of environmental issues. Everyone wants the mountain to stay in good condition."

## power outages

CONT'D FROM PAGE 1

the Springhill and Mount Echo area still dealing with power outages. The stretch from West Brome to Knowlton has nearly fully recovered electricity.

He added that he is looking into addressing the rolling power outages that have affected the area in recent years. The problem often stems from fallen white pine trees, he explained, sharing that the tree that fell on Victoria was over 100 years old with a rotten core.

"There's something that has to be done there and I mean you watch people that plant their trees right next to the power line 50 years ago, well, this is what we're getting in return, you know what I mean," said Burcombe, adding white pines line Lakeside and Foster Road.

While many people remain in the dark, the Centre Lac-Brome opened its doors to residents who needed a place to eat, warm up, and take a hot shower. The centre offered coffee to residents on Sunday and Monday, and the amenities will remain open during the week.

The Auberge Knowlton also welcomed residents without electricity to come in and grab a free hot coffee on Monday. Ariane Jodoin-Aubertin, who runs the restaurant side of the auberge, said they regained power on Sunday, and felt it was necessary to help residents in need.

"I posted a message on our Facebook page for anyone that was impacted by the outage to come over, have a coffee, we'll get them free coffee and warm up a little bit because you know a few hours is fine, but when it comes to 24, 36 hours, it gets cold in the house," she said.

But Jodoin-Aubertin noted that the power outage did impact the town's annual Midnight Madness event, when restaurants and businesses in Knowlton stay open until midnight. And the auberge had to cancel its second annual Christmas Market.

"Unfortunately, we had to sort of pull the plug

on it, let's put it that way, ironically, because of the fact that we had no electricity and no clear indication as to when it was going to come back so I'd say that's the major impact on us," said Jodoin-Aubertin.

Midnight Madness is a staple in Knowlton, and the weekend's storm upended what started as a perfectly fine evening, according to the event's organizer, and owner of Brome Lake Books, Lucy Hoblyn. She knew a storm was on its way, but she didn't expect anything like that.

"Before 8:45 p.m. it was just absolutely fabulous, you know, and warm and there were people everywhere, we have this incredible lighting display and they were just all over the streets and everywhere was packed," said Hoblyn. She eventually lost power like the rest of the town.

But Hoblyn's bookstore had its power restored the next day around 4 p.m., the only problem is they are still without internet or cable services. She considers herself lucky, though, as the businesses just across the bridge that cuts through the downtown are without power.

"Our electricity came back on again. We're so lucky we're on this side of the Coldbrook River, the other side is another electric grid. They're still out. On the other side, literally the next building across the river, they have no electricity," said Hoblyn.

She is trying to find a way to postpone some of the Midnight Madness events to next weekend. And she wants to bring back many of the local artisans who were supposed to be selling their products on Saturday. However, Hoblyn needs to work that out with the town first.

"The unfortunate thing is we had two of our Christmas markets there and so we had about 25 market people who were selling and they were in two buildings and they went pitch black and everybody had to leave," she said, adding they had record numbers before the storm.

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and well deserved break.**



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# Power woes

By Louise Smith

Compared to the destruction experienced in the States, what we went through Saturday night into Sunday was more of an inconvenience than life-threatening. However the winds did cause damage and wide spread power outages. At one point over 230,000 households across Quebec were without power. Many households across the Townships went dark.

Power came back on in spurts throughout Sunday and not everyone was reconnected. Walking around on streets without electricity, the hum

of generators was heard from quite a few houses. After the ice storm of 1998 and several other outages, some lasting for days, more and more people are looking for back-up systems. If a power outage occurs over a wide region it does mean that a drive quite far afield will be necessary to get gas. Gas pumps will not work without electricity.

Now for some pondering.

The minister at Emmanuel United Church owns an electric car and it was parked inside a garage that opened with an electric system. He needed a lift to get to his two services on Sunday. As of 2035 all new cars

in Quebec will have to be electric. If we experience an extended outage, that will cause a problem not just for regular drivers but for emergency vehicles as well. I wonder if Hydro Electric repair trucks going to power failure regions will be electric or if they will stay gasoline operated. Just think, as electric cars proliferate, gas stations will reduce in number. Generators run on gasoline. Perhaps the ideal solution is hybrid vehicles to be best prepared for any situation. Power failures are quite common in our province.

The Quebec government is also phasing out all heating systems other

than electric. In many municipalities fireplaces and wood stoves are already banned. That is not the case in most municipalities in our region. As the power failure continued, those with fireplaces or wood stoves got a fire going, and neighbours without heat visited with those owners to get warm. Will generators be the only way that households will be heated during a power failure in the future?

It is good to go green but until our hydro electric system has more failsafe guards in place, eliminating alternate sources of heat and power might not be such a good idea.

## Pet of the week: Lola

Female, adult, sterilized, dewormed & vaccinated



Lola is superb six-year-old kitty with super-soft white & tabby fur and big greenish-gold eyes full of intelligence. She is in very good health. LOLA is a real little princess who loves to be pampered and fussed over.

