

Brome County NEWS



TUESDAY, JANUARY 12, 2010

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Resolving to Run



COURTESY

Some runners prepare to brave the cold winter weather in support of healthy living in the the new year

By Virginia Wilson

Motivated runners gathered together in front of the IGA in Sutton on January 1 to partake in the first "5km Resolution Run". The group wanted to support the idea of a healthy lifestyle and choices by running 5km and supporting one and other to complete the run. The push to complete the run coincides with the idea of keeping New Year's resolutions and support-

ing each other's choice of improving their own health. Walkers and runners showed up for the event from Montreal, Brome, Sutton and as far away as Vermont. "Next year the event will carry the official name Sutton International Resolution walk/Run," says Isabelle Papineau, the run organizer. The event had twice as many participants than expected, which demonstrated there are even more people wanting to improve their health and lifestyles than the or-

ganizers expected. "It was a lot of fun and we hope to build on our success next year," says Papineau.

There were water stations set up throughout the Town of Sutton and participants were able to enjoy and muffins and coffee at the finish line. Walkers and runners can register early for next year's run scheduled for January 1, 2011 by contacting Isabelle Papineau by e-mail at: rick.isabelle@sympatico.ca.

BRIEFS

Story of inspiration for local playwright

By Virginia Wilson



During the Holidays, one day before leaving to visit her family in Nova Scotia, local playwright and professional actress, Laura Teasdale, lived through a day she will never forget. On this day, Teasdale learned the importance of having friends, family and a supportive community. On her way to Cowansville to drop off some last minute gifts before her departure to Nova Scotia, Teasdale, who was filled with holiday joy and excitement on her last day before her holiday, skidded half a car length into the intersection in Brome and struck another vehicle. Her first fear was that she may have injured the people in the car in front of her, but everyone in the accident was unharmed. Teasdale was in shock from the ordeal and was incredibly happy that her best friend Sarah Biggs and her husband Morris Crossfield happened to be driving by after the accident and offered Teasdale a ride home.

Upon her arrival at her home in Bolton, Teasdale noticed that her front door was locked, but her window was open. She assumed it must have been the landlord who had opened to enter the premises to do some repairs. "We even joked around before entering," said Teasdale.

CONT'D ON PAGE 3

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René-Claude Gagnon

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COMMUNITY CALENDAR

January 16

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

Country Dance with music by Gary Darling at the Royal Canadian Legion, Br. 77, 77 Lewis St., Waterloo, Saturday, January 16, 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

Dance with County Line, Arnie Davis, Shirley Spencer, Jimmy Edwards and Barry Newman, 8:00pm. Sutton Legion, 2 Curley St. \$10. a person. Info: 450-538-2210.

January 17

All-You-Can-Eat Brunch. Eggs the way you like them. Donation \$7 per person and \$3.50 for children 8 and under. 10 am. to 1 pm. Sutton Legion, 2 Curley St. Info: 450-538-2210.

Sunday Breakfast sponsored by Ladies Auxiliary of the Royal Canadian Legion, 120 Davignon, Cowansville, 9:30 - 12:30. \$6.00-/pers. 6-12 yrs. : \$3.00, 5 yrs and under : Free. Baked Beans, Home Fries, Bacon, Toast, Coffee, Juice. Profits to : Massey-Vanier, 725 Air Cadet Squadron. All welcome!

January 17 & 18

Auditions for the Knowlton Players May show directed by Lucy Hoblyn will be held at Brome Lake Books on January 17 and 18 at 7 p.m. This is a family show

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

Distributed to all Record subscribers every Tuesday as an insert, and to households and businesses in Abercorn, Bedford, Brigham, Brome, Bromont, Cowansville, East Farnham, Foster, Fulford, Knowlton (Brome Lake), Sutton, Bolton Centre, West Brome.

The Record was founded on February 7,

with large and small parts available for children, teens and adults. Looking for singers, dancers and funny people. For more information please call 450-242-2242

January 19

Open 'til 8 Ask the Expert : Life with Celiac Disease with Nathalie on Tuesday, January 19 at 5:30 p.m. Natalie will be preparing a full course gluten-free supper from her gluten-free kitchen and will have lots of gluten-free recipes to share. Voluntary donations accepted. avantebarb@bellnet.ca, Avante Women's Centre, Adhémar-Cusson, Bedford, 450-248-0530.

Townshippers' Association's Coffee Mornings, January 19, 10 a.m. to 12 noon, Eaton Valley Community Learning Center (CLC), Pope Memorial School, 523 Stokes, Bury, and St. George's Anglican Church, 130 Principale, Granby. Information: Kate Murray (Granby) 450-242-4421 (1-877-242-4421), km@townshippers.qc.ca; Shannon Keenan (Bury) 819-566-5717 (1-866-566-5717), sk@townshippers.qc.ca

January 20

Townshippers' hosts a FREE videoconference on Parkinson's Disease on January 20, 1 - 3 p.m.. Magog CLC, Princess Elizabeth Elementary School, 120 Bellevue W., Magog; Eaton Valley CLC, Pope Memorial School, 523 Stokes, Bury; Massey-Vanier High School, ROOM 507, 224 Mercier, Cowansville. For more: Shannon Keenan (Bury or Magog), 819-566-5717 (1-866-566-5717), sk@townshippers.qc.ca ; Kate Murray (Cowansville), 450-242-4421 (1-877-242-4421), km@townshippers.qc.ca .

