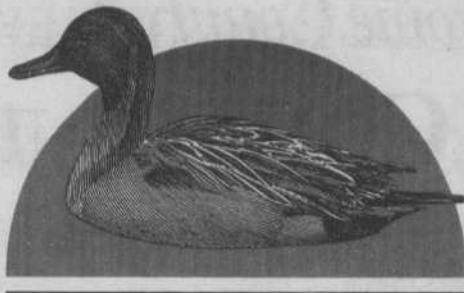


# Brome County NEWS



WEDNESDAY, JANUARY 12, 2000

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THE LARGEST CIRCULATION WEEKLY IN BROME-MISSISQUOI

## Potton receives coat-of-arms painting from local artist

By Murielle Parkes  
RECORD CORRESPONDENT  
POTTON

Today, the municipality of Potton has something in common with three museums - in Dresden (Germany), Warsaw (Poland) and in Hull at the Canadian Museum of Civilization. Like the three exhibiting institutions, the Town Hall in Mansonville is a beneficiary of Janina Grygar's creativity - in this case, a painting that depicts the municipality's coat of arms.

It's Grygar's most recent work, a gift to celebrate the new millennium, and one that she recently presented to Mayor André Marcoux as she wished him a "Happy New Year!"

At almost 91 years (in February), the Polish-born Grygar is a young-at-heart gift-giving artist who is best known in the community for her decorative Easter eggs. Many are displayed in public buildings and in the official residences of heads of state including Pope John Paul II, former Polish President Lech Walesa, past Emperor Akihito of Japan as well as a host of Canadian political bigwigs. A patriotic egg - an elaborately decorated ostrich egg on which she illustrated with painstaking accuracy the crest and floral emblem of each province - rests in the Museum of Civilization in Hull.

Having successfully used heraldry to express her creativity, it was perhaps only natural that the Potton resident would stop to consider a similar theme while contemplating a millennium gift for the mayor.

"I was thinking about something to give to the mayor, and I thought of the coat of arms," she said with a smile.

Creating such gifts for others brings Grygar obvious pleasure, which might explain why she enjoys such good health. Indeed, Grygar claims to do



MURIELLE PARKES/CORRESPONDENT

Potton Mayor André Marcoux and artist Janina Grygar display her painting.

nothing special toward that end.

"I can't complain," she says. "I do nothing... except that I stay loose."

The millennium painting now hangs in the Town Council Room, and visitors are welcome.

## Viniyoga and tai-chi

By Murielle Parkes  
RECORD CORRESPONDENT

Men and women in the Potton and Bolton area who are looking for increased physical fitness, improved nerve and muscle tone and a relaxed way to replenish their batteries may want to consider a couple of Eastern disciplines that have been gaining local fans lately.

Thanks to the expertise and enthusiasm of two popular keep-fit coaches, Jacline Pelletier, who teaches the art of tai-chi, an ancient Chinese discipline of meditative movements practiced as a system of exercises, and Marie Garon who practices viniyoga, a system of exercises to attain bodily and mental control and well-being that originated in India.

Both practitioners offered courses in their respective disciplines in the fall. Now they're ready to do a command performance this winter.

Courses are offered over a 10-week period starting Wednesday, Jan. 19, for viniyoga and Friday, Feb. 11, for tai-chi with classes taking place at the Town Hall, 2 Vale Perkins, Mansonville. Both are offered in the morning with viniyoga also available in the evening.

Organizers have also announced a tai-chi day for Saturday morning, Jan. 22, from 10 a.m. until noon. The one-day session will give former students a preview of the winter program while new students will be given the opportunity to sample some of the exercises before signing up for the full 10-week session.

For information or to register, phone the CA office at (450) 292-3114 by Jan. 14 for yoga classes, Jan. 19 for tai-chi day, and Feb. 8 for tai-chi classes.

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## BROME COUNTY COMMUNITY BILLBOARD

## COMMUNITY CALENDAR

## January 16

**Support Group for Cancer Survivors & Those In Need** will be held at 512 Knowlton Rd., Knowlton at 1:30 p.m. For information call Carol at 243-4116 nights, 243-6324 days. All welcome!

**Ecumenical Walk for Unity** begins at St. George's Anglican Church, 130 rue Principale, Granby at 2 p.m. With hymns and prayers we will visit the Anglican, United and Roman Catholic Churches in Granby praying for peace and unity as we begin the Year 2000 together. Everyone is welcome to attend. Sponsored by the Anglican, Baptist, Pentecostal, Roman Catholic and United Churches of our region.

**The Royal Canadian Legion** will hold a 'Crib Tournament - Doubles' at 120 Davignon St., Cowansville. \$5 per person. Registration, 1 p.m. Tel. 263-3543.

**The Royal Canadian Legion, Branch #158** "Western Breakfast, All You Can Eat" at 2 Curley St., Sutton from 10 a.m. to 1 p.m. Admission: \$5 per person, children under 10, \$2.50. All welcome!

**The Royal Canadian Legion, 77 Lewis St., Waterloo** will be serving an 'Old-time Country Breakfast' from 8:30 a.m. 'til 12:30 p.m. Cost: \$4.50 adults, \$2.25 children under 10 yrs. Live entertainment with Norm and Vel. Come and join in the fun!

## January 19

**Le Club de la Bonne Humeur** will not hold their usual dinner at 5 Mill Rd., Bondville. Friendship Games will be

held at 1:30 p.m. with refreshments at 3:30 p.m. C. Racicot, 243-5913.

## ARTS CALENDAR

## January 8, 9 15 &amp; 16

**Mandragore Theater** presents their first production of the new millennium, '101 Dalmatians', a community theatre for the entire family to be held at 12 A Main St., N., Sutton. Tickets available at the Theatre. General admission, \$4. Reserve early, limited seating. (450) 538-0572.

## January 12 to 17

Late Registration for **Winter Semester at Bishop's Knowlton Center** for the following courses: Collage, Drawing II and III, Survey of Western Art (Art history) and Spanish II. Info. Louise Jamet, 242-1518.

## CHURCH SERVICES

## KNOWLTON/CREEK PASTORAL CHARGE

Creek United, Foster - Worship & Song, 9:30 a.m. Knowlton United, Knowlton - Worship & Song, 11 a.m. Services led by Rev. Burn Purdon.

## 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. The Rev. Ralph T. Leavitt - Pastor. Allow us to welcome you!

## PARISH OF BROME

St. Aidan, Sutton Junction, first and fifth Sundays at 2 p.m. (House Churches, contact, 243-4256 or 538-5470 for lo-

cation), the third Sunday will be at 11 a.m. with the church of St. John The Evangelist, Brome Village (Celtic); Ascension, West Brome, all Sunday Services at 9:30 a.m.; Holy Trinity, Iron Hill Services on the first, third, fourth and fifth Sundays at 11 a.m. and the second Sunday at 7:30 p.m. (in church hall); St. John Evangelist, Brome Village, first second and fifth Sundays at 11 a.m. and the fourth Sunday at 7:30 p.m. Hymn Sing. All welcome.

**GRACE ANGLICAN CHURCH** in Sutton warmly welcomes you to join us in Worship of the Lord Service. Sundays, 10:30 a.m. at 52 Principale Sud. The Rev. Tim Smart, Rector.

