

# LOCAL NEWS

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## Thirteen academic awards for Alexander Galt's Gabriella Canzani

By Emilie Hackett  
Special to the Record

The Alexander Galt Regional High School (AGRHS) held its 49th annual Awards Night on Friday Nov. 2 with several local foundations gave out awards, such as the Lampe Foundation, Unity Lodge #9, Ladies' Auxiliary-ANAF-Unit 318-Lennoxville, and the Compton County Women's Institute, among others. The Alexander Galt Scholarship Foundation also presented awards, giving \$12,000 to 27 students.

Gabriella Canzani was the most successful recipient of the night, earning a total of 13 scholarships and awards. She received, among others, the Bishop's University Scholarship, the Heather Fisher Memorial Trophy, the Doctor Ralph Steinman Award, the Eastern Townships School Board Commissioner's Bursary, the Everett "Doc" Porter Award, and the Governor General's Academic Medal Award. Canzani achieved the highest academic standing of her cohort over her five years at Alexander Galt with a 94 per cent average.

Ms. Stephanie Brown, teacher at AGRHS and the Awards Night master of ceremonies, highlighted that although "teaching is hard work, the best compliment my students can give me is that they do not need me anymore. That they have succeeded." Indeed, several of her students were quite successful. Class valedictorian Dominique Lumley, the runner-up for best overall average after Canzani, received the Ella Hoy Trophy and the Jamie Coles Memorial Citizenship Award which celebrates leadership and involvement in the school. Naomi

Wiseman-Beese was awarded the AGRHS Student Council Bursary and the Lampe Foundation Leadership Award, while Laurie Chenard was given the Bob Halsall Student Activities Award.

The ceremony was held in memory of former Principal James Robert McConnachie. Several awards were given in honour of past AGRHS students or staff members, including McConnachie, Christine Guillette, Clinton Munkittrick, and Peter Crossman.



From left to right: Caitlyn Gerrish (Global Excel Scholarship and Honour Roll), Naomi Wiseman-Beese (AGRHS Student Council Bursary, the Lampe Foundation Leadership Award, and Principal's List), Gabriella Canzani (prizes listed inset) and Laurie Chenard (Bob Halsall Student Activities Award, Drama Achievement Award, and Principal's List).



PHOTOS COURTESY OF MARIE THIBAUT.  
Gabriella Canzani was awarded the Governor General's Academic Medal as the top academic student in her cohort.

## Getting in shape in Potton



### THE SCOOP

### MABLE HASTINGS

The new Potton in Shape program offered through the Municipality of Potton got off to a great start this past Saturday, October 27 with 23 participants of all ages joining in on the

fun. The Saturday morning program is held at the Mansonville Elementary School from 9:30-10:30 a.m. and the following programs are being offered weekly, free of charge, through to December 1st.

Tiny Tots with Hiro Gagnon, Open Gym with Aleeyah Cervinka and Victor Gagnon, Yoga with Marie Garon, November 17th, Zumba with Geneviève Quintin, November 3rd and November 24th, Pilates with Kinesiologist, Monique Gilbert November 10th and December 1st.

The program is meant to be flexible, and although it is hoped that citizens participate as much as possible, people do not need to commit to the entire 6 weeks.

The Open Gym program will rotate ac-

tivities each week. Floor hockey 2 weeks, Basketball 2 weeks and Obstacle Courses 2 weeks.

Parents can participate in activities at the same time as their children, giving them a well-needed break.

