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Wednesday, December 20, 1995

'It's quite a Christmas present'

## Not sleepless in Brome: Allen finds full-time job security

By Sharon McCully

BROME — Even Santa Claus cavorting with his reindeer on the rooftop Christmas Eve won't be enough to wake Tony Allen.

After the sleepless nights spent wondering if Allen's part-time job at IBM Bromont might turn into something permanent, he and his wife Karen will be sleeping more soundly now.

Allen was one of 75 part-time workers at the Bromont plant to receive word last week he would be hired on a full-time basis.

"For the first time, I really feel secure," said Allen, the father of four young children.

IBM communications officer Jean Guy Fournier said last week the plant manager would choose from about 1000 temporary employees on a waiting list with pertinent experience to fill the available jobs.

"They'll be notified in the coming weeks and trained and qualified as full-time equipment operators," Fournier said.

Allen said he was optimistic about being selected.

"I had a lot of confidence because of the positive things that have happened on the job, but you never know," he said.

Karen said although she too was confident, the couple spent many fretful nights wondering, "What if...".

For the Allen's four children — Abigale, 12, Nathan, 9, Elizabeth, 6, and Genevieve (GG), 3 — the news means a possible summer visit to Mickey Mouse.

"Who knows? Maybe now we'll be able to plan that trip to Disneyland with the kids next year," said their mother.

Allen said for him, being hired as a full-time worker means security for his family.

"I was worried because I didn't have a health or dental plan and with children, you never know when you'll need it," he said.

Being able to remain in the Eastern Townships where both Tony and Karen grew up, and raise their children in



Tony and Karen Allen with their children Nathan, Elizabeth, Abigale and Genevieve... could a trip to Disneyland be far behind?

their 150-year-old farmhouse is a dream come true for the Allens.

The young couple had hoped to be able to return to the region after Allen completed his training in electronics in Toronto, but they were concerned about the lack of jobs.

Allen found short-term work with Bolton Industries when he returned to Brome, but was laid off when the company's sub-contract with IBM ended.

Still, he said, it was the experience gained while working at Bolton Industries that helped him get a foot in the door at the IBM Bromont plant.

"It's basically the same type of work I was doing at Bolton Industries," he said.

Allen said the 18 months he spent unemployed were worrisome times.

"I was glad when I finally got contract work with IBM," he said. "At least I could be sure of a pay cheque."

And he doesn't really mind that he'll

be working the graveyard shift now that he's been hired full-time.

"You have to start somewhere and

I'm just happy to have a full-time job," he said, beaming. "It's quite a Christmas present."



**Christmas Collage:** Students and visitors to Massey-Vanier High School have been admiring the Christmas display created by the students in the school-to-work transitions program. Over the past two years, some 55 students in the 16-plus Individual Paths for Learning program have had a hand in the spectacular creation. Students began working on the display last year and added a number of pieces this year.

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# Brome County Community Billboard

## Community Calendar

December 21

**Annual general meeting** at the Cowansville Group Home, 229 Jules-Monast, in Cowansville, at 12:30 p.m., for the Brome-Missisquoi Anglophone Youth Services. For more information, call (514) 263-1505, or fax (514) 263-9853.

January 9

**Knowlton Pre-School** begins another term this week. New three-and-four-year-olds are welcome. Daycare available after 11:30 a.m. For more information, call (514) 263-4013.

## Arts Calendar

**Arts Sutton:** Through December 30, member artists will be exhibiting Diptychs, that is to say, a tableau or a sculpture consisting of two parts. More than 30 participants are expected, this will allow visitors to admire works of different trends and techniques. The gallery is open in December on Thursday, Friday and Sunday from 1 to 5 and on Saturday from 10 to 12 and 1 to 5. The gallery will be closed on the 24th, 25th, 26th, and the 27th of December.



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## Community Notes

### Christmas Services:

On December 24, **Grace Church** in Sutton will be holding its regular service at 10:30 a.m., with the Christmas Eve Service starting at 11 p.m. There will be another service on Monday, Christmas Day, at 10:30 a.m.

**Church of the Good Shepherd** in Glen Sutton will be holding its Christmas Eve service as usual at 7 p.m. Every effort will be made to warm up the church, but please come prepared with warm clothes.

**Anglican Parish** of Dunham and Frelighsburg will celebrate Christmas Eve with services at 7:30 p.m. at **Bishop Stewart Memorial**, Frelighsburg, and at 10:30 p.m. at **All Saints** in Dunham. There will be a Processional, Blessing of the Crib, Holy Communion and favorite Christmas Carols sung at both services. Come and share in this joyous occasion.

**All Saints**, Abercorn, will be holding its Christmas Eve Service at 9 p.m.

**St. Edouard Church:** Dec. 23, 4 p.m. Bilingual service, Dec. 24, 7 p.m. French service and 10 p.m. English service, Dec. 25, 9 a.m. Bilingual service, Dec. 30, 4 p.m. Bilingual service, Dec.

31, 4 p.m. Bilingual service.

**Open House Knowlton**, by appointment only. "Discovery Toys", Educational toys, games, books (French & English). Ages one to adult. All guaranteed, Visa/MC/cheques accepted. Tel: (514) 242-1494, from now until Christmas, while quantities last.

**SNAP FLAP:** *Brome County News* still has a supply of Snap Flap, the Snappy spelling game for children and adults. The game pits players against one another in a race to turn letters into words. Games are \$25 plus postage. A portion of the proceeds will go to the Words for Women literacy program. Tel: (514) 242-1188.

## From the Pens of E.T. Writers

Christmas Poem



*Voices of the angels  
 Could be heard that night,  
 Singing the first Carols of Christmas  
 In the soft and glowing star light.*

*May peace encircle the world,  
 Let us all walk hand in hand,  
 That was the angels message,  
 On that Holy Night  
 Throughout the land.*

*Shepherds beheld Gods angels,  
 All silvery and bright,  
 Singing the praises,  
 Of the Infant Christ Child  
 On this holy night.*

*Shepherds left their flocks,  
 Wise men from afar came near  
 Let all the world rejoice.  
 The Prince of Peace  
 Today is with us here.*

*On the hillside far away,  
 Shepherds guarded their flocks,  
 Angels knelt to pray.  
 Wise men brought their gifts of love  
 And to worship Him,  
 The Christ Child up on the hay.*

*Nearly two thousand years  
 Have passed  
 Since our Saviour's birth  
 The star that shone  
 That night where the Christ Child lay  
 Does it still shine down on us today?*

— Margaret Sims Ludovici

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**Randy Kinnear**, Publisher .....800-463-9525  
**Charles Bury**, Editor .....800-463-9525  
**Lloyd G. Scheib**, Adv Dir .....800-463-9525  
**Sharon McCully**, Off Mgr .....242-1188  
**Alison Steel**, Sec .....242-1188  
**Lynda Bellavance**, Adv .....242-6892  
**Thelma Wright**, Adv .....800-463-9525  
**Christine Van-Tilborgh**, Adv .....242-6892

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'We came out of some places crying'

# Lions deliver Christmas cheer to 60 families

By Sharon McCully

COWANSVILLE — Lion's Club members and a contingent of cheery elves prepared and distributed Christmas baskets to more than 60 families in the Brome Lake area over the weekend. And their work isn't finished yet.

Peter McGovern, chairman of the Lion's Club Christmas baskets program, said calls are still being received from needy families.

"The number of people needing help is getting higher every year," McGovern said. "We have new people moving to the area and others who are just in very bad need."

On Friday night, volunteers waded knee-deep through cartons of fresh fruit, vegetables and canned goods at

Knowlton's community center filling boxes to make sure each family would have an ample supply of staples and goodies to tide them over the Christmas holidays.

Each box was topped with a Christmas turkey and cranberry sauce.

Aside from stocking the shelves, the Lions had dozens of stuffed animals, toys and games for families with children.

McGovern said banks in the town collected gifts for the children under their trees, then turned them over to the Lion's for distribution with the food hampers.

A major portion of the funding for the Christmas baskets came from a \$1300 donation from the Knowlton downtown



A major portion of the funding for the Christmas baskets came from a \$1300 donation from the Knowlton downtown merchant's group (SIDAC).



Volunteers waded through cartons of fresh fruit, vegetables and canned goods filling the boxes Friday.

merchant's group (SIDAC). The group turned over donations from its trolley rides through town to the Lion's to help with the Christmas hampers.