**TRINITY ANGLICAN CHURCH**, Cowansville invites you to worship and fellowship Sunday mornings at 9 a.m. and 10:30 a.m., at 409 South St. This active little church has a nursery and Sunday school at 10:30 a.m. and the youth meet once a month at The Connection. Drop in or call 263-2662. May God Bless You. The Rev. Richard Randall.

## January 15

The Connection is happening. We are Y2K ready to roll at Trinity Church, 409 South St., Cowansville at 7 p.m. Come find out how the Lord is body building (building the Body of Christ) in this last year of the Second Millennium. Come one, come all! For information call Barb, 263-7608 or Melody, 243-0043.

## January 23

Prayer and Praise Service at Bethel Pentecostal Church. Come to praise the Lord and pray together. Let God refresh you. This month the congregations of St. Paul's Anglican and Bethel Pentecostal will worship together giving thanks to God. Everyone is welcome at this ecumenical service.

Tournament, 8th, Ladies Auxiliary Meeting, 12, Bluegrass, 16, General Meeting, 20, Breakfast, 22, Bluegrass Special Concert, 27, Pancake Breakfast. March: 4, Flea Market and Pot Luck Supper, 7, Executive Meeting, 11, Bluegrass, 14, Ladies Auxiliary Meeting, 15, General Meeting, 17, Darts, 18, Dart Tournament, 19, Breakfast and K.V.A. Meeting, 21, Bluegrass Special Concert.

## COMMUNITY NOTES

**Knowlton C.L.S.C. Golden Agers** commenced 2000 as usual with Bingo on the first Thursday, and Cards "500" on all other Thursdays. WE NEED MORE PLAYERS! Come at 1:30 p.m. We play six games and award \$12 cash in prizes. Memberships, \$12, non-members \$2 per day. Contact Ormonde Brown, Treasurer for more information, 243-6343.

**Auto Defense Classes "Ninjitsu Style"** at Heroes memorial, Cowansville every Tuesday night from 7 - 9 p.m. \$1 per week, proceeds donated to Heroes School. Open to all. Tel. (450) 243-6753.

You are invited to a Quiet Hour, listening to the Bible. The only text will be the Bible. Every Wednesday from 8 - 9 p.m. at Brome Hall, 330 Stagecoach St.,

ENGLISH	<b>ANNA AND THE KING</b> G	Théâtre D R O S S E S 161 PRINCIPALE COWANSVILLE MATINEES FRI., MON., TUES., WED. \$5.00
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ENGLISH	<b>STUART LITTLE</b> G	161 PRINCIPALE COWANSVILLE MATINEES FRI., MON., TUES., WED. \$5.00
	Fri., Mon. Tues., Wed., Thurs.: 6:00 p.m. Sat., Sun.: 1:00 p.m. & 3:00 p.m.	
From Jan. 14 <sup>th</sup> to Jan. 20 <sup>th</sup>		
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**Royal Canadian Legion, 77 Lewis St., Waterloo** - Activity Agenda for the year 2000. January: 16, Breakfast, 19, General Meeting, 30, Super Bowl Party. February: 1, Executive Meeting, 5, Flea Market and Dart

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## CIRCULATION

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# Local musher takes dog team to Manitoba

By Tanya Tkach  
RECORD CORRESPONDENT  
KNOWLTON

Christmas had a special meaning for Knowlton's Myron Krainyk, who set off with his dog team Dec. 17 to visit his family in Piney, Manitoba for the first time in two decades.

Krainyk and a friend planned to make the 1,500 mile trek partly by truck and the rest by sled, depending on weather conditions.

For the past three years, Krainyk has trained his dogs using his golf cart in the Paradise Beach neighbourhood in all kinds of weather. Generally, the dogs run 10 kilometers per day, and when time permits, Krainyk allows them to burn off steam on 25 to 30 kilometer runs.

"I've been keeping them in shape year round regardless of the weather except when it's extremely hot, six days a week with one day sabbatical, and right now they're in tip top shape," he said.

Krainyk and wife Carol give their dogs the royal treatment with plenty of pampering, treats and special formula foods.

He says his dogs, which he affectionately refers to as "the boys", will enjoy the adventure with all the different terrain, new smells and scenery.

In addition to packing camping gear and Christmas presents, Krainyk will be

bringing along a special protein dog formula for the boys.

"They'll need 10 pounds of food per day on this trip. I'll give them lots of protein, liver and lard. They'll need the fat to maintain their weight, especially after running for 50 miles because they can lose two pounds in one day," he noted.

This 1,500 mile trip is only the beginning. When Krainyk returns, he plans several excursions to Labrador accompanied by his buddies and their dog sleds.

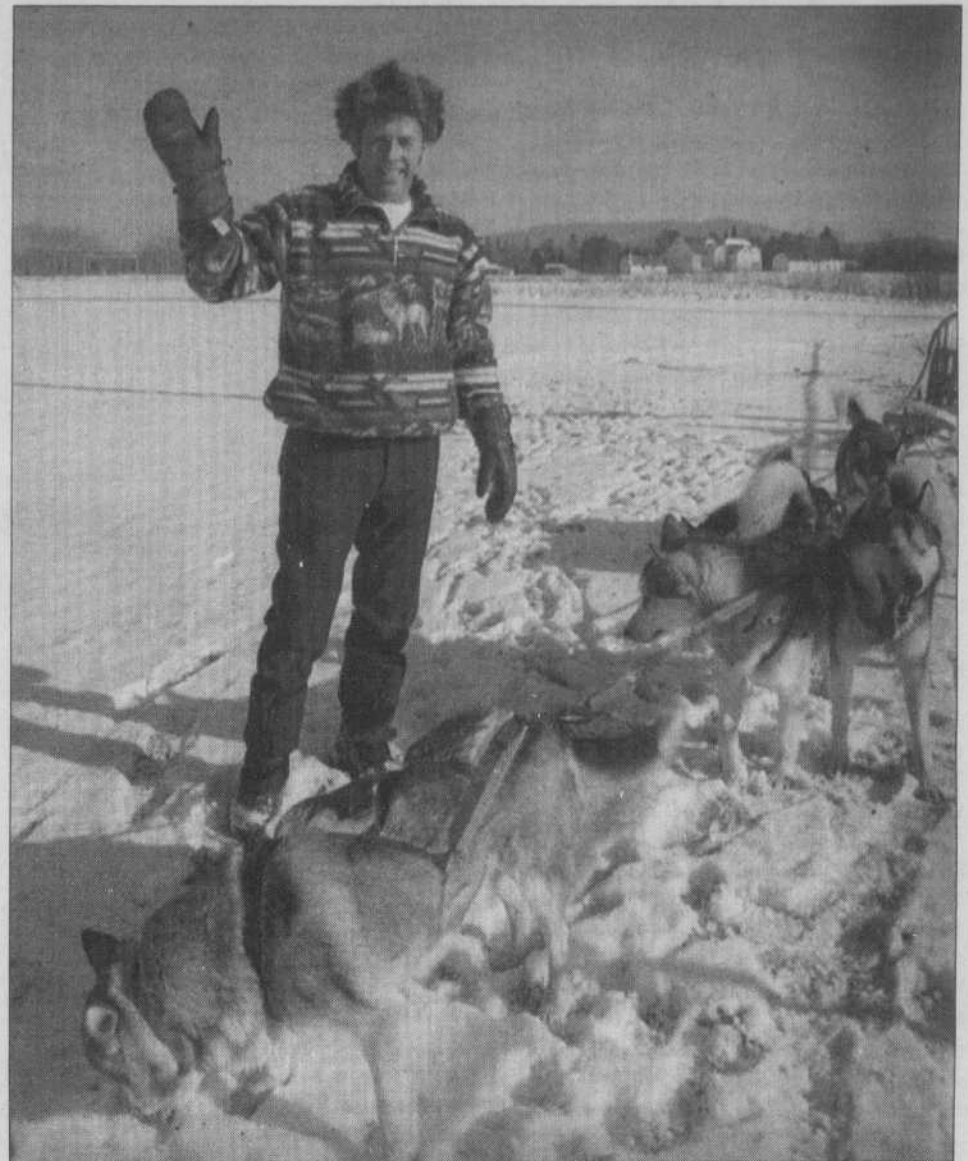
"We were contemplating the Labrador 400 dog sled race this winter, but unfortunately for us it's not on so we're going to do other things," Krainyk said.

