

Brome County NEWS



WEDNESDAY, FEBRUARY 21, 2001

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Family fun at Winterfest

Event kicks off on Saturday in Mansonville

By Murielle Parkes
RECORD CORRESPONDENT
MANSONVILLE

Winterfest - a day when everybody gets to be a kid - is coming to Mansonville on Saturday, Feb. 24. It's all part of the three-week long Optimist Winter Carnival which kicked off with a dance on Feb. 16 that boasted 104 youth and an amazing new disco ball. It winds up with a friendly dart tournament on Saturday, March 10.

The family fun day, a happening put together by the Citizen Advocacy SADD chapter takes place on and around the municipal rink and inside Mansonville's English school. The event is expected to attract more than 200 kids as well as young-at-heart parents and grandparents.

The carnival, sponsored by the Municipality of Potton and more than 20 merchants and businesses, is a collaborative affair which has Mansonville Optimists joining forces with SADD, the Ski-Doo Club, the Athletic Association and Citizen Advocacy.

SEE CARNIVAL, PAGE 6

Aunt Cookie turns 100



CAROLINE KEHNE/CORRESPONDENT

Members of the Bedford Scouting Movement took time out from their spaghetti dinner fundraiser to sing 'Happy Birthday' to Aunt Cookie.

By Caroline Kehne
RECORD CORRESPONDENT

Annie Wilhemina Dawson Duncan Francis turned 100 on Saturday. Her family and staff of CLS/CHSLD La Pommeraiie threw a birthday party in her honour. For the occasion, the solarium was decorated with one balloon for each year of her life.

Annie, known as Aunt Cookie by her nieces and nephews, was born in Montreal on Feb. 17, 1901, and worked in the metropolis as a stenographer.

She was married for 50 years to first husband Burt Duncan, with whom she spent 35 retirement years in the Missisquoi Bay community of Venise-en-Québec. After his death in 1980, she married childhood sweetheart Ralph Francis, also a widower, and moved to Bedford.

Niece Valarie Van Horn recalls that Aunt Cookie had never boarded a plane before she married

Ralph, but the couple spent the next 15 years traveling to exotic locations such as France and Hawaii.

When Ralph passed away, she moved to the Robinson Residence and finally, into CLSC/CHSLD La Pommeraiie where she has resided for the last two years.

Three generations of her family, including nieces, nephews, grand-nieces and grand-nephews travelled to Bedford to help her celebrate her first 100 years.

Doctor Bruno Fafard and members of the Bedford Scouting Movement took time off from their spaghetti dinner fundraiser to sing "Happy Birthday".

She also received birthday greetings from the Town of Bedford, Liberal MP Denis Paradis, Prime Minister Jean Chrétien, Governor General Adrienne Clarkson and Queen Elizabeth II.



MURIELLE PARKES/CORRESPONDENT

Members of the organizing committee getting ready for the fun.

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BROME COUNTY COMMUNITY BILLBOARD

COMMUNITY CALENDAR

The Royal Canadian Legion, Branch 82, Philipsburg, will play **cribbage** at 8 p.m. \$5 lunch included in admission price. Please bring your own board.

February 24

Support **Massey-Vanier's** first trip to Mexico! A spaghetti supper will be held at Cowansville United Church, Principale Street, from 5:30 p.m. to 8:30 p.m. Spaghetti will be served with a light salad and dessert. Live entertainment will accompany your meal. Tickets available at the door (adults, \$8; students & seniors, \$5; children under 5, \$2) or by calling Massey Vanier at 263-3772.

February 25

The Royal Canadian Legion, 77 Lewis St., Waterloo, will serve a **pancake breakfast** from 8:30 a.m. to 12:30 p.m. Pancakes with real maple syrup, sausages, etc. Don't forget to bring along your sweet tooth! Also, music with Norm and Vel. Cost - adults, \$5; children under 10, \$2.50. Everyone welcome! Thanks to Sandy Martin for his generous donation of syrup!

February 27

The Royal Canadian Legion, Cowansville, will hold a **general meeting of the Ladies Auxiliary** at 120 Davignon St., Cowansville at 7:30 p.m. All members are asked to attend. Gloria Poll-Stott, president.

Pancake supper to be held at the **Iron Hill Church Hall, Iron Hill,** at 5 p.m. Pancakes served with pure maple syrup, sausages and home-made baked beans. All you can eat! Everyone welcome.

Pancake supper sponsored by Knowlton Oddfellows Lodge #28 at 476 Knowlton Rd., Knowlton, from 4:30 p.m. to 7 p.m. Features pancakes with four kinds of toppings, bacon, sausages, omelette, baked beans, tea and coffee. Adults, \$5; children, \$3. Had a great time last year. Make it even better this year!

