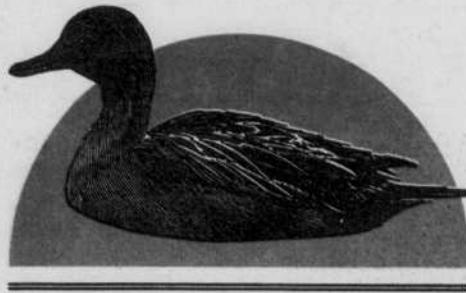


Brome County NEWS



TUESDAY, NOVEMBER 17, 2009

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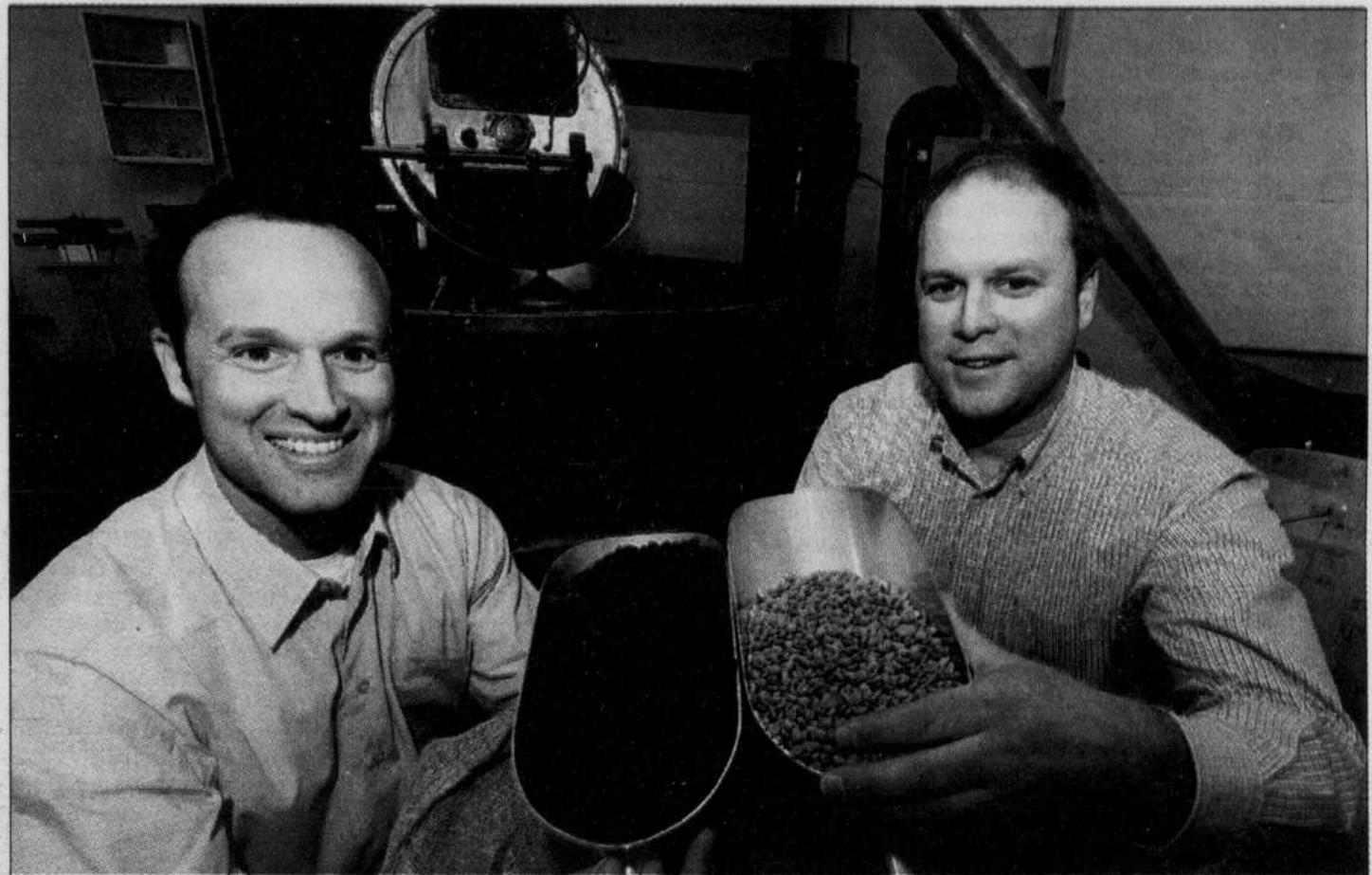
By Virginia Wilson

As of November 2nd, anyone with Flu-like symptoms should report to the CLSC in Cowansville and check into the isolated flu clinic set up by the CSSS la Pommeraie to prevent overexposure to patients in the emergency rooms to the H1N1 virus. Anyone with a fever over 38 degrees, with a shortness of breath, trouble breathing who has pain when breathing in, vomiting for four hours or over, weakness and less energy especially in small children should go to the flu clinic and will be turned back at the BMP Hospital and Clinics. If you have severe breathing problems, blue lips, trouble moving, severe neck stiffness, confusion, convulsions, 12 hours without urination, or fever in an infant less than three months of age, you should proceed directly to the Emergency at the Hospital. The staff on site will be able to test and diagnose patients accordingly. This is the same location as the vaccination clinic in Cowansville where as of November 9, people 19 - 65 years of age with a chronic illness as well as pregnant women needing a vaccine without adjuvant will be able to get vaccinated against the H1N1 virus. If there is a large line-up, tickets will be distributed with a specific hour during the day in which to return to receive the vaccine. The following are the hours of operation of the flu clinic and location of the CLSC in Cowansville.

Open as of November 2nd, 2009
CLSC Cowansville
397, rue de la Rivière
Website:
<http://www.santemonteregie.qc.ca/lapommeraiie/index.fr.html>
Monday 1PM to 9PM

Tuesday	1PM to 9PM
Wednesday	1PM to 9PM
Thursday	1PM to 9PM
Friday	1PM to 9PM
Saturday	8AM to 4PM
Sunday	8AM to 4PM

Virgin Hill Coffee: "You can't keep a good thing down"



DAVID ANDERSON

Martin Authier and Matthew Greer

By Virginia Wilson

For local residents, Virgin Hill coffee has become a household name and now the locally roasted Arabica bean coffee, which is already found in local cafés, restaurants and boutiques, will be hitting the shelves of the local Metro Grocers. Matthew Greer, local Brome Lake resident and co-proprietor of Virgin Hill Coffee, started his business in North Hatley four years ago and then moved it to Waterloo less than two years ago

where he and his partners lost everything to a fire last July. With the goal of creating a local family business that offers gourmet coffee at a reasonable price, Greer refused to let his dreams burn to the ground like his building. Within two weeks, another building was located in Waterloo which they were able to rent at a reasonable price. The company continued to service customers the best way they could while rebuilding everything and were completely functional within four months. The company experienced a second

fire last March, but luckily only a roaster was lost this time and no one was injured. Greer believes in the importance of customer service and is proud of the company's constant growth and local support. Matthew Greer welcomed his brother and new plant manager, Michael Greer, to the team, as well as Martin Authier, who will be handling sales and marketing. Virgin Hill hopes to continue growing locally as well as internationally and keep their quality and customer service at the highest level.



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pharmacist

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pierre.marziali@famiprix.com

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Brome County Community Billboard

COMMUNITY CALENDAR

November 17

Open 'til 8 Learn basic sign language, potluck starts at 5:30 p.m. & workshop starts at 6 p.m. on Tuesday, November 17, avantebarb@bellnet.ca Avante Women's Centre, 2 Adhémar-Cusson, Bedford, 450-248-0350

November 19

Afternoon Delight. 1:30 - 3:30 on Thursday, November 19. Our international theme continues with a demonstration of Moroccan chicken, cost \$2. avantebarb@bellnet.ca Avante Women's Centre, 2 Adhémar-Cusson, Bedford, 450-248-0530

November 21

Don't miss out on the Christmas Bazaar, Saturday, November 21. One day only. Sutton Legion, 2 Curley St., from 9 am to 5 pm. Info: Linda 450-538-3789 or 450-538-2210.