Returning to Knowlton following the excursion, Krainyk said the trip was the best he's ever had. He recalled the astonished faces on the folks in Manitoba, who could not believe their eyes when they saw him with his sled dogs.

"One trucker stopped and said that he thought that he had seen everything, but now he has for sure," said Krainyk.

Even 87-year-old Uncle George who had never seen a sled dog said the memory will stay with him forever.

The western weather which saw the Krainyks celebrate Christmas with a bonfire roasting hot dogs and marshmallows was unseasonal - even for the dogs.



TANYA TKACH/CORRESPONDENT

Myron Krainyk planned to make the 1,500 mile trek partly by truck and the rest by sled, depending on weather conditions.



TANYA TKACH/CORRESPONDENT

Returning to Knowlton following the excursion to Manitoba, Myron Krainyk said the trip was the best he's ever had.

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# Brown winter: Snowmobilers are singing the blues

## Moisture can be hard on your car

As I write this, my first column of 2000, the grass on my lawn is green, the hay in the back field is brown and Townships snowmobilers are distinctly blue.

The almost total lack of snow this year means that snowmobile owners, like ski hill operators, have been able to do little other than pray that snow will arrive soon. But the consequences of a snowless winter are making themselves felt to more than just those folks who have shelled out a lot of cash on a snow machine.

Snowmobiling is one of Quebec's biggest winter time tourist draws. From the US alone every winter some 15,000 people dust off their Ski Doo's and Arctic Cats and come to La Belle Province to make use of our 33,000 kilometer network of trails. Of all those trails, over half haven't even been able to open once this year.

Those tourists, along with a healthy number of Quebecers and other Canadians, do more than just ride their snowmobiles. They rent hotel rooms, eat in restaurants and drop lots of cash any way they can. The Quebec Snowmobiler's Association estimates that it all adds up to a loss of about \$1.5 million per day, or \$50 million so far this winter.

Some of those tourists plan to come to Quebec on the network of trails that cross the border from Vermont, New Hampshire and New York State. But those states are in the same boat as we are, so the trails remain impassable.

The only option is to head north, way north. There are a few trails open in the Laurentians, but you'll have to go even further to find good conditions.

Lakes aren't safe

The temptation to make use of whatever frozen surface is available could pose dangers, especially when that frozen surface is a lake or river. There simply isn't enough ice yet, due to repeated spells of warm weather. Remember this simple fact: The leading cause of accidental death on a snowmobile is

drowning.

My brother spotted a car driving on Lac Davignon in Cowansville on Sunday. Talk about a moronic thing to do. Especially after reports on the weekend of cars going through the ice in various parts of the province. It's bad enough that every spring some bone-headed ice fisherman thinks he can drive his car out there, but when we haven't even had winter yet, there's no excuse. Call it death by stupidity.

Personally, I'd still be hesitant to walk out on a frozen lake right about now, unless someone proved to me that there was a good solid sheet of the frozen stuff.

Wet cars

Speaking of moisture, this weather hasn't been doing your car any favors either. Rain and melting snow have a way of getting into things, like door locks, windshield wipers and even your gas tank. As a result it might be a good idea to treat these parts of your car to a little TLC.

Locks should be sprayed with a lock deicer or a thin lubricant. These will drive out the moisture that could freeze your locks solid when the temperature suddenly dips, which it has been doing from time to time.

The gaskets around your car doors could also freeze to the car,

## UNDER THE HOOD

MAURICE CROSSFIELD

leaving you out in the cold. Make sure they are free of snow and ice. In a pinch, pour a bit of windshield washer fluid around the door will loosen things up a bit.

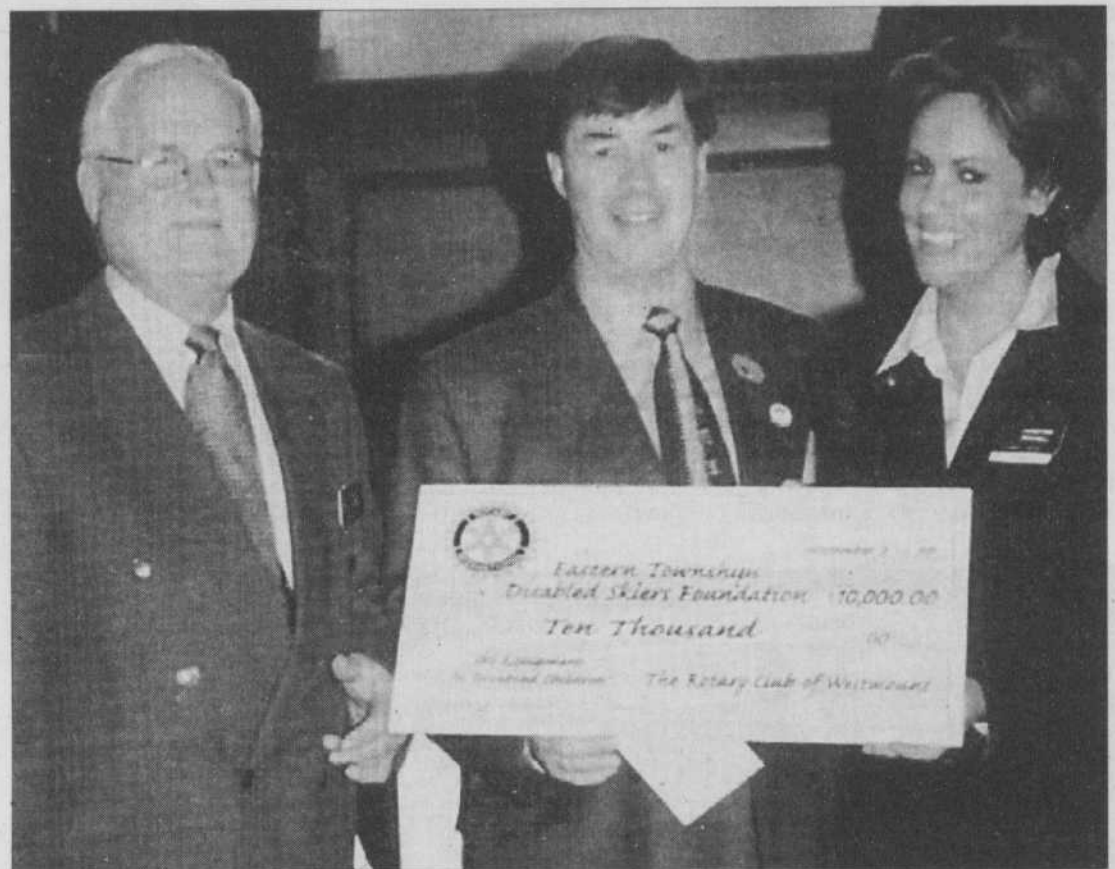
Windshield wipers will often not work properly because of ice. Bend and twist the wipers, and bang them (not too hard, now) to get rid of the excess.