Shrove Tuesday pancake supper at **Emmanuel United Church, 203 rue Principale, Cowansville,** 5 to 7 p.m. All the Pancakes, maple syrup and ham you can eat, as well as dessert & beverages. Cost: adults, \$5; children 5 to 10, \$3; under 5, free. We will also have diabetic pancakes and syrup.

March 2

Advanced notice: **Waterloo St. Paul's United Church ecumenical World Day of Prayer service** will be held at 1:30 p.m. Meaningful service has been prepared by women of Samoa. Everyone welcome! Fellowship time following the service.

March 6

The Brome Missisquoi Diabetic Association invites diabetics and their families to participate in courses to be given each Tuesday for ten weeks in English from 7 to 9 p.m. at the CLSC, Cowansville. Please register with Info-Santé.

March 7

Ecumenical World Day of Prayer service at **Creek United Church** at 2 p.m. All are welcome! Refreshments will be served following service.

March 10

Flea market at **Oddfellows Hall, 476 Knowlton Rd.,** 9 a.m. - 4 p.m. Canteen on premises. For table rentals, call Frank at 243-5736.

CHURCH SERVICES

PARISH OF BROME: St. Aidan, Sutton Junction, 1st & 3rd Sundays at 2:30 p.m. (in houses: info. 243-6096); Ascension, West Brome. All services at 9:30 a.m.; Holy Trinity, Iron Hill, 1st, 3rd & 4th Sundays at 11 a.m. & 2nd at 7:30 p.m. (Church Hall); St. John Evangelist, Brome Village, 1st, 2nd & 3rd Sundays at 11 a.m. & 4th at 7:30 p.m. (Hymn

sing). Sunday School, Brome Hall, Brome Village, 10 a.m. All welcome!

ST. PAUL'S ANGLICAN CHURCH: 24 St. Paul's Road, Knowlton. We wish to know Jesus Christ and to make Him known. Sunday services, 8 & 10 a.m. Sunday School and nursery, 10 a.m. The Rev. Ralph T. Leavitt - Pastor. Allow us to welcome you!

KNOWLTON/CREEK PASTORAL CHARGE: Worship & song by members & Rev. Burn Purdon. Creek United, Foster, 9:30 a.m. Knowlton United, Knowlton, 11 a.m. Everyone welcome!

COWANSVILLE AREA PASTORAL CHARGE UNITED CHURCH: Worship and Sunday School at Emmanuel United Church, 10:30 a.m., Senior Choir practice, 9 a.m.; Junior Choir, 10 a.m. All welcome!

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

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

ST. PAUL'S UNITED CHURCH, WATERLOO: Worship and Sunday school at 11 a.m. each Sunday. Everyone welcome!

ST. LUKE'S ANGLICAN CHURCH, WATERLOO, 400 de la Cour: Sunday services at 9:30 a.m. Holy Communion is celebrated with the Rev. Wilmur Davidson on the 2nd Sunday of each month. Our doors are open, our hearts are open, our arms are open - please join us in prayer. We will welcome your visit.

SUTTON-DUNHAM UNITED: Everyone is cordially invited to attend services at 10:30 a.m., in Sutton, on the first and second Sundays and in Dunham on the third and fourth Sundays of each month. Come, let us worship together.

BAPTIST CHURCHES: Sunday Services: Mansonville Baptist, 9:30 a.m.; Olivet Baptist, Sutton, 11 a.m. All welcome!

MANSONVILLE UNITED CHURCH each Sunday at 11:00 a.m. for ages 3 and up (those younger are welcome in worship). Please phone to register in advance with either Rev. Christine MacLeod at 292-3996 or Kim Nichols at 292-3157. Children must be accompanied by an adult who can either help in

Sunday School or join us in worship. Thank you.

BEDFORD PASTORAL CHARGE invites you to come and worship with us. Minister: Rev. Malcolm Cogswell; Stanbridge East, 9:30 a.m.; Wesley Church, Bedford, 11 a.m.; Mystic, 12:30 p.m.

COMMUNITY NOTES

Do you wish you could read better? Need help with basic math? Call the **YAMASKA LITERACY COUNCIL.** Work one-on-one with a tutor and learn at your own pace. Lessons are FREE, private and confidential. Learning can be fun, so why not do something for yourself today? Call Wendy at (450) 263-7503.

ADVANCED NOTICE: CHURCH OF THE ASCENSION LADIES GUILD OF WEST BROME plans a series of card parties in the church hall, Thursdays, May 10 & 24 and Sept., 13 & 27 at 12 noon. Lunch and prizes. Reservations needed. Please call Evelyn, 263-1938.

TBL COMMUNITY SERVICES is seeking sponsors for its upcoming Volunteer Appreciation Day. Interested parties, please contact Community Services at 242-2020 or Bill Baldwin, 539-4554.

