

TUESDAY, JULY 3, 2018

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Potton Sunday Summer Concert Series sizzles with talent



THE SCOOP

MABLE HASTINGS

The Municipality of Potton Arts and Culture Committee has released its line-up for the summer concert series held every Sunday at the Place Manson Park in the center of Mansonville (in front of the Town Hall) from June 24th to August 26th (11:30am to 1pm). As the summer weather sizzles there is always shade, friends and good music in the park.

June 24, 2018 the Mimosa Trio featured a repertoire from popular to classical and Jazz. Canada Day weekend, July 1 Squeegee performed featuring Nancy May Dey and Glenn Bertie who performed for seven years along with their 4 piece rock band, "Mayday" and the duo are now performing together for almost four years. Squeegee performed some old, new, mandolin, guitar and vocal harmonies.

July 8 will feature Cam Nelly Trio, from Quebec City who perform Quebec



PHOTO COURTESY

classics and rock. July 15 Gummy Old Men featuring Malcolm Bennett with an energetic mix of Rolling Stones, Tragically Hip, Tom Petty, Bad Company and other classic rock. On July 22, Dazoque, Norman Dawrocki's band; Montreal's exciting pioneer, neo-Klezmer, East European influenced, post-rock string based ensemble with Minda Bernstein, Norman Nawrocki and Gregory Anderson Smith. July 29 the Dave A. Sturton Trio featuring Dave, Stephane Gaudreau and Alex McCelcheran in a vibrant mix of classic folk, country and originals.

During the month of August the

hot acts continue with Davis Joachim Trio on August 5. Davis Joachim is the CIDI's "My Kind of Jazz," host and he will bring his finest jazz musicians to Mansonville for a one-time performance. If you love jazz, this will be the place to be! The weekend of August 10 & 11 is the Spirit of Potton Festival and the event will be filled with music as well as numerous other activities.

August 19 the HirOlivier Quartet will present a musical journey from the 40's, to the 2010's with a selection of jazz, reggae, rock new wave and more. August 26 will feature The Associates (Dan Legault, Alec McElcheran and Alan

Springer). For more than 20 years, The Associates have played in different bands together. This seasoned group is sure to end the Sunday in the Park concert series on a high note as their blues fill the park with sweet music.

Concerts will be held at the Place Manson in the heart of the village of Mansonville but in case of rain, they will be held on the 2nd floor of the Town Hall.

Call your friends, family and neighbours and pack a lunch. A picnic on Sundays in the Park in Mansonville is the place to be if you are a music lover.

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Brome County Community Bulletin Board

July 4

Sutton Legion Bingo every Wednesday at the Sutton Legion, 2 Curley St. Sutton. Jackpot of \$200 or more. Start at 6:30 p.m. Bring your friends and lucky charms. Info: 450 538-2864.

July 6

All Saints Anglican Church, Dunham. Summer Luncheon, Friday, July 6, Starting at 11:30 a.m. Donation of \$12. Cards to be played afterwards & browse our Bric a Brac Table. Reservations: call Claire 450-295-2349 or Mary 450-263-3329.

July 7

Country Music Fans – Come join us at Trinity Anglican Church Hall, 409 South St., Cowansville Saturday, July 7 from 7 to 11 p.m. for an evening of fun and dance with Jimmy Edwards Country Folks band playing your favorite country songs and a variety of dance music. Door prizes, 50-50 drawing. Canteen on premises. Please support the church and food bank.

July 7

Strawberry Social, Holy Trinity church hall #218 Iron Hill. Saturday, July 7 from 4 to 7 p.m. Home baking, drawing. Come for supper! Hot dogs and cold drinks on sale. Come and join our celebration of summer! \$8 for adults, \$4 for children (10 & under).

July 7

BCHS: The Brome County Museum hosts a family quilting activity July 7 from 12 noon to 4 p.m. Join our student animators in making a simple pieced block for our "comfort quilt" that will be donated to a worthy recipient or charity. Free for BCHS members and anyone paying museum admissions on that day. Info: 450-243-6782 or bromemuseum.com.

July 7

The Mental Health & Well-Being Support Group. Please phone Linda at: 450-243-0928 or email: pleasantvalley001@gmail.com for the location of the meeting. Join us for an opportunity to share experiences in a safe environment and receive support, information, encouragement & acceptance. Having support makes all the difference!

