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Article rank | 14 Nov 2016 | Sherbrooke Record

# LES remembers

had been prepared by students at another school and a version of Amazing Grace played by local musician Jonathan Macaulay. Prior to the Last Post, moment of silence, and reveille, students from each class brought a paper remembrance wreath to the front of the gymnasium.



GORDON LAMBIE

**Paper wreaths prepared by the classes at Lennoxville Elementary School as a part of its annual Remembrance Day ceremony.**

Recognizing that Remembrance Day is not just about the first and second world wars, the ceremony also included two special guests. Corporal Mike Brajak, a Geomatics technician with the armed forces mapping and charting division, and Warrant Officer Camilla Gallibois, who works as an administration Clerk at National Defense Headquarters in Ottawa, were present for the ceremony and stayed afterwards to answer any questions that students might have.

"We have to attend a ceremony somewhere for Remembrance Day," Brajak said, "and a lot of schools don't have anyone to come."

Gallibois explained that her sister has been a long-time volunteer at LES and continues to help out at the school despite the fact that her children now attend Alexander Gait Regional High School.

Asked about whether it was difficult to discuss the topic of war with elementary school aged children, Brajak said that the students who approached him after the ceremony had more questions about his moustache and the details of his job than about the military as a whole or Canada's military past.

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# Wreath made at Butler Elementary in Bedford being laid in Europe

By Louise Smith

**N**ine wreaths were made by classes at Butler Elementary and then Marcel Pelletier, C.D., from the Royal Canadian Mounted Police, selected the wreath made by Erika Sanborn's grade two class to take over to Europe as part of the special commemorations focusing on Canada's involvement in the Great War, World War I. It has to be explained to many that it has the name Great War because of its size. So many countries were involved. It was hoped that after a war with so many sacrifices, that the world would never again become involved at such a level. It wasn't until World War II that the "Great War" was renamed World War I.

Marcel Pelletier, along with three other RCMP officers, were taking the wreath to ceremonies at Vimy Ridge for November 9 and then to the Menin Gate War Memorial at Ypres on Remembrance Day, where the wreath would remain. Before going over, the name of the school, Butler Elementary, grade 2, and Quebec, Canada, were to be added to the wreath.

At a time when it seems that we are



not paying enough attention to Canada's historic role in armed conflicts in the past, and in current peacekeeping missions, it is heartwarming to see how well the schools in our area commemorate Remembrance Day.

*The Record, Nov. 15, 2016*

# Heroes' Memorial School, with special guests, demonstrated respect and honour on Remembrance Day

By Louise Smith

With a name like Heroes' Memorial, the school in Cowansville has made the assembly for Remembrance Day a central event every year. This year was no exception. Ten members of the Royal Canadian Legion, Branch No. 99, were in attendance; Micheline Ward, Coralie Chabot, Lise Godbout, Gloria Taylor, Gloria Poll, Donald Wells (president of Branch No. 99), Robert Bouthot, Yvon Monast (vice-president), Deodoris Groen, and Yves Lagueux. There was an active member in service, Michael Rychard, as well as

Sylvain Hamel, the district commander, in attendance. For the first time in several years, a colour party carrying the Legion, Canadian, and Quebec flags marched in to the packed gymnasium behind students waving flags of peace.

The other guests of honour were Marie-France Beaudry, a Cowansville town councillor representing the town of Cowansville; and David Warner, the pastor for the Cowansville Community Baptist Church.

Visitors included 44 grade six students from St. Leon School with their teachers. This year two students from St. Leon, Loic Boissonneault and Clara Jolin,

recited the poem "In Flanders Fields" in French.

Mrs. Barr's musical selections are always respectful and moving. This year she had a trio of singers, Alison Popiel, Margaret Spooner, and Susan Reiningger from the community sang an English version of "In Flanders Fields."

It was stirring to look out over a sea of poppies. Every child in the audience had a poppy. The halls of the school were covered in Remembrance Day posters made by the students. Last year a poem by Sarah Sevigny went to the national level in Ottawa and came in second place.



PHOTOS COURTESY OF LOUISE SMITH

The students formed a sea of poppies as far as the eye could see.