Lola is affectionate and enjoys the company of people. This cutie pie loves to rub against your legs, will jump on your lap, will purr loudly and will insist on being pet.... However, if you caress her for too long or if you try to rub her tummy, beware of love-bites!

Lola needs a lot of love and tranquility. She will be happiest in a home with calm people who have experience with somewhat

capricious felines. We recommend an environment without young children, dogs and without other cats as Lola is very sensitive and the presence of other animals impacts her wellbeing.

Lola is a very special cat! She will make for a charming companion... sometimes she's a total lovebug...other times she's a grumpy girl but Lola is always so very engaging. This beauty truly deserves to know happiness again.

If you are interested in adopting Lola (#8665) and giving her a loving forever home, consult his complete profile on Petfinder or write to us at : adoptionspcamontereg@gmail.com.

## Dunham's Women's Institute: 2021 in Review

As with all organizations, the Women's Institute group (W.I.) had a challenging year for meetings due to Covid restrictions, but as the year progressed restrictions improved and all was not lost. A few Zoom meetings were held in the early part of the year. With the arrival of summer, we were able to meet in person, either outside at a member's home or at Dunham Park.

We sponsored member Shirley Vaughan again this year for her walk for the Yamaska Valley Optimist Club's cancer walk. Our annual fundraising yard sale was held in August, outside at the West Brome Anglican Church. We attended the spring and the fall Missisquoi County Women's Institute meeting at Dunham Park. Nov. 11 was our annual Remembrance Day service at the W.I. Cairn in Dunham. With the onset of cold weather, our November meet-

ing was held indoors in a space kindly offered by the Dunham Public Library. We made a number of donations again this year, including to Heroes Memorial Elementary for end of year prizes, Butler Elementary for school supplies, apples from a member's orchard to Heroes, as well as a donation to the Royal Canadian Legion Poppy Fund.

Our December meeting was our annual Christmas potluck lunch, this year at the home of president Judy Page Jones. As our Christmas donation, we gathered toiletries for seniors at Residence Dunham.

We join all of you in the hope that 2022 will be a more normal year. On behalf of the Dunham Women's Institute, we wish you all a merry Christmas and a healthy and happy 2022!

Submitted by  
Candy Coates

Publicity and Awareness Chair



COURTESY

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# Bedford bets on gardens for water conservation

By Ruby Irene Pratkan  
Local Journalism Initiative

After two unusually dry years, every drop of water has taken on additional importance in Brome-Missisquoi. The town of Bedford is hosting experimental water conservation and erosion prevention projects as part of a provincial program, in collaboration with the MRC Brome-Missisquoi and the Organisme de bassin versant (OBV) de la baie Missisquoi.

Nathalie Grimard is the director of land management services at the MRC. She explains that the MRC received \$750,000 in funding through Phase 2 of the Programme Climat municipalités, overseen by the Quebec Ministry of Environment and the Fight against Climate Change. That funding has been invested in a three-part program; supporting urban water conservation efforts in Bedford, controlling of runoff in the Lac Davignon basin and modifying agricultural practices to reduce erosion. The specifics of the agricultural and Lac Davignon watershed programs will be explored in future editions of Brome County News.

"The MRC adopted a water and erosion control action plan several

years ago, and the provincial subsidy represented a great opportunity to try new things," Grimard says, referring to Bedford as a "trial laboratory" for water conservation. "We are trying new projects to see if they work, and we plan to have other municipalities reproduce the projects that work."

In Bedford, the pilot projects involve the distribution of rain capture barrels and the promotion of rain gardens. A demonstration rain garden was put in place on the grounds of the community centre earlier this year. The city has also replaced some asphalted surfaces with grass, according to Grimard.

"A rain garden is basically a flower bed, with plants that are especially good at absorbing water," explains Anthoni Barbe, communication and project manager at OBV. A rain garden can also brighten up a gardener's front yard - plants that are good fits for rain gardens include popular flowering varieties of irises and daylilies, according to Barbe. "The idea is that the water from the gutters can be redirected into the soil instead of flowing into the wastewater network. Next spring, we'll follow up [with residents] and offer to set up rain gardens, so we can measure the impact on our water networks. We've already approached residents to get their buy-

in." The OBV hopes to install six to eight rain gardens in residents' yards next spring; the cost to residents is yet to be determined.

Rainwater capture barrels will also be distributed for free next spring to about a dozen residents living in areas where rainwater flows downhill. "Rain barrels are useful because when people capture water, they reduce the amount of water that goes into the wastewater network. The barrels are connected to hoses, so people can use them to water their gardens," says Barbe.

"Rainwater doesn't need to go into the wastewater network; we can divert it into the soil to reinforce the water table," says Barbe. He says that in addition to participating in the pilot projects, residents can protect the water table by making a few small changes to what they buy and how they manage water on their property.