January 21

Afternoon Delight: Thursday, January 21, 1:30 - 3:30 p.m.

Potato chowder & Taco pizza, \$2. avantebarb@bellnet.ca Avante Women's Centre, 2 Adhémar-Cusson, Bedford 450-248-0350

CREEK/WATERLOO PASTORAL CHARGE

CHURCH SERVICES

Sunday worship with music. Creek United, West Bolton: 9 a.m. Brill Road. St. Paul's United, Waterloo, 10:30 a.m. Be-

ginning January 3, St. Paul's Services will be held at Place Primevere, Leclair Street during January, February and March. No services in the Church Sanctuary during winter months. Everyone is welcome. The services will be held in the reception room. All are asked to remove winter boots at the entry. David Lambie, Minister. For information or to leave messages call: 450-539-2129. Everyone is welcome.

ST. PAUL'S ANGLICAN CHURCH,

24 St. Paul's Road, Knowlton. A group of ordinary people seeking to follow Jesus in Traditional, Contemporary and Modern ways. 8 a.m. - Said Book of Common Prayer Worship. 10 a.m. - User-friendly "Blended" Service with Traditional, Contemporary and Modern music and format. Sunday School. For more info: 450-242-2885 The Rev. Tim and the congregation look forward to welcoming you.

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 -No service until Easter

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 Reininger, 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, January 17 - 9 a.m. Church of the Ascension, West Brome. Morning Prayer - M. and S. Jolley.

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 at the Martins, 4008 Principale, Dunham, at 9:15 a.m. and in Sutton at Nancy Travers, 4 St. Patrick, at 11:15 a.m. with coffee hour from 10:30 a.m. Information: 450-295-3251 and 450-538-0530.

BEDFORD UNITED CHURCH PASTORAL CHARGE

Morning service cancelled. Covenanting Service for the Reverend Catherine Smith will be held at 4 p.m. on Sunday, January 17, at Wesley United Church in Bedford. Everyone welcome!

GRANBY UNITED CHURCH,

Where God Unites all Children. Be a part of the family. Down to earth spirituality. Spiritual development for all ages. Sunday Services 11 a.m. at 101 rue Principale, Granby. Info: 450-372-1417. Rev. Eric Lukacs. All Services at 11 a.m.

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

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COURTESY

Knowlton IGA owner Ginette Gazaille presents another \$1,000 credit voucher for Nos Compliments products to Louis Pagé, treasurer, with some other members of the Food Bank looking on - Anne Pagé and Bev and Gary Crandall. Over the month of December IGA collected food from clients for the Food Bank and the store matched the amount from their own shelves. The Food Bank sincerely thanks IGA as well as all who contributed to the project to help others in the Community of Lac Brome, Brome and West Bolton."

Support for local artist

CONT'D FROM PAGE 1

"Morris said to me imagine it would be a double whammy if you got robbed," she continued. To her dismay, when she opened the front door it became apparent to Teasdale that she had been robbed. "Everything worth money was stolen, including the seven musical instruments that I worked twenty years to accumulate," she said. Teasdale had just recently moved and did not yet have insurance on her home. Within fifteen minutes of realizing she had been robbed, Renalee Gore, the Principal of Waterloo Elementary School where Teasdale also works for the Performing Arts program one day a week, was on site to help Teasdale make lists of things that were missing and things to be done. Danny Dwyer gave Teasdale a ride to the airport so she could still be with her family during the Holidays and take some time to absorb all that had taken place.

Teasdale had been working on the Dinner Theatre's Valentine's Day play that has become an annual event at the Knowlton Pub, but since all of her computers were stolen, Teasdale lost her weeks of hard work that same night. During her trip to visit her family, she discussed her play with a friend and came up with an even better version which she is presently working on for the Dinner Theatre's presentation scheduled for the first week after Valentine's Day.

When Teasdale arrived home she was humbled by the amount of support she received from the local community. "There are a lot of people that dropped off money and stuff at Brome Lake Books anonymously and some that I hardly knew to help me." Teasdale describes her feelings by saying, "This situation has been humbling. I would sometimes feel sad or sorry for myself and at time embarrassed. It is hard for me because I am not used to accepting people's help, but I could not have gotten through this without help. I may not be rich, but I am rich in friends."

"I also want the person that robbed me to know that I now have a large guard dog and a high tech alarm system," she says.

Sarah Biggs has organized a Coffee House fundraiser for Laura Teasdale at the United Church on Knowlton Rd on January 16th at 7pm, where Teasdale will also be performing a few songs with other musicians. Anyone with information about the stolen instruments or anyone who wishes to reach Laura Teasdale can do so by contacting her my e-mail at: thetease4@gmail.com.

