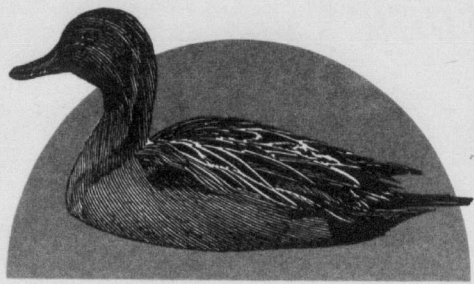


Brome County NEWS



WEDNESDAY, FEBRUARY 18, 2004

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Flyé hosts millenium book exhibition

By Wendy Denman
RECORD CORRESPONDENT

Alanna Fahey's small Sutton bookstore, Flyé, has obtained the millennium exhibition put together by the Canadian Bookbinders and Book Artists Guild in 2000.

The rare manuscripts will be on view at the bookstore for a couple of weeks and Fahey invites friends and customers to come and have a look.

"It's really simply wonderful. I have never seen anything like it," she told The Record this week. "Just putting it on display has been a real project. You have to use special gloves to touch the books."

Thirty-five artists from across Canada were requested to create an addition of 50 manuscripts. Fifteen boxes of the manuscripts are being used for exhibition and teaching purposes, the boxes reserved for travel have been going to schools, libraries and galleries and will eventually be archived. Flyé now has one set.

"The range of the work is truly remarkable, with traditional techniques and contemporary technology inter-

mingling and reinforcing each other," explained the curators of the exhibit, Shelagh Smith and Susan Corrigan.

"The collection includes use of leather, metal and paper, calligraphy, digital woodcuts, letterpress printing, hand papermaking, scrolls, books large and small, woodblock print, flax paper, Japanese paper and hand-colored linen," added Smith.

"Very few limitations were placed on the artists. Size restrictions were imposed, but there were no subject restrictions. Our self-imposed conditions were that artists from across Canada be represented and that all areas of the book arts, book binding, fine printing, calligraphy, papermaking, paper decorating and artists' books be included, as indeed they are."

Flyé, a small nook at 21 Principal Street in Sutton, is open only on Thursday from 11 a.m. to 1:30 p.m. and Friday and Saturday from 11 a.m. to 2 p.m.

"Everyone who loves books should see this collection," concluded Fahey. "The art is marvelous, it gives a whole new perspective of what a book can be."



DAVID ANDERSON/SPECIAL

Vanessa Herrick of Montreal stopped by the Flyé Bookstore in Sutton and while there enjoyed looking at the many different hand made book bindings on display.

Awareness seminar looks at immune system

By Wendy Denman
RECORD CORRESPONDENT

Landscape gardeners Morgan and Catherine Fuller, intrigued by a recent medical discovery, are sponsoring a health awareness seminar at the Lakeview Hotel this Saturday, (Feb. 21, at 2:30 p.m.).

The seminar will feature keynote speaker Dr. James Gutman of the Montreal General Hospital.

"This past year we have become aware of some valuable information about cellular health in humans," said Fuller.

"It is for this reason that we have made special arrangements with Dr.

Jimmy Gutman to give a presentation on this discovery. He will talk about a special protein that supports the immune system by providing the body with the necessary building blocks to produce a naturally existing substance in our bodies, called Glutathione.

"Glutathione is a vital immune system cell component, anti-oxidant and detoxifying agent.

"Dr. Gutman will be addressing how to optimize your health potentials through nutrition by safely raising, supporting and sustaining your Glutathione levels, thus allowing your body's own defense system to maintain

and/or repair itself."

The Fullers have recently become representatives with Immunotec Research, a company that holds the patent for the Immunocal, a Cysteine delivery system that aids in cellular production of Glutathione.

"The discovery of the importance of Glutathione has made an impact," added Fuller.

"It's a wonderful anti-oxidant and the system is in use now for such things as detoxification for drug overdose. It is also important for the average person who wants to optimize their health.

"Over the years we have evolved our

gardening business into corrective pruning and nutrient needs of grass and trees. In this time we have become aware of the relationship of correct nutrients for plants and disease prevention.

"This has led us to inquiring of new research and advancements because the healthier a plant is the less intervention is needed and the better it is for the environment.

"The same is true for humans, which is why we're excited about what Dr. Gutman has to say and why we are holding the seminar."

The meeting is free and will be held in English.



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COMMUNITY CALENDAR

Feb. 21

The **PEACE SCHOOL**, located at 57 Pineau Rd., **Bondville** (Lac Brome), invites you to its Open House, 1 to 4 p.m. For more information contact Melanie or Lu at 450-243-1182 and visit the school's Web site at www.ecolepeace.ca.

MENTAL HEALTH WELL BEING & SUPPORT GROUP at St. Paul's Church (basement), **Knowlton**, approx. 2 p.m. Do you or someone you know suffer from depression? Whether the depression is situational or diagnosed is not important. This group can help you. Having difficulty coping? Are words like Schizophrenia, Manic Depression, Bi-polar confusing to you? Or you're not sure how to support someone struggling with one of these illnesses? Or maybe you just want to be more informed. We have a lending library with books and videos. Need a ride to a meeting? Info. Linda 450-243-0928.

SPAGHETTI SUPPER sponsored by the **Bedford Scouts** at Centre Georges Peron, Bedford, 11:30 a.m. to 7 p.m. Admission \$7 adults, \$4 children, 6 to 12 yrs., under 5 is free. Take-out available at a cost of \$1 extra per serving, free delivery service organized in advance by calling Chris, 450-248-3351. Thanks to Robert Choquette, guitar teacher in Bedford, we'll be able to appreciate the talents of local young musicians from 5 p.m.

HEALTH AWARENESS PUBLIC SEMINAR at Auberge Lakeview Inn, 50 Victoria St., **Knowlton**, 2:30 p.m. Learn how a medical discovery from Montreal's McGill University in conjunction with

the Montreal General Hospital can help you to optimize and support your body's natural immune defense system. Guest Speaker: Dr. Jimmy Gutman. Info: 450-538-4444.

Feb. 22

Royal Canadian Legion, **Cowansville CRIB TOURNAMENT**, 120 Davignon, Cowansville. Registration, 1 p.m. \$5 per person.

Feb. 23

WE ARE ACCEPTING VOLUNTEERS. Information and general meeting, Estrie chapter of the Crohn's and Colitis Foundation of Canada at Loblaw's, 1122 South St., **Cowansville**, 7 p.m. Info: Amanda 450-292-3276.

Feb. 24

PANCAKE SUPPER — Its time again for the annual pancake supper at the Oddfellows Hall, 476 **Knowlton Rd.**, from 5 to 7 p.m. Pancakes, sausage, bacon, eggs, beans, various toppings, tea and coffee. Donation, adults, \$5, children under 10, \$3.

Shrove Tuesday **PANCAKE SUPPER** at Emmanuel United Church, 203 Principale, **Cowansville**, 5 to 7 p.m. Adults, \$7, children, 4 to 10, \$5, three and under, free. Menu: Pancakes, maple syrup, ham, dessert and beverages.

Shrove Tuesday **PANCAKE SUPPER**, **Dunham** United Church Hall, 5 to 7 p.m. Come and enjoy an evening of comfort food and fellowship.

PANCAKE SUPPER at **Iron Hill** Church, 5 to 7 p.m. All the pancakes, sausages, bacon, baked beans you can eat. Adults, \$5; children, 5 to 10 yrs., \$3. Under 5, free.