IF YOU LIKE TO READ, enjoy children's company and have time to give to a child to enrich their reading, this program is for you! Part of **KNOWLTON ACADEMY'S** success plan this year is to implement the **ADOPT-A-READER** program. We are about to begin, but we are in need of volunteers. If you are interested, please call **KNOWLTON ACADEMY** at 243-6187.

ENGLISH	13 DAYS (English) Fri., Sat., Sun., Mon., Tues., Wed., Thurs.: 6:30 p.m.	G
	INDESTRUCTIBLE (French) Sat., Sun., Mon., Tues., Wed.: 9:00 p.m. Fri. & Thurs.: 9:10 p.m.	13 Y
	LE PETIT VAMPIRE (French) Fri., Thurs.: 5:00 p.m. Sat., Sun., 1:00 p.m., 3:00 p.m.	G
	From Feb. 23 rd to March 1 st	
	For info: 263-5900	

Théâtre

13 Y

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Brome County NEWS

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RATES & DEADLINES
COMMUNITY CALENDAR

Brome County News Community Calendar is reserved for non-profit organizations only. Deadline is **noon** on **Mondays**. A pre-paid fee of \$6 is required weekly. Please forward notices to Box 488, Knowlton, JOE 1V0, email: bcn-news@endirect.qc.ca, or fax: (450) 243-5155. Visa and Mastercard accepted.

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CIRCULATION

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	GST	PST	TOTAL
CANADA: 1 YEAR	114.40	8.01	\$131.59
6 MONTHS	59.00	4.13	\$67.86
3 MONTHS	30.00	2.10	\$34.51

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Brome Lake Chamber elects new executive

By Caroline Kehne
RECORD CORRESPONDENT
BROME LAKE

Mayor Stanley Neil presided over the Brome Lake Chamber of Commerce's Feb. 1 swearing-in of officers. Neil welcomed for a two-year term Ian Warnock as president, Lois Hardacker as vice-president and Suzanne Desormeaux as treasurer. Warnock takes over from outgoing president Peter Stastny.

The Chamber of Commerce has a membership of 130 business owners from Brome Lake as well as surrounding towns and villages. It is responsible for the operation of the Brome Lake Tourist Office, co-ordination with the Exit 68 regional tourist office and representation of the members' interests to municipal,



COURTESY BROME LAKE CHAMBER OF COMMERCE

(Front) Marie-Claire Louillet, Grant Luce, Suzanne Desormeaux, Lois Hardacker, John Glover, Maryse Gallagher, Mireille Lemaitre, (back) Peter Stastny, Peter Wade, Stanley Neil, Ian Warnock, Jodi Mallinson, Denis St-Francois.

area and the maintenance of the Chamber Web site and links to member pages. It is a participant in the Brome-Missisquoi CLD Tourism Committee and publishes tourism materials such as the Brome Lake map, Knowlton Walking Tour and other brochures.

Joining Warnock, Hardacker and Desormeaux as directors are Maryse Gallagher (recording secretary), John Glover (tourism office and hiring committee), Mireille Lemaitre (golf & zoning committee), Marie-Claire Louillet (breakfast/evening meetings and CLD liaison), Grant Luce (support person), Jodi Mallinson (correspondence secretary and golf), Denis St-Francois (group insurance), Peter Stastny (Exit 68 and Canada Day committees) and Peter Wade (training, master plan and special projects).

regional and provincial authorities. The group also maintains the Brome

Lake Business Directory, a directory of over 450 businesses throughout the

Stanbridge East Library books online

By Barbara Bellingham
RECORD CORRESPONDENT

After a survey was conducted in Stanbridge East last summer, residents expressed an interest in keeping their municipal library open. As a result, town council agreed to participate in a program to upgrade the library's membership with the Centre régional de services aux bibliothèques publiques.

This program provides an online association with other public libraries throughout the province and access to any book within the system. The membership also allows library staff and its volunteer members to follow courses offered by the organization to learn more about finding books.

"Without this membership, we couldn't have been able to provide the same services as we have been," explains the library's volunteer director, Denise Duhamel. "Now there is the possibility to find books throughout the province, and it is easier. It gives us more titles to choose from."

The library rotates its selection of books three times a year and will have 100 more books in stock than before.

It has always provided a service for special requests, but now it will be easier and faster to find the books the public wants. And with Internet access, personal requests can be made online rather than waiting for the library hours of Wednesday nights and Saturday mornings. The concept of Internet browsing at the library is also being considered.

"One day a week, if we can find a volunteer, we could offer Internet access for browsing. Someone could show and help the children. It might be a service we can offer next summer," Duhamel said.

To reach the Stanbridge East library, call (450) 248-4662, Wednesday nights between 6:30 and 8:30 p.m., and Saturday from 10:00 a.m. to noon. Staff can be reached online at biblio79@monteregie.crsbp. Non-residents are welcome to use the service as well for a nominal fee.