July 8

All you can eat brunch will be hosted at the Sutton Legion. Eggs your way (omelettes are our specialty) Donation of \$10. For adults, children 6 to 12 yrs \$4, little ones are always free. 9:30 a.m. to 12:30 p.m., everyone welcome. 2 Curley St., Sutton Qc. Information: 450-538-2210.

July 13

BCHS: The Brome County Museum hosts a 5 à 7 July 13 to officially open

our new student-curated special exhibit "The Colour of Canvas: Brome County's Artistic Tradition." Free! Everyone is welcome who reserves by July 11. Please call 450-243-6782.

July 14

BIG Book Sale at the Pettes Memorial Library, 276 Knowlton Rd., Lac Brome on Saturday July 14 from 8 a.m. to 4 p.m. and Sunday July 15 from 10 a.m. to 3 p.m.

July 14

A memorial exposition of paintings by the late Doug Vaughan will be held at Centre D'Art in Dunham Library, 3638 rue Principale, Dunham, from July 14 to August 16. The vernissage will be held July 14 from 2 to 4 p.m.

July 16

BCHS: The Brome County Museum launches our second annual "Adopt an Artifact" Program July 16 with the release of our 2018 catalogue of interesting and unusual artifacts. Additionally, tickets go on sale for our second annual "Night at the Museum" gala fundraiser which takes place on August 11. Info. 450-243-6782 or bromemuseum.com.

August 4

Cowansville Legion 99 Garage Sale, 120 boul. Davignon. August 4 & 5. To donate call Denise (450) 263-0561 or Debbie (450) 522-6674

CHURCH BULLETINS

ALL SAINTS ANGLICAN CHURCH – DUNHAM

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

ANGLICAN PARISH OF BROME

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

BEDFORD PASTORAL CHARGE OF THE UNITED CHURCH OF CANADA

You are warmly welcomed to join us each Sunday for an uplifting spiritual experience. We welcome you and your ideas as we provide a safe place where individually we seek out a greater purpose for our lives. Every Sunday at 10 a.m. join our community in either Bedford, Stanbridge East or Mystic. Services in Bedford and Stanbridge East are followed by coffee and snacks. The address for each church can be found on our website at bedfordpastoral.org For more information please contact

Wendy Near at the church office on Thursday and Friday from 9 to 11 a.m. by phone 450-248-3044 or call 450-248-2739, or by email at Bedford.pastoral@yahoo.ca

CALVARY UNITED CHURCH SUTTON

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

COWANSVILLE COMMUNITY BAPTIST CHURCH

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

CREEK/WATERLOO PASTORAL CHARGE

Sunday, July 8 - worship and music: Creek United, 278 Brill Rd., West Bolton, service and Sunday school, at 9:00 a.m.; St. Paul's United, 4929 Foster, Waterloo, service at 10:30 a.m. Reverend Dave Lambie, minister. For information or to leave a message call: 450-539-2129.

EMMANUEL UNITED CHURCH

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

ÉGLISE CATHOLIQUE ST. ÉDOUARD CATHOLIC CHURCH

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

GRACE ANGLICAN CHURCH

52 Principale sud, Sutton, welcomes everyone for Sunday services at 10:30 a.m. All welcome. Canon Tim Smart, rector. Information: 450-538-8108 or visit our website at: www.gracechurchsutton.org.

GRANBY UNITED CHURCH

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

KNOWLTON-MOUNTAIN VALLEY PASTORAL CHARGE

Serving the regions of Knowlton, Bolton Centre, Mansonville and Vale Perkins. Worship service at 11 a.m. at Knowlton United Church, 234 Knowlton Road (450-243-6078). A warm welcome is extended to all. Handicapped access

available. Should you require the services of the minister, please contact the Rev. Steve Lawson at 450-242-1993.

LIVING HOPE CENTER

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

ST. GEORGE'S ANGLICAN CHURCH

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

ST. PAUL'S ANGLICAN CHURCH

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

TRINITY ANGLICAN CHURCH

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

Correction

On last week's June 26 bulletin page, the entry for the Card Party with Military Whist, which was held Tuesday, June 26 at 7:30 p.m. at Odd Fellows Hall, 480 Knowlton Rd., was to benefit the Brome cemetery, and not the Knowlton cemetery. Donations should therefore be made to the Brome cemetery. We apologize for any confusion this may have caused.