Mental Health & Well-being support Group Meetings held at United Church, 234 Knowlton Road, Knowlton, from 2 p.m. Having difficulty coping? Not sure how to support someone suffering from mental illness? Or maybe you just want to be more informed? Info: 450-243-0928 or pleasantvalley@sympatico.ca.

Ecumenical OutMass celebrating the gifts of gay and lesbian people in our churches and communities on Saturday, November 21, 3 p.m. at Grace Anglican Church, 52 Principale sud, Sutton. Join us, young and old, as we celebrate the goodness of God towards all his children. A reception will follow in the parish hall.

19th Pre-Christmas Sale at Heroes

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 5 Victoria St., Knowlton, QC JOE 1V0, email: bcnews@qc.aibn.com, or fax: (450) 243-5155. Visa and Mastercard accepted.

Brome County NEWS

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CIRCULATION

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Member

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The Record was founded on February 7,

school, 317 south St., Cowansville on Saturday, November 21 from 9 a.m. to 5 p.m. Info: Sharon 450-263-4962 or Louise 450-263-1612. Lunch available. Happy Holidays & Welcome to all!

The Sutton Saturday Market CHRISTMAS BAZAAR will take place November 21, 9 A.M. to 5 P.M. at the Legion Building, 2 Curley Street, Sutton. Twenty-two talented vendors and bakers look forward to welcoming one and all.

Oddfellows Annual Christmas Bazaar, 476 Chemin Knowlton, Knowlton, on Saturday, November 21, 2009, from 9am-3pm. Come do your Christmas Shopping!

Annual Christmas Bazaar, Soup and Dessert Luncheon held by the United Church Women, Saturday, November 21, 11a.m.-2p.m., Granby United Church, 101 rue Principale, Granby. Bake Sale, White Elephant Table, Craft Table, Silent Auction, Toonie Table. Free admission. Luncheon Adult: \$6. Child under 10: \$4.

Country Dance with music by Gary Darling at the Royal Canadian Legion, Br. 77, 77 Lewis St., Waterloo, Saturday, November 21, 8 p.m. to 12:30 a.m. \$6 per person. Come on out, have a dance and socialize with us! Info: 450-539-3436

Fraternité des Trois Anneaux/Three Link Fraternity, Princess Rebekah Lodge #4/Unity Lodge #8 IOOF will be holding an all you can eat "Restaurant Style Spaghetti Supper" and Craft Sale on November 21 at 4150 Route 147, Waterville (Huntingville). The craft sale will be from 2 to 6 p.m. and we will be serving salad, garlic bread, spaghetti, fruit cocktail, cookies, coffee, tea and juice from 5 p.m. to 7 p.m. This is a great opportunity to help support our community projects as well as getting a start on your Christmas shopping. (Family Price). Information: princess4ioof@yahoo.ca or 819-340-0391.

November 21, 22

5th Annual Sale. There will be a two-day sale of arts, crafts, collectible, antiques, new toys, baked goods and preserves held in Memorial hall, 20 Academy, Stanbridge East, Qc. Open both days, 10am-4p.m. There are still tables available. All profits from table rentals and all monies from kitchen

sales go the the Oncology Department of the B.M.P. Hospital. Info: Audrey: 450-248-2407, Jeannine: 450-248-2782, Pat: 450-293-2350.

November 22

Broadcaster, author and journalism professor **Ted Barris** will tell the untold stories of regular Canadian soldiers from the Great War to Afghanistan at Theatre Lac Brome 9 Mount Echo road in Knowlton. The presentation with slides followed by a book signing will begin at 2 p.m. This event is in benefit of Pettes Memorial Library. Tickets are \$10 per person and are available at Brome Lake Books 264 Knowlton road or by calling 450-242-2242.

All-you-can-eat Brunch. Sunday, November 22. Eggs the way you like them, \$7. \$3.50 for children under 8 years old. 10 a.m. to 1 p.m. Sutton Legion, 2 Curley St. Info: 450-538-2210.

November 24

Open 'til 8 : **Baladi**, (Belly Dancing) Claire Rose, who will demonstrate and teach the art of Baladi; a liberating dance movement that rekindles our "joie de vivre". starts at 5:30 pm. Cost \$2. avantegayl@bellnet.ca Avante Women's Centre, 2 Adhémar-Cusson, Bedford, 450-248-0530

November 24

EGYPTIAN SACRED SITES. Adhi Two Owls invites you to a Digital Slide Lecture on her recent discoveries on the Great Pyramid of Giza, the Karnak Temple of Luxor and others. She is a researcher, Radiesthesiologist and shaman, sees clients and teaches all over the world. Cowansville, United Church, 203 Rue Principal. 6.45 p.m., Tuesday, November 24. Donations are welcome. For more info contact 450-263-9027

November 25

"**Money Talks**": Want to learn more about budgeting, investing, banking etc? Share what you know. 10 am - 11:30 am. on Wednesday, November 25. For more information contact Kathleen, Tuesday or Wednesday by telephone or email avante.kath@bellnet.ca, Avante Women's Centre, Adhémar-Cusson, Bedford, 450-248-0530

November 28

Christmas Sale at Mansonville Unit-

ed Church on Saturday, November 28 from 9 a.m. to 3 p.m. to benefit the United Church. Tables for rent. Information: Roseleen George 450-292-5638. Welcome Everyone!

CHRISTMAS LUNCH AND SALE: Parish Hall, St. James Anglican Church, 40 rue du Pont, Bedford, Saturday, November 28, 11am-2pm. Sale: baked foods, nearly new, books. Admission free; lunch tickets \$6. at Draper Assurance, Bedford, or at the door. Information 450-248-7319. Everyone is welcome!

December 5

11th Christmas Sale & Attic Treasures. "Lost Angels" Saturday, December 5, from 9 a.m. to 4 p.m. at Emmanuel United Church, 203 Main St., Cowansville. Table proceeds go to "Missing Children's Network". Lunch available. Info: Sharon 450-263-4962. Happy Holidays and welcome to all!

ARTS CALENDAR

Nov 21-29

Robin Badger & Robert Chartier are opening their studio to the public for their 6th annual Exhibition & Sale of recent works showcasing the work of these two well known ceramists. You will find unique serving platters, artistic bird baths as well as cobalt blue tableware and bake ware. Great Christmas gifts made right here in the Townships! All are welcome! This is a great opportunity to come and visit the studio, see how things are made with clay & chat with the artists. Show dates November 21st-29th (9 days) Open every day, 10am to 5pm. Down To Earth Pottery Studio; 67 Bailey Road, West Bolton. Info: 450-242-2836 or www.robinbadger.com

CHURCH SERVICES

CREEK/WATERLOO PASTORAL CHARGE.

Sunday worship and music. Creek United, West Bolton: 9:00 a.m. St. Paul's, 4929 Foster, Waterloo: 10:30 a.m. Reverend David Lambie, Minister. For information or to leave messages call: 450-539-2129. Our regular Sunday morning services during advent are: Nov. 29, Dec. 6 (White Gift Sunday), Dec. 13 and Dec. 20. Our combined Christmas service with Waterloo United Church will be celebrated on Christmas Eve, Thursday the 24th at 7 p.m. at Waterloo United Church 4929 Foster Ave. Everyone is welcome.