Shrove Tuesday **PANCAKE SUPPER** at **Bedford** Anglican Church Hall, 5 to 7 p.m. Adults, \$5, children 3 to 10 yrs., \$3. All you can eat homemade pancakes and sausages. Proceeds Go to Avante Women's Centre Financial Campaign. Info: 450-248-0530.

Feb. 27

HAM AND BAKED BEAN SUPPER at Trinity Church Hall, 409 South St., **Cowansville**, 5 to 7 p.m. Adults, \$7, children, 6 to 12, \$4. Come and enjoy. For information or tickets call 450-263-2662. Only 100 tickets available.

ARTS CALENDAR

Feb. 12 to 22

Storyland3 presents **BROADWAY VALENTINE - IT TAKES 2** at **Arts Knowlton**. The review explores the age-old question of love, and its many triumphs and tragedies, from Cupid's bow to lifelong friendship. Opening Thursday, Feb. 12 running Fridays and Saturdays, 8 p.m. Sunday matinees Feb. 15 and 22, 2 p.m. Reservations 450-538-0921. The show's sponsor Cafe Inn is offering a special dinner package. Advanced booking required 450-243-0069.

CHURCH SERVICES

KNOWLTON/CREEK PASTORAL CHARGE: Worship and song by members assisted by The Reverend Dale Skinner. Creek United, **Foster**, 9:30 a.m. Sunday school at Creek. **Knowlton** United, **Knowlton**, 11 a.m. (Handicap access).

ST. PAUL'S ANGLICAN CHURCH: 24 St. Paul's Road, **Knowlton**. We wish to know Jesus Christ and to make Him known. Sunday services: 8 and 10 a.m. Sunday school and nursery, 10 a.m.

PARISH OF BROME: Anglican worship service on the fourth Sunday of every month: 9 a.m. Holy Communion, Church of the Ascension, **West Brome**; 11 a.m. Holy Communion, Holy Trinity, **Iron Hill**; and 7:30 p.m. Hymn sing, St. John the Evangelist, **Brome Village**. Rev. Rick Garipey 450-243-6096. Ash Wednesday, Feb. 25. Taize communion service at noon and 7 p.m., at St. John's in Brome Village.

COWANSVILLE AREA PASTORAL

CHARGE UNITED CHURCH: Worship and Sunday school at Emmanuel United Church, 203 rue Principale, **Cowansville** at 10:30 a.m. Rev. Wendy MacLean Rennie officiating. Choir Practice, 9:30 a.m.

TRINITY ANGLICAN CHURCH, COWANSVILLE: Join us for Sunday worship. We have a service at 9 a.m. (traditional) and a family service and Sunday school at 10:30 a.m. Info: 450-263-2662.

WATERLOO ST. PAUL'S UNITED CHURCH: Worship at 9:30 a.m. N.V.P. Zone Team Ministers, Rev. Susan Tilleman and Rev. David Lambie. Info: 450-539-2129.

ANGLICAN PARISH OF BEDFORD/PHILIPSBURG AND FARNHAM: Sunday services: Philipsburg and Farnham, 9:30 a.m.; Bedford, 11 a.m. Fr. Brian A. Evans, Rector. I was a stranger and you welcomed me. (Matt. 25:35).

BEDFORD UNITED CHURCH PASTORAL CHARGE: Invites you to come and worship with us. Rev. Malcolm Cogswell. Services: **Stanbridge East**, 9:30 a.m., **Wesley Church, Bedford**, 11 a.m., **Mystic**, 12:30. Sunday school at Wesley Church.

GRACE ANGLICAN CHURCH, SUTTON: Come, let Jesus know you love Him. Sunday service, 10:30 a.m. at 52 Principale Sud. The Rev. Canon Tim Smart, Rector.

SUTTON-DUNHAM UNITED CHURCH: Sunday worship services: **Dunham**, 9:15 a.m., **Sutton**, 11:15 a.m.

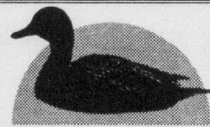
BAPTIST CHURCHES: Sunday services: **Mansonville Baptist**, 9:30 a.m.; **Olivet Baptist, Sutton**, 11 a.m.

COMMUNITY NOTES

PETTES MEMORIAL LIBRARY - NEW LIBRARY HOURS for February. Monday and Tuesday: noon to 4:30 p.m.; Wednesday, 10 a.m. to 6 p.m.; Thursday and Friday, noon to 4:30 p.m.; Saturday, 10 a.m. to 4 p.m. Sunday - closed.

SEE BOARD, PAGE 7

Brome County NEWS



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RATES & DEADLINES
COMMUNITY CALENDAR

Brome County News Community Calendar is reserved for non-profit organizations only. Deadline is **noon** on **Mondays**. A pre-paid fee of \$6 is required per publication, or **SPECIAL RATE of \$10 for 2 insertions**: 1 BCN & 1 in Friday Record "What's On" section. Please forward notices to Box 488, Knowlton, J0E 1V0, email: bcnnews@qc.aibn.com, or fax: (450) 243-5155. Visa and Mastercard accepted.

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KNOWLEDGE AND KNOW-HOW.

HONEY (French)
Fri., Feb. 20th: 4:30 p.m. and Thurs. Feb. 26th: 4:30 p.m.
Sat. and Sun.: 1:00 and 3:00 p.m.

COLD MOUNTAIN (English)
Fri. to Thurs.: 6:20 p.m.

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CIRCULATION

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CANADA: 1 YEAR	114.40	8.01	9.18
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			\$131.59
			\$67.86
			\$34.51

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Lucy Wright still active at age 105

By Wendy Denman
RECORD CORRESPONDENT

Lucy Wright, a beloved resident of South Stukely, whose celebrates her birthday on Valentine's Day, passed another milestone last Saturday when she turned 105.

Rejecting any idea of a large celebration like her family organized for her centennial, Wright expected to slip quietly into her 106th year.

"She didn't want anything done, but we couldn't just let it go by," said friend of 60 years, Muriel Whitehead.

Members of St. Luke's Anglican Church in Waterloo, where Wright attends weekly, along with members of St. James Church in Foster, surprised her Sunday with a bouquet of red carnations presented by People's Warden Daniel Hoege, and a festive luncheon in the church hall after the service.

"She's really so wonderful, her mind is as clear as a bell," said Shirley Chapman, one of the organizers. "She walked around the hall greeting everyone. There were times when she wasn't even using her cane."

"Our retired minister, Rev. Davidson, was there and said the grace. Lucy enjoyed the sandwiches and the birthday cake I made. She was completely taken by surprise, but I think pleased with it all."

Wright, whose life spans three centuries, lives autonomously on the family farm in South Stukely.

"Her son lives across the road, so he's there if she needs him and she visits her daughter in Ottawa from time to time, but otherwise Lucy lives alone still enjoying fairly good health," said Whitehead.

"Our Women's Guild in Foster also threw a little party for her on Feb. 4. We turned our annual meeting into a celebration. Lucy is an honorary member, having attended regularly for many years in the past."

"We weren't sure if she could attend so there wasn't much pre-planning, but she came and the meeting became a birthday luncheon. After all, when you have a friend who's turning 105 you want to throw a party."



DAVID ANDERSON/SPECIAL

A group of Lucy Wright's family and friends recently helped her celebrate her 105th birthday. Wright still lives on the family farm in South Stukely.

PEACE School opens its doors to the community

Curious parents can visit Bondville institution on Feb. 21

By Wendy Denman
RECORD CORRESPONDENT

The PEACE School, an alternative school for 5 to 12 year olds, located at 57 Papineau in Bondville, is holding an Open House on Feb. 21 encouraging families to come and investigate the many possibilities offered to them, talk to the students, parents and staff and view the various ongoing projects.