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A quiet visit from the Clintons

By Matthew McCully

Hillary Clinton spent a quiet weekend under the radar at the Lakeview Inn, in town to celebrate Louise Penny's birthday.

Unlike the media frenzy that surrounded her last visit to the area, Clinton kept a low profile, preferring a more relaxed visit this time.

Lakeview owner Van Voutsinas was happy to oblige, agreeing to keep the arrival of the high-profile guest hush hush.

"She really likes the area," Voutsinas said.

Clinton came with her daughter Chelsea and son-in-law Marc, as well as close friend Betsy Ebeling and professor and historian Allida Black.

According to Voutsinas, Clinton's security detail arrived earlier in the week to prepare for the visit. After spending the week in the area, Voutsinas said even though they were working, the visit left an impression. "Half of them are coming back on their own," he said. "People come to this area, and they fall in love with it," Voutsinas commented, "we are blessed to be living here."

"This town should really appreciate Louise Penny," Voutsinas said, explaining that a substantial number of his clients come to the area because of her, the Clintons included.

Hillary Clinton posed for a picture with Voutsinas and family during her recent Townships stop. While it was exciting to host the famous guests, Voutsinas kept the visit under wraps to ensure a peaceful visit.



PHOTO COURTESY OF VAN VOUTSINAS

Cowansville Legion family Canada Day celebrations a success

By Louise Smith

It wasn't at the beach, but there was a bouncy castle, a bean bag toss, and a 'fishing pond' on Heroes' Memorial's school grounds.

On the Royal Canadian Legion grounds was a dunk tank, face painting, and washer tossing. Many picnic tables were on the Legion property. Several people volunteered to be in the dunk tank as softballs were tossed trying to get the volunteers wet.

Free juice and hot dogs were served on Saturday afternoon. They had a steak supper followed by a dance featuring a performance by Equinox.

On Sunday morning large crowds came to the Canada Day breakfast from 9 a.m. to 12:30 p.m.

The Legion was fairly cool in the morning, except in the kitchen. The flag was raised at 3 p.m. and a second dance was held led by the band Smokin' Country.

President Robert Bouthot wanted to thank all his volunteers and everyone who came out to celebrate Canada Day in Cowansville. He reminded everyone that Tuesday and Thursday mornings there is a coffee time at the Legion from 9 a.m. to noon for a minimal cost.

More photos on page 9



Legion branch no. 99 sponsored Canada Day events in Cowansville

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LETTERS

Pet of the Week — Zorro

Bravo and thank you to the Hume family

DEAR EDITOR:

Indeed, the Hume family members have taking good care of the Hillhouse cemetery for years and we are very thankful for all those services, to the Bolton-ouest community. Over the last 29 years, I was able to notice on numerous occasions, how this family cares for all its neighbours in different situations. We are fortunate at Bolton-ouest to count on a caring family, like the Humes.

Thank you Robert, Kelly, Matthew and all others. Your dedication is certainly a source of inspiration to many others.

JACQUES DROLET,
MAYOR
MUNICIPALITY OF BOLTON-OUEST



Hi! I'm a nine-month-old guy with white fur and black patches, weighing about 60 lbs with one blue eye and the other brown. Moving is the reason I am here. I know no one can predict the future and times can get hard for some people, but why oh why do so many of us dogs end up in shelters for this reason?

Why do people decide to get a dog? Was I just so cute and they had to have me? Did they not think of me as a life-long commitment? (I sure thought it was!) Are we just disposable? How sad for so many, and there are so many dogs given up every day, every month, every year. Anyway, I am just one of the very lucky ones because I chanced out and got brought here - a no-kill shelter. I won't get euthanized when my time runs out.

I am looking for a new, permanent home so I'll tell you a bit about me. I am good with dogs, cats and children; I am strong and high energy (what do you expect for a nine-month-old); I need company - people, a person or a dog - and I am very affectionate. There are lots and lots of dogs and

cats here at the SPCA Montérégie, 178, ch. du Vide, Ste-Angèle-de-Monnoir (exit 37 on autoroute 10). Come and visit, you'll see. Lots of choice! Adoption hours are 2 - 4 p.m. on Thursdays & Saturdays.