This program was created by the Potton Leisure Committee and is offered FREE of charge! The Goal is to expose local Pottoners of all ages to local programs that are already in place and to continue to support our citizens on their mission to adopt an active and healthy lifestyle. Members / Municipal Leisure Committee include:

Bruno Côté (President)  
Michael Laplume (Councillor)  
Monique Gilbert (Seniors Services / CABMN)  
Catherine Ducharme (Citizen)  
Monica St. Onge (Citizen)  
Trish Wood (Municipality)

There are currently over 20 different leisure & sport programs offered by local citizens and organisations in the Township of Potton. To see all program details, visit <http://potton.ca/en/recreation-and-culture/activities/>

The Municipality of Potton wishes to promote recreational activities for young people by offering sports programs at a reasonable cost for its residents; it will therefore provide financial assistance to parents who enroll their

children in higher-level programs that are offered outside of the Township of Potton. This assistance is provided by means of a reimbursement requested by the parents. Up to \$200 per child per year could be reimbursed. Details: <http://potton.ca/en/recreation-and-culture/activities/activities-for-children/>

There are a variety of amazing instructors and animators delivering high-quality programs in Potton. The Leisure Committee would like to introduce these instructors to those who are not yet participating.

The key is get people from the community to take part in the programs being offered to assure that they continue. Potton is lucky to have local instructors who can offer these programs and participation is the best way to show interest and support.

Saturday's participants were thrilled with the concept and enjoyed the flexibility and quality of the instruction. Additional interest has been expressed so numbers are expected to grow each week.

For more information contact:

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Loisirs, culture et vie communautaire  
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[loisirs@potton.ca](mailto:loisirs@potton.ca) | [potton.ca](http://potton.ca)





# Knowlton Academy pumpkin smashing

By Steve Blake

Jennifer Ruggins Muir, the co-coordinator of the Knowlton Academy garden project, put out a notice to the community at the end of October that she would recycle Halloween pumpkins if they dropped them off at the school. Days later there was a pile of almost 1,500 pounds of pumpkins.

About 35 students spent an hour smashing pumpkins and jack-o-lanterns and putting them into the compost bins. More than 300 pounds of sweet pumpkins and squash from Reves et Jardins' fall pumpkin display in West Brome were saved for the school's bistro, breakfast, and cooking programs.

It was another fun learning experience for the students.

Ruggins Muir is impressed with the reaction of the community.

"For just putting something up on a whim one day it's pretty cool to see the response," she said Friday.

The good thing about pumpkins is that they don't have to be processed right away," she said. They can eventually be used to bake breads and muffins and to make soup.

Ruggins Muir regards the overall garden project a success. The garden produced 604 pounds of vegetables. Seedlings came from Plantation Brome and Reves et Jardins donated 700 vegetable plants. A local grocer gave the school 1,167 pounds of fresh produce while another 942 pounds of vegetables came from the community.

A total of 2,900 pounds of fresh fruits and vegetables were given to the school



Students used hammers and their feet to smash pumpkins to put them into the compost bins



in 10 months, she said. The school provided 118 pounds of garden produce and 200 pounds of grocery store vegetables to needy families over the summer.



Days after Knowlton Academy garden project co-coordinator Jennifer Ruggins Muir told the community she would compost Halloween pumpkins there was a pile of jack-o-lanterns and squash behind the school.

PHOTOS COURTESY OF JENNIFER RUGGINS MUIR

# Pickleball swings into Knowlton Academy



Submitted by Club de Pickleball  
Lac Brome

Pickleball, the increasingly popular racquet sport that combines elements of tennis, badminton, and ping pong, was recently introduced to the students of Knowlton Academy.

Over 3 days in September, Club de Pickleball Lac Brome members taught Grade 5, 6, and 7 students the basics of the game.

Club Vice President Rena Halickman and Director Bev Quilliams, in coopera-

tion with Knowlton Academy Principal Renalee Gore and gym teacher Nicolas Lemaître, made the very successful event possible.

The students took to the game easily and with great enthusiasm. They had so much fun that Club de Pickleball Lac Brome members initiated a 5-week after-school program!

Pickle on kids! For more information about Club de Pickleball Lac Brome contact the club by email at: [club.pickleball.lac.brome@gmail.com](mailto:club.pickleball.lac.brome@gmail.com).



# Hallowe'en Came to Heroes' Memorial

By Louise Smith

Last Wednesday, the students, and many of the staff at Heroes' Memorial, dressed up in Hallowe'en costumes. Some were store bought, but many were original designs and make up. In the afternoon, classes lined up to go into a Haunted House in Ms. Menard's classroom.