Started in September, 2002 by Melanie Whitham, the school offers an alternative to standard education. Whitham is passionate about education and anxious to convey the emotional sense of her school.

"I created the PEACE school because of a deep-felt need to live an undivided life. I no longer wanted to teach in an environment that did not reflect who I was."

"I was determined to live and work

in the world according to my deepest values and beliefs — those of peace, cooperation and love, for ourselves, for others and for the earth," Whitham said recently.

"For me, the PEACE School is a tool of self-actualization for the students, for the teachers, even for the parents and other adults who are part of the school."

"Consequently, it is also a tool for the transformation of our society. I firmly believe that if we truly want to transform our society so that it reflects more truly the values of peace and respect that we all cherish, our schools must lead the way."

The privately-run PEACE School is non-profit, the program is bilingual and it is accredited by the Quebec Ministry of Education.

"I often say that we are not teaching a program, we are teaching children. Sometimes it is difficult to remember that because we teachers often believe that if we don't follow the program, we will lose our job or the children will somehow be penalized now or later on."

I don't hold to that belief," said Whitham.

Apart from the teacher-led workshops, subject learning is integrated in the student's projects and daily school life.

"For example, moral and citizenship education are taught and practiced in daily meetings. Other subjects covered by the Ministry of Education's elementary program are integrated into the students' projects and into workshops," she continued.

"Competencies in reading, writing and math are acquired in a more permanent manner when the learning activities have meaning for the child, when they find their source in the life of the child and the objectives he sets for himself, thereby fulfilling his needs and satisfying his inter-

ests."

Whitham feels that the school is best explained by the students themselves and many will be on hand at the Open House this Saturday.

Parents also play at large part in school life, and are encouraged to take an active part in their children's education. Many activities focus on the environment, and the school's large 106-acre property is often used as a classroom.

SEE PEACE, PAGE 5

Catherine Demers
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Midwinter checkup can help beat blues

Back in the fall I took a look at how to get your car or truck ready for the winter. We've still got a ways to go yet before the patches of green start to reappear, and your vehicle might be starting to develop its own version of seasonal affective disorder.

A midwinter checkup might be just the thing to help it get through the coming weeks.

For the last 10 weeks or so your car has been living in a pretty harsh environment; extreme cold with salt and sand and road gunk flying about.

Meanwhile snow that melts and freezes and melts and freezes again can do all kinds of nasty things.

Not to mention the rough roads, of which there is sure to be a lot more to come when spring makes its arrival, in about five weeks according to the calendar.

During the cold weather we're all a lot less likely to be getting out there and opening the hood, or looking underneath to make sure everything's where it should be.

But we still expect it to start, get us from point A to point B and keep us warm in between.

With the objective of giving your car a little midwinter TLC without spending hours outside, here's a quick checklist of things to look for:

- First off, check your tire pressure. With the up and down (mostly down) temperatures we've had, your car's tire pressure has been following suit. To mix the Metric and Imperial systems, for every five degree Celsius temperature drop, you lose about one pound of air pressure.

If your winter tires were put on when it was 10 C and it's now -20 C, they've each lost six pounds of air. That's enough to significantly increase tire wear and reduce traction.

Your should make a habit of checking tire pressures once a month, year-round.

- Under the hood: Check all fluid levels; oil, power steering, coolant, brake fluid and transmission (if possible). If you do a lot of driving an oil change may be in order.

A slight loss of any of these fluids is not unusual, but a larger loss could mean a problem. While you're there, top up the windshield washer fluid.

- Even if the fluid levels are fine, look around for leaks. All that salt and filth can eat away at gaskets, seals and hoses.

A slight leak spotted and fixed now could save a sudden failure later, when you're out and about.

UNDER THE HOOD

MAURICE CROSSFIELD

- Drive belts should be free of cracks and fairly tight. Many newer cars have automatic belt tensioners to make sure of that for you. Hoses should also be free of cracks and bulges.

- Battery connections are very important in the winter. They should be clean and corrosion-free.

You want good contact there to be sure your car gets maximum starting power.

- Next, with the hood open, start the car up and open your ears. Listen for unusual noises, like knocking or the sound of the drive belts whining.

These sounds can be warnings of things to come, and you might not ever hear them sitting in the driver's seat with the heater on full blast. If you hear a noise but can't tell what it is, ask your mechanic. Better safe than sorry.

Remember, keep your hands, coat tails and scarves away from the engine compartment while snooping around.

- With the engine still running (and the parking brake on), take a quick look underneath.

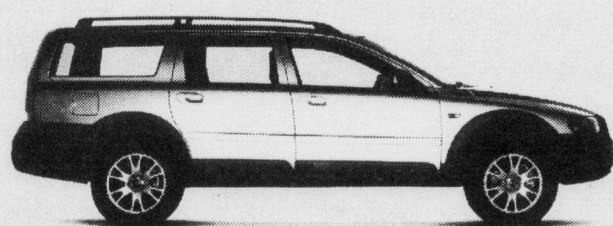
On cold days exhaust leaks can be seen, and once again you may be able to spot something before it becomes a bigger problem.

While you're down there, look for anything hanging down or apparently out of place.

- As a last thought, spray door locks and latches with a light, freeze-resistant lubricant. The stuff you sprayed in there back in November has probably lived its life by now.

That's about it. Less than 10 minutes later you have given your car a quick visual checkup.

Your findings may send you on a trip to your local garage, but at least it won't be on the back of a tow truck.

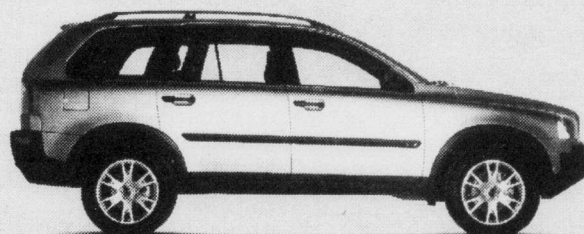


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Bedford scouts learn about winter survival

by Barbara Bellingham
RECORD CORRESPONDENT

With today's youth enticed by the fantasy world of computerized adventures, it is interesting to know that real life adventures are still a possibility.

Bedford is one of those fortunate areas where the scouting movement is alive and well. Sixty children between the ages of six and 17 still participate in weekend activities like camping with real tents and campfires, hiking and skiing, and canoeing down real rivers.

In the realm of the popular Survivor theme, 13 scouts and four leaders from the Bedford chapter recently spent a weekend at Camp Tamaracouta Scout Reserve learning winter survival techniques from Arctic Survivor Instructor Leslie Wilcox.

Situated near St-Jérôme, Camp Tamaracouta is the oldest year-round operating scout camp in the world and is used for week-long summer camping as well.

A handful of parents have voluntarily maintained the mission and oath statements that Lt. Gen. Robert Stephenson Smyth Baden-Powell established almost 100 years ago.

Scouting came to Canada in 1910 and the Bedford area was named Chapter 15. Today there are 216 countries following the Scouting structure.

In the Bedford area, Beavers, Cubs, Scouts and Venturers can be seen regu-

larly participating in Remembrance Day ceremonies, cleaning up brush at the Nature Park and helping other local organizations serve fundraising dinners and collecting food for the needy.

The organization tries to maintain an income base each year to cover the fixed costs of monthly rent and maintenance of their locale where weekly meetings are held and most of its equipment is stored.