The humidity can also get into your fuel tank as well, icing things up the

next time the mercury drops. The next time you tank up, drop in some gas line antifreeze as a precaution. It should do enough to prevent the possibility of your car conking out on you on the next cold day.

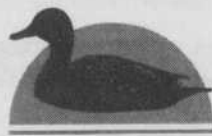
Finally, the place to be most on the lookout for moisture is on the roads themselves. With temperatures constantly rising and falling below freezing, that puddle of water can become a sheet of ice in minutes. Keep an eye on temperatures, and drive accordingly.

## Disabled Skiers Get Donation



The Rotary Club of Westmount has given the Eastern Townships Disabled Skiers a financial shot in the arm for the ski season ahead. In November, Ray Jones and Christine Pickrell of the Rotary Club presented Disabled Skiers head Peter Treacy with a cheque for \$10,000. That money will be used to purchase sleds and specialized equipment for the skiing program, which is held every winter at Owl's Head ski hill in Potton. This year's edition is the sixth for the program and got underway last weekend. In all, the instructors will be working with disabled skiers over an eight-week period in the form of two four-week programs. Treacy said recently that unlike past programs, this year's edition features four weeks of full-day skiing for people with various disabilities. He said the full day approach is better for both students and instructors. For more information on the ETDS, contact Treacy at (450) 243-5985. — Staff.

Brome County  
NEWS



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THE RECORD



Brome County  
NEWS



Alison Steel  
Secretary

**(450) 242-1188**

# Mother's perseverance bodes well for Guillaume

*Quebec studying therapy for children with cerebral palsy*

By Tanya Tkach  
RECORD CORRESPONDENT

Four-and-a-half year old Guillaume Boisvert, born with cerebral palsy, is starting to walk, talk and play with other children at Les Jardins d'enfant de Sutton, a prekindergarten school in Sutton.

"Guillaume is smiling all the time, he's a very loving child," said head teacher Nicky Gosselin who is pleased as an educator to have an opportunity to working with a child with cerebral palsy.

This bilingual preschool with its structured and controlled environment is a perfect setting for social interaction among the children.

"We have 22 children, all between the ages of three and four, where they learn to respect other children, to be polite and how to interact with others," said Gosselin.

Chantal Lavigne who started working as a volunteer with Guillaume three years ago and is presently employed by the CLSC as an aide said there has been a marked improvement in Guillaume.

"When I started, he wasn't moving that much, and he'd scream because he hated being on the floor," said Lavigne.

Guillaume's quality of life has also continued to improve as a result of the perseverance of his mother Lucille Boisvert.

"The doctors told me that he would not walk nor talk. Society is afraid of acting, but I'm not," said Boisvert.

"The doctors told me from the beginning that I should place him in a special environment rather than raise him myself," she added.

For the last three years, Boisvert, who decided to close her massage clinic to devote her life to caring for her son, organized fund-raisers to send Guillaume to England, the U. S. and recently to Picton, Ontario for hyperbaric treatments and conductive therapy.

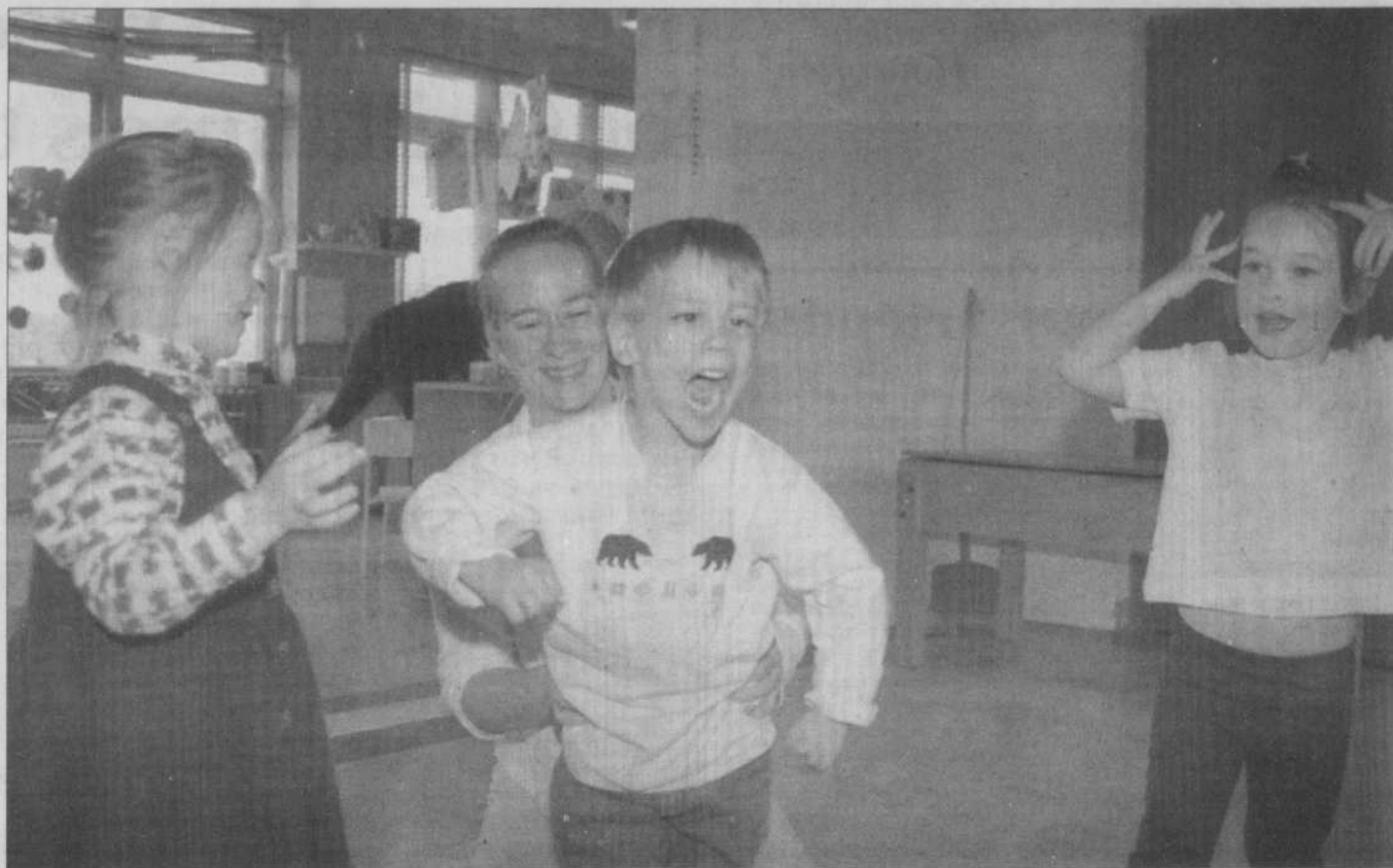
When Guillaume was 21 months old Boisvert started using the patterning treatment that she learned at the Pinnochios Center on Montreal's South Shore.

