



Brome County News

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Wednesday, September 13, 1995

'Team spirit at the clinic and at the hospital'

Dutch doctors training in Cowansville

By Sharon McCully

COWANSVILLE — As far away as the Netherlands, medical students are getting in line for a chance to intern at the Brome-Missisquoi medical clinic with veteran family practitioners Robert Pincott and William Barakett.

Dutch medical students Marcelle Wyma and Silvie Houben are both on four-week internships at the Cowansville medical clinic.

"It's a very popular clinic in Holland," said Wyma. "Friends of ours from Holland did an internship here and they recommended it very highly."

The senior medical students say they sent their request in 1994 to McGill University where both Pincott and Barakett teach, hoping for a chance to intern here.

"We knew it would be difficult to get a spot here because it is also a popular place for McGill medical students to train," said Wyma.

So what is the appeal?

"Many things," says Wyma. "We like the fact a family practitioner in a small community hospital like BMP gets to follow the patient. In Holland, general practitioners do very little hospital work. When one of their patients is sent to hospital, specialists take over."

"We've noticed a team spirit at the clinic and at the hospital that makes it really a nice working environment," observed Wyma. "And the doctors are so dedicated to their patients. They really care about them."

Wyma and Houben were teamed at the clinic with three other rookie doctors, who were enticed into accepting permanent positions at the medical centre after completing internships there.

Drs. Lalla, Ostiguy and Macek all completed internships at the Brome-Missisquoi medical clinic before joining Pincott and Barakett in the family practice.

The foreign students say they aren't sure they would establish a practice so far from home, but they say the experience has been a valuable one.



Dutch medical students Marcelle Wyma and Silvie Houben: Brome-Missisquoi is a great place to learn family medicine.

"We have seen many cases we would never have seen during an internship in Holland," said Wyma. "The chance to do hospital work and work in the emergency has been really good."

"I'm hoping I'll have a chance to assist in a delivery before I leave," said Wyma, who plans to become an obstetrician.

On the personal level the students say they have enjoyed the hospitality of those they've met.

"People are so friendly and so helpful," said Houben. "It's our first time in

Canada and everywhere we've been, people have gone out of their way to be nice."

Among the memories the students will take back to Holland is a day at Brome Fair — "wasn't it incredible?" — and a block party corn roast hosted by the Pincotts — everyone came.

Canada is not the first distant training post for Wyma and Houben. They met in medical school while looking at a poster inviting medical students to train abroad to expand their training.

Both women spent time in India and Hungary before coming to Canada.

"It's wonderful to be a student of medicine in different places and work with different people," said Wyma. "You pick up so much. Every day there is something new, with so many approaches."

Wyma agrees with Houben that there may be new requests for internships at the Brome-Missisquoi clinic after they return to Holland. "It's like that when you find a really good place to practise."

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Brome County Community Billboard

Community Calendar

Sept. 15
"Trivia" Classic Rock & Roll featuring Marlene Summers at Cedric's Pub Friday night, and again Saturday, Sept. 16 at Townshippers Day in Mansonville, 2:45 p.m.

Sept. 16
While at Townshippers Day in Mansonville be sure to visit the Philipsburg Legion Canteen for lunches, snacks and drinks. Good food and competitive prices.

Sept. 17
The Brome Lake Runners Club will be sponsoring the 15th annual TERRY FOX RUN. The event will take place at St. Paul's Anglican Church on St. Paul Rd in Knowlton at 1 p.m. Registration is

\$5 or any amount participants my wish to donate, and will take place between noon and 12:45.

Please join us in this beautiful country setting to walk, run, jog or crawl to help raise money to find a cure for cancer. This is a perfect family event and everyone is welcome. As usual, free doughnuts and refreshments will be available after the event.

For more information contact Christopher Dunn at 242-2340 or in the evening at 539-4003. Pledge sheets are available.

The Missisquoi Historical Society invites everyone to attend its annual Apple Pie Festival on the grounds of the Missisquoi Museum at Stanbridge East from 2 to 4 p.m. There will be tent in the event of rain. Admission is \$5 for adults, \$2 for children 12 years and under, includes apple pie, cheese, ice cream, coffee, tea or cider, and a visit to the museum. Also free popcorn, live enter-

tainment and face painting. For more information please call 514-248-3153.

Sept. 18
The Wellness Volunteer Centre of town of Brome Lake is holding its annual meeting and afternoon tea for all volunteers and users of our different services. Please join us on this important occasion at 2 p.m. at the Legion Community Centre, 383 Knowlton Road. RSVP before Thursday, September 14 by calling 242-2020.

Sept. 19
Scouting registration (11-13 yrs) for the Bedford area will be held 7 to 8:30 p.m. at Butler School, Rix St. in Bedford. The Bedford groups are run bilingually and we have a strong tradition in camping and community involvement. Beavers (5-7 yrs) meet Tuesdays, Cubs (8-10 yrs) have their first meeting Tues., Sept. 26.

Exercise Classes at Knowlton Academy every Tuesday and Thursday from 6:30 — 7:30 p.m. Starting Now.

Call Pina Macku at 538-3063.

Exercise Classes for Seniors at Le Mount Echo, Knowlton every Tuesday and Friday from 9 to 10 a.m. Classes are also available in Sutton; contact Pina Macku at 538-3063

Sept. 20
Club de la Bonne Humeur Lac Brome is holding a tour of the vineyards at Domaine des Côtes d'Ardoise in Dunham. Guided tour, wine-tasting, \$25 per person. Departure from 5 Mill Road, Bondville at 11:15 a.m. For more information please call L. Lamoureux at 243-0800.

September 23
Registration for the 8th Annual Barry Ellson Memorial Car Rally will be held 10-11 a.m. at the Thirsty Boot. \$15 for rally and roast beef supper, \$10 for supper only. Start time is 11 a.m. There will be cash prizes, door prizes and the Broken Arrow band will play. Proceeds will go to the Knowlton Pony Club.

Artwork on display at gallery

Sutton: Three ways to make photographs fly

SUTTON (SM) — Photography takes on a new dimension when John Max, Serge Tousignant and Doreen Lindsay go into the darkroom.

The three Montreal artists are currently exhibiting their photographic works at the Arts Sutton gallery.

Some 300 attended the exhibition

which opened September 2 and will continue until October 9.

Doreen Lindsay says the show is an opportunity for her to work with two friends. The Montreal artist says although she lives in the city, her work reflects her craving for the natural order of nature.

Lindsay's artwork begins with a photo taken along a country road or perhaps the plants growing in her garden.

The right angle and lighting for the shot provide the basis for the artistic touch which comes later.

Lindsay employs the traditional photographic "touch-up" method once used by studio photographers to erase blemishes and create rosy cheeks.

Using transparent oils, Lindsay hand-colors the black and white photos, buffing natural shades with a cotton ball.

The result is softly colored wheat swaying in the wind or sun rays peering through a fall forest.

Artist Serge Tousignant says though he was not trained as a photographer, his work is almost entirely dependent on the quality of his photographs.

"What interests me is the creative part — and the form it takes afterward," he said. Tousignant's talent is in modifying photos by super-imposing one on the other to create a colorful melange.

John Max draws his inspiration from ordinary people in familiar situations. With meticulous attention to body lan-



Doreen Lindsay.

guage and form, his photographs tell a story of time and place.

The Artphoto exhibition includes two complementary exhibits of historic photos drawn from the albums of local residents and archivists. In addition, ten emerging young artists will exhibit their works during the five-week show, on display at the gallery and next door at the town hall.

The exhibition is rounded off by three workshop sessions of two hours each for anyone interested in learning more about art photography. For more info 538-2563.



Serge Tousignant: 'What interests me is the creative part — and the form it takes afterward'



The unusual work of John Max.

