

Brome County NEWS



WEDNESDAY, APRIL 4, 2007

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No artists getting out of bed

*It's a different kind of
Awakening*

By Wendy Denman

BROME COUNTY NEWS CORRESPONDENT

As spring begins to unfold around us, Arts Sutton is presenting its first members exhibit of the year on the theme "Awakening". The show, which opened Saturday, brings together the varied works of about 30 artists.

"The curators were basically having a brainstorming session about future exhibits and someone mentioned that the next members' exhibit would take place in the spring so why not work on the theme Awakening," explained the show's curator, Brigitte Normandin.

"So we chose the theme to celebrate the arrival of spring.

"The idea of a theme is to inspire the artists, for them to think, 'Wow I am going to run with this'. These are new works on display, created in the last three months. The theme is very open to interpretation — that is entirely up to the artist.

"Needless to say, we really weren't looking for pictures of someone getting out of bed in the morning," Normandin quipped.

"That the exhibit coincides with spring opens all kinds of possibilities besides tulips pushing out of the ground."

Normandin says an awakening can happen at many different levels — emotional, in the mind, in the spirit. "It can bring enlightenment, the awakening of consciousness.

"The show proves how versatile and talented our artists are. They have definitely risen to the occasion and produced some wonderful art. Some are cerebral, others more subtle. The artists interpret the theme as a

PLEASE SEE THEME ON PAGE 12



MURIELLE PARKES

Cortney Laplume, Sandra Chartrand-Cote and Jean Sebastien Ducharme from École Le Baluchon show off some of their pelts.

'If you overuse it, it's not going to be good anymore'

Youth learn about the land

By Murielle Parkes

BROME COUNTY NEWS CORRESPONDENT
MANSONVILLE

Grade five and six students from Mansonville's two elementary schools — École Le Baluchon and Mansonville Elementary School — had plenty to show the community and to each other last month.

Twenty-seven young scientists registered in the Ruitter Valley Land Trust's "Keeping Track for Kids" project.

And they displayed an impressive collection of facts and findings on the life of Northeastern Canadian mammals at the Missisquoi North Volunteer Centre's youth centre last Thursday.

With wall-to-wall laptops and presentations

ranging from PowerPoint to pelts and posters, the students were eager to show what they had learned. Focus animals included black bear, moose, bobcat, cougar, mink, river otter, coyote, fox, wolf, deer and beaver.

The event concluded a series of workshops begun last year by the land trust, with animation coming from environmentalist Isabelle Géroire. An enthusiastic member of a local tracking team with conservation as its ultimate goal, Géroire has also developed an environmental program that she takes to various elementary schools in Brome-Missisquoi.

The program includes both in-class and on-site sessions where students can study signs of wildlife

PLEASE SEE YOUTH ON PAGE 12



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Brome County Community Billboard

COMMUNITY CALENDAR

April 7 & 8

Salute to Quebec Seniors Live Music Fundraiser with Bobbi Dee and the Smokin' Country Band. Saturday evenings, **Fitch Bay**, Catholic Church, 8 to 12 a.m. \$5. Refreshments available. B.Y.O.B. Also, **Bolton Centre Town Hall**, Sunday afternoons, 2 to 6 p.m. \$5 admission. Complete supper available for additional \$5.

April 10

Avante Women's Centre - **'Family Law' Your rights and responsibilities as a parent** (custody, child support, financial obligations and more). Guest Speaker: Lisa Merovits (Family Law Lawyer) from 6:30 to 8:30 p.m. Free daycare and/or transportation upon request. 2 Adhemar-Cusson, Suite 2, **Bedford**, 450-248-0530.

Fund Raising Workshop, April 10th, 1-4 p.m., Emmanuel United Church, 203 Principale, **Cowansville**. Workshop will be presented by CoCo - The Centre for Community Organizations and is open to community organizations and the general public. To register or for more info contact Townshippers' Association 450-263-4422.

April 11

Maison de la Famille des Frontieres **Workshop "Baby massage"** with the participation of Guylaine Fournier working with Nourri-Source Support Group for Breast feeding. Salle de Rencontres, 9:30 a.m. Mothers! Bring your baby with you! Free daycare available for older children, 18 months to 5 years. Registration or information, Nathalie, 450-248-0595.

April 11 & 18

Musical Entertainment Series 2007 presented by Henry Schreiber, for Brome

BCN 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 \$7 is required per publication, or **SPECIAL RATE of \$13 for 2 insertions**: 1 BCN & 1 in Friday Record "What's On" section. Please forward notices to 88-A Lakeside St., Knowlton, QC JOE 1V0, email: bcnews@qc.aibn.com, or fax: (450) 243-5155. Visa and Mastercard accepted.

County Historical Society. Wednesday, April 11 at 7:30 p.m. **The Roosians are coming - Again!** This time the sounds they make originate in the 20th century. Hear some good **Rachmaninoff**; see some super **Shostakovitch**. No earplugs needed! Wednesday, April 18 at 7:30 p.m. **La Traviata - Again!** Compare the exciting new version of the Opera (with luscious Anna and hunky Rollando) with other, more conventional versions, featuring such notables as Callas, Caballe and Georghiu. Oodles of rowdy fun. Both sessions will be in the new **TBL Community Centre**, 270 Victoria. Fantastic sound, and comfy chairs. Cookies and coffee as usual.

April 14

Sugaring Off Party at the Rhicard's, Owl Hoot Maple Farm, 85 Ross Road in **Stanbridge East**. Info: 450-248-3616. A fundraising event for the **Brome-Missisquoi Perkins Hospital Foundation**. 1 p.m. to 4 p.m. Donation at the gate, adults \$7, children from 4 to 10 years \$4. Donation includes taffy on snow, see a Blacksmith demonstration, Wagon rides, Log hewing, Antique car /tractor show, Listen or dance to the music of Canadian fiddlers. Items for sale from: Bake table, Maple Products and Snack-bar. A wonderful afternoon for the whole family.

Heroes' Memorial Flea Market and Craft Sale, 317 South St., **Cowansville**. 9 a.m. to 4 p.m. Tables available, \$15. Light lunch served. Information or table rental, 450-263-1612. We have something for everyone.

April 14 & 18

Thrift Sale at Brome Hall on Saturday, April 14, 9 a.m. to 3 p.m., **Rummage Sale at Brome Hall** on Wednesday, April 18, 9 a.m. to 3 p.m. Porch open for donations from April 9 to April 13, 9 a.m. to 6 p.m. For information please call 450-242-2241 or 450-243-5742.

April 14 & 15

Auditions call - 'Chickasaw', the new Canadian musical comedy. **Knowlton United Church**, Saturday, 9 a.m. to 5 p.m. and Sunday, 1 to 4 p.m. Appointments only. Terry Millard, 450-539-3301, Vesta Jorgensen, 450-243-6746.

April 27 & 28

Creek United Church, Brill Road,

West Bolton: Nearly New and Rummage Sale, Friday, April 27 9 a.m. to 2 p.m.; Saturday, April 28 10 a.m. to 12 noon. Drop off clean rummage on Wednesday, April 25 ONLY from 10 a.m. to 2 p.m.

ARTS CALENDAR

April 5

Free Opera Concert at Arts Knowlton, on Thursday, April 5, 1 p.m. This concert is organized by Pamela and Robert Jones, professors from the music department at Bishop's University. All are welcome. Info, 450-242-1518.