"There are all kinds of action you can take...make sure the water from your gutters doesn't flow directly into the street, reduce your pesticide use, recycle, compost and buy fewer throwaways. We know what we can do to have a positive impact on water quality."

Bedford director general Richard Joyal was not available to comment at press time.

# Culinary students

CONT'D FROM PAGE 1

They decided to name the restaurant l'Entre-Deux to demonstrate the relationship between the service and cuisine, and between the school and the job

With various menus making up the food industry, the practice is key to supporting students' development. "At the end of the year, they can practice all the different services and menus we find in the food industry. Students can go to work in a buffet restaurant or a breakfast restaurant. In March, we have buffet time and we prepare everything in front with a long table, but in another month it's menu a la carte and the customer chooses from the menu. At the end, students finish the course with a stage and they can work in a hotel or any kind of restaurants. Many go to the Fairmont Hotel in Quebec."

It also helps students figure out why they want to be cooking. Some students enter the program not sure they want to do cooking but at the end of the program, they have found their domain. "Some don't know what to do, they don't have many ideas, and cooking is accessible and becomes something they enjoy. It appeals to students who like action - it's busy, and there is a lot of socializing. We are always busy in the kitchen and we get to eat well, students love that."

Apart from serving the public through its dining hall, students in the culinary program also prepare food for Campus de Brome-Missisquoi's store, Le Comptoir des Apprentis. "We have a store behind the kitchen where we sell mini recipes to the public and we have the butcher's department as well on the campus. The store is open three days a week and people can buy what the students make. We have quiche, mini soups, duck confit. We use ingredients to serve the public in the dining room and to prepare products for the store too."

Bolant said that over the years the public has been extremely supportive. "People know the students and they appreciate what students. Many people come for lunch and they love it. After finishing lunch, they can shop at the store. We made 500 meat tourtière last week with the students and within two days, we sold out. It's incredible."

To make reservations for the dining hall for January, call 450-263-7901 ext. 71405.

l'Entre-Deux is open Thursday and Friday afternoons and Le Comptoir des Apprentis is open Wednesday from 7:15 am to 3 pm and Thursday and Friday from 7:15 am to 4:30 pm.



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# New agricultural pilot project supports small-scale chicken producers

Brome's Patch Farm selected as participant and will develop niche market

By Taylor McClure  
Special to Brome County News

**M**eagan Patch, a fifth-generation farmer on Patch Farm in Brome, is taking part in a five-year pilot project titled Production de poulets pour les marchés de proximité coordinated by Eleveurs De Volailles Quebec. The project will allow Patch to expand the farm's operations to raise, produce and sell pastured chicken, a market that is slowly emerging in the province, directly from the farm to the local community. Patch was one of very few farmers selected from hundreds of applicants to take part in the project and she believes it's an important step to help farmers meet the demand for this particular market, to be more viable, and to create a more localized food system.

"Here, we run a diversified operation. We've been raising chickens for a number of years now, but because of the quota system we are only allowed to raise a certain amount," explained Patch. "For a long time, we were allowed 99, but it was recently put up to 300 per

address per year, but because we want to expand our activities here it wasn't enough. We need to do more for it to be worthwhile economically so hopefully this is a step in the direction in making that stream and that activity more viable on our farm."

It is difficult for small-scale farmers to get quotas to raise chickens. The EVQ only provides enough quota, usually to large-scale producers, to just meet demand every year to avoid flooding the market. The pilot project will help bridge that gap by allowing participants to raise up to 2,000 chickens.

"We barely touch the market at all at this rate - we are 1% of the market I believe. The quota system is meant to supply the grocery chains and larger essentializes system. This is just to enable us to produce enough for people looking for something more local and more ecological."

Patch pastures her chickens, a more recent and sustainable alternative to raising chickens, in support of her animal's welfare. "People locally raise backyard chickens, but they tend to be yarded, eat grain, and feed

families and friends. The model that I'm using has existed for a while, but has come to Quebec more slowly. It's a model of really getting them out on the land and moving them every day. They are integrated in a complex system to boost the health of the land and improve their well-being. It's cleaner, they are moved often so they aren't sitting in their excrement, and we use GMO grains."

She described pastured chicken as "a little niche market" outside of the conventional chicken that is normally produced that isn't being served enough in the province. "The system hasn't converted, it's a thing in and of itself. It's really different from the conventional system. This program is supporting a different approach to supplying chicken to the local market."

The local market is a key aspect of the project. "One criteria is that you can't sell through a third party, we have to sell directly from the farm. We can't put my chicken in a little épicerie or any of my caterer clients or restaurant clients. It's direct to customer."

Many small farmers felt limited

to the quota were unfair, making it difficult to move their operations forward, and that a diversified market for chicken was needed. "The market is meant to serve the centralized food system, the grocery chains, Olymel, and other institutions to meet the demands of those markets. This is increasingly just getting on the radar and there was pressure from organizations that said it's not fair that Quebecers can only have this one type of chicken. They need to allow people to produce more using our model, so this is them (EVQ) responding to that need."

