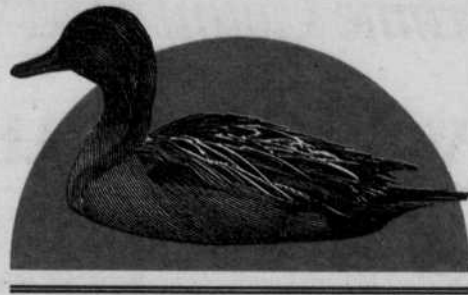


Brome County NEWS



TUESDAY, MARCH 9, 2010



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Potton youth share their employment vision

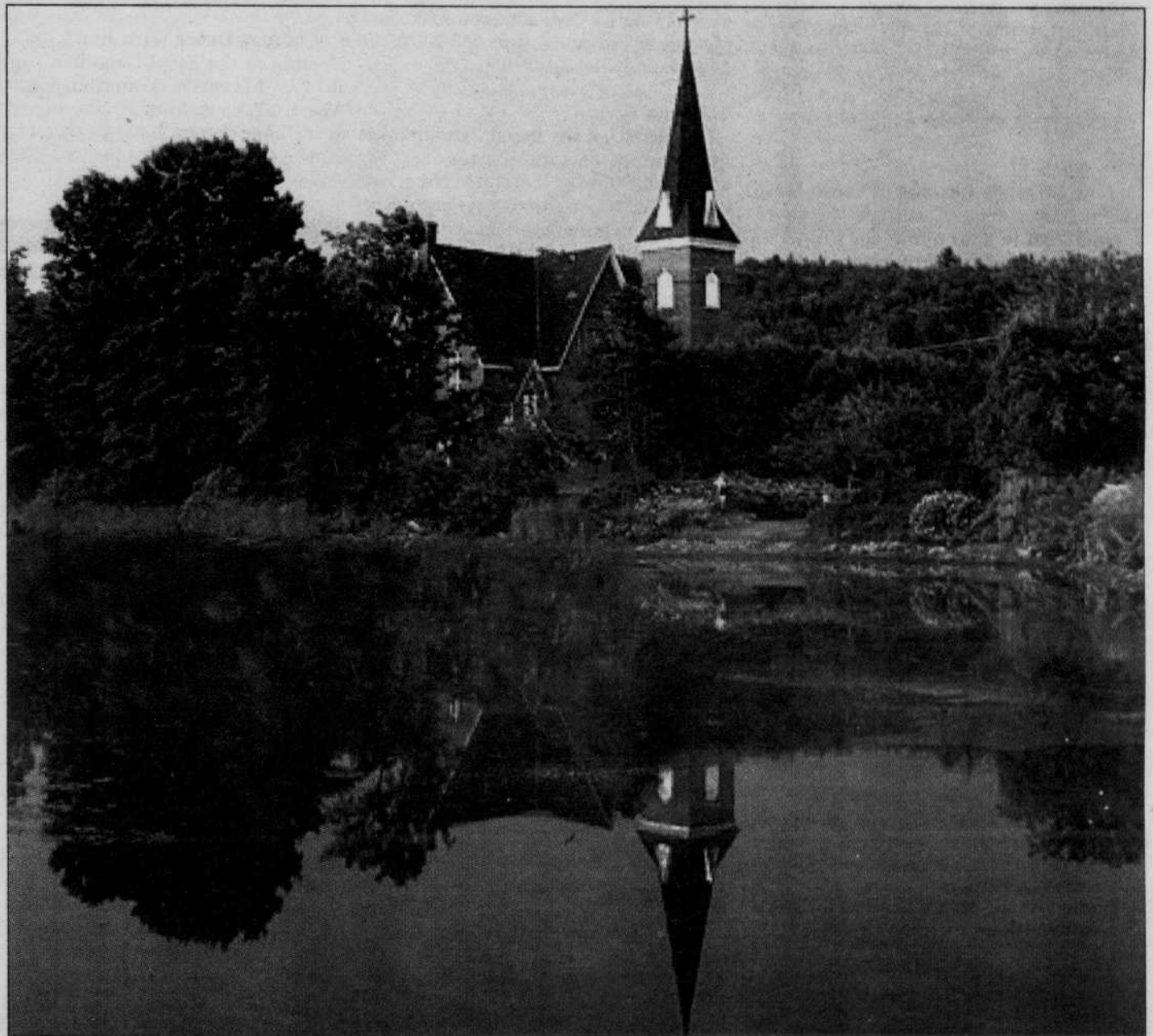


By Mable Hastings

On Saturday, February 27, the Missisquoi North Youth Centre, Centre Jeunesse Emploi and the Municipality of Potton held a Youth Employment Vision session at the Youth Centre. Youth speakers of all ages presented speeches on their views, experiences, dreams and hopes for employment in Potton. The audience was made up of the Mayor of Potton, Jacques Marcoux, Jacques Herbert, Diane Marcoux, Michael Head and Christian Rodrigue who are all members of the Potton Municipal council as well as Fanie Lebrun from the Forum Jeunesse Estrie. Also in attendance were, Yolande Lemire CJE coordinator, Paul Martel-Community Organiser CSSSM, Trish Wood-Recreational Coordinator for the Municipality of Potton and parents, friends and staff. The session was very enlightening and youth were well spoken.

Whither Lac Brome

With comments and criticism heating up in the Brome Lake blogosphere, Marc Clerk chimes in with part two of his assessment of the problems facing the community



COURTESY DESTINATION KNOWLTON

The scenery around Brome Lake is as beautiful as ever but some residents, including Marc Clerk, are questioning whether the picturesque locale can compete as a viable tourist destination amid numerous other Townships attractions. For the whole commentary, see Page 5

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Brome County Community Billboard

COMMUNITY CALENDAR

March 11

St. Patrick's Soup & Dessert Luncheon at All Saints Anglican Church, Dunham, Qc., on Thursday, March 11 at 12 noon. Donation: \$8. Cards to be played immediately following lunch. Reservations: Joan 450-295-3341 or Claire 450-295-2349.

Health matters: Coping with grief. DVD presentation and discussion led by Rev. George Campbell (Care and Share) focusing on types of loss of a partner, job, autonomy. Thursday March 11, 9 a.m., Cowansville CLSC, 397 rue de la Riviere. Contact Kate Murray, Townshippers Association at 450-242-4421 (1-877-242-4421) or km@townshippers.qc.ca.

March 13

