

Academie de Lutte's fundraiser for Heroes' Memorial was a real knock-out

By Louise Smith

On Saturday, May 27, an unusual fundraiser took place at the Pavillon des Sports at Massey-Vanier. Members of the Academie de Lutte Estrienne put on a full fledged wrestling show. The wrestlers stayed in character until the end of the show. When they were signing autographs, they "turned back" into their regular selves to greet and explain that wrestling is well rehearsed and not something to be mimicked in the schoolyard or at home.

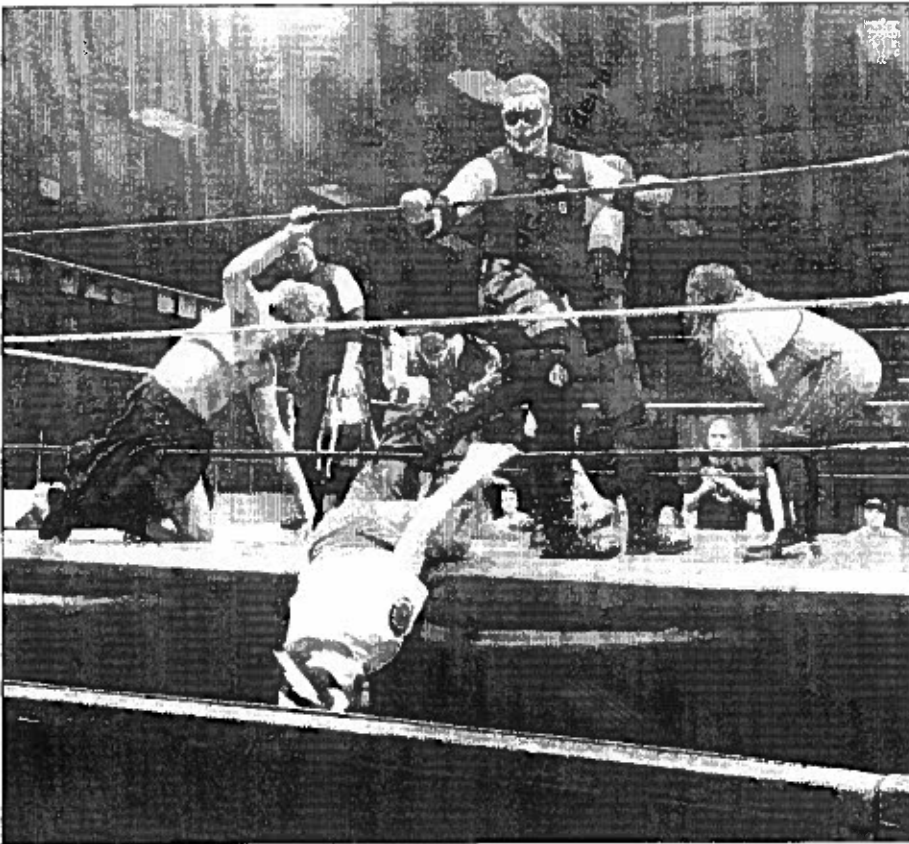
The show was complete with costumed wrestlers and the "good" and

"bad" guys. The second to last fight was over whether the money raised would go to the kids or to the "bad guy" wrestler. The boos and cheers were reminiscent of early pantomimes where the audience would cheer on the main hero in white and hiss as the bad guy tried to do him in. In wrestling the costumes are more than just black and white.

Over \$3,000 was raised for the students at Heroes' Memorial. Organizers Nathalie Dudley and Gayle Bauer were more than pleased at the results. Staff and parents of Heroes' Memorial students pitched in. There were many peo-

ple in the community behind the project. The arena's space was donated. Many local businesses promoted and supported the cause directly and through donations of door prizes.

It was a joint effort by many to benefit local students. Bravo!



COURTESY OF JUNE DOWNIE

The wrestling was quite energetic in the ring.



KA garden project gaining momentum

YVOC, Evergreen Foundation and Hylcan Foundation lend support

By Ann Davidson

As the Knowlton Academy Greenhouse and Garden project, a farm to table program, moves forward with its plan, it is gaining momentum.

Unforeseen expenses have pushed the budget to over \$80,000 to get infrastructure, human resources, and activities into place. Once the infrastructure is installed the annual budget will dramatically drop but for this first year, it is a challenge. That's why the committee is reaching out for help through grants available and fundraising activities. Already the school has received support from TBL as well as the MRC Brome-Missisquoi. It has also received a small stipend through Jeunes en mouvement to pay an honorarium for a coordinator.