BARBARA BELLINGHAM/CORRESPONDENT

Volunteer librarians... (sitting) Jeannette Numann, Francine Roch (instructor from CRSBP), Beverley Hebert, (standing) Denise Duhamel, Annie Rhicard and Alice Gunhouse.

Pierres par Pierre
Stones by Stone

Peter M. Stone

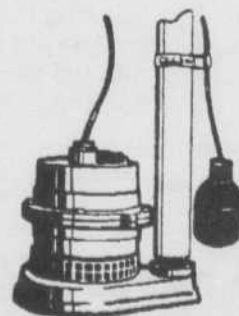
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Happy days: An upbeat downhill ski season

Prosperity may be measured in many ways. According to one journalist, the length of cigarette butts left at bus stops is a reliable indicator of economic health: long ones are a positive sign, short ones mean we're into hard times. For my sainted mother, affluence was having an upstairs broom, so all she had to carry up and down was the dustpan.

At the local downhill ski centre, Parc du Mont Glen, a variety of signs, often subtle ones, confirm what everyone knows: it's been a banner season in the ski business, so far. Newcomers, and there are many of them, can't make comparisons with other years, but the regulars certainly can.

For starters, almost everyone involved in the operation is smiling. Secondly, no one from management is skulking around turning thermostats down this year. In fact, for a few lean years in the mid-1980s, there often wasn't any oil in the furnace anyway, so thermostats were primarily decorative. The few patrons who braved the barren slopes had to huddle around the fireplace during après-ski.

In those tight times, grooming was minimal. There was hardly enough snow to move around anyway, and besides, low revenues meant gasoline for the snow cats wasn't a top priority. If a

snowstorm got lost and managed to stumble our way, it seemed to be followed almost instantly by a heavy rain and the East Coast equivalent of a chinook.

THE COUNTRY SQUIRE

BRIAN EDDINGTON

The unkindest cut of all came in the spring one year. New snow and a forecast of absolutely glorious weather over all four days of an early Easter weekend promised a grand and money-making finale to the season, but Hydro-Quebec never known for their timing, cut off the power beforehand because of the overdue account.

Those were lean times but, to their credit, the folks running the place soldiered on bravely, with a surprising measure of good humour mixed into their grim determination. The wife of one of the partners told how her husband sat on the edge of the bed all one night during a snowless holiday period, staring out the window at the rain pouring off the roof. He didn't sleep, didn't even lie down; she couldn't be sure, but he may not even have blinked until well after daybreak.

Persistence has

paid off. One good year won't get the company into Fortune 500 magazine, nor will it compensate completely for a string of poor seasons, but it does bring a sense that everything is on solid ground. Options like cross-country skiing, snowshoeing, tubing and basic-need accommodations for those who want to spend a rustic night on the mountain have expanded the clientele base.

Further, a few on-hill perks for snowboarders reflect the transition of that once-curious group from renegades and pariahs to mainstream consumers. Not long ago, most downhill centres wouldn't allow them on the property; now they constitute at least half the business.

To be accurate, it must be noted certain improvements pre-date the current season. As we enter the second half of the schedule, the Glen Mountain management continues to receive compli-

ments on last autumn's labour and investments - a complete exterior paint job in pleasant earth tones instead of what was left in the shed from last time, new benches and tables in the cafeteria and spiffed-up washrooms in the main area of the chalet.

It is a singular item in the men's toilet in the bar, though, that provides the definitive sign, the concluding piece of evidence, prosperity has indeed arrived. (There was a minor setback earlier, when the facility was without a light bulb for almost 24 hours; luckily, as one patron noted, the big window just outside the door at least lighted up the sink area.) The maintenance budget finally has allowed for the purchase of a blue toilet, puck or duck, which has been duly deposited in the reservoir.

For the first time, users can enjoy the wonders of a sky-blue, minty-fresh, counter-clockwise swirling gurgling flush, Ahh, affluence.

Fiction and facts about depression

Depression is a serious medical disorder that affects about 15 to 20 per cent of people at one time or another in their lives. Symptoms include changes in a person's thoughts, feelings, body and behaviour. Depression is probably the most common treatable mental illness, but without treatment, symptoms can last months, even indefinitely.

We are not simply talking about 'the blues', which are low moods that occur once in a while, or a result from grief after a loss. There are different types of depression whose categorization depends on how long low moods last and how severe they are.

Dysthymia is a type of depression in which victims have a persistent low mood lasting longer than two years. This depression is mild to moderate and not severe; it is also difficult to determine exactly when it begins.

In the last eight months, I've been diagnosed with depression. Dysthymia probably best describes my depression. When my doctor brought up the idea that I might be suffering from depression, my first thought was, me!??

Even after the doctor gave me a pamphlet to read and a questionnaire to fill out, I still wasn't thinking this had anything to do with me in the least. It was then suggested I go on a medication referred to as an antidepressant. I decided I had nothing to lose and maybe a whole lot to gain. I

was willing to try. It was then explained to me that I might not feel any difference for about six to eight weeks.