CHURCH SERVICES

KNOWLTON/CREEK PASTORAL CHARGE Worship & Song by members assisted by The Reverend Dale Skinner. Creek United, **Foster**, 9:30 a.m., Knowlton United, **Knowlton**, 11 a.m. Sunday School at both services. (Handicap access.) Visit us on the web at www.knowltoncreek.com.

ST. PAUL'S ANGLICAN CHURCH, 24 St. Paul's Road, **Knowlton**. Sunday Services: Traditional 8 a.m. service and 10 a.m. with music, Sunday School and Nursery. For more info: 450 242-2885. The Rev. Tim Wiebe and the congregation welcomes everyone.

ST. PAUL'S CHURCH EASTER SERVICES: April 5th, MAUNDY THURSDAY and stripping of the altar Service at 7 p.m.; April 6th, GOOD FRIDAY at 11 a.m.; April 8th EASTER SERVICE at regular times of 8 and 10 a.m. (Inconvenient Truth.)

ANGLICAN PARISH OF BROME SERVICE-GOOD FRIDAY SERVICE, APRIL 5th, St. Aidan's, **Sutton Junction**, 7 p.m. The Rev. P. Tidman. Sunday, April 8th, EASTER SUNDAY, St. John the Evangelist, **Brome**, 10 a.m., Holy Communion, The Rev. P. Tidman.

SAINT-EDOUARD CATHOLIC CHURCH, 366 Knowlton Rd., **Knowlton** - Sunday Mass: 10:30 a.m. (Bilingual.)

COWANSVILLE AREA PASTORAL CHARGE UNITED CHURCH Worship at Emmanuel United Church, 203 rue Principale, **Cowansville**. Worship 10:30 a.m., Choir practice, 10 a.m. Rev. Wendy MacLean officiating. 450-263-0204.

On Good Friday April 6 at 7 p.m. in Emmanuel United Church, we will present a **Musical Passion Play** by the text taken from the Gospel of Saint Luke. Narrator: Wendy MacLean; Jesus: Bill Jarand; Peter: Burn Purdon; Judas: Malcolm Cogswell; Pilate: David Lambie; Herod: Reg Holliday; High Priest: Peter Riordon; Centurion: Tom Ransom; Good Criminal: John Taylor; Bad Criminal: Jim Fulford; Simon the Cyrenean: Frank Johnston-Main. Daughters of Jerusalem: Hélène Carrier Laplume; Ann Holloway; Evie Johnston-Main; Anne Lipowski; Di Plant; Isabelle Sirois; Jean Cogswell Stage Director: Vesta Jorgensen. Musical Director: Susan Reininger.

TRINITY ANGLICAN CHURCH, COWANSVILLE. Join us for Sunday Worship one Service only at 11 a.m. every Sunday. Info: 450-263-2662.

ANGLICAN PARISH OF BEDFORD/PHILIPSBURG & FARNHAM - Sunday Services: **Philipsburg**, 9:30 a.m.; **Farnham**, 1st Sunday in Bedford at 11 a.m., 2 & 4th Sundays at 9:30 a.m. in **Farnham**; **Bedford**, 11 a.m. For information call 450-248-3923. The Ven. Dr. Brian A. Evans, Rector & Archdeacon of Bedford.

ANGLICAN PARISH OF ST. ARMAND EAST AND STANBRIDGE EAST. The Reverend William T. Blizzard.

BEDFORD UNITED CHURCH PASTORAL CHARGE - The GOOD FRIDAY WALK, April 6, starting at 1 p.m. in **Mystic** and going to St. James, then the Cornerstone, and then Bedford United and finishing up at the St. Damiens Catholic Church at approx. 3 p.m. There will be a short service at each church.

Also **SUNRISE SERVICE** at Jenne Hill in **Stanbridge East** on Sunday morning April 8, at 6 a.m.

The **EASTER COMMUNION SERVICE** at the **Stanbridge East United** at 10 a.m. on **EASTER SUNDAY** morning April 8. Rev. Michel Nahas leading. Everyone welcome. 450-248-3044 for information.

BISHOP STEWARD MEMORIAL CHURCH, FRELIGHSBURG - GOOD FRIDAY SERVICE (in Chapel) at 11 a.m. GREAT VIGIL OF EASTER, Sat. April 7th at 7:30 p.m. **EASTER SUNDAY**, April 8th at 9 a.m..

ST. JAMES THE APOSTLE, STANBRIDGE EAST - MAUNDY THURSDAY,

PLEASE SEE BULLETINS ON PAGE 4

Brome County NEWS



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ALISON STEEL, SECRETARY (450) 242-1188
LYNDA BELLAVANCE, ADVERTISING (450) 242-6892
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KNOWLEDGE AND KNOW-HOW.

SOCIAL NOTES

Fulford

Bev and Peter Quilliams are grandparents again, with the birth of a boy, Takoda Denali, to their son and daughter-in-law, Anthony and Tammy (nee Burcomb).

Norman Banks has had successful treatment for a cataract.

Our young guitarist, Jesse Badger, has had to take a break from strumming – the “break” having occurred to his finger.

Jennifer (nee Brunton) and Jonathan Disheu have welcomed their first child, a daughter, Lily Hazel, who is also related to the Gaylor, Wright and other local families.

- Margaret Fordham

LETTER TO THE EDITOR

A real emergency

DEAR EDITOR,

As we often hear the ER's are overcrowded, (something with) which I agree. I was taken to Brome-Missisquoi Perkins Hospital after receiving multiple stab wounds at my home by an intruder.

When I arrived at the hospital by ambulance, a nurse and a doctor tended to me immediately and had called a surgeon who arrived from Bromont very quickly.

I got excellent care and a nurse by my side – I wish I remembered her name, as she was working above and beyond her call of duty. I want to say a big thank you to all of them and also to the St. Armand First Responders, as they are a wonderful group and I feel they don't get enough recognition as they deserve. To me personally, they're the best!

Now back to the packed ER: while I was there people were brought in with things they could have taken care of at home, and I believe the overcrowding has a lot to do with people going for nothing!

DEBRA COREY
St. Armand

The tree will tell a story

A dragon is new mascot

By Wendy Denman
BROME COUNTY NEWS
CORRESPONDENT

Students at St-Édouard's Elementary School in Knowlton will be reading in a much cosier, inviting library thanks to a donation from the Knowlton Lions Club. “Students must have publications that appeal to them in a safe and attractive library if we want to encourage them to read,” said Lions Club president Errol Frechette.

The donation totaled an even \$1,000.

“The school has undertaken this task under the leadership and inspiration of Shelly Coderre, a parent and school volunteer. These major changes will take place for the benefit of the students and staff of the school and the Lions are happy to be able, because of the generosity of the community, to be part of the effort.”

The money will be spent on material to redesign the library using a medieval theme. “Our library was not very inviting,” said school principal Daniel Bédard. “We had great big square tables, where students could study together and work on pro-



COURTESY KNOWLTON LIONS CLUB

Pictured in the front row are St-Édouard students Emma Dorion-Veillet and Alexis Bélanger-Lapointe. In the second row: school library volunteer Shelly Coderre, principal Daniel Bédard, and Eileen Mason and Errol Frechette, treasurer and president of the Knowlton Lions Club.

jects, but which really didn't encourage just sitting and enjoying a book. It was uninteresting and cold looking.”