Thanks to a grant from the Evergreen Foundation, volunteers had enough material to be able to build 13 raised gardens for the children to plant. The beds are part of the overall plan that aims to teach children about sustainable living while cooperating and collaborating with the community. While the organizing committee is amassing funds students at Knowlton Academy have been able to dig into the dirt to plant their seedlings that they started in the classrooms, along with more seeds. They hauled earth to fill the boxes, prepared climbing stands for peas and beans, and carefully transplanted their precious little plants. Then they gleefully boasted their hard work by waving their black hands. And what could be better at the end of their tasks than home-made

Freezies offered by mom and treasurer of the organizing committee, Stephanie Marks.

One had to be there to feel the positive energy of the students. Buddy planting was the order of Thursday afternoon

last week when older students at Knowlton Academy helped younger students with planting the long-awaited raised gardens. In the midst of the excitement around planting, Ginette Couture, president of the Yamaska Valley Optimist Club, had slipped away from YVO garage sale preparations to literally pay the students a visit. Couture brought a welcome cheque to be applied to the general needs of the project.

While the YVO is widely known for its role in raising funds for treatment and prevention of women's cancers at the BMP Hospital, the group strives to support youth activities. This year the club generously included the Knowlton Academy Greenhouse and Garden Project to its repertoire.

The Evergreen Foundation is an internationally recognized charity that is all about community and school greening projects. It too, aims to support projects that are collaborative, innovative, and accountable while applying a systems approach "between people and place and the recognition that environmental issues are part of interdependent, complex social and economic systems." Evergreen sees the value of "engaging diverse audiences in ways that are playful, optimistic, and empowering to accelerate strategies for change. It supports projects that serve their communities with

time and resources while delivering programs of the highest quality. The Knowlton Academy Greenhouse and Garden Committee is honoured to have its project considered as a high quality delivery program, that hopefully will set the pace for other schools and their communities to foster.

Meanwhile, as chef Jennifer Muir continues to prepare Tastes of the Season, she sent a wide thank-you to all those who supplied rhubarb last week. Seeing the reaction of all who contributed, Muir added that this kind of "gathering" of produce could be extended to other veggies and fruit, and farm produce. In a plea to find a second-hand freezer for the cafeteria so that the cooks would have fresh frozen produce to work with for children's lunches, the director of the Hylcan Foundation jumped in with a donation to specifically equip the school with a new freezer. As well, a member of the community offered a second hand freezer. According to Muir, there is room for both and she says, "Perhaps we will eventually lower the cost of the hot lunches for the students." Another goal within this project that is clearly engaging the entire community.



Hiding Winter

Editor's note: The following is the winning story for the Brome Bright Lights writing contest. It was written by Grade 5 Knowlton Academy student Forest Kolbe-Watkins.

By Forest Kolbe-Watkins
Svalbard, Norwegian Island Chain,
Norway, 1620.

Kårsh Mårlyøk was sitting in his silent freezing, somber, house. It was a windy day. The wind was singing a song, that would seem happy to the majority of people but to Kårsh, it's a song of memories, rancid memories. Usually the chimes Kårsh's mother gave him when he was 13 would be swinging, emitting fantastic songs of joy, but they were frozen into nothing but pieces of metal with an icy coat on them.

Kårsh didn't want to think about the frozen chimes, they reminded him of worse times, times of sorrow and burning despair. It seemed that in Svalbard, winter never ended just like Kårsh's aching memories of that time of sorrow. Kårsh lived in a house with his sister, there originally were many more family members in the house but they all died of hunger, every one of the corpses is still in its room, doing nothing, because Kårsh and his sister both can't go into the room because it would remind them of the old times.

Kårsh's sister loved winter, and the falling white patterns of unbelievable complexity that came with it, also known as snowflakes. However Kårsh himself hated winter, it was a reminder of the sorrow times, to him the snowflakes were like burning words, that when they make contact with Kårsh's jacket, they engrave horrid memories of the famine into Kårsh's mind.

That is why Kårsh hasn't gone outside for seven years, his sister gets him food from a hidden supply crate she found in the nearby forest, close to where the

Mayor lived. Kårsh just sits in his room reading books. He ran out of books six years ago but he just reads the same thing, over and over again, in a never ending loop of despair.