In reality, after taking the medication, I was starting to feel different after about one week; however, it took my husband about six to eight weeks to see a difference in me. I was smiling and laughing more, and even able to crack a joke now and then.

I know now for a fact that I've probably suffered from depression for at least 25 years. Looking back, I know for certain my life would have been a lot less stressful, free from the anxiety that went along with my disorder. The fact about depression, in any form, is that the individual suffers unnecessarily and family members also suffer in the long run. There is help out there.

If you have any suspicion that you or someone you know suffers from any degree of depression, please make an appointment to see your family doctor as soon as possible.

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The above fact about depression was an excerpt from a booklet put out by Wyeth-Ayerst Canada Inc. The personal comment was written by Linda, a member of the Health and Well-Being Support Group, which meets every second Saturday in Knowlton at St. Paul's Church. For information or details, please call Linda at 243-0928.

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LETTERS TO THE EDITOR

Two types of people

DEAR EDITOR,

There are basically two types of people who write letters to the editor of the Brome County News. The first type carefully researches the facts, formulates an intelligent opinion based on those facts, and puts it down on paper.

And then our second type includes people like Lloyd Sturtevant, Don Wing, and Brian Timmins.

BILL BALDWIN
Brome Lake

Waterloo council doing a good job

DEAR EDITOR,

IN RESPONSE TO A LETTER TO THE EDITOR, JAN. 5, 2001, 'COMMITTEE WILL MONITOR TOWN SPENDING IN WATERLOO':

We, as concerned citizens, would like to make light of our views which differ so greatly from C. Bryan Cyr's ad hoc committee of RCCW.WCG. He mentioned the itinerant salesman arriving in town, practices his trade for a few years, runs for mayor and wins. How long have you lived here Mr. Cyr? What would possess you to think you could form a committee of 250 people at \$5 each to attend council meetings and

veto everything that gets brought up, for the good or for the bad. Sounds like you might be looking up to the Heaven and are being led to the promised land.

Mr. Masse, our Mayor and our councillors have lowered our taxes, removed those miserable parking meters, doing something about our terrible water situation which no mayor before him has succeeded in doing.

Our snow removal situation has been better than ever this year, even with the terrific amount of snow that has fallen. Mr. Masse has been known to help patrol our streets after 9 p.m. at night to make sure our young people are safe. Sounds to us like a very conscientious group of people running our town and, I might add, they are earning every cent they are receiving for their salaries. They are also to my knowledge ready to receive our calls, listen to our views and work for us to the best of their ability without a group such as the one you are planning to form watching over their shoulder every council meeting.

Our Mayor is also available at certain hours almost every day at the town hall. Count me and my \$5 out when you do your membership drive.

SHIRLEY BOCKUS AND CONCERNED CITIZENS
Waterloo

Spring Break 2001: Community Services offers activities for kids

Brome Lake Community Services will sponsor Spring Break 2001 from March 5 to March 12. The six-day break is tailored for children aged five to 12. Parents may register their children for one or more days of activities that include trips, sports, movies and live theatre.

The break begins on Monday, March 5, with a painting workshop at the Community Centre followed by an afternoon trip to Granby Zoo to see animals in their winter quarters.

On March 6, kids are invited to take a trip to Brossard for "The Great Exploration" where they can travel through mazes, tubes, tunnels and bridges and test their skills at video games.

On Wednesday, March 7, enjoy the "Splish and Splash Show" of a morning dip in the Cowansville municipal pool followed by a magic show and the French play Le petit prince in the afternoon.

On March 8, kids will participate in a sugar shack party at La Grillade in Gran-

by. Lunch is included in this day of activities that includes a sleigh ride and music for dancing and games.

On Friday, March 9, the excitement returns to the Community Centre for gymnasium games, including a basketball workshop, snow fun in the morning followed by a movie and popcorn in the afternoon. A pizza lunch is included.

The break ends on Monday, March 12 with games galore, a morning of Nintendo, Sega and computer games followed by bowling in Cowansville in the afternoon.

Registration takes place at the Legion Community Centre located at 383 Knowlton Rd., Brome Lake, from Monday to Friday from 8 a.m. to noon and from 1 p.m. to 4:30 p.m. For those who register before Feb. 23 at 4:30 p.m., the cost is \$12 per day for residents and \$24 for non-residents. After Feb. 23, the cost is \$14 per day for residents and \$28 for non-residents. For information, contact Lake Brome Community Services at (450) 242-2020.

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The Minister of Finance may end the sale of bonds at any time. *These rates of 4.35%, 4.45% and 4.55% also apply to Canada Premium Bonds Series 2 issued March 1, 1998 for the years beginning March 1, 2001, March 1, 2002, March 1, 2003 respectively. ** This rate also applies to Canada Savings Bonds Series 58 and 64 issued March 1, 1999 and March 1, 2000 respectively, for the year beginning March 1, 2001. † Calls must be made before February 22, 2001 to receive a tax receipt for 2000 income tax purposes.