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PET OF THE WEEK



Hi, I'm Pepe! I'm a 4-5 year-old gentleman - wise beyond my years. My coat is salt & pepper color, I stand about 20 inches at the shoulder, and I won't tell you my weight (I'm 'a little over' shall we say!). Adopt me, put me on a diet, and I will be your faithful, loving companion for the rest of my life. I live at the SPCA Montérégie, 178, ch du Vide, Ste-Angèle-de-Monnoir (exit 37 on autoroute 10) 450-460-3075 Adoption days are Thursdays & Saturdays, 2 - 4 pm.



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Air Waves:

Confessions of a CIDI 99.1 FM Regular

By Brain Edditongton

A small-town radio station in northern California ran a contest with a surprisingly attractive prize for such a low-budget operation - a brand new Toyota. Or that's what it sounded like. And, being a strictly on-air promotion with no print advertising, that's what folks assumed.

When the big moment of the drawing arrived, the winner, a forty-something housewife, performed as expected, with screams and squeals and stuff like "Oh my God!, Oh my God!, I don't believe it!" She immediately headed down to the station office in a neighbour's basement, all giggly and a-twitter, ready to

drive home in her shiny new Japanese car.

Then reality hit home hard. It might have been Japanese, but it wasn't a car. Her prize consisted of a small stuffed brown doll with a wrinkly, shriveled head and large floppy ears. It was a toy Yoda . . . the backwards-talking wee wise thing in the Star Wars movies.

Being American, the lady's first reaction, once she'd been revived, was naturally to file a lawsuit. Her lawyer claimed the station had acted fraudulently, demanding not only a new car, but millions of dollars in compensation for psychological stress and loss of quality of life.

As with most of these smaller filler news items at the end of the hour, there's been no follow-up. Maybe the case is still pending. Given the verdicts in recent legal matters on both sides of the border, however, don't bet on fairness or common sense carrying the day.

On the lighter side, the English communities of Compton County in the mid-1960s, which included yours truly, had a variety of on-air options for news and entertainment. Television came from Montreal via channels 6 and 12, weather permitting, or 3 and 5 from Burlington and Plattsburg, even channel 8 from Poland Spring, Maine, if you lived high enough up the hill.

Our radio choices were similar. Montreal stations floated in intermittently; northern Vermont and New England outlets were usually more dependable. Mainly, though, we were the almost captive audience of CKTS radio in Sherbrooke, a source we came to rely upon and even enjoy, warts and all.

We had the standard fare - birthday announcements, notices of card parties and club meetings, lost and found, weather reports from the East Angus airport. For a while, there were evening half-hour call-in shows. Monday was 'Your Business' with a financial advisor, Tuesday had 'Ask the Pastor' featuring a local man of the cloth, and Wednesday was 'Legally Yours' with an area lawyer. Thursdays involved personal counselling, with advice to the lovelorn and such. Humour was a frequent and unintended by-

product, mostly when older callers couldn't remember which theme was on which night.

For many morning men, d.j.s, talk show hosts and newscasters, a career in radio meant cutting your broadcast teeth in small, out-of-the-way markets.

Veterans look back fondly on those flawed, bumpy, but mostly fun times. Also for many, the old TV program WKRP in Cincinnati wasn't a sitcom, it was a documentary.

Which brings us to the Brome Lake area, where last November we celebrated the first anniversary of our own bilingual station, Radio Communautaire Missisquoi CIDI 99.1 FM. Like most residents, I knew it was coming, but forgot to note the exact day and time. So it was by chance I found it, surfing the FM band, avoiding another windy pointless CBC political debate.

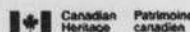
The ads were a giveaway. While a few local merchants buy time in the big city market, the ones I heard hadn't appeared anywhere before; it had to be CIDI. If I'd found the station serendipitously (thanks, spellcheck), it was my duty to keep the dial at 99.1, to give the new kid on the broadcasting block a fair chance.

I've continued listening, well over a year now after that duty had been fulfilled . . . because I like it. Information and announcements, interviews and talkshows, by times fun quirky stuff like Marie and Lucie, The Burning Bush, Young Blood, D.J. Daddo, our delightful octogenarian duo talking jazz, even something called Poetry and Transcendence . . . likely for those who aren't sure why they're here.

But mainly, it's the music, an eclectic mix of local talent, country tear-jerkers, golden oldies, folk classics, rock 'n' roll legends, the odd exotic off-beat number that begs the question, Where on earth did they find that? A better question is, Where else will you hear as much great stuff from Elvis, Bob Dylan, Kris Kristofferson, Gordon Lightfoot, and Joan Baez? Or The Ballad of Davey Crockett, or how about The Battle Hymn of the Republic . . . in French. And if none of these are your personal favourites, keep listening anyway.

They'll pop up soon.

Radio Communautaire Missisquoi
CIDI 99.1 fm
being who we are



Weekly Schedule
 Now live on the Internet at www.rcmmedia.org

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Musical Selection						
7:00	Musical Selection						
8:00						Children's Corner	Children's Corner*
9:00	Community Bulletin Board/Music					Network Europe	Mes Albums Classiques
10:00						Around Town	Marie & Lucie
11:00	Musical Selection					Bobcat Sessions	A Classical Time
12:00	Community Bulletin Board/Music						
13:00	Community Bulletin Board/Music						
14:00							Henry's Music and Musings
15:00	Musical Selection						Ask the Pastor
16:00							The Outsider*
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	Penalty Box Let's Talk Jazz*	Mostly Canadian Un-played*	Penalty Box*	Bobcat Sessions	Burning Bush from the Hall of Flame	The Outsider
20:00	Mostly Canadian Un-played*				Ask the Pastor*		Let's Talk Jazz
21:00		Burning Bush from the Hall of Flame*	Dufur Mtn Bluegrass*	It's on the Record*	Veronica's Picks*		It's on the Record
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	Musical Selection						

* Denotes repeat program in the same week

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If this challenge interests you, we invite you to contact Stephanie Hauver before January 18th, 2010: magasin@canardsdulacbrome.com T 450 242-3825 ext 221 F 450 242-2189.

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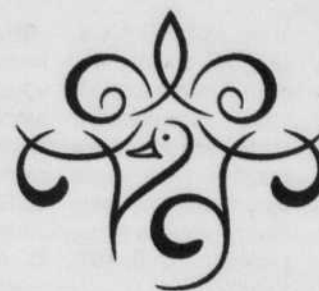
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LONG-TERM PLAN 2010-2013 CONSULTATION MEETINGS IN LOCAL SECTORS

FULFORD / BONDVILLE / IRON HILL

Wednesday, January 13/10 at 7 p.m.

Prouty Hall
 5 Mill Street

WEST BROME

Thursday, January 14/10 at 7 p.m. Auberge West-Brome

KNOWLTON / EAST HILL

Monday, January 18/10 at 7 p.m.

Centre Lac Brome
 270 Victoria Street

FOSTER

Wednesday, January 20/10 at 7 p.m. Ovide Dagenais Hall
 25 Taylor Street

INFORMATION

450-243-6111 or reception@ville.lac-brome.qc.ca

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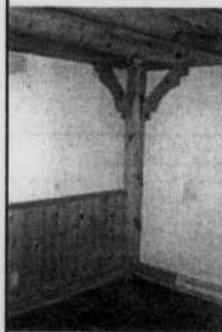
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ABRACADABRA turn your hidden treasures into ready cash. International buyer wants to purchase your antiques, paintings, china, crystal, gold, silverware, jewelry, rare books, sports, movies, postcards, coins, stamps, records. 514-501-9072.

Business Opportunities

WANTED INVESTORS, BUSINESS OWNERS & FINANCIAL agents. Lucrative Income! High degree of security & returns. 16 year history. Not stocks / mutual funds. Training provided. 1.888.855.8187 or info@sgcwealth.com Visit: www.sgcwealth.com, click Partnerships.

Financial Services

DEBT CONSOLIDATION PROGRAM. Helping Canadians repay debts, reduce or eliminate interest, regardless of your credit. Steady Income? You may qualify for instant help. Considering Bankruptcy? Call 1-877-220-3328 FREE Consultation Government Approved, BBB Member.

\$500\$ LOAN SERVICE, by

phone, no credit refused, quick and easy, payable over 6 or 12 installments. Toll Free: 1-877-776-1660. www.moneyprovider.com.

For Sale

The Quebec Community Newspapers Association can place your ad into 26 weekly papers throughout Quebec - just \$180. Book 10 weeks within a 6 month period and receive the 11th week free! One phone call does it all! Call Marnie at QCNA 514-453-6300. Visit: www.qcna.org.

#1 high speed internet \$18.95/month. Absolutely no ports are blocked. Unlimited downloading. Up to 5Mbps download and 800Kbps upload. Order today at www.acanac.ca or call toll free 1-866-281-3538.

A FREE TELEPHONE SERVICE - Get your first month free. Bad credit, don't sweat it. No deposits, no credit checks. Call Freedom Phone Lines today toll free 1-866-884-7464.

HOT TUB (SPA) Covers. Best Price, Best Quality. All Shapes & Colours Available. Call 1-866-652-6837. www.thecover-

guy.ca.

COME VISIT OUR SUPER SAVING SHOP and buy online. Batteries, pet supplies, electronics, school supplies, cellular phone accessories and much more. www.super-savingshop.com.

Health

MAKE YOUR RESOLUTION a reality! And, your first 15lbs are free. Look great. Feel great. Lose weight. Guaranteed. Call Herbal Magic 1-800-926-4363. Limited time offer.

Help Wanted

#1 IN PARDONS. Remove your criminal record. Express Pardons offers the FASTEST pardons, LOWEST prices, and it's GUARANTEED. BBB Accredited. FREE Consultation Toll-free 1-866-416-6772. www.ExpressPardons.com.

With Herbalife, I've lost 24 lbs and went from a size 7-8 to a 4! All natural, Dr. recommended, proven, powerful. Erin: 514-654-6830 or TopShapeCoach.com

Homes for Sale
 2010 DREAM HOME/COT-

TAGE PROJECT? SAVE UP TO \$30,000.00!!! Factory Direct Surplus Inventory Liquidation - Save 50%+ While They Last. Modular Pre-Built Component Packages - Faster/Easier Dry-in Shell - Labour Save \$1000's! Certified Plans - Warranty - References - 100's of Dreams Delivered to Happy Families. GREEN-R-PANEL Prefabricated Building Systems - The Smart Way to Build. 1-800-871-7089. Call Today!! \$2,000.00 Reserves Spring/Summer Delivery.

Personals

DATING SERVICE. Long term / short term relationships, free calls! 1-877-297-9883. Exchange voice messages, voice mailboxes 1-888-534-6984. Live adult casual conversations 1 on 1, 1-866-311-9640, meet on chat lines. Local single ladies 1-877-804-5381 (18+).

*PAST *PRESENT *FUTURE * #1 Psychics! *1-877-478-4410* Credit Cards / deposit or phone 1-900-783-3800 \$3.19 min (18+). For a psychic NOW! Meet us at: www.mysticalconnections.ca.

CLASSIFIED

130 Courses

START A HOME STAGING business with the ISRP (TM) distance education course. Includes full business training & expert advice from your personal tutor. Free brochure 1-800-267-1829. www.qcdesignschool.com

135 Child Care

1 PLACE AVAILA-BLE AT \$7./day for child 2 years+, available immediately. University-educated teacher, very large playroom in new home. 25 years experience. Call 450-243-0273

140 Professional Services

GRAPHIC ARTIST Need help with your advertising? I do brochures, posters, logos, business cards, letterhead, CD/DVD covers. Jade Cimon, Graphic Artist, 819-569-5735, jade.cimon@videotron.ca

140 Professional Services

NEED SOME PAINTING, drywall / joint finishing or repairs done? Quality work guaranteed. Large or small jobs. Free estimate. Call Patrick at Services Beauchemin (450) 538-0728.

147 Health & Beauty

MAKE YOUR RES-OLUTION a reality, and your first 15 lbs. are free. Look great. Feel great. Lose weight. Guaranteed. Call Herbal Magic 1-800-781-0539. Limited time offer.

ATTENTION!

Let everyone know your classified ad is **NEW** on its first day of publication! Attract more attention to your ad on its first day of publication by including a new ad logo (shown here)

NEW AD

For only \$3.00, a new ad logo will help you get quick results. Some restrictions apply. For more details call: (819) 569-9525 (450) 242-1188

147 Health & Beauty



SHAOLIN GONGFU & QIGONG in Sutton. Canadian Instructor Gao Shilin. Gongfu: Tues. and Thurs. 8 a.m. to 9:30 a.m., Sat. 9 a.m. to 10:30 a.m. Gi-gong/Taiji Chen: Thursday 6:30 p.m. to 8 p.m. Registration: Sport Sutton 450-538-0313 or gaoshiilin@sdcschaolin.com.

290 Articles For Sale

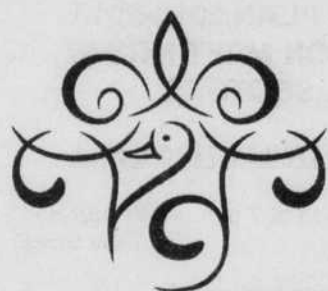


BATHROOM VANITY WITH faucets and sink, 60 inches long, three drawers, two doors and 1 hamper drawer, \$250. Call 819-566-6790 evenings.

HOT TUB (SPA) covers. Best price, best quality. All shapes & colors available. Call 1-866-652-6837 www.thecoverguy.ca

445 Legal Notices

445 Legal Notices



VILLE DE LAC-BROME
TOWN OF BROME LAKE

PUBLIC NOTICE

APPLICATION FOR MINOR EXCEPTION

An application for a minor exception will be heard at the regular Council meeting of **Monday, February 1st, 2010** at 7:00 p.m. at Buchanan Hall of the Centre Lac-Brome, 270, Victoria Street, Town of Brome Lake.

Persons interested by this application are invited to attend this meeting and communicate their observations.

Application no. 213

570, Knowlton Road, lot 954-52, zone UC-4, East Hill sector.

Nature and effects of the application:

Request to allow:

- a storage area located at 2,3 m minimum from the street instead of 3 m minimum;
- a storage area occupying a maximum of 50% of the land area instead of 25% maximum;
- the installation of a « Frost » type fence with a height of 1,8 m instead of 2 m minimum and more than 15% transparency.

Given at Brome Lake
This 12th day of January 2010.

Mtre Alain Roy, M.A., LL.B.
Greffier

SNOW REMOVAL

Louie and Holger High snow removal: roof, balcony and farm buildings. Call 450-775-9888.

It pays to advertise in the classifieds

445 Legal Notices

445 Legal Notices



VILLE DE LAC-BROME
TOWN OF BROME LAKE

PUBLIC NOTICE

TO ALL RATEPAYERS OF THE ABOVE MENTIONED MUNICIPALITY, PUBLIC NOTICE IS GIVEN OF THE FOLLOWING:

1. At a regular meeting held on April 6th, 2009, the Municipal Council adopted the following by-laws:
 - BY-LAW NO. 511 AMENDING BY-LAW 218 CONSTITUTING A COMMITTEE REGARDING THE ENVIRONMENT PROTECTION
 - BY-LAW NO. 513 AMENDING BY-LAW 360 ON PERMITS AND CERTIFICATES REGARDING RATES FOR THE CONSTRUCTION OF AN ARTIFICIAL LAKE
2. Said by-laws come into force in accordance with Law.
3. Interested persons may consult said documents at the Town Hall, 122 Lakeside, during regular working hours.

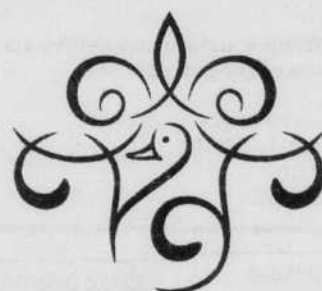
Given at Brome Lake
This 12th day of January, 2010.

Mtre Alain R. Roy, M.A., LL.B.
Town clerk

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

445 Legal Notices

445 Legal Notices



VILLE DE LAC-BROME
TOWN OF BROME LAKE

PUBLIC NOTICE

TO ALL RATEPAYERS OF THE ABOVE MENTIONED MUNICIPALITY, PUBLIC NOTICE IS GIVEN OF THE FOLLOWING:

1. At a regular meeting held on January 11th, 2010, the Municipal Council adopted the following by-laws:
 - BY-LAW 530 REPEALING BY-LAW 503 REGARDING GOODS AND FURNITURE LEFT ON PUBLIC ROAD
 - BY-LAW 531 AMENDING BY-LAW 349 ON COUNCIL MEETINGS
 - BY-LAW NO. 532 REPEALING BY-LAWS 133 AND 218 REGARDING THE DURATION OF MANDATES OF ADVISORY PLANNING AND ENVIRONMENT COMMITTEES
2. These by-laws come into force in accordance to law.

Given at Brome Lake
This 12th day of January 2010.

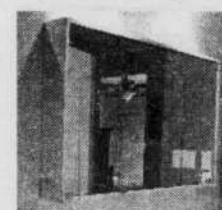
Mtre Alain R. Roy, M.A., LL.B.
Town clerk

197 Parts For Sale

JEEP OWNERS - Parts and accessories for Jeeps, 1942 to 2010. Huge stock, lower prices, fast shipping. Gemini Sales, Burnaby, BC, new: (604) 294-2623, used: (604) 532-9517, Shop online www.gemini-sales.com

290 Articles For Sale

#1A STEEL BUILDING sale! Save up to 60% on your new garage, shop, warehouse or storage building. 6 different colors available! 40 year warranty! Free shipping for the first 20 callers! 1-800-457-2206. www.crownsteelbuildings.ca



MEDICINE CABINET, 3 mirror doors, \$50. Call 819-566-6790 evenings.



WILSON TUB, 6 jets, 72"x55", like new, \$250. Call 819-566-6790.

430 Personal

LOVE! MONEY! LIFE! #1 Psychics! 1-877-478-4410, credit cards / Deposit. \$3.19 / min., 18+. 1-900-783-3800. www.mysticalconnections.ca

300 Machinery

300 Machinery



For All Your Snow Removal Needs. 27 to 100hp tractors 5 year warranty or 3000 hrs. Blowers, Blades & Plows available. Up to 10 years financing available.

Picken's Farm Equipment Inc. (450) 539-1114 1-888-529-1114 www.pickensfarmequipment.com

CLASSIFIED

440 Miscellaneous

#1 IN PARDONS. Remove your criminal record. Express Pardons offers the fastest pardons, lowest prices, and it's guaranteed. BBB accredited. Free consultation. Toll-free 1-866-416-6772. www.ExpressPardons.com

YOUR CRIMINAL RECORD: Professionally removed. Only Pardon Services Canada has been helping Canadians with discrete, efficient service for nearly 20 years. Call: 1-8-now-pardon (1-866-972-7366). www.RemoveYourRecord.com.

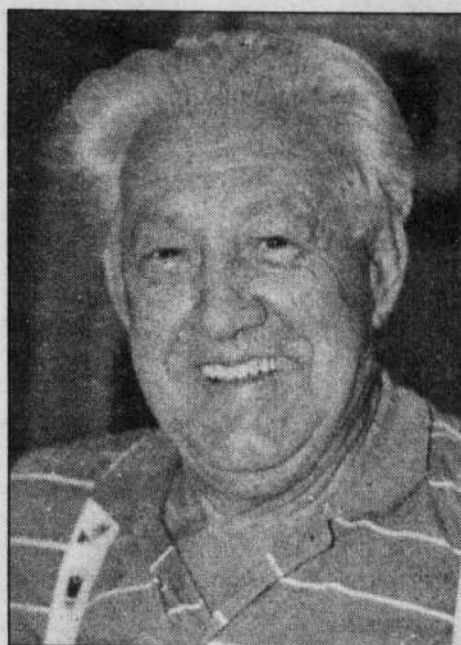
ATTENTION!

Let everyone know your classified ad is **NEW** on its first day of publication! Attract more attention to your ad on its first day of publication by including a new ad logo (shown here)

NEW AD

For only **\$3.00**, a new ad logo will help you get quick results. Some restrictions apply. For more details call: **(819) 569-9525** **(450) 242-1188**

In Memoriam



HANS "SWEETIE" WILMS
December 17, 1928 - January 17, 2007
3rd Anniversary

*The love you gave us for many years
Will never be forgotten,
Though you have gone beyond our reach
You are always in our hearts.
Like the falling leaves the years slip by
But precious memories never die,
You live with us in memory still
Not just today but forever.
Always Loving you,
AIDA & WILMS FAMILY*

In Memoriam

GORECKI - In loving memory of a dear friend, Diane Gorecki, who passed away on December 23, 2009.

She will be missed by her family and friends.

She was truly blessed with a loving heart that touched each and every one.

She opened her heart and home to all of us. We miss you and God bless you.

Love,

YOUR FRIENDS & FAMILY

Death

TUER, Malcolm (1962-2009). It is with deepest sadness that we announce the passing of Malcolm on December 26, 2009, in Toronto, Ontario. Malcolm was the beloved son of the late Richard and Margaret Tuer (Gillespie). Left to mourn are his brother Julian (Heather), his sister Beth (Christophe), nieces and nephews Brandon (Emily), Lindsay (Cody), Celeste and Francis, as well as many close friends. Friends will be welcomed to share their memories of Malcolm at "The Farm", #15 Tuer Road, West Bolton on Sunday, January 17, 2010 between 2 and 5 p.m. As per Malcolm's wishes, if you would like to make a gesture in his memory, donations to Camp Trillium, www.camptrillium.com (Childhood Cancer Support Center in Hamilton, ON) would be appreciated. A private interment at the Knowlton Protestant Cemetery will follow in the spring.

Card of Thanks

PAIGE - The family of the late Joanna Paige wishes to extend their appreciation to all who supported us during a very difficult time. All who were with us in thoughts, prayers, phone calls, sent flowers, visited, catered in food preparation, a very special thank you! And again, those who took part, supported and arranged the entire service, words cannot express our deep feeling of gratitude.

THE PAIGE FAMILY

Call before 1:00 p.m. Monday to make sure your ad appears in the Brome County News

Card of Thanks

SAFFORD - I would like to thank friends, relatives and all who sent gifts and cards for my 100th Birthday on December 31.

MARY

Cornerstone Lodge #37 hosts Whist Party

Once again the cornerstone Lodge members hosted the Whist Party on Tuesday night at the Oddfellows hall in Knowlton. There were 16 tables. Lodge members Bruce Grieg was in charge of the game. Table #6 were the winners with 44 points. Captain Nancy Page, Martha Dudley, Peggy Battley and Art Hall were the players. In second place with 40 points was Captain Helene St. Pierre, J.P. St. Pierre, Georgette St. Pierre and Dorothy Premont. And then there was Table #15 with 14 points with the Booby prize for Captain Yvette McElreavy, Doug Talbot, Natalie Bilodeau and Josy Streule. Laurie had a prize for having four 4's. The box of groceries went to Bev Page.

Other prizes went to s. Robinson, M. Royea, J. Wilson, D. Talbot, H. St. Pierre, H. Riti, S. O'Brien, A. Jones, S. Lord, Rita Bowbrick, B. Page, N. Bilodeau, L. Royea, D. Barret, E. Johnson.

We celebrated Yvette's birthday.

Next week's card party will begin with a supper to celebrate the Christmas season. Hope to see you all there.

Edna Badger

Sandita INC.

Vêtements contemporains et accessoires pour dames
Contemporary clothing and accessories for women

All Fall & Winter Stock 50-70% off

20% off on jewelry

17, LAKESIDE RD., KNOWLTON, QC
450-243-1832

Open daily 10 to 5 p.m.
Sundays 11 to 5 p.m.

Diane Demers

Foot care specialist
A.P.C. member
C.P.A.D.O.
Receipts available
Manicure and Nail Care
Gift Certificates available

266-0997
245 de la Rivière,
Cowansville

Hygienist

on Business

In order: 1- M. Jacques Rousseau; 2- Mme Helen Lupien; 3- M. Georges Baril; 4- M. Robin Lachapelle; 5- Mme Ginette Gazaille, owner

IGA KNOWLTON

Here are the four winners presented from the Christmas contest drawing held last December 23, 2009. A prize of \$250.00 each. Congratulations to all.

Advertorial

After Christmas Blues !

It might be all downhill from here. Maybe not !

By Linda Ransom

So that was Christmas. No more planning what to buy, what to cook, what party to go to, what to wear. The anticipation and excitement that has been building for months, for that one big day, December 25, is a thing of the past. January 1 has come and gone, with all those New Year's resolutions, we have every intention of keeping, but probably won't.

The tree has been taken down, with all its bright lights and decorations. All the other decorations with all those cheery snowmen, santas have been packed away for another year.

All the glitter is gone. What's left?

Back to school, back to work. Bills to pay. Realizing we have spent too much over the holidays. Back to the real world.

Now what?

The letdown after Christmas with all it has to offer can be very difficult for those with healthy minds. Because Christmas is so important, feeling the letdown is common. But getting over it can be tricky, disappointing and even depressing.

For those of us with minds that are not as healthy, this can send us on a downhill ride. January and February are difficult months, with the lack of daylight, this affects everyone, but it will affect some of us more.

The time leading up to Christmas also can be a time of increased generosity, compassion, and LOVE.

How can we keep that "Christmas Feeling?"

One way is to focus on what is important in life and to realize that the end of Christmas doesn't have to mean an end to the feeling of joy and love associated with the holidays, or the emphasis the

season brings to relationships with family, friends and others.

What is the next event we celebrate after Christmas?

Valentine's, right? Why not plan a Valentine's Party? Valentine's is usually thought of as a celebration about couple's love, right? Who says? How about putting a different twist on it? Why not plan a Valentine's day party, dinner or potluck? If this is too overwhelming, how about an afternoon tea? You probably know already those you would invite, that's easy, right? But maybe you could invite someone you don't know very well, but would like to. Make invitations with the computer or write them out, and pop them in the mail. There is something about receiving an invitation in the mail. Decorate the house. Dress for the occasion. Have fun. The decorations or food don't have to be elaborate or expensive. Remember the focus is love, "The Christmas feeling." Right?

Not in the mood for another celebration

Had enough partying? Rather do

something else? Time to get busy, to be active physically or mentally?

Here might be some things that could help get on the right track and be productive at the same time.

If you are an outside sports person, enjoy, ski, snow shoe, etc.

If you aren't join a Gym, swim, etc.

If you aren't sports-minded at all, take a course, learn a new craft, take up a hobby.

Take on a special project, volunteer.

I have always enjoyed taking pictures, but I have really gotten into it a lot more.

With the new digital cameras it is fun and easy, you don't need an expensive camera.

Winter is a very magical time of the year for picture taking. Try it. You might even surprise yourself.

You get the idea.

Keep busy whether

it's physically or mentally.

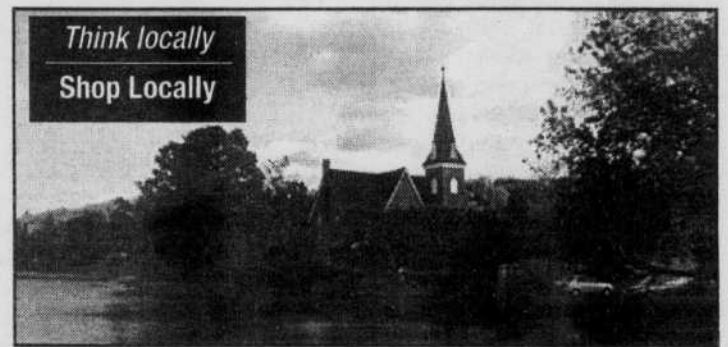
Either way, it will help to get through January and February at its worse.

Another idea, is to clean the house, don't wait for spring, do it now! Don't try to do it all at once. Start with one room at a time. Freshen up a room or wall with a new coat of paint.

As for me, I think I will take a few photos, take up an old hobby, continue volunteering, do a little housecleaning, maybe even some painting.

While I plan "A Valentine's Party!"

Think locally
Shop Locally



BRIEFS

Babies at the BMP

By Virginia Wilson

2009 turned out to be a steady year for births at the Brome Missisquoi Perkins Hospital in Cowansville. There were 910 babies born in 2009 versus 911 born at the hospital in 2008. The statistics show that half of the births in the maternity ward at the BMP were from the CSSS La Pommeraié district whereas, the other half were from outside of this region. With the high quality care and services available to pregnant women who deliver at the BMP, it isn't a wonder why people seem to coast back down to the Townships a few weeks before delivery to be in the comfort of good hands.

Centre de santé et de services sociaux
La Pommeraié

Vaccination with an appointment against

INFLUENZA (SEASONAL FLU VIRUS)

STARTING JANUARY 15

FREE VACCINE
on presentation of your
health insurance card

Free vaccination is offered to persons aged 60 years or older, to those suffering from a chronic illness (asthma, diabetes, cancer, HIV, immune deficiency, and cardiac, lung, kidney, blood illnesses), to children 6 to 23 months, and to those who come into regular contact with these groups.

MAKE AN APPOINTMENT by calling your CLSC
Monday to Friday, at the following times:

BEDFORD	COWANSVILLE AND SUTTON	FARNHAM	LAC-BROME
450 248-4321	450 266-4342, option 4	450 293-3622	450 242-2001
8 AM to 4:30 PM	8:30 AM to 4:30 PM	8:30 AM to 5 PM	8 AM to noon

VACCINATION AGAINST INFLUENZA A(H1N1) AND PNEUMOCOCCUS

It will also be possible to get vaccinated against Influenza A(H1N1), as well as against pneumococcus, if you are admissible, AT THE SAME TIME as the vaccination against the seasonal Influenza.

Fiers partenaires de votre santé
Working together for your health

www.santemonteregie.qc.ca/lapommeraié