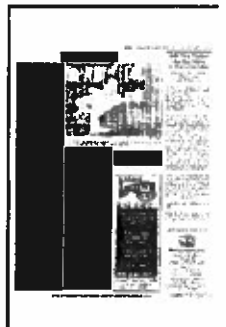
Kårsh's sister knew he despised winter, so out of compassion she hid winter. How could one hide something as gargantuan as an entire season? For Kårsh's sister it's trivial, just slide the flower pattern curtains to the point where they act as a barrier for the eyes. Kårsh never left his room, so his window was his only portal to the outside, and that window could be blocked with a pull of a cord.

The reason this so called eternal winter began was because the biggest volcano in the world's history erupted in 1610 in Southern Java, Indonesia. It's amazing how something all the way across the Earth could affect so much in Svalbard, and the rest of the World. The volcano caused the biggest famine in history causing there to be only 3000 people on Earth. Of course Kårsh and his sister didn't have any clue of what was going on being from an island North of Norway, East of uninhabited Greenland, and about the size of Iceland. They thought it was Løki himself playing tricks on the miserable mortals of Earth.

Kårsh and his sister lived in the city of Åle kjeek, population two, Kårsh and his sister were the only people in Svalbard. The only things that existed in Svalbard were an eternal winter and Kårsh's final family member.

Warmth was scarce, as Kårsh's sister had already collected all the firewood within a mile.

He eventually grew tired of being in his room, so he gently placed his book to the side of his cold chair, and stood up, his muscles aching as they haven't been exercised for years. Kårsh sauntered out of his room into the silent corridor, passing his parents' room, sending a frozen tear down his frozen cheek. He continued downstairs, passing his sister, she



asks, "where are you going?" Kårsh responds back in an unemotional voice "to visit someone." He slides on his coat, and opens the door, a gust of wind enters the room, not even making Kårsh flinch.

As Kårsh departs his home and saunters outside, he passes the chimes, scoffing at them remembering his mother. He soon was out of sight of the house, walking towards the coast, through the forests he played in with his sister as a child before 1610. He reached the south Coast of Svalbard, remembering when he went fishing with his Dad and Brother.

Kårsh spotted his dad's row boat, walking towards it, more memories popped into his mind, he hopped into the snow covered boat, and then untied the knot he made when he was 14 with his dad. The boat drifted away from the coast, cutting through the icy waters, and Kårsh said, "I'm coming to visit mom, I'm coming to visit dad."

Kårsh's sister never glanced at his face again.

The End

Note: This story is based on the true events of the Toba Super Volcano eruption. However these characters, themes, dates and events are 100 per cent fictional.



ANN DAVIDSON

Forest Kolbe-Watkins is a Grade 5 student at Knowlton Academy. He was the grand prize winner of the annual Brome Bright Lights writing competition.

Solo at graduation



DISHPAN HANDS

SHEILA QUINN

This year, Lennoxville Elementary School has a great grade six graduating class, full of potential and looking forward to the next adventures life has in store, however, within their numbers is an unusual graduate who goes by the name of Solo.

Solo is a service dog, trained by MIRA to accompany sixth grader Taylor Passmore through her school day. Taylor's mum, Kathy Bieber, elaborates on their journey with Autism that led them to bringing Solo into their family,

"Struggling to get a diagnosis took eight years for Taylor. We had to go to the private sector in Montreal and pay out of pocket for a diagnosis, not that we wanted an Autism diagnosis, but we needed somewhere to go."

Families are often able to better cope when they have a name, a description, a category to work from.

"Autism affects boys more than girls, so it was really hard to get anywhere for Taylor," Kathy continues. "As soon as we got a diagnosis, I applied for a service dog. We went in for an interview and got accepted into the program. The wait time was two years to get a service dog. Now that the demand is greater, the wait time is three years."

The safety aspects of a service dog likely make sense to most of us who have

seen someone who experiences challenges related to vision, but what can a service dog do for someone with Autism? Well, the support of a service dog can help a person with ASD gain independence; help them perform daily living activities, in a manner not unlike people with other sensory-processing challenges. A service dog can provide a person with ASD with emotional support and reassurance via their companionship. They can even help them cope with sensory overload, something that is very common with people with ASD. The dog becomes more of a focal point and assists them to filter out sensory input. In some cases, the service dog is a tremendous support in terms of personal safety, and is trained to protect the child or person with whom he or she works. In some cases, a child can be tethered to the service dog's harness - in which case both the dog and the child are acclimated to wearing the harness in the first place. The gentleness of a service dog is a reassuring presence, and in some cases is trained to use touch intervention, pressure intervention and mobility assistance if the person they work with should engage in repetitive or potentially self-injurious behaviour.