CONT'D ON PAGE 8



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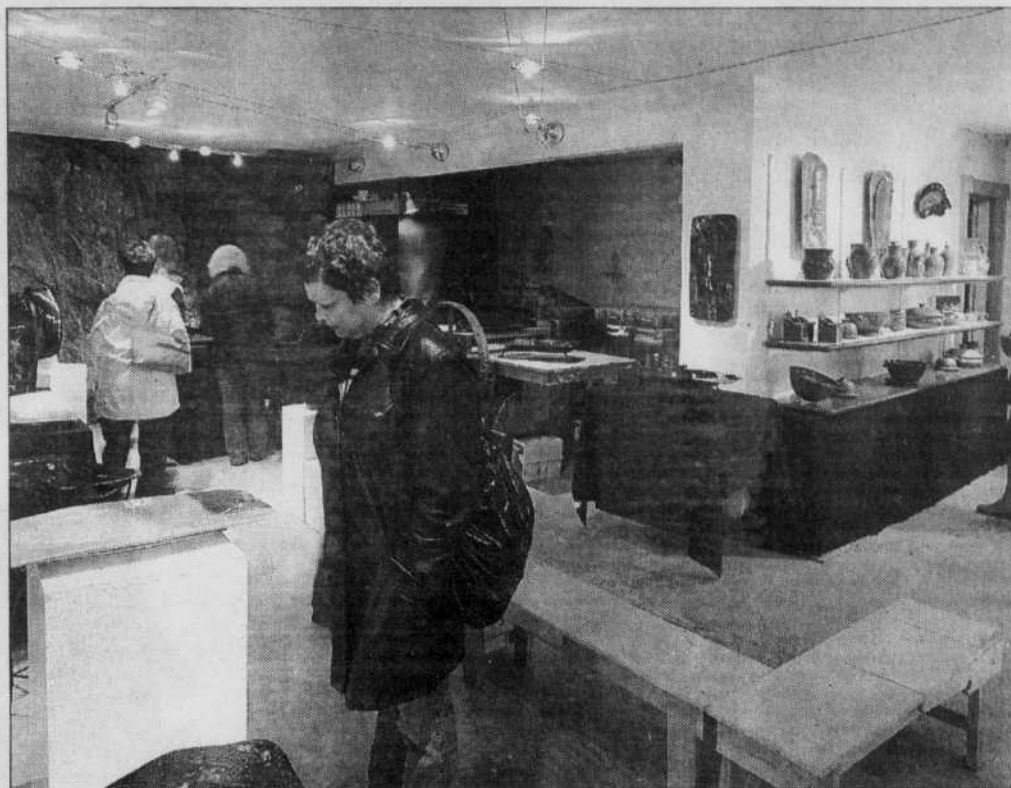
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KNOWLEDGE AND KNOW-HOW.

In Love with Pottery

By Virginia Wilson

Starting November 21, well known local potters Robin Badger and her husband Robert Chartier will open the doors to their "Down to Earth" gallery, located at their hundred acre home in West Bolton, where they will be displaying their most recent and diverse pottery creations. The couple, who fell in love while at pottery school, opened the gallery together exposing two very distinct ways of using clay. Locals may have visited the gallery to see Badger's trademark blue pottery or Chartier's larger original multidimensional pieces during the annual Tour des Arts, of which both were long time members. The exhibition and sale will begin at 10 a.m. until 5 p.m. from November 21 until November 29 at 67 Bailey Road in West-Bolton. You can also visit their website at: www.robinbadger.com or call (450) 242-2836 for more information.



VIRGINIA WILSON

Down to Earth gallery in West Bolton features the work of Robin Badger and Robert Chartier

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You look good in green

Sustainable fashion doesn't have to be intimidating, nor does it have to adhere to a hippie stereotype.

By Suzanne Wexler
For Canwest News Service

It's vegan, eco-friendly, fair-trade, made locally - and proceeds help impoverished children! The latest do-gooder fashion companies are certainly setting some high standards.

Toms Shoes, based in Santa Monica, Calif., is giving away a pair of shoes to a needy child for every pair purchased. British giant Marks and Spencer has adopted a mission - "Plan A" - to become carbon neutral and to stop sending waste to landfills by 2012.

Meanwhile, Paris's yearly Ethical Fashion Show, a trade event featuring conferences, workshops and runway shows centred on ecological and social matters, is touring cities such as New York, Rio de Janeiro, Berlin and Milan through next year.

The sustainable-fashion movement is blowing up like a big green balloon, with innovative companies finally adding corporate responsibility to the bottom line.

Problem is, as a consumer, after you try on those perfect-fitting jeans, in the 30 seconds it takes to walk to the cash register, it's nearly impossible to start weighing ecological matters such as water waste and land use, or ethical matters, such as labour conditions and charity causes.

"Most people get overwhelmed and

turn it off," said Lindsay Coulter, a.k.a. the Queen of Green for the David Suzuki Foundation.

Instead of trying to figure out whether to buy organic cotton or bamboo, she says, sustainable-seeking consumers should simply abide by the "cradle to cradle" philosophy. That is, shoppers should start asking questions about where and how clothes and accessories are made.

They also need to think about what ultimately happens to their clothes after they've finished with them.

If consumers become mindful about how clothes are treated and disposed of, the idea is that, eventually, more businesses will have to keep up.

"You can't do it all," Coulter said. But you can start by going to stores that will

help you understand how your efforts are making a difference.

SETTING THE STANDARD

Danny Lourenco owns the sustainable-fashion boutique Rien a Cacher on Montreal's St. Denis Street. He's been doing plenty of eco-homework throughout the years.

CONT'D ON PAGE 6

BROME FAIR HISTORY BOOK

HELP PRESERVE THE MEMORIES OF THE BIG BROME FAIR

If you have any photos, memorabilia or interesting stories of Brome Fair and you would like to have them included in a book to be published by September 2010 please send or deliver them by Dec 1, 2009 to:



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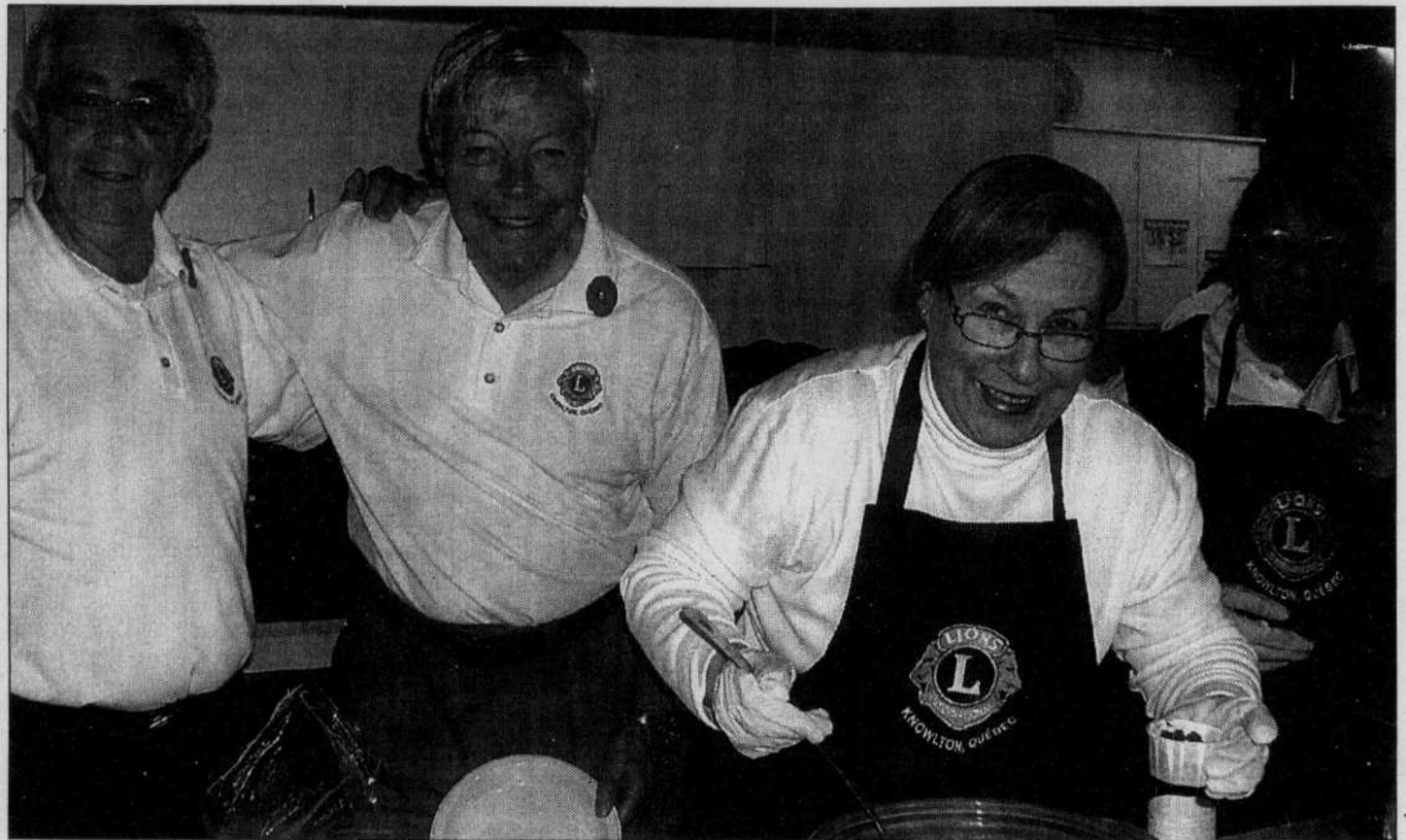
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Knowlton Academy Brunch for the Veterans