Around the walls of the gym were over 130 poppies, and in the centre of each poppy was a photograph, representing one of the Canadian men and women who died in the Afghanistan campaign not too many years ago. Photos of the two fallen Canadian servicemen who died on Canadian soil were on the table where the wreaths and cross were placed during the assembly. There is often discussion about whether or not to make Remembrance Day a holiday in Quebec, but seeing the importance given at the school level here, and in other schools in the region, like Knowlton Academy and Farnham, it is good that the youth of today reflect, at least on one day, on the sacrifices made by many, for the freedoms enjoyed by all Canadians today.



Two Heroes' students placed one of five wreaths at the front of the gymnasium.



Robert Bouthot and Micheline Ward sold poppies to the students at Heroes' Memorial leading up to Remembrance Day.



Twelve people representing the Legion and people in military service were in attendance along with Marie-France Beaudry who represented the town of Cowansville.



A colour party from Royal Canadian Legion branch no. 99 proudly displayed the Legion, Canadian, and Quebec flags.



Mrs. Barr's musical numbers added to the solemnity of the occasion.



Alison Popiel, Susan Reiningger, and Margaret Spooner sang a version of "In Flanders Fields."

# November 19 Heroes' Memorial's Christmas craft sale!

## Benefit to the school community and Heroes' Bursary Fund

By Louise Smith

**A**lthough there is no snow on the ground, the Christmas season will be fast upon us. Nearly 50 crafters and community organizations will be showing their wares on Saturday, November 19, at Heroes' Memorial School, 317 rue Sud, in Cowansville from 9 a.m. to 4 p.m. The entrance is on rue Sud (South St.) and the tables will be in the gym and in the hallway near the staff room.

The very active Parent Participation Organization will have several tables of goods to sell to help sponsor activities for the children of the school. They will also be running a lunch room during the sale in the staff lounge.

Local crafters are displaying their talents in baking, knitting, wood crafts, wreaths, and jams and jellies and many

different types of jewelry. This year several artists will have tables.

Ingeborg Fulford is returning with her famous Danish shortbread cookies. This year her family is helping to make the cookie quotas. The Township Grandmothers (who are part of the Stephen Lewis Foundation) will have a table as will the Chat a Chat animal rescue centre. The school librarian will be running a Scholastic Book Sale in the library in the basement.

The money from the table rentals goes towards the Heroes' Memorial and Farnham Elementary Bursary Fund that gives out money every June to students who have attended either school and who have graduated from high school.

Whatever tickles your fancy, you should be able to find something for the people on your Christmas shopping list or just for yourself! See you there!

*The Record, Nov. 15, 2016*

# School Page

The Memphremagog Community Learning Centre

## Memphremagog CLC News

The first edition of the Elf Run will take place December 3, 2016 before the Santa Claus Parade in Magog. Proceeds of the run will go to the Memphremagog Community Learning Centre (MCLC). The honorary president for this first edition is no other Magog Mayor Vicky May Hamm. To register please enter this link into your browser <https://evenements.sportchrono.com/..la-course-des-lutins-2...>

The Memphremagog Community Learning Centre Social Club "is designed to provide an opportunity to make new friends, meet neighbours and welcome newcomers to the community in an English environment.

The "Social Club" meets usually on the 1st Monday evening of every month and to get out and do something in the Township's that includes Restaurant Dinners, Games Nights, Picnic's in the Park, Summer BBQ's, and any other social events that might come up during the year. Please come and help explore what we could do together. For our next event, we are going to be having a Christmas Dinner Out Date: Monday, December 5 6:30 pm. Please contact Rachel for more information and to confirm your participation with Rachel at [Rachel@egcinc.ca](mailto:Rachel@egcinc.ca)

The 37th Annual Christmas Craft Fair at Princess Elizabeth Elementary School, 120 Bellevue, Magog will be Saturday, November 19, 9am-3pm Large variety of handmade crafts, baked goods, used Book Sale, Scholastic Book Fair, Christmas movies playing all day in the CLC Room, Popcorn, Christmas Craft Workshops, Gourmet breakfast-Brunch-Lunch Fall Classes...