Kathy continues on their adventures with a service dog: "In May of 2016 we got a call from MIRA stating that it was our turn. In July (of 2016) we spent eight days at the MIRA Foundation. Lodging and meals included, all free, thanks to donations. We were in a group of nine mothers and their Autistic children. The first three days we were given different dogs to work with in order to find the best match. We were matched with Solo, a beautiful black lab."

Solo started school at Lennoxville Elementary School in October of 2016, attending grade six and will attend Alexander Galt High School in the Fall of 2017.

"Solo helps Taylor with the daily

struggles in school. Taylor suffers from high anxiety and Solo is there to support her. It is a work in progress."

MIRA let them know that it can take a year for the bond to be fully formed. Solo helps Taylor manage her anxiety and to deal with challenges related to social skills. Like everyone else, children with ASD want to make friends, and that can be a struggle.

"Having her best friend, Solo, with her everywhere she goes helps Taylor build her confidence and keeps her calm. Having a service dog with her attracts people to talk to Taylor. Taylor loves talking!"

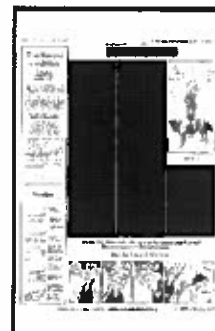
If you spot a service dog with a red scarf, it is training. A dog with a blue scarf is a fully trained service dog. Kathy says that the Eastern Townships School Board has been very accommodating, and the teachers have been very welcoming.

"All service dogs are trained in French, because MIRA doesn't know who will be their best match. So, Taylor had to learn the commands in French. French has always been a struggle for Taylor. Just having that extra exposure to the French language has also helped Taylor."

Next up for Taylor Passmore and Solo? A summer off from school and then high school!

Kathy projects forward a little, enthusing on Taylor's future, "I know the high school years might be even more of a struggle, but some day she will discover the cure for cancer living in the remote jungles of Africa, living with the Pygmy hippopotamus!" She laughs.

Congratulations to Taylor Passmore and Solo, and the graduating class of



Lennoxville Elementary for innovative education that resulted in success! The sky is the limit!



COURTESY KATHY BEIBER

Taylor and Solo

Row, row, row your dragon boat

The Record, June 19, 2017



PHOTOS BY MATTHEW MCCULLY

Team Galt

By Matthew McCully

The 15th annual Fête de l'eau dragon boat race, hosted by the Club Nautique de Sherbrooke, took place Saturday on Lac des Nations, attracting 11 amateur teams competing against each other.

Among the local businesses and non-profit organizations that threw their paddles into the race were two teams from the Eastern Townships School Board; Alexander Galt Regional High School and the Lennoxville Vocational

Training Centre both entered teams for the second year in a row.

The event is a fundraiser for the Club Nautique de Sherbrooke, but according to Linda Caron, one of the volunteers who helped organize the race, it is also an opportunity to raise the profile of dragon boating, a team sport that not many people know about.

Each boat seats 20 paddlers. There is also one person at the rear of the dragon boat to steer, and one at the front to beat a drum for the paddlers to stay in sync.

Team LVTC

Because the teams competing were amateurs, volunteers from the club took care of the steering and drum beating.

Each team had two practice runs out on the lake before competition day.

It was a perfect day to be out on the lake, according to the Galt and LVTC competitors, who both agreed they were in the race for some fun and team building more than the glory of first place.

Des gourdes d'eau au profit de la Fondation Christian Vachon

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FINANCEMENT. La Caisse Desjardins du Lac-Memphrémagog vise à recueillir 25 000 \$ au profit de la Fondation Christian Vachon en mettant en vente des gourdes d'eau réutilisables.

Intitulée « Soif de persévérance », cette campagne est organisée à l'occasion du Relais du lac Memphrémagog auquel participeront une trentaine d'employés de l'institution financière. Ces coureurs, qui formeront cinq équipes, ont mis sur pied cette initiative afin que leur engagement soit au-delà de l'aspect physique.

« En plus de s'entraîner intensément, ces employés ont mis beaucoup de temps à préparer cette campagne, affirme la conseillère aux communications chez Desjardins, Émilie Cottineau. Ils ont le goût de faire une différence dans la communauté et dans la réussite éducative des jeunes, comme le fait Christian Vachon. »

Les gourdes, vendues au coût de 5 \$, sont disponibles dans tous les points de service

de la Caisse. Il sera aussi possible de s'en procurer à l'occasion de la Fête des vendanges Magog-Orford, les 2, 3, 4, 9 et 10 septembre. La campagne prendra fin le 23 septembre à l'occasion du Relais du lac Memphrémagog.