On Friday night, Lion's Club president Don McGovern presented SIDAC's Allan Gauthier and Jack Quart with a plaque in recognition of the generosity shown by local merchants.

In addition to donations received, each Lion member was assigned a route to collect for the fund.

"The generosity shown by the whole community is just incredible," McGovern said. "We had people knitting mittens and tuques for the kids and one

man donated a cord-and-a-half of wood to a family to heat the house. Another farmer gave us 65 packets of hamburger to add to the food boxes."

The boxes were delivered by volunteers with the club Saturday morning.

"The reaction at the homes was a mixture of surprise and pleasure," McGovern said. "We came out of some places crying."

The Lions also distributed some 40 Christmas poinsettias to senior citizens living in the area.

The Knowlton Lion's Club has been delivering Christmas cheer to families in the town for 30 years.



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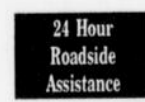
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# Gender biases: Calm a baby, carve a turkey

Many people still labor under the false assumption that because you're a woman you know how to cook, sew on buttons, remove splinters and get newborns to stop crying. And if you're a man, you are genetically inclined to fix electrical appliances, build shelves, change a flat and carve the Christmas turkey.

All of these gender biases stem from historical references which are no longer valid. Several generations ago, it was a cinch for a woman to calm a colicky baby when there was a mother, a couple of grandmothers and several aunts around to say "Feed him, burp him, rock him, give him a bit of honey on your finger." But extended families are few and far between and most women — and men — are on their own in the 90s to figure things out.

The Saturday afternoon turkey shoot is history. So where would a today kind of guy learn to carve a turkey? It's not as though many men get home from work, go out into the woods and return with supper skinned and plucked. I have three sons who use a butcher knife to slap peanut butter on a sandwich so I imagine they'd look for a saw to carve a turkey.

## Out of the Brome Closet

By Sharon McCully

Yet some day soon, a woman is likely to pass them a sharp knife at Christmas dinner and watch in horror as they plunge into the side of the turkey, pulling it apart as they do for their Boxing Day sandwiches.

There is nothing in the modern man's life experience to prepare him for this rite of passage and hundreds, if not thousands, of turkeys will bear witness to this on Christmas Day.

Besides, it's a silly tradition. How come the men's role isn't lifting the 20-pound bird in and out of the oven or mashing the potatoes?

I'm all for letting men putter with the toaster, but if they're going to mutilate the butterball I've been nursing for a week, I want them to have at least a cursory knowledge of its anatomy. That way, they'll know when you pull the legs off a warm turkey you get more than just a drumstick.

# Guérison miracle

## Entre Nous

Par Thérèse Bernard

J'ai pensé vous faire part d'un article de Bryan Hubbard, co-éditeur de «What doctors don't tell you».

Si vous hésitez toujours à croire qu'une bonne alimentation peut faire une différence, lisez ce qu'il a à dire au sujet du cas de sa mère de 77 ans.

«Il y a deux ans, mon père m'annonça que ma mère souffrait d'un cancer du sein trop avancé pour la chirurgie ou la chimiothérapie.

«Le médecin lui donna de la Tamoxifen et de la morphine pour la douleur. La morphine était tellement forte que ma mère s'effondra dans la rue, puis dans la maison. Le médecin me dit que c'était à cause du cancer. Il essaya de nous préparer à la mort de ma mère qu'il estimait devait se produire environ trois mois plus tard. Il me semblait que la morphine et non le cancer était la cause du problème d'équilibre de ma mère. Elle cessa donc la morphine.

«Le Dr Patrick Kingsley accepta de voir ma mère. Après une analyse du sang, il lui donna un régime d'exclusion de certains aliments. Plusieurs de ses aliments favoris étaient exclus; entre autres, les produits laitiers et de blé. L'alimentation est vitale dans le traitement du Dr Kingsley. Il croit que beaucoup d'entre nous sommes allergiques à certains aliments que nous consommons régulièrement. Ces aliments peuvent engendrer la maladie et diminuer nos défenses.

«Le traitement peut avoir semblé bizarre. Le Dr Kingsley croit qu'on peut guérir le cancer en utilisant des doses massives de vitamine C et d'autres antioxydants. Le traitement est complété par des injections intraveineuses de peroxyde d'hydrogène.

«Ma mère s'améliora rapidement. Son alimentation semblait beaucoup aider, mais allait-elle guérir? Éventuellement les masses disparurent et les plaies guérirent.

«Lorsque le médecin qui lui avait donné sa sentence de mort vit les seins de ma mère, il n'en croyait pas ses yeux!

«Ma mère accepte maintenant le fait qu'elle doit travailler à sa santé. Elle doit faire attention à son alimentation et prendre soin d'avoir toutes les vitamines nécessaires.

«La médecine a récemment commencé à admettre que les vitamines peuvent aider à vaincre le cancer. Elle n'appuie cependant pas encore les traitements à l'oxygène (par le peroxyde d'hydrogène) et elle est encore loin d'adosser le résultat des recherches poussées du Dr Kingsley sur l'alimentation et les réactions allergiques.


«Je crois que nous sommes chanceux que ma mère n'aie pas eu d'opinion médicale au premier signe d'une masse. Elle n'a accepté le traitement non-conventionnel que parce que la médecine ne lui donnait aucune chance de survie.»

La citation plus haut ne se veut pas une critique contre la médecine mais bien qu'il faut aussi chercher ailleurs et ne pas nécessairement se soumettre à des interventions ou à des médicaments douteux et très souvent peu utiles et parfois très nuisibles.

L'étude de Harvard de 1990 sur la pratique médicale montre que trois fois plus de gens meurent aux États-Unis à chaque année à cause des médecins que par des armes à feu, d'écrire Edgar A. Suter dans «Doctors for Integrity in Research and Public Policy».

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# Excess of food, alcohol can result in gout attack

It is already December. A few more days and it will be Christmas. A few more days and good food will fill the tables, good wine will fill the glasses.

Celebration time has arrived and for most of us it's with little consequences on our well being. But for certain people, excess of certain food added to excessive alcohol can result in a painful situation: a gout attack.

Uric acid is a toxic produced by the digestion of certain proteins that is normally eliminated by the kidneys with the urine. Humans are among the few animals that can suffer from gout because we lack an enzyme that breaks down uric acid into safe sub-products, preventing its accumulation.

The increased level of uric acid in the blood, known as hyperuricemia, is directly responsible for the gout attacks. In fact, at a certain level, the uric acid is no longer soluble and will

## The Health Beat

By Jean-François Richard

precipitate to form crystals in a joint (often the big toe). The result is excruciating pain that is very sensible to friction or touch. Attacks generally happen during the night.

Men have six times more chance of suffering from hyperuricemia than women, which explains why gout seems to affect almost exclusively men. Cases are rare before the age of 30, most sufferers being around 50 years old.

Uric acid levels rise when production is increased (excess of certain food) or excretion is decreased (could be because of an enzyme problem or an excessive intake of alcohol which reduces the renal excretion of uric acid) or, of course, a combination of the two. No matter

what the cause is, the painful result is the same, but the treatments may differ.

Three different kinds of medications are used to treat gout. Colchicine helps to dissolve the uric acid crystals and to decrease inflammation and pain. A certain toxicity limits its usage and we normally prefer anti-inflammatories to treat gout attacks.


Cortisone can also be used in limited cases. If gout attacks are recurrent and hyperuricemia is chronic, a prevention treatment aimed at decreasing the level of uric acid can be started. Two kinds of medication are used in that case: either to decrease the uric acid production (allopurinol) or to increase its renal elimination (sulfapyrazone, probenecid). The choice will depend on which process is not functioning pro-

perly in a specific patient.

To complete this subject, here is a simple list of food to avoid or to eat in restricted amounts if you are at risk of developing gout: herring, meat extracts, sardines, sweetbread, yeast, anchovies, liver, kidneys, seafood and alcohol. Make sure you drink a lot of water and avoid aspirin. If your toe still gets red, swollen and painful, consult your favorite health professional as soon as possible.

Please note that there will be no health presentation in December. The next topic will be on migraines, on January 22. May everybody have a warm and healthy holiday season.


**Jean-François Richard**  
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## Letter to the Editor

### Coaticook enters 20th-century

Dear Editor,

Bravo! Bravo! Coaticook may enter the 20th-century after all.

It must have been all those Yes voters that convinced Bell Canada to update its telephone services.