The energy level was high and even though rain was predicted for the evening, many of the students said that this was their main Hallowe'en celebration. I wonder what Thursday was like at school?



PHOTOS BY LOUISE SMITH

# Remembrance Day falls on Sunday this year

By Louise Smith

In the local English schools, Friday is a Professional Day, so most are having an assembly on the Thursday.

Heroes' Memorial School in Cowansville is having their assembly at 10:30 a.m. All are welcome. Members of Legion branch no. 99, and from District 9, as well as members of the Fordyce Women's Institute, and Sylvie Beauregard, the Mayor of Cowansville, will also be in attendance.

Poppies have been sold for two weekends. They are available in the Legions in the area and in the schools.

The money generated from poppy sales remain mostly in the local area. Most of the money benefits veterans, school programs, Cadet programs, the local food bank, and other worthy causes.

In Cowansville, the parade will take place in front of the Legion on Davignon Blvd. on Sunday starting at 10:30 a.m. On other years it has been later, but because Nov. 11 falls on a Sunday, the parade will be earlier this year. The minute of silence will be at 11 a.m.

As we reflect on the world as it is today, this is a time to reflect on the sacrifices made by



LOUISE SMITH

*Poppies were for sale for a three week period. The money from the sale of poppies stays mostly in each Legion's region.*

many in armed conflict and on peace missions over the last one hundred years. People who have served are the first to say that world war is the last option that should ever be considered. If we do not learn the lessons of history, we are doomed to repeat them. If you can get to a service, do so. If not, on Nov. 11 at 11 a.m. give a minute or two of your time to reflect on how lucky we are to live in Canada, a land, for the most part, of peace.



# Successful Terry Fox Campaign in local elementary schools

By Louise Smith

The Terry Fox Run has been important in the Eastern Townships for many years. How many of us have not been touched by cancer in our families or our social circle?

It is an amazing feat that these young people in our area raise so much money every year. The Terry Fox Foundation is all about research. Someone diagnosed today with the same cancer as Terry Fox had, has a much greater chance of survival. Hopefully, some day soon, cancer will be a disease of the past. Most schools held their Terry Fox Run on Sept. 28. All the calculations have just recently been processed.

At Knowlton Academy, some 300 students, staff, and members of the community, gathered to do laps in the neighbourhood. Over \$2,295 was raised.

At Farnham Elementary, a school with 82 students, the challenge was to raise \$1,700 and then the principal, Mr. Chris Morgan, would have to kiss a pig. \$2,087.20 was raised and that pig got kissed!

Chris Morgan is also the principal at Butler Elementary in Bedford. The pig challenge was there too! When the 171 students brought in \$5,000, Mr. Morgan and the head teacher, Mr. Mathieu Viens, both kissed pigs! Emma Blinn Giroux, a Grade 6 student, in her first year at Butler, and in her first Terry Fox Run, raised over \$600!

An amazing feat all around.

Heroes' Memorial School in Cowansville raised \$5,452.72 which was \$300 more than what was raised last year. The students ended their afternoon run with an apple provided by the PPO.

Terry Fox originally wanted to raise one dollar for every Canadian when he set off on his Marathon of Hope in 1974. In the years that have followed since that first run, his goal has been surpassed nearly every year. Maybe in the lifetime of these students, a cure for this devastating disease will be found, thanks in part, to their participation in Terry Fox Runs.



Above: The 171 students at Butler Elementary in Bedford raised \$5000.

COURTESY



COURTESY



LOUISE SMITH

Proud students run for cancer research at Heroes'.



Above: Happy Knowlton student running in the Terry Fox Run

Left: Mr. Chris Morgan, the principal at Farnham Elementary and at Butler Elementary, ended up kissing a pig TWICE!

# Melissa Jodoin winner of Missisquoi County Women's Institutes bursary

By Louise Smith

**M**elissa Jodoin, a recent Massey-Vanier graduate, was the proud recipient of the Missisquoi County Women's Institutes Elizabeth Ann Beach Bursary.