« Le rêve en partant le relais, il y a dix ans, c'était de faire réaliser aux gens à quel point ils peuvent faire une différence et avoir des coureurs engagés qui croyait en la cause, soutient Christian Vachon. Par votre campagne, qui va nous aider à recueillir 10 % de notre objectif de 250 000 \$, c'est ce que vous faites et je vous remercie. »



Les chefs d'équipe, Julie Chénard et Marie-Josée Beaulieu, sont accompagnées de partenaires dont Julie Durand (Fête des vendanges), Alain Vanden Eynden (Chocolats Vanden Eynden), Christian Vachon et Guillaume Bernard (Café St-Michel). (Photo TC Media - Pierre-Olivier Girard)

Le Relais du lac, June 24, 2017

Un appui concret de 10 000 \$ de Tigre Géant

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DON. Soucieuse de supporter des organismes qui s'illustrent dans les différentes communautés à travers le pays, l'entreprise canadienne Tigre Géant (Giant Tiger Stores Limited) a choisi d'appuyer concrètement l'œuvre de la Fondation Christian Vachon en lui remettant un chèque de 10 000 \$.

Ce montant lui a été remis le 14 juin dernier à l'école Princess Elizabeth de Magog - l'une des 50 écoles primaires parrainées par la Fondation - en présence de représentants de la maison mère de Tigre Géant et des propriétaires de six magasins de la région.

Il s'agit du plus gros montant octroyé à une organisation québécoise cette année, selon les représentants du bureau chef de Tigre Géant. « On nous a tellement vanté le travail de cette fondation et de tout le bien qu'elle apporte aux jeunes. Et comme cette campagne de dons est orchestrée dans le cadre



Les représentants de six magasins Tigre Géant de la région ont remis officiellement un chèque de 10 000 \$ à Christian Vachon et sa Fondation, le 14 juin dernier à l'école Princess Elizabeth de Magog. (Photo TC Media - Patrick Trudeau)

du 150^e anniversaire du Canada, on voulait s'assurer le remettre l'argent avant le 1^{er} jull-

let», explique Cassandra Estrade, du département de marketing de Tigre Géant.

Incidentement, cet argent tombe à point pour la Fondation Christian Vachon, qui a développé un nouveau programme pour les activités estivales. « Cet argent servira à payer les inscriptions pour des activités sportives ou autres durant l'été. On ne veut plus de se contenter de supporter les enfants durant l'année scolaire seulement, mais plutôt 12 mois par année », a laissé entendre Christian Vachon.

Mise sur pied il y a un peu plus de 10 ans maintenant, la Fondation Christian Vachon peut compter sur des partenaires de premier plan dans la communauté locale.