Imagine dialing Barnston without

using an operator! Wow! This is better than having 54 per cent voting Yes after the referendum. "Throwing out 15 per cent of the no votes". May the Dream Party dream on.

G.R. Hauver,  
Granby

Season's Greetings & Happy New Year!




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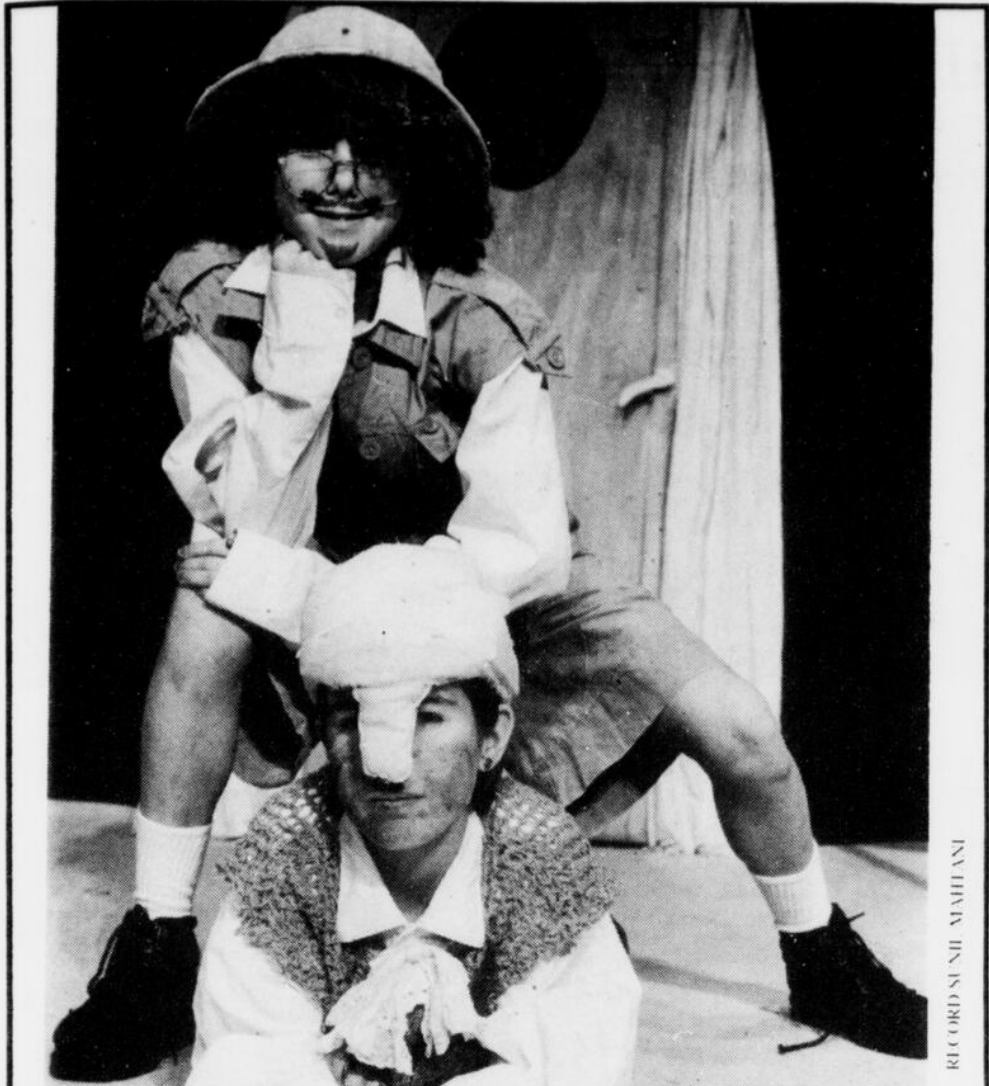

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RECORDS BY MAMIAN

**Stars Are Born:** Jessica Labrecque as Professor Bosh (top) and Michelle Duncan as Dong are two of the irresistible stars of the Echo Art musical play for children *The Owl and The Pussycat Went To See*, which takes the stage for its final three performances this weekend at Theatre Lac Brome in Knowlton (Friday at 7:30 p.m., and Saturday and Sunday at 2 p.m.) Watch for the review of this show starring Young Echo-Artists in Friday's edition of *Townships Week*, only in *The Record*. For ticket reservations, call (514) 242-2048.

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# Tough competition at volleyball tourney

COWANSVILLE (SM) — The gymnasium of Massey Vanier High School reverberated with the energy and excitement of 300 young people and their greatest fans at a regional volleyball tournament at the high school December 8.

Boys and girls teams from District of Bedford elementary schools participated in the annual volleyball showdown demonstrating skills honed over the past few months.

A large contingent of parents lined the gymnasium wall to cheer the youngsters on.

Teams participating in both the A and B categories performed well.

There was tough competition between Knowlton Academy and Parkview Elementary in class A competition with both teams playing to the wire. Knowlton Academy emerged the winner in the Boys A category while the Girls class A competition ended in a tie.

Butler Elementary came out on top in both the Boys and Girls class B, winning victories over boys and girls teams from Sutton School.

Teams from Heroes Memorial, Waterloo Elementary and Mansonville also participated, providing some tough competition.



Butler Elementary's boys team won in the class B category.



Butler Elementary girls team — winners in class B.

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Sutton  
PROMENADE

# Local sportsmen grant a sick child's wish

By Sharon McCully

BROME — Hunters and their friends from the Brome-Bolton region not only bagged their catch, they baked, boiled and barbecued it to make a sick child's wish come true.

The local sportsmen and a large group of volunteers raised \$4000 for the Children's Wish Foundation at the wild game dinner and raffle held at the Brome Hotel December 9.

It's the second year the hunters and a team of volunteers organized by Celia Shufelt have raised funds for the foundation.

Last year, a young Frelighsburg boy and his family enjoyed a wilderness fishing trip thanks to the financial support of the hunters.

The menu for this year's benefit dinner included bear stew, beaver meatballs, barbecued venison, caribou, duck, salmon and trout, as well as dozens of sumptuous desserts.

Leftovers were raffled at the close of the meal, sending some lucky folks home with unusual fare such as deer-meat cabbage rolls, wild-meat pies and assorted prepared meals and desserts.

Local clubs and individuals, captured by the hunter's spirit, added their own personal donations of money and gifts for the raffle.

The Masonic Shefford Lodge No. 18 made a \$200 donation which was presented by Dick Eldridge, while Brome Lake Masonic Lodge No. 35 added another \$200 presented by Bryan Allen. The Brome-Bolton Fish and Game Club added \$100, as did Bruce Rumsby and family.

Elaine Fowler donated the first-prize hand-hooked floral rug won by Boo-Boo, the E.K. Home's dog, who gave his owner permission to sell the prize and donate the proceeds to the Children's Wish Foundation.

Jim Frizzle donated the oak-framed calendar won by Florence Lacroix, and the Canadian Tire gift certificate for \$20 donated by Bruce Rumsby & Sons Transport was won by Jo-Anne Petley.

Garth Hadlock will share dinner for two at the Knowlton Pub — including a half litre of wine, and Shirley St-Amour will have a homemade Christmas wreath made by Brenda Lockwood to hang on her door. The final prize of the evening, a beautiful stained glass swan, went to Mr. and Mrs. Earl



Mary Kesti, of the Children's Wish Foundation, and volunteer Celia Shufelt hand out prizes.

McCurdy.

Raffle prizes were drawn by Mary Kesti of the Children's Wish Foundation.

Kesti said the name of the child who will be the recipient of the hunters and friend's largesse will be released soon.

"All I can say at the moment is there

is one child with a special wish from this region that we will be able to grant as a result of this event," Kesti said.

The Eastern Townships division of the Children's Wish Foundation currently has a list of 10 very ill children waiting to have their dream wishes granted.

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*Operation Red Nose* was initially launched in 1984 by the Rouge et Or Swim Team of Laval University with the help of Québec City police and CHRC, a local radio station. It's founder and the head coach of the swim team, Jean-Marie De Koninck, was looking for a way to provide a valuable service to the community while raising funds for his team. Since then, *Operation Red Nose* has become an important public awareness campaign to prevent impaired driving and, thanks to the generosity of the users, it is now a major fundraising activity for over one hundred youth organizations dedicated to amateur sport.

**How it works**  
Each *Red Nose* Team is composed of three volunteers. The first two are the designated driver and the navigator, the latter accompanying the client in his car and acting as team secretary. The third member drives the escort vehicle. It takes the other two volunteers to where the client is waiting and, once the client has reached his destination, brings them back to the headquarters.

