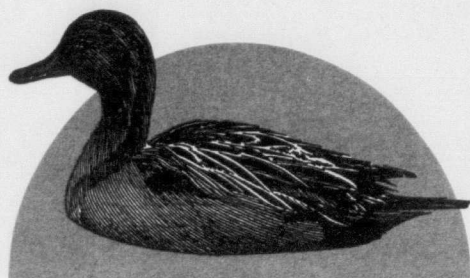


Brome County NEWS



WEDNESDAY, FEBRUARY 26, 2003

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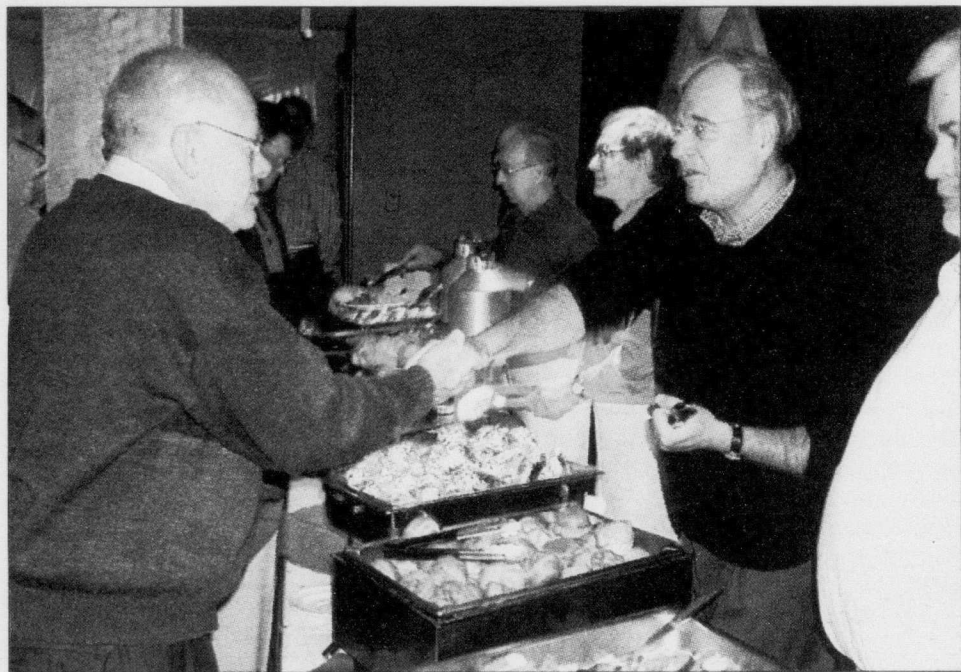
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Weather fails to deter BMP dinner supporters



MAURICE CROSSFIELD

Former federal finance minister Paul Martin helped serve up supper at the 15th Mayor and Councillors BMP Benefit Dinner at Auberge West Brome.

By Maurice Crossfield

Despite one of the worst storms of the winter, the annual Mayor and Councillors Dinner at the Auberge West Brome raised more money than ever for the Brome-Missisquoi Perkins Hospital.

"I am eternally grateful to everyone who showed up on the worst night of the winter," said organizer and Brome-Lake Councillor George Bristol. "Absolutely every seat in the place was taken."

Nearly 600 people from all walks of life attended the event, from local farmers to high-level political personalities like Brome-Missisquoi MNA Pierre Paradis, MP Denis Paradis and former federal finance minister Paul Martin. The political personalities even joined in to help serve up the roast beef, potatoes and vegetables.

"The hospital is very important part of the fabric of the region," said Martin, who owns a farm in West Brome, not far from Iron Hill. "I'm a very big supporter of the hospital."

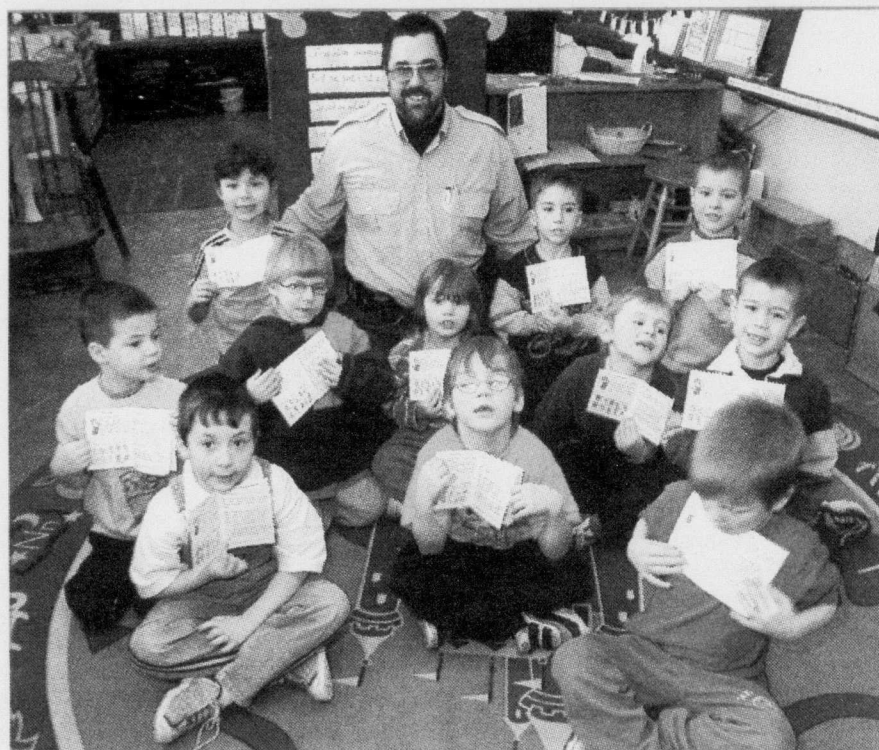
Martin, who attended with his wife Sheila, noted that once his political career is over he plans to spend most of his time in the region, so the BMP will become his hospital as well.

"I love it out here," he said. "I spend as much time out here as I possibly can, but my schedule keeps me traveling a lot."

BMP Foundation Executive Director Frank Johnston-Main said the dinner serves a number of functions, from giving people a well-deserved evening out late in the winter, to raising awareness of the importance of the hospital to the community.

SEE BMP, PAGE 3

Passports for Pupils



DAVID ANDERSON/PHOTO CORRESPONDENT

Forty-five kindergarten and Grade 1 and 2 students from Waterloo Elementary School spent part of their Monday morning with Yamaska district SQ officer Chris Wojda being finger printed. The Identification Passport is part of The Missing Children's Network Canada project to help parents and police locate lost children. Wojda often visits the school to explain personal security subjects and demonstrate different jobs the police perform in the community.

Plaque to recognize slave burial site

By Caroline Kehne
RECORD CORRESPONDENT
SAINT-ARMAND

André Boulerice, junior minister of citizenship and immigration, presented a plaque on behalf of the Quebec government to the municipality of Saint-Armand to recognize 'Nigger Rock'.

He also announced that a \$5,000 grant from the Diane Lemieux, Quebec's Minister of Cultural and Communications, for archival research into the lives of the estimated 300 black people living in Saint-Armand and region in the second half of the 19th century.