The pandemic provided a good example of why such a project is important for the agricultural sector and food security. "Everything is coming from large scale producers and going to large chains and large food processors, but then there was the pandemic and there was little food going to these chains. Small-scale local farmers were able to pivot and deliver door-to-door. We worked together to make sure we could supply people with food. That's what we need for stability in our food system and security really."



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# Recognizing Brome-Missisquoi volunteers

BCN Staff

The recipients are:

During the week of Dec. 5, which marked International Volunteer Day, 18 volunteers from Brome-Missisquoi were recognized by MNA Isabelle Charest for their contributions to their communities.

The selected volunteers will be received at the MNA's office in January 2022 and as a thank you for their involvement they will be presented with a gift set containing local products from the Brome-Missisquoi and Haute-Yamaska MRCs.

- Stephen Sullivan - Chevaliers de Colomb de Waterloo – Conseil 2077
- Sylvain St-Onge - Cadets de Waterloo – 291 CCMRC
- Renée Laflamme - Centre Alpha Haute-Yamaska
- Marc-André Messier - Comité loisirs et sports de Saint-Armand
- Céline Duval - AFEAS de Granby
- Bertrand Huiban - Dynamique des Handicapés de Granby et Région
- Lynda Hoyt Gocher - Jardin

- d'enfants de Sutton
- Marguerite Choquette - FADOQ Bedford et région
- Max Gagnon - Centre d'action bénévole de Sutton
- Christiane Bourque - FADOQ des Deux-Monts
- Frances Champigny - Association des Personnes Handicapées Physiques de Brome-Missisquoi
- Nicole Morin - Regroupement Soutien aux Aidants de Brome-Missisquoi
- Stephen Jones - Yamaska Literacy Council

- Jean Trudeau - Café Sans Frontières de Saint-Armand
  - Hamish Campbell - Camp Garagona
  - Jean-Rémi Brault - Association de la Culture et du Patrimoine d'Abercorn
  - Robert Fontaine & Robert Trusdell Diabète Brome-Missisquoi et Haut-Richelieu
- "The pandemic has reminded us how important volunteers are in our community. They make a real difference by giving the most precious thing of all: time," stated Charest in a press release.

## Ben in Focus



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# Three generations and counting

## Verhaegen family thrives with constant growth and knowledge



TOWNSHIPS' FARMERS  
SCOTT STEVENSON

Local Journalism Initiative

In the farthest southwest corner of the historical Eastern Townships, the Verhaegen farmhouse in Clarenceville was bustling with life Saturday morning, as the wind howled outside and 425 head of cattle hunkered down in the barns against the coming storm.

Four generations milled about Réal Verhaegen and Lucie Bonneau's home, preparing a baby shower as this reporter stepped briefly into their lives. Jeanne greeted me at the door, with her 1- and 3-year-old daughters at hand; her husband Jonathan would be with me in a minute, she said.

Jonathan's mother, Lucie, and sister, Christiane, were in the kitchen—built a few steps above the dining room—preparing food for the big day. Grandmother Evelyne

would join them shortly.

Lucie's husband, Réal, greeted me next, then Jonathan came in from the barn, leaving his brother Danny there with the cows.

Jonathan was to be spokesman for this interview. My choice.

He and his father sat me down at the dining-room table, next to the Christmas tree, and told their farm's story.

### Belgian immigrants

Réal's father, Jean, came with his wife Elisa Vestricht to the Eastern Townships from Zoersel in Flemish Belgium in 1954 seeking affordable land and a better life than what war-torn Europe could offer.

Their original Verhaegen farm comprised about 80 acres and 15 to 20 dairy cows.

The family now farms 3400 acres for 200 lactating Holsteins and cash crops.

"It was hard in those early days," Réal said of his parents' life. "You don't know the language; you don't know the people." His father started farming with a horse but had never driven a horse before.

In 1971, when milk supply management came into effect, Jean received quota for his farm's existing production. In 1983, son Réal and wife Lucie took over. The farm was up to 350 acres at that point, the family approach being that a farm needs to grow and keep up to date.

In 2006, when Jonathan was just 19, his parents bought 1000 acres for \$4 million, securing a farming future for both their sons who are taking over today.

The Verhaegen Farm now consists of



SCOTT STEVENSON

Lucie Bonneau and Réal Verhaegen, centre, and sons Jonathan, left, and Danny, right: Their Holsteins live an average of eight years compared to five on farms across Canada.

three corporations owned by Réal and Lucie and sons Jonathan and Danny.

### The benefits

"I'm really proud that every day I see my mum and dad," Jonathan said. "I find that I'm kind of lucky. Farming is not easy, but there's a few advantages."

Jonathan runs the cash-crop farms, one of which is organic, with three fields that are each 300 acres in size—about three times the size of many original Townships' farms. He produces corn, beans, rye, wheat, alfalfa, timothy, and clover, as well as peas as a cover crop.