By Virginia Wilson

Sunday morning many community members showed up at 9:30 a.m. at Knowlton Academy for the Lion's Club annual "Brunch for the Veterans." The brunch has been held at the elementary school for over fifteen years to honor the Veterans of War. The event is financed by the donations given to the Lion's Club members at the door, which generally defers the cost of food. There were plenty of fruit cakes on sale at the entrance to help support the Lion's Club, which had over 30 volunteers cooking and waiting tables to make the event a success. Judith Duncanson, last year's Lion's Club President, confirmed the event gets lots of support from the community. Knowlton Academy lent the use of their cafeteria, L'Auberge Le Relais donated condiments and pots and pans, Laiterie Chagnon donated milk and orange juice, the Duck Farm donated the eggs and Turkey Hill Sugar Bush donated maple syrup. The scouts were on site to assist by doing the dishes at the end of the brunch at 1:30 p.m.. There were plenty of fluffy eggs and pancakes for all, even those who went back for seconds.



VIRGINIA WILSON

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Eating well in the twilight years

Loss of appetite is just one reason that some lose interest in cooking

By Jenny Lee
CANWEST NEWS SERVICE

Stan Fryer, 83, takes cooking very seriously.

His wife, Shirley, 81, has Alzheimer's disease. Shirley was diagnosed in 2001. Five years before that, she lost her sense of taste and smell after a stroke. If Fryer didn't put food in front of her, she just wouldn't eat.

"She just doesn't feel hungry," the

White Rock man said recently. "The most important thing in her case, is texture. Sometimes, depending on how I do the vegetables, the texture's not that great."

Many friends seem to have lost interest in cooking and favour frozen prepared foods or eating out, but Fryer believes fresh food and daily vitamins have slowed his wife's disease. No question, but cooking takes massive effort. "It's a difficult thing because as a caregiver, you're doing everything," the former school registrar said.

"Cooking is just one of the things and you're cooking for two, so you're doing a lot of shopping. I do a lot of salads mostly because my wife likes the salads and I can put fish in the salad, and chicken."

Fryer freezes blueberries, microwaves frozen vegetables, makes scrambled eggs


and sausage for breakfast, and blends a multi-fruit drinks with walnuts and honey.

"My youngest son was a chef with the Boathouse and a couple of hostels in Vancouver, so I learned a lot from him," Fryer said. "He said one of the most important things is the family should cook together so I try to include my wife in some of the cooking - peeling the potatoes and washing the vegetables."

Fryer always cooks enough for leftovers. "If I'm going to do chicken, I make sure it's going to last me two to three nights."

He's become adept with the knife. "It's amazing when you first start and you're almost missing your fingers. After you've done it for a few years, bang, bang, bang and that's it! I used to appreciate the chefs when they did it that fast. I've come into that class now. You've have to enjoy it. Maybe with seniors, they've lost the enjoyment of cooking. Very honestly I do not find very many seniors do salads."

Almost half of Canadian seniors surveyed rarely cook for themselves, according to an online survey of 765 seniors and caregivers conducted by The Boomer Project for Home Instead Senior Care last October.

 on Business



Martin Wickham
Financial Advisor

Martin Wickham is a Financial Advisor working for Edward Jones who, as a full service brokerage firm, was once again ranked No. 1 on the Investment Executive Brokerage Report Card in 2009. A native of Brome Missisquoi, he's currently working out of their Granby location but will soon open his own office in Cowansville. Prior to working with Edward Jones, Martin worked as Director of Finance for the BMP Hospital and before that worked 18 years in various financial management roles in the printing industry including Moore Business Forms. He can be contacted for a complimentary portfolio review at 450-263-0896 and you can access his web page and complete company information at www.edwardjones.com

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THIS STORY AND COLUMN CONT'D ON PAGE 5

SENIORS AND FOOD

CONT'D FROM PAGE 4

Almost 40 per cent of seniors surveyed eat by themselves and almost a third say they eat few fruits, vegetables and dairy products.

Canadian provincial and national health surveys consistently report that older women often do not consume minimum recommended requirements for any of the four food groups while older men tend not to consume the minimum recommendation for milk products, said Janet Hassell, a Home Instead Senior Care franchise owner in Vancouver. The firm provides light housekeeping such as unpacking the dishwasher, grocery shopping and meal preparation.

The many chores around cooking and eating can be overwhelming, Hassell said. "Opening a can of soup seems to be a lot less effort than having to plan a meal. It's what's quick. They've lost the event around a meal."

"I think they are lonely, to be honest. They don't feel like sitting alone and having dinner. Or they've lost their friends who normally came over for a meal."

Hassel often finds old, spoiled food in the fridge. Seniors tell her they just aren't hungry. One woman in her 80s had lost all interest in cooking, relied only on fast food and ended up in hospital every few weeks due to dehydration and malnutrition before her family called Hassell in.

Meanwhile, Fryer continues to cook, chop, and accept occasional help from Hassell. Shirley, doesn't have any short-term memory. "I could go out of the room and come back in and she wouldn't know if I'd been gone for half an hour or just two minutes, but she's probably taught me to live for the moment," said Fryer, an Alzheimer Society volunteer facilitator.

"I'm constantly doing something all the time. I'm still very fortunate because my wife doesn't wander. She likes to read so she'll sit in the chair and read and I have no fear of her walking out the door. A lot of the caregivers I work with, their wives would just get up and walk out the door. I can go shopping at the store without my wife and know that she'll be there when I come back."

"Things don't go smooth all the time obviously," Fryer said. "I do get awful frustrated at times, don't kid yourself. Because she doesn't have any (sense of) smell. When you get older, you do have your plumbing problems. As I say, it's your attitude. I try to make a lot of fun out of things. Keep the joy in your life," he said. "I get upset about things, but I realize tomorrow is a new day and you can start all over again."

"My wife looked after me for the first 50 years; maybe I can look after her for the next 50."