The balance is used for new equipment and trips.

Unfortunately, prices are going up faster than their fundraising skills, so participation fees are higher than they used to be.

Occasionally, private donations of funds and equipment help, but the Bedford chapter relies heavily on its community to offer its membership at an affordable rate to everyone.

This can be done by donating recyclable bottles in the Scout container outside the Bedford Metro, making personal donations for trees that the scouts provide and plant each spring and attending the annual Spaghetti Supper.

This year, the Bedford chapter of Scouts Canada will be holding its spaghetti supper on Saturday, Feb. 21, from 11:30 a.m. to 7 p.m. at the Georges Perron Centre.

Admission is \$7 for adults, \$4 for children 6 to 9 and free for children 5



BARBARA BELLINGHAM/CORRESPONDENT

The Bedford chapter recently spent a weekend at Camp Tamaracouta Scout Reserve learning winter survival techniques from Arctic Survivor Instructor Leslie Wilcox.

and under.

As well as helping with serving, Scouts and Venturers will be providing musical entertainment with the assistance of a local music teacher, Robert Choquette,

starting at 5 p.m. For more information about the Bedford Scouting movement or its fundraising schedule, contact Chris Craft at 450-248-3351.



RECORD FILE PHOTO

Melanie Whitham will welcome interested parents Feb. 21 between 1 and 4 p.m.

PEACE:

CONT'D FROM PAGE 3

"We will be open Saturday from 1 to 4 p.m., there will be a tour of the school, viewing of a video of the school made by one of our students, in the project

room, visitors will learn some of the local environmental issues our students are studying and ecological initiatives our school has taken this year. It is also registration time for the 2004/2005 school year.

"We are also happy to preregister students for the 2005/2006 school year."

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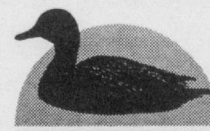
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Sutton festival moves shows to Maple St. venue

Due to the fragile nature of the next two exhibits at the gallery Arts Sutton, The Festival du Jazz Sutton has moved its next 10 performances to a new and exciting venue: Club Coeur du Village at 4-C Maple in Sutton.

On Feb. 28, Sutton Jazz opens there with Jazzmin featuring vocalist Lynne Hamilton. Admission is \$10. Call 450-292-3835 or 450-538-6060 for more information.

In early 2003, John Samborsky teamed up with Hamilton to form Jazzmin, playing classics from the varied jazz repertoire of the great lady ballad singers. Dave Sutherland was later added on horns and now Jeff May on guitar and flute.

Hamilton began performing publicly in 1995 with Christmas songs for a group of Inuit in the Arctic. In the Eastern Townships since 1996, she has participated in the Knowlton Arts theatrical productions of *The Boy Friend* and *Oliver* in the role of Nancy. She also performed with the Cowansville Community Choir in the chorus and as a soloist.

Hamilton participates in local fundraisers such as coffee houses and in

the Massey-Vanier annual fundraiser Kaleidoscope, and has organized and performed in Music Medley. She also directs a children's choir at Knowlton Academy.

Samborsky worked the acoustic bass and sang with a string band, Stringalong from 1987 to 1989 and played with Bob Fuller's Old Time Country Music for several years. Since 2002, he has performed with The Dirty Blues Band, Samborsky Jazz and the Homebrew Dixieland Band.

Sutherland, on saxophones, clarinet and flute has performed in a variety of musical formats including Dixieland and swing bands, saxophone quartets and various small jazz groups from traditional to free form in the Ottawa area, Montreal and now in the Townships.

May is a music educator and multi-instrumentalist. The instruments he can be heard on include flute, classical and jazz guitars, piano, congas, and mandolin.

He has fully embraced the art of creative improvisation on all of his instruments. He has performed in a great many settings, including modern dance and theatre. He has also recorded music for film.



COURTESY FESTIVAL JAZZ DE SUTTON

John Samborsky, Dave Sutherland, Jeff May and Lynne Hamilton (pictured) will perform at Sutton's jazz festival on Feb. 28.

11:16 PM

The paramedics arrive.



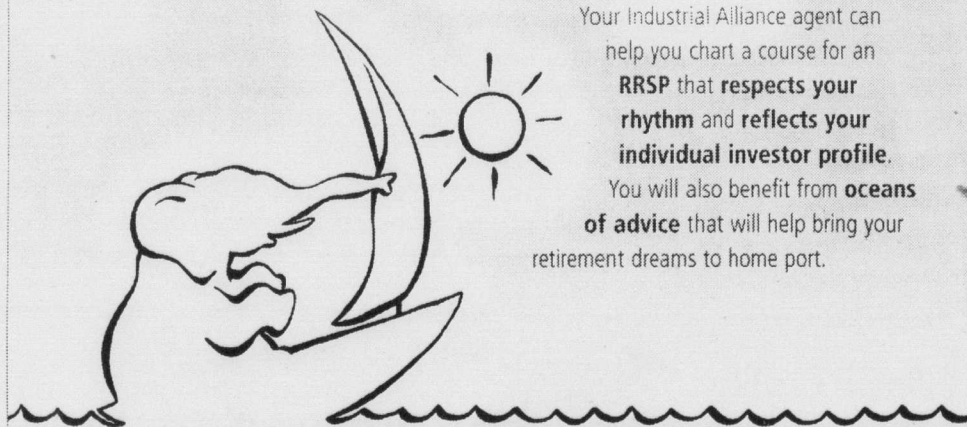
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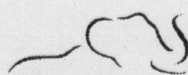
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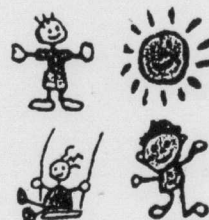


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Happily, healthily ever after

By Chris Zdeb

George and Florence Butler are among the healthiest people on the planet. They're in a good, loving and long-term first marriage which, according to a growing body of research, protects them from sickness and disease, allows them to bounce back quicker when they do get sick, reduces their likelihood of suffering from mental health problems and extends their life.

Love, of itself, provides people with physical affection, emotional security, sociability, communication and sex. Marriage throws in support, improved financial security and less stress.

Unhappily married people, divorced people and singles don't even come close, researchers say, and awareness of the chasm is simply heightened on Valentine's Day.

One Toronto study found an unhappy marriage can kill partners with high blood pressure. Those with hypertension in bad marriages were found to have thicker heart walls, a sign that their hypertension has worsened.

Even the mere presence of their spouses could aggravate their blood pressure, the study said. In good marriages, people with hypertension found their blood pressure went down.

There are many reasons why marriage helps people live longer, healthier, happier lives, but sociability within and without the marriage is a big factor, some studies say.

Besides the time they spend together, the Butlers, for example, are active members of their United Church — George, 83, is a retired minister — and they belong to a seniors group near their home. Both say this is key to their health and happiness.

"I think healthy people are those with enough interests, who keep active so that we don't have to dwell on aches and pains," George says. "We'd probably get on each other's nerves otherwise."

The health benefits of love and marriage appear to be greater for men than women. Marriage for the first time among 21- and 24-year-olds does not lead to any noticeable benefits, but comparisons of older married and divorced men has found the health levels of the latter drop significantly as they age past 50.

One Scottish study suggests it's because women are more likely to take responsibility for their spouses' health, encouraging them to go for regular health checkups, take medication, lose weight, exercise and watch their alcohol consumption.

Staying married boosts men's chances of surviving to age 65 from about two out of three to almost nine out of 10.