The Missisquoi County Women's Institutes in the area receive applications every year from both male and female candidates. Melissa was the winner this year.

She is from the Granby area and she wants to pursue a career in nursing. She had glowing endorsement letters from her teachers at Massey-Vanier. Tania Lee Journeau described her as having determination and perseverance and being a dedicated and hard-working individual. Benjamin Page described her as a student who cared deeply about the quality of work that she submitted. She has a focus, maturity, and a sense of purpose rarely seen in a girl of her age. Adam Alter said that he had watched her grow

in her ability to state her opinions and to be able to defend them. At every turn Melissa rose to the challenges that faced her.

Melissa is attending Bishops College School this year to get her grade twelve equivalency. She will then go on to university level studies. She has been a competitive gymnast since the fourth grade and has been able to keep this up while still maintaining a high academic standard. She has had employment at the Granby Zoo and at her mother's daycare.

Melissa's school photo is accompanying this article, although she

looks quite different these days. She recently shaved off all her hair for a cancer campaign. Norma Sherrer, President of the Fordyce Women's Institute and the Education Convener for the County, was very impressed with Melissa when she recently met with her to present the cheque from the bursary fund.



COURTESY

Melissa Jodoin, recent Massey-Vanier student, is the recipient of the Elizabeth Ann Beach Missisquoi Bursary.



# CAB gets boost from Tillotson Fund



photos courtesy Tillotson Fondation

In October, the CAB RH Rediker received two grants from the Tillotson Coaticook Region Fund. Seen here at the grant giving evening held in Coaticook are (left to right): the CAB's **Lynn Wood** who accepted a cheque of \$500 for a program to provide fitness and fun for seniors, **Johnny Samson** of the Tillotson Foundation, and CAB RH Rediker Director **Mylene LaBonté** who accepted a cheque of \$649.60 for children's healthy snacks for the P.A.C.E. program.



Thrilled to receive a grant of \$10,000 to buy playground equipment for Ayer's Cliff Elementary School were (left to right): **Tracey Harding**, **Amy Rediker** and **Stephanie Fournier** (far right), who are seen here with **Judith Bolduc** (third from left) of the Tillotson Foundation.