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Knowlton man gets to pick new car

BMP Foundation drawing scores a hit

By Sharon McCully

COWANSVILLE — Brome-Missisquoi-Perkins Hospital and Knowlton businessman Gary Royea were the big winners last week when the winning ticket was drawn for a \$25,000 car.

Royea got to choose his vehicle from any of Cowansville's five car dealerships, and the BMP Foundation retained \$60,000 for the purchase of vital hospital equipment.

"It was an enormous success, said foundation president Pierre Deragon. "We made \$20,000 more than last year on the draw, mainly because of the team of volunteers we had selling tickets and the participation of all the dealers."

All five members of the Cowansville Association of Car Dealers — Automobile Rocheleau, Bessette Automobile, Cowansville Toyota, Deragon Auto

Cité, and Honda Auto Cité — participated in the hospital fund-raiser.

Organizers say the high visibility of vans bearing the promotional material from each dealership was a factor in the success of the project.

"It seems wherever you went, there was a van from one of the dealers with someone selling tickets on the car," said BMP Foundation co-ordinator Paula Rozanski. Even Prime Minister Jean Chrétien was enticed into buying a ticket when he dropped in at the Paradis brothers' corn roast in Bedford.

A total of 20,011 tickets were sold, leaving the foundation with a net profit of \$60,000. The winning ticket, chosen by a patient at BMP Hospital, bore the name of Gary Royea.

The 27-year old Knowlton man, an entertainment booking agent for Grand impresario Pierre Gravel, spent an



The Keys, please: Flanked by sponsors and organizers, Gary Royea takes over his car.

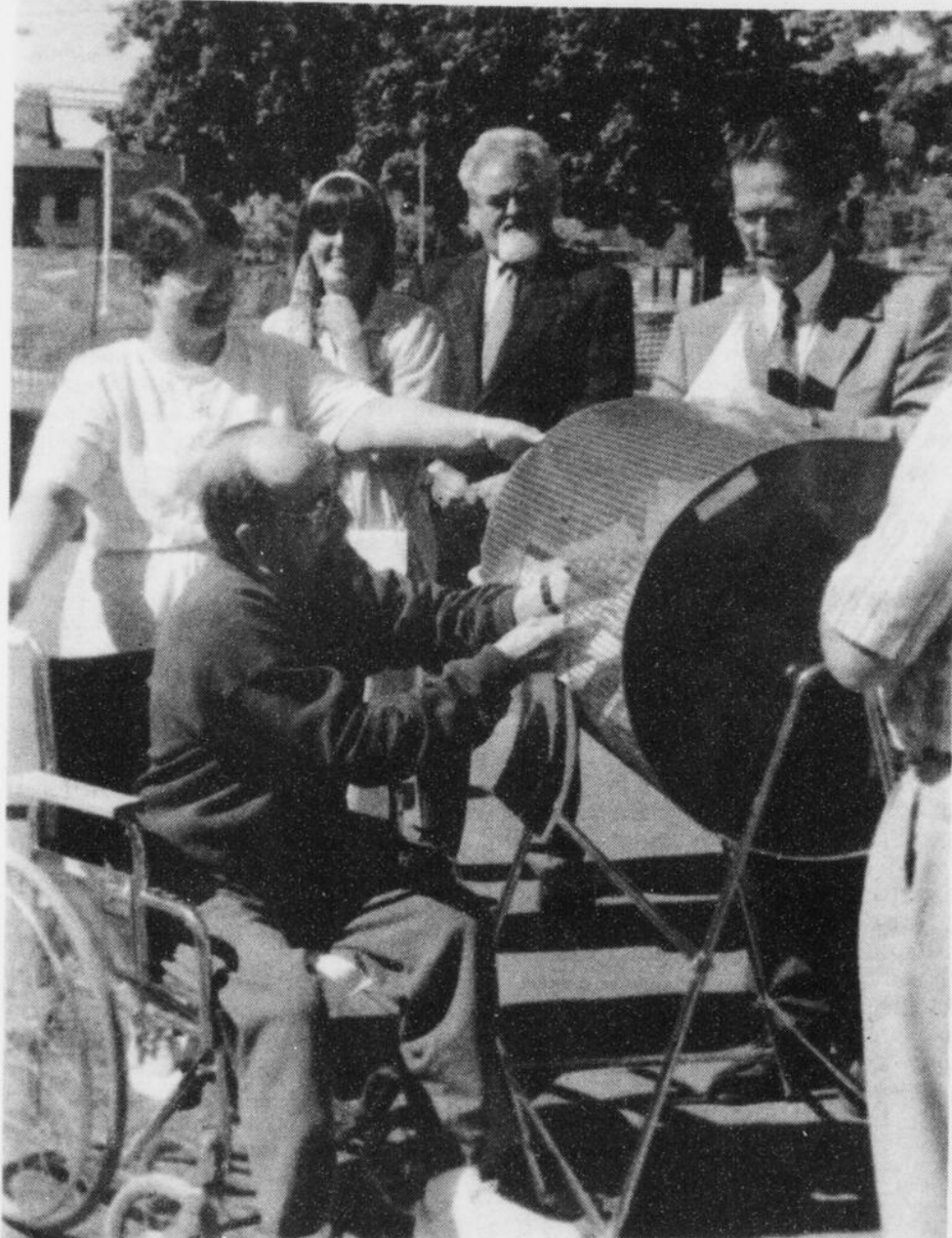
afternoon visiting all five dealerships before settling on a 1995 cherry red Mercury Mystique valued at \$25,000 from Deragon Auto Cité.

"We went to all the garages, but in the end I was drawn to Ford because our family has always been well served by

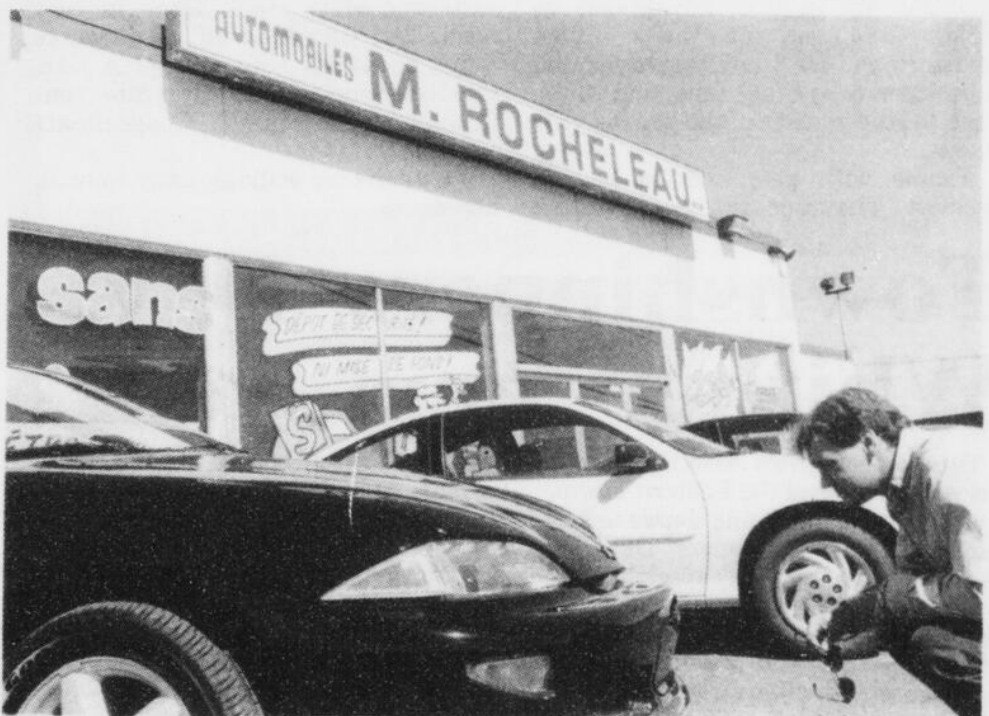
the dealership — and I liked the car," Royea said.