Pub Hosts Veterans' Supper

By Virginia Wilson

On November 11, the St. Patrick's Pub in Sutton hosted the Veterans' Supper in their dining room so members of the Legion and local veterans could enjoy an evening among their fellows with their wives and children. Holly Davis says, "There was a great sense of dignity and remembrance." The event was a success among the local veterans and Legion members who were able to spend the evening exchanging stories and even laughter while they ate. A special "Thanks" goes out to Patrick Gilbert for providing the space and a magnificent meal for the veterans.



VIRGINIA WILSON

Hungry veterans put down their forks to pose for the camera

Optimist Christmas Angel Project

The Yamaska Valley Optimist club will be collecting gifts again this year for the Christmas Angel Project. The success in previous years has been overwhelming. Because of the generosity of the community we will be including not only children but also whole families - allowing them to participate in the joy of receiving at Christmas. The YVO club is hoping that once again our communities will support this special cause.

How does the project work?

1. Yamaska Valley Optimist Club will have a list indicating gender, age and language of the specific child or family member to whom the gift will be given.

2. Paper angels containing the above mentioned information will be available.

3. Christmas Angels buy the gift, wrap it, and return it to the drop off center with the paper angel & code attached.

4. The club will distribute the gifts to the kids and families.

This year there are "specific gifts" and "angel's choice" gifts. The specific gifts correspond to a wish expressed by the person receiving it and have a maximum value of \$25. The angel's choice gifts leave it up to the Christmas Angel to choose the amount they wish to spend and the gift they wish to give.

This year Christmas stockings have been added to allow even the littlest angel to participate.

Paper Angels will be available at:

La Vie Sucrée
- 29 Lakeside,
Knowlton
JL Flanagan
39 Victoria St,

Knowlton

Nettoyeur Houle

101 Oliver St, Cowansville

All gifts must be dropped off by December 13, 2009. For information, please call:

450-263-2150 or 450-263-3329

Thank you for your support and please have a joy filled and blessed holiday.

Christmas in the Townships

QCNA Award

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Brome County NEWS RECORD
December 2008

Boutique Gourmet

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Author Charis Cotter
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Our 14th Annual Christmas Townships Supplement

December 8th (deadline November 30th)
Circulation: Westmount, Nun's Island, St. Lambert, our regular Brome area, and our tourist bureaus.

For more info call Lynda 450-242-6892

Green is the new black: eco-friendly fashion

CONT'D FROM PAGE 3

"Our benchmark is items 'made locally.' The majority of our products are Canadian-made, and a few are from the U.S.," he said, explaining that buying locally supports re-investment in the community and economy. It also makes it easier to track how products are made, which is crucial for shop owners like Lourenco.

"Making things locally means using far less transportation," thereby reducing the carbon footprint, he said, adding that working and safety conditions here are regulated, whereas such regulations don't necessarily exist in other parts of the world.

"Otherwise, I offer fair-trade-certified products," Lourenco said. These are imported from developing countries and overseen and approved by the independent FLO-CERT body. The organization ensures that environmental and labour conditions are established among farmers and workers.

Lourenco is also well-versed in other labour and organic certifications, but he places most confidence in fair trade. "Human rights and the environment are interrelated," he said.

At Rien a Cacher, garments made of new textiles, such as organic cotton or bamboo, are certified eco-friendly, while any items with a synthetic base have either been recycled or up-cycled. Recycled clothes include fleece made from recycled plastic bottles, while up-cycled clothing refers to vintage or used clothing that has been restyled to fit current trends.

Still, Lourenco said, "We hope people buy our clothes because they're nice, not because of the concept."

GOING GREEN

Indeed, most sustainable fashionistas are proud of their earthiness, but are keen to see more high-style clothing grace the industry. It's part of an effort to ditch that hippie stigma.

"We want to enjoy dressing up; we

don't want to wear hemp all the time," said Alexandra Schwartz of Studio Breathe, a sleek-looking Montreal yoga and karate studio. On Nov. 19, Schwartz will be holding a charity auction for the David Suzuki Foundation to promote ethical consumerism.

Schwartz agrees that, aside from a few cute frilly tops, Montreal's sustainable-fashion movement tends to produce lots of casual T-shirts and cozy sweaters. Because many of these looks can be granaola-heavy, "terms like 'organic' can get a negative reaction," she said.

Schwartz also believes customers are wary of eco-clothing because of "green-washing" - whereby companies advertise items as eco-friendly when they have only a small percentage of organic cotton mixed with a bulk load of petroleum-based ingredients. They may also make other eco-claims they can't back up.

FASHION FIRST

Eva Anastasiu is an ex-Montrealer living in Paris who runs www.ecofashionworld.com with three other partners. The site, which was launched two years ago, has more than 1,000 subscribers to its newsletter, and more than 300 sustainable brands listed.

A regular at Paris's Ethical Fashion Show, Anastasiu believes the industry's mission should be to reach out to the global fashion community.

"The goal is to have more fashion designers to go eco-(style) - not necessarily more humanitarians," Anastasiu said. While she's all for former Peace Corps workers launching their indie fashion labels, she thinks designers with proven talent should be recruited into the sustainable-fashion movement. That way, they can help improve the industry's style and image, which is key to igniting an even larger consumer trend. In turn, even more corporations will have to become responsible.

She sees looks becoming more upscale: Last year, John Patrick Organics was nominated for the Council of Fashion Designers of America award. This year, two more sustainable-fashion designers, Monique Pean and Natalie "Alabama" Chanin, were nominated.

"All this organic culture is a heritage of hippie culture; it's just where it started," Anastasiu said. "Now it's taken up by people who are trained as designers and more fashionably interested brands."

Bigger brands such as American Ap-

parel should also be recognized for their vertically integrated business model and fair working conditions, Anastasiu said. "And they have quite a bit of organic cotton," she added. Anastasiu lists H&M as another company with corporate-responsibility initiatives.

PET CONCERNS

Sabrina Barila, owner of Barila Clothing, a two-year-old hip Montreal label, has modelled her company on Stella McCartney's no-animal-products concept.

"I don't use leather because I'm a vegetarian," she said. "I wanted to create (a company) that appeals to me - without the remorse."

Several organizations, such as Compassion in World Farming (www.ciwf.org.uk), have compiled numbers about the impact of the meat and leather industries on greenhouse-gas emissions.

Sabrina also donates one per cent of profits and one per cent of every staff member's salary to the One Drop Foundation, Guy Laliberte's charity, which seeks to increase water accessibility in impoverished countries. (Barila's sister and collaborator Claudia is in a relationship with Laliberte.) After her spring 2010 fashion show during Montreal Fashion Week, the sisters aired a video clip promoting the One Drop cause.

"I always wanted to help out. No matter what I do, I need to tie it in," Barila said. "I know I could do more, but I'm still a rookie. I learn and do what I can."

A CASE FOR SIMPLIFYING

Learning, trying and then learning and trying some more: It's a fine standard for business and consumers.

"Even small efforts can produce enormous positive results," said Peter Schiefke, national director of the Climate Project Canada, Al Gore's organization.

"Realize that you are voting with your dollar when you're making a purchase, no matter how big or small," said Coulter.

And remember that the "cradle to cradle" philosophy not only affects new clothing purchases; it also means being mindful of how you wash and treat your clothes (in cold water, minimum time in the dryer, avoid dry cleaning) and how long you manage to prolong their lifespan. Refurbishing, up-cycling and swapping clothes are good ways to do this.

And when you've finished wearing your sustainable garb, donate it to charity; it's both ecological and ethical.



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KNOWLTON-MOUNTAIN VALLEY PASTORAL CHARGE.

Worship and song with Rev. Ryk Allen officiating.

Mansonville United - 9 a.m. - 2nd, 3rd, 4th Sundays.

Bolton Centre United - 9 a.m. - 1st Sunday of August, October and December.