Fall Yoga Classes with Robin, Mondays from 4 pm to 5:15 pm, October 31 to December 5, 2016: (6 weeks of Progressive Yoga)

Wednesdays from 9 am to 10:15 am, November 2 to December 7, 2016: (6 weeks of Yoga & Movement) at the CLC Room, Princess Elizabeth Elementary School 120 Bellevue, Magog

Come and join us for a class of Yoga postures, breathing exercises and relaxation. In the Viniyoga style, the Yoga is adapted to our body's needs and capacities, our breath is a gauge of the effort and sense of ease in each movement.

The goal is to find balance and harmony in our beings. For registration call 819-432-5997 for more information email Robin at [robincolyer@gmail.com](mailto:robincolyer@gmail.com)

Essentrics with Martha, Tuesdays October 18-November 29 from 5:30-6:30 in the CLC Room, Princess Elizabeth Elementary School, 120 Bellevue, Magog. This is a dynamic workout with motivating music that works on 620 muscles of the body. It draws on the flowing movements of tai chi for health and balance, the strengthening theories behind ballet for long, lean, flexible muscles and the healing principals of physiotherapy for a pain free body. To register please contact Martha Au, [martha@netscape.net](mailto:martha@netscape.net) or

819-847-1725

Ayurvedic Yoga with Rhona, 6 Wednesdays 6:00 PM - 7:15 pm, November 9th to December 14th, CLC Room. In this course you will be introduced to Ayurvedic concepts based on the five great elements. We will discuss practical tips to balance daily routines, learn how to adjust seasonal routines, share healing recipes, and integrate Ayurvedic principles into our Yoga practice. We will explore Breath, Movement, and Stillness to find Joy, Strength, and Calm. Inspired by the wisdom of nature, Ayurveda, sister science to Yoga, is a 5,000 year old medical system still practiced today. Ayurvedic medicine recognizes the uniqueness of each individual taking into account psychological, emotional and physical conditions and tendencies. One size does not fit all.

Bellydancing With Sharon, 6 Wednesdays 6:00 PM - 7:15 PM, November 9th to December 14th, in the Cafeteria. Introduction to belly dance. No matter of your age, your body shape, your spamina for exercise, belly dance can take you to a place of joy, self-acceptance, connection to your sensuality, and - oh yes - fun. Bio - dance and movement (expression corporelle) is and has been a life-long passion. Travel and exposure to exotic cultures have brought belly dance and it's primal rhythms to an enriching part of my life. Yoga, meditation, connection to spirit combined with dance has taught me to inner unity and, at times, boundless energy. Information and Registration: Pervana 819-238-1285 [mladenofp@etsb.qc.ca](mailto:mladenofp@etsb.qc.ca)

Quebec Farmers Association Farm Food Forum, Video Conference Series, Thursday November 24th from 7:30-9:30pm, in the CLC room. Topic: For What It's Worth - Valuing Farm and Land Capital. Refreshments served. All are welcome

Live Parent Seminar, please welcome back Danielle Starenkj International guest speaker, author and educator. Monday, November 28th 6:30-7:30 followed by question and answer period. CLC Room

The Personality Factor. Topic: Discover the personality of your child. Is he a Big Me or a Little Me? Understanding your child's personality and discovering practical ways to help them in their development.

Spanish with Ursula, 4 Wednesdays 4:30- 6:00 pm, November 23th to December 14, Room 308. This Course will be conversational to learn more vocabulary and text. Information and Registration: [ursulajulve@gmail.com](mailto:ursulajulve@gmail.com) 819-769-358

Our Partner, Stanstead House Concerts Network. The Stanstead House Concert series is a project that brings one families living room in Stanstead into an intimate concert venue. The series has been attracting top-notch musicians from all over the world since it began. Casual, comfortable and unpretentious the music series is a very fun and inspi-



COURTESY

The School/ Community Garden Project is dedicated to building healthy, interactive locally grown, organic food for the community by supplying food for people in need as well as engaging, educating, and empowering people to grow their own food.

rational series of shows. An evening with Andrew Waite

<https://youtu.be/PhHB1yeDFbE>. Saturday November 26th Pot luck vegetarian dinner and House concert Dinner 6:00-7:30 Concert 7:30. Ross Murray will also be joining to read from his new book. Information and Registration: Hal Newman, Chief Concert Host: [hnewman@tms.ca](mailto:hnewman@tms.ca) 18 ch de Fairfax, Stanstead

When school, family and community work together to nurture a joy of learning in children, a society of educated citizens is created.