An Intimate Evening of Celtic Music and Gaelic Song, Saturday, March 13, from 7:30 to 9:30 pm at the Knowlton Theatre (Théâtre Lac-Brome, 9 Mont-Echo, Knowlton) The Montreal Celtic Festival Foundation has relocated to the Eastern Townships, and is pleased to invite you to its first event in the area, featuring Maeve Mackinnon, an award-winning Gaelic singer from Scotland, as well as one of Montreal's best Celtic musicians, Dave Gossage, accompanied by Michael Ayles. Tickets: \$18 in advance / \$23 at the door (one hour prior, if available) - Call 450-292-3456, ext. 228 or buy online www.montrealcelticfestival.com.

TOWNSHIPS BLUEGRASS AND OLD TYME MUSIC SOCIETY invites you to an afternoon and evening of wholesome entertainment on Saturday, March 13, at the Royal Canadian Legion, 77 Lewis St., Waterloo. Guitars, banjos, fiddles, man-

dolins will be played with enthusiasm and skill by our members and invited guests. Come and hear the old songs and join the fun. The afternoon jam runs from 1 p.m. to 5:30 pm. Supper for a modest fee between 5:30 and 7 p.m. . Stage performances run from 7 p.m. to 10:30 p.m. Admission is \$5 at the door for members and \$10. for non-members. We look forward to seeing you.

Mental Health & Well-being support Group Meetings held at United Church, 234 Knowlton Road, Knowlton, from 2 p.m. Having difficulty coping? Not sure how to support someone suffering from mental illness? Or maybe you just want to be more informed? Info: 450-243-0928 or pleasantvalley@sympatico.ca

March 14

Breakfast at The Royal Canadian Legion, Branch #99, 120 Davignon, Cowansville on Sunday, March 14, from 9:30 a.m. to 12:30 p.m., with eggs your way, bacon, ham, home fries, and Gloria's famous baked beans. Adults: \$6. Children 5 to 10 yrs.: \$3. Under 5 yrs: Free. Info: (450) 263-3543 Everyone welcome!

Come and celebrate St-Patrick's Day with Smokin' Country, starting at 3 p.m on Sunday, March 14 at Royal Canadian Legion, 120 Davignon, Cowansville. A party atmosphere is guaranteed, so come dance and spend a fun afternoon with us. Don't forget to wear your greens and your lucky Shamrocks. Several prizes and draws will take place. (450) 263-3543. Come and have fun with us.

All-You-Can-Eat Brunch. Eggs the way you like them. Donation \$7. a person and \$3.50 for children 8 and under. Sunday, March 14, 10 am. to 1 pm. Sutton Legion, 2 Curley St. Info: 450-538-2210.