Knowlton United, 234 Knowlton Road - 11 a.m. - every Sunday (handicap access)

EMMANUEL UNITED CHURCH

"Soul food for open hearts and minds." 203, rue Principale, Cowansville. Faith community in action. Worship service and Sunday School both start at 10:30 a.m. All children are welcome! Rev. Wendy MacLean. Susan Reiningger, Music Director. Info: 450-263-0204

ALL SAINTS ANGLICAN CHURCH

DUNHAM. Sunday Services and Sunday School at 9:30 a.m. - all welcome! The Rev. Sinpoh Han. Information: 450-266-0392

ANGLICAN PARISH OF BROME:

Sunday, November 22 - 10:00 a.m. St. Aidan, Sutton Junction. Holy Communion - the Rev. Allan Gault.

EGLISE CATHOLIQUE ST. EDOUARD CATHOLIC CHURCH

366 Knowlton Rd., Knowlton. Vous êtes invités à participer à une messe bilingue tous les dimanches à 10h30. You are invited to participate in a bilingual mass every Sunday at 10h30.

TRINITY ANGLICAN CHURCH,

409 South St., Cowansville. Join us for Sunday Worship. One service only at 11 a.m. every Sunday.

Info: 450-263-2662.

SUTTON - DUNHAM UNITED CHURCH PASTORAL CHARGE

A warm welcome awaits you at our Sunday worship services at Dunham United Church at 9:15 a.m. and at Calvary United Church in Sutton at 11:15 a.m. Information: 450-538-0530.

BEDFORD UNITED CHURCH PASTORAL CHARGE

1st Sunday Service in Bedford, 2nd Sunday Service in Stanbridge East, 3rd Sunday Service in Bedford, 4th Sunday service in Mystic, 5th Sunday Service is in Philipsburg. All services are at 10 A.M.

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GRACE ANGLICAN CHURCH,

52 Principale sud, Sutton, welcomes everyone for Sunday Services at 10:30 a.m. Canon Tim Smart, Rector. Info: 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.

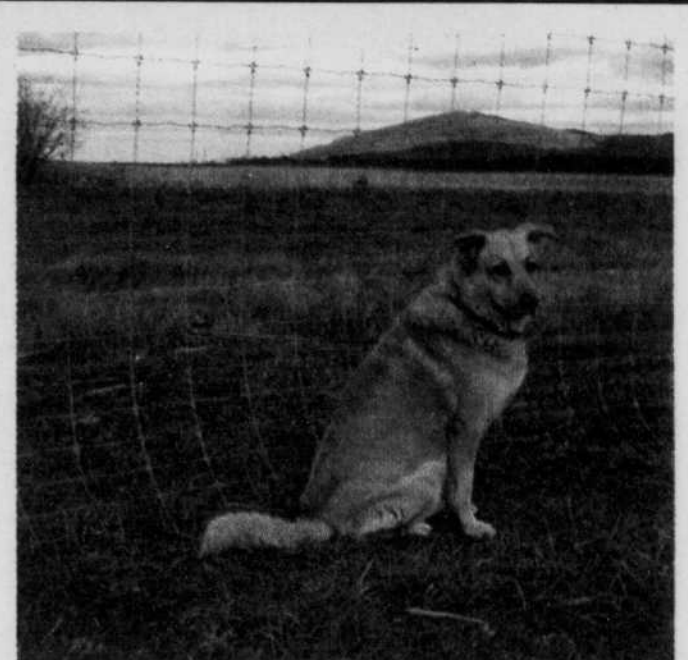
CORNERSTONE CHURCH OF BEDFORD.

We warmly welcome everyone to come and worship with us every Sunday at 10 a.m. and Friday at 7 p.m. We are located at 6 Massicotte, Bedford. Information: Pastor Paul Gibson: 1-514-667-2292 or 450-296-4135

UU CHURCH OF NORTH HATLEY

Rev. Carole Martignacco will discuss the evolving philosophy of Unitarian Universalists, a group of like-minded people who come from different faiths, who gather to celebrate the inherent worth and dignity of every person and their personal spiritual journey. A luncheon will be provided, followed by a 90 minute workshop. November 22, Sunday Service at 10 a.m., UU Church of North Hatley, 201 rue Main.

PET OF THE WEEK



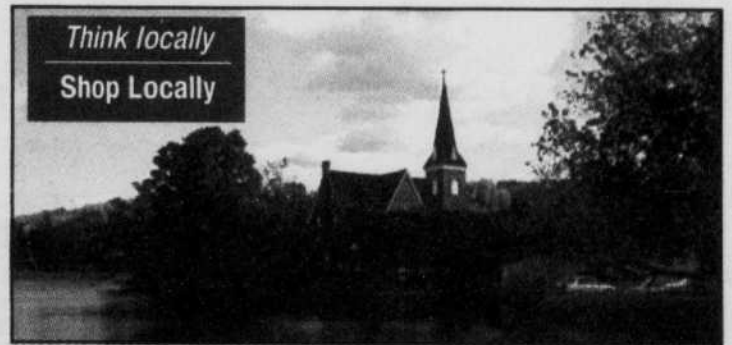
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BRIEFS

Charis Cotter reads to the kids

By Virginia Wilson



November 20th, Brome Lake Books will host a live reading by Canadian author, Charis Cotter, of her children's book "A World full of Ghosts" as part of TD Canadian Children's Book Week. During the Children's Book Week thousands of children and adults across Canada celebrate and encourage literacy and share children stories in their local schools, libraries and book stores. This free event begins at 6pm at Brome Lake Books located at 264 Knowlton Road in Knowlton with snacks to go with the ghost story. For information please call (450)242-2242.

Getting serious about epilepsy

By Katherine Dedyne
CANWEST NEWS SERVICE

The out-of-the blue brain seizures caused by epilepsy can be controlled in half or more patients thanks to medication and surgery, giving them basically normal lives.

It's the other 40 to 50 per cent of patients with uncontrolled epilepsy that Dr. Richard Wennberg is worried about. As president of the Canadian League Against Epilepsy, he has seen first-hand the widespread "catastrophic" fallout from the disease, and wonders whether research funders and the public are responding to how serious it is for one in every 200 Canadians.

The Toronto neurologist will give the keynote address at a conference hosted by the Victoria Epilepsy and Parkinson's Centre.

"The studies that are done on quality of life in people with epilepsy are quite abysmal," Wennberg says, citing unpredictability as a major reason.

"You can have a seizure at any time that effectively becomes a life-ruiner for many people. Most people with uncontrolled seizures after a few years of struggle will find themselves unemployed for the rest of their life. They can't drive, relationships break up and without employment, of course they don't prosper socially."

Advocates for epilepsy awareness "may have undersold the seriousness of the condition" he says, in their attempts to de-stigmatize a disorder that was seen as demon-possession by the ancient Greeks and still suffers from serious misconceptions.

"Some people have terrible accidents," he says. "They die in falls, they fall onto the stove, they fall in the shower and hit the hot water and have third-degree burns all over their body."

One of his patients must wear a helmet in everyday life and use a stimulator on the vagus nerve in her neck. And that's after surgery to cut the connections between the two halves of her brain.

Epilepsy is a symptom of a brain disorder that manifests itself in seizures. According to Epilepsy Canada, up to 85 per cent of diagnoses are in people under 18. And although the seizures will cease in half of childhood cases, it's a life-long dis-

order for the rest. The cause of epilepsy is unknown in up to 60 per cent of cases; in the rest it is attributed to tumours, stroke, head trauma, illness of the mother during pregnancy and meningitis, among other causes.

"I don't know that the general population realizes how futile our ability is to help so very, very many people with epilepsy," he says, wishing that the public was moved to the kind of annual marches that support illnesses such as cancer.

Brain stimulation and brain surgery can't help people whose whole brain is involved with epilepsy, and recent drugs have not proved much better at stopping seizures, although they have fewer side-effects.

"What you really need to do for people with epilepsy is to stop the seizures entirely," he says, citing a "miracle drug" as the likeliest way. Meanwhile, he worries that basic researchers are not choosing epilepsy or are shifting their focus to acquire public research funds.