Non-marrieds have significantly higher rates of mortality; 50 per cent higher among women and 250 per cent higher among men. They are more likely to die from all causes, including coronary heart disease, stroke, pneumonia, cancer, cirrhosis, automobile accidents, murder and suicide.

Being married improves mental health for both men and women because they have someone to talk to — to discuss their worries, dreams and disappointments, which helps relieve stress and anxiety.

Of course, marriage is not rosy all the time.

"There are moments . . ." chuckles Florence, 80. But not many, she adds.

She says she doesn't consciously think about marriage keeping her happy and healthy, but she supposes it does.

—CanWest News Service

BCHS' Phelps Turns 96



COURTESY MICHEL RACICOT

Marion L. Phelps, historian at the Brome County Historical Society in Knowlton, celebrated her 96th birthday on Feb. 9. This birthday was celebrated by the group of 25 people who attended Jimmy Manson's last lecture of the B.C.H.S Lecture Series, at the Old Courthouse in Knowlton. During the intermission of the lecture on the Fenian Raids, a birthday cake was presented to Phelps.

BOARD:

CONT'D FROM PAGE 2

Au Diapason, a support organization serving Brome-Missisquoi, is offering a **NEW SERVICE CALLED A GRIEVING RESOURCE**. A support group to persons grieving the loss of a loved one. Support groups provide mutual aid in a structured, respectful and guided setting. Eight English language sessions, Thursday afternoons, from 1 to 3 p.m. There is no charge to join this group. A preliminary interview is required before the registration. If you wish to participate, please call Au Diapason at 450-266-4342, ext. 4322.

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Nouvelles découvertes sur les gras Omega-3

Plus de 49 études importantes ont été effectuées depuis 30 ans au sujet des Omega-3, ces gras non saturés considérés essentiels car ils ne peuvent être synthétisés dans le corps humain.

Les sources alimentaires de ces acides gras comprennent, entre autres, la graine de lin et les noix de Grenoble ainsi que les poissons, en particulier les poissons marins tels que les sardines, les anchois et le saumon.

L'influence des composantes EPA et DHA des sources mentionnées plus haut sur la santé humaine a fait l'objet de nombreuses recherches.

Bien que les Omega-3 soient surtout connus pour leurs bienfaits cardiovasculaires, ils sont aussi efficaces pour le système immunitaire, la peau et la santé en général.

Par exemple, il semble que notre alimentation moderne cause un grand déséquilibre entre les Omega-6 et les Omega-3.

Nos ancêtres avaient une alimentation offrant un équilibre entre les deux alors que présentement l'écart est souvent 20 pour un et même 50 pour un dans certains cas, ce qui est loin du ratio de 1 pour 1 recommandé par les experts en gras essentiels dans le Journal of the American College of Nutrition.

Nous mangeons beaucoup trop d'Omega-6 par rapport aux Omega 3. Nous utilisons beaucoup les huiles végétales qui contiennent beaucoup d'Omega-6; elles se retrouvent aussi dans un très grand nombre des mets préparés pour le consommateur.

La moyenne quotidienne de EPA/DHA combinés est de 130 mg en Amérique du Nord, soit 520 mg de moins que les recommandations publiées et 870 mg de moins que 1000 mg recommandé par la American Heart Association, dans les cas de maladies cardiaques.

Et voilà que des études récentes démontrent que la diminution des acides gras Omega-3 dans l'alimentation est en contraste direct avec l'augmentation de la dépression dans les pays riches.

De plus, la dépression est de plus en plus fréquente chez les jeunes. Les scientifiques qui ont étudié l'amélioration de la dépression ont exprimé leur opinion que ces découvertes ne peuvent s'expliquer par le changement d'attitude des professionnels de la santé ou la société, les critères de diagnostic ou autres.

On croit que le faible pourcentage d'Omega 3 dans l'alimentation, le déséquilibre entre celui-ci et les Omega-

6 ainsi que le message erroné des 25 dernières années à l'effet que tous les gras étaient néfastes, ont eu une influence désastreuse quant au taux de dépression.

Durant la dernière décennie, les neuroscientifiques ont examiné les conséquences de déficiences en Omega 3 pour le système nerveux central.

Des changements quant aux niveaux de sérotonine et de dopamine ainsi que le fonctionnement de ces deux neurotransmetteurs est évident lorsqu'il y a une déficience en Omega-3.

Les changements observés dans le manque d'Omega-3 chez les animaux est étonnamment semblable à ceux trouvés lors d'autopsies humaines.

Selon une étude en 1992, un niveau trop bas d'Omega-3 peut aussi compromettre la barrière de sang qui protège le cerveau contre l'accès au cerveau de matière indésirable.

Un manque d'Omega-3 peut aussi diminuer le flux normal du sang vers le cerveau, une découverte intéressante puisque des études ont démontré que les patients souffrant de dépression ont un manque de sang dans certaines parties du cerveau.

Le DHA se trouve en grande quantité dans le système nerveux central (neurones) où il agit comme soutien.

Lorsque le niveau d'omega-3 est insuffisant, la cellule nerveuse devient rigide parce que le cholestérol et les acides gras Omega-6 se substituent aux acides gras Omega-3 compromettant la neurotransmission normale de cellule à cellule et à l'intérieur de chaque cellule.

Le EPA, est aussi très important pour la signalisation à l'intérieur des cellules.

La normalisation des communications à l'intérieur des cellules semble être un facteur important dans l'amélioration des symptômes dépressifs.

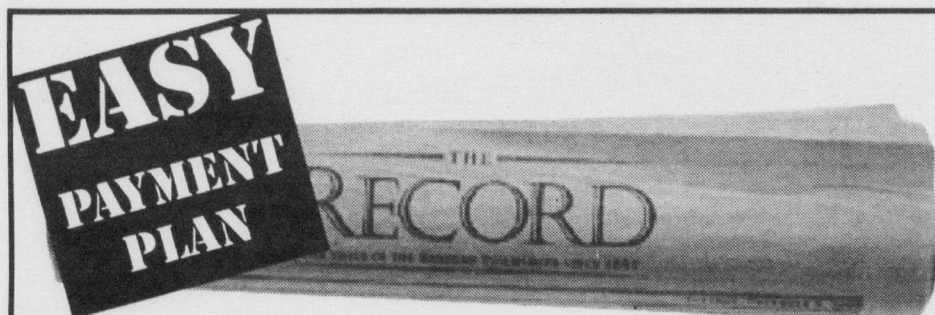
Bien qu'on ait déterminé l'influence EPA/DHA sur la physiologie et la structure du cerveau, les mécanismes précis par lesquels ces acides gras améliorent la dépression, demeurent inconnus.

Cependant, des études à long terme au sujet des suppléments d'huile de poisson pour les maladies cardiovasculaires ont démontré qu'ils sont sans danger, bien tolérés et bénéfiques.

Si ce sujet vous intéresse, lisez plusieurs articles et, en particulier, le long article de Alan C. Logan, ND, avec références à 49 études sur les acides gras Omega-3, sur le site [www://mercola.com](http://www.mercola.com), le site Internet sur la santé naturelle le plus visité et en qui les intéressés ont le plus confiance, au monde — on parle de 50 000 000 visites à site par jour.

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Information meeting for cultural committees

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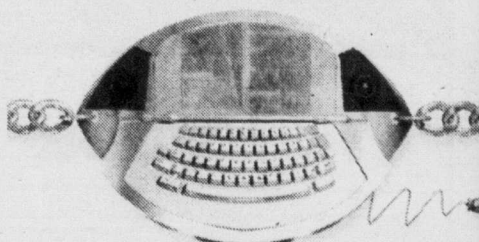
Cultural organizations in the riding of Brome-Missisquoi and Minister of State for Financial Institutions, Denis Paradis, are invited to take part in an information session where representatives of the departments of Canadian Heritage, Human Resources and Foreign Affairs will be in attendance.