Guillaume's condition began to improve after his first hyperbaric treatment in England in September '98.

"I found a technique that we didn't have in Canada and I wanted it to be known."

In addition to the patterning therapy, Guillaume's treatment also included Medeck, a treatment for cerebral palsy, offered in Toronto.

"Parents have to learn to accept their children the way they are because you cannot really change them but I can



TANYA TKACH/CORRESPONDENT

Guillaume Boisvert playing with his friends, including Chantal, a volunteer who started working with him three years ago.

show them a very simple program that they can do which is more important than leaving the kids alone," said Boisvert who is willing to teach other parents.

After five sessions of hyperbaric treatments, Boisvert is ecstatic that her belief has crystallized.

"We took a big step with Guillaume. I participated in radio, television and newspaper interviews. We were also working with Dr. Duhaime from the Shriner's Children Hospital before going to England.

I know that 100 families from Quebec went to England for the hyperbaric treatment last year," said Boisvert who found a place in Coventry that specializes in treating children, making hers the first Québécois family to participate.

"In Coventry, the hyperbaric treatment only costs \$20 per session because it is funded by LOTO in England," she said.

While in Coventry, Boisvert met someone who told her about a conduc-

tive educational school for children with cerebral palsy called Ability Camp in Picton, Ontario. When Boisvert returned to Canada, she made an appointment for Guillaume and learned that they also have the hy-

perbaric chambers. Since then, Guillaume has had two five-week treatments in Ontario, the last just before Christmas.

"He has really progressed a lot. Last September, he could speak 250 words and now he speaks a minimum of 1,000 words and speaks small sentences," said Boisvert.

She says Guillaume is much stronger and is able to stand on his feet for 15 minutes with the aid of a bar and sit on the floor for an hour without assistance.

"You know he is so wonderful. He never stops doing things and he can express himself now. Back in school, he sits so straight in his chair and he has started singing songs like Rudolph the Red-Nosed Reindeer," said Boisvert.

"At the beginning of last summer, 4,500 parents signed a petition asking for the hyperbaric chambers in Quebec.

Boisvert said that about 10,000 children in Quebec suffer from cerebral palsy before they are six years old.

CONTINUED ON NEXT PAGE

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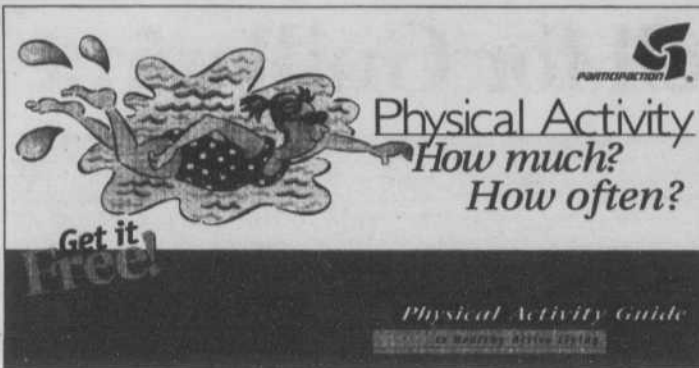
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# Two fund-raisers are being organized to raise money for Guillaume's treatments

CONTINUED FROM LAST PAGE

Due to her efforts and the petition, the government of Quebec has invested \$2.5 million in research of the hyperbaric chambers and their effects on some 170 children afflicted with cerebral palsy. The study was started on Oct. 17 '99 and should have results by the end

of January 2000.

Meanwhile, Guillaume has had 148 treatments, but Boisvert would like her son to have at least 300. In order to raise money for his next treatment in Ontario starting in February, Boisvert is planning two more fund-raisers.

The first one will be on Jan. 22 at the Royaume des Quilles in

Granby. For information contact Pauline St. Germain at (450) 372-8991.

The second fund-raiser will take place Jan. 30 where Boisvert has organized a Chinese Astrology Session at the John Sleeth Community Centre in Sutton.

For information, contact Lucille Boisvert at (450) 538-0682.

## Saluting our Friends



Dr. Louis-Pierre Brunel, D.C., attended the University of Missouri, Columbia; graduated with a Doctor of Chiropractic degree from Logan College of Chiropractic in Chesterfield, Missouri; is licensed in Quebec and qualified to practice in more than 40 US states.



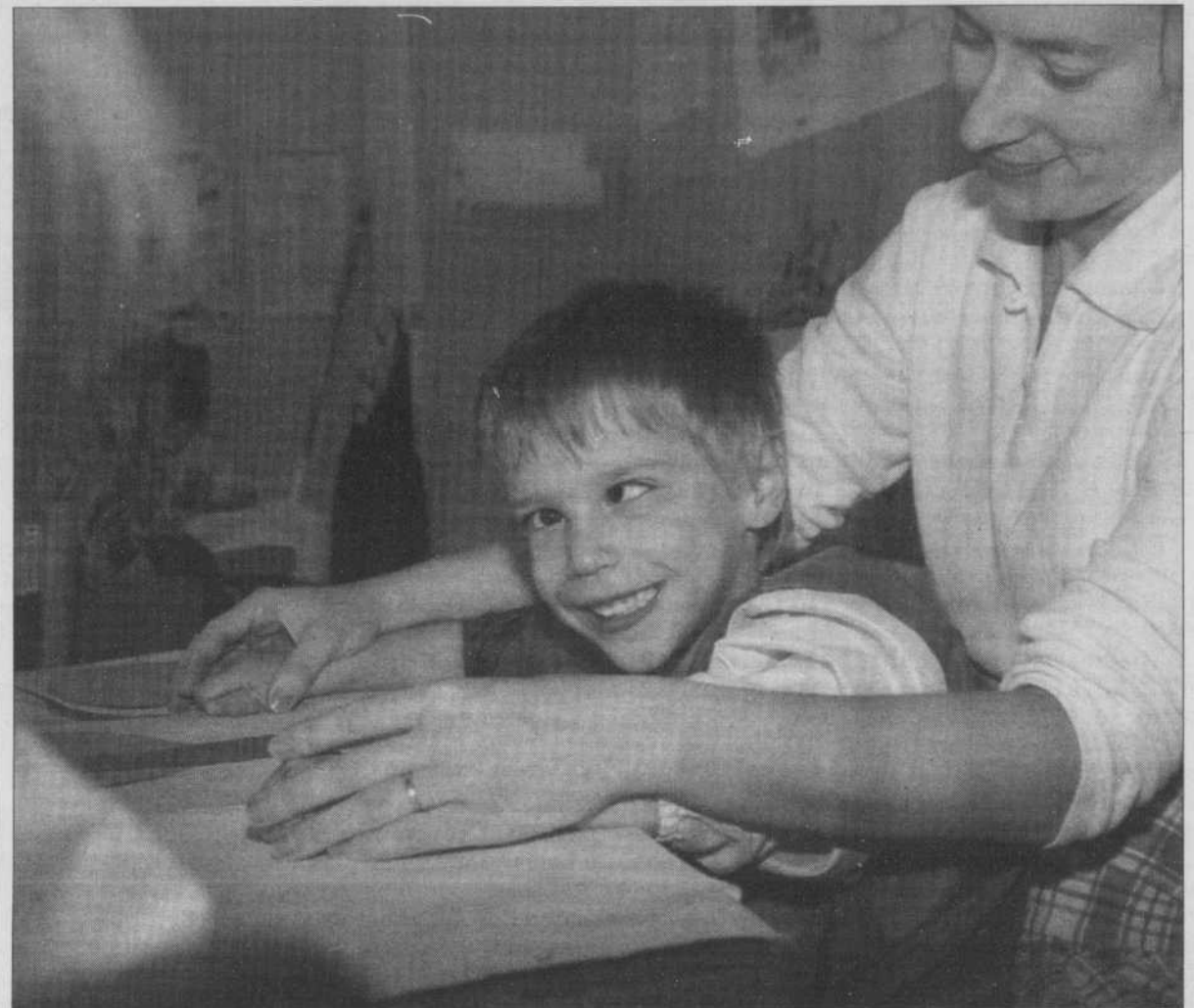
Dr. Michael Chitaroni, B.Sc., D.C., is a graduate of University of Waterloo, Waterloo, Ontario, with an Honors Bachelor of Science degree in Kinesiology; played Varsity ice hockey for the University of Waterloo and graduated with a Doctor of Chiropractic degree from Logan College of Chiropractic in Chesterfield, Missouri.