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Fun-seekers defy weather

The Stanbridge East Sports Association held its annual winter carnival on the worst weekend for weather yet this winter, but despite freezing rain and bitter winds, the sun coaxed many fun-seekers out for the various rallies and tournaments. There were cribbage, canasta, pool and broomball tournaments. Sixteen cars participated in the Sunday car rally, and 18 snowmobiles completed the Ski-Doo competition. The activities were concluded with a drawing for a Raleigh bicycle, and a moving tribute to "Papa Neil" Rhicard with a cash donation of over \$1,200 from neighbourhood skidoosers. - Barbara Bellingham, Record Correspondent.

Saluting our friends!



Knowlton Pub

The Knowlton Pub is proud to announce the addition of Virgo Romano to its family. A native of Montreal, Virgo comes to us with a myriad of food and beverage experience. Romano is a graduate of George Brown College in Toronto where he studied hotel management, food and beverage management and culinary arts. Virgo is a creative, flexible and multitasked individual who is passionate about the catering and event production industry. His career was launched at the 5 star Hockley Valley Resort in Ontario where he became the resort's food and beverage manager. He has successfully fulfilled positions as event production manager, catering director and hotel general manager in places like Africa, Spain, England, Germany and Kuwait. Romano is looking forward to establishing a catering business in conjunction with the Knowlton Pub (opening late spring).

The Knowlton Pub looks forward to implementing his expertise and we feel fortunate to have him as part of our team.



BARBARA BELLINGHAM/CORRESPONDENT

Carnival:

CONTINUED FROM PAGE 1

"We're trying to reach different groups of people," explained Simon Laplume, president of the Optimist Club, a service organization which sponsors special events on behalf of youth. The carnival committee, he says, is trying to attract new people to participate in the events. Laplume gave the example of the Ski-Doo Club wanting to take care of the Opti-Loto supper-dance on March 3. In this case, he said, the Optimists would

be taking care of the drawing and the bar, while the Ski-Doo Club would take care of the supper.

"Instead of holding two smaller events," he explained, "we'll be making one big night of it."

Along with the dart tourney, the program includes two cribbage tournaments on Feb. 22 and March 1, a brunch-bingo on Feb. 25, and a treasure hunt on March 2.

Come this Saturday, Winterfest participants will be able to choose from a variety of outdoor sports, including toilet plunger hockey and other rink activities, as well as

tube and crazy-carpet sliding on two separate snow hills constructed especially for the event. Anyone wanting a mini-tour of the town or terrain can hop aboard a squad car, fire truck, snowmobile and horse-drawn sleigh or dogsled with Myron Krainyk's team composed of a Siberian Husky and four Alaskan Malamutes.

Inside activities include crafts and face painting. Finally, last but not least, organizers promise plenty of free food - hot dogs, chocolate sundaes and maple candies.

Activities run from 10:00 a.m. until 4:00 p.m. Everything is free.

Protecting your health.

Barbara Beattie works with her detector dog Rookie and her colleagues at the Canadian Food Inspection Agency. They help stop forbidden items from entering Canada that could damage our plants and animals or contaminate our food supply. This is just one of many services aimed at protecting the health of all Canadians.

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Cognac and friends bark 'thanks'



Cognac in his new home.

"We would like to thank the Brome County News for devoting space for Pet of the Week and we would like you to know how much you have helped us and our friends. Of the thirteen of us whose photos you have featured so far, eight of us (Utah, Cammie, Cognac, Jack, Jessie, Milou, Chico and Whisky) have been adopted and lots more of our friends at the SPCA Montérégie have found homes because you've let us talk about the shelter and our lives! Lots more of us need help and homes - the problem goes on and on. We really appreciate friends like you. It makes such a difference. Thanks again."

Cognac, Utah, Dylan, Cammie, Brutus, Dawson, Sky, Jack, Jessie, Milou, Chico, Whisky and Tango

Pet of the Week: Duffy



Not a very good picture of me, but honestly, even if this were a good closeup, you wouldn't have much of an idea what I look like because us black dogs don't come out very well on film unless the light is just right. I guess I'll just have to describe myself. I'm a 9-month-old neutered male and I'll weigh about 60 lbs when full-grown. My fur is kind of like a Bouvier's, although I don't think I'll ever get that big. I'm a goofy, happy-go-lucky guy, the cheery type. Sometimes you have to be like that to forget your past. Several months ago, I was left at the shelter in the middle of the night. Can you imagine that? I'm glad I got rid of those people! I hope my next family will love me forever. I'd like that. I live at the SPCA Montérégie. Please visit us or call us at (450) 460-3075 or (450) 242-2892. More dogs seeking homes: Jacob - black lab, neutered, three to 4-years-old, good with people (266-1784); Collie - 2-years-old, house-trained, good with cats 242-2892, 266-7789; five small dogs looking for homes, 266-1784.