The Book Worms Program The Book Worms Program is about instilling in our students the joy of reading. Not only do we hope that our students find the joy but to also feel supported by and connected to our community, build relationships and improve overall reading and comprehension skills.

If you would like to make a difference in a child's life and do something meaningful, come and get comfortable in a cozy spot and read together, one on one. Please join us!

Math Tutoring provides a fun way to build relationships with students while delivering academic skills crucial to their success. Anyone who can commit 1 volunteer hour per week can make an impact. Please consider being a tutor in the 2016/17 school year!

The Garden Project, If you believe that - School gardens are a wonderful way to use the schoolyard as a classroom, reconnect students with the natural world and the true source of their food, and teach them valuable garden-

ing and agriculture concepts and skills that integrate with several subjects, such as math, science, art, health and physical education, and social studies, as well as several educational goals, including personal and social responsibility. We can also teach them about the environment and about recycling, composting and water conservation.

More than just a teaching tool, this Food Garden will become a portal through which knowledge of nature will be passed from one generation to another. It will also engender a sense of belonging to a community and working together for a common goal. Together participants will exchange knowledge and create a bond between our school and the community. This provides an opportunity for the students to connect with nature, take responsibility for our community, learn about the importance of healthy eating, and ultimately achieve a healthy vibrant community lifestyle.

The School/ Community Garden Project is dedicated to building healthy, interactive locally grown, organic food for people in need as well as engaging, educating, and empowering people to grow their own food.

Mentoring is like exercise for the soul! If you are interested in helping out with any of these programs please contact:

CLC Project Manager: Pervana Mladenof email: [pervanamlad@gmail.com](mailto:pervanamlad@gmail.com) Phone: 819-238-1285. Website: [www.magogclc.ca](http://www.magogclc.ca) Facebook: Memphremagog Community Learning Centre

# RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Article rank 15 Nov 2016 Sherbrooke Record By Claudia Villemaire RICHMOND

## Richmond Regional honours veterans with unique drama

The auditorium at RRHS filled to capacity last Thursday as every Secondary level was ushered into assigned seats in readiness for the annual theatrical presentation by members of the drama class, written and produced by teachers.



CLAUDIA VILLEMAIRE

With the anniversary of the battle of Vimy Ridge as their inspiration, writers, directors and producers together with about two dozen students presented the sad story of young soldiers ready to 'go over the top' with sketches of wives, sweethearts and children waiting and worrying at home, knowing in their hearts there was a good chance their loved ones would never return.

The stillness in the auditorium was palpable as this heartrending drama unfolded, proving once again students here feel the importance of remembering and honoring the victims of two world wars, Vietnam and Afghanistan.

The winners of the poster competition organized and sponsored by the local Branch 15 of the Royal Canadian legion. The competition includes two categories, black and white and color and all levels compete with the winners in Secondary level 4 and 5 going on to Regional and provincial competitions.

In no particular order - Level 1 - Color - 1st Isabelle Buckland, 2nd - Penny Hebert, 3rd - Emilie Perron  
Level 2 - Michaela Roberts, Makayla Maheux and Allya Cote. Level 3 - Sara Racine-morrow, Eve Landry and Naomi Hebert. Level 4 - Marisa Goorts, Emma Patrick. Level 5 - Bianca Malboeuf, Allisha Hampton-pettigrew and Cassandra Evans. Black and White poster winners Level 1 - Morgan Roberts, Alexandre Nolet and Cassandra Jones.

Level 2 - Emma Keena, Cassandra Gruber and Ethan Mastine

Level 3 - Kayla Matthews, Jenna Rutherford and Zack Larochelle.

Level 4 - Brittany Roberts, Ben Johnston and Trevdr Robinson.

Level 5 - Eve Dandonneau, Justin Bombardier and Naomi Hamel.

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Article rank | 17 Nov 2016 | Sherbrooke Record

# 46th Annual AGRHS Hockey Tournament

Alexander Galt will be hosting their 46th Annual hockey tournament this coming weekend. With 8 teams participating including three local teams, Massey Vanier, Stanstead College and Alexander Galt, and five teams from Montreal including; Loyola, Selwyn House, College Brebeuf, College Regina Assumption and Lower Canada College (Defending Champions).