**7-UP EGG NOG**  
6 eggs  
¼ cup honey  
2 cups cold milk  
1½ tsp. vanilla  
2 tsp. rum or brandy extract  
1 pint soft vanilla ice cream  
1 cup whipped cream  
4 (7 oz.) bottles of 7-up  
Nutmeg  
Beat eggs until fluffy. Pour into a punch bowl. Mix in honey; add milk, vanilla and extract. Mix in the whipped cream. Slowly add the 7-up. Sprinkle with nutmeg. Gives 34 servings.

**VIRGIN BLOODY MARY**  
Soak the edges of a beer glass with lemon juice, and celery salt. Add 3 ice cubes, 30 ml lemon juice and a drop of Tabasco sauce, few drops of Worcestershire sauce. Salt and pepper to taste. Fill the glass with tomato juice. Decorate with a branch of celery.

**HOLIDAY PUNCH**  
2 cups cranberry juice  
4 cups lemonade  
1 cup orange juice  
Marchino cherries  
Few slices of lemon  
3 (6 oz.) bottles ginger ale  
Mix all ingredients except ginger ale in a large bowl. Chill. Add cold ginger ale just before serving. Add ice cubes. Gives 18 servings.

**GARDEN TOMATO JUICE**  
1 small cucumber, not peeled  
2 green onions, chopped  
1 large can tomato juice  
Few drops Tabasco sauce  
¼ tsp. accent  
½ tsp. sugar  
Salt to taste  
Chop up cucumber. Remove seeds. Mix all ingredients with tomato juice. Add the chopped cucumber. Refrigerate 3 to 4 hours before serving.



**VIRGIN SPRITZER**  
In a beer glass put 3 or 4 ice cubes; add 90 ml white wine without alcohol with Club Soda or Gingerale to taste. Decorate with little bites of fruit on toothpicks.

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May this Holiday Season be filled with joy and the New Year bring you good health and happiness!

**Denis Paradis**  
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May this holiday season bring you **Health, Happiness and Prosperity.**



Pierre Paradis

My personnel join me in wishing the population of Brome Missisquoi a Christmas and New Year filled with Hope and Joy!

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# Brome briefs

## Friendship Club Christmas dinner

On Wednesday, December 6, The Friendship Club of Bolton Centre, held its last meeting for the year 1995. In keeping with the festive season, members and friends joined to share a traditional Christmas dinner of turkey, ham, pies and all the fixings.

They not only shared their meal but the work as well, from the cooking of the bird to washing the last dish. Then the exchange of gifts — first a "round robin" and then those under the tree —

each person attending brought a gift. The goodwill spirit of Christmas does not end with the year-end meeting but continues throughout the year.

The Club stands by its name Friendship and invited all, over 40 years, who wish to experience the warmth of a social afternoon to come, join the Club. The meetings resume on Wednesday, January 10 at noon for lunch in the Bolton Centre Town Hall.

Louise Oliver  
The Friendship Club

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## Printmaking exhibit in Dunham

The Centre d'Art of the Dunham Public Library is hosting the annual itinerant exhibition of Le Conseil Québécois de l'estamps, in collaboration with the Dunham printmaking studio l'Estampille, through December 27.

The exhibition groups 27 prints, including those of two members of l'Estampille, Bernice Sorge and Wendy Simon, and the serigraphs of Mary

Muir. The works display a variety of techniques used in the printmaking studios of Quebec.

The exhibition will be open during the library hours, Wednesdays from 1 to 4:30 p.m.; Thursdays from 9:00 a.m. to noon, 1 to 3 p.m. and 7 to 8:30 p.m.; and Saturdays from 10 a.m. to 1:30 p.m.

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**the Record**



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# Planning the personal training program

A free-hand but neatly spray-painted message outside the health club declared that "Vic Tanny lives off the Fat of the Land".

The author, as things turned out, was optimistic. Either there weren't that many fat people around, or Vic couldn't convince enough of them to sign up; the company went out of business within the year.

Otherwise, the health and fitness industry has been on a roll for a couple of decades. Television and advertising have convinced many that the Bay-watch hardbody of youthful sunny southern California is the shape we should all sweat for. (Be kind to any joggers you meet; chances are they're in for a big disappointment.)

One of the few certainties in life is that, whenever enough people get interested in an activity, others will be there to promote, package and merchandise all kinds of equipment, apparel (remember those 'disco boutiques?') gimmicks and gizmos, vitamin and protein supplements, miracle mush and so on.

Not far behind the peddlers are the experts who study, dissect, analyse and computer enhance every tiny aspect of the activity.

Recently, a serious medical study reported that an adult lifetime of regular vigorous exercise — much more than your average morning TV pretty girl warm-up routine — might extend that life by about one year. Add to that the fact that most truly dedicated exer-

## The Country Squire

By Brian Eddington



cisers like long-distance runners always look so skinny and miserable, and it's time for sober second thoughts. So, in the spirit of moderation and compromise, I figure why not exercise a bit doing fun things ... and enjoy an extra six months.

Experts tell us, too, that the exercise fad has passed its peak. Vic Tanny will probably not be the only casualty of the return of the couch potato. Friends who bought each other matching his and her colour-coordinated jogging suits confess that they wear them mostly while lying about watching the tube, snacks and drinks and remote control in hand. They insist they just sort of feel healthier in them, and occasionally playing the soundtrack from *Chariots of Fire* really adds to the sense of well being.

Other signs are appearing to suggest that the trend is indeed away from the demanding, often too ambitious training program. Many lawn and garage sales offer late-model, state-of-the-art home gym and weight-training equipment (usually just beside the camping

stuff). Many racquet clubs, after a few bust years, find empty court time increasing. The local public tennis courts were mostly occupied by kids playing ball hockey this past summer.


An increasingly popular view of exercising is "No pain ... no pain!" A friend who used to run some has a t-shirt that proclaims "De Agony of de Feet".

However, for all the excuses we can concoct to avoid a good sweat, there is something about this time of year that makes the prospect of working out less daunting. Fall is a physical season, a real chance to redeem ourselves from

the excesses of summer.

Several of us in the neighbourhood have dusted off the old Canadian Tire weights and pooled our miscellaneous equipment. There is talk, too, of early morning running. (When I do run it has to be really early to avoid witnesses, with baseball cap low over the eyes so that anyone who does see me won't recognize me).


There must be an old eight-track of the music from *Rocky 1* around somewhere. Now just a couple more planning sessions and we'll be ready to go.



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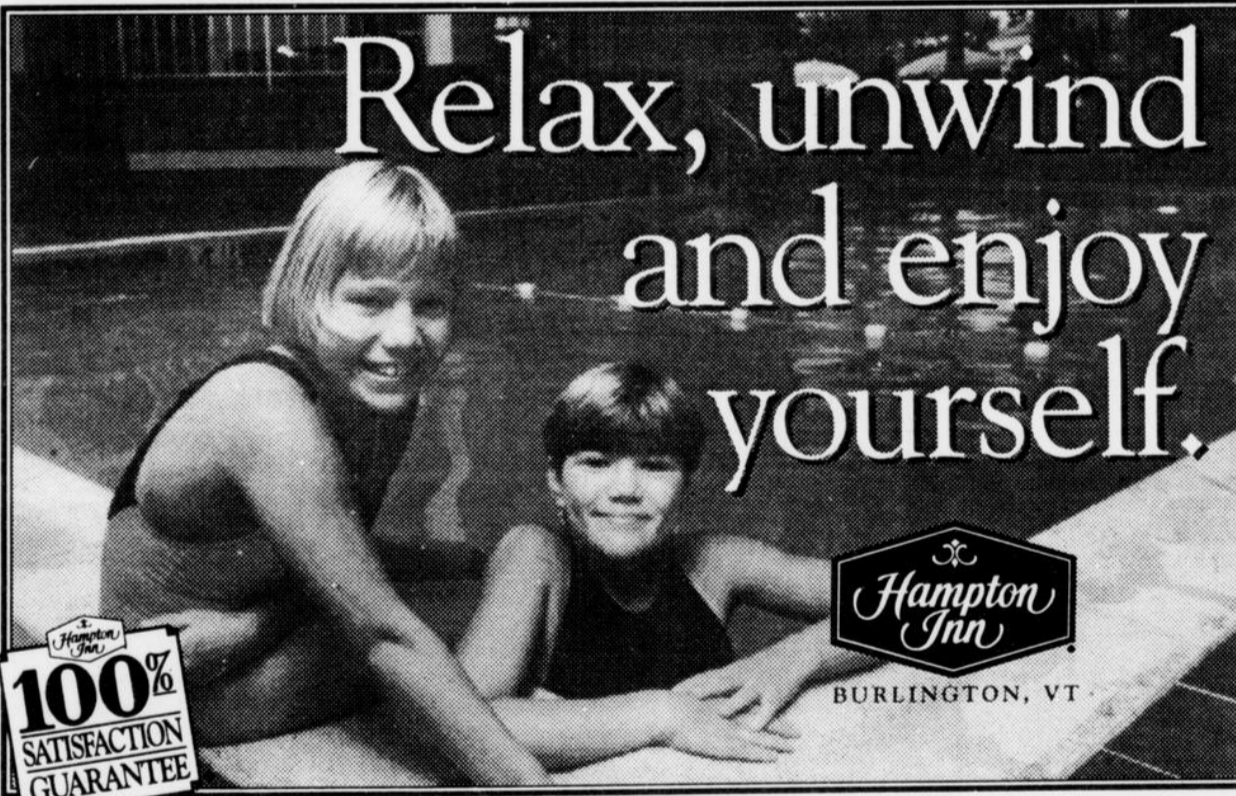
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# The biggest one of its kind to be held in Quebec St. Thomas D'Aquin site of nostalgia auction

By Jean Murray Chute

The first real miserable winter storm hit most parts of Quebec on December 9 and 10, dropping 10 cm. of snow with blowing winds and creating icy road conditions, but it didn't stop the large crowd of seasoned collectors, dealers

and curious onlookers from attending the greatest auction of nostalgia ever to be held in Quebec.

The Big Blue Barn auction hall in St. Thomas D'Aquin was the place to be that weekend for any nostalgia lover. Sylvain Gelineau owns and operates

## Seems Like Old Times

By Jean Murray Chute

this enterprise with the help of his auction manager Yves Lemoine.

This auction was for the estate of the late Roma Brodeur of Montreal. Brodeur has been collecting nostalgia longer than nostalgia has had its name. I believe the term back then was "junk".

This auction literally contained *continued on next page*

**The Elora Goldworks**

Merry Christmas to all!

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With best wishes for a very Merry Christmas and a Healthy and Prosperous New Year!

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Auctioneer Sylvain Gelineau displays the Ekers Ale tin sign which sold for \$800 to an Ontario dealer.

**YULETIDE GREETINGS**

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# ANTIQUES:

continued from previous page

thousands upon thousands of items. There were over 500 beer trays, over 4500 bottle openers and cork screws, over 5000 beer labels and related paper articles. Thousands of sport cards, post cards, comic books, calendars, bottles, signs in paper, tin and fiber board, toys and much more with all the cabinets, showcases and china cabinets that held it all.

A veteran dealer of over 20 years from Ottawa told me that there were items in this auction he had never seen before. He and others were overwhelmed by the sheer magnitude of the collection.

This auction attracted big buyers from Ontario, New Brunswick, Nova Scotia, British Columbia, New Hampshire, Maine, New York, Pennsylvania and all parts of Quebec.

This collection couldn't have been in better hands than auctioneer Gelineau. This man is razor sharp. There was more than one occasion during the auction that the under bidders were buying on choice for the winning bid. At times it is like he stops auctioning and starts retailing. I don't know if it is the speed at which he sells, or the eagerness of the buyers, but he has them mystified to the point that they pay more than they have to, they smile and thank him. I guess this is why he is worth the big bucks!

Saturday was devoted totally to beer related items, starting at 9 a.m. and continuing non stop until 6:30 p.m. with many items selling in the four figures.

The runners held up three enamel corner signs and one flat rectangular blue enamel sign to be sold choice. The first choice went to a man by the name of Sid Dawes at \$1350 and it was no surprise when he chose the blue rectangular enamel sign marked Dawes & Co. Breweries. Second choice at \$1000 was a red Canadian Breweries to an Ontario collector. Third choice at \$900 was a blue Molson's India Pale Ale sign, and finally the yellow and black John H.R. Molson & Co. India Pale Ale sign left for Ontario with a bid of \$500.

The two English Molson's Ale clocks were bought by a Maine dealer for \$3000 each.

Included in this auction were several

very rare beer trays to include the rectangular black horse which sold to a Toronto collector for \$1100, and the oval O'Keefe Brewery Co. of Toronto tray with a jolly old guy dressed in green with a red hat in nice condition that sold for \$775 again to a Toronto collector. The Regal Breweries tray with the windmill sold for \$420 and the Hamilton Red Star in absolute mint condition fetched \$400, also to a Toronto collector.

The lot of over 4500 openers and cork screws had an opening bid of \$5400 and after some heated competition and deal-making in the crowd the winner was a telephone bidder for \$7000.

The very rare blue Frontenac cone top beer tin was sold to collector Dave Fowler of Gorley, Ontario, for \$320.

A huge lot of beer bottle labels and related paper items dating 1938-50 sold for \$5200 to a Montreal dealer.

Sunday, starting again at 9 a.m. and finally finishing at 6 p.m., auctioneer Gelineau sold toys, sport items, post cards, furniture and much more.

A yellow and marron tin toy limousine with driver that had repairs to the chassis sold to a Montreal collector for \$1600.

The trick pony mechanical bank in near mint condition sold for \$625 to a Montreal collector.

A Coke truck that had been over-painted several times sold for \$500 to a Montreal collector.

The great Patrick Roy, former Stanley Cup winning goalie for the Montreal Canadiens, signed his number 33 jersey from the all-star game and one lucky guy bought it for \$350.

The Chrysler peddle car in very nice condition was bought by collector Guy Lapointe of Johnville for \$1000.

A big brown teddy bear was sold for \$550 but there has been a lot of speculation since as to whether it was as old as we were all led to believe. It seems that his particular bear has had a lot of relatives with great family resemblance showing up at auctions and shows recently.

When the lot of Walt Disney post cards came up there was some heated competition between a Montreal dealer and an Ontario dealer with the Ontario winning with a bid of \$410 after which he told me, "I should have let her have them, that is way too much

money."

This was one of the finest auctions of its kind to be held in Quebec and I am sure that the success of it will be talked about for years to come.

Jean Murray Chute owns *Classique Antiques* in Lennoxville.



HEART AND STROKE FOUNDATION OF QUEBEC

## ONE OF THE PRINCIPLES OF BAHAI FAITH

THE WORLD OF HUMANITY POSSESSES TWO WINGS — MAN AND WOMAN. IF ONE WING REMAINS INCAPABLE AND DEFECTIVE, IT WILL RESTRICT THE POWER OF THE OTHER, AND FULL FLIGHT WILL BE IMPOSSIBLE. THEREFORE THE COMPLETENESS AND PERFECTION OF HUMAN WORLD IS DEPENDENT UPON THE EQUAL DEVELOPMENT OF THESE TWO FACTORS.

## BAHA'I FAITH

FOR INFORMATION WRITE TO 310 HARVEY ST., GRANBY, QUE. J2H 1W9 OR CALL 372-2956 AFTER 6 P.M.

**ZETOR**  
Season's Greetings  
**Picken's Farm Equipment Inc.**



**Special** 50 H.P. Zetor 4 wheel drive with loader. **\$24,000**  
2 year warranty  
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Tel.: 514-539-1114  
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**Bijoux Populaires** 312 South St. Cowansville  
Nicole Paré, prop. • Gold 10, 14, 18 K  
• Jewellery repairs done in house  
Tel.: (514) 266-6027



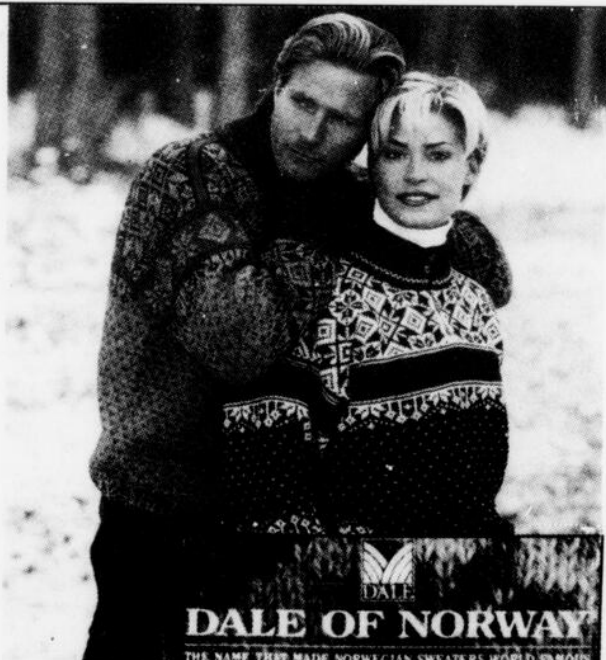
**VAST CHOICE GOLD CHAINS AND DIAMOND RINGS**

**Gift Certificates** for all occasions sold here

**Thousands of Gifts** for all the family, friends, office, babysitter, etc... **\$20 to \$30** PST + FST included

**Swiss watches, Rodania, Cardinal or Timex** starting at **\$19.95**

**OFFER:** A gift from the Ocean pearl necklace (14 K) starting at **\$89.95**

**DALE OF NORWAY**  
THE NAME THEY MADE NORWEGIAN SWEATERS WORLD FAMOUS

Boutique *le Week-end*  
in total comfort... for him & her

148 Principale St. West, Magog • (819) 843-8212



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**Famous Brands:**  
Cacharel  
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Sizes: Small to XXXL



**Season's Greetings  
To Our Many  
Good Friends**

Best wishes and many  
thanks to our loyal  
customers  
and friends.

# BLOUIN'S



Three locations to serve you better!  
St. Alban's • Swanton  
Richford

WE RESERVE THE RIGHT TO LIMIT QUANTITIES. ILLUSTRATIONS ARE FOR DESIGN PURPOSES ONLY AND DO NOT NECESSARILY DEPICT THE ITEMS ON SALE. WE ARE NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS. NOT ALL ITEMS AVAILABLE IN ALL STORES.

Sale dates D. 18-24/95  
Sunday 9-4 p.m.  
Mon.-Tues.-Wed. 8-6 p.m.  
Thurs. 8-7 p.m. Fri. 8-9 p.m.  
Sat. 8-6 p.m.

## Festive Favorites Happy Holidays

Check the ad flyer coupons too!

### MEATS

IGA WHOLE BONELESS HAMS WATER ADDED 5-7 LBS. AVG <b>\$1.69</b> LB.	<b>FROZEN TURKEYS</b> <b>99¢</b> LB.	CENTERCUT BONELESS PORK ROAST <b>\$2.89</b> LB.
--	--	---

FRESH GROUND PORK <b>\$1.99</b> LB.	FRESH COOKIN' GOOD ROASTING CHICKENS <b>89¢</b> LB.
---	---

PILLSBURY ALL READY PIE CRUSTS (15 OZ.) 2/ <b>\$3.00</b>	DAIRY KRAFT CRACKER BARREL CHEESE 10 OZ. ASST'D VARIETIES <b>\$1.78</b>	MINUTE MAID ORANGE JUICE 12 OZ. <b>88¢</b>
---	--	---

### FROZEN

BIRD'S EYE VEGETABLES 16 OZ., CORN, PEAS, MIXED OR GR. BEANS <b>79¢</b>	MRS. SMITH'S BAKE & SERVE PIES 26-37 OZ., APPLE, MINCE, CHERRY & MORE <b>\$2.28</b>
5 PACK IGA FROZEN BREAD DOUGH <b>\$1.89</b>	HOOD ICE CREAM 1/2 GAL. ASST'D REG. OR HOOD LIGHT <b>\$1.99</b>

### GROCERIES

OCEAN SPRAY CRANBERRY SAUCE 16 OZ., WHOLE BERRY OR JELLIED <b>79¢</b>	IGA BROWN & SERVE ROLLS 12 OZ. <b>89¢</b>
DOMINO BAKING SUGARS 14-16 OZ. 2/ <b>98¢</b>	IGA EVAPORATED MILK 12 OZ. 2/ <b>\$1.00</b>

Good Only at IGA NRV 672  
**IGA Butter Quarters**  
1 LB. PACKAGE  
**98¢**

With this coupon. One per customer please. Cannot be doubled or combined w/other offers. Expires Dec. 24, 1995.

Good Only at IGA NRV 639  
**Gold Medal Flour**  
5 LB. BAG. REG. OR UNBLEACHED. ALSO: ROBIN HOOD FLOUR  
**58¢**

With this coupon. One per customer please. Cannot be doubled or combined w/other offers. Expires Dec. 24, 1995.

**HILLS BROS. AMG COFFEE**  
12-13 OZ. REG., FRENCH ROAST, PERFECT BALANCE OR 100% COLOMBIAN  
**\$1.88**



**Holiday Dressing:** When the sun goes down in Knowlton, the town is lit up with the glow of Christmas tree lights and colorful storefront and yard displays. This week, a number of cars were seen driving slowly past the artistic Christmas scenes which have earned the village its reputation.

Richford **Rexall** Drugs *Last Minute Gift Suggestions*

Perfumes by Dana: reg. \$25.00  
French Vanilla gift set special: **\$12.95**  
Sun & Moon & Star gift pack perfume, body lotion & shower gel Lagerfeld **\$25.00**

PHOTOFINISHING SPECIAL FREE 2<sup>ND</sup> SET OF COLOR PRINTS C-41 PROCESS ONLY EVERY DAY

**Double your coupons on Wednesday**  
2 Main St., Richford • 848-7500

## Merry Christmas & a Happy New Year!

Thank you for your patronage.

Dave & Sue & the staff

Have a great Holiday Season!



**Knights V.S. Pharmacy**  
The Switchyard Shopping Center  
St. Albans,  
(802) 524-3085

Hours: Mon.-Fri.: 8:30-7 p.m.  
Sat.: 8:30-6 p.m.  
Sun.: 12-4 p.m.

**Quebec receives 31% of federal transfer payments.**

# FIGURES DON'T LIE!

**QUEBEC'S VERSION:**

The Government of Quebec blames Ottawa for its current economic situation.

**THE FACTS:**

While other Canadian provinces have been developing ways to bring spending under control, Quebec's leaders have been preoccupied with their own political agenda.

**QUEBEC'S VERSION:**

The Government of Quebec contends that reduced federal transfer payments to Quebec are a post-referendum surprise.

**THE FACTS:**

Reductions in federal transfer payments to the provinces weren't a surprise to anyone. They were discussed with all of the provinces starting at the end of 1994; they were announced to Canadians in February 1995 when the federal budget was brought in, and they will not come into effect until April 1, 1996.

# LIE!

**QUEBEC'S VERSION:**

The Government of Quebec asserts that the Federal Government is trying to get rid of its deficit at the expense of the province.

**THE FACTS:**

Equalization payments to Quebec will rise by almost \$200 million next year.

**QUEBEC'S VERSION:**

The Government of Quebec claims that the proposed transfer payments are unfair to Quebec.

**THE FACTS:**

Quebec, which has 25% of the Canadian population, will receive 31% of federal transfers in 1996-1997, the same share that it has received for the last six years. This sum of \$11.1 billion represents nearly a third of Quebec's revenue.

**QUEBEC'S VERSION:**

The Government of Quebec suggests that it is the only province being affected by cost-cutting measures.

**THE FACTS:**

The Federal Government, and each of the provinces, must commit to tough measures to get their finances in order and revive the economy. All of the provinces, including Quebec, must deal with the same reductions. In fact, industrialized nations around the world are facing the same challenge. And it's only by working together that we can ensure all Canadians a better future.

**QUEBEC HAS ALWAYS RECEIVED ITS FAIR SHARE OF FEDERAL TRANSFER PAYMENTS.**

MAIN FEDERAL TRANSFERS TO QUEBEC (In Millions of \$)			
	1993-1994	1994-1995	1995-1996
Established programs financing	5,307	5,348	5,390
Canada Assistance Plan	2,652	2,750	2,750
Equalization	3,630	3,670	3,857
Main transfers total*	<b>11,266</b>	<b>11,446</b>	<b>11,667</b>

\*Equalization associated with EPF tax points appears in both Equalization and EPF entitlements. It has been subtracted from "Total major transfer entitlements" to avoid double counting.

**FACTS ARE FACTS!**

# Classified



## Christmas Greetings

I want to wish my son (Allan Corey) a very Merry Christmas and thank you for being a terrific son.

Congratulations on your success from Delta College and lots of luck on your new job at R.B.A. You make me so proud. I love you!

Love Mom xxxx

\*\*\*\*\*

Merry Christmas to my very best friends Jessie and Sean Reece. Thanks a million for giving me a lovely home, and thanks for always being there for me!

Love Debbie xx

### 1 Property for Sale

GOT A CAMP-GROUND membership timeshare? We'll take it! America's largest, oldest resale clearinghouse. Resort Sales International 1-800-423-5967. Timeshare rentals needed. Call 24 hours a day. 19953

### 7 For Rent

SUTTON — 2 bedroom apartment to rent, \$285/month. Call (514) 263-3502 after 5 p.m. 19921

### 20 Job Opportunities

INTERNATIONAL AGRICULTURAL EXCHANGE—Ages 18-30 with agricultural experience to live-work with family in Australia, New Zealand, Europe, Japan. Cost/details: 1-800-263-1827. 105, 7710 5th Street S.E., Calgary, AB, T2H 2L9. 19953

### 20 Job Opportunities

EXPERIENCE INCOME TAX Preparer required for the busy season of taxation, from January 15 to April 30, 1996. Experience in completion of small business income tax, rental income and general income tax schedules essential. Salary to be discussed. Send resume to: Box 1179, Knowlton, Que., JOE 1V0. 19956

### 25 Work Wanted

BILINGUAL SECRETARY with 25 years office experience available to work from home part-time. Fast, accurate service. Fully equipped office with fax and both Macintosh and IBM compatible systems. \$10/hr. Confidentiality assured. Call (514) 263-2794 or Fax (514) 263-6721. 19899

TRANSLATION from French into English and from English into French. Have computer and fax. Call (514) 266-0550. 19886

### 29 Miscellaneous Services

ADVERTISING WORKS WITH REPETITION. It doesn't matter how much money you spend, if you don't get results, it's too much, but if you get results, it's worth it. Remaining visible in our newspaper will increase your sales. The money you spend on ads will come back to you if you advertise on a regular basis. Use those advertising dollars to your best advantage. Let us show you how. We have plans to fit any budget and best of all the more you advertise the less you pay! Like anything else, you must plan to succeed. If your advertising isn't working for you it could be because you haven't got a plan. We can help. Call us today! Brome County News (514) 242-6892. 19999

DIANE CAHILL School of Dance. New York style Jazz and Broadway Tap offered by N.Y. trained professional dancer. Registration Jan. 12, 1996 at 6:30-8:30 p.m. at Heroes Memorial and Jan. 13 from 2-4 p.m. at Knowlton Academy. New sessions starting Mon. and Wed., 6 and 7:15 p.m. Knowlton Academy and Tues. and Thurs. same time Heroes Memorial. Children's classes also available. Call for information at (514) 243-6772 or (514) 242-0235. 19976

### 32 Music

GOSPEL MUSIC SONG BOOK — "Sermons In Song" contains 12 original songs by Russ Coates including "The Image On a Coin", "The Gospel Of The Three Little Pigs", "\$6.50 postpaid. Songs Of Praise, P.O. Box 44, South Bolton, Que., JOE 2H0. (514) 292-5511. 19937

### 33 Senior Services

ACCESSORIES & ADAPTED CLOTHING for the non-autonomous (ladies or gentleman). Latest fashions. Popular prices. Call (819) 346-8403 or (819) 564-2223. 19734

### 40 Cars for Sale

MAZDA KIA VAN, spacious, excellent shape, 110,000 km., 5 speed, overnight interior and block heater. Priced for quick sale. Evenings and weekends (514) 243-0458. 19933

1986 RENAULT ALLIANCE. Excellent condition. No rust. Sunroof, AM/FM cassette. New exhaust, brakes, shocks, battery. \$1,500. Runs great. No problems. Call (514) 243-4206. 19906

### 60 Articles for Sale

AT LOW PRICES — Moulded counter top: 1.99 ft.; cupboard door: \$4.99; birch flooring: .99, oak: 1.09; pre-varnished parquet, first quality: 1.09, select: 1.19; aspenite 7/16: 8.99, 5/8: 10.49; plywood 3/8: 11.99, 5/8: 18.99; 1x3x8: .29, 2x3x8: .55, 2x4x7: .65, 2x4x8: .89, 2x10x12: 4.99, 2x10x16: 6.49. We pay the G.S.T. on purchases over \$500 and we pay the G.S.T. and the P.S.T. on purchases over \$1,000. Materiaux A Bas Prix Bromptonville (819) 823-3315. 19882

CLOSING SALE — We will be closed from December 24, 1995 to January 3, 1996. We pay the G.S.T. on purchases over \$500 and we pay the G.S.T. and the P.S.T. on purchases over \$1,000. We have the lowest prices. Save up to 50%. Materiaux A Bas Prix Bromptonville (819) 823-3315. 19992

NOW OPEN — CONSERVERY. Long lasting rechargeable batteries. Solar/renewable energy merchandise. Outdoor wood furnaces. 541 Knowlton Road, Knowlton, Tel. (514) 242-2698. 19923

TABLE SAW — Makita 8" table saw complete with stand and table extensions. Like new. \$375. firm. Call (514) 248-2882. 19925

TRICYCLES FOR ELDERLY and handicapped children. Modifications available. Assembled and delivered. Call (514) 539-2571. 19915

### 68 Pets

PUPPIES FOR SALE — Golden Retriever, \$200. German Shepherd, price reduced. Call (514) 248-4245. 19965

### 88 Business Opportunities


ATTENTION STUDENTS. Make a lot of money selling chocolate bars. New products available. Nothing to pay in advance. Fast delivery. 1-800-383-3589. 19963

### 89 Personal

HEAVENLY PSYCHIC ANSWERS. Friends of thousands. Ask for free Astrochart. 24 hours, \$2.99/minute. Must be 18. 1-900-451-3783. 19903

### 91 Miscellaneous

ATTENTION ARTISTS and Artists — Before January 31, The "Tour des Arts" is looking for new members. Interested parties must have a studio or a work space that can be opened to the public and is located within a designated area that includes the villages and regions surrounding Sutton, Knowlton and Mansonville. Ten slides of the artist's or artisan's work and a curriculum vitae must be sent, along with a self-addressed stamped envelope, to Tour des Arts, 994 chemin Vallee, Sutton, Qc., JOE 2K0 before January 31, 1996. 19974



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*Best Price  
Best Choice  
Best Service*

Specials on all used and new vehicles

Financing as low as **4.9%** or \$3,000 cash rebate

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**For Burlington Promo**

*Our lucky winners for the Radisson Getaway Weekend:*

Linda Singer - Sutton  
Julie Rhicard - Knowlton  
Rosemary Scott - E. Farnham

**Congratulations!**



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*Le Studio*

176 Principale St., Granby

Presenting  
**KROSS CONNECTION**

Miss Nude Canada  
International Duo Champions

The "HOTTEST" Duo  
ever seen!

December 18 to 23, 1995  
Thursday starting  
at 6 p.m.

**CHRISTMAS PARTY**  
December 21, 22 & 23  
with the "HOTTEST"  
erotic duo  
**KROSS CONNECTION**

**DECEMBER 26 to 30**  
We will be open with the  
**TROOP TOPS:**  
Exclusively in Granby for the first  
time 6 girls - 6 shows a night



**l'Atelier du billard**  
the home amusement center

**Super Promotion**

**Sales - Installation - Repairs**

- Billard Table
- "Saphir" 4 ft. x 8 ft.
- 1 set of balls
- 4 Dufferin 1 pc. maple cues

- Diable
- 1 triangle
- Chalk
- Installation

ONLY \$1695

To complete your amusement center

- Cues (2 pieces) from \$49.95 to \$270
- Cues - 1 pce - \$12.95 to \$21.95
- Wide variety of balls
- 28 colors of carpets
- Card table
- Mississippi game
- Billard lamps
- Complete equipment of darts
- "Bumper pool"
- Ping pong tables
- Pocket games
- Laminated posters

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For English service call Stéphane 11 a.m. - 3 a.m.

# Business Directory

## Accounting

Sophie A. Giroux, B.B.A.  
Aline Bolduc  
Cynthia Foster  
Luc Harbec, C.A.



RAYMOND, CHABOT,  
MARTIN, PAIRE  
Société en nom collectif  
Comptables agréés

465 Knowlton Rd.  
P.O. Box 995  
Knowlton  
Tel.: (514) 242-6107

104 Sud St.  
Cowansville  
Tel.: (514) 263-2010

## Board & Grooming



BOARDING FACILITY FOR CATS & DOGS  
GROOMING — BY APPOINTMENT  
PICK-UP AND DELIVERY SERVICE AVAILABLE  
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TOWING 24 HRS  
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539-2298 Waterloo, Que.

### Garage Bazinet & Fils Inc.

Eric & Fernand Bazinet, owners  
GENERAL MECHANICS / BODY WORK / PAINTS

CAR & TRUCK SALES  
NEW & USED

## Computers

**EUREKA!**  
KNOWLTON

À chacun de vous...  
To each of you...

Have a very Merry Christmas & all the best for the New Year.  
Je vous souhaite un Joyeux Noël et une Bonne et Heureuse Nouvelle Année.  
Jeannette LeBlanc

## Decorating

**Tinkham-Smart**

...where yesterday's light tomorrow

Custom-made lampshades,  
any size or shape.

\*\*\*\*

Abat-jour sur mesure,  
toute forme et toute taille.

Carolyn Smart  
(514) 243-6811



Lamps For Sale

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CENTRE DENTAIRE Roger Berger

Dr. Roger Berger - Dental surgeon

Daniel D'Arcy - Denturologist

Opening hours:

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Place Sutton - 20 Principale North, Sutton  
514-538-1767



## Dog Grooming

Toilettage

KNOWL BROOK

Dog Grooming

- Cours d'obéissance
- Obedience courses
- Pension
- Boarding

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(514) 242-2545 Jill McMahon



## Insurance



Sun Life  
of Canada

Pierre Bell

Trainee agent  
life and health insurance

6 - 356 Principale  
Granby, Que. J2G 2W6

Bus.: (514) 378-4691  
Fax: (514) 378-6586  
Res. (514) 266-4292

## Notary



**Lussier & Gagné**

Notaires - Notaries  
Title Attorneys

35 Victoria St., Knowlton Tel.: 242-1555  
302 Principale St.,  
Mansenville Tel.: 292-3401

## Notary



Maryse Gallagher

Notaire - Notary  
Title Attorney

277 Ch. Knowlton / C.P. 1057  
Ville de Lac Brome, Que.  
J0E 1V0 Tel.: (514) 242-2422

## Printing

Imprimerie  
COPIE EXPRESS  
GRANBY 1987

Special  
Business Cards

\$25/1000<sup>(1)</sup>

7 Center Street, Granby Tel.: (514) 375-3125  
FREE Purchase 2500 envelopes, get 250 free<sup>(2)</sup> Valid till Dec. 95  
OR Purchase 5000 envelopes get 500 free<sup>(2)</sup>  
(1) Black impression on 180 M white, set-up charge extra  
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## Surveyors



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PLEASE PROTECT THE ENVIRONMENT  
FOR OUR FUTURE USE

## RESTAURANT

Warm and cozy atmosphere

*Au Vieux  
Métérge*

Fine cuisine

Delicious food cooked on maple ambers  
"Lamb at his best"



Reservation:  
(514) 297-4647  
348 chemin  
Georges Bonnalie  
Eastman, Que.

## HOPE YOUR SEASON IS UPBEAT!

Happy Holidays to our fine friends and neighbors.

It's always a pleasure doing business with you.



701 South St.,  
Cowansville

OPEN 7 DAYS A WEEK  
OPEN TILL 9 P.M. WED. NITE

We make fruit  
baskets the  
year round

**MARCEL  
MARCOUX** ENR.  
Shell Service Station



Gas & Oil



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Animal Feed



Rental Equipment  
Sales & Service



Towing Service  
24 HRS  
Night: 292-3637/3227

343 MAIN ST., MANSOVILLE, QUE.  
Tel.: (514) 292-5585 Fax: (514) 292-4156

Season's  
Greetings!

**MATÉRIAUX DE  
CONSTRUCTION  
WEST-BROME** ENR.



Thank you for your encouragement  
& Season's Greetings!

15, chemin West-Brome  
Ville de Lac Brome

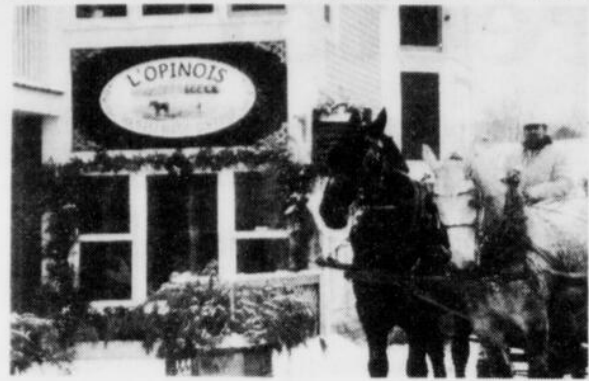
Tél.: (514) 263-1383

**MATÉRIAUX DE  
CONSTRUCTION  
SUTTON** INC.



2, chemin Brookfall  
Sutton

Tél.: (514) 538-1383



**NOW OPEN**

Breakfast starting at **\$2<sup>75</sup>**  
served all day  
After ski menu, 3 course **\$5<sup>75</sup>**  
Table d'Hôte **\$8<sup>95</sup>**

Coffee, Tea, Espresso, Capuccino  
Café au Lait, Hot Chocolate  
Belgium Beers, Hot Wine

**BRASSERIE OPEN AT 7 A.M.**  
**BIG PARKING LOT**

Gastronomic Menu for the  
Holidays **\$18<sup>00</sup>**

Good selection of wines  
Take-out service  
Menu available on request

**538-3723**

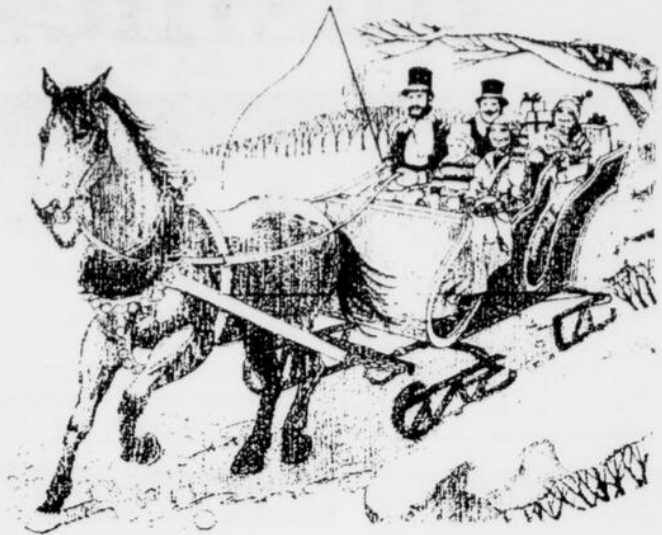
**Place Sutton, 20 Principale • 538-5138**



*Santa Claus is coming to town and bringing lots of goodies in his sleigh including:*

- one **FREE POLAR HAT** with every purchase over \$50.00
- ALL TAXES INCLUDED
- MAKE YOUR LIST CHECK IT TWICE COME ON IN AND FIND THE BEST PRICE!
- A BLESSED CHRISTMAS AND A NEW YEAR FILLED WITH PEACE AND LOVE!

**Tuesday - Sunday**  
9:30 a.m. - 6 p.m.  
**Friday nite till 9 p.m.**



On behalf of the councillors, Mayor & staff. We would like to extend our warmest wishes for a Happy, Healthy & Prosperous Holiday Season & New Year.



Municipalié du  
Canton De Potton

Municipality of the  
Township of Potton

**BIG SALE · GRANDE VENTE · BIG SALE · GRANDE VENTE · BIG SALE**

Yes, we manufacture clothing!



**50%** from retail

prizes on what we manufacture

- Punchos
  - Ladies' vests
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- EMBROIDERY** also available (extra)

**20%** on sweaters  
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directly from manufacturers

Free coffee and donuts will be served  
There will be some prizes and surprises

**THE BOSS IS CRAZY!**

He must have fell on his head

Come and see our expert in decoration



321 Chemin Knowlton  
(just in front of Petro-Canada)

**WHY PAY MORE?**

**Come and see us!**



**15%**  
on work done by local artist

Yes, we have furniture in store & warehouse



School Desk  
Mirrors  
**30%**  
from retail prices

We also manufacture furniture

**BIG SALE · GRANDE VENTE · BIG SALE · GRANDE VENTE · BIG SALE**