Both doctors are qualified in a number of proven and cutting-edge chiropractic techniques, both stay current with the latest scientific research, and both participate in sports and enjoy community activities. Their postgraduate goals include qualifying as Certified Chiropractic Sports Physicians and Certified Chiropractic Pediatricians.

Their purpose is to educate and adjust as many families as possible towards optimal health through natural chiropractic care.

Bromont Chiropractic Centre is located at 103 Bromont Boulevard, Bromont, telephone (450) 534-2533.

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Guillaume has had 148 treatments for his cerebral palsy, but his mother Lucille Boisvert would like her son to have at least 300. Here, Guillaume is working with volunteer Chantal.

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# Time to park the canoe for the season

Christmas lights plus no snow equals Las Vegas. Such was the conclusion of an astute friend as he perused our bleak holiday landscape. The winter-white world of yesterday appeared only on greeting cards for the most part, this time round. Perhaps a neighbour caught it best when he observed that it was more of an off-white Christmas than a green one.

The terms 'average' and 'normal' are best left to the curious and murky world of mathematics. (By the way, have you noticed it's no longer a matter of two plus two equalling four, but 'What is the likelihood of two plus two equalling four?') Rarely does anything in real life happen where, when and why it's supposed to. Besides, if December has been pretty well snowless for seven of the last 10 years, maybe this has become the new norm.

Being resilient, people adapt quickly to whatever circumstances confront them. Further, not many older folks will complain about milder-than-usual, sort of inoffensive weather, especially in the midst of another blatant stick-up by the oil cartel. And anyone who is determined to be active and outdoorsy will find a way.

A younger friend demonstrated this mind-set by going around in her gym

shorts most of the holidays, ready for tennis, beach volleyball, cross-country running, or whatever. (For all her chutzpah though, once inside her favourite place was just about on top of the fireplace.) An older chap, a dedicated downhill and nordic skier, chose to extend his cycling season into the new year to compensate for the lack of white stuff.

Conditions, he claims, have been favourable to exploring vast new territories: the last two weeks he's been peddling his mountain bike around different area lakes. He reports the surfaces are quite amenable - a kind of egg-shell roughness from successive thawing and freezing, with a forgiving skiff of snow around the edges. Still, he doesn't recommend sharp turns or attempting sudden stops.

The Brome Lake freeze-up occurred under rare circumstances. At first glance in the morning, the water seemed remarkably still but not solid. It took a trip to the edge to determine that the surface had indeed frozen, so clear was the inch-thick plus ice. We ventured out a few feet, feeling magically suspended over the gravel beneath our boots, the new ice as transparent as German optical glass. Two veteran ice-

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BRIAN EDDINGTON

boaters from the north end of the lake have been streaking about in their sleek craft just about every day since.

Back in November, after the first warning cold snap and snowfall, I was lured away from the woodpile to join two fellows canoeing on a rare calm sunny afternoon. I borrowed the neighbours' ancient 14-footer. (They wouldn't mind; I probably won't remember to tell them next June.) The long-ago builders had spared no material. Its bullet-proof fibreglass hull must weigh over a hundred pounds. The others headed towards the north inlet but I stayed close to home. Besides being a sinker, the old canoe isn't the most stable of crafts.

Not exactly overwhelmed with the options out front, I decided try the smaller middle inlet, just around the corner. Aside from a short stretch of flowing water where the current rounded the outside of a bend before the little bridge, it had been frozen over for several days. The ice wouldn't be very thick, I figured, so anyone cruising in the canoe's equivalent of a dreadnaught should be able to bash a way through.

All went well at first. I was able to clear out a small sheltered bay, a convenient refuge for a band of mallards de-

*The Brome Lake freeze-up occurred under rare circumstances. At first glance in the morning, the water seemed remarkably still but not solid. It took a trip to the edge to determine that the surface had indeed frozen*

termined to stay till the end. Our small flightless duck family preferred this area as well, and could use it again for a while, increasingly wary as they were of the netting I'd laid over their feeding spot.

Trouble started with the attempt to push a passage through a larger section towards an abandoned beaver dam. Merely contacting the ice at a casual pace no longer worked. I had to back

up and get a bit of a run at it. The first few bashes were successful and kind of fun, smacking into the ice and having it split and shatter before the bow.

Until that time when it didn't shatter. Instead, the ice shuddered and the canoe rode up on it. This wouldn't have been a problem, except that the craft had a large keel for a small boat, which caused canoe and rider to wobble excessively. I shoved the paddle into the bottom for stability - the water wasn't much more than a foot deep - but the muck was too soft. I heaved my left leg overboard and, feeling a bit of resistance on the bottom, managed to back the canoe off the ice without falling over.

Time to park the canoe for the season, I with the cold left leg decided. Best to be getting on with other items on the to-do list, like digging out a quaint, little-used mechanical device called a snowblower.