March 16

"Life Online" What is Facebook? Have you ever bought something on Ebay? What about using a credit card or banking online? We'll have a panel of experienced internet users to answer questions, and an employee from the Caisse Populaire to reassure you about money security. 6 - 8pm Discussion starts at 6 but everyone's welcome to a potluck supper at 5:30. Avante Women's Center, 2 Adhémar-Cusson, Bedford, 450-248-0530 avantebarb@bellnet.ca

March 17

St. Patrick's Day Luncheon, Wednesday, March 17, 11:30 a.m. - 1 p.m. Cost: \$8 per person. Door prizes and raffle. Sponsored by the Ladies Auxiliary of Br. #77 Legion, 77 Lewis St., Waterloo. We hope to see you there.

March 20

Corned Beef and Cabbage Supper with dance to follow with County Line. \$15. a person. Supper is at 6 pm., dance is at 8 pm. Sutton Legion, 2 Curley St. Info: 450-538-2210. Please call ahead. Take out available.

Country Dance with music by Gary Darling at the Royal Canadian Legion, Br. 77, 77 Lewis St., Waterloo, Saturday, March 20, 8 p.m. to 12:30 a.m. \$6 per person. Come on out, have a dance and socialize with us! Info: 450-539-3436

CHURCH SERVICES

CREEK/WATERLOO PASTORAL CHARGE.

Sunday worship with music. Creek United, West Bolton: 9 a.m. Brill Road. St. Paul's United, Waterloo, 10:30 a.m. Communion services for both churches are held on every first Sunday of the month. Beginning January 3, St. Paul's Services will be held at Place Primevere, Leclair Street during January, February and March. No services in the Church Sanctuary during winter months. Everyone is welcome. The services will be held in the reception room. All are asked to remove winter boots at the entry. David Lambie, Minister. For information or to leave messages call: 450-539-2129. Everyone is welcome.

ST. PAUL'S ANGLICAN CHURCH

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

KNOWLTON-MOUNTAIN VALLEY PASTORAL CHARGE.

Worship and song with Rev. Ryk Allen officiating.

Mansonville United - will be closed until Palm Sunday.

Bolton Centre United -No service until Easter

Knowlton United, 234 Knowlton Road - 11 a.m. - every Sunday (handicap access)

EMMANUEL UNITED CHURCH

"Soul food for open hearts and minds." 203, rue Principale, Cowansville. Faith community in action. Worship service and Sunday School both start at 10:30 a.m. All children are welcome! March 14: Keith Whittal, Worship Leader. Susan Reininger, Music Director. Info: 450-263-0204.

ALL SAINTS ANGLICAN CHURCH - DUNHAM.

Sunday Services and Sunday School at 9:30 a.m. - all welcome! The Rev. Sinpoh Han. Information: 450-263-0431

ANGLICAN PARISH OF BROME:

Sunday, February 28 - 9 a.m. St. John the Evangelist, Brome. Holy Communion - The Rev. Allan Gault.

EGLISE CATHOLIQUE ST. EDOUARD CATHOLIC CHURCH

366 Knowlton Rd., Knowlton. Vous êtes invités à participer à une messe bilingue tous les dimanches à 10h30. You are invited to participate in a bilingual mass every Sunday at 10h30.

TRINITY ANGLICAN CHURCH

409 South St., Cowansville. Why not join the Reverend Allan Gault and the congregation of Trinity Anglican Church, Cowansville, for a Eucharist every Sunday morning at 11 a.m. We'd love to welcome you. Info: 450-522-1012 or 450-538-4178

SUTTON - DUNHAM UNITED CHURCH PASTORAL CHARGE

A warm welcome awaits you at our Sunday worship services at Dunham at the Martins, 4008 Principal, Dunham, at 9:15 a.m. and in Sutton at Nancy Travers, 4 St. Patrick, at 11:15 a.m. with coffee hour from 10:30 a.m. Information: 450-295-3251 and 450-538-0530.

CONT'D ON PAGE 8

BCN RATES & DEADLINES COMMUNITY CALENDAR

Brome County News Community Calendar is reserved for non-profit organizations only. Deadline is **noon on Mondays**. A pre-paid fee of \$7 is required per publication, or **SPECIAL RATE of \$13 for 2 insertions**: 1 BCN & 1 in Friday Record "What's On" section. Please forward notices to 5 Victoria St., Knowlton, QC JOE 1V0, email: bcnnews@qc.aibn.com, or fax: (450) 243-5155. Visa and Mastercard accepted.