SEE ROCK, PAGE 6

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BROME COUNTY COMMUNITY BILLBOARD

COMMUNITY CALENDAR

Feb. 28

Royal Canadian Legion, Br. 82 will hold **CRIBBAGE** at the **Philipsburg** Legion at 8 p.m. Admission, \$5.

March 1

FOOD & RUMMAGE SALE at **Sutton** Junction Hall, 10 a.m. to 3 p.m. Sponsored by St. Aidan's Guild of Sutton Junction.

CRIB TOURNAMENT at Royal Canadian Legion, 120 Davignon, **Cowansville**. Registration: noon, beginning at 1 p.m. Admission: \$10. Point system, \$500 purse. Canteen. Info: 450-263-3543.

March 2

Royal Canadian Legion, Br. 158 All You Can Eat **WESTERN BREAKFAST**, 2 Curley St., **Sutton**, 10 a.m. to 1 p.m. Admission: \$6, or \$3 for children under 10.

BREAKFAST at Royal Canadian Legion, 120 Davignon, **Cowansville**, 10 a.m. to 1 p.m. Info: 450-263-3543.

March 3

Canadian Club of the Yamaska Valley **MEETING**, Auberge **West Brome**, 2 p.m. Topic: Third World, One Person At A Time. Speaker: Carleton Monk, Lawyer

March 4

POPULAR PANCAKE SUPPER sponsored by **Knowlton** Oddfellows Lodge #28, Lodge Hall, 476 Knowlton Rd., Knowlton, 4:30 to 7 p.m. Pancakes with various toppings, bacon, sausage, eggs, beans, tea and coffee and who knows what else. Admission charged.

Second annual **SHOVE TUESDAY PANCAKE SUPPER**, **Dunham** United Church, 5 to 7 p.m. Admission, \$5, 10 yrs. and under, \$3.

In Honor of International Women's Day Avante Women's Centre and E.M.E. are proud to present **WOMEN THROUGH THE YEARS**, giving us a glimpse of what women have accomplished, 9 a.m. to noon at 52 Dupont, room 309, **Bedford**. Daycare available for \$2 per child. Info: 450-248-0530.

PANCAKE SUPPER at St. James Anglican Church Hall, **Stanbridge East**, 5 p.m. Admission: \$5.

PANCAKE SUPPER at **Iron Hill** Church, 5 p.m. Pancakes served with maple syrup, sausages, tea & coffee. All you can eat. Admission: \$5, or \$3 for children five to 10 yrs.

PANCAKE AND HAM SUPPER at **Cowansville** Area Pastoral Church, 203 Principale, 5 to 7 p.m. Admission: Adults, \$6 or \$3 for children 10 and under.

PANCAKE SUPPER at Grace Anglican Church, 52 Principal Sud, **Sutton**, 5:30 - 7:30 p.m. Admission: Adults \$6, children \$3.

March 7

WORLD DAY OF PRAYER at Emmanuel United Church, **Cowansville**, 2 p.m. A bilingual, ecumenical service led by members of the following churches, Trinity Anglican, Ste. Therese, Ste. Rose de Lima, St. Leon, Emmanuel United, Cowansville Pentecostal and La Vie Abondante. Info: 450-263-4839/263-4614.

World Day of Prayer Service at Creek United Church, Brill Road, West Bolton, 2 p.m. Christians around the world will be focusing on Lebanon during the annual World Day of Prayer. Local residents are invited to join in this worldwide event by attending the above service.

March 8

CRIBBAGE TOURNAMENT Oddfellows Hall, 476 Knowlton Rd., **Knowlton**. Registration, 1 p.m. Start time, 1:30 p.m.

March 14

The Wellness Volunteer Centre invites all Town of Brome Lake seniors to a

ST. PATRICK'S DAY LUNCHEON at TBL Community Centre, noon to 2 p.m. No charge but reservations needed by Monday, March 10 by calling 450-242-2020. Limited seating. Transportation available if necessary. If possible, add to the fun by wearing something green!

ARTS CALENDAR

March 8 & 9

La Troupe des Cantons & BM Artemis Productions present **FACE STORIES** by Horte Van Hoyer. A Puppet Show for children and adults at Arts **Knowlton**. Benefit night, March 8, 7 p.m. \$20. March 9, 2 p.m. \$6 children, \$12, adults. Reservations: Brigitte at 450-242-1301, or Arts Knowlton at 450-242-2270.

CHURCH SERVICES

KNOWLTON/CREEK PASTORAL CHARGE: Worship and song by members & Rev. Burn Purdon. Creek United, Foster, 9:30 a.m. Sunday school at Creek. Knowlton United, Knowlton, 11 a.m.

PARISH OF BROME: Anglican worship service on the first Sunday of every month: 9 a.m., Morning Prayer, Church of the Ascension, West Brome; 11 a.m., Morning Prayer, St. John the Evangelist, Brome Village (Lay Readers); and 11 a.m. Holy Trinity, Iron Hill; and 2:30 p.m., Holy Communion, St. Aidan's, Sutton Junction. Rev. Rick Garipey, 450-243-6096.

ST. PAUL'S ANGLICAN CHURCH: 24 St. Paul's Rd., Knowlton. We wish to know Jesus Christ and to make Him known. Sunday services: 8 and 10 a.m. Sunday school and nursery, 10 a.m. Rev. Ralph T. Leavitt - Pastor.

COWANSVILLE AREA PASTORAL CHARGE UNITED CHURCH: Worship and Sunday school at Emmanuel United Church, 203 rue Principale, Cowansville at 10:30 a.m., Rev. Mary MacPherson officiating. Babysitting provided. Choir practice, 6:30 p.m. on Wednesdays.

BRIEFS

Mansonville CA Youth Centre events

• On Feb. 28, 7 p.m. in the Mansonville Town Hall the group will hold its Coffee House Musical Evening. This "open mic" allows young performers to try out their talents on stage. Admission is \$5 (includes coffee and dessert) or \$2 for entrance only. For more information call 450-292-0307.

• On March 1 the group will sponsor youth bowling. Participants leave Town Hall at 12:30 p.m. and will return by 4:30 p.m. Youths must be registered to attend the event at the Cowansville Bowling Alley. To register, call 450-292-0307.

WATERLOO ST. PAUL'S UNITED CHURCH, WATERLOO: Sunday services at 10 a.m. Everyone welcome.

GRACE ANGLICAN CHURCH SUTTON: Come, let Jesus know you love Him. Sunday Service, 10:30 a.m. at 52 Principale S. Rev. Canon Tim Smart, Rector.

SUTTON-DUNHAM UNITED CHURCH: Sunday worship services: Dunham, 9:15 a.m.; Sutton, 11:15 a.m.

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

ANGLICAN PARISH OF BEDFORD/PHILIPSBURG/FARNHAM: St. Paul's Philipsburg: 9:30 a.m., first and third Sunday, Holy Eucharist; 9:30 a.m., second and fourth Sunday, Morning Prayer; St. James the Apostle & Martyr, Farnham: 11 a.m., first Sunday, Combined Service in Bedford; 9:30 a.m., second and fourth Sunday, Holy Eucharist; 11 a.m., third Sunday, Morning Prayer; St. James, Bedford: 11 a.m., Holy Eucharist, Wednesday 7 p.m., Holy Eucharist. Fr. Brian Evans, Rector.