Now the look will be zipped up. There'll be fake stone walls, for example.

“Everything is being rearranged. The shelves are being painted and redesigned and a section of shelves set aside for the younger students where the covers, not the spines, of the books show,” Bédard said.

“We want the library to be a place where the teachers

can bring their classes and just read a story and where the students are comfortable and will enjoy exploring books. We are setting up a cozy corner with cushions for the children to sit on. Shelly Coderre has designed a large talking tree with a recorder inside, so whenever they want the students can

sit and the tree will tell them a story.

“Our students have created a big dragon that will be the library mascot. After the construction is finished, and we're right in the middle of it now, the students will have access to the library whenever they want.”

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Solvent switchover helps make a healthier planet

Paint your car with this new stuff

One of the fun things about working for a newspaper is that you're always learning something new. Like how painting a car can be a whole lot healthier than it used to be.

Chemical solvents are nasty things. From paint thinners to perfumes, solvents help keep various products wet until they land on their intended target and dry. It might be your car, your new hardwood floor or the side of your face.

Once in place the solvent evaporates, leaving behind the dried product. These

are the same types of chemicals that contaminated everyone's well in Roxton Pond a few years back, and which has forced Waterloo residents to drink bottled water for the last couple of weeks. Some solvents are also popular with drug lab operators.

When it comes to painting cars it can be a very messy job indeed. Anything you don't want painted must be covered, including your lungs. Even using a spray can in a confined area can be a problem.

I once painted a motorcycle gas tank metallic blue. And that's the same colour that came out of my nose an hour later when I reached for a Kleenex. I'm guessing the solvent it made the trip with evaporated right into my lungs, blood stream and, some may argue, my brain.

Unlike me in my basement, in real autobody shops the workers use masks while painting. The shops also

UNDER THE HOOD

MAURICE CROSSFIELD

have ventilation fans. But a lot of body workers won't wear the bulky, uncomfortable masks and gloves while mixing their paints, or applying body filler, which also has a solvent base. Or while going through the dusty, messy practice of sand-

ing, sanding and sanding some more. In short, body work can be really unhealthy, with many of the solvents and other compounds used linked to a number of serious ailments, including cancer.

In other areas the chemical solvents have given way to water-based products. Oil-based paint for your home has largely been replaced by water-based latex. Water-based floor varnishes are getting increasingly durable and increasingly popular. Water is still a solvent, but just about the only one you can safely drink.

In recent years even the big car companies have started switching to water-based paints. It's no small matter: Industry-wide, some 70 million pounds of paint fumes are collected and destroyed by car manufacturers every year. That doesn't count the stuff that still escapes into the atmosphere, or is breathed in by the workers.

Switching to water-based paints has a number of benefits: It cuts volatile or-

ganic compound output by 10 per cent, and carbon dioxide emissions by 20 per cent; Ford figures it saves between \$7 and \$11 per vehicle in the process; no more messing around with chemical reducers, hardeners and other nasty stuff; less paint is used overall; and it all cleans up with water, making it easier and safer for the guy with the spray gun. And at the end of the day that person is carrying home a few less toxins in their bodies.

But to date body shops have been slow to adapt to this new way of doing things. Carrosserie 2000 in Sherbrooke is among the very first in the Eastern Townships to make the changeover. Using paint made by BASF, they say you can't tell the difference between their product and factory-original paint. Colour blending is easier and it's also guaranteed for life, showing that BASF thinks it's as good as anything else out there.

It's highly likely that more and more autobody shops will start using water-based paints in the future. It's something you might want to keep in mind the next time the family sedan needs a little skin work, especially if you've got a soft spot for the environment.

Brome County
NEWS

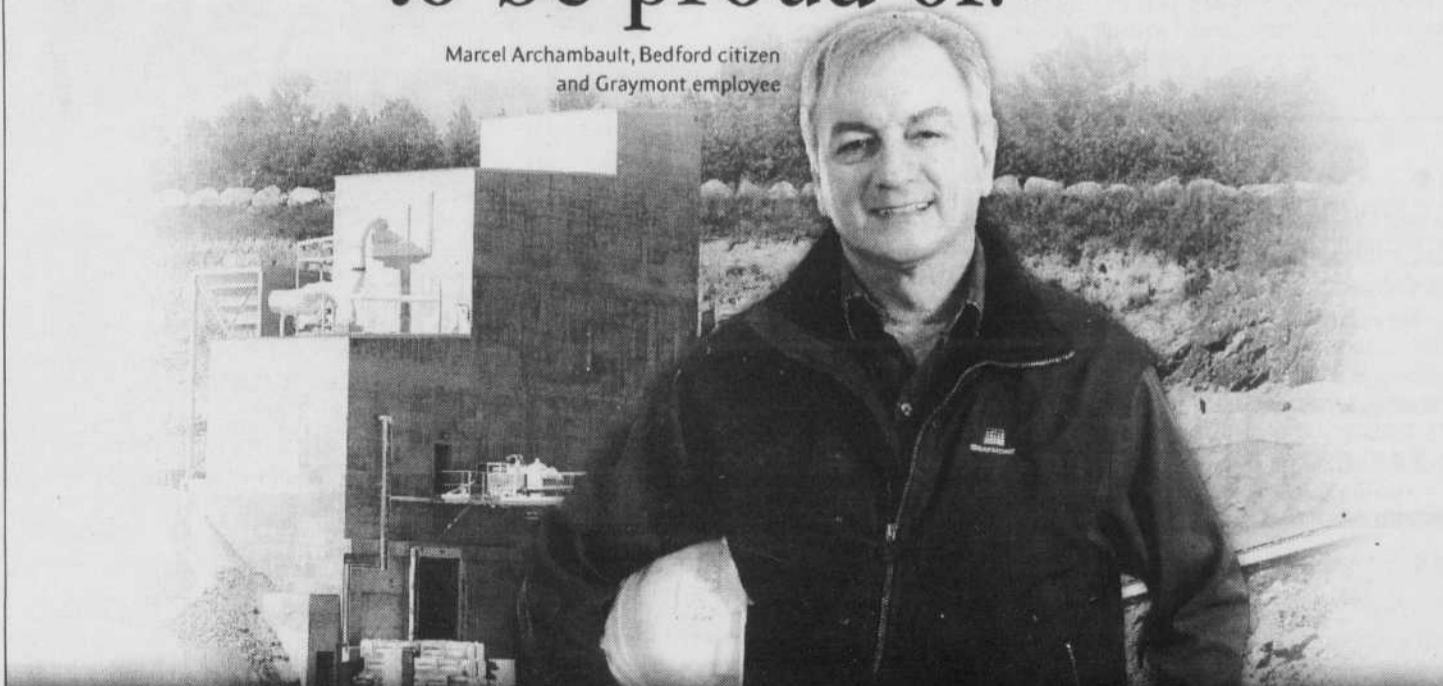


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Marcel Archambault, Bedford citizen and Graymont employee



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BULLETINS:

CONT'D FROM PAGE 2

in Parish Hall at 6 p.m. EASTER SUNDAY at 10:30 a.m.