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Brome County NEWS

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Heroes' Memorial's gardens thriving

By Louise Smith

The summer is in full swing and the gardens outside Heroes' Memorial are lovely and lush. Volunteers are watering the gardens throughout the summer.

Some donations have come in and Melissa Carter is hopeful that the garden project will continue every year. The students learn about gardening and they can then transfer these skills to their own backyards or deck gardens. Melissa can be reached at carterm@edu.etsb.qc.ca for further information.

Far right: The lettuce is lush at green at Heroes' Memorial's gardens.

Left: The lilies are bright and colourful.



PHOTOS BY LOUISE SMITH

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Great year for the flags in Cowansville



PHOTO BY LOUISE SMITH

By Louise Smith

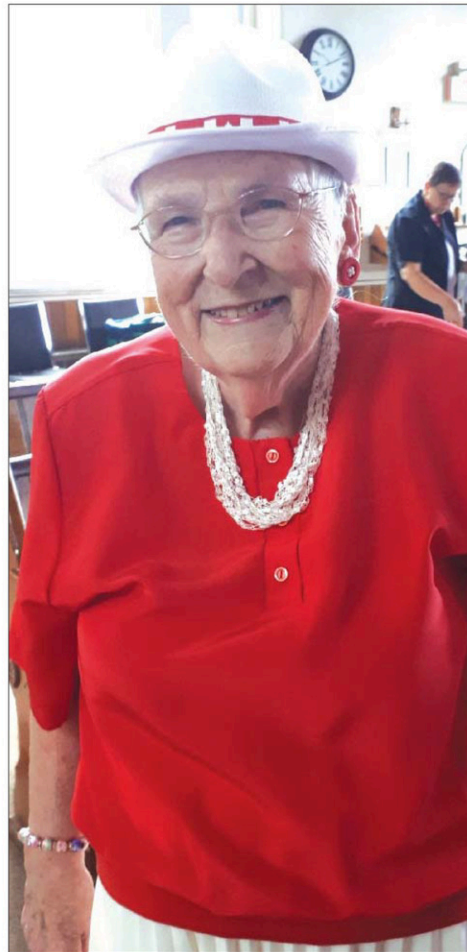
For many years the town of Cowansville has put up the town flag flanked by the Quebec and Canada flags on the light standards on South Street (rue Sud) and Main Street (rue Principale.) There was a space of several years where the flags were torn down by vandals (or over zealous party-goers) during the two weekends of celebrations.

This year the flags were left alone and it was impressive to see the three flags together. It made a good impression to visitors and longtime residents as well. It is to be hoped that this year's respect for the flags continues for next year and all ensuing years as well.

Canada Day Faces!



Norm Haslam had Canadian flags on the pulpit at Emmanuel United.



June Lamey got all decked out for Sunday services in her Canada Day outfit.

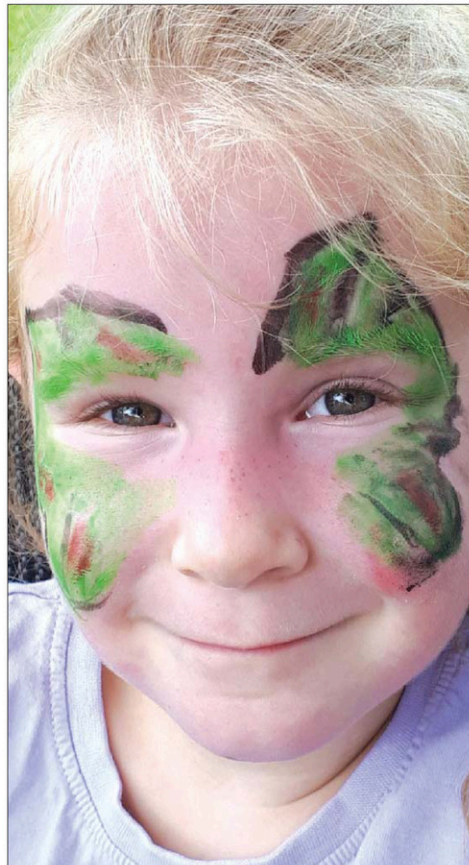


Vicky Swift was having a maple leaf face painting at the Cowansville Legion.

PHOTOS BY LOUISE SMITH



Melanie (mom) and Madison (daughter) were down from Montreal enjoying the family day at the Cowansville Legion.