BAPTIST CHURCHES: Sunday services: Mansonville Baptist, 9:30 a.m.; Olivet Baptist, Sutton, 10:30 a.m.

BAPTIST CHURCHES: Sunday services: Mansonville Baptist, 9:30 a.m.; Olivet Baptist, Sutton, 10:30 a.m.

Brome County NEWS



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RATES & DEADLINES
COMMUNITY CALENDAR

Brome County News Community Calendar is reserved for non-profit organizations only. Deadline is noon on Mondays. A pre-paid fee of \$6 is required per publication, or **SPECIAL RATE of \$10 for 2 insertions:** 1 BCN & 1 in Friday Record "What's On" section. Please forward notices to Box 488, Knowlton, JOE 1V0, email: bcnews@qc.aibn.com, or fax: (450) 243-5155. Visa and Mastercard accepted.

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CIRCULATION

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SUBSCRIPTIONS

	GST	PST	TOTAL
CANADA: 1 YEAR	114.40	8.01	9.18
6 MONTHS	59.00	4.13	4.73
3 MONTHS	30.00	2.10	2.41
			\$131.59
			\$67.86
			\$34.51

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Entrepreneurs offer to capture family memories

By Caroline Kehne
RECORD CORRESPONDENT
SUTTON

Every day, we are flooded with thousands of media images that create social homogeneity, but also erode the place of the individual or family.

Anyone who has recently visited an auction will attest to the astounding number of family scrapbooks, photos and memorabilia — now anonymous but once treasured by the families that compiled them — that, for a few dollars, pass into the hands of strangers.

Two entrepreneurs, Odette Soucy of Sutton and Kimberly Nichols of Mansonville, have formed an innovative way to help families preserve family history through recorded interviews and image archiving, and in so doing, preserve a sense of place in time. Their services, they hope, will help families maintain vital links from generation to generation.

The service, entitled The Spoken Words, was born less than a month ago when former television host Odette Soucy read an article about Kimberly Nichols. One year ago, Nichols, a young, full-time mother started a home-based business called Imagerie Nichols to transfer photos and home videos to CD or DVD and perform digital photo repair.

Nichols says she had little interest in her own family history growing up in Potton. That changed, however, when she married into a family with a proud sense of history, an extensively researched genealogy and a tradition of annual family reunions going back more than a century.

Soucy, 54, who once worked as television host for the provincial broadcasting debates at the National Assembly of Québec and for Télébec, sensed an opportunity. The poised, articulate and experienced interviewer contacted Nichols, 30, in late January. Her business proposition was to offer complementary services to help families preserve their family history in English or French.

Soon after, the collaboration quickly took shape as The Spoken Words. The pair has since produced their first prototype CD, and are ready for their first full interview this week with an elderly client.

"First, we conduct an interview to analyze the family needs, then we give the options," says Soucy.

She adds that needs vary greatly, from an elderly parent wanting to leave behind cherished stories to their children, memories of cherished events or career achievements, or even a short portrait of an individual drawn through a single interview or a composite of interviews of loved ones.

The options start with the basic service, a simple one-hour interview conducted by Soucy recorded on audiocassette. Nichols provides supplemental services, such as transferring digital images onto CD or DVD, creating multi-media slideshows, incorporating video, music and photo clips, as well as archiving images and interview transcripts, digital image repair and cataloging.

Soucy describes her role as an interviewer as that of guide.



CAROLINE KEHNE/CORRESPONDENT

Kimberly Nichols and Odette Soucy have formed an innovative way to preserve family history.

"Within the interview, we let the person find the words," she says.

In the initial interview, she searches for factors that drive a person's life and values: Cultural background such as bi- or multicultural background, relationships and career.

"You think you have an average life, let me prove to you that you have an extraordinary life," says Soucy.

"We don't take the time to avoid the 'I should have done so'," she adds on why it's important that families preserve their memories. "People often say, 'I should have let them know'. Great gifts come from the heart."

There is no age limit on this service. Clients often are the elderly or infirm, but may be parents who want to create a living record of their children's childhood, married or family life, to capture a "slice of life".

For more information, contact Soucy at 450-538-1362, toll free at 1-866-581-8383, e-mail o.soucy@sympatico.ca. or visit her Web site at www.odettesoucy.com. You can also visit Nichol's Web site at www.nicholsimaging.com or reach her by calling 450-292-3157.

BMP:

CONT'D FROM PAGE 1

"With the weather it shows how committed people in the community are to their hospital," Johnston-Main said. "It's also nice to see the range of volunteers who came out. We've always got people willing to do whatever they can to help."

The annual benefit dinner began 15 years ago

as a spaghetti supper, raising a few hundred dollars for the BMP Foundation. It has grown over the years, raising between \$50,000 and \$60,000.

Last year the dinner raised \$6,265. That figure was added to by Pierre Paradis, who presented Bristol with a cheque for \$5,000.

"We must have almost \$10,000 by the time we're finished," Bristol said Monday, noting that the final math hadn't been done yet. The raffle alone raised \$1,600.

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Old cellular phone may still have a use

There's no doubting the popularity of cell phones these days, or their usefulness in an emergency. If you're in an accident, a cell phone can literally be a lifesaver.

With the rise in popularity of cell phones, many people signed up, attracted by offers of free phones or free air time. Then, later on they let their service contracts expire, or upgraded to newer phones, leaving the old ones in a drawer or tossing them away. But that unused cell phone may still have a purpose.

It turns out that any cell phone, even if it hasn't been activated by a service contract, can be used to call 9-1-1. I first heard this from my brother, and after a lot of digging around on the Internet, I got confirmation from a Web site called www.cellphones.ca:

"You may use any cell phone to call 9-1-1," it says. "Even if a phone is not activated with a service contract, carriers are required to transmit emergency calls."

So instead of leaving your old cell phone in a drawer somewhere, you might want to stick it in your glove compartment. In a pinch it can be used to call for help.

Over the last decade 9-1-1 has become the standard number to call in an emergency, with six million calls made in Canada each year. And while cell phones can be useful, they are different from land lines when making an emergency call. Here are some things to keep in mind when calling 9-1-1 in an emergency:

- First off, and this applies to all 9-1-1 calls, the service is for emergencies only. If you've locked your keys in the car, don't call. Unless you've locked the keys in the car with your child.

- The 9-1-1 operator won't know where you are. Be prepared to give a precise description of where you are, including town, street name and civic address, if possible. You should also give your complete cell phone number in case you get cut off and the operator has to call you back. If you're using a phone without a contract, I don't know what number you'd give.

Work has been done trying to develop enhanced 9-1-1 service for cell phone use, but it's still on the drawing board. In the U.S. there's even been

talk of using a global positioning system (GPS) to track calls. Once again, it's still on the drawing board.