GRACE ANGLICAN CHURCH in SUTTON, 52 Principale sud, welcomes everyone for Sunday Services at 10:30 a.m. All are welcome. The Rev. Canon Tim Smart, Rector. 450-538-8108.

OLIVET BAPTIST CHURCH, SUTTON, Pastor Alex Lobach and the congregation welcome all to worship with us each Sunday at 11 a.m. Mid-week youth group and Bible Study. Tel. 450-538-5225.

ALL SAINTS ANGLICAN CHURCH - DUNHAM. Sunday Services at 9:30 a.m. The Rev. Sinpoh Han. Information 450-266-0392.

NEW VISION PASTORAL ZONE UNITED CHURCHES: Join us for Sunday worship in the following churches at the indicated times and dates: **DUNHAM UNITED** at 9:15 a.m., **ST. PAUL'S UNITED, WATERLOO** at 9:30 a.m., **GRANBY UNITED** at 11:30 a.m. and **CALVARY UNITED, SUTTON** at 11:15 a.m. *Reverend Susan Tilleman will be in **Dunham** and **Sutton** and Reverend David Lambie will be in **Waterloo** and **Granby Sutton** in April. For information call Gail Booth at 450-538-0530. **ADVANCED NOTICE of EASTER SUNDAY SERVICE, APRIL 8th** at regular times with family service with Sunday School led by Reverend Susan Tilleman.

A gentle, effective way of saying... gimme

Fundraising can be rough and tough

By Wendy Denman
BROME COUNTY NEWS CORRESPONDENT

There always comes a point for community groups, non-profit organizations and volunteer associations when the need for

fundraising takes precedence over everything else. That there are so many of these groups and associations doing so well is a testament to the generosity of our communities.

However, the competition for funds is fierce – and actually going out and raising money can be daunting.

To put things in perspective, Townshippers' Association is sponsoring a

fundraising seminar in Cowansville this month. "We organized the workshop to address a specific need – we're starting a fundraising campaign in May for a new volunteer youth home here in Brome-Missisquoi and we wanted help getting things organized," said George Courville, coordinator of Partners for Health and Social Services, Townships Montérégie.

concentrating on sustainability and strategic planning with both short-term and long-term goals," Courville continued.

"Everyone has a good cause, presentation is very important. Every fundraiser needs to convince people that what they are doing is special, worth contributing to, that what they are doing is the greatest.

"We feel the workshop can also benefit our other partners and groups and we're inviting community organizations, foundations, non-profit organizations and the general public to come and learn along with us.

"There's a great deal of competition for funds. The workshop will introduce the concept of fundraising and address some of the major issues,

"The workshop will also look at various fundraising events – golf tournaments, auctions, dinners – and what is appropriate when and how to attract people with so many such events going on."

Two Montreal experts in the field, Alex Megelas and Frances Ravensbergen, will lead the workshop. For the last 10 years, Megelas has been involved with social justice issues and worked as a community organizer and fundraiser. Most recently he was fundraising and public relations co-ordinator for the Montreal youth group Head and Hands.

Ravensbergen has 30 years experience volunteering in the non-profit field. She is a founding member of the group Consulting for Community Organization.

"The workshop is aimed at English groups and will be in English," continued Courville. "But both experts are bilingual and will be happy to answer questions in French. The workshop is free and we're hoping a lot of people will take advantage of these experts' knowledge."

The Fundraising Workshop takes place at Emmanuel United Church, 203 rue Principale in Cowansville, on Tuesday, April 10, from 1 to 4 p.m. To confirm your presence call 450-263-4422.

Suites for autonomous seniors

Helping couples

By Maurice Crossfield
KNOWLTON

John Glover and wife Carole Brault have embarked on a new stage in their lives as care providers for the elderly, recently opening the new Knowlton Suites wing of Knowlton House.

The newly completed wing represents a \$2 million investment for Brault and Glover, and a new service for seniors who don't necessarily need the level of care provided elsewhere in Knowlton House.

"For some of them their husbands or their wives might be in another part of Knowlton House," said Glover during a recent open house. "So this way they can still be nearby."

Each suite includes a kitchenette, washer and drier and a private balcony. Two meals a day are provided in the dining area, while the kitchenette means being able to have a cup of coffee or a light meal without leaving your home.

"People get to keep their own rhythm, they don't have to get up early and get dressed just to go to the dining area for a piece of toast first thing in the morning," Glover said.

For those still wishing to entertain guests, a large full service kitchen and dining area are avail-



MAURICE CROSSFIELD

Carole Brault, Brome Lake Mayor Richard Wisdöm, John Glover and Brome Lake town Councillor Paula Richardson.

able. A large and elegant living area is also part of Knowlton Suites, as is a bar area, complete with a pool table, dart board and game tables. The bar is, however, BYOB.

Residents have the added security of knowing that in the event of a medical emergency, nurses from the adjoining wing are available 24 hours a day.

For more information on the Knowlton Suites or the more care intensive services offered by Knowlton House, call 450-242-1621, or www.maisonknowlton-house.com on the Internet.

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Solvent switchover helps make a healthier planet

Paint your car with this new stuff

One of the fun things about working for a newspaper is that you're always learning something new. Like how painting a car can be a whole lot healthier than it used to be.

Chemical solvents are nasty things. From paint thinners to perfumes, solvents help keep various products wet until they land on their intended target and dry. It might be your car, your new hardwood floor or the side of your face.

Once in place the solvent evaporates, leaving behind the dried product. These

are the same types of chemicals that contaminated everyone's well in Roxton Pond a few years back, and which has forced Waterloo residents to drink bottled water for the last couple of weeks. Some solvents are also popular with drug lab operators.

When it comes to painting cars it can be a very messy job indeed. Anything you don't want painted must be covered, including your lungs. Even using a spray can in a confined area can be a problem.

I once painted a motorcycle gas tank metallic blue. And that's the same colour that came out of my nose an hour

later when I reached for a Kleenex. I'm guessing the solvent it made the trip with evaporated right into my lungs, blood stream and, some may argue, my brain.

Unlike me in my basement, in real autobody shops the workers use masks while painting. The shops also

UNDER THE HOOD

MAURICE CROSSFIELD

have ventilation fans. But a lot of body workers won't wear the bulky, uncomfortable masks and gloves while mixing their paints, or applying body filler, which also has a solvent base. Or while going through the dusty, messy practice of sand-

ing, sanding and sanding some more. In short, body work can be really unhealthy, with many of the solvents and other compounds used linked to a number of serious ailments, including cancer.

In other areas the chemical solvents have given way to water-based products. Oil-based paint for your home has largely been replaced by water-based latex. Water-based floor varnishes are getting increasingly durable and increasingly popular. Water is still a solvent, but just about the only one you can safely drink.

In recent years even the big car companies have started switching to water-based paints. It's no small matter: Industry-wide, some 70 million pounds of paint fumes are collected and destroyed by car manufacturers every year. That doesn't count the stuff that still escapes into the atmosphere, or is breathed in by the workers.

Switching to water-based paints has a number of benefits: It cuts volatile or-

ganic compound output by 10 per cent, and carbon dioxide emissions by 20 per cent; Ford figures it saves between \$7 and \$11 per vehicle in the process; no more messing around with chemical reducers, hardeners and other nasty stuff; less paint is used overall; and it all cleans up with water, making it easier and safer for the guy with the spray gun. And at the end of the day that person is carrying home a few less toxins in their bodies.

