

# Brome County NEWS



WEDNESDAY, JANUARY 4, 2006

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## Community centre to open next October



TOWN OF BROME LAKE

The new Brome Lake Community centre will look something like this when it opens in the fall. Construction on the long-planned centre will start in April.

### TBL gets \$2-million Christmas gift from federal and provincial governments

By Joshua Bleser

After years of concerted efforts and false starts, Town of Brome Lake Mayor Richard Wisdom has finally given the green light to the construction of a \$4.3-million community centre, beginning next April on Victoria Street.

"It's a phenomenal day, a dream come true," said Wisdom as he made the announcement days before Christmas.

The centre will house the CLSC, the

Family Medical Group, a crisis centre, a community and cultural space with a 250-person capacity, a computer room, board rooms, the Red Cross, storage space for the First Responders, as well as new and improved facilities for the town's community and recreational services department.

"What a beautiful day for everybody," said Brome-Missisquoi MP Denis Paradis, in town with his brother and provincial counterpart Pierre Paradis to announce that the provincial and federal governments will contribute \$1-million each toward the construction of the new community centre through the Rural Municipalities Infrastructure Fund.

With this funding in place, and thanks to the money raised through

community fundraisers and a capital campaign undertaken by the Carke Foundation, Inc., about \$400,000 remains to be raised by next June, "and I can tell you we're going to get there," declared Huck Henry, the honorary president of fundraising effort and the owner of Brome Lake Ducks, which is donating the six and a half acres of land on which the 24,000 square foot centre will sit.

Arguably the most exciting benefit of the much anticipated centre will be the improved medical services made available to Brome Lake residents.

"For many years the Knowlton area has not gotten its fair share of first-line medical services," noted Mayor Richard Wisdom. With the new facilities, the Family Medical Group (FMG), staffed by

four or five doctors and several nurses, will offer a walk-in clinic, longer hours, home care, and in-hospital care to its patients.

Complementing the FMG's services, the CLSC will be open four half-days per week, offering blood tests, vaccinations, psychosocial consultation, educational programs, and a newborn clinic.

These medical services "will contribute to relieving pressure on both the CLSC in Cowansville and the BMP Hospital's Emergency Room," explained an elated Pierre Paradis, while adding that "the strongest link [in the realization of the centre] has been the community."

The new community centre is set to open next October.

jbleser@sherbrookerecord.com

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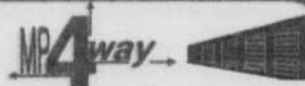
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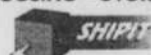


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## BROME COUNTY COMMUNITY BILLBOARD

## COMMUNITY CALENDAR

Jan. 7

**MENTAL HEALTH & WELL-BEING SUPPORT GROUP Meeting**, St. Paul's Church, Knowlton, 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

Brome County Historical Society **Winter Lecture Series 2006 with lecturer, Jimmy Manson**. "Alfred Bessette's Early Years: The Eastern Townships' Roots of Brother Andre" - Before he became renowned as Brother Andre. "The Miracle Man of Mount Royal," beatified by Pope John-Paul II in 1982, Farnham's Alfred Bessette struggled to overcome poverty and the loss of his parents at an early age. This lecture focuses on Brother Andre's youth in Farnham, his exile to New England at the age of 18, and his return to Sutton four years later. Satur-

days at 1:30 p.m. in the old court House, 15 St. Paul, Knowlton. Information, (450) 243-6782.

## CHURCH SERVICES

**KNOWLTON/CREEK PASTORAL CHARGE** Worship & Song by members assisted by The Reverend Dale Skinner. Creek United, Foster, 9:30 a.m. Sunday School at Creek. Knowlton United, Knowlton, 11 a.m. (Handicap access).

**ST. PAUL'S ANGLICAN CHURCH**, 24 St. Paul's Road, Knowlton. Traditional Sunday Services, 8:30 a.m. and 10 a.m. Music, a nursery and Sunday School. The Rev. Tim Wiebe and the congregation welcomes everyone.