- If possible, getting to a regular phone or pay phone is the better option. Calls from land lines give the 9-1-1 operator your precise co-ordinates automatically, making it easier for them to dispatch help.

- Do not preprogram 9-1-1. There have been a number of incidents where the speed dial has been pressed accidentally. The operator doesn't know if it's an accident, or someone calling for help but unable to speak. Use a key guard if possible.

- If you do accidentally call 9-1-1, don't hang up. Explain the accident so the operator knows it's not an emergency that was cut off.

- Don't substitute having a cell phone for taking precautions. I recently heard a radio interview about a group of hikers who got stranded on a mountain top in New York at night. They called 9-1-1, and the park rangers had to venture out into the storm to find them. Instead of relying on a cell phone they should have prepared more

carefully, watching weather reports and bringing the appropriate equipment.

These guys not only put themselves at risk, they also put the park rangers at risk as well. A spokesman for the rangers said this is becoming more and more of a problem, as people pack cell phones rather than survival sense.

For drivers that means driving sensibly and dressing for the weather. Carry a few emergency items as well. Don't forget that in a rural area like ours cell phone coverage is far from complete. In some areas your cell phone may be of no use at all.

- If you can afford it, a service contract is better than just using an old cell phone. That's because any number of roadside situations may require a call for help, but don't justify a 9-1-1 call.

A call for a tow truck because you ran out of gas doesn't justify a call to 9-1-1. Keep a list of important numbers (towing, police, etc.) with your cell phone.

The key is to make the wisest use of technology, while still keeping in mind the principles of common sense.

UNDER THE HOOD

MAURICE CROSSFIELD

Important Message for Canada's Permanent Residents

Permanent Resident Card will soon be mandatory.



Save time and money; obtain your Permanent Resident (PR) Card before you travel.

Who needs the new PR Card? Permanent residents (landed immigrants) returning to Canada by airplane, boat, train or bus must have a PR Card. Canadian citizens do not need a PR Card.

When does the PR Card become mandatory? Permanent residents returning to Canada as of December 31, 2003, by airplane, boat, train or bus, must show their PR Card to carrier personnel when boarding to prove their permanent resident status in Canada.

The PR Card replaces the IMM 1000 Record of Landing form, which will no longer be valid for travel purposes.

If you are a permanent resident returning to Canada without a valid PR Card as of December 31, 2003, you will not be permitted to board an airplane, boat, train or bus en route to Canada. You will be referred to the closest Canadian embassy or consulate to obtain a limited use travel document. This will result in travel delays and extra costs for you.

Becoming Canadian. Many permanent residents who can become Canadian citizens are encouraged to apply for their citizenship.

How can you get a PR Card? Application kits are available through Citizenship and Immigration Canada's web site (www.cic.gc.ca) or by calling the PR Card Call Centre (1 800 255-4541).

Applications are being processed based on your year of landing. Check the chart to see in which month you should apply, and apply early. For example, if your year of landing was 1998, you should submit your application in May 2003.

If you have missed your application period, please submit your application as soon as possible.



YEAR OF LANDING	WHEN TO SUBMIT YOUR APPLICATION
2000 - 2002	January to April 2003
1996 - 1999	May 2003
1992 - 1995	June 2003
1988 - 1991	July 2003
1980 - 1987	August 2003
1973 - 1979	September 2003
Before 1973	ANYTIME



For information or application kits:

1 800 255-4541
TTY / TDD: 1 888 576-8502
www.cic.gc.ca

Canada

Vermont Flower Show returns

By Caroline Kehne
RECORD CORRESPONDENT
BURLINGTON, VT.

Just when you thought winter would never end, the Vermont Flower Show brings a small bit of respite from the cold weather blues.

The annual flower show, which runs this year from Feb. 28 to March 2, is co-sponsored by the Vermont Association of Professional Horticulturists and the University of Vermont Extension. The show provides indoor blossom and flower displays, the latest in nifty garden gadgets, garden furniture, and three days of horticultural seminars for both advanced and novice gardeners.

Even if your gardening days are long behind you, the spectacular indoor displays of tulips, hyacinths and daffodils can provide a brief reminder of what lies ahead in milder days.

Each year at this time, horticulturists, florists, landscape architects and associated plant professionals take over

Burlington's Sheraton Conference Center. The theme for 2003 is Over the River and Through the Woods, and features a flower display with working model train layout, the VAPH floral competition (open to professional florists), commercial and educational exhibitors, children's activities and more.

It also features 30 educational seminars on a host of topics, including invasive pest control, designing gardens, growing herbs, alpine plant growing and ecological lawn care.

The Sheraton Conference Center is located at exit 14W off I-89 in Burlington, Vt. Show hours are Feb. 28 (9 a.m. to 6 p.m.), March 1 (9 a.m. to 6 p.m.) and March 2 (9 a.m. to 4 p.m.). Admission for a single day is \$10 US, \$7 US for seniors and \$2 US for children ages 2 through 12. A special rate of \$15 US available for adults and seniors allows admission on all three days. The price includes entrance to all exhibits and seminars. For more information, call VAPH at 802-865-5979.



FILE PHOTO

The annual Vermont Flower Show provides indoor blossom and flower displays, the latest in nifty garden gadgets and crafts, garden furniture and three days of horticultural seminars.

Renowned puppeteer hosts mask-making workshops

Puppeteer/actress Almut Ellinghaus will offer a course on Mask Making for Theatre on seven consecutive Saturdays starting March 15 (except Easter weekend) from 10 a.m. to 2 p.m.

The German-born Sutton resident is best known as a avant garde actress, playwright and puppeteer. She collaborated with her partner, the late Felix Mirbt, on productions that incorporated puppets, masks and live actors.

Ellinghaus' 2001 play, *Who is Bluebeard Anyway?*, was part of a feminist trilogy that also included works by Gissa Israel and Petra Kixmoller. In January, Ellinghaus' masks and puppets were featured in the Wild Side Festival at the Centaur Theatre.

The seven-week course will explore not only the technical aspects for making a good theatrical mask, but also how to how to make a mask come to life.

Participants

will start with a plaster facemask and learn negative molding techniques to produce a mask. No prior art or theatre experience is required.

The workshop costs \$100 (materials included). For more information, call 450-538-2614.

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La Chronique de DAC

Speed : True facts handy to know (Week 2)

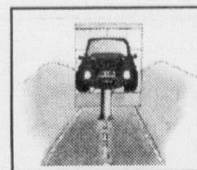
The body's resistance to impacts has limits on which science's progresses cannot do much. The physical consequences depend greatly on the speed of the vehicle at the moment of impact. Thus, a pedestrian hit by a vehicle going at 40 km/h has a 70% chance of living. He only has a 20% chance if the vehicle is going at 60 km/h and there is almost no chance that the pedestrian will live if the vehicle is going at 80 km/h.

There is almost no risk of death for a passenger wearing his seatbelt if there is a head-on collision at 35 km/h. This risk climbs to one in two if the vehicle is travelling at 70 km/h. For passengers not wearing a seatbelt, the risks are obviously more important. There is logic in this: when an impact occurs at high speed, the body is submitted to a very hard deceleration. And even if the body is protected by adequate devices, the internal organs are projected against the abdominal wall by this incredible kinetic force. There is then the risk of serious injuries, sometimes invisible, but deadly.