But to date body shops have been slow to adapt to this new way of doing things. Carrosserie 2000 in Sherbrooke is among the very first in the Eastern Townships to make the changeover. Using paint made by BASF, they say you can't tell the difference between their product and factory-original paint. Colour blending is easier and it's also guaranteed for life, showing that BASF thinks it's as good as anything else out there.

It's highly likely that more and more autobody shops will start using water-based paints in the future. It's something you might want to keep in mind the next time the family sedan needs a little skin work, especially if you've got a soft spot for the environment.

Brome County
NEWS

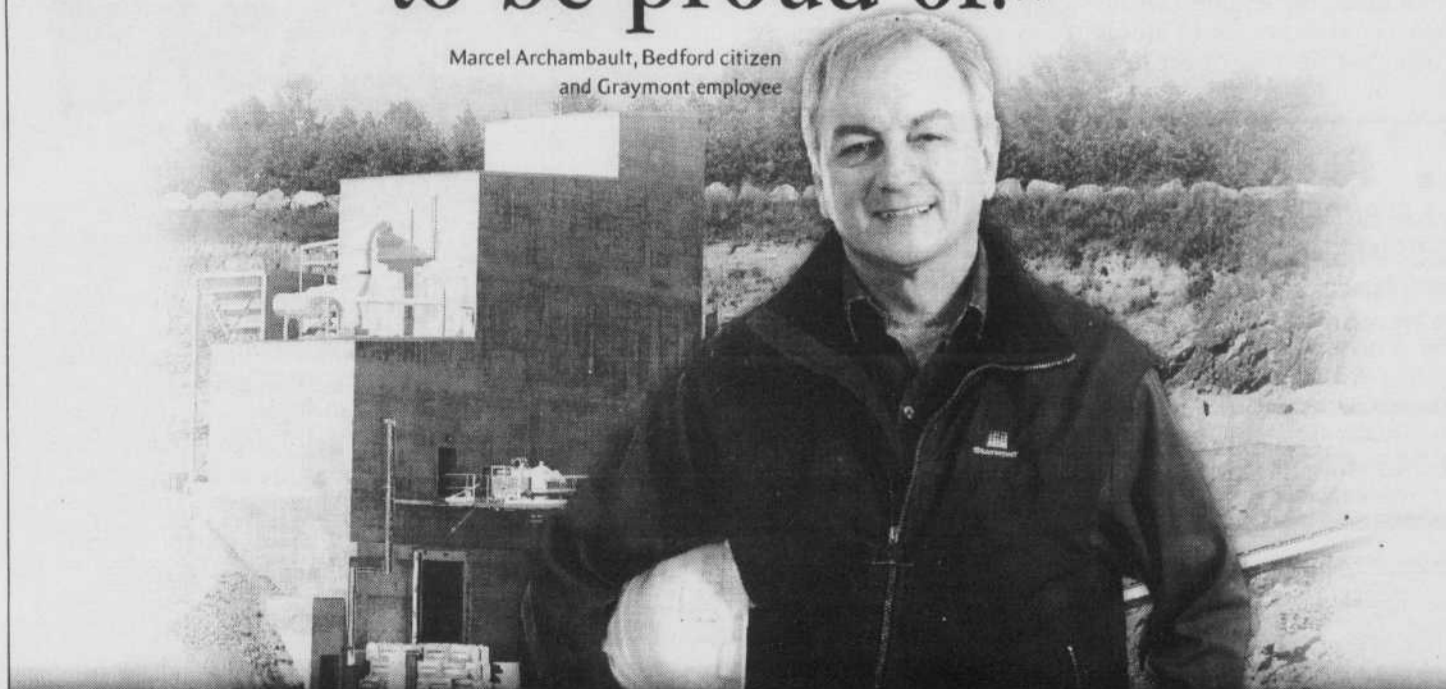


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Marcel Archambault, Bedford citizen and Graymont employee



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BULLETINS:

CONT'D FROM PAGE 2

in Parish Hall at 6 p.m. EASTER SUNDAY at 10:30 a.m.

GRACE ANGLICAN CHURCH in SUTTON, 52 Principale sud, welcomes everyone for Sunday Services at 10:30 a.m. All are welcome. The Rev. Canon Tim Smart, Rector. 450-538-8108.

OLIVET BAPTIST CHURCH, SUTTON, Pastor Alex Lobach and the congregation welcome all to worship with us each Sunday at 11 a.m. Mid-week youth group and Bible Study. Tel. 450-538-5225.

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NEW VISION PASTORAL ZONE UNITED CHURCHES: Join us for Sunday worship in the following churches at the indicated times and dates: **DUNHAM UNITED** at 9:15 a.m., **ST. PAUL'S UNITED, WATERLOO** at 9:30 a.m., **GRANBY UNITED** at 11:30 a.m. and **CALVARY UNITED, SUTTON** at 11:15 a.m. *Reverend Susan Tilleman will be in **Dunham** and **Sutton** and Reverend David Lambie will be in **Waterloo** and **Granby Sutton** in April. For information call Gail Booth at 450-538-0530. **ADVANCED NOTICE of EASTER SUNDAY SERVICE, APRIL 8th** at regular times with family service with Sunday School led by Reverend Susan Tilleman.

A gentle, effective way of saying... gimme

Fundraising can be rough and tough

By Wendy Denman

BROME COUNTY NEWS CORRESPONDENT

There always comes a point for community groups, non-profit organizations and volunteer associations when the need for

fundraising takes precedence over everything else. That there are so many of these groups and associations doing so well is a testament to the generosity of our communities.

However, the competition for funds is fierce – and actually going out and raising money can be daunting.

To put things in perspective, Townshippers' Association is sponsoring a

fundraising seminar in Cowansville this month. "We organized the workshop to address a specific need – we're starting a fundraising campaign in May for a new volunteer youth home here in Brome-Missisquoi and we wanted help getting things organized," said George Courville, coordinator of Partners for Health and Social Services, Townships Montérégie.

concentrating on sustainability and strategic planning with both short-term and long-term goals," Courville continued.

"Everyone has a good cause, presentation is very important. Every fundraiser needs to convince people that what they are doing is special, worth contributing to, that what they are doing is the greatest.

"We feel the workshop can also benefit our other partners and groups and we're inviting community organizations, foundations, non-profit organizations and the general public to come and learn along with us.

"There's a great deal of competition for funds. The workshop will introduce the concept of fundraising and address some of the major issues,

"The workshop will also look at various fundraising events – golf tournaments, auctions, dinners – and what is appropriate when and how to attract people with so many such events going on."

Two Montreal experts in the field, Alex Megelas and Frances Ravensbergen, will lead the workshop. For the last 10 years, Megelas has been involved with social justice issues and worked as a community organizer and fundraiser. Most recently he was fundraising and public relations co-ordinator for the Montreal youth group Head and Hands.

Ravensbergen has 30 years experience volunteering in the non-profit field. She is a founding member of the group Consulting for Community Organization.

"The workshop is aimed at English groups and will be in English," continued Courville. "But both experts are bilingual and will be happy to answer questions in French. The workshop is free and we're hoping a lot of people will take advantage of these experts' knowledge."