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CIRCULATION

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YOUTH CO-OP

SADD pool tournament a success



On Saturday, February 27, 2010, the Missisquoi North Youth Centre Students Against Destructive Decisions (SADD) held a youth Pool Tournament. The tournament featured 9 boy/girl teams and the volunteer referees were, Julia Hastings and Jeremy Eldridge. Winners were as follows: 4th place: Francis Fortin and Samantha Holmes, 3rd place: Christina Bedard and Ryan Hamilton, 2nd place: Jeremy Hamilton and Jessie Johnson and 1st place went to Ethan Ball and Carol McGovern. A wonderful time was had by all who participated.

Radio station congratulates youth



On February 20, 2010, The Missisquoi North Youth Centre SADD and FYI groups received a visit from MOO92fm (the Northeast Kingdom's Best Variety) radio deejay, Deveney Paquette as well as other Moo92 staff.

After a day at Owl's Head Ski Resort, Deveney stopped in to congratulate the youth on their successful Winterfest Family Fun day held the same day.

Sharing moments in Waterloo



VIRGINIA WILSON

The 2010 Relay for Life organizing committee. Back Row (from left to right): Cédric Laigniel (Development Agent for the Canadian Cancer Society), Diane Bouthillette, Loretta Young and Carole Simoneau Front Row (from left to right): Melissa Dumoulin, Mariette Fréchette, Lucie Fréchette and Odette Laberge

By Virginia Wilson

The organizers of the Relay for Life Waterloo of the Canadian Cancer Society officially launched the third edition of the event at the Town Hall on February 23. The past two years have proven to be a success in Waterloo and the group hopes the population will come back just as strong this year to make the event an even greater success. On June 12, at the Municipal Beach in Waterloo, there will be many events celebrating cancer survivors, render homage to those who have been touched by cancer and share the hopes to one day eliminate this terrible disease.

From 7 p.m. to 7 a.m. teams of ten people will relay around a trail to raise funds for the search for the cure. The group hopes to unite over 100 participants in the, "Tour of Survivors", and sell over twenty five hundred lights for the, "Ceremony of Lights". This year's objective will be to raise a total of \$135,000.

"The Relay for Life gives participants an opportunity to share their struggles with cancer, participate in the positive mission of the Canadian Cancer Society and share the courage of

loved ones who lost their battle against Cancer. Most importantly, it is an opportunity to share love and compassion with family, friends, and co-workers," says Lucie Fréchette, one of the event organizers.

It is encouraged to sign up quickly, because there is a maximum of 45 teams permitted for the event. The recruitment is already underway for June's Relay for Life and it is easy to sign up online at

www.cancer.ca/relais or call Odette Laberge at (450) 539-4248 or e-mail: odesa65@videotron.ca. The lights for the "Ceremony of Lights" are on sale for \$5 each.

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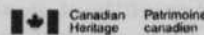
Hip hop hooray!



MABLE HASTINGS

Abby Jersey and Mom, Tamara Hamelin warming up for their Hip-Hop Dance classes.

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Musical Selection						
7:00	Musical Selection						
8:00						Children's Corner	Children's Corner*
9:00	Community Bulletin Board/Musical Selection						Mes Albums Classiques
10:00	Musical Selection					Around Town	Mes Albums Classiques
11:00						Marie & Lucie	
12:00						Bobcat Sessions	A Classical Time
13:00	Community Bulletin Board/Musical Selection						
14:00	Musical Selection						Henry's Music and Musings
15:00							Ask the Pastor
16:00							The Outsider*
17:00	Around Town*	Marie & Lucie*	Around Town*	Marie & Lucie*	Young Blood	Showtime	Veronica's Picks*
18:00	Community Bulletin Board/Musical Selection						
19:00	Dufur Mtn Bluegrass	Penalty Box Let's Talk Jazz*	Mostly Canadian Un-played*	Penalty Box*	Burning Bush from the Hall of Flame	The Outsider	Young Blood*
20:00	Mostly Canadian Un-played	Burning Bush from the Hall of Flame*	Dufur Mtn Bluegrass*	It's on the Record*	Veronica's Picks*	Let's Talk Jazz	It's on the Record
21:00							
22:00	The Ivan Hour*	A Classical Time*			Mes Albums Classiques*	The Ivan Hour	DJ Blues
23:00		DJ Blues*		Poetry			Showtime*
Overnight	Musical Selection						

*Denotes repeat program in the same week

THE SCOOP

MABLE HASTINGS

Starting Mid March, the Missisquoi North Youth Centre in Mansonville will be offering an exciting new program through funding made possible by "Quebec En Forme." Hip-Hop dance classes for youth ages 5-17 will benefit from two separate classes (one for youth ages 5-11 and a second for youth ages 12-17). Classes will be held on Saturday afternoons at the Youth Centre in the basement dance floor area. The first ten youth who register for each of the two groups will be accepted.