None of the Canadian Institutes of Health Research has ever put out a directed call for applications for epilepsy research, says Prof. Michael Poulter of the Molecular Brain Research Group at the University of Western Ontario. Still, he says the CIHR does its best given what he calls inadequate federal funding.

Epilepsy research has received \$81 million since 2000 from the CIHR, though compared to \$730 million for cardiovascular disease, an amount that is "woefully inadequate" in comparison, says a letter from Isa Milman, program co-ordinator of the Victoria centre, to the federal health minister.

Milman cites the burden of the disease as \$100 million annually in medical treatment nationwide and \$700 million annually in lost productivity.

In response, CIHR president Dr. Alain Beaudet notes there is \$27.9 million currently earmarked for epilepsy research and more than \$602 million invested since 2000 in the wider field of neurosciences research. But the latter figure covers issues from Alzheimer's to stroke research, Poulter says, while epilepsy remains one of the most costly medical conditions in Canada.

Milman sees "one bright development on the horizon - the federal government has recently earmarked \$15 million for research to the Neurological Health Charities Canada group."

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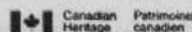
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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Music						
7:00							
8:00						Children's Corner	Children's Corner*
9:00	Community Bulletin Board/Music					Network Europe	Mes Albums Classiques
10:00	Music					Around Town	
11:00						Marie & Lucie about sessions	A Classical Time
12:00							
13:00	Community Bulletin Board/Music						
14:00	Music						
15:00							
16:00							
17:00	Around Town*	Marie & Lucie*	Around Town*	Marie & Lucie*	Young Blood	Showtime	Veronica's Picks
18:00	Community Bulletin Board/Music						
19:00	Dufur Mtn Bluegrass	Let's Talk Jazz*	Mostly Canadian Un-played*	Bobcat Sessions	Burning Bush from the Hall of Flame	The Outsider	Young Blood
20:00	Mostly Canadian Un-played*			Ask the Pastor*		Let's Talk Jazz	It's on the Record
21:00		Burning Bush from the Hall of Flame*	Dufur Mtn Bluegrass*	It's on the Record*	Veronica's Picks*		
22:00	The Ivan Hour*		A Classical Time*		Mes Albums Classiques*	The Ivan Hour	DJ Blues
23:00		DJ Blues*		Poetry and Transcendence			Showtime*
Overnight	Music						

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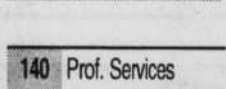
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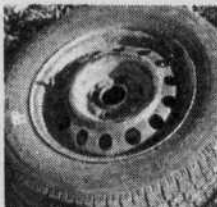
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PUBLIC NOTICE

Election Results

PUBLIC NOTICE is hereby given by Mtre Alain R. Roy, returning officer, that, after having examined the complete results of the election, the following persons were declared elected to the positions mentioned below:

MAYOR	Gilles Decelles, ind.,	1,309 votes (52,8% of votes)
COUNCILLORS:		
1 Fulford/Bondville	Donald Gagné, ind.,	Elected by acclamation
2 West-Brome/Iron-Hill	Marta Gubert Gomes	192 votes
3 East Hill	Jacques Lecours	Elected by acclamation
4 Knowlton-Victoria	June Call	234 votes
5 Knowlton-Lakeside	Thomas McGovern	170 votes
6 Foster	Patrick Ouvrad	339 votes

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VILLE DE LAC-BROME
TOWN OF BROME LAKE

PUBLIC NOTICE

CALL FOR CANDIDATURES
ENVIRONMENT COMMITTEE
(Volunteer positions)

To all ratepayers of the above mentioned municipality, public notice is hereby given of the following:

The municipality is seeking candidatures to fulfill four (4) seats on the Environment Protection Committee.

The mandate terms are of two (2) years maximum.

These positions are opened to TBL citizens only.

All persons interested in one of these positions must submit to the undersigned, no later than November 27th, 2009, a brief statement explaining the reasons underlying your interest and any personal asset you intend to provide to this committee. The candidatures can also be sent by email at the address: alain.roy@ville.lac-brome.qc.ca .

These positions are unpaid.

Given at Brome Lake
This 18th day of November, 2009.

Me Alain R. Roy, M.A., LL.B.
Town Clerk



VILLE DE LAC-BROME
TOWN OF BROME LAKE

PUBLIC NOTICE

To all ratepayers of the above mentioned municipality, public notice is hereby given of the following:

The Town of Brome Lake is seeking candidatures to represent the following sector on its Land Advisory Committee

Seat no. 1:	Fulford / Bondville / Iron Hill
Seat no. 3:	West-Brome
Seat no. 5:	Foster
Seat no. 7:	Business

The term of the mandates for each of these positions is two (2) years beginning at the date of nomination by the Municipal Council.

All persons interested in one of these positions must submit to the undersigned, no later than November 27th, 2009, a brief statement explaining the reasons underlying your interest and any personal asset you intend to provide to this committee.

These positions are unpaid.

Given at Brome Lake
This 18th day of November, 2009

Me Alain R. Roy, M.A., LL.B.
Town Clerk

To reach our Classified dept. call:
450-242-1188 or
819-569-9525

Black & white value

What is black and white, read all over and serves as a great teaching tool? The newspaper, of course.

Teachers can use the newspaper in a number of ways in the classroom to enhance students' education. They can cut several pieces of art from the paper and have young students just learning to write name them, or clip a feature story from the paper and have older students respond to it in an essay.

Whatever the activity, newspapers benefit students. When used in the classroom, they improve students' reading, writing and critical thinking skills, inspire them to participate in discussions and debates, and expand their knowledge of past, current and future events.



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In Memoriam

BURNHAM, David - In loving memory of a son, father and uncle who passed away on November 22, 2007.

There will always be a heartache

And often a silent tear,

We shall cherish those precious moments

Of the days when you were here.

Remembering you is easy

We do it every day,

But missing you is a heartache

That never goes away.

Lovingly remembered and sadly missed,

MOM AND DAD

MICHAEL (son)

MURELYN (brother)

RHONDA AND PIERRE
(sister and brother-in-law)

LISA AND EDDY

(sister and brother-in-law)

NIECES AND NEPHEWS

Deaths

GAUVIN, Louis Harley Charles - Passed away November 10, 2009 at the age of 43 at North Battleford, Saskatchewan after a short illness with cancer. The youngest son of Laura May Brown, Wetaskiwin, Alberta and William Gauvin, Waterloo, Quebec. Leaving to mourn his wife Tina of Cut Knife, Saskatchewan, brother Anthony of Vagerville, Alberta and sisters Linda of Millet, Alberta, Iona of Spruce Grove, Alberta, Gwendolyn, of Wetaskiwin, Saskatchewan, Janet of Barrier, BC, children Jamie and Sara of Highlevel, Alberta, Matthew, Megan, Emilie and Katie from Cut Knife, Saskatchewan.