The Fundraising Workshop takes place at Emmanuel United Church, 203 rue Principale in Cowansville, on Tuesday, April 10, from 1 to 4 p.m. To confirm your presence call 450-263-4422.

Suites for autonomous seniors

Helping couples

By Maurice Crossfield

KNOWLTON

John Glover and wife Carole Brault have embarked on a new stage in their lives as care providers for the elderly, recently opening the new Knowlton Suites wing of Knowlton House.

The newly completed wing represents a \$2 million investment for Brault and Glover, and a new service for seniors who don't necessarily need the level of care provided elsewhere in Knowlton House.

"For some of them their husbands or their wives might be in another part of Knowlton House," said Glover during a recent open house. "So this way they can still be nearby."

Each suite includes a kitchenette, washer and drier and a private balcony. Two meals a day are provided in the dining area, while the kitchenette means being able to have a cup of coffee or a light meal without leaving your home.

"People get to keep their own rhythm, they don't have to get up early and get dressed just to go to the dining area for a piece of toast first thing in the morning," Glover said.

For those still wishing to entertain guests, a large full service kitchen and dining area are avail-



MAURICE CROSSFIELD

Carole Brault, Brome Lake Mayor Richard Wisdöm, John Glover and Brome Lake town Councillor Paula Richardson.

able. A large and elegant living area is also part of Knowlton Suites, as is a bar area, complete with a pool table, dart board and game tables. The bar is, however, BYOB.

Residents have the added security of knowing that in the event of a medical emergency, nurses from the adjoining wing are available 24 hours a day.

For more information on the Knowlton Suites or the more care intensive services offered by Knowlton House, call 450-242-1621, or www.maisonknowlton-house.com on the Internet.

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By Karen Turner
CanWest News Service

OTTAWA - When it comes to green construction, Roy Nandram practises what he preaches.

Not only is his office a sustainable building, but the custom home he built for his family in 1998 is one of the greenest houses in Ottawa because of its super energy-efficient windows, insulation and integrated water and heating system.

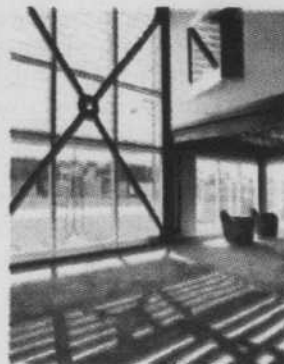
"I was ahead of my time," jokes Nandram, owner of RND Construction, of the advanced green technologies he incorporated into the design of his two-storey home long before Energy Star was a buzz word in new home construction.

Last spring, Ross Elliott of Homestead Building Solutions put the 316 square metre (3,400 sq. foot) house through a battery of tests to determine its level of energy efficiency. In his report to Nandram, the veteran energy auditor concluded his home "more

than exceeded the Energy Star Technical Standards" and was "47 per cent more energy efficient than a code-built home."

To better understand his findings, Elliott explained that a typical house built to Ontario Building Code standards has a minimum EnerGuide rating of 65, while an Energy Star home now rates a 78 (Natural Resources Canada is increasing the Energy Star number to 80 as of April 1). Nandram's brick-and-stucco energy miser scored an 83.

"An 83 is quite high," says Elliott, who's been testing the air tightness and energy efficiency of homes since 1979. "It's definitely in the top 10 per cent of energy efficiency of all new houses today."



(Handout photo by Gordon King)

Veteran contractor Roy Nandram operates his business in an energy-efficient building.

smart design and planet-friendly construction.

"Roy told me, 'I want to build an energy-efficient house, but I don't want it to look like an energy-efficient house - not boxy or clunky, but a nice looking house that could blend in to the Glebe,'" recalls Simmonds who describes the home's exterior as Craftsman-inspired.

On a wooded lot, the award-winning architect was hired to design an open-concept home that would be bright, efficient and surrounded by bushy trees, strategically planted to shade the house during hot summer months and provide a green privacy screen in the winter.

"You can look through any window in the house and see trees," says the 49-year-old builder and general contractor who insisted on salvaging as many of the mature trees on his property as possible. Another 25 new evergreens, pines and spruce trees were planted along the back fence to rim the yard in a swath of green.

Like his nearby showroom, large low-e argon windows were installed throughout the south-facing home for optimum solar gain during the winter and to eliminate the need for artificial lighting on sunny days. Deep eaves, coupled with the small surrounding forest of leafy trees, provide shade when the mercury rises.

At his office, sheets of glass climb two storeys high along the front of the corrugated steel, cement and cedar clad building, flooding the lofty showroom in natural light. Aluminum louvres run across the outside of the windows like heavy-duty horizontal blinds. They're fixed to block the hot sun in the summer and maximize the interior's exposure to the winter sun.

To conserve energy, all of the lighting in the building is automated to ensure lights aren't left on when no one is in the room and the air-conditioner is a multi-stage unit that runs at full capacity only when absolutely nec-

essary.

Registered under NRCan's Canadian Building Incentive Program as a green building, the Accu-Lift offices cost just under \$1 million to build in 2004. Nandram insists the key to a good green building is to start with a well-insulated envelope using top quality windows and a high-efficient heating and cooling system.

Most of the ceilings on the main level of his commercial building are exposed steel, intentionally left open to curb construction costs by eliminating unnecessary finishing materials.

The reception desk and cabinetry in the bathrooms and kitchenette are made of bamboo, a fast-growing grass and renewable resource, sections of flooring are finished in natural slate and durable cork and interior wall panels are constructed of medium density fibreboard made from recycled wood.

"People always look at upfront costs - what it costs me today. They have difficulty seeing the long-term effect of going green," says Nandram, a member



(Photo by Rod MacIvor/Ottawa Citizen)

Cork inlays in the floor of the finished basement are eco-friendly and colourful.



(Photo by Rod MacIvor/Ottawa Citizen)

Energy-efficient windows welcome the sun, yet shut out cold in the winter.

of the Ottawa-Carleton Home Builders' Association's green building committee. "You have to look at it as a return on your investment. Put out the money now and reap the benefits forever."

But he admits convincing homeowners to spend extra money on thermal windows, superior insulation, energy-smart fixtures and high-efficiency furnaces isn't easy.

"The only way you can encourage people to go green is if you help them. The government has to take the lead," says the green crusader who strongly supports federal legislation that would

Continued on next page

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(Photo by Rod MacIvor/Ottawa Citizen)

The porch shields windows from the hot summer sun.

carpet tiles by jacking up cubicle walls and rearranging furniture to minimize office disruption and speed up installation.

For more than a decade, the designer and custom builder have collaborated on several renovation and custom home projects and share an affinity for

Ottawa architect Christopher Simmonds designed both the Nandram home and the 743 sq. metre (8,000 sq. foot) commercial building where Nandram works as president of Accu-Lift Flooring Systems, a company that replaces old carpeting in office buildings with recycled Interface

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Green believer: Contractor walks the talk, living in a super energy-efficient home

Continued from previous page

salt-water swimming pool in the backyard.

friendly, but practical: If one gets stained, it can be easily replaced with-



make green building mandatory and suggests incentives, such as GST rebates on all Energy Star homes and appliances, would encourage home buyers to make greener choices.

Since he started testing homes more than 25 years ago, Elliott has seen a huge shift in support for green building from both buyers and builders.