*Rarely does anything in real life happen where, when and why it's supposed to*

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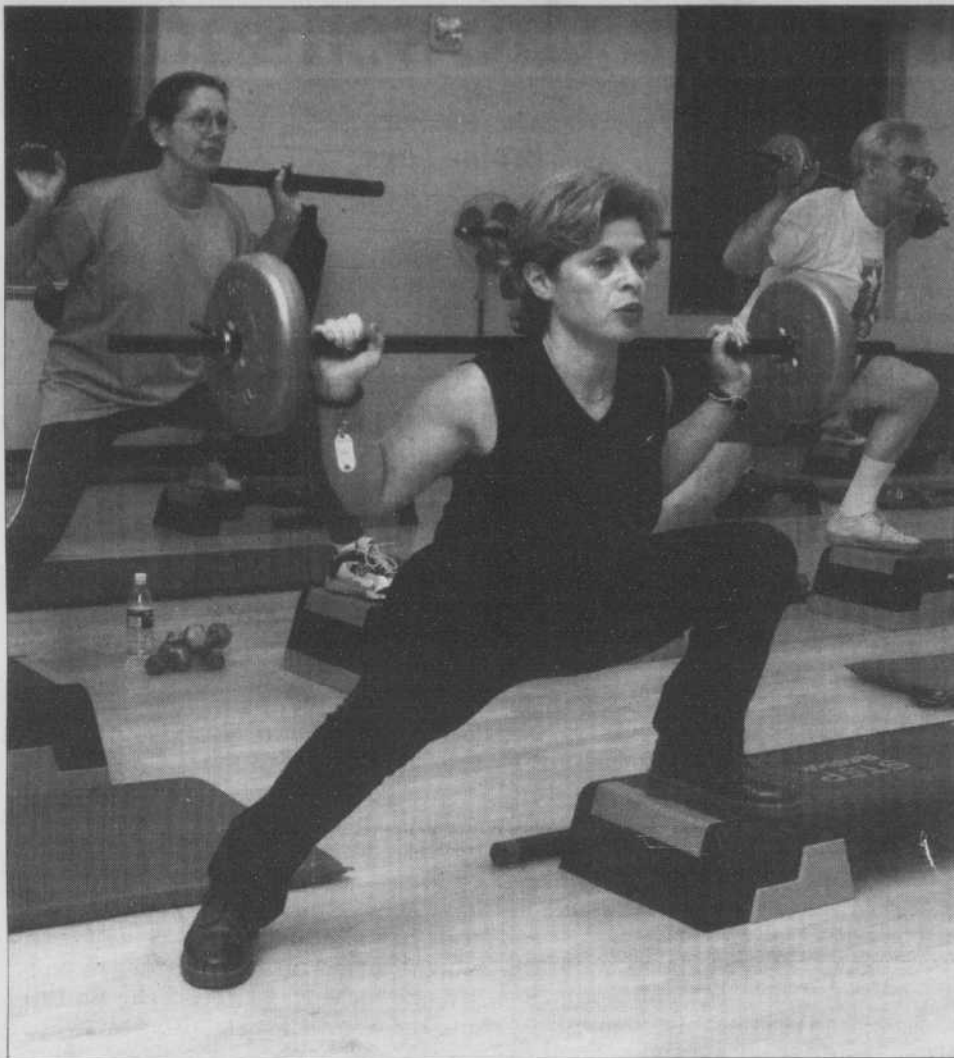
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SOUTHAM

Squats, curls, lifts and presses are covered at BodyPump classes.

## Step aside, Billy Blanks — tae-bo is over

By Susan Allan  
SOUTHAM NEWS  
OTTAWA

While the high-energy workout video with the irresistible sales pitch may have taken over North American living rooms in 1999, this year the focus will be on gentler activities such as yoga and tai chi.

Who else but baby boomers are behind the shift? Step aerobics creator Gin Miller heralded the era of "Fix-It Fitness" in a recent interview with a Florida newspaper.

"The American mentality was that if I don't burn fat, I don't want to do it," she said. "As we turn into the next millennium, people are saying, 'Now I have this great body, but it hurts.'"

The focus will shift from calorie-burning to holistic fitness that trains the body for the demands of the day to day, she said.

Enter "spa sports." Trend gurus Ira Matathia and Marian Salzman agree that when it comes to fitness, "feeling good" will become an increasingly important goal.

"From massages and steam baths to yoga and tai chi, we'll see a rise in the softer side of recreation," they write in Next: Trends for the Near Future.

While predicting the next big thing is more art than science, more guesswork than precise calculation, here is a quick look at some of the fitness activities that seem poised to grow in popu-

larity in this year:

- Go one-on-one

According to the 1999 Fitness Programs Survey conducted by the International Dance and Exercise Association, more fitness facilities (87 per cent, compared to 66 per cent just three years ago) are offering some form of personal training services, be it one-on-one or with two to five people sharing an instructor. This reflects a growing desire among fitness enthusiasts to ensure their routines are ideally suited to their needs, as well as a realization that training appointments can assist in adhering to a workout schedule.

"Personal training is effective for those who benefit from one-to-one motivation and highly individualized programs," said Kathie Davis, IDEA's executive director.

- Join the crowd

Group strength training is also growing in popularity, according to the fitness survey, which shows the classes are offered in 77 per cent of facilities, up from 63 per cent in 1996. BodyPump, a choreographed weight-lifting class, is among the favourite formats. After a warmup, BodyPump participants are taken through plenty of repetitions of weight-bearing exercises, including squats, curls, lifts and presses.

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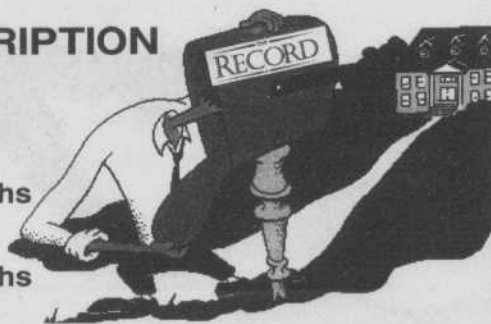
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Emergencies will be handled the same day as the request is received, from Monday to Friday between the hours of 9 a.m. to 4 p.m.

# A growth in yoga and visualization exercises

CONTINUED FROM LAST PAGE

- Salute the sun

Yoga has been called the ultimate retro fitness trend. Thanks to celebrities such as Madonna, Ricky Martin and Courtney Love, its hip quotient is high these days. Indeed, a 1999 survey of fitness programs found that yoga is second only to boxing-based classes when it comes to popularity growth. While in 1991 just 31 per cent of clubs surveyed offered classes, nowadays that number is closer to 65 per cent.

- See and believe

Hand-in-hand with the growth in yoga has been the trend toward visualization exercises.

"The Zone. Flow. Harmony. The Zen moment. Whatever you call that optimal meld between mind and matter, it's no longer being left to chance among athletes," Matathia and Salzman write. "In countries around the world, almost every sport consults psychologists to help athletes integrate mental focus with physical ability."

- Go to extremes

The next big thing for the Ironman crowd will be extreme competitions such as the Eco-Challenge, a week-long adventure race that combines activities such as mountain biking, orienteering and camel riding.

Snowboarding, rock-climbing, paragliding, bungee-jumping and heliskiing will also continue to grow, according to Matathia and Salzman, who point out that golf and skateboarding have been the biggest growth sports in recent years.

- Pedal and play

Watch for state-of-the-art treadmills that allow users to simulate climbing such landmarks as the Eiffel Tower or the Empire State Building. Some exercise bikes will even let you pretend you're a contender in the Tour de France. A few clubs in the United States boast interactive machines with touch-screen displays that allow exercisers to surf the Internet while working out. Other machines will serve up a customized workout once the user has keyed in an identification code. Of course, that's nothing compared to the bikes from Pedal 'N' Play that come with a slot machine attached. You must pedal to play.



SOUTHAM

Watch for more high-tech exercise bikes in 2000.



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**440 Miscellaneous**

**IS THERE HISTORY** in your attic? I am planning a research project examining the history of nineteenth century Lower Canada - Quebec as seen through the writings of women. If you have diaries, journals or letters written before 1900, I would like to hear about them. Write to

**440 Miscellaneous**

Box 306, c/o The Record, P.O. Box 1200, Sherbrooke, Que., J1H 5L6 or E-mail to holloway@alcor.concordia.ca.