Jonathan and Jeanne live 15 minutes from his parents and from Danny, and Jeanne helps with farm bookkeeping while raising their two daughters.

Lucie and Réal also work full time at the farm, as does Danny, who runs the dairy operation, with help from his girlfriend Cynthia Lord. Jonathan and Danny have two sisters, neither of whom is directly involved in farming today.

### Early start

As kids, the four of them had chores as young as five years old, Jonathan said: feeding the cows, cleaning out stalls, bringing cows in and tying them, then milking.

"For us, we had no choice," Jonathan said. "But I'm proud to say we were raised the hard way."

Jonathan finished high school, did one year of farm school in cash cropping (his brother the same but in dairy), then a six-week internship in Honduras, came back to the farm, and started an early career.

"At 16, I didn't know what I wanted to do... It was really at 24-25 that I knew," he said.

He brought home new ideas—minimal

tilling, cover crops—sometimes in opposition to his father and to neighbours from whom they bought land.

"You have to give them the chance to try things," Réal said.

"My father and my brother gave me the space to try it," Jonathan said.

The organic farm is a "rush," Jonathan added. He has to ensure the organic fields are worked every five days to keep the weeds down without chemicals. It's a lot of labour—weekends and nights.

They employ four Guatemalan foreign workers 60 hours per week, year-round, Jonathan said. "And my father and brother work 80 to 100 hours per week."

His dream for the farm is that it "continue in harmony with another generation—after all the sacrifices. To have another generation and that they farm as well as we did.

"The important thing isn't money—it's the dirt," Jonathan added—the soil.

### Wall of awards

After more story than space here permits, our interview moved out to the barn, with Lucie and Danny joining for photographs. I was pointed to all the dairy awards—almost as many as the Holstein head count. Softspoken pride is clearly the polish on this family's hard work.

The barn was quiet and calm compared to the storm building outside—harmony in the home and barn, braced against the howling winds already hitting the first undulations of the Eastern Townships' original Missisquoi County.

Scott Stevenson farms and writes at his home in Newport, Quebec. He reports on individual Townships' farmers biweekly for Brome County News and reviews the farm news biweekly for the Record.

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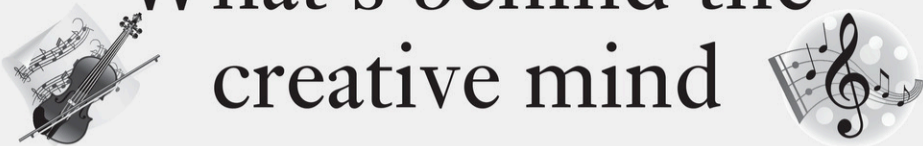
**The BCN office will be closed for the holidays from December 27, 2021 to January 3, 2022.**

**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*

# What's behind the creative mind



Celebrating the arts in Brome-Missisquoi

## Lucy Pietraszkiewicz

By Hannah Polinski

From Australian Dragon's Blood to Canadian Labradorite, jeweler Lucy Pietraszkiewicz chooses her stones with care. Her handmade collection of necklaces, bracelets, and earrings is composed of semi-precious stones and pearls sourced from across the globe, bringing their energy right to her studio in Bolton-Ouest.

"I choose gemstones for their organic beauty rather than being perfect," Pietraszkiewicz says. "I like embracing the imperfections of natural objects."

While no two stones may be cut symmetrically, it's hard to call her creations any less than perfect. Pietraszkiewicz describes her style as a very casual luxury, embracing a free-spirited bohemian flavour that is suited for functional everyday wear. Each piece is made to maximize the beauty of their unique natural stones, pairing nicely with either a plain t-shirt and jeans or a black cocktail dress.

"It gets loved, and doesn't stay in a cupboard," she says of her individual pieces. "It becomes part of the person who wears it."

There's an inherent power in creating art from materials that are one-of-a-kind. No two stones are the same, allowing her to create something new each time she sits down with her tools, based on the stone's layering and colouring. Pietraszkiewicz is interested in their natural aspect, always working with small collections and quantities. No two pieces in her studio are identical, each possessing their own unique energy that is transmitted to their wearer.

While she has a background in nursing, Pietraszkiewicz has always made jewelry for herself, which



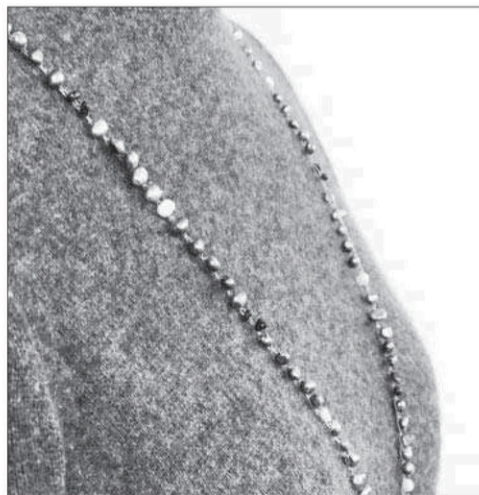
COURTESY

expanded into a business when others began to express interest in her creations. Growing up surrounded by her mother's threads and buttons from sewing projects, she learned to play with colour and texture from an early age.