Since taking ownership of his new wheels last Friday afternoon, Royea has chalked up several hundred kilometers.

"It runs well, handles well," he said, "and frankly, I have no complaints."



A patient drew the winning number in the Brome-Missisquoi-Perkins Hospital foundation fund-raising raffle.



Winner Gary Royea took his time choosing his new set of wheels, visiting every dealership which participated.

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Stigma attached to such a harmless, therapeutic act

There are causes still to be championed and taboos yet to be trashed. One of them is the harmless practice of solitary communication, aka "talking to yourself".

Last week a woman seated alone at a Tim Horton restaurant was sipping coffee and having a grand old chat, complete with a few chuckles. The guy I was sitting with thought she might be a little off—this from a man who sits in the den with only a remote control for company, coaching, congratulating, and cussing people on a sports field in San Francisco. A person in the next room can tell the score just by counting the expletives—not to mention getting a detailed explanation of whose fault it is.

It's curious there is such a stigma attached to such a harmless, therapeutic act. Especially since most people do it. Of course they'd never admit it. But have you ever been stuck in traffic on the Champlain Bridge? Those people aren't singing along to the tunes with that expression on their faces. What's the big deal? Half the time we're talking to people who aren't listening and a fair bit of the time people are talking at us and not to us.

There are several advantages to talking to yourself: you always have an audience, you don't have to give yourself a backgrounder every time, and you're sure to find someone who shares your views.

People with pets and babies are luckiest. They can get away with it

Out of the Brome Closet

By Sharon McCully

without drawing suspicion. "That blankety-blank Jacques Parizeau and his blinkety-blink separatists... wrecking the country.. Isn't that right, poochy?"

Or the harried homemaker speaking in the melodic tones mothers reserve for drooling eight-month olds: "Daddy's late again isn't he sweetie-pie? Mommy worked hard to make this nice num-nums for da-da and he's still not home. Daddy's in b-i-g trouble, isn't he baby?"

Talking to yourself makes good sense—and it might just save your job or relationship. (It could get a little tricky if you're grey-haired and your children are already looking at brochures of treed 'resorts'). And naturally passionate discourses and uproarious laughter are best reserved for a walk in the woods.

But for the everyday stuff, go ahead. Talk to yourself. Mimic your mother's nattering while you're alone in your room. Tell your boss off while you're riding to work. Tell yourself a joke. Practise your speech. Organize your thoughts. Scold yourself. Congratulate yourself.

Just don't try walking away from an argument.

Référendum suicidaire et un processus couteux

La date du 30 octobre a été mentionnée récemment pour la tenue du référendum sur la souveraineté du Québec. Seulement, cette date n'est pas certaine car avec cette annonce le premier ministre a ajouté «ou en novembre».

On parle de la question de la souveraineté du Québec depuis longtemps. Les derniers vingt ans de discussions à ce sujet nous ont laissés appauvris, plus petits et toujours incertains. Les sondages indiquent peu de marge entre le Oui et le Non et un groupe de professeurs universitaires souverainistes et des experts en sondages disent que la tenue du référendum en 1995 tel que promis, est suicidaire.

Selon ces experts, bien que les Parizeau, Bouchard et Dumont préparent leurs troupes pour la bataille des batailles, ils courent le grand risque d'une défaite cuisante.

Selon eux, les trois obstacles majeurs à un vote favorable à la souveraineté sont: l'indécision trompeuse, l'érosion inévitable et une faible conviction.

Beaucoup de Québécois dont les votes sont nécessaires pour atteindre 50 pour cent des votes, demeurent attachés au Canada et plusieurs d'entre eux croient que l'on doit donner une autre chance au fédéralisme renouvelé. Il faut faire face au fait que la communauté canadienne est beaucoup plus réelle que bien des souverainistes veulent le croire.

Beaucoup de Québécois ne se sentent pas assez différents des autres Canadiens pour exiger un pays souverain. Ces gens seraient satisfaits d'une recon-

Entre Nous

Par Thérèse Bernard

naissance d'un Québec distinct. Ils sont devenus souverainistes en 1990, alors qu'une telle reconnaissance constitutionnelle leur fut refusée.

Ce sentiment a été à la source de l'élection du Bloc Québécois puis du Parti Québécois mais devant les problèmes économiques que l'État quel qu'il soit, ne peut régler, l'idée d'un Québec indépendant s'est affaiblie.

La langue qui avec l'État était à la base de la Révolution Tranquille n'est plus menacée selon la majorité des Québécois interrogés lors d'un sondage récent de Radio-Canada et seulement une faible proportion de Québécois interrogés croyaient que le français serait mieux protégé dans un Québec souverain. Et la langue n'est pas mentionnée dans l'avant-projet sur l'indépendance du Québec.

Il en est de même pour ce qui est du nationalisme de contrôle de l'État. Dans l'opinion publique l'État n'est plus l'outil important de développement qu'il était il y a quelques années. Et puisque les experts cités ici croient que la majorité des Québécois ne voient pas la nécessité de rapatrier ce qui ne sert plus très bien, pourquoi tout ce processus coûteux, pour utiliser l'expression anglaise: «Why bother».

Townshippers Day: Whither next year?

The Townshippers Association invites communities of the Eastern Townships to submit their candidacies to host next year's Townshippers Day, the Association's annual day of celebration.

Every year the association selects a town to host its official day of activities, entertainment, and annual general meeting, and to offer a community the opportunity to celebrate its unique character and local talent.

The Townshippers Association was founded in 1979 to promote the interests, cultural identity and vitality of English-speaking community of the Eastern Townships. Over the years, the association has evolved into an multifaceted organization with its activities

governed by a board of directors, various committees, volunteers and staff members.

Communities wishing to apply to host Townshippers Day 1996 are asked to include the following information in their letter: reasons and interest for hosting Townshippers Day and support from the municipality. Correspondence from interested communities must be received by November 15, 1995.

Communities interested in hosting Townshippers Day are asked to contact the association's office, 1945 Belvedere S., Ascot, J1H 5Y3, (819) 566-5717, for further details and to receive an information package.

Brome County historical society sponsors 25th annual crafts fair

An arts and handicrafts fair, sponsored by the Brome County Historical Society, will be held on Saturday, October 7 from 10 a.m. to 5 p.m. and Sunday, October 8 from 10 a.m. to 3 p.m., at the Oddfellows Hall, 476 Knowlton Road in Knowlton.

In what has become an annual event, exquisite work by Eastern Townships and area draftsmen and artists will be exhibited and sold at the event. Exhibits will include clothing, woodwork, quilts, weaving, nature craft, knitting, crochet, towns, jewellery, decorative items, there will something for everyone.

The craft fair is to be held less than 60 minutes scenic drive from Montreal on the Eastern Townships Autoroute, take exit 90 then on to Knowlton via route 243 then left on to route 104 (Knowlton Road).

In addition to a drive through beautiful countryside, visitors to the craft fair are provided an opportunity to meet the crafters, appreciate their talents and acquire their unusual products.

Refreshments are available on the premises. For further information please call 514-243-6782.



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Scouts' system saves parents from panic

Lost-and-found alive at big Brome Fair

KNOWLTON (SM) — Losing a child is every parent's worst nightmare. Finding them safe is their greatest relief.

Gail and Norman Laviolette say they owe their thanks to local boy scouts for helping them find their four-year old daughter Kelly, who wandered away from them at last weekend's Brome Fair.