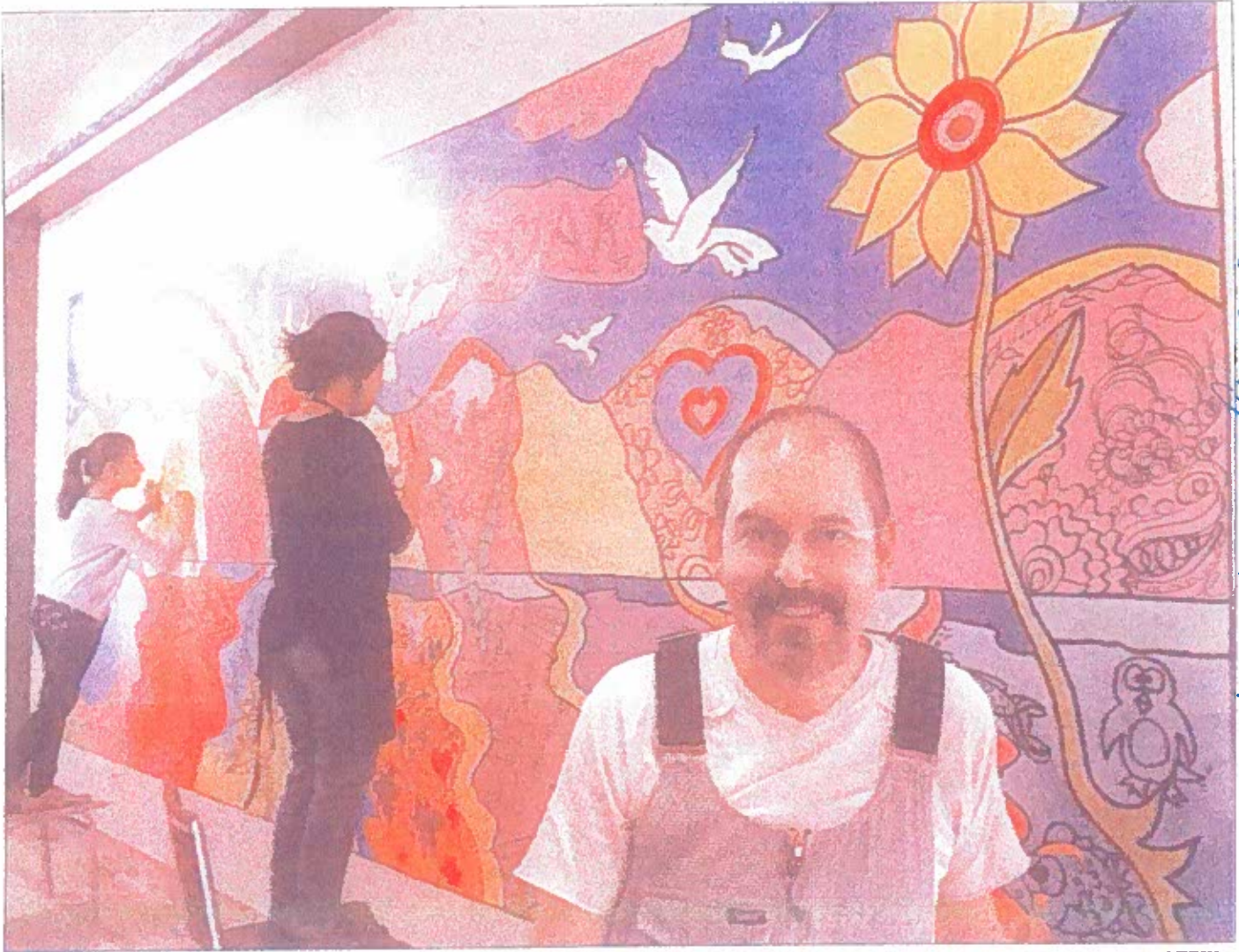
Le magasin Tigre Géant de Magog est d'ailleurs l'un des partenaires de longue date, et cette subvention de la maison mère a grandement réjoui le propriétaire Paul Goudreau. « Nous sommes associés avec Christian (Vachon) depuis sept ou huit ans et on a toujours apprécié ce partenariat. Je me souviens encore de ma première rencontre avec lui. Il était venu me voir lors d'un tournoi de soccer et lorsqu'il m'a dit que c'était pour aider des enfants, je n'ai pas été difficile à convaincre », a reconnu M. Goudreau.

Le Relais du cœur, Juin 21, 2017

THE
RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

New Horizons mural in the making



The Record, June 22, 2017

MATTHEW MCCULLY

By Matthew McCully

Students at the New Horizons Adult Education Centre have been working since Tuesday under the guidance of Montreal artist Marcio Melo to create a large mural in the hallway of the building.

The colourful addition to the New Horizons wall will be complete by this afternoon.

Melo has been offering collaborative mural painting workshops since 2010 through the Quebec Ministry of Culture and Communications 'Culture in the Schools' program.

"I've done 170 murals all over Quebec," Melo said.

New Horizons is the third ETSB

school to co-create one of Melo's murals; Waterloo Elementary and Heroes' Memorial also house artwork created with his assistance.

"Many things can affect the result of the mural," Melo said. The number of participants will decide how much creative force there is to guide, Melo said. He added that depending on the idea the students come up with, Melo has to decide whether or not he will draw anything.

"I've done murals where I didn't even touch the wall," he said, just there to help the artists with scale.

Melo said schools often have brick walls and rough surfaces that can be a challenge to paint.

At New Horizons, some lockers had

recently been removed to widen the hallway and the wall had been freshly painted.

"It's a big white canvas," he said.

On Tuesday the students interested in contributing to the mural did some drawing exercises and prepared the mural.

Wednesday Melo assisted the students as they went from washable marker, to permanent marker, to paint.

By this afternoon, the finishing touches will be added and the new addition to the centre will be complete, Melos said.

"Anything can be adaptable," he said, open to incorporating any ideas the mural participants come up with during the process.