Have a nice drive!

For more information please refer to our Fast Lane advisor.

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Additional funding to help continue research

ROCK:

CONT'D FROM PAGE 1

The unilingual French plaque reads: "Near here, at the place known as Nigger Rock, oral tradition holds that the graves of many black slaves were buried here between 1794 and 1833. To commemorate the 170th anniversary of the abolition of slavery, the government of Quebec dedicates this plaque to the memory of the victims of the tragedy of slavery and hopes to restore their human dignity."

The plaque is the culmination of years of efforts by a growing number who believe that the massive black limestone outcropping in Saint Armand marks the burial site of slaves owned by United Empire Loyalist and settler Philip Luke.

Boulerice also announced that \$1000

will be given to Le Centre historique de Saint-Armand for the purchase of a nearby stone structure. Visible from chemin Saint-Armand, it once served as a school, but was, according to stories handed down across local tradition, used by the local black residents as a chapel.

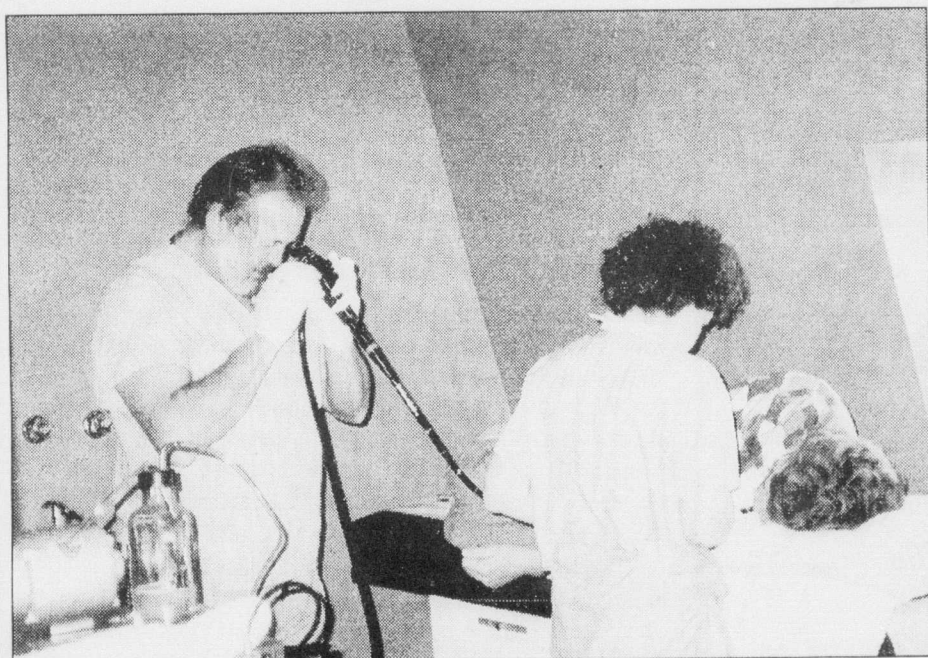
Quebec MNA Pierre Paradis' office also confirmed that he will match that sum.

Boulerice also presented a certificate of recognition for Quebec historian Marcel Trudel for his contributions to historical scholarship on slavery in Quebec.

Butler Elementary School teacher Hank Avery, one of the key figures in the movement to recognize the site, appeared pleased as he spoke before the assembled crowd in Saint-Armand's Town Hall.

"We are not here to judge the past. We are here to confirm that those souls have passed through this community."

Saluting our Friends



Dr Jean-Guy Beaudoin, Private Clinic: 263-3663

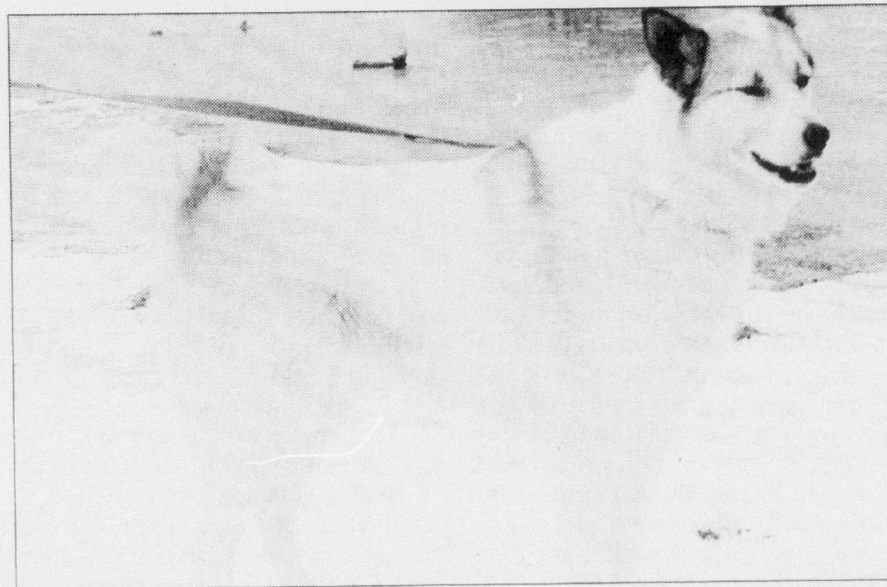
In 1976, I came to BMP from the Royal Victoria Hospital and McGill University. Because of my expertise in major surgery, transplantation and immunology, I had a great impact on surgical care and treatment of cancer. I also developed a very efficient gastroscopy and colonoscopy service with emphasis on cancer prevention. (40,000 examinations)

After 27 years at BMP, I have decided to leave Medicare to practice medicine "the old fashion way" for my satisfaction and your benefit: the government will not pay my fees.

My expertise is in breast and digestive diseases. I can do endoscopy in a very relaxed environment at the Nesbitt Clinic (picture). I can also evaluate your cancer risk and provide counsel for tests and treatments done in the public system. My hours are flexible including evenings and Saturdays.

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Pet of the week . . . Anaken



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I'm looking for a home where you'd take me and my pal Smokey. This is me in the photo, and Smokey is a grey/black short-haired guy (he's just too shy for picture taking). We're both about four years old and weigh 60 pounds each. We've been here together at the shelter so long that he kind of depends on me — that's the way he is — and I just wouldn't have the heart to leave him behind. We're both very friendly and affectionate — just no cats please. Come and visit us at the SPCA Montérégie, 178, ch. du Vide, Ste-Angèle-de-Monnoir (exit #37 on autoroute #10). There are more than 100 dogs and cats at all times. Visiting hours are 2 to 4 p.m., seven days a week. For more information, call 450-460-3075/242-2892.

Youth Employment Strategy Summer Jobs

IMPORTANT NOTICE To Employers

Summer Career Placements is a wage subsidy program that enables employers to hire students during the summer for a period of 6 to 16 weeks. Private, public and not-for-profit employers are invited to submit their application by:

March 28, 2003

The objective of the program is to provide students with work experience related to their field of study. Applications will be evaluated based on the quality of the experience offered, local and regional priorities as well as available budgets.