The classes will be animated by the mother/daughter team of Tamara Hamelin and Abby Jersey from Mansonville. This dynamic duo each have five years of experience under their belts, as they both have been following the exciting program offered by Mylene Tondreau through "Ecole Excel Danse" as well as Abby's participation at Massey Vanier in Tamara Burcombe's dance program.

Abby, a grade 9 student, has always loved to dance.

"I am lucky," smiles Abby. "I have been able to pursue my interest and love for dancing in various ways. My parents have always supported me and have driven me wherever I needed to go. I don't think that every kid has that opportunity. I am hoping that by offering this program in my community, I can give local youth the opportunity to experience and discover a love for dance," she explained.

For Mom Tamara, just the opportunity to dance is a plus. "I jump at any chance to dance. I am really looking forward to the program and can't wait to get started," she said.

Both Tamara and Abby are ready to assume the role of teacher for this course and are hoping that the experience is as enjoyable as their participation has been as students in the classes they attend.

Anyone interested in finding out more about the program is encouraged to contact the Youth Centre at 450-292-4886 (Thursdays, Fridays and Saturdays).

AROUND TOWN

History on Display Café Inn:

From now until March 31, Café Inn (264-G, Knowlton rd.) has a display of photos taken in the 19th century by townships photographer John A. Wheeler. Permission to develop and display obtained by Brian Shemilt. These photos have been rendered from glass negatives. If history is your thing or if you are interested in the early days of Knowlton come learn all you can. These reproductions are also available to purchase at the Café Inn.

Knowlton Coffee Break:

International Women's day is celebrated annually around the world with events and activities that inspire women and acknowledge accomplishments. Avante is doing its part to insure that the future for our girls is bright, equal and safe. From 1h30-3h30pm at the Community center (270, rue Victoria). avante-barb@bellnet.com

Celtic Music Show:


Featuring: Maeve Mackinnon, award-winning Gaelic Singer from Scotland. Opening Act: Celtic Duo, Dave Gossage, master flute player and multi-instrumentalist with Michael Ayles, singer/guitarist. Showtime: 7:30 p.m. Tickets: \$18 in advance, \$23 at the door (one hour prior, if available). For more information or to reserve tickets, call: (450) 292-3456 ext. 228 or 226.

International Women's Day Dinner:

The Yamaska Valley Optimist Club will once again be celebrating four "Women of Success" at their fourth annual International Women's Day Dinner. To be held Saturday, March 13th at the Lakeview Inn. The evening starts at 6:00 pm, supper to be served at 7:00 pm. Every year the club chooses a different theme and this year they have chosen Successful Women Entrepreneurs.

Theatre Workshops:

Emma Stevens will be doing theatre workshops for 13 to 17 year olds from March 17 to March 19th. These workshops will cover theatre techniques, as well as games, improv and a final presentation. Registration: United Church, at 7pm on March 3rd and 10th. Information: Emma at: 450-521-3968.



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Whither Lac Brome? Part 2

By Marc Clerk

In an article in the February 9 issue of the Brome County News, entitled "Whither Lac Brome", I touched on evident Ville de Lac Brome failings. Weaknesses attributable to lack of vision, lack of purpose, lack of planning, lack of sound ideas and, most especially, lack of residents' participation in community affairs. The feedback I have received indicates that these comments are valid, and that, indeed, disappointment reigns in many areas. It must be hoped that isolated grumbling will turn into collective action.

A major concern in the life of this municipality is the work of the Lac Brome Chamber of Commerce.

A few days ago, the Chamber held a much publicized public meeting. A report on that meeting, in the February 23 issue of this paper, cites the Chamber's invitation to Lac Brome residents: "to get involved in the events going on and give their suggestions and input towards improving and maintaining our local economy". The "mobilization" it proposes is however limited to rehashing Knowlton's tourism.

Questions must be asked: Are Knowlton's offerings sufficiently interesting to compete for the available clientele? Is there anything original, different, eye-catching, in Knowlton that is not better obtainable in Bromont (close to the autoroute with large modern facilities) or even in Sutton (which, though an architectural hodgepodge, is culturally with-it, lively and has a renowned ski-mountain close-by)? What is there in Knowlton, worth leaving Montreal to come here to see?