"People aren't stupid. People realize we had a boom of energy for a generation, but cheap energy is not going to be abundant for the next generation," he says. "Houses are really big energy suckers and people are starting to clue in."

In Nandram's home, it's mostly what you can't see that makes it so energy efficient. Like the thick layer of insulation wrapping the outside of the foundation walls keeping the basement dry, warm and mould free and the dense thermal edge spacers between the window panes to prevent heat loss.

Behind a door in the basement is "the guts of the home." There's a compact heat recovery ventilator (HRV) that keeps the indoor air fresh and a hot water boiler that not only heats the house, but the inground



Large overhangs on the front of Roy Nandram's house effectively shade windows in the summer, keeping inside spaces cool.

(Photo by Rod MacIvor/Ottawa Citizen)

In the finished basement, where the couple's 15-year-old son Andrew hosts regular parties for his friends, circular inlays of cork surround a curvy cherry and stainless-steel bar, which landed Nandram and Simmonds top honours at the annual housing awards in 2005.

The remaining floor is covered in durable carpet tiles made from recycled material, which are not only eco-

out having to rip out the entire floor.

"I like the green concept," says Nandram, who studied mechanical engineering at Algonquin College and economics at the University of

Ottawa.

"It is important to me because as a human being, we have to think about our environment and to leave something for our children and grandchildren that is meaningful."



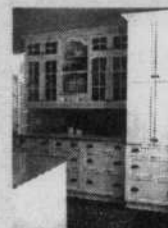
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(Photo by Rod MacIvor, Ottawa Citizen)

Roy Nandram

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Help for hoarders

*And grief, dreams,
family law*

March was a difficult month to coordinate activities, with Spring Break and the freak storms, but we managed to have several successful events just the same.

ORGANIZING OPTIONS

Professional organizer Kathleen Murphy came out to Avante from Montreal to give us tips on getting and keeping our homes organized and free of clutter. Kathleen explained that it's more than just throwing stuff out. "Everyone has their own style and we need to respect the spaces that are marked with belongings. But problems start when there's abnormal hoarding and people really can't let go of things."

Taking photos of sentimental objects

as a keepsake can be one solution, and disciplining yourself so that anything new in the house means something old has to go. For clothing, each item has to meet four criteria: Does it fit, Do I look good in it, Is it comfortable, and Do I like it. Holding on to things that don't fit, or projects you intend to do, is a constant negative reminder that you really don't need to have in your house, so Kathleen recommends to give it away. There are many resources that will take donated items, and items that are practically brand new would be a real treat.

AVANTE
WOMEN'S
CENTRE

are practically brand new would be a real treat.

INTERNATIONAL WOMEN'S DAY

Every March 8th, there are special events commemorating the day that recognizes a woman's role around the world. This year, Avante celebrated with close to 60 guests at the Georges Perron Centre in Bedford. We were entertained with live music from Bette Piette and Inger Woest, fabulous comedy from Gissa Isreal and poetry readings from Pam Dillon. Other women brought their works of art, including stained glass, photography, twig art, water colour and oil on canvas. Refreshments were served and a good time was had by all.

APRIL ACTIVITIES

Avante always has something going on with our weekly stitching group on Wednesday mornings, our computer classes on Tuesday afternoons, and our monthly scrapbooking and cooking clubs. This month we have introduced two activities taking place in the afternoons, as a new time slot in our scheduled events.

AN INCONVENIENT TRUTH

In observance of Earth day (April 22), Avante will host a viewing of Al Gore's movie, An Inconvenient Truth, on Thursday, April 26 at 1 p.m. If the vast majority of the world's scientists are



COURTESY

On International Women's Day: Artist Gillian Marack (sitting) with Dianne Rhicard, Elsie Lackey and Mary Boomhower.

right, we have just 10 years to avert a major catastrophe involving extreme weather, floods, droughts and killer heat waves. Gore documents what exactly is happening to the earth and makes recommendations as to how we can work together to fix the problem we've all created. "It is now clear that we face a deepening global climate crisis that requires us to act boldly, quickly and wisely." If you haven't seen this movie yet, please share your afternoon with us as we learn together how we can make a difference in protecting the earth we all share.

GRIEF & LOSS

Townshippers' Association has been coordinating a project funded by Health Canada to improve access to health services in English. One part of the program has been Telehealth Conferences, which are televised lectures by experts that allow you to ask questions during the talk. These have all been videotaped, and the program organizers want to know how useful these tapes are just to watch.

They've asked Avante if we could have a focus group watch one lecture on video and evaluate it for its usefulness as a tool

for health services in English. We've scheduled Wednesday, April 18 at 1 p.m. to run the lecture on Grief & Loss. It includes how to understand the grief process, and how to help. We would like to have at least 10 people watch it and give an opinion. If you're interested, please call to sign up (at 450-248-0530).

PARENTAL RIGHTS, RESPONSIBILITIES

For our monthly evening workshop on Tuesday at 6:30, April 10, our invited guest will be Lisa Merovitz, a lawyer specializing in family law. We have asked Lisa to cover the rights and obligations of parents, grandparents and children of aging parents. To what degree are we held responsible, and what rights do we have to intervene in a relative's well being? What are our financial obligations to our children? We aren't often aware, and consequently not prepared, when we are faced with situations that we are responsible for. What role will Youth Protection play? How does the law serve us? Have your questions answered and enjoy a very informative workshop.

Our offices are open weekdays from 9 a.m. to 4 p.m. We are located at 2 Adhemar-Cusson, Bedford and can be reached at 450-248-0530.

- Barb Bellingham

Part 2 of this column will appear in next week's Brome County News.

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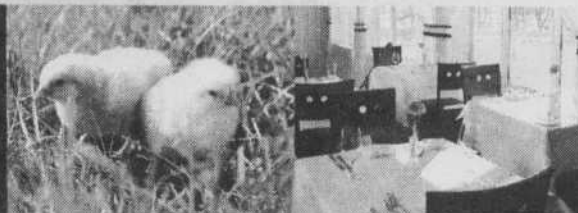
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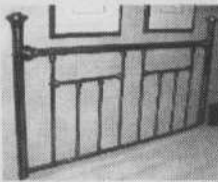
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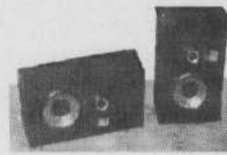
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The Town of Brome Lake wishes to sell by way of auction under sealed bid an immovable situated at 383, Knowlton Road, Lac-Brome, in the Knowlton sector.

A document containing relevant information concerning said immovable is available upon request at the Town Hall.

Interested persons may visit the site by making an appointment with the undersigned during regular business hours (from Monday to Friday, from 8:00 am to 12:00 pm and from 1:00 pm to 4:30pm).

Bids must be presented in writing and placed in a sealed envelope.

Please note that the minimum price fixed for said auction has been established at \$200,000.

Bids will be officially opened Tuesday, May 22nd, 2007 at 11:00 am, at the Town Hall, 122, Lakeside road, Lac-Brome, Québec.

Given at Brome Lake, this 5th day of April, 2007.