Employers are eligible to receive up to 100% of the provincial/territorial minimum wage if they hire a student with a disability through the Summer Career Placements program.

To apply or to find out more about this program, please contact your nearest Human Resources Development Canada office or call 1 800 935-5555.

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Canada

Women honoured for awareness efforts

Brome Lake Fitness Centre owners given recognition award

By Philip A. Godin
RECORD CORRESPONDENT
KNOWLTON

Three owners of a Brome Lake fitness centre were formally honoured last week for their success in organizing a walk-run in Knowlton to raise awareness and funds for breast cancer research.

The brainchild of Pat Duncan, Janet Gibbons and Jo Anne Lavallée, the event was part of a Canada-wide initiative to support advances in the early detection and treatment of this leading killer of women between the ages of 35 and 55.

The award, bestowed by Norshield Financial and partners Mount Real investments, is meant to draw attention to the many individuals who provide essential services to people in their community, but remain unseen by the public eye.

"We felt that too often, the people who roll up their sleeves and get involved directly as mentors, as coach-

es, as caregivers, who drive around for food banks or Meals on Wheels, are not fully recognized for what they do," said Norshield Financial Communications officer Reena Santini.

"This is our way of saying a big thank you that everyone will hear,"

The award comes with no tangible attributes other than a certificate of recognition that the three will receive by mail. Santini explained that the focus would remain on making the person's name and achievements public by way of media coverage.

Although Gibbons didn't hear the announcement broadcast on Montreal radio earlier in the week, she was aware that she had been honoured.

"Everyone who came into the gym that day told me about hearing about the three of us winning the award. What a terrific feeling that was," she said.

Norshield and Mount Real began the recognition program in January and intend on reaching out to as many volunteers as possible over the coming months.

For more information on the program, visit www.village2online.com.

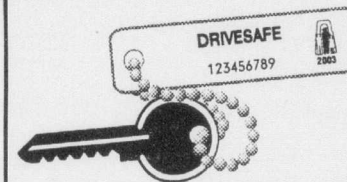


RECORD FILE PHOTO

Brome Lake fitness organizers Pat Duncan, Janet Gibbons, Jo Ann Lavallée with volunteer medic Gill Martineau and singer Robert Ateyo at last October's Walk for Breast Cancer.

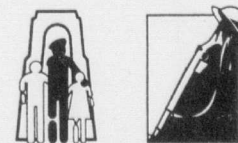
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Brome County News

Community Forum

LETTERS TO THE EDITOR

Coffee Breaks, workshops and more

DEAR EDITOR,

The month of January was a busy one at the Avante Women's Centre.

The New Year brought us Josée St. Pierre, who is taking the place of Linda Flamez as facilitator. Among her many duties, she is responsible for the weekly Coffee Breaks. Every Thursday from 9 a.m. to noon she hosts informal popular education workshops. The participants share their views over coffee and a petit déjeuner.

On Wednesdays, Shirley Rychard and Betty Ann Lewis will teach visitors

the finer points of needlepoint. They have been busy embroidering oven mitts, pillowcases and hand towels. These are all available for a small fee with the profits going to help fund workshops and activities at Avante Women's Centre. You can join them every Wednesday from 9 a.m. to noon.

Our ever resourceful Workshop Facilitator Angie Palmer is still busy planning and executing the International Cooking Group and Suppers.

Each month the group chooses a host country and prepares a meal according to their customs. Avante had the pleasure in January of having Liliana Zuniga from Peru as guest speak-

er. February will feature Constance Dekinder from Trinidad.

Angie and Josée are also facilitating a 10-week self-esteem program that is presently offered once a year.

Avante wishes to convey many thanks to all our volunteers, participants and guests. We couldn't do it without you!

GAYL RHICARD

Avante Women's Centre Co-ordinator

Soccer organizers busy preparing for new season

It may seem strange to talk about soccer while the region's fields are

presently frozen, but Brome Lake Soccer Club organizers are already looking for players.

The Brome Lake Soccer Club was founded by Bob Kay and Michael Calouri seven years ago with only one two teams.

Last year, it had seven teams, ranging from the under-10 to the under-16 age groups. Several teams won their leagues or end-of-season tournaments, and all teams won a good number of their games.

The club wishes to give as many youths as possible the chance to play soccer, have fun and learn more about the game and teamwork.

There is now an executive group of five, including Kay, who plan to field up to 12 teams this season, from the under-8 to the under-18 age groups.

For more details, call Neil McCubbin at 450-242-3333 or visit www.lacbromesoccer.ca.

NEIL MCCUBBIN
Knowlton

Breakfast was a bash

DEAR EDITOR,

The Royal Canadian Legion, Branch 77, officers and executive wish to thank our volunteers for doing such a wonderful job for our recent benefit breakfast.

We served 270 people an exceptionally good breakfast and did so very well indeed. Also a big thank you to our members and the citizens who came out to support us on such a bitter cold morning. Most of us didn't wish to leave our homes on such a day.

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President

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Canada

Teacher to join human rights delegation

By Caroline Kehne
RECORD CORRESPONDENT
SUTTON

Massey-Vanier teacher Judith Brisson will join a delegation from the Global Exchange, a U.S.-based non-governmental human rights organizations, to investigate the plight of rural indigenous refugees in the Mexican state of Chiapas.

The four-day trip, which will take place March 10 to 14, will allow the group of four Americans and one Canadian to interview the refugees, who are being evicted from the reserve in which they resettled.

Brisson, who teaches Spanish and biology, has been a member of the Social Justice Committee of Montreal and its semi-autonomous subcommittee, the Eastern Townships Social Justice Committee for seven years. From 1998 to 2002 she served as a SJC board member, and has been active locally in raising awareness of

human rights issues.

Brisson describes one of SJC's primary goal as "to seek links in human rights, environmental protection and international trade agreements."

She was one of five people chosen for the special delegation, which will visit the Montes Azules Biosphere Reserve located in the Mexican state of Chiapas.

Brisson describes the situation as bleak for the refugees, mostly from highlands areas, who have resettled in the biosphere because of paramilitary harassment at home. Brisson says the Mexican federal government now wants to move them out of the reserve, but has made no provision for land; nor are they able to return to their home areas because of fear of harassment from paramilitary groups.

She adds Chiapas has had a long and difficult history.

"In 1917 when the Mexican constitution changed to liberalize landholding, Chiapas did not benefit from those reforms," says Brisson.

As a result, the area has lagged behind other parts of Mexico in development.

Brisson says that attempts were made to disband paramilitary groups when

Mexico's President Vincente Fox Quesada deposed the former governing power, the Institutional Revolutionary Party or P.R.I., but that those groups are now rebanding.

In December, 2002, the Social Justice Committee warned of reports in the Mexican newspaper La Jornada that security forces were preparing to arrest community leaders of eight small indigenous campesino settlements in the reserve. The SJC says that more than half of the communities in the Montes Azules Biosphere Reserve are Zapatista, or linked to the campesino organization ARIC-Independiente. Others are also linked to the former governing party, the P.R.I. The SJC says that 42 communities have been targeted for relocation.