The Chamber does not address such basic problems. Not a word to the effect that tourists and visitors avoid the place, not a word that the local economy is on the rocks, not a question as to why so many shops are closed and more are closing, not a word about the Chamber's ineptness, not a word about innovative ideas for valorizing Ville de Lac Brome.

The Lac Brome Chamber is essentially a Knowlton Village organization. Knowlton Village is not "Brome Lake". Knowlton Village is only a small portion of a ten mile by ten mile area

named Ville de Lac Brome with five thousand tax-paying inhabitants.

The Chamber's role in Knowlton Village is nebulous, costly and misconceived. It has failed, miserably, in Lac Brome's economic life. The Chamber has been outlandishly funded by Ville de Lac Brome (\$35,000.00 in 2008, \$40,000.00 in 2009, \$54,000.00 or so allocated for 2010). The Chamber, in 2008, abdicated its own raison-d'être and enthusiastically endorsed the failed Knowlton Rues Principales project (funded by VLB to the tune of \$70,000.00 and administered by VLB employees). The Chamber, in 2009, sang the praises of the grandiose Bel Canto disaster (again funded by VLB to the tune of \$170,000.00 and counting). These ill-spent monies, these grants, this funding, have all been taken from Ville de Lac Brome residents' taxes. Sadly, residents must now live down the long-term effects of the combined lack of judgment by the previous Municipal Council and by the Chamber.

This make-believe Chamber of Commerce should close down.

The local merchants, restaurants and lodgings should take their own existence in hand and form a Knowlton Merchants Association. It was done in 1988 when times were difficult here, the village looked dumpy but a dream was nevertheless realized. Knowlton took on airs. It became an "upscale" rural destination. It can be done again today. It simply needs a little imagination, spirit and action.

The residents of Lac Brome? Well, residents need to get actively involved again in community affairs. Action should not be limited to lone individuals criticizing the Municipal Council's acts or in requesting a Stop Sign at a given corner. Different groups, different factions, different interests must become mobilized around specific positive community goals. Lac Brome residents should re-establish the IMAGINATION POLICY PLAN structure with appropriate and pertinent study-groups. With today's evidently well intentioned Mayor, it must establish a true, and permanent, working relationship in planning, monitoring, correcting and implementing change and progress for this place: a community encompassing the worthwhile and so-interesting hamlets and

sectors of Foster, Fulford/Bondville, Knowlton, East Hill, West Brome and Iron Hill.

Whither Lac Brome? Time (and imagination and action) will tell.

Marc Clerk has been a resident of the Eastern Townships since 1968. He operated a large sheep operation for twenty years in Sutton, where he also owned and operated La Cheviotte, a British woollens store; was Councillor in the Township of Sutton, initiator/President of the Sutton Merchants Association, President of Héritage Sutton Historical Society and Editor of Héritage Sutton Sketchbooks. In Lac Brome he was a founding member of the Knowlton Merchant's Association, Co-chairman of the IMAGINATION POLICY PLAN, Director of Theatre Lac Brome, President of the Lac Brome Chamber of Commerce, Member of the Lac Brome Environment Committee and is Life Member of the Brome County Historical Society.

LETTERS

Garbage gathering every two weeks

Mr. Decelles,

I am very disappointed about your decision to pick up our garbage every two weeks. Where are we supposed to put it?

Did you know that garbage attracts vermin. Ex. Rats, skunks, racoons, flies, etc. So, are we expected to put our children's safety at risk and ours, and for what? To save a few dollars?

Because, eventually, we will be invaded by vermin. Summer is coming. Then our children will not be able to play in their own backyard!!!

But, let's increase the taxes and let's cut on garbage pick-up!!!

And now, we will have to decide what goes in the recycling to avoid having too much garbage in our yard.

Yours truly, (very disgusted)

LOUISE DESCHENES,
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430 Personal

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

440 Miscellaneous

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445 Legal Notices

NOTICE TO CREDITORS AND OTHERS

Notice given under article 795 of the Quebec Civil Code that John H. E. Colby of Ville de Lac Brome (Knowlton), Quebec, died on October 23, 2009. Estate assets will be distributed having regard to claims filed with Estate attorneys, Colby, Monet, Demers, Delage and Crevier, at Suite 2900, 1501 McGill College Avenue, Montreal, Quebec, H3A 3M8 no later than March 31, 2010. Estate inventory will thereafter be closed.