Mtre Alain R. Roy, M.A.L.L.B.
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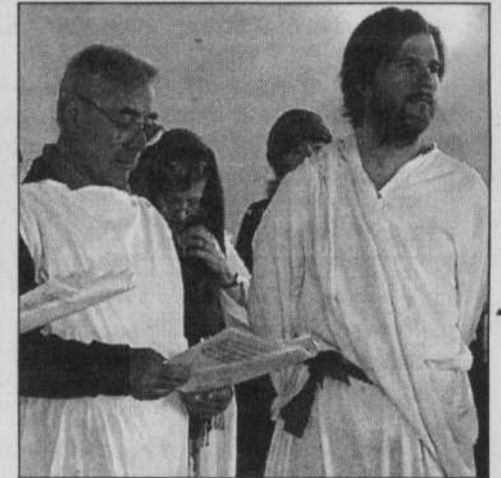
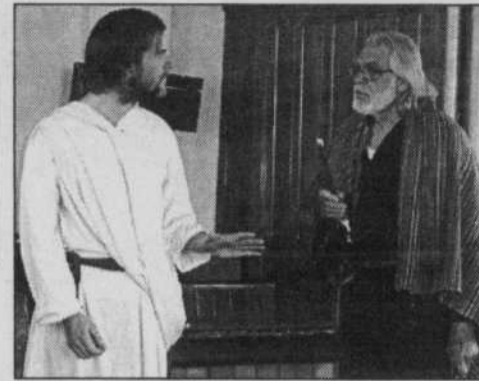
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Emmanuel United Church presents play



On Good Friday April 6 at 7pm in Emmanuel United Church, we will present a Musical Passion Play by the text taken from the Gospel of Saint Luke.

Cast

Narrator: Wendy MacLean; Jesus: Bill Jarand; Peter: Burn Purdon; Judas: Malcolm Cogswell; Pilate: David Lambie; Herod: Reg Holliday; High Priest: Peter Riordon; Centurion: Tom Ransom; Good Criminal: John Taylor; Bad Criminal: Jim Fulford; Simon the Cyrenean: Frank Johnston-Main

Daughters of Jerusalem: Hélène Carrier Laplume; Ann Holloway; Evie Johnston-Main; Anne Lipowski; Di Plant; Isabelle Sirois; Jean Cogswell

Stage Director: Vesta Jorgenson

Musical Director: Susan Reininger

Free will offerings

203 rue Principale Cowansville
450 263-0204
capchurchoffice@bellnet.ca

Silent Auction held



Picture by Michel Gadoury

The Silent Auction organized by Emmanuel United Church was a big success. From 113 articles, we have raised more than \$4,000. Ingeborg Fulford, Norma Sheirrer, Eidy Holliday, Karen Côté were the organizers.

Read The Brome County News weekly

Stanbridge East - Thelma Rhicard

The Canadian Club of the Yamaska Valley welcomed Notary Elisabeth Lefebvre of Cowansville at their March monthly meeting. She humourously spoke on the importance of everyone having a will and advised us to stay clear of 'Will Kits'. The club's Spring Trip is planned for May 16th by Carol Soule who reports that the bus has been filled to capacity. It is with deep regret that I recount the tragic road accident that occurred on the stormy day that took the highly-esteemed life of Stanley Soule, when he and his wife Carol were on their

way to the club's meeting. Deepest sympathy is extended to his loving family and friends. Stan is genuinely mourned and missed by all who knew him.

The Open House for the Denise-Larocque-Duhamel Library was well attended. It has been renovated since the water damage and is now located on the upper floor and we hope it will never experience another problem! Check out the website at

www.stanbridge@reseaubibliomontergie.qc.ca

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YOUTH:

CONT'D FROM PAGE 1

and their habitat. For the latter, the kids had access to the RVLТ trails in Dunkin, as well as the Missisquoi North River Peninsula (a natural research site that's a short walk from each of the two schools). Topics ranged from mammals and tracking to wetland habitat and the beaver. Sessions were given "always for each school, and one at the time," said Grégoire.

For the Mansonville kids, Grégoire had nothing but praise. "I'm super happy! And proud of them... just how much they've learned... the interest they've shown... how well they presented their research."

THEME:

CONT'D FROM PAGE 1

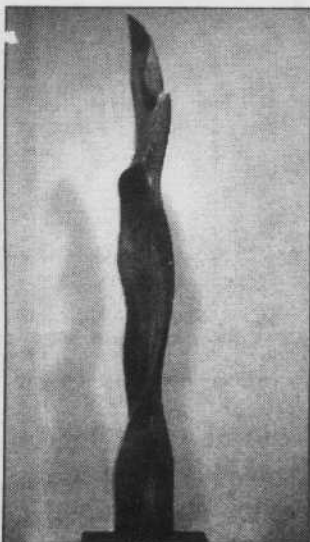
double entendre, and in turn awake our senses with their brilliant renditions."

Arts Sutton mounts two members' exhibits a year. There's a miniature show in the late fall, when any of the members can bring in a small work, 12 by 12 or smaller, for display. This annual spring show is a judged show, with a panel of three deciding what will comprise the exhibit.

"Our artists are at many different levels, some are very well established and well known, others are just beginning," said Normandin. "That is taken into account during the judging. An exhibit such as this needs cohesiveness; a work has to go with the team. If a piece is rejected, it is never, ever personal. In the past, I've had my art rejected from members' exhibits. It's part of the creative process, part of learning to be an artist."

The current exhibit includes oils, drawings, watercolours, assemblages, collages, sculpture and papier-mache. "I've enjoyed being the curator and I will be handling more shows in the future. The hard part about a group show is keeping track of all the artists and all the art, but it's worth the effort — make way for imagination."

Awakening continues at Arts Sutton (7 rue Academy in Sutton) until May 6. The gallery is open Thursday to Sunday, 11 a.m. to 5 p.m.



COURTESY BRIGITE NORMANDIN
Primavera by Eddie Heath.

The idea of the Maison des jeunes venue came from youth director Mable Hastings. She had overheard a conversation about the tracking project at the Reilly House. It both intrigued and impressed her. She suggested to Grégoire that the youth centre host the event. The idea blossomed.

"It was like Christmas morning bringing all the kids together," said Hastings. And referring to the youth

centre, she said: "It's theirs to enjoy in a variety of ways. And this is just one such event."

Grégoire, along with Stansje Plantenga, president of the RVLТ, distributed certificates of recognition for the active participation of each Keeping Track for Kids member. Prizes for best tracker in each school went to Jeremy Hamilton and Monica St-Onge, students at MES and Le Baluchon, respectively.

The selection process was no mean feat. "I was blown over by (all) their presentations," said Plantenga; she admitted she would have found it near impossible to select the winners.

For 12-year-old Jeremy, the project meant a lot. "It was all about the land... It teaches kids not to take the land for granted," he said. "If you overuse it, it's not going to be good any more."



Congratulations to Robert Nutbrown, winner in the RBC Local Hockey Leaders® Program. You've made all of Lennoxville proud.

We proudly salute Robert—the co-founder of Apple Juice Hockey, which reflects his philosophy of keeping the game fun and accessible to all. He also promotes, organizes, recruits and coaches. In recognition, Robert will now take his rightful place in the Hockey Hall of Fame. RBC Insurance will also donate \$10,000 to his minor hockey association to pay for things like new equipment. So the real winners are the kids. See the stories of all 13 winners at rbcinsurance.com