The marriage of Maria El-Khoury and Derek Charby

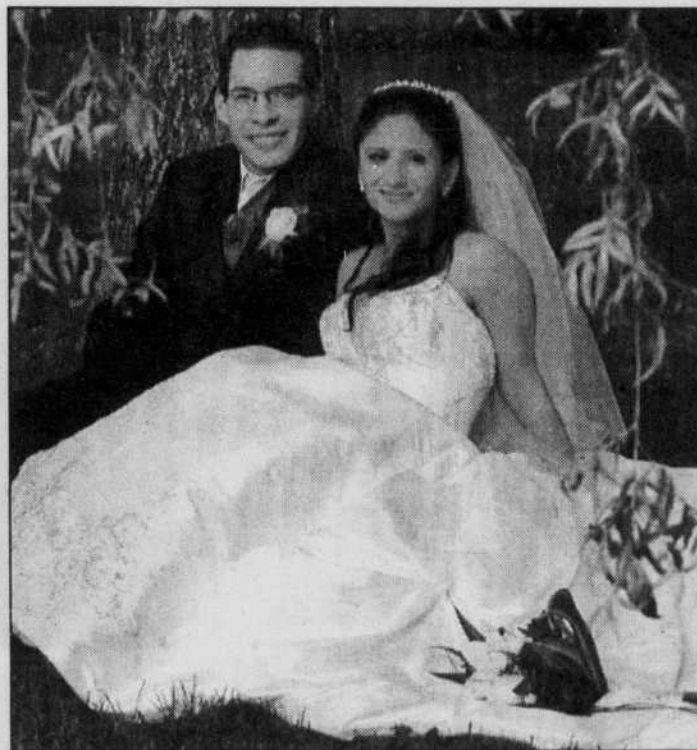
We wish to send our loving thoughts of congratulations to Maria El-Khoury and Derek Charby on their wedding, June 27, 2009.

The wedding ceremony was held at the Saint Francois Xavier Church in Bromont - the guest list of 120 consisted of both family members and their closest of friends. The stunning décor of the church's interior was a perfect backdrop for the entrance of the beautiful bride with her dad and her lovely entourage - as her groom and his groomsmen anxiously looked on. The ceremony was performed by Rev. Real Lanoie and had both traditional and warm special touches that the guests will remember always. Blank notes were passed to each guest to fill in with their well wishes for the couple. The mothers of the bride & groom lit the unity candle while each dad personally blessed his daughter & son, in turn. The touching exchange of rings and then the announcement of the new MR. & MRS. Exiting the church the couple rang their own church bells - and once outside the guests released blue & white balloons - as a symbol of wishes of love for a lifetime. After the traditional group photos, the couple were off to the reception in a 1979 Rolls Royce.

The reception was held at the Manoir des Sables in Orford. Guests were greeted with cocktails and were guided into a beautiful banquet room decorated with a Sand & Shell Theme. Color combinations of blue, silver and white on tables decorated with shells, orchids and candles were a treat for the eyes. The music of talented DJs lead to a night filled with enough dancing & activities to delight all guests. Entertainment by a belly dancer - will be a unique memory. Throughout the evening the staff served a delicious five course meal - wine & drinks added to the party's ambiance. This was a day - bringing families & friends together in a celebration of love - a dream come true for the happy couple.

Maria & Derek honeymooned at the Grand Palladium White Sand in the Mayan Riviera, Mexico.

Expressing a warm thank-you to each of the attending guests - also to both family & friends who helped with planning, decorating and countless details - each played a roll in making this day perfect. Also to those, unable to attend, who sent their well-wishes. Noted appreciations to Rev. Real Lanoie for his guidance, Theresa Maguire (organist), Veronique (Fleuriste Magog) DJ Mark (Thomas



Entertainment, Montreal), Caroline (Patisserie Aux Aveline, Eastman), Michel Laflamme (photographer), Kevin O'Connell (Videographer), Robin Davindisch (photos), Samer Karanouh (Rolls Royce), the staff at the Manoir des Sables (Orford), and to the wedding party - whose support and encouragement will always be fondly remembered - Magali El-Khoury, Elsie El-Khoury, Connie Charby, Melanie Dion, Tatiana El-Khoury, Anthony El-Khoury, Logan Charby, Brad Charby, Clayt Cornell, Ryan Clarkson, Paul Giddings.

Maria & Derek - may you hold each other's hearts with gentle hands and fill your lives with love.

Love always and forever

Your proud parents

Amal & Tony El-Khoury (Montreal)

Wendy & David Charby (Knowlton)



HOOPER, Mrs. Lillian (Née Bennett) 1916 - 2009 - Lillian Hooper passed away Peacefully at the Brome-Missisquoi Perkins Hospital in Cowansville on the 12th of November 2009, in her 94th year. She was a life long resident of Sutton and was predeceased by her loving husband Hollis Hooper and her infant granddaughter Allison Wilton. She leaves to mourn her two children: Sheila (Robert Wilton) of Auckland NZ and Hurdon (Gail) of Fredericton NB, her dear grandchildren: Fiona Wilton, Megan Hooper and Robert Hooper. She also leaves to mourn many other relatives and friends. A Memorial Service will be held at a later date which will be announced. Funeral arrangements intrusted to: Complexe funéraire BROME-MISSISQUOI 402 River Street, Cowansville, Qc 450.266.6061 info@complexebm.com

Read
The Brome County
News
weekly

LETTERS TO LOVED ONES PAST

Gerry,

I miss you, your smile, your sense of humour even when things were tough. I never heard you say a bad word about anyone or complain like most of us do.

I met you in the early 80's when I first arrived from London, England. My first gig was at the "Piggery". Michael Caluori happened to be in the audience and without really knowing much about me asked if I would like to work with 30 troubled kids at the United Church and seeing as I was just divorced with two young boys I needed to do it even though there was no money. Not long after, the amateur Theatre evolved (now called "Knowlton Players") and Debbie, your eldest, was in one of the early productions. (Tried getting you on stage but no luck) Life was your stage. I had so much fun but still no money, but you were always there for me. You even gave me a job as a waitress to help me out. You said I was the worst waitress ever, but people seemed to like my never-ending chatting! I constantly complained and whined to you and said I would have to stop Theatre to try and earn a living. I seriously considered returning to England where I was actually working 52 weeks a year in Theatre, but you changed the course of my life because you were a visionary and, along with Derek Severs, Brian Timmins, Mike Curtis, Bob Ronci and Alex Paterson, you said "we'll build a Theatre". I was on Mars, Gerry. That would never have happened in England. Eugene and Danny would never have met my beautiful daughters-in-law, Maria and Talar and now another grandson. I would never have met Richard and for once in my life I feel so content and very much in love.

Even when I resigned from the Theatre as Art Director to start Echo Art Camp for Kids because I truly believed in audience development. Where better to start than with kids (and of course the dinner theatre later on) mixing the community actors with the professionals. You came to nearly every show and always, always supportive by buying ads, loaning us anything you could for our set. Not having much of a business sense then, all was lost. But I know if I had gone to you for help, you would have given it. Just like you have helped so many others.

Gerry, from the bottom of my heart I thank you for letting me be a part of your life and your family. You made my dreams come true and I will cherish the memories forever.

You have left Angela, the girls and all your family a beautiful legacy and you will live on in them

The celebration of your life at the United Church with Ryk was so moving, so perfect for you and I hope in some small way Angela and the girls will be comforted a little. Travel on, my friend.

Those who loved you
And were helped by you
Will remember you
When forget-me-nots have withered
Carve your name on hearts
Not on Marble.

LOVE YOU,
EMMA



COURTESY

Auberge des Appalaches in Sutton will be hosting Steve Strongman, 2009 recipient of the prestigious Mel Brown Blues Award, a Maple Blues Awards nominee in 2008 for "Best Guitarist of the Year" and in 2007 nominated as "Best New Artist," this Saturday, November 21. Strongman recently received standing ovations while opening for the legendary Buddy Guy on his Canadian tour dates. Steve is a dynamic and preeminent player who has firmly established himself in the top ranks of the Canadian Blues music scene. An outstanding showman, he has all the ingredients to close off the series with a serious bang.

Speak right from the heart.

A donation in memory of a loved one is a gift of hope.

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For Ms. Blackburn, the residence makes her feel

part of a big family. She truly appreciates the quality of life it offers. She is always encouraging other residents who participate in the many activities, but her favourite pastime is knitting.

She likes to socialize with other residents and visitors. With a laugh, she says, "When I see people who don't live here, I go up to them and tell them to move here because it's the best place to be."

— Rose Alma Blackburn

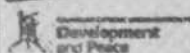
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