Brisson says this will be her first visit to the region, which is not easily accessible. Once there, the delegation will visit with members of communities who are being evicted. She describes this as a difficult situation pitting environmentalists who want to protect the reserve against indigenous, rural poor who have tried to rebuild their lives in the sanctuary.

The SJC, in support of the indigenous peoples, notes that reserves were estab-

lished without prior consultation with the affected communities, a consultation that is required by Mexican law and by Covenant 169 of the International Labour Organization.

Brisson notes that the situation is further complicated by a governmental plans to tap into the area's petroleum reserves and exploit the area for hydroelectric power and minerals. The SJC December 16, 2002 report also cites governmental plans for ecotourism in the reserve as "inimical to the interests of the autonomous communities and independent campesino organizations."

"They (the indigenous peoples) are not being consulted about their futures," says Brisson. "We will be there to listen to their stories and tell it to the outside world."

She adds that it is one of the tragedies that Chiapas, a state with the greatest reserve of fresh water, has the lowest percentage of people with electricity and running water.

Brisson says that for the safety of the delegation, the trip has been timed to coincide with the Easter holiday, a traditional period of vacation and during which military troops will be changing over.

BRIEFS

Cooking Group goes Caribbean

Avante Women's Centre's International Cooking Group turns its eyes to the Caribbean with a dinner in the culinary tradition of Trinidad and Tobago.

Any local woman is welcome to take part in the meal preparation or come for the meal. The menu includes crab canapés, coconut rice, rice and pigeon peas, stir fried shark, curried chicken and much more.

Dinner is on Feb. 27 at 6:30 p.m. in the basement kitchen at Le R.O.C. Admission is \$10. For more information, call Avante at 450-248-0530.

Attorney to speak at Auberge West Brome

Attorney Carleton Monk will be the featured speaker at the Canadian Club of the Yamaska Valley's next meeting on March 3 at the Auberge West Brome (2 p.m.). The North Hatley resident will discuss 'The Third World, one person at a time'.

Palliative care workshop at BMP

The Au Diapason support team is offering an English-language palliative care workshop.

Jo-Ann Jones, a clinical nurse specialist at the St. Mary's Hospital in Montreal, will lead 20 hours of sessions aimed at acquainting volunteers and caregivers with the different aspects of car-

ing for the terminally ill.

Different topics will be discussed, ranging from the role of volunteers to attitudes on death and dying to pain and symptom control, communicating with the patient, cultural considerations, grief and bereavement.

The workshop will begin Friday,

March 21, and continue on March 28 and April 4 at the Brome-Missisquoi Perkins Hospital. All workshops begin at 8:45 a.m. and continue to 4 p.m. The cost for the entire course is \$45.

To register or for more information, call Au Diapason at 450-266-4342, ext. 4322.

Centre to hold basic cooking workshops

The Centre d'Action Bénévole de Bedford, in collaboration with centres in Cowansville and Farnham, has received a grant to conduct free, bilingual basic cooking workshops.

These workshops are open to those on a restricted budget. They will teach economical means to purchase and prepare food, as well as nutritional infor-

mation and tastings of the demonstrated recipes.

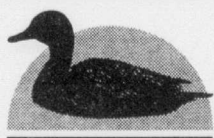
The course will last 20 weeks (one workshop per week) with a summer break from June 20 to Sept. 8, 7 to 9 p.m.

Workshops begin March 10 in Cowansville for those in the region of the Centre d'Action Bénévole de Cowans-

ville (including Lac Brome and Sutton). For more information, call 450-263-3758.

For Bedford, workshops begin March 11 at the Centre d'Action Bénévole de Bedford and are open to those living in either Bedford or Farnham. To register: Farnham residents call: 450-293-3265; Bedford residents call 450-248-2473.

Brome County
NEWS



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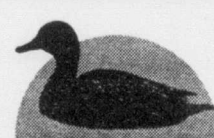
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NEWS



Alison Steel
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Warming thoughts: SAD times and sleigh rides

If the darkest, coldest hour comes just before the dawn, so too does a heavy load become most burdensome just before you are relieved of it. This is a cumulative effect, a wearing down of the ability to cope.

In a similar vein, while Dec. 21 may be the shortest day, it's almost never the coldest. That comes later.

So, while it seems strange at first, it's not surprising that the condition known as Seasonal Affective Disorder tends to peak late in winter, as daylight increases noticeably, the sun (in theory) gets stronger, and the end comes in sight. Apparently, after three months or more of the routine, folks just get plain tired of boots, hats, overcoats, gloves and car seats that feel like cement for the first minute.

Even those who don't mind winter, who find the whole business of seasonal change and adjustment quite stimulating, they too are showing signs of fatigue. This is a natural thing, coming towards the end of a long cold run that has been particularly taxing. The sawdust and bark-strewn path to the woodpile and back, cluttered as well with outdoor paraphernalia no one wanted to use for awhile, is a lonely trial of ongoing weariness.

On the matter of heating with wood, a cold snap is also the time to lament not spending the extra hundred bucks or so to get the stove with grates and a drawer for the disposal of ashes without suffering a steep drop in BTU output. Owners of the cheaper models must wait for the fire to die out — or nearly out — before ash removal.

An optimistic friend observed, after those very cold days at the start of the month, that we could probable relax now, what with the cold weather most likely all behind us. Early Valentine's Day he came over somewhat grim-faced to borrow that technological marvel, the portable power pack, to jump-start his groaning, reluctant vehicle. Optimism was nowhere around.

But if all this stuff is predictable and understandable, can it really be classified as a disorder? Perhaps what is truly abnormal and unnatural is this odd desire to classify and categorize every little moment of angst and anxiety in medical terms, or worse, in psychiatric mumbo-jumbo.

In a learned discussion on some radio talk show, the guest expert elaborated on how the mental health community was considering adding Harried Housewife Syndrome (or something akin) to the catalogue of psychiatric ailments. And now doubt many are out there: Getting spouse and kids off to work, school, and day-care; coping with their own nine-to-five careers; racing to meetings, music lessons, rehearsals, and athletic events.

But again, is there really a disease or illness under examination here, when the causes of the problem are evident and its solution obvious? Time to stand back, take a break, re-evaluate the situation and make the necessary changes, difficult as the choices may be.

The height of silliness in the matter of overanalyzing everyday social problems came in a debate concerning the creation of yet another would be 'disorder'. This one was ten-

tatively called Chronic Relationship Dysfunction, or whatever. This would involve the diagnosis and the usual

THE COUNTRY SQUIRE

BRIAN EDDINGTON

very expensive treatment of people who were having difficulty getting along with others — a neighbour, relative, boss, co-worker, spouse, etc.