Losing sight of a four-year old isn't difficult when there are tens of thousands of people strolling around the fairgrounds.

That's why the scouts have been manning a booth at the fair for several years, registering youngsters with identification labels in case they become separated from their parents.

Each child registered at the booth is given a number while the scouts record

the child's name, age, and a description of what they're wearing.

"The first thing we always do when we get to the fair every year is register the children at the boy scout booth," said the Robinson Bay mom. "We always did it as a precaution. I didn't think I'd ever need it."

But this year, as Laviolette and her husband 'Butch' stopped to chat with another couple and their children, four-year old Kelly continued walking.

"As I looked down to count the children, there were four instead of five," recalls Laviolette. "I just froze for a second then I yelled to my husband 'Kelly's gone!'"

Laviolette says the ensuing ten minutes of panic are the worst experience she can recall. "There was a real frenzy. I was running everywhere."

"Your mind takes over and you can't focus on anything except finding your child."

Laviolette says in those few dreadful minutes all sorts of horrors entered her mind. "My husband said 'what if someone took her?' I told him to run to the gate to make sure nobody left with her."

It was the scouts' identification label stuck to the inside of her shirt that finally reunited Kelly with her worried parents.

"A woman found her and brought her to the booth and they read her name-tag over the loud-speaker," Laviolette said.

"When I heard it, there was a woman

standing in front of me with an empty plastic push-cart, and I jumped over it without even saying excuse me," she said.

Kelly was pleased to see her mother, but a little confused about what all the fuss was about.

"She wasn't crying or anything," Laviolette said. The Laviolettes say they want to express their heartfelt thanks to the boy scouts for manning the booth at the fair each year.

"It was really there for us this year when we needed it and I'd like them to know how grateful we are," said Laviolette.



Mother and daughter reunited: 'You can't focus on anything except finding your child.'

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Nurses and social workers will respond

Medical help phone line in service Monday

FARNHAM — A new medical help line will be available in Brome-Missisquoi seven days a week, 24 hours a day, beginning Monday September 18.

The telephone line will be manned during the day by nurses and social workers at CLSCs throughout the Montérégie will answer calls.

After closing hours, an automatic telephone link with the CLSC Richelieu will respond. The service is designed to alleviate the worries of people in distress or simply those who are experiencing a difficult personal situation.

Whether it's a feverish child in the middle of the night or a person contem-

plating suicide, someone will be available to respond immediately.

The service does not attempt to replace emergency telephone services such as 911 designed for serious and immediate health problems. It is also not a replacement for the emergency youth protec-

Brome Lake: top gardeners earn honors

KNOWLTON — Brome Lake gardeners reaped what they sowed this week when awards were presented for the most spectacular gardens.

Peter Hartley was deemed to have

the greenest thumb for his efforts on his Durkee Road property in West Brome.

The aim is to relieve anxiety of people who are dealing with a medical or social problem requiring expert advice.

Officials warn the number of calls made to the Infosanté line can someti-

mes cause delays, but they encourage callers to remain on the line. The service is provided in both French and English.

To use the Info-santé line call 293-3622 or 266-3622 from anywhere in Brome-Missisquoi.

the greenest thumb for his efforts on his Durkee Road property in West Brome.

The annual "Maisons Fleuries" contest organizers paid tribute to a host of gardeners who have contributed to

Brome Lake's reputation for beautiful gardens, during festivities last Friday at the Brome Lake community centre.

First prize for Foster-Fulford went to Ginette Laurin with second prize going to Philippe Coiteux. Jacques Bégin and Louise dagenais received honorable mention for their colorful efforts.

B.D. Baily won top honors in East Hill and Tibbitts Hill followed by David Rankin. Ronald Gibbs and Mr. Sigounis also impressed the judges with their green thumbs.

In Bondville judges awarded top prize to T. Markey and second prize to C. Senecal. Honorable mention went to Réal Bessette and the Vetetese-Guilbert home.

West Brome gardener Michel Vennat was judged tops for the West Brome-Iron Hill sector, followed by Robert Menard. Honorable mention went to Jacques Bouchard, A. Picard, Lorne Scott and Olive Shields.

Brandon Sykes was judged first place winner in Knowlton with second place going to Keith Mizener. The judges were also impressed with the work of Cecil Hook, Bernard Lavigne, Marie Bessette, John Streeter, T. Korman, Maurice Ellis and W. Oes.

Ralph Lauren Polo Shop was judged the best commercial entry in the contest, followed by Produits pétroliers Lavigne. Honorable mention was awarded to Auberger West Brome, Auberger du Joli Vent, Marina Quai 7, Le St-Raphaël, Bank of Montreal, Knowlton Pub, B&B Victoria, La Canardiere.

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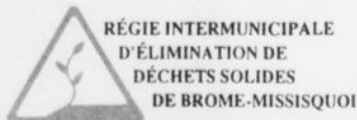


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Autumn Leaf Collection

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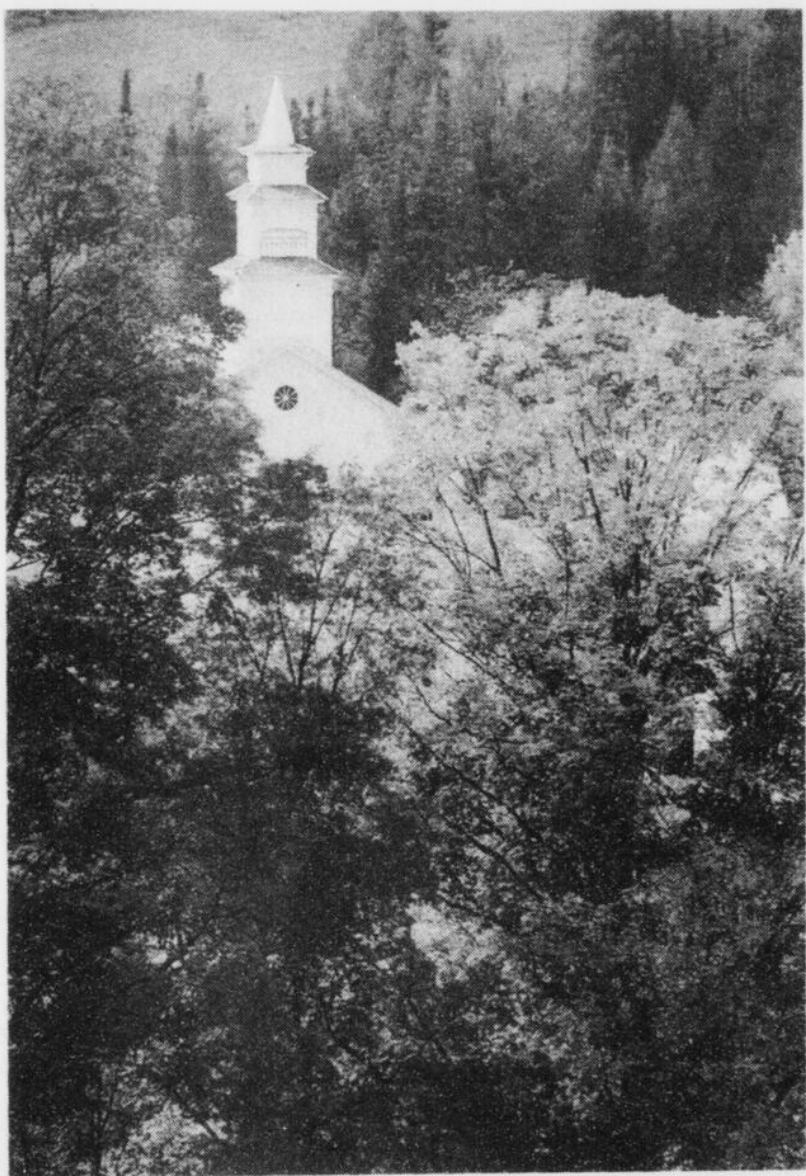
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The Eastern Townships: Nature