Now as an artist, she finds beauty in the raw colour of each natural stone, and is inspired by vibrant tones found in nature. Living in the Eastern Townships, Pietraszkiewicz has no shortage of scenic landscapes to draw inspiration from.

"[Making jewelry] is my happy place," she says. "It's not always easy, because it has to be functional and have wearability. But I put on music and can spend hours there."

To see a full range of her newest creations and some of her classic pieces, Pietraszkiewicz's studio is accessible year-round by appointment, located at 3 Chemin de Glen, Bolton-Ouest. Her website is [www.shoplucypietraszkiewicz.com](http://www.shoplucypietraszkiewicz.com).



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*This project has been made possible by the Community Media Strategic Support Fund offered jointly by the Official Language Minority Community Media Consortium and the Government of Canada.*



# Calling

## all Artists, Artisans, Musicians, Writers and Performers

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

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

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

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

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

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This project has been made possible by the Community Media Strategic Fund offered jointly by the Official Language Minority Community Media Consortium and the Government of Canada



## ABOUT TOWNSHIPERS

# Reading at home on a winter afternoon

By Michelle Lepitre

Picture this: it's a Saturday afternoon and the snow swirls gently outside your window. You settle into a comfortable chair with a big, fluffy blanket on your lap and a hot cup of tea in your hand. On a small table next to you is a book. A cat purrs gently near you as it sleeps away the afternoon. A fire in the fireplace crackles and pops. After taking a sip of your tea and picking up your book, you take a deep, relaxing breath and sink into the cozy moment, letting your worries and cares fall away as you settle in to read at home on a winter afternoon.

If, like me, this scene makes you wish for a snowy afternoon and a good book, I hope you'll give yourself permission to curl up in a chair with some reading material this holiday season and get lost in a story or two. You might not be able to re-create the scene above (and maybe you don't want your own reading moment to look exactly like that), but I encourage you to take the time to create the perfect moment for you. If you're looking for ideas of books you might enjoy, I invite you to check out the options below from our Townships Expressions collection or visit our online shop to find a book that's right for you.

## The Stories that Grandfather Told, Maude Gage Pellerin

Maude Gage Pellerin died in 1958, leaving behind a finished, but unpublished manuscript called "The Stories that Grandfather Told." This book was finally published in the spring of 2021 - nearly 63 years after

the author's death and more than 70 years after the book was written. "The Stories that Grandfather Told" is a collection of stories in the oral tradition of Stanstead County. These stories were intended to help young people understand the challenges and hardships of the first settlers of this part of the Eastern Townships. If you have an interest in history, we think you'll enjoy this book.

## The Bell You Hardly Hear, Marjorie Bruhmuller

If your interest lies more in poetry, you might like to pick up Marjorie Bruhmuller's "The Bell You Hardly Hear," an unconventional and candid collection of poetry that conveys exceptional observations. The poems in Bruhmuller's collection highlight the humour, simple beauty, and curiosities that this world has to offer us - things that often go unnoticed in the noise of our busy, daily lives.

## A Wind of Memories, Aukje Huitema

A Wind of Memories is a story about exciting things that happened in the author's childhood and how the memories of those events guided her in her learning and questioning of life growing up on her family farm: "Two little girls are listening to the wind in their cozy bedroom. Their mother pauses between the pages of her story. Listening and remembering and smiling. The heart strings are remembering her own childhood."

If you'd rather spend your afternoon listening to music, or watching a DVD than reading, you might also find something in our Expressions



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As we head into the winter season, we hope that you will find some time this winter to sit down, relax and enjoy your favourite pastime. If you are looking for a new book to read, or local music to enjoy, be sure to stop by our Townships Expressions shop on our website and check out the options we have for you!

shop to help you relax and unwind this winter. We have a wide variety of local music available, as well as DVDs that feature music shows, photos, and documentaries. To view our Townships Expressions catalogue, visit <https://shop.townshippers.org>. You can place your order online or contact Cathy Turner ([ct@townshippers.org](mailto:ct@townshippers.org))... but hurry! If you want to get something before the holidays, you only have three days left to order!

## Happy Holidays from the Townshippers' Team

Our team will be off for some rest and relaxation during the holiday season, beginning on Friday, December 17. We'll be back at work on Monday, January 3 with lots of new ideas and projects to share. In the meantime,

we wish you a relaxing holiday season full of cozy moments of peace and relaxation. We look forward to catching up with you again in 2022!