Standard Journal, Nov. 7, 2018

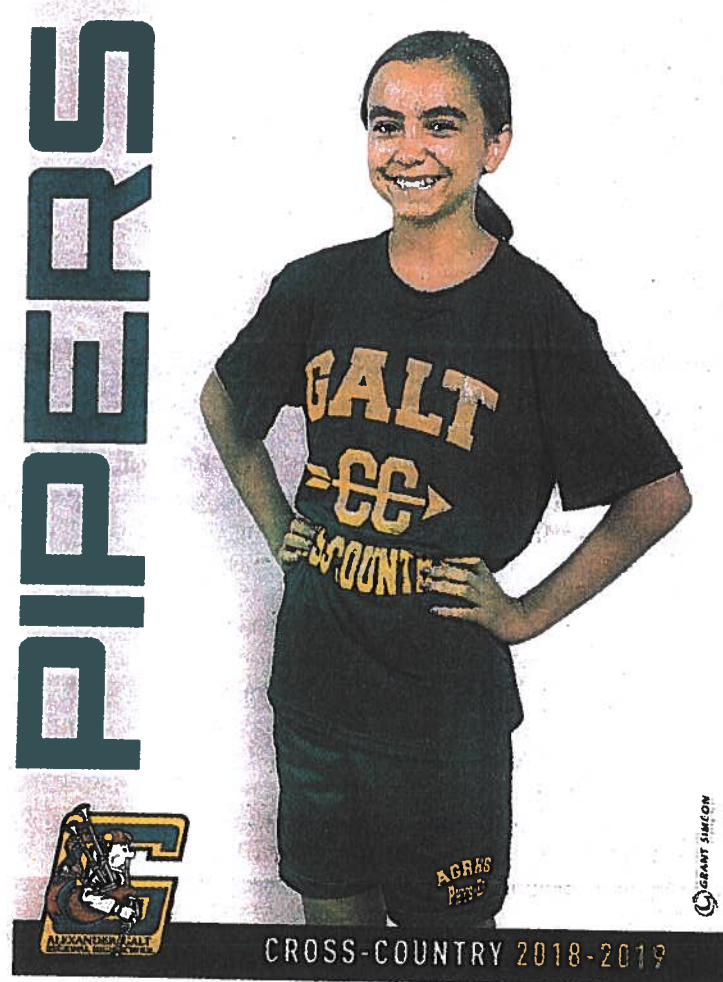
# SPORTS

## Comeau Elman And Robidas Named Piper Athletes Of The Month

**Bob Fisk,**  
Special collaboration  
Lennoxville

Comeau Elman is a member of the cross-country running team that captured their sixth consecutive ETIAC banner at the end of the month. The Stanstead native did her part by winning the gold medal in all five races and collecting valuable points. The thirteen year old also captured the silver medal in the regional race in Lac Megantic in early October. The grade 8 student is part of the performing arts program at Galt and is doing extremely well academically.

At the beginning of the season Robidas was named captain of the Junior boys soccer team and he did everything to help lead his team to a regular season and play off banner. After a difficult start he helped lead his team to ten consecutive victories on way to the ETIAC championship game in which he scored the winning goal in an exciting shoot-out. As a center midfielder the 15 year old was all over the field as he contributed on defense as well as some timely goals on offense. He also played one game at the senior level and scored a goal. He is more than ready for his next challenge at the senior level next year.



*photos courtesy Alexandre Galt High School  
Sports Journal, Nov. 7, 2018*

Caresse Comeau Elman and Logan Robidas have been named the Piper Athletes of the month for October.



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Sherbrooke Record · 7 Nov 2018 · 7 · Submitted by Robert Fisk

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# New Horizons second-hand store returns

Sherbrooke Record · 7 Nov 2018 · 1 · By Gordon Lambie

The Social Participation Program at New Horizons Adult Education Centre is getting ready to reopen its class “friperie,” or second-hand store this year, now with a wider variety of items for sale



“The friperie idea started last year when we thought it would be a great idea for the students to run their own store,” said Manon Lessard, the teacher in charge of the program. “Money management, social skills, and household skills are some skills that the students have to learn through the program so why not having a real life situation with real money and real people?”

Lessard explained that the program is designed for students with significant and persistent learning difficulties, mild to moderate intellectual disabilities, Autism Spectrum Disorder, Mental health disorders or difficulties, people under 55 with intellectual disabilities, and adults with difficulties adjusting in school or out of school.



"The main goal of the program is for the students to acquire skills needed to become as autonomous and independent as possible," Lessard said. "The program used to be called "Social Integration" but is now called The Social Participation Program."

According to the teacher, the program is divided into four spheres: Social, Personal, School and Work, which

are meant to cover the majority of interactions that the student might encounter in their life. The second-hand store model, Lessard said, touches all four spheres in a way that is far more real for the students than in-class lessons.

In order to develop new skills, students have the opportunity to participate in various activities at the center such as making small snacks for the staff and the other students at the center. Transferring the skills in real life situation is the final objective for the students, which is what inspired the friperie project last year.

"For the 2017-18 school year only clothing was for sale," Lessard said. "This year we added book sections as well as new recycled wood projects that the students are working on."

"La fabrique des étudiants," the teacher explained, is a new initiative of the program that allows students to practice sanding, drilling, measuring, and painting skills, all of which may prove useful in future job placements and internships.

"All the money raised is going to activities and end of year outings," Lessard said. "The friperie is open four days a week and is run by the students and supervised by the teacher in the classroom."

The teacher clarified that the space is only open to the public by appointment, but extended the invitation for people to come and check the space out. The program also has a Facebook page for La fabrique des étudiants where they post new woodworking projects .