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La photothérapie

Après un hiver plutôt enneigé et sans beaucoup de soleil, les effets du manque de lumière se font sentir. On en a assez, on a besoin de clarté et de soleil. Et si la nature nous en prive, on peut s'en procurer sans attendre le printemps.

Certaines études, dont celle de Levy en 1980, ont démontré l'efficacité du traitement par lumière du désordre affectif saisonnier, également connu sous d'autres sobriquets comme dépression hivernale et syndrome polaire, en français, et seasonal affective disorder (SAD), en anglais. Il semble que ce genre de dépression réponde très favorablement à la photothérapie, c'est à dire, l'exposition à la lumière intense.

En 1990, j'étais impliquée dans une entreprise de distribu-

tion de matériel d'éclairage spécialisé. Nous vendions un néon qui reproduisait la lumière du jour. Il s'avérait très utile pour les manufacturiers de tissu, par exemple, qui voulaient voir les couleurs réelles comme si elles étaient à l'extérieur par un jour ensoleillé.

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Des boutiques et magasins se le procuraient aussi pour que les clients puissent voir exactement les couleurs des articles qu'ils voulaient acheter. J'ai été surprise de constater que ce même néon servait d'outil pour la thérapie par la lumière puisqu'il avait une intensité lumineuse de plus de 2000 lux.

J'ai lu récemment que cette thérapie devient de plus en plus populaire pour le traitement de cinq pour cent de la population affectée par le manque saisonnier de luminosité. On dit aussi que 15 pour cent de la population souffre de troubles de som-

meil à cause du changement au rythme circadien causé par le manque de luminosité.

Les symptômes s'estompent à la fin de mars ou au début d'avril dans notre climat.

Si vous êtes intéressé au côté technique et scientifique de la photothérapie, en neurologie, sur les rythmes biologiques et autres, vous pouvez voir un rapport détaillé sur le site www.luminothérapie.com/uk/article1a.htm.

La photothérapie a une autre utilisation intéressante: sevrer la dépendance à l'alcool pour maintenir la sobriété. On a noté que les patients dans cette situation risquaient beaucoup plus de retomber à l'automne et en hiver. Il semble que ces épisodes de risque peuvent être éliminés par l'usage de la photothérapie à partir de la fin de l'été, en utilisant les mêmes doses que pour la dépression saisonnière.

Finance

Managing a small business

(SOP) When you run a small business, change is a given. The question on every entrepreneur's mind each day is: How can I improve my business, my product or service, my growth potential, my bottom line?

The answer to that question needs to permeate every facet of a company's management strategy and culture. The answer ultimately says whether a business succeeds or fails. Management is the company's litmus test, and businesses that are run soundly and creatively are more likely to grow and prosper.

A knowledge-based economy favours small business. Shifting market trends, stronger competition and perpetual leaps in technology are making the traditional ways of doing business less effective. These changing forces also offer new possibilities to entrepreneurs who

want to take advantage of them.

Today's economy favours innovation and imagination, creating fertile ground for small and medium-sized businesses (SMEs) with new product and service ideas.

What's more, small businesses may actually possess a competitive edge over their larger counterparts when it comes to managing in the New Economy. They are smaller, leaner and, therefore, more able to refocus and redirect their development strategies.

Growth calls for new solutions. Even for a start-up company, the entrepreneur needs to master general and financial knowledge, as well as basic management skills in areas such as communications, staff supervision and market development.

As the business grows, it must grapple with new problems linked to the in-

tricacies of running an established company.

In the new millennium, managers of companies may need to

- Invent new applications for products or services;
- Find new sales and distribution channel;
- Rethink internal processes;
- Enhance technological content;
- Provide employees with upgradable, scalable skill sets; and
- Disseminate internal information more effectively.

These fundamental manageri-

al issues are but the tip of the iceberg. Technology and global markets are continually changing the rules of business and sending many established conventions out the window. That forces small business to plan and to implement imaginative managerial solutions more quickly.

Exporting:

One of management's greatest challenge

(SOP) Companies new to an export market must develop a set of new skills. In particular, they need to acquaint themselves with cultural differences, languages, local standards, currency exchange controls, packaging, labelling requirements and other factors before exporting their products.

On the road to successful exporting, the small business owner needs to establish a winning strategy.

First, the entrepreneur must commit to exports by making the company more competitive in the global marketplace. To export successfully, the entrepreneur may have to

- Increase investment in R&D;
- Re-examine and improve the manufacturing process;
- Evaluate and possibly improve the company's personnel; or
- Plan export financing.