This monthly column keeps you in touch with Townshippers' Association's activities and news. Other ways to keep in touch:

### Online

[www.townshippers.org](http://www.townshippers.org)  
Facebook.com/Townshippers  
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### In person

3355 College St., Sherbrooke  
3-584 Knowlton Rd., Lac-Brome

### By phone

819-566-5717  
450-242-4421

# Waterloo is the place to be for the holidays with interactive walking trail

By Taylor McClure  
Special to Brome County News

The Town of Waterloo cancelled its annual Christmas parade this year as a result of the Covid-19 pandemic, but that didn't stop it from organizing some festive fun. In collaboration with Parcours Ludique, a Quebec based company that creates interactive and fun walking trails, six different stations are set up starting in parc Denise-Lauzière, located at 5669 rue Foster, that will continue along the town's walking path. Le Maître des saisons will offer different activities for families, designed for children five years and older, that will remain in the village Jan. 4th.

"Each year we organize a parade in Waterloo and it was always a success with a family celebration, but we weren't allowed to have the parade like we used to," said Jessica Lamarche of Loisirs Waterloo. "We wanted people to have an activity. There are fewer activities during the holidays and people don't always know don't know where to go. We have many activities here in Waterloo, but this an extra activity

during the holidays, and a new one. The trail will be here throughout the month of December until Jan. 4, when school starts."

To access the activities, a smartphone is needed to participate. "When people enter the Parc Denise-Lauzière, situated just behind the CIBC, there is a large poster with a QR code. You place your phone in front of the code and it will open up a webpage. You need to download the QR code for the activities. It's like when you place your phone in front of the menu at a restaurant. There is a pop-up and it gives exactly what needs to be done."

Parcours Ludique offers various theme choices for activities and the town decided to go with Le Maître des saisons. "Everyone knows Santa's elves, but it's the gnomes of the south pole that are in charge of the seasons. The challenge is to help the gnomes find their machine so that they can have all four seasons. It's a nice story and it's cute. They had other choices of trails with Santa Clause, but it becomes less meaningful after Christmas. There are already gnomes on the trail so it goes with the story."

One of the activities includes a word puzzle where different letters will be visualized on a tree and family and friends have to work together to figure out what word those letters make and there is a game of gnome basketball where participants have to keep count of how many balls they are able to get in the gnome's hat. "There are various challenges that can be played on the phone."

While the activities are designed for families and children five years and over to get outside, move, and have fun, Lamarche said it is something everyone can enjoy. "The parents may be playing more if the children are younger, but it's a really nice walk with all of the surrounding decorations. It's really for the whole family, I brought my little girl and we had a lot of fun."

With its partner Parcours Ludique, the town launched Le Maître des saisons on Dec. 4 with much success and various generations coming together as a family. "We had 414 people come between 4 p.m. to 6:30 p.m. It was special; we had Santa Clause and his friends, snacks, and the children were given glow sticks. It was really nice



COURTESY

with everything lit up."

For those who want to experience Le Maître des saisons, the activities are free and the trail is open until 9 p.m. every day. "The six stations are lit up by blue lights in the evening. During the day, we see them really well and they do the tour of the river and we come back by the tennis courts. We put arrows and everything on the path so it is really simple."

# Northern Hawk Owl



by the side of the road looking up in a conifer. I figured I found it and was right. This was my first Northern Hawk Owl and it left a lasting impression. It's a medium sized, hawklike owl which hunts primarily during the

daylight hours. It's a low flier and flies at warp speed. That instant I took about a dozen photographs, then was a little dismayed when he flew across an open parking lot into the neighboring forest. This is the problem when too many birders/photographers don't respect an owl's space. They eventually get spooked or simply fed up and leave. It was a fruitful ten minutes as I got some pretty decent shots. The following day was a Monday and I had some vacation days left in the bank so I decided to return hoping to find him again with perhaps less people around. I arrived around 10 a.m. the next morning and moved to a spot across the forest where he disappeared the day before. After scanning the tree line running parallel to the forest, there he was perched on a branch surveying the field. What an opportunity, alone with this owl much like my experience with the Great Gray Owl in Hudson the year before. I set up my tripod mid field and attached my 400 telephoto lens. I snapped a multitude of shots and slowly moved closer in making sure not to spook him. I got as close as 15 yards and took many more pics as it hunted the field for mice. Most owls hunt in the same manner. They position themselves on the forest's border in a spot where they can survey a certain area. If the bounty is plentiful, they will stay and then consistently return to the same spot over a period of time. I was fortunate that particular day to observe this



DARREN MURPHY

bird without the interference of other birders or photographers. There's a field

etiquette most of us observe, unfortunately many do not. I truly believe this is the reason many don't share their information anymore. I really does take one idiot to ruin it for everybody! Like the Great Gray Owl, the Northern Hawk owl seems to arrive in what's been termed "Invasion Years". Four years ago there were over 15 Great Gray Owls that touched down in Ile Bizard (West of Montreal). The marvelous thing about Great Grays is they have virtually no fear of humans during these periods. I got so close to one years ago I could have reached out and petted it. Once they deem you as not a threat, they become your best photo subjects by far.