**ANGLICAN PARISH OF BROME**, Sunday, January 8 - Holy Trinity, Iron Hill, 10:00 a.m. - Morning Prayer with Rev. Deacon P. Tidman.

**SAINT-EDOUARD CATHOLIC CHURCH, Knowlton** - Sunday Mass: 10:30 a.m. (Bilingual).

**ST. LUKE'S ANGLICAN CHURCH**, 420 de la cour, Waterloo, invites you to come and join us. 1st and 3rd Sundays, Morning Prayer, 9 a.m.; Holy Communion, 9 a.m. Rev. W. Davidson. Info: (450) 539-2078.

**COWANSVILLE AREA PASTORAL CHARGE UNITED CHURCH** Worship at Emmanuel United Church, 203 rue Principale, Cowansville. Worship 10:30 a.m., Choir practice, 9:30 a.m. Rev. Wendy MacLean officiating.

**TRINITY ANGLICAN CHURCH, COWANSVILLE**. Come and join us for Sunday Worship. We have a service at 9 a.m. (traditional) and a Family Service with music and Sunday school at 10:30 a.m. Info. (450) 263-2662.

**ANGLICAN PARISH OF BEDFORD/PHILIPSBURG & FARNHAM** - Sunday Services: Philipsburg, 9:30 a.m.; Farnham, 1st Sunday in Bedford at 11 a.m., 2 & 4th Sundays at 9:30 a.m. in Farnham & 3rd Sunday at 11 a.m. in Farnham; Bedford, 11 a.m. For information call (450) 248-3923. The Ven.

Dr. Brian A. Evans, Rector & Archdeacon of Bedford.

**BEDFORD UNITED CHURCH PASTORAL CHARGE** - Sunday, January 8th Sunday Services: Stanbridge East, 9:30 a.m., Wesley United, Bedford, 11 a.m. with Sunday School, Mystic, 12:30 p.m. The Rev. K. Carl Triskle, Officiating. (450) 248-3044 for information.

**GRACE ANGLICAN CHURCH in SUTTON**, 52 Principale sud, welcomes everyone for Sunday Services at 10:30 a.m. The Rev. Canon Tim Smart, Rector. (450) 538-8108.

**BAPTIST CHURCHES** Sunday Services: Mansonville Baptist, 9:30 a.m.; Olivet Baptist, Sutton, 11 a.m. All are welcome.

## COMMUNITY NOTES

**ALCOHOLICS ANONYMOUS** - If you wish to drink and can... that's your business. If you wish to stop and can't... that's our business. (450) 242-2611.

## First cars: Only music choice changes

By Ron Corbett

I believe it was when my teenage son drove up on the neighbour's lawn in search of a winter parking spot - fearing the dreaded winter-parking ticket, convinced he could back into our driveway by going on the other side of a small tree; there was enough space, dad was wrong about that - I believe it was right then that I realized men do silly things with their first cars.

Or perhaps it was a few seconds later, when Dylan got stuck and sat there, like

some Toyota lawn ornament.

Anyway, men do silly things with their first cars. What's more, we do them in order.

The first thing we do is go out and impress a girl. My first car was a 1972 Plymouth Duster. It was cherry red with black pin-striping and dust-bowl cyclones sketched near the trunk, if I remember properly. It came with bucket seats and a Rolling Stones air freshener.

On the first day I had that car, after driving aimlessly around the school parking lot, passing random bus stops and waving at people I didn't know, after all that work was complete, I needed to go out and impress a girl.

Dylan, I figure, got a break on this one because we live in the city and he got his first car in the dead of summer. I lived in the country, and it was the dead of winter.

Anyway, the girl I wanted to impress was named Donna so on the appointed day I arranged to casually drive by as she walked home after school. She looked surprised to see me (perfect) and I

pulled over.

"Is this yours?" she asked.

"Yep, just got it. Do you need a drive home?"

She jumped in and we took off.

Now, as fate would have it, earlier that same day I had discovered the joy of fishtailing on snowy roads. "Sort of like slalom skiing with a motor," I thought, and after attempting the first such turn with Donna, it was obvious she shared my excitement. I turned up the Led Zeppelin.