Games begin Friday, November 18 at 12:00 p.m. with Lower Canada College against College Brebeuf.

Selwyn House will be playing against Stanstead College at 1:45 p.m. followed by Loyola vs. Massey-vanier at 3:30 p.m.

To finish off the day Alexander Galt will be facing off against College Regina Assumption.

The winners of Friday's game will play again on Saturday, November 19 starting at 12:00 p.m. and 1:45 p.m.

Consolation games will take place Saturday morning at 8:30 a.m. and 10:15 a.m.



The Champion game will take place at 5:15 p.m.

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Article rank | 17 Nov 2016 | Sherbrooke Record

# Cookshire Elementary working hard on Christmas play

Colder temperatures have replaced the beautiful colors of autumn, but nothing seems to dampen the spirits of Cookshire Elementary as they continue to enjoy many activities and events. With the upcoming holiday season fast approaching, there is still much fun to be had before the break.



On October 28, staff and students disguised themselves as best they could and enjoyed a Halloween dance, which included snacks, party games, prizes for costumes, and a lot of music and dancing. The Cycle 3 pumpkin-carving contest was also decided during the evening with a very close vote for the winning creation.

The new and very popular Yoga, Sports, and Pokémon clubs have been temporarily stopped so that Cycle 3 can begin rehearsing for their Christmas play. This year, grades 5 and 6 will be performing an adaption of "A Christmas Carol," by Charles Dickens. It is still early, but the students are enthusiastic and passionate to perform a great play. When the students return after the holidays, the normal clubs will continue with the possibility of others starting up in the New Year.

Most recently, Cookshire School hosted a craft sale, on November 12, with many different artisans coming to sell their craft items and goods. Many people of all ages searched the tables for trinkets and treasures, enjoyed a soup and sandwich lunch, and visited with the members of our community. It was a successful event and one to continue in the coming years. Thank you to everyone who participated and supported our school.

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Article rank | 17 Nov 2016 | Sherbrooke Record | By Nate Forster Athletic Director Massey-vanier High School

# Massey-vanier names Lavoie and Whitehead October athletes of the month

October has come and gone at Massey-vanier with another two athletes being named athletes of the month. Hevin Lavoie was one of the best players on the bantam boys soccer team this season. Although he had a slow start to the year only ending up on the score sheet twice, his month of October was the complete opposite. He scored 6 goals in 3 games during the month and scored 4 of the 6 in one game. That effort alone was the reason the bantam boys Vikings finished league play in 3rd place rather than 4th, giving the Vikings a better chance at reaching the ETIAC soccer final.

Abie Whitehead is in her graduating year at MV; she's been a member of the cross-country team for three years. This year, she started strong and then struggled in her two subsequent races. She worked hard at school and at home to improve and regain a spot in the medals. In her final two races, she placed third at Galt and as well as at the finals at BCS. We'll miss Abie next year! Congratulations to both athletes.

In other news, the ETIAC soccer playoffs for junior and bantam teams were held in Lennoxville on Saturday Oct 29, quite possibly the coldest and wettest day of the month. Through wind, cold and rain the junior and bantam Viking girls dominated the day, taking home the ETIAC championship trophies. Honourable mention goes to junior girls soccer player Alyssa Sherrer who scored 3 of MV'S four goals in the playoffs and played every minute of both games to lead her team to the title.

The annual Gilkinson Memorial Hockey Tournament was held on Friday, November 4th at MV, with a great turnout of students, teachers and alumni. Four teams attended, including the eventual champion and Vikings rival Alexander Galt Pipers. A huge thank-you to the Gilkinson family for attending and to all the sponsors who support such a great tournament.

The first annual "Pig Roast Fundraiser" to benefit Massey-vanier Athletics was held in Foster, QC on Saturday, November 5th, and it was a huge success, as the feast raised \$2380.00. Thank-you to all our sponsors and volunteers. A special thank-you to Nadja Dziambor for all her hard work and effort, the event couldn't have been a success without her.

Coming up in November, the first annual Blumenfeld Homecoming will be held at Massey-vanier on Saturday, November 19. All Viking basketball teams will open their seasons on their home courts against rival schools, with a special dedication ceremony being held to honour the Blumenfeld family. Come out and support our teams, all the action starts at noon and wraps up around 5:30pm. See you then! Go Vikings!

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