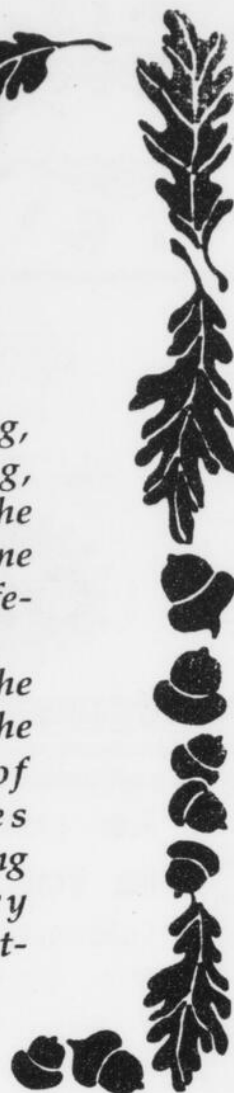


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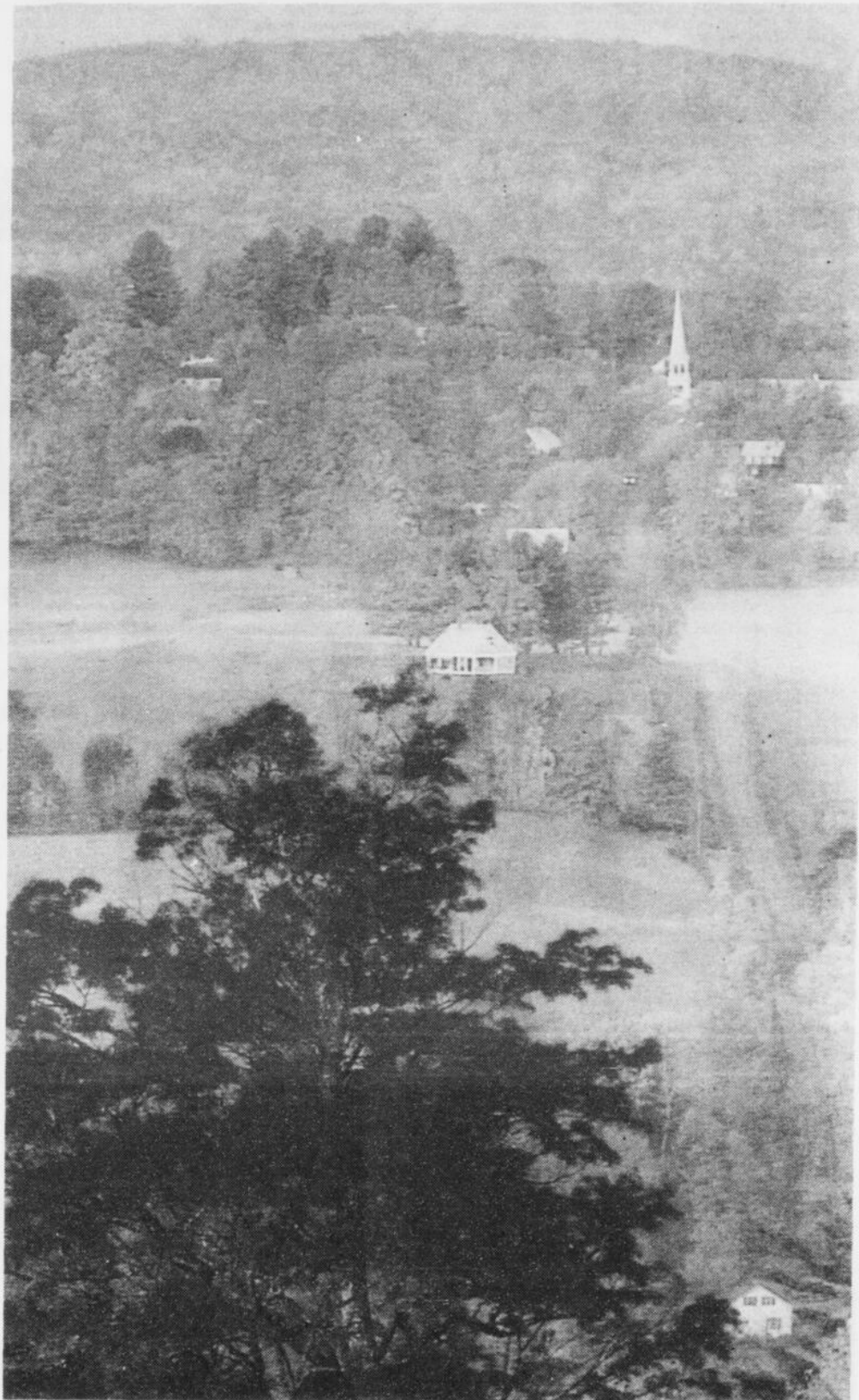
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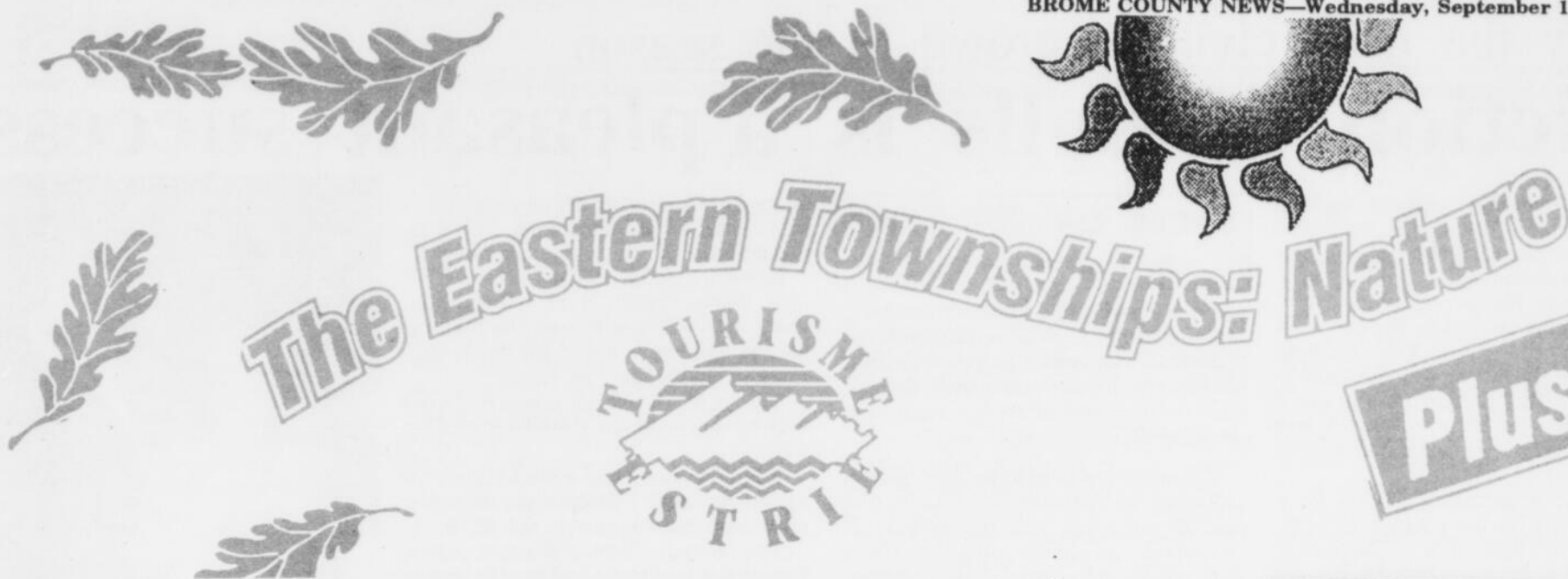
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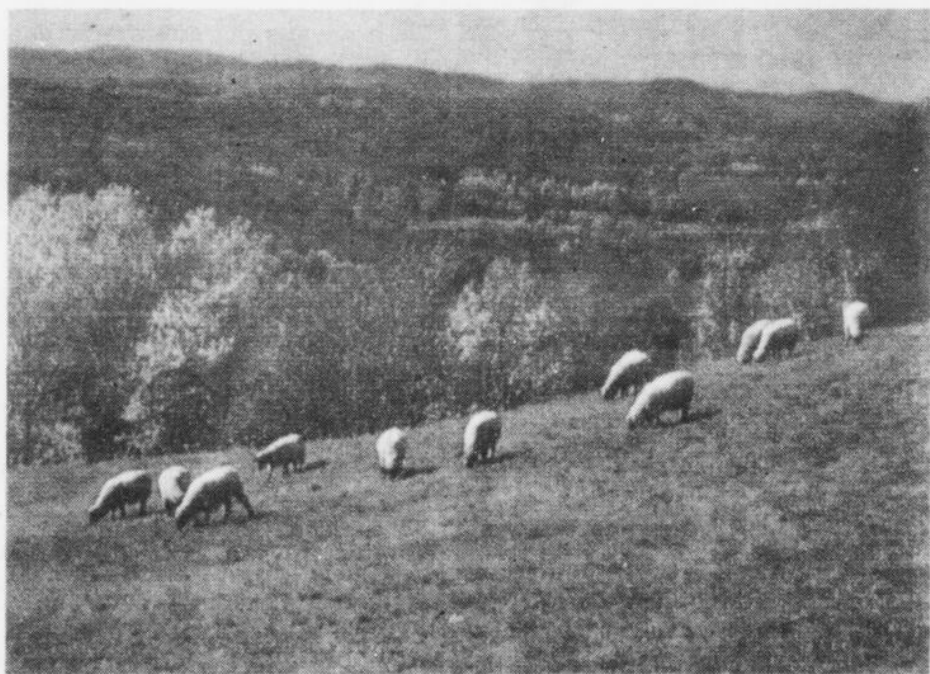