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Mr. and Mrs. Stephen MacNaughton of Osgoode, Ont., spent a few days over the holidays with her parents, Mr. and Mrs. Clayton Harvey.

On the fourth Advent Sunday, the United Church held the Sacrament of Communion in a different way; instead of the congregation being served at their seats by members of session, they went up to the front, dipped their bread in the grape juice that was in a goblet held by the minister. Consensus is that we will do it that way again.

Congratulations to former S.E. resident Cde. Fred Grant who received his 20-year pin from Cowansville Legion Branch #99.

The United Christmas Candle-light Carol Service had a full church attendance. Members from Bedford, Mystic and Philipsburg, also guests from the Anglican and Roman Catholic Churches joined to sing and hear poetry based on Madeline L'Engle and Anne Weems works, read by Rev. Brett Anningson. A flute solo, "Christmas Lullaby" was beautifully played by Lee-Ann Miller. Hot mulled cider, apple juice and Christmas baking brought by members were enjoyed by those who stayed for fellowship. Delmar and Sandra Wilson from Amherst, N.S., were present. They stayed in the area for about two weeks, visiting family and friends. The collection from the service went to the victims of the flood and mud slides in Venezuela.

Over 60 folks were at the Christmas Eve Anglican service at Pigeon Hill. The lamp-lit church was decorated by Grace and Catherine Bordo, Peter Gendreau played the guitar and Catherine baked the bread for the service of Holy Communion. Rev. Michelle Eason had been to the Holy Land last January, and told us that shepherds still watch their sheep dressed in garb that resembles

**Stanbridge East**

**Thelma Rhicard**

our children in Christmas plays, with towels on heads, bathrobes and holding crooks. She portrayed a meaningful scene for us. Neil and I drove around town to see the decorated homes and then went to Craig and Ann Boomhower's for the evening. As usual the family were all there but this year it was exceptionally nice to have my daughter Debra Boomhower and granddaughter Callah from Victoria, B.C. with us. They spent two weeks here with family. Their plane trip home on Jan. 5 was unpleasant as first they got off over an hour late (a mechanic had to be called as the seat by the emergency door wouldn't recline) then they landed in Winnipeg (not scheduled) to put off a drunken woman who had been disturbing the peace. It was storming there so they lost way over an hour. They arrived home at 1 a.m. B.C. time, (they had taken the ferry from Vancouver) with the flu bug which we all should have feared more than the Y2K bug! (I liked what the CJAD announcer said about changing the message, "Je me Souviens" on our license plates to "Don't Get Sick."). Anyway - they'd had a long day as I'd got them up at 5:45 a.m. Christmas afternoon our children (and theirs') came here for the tree and then a turkey dinner, (20 of us) and as usual no one had room for plum pudding!

Walter and Sheila (Perry) Shufelt of Pine Glen, N.B., were in the area for the holidays. Sheila's daughter Angie Blinn was also here with them.

A sad note, was the death of The Singing Ranger, Hank Snow... He had three avid fans in S.E. The late Earl Boomhower and Phil Tremblay (they had their picture taken with him) and also Jimmy Brownrigg who lives in Ontario now but still comes home on occasion and plays his guitar and sings

with Ron Haynes. Speaking of which, don't forget the Coffee House this month on the 23rd.

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## 40 attend Golden Agers Christmas dinner

*Knowlton Golden Agers - Dec. 2*

The Knowlton Golden Agers met Dec. 2, 1999, not at the Community Centre as usual, but at the Oddfellows Lodge. It was of course our annual Christmas Dinner.

Some 40 invited guests, friends and members had a wonderful turkey dinner with all the trimmings.

The meal was cooked and served by Frank and Trixie Matthews and George

and Lorna Rhicard.

Reverend Leavitt said Grace and Reverend Purdon the Benediction. Walter and Mrs. Stairs were special guests as well. Mrs. Stairs played the keyboard accompanying us with our Christmas Carols. We were led in song by Edna Badger.

The whole affair was terrific and greatly enjoyed by all.

There was no Bingo but we are meeting on the 16th for cards and holiday wishes.

Until then...

## Here's a partial list of places where you can find a copy of your favorite paper:

### **BEDFORD**

Boutique Micheline - 38 Main  
Wightman K & P - 866 Rte 202 W.  
Depanneur Bedford Inc. 1990 - 75 Cyr  
Depanneur Des Rivieres - 185 Riviere

### **BEEBE**

Marche Seguin - 6 Junction  
Depanneur De-De Enr. - 45 Main

### **BOLTON CENTER**

Magasin Bolton - 836 Missisquoi

### **BROME**

Depanneur Brome - 276 Valley

### **BROMONT**

Depanneur Shefford Inc. - 624 Shefford

### **COWANSVILLE**

BMP Hospital - 950 Main  
Depanneur Nord - 160 Nord  
Boni Soir Cowansville - 350 Principale  
Lec Pam Inc. - 106 Albert  
Acc. J.R. - 1426 South  
Depanneur R.D. Duo - 133 Beaumont  
Provisoir - 102 Church  
Katou Enr. - 175 Principale  
Acc. Chez Daniel (Shell) - 677 Riviere  
IGA Daigneault - 1531 South

### **DUNHAM**

Depanneur Chez Ben - 107 Bruce  
J.P.F. Larochelle Inc. - 3615 Principale

### **EAST FARNHAM**

Epicerie 4 Fourches - 220 Principale

### **EASTMAN**

Station O'Kataventures - 343 Principale  
Depanneur Eastman - 404 Principale  
Marché Fontaine - 382 Principale

### **FARNHAM**

Tabagie Farnham 2000 - 392 Main E.  
Tabagie du Centre-Ville - 97 Main E.

### **FOSTER**

Depanneur Lakeside - 756 Lakeside  
Depanneur Des Erables - 685 Bondville  
Garage Foster Jct. - 769 Lakeside

### **FULFORD**

Wright's General Store - 69 Davis

### **GRANBY**

Tabagie William - 60 Principale  
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### **KNOWLTON**

Jimmy's Meat Market - 250 Main  
Depanneur Rouge - 483 Knowlton  
IGA Knowlton - 472 Knowlton  
Murray Wallett - 39 Victoria  
L'Emporium du Village, 293 Knowlton

### **MANSONVILLE**

Epicerie Hamelin Inc. - 295 A Main  
Marche Richelieu - 340 Principale  
Depanneur Des 13 - 6A Vale Perkins

### **STANBRIDGE EAST**

Blinn's General Store - 12 River  
Magasin Jovi - 1 Depot

### **SUTTON**

Epicerie Galipault - 7 Main  
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### **WATERLOO**

Epicerie J.P. Beaulac - 617 Eastern  
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## Waterloo Meals on Wheels program gets help from community



PHOTO COURTESY CENTRE D'ACTION BÉNÉVOLE DE WATERLOO

The 'Centre d'action benevole de Waterloo' wishes to thank the Courville Geriatric Foundation for the donation of \$1,000. This amount will be used to benefit Meals on Wheels. George Courville (Foundation's president) presents a cheque to Colette Chabot, Meals on Wheel's president.



The 'Centre d'action benevole de Waterloo' is grateful to the Royal Canadian Legion, Branch 77 for the donation of \$500 to benefit Meals on Wheel's. Velma Lloyd, first vice president's Legion, presents cheque to Colette Chabot, Meals on Wheel's president.