"So," I said, "I hear there's a dance this weekend."

Donna said there was.

"Is it Heaven's Radio or the Cooper Brothers? I forget."

Donna was just about to answer this burning question when it happened. On one particularly fine fishtail, the car took off, spinning in circles until we finally plowed into a snowbank. We went in sideways and the driver's side was completely buried to over the roof. I couldn't even open the door. Without missing a beat Donna opened the pas-

senger door and said, "Thanks. I can walk from here."

I was too young to realize, as I watched Donna's retreating back, that the pain and confusion of many relationships had just been played out in a few moments. I came back later that afternoon with my dad to dig out the car.

The next thing a guy has to do with his first car, after the girl has been impressed, is lay in the stereo system. Dylan - and what real guy wouldn't do the same? - has opted to convert his trunk into a storage area for his speakers.

My son has probably spent as much money on his stereo system as he has on his car, and while maturity may tell us this is the wrong thing to do, the opposite course of action is a no-brainer for a teenager. My first car stereo system had speakers that filled the Duster's back window (I never thought of the trunk), a lovely JVC amp and a tape console that gleamed with polished chrome.

The last thing a guy does with his

See Cars, p.3

BCN RATES & DEADLINES  
COMMUNITY CALENDAR

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# Work underway on Knowlton's new IGA



COURTESY GINETTE GAZAILLE

A lot of earth has been moving near Knowlton Road lately, as construction continues on a new IGA grocery store. The \$6 million project will offer consumers nearly double the shopping space of the existing IGA. Seen here are Ugo and Annick Gazaille, Michel Gazaille, Ginette Gazaille and Brome Lake Mayor Richard Wisdom.

## Staff

Grocery shoppers in the Brome Lake area will be looking forward to the spring when they will be able to stock up at the new IGA

## store.

The \$6 million project will see a brand new store built across the street from the existing store on Knowlton Road. Excavation work began last

## CARS:

CONT'D FROM PAGE 2

first car — after impressing the girl and laying in the stereo system — is accessorize. Like I said, my first car came with a Rolling Stones air freshener, so I never felt the need.

Dylan, however, has added all manner of lighting, sound effects and personal-statement artifacts to his car. He has the dice hanging from the rear-view window. The track lighting around the licence plate. The bucket-seat covers. While the accessories used to amuse me, I now take comfort knowing my son will never suffer the

fate of those drivers who disappear quietly down ravines or ditches, left undiscovered for days. This car is a travelling Christmas decoration.

Anyway, Dylan has had the car for about six months now. He saved his money from his part-time job and it is with some pride that I tell people this story, although the real boast comes when I inform them that he also got his own insurance. (Yes, my little primary driver.)

I'm not sure if my son knows that the next thing you do with a car, perhaps right away, perhaps later, is get in it every morning and drive to work. Then shepherd children around. There will inevitably come a day when you

month and work will continue until sometime in the spring. The work is being handled by contractor Dutran Groupe-Expert.

Once completed, the new IGA will boast 30,000 square feet of floor space, nearly double the space of the existing store.

IGA Gazaille president Michel Gazaille said the new store will have an improved seafood section, bakery and coldcuts counter, among other things. It will also feature a bistro café where shoppers can take a few minutes to relax. Fruits and vegetables will be sold in a new "market style" section. A selection of ready made meals will also be available for the first time.

The investment will also mean new jobs, with 30 new positions opening up. All of the 50 employees at the existing store will also be moved over to the new facilities.

The Gazaille family has a lengthy history in the grocery business. Marc Gazaille opened his first store in 1962 at the corner of Willard and St-Therese in Cowansville. From 1975 to 1982 the Gazaille's moved to Sud and Loissele. The family has also owned and operated stores in St-Jean-sur-Richelieu, Farnham, Knowlton and Magog.

Today, Ginette Gazaille operates the store in Knowlton, while her son and daughter run stores in Magog and Farnham. The Knowlton IGA was purchased by IGA Gazaille in 1996. It later purchased Marché Jimmy in downtown Knowlton, a store which has since been closed so closer attention could be paid to the expansion project.

opt to buy gas instead of rolling hub-caps, and a car becomes a different thing.