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Auction of dolls is a pleasant success

The first-ever doll auction to be held in the Eastern Townships was held August 26 at the Richmond community centre with auctioneer Brian S. Barrie.

Recognizing the success of this event, I feel certain it will not be the last such auction for this area. The estimate expected by the owner was outdone by some \$4000. This auction brought many doll collectors out of the woodwork and gave them a chance to meet and discuss their hobby.

I had the opportunity to chat for a moment with Barbara Arpin of Montreal, who is a specialist in the field of antique dolls. Curiosity brought her out to see for herself how dolls will sell in a market that is just opening up in this area, unlike Ontario and the States where doll auctions are more common

Seems Like Old Times

By Jean Murray Chute

and the business is very competitive.

I also spoke with Mrs. Scrossotti of Stanstead who is new to doll collecting but has acquired in excess of 40 dolls in a short time, and after this auction is closer to 50.

The auction was held for Mrs. Eileen Lukassan of Cowansville, who for the past 20 years has collected dolls of all imaginable characters and ages. There were plastic dolls, vinyl dolls, composition dolls, bisque dolls, china dolls, rag dolls and more.

Included in the antique dolls offered was an 8-inch Gerbruber Knock that

fetched a winning bid of \$230 from Pierre Bevelacqua of Sherbrooke. This was my favorite of the whole auction.

It was a case of love at first sight for Mrs. Velma Wright, avid doll collector from Sherbrooke who won the bidding for the 33-inch Armand Marseille doll marked 3903a14M, at \$900.

The A.M. Rosebud marked A50M with bisque head and cloth body sold for \$190.

A Nippon baby had a slight crack on her bisque head, with open mouth, teeth and sleep eyes and sold for \$270.

The 18-inch German Kestner was a beauty but had three bad breaks on her head, and still brought a very respectable price of \$150.

The two dough boy dolls were sold choice and ended up both selling for the same price of \$180 each to two different buyers.

The character dolls did well with star



It was a case of love at first sight for Mrs. Velma Wright, who won the bidding for the 33-inch Armand Marseille doll at \$900. It was princess Leia by Kenner being sold for \$60 followed by Star Trek's Dr. McCoy selling for \$62.50 and Capt. Kirk at \$52.50.

The movie star characters didn't do so well with Farrah Fawcett winning with the high bid of \$40, and Brooke Shields struggling to get \$15, with Cher in the middle with a bid of \$30.

The Shirley Temple in original box by Ideal sold for \$240, and to my surprise a Shirley Temple look-alike with a cracked face sold for \$330. Go figure!

Two black dolls sold together. One was a complete composition named Topsy and the other a vinyl named Kimmy. The pair sold for \$200 to a Montreal collector who was interested only in the composition, and very generously gave the other doll to a delighted young doll collector sitting behind her.

This was surely the most civilized auction crowd of the season. Everyone smiling, exchanging pleasantries, sharing knowledge, inviting the competition to visit their collections. What a refreshing change from head to head confrontations that have been par for the course this season.



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Letters

Lack of action has created two classes of citizens

EDITOR:

Before the old saw mill located at the junction of highways 104 and 139 in West Brome closed down about three years ago, it was a small operation with limited normal hours of operation, and kept mostly to the east side of the highway. This new mill is altogether different.

I had tolerated this new operation for over a year and have spoken to the mill management many times regarding the noise at 6 a.m. I finally called the police in May '95. They investigated and give numerous warnings about the bylaw infractions.

These warnings were ignored and a violation ticket was issued. This ticket was stopped from going to court by Mr. J. Bouret, the town manager. The town's legal opinion was that the existing bylaws are not enforceable. I was not advised of this decision and continued to suffer by this inaction.

At the August town meeting, I presented to the town council an amendment to the existing industrial bylaw, stating that "all outside activity, including deliveries and loading and unloading, must be conducted between 8 a.m. and 8 p.m. Monday to Friday and on Saturday from 8 a.m. until noon only." This does not prevent anyone from operating his business 24 hours a day inside his building.

Mr. George Bristol, councilman for West Brome's, response was that I should move out of his area if I cannot stand the noise. Council said that I would get an answer to my amendment at the next meeting.

At the September meeting, Mr. Bristol now said he checked and did not hear any noise. My reply to that was that he did not know what he is talking about.

After the meeting I spoke to the council member on the bylaw committee and

showed her the pamphlet from the Ministry of Justice on the Civil Code regarding noise. She replied that this covered only residential areas. I have since checked with the Minister of Justice's office in Quebec, and this Civil Code law is universal and does not distinguish where a person lives and covers all areas and zones.

I then spoke to Mr. H. Blackwood, the mayor, who responded that I should bury my head under a pillow. I am sure this reply was meant as a joke. However I do not find being awake at 5:50 a.m. by a log skidder very amusing, nor having to keep all my windows shut throughout the summer as being healthy, and is also against the Environment Quality

Act Q2, Art. 19.

Since June '95 this administration has known that their bylaws are useless and has done nothing. This lack of concern and action has created two classes of citizens — one that lives in residential clusters with peace and security, and then there is the rest of the town of Brome Lake with no peace or control. A free for all, do as you like zone. This is irresponsible and this conduct is suitable in a Banana Republic where money and political power is the only voice that is acted upon. OJALA SENOR GEORGE BRISTOL.

Sincerely,

E. Rejdak
West Brome

West Bolton: A situation which borders on anarchy

Dear Sir,

I would like to bring to your attention a situation which borders on anarchy, which exists on the part of Stage Coach Road which is in the municipality of West Bolton.