Just a reminder now that winter is here to continue filling your bird feeders. This is the time of year when they are most vulnerable and need the nutrition to get them through the harsh winter ahead. Last year we were fortunate to have Cardinals, Cedar Waxwings, Mourning Doves, Blue Jays, Red and White Breasted Nuthatches, Pine and Evening Grosbeaks, Dark Eyed Juncos, Chickadees and Robins as regular visitors. They seem to prefer the black oiled sunflower seeds the best. Home Hardware in Knowlton sells these seeds for a reasonable price. Also don't forget the winter bird count. If you can volunteer to take count please do. Even counting birds that visit your feeders is encouraged. A very Happy Holidays to all and a Prosperous new Year!

## BEHIND THE LENS

### DARREN MURPHY

I was messaged a week ago from a local birder asking me if I had come across any Northern Hawk Owls this year. The answer was no. While living in Knowlton two years ago I came across one on Bondville directly on the now closed Iverness golf course. It had been perched on a hydro line which ran adjacent to the property. Before that, the only other I had found in the Townships was in Bolton Center. Northern Hawk Owls are really few and far between. They are not as easily spotted as Eastern Screech or Barred Owls for whatever reason. I always found this perplexing as the area around Lac Brome is the perfect habitat for this bird. They actually prefer the Boreal forests of the North, but during disruptive years they will appear south of their normal range. Years ago, I was living in Saint-Lazare, west of Montreal when a fellow birder posted on a popular site of a Northern Hawk Owl sighting in Pincourt. Merely 15 minutes from my home I decided to drive over that Sunday afternoon to check it out. Upon arrival at the supposed site, there were probably a dozen other photographers huddled

# CLD thinks green with tourism strategy

By Ruby Irene Pratka  
Local Journalism Initiative

Peak tourist season may be a few months away, but the CLD Brome-Missisquoi, Tourisme Cantons de l'Est and area tourist attractions are already looking ahead. The CLD Brome-Missisquoi released its Strategic tourism plan 2022-2025 on Dec. 7. The plan emphasizes eco-friendly tourism, the outdoors and local food and wine attractions.

The concise five-page plan emphasizes nine actions: emphasis on the region as a leader in wine tourism, promoting local culinary know-how and the quality of local food products and food tourism experiences; offering a diverse range of outdoor tourism and agro-tourism activities year round; promoting the "richness of our cultural, natural and built heritage; raising awareness of environmentally responsible outdoor tourism practices; promoting best practices in terms of sustainable development within the tourist industry; encouraging businesses in the tourist industry to share information and develop partnerships; and collaborate with other industry partners in order to promote the region.

As tourists and locals become more conscious of the fragility of nature, the tourist industry is increasingly emphasizing sustainability. "The addition of the concept of sustainability

to the strategic plan came about naturally," said Guylaine Beaudoin, tourism development advisor at the CLD Brome-Missisquoi. "It also reflects the fact that businesses in the region intend to propose a high-quality range of activities while minimizing their impact on the environment."

"We're an outdoor region and an agrotourism region, and we're aware of the impacts of climate change, so we don't want to miss the train with sustainable tourism," says Rémi Jacques, tourism development advisor at the CLD Brome-Missisquoi. He points to the Château Bromont, the Fromagerie Bromont and the Parc d'environnement naturel de Sutton as sites which model best practices. Staff at the Parc d'environnement naturel "limit the number of tickets in order to limit the number of people on the trails, to conserve the trails and prevent erosion" while encouraging hikers to take less frequented trails. "Those are the kind of practices we risk to see more of," says Jacques, adding that the CLD is looking at launching a communication campaign to promote low-impact tourism.

Jacques says encouraging different tourist industry stakeholders to work together will help the industry navigate the challenges caused by supply chain interruptions and the ongoing labour shortage. In a normal year, according to Jacques, the tourist industry employs about

4,000 people in the region.

The strategy was influenced by pandemic-fueled trends in outdoor tourism and in regional tourism, Jacques notes. He emphasizes that the Eastern Townships have not been faced with an "overtourism" problem on the same scale as that in the Gaspé region, where town authorities had to intervene in summer 2020 to stop tourists from camping on fragile beaches and in people's backyards. "We don't have those issues here, but we do need to think about some things for the future; we want to improve the experience not only for visitors, but for people who live in the communities visitors frequent, and we also want to encourage a mixed clientele - both local tourists and visitors from outside the region. These are things we would have done anyway, but they make even more sense in the current context."



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# We all have questions about the **vaccine**

Is the COVID-19 vaccine for children the same as the one for adults?



The vaccine given to children under the age of 12 contains a smaller amount of mRNA, because children have a stronger immune response than adults. Despite the smaller dose, the vaccine is just as effective as the one for adults.

Get answers to all your questions  
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Getting vaccinated is the best way to protect us all.