Angel wanted a butterfly painted on her face. (It wasn't finished yet!)

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Resident of the Eastern Townships

Surprise Canada Day weekend shower for Jennifer Persons-Hodge, lifelong Townshipper



LOUISE SMITH

Ron and Helen Todd (groom-to-be's parents), Ryan Todd, Jennifer Persons-Hodge, Cathy Persons, Sarah Persons-Hodge. (sitting) John Hodge

By Louise Smith

Jennifer Persons-Hodge, daughter of Cathy Persons and John Hodge, was totally surprised on the weekend. She thought she was attending a birthday party for her mom, who is a Canada Day birthday child, but instead a wedding shower was taking place at her parents' home in Dunham. Nearly 50 people gathered in the back yard to have fun, eat, and to celebrate the upcoming nuptials.

Jennifer and her fiancé, Ryan Todd, will be getting married in the Ottawa area in October. She has made Ontario her new home but the Townships will always have a special call to her.

With the weather warnings, the organizers worried about the outdoor party on Saturday afternoon into the evening, but everything worked out fine. It was warm but there was no torrential downpour.

They are wished the best as they start their future life together.

Larry Page is the Volunteer Gardener at Emmanuel United Church



LOUISE SMITH

Larry Page is a greatly appreciated volunteer at Emmanuel United Church.

By Louise Smith

Larry Page volunteers many hours on the gardens at Emmanuel United Church. He has cleared the beds and planted new plants and kept the gardens immaculate all this spring and into the summer.

He started last fall to make major changes in the gardens and his work has paid off. Larry also volunteers to greet all coming to church every Sunday and he hands out the bulletins and the hymn books.

Larry is a great asset to the church family and his work is much appreciated. He would love to have people come by to see the gardens at any time.

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Glen Sutton launches audio-guided heritage tour

Submitted by Claudine Filion-Dufresne-Town of Sutton

A new audio-guided heritage tour of Glen Sutton is now available, presented as a radio drama.

The tour is available through a smartphone app with samples and download instructions available through the town's website www.sutton.ca/tours.

The Glen Sutton heritage and culture tour is based on accounts by seniors in the Glen Sutton community, an area renowned for its tales and history, architecture and magnificent landscapes.

'If these roads could speak,' they would talk about the colourful lives of those who lived along the border in the early 1900s, when Prohibition reigned in the United States and tourism was a growing industry.

Come and enjoy the heritage radio play, which is brought to life by some 20 actors, enhanced by music and sound effects. Who knows what's waiting for you around the bend in the road in Glen Sutton.

Perhaps Pearl?

The story begins when an orphaned girl comes to this hamlet in the Eastern Townships. Yes, Pearl Porter (1895 - 1982) is buried in Glen Sutton Cemetery, but her spirit will accompany you on this journey into the past, whether you're on foot, on a bike or in a car. The audio-guide heritage tour is available free-of-charge on the GuidiGo app for tablets and smart phones, via the Town of Sutton website.

Glen Sutton is one of the oldest hamlets in the Sutton Township. It is nestled in the magnificent Missisquoi River valley and surrounded by mountains.

Come and admire its fields, barns and old homes. Just follow the picturesque route called the Chemin des Cantons, a road that takes you deep into the Anglo-American heritage of the Eastern Townships.

Two studies have identified the natural attractions of Sutton, drawing attention to the fact that the part of the Missisquoi River valley located in the Sutton area, which includes the hamlet of Glen Sutton, is of national and even international interest, and endowed with great visual appeal. The riverbanks and floodplain create a rich natural heritage.

The Missisquoi valley is also a symbol of the daily cross-border life experienced by Glen Sutton inhabitants for over a century: families living on both sides of the border, buildings being built right on top of the boundary line, people smuggling alcohol during

Prohibition in the United States, "international" businesses, not to mention architecture that drew its inspiration from Vermont and New England. It was definitely a "border culture," an identity forged since settlement began in 1799.

In 2016, the Town of Sutton and its partners introduced the first two audio-guided heritage tours, using

a storytelling format to introduce people to the rich history of about 10 cemeteries and six of the nine hamlets in the Sutton area, all small communities built in the Anglo-Saxon tradition.