But it's fun and silly for the first little while. I have some empathy with Dylan these days.

I wonder if it would be the same for any father looking at his son, sitting in his first car, stuck on the neighbour's lawn. I suspect it is.

-CanWest News Service

## Pet of the Week



COURTESY SPCA MONTEREGIE

I'm a very nice 2-3 year-old lady and I have a slender build, weighing about 50 lbs. I was found lost up on Mt. St. Gregoire. I guess that means I have 'high hopes' and a positive attitude about finding a new home. If I'm not what you're looking for, there are lots and lots of other dogs here at the shelter: all sizes, all colours, and all ages. But no matter what we look like, each of us has love in our heart to give. All we need is a chance. Visiting hours are 2 - 4 pm. SPCA Monteregrie, 178, ch. du Vide, Ste-Angèle-de-Monnoir (exit 37 on autoroute 10), (450) 460-3075

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# Jack Frost vs. the block heater: Keeping your cold car cranking

With the exception of a couple of bitter nights, we've gotten off fairly easy this winter. But it's early January and to think it will continue to be mild for the next three months or so is a bit much to hope for, unless you're leaving for Florida. Here in Quebec chances are your vehicle will be sorely tested in the weeks ahead, as will your patience.

If you followed my advice back in the late fall, then you've already covered the basics: The engine is filled with a clean batch of lighter grade oil, and is running relatively well. You've dealt with any leaks or anything that looked like it could become a problem. The battery has been checked and is in good shape.

Once those basic conditions have been met, then almost any car will start if it is equipped with a functioning

block heater, and you remembered to plug it in. Not long ago I discovered that while I may have been plugging my car in, there wasn't any actual heating going on. A new cord was enough to fix the problem.

The block heater's job is to warm the engine, allowing the oil and antifreeze to circulate freely. That in turn allows the engine to turn freely, making starts that much easier. There are several benefits to block heaters beyond easier starting: Shorter warm-up times, less wear and tear on the engine, lower fuel consumption and less pollution.

Pollution is an important issue, especially in the winter. That's because a lot of people leave their cars idling for several minutes before driving away. No one likes driving a cold car, but by leav-

ing it idle you not only warm up the interior, you also contribute to global warming, a term which is not nearly as

nice as it sounds. Two minutes is about all the warm-up time you'll ever need, then drive away slowly. And when you're stopped for more than ten seconds, shut down the engine. That will save you on fuel and the planet on pollu-

tion. You don't need to keep a car plugged in all the time, a couple of hours before start up is all that is necessary. To save electricity use a timer to avoid getting up at 4 a.m. to make sure your car will start at 6 a.m. You don't need to do it every night either, but any time the mercury dips below -15 C, it will be of help.

Despite the benefits of block heaters, some models of new cars aren't designed to have one. Meanwhile, block heaters are options for almost all other makes and models. Living in a climate where -30 C in the winter is more common than +30 C in the summer, I don't understand why block heaters aren't standard equipment. Talk to your mechanic about installing one, or if there

are any alternatives that can help out on a chilly morning.

A battery blanket is one easy option. Basically it's a heating pad for your battery, and plugs in just like a block heater. They cost about \$20, and you can install them yourself in a few minutes. The benefit here is that a healthy battery can lose up to 60 per cent of its power in extreme cold. Warming it up means more power to crank over that cold engine, and a better shot at getting enough movement to ensure a start.

If this fails you, it may be time for a boost. Break out the booster cables, attaching the red cable first to the positive (+) battery terminal of the dead car and then to the + of the running car or donor battery. The black cable then goes first to the dead battery and then to the donor battery as well, or it can be attached to the engine block.

Warning: If your car has anything resembling a guarantee, check it first. Some guarantees can be voided by boosting, and if something goes wrong, you're in trouble. I've never seen a boost cause such a problem, but you'd better play it safe. The alternative could be costly.


SEE CRANKING, P.8

## UNDER THE HