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Controversy continues over Brome Lake studies

Councillor Ouvrard spars with Mayor Decelles over 'final report'

By Frank Nixon

Storm clouds continue to gather over expenses incurred by the Town of Brome Lake from 2007 to 2012 to protect the water quality of Brome Lake.

The town spent some \$600,000 during this period, according to figures provided by town hall. Out of this amount, \$100,000 was made available through a Quebec government grant. There remains unspent \$25,000 of grant money still available.

The bulk of the expenses were paid to Teknika HBA - EXP. The engineering firm was paid \$537,592.81 for its services.

The remainder of expenses amounted to \$39,045.82 for the building of three filtration ponds by local contractors. Two of the ponds are behind Centre-Lac Brome. The third pond is on the corner of McPherson Street and Centre Road.

Additional expenses were for town hall inspection and public works activities related to the construction of the filtration ponds.

There were two phases to the project. The first phase was completed in 2007 and was called the "Master Control Plan of Interventions." It cost \$141,231.41.

The second phase was called the "Pilot Project." From 2008 to 2012 the total amount paid to Teknika was \$396,361.40.

The pilot project was supposed to cost taxpayers "\$285,000," according to the original joint Teknika/TBL proposal made in 2008 to Quebec's Minister of Sustainable Development, Environment and Parks (MDDEP).

However, the proposal was "updated in 2009" and revised to "\$533,000," according to Patrick Ouvrard, councillor responsible for zoning and the environment. The revised Teknika proposal was presented to the MDDEP in May 2009.

The proposal itemizes the work to be performed from 2008 to 2011. Included in the proposal is a \$25,000 price tag for a "final report" to be produced by

Teknika.

Why the proposal for the pilot project jumped from \$285,000 to \$533,000 is unclear. Also unclear is why the final report on the pilot project has not been produced by now.

The report was supposed to have been delivered by the end of 2011, according to the May 2009 proposal submitted to the MDDEP.

Last week, in a *Voix de L'Est* report on April 17, Teknika representative Pierre Bertrand said his firm could provide the report for "\$10,000 to \$12,000," adding, in part, that he regrets all the controversy surrounding the pilot project.

The stated purpose of the project was to offer solutions and recommendations to reduce sediments and phosphorous from entering into Brome Lake, thereby reducing the harmful effects of cyanobacteria or blue-green algae.

Final report mired in confusion

After four years and some \$600,000 spent on lake studies, there is still confusion and doubt over how much the final report will cost or if it will ever be done. In addition, the statement of work for the final report remains to be determined.

Ouvrard proposed at the regular monthly council meeting on April 2 that council approve the additional funding of \$25,000 in order to receive the final report. He said the report would assess the benefits resulting from the project.

However, Decelles said that the town has already spent enough money on the project and questioned the usefulness of any more lake studies of this nature.

In addition, Decelles said the "budgeted cost" for the final report would most likely end up costing taxpayers \$70,000 and not \$25,000 as proposed by the councillor.

Ouvrard countered by saying, "The mayor is misleading the public" by indicating the report would cost the town \$70,000. He also accused Decelles for "not being properly informed."

In a tie vote, the funding allocation



FRANK NIXON

TBL Councillor Patrick Ouvrard. After four years and some \$600,000 spent on Brome Lake studies, there is still confusion and doubt over how much the final report will cost or if it will ever be done.

was not passed. Voting for the measure were councillors Ouvrard, Gagné and Gomes. Voting against were councillors McGovern and Wilkinson and Decelles, who exercised his right to vote. Councillor Lecours was absent.

Ouvrard said that he was "quite pleased" upon learning the final report might cost \$10,000 to \$12,000, as indicated in the *Voix de L'Est* report of April 17.

"I am quite pleased that the cost was reduced by half," said Ouvrard. "This shows that we can renegotiate the agreement, not only with the MDDEP, but also with Teknika."

In the end, just who Ouvrard has in mind to complete the final report remains uncertain.

"By law, it is not up to me to do the selection," said Ouvrard. "However, there

are quite a few persons that could do the job."

Ouvrard added: "I believe that the person selected to write the final report should do one meeting between the MDDEP and the town to determine exactly what the final simplified post-mortem report would contain."

Ouvrard would not comment about the controversy surrounding the pilot project and the "excessive costs" incurred.

"I will be sending a letter on this topic to *Brome County News*," said Ouvrard. (See Letters, page 4.)

Council authorized all of the expenses based on three resolutions. The resolutions did not include the cost of the work, according to documents made available at town hall. In addition, there was no evidence of any call for tenders for contracts over \$100,000.

The first resolution was on Jan. 7, 2007. It mandated Teknika-HBA Inc. "to implement the master plan of interventions leading to the protection of Brome Lake against the phenomenon of cyanobacteria."

The second resolution was on Jan. 14,

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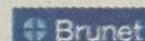
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Brome County Community Bulletin Board

April 24

Bingo every Wednesday (April 24) at the Sutton Legion 2 Curley St., Sutton. Jackpot of \$200 or more. Start at 6:30 p.m. Bring your friends and lucky charms. Information: 450-538-2864.

April 26

Bargain Day Sale at St. Paul's Church, 24 St. Paul's Road, Knowlton, on Friday, April 26, 9 a.m. to 3 p.m. and Bag Day, Saturday, April 27 between 9 and 11 a.m.

April 26 and 27

Rummage sale at Creek United Church, 278 Brill Road, West Bolton, Friday, April 26 from 9 a.m. to 1 p.m., Saturday, April 27 (\$5 Bag Day) from 9 a.m. to noon, Wednesday, April 24: Drop off day 9 a.m. to 1 p.m.

April 27

Ham supper at the Brome Hall. Ham, baked potatoes, vegetables, salad, dessert and coffee or tea. Adults: \$12. Children \$6 (10 and under). Two seatings: 5 p.m. and 6:30 p.m. For tickets call Eugene: 450-243-5742 or Bob: 450-243-1999. Limited seating.

Indoor flea market will be held at the Sutton Royal Canadian Legion on Saturday, April 27, 2 Curley St. Sutton Qc. From 9 a.m. to 3 p.m. New and old items. Info: Susanne 450-263-6505.

Covered dish supper at Richford United Methodist Church on Saturday, April 27 at 5:30 p.m. until all are served. Adults: \$8. Children 6 - 12 yrs: \$4. Children under 6 yrs: free. Reservations appreciated but not required. Call: 802-848-3477.

Old time country music benefit concert for Knowlton United Church, 234 Knowlton Road on Saturday, April 27 starting at 7 p.m. Music by Jimmy & The Country Folks plus special guests. Donation at the door: \$5.

What is the new "normal" after loss? The Caregiver's Cafe is pleased to host Yvonne Clarke, Montreal social worker, couple and family therapist, specializing in grief counseling for all ages. All are welcome to this free presentation and opportunity to speak to an expert on life's losses. Moderated by Jo Ann Jones, this meeting will take place Saturday, April 27, from 10 a.m. to noon at St. Paul's Church in Knowlton, 24 St. Paul.

Bring your friends and join us for this very important topic and discussion. Information Kate Murray: 450-242-4421.

Craft sale in time for Mother's Day to be held on Saturday, April 27, from 9 a.m. to 3 p.m. Sponsored by the Ladies Auxiliary, Royal Canadian Legion, Br. #77, 77 Lewis Street, Waterloo. Cantine on the premises. Come and support your local artisans.

April 28

All you can eat brunch will be hosted at the Sutton Legion. Eggs your way (omelettes are our specialty). Donation of \$8. For adults, children 6 to 8 yrs \$4. 10 a.m. to 1 p.m. everyone welcome. 2 Curly St. Sutton Qc. Information: 450-538-2210.

Breakfast at the Royal Canadian Legion, Cowansville, from 9:30 until 12:30. Sunday, April 28. Come and enjoy with family and friends our eggs cooked to your taste, ham, bacon, sausages, beans, home fries, pancakes, tea, coffee and juice. Price \$7. Children 6-12: \$4. Children under 5: free.

April 30

Invitation to the annual general meeting of **Sunshine House Mansonville**, a non-profit residence for adults with an intellectual deficiency, on Tuesday, April 30, 2013, at the town hall of Mansonville (Potton) from 6:30 p.m. to 8:30 p.m. Wine and cheese will be served after a small question period. Please RSVP with Lucette Field at 450-292-5058 or thefields@b2b2c.ca.

Topic Pot Luck, 6 to 8 p.m. on Tuesday, April 30. Talking, laughing and learning over delicious home cooking! Free. Avant Women's Centre, 15 rue du Pont, Bedford, 450-248-0530, avante-gayl@bellnet.ca.

May 2 and 16

Church of the Ascension, West Brome, annual luncheon and bridge card parties, Thursday May 2 and May 16. To reserve your table call Shelly: 450-538-2589

May 3, 4, 6

Spring rummage sale at Dunham United Church 3704 rue Principal in Dunham will be held on the following dates: Friday, May 3, from 7 - 9 p.m., Saturday, May 4, from 9 a.m. until 1 p.m. Monday only: May 6, (bag day - \$5 for a

green garbage bag) from 10 a.m. until noon. Please do not leave anything outside the church. Call for pick up 450-295-3251 or 450-295-2355.

May 4

Townships Toddlers celebrate 20th year. Benefit Dance with Smokin' Country at 7:30 p.m. at the Crownsville Legion, 120 Davignon Blvd. following the supper. Donation box available to benefit BMP and Montreal Children's hospitals. Information: 450-266-1716.

May 4, 18, June 1, 15

Military whist card party at Brome Hall. Hosted by the Brome Parish at 7:30 p.m. on Saturday May 4, 18, and June 1, 15. For info call Judy 450-263-3025.

May 6

Anny Schneider, herbalist will speak on May 6 at the **spring luncheon** of The Canadian Club of the Yamaska Valley at Auberge West Brome at 2 p.m. Lunch at noon. Tickets: \$23 for members and \$30 for non-members. Claire Hobbs 450-295-2349 by May 1. More information: guyacote@yahoo.fr.

May 10

TBL Wellness Volunteer Centre invites all Town of Brome Lake seniors (not just moms!) to lunch with friends at a **Mother's Day luncheon** at the TBL Community Centre, 270 Victoria, on Friday, May 10, noon. Music by the Frost Village Band. Limited seating. Reservations needed by Monday, May 6. (450-242-2020.) Transportation available if necessary. Donation: \$5.

May 12

Mother's Day brunch at the Royal Canadian Legion, Branch #77, 77 Lewis Street, Waterloo, 8 a.m. to 12:30 p.m. Adults: \$7, children (10 and under): \$4. Not only will it be good for your tummy but also good for your heart and soul. What better gift to give your mother than a gift that keeps on giving? Proceeds will be donated to the Children's Wish foundation. (Via Ayer's Cliff Music Fest.) Thank you for your support and let's hope we are as successful as last year.

May 18 - June 29

Are you spring cleaning the house, the attic, maybe the garage, or the shed? Is a move on the horizon? **The Knowlton United Church summer flea market**, which runs from May 18 until June 29 is welcoming donations of articles for our fundraiser. Please call 450-242-1465 for information.

ARTS CALENDAR

May 5

Pot-Pourri choir spring event - with a difference! Roger de la Mare and Susan Reininger bring Gilbert and Sullivan's Iolanthe into the Brome-Missisquoi region with updated, topical lyrics and

new musical arrangements. With invited gentleman singers, the choir presents a concert version of Iolanthe, Saturday May 4, 3 p.m. at St James Anglican Church hall, Bedford to benefit Avante Women's Centre (tickets 248-0530) and Sunday May 5, 2:30 p.m. at the Lac Brome Community Centre, Knowlton to benefit the Salamander summer camp (tickets 242-2020). See you there for music and laughter.

Church Services

CREEK/WATERLOO PASTORAL CHARGE

Sunday worship and music. Creek United, West Bolton: Regular Sunday morning service: 9 a. m. Sunday school: 9 a. m. Holy Communion every first Sunday of the month. St. Paul's United, 4929 Foster, Waterloo: Regular Sunday morning service: 10:30 a. m. Holy Communion every first Sunday of the month. Reverend David Lambie, minister. For information or to leave messages call: 450-539-2129.

ST. PAUL'S ANGLICAN CHURCH, 24 St. Paul's Road, Knowlton. www.stpaulsbog.wordpress.com. St. Paul's - a dynamic, diverse community pursuing and serving Jesus in the Eastern Townships. 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.

KNOWLTON-MOUNTAIN VALLEY PASTORAL CHARGE

Serving the regions of Knowlton, Bolton Centre, Mansonville and Vale Perkins. Worship service: Knowlton United Church, 234 Knowlton Road (450-243-6078) at 11 a. m. The Rev. Ryk Allen, officiating. A warm welcome is extended to all. Handicapped access available.

EMMANUAEL UNITED CHURCH

A thinking faith, a joyful sense of justice, and a God who loves every living thing! Our worship service is at 203 rue Principale, Cowansville at 10:30 a.m. Everyone is welcome. In the case of a pastoral concern please contact the church office at 450-263-0204. The church is accessible by elevator at the front of the church. Worship Leader: Beryl Bacarclough. Music director: Susan Reininger. Website: emmanuelcowansville.ca.

ALL SAINTS ANGLICAN CHURCH - DUNHAM

Sunday services and Sunday school at 10 a. m. - all welcome! The Rev. Sinpho Han. Information: 450-295-2045.

ANGLICAN PARISH OF BROME: First Sunday of the month service will be at Holy Trinity, Iron Hill, second Sunday of the month: Church of The Ascension, West Brome, third Sunday of the month:

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Townships Grandmothers help turn the tide

By Frank Nixon

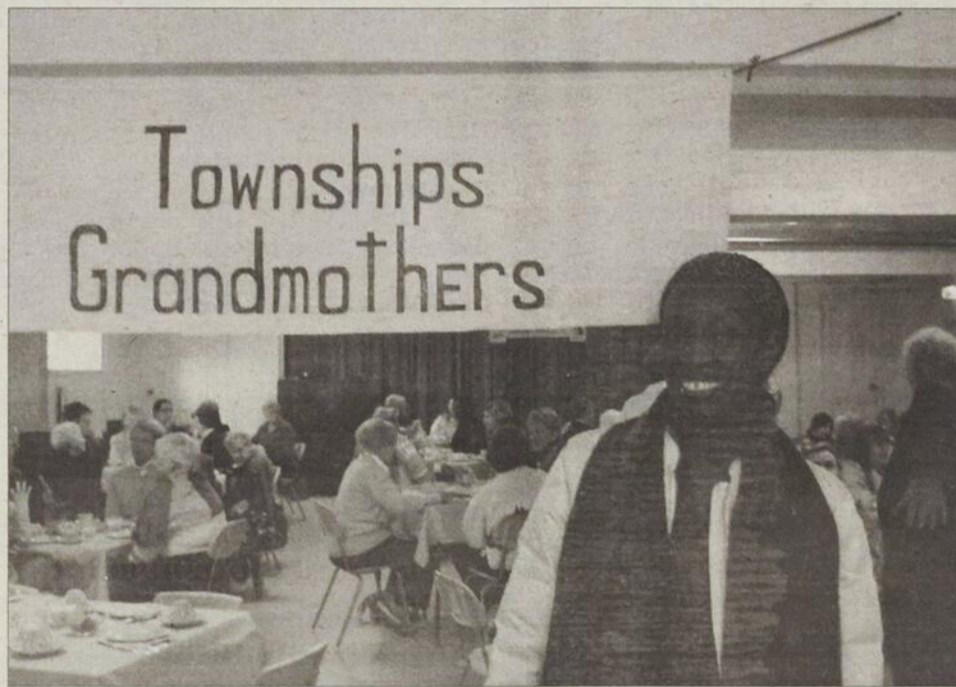
Choksinga Chirunga was the guest speaker at the fifth annual Townships "Grandmothers to Grandmothers" campaign in support of the Stephen Lewis Foundation (SLF). The fundraiser was held last Saturday afternoon in the basement of Saint Paul's Anglican Church, in Knowlton.

Originally from Uganda and having made Canada her home, Chirunga is proud to bridge the two worlds through her work with the SLF. She currently manages the foundation's six field representatives in Africa and has witnessed

in depth and up close the heroic work being done by grassroots organizations to alleviate the impact of HIV and AIDS.

Chirunga has conducted more than 100 visits to the region and has been with the foundation for over five years.

The SLF works with community-level organizations to help turn the tide on HIV/AIDS in Africa by providing care and support to women, orphaned children, grandmothers and people living with the disease. Since 2003, it has funded more than 700 initiatives, partnering with 300 community-based organizations in the 15 African countries hardest hit by the pandemic.



FRANK NIXON

Guest speaker Choksinga Chirunga.

And the beat goes on



LATEST FROM CIDI

BRIAN EDDINGTON

He could be described as a "Renaissance Man," especially since no one knows what that phrase really means. Better, perhaps, to call him a man for all seasons, or several of them anyway. He's Dave of Dave and the Blues Shadow, a five-man group of, yes, blues musicians from over Stanbridge way. But this isn't just a bunch of guys who get to-

gether on occasion to plunk away at a few chords. They're accomplished musicians dedicated to the blues genre that comes, it seems, straight from the heart and soul.

Dave Hebert is self-made and semi-retired, working a day or two a week in a local sawmill. As befits his preference in music, Hebert's a deeply spiritual man, a devoted supporter of his church in whatever role he's called upon to play. Further, if any other church group in the area needs a little extra help, he'll be among the first to show up, eager to assist and encourage others in their own beliefs and good works.

Among his other interests, Hebert is a classic car buff; the first-generation Volkswagen Beetle imported to our side of the pond is the chief focus of this more-than-a-hobby. As well as being a mechanical whiz, he's also a talented bodywork man, a skill that's more of an art than a science. And, like a true artisan, the reward seems to be as much in the effort

Paul Holland Knowlton house Knowlton Golf Club to make new proposal



FRANK NIXON

Paul Holland Knowlton house on 268 Lakeside Rd.

By Frank Nixon

The Knowlton Golf Club will soon submit a "new written proposal" to the Town of Brome Lake regarding the Paul Holland Knowlton house, according to Louise Côté, managing director of the golf club. Just what the proposal will entail is unknown at this time.

The golf club's last offer to the town was to provide \$10,000 to have the building relocated.

On March 25, the club's request for a demolition permit was refused in a unanimous vote taken by the town's three-member Demolition Committee. Some 75 people attended the meeting held at Knowlton's Centre Lac-Brome.

In addition, a petition of some 500 signatures had been submitted to town hall, along with numerous letters and

e-mails urging the town to deny the permit.

The golf club made its first application to demolish the building in Nov. 2010. This request was also unanimously refused by the Demolition Committee. The stated reason for demolition request was for "landscaping and parking."

The building, located on 268 Lakeside Rd., was once the home of Paul Holland Knowlton, the founder of Knowlton. He occupied the house as early as 1815. The house was later the residence of Christopher Dunkin, another important figure in Canadian history.

For most of the 20th century, the house was occupied by the caretaker of the Knowlton Golf Club after the land was turned into a golf course.

as in the finished product. However, this is eminently typical of as considerate and generous a man as any of us will meet anytime soon.

But, back to the music. In the group, Hebert is accompanied by his brother Mike and brother-in-law Bob. Olivier Duhamel and Jordan Miller on drums complete the ensemble. After life's usual comings and goings, they've been together for about four years at this point. Hebert will go solo every so often, mostly for fundraising or benevolent causes, like school and church events, seniors'

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KNOWLTON
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NOTICE OF MEETING

The Knowlton Literary Association/L'Association Littéraire de Knowlton will hold its Annual General Meeting on Saturday, April 27 in the Old Court House, 15 St. Paul, Knowlton, Québec. Coffee and muffins from 10:30 to 11:00, meeting from 11:00 to 12:00. Everyone welcome.

LETTERS

Town of Brome Lake, its administration and its confident people

DEAR EDITOR:

Since mid-2011 Brome Lake residents have submitted a number of essential community concerns to MAMROT, the provincial municipal affairs ministry. The ministry did nothing. The matters were then brought up at council meetings, in letters to the editor, to the mayor, to councillors. Things began to happen. Communications were issued, details were provided, explanations provided.

For instance, though "Access to Information" documents tend to show that the former director general pulled wool over council's eyes for over nineteen years, he benefits from a yet unexplained year-long "sick-leave" generously funded by our taxes. And recently, though published reports indicate the public works' foreman entertained personal and private business relations with a town chipping contractor, he has been declared a hard and valuable worker by his present superior.

In another field, Mayor Decelles has evinced that an allocation made by the previous administration to the 2009 Bel Canto festival was not the budgeted amount of \$50,000 but an unauthorized one of \$350,000. For discretionary reasons no doubt, he provided no valid explanation for the seven-fold increase, where it came from or where it went.

In a recent revelation the Decelles administration spent \$122,955.72 between 2009 and 2012 on non-specific "solutions and recommendations" on Brome Lake water. The present mayor rants at the previous one's lack of "good administrative management" in the matter but both administrations have provided the same "sloppiness and administrative incompetence" as determined by one local pol.

At a recent televised council meeting, Mayor Decelles delayed, to an indefinite date, an investigation into a pool owning but apparently non-taxpaying councillors' situation. In a similar vein, though specifics remain blurred concerning the Brome Lake dock permit imbroglios under his term, Mayor Decelles declared the per-

mits as "subversive" but nothing has been heard since on the matter. And, to help confused residents comprehend how confusing things are put right, Mayor Decelles confusingly revealed that the extensive Pine Street cost overrun was looked into, an unauthorized surcharge quietly paid and all is now well.

Under both recent mayors, expenditures of \$300,000 have been spent on inexplicit "studies" of the Blackwood Dam reconstruction. To help rationalize this, Mayor Decelles advised that the cost of the project was to have been \$1,000,000 in 2009 but is today pegged at a healthy \$3,700,000, making it a really worthwhile undertaking indeed. The mayor added that the project will not be undertaken in 2013, giving rise to public expectations that the cost will rise to even greater heights. Residents and visiting public cannot but hope that some eventual council's realization of the project may result in the United Church spire being once again reflected in the calm waters of Mill Pond.

While residents digest such announcements, TBL this week emitted a web-message entitled "Economic Development Action Plan." It creates "an awareness of Douglass Beach, development of a communication plan for Douglass Beach, improvement of landscaping of Douglass Beach, completion of an inventory of existing paths, the "goal of which is to make Lac Brome an exceptional place to raise a family, work and enjoy leisure time!" In a future announcement, TBL will doubtless explain the connection between beach, footpaths, raising of families and their uplifting effects on Brome Lake's quasi-bankrupt economy.

These ongoing, if incomprehensible, emissions have necessarily assuaged residents' concerns as to the value and pertinence of our municipal administrations. With such clarifying communications, residents cannot but continue to sit back and relax in the knowledge that things are not as bad as they really are.

MARC CLERK
Brome Lake

A common sense solution for the settling ponds!

DEAR EDITOR:

Last week, an article in the *Brome County News* by Frank Nixon described a resolution at the Town of Brome Lake council meeting of April 3. The proposition was to complete the final (evaluation) phase of a \$533,000 project undertaken by a consulting firm (Teknika-HBA now Exp) which would require out-of-pocket costs of \$25,000 covered by an equivalent subsidy of \$25,000 granted by the MDDEFP (withheld until the final evaluation report is done). At the council meeting of April 3 councillors Martha Gomes, Donald Gagné and myself voted for this practical solution, Tom McGovern and Cynthia Wilkinson voted against, then the mayor voted, making it three against three. Despite indications that it could be done for less than \$25,000 (sampling and the final report), the mayor has been claiming and arguing in the newspapers that it would cost \$70,000 without checking his facts; he did not pick up the phone to see if we could reach a break-even agreement with the MDDEFP. I reached the MDDEFP and they are open to such a common sense solution.

The major goal of these rainwater management projects aimed at setting up several installations and measure the effectiveness of these practices in our watershed. The pilot project also aimed at training our employees to provide them with the proper expertise. With no final report, if our key employees leave us, the knowledge we acquired will leave with

them. Considering the costs already involved, the proposition is simple: we should conclude the pilot project with a post-mortem report to see what went right and what went wrong. We do not have to hire Exp, we can hire an independent resource.

The action plan for the lake watershed was expensive: \$453,673 under the previous administration and \$122,965 under the current administration. Suspending everything is not going to save the money already spent. We received \$75,000 on a \$100,000 grant from the MDDEFP for this project. We should respect our commitment towards the MDDEFP by simplifying the approach, try to reach an agreement and complete the post-mortem report that will be reimbursed by the withheld payment of \$25,000 promised by the MDDEFP. The mayor should not waste the money already invested.

Statements in the newspapers on the large sums invested with contracts given illegally by the previous administration will not solve anything. The mayor has the power and the authority by law to investigate. If he believes that there have been illegal expenses, the mayor has the responsibility to bring these documented facts to council. Once this is done, the council must decide on the appropriate sanctions.

PATRICK OUVARD
Councillor, urban planning
and environment
Ville de Lac Brome

We have a choice

DEAR EDITOR:

Last week the *BCN* reported that the Town of Brome Lake paid approximately a half million dollars to Technica to simply play in our lake. We also know that the government commissar who investigated the wood chipping fiasco recommended punitive action to recover large sums contracted without due process. We remember that we were never able to find out just how much money was secretly dumped into the music festival. We watched a secret \$3 million attempt to build a mega-garage; hundreds of thousands spent on the collapsed dam

without action; and the unforgivable water supply failure at Jolibourg.

All these glaring failures occurred when Jean Bourret was managing Brome Lake, but if it had not been for the *BCN* shining a light on these trespasses most taxpayers would not even know about their money disappearing into the darkness. It is true that some among us prefer the darkness, they say dirty laundry should be kept in the family, not in the media. Indeed this is the mantra that Jean Bourret's supporters spread in his defence. This is not a new phenomenon, the ancient Greeks used to behead their messengers if they told the truth rather than saying what they wanted to hear.

We have a choice: we can either view transparency in government as a tiresome left wing rant and let Mr. Bourret come back, or we can seek explanations. Maybe one or two councillors or developers, could write to the *BCN* and shine a little light on what they expect to gain by re-instating a man with this kind of a track record... Or maybe he should just stay away.

BRIAN TIMMINS
Knowlton

Brome County
NEWS



5-b VICTORIA ST., KNOWLTON, QUEBEC, JOE 1V0
TEL: (450) 242-1188 FAX: (450) 243-5155
Established May 1991

Published weekly by

RECORD

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QUEBEC, J1G 1Y7
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newsroom@sherbrookerecord.com
website: www.sherbrookerecord.com

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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,

1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

Canadian Publications Mail Service Product Agreement No. 0479675.

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BCN RATES & DEADLINES
COMMUNITY CALENDAR

Brome County News Community Calendar is reserved for non-profit organizations only. Deadline is noon on Fridays. 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-b Victoria St., Knowlton, QC JOE 1V0, email: bcnews@qc.aibn.com, or fax: (450) 243-5155. Visa and Mastercard accepted.

LETTER

'Fit for Life' at the Community Center

DEAR EDITOR:

The participants from the "Fit for Life" class want to thank the community center and their teacher Johanne Nowark for such a fun and exciting class. Not only are we staying fit, getting a good workout, we are also learning new dance moves and even different languages (counting our exercises in all different languages), since we are a multi-lingual class. We are dancing to all different types of music (whatever we all like on that particular day). We take the class outdoors whenever the weather permits. We run, stretch, play badminton, tennis or just walk and talk... It is lots of fun!

Thank you.

FROM JOHANNE, MONIQUE ANDREE,
TINA, MARINA, ROSMARY, ELIZABETH, FRANCINE AND DAGMAR

Controversy CIDI

CONT'D FROM PAGE 1

2008. It mandated the firm "to do all the work and steps required in order to achieve this phase provided for in the plan."

The third resolution was on April 6, 2009. It mandated the director general to sign a "protocol agreement" with the MDDEP for the pilot project.

"It defies all the rules of good administrative management," said Deccelles, adding that he blames the preceding administration under Richard Wisdom "for approving everything."

The next regular monthly council meeting will be held in Bondville Prouty Hall on May 6 at 7 p.m.

CONT'D FROM PAGE 3

residences, etc.

"Dave and the Blues Shadows" have appeared four times at CIDI's Radio Village Hall, and each performance has been greeted by full house, involved, enthusiastic audiences, most recently last Saturday, April 20. If you missed them, keep watching our announcements; they'll be back.

On the matter of musical events pending, this coming Saturday, April 27, will see Chris Clarke and his band "The Wells" performing a benefit show in our Radio Village Hall in support of a local independent film production. The group has just come off a successful gig at a Bishop Street venue in Montreal. For details and updates, please call 450-242-9873 or go to rcmmedia.org.

Community Bulletin Board

CONT'D FROM PAGE 2

St. John the Evangelist, fourth Sunday of the month: St. Aidan's, Sutton Junction. All services are at 10 a. m. All welcome. Rev. Allan Gault. 450-538-4178.

ÉGLISE CATHOLIQUE ST. ÉDOUARD CATHOLIC CHURCH

366 Knowlton Road, Knowlton. You are invited to participate in a bilingual Mass Sundays at 10:30 a.m. Christian meditation is now on Wednesday afternoons 2:30 p.m. to 3:30 p.m. (side door) except in July and August. The group is now bilingual and has been formed to introduce meditation to newcomers. We welcome beginners and experienced meditators. Regular attendance not required. Information call Clare at 450-243-5590.

TRINITY ANGLICAN CHURCH, (The Church with a "Heart") 409 South St., Cowansville. All Sunday services are at 10:30 a. m. Come and join us as we endeavor to learn and practice God's loving will. We'd love to welcome you. Reverend George Campbell and the Reverend John Serjeantson. Info: 450-955-3325 (leave message).

SUTTON - DUNHAM UNITED CHURCH PASTORAL CHARGE

A warm welcome awaits you at our Sunday worship services led by Rev. Gayle Chouinard at Dunham United Church at 9:15 a. m. and at Calvary United Church in Sutton at 11:15 a. m.

Information: 450-295-3251 (Dunham) or 450-538-0530 (Sutton).

BEDFORD UNITED CHURCH PASTORAL CHARGE

Gathered round Christ, we are a community that searches out God's story in daily life. We worship together as follows: First Sunday service in Bedford, second Sunday service in Stanbridge East, third Sunday service in Bedford, fourth Sunday service in Mystic, fifth Sunday service is in Philipsburg. All services are at 10 a. m. For information call (450) 248-3044.

GRANBY UNITED CHURCH, Where God Unites all Children. Be a part of the family. Down-to-earth spirituality. Spiritual development for all ages at 101 rue Principale, Granby. Please call 450-372-1417 for information and to confirm time of our services.

GRACE ANGLICAN CHURCH, 52 Principale sud, Sutton, welcomes everyone for Sunday services at 10:30 a. m. All welcome. Canon Tim Smart, rector. Info: 450-538-8108 or visit our website at www.gracechurchsutton.org.

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. Infor-

mation: Pastor Paul Gibson: 1-514-667-2292 or 450-296-4135.

ST. GEORGE'S ANGLICAN CHURCH, 130 Principale, Granby, welcomes everyone for Sunday service at 11 a. m. All welcome. Bienvenue a tous. Canon Wm. Terry Blizzard, rector. Information:

450-372-2197.

COWANSVILLE COMMUNITY BAPTIST CHURCH

Cowansville Community Baptist Church meets Sundays at 11:30 a. m., 112 John Street, Cowansville. Everyone is welcome.

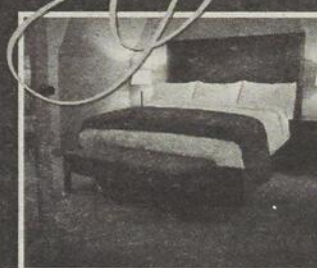
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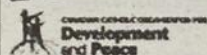
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ABOUT TOWNSHIPERS'

Artist's school visit fosters sense of belonging

Last Monday, several schoolchildren were treated to an exclusive concert and workshops when songwriter David Hodges visited two Townships schools as part of a tour for his well-known composition, Notre Home. Townshippers' Association, working with Quebec Community Group Network's Senior Project Officer Roseline Joyal-Guilot, was proud to play a part in making the visit possible.

Of his song Hodges has said, "These lyrics express my sentiment of belonging to the province of Quebec, my home. 'Notre Home.'" The children at Waterloo Elementary School and Knowlton Academy picked up on that sentiment of belonging during Hodges' visit on April 15.

"When the kids came in from playing, David got them to take part in the action immediately," said Townshippers' Community and Culture Coordinator Kate Holbrook. "He put a small girl to work playing the role of a DJ. The energy was quite electric and noisy but he managed to have the children (aged 5-10) listening attentively, participating with incredible enthusiasm and as they clustered around him at the end of his show to talking to him about how they loved his hip hop songs."

Accompanied by his technical assis-

tant, Adam, Hodges presented workshops in both schools that gave the children a chance to DJ, dance and follow along with the lyrics to his songs written on a large screen. A former teacher, in addition to being an amazing musician, Hodges said the workshops stemmed from a need he identified in the schools he attended.

Waterloo Elementary and Knowlton Academy both have an arts program. The Waterloo school has also been identified as a school which copes with extreme poverty in the English-speaking community and the children are greatly encouraged by professional artists who come in to offer drama and music classes.

Waterloo Elementary Principal Renalee Gore expressed to Hodges how impressed she was by his message, and was also interested in receiving details about his daylong songwriting workshop. For his part Hodges, who also helps out with kids help line, was happy to see that both schools are following an anti-bullying campaign and the notices are very visible in the school.

The visit was a great way to welcome the warmer weather, with tons of energy the children were delighted to sing, shout, and meet an inspiring performer and a really friendly guy. To watch a video of Hodges' visit to Waterloo Elementary and Knowlton Academy visit



COURTESY LEMME KNO

Notre Home songwriter David Hodges (rear center) brought music to Waterloo Elementary School and Knowlton Academy last week with workshops and a private concert arranged by Townshippers' Association and the Quebec Community Group Network.

www.youtube.com/watch?v=1ggAp3h7pMA.

For more information on Townshipers' Association and our activities, catch our columns in the Brome County News, listen to Townshippers' broadcast on radio CIDI 99.1 FM every Friday at 5 p.m., and visit us on Twitter @Township-

pers, Facebook and our website www.townshippers.qc.ca. To connect with Townshippers' Association, contact the offices in Sherbrooke (100 - 257 Queen St. 819-566-5717, toll free: 1-866-566-5717) or Lac-Brome (3-584 Knowlton Rd, 450-242-4421, toll free: 1-877-242-4421).

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Errol Frechette
Knowlton Lions Club

Free eye screenings in the Lions state-of-the-art mobile vision unit. Although the screenings are not meant to take the place of regular eye examinations or measurement for the prescription of glasses, the procedure is

quite thorough. The doctor will notably perform an internal and external examination to determine eye health; measure the refractive status for nearsightedness, farsightedness and astigmatism; and measure intraocular pressure to determine the presence of glaucoma. Following the test, the doctor will discuss the findings and make any

necessary recommendations for further evaluation. You must present your Quebec health insurance card. No appointment necessary. Staff from the Brome Missisquoi Diabetes Association will be present to do tests for blood glucose levels. For information, call Bob Seymour (450) 263-5881.

Pot Pourri Choir sings Gilbert and Sullivan

Vesta Jorgensen
Pot Pourri Choir

A fairy living at the bottom of Mill Pond? Young lovers from different social classes facing parental opposition? A power struggle between Fairies and Politicians?

You can hear all about these dilemmas, and more, in Pot Pourri Choir's concert version of a Gilbert and Sullivan century-old classic - "Iolanthe... sort of". Playwright Roger de la Mare has rewritten the words to this satiric operetta to reflect the issues of today. Instead of the archaic pomposity of the British House of Lords, we now have the urbanity of Quebec's National Assembly, along with a very trendy Madame Premier. The orig-

inal band of immortal Fairies now inhabits our Townships region, but now deals with local current problems instead of those of a century ago, and importantly, aids the course of true love to go smoothly.

W.S. Gilbert's witty lyrics poked fun at every level of the British establishment, and his collaboration with Sir Arthur Sullivan produced entertaining operettas that became popular from first performance to this day. De la Mare's adaptation is as witty and as satirical as the original, and includes a spoken narration woven among the songs, to tell the story of the plot. The intention is to both enjoy fine music well performed, and to lighten our moods by laughing at ourselves and taking life less seriously.

The music by Sir Arthur Sullivan is lively and melodic. Susan Reiningger, Pot Pourri choir director and composer, has arranged the pieces to suit the voices of the singers. Soloists are members of the choir, with some invited male voices to round out the character list.

The Pot Pourri Choir is comprised of 18 women from around the region bounded by Mansonville, Sutton, Freighsburg, Dunham, Cowansville, Knowlton, and the Boltons. The choir sings music of all eras, from Gregorian chant to Renaissance, the Baroque, and Broadway, performing two major concerts a year. As a non-profit group, the choir shows appreciation for the ongoing support of our audiences by sharing concert

CONT'D ON PAGE 7

Sugaring off party raises money for BMP Foundation

Hoot Maple Farm hosted by John and Dianne Rhicard and family

APRIL 13 AT THE OWL

We were pleased to see the attendance of 650 on this nice cool day. From the many comments it seemed everyone enjoyed the event with their families. Many saw their friends from afar and caught up on the news while enjoying the wagon rides, log hewing and blacksmith demo. Also the fiddle music from the Dion family and Gaston Delisle on keyboard and others guests.

The Avante Women's Centre was busy at their Canteen dishing out hot chili and pea soup etc. to the long line waiting to be served.

To date the BMP Foundation Fund will receive \$3,550.00

It was you and the many volunteers that made this event a huge success.

John and I express our gratitude to you all.



Pot Pourri Choir

CONT'D FROM PAGE 6

proceeds with charitable organizations in the region. Our spring concerts this year will benefit the Avante Women's Centre in Bedford, and the Salamander Summer Camp in the Town of Lac Brome.

"Iolanthe...sort of" will be performed on Saturday, May 4, at 3 p.m. at St James Anglican Church Hall, 40 Dupont St. in Bedford (tickets and information: 450-248-0530) and on Sunday, May 5 at 2:30 p.m. at the community centre, 450 Victoria, in Knowlton (tickets and information: 450-242-2020).

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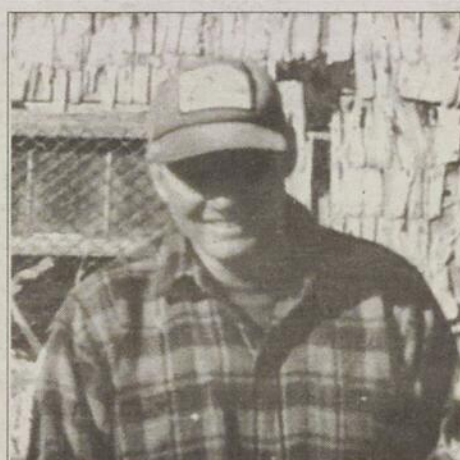
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Death

Claire GARWOOD (Milnes)

1953-2013

Suddenly, at her home in Foster, QC, on April 15, 2013 at the age of 59, passed away Claire Milnes, loving wife and best friend for over 40 years of Paul Garwood.

Also left to mourn are her children James and Richard, her sisters Tessa and Prue, brother Robert (Marilyn) her dear friends and of course her beloved dogs and sheep.

A burial service and celebration of her life will take place at a later date.

In lieu of flowers, donations in her memory to SPCA Cowansville / Border Collie Rescue (www.creeksidebordercollies.com).

Arrangements entrusted to: Désourdy Funeral Home, 318 Knowlton Rd., Knowlton (Lac Brome) QC Tel: 450-263-1212 - Fax: 450-263-9557, info@desourdy.ca.

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Cemetery Meetings

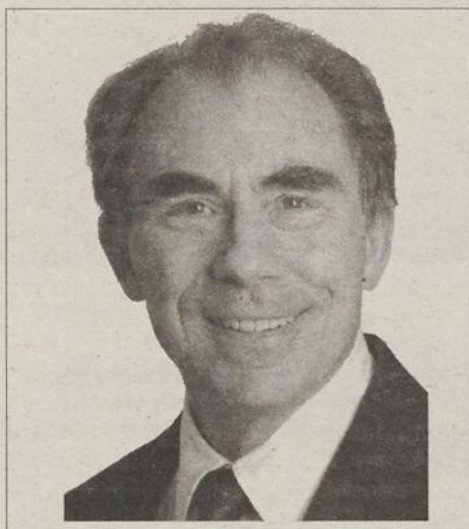
RIVERSIDE CEMETERY COMPANY
The annual general meeting of the Riverside Cemetery Company will take place in the Town Hall, East Farnham, on May 4, 2013, at 10 a.m. All interested parties are hereby cordially invited to attend.
David Byers,
Secretary

WATERLOO CEMETERY
The annual general meeting of the Waterloo Cemetery Company will be held on Tuesday, April 23, 2013 at 7 p.m. at the home of Shirley and Doug Beakes at 5 Mario St., Waterloo. Everyone welcome.

Memorial Service

PHELPS, Marion - A memorial service for Marion Louise Phelps, who passed away on January 22, will be held on Saturday, May 4 at 2 p.m. at St. Paul's Anglican Church in Knowlton. Following the service, a reception will be held at the Brome County Museum.

Review the best ways to control resistant hypertension



ASK DOCTOR K
by Anthony L. Komaroff, M.D.

DEAR DOCTOR K: I've made lifestyle changes and take three blood pressure medications, but my blood pressure still isn't where my doctor wants it to be. What else can I do?

DEAR READER: Sometimes high blood pressure (hypertension) doesn't respond to lifestyle changes and medications. This is called resistant hypertension. It is blood pressure that lingers above target levels despite the use of three medications.

And controlling this matters. Heart disease, for example, is much more common in people with resistant hypertension than in people with controlled blood pressure.

One factor that may be contributing to your resistant hypertension is sleep apnea. In this condition, there are pauses in your breathing while you sleep. If you do have sleep apnea, a type of drug called an aldosterone blocker may help.

Some additional steps you can take:

- Know your true blood pressure. Check your blood pressure at home a few times a day. Home blood pressure machines are very accurate these days; they're also easy to use and relatively inexpensive. Home measurements are helpful because sometimes people have

normal blood pressures except when they come to their doctor's office. It's called "white-coat hypertension." Believe it or not, it even happens with my patients.

- Optimize your medications. You're probably already taking a thiazide diuretic; most people with high blood pressure should be. Many types of drugs can be added to the diuretic. Some people respond better to certain drug types than others. The time of day you take your medications may make a difference. So might taking one long-acting drug versus several short-acting medications.

- Beware other pills and potions. Some drugs and supplements can boost blood pressure. Ask your doctor if anything you are taking may be having this effect.

- Get a checkup. In particular, get checked for conditions that contribute to resistant hypertension, such as several adrenal gland diseases, silent kidney disease and sleep apnea.

- Shake the salt habit. People with resistant hypertension may be especially sensitive to the pressure-boosting effect of sodium. Keep your daily intake of sodium under 1,500 milligrams (about 2/3 teaspoon of salt).

- Stick with the standards:

- *exercise
- *weight control
- *eating more fruits and vegetables
- *no smoking
- *alcohol in moderation, if at all
- *stress-relieving activities

A personal anecdote: I have mild high blood pressure that has been easily controlled with medicines for many years. Several months ago, my blood pressure started to go up. None of the conditions that can cause resistant hypertension turned up when I was tested. Increasing the doses of my medicines didn't drop the pressures.

The only thing that was different was I had gained about four pounds on a vacation that was short on exercise and long on eating. When I lost 8 pounds over the next three weeks, my blood pressure dropped to normal.

Ask the right questions before participating in clinical trial

ASK DOCTOR K
by Anthony L. Komaroff, M.D.

DEAR DOCTOR K: I have prostate disease and treatment hasn't worked. My doctor suggested I participate in a clinical trial. I'd like to know more before I give him an answer.

DEAR READER: When established treatments aren't effective, participation in a clinical trial can be a good option. Such trials give you access to promising treatments that might work better than one already on the market.

On the other hand, clinical trials test treatments that are still under investigation. There may be unpleasant or serious side effects. Clinical trials are designed to minimize risks to participants, but they cannot completely eliminate them.

In most clinical trials, a new and not yet proven treatment is compared to a placebo, an inactive treatment designed to look like the real one, often called a "sugar pill." So if you participate in a placebo-controlled study, you could receive a placebo instead of the active treatment. Neither you nor the doctors conducting the clinical trial will know until the trial is over which one you took.

Some people don't like the fact that they might take a placebo. Here's what I tell my patients who feel this way: If the new treatment being tested turns out to be effective, you'll ultimately benefit — and you'll have helped many others. On the other hand, if the new treatment turns out to be ineffective, and maybe also to have bad side effects, you'll have been lucky.

Before you make your decision, ask these questions:

- Why is the study being done?
- Have other studies evaluated this drug or procedure? What were the results?
- Is there a chance I will receive a placebo?
- What are the possible risks and benefits of participating?
- What other treatment options do I have?
- What treatments, tests and medical procedures will I receive?
- Can I keep taking my regular medications?
- Will I have to pay for any treatments or tests?
- If the investigational drug or treatment works for me, can I continue to receive it when the trial ends?
- Who will be responsible for my care?

If you agree to join the study and later change your mind, you are free to stop participating. Ask what care you will receive if you leave the study before it concludes.

Just because your doctor has suggested that you participate in a clinical trial does not mean you need to say yes. If you say no, your medical care and your relationship with your doctor will not be affected.

Clinical trials currently enrolling patients are listed online at www.clinicaltrials.gov. Readers may be surprised to learn how many trials are going on in their community that could help with a condition they have.

(Dr. Komaroff is a physician and professor at Harvard Medical School. To send questions, go to AskDoctorK.com, or write: Ask Doctor K, 10 Shattuck St., Second Floor, Boston, MA 02115.)



Brome County NEWS

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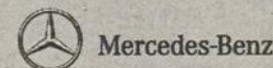
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ALL WEATHER DAYS EVENT

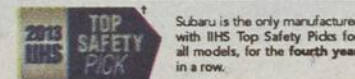
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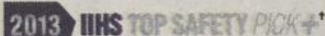
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