"This is an opportunity for the representatives of our cultural organizations to find out about programs pertaining

to their area of activity. Officials will be on site to answer their questions and to provide all the documentation they need," said Paradis in a release this week.

The information session is to be held on Friday, Feb. 27 between 8:30 a.m. and noon at the Hotel Chéribourg in Magog. Those interested in participating are asked to register by contacting one of Paradis' riding offices: Bedford 450-248-1179, Cowansville 450-266-6062, Magog 819-843-8743 or toll free: 1-800-294-8933.

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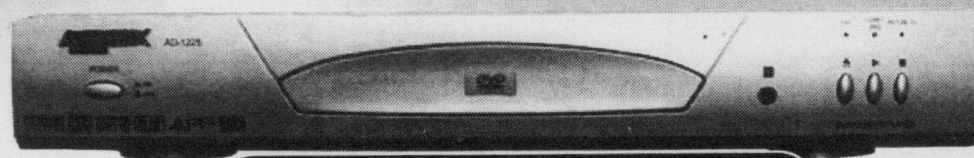
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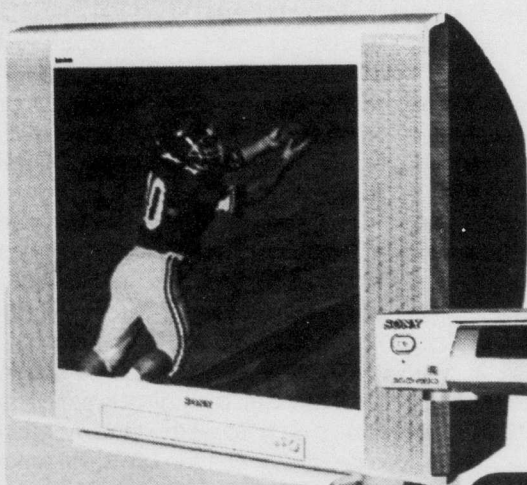


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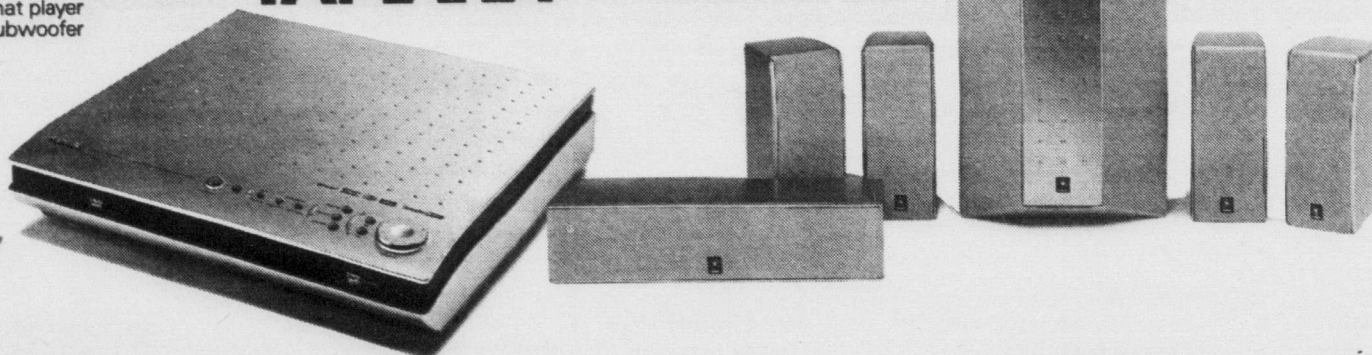
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Business & Finance

RRSP-RRSPs are not for all - all of the time

By MICHAEL KANE
(CanWest News Service)

VANCOUVER - Registered retirement savings plans are not for everybody all of the time and not for some people any of the time.

Rich folks, poor folks and business owners are among those who might want to think twice before rushing out to buy a tax refund before the March 1 deadline.

Others may face bigger priorities like getting an education, saving for a home, or coping with ill health in the family.

And those within five or 10 years of retirement would be well-advised to fine tune their strategy with an adviser before assuming another RRSP contribution is the optimum approach. If you have a very low income,

struggling to come up with the cash for an RRSP could backfire in retirement.

First, you will likely pay as much tax on the money coming out as you saved when your made your contribution. Second, every dollar in RRSP savings you withdraw could reduce your entitlement to the Guaranteed Income Supplement by 50 per cent.

To keep that in perspective, GIS is worth a maximum of \$549 monthly and a single senior with income above \$13,200, not including Old Age Security, gets none of it. For couples, the cutoff is about \$18,000.

But if you are not earning a lot, why knock yourself out to contribute to an RRSP that could push you into a higher tax bracket and mean reduced government benefits as a result? As a rule of thumb, RRSPs are of questionable benefit if your income is likely to remain below \$30,000.

One exception to that rule is young people who may be able to afford a contribution despite relatively low income and whose tax-deferred RRSP could have 30 or 40 years to compound. Tax deferred compounding, rather than the up-front tax refund, is the real advantage of saving inside RRSPs.

For younger people, RRSPs are also an attractive way to save for a down payment on a home or to pay for post-secondary education. Although you get a tax refund up front, there are no tax penalties for withdrawals up to \$20,000, provided you are able replenish the RRSP in subsequent years.

Young people who are on track for a high paying career may want to defer RRSP contributions until they are in a higher tax bracket and can generate bigger tax refunds. Never underestimate the value of investing in post-sec-

ondary education. Academic studies show the higher future income stream resulting from investment in college or university is equivalent to an average annual return of more than 12 per cent after inflation and taxes. There are other significant benefits as well, often including better health and a higher standard of living, says TD Bank Financial Group.

At the high end of the age and income scale, someone with a solid pension plan and significant RRSP assets might want to put excess funds into their principal residence where gains are tax-free, or into non-registered investments which generate tax-favoured dividends or capital gains.

Those who have cut back to part-time work, or perhaps started a business, could earn a modest tax deduction on an RRSP contribution today, only to take the money out at a higher tax rate in the future, cautions financial planner Sandra Hrvacanin of RBC Investments in Richmond.

Similarly, those who are only a few years from retirement, may realize insufficient tax-free compounding inside their RRSP to compensate for higher taxes in retirement and potential reductions of OAS benefits, Pharmacare, and the old age tax credit.

Again, to keep this in perspective, the age credit is worth \$626 and the \$3,912 gross amount is not reduced until you hit \$29,124 of net income and not fully eliminated until \$59,789.

The Old Age Security clawback does not kick in until \$59,790 and you would have to earn \$96,788 before you lost all of your OAS which is currently worth \$5,500 a year. Those thresholds are raised a little every year thanks to indexing while OAS is adjusted every quarter.

Individuals with large pension plans should consider contributing to a spousal RRSP if their partner is expecting less income in retirement, Hrvacanin says. That way the couple can even out their income in retirement and reduce their over-all taxes.

Hrvacanin notes that she only has one client she has advised against contributing to an RRSP. The client is in a very low tax bracket, is a very conservative investor, and already has a large RRSP accumulated through the death of her husband.

If your real priority is getting an education, buying a home, or coping with ill health in the family, then RRSP contributions should de-

fault to the bottom of the list, says Cherith Cayford, a fee-only financial planner and educator.