This part of Stage Coach Road is zoned agricultural. An absentee landowner decided, with no prior agreement from the municipality of West Bolton, to lease his land out, on a 30-year lease, to an organization called "The Black Powder Society".

This society is dedicated to random shooting at pre-set targets in a densely wooded area, with no regard for wildlife habitats. When the municipality of West Bolton became aware of this, they informed both the owner and the president of the society that no permits would be issued for this kind of activity, since it contravened all municipal bylaws.

Instead of re-locating to an area which is zoned for these types of activities, the society proceeded to hold their "shoot" by the simple action of getting the absentee landowner to hold a "picnic" for his "friends", the members of the society, thus thumbing their nose at the duly elected members of the West Bolton Council.

The residents of this area have twice been subjected to a day, when shooting started at 9:30 a.m. and continued steadily with shots occurring at about five-minute intervals until 5:30 p.m.

This kind of circumvention of laws and subjecting other landowners to a frightening day, seems to me to border on anarchy, where anyone can do anything they want to, and to hell with laws and everyone else.

Yours truly,

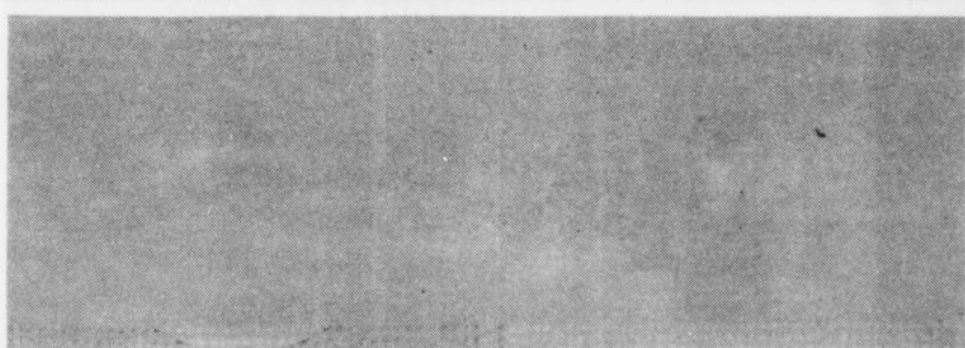
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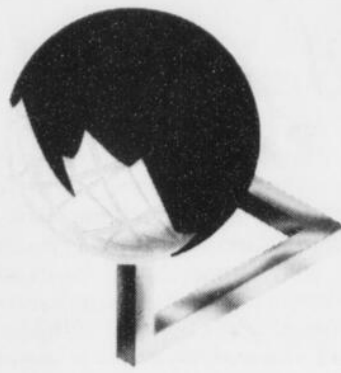
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Canada

Pressure is expressed in a ratio High Blood Pressure: It's the Silent Killer

In North America, where people are obsessed by productivity, stress is present everywhere. Since it is a strong triggering factor in genetically predisposed people, it's no surprise to see that nearly 40 per cent of the North American population will develop hypertension, half of them having to undergo pharmaceutical treatment for it.

At first sight high blood pressure causes very few obvious problems, but its long term consequences are frightening: increase risks of heart attacks and strokes, hemorrhaging, heart failure, kidney problems — nothing very reassuring.

It's mainly because we can't feel the bad effects of blood pressure until it is too late that it is so important to detect and prevent this deadly disease, unless it will silently progress to severe stages, gradually affecting key organs, and finally reality will dramatically catch you.

From 90 to 95 per cent of hypertension patients suffer from what we call "essential" or primary hypertension, which means that we can't identify a clear cause for their high blood pressure. We measure two kinds of arterial blood pressure — the systolic blood pressure (SBP), which roughly corresponds to the maximum pressure in the heart, and the diastolic blood pressure (DBP) which, in simple terms, represents the resistance that the arteries offer to blood flow.

The pressure is expressed in a ratio: SBP/DBP. Average normal values are 120/80. As we grow older though, these values tend to increase slightly. At a pressure above 140/90, we start talking about high blood pressure, and above 160/100, normally treatment is started, especially in the presence of other risk factors for heart disease or stroke. To

The Health Beat

By Jean-François Richard

diagnose hypertension, such a reading has to be obtained in three consecutive visits to your doctor.

It is now clearly accepted that a reduction in diastolic pressure can decrease the risk of stroke by 35 to 40 per cent and the risk of heart attack by 15 to 20 per cent in three years. This confirms the need for treatment.

A non-medicated approach is always the first step in blood pressure control, and must be continued for many years. Many medications are also used to control blood pressure and most of them are very effective, but some will suit certain kinds of patients better than others.

But the key of a successful therapy remains the regular intake, as recommended, of the prescribed treatment. Today the leading cause of failure of blood pressure treatment is lack of compliance by the patient who underestimates the severity of his problem. A regular follow-up of the blood pressure, either at home or in the hands of a health professional gives the patient a sense of responsibility and a good idea of the effectiveness and need for the treatment.

To learn a little more about blood pressure I invite you to my presentation, Monday, September 18 from 7:30 to 9 p.m. at the Knowlton community centre, 383 Knowlton Road. Coffee and doughnuts will be served and I will gladly try to answer your questions.

Jean-François Richard is a pharmacist at 242-1444, 305 Knowlton Road — Obonsoins Member

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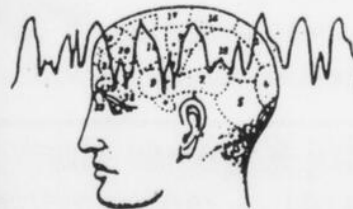
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Hazardous household waste collection set for B-M MRC

Lucky are the citizens of Brome-Missisquoi MRC because the *Régie Intermunicipale d'élimination des Déchets de Brome Missisquoi* — the agency which manages the landfill near Cowansville which serves our entire MRC — is sponsoring its third hazardous-waste collection day.

The collection is to take place Saturday, September 23 from 9 a.m. to 5 p.m. in the arena parking lot next to Massey-Vanier High School in Cowansville.

To quote the excellent flyer that was distributed this weekend, "This morning, you threw some leftover paint in the garbage and poured a little used turpentine down the drain. 'Good riddance' you say! Don't fool yourself... You mean 'Until we meet again'."

When you throw out your household hazardous waste any old way, you're causing irreparable damage to the environment and to the food chain. What's more you're putting your health in danger and, in some cases, your life.

What to bring? Most commercial household cleaning products, including

disinfectants, drain decloggers, floor and furniture polish, cleaners for ovens, metals, rugs and upholstery, toilets, windows, silver polish, medicines, nail polish removers, fungicides, herbicides and insecticides, mothballs, poisons, paints, preservatives, car and household batteries, brake fluid, oil, antifreeze, body fill, transmission fluid, butane lighters and cylinders, fluorescent lights, lighter fluid, photographic chemicals, propane canisters, swimming pool chemicals, aerosol cans, and the list goes on.

Combine forces with some neighbors to make fewer vehicles travelling to Cowansville on the 23rd — but one way or another, please get all those household hazardous waste products disposed of in the correct way — not put out with your regular garbage which ends up in our landfill.

If in doubt, don't throw it out — bring it to the HHW depot. Let's increase our participation even more this year — let's prove that here in this area we care about our environment.

Bowling alley in Cowansville

COWANSVILLE — A new 16-lane bowling alley opened in Cowansville last week, to the background of fiddle music and crashing pins.

The spacious air-conditioned building with fully automated controls includes a licensed bar, a snack bar, a reception room and pro-shop. It's also equipped with a pool table for between-game entertainment.