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

395 Home Improvement

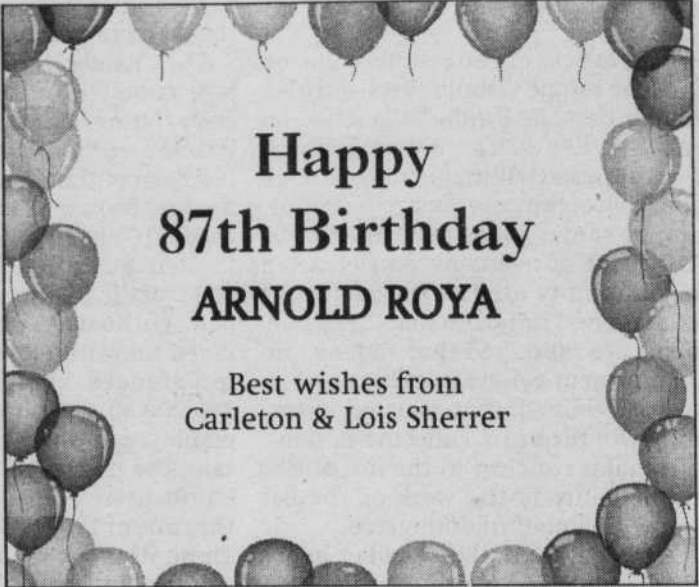
Selling, buying, exchanging, offering services? Put it in our Classifieds for results!

445 Legal Notices

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

NEW AD

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




Happy 87th Birthday ARNOLD ROYA

Best wishes from Carleton & Lois Sherrer

445 Legal Notices

445 Legal Notices

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VILLE DE LAC-BROME
TOWN OF BROME LAKE

PUBLIC NOTICE
PUBLIC CONSULTATION MEETING
MODIFICATIONS TO THE SUBDIVISION BY-LAW NO. 354

To all ratepayers of the above mentioned municipality, public notice is given of the following:

- At the regular meeting of March 1st, 2010, the Municipal Council adopted a draft by-law amending the Subdivision By-law no. 354. The said by-law is concerning about the following items:
- The only purpose of the said draft by-law is to fix to 10% the pourcentage of alienation of a piece of land and/or pay cash by an applicant to a subdivision permit as consideration for park purposes, path, playground and natural spaces.
- A public consultation meeting will be held on **TUESDAY, April 6th, 2010, at 6:30 p.m.**, at Buchanan Hall of Centre Lac-Brome, 270, Victoria street. The purpose of this meeting is to introduce these changes and hear resident's opinion.
- Said draft by-law is not subject to an approval by referendum.
- Said draft by-law may be consulted at the Town Hall, 122, Lakeside, Knowlton - Lac-Brome, during regular business hours. The by-law is also available on the Town's website at <http://ville-lac-brome.qc.ca>

Given at Brome Lake, this 10th day of March, 2010.

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

CLASSIFIED

Business Directory

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AUTO ÉLECTRIQUE
Michel Pagé

- General Maintenance
- Electronic Fuel Injection
- Winter Maintenance

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E-mail: rb@xplornet.com

Death

WATERFIELD, Ben (Francis) - Passed away on Wednesday, March 3, in Derby, England. His wisdom, and his wit, will be remembered fondly by all his Canadian friends.

Death



NORRIS, Donald (1966-2010) - Suddenly at Fleurimont Hospital in Sherbrooke, on Saturday March 6th, 2010, at the age of 43, passed away Donald Norris, beloved husband of Heidi Sharman. He was the son of Normand and Irene Norris. He also leaves to mourn his children, Nicholas, Katlyn, Stephanie, Jennifer and Brittany, his sister Cyndi (Pascal Wullaert) and his brother Steven, his sister-in-law Sharron Kelley (John Lacroix) and Wendy (Leonard Bell), his mother-in-law Sharon Sharman, nephews and nieces, cousins, other relatives and many friends. Family and friends will be welcomed at the Desourdy Funeral Home, 318 Knowlton Rd., Knowlton, QC, JOE 1V0, Tel: (450) 263-1212, Fax: (450) 263-9557, info@desourdy.ca on Friday March 12, 2010, from 7 p.m. to 9 p.m. and on Saturday March 13, from 12 p.m. to 1:30 p.m., followed by the funeral service at 2 p.m. from the Creek United Church, 278 Brill Rd. in West Bolton. Burial will take place at Duboyce Cemetery in West Bolton. Donations in his memory to the BMP Hospital Foundation (forms available at the funeral home).



Happy 85th Birthday
to our great-grammy
Barbara Forster on
March 11
Love,
Sheldon, Nohlan, Emery,
Liam, Emma

QCNA Blanket Classified Ads

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

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The Quebec Community Newspapers Association can place your ad into 25 weekly papers throughout Quebec - just \$160. Book 10 weeks within a 6 month period and receive the 11th week free! One phone call does it all! Call Marnie at QCNA 514-453-6300. Visit: www.qcna.org.