"It's an area that should be revisited when circumstances change and in any event at the beginning of each year prior to the RRSP deadline," Cayford says. "Unfortunately it's generally only in the movies that people are able to deal with all priorities at once."

Some business owners have the option to taking dividends from their company as opposed to salary. This reduces their tax bill and eliminates the requirement to contribute to the Canada Pension Plan, says Melanie Frers of Burnaby's Meyer Frers chartered accountants.

It also means they generate less RRSP contribution room but Frers says that hasn't been a problem for many recently retired business owners because they have successfully invested in real estate.

"Most small business owners are still saving in RRSPs for their retirement but more and more are taking the dividend route just because Canada Pension Plan contributions have become so expensive," Frers said.

"Once dividend income is over a certain level, however, the taxes start to bite and it becomes more attractive to revive the RRSP because you get the good tax savings now."

With today's low-interest rates, another strategy for business owners is to buy their premises, rather than continue to rent. They can catch up on RRSP contributions down the road, although it may mean sacrificing years of tax-free compounding.

Jeff Capling, a financial planner with VanCity Credit Union, says it is important for pre-retirees to get advice to help them smooth out their retirement incomes.

Those who retire early, for example, may be able to minimize taxes by accelerating RRSP withdrawals before they start collecting Canada Pension Plan and Old Age Security.

Those with investment real estate may want to avoid selling and triggering capital gains just before retirement because they could lose some or all of their OAS for six months or longer as a result.

And those who expect to receive substantial income from their RRSP when it is converted to a registered retirement income fund will also want to plan their affairs so that they don't get pushed into the OAS clawback zone as a result of Ottawa's minimum RRIF withdrawal requirements which increase with age.

As financial author Ellen Roseman notes in Money 201, never make the mistake of assuming that the money in your RRSP belongs to you.

The government is giving you a tax deferral, not a tax holiday, and it will get its due eventually.

(Vancouver Sun)

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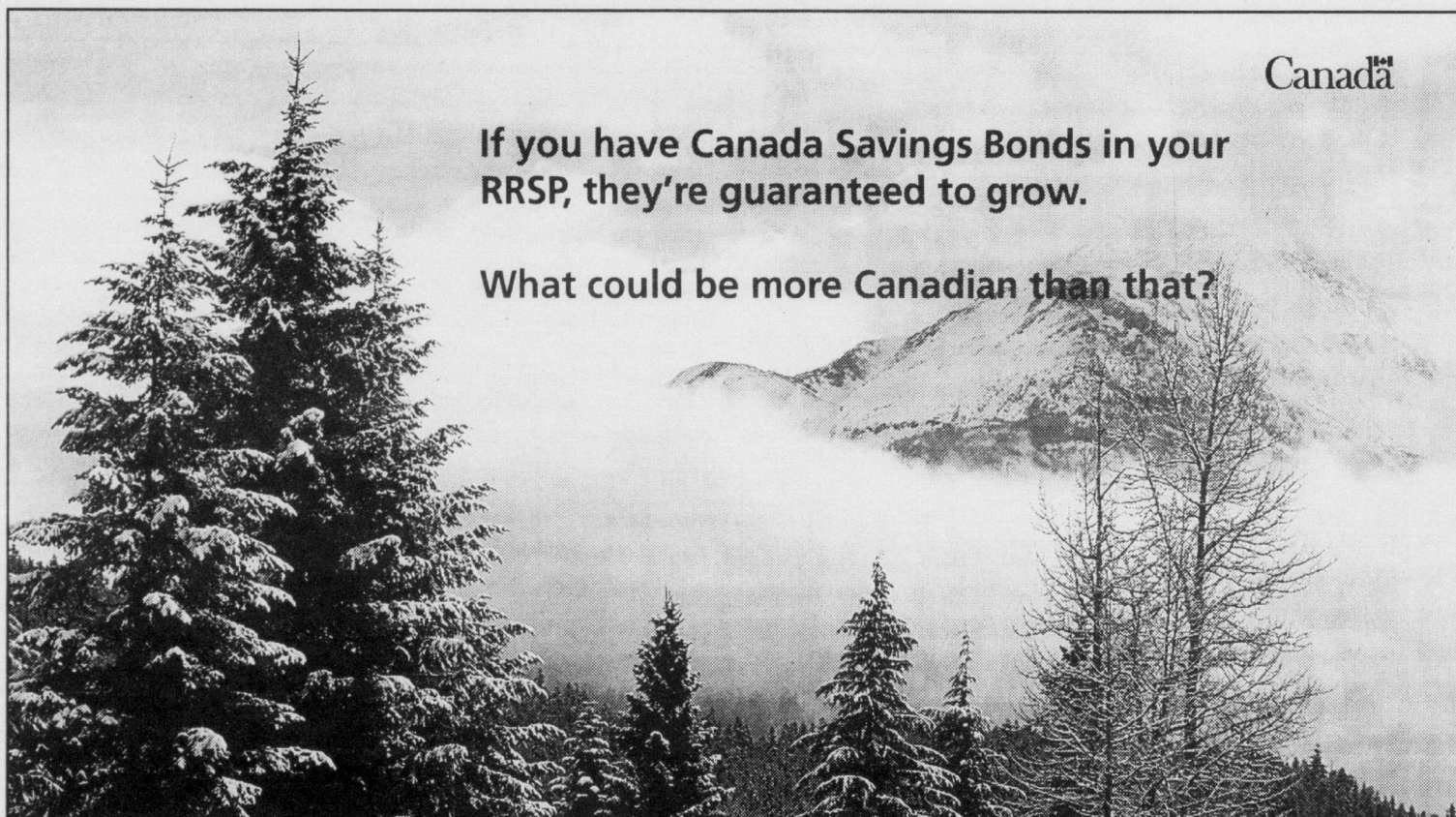


Stanbridge East Winter Carnival A Success



BARBARA BELLINGHAM/CORRESPONDENCE

The Stanbridge East Sports Association held its annual Winter Carnival last weekend, offering challenges in wood splitting, cross cut sawing, cribbage, snowmobile poker, a four-wheeler rally on Saturday and a car rally on Sunday. Throughout the weekend, a 10-team broom ball tournament was held behind the community centre. Profits from the canteen and bar went back to the S.E.S.A. to subsidize new equipment and events for sports and recreation within the community.



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Harmony Band visits former teacher

The Knowlton Harmony Band recently went on the road to perform a special concert at Ste-Anne's Veteran's Hospital in Ste-Anne de Bellevue.

The concert was held as a tribute to former Knowlton High School teacher and KHS Band founder Harry Long who is now a resident at the hospital.

Long is a legendary figure to many of the band's members, over half of whom are former students and KHS Band members.

He is regarded as the visionary who founded the KHS Band in the '50's, and then drove it to the point where it was recognized as a leading high school band which toured and won recognition throughout Eastern Canada and the Northern USA.

The Band was resurrected by former band members for a KHS reunion in 1996, and has continued in the form of the Knowlton Harmony Band since

that time. Although he had long since retired, both Long and fellow band leader Leo Corcoran returned to conduct a number of pieces at the KHS reunion.

In support of the concert, the Royal Canadian Legion branches from Knowlton and Waterloo combined a chartered bus to take the band members and some visitors to the event.

The Knowlton Harmony Band plays for a number of community organizations including Armistice celebrations and the Remembrance Day brunch in Knowlton.