For more information, please see the Sutton Heritage Tours Facebook page (look for "Circuits patrimoniaux Sutton" on Facebook) and www.sutton.ca/tours The internet page includes a short guide to the use of the app and a summary of the route between the different stops.

Cowansville Legion

CONT'D FROM PAGE 3



A huge crowd came out for Canada Day breakfast.

New paved cycling track in Cowansville

BCN Staff

Cowansville recently inaugurated the City's first pumptrack, allowing bike, scooter, skateboard and rollerblade enthusiasts to indulge their passion.

Spectators were thrilled by the demonstrations of professionals from the company Velosolutions, the firm that designed the pumptrack.

The bravest of spectators were invited to try out the different maneuvers presented by the professionals.

"This is a very beautiful project that is taking shape and that adds another opportunity to move in Cowansville! The pumptrack completes the Pierre-Lussier Park, a central, multifunctional and multigenerational place where people of all ages come together," said Sylvie Beaugard, mayor.

The Pierre-Lussier Park also has a baseball field, game modules, dek hockey and petanque fields.



The Legion grounds were turned into a picnic area for Canada Day

PHOTOS BY LOUISE SMITH

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Fondation de l'Hôpital Brome-Missisquoi-Perkins Hospital Foundation

Executive Director BMP Hospital Foundation

The Brome-Missisquoi-Perkins Hospital Foundation in Cowansville is looking for an Executive Director.

"The Brome-Missisquoi-Perkins Hospital Foundation contributes to improving the accessibility and quality of health care provided to the population of Brome-Missisquoi, through the Brome-Missisquoi-Perkins Hospital and the services the Hospital also provides outside the boundaries of its walls, by contributing to the purchase of state-of-the-art equipment and the implementation of projects for the continuous improvement of health care and related services."

Reporting to the board of directors, the Executive Director is responsible for the planning, organizing and controlling of all of the fund raising activities of the Foundation and participates in the development of the organization. The executive director develops and executes the action plan with its team so as to deliver the objectives and ensure the enhancement of the Foundation.

The candidate should have at least five (5) years of experience in management, business development and fund raising. Bilingual, the candidate should be proactive, demonstrate some creativity, possess good communication skills and have a strong leadership. A knowledge and understanding of the public health network would be a great asset.

Any interested candidate should submit their curriculum vitae by email to: rogerhebert@iterac.ca

N.B. Only the selected candidates will be contacted.



VILLE DE LAC-BROME TOWN OF BROME LAKE

PUBLIC NOTICE

COMING INTO FORCE SCAOPI "KNOWLTON BREWERY"

(RESOLUTION 2018-06-224)

PUBLIC NOTICE is given of the following:

1. At a regular sitting of Council held on June 4th, 2018, the municipal council of Town of Brome Lake adopted resolution 2018-06-224 concerning the "Knowlton Brewery" specific construction, alteration or occupancy proposals for an immovable (SCAOPI) project located at 576 Knowlton Road, Brome Lake.
2. The purpose of this resolution is to permit the implementation of a Microbrewery.
3. The resolution received the approval of the Brome-Missisquoi RCM on June 19th, 2018, through adoption of its resolution 232-0618 declaring resolution 2018-06-224 in accordance with the objectives of its Land Use and development as well as to the provisions of the Brome-Missisquoi 4. RCM's complimentary document.
4. Resolution 2018-06-224 may be consulted at the Town Hall, located at 122 Lakeside Road, Brome Lake, during the following business hours: Monday to Friday, 8 a.m. to noon and 1 p.m. to 4:30 p.m.
5. This by-law comes into force in the manner provided for by Law.

Given at Brome Lake This June 28th 2018

Gilbert Arel Assistant Town Clerk

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Announcements 28th Annual Echoes of a Proud Nation Pow Wow. July 14 & 15 - 9 a.m. onward. Just south of Montreal, Kahnawake Mohawk Territory, Routes 132 & 138 (off the Mercier Bridge). Adults: \$8; 60+: \$4; 5 & under: FREE. Tel. 450-632-8667. www.kahnawakepowwow.com.

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THE RECORD

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For your next pasta salad, skip the pasta and go for farro

By America'S Test Kitchen

The first thing we noticed when replacing pasta with whole-grain farro in this nourishing update on pasta salad with pesto was the grain's fantastic al dente texture.