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The Children's Wish Foundation of Canada

Card of Thanks

BARRETTE BYFORD: I would like to thank all the nurses and doctors on the 6th floor and I.C.U. at the Magog Hospital, my surgeon Dr. Sauve who was very good to me, my daughter and granddaughter for the good care that they gave me after I came out of the hospital, all my friends for the phone calls, cards, other things, and the nice fruit basket that East Bolton Embellissage gave me. Thank you so much to all of you, YVETTE BARRETTE BYFORD

PET OF THE WEEK



Hi, this is me Buddy. Sorry I look so pathetic at the moment - you see, I have some sort of skin/fur problem. They are taking care of it and giving me medication. I look better and better every day. (I must say, I do look pretty pathetic in this photo!) BUT the stats on me are: male, 1 1/2 years old, approx. 40-45 lbs, beige with a touch of tan. In a short while I may turn out to become the most beautiful dog ever, but in the meantime the important facts are: I have a loving, gentle and happy personality. If you would like to come and talk to me about it, I live at the SPCA Montérégie, 178, ch. du Vide, Ste-Angèle-de-Monnoir (exit 37 on autoroute 10). 450-460-3075. Just ask for Buddy! I am just one of the wonderful, loving spirits that currently reside here (there are a total of at least 150-200 dogs & cats at all times) hoping for a second chance in life. Please think of us and pass the word around. Visiting hours : 2 - 4 pm, Thursdays & Saturdays.

BULLETINS - CONT'D

BEDFORD UNITED CHURCH PASTORAL CHARGE

1st Sunday Service in Bedford, 2nd Sunday Service in Stanbridge East, 3rd Sunday Service in Bedford, 4th Sunday service in Mystic, 5th Sunday Service is in Philipsburg. Reverend Catherine Smith officiating. All services are at 10 a.m.

GRANBY UNITED CHURCH

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

GRACE ANGLICAN CHURCH

52 Principale sud, Sutton, welcomes everyone for Sunday Services at 10:30 a.m. All welcome. Canon Tim Smart, Rector. Info: 450-538-8108.

CORNERSTONE CHURCH OF BEDFORD.

We warmly welcome everyone to come and worship with us every Sunday at 10 a.m. and Friday at 7 p.m. We are located at 6 Massicotte, Bedford. Information: Pastor Paul Gibson: 1-514-667-2292 or 450-296-4135

MENTAL HEALTH

Answers to "Shed Light on Mental Illness" quiz

- 1) How many people are affected by mental disorders?
Answer: One in 5
- 2) The World Health Organization predicts that heart disease will be the most common cause of disability worldwide by 2020. What will be the second?
Answer: Depression
- 3) What percentage of mental health problems and illnesses have their onset during childhood or adolescence?
Answer: 70%
- 4) We do not know for sure what causes mental illness, but most studies suggest that a mixture of factors contribute to the onset. Which of the following factors contributes to mental illness?
Answer: All of the above
- 5) Schizophrenia is a severe, lifelong brain disease that makes it difficult for a person to communicate with others, respond emotionally, make decisions and think clearly. Which of the following are symptoms of schizophrenia?
Answer: All of the above
- 6) Anxiety disorders are the most common mental health disorders. They can affect children as well as adults. What are the signs and symptoms of an anxiety disorder?
Answer: All of the above
- 7) Panic disorder, obsessive-compulsive disorder and social phobia disorder are all types of anxiety disorders. How many

- people are affected by anxiety disorders?
Answer: One in 10
- 8) Depression is very common. When is depression most likely to occur?
Answer: Depression can occur at any age
- 9) Chances are you know someone who has schizophrenia. How many Canadians do you think have schizophrenia?
Answer: One in 100
- 10) People living with mental illness are often subjected to stigma. Stigma is negative attitudes (prejudice) and negative responses (discrimination) that can make a person feel unwanted and shamed (stigmatized). How does stigma affect people with mental illness?
Answer: All of the above
- 11) Stigma can cause isolation for those with mental illness. According to a study by the Canadian Medical Association what percentage of people surveyed said they would socialize with a friend who had a serious mental illness?
Answer: 49%
- 12) A study by the Canadian Medical Association found that 72% of Canadians were comfortable discussing their family member's diagnosis of cancer with their friends or co-workers; how many Canadians would be comfortable discussing their family member's mental illness?
Answer: 50%
- 13) How can you help end stigma?
Answer: All of these things can help end stigma

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