It also gives free concerts to seniors and schools at Christmas time, and plays community concerts for the Santa Claus Parade, Brome Fair, outdoor summer concerts throughout Town of Brome Lake, and regular appearances in other communities including Cowansville, North Hatley, Mansonville, and Enosburg Falls.



COURTESY KNOWLTON HARMONY BAND

The Knowlton Harmony Band played a special concert for Harry Long recently.

BROME COUNTY SOCIAL NOTES

Oddfellows' military whist

There were 13 tables played at the Whist Party on Tuesday night, Feb. 10, with Eugene and Annie Jones in charge. Tables 10 and 11 tied for the high score, table 11 won the draw. First prize went to Yvette McElra, captain, Alfreda Neil, Natalie Bilodeau and Earl Whitehouse. Second prize went to Marguerite Brown, captain, Pat Benoit, Donald Page, Eva Page.

Consolation prize to Anne Foster, captain, Annie Jones, Bob Newell, Shirley Beaulac.

Door prizes went to Peggy Battley, Rita Hamilton, Adeline Jones, Bob Newell, Natalie Bilodeau, Alan Badger, Arthur Hall, Ben Battley, Doris Wilson, Everett Arnott, Bruce McPherson, Lucille Fletcher, Nellie Williams, Edna Badger, Gerald Copeland, Russell Lawrence, Jean Riti.

The grocery box went to Catherine Lawrence, with Doris Wilson, Barry Hetherington, Adeline Jones and Martha Dudley completing the draw. We hope to see you all next week.

—Submitted by Edna Badger

Fulford

There was a good attendance at the February meeting of the Fulford Social Club, with everyone busy working on the quilt or other projects.

Condolences to Herb Cole on the loss of his sister and to Garth Hadlock on the loss of his brother.

Captain Wiazowski is much improved in health and he and his wife, Terry, have a new grandson, born in France. Winona Matthews, of Sheffington, is spending some time at the Manoir.

Photographs of Fulford continue to

be displayed at the Brome County Historical Society, in Knowlton. James Wright has undergone tests at the BMP.

—Submitted by Margaret Fordham

Stanbridge East W.I.

The Stanbridge East W.I. met at the Anglican Church Hall, Feb. 5. The Collect and salute to the flag was repeated in unison. We were sorry hearing that Erma, and Larriane were not able to be with us.

We had an interesting meeting. Archivist, Judy Antle of the Missisquoi Historical Society archives department, Stanbridge East, was a guest speaker. She explained where to get information if the "genealogy bug" has bitten you.

The archives hold a vast collection of family history in the form of letters, photographs and Census records. They have an extensive alphabetical grave-stone book that list the surnames and the cemeteries where these names are located.

They have also been lucky that Brenda Wilson Birch has published two books — St-Armand Township Cemeteries and Frelighsburg Township Cemeteries.

Religious denomination, Protestant and Roman Catholic are listed. She is now working on a book for Dunham Township. From the microfilm church records, they have been transcribed into booklets.

All above booklets mentioned are now available at the museum in Stanbridge East.

The archives are open year-round, Monday to Wednesday from 9 a.m. to 4:30 p.m. For more information, go to <http://www.geocities.com/Heartland/L>

ake/8392 or call the Missisquoi Historical Society at 450-248-3153.

A letter from Evelyn Giguere, of Venise-en-Quebec, states she has been selected to participate in an international internship program organized by AFS Intercultural Canada, a registered charitable organization, and it is financed in part by the Canadian International Development Association (CIDA).

The program's goal is to provide to Canada's youth the opportunity to gain working experience in a country that offers interesting commercial outlets for Canada.

This program will also allow her to offer an enriching service for the community while living amidst the social, cultural and economic situation of the host country.

A donation will be sent to Evelyn to help defray her cost. Jean Cogswell and her husband have had experience hosting a young recipient from another country for the same cause.

Tilda Jetten gave the agriculture program for this month. She spoke about fish and salmon. A new study by Canadians and Americans shows that salmon raised on fish farms is contaminated with toxins and PCB.

Researchers recommend limiting eating salmon only once a month. The risk of contracting cancer is potential more dangerous from fish raised on fish farms than those caught on the open sea.

Tilda also told how farms and the towns and cities along the way pollute rivers in the area. Some municipalities have made changes and some have not.

Agriculture producers are to make changes to their way of managing the

farm by using green fertilizers, instead of chemicals, and using less pesticides and herbicides.

There is a problem of deforestation between 1999 and 2002. An equivalent of 8,000 hectares has been cut in the region.

Five dry summers have reduced the water level, that means a higher concentration of pollutants. The water is not clean for swimming or for children playing in the river. What is our objective for the future?

A donation will be sent to the Adelaide Hoodless Homestead Up-keep Fund to commemorate Founder's Day.

Remnants of material and stuff will be collected and given to the Knowlton Brownies.

Dianne Rhicard is taking orders for Watkins products from neighboring localities. This is a fundraiser for the Federated Women's Institutes of Canada.

We all enjoyed a spaghetti noon meal with fresh made bread from the local bakery, and topped off with cookies, fruit bread and ice cream, tea and coffee. The good cooks were Dale, Jean and Thelma.

The Missisquoi County annual meeting will be March 9 at the Dunham Anglican church hall. For information contact the county president, Margaret Cummings.

The QWI executives meet May 16; Board meets May 17; Convention May 18 and May 19. Mary Boomhower will be our delegate to convention.

The March meeting will be at the home of Erma TenEyck at 11 a.m. Feel free to join us for the meeting on this day. RSVP.

—Submitted by Dianne Rhicard

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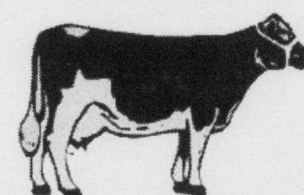
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Fig. 16

• Ristro 495 •
Guest bill
Salad (2).....\$14.60
Wine (2).....\$11.50
Dessert.....\$ 4.75
Food tax.....\$ 2.98
Liquor tax.....\$ 1.15
Subtotal.....\$34.90
Gratuity.....\$
Total.....\$
Thank you • Merci



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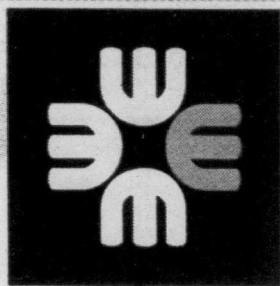
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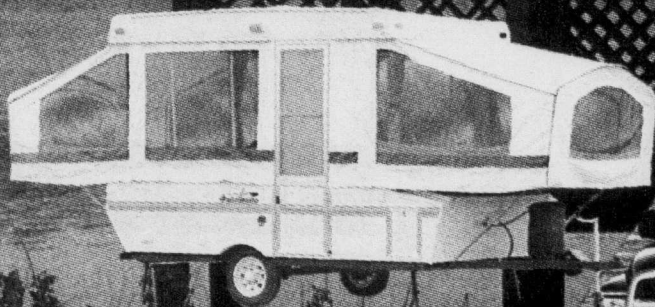
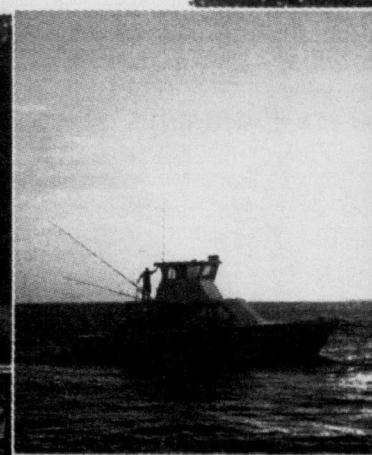
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