The entrepreneur then needs to assess the product's appeal and the company's export readiness:

- Product competitiveness;
- Production, operation and inventory capacity;
- Financing potential and options; and
- Management's knowledge of the export process and of the target market.

The next step is to prepare an export marketing plan by:

- Establishing the client profile;
- Evaluating the competition;
- Evaluating direct and indirect market entry strategies; and
- Investigating strategic alliances, co-ventures and trade missions.

Then it is time to implement the export strategy by:

- Setting up a Web site, preferably one with e-commerce capability;
- Identifying foreign buyers, agents, representatives or distributors;
- Establishing the distribution network; and
- Following up sales.

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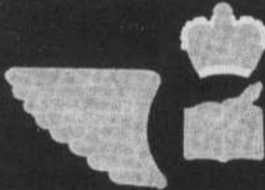
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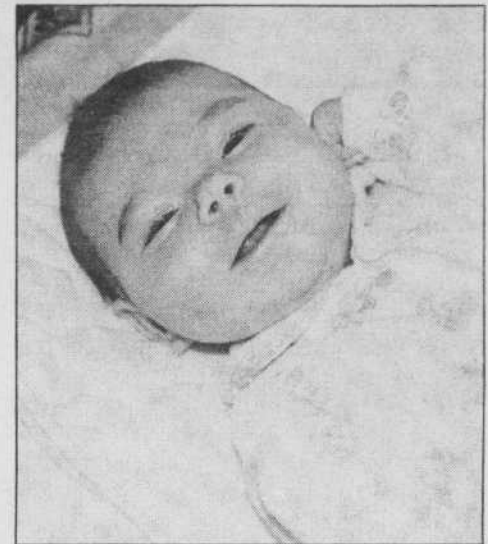
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Birth



WILSON-CAMPEAU: Mother Renee Campeau and father Allan Wilson are pleased to announce the birth of their first child, a daughter, Hannah Nicole Wilson, on November 22, 2000 weighing 7 lbs. 11 oz. Proud grandparents Beverley and Arnold Wilson of Otterburn Park, Qc., and aunts Sheryl Wilson of Sutton and Marise Campeau of St. Hilaire. Thanks to the staff at the B.M.P. for their loving care and professionalism.

Cards of Thanks

HARVEY, Kevin - A mere few words cannot express our thanks to all who showed expressions of sympathy and caring at the untimely death of our beloved son and brother, Kevin Harvey. "Those who knew him for who he was, will remember him for all his love, his life with us was far too short, those precious memories will be our comfort."

THE HARVEY FAMILY
BARBARA & JUNIOR
(parents)
LLOYD, MARK,
JANICE, TRUDY
AND FAMILIES

POW, Lois - We wish to thank our many friends for the kindness and support in the passing of our mother, Lois. Thank you also for the donations to the B.M.P. Hospital in her name. Please consider this a personal, heartfelt thank you from both of us.

MURIEL and RONALD

WRIGHT - My sincere thanks to my friends and relatives for gifts, flowers, plants, cards, visits and phone calls on my birthday. God bless you all.

LUCY WRIGHT

Card of Thanks

RHICARD, Doris Earle Kemp - The family would like to extend their most sincere appreciation for the many acts of kindness (visits, phone calls, cards, food, flowers, donations to B.M.P. Hospital) at the time of Doris' death. Thank you.

LYALL RHICARD
AND FAMILY

Birthday wishes



Lordy Lordy
Look Who's Forty
on February 23, 2001
Happy Birthday
Donna

Stanbridge East
Thelma Rhicard
248-4168

The S.E.W.I.'s annual meeting was held at the home of Thelma Rhicard on Jan. 4th. Business was conducted, annual reports given and elections held. A pot-luck luncheon was enjoyed by the 12

Women's Institute members who were present. A tribute to Teenie Symington was reflected upon, as she had been a member of our branch for 29 years.

A speedy recovery is wished Armand Gendreau who underwent day surgery recently. He and Carol have a new grandson as their daughter Evie (King) of Lloydminister, Alta., and her husband are proud parents.

430 Personal

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Card party

DUNHAM

On Feb. 8 around 100 people drove to All Saints Anglican Church to enjoy delicious soups and desserts made by the Ladies Guild. There was a table of sweets, candy, fancy cookies and marmalade which found a ready sale. After the luncheon Erma welcomed everyone and announced our next one on March 15. There were eight tables of cards.

Door prize was won by Donna Luce and Merlyn Sturtevant. Bingo: Judy Jones and Lawrence Marsh. Card prizes: Herb Riti, Randell Rodgers, Lou MacDonald, J.P. Pissonault, Mabel Erno, Kathleen Dunn, Alta Forester, Dorothy Moynan, Helen Slactha, and Donald Gardner.

We missed Mr. and Mrs. Ron Tryhorn as they are regulars. We do hope you are on the mend Mr. Tryhorn. See you on March 15.

Ruby M. Sherrer

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