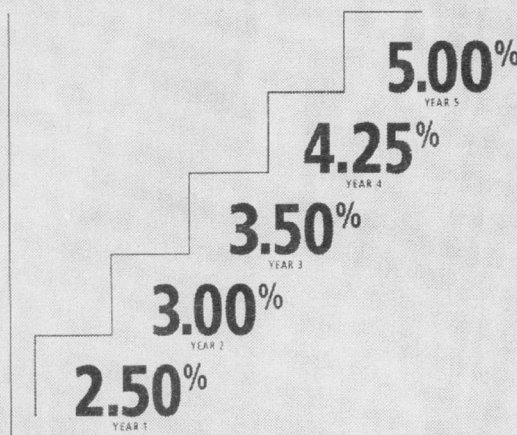
Luckily, one doctor on the panel demonstrated rare and welcome common sense. If the medical community keeps coming up with new, highly speculative and inventive mental 'disorders', we might as well

just chuck out the whole business and label modern living as one big disorder.

In the meantime, things are warming up, in more ways than one. We can do outdoor things again, without the need to bundle up as if we're in charge of taking out toxic waste. And as a welcome diversion, there's an invitation to an old-fashioned sleigh ride over Brome Village way, with real horses and all, this last weekend of the month. Hope we don't get rained out. Now there's a switch.

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BROME COUNTY NEWS SOCIAL NOTES

Town of Brome Lake Community Services

As was appropriate for Valentine's eve, we had a very small, intimate group for our monthly board meeting.

In the news, Holy Trinity Church

in Iron Hill will be having its annual pancake supper on Tuesday, March 4 from 5 to 7 p.m. Tickets are \$5 for adults, \$2.50 for children and \$10 for families. Sausages, pancakes and Lyn Widdicombe's famous baked beans will be delicious.

The director's report was full of

dreams of summer. Tenders for flowers for the parks and downtown have been sent out. Meetings have also started for the summer parks and beach programs.

Registration for the well-attended soccer program will be in approximately two weeks. Spring Break activities have been posted in most sectors, and flyers have been sent home through the schools. Included in these activities will be a trip to the Mega-Dome in Montreal.

Our director also mentioned that a Club Net program for Butters' clients Wednesday afternoons has become very popular.

The inter-municipal ententes continue to be discussed with Waterloo, Cowansville and Bromont regarding their recreational facilities.

A \$1,900 grant from Loisir et Sport Montérégie has been received for a break-dance club for the 10 to 17 year olds on Saturday night. This will also include hip hop workshops that are more popular with the girls.

The Early Childhood Development grant of \$18,879 has been renewed for another three years. The two early childhood educators and one animator work with a group of preschool children and their parents to prompt stimulation so they are more equipped to

start school. Also offered are two mornings of "take a break" daycare for parents with children aged 18 months to five years.

Our annual general meeting will take place at Arts Knowlton on April 3 at 7 p.m. There will be five seats up for election in the sectors of Foster, FBI, Knowlton, West Brome as well as an ad hoc position. The normally one-hour long meeting will be followed by a presentation prepared by this year's youth theatre group. If you would like to learn more about Community Services and witness one of its programs first hand, this is a great opportunity.

Finally, the biggest and most exciting news is the big beach party, which will be our annual fundraiser and foot stomper at Douglass Beach. It is scheduled for the end of June, exact date to be determined.

— Submitted by Phyllis Sise

Board of Directors, Town of Brome Lake Community Services

Creek United Church

The Creek United Church Women met on Jan. 15 at 10:30 a.m. in the Church Hall. The president welcomed everyone, wished all a Happy New Year and thanked the ladies for all their support in 2002. May Banks then read from Proverbs 15: a soft answer turns away wrath, but a harsh word stirs up anger.

A number of ladies would like to have UCW Pins, and these will be ordered at a cost of \$3.75 each. The Christmas luncheon at le Nilsson was a big success. Nancy and Don Seaman were thanked for a delicious meal. Pat Quilliams reported that the cookbook is progressing well — price and printing costs were also discussed.

Florence Burnham read thank you notes from the people who received Christmas Baskets. A number of comments were received on how beautifully the baskets were arranged and the variety of items.

After asking whether there was anyone who could not continue in their existing office, the same slate of officers was nominated and approved for 2003. The Cookbook Committee will also stay as is. May Banks will remain as UCW representative on the Board of Stewards. As the re-elected president, May thanked the ladies for their continued support.

It was decided that the World Day of Prayer would again be hosted this year by the Creek Church on March 7. The calendar of events for the 2003 was also discussed and decided upon.

After dedication of the offering, the ladies joined in the Mizpah Benediction and the meeting was adjourned.

— Submitted by Carol Smith



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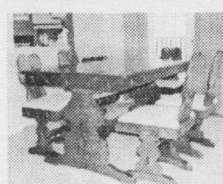
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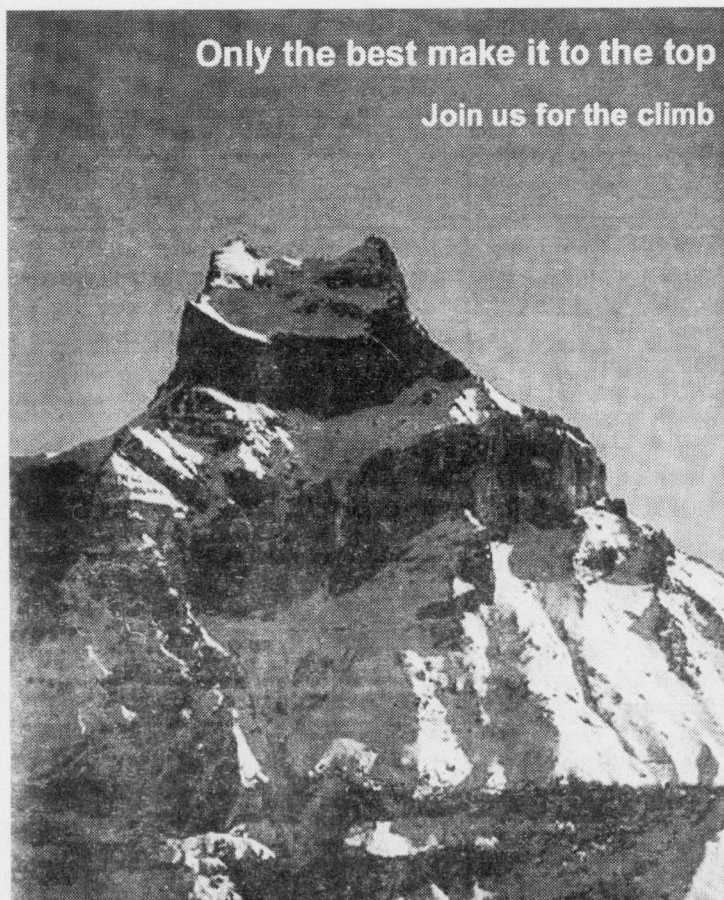
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LUCY G. WRIGHT

I wish to thank the doctors and nurses of the B.M.P. Hospital for the excellent care they gave my sister Kathleen Bailey, also to my niece Georgia for going each day to feed her. Thanks to all my friends for sympathy cards, telephone calls and visits. A special thank you to Geraldine and Audrey for being there for me during this difficult time. Sincerely,

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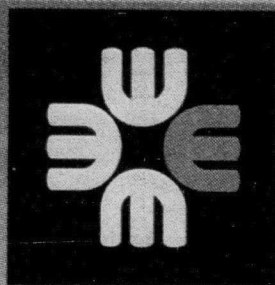
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