Tender with just the right amount of chew (thanks to boiling pasta-style), each grain stayed distinct, the better to become coated in luscious sauce. For a supercharged, not-too-oily pesto, we combined basil with spinach, which added nutrients and helped retain the sauce's vibrant colour.

We used sunflower seeds, a rich source of vitamin E and copper that may also have anti-inflammatory benefits, and about two-thirds of the typical amount of oil, combining it with 1/3 cup of yogurt, which further lightened the pesto's colour and flavour and gave it a creamy but not greasy texture.

Halved cherry tomatoes paired well with the basil and brightened the salad. Jarred artichoke hearts, packed with fiber and vitamins, were an easy addition.

We prefer the flavour and texture of whole farro; pearled farro can be used, but the texture may be softer. Do not use quick-cooking or presteamed farro. The cooking time for farro can vary

greatly among brands, so we recommend beginning to check for doneness after 10 minutes.

PESTO FARRO SALAD WITH CHERRY TOMATOES AND ARTICHOKE HEARTS

Servings: 6

Start to finish: 1 hour

- 1 1/2 cups whole farro, rinsed
- Salt and pepper
- 1 1/2 ounces (1 1/2 cups) baby spinach
- 2 cups fresh basil leaves
- 1/2 cup raw sunflower seeds, toasted
- 1 ounce Parmesan cheese, grated (1/2 cup)
- 2 garlic cloves, minced
- 1/2 cup cold-pressed extra-virgin olive oil
- 1/3 cup organic plain low-fat yogurt
- 12 ounces cherry tomatoes, halved
- 2 cups jarred whole baby artichoke hearts packed in water, rinsed, patted dry, and quartered

Bring 4 quarts water to boil in Dutch oven. Add farro and 1 tablespoon salt, return to boil, and cook until grains are tender with slight chew, 15 to 30 minutes. Drain farro, spread onto rimmed baking sheet, and let cool for 20 min-

utes.

Meanwhile, pulse baby spinach, basil, sunflower seeds, Parmesan cheese, garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper in food processor until finely ground, 20 to 30 pulses, scraping down sides of bowl as needed. With processor running, slowly add oil until incorporated. Add yogurt and pulse to incorporate, about 5 pulses; transfer pesto to large bowl.

Toss cooled farro with pesto until combined. Gently stir in tomatoes and artichoke hearts and season with salt and pepper to taste. Stir in warm water as needed, 1 tablespoon at a time, to adjust consistency. Serve.

Nutrition information per serving: 556 calories; 256 calories from fat; 28 g fat (4 g saturated; 0 g trans fats); 5 mg cholesterol; 761 mg sodium; 57 g carbohydrate; 12 g fiber; 3 g sugar; 19 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Pesto Farro Salad with Cherry Tomatoes and Artichokes in "Nutritious Delicious."

(The Associated Press)

In Memoriam

BOOTH-ROYER, Beverly - Passed June 28, 2014.

*They say there is a reason,
They say that time will heal,
But neither time nor reason
Will change the way we feel.
For no one knows the heart ache
That lies behind our smiles,
No one knows how many times
We have broken down and cried.
We want to tell you something
So there won't be any doubt,
You're so wonderful to think of
But so hard to be without.*

From your loving husband
RUSSELL ROYER
sister **TRUDY, MAXINE, MARYLAND**
and brother **MICHAEL**

Funeral Service

GLORUD, Pamela Holgate: March 10, 1926 - January 29, 2018. A funeral will take place Thursday, July 5, 11 a.m., at St. Paul's Anglican Church, 24 Rue Saint-Paul, Knowlton. A gathering will be held in honour of Pam following the burial at St. Paul's Church. Friends and family welcome.



Five Generations



On April 6, 2018 Camden Michael McCarthy was born at North Country Hospital, Newport, Vermont U.S.A. to the parents of Michael and Leanne Dickens McCarthy. Thus making for five generations.

Picture from left to right are: grandmother Kimberly Cote McCarthy, father, Michael McCarthy, both of North Troy, VT. Geat-great Grandmother Gladys Askew Willey of Knowlton, PQ. Holding her great-great grandson, Camden Michael McCarthy of North Troy, VT and great-grandmother, Lorraine Willey Cote.

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 **Jean-Marc Bélanger**
 Pharmacien-propréitaire

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Brome County
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