The high-tech alley is adapted to accommodate wheelchairs and a special

ramp has been designed to allow children and handicapped people to enjoy the sport.

Denis Riel, an owner of the new facility, said the bowling alley is designed for family fun.

"It's an activity that can be enjoyed with children or with senior citizens," Riel said. The alleys, managed by Claude McKenzie, will be open seven days a week with a special Sunday brunch from 8 a.m. to noon. For information call 266-7511 or stop by 809 South Street.



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- 7 For Rent
- 20 Job Opportunities
- 21 Sales Reps Wanted
- 31 Travel
- 60 Articles for Sale
- 62 Machinery
- 70 Garage Sales

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ST. ARMAND — 5 acres, brick home, small sunroom, 3 bedrooms, gazebo, small barn, fruit trees. \$130,000. Call (514) 248-3271 or 248-7424. 18995

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10 Rest Homes

ELDERLY PEOPLE WANTED. Are you a mobile person that would like a room on a farm in the country. I have a private room with a pleasant atmosphere at a reasonable price just for you. So give me a call (514) 294-3034. 18973

20 Job Opportunities

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BABYSITTER WANTED. Requesting mature, bilingual woman to take care of 3 pre-school children. 1-2 mornings a week. References required. Call (514) 263-7948. 18962

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. 206, 1501 17th Avenue S.W., Calgary, AB, T2T 0E2. 18961

NANNY WANTED — Full-time babysitter/nanny wanted for 3 young children, to work in our country home. Looking for a reliable, organized, mature and experienced woman to create a warm, structured atmosphere. House-keeping expected. References required. Call (514) 263-2880 ext. 3267 from 8 a.m. to 4:30 p.m. 18978

SALESPeople NEEDED to sell toys, gifts, home decor for C & M Gifts. Two full colour catalogues. Exclusive items, low prices, no investment. Call (519) 258-7905. Fax (519) 258-0707. 18912

25 Work Wanted

TRANSLATION from French into English and from English into French. Have computer and fax. Call (514) 266-0550. 18986

26 Courses

NEW FLAMENCO SPANISH DANCE starting September 18 in Waterloo and Bedford. For information please call Patricia (514) 248-0960. 18940

Thank you for putting your heart into it!

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BUS TRIP: BRANSON October 10-19. It's a "Go". Seats still available. Leave Knowlton, Cowansville, Bedford, Carol Soule, Escort, Bedford Travel, Quebec permit. Call 1-800-363-4545. 18959

32 Music

BAND PARENTS — All musical instruments for school classroom use. Sales, leasing and rentals. New and used. Fast service. Free 36 page catalogue. Musicare Inc. 1-800-361-3323. 18912

40 Cars for Sale

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45 Boats

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60 Articles for Sale

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ANTIQUe SLEIGH & BUGGY, both in very good condition for refinishing. Call (514) 243-5980. 18970

ANTIQUe CASTIRON BATHTUB on legs, \$125. Call (514) 248-3271 or 248-7424. 18999

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STEEL BUILDINGS — Building from future Q20x50 \$5975. Q35x60 \$8810. A30x38 \$7626. S25x40 \$7271. Ends, sliding door included. Arches only Q42x54 \$6943. Q42x66 \$8543. GST, freight to Quebec City. 1-800-668-5111. 18912

61 Articles Wanted

IF ANYONE has any white or unbleached cotton sheets, or wooden coat hangers to give away, the Brome County Historical Museum could use them. Please bring them to 130 Lakeside in Knowlton. Thank you. 18997

WEIGHT BENCH and free weights; baby booster car seat. Call Diane (514) 266-1004. 18960

JOHN DEERE TRACTOR No. 510 with front-end loader, \$3,500. M.F. tractor No. 135 with front-end loader, \$5,000. 2 lawn tractors, 11 h.p. and 8 h.p., \$400 each. 2 snow tires, 194/14 on G.M. rims, 1985, \$40. 2 snowblowers \$350 and \$600. Garage or barn fan, \$60. Call (514) 263-2976. 18974

66 Livestock

GOATS — Several Nubian cross does and one buck. Six months to five years. Bedford area. Call (514) 248-2882. 19002

68 Pets

LOOKING FOR a good home for my 3 year old Rottweiler. Loves children and a good watchdog. Call (514) 372-3310; after 4 p.m. (514) 266-5503. 18987

ST. FRANCIS KENNEL and Obedience Club is beginning dog obedience classes September 19 at Knowlton Academy. Registration will begin that evening at 6 p.m. starting with the puppy and basic classes followed by beginner novice and novice classes. For information call Diana (514) 379-5314 or Joyce after 5 p.m. at (514) 263-6510. 18880

70 Garage Sales

SUTTON Books, books, books. Scarce, unusual. All kinds. All prices. Saturday, September 16, under tree beside Cafe Mocador, 11 a.m. to 5 p.m. Weather permitting. Don the Bookman. 18993

SOUTH BOLTON Big Garage Sale. Antiques, gable, some furniture, old trunks, 2 snowblowers, etc. Saturday, September 16 only (9-5), near corner Routes 243 and 245. 18984

82 Home Improvement

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83 Lost

REWARD: AMY — Golden Retriever, female, missing since September 6 from Mt. Echo Kennel, 1501 Mt. Echo Road, Sutton. Reward for information leading to her recovery. Please call evenings (514) 243-5210, weekdays 242-2050, weekend days 243-0123. 18996

89 Personal

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the Record

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As the region's only daily community newspaper, **The Record** is committed to bringing its readers news that is important to them.

To begin receiving **The Record** at your home or office, simply fill out the attached form and return it to our office at 88 Lakeside, Knowlton, or call us at 242-1188.

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Brome briefs

MAGOG — Brome-Missisquoi MP Denis Paradis met with all 37 mayors of municipalities in the riding last weekend in Magog to discuss issues of concern to municipal leaders. Paradis said the mayors used the occasion to talk about federal jurisdictions such as customs offices, unemployment insurance and three-way agreements.

"The thing they told me most is how much they like the infra-structure program," Paradis said. "It's brought jobs to the region and took care of a lot of work that had to be done."

COWANSVILLE — Have a burning question about the Masons? On Saturday, September 30; Masons will open Lodge No. 37 in Cowansville to the public from noon to 4 p.m., and members will be on hand to answer any questions. This fall marks the 125th anniversary of the Grand Lodge of Quebec Ancient Free and Accepted Masons. It

also marks the 100th anniversary of Corner Stone Lodge No. 37 in Cowansville.

KNOWLTON — A headline over a letter to the editor in last week's Brome County News may have led some readers to conclude Mont Echo residence is a dangerous place for seniors. Not so.

But it can be dangerous for elderly residents forced to hug the shoulder of the road as they attempt to walk to and from the residence without benefit of a sidewalk.

It is equally dangerous for youngsters attending a daycare along Mont Echo Road and for shoppers who venture beyond the corner of Knowlton Road.

At Tuesday's meeting of town council Mayor Homer Blackwood told one concerned citizen that sidewalk construction at the recently developed corner of Mont Echo and Knowlton Road, is presently under consideration at town

hall.

Town clerk Catherine Bouchard said Jean Bourret, supervisor of public works, is presently studying the cost of constructing a sidewalk. "He's checking to see what is involved," Bouchard said.

"There may be a need to expropriate if there isn't enough room along the road and he's looking at the cost."

KNOWLTON — Brome Lake police can once again sip their freshly brewed java from coffee shops in West Brome.

Police chief Peter Stone banned members of the force from stopping for coffee at popular local diners in West Brome following a complaint from used car dealer Luc Bates that he was being harassed by a town police officer. Stone lifted the ban after Municipal Court Judge Michel Brun threw out two tickets issued by Brome Lake police to Bates.

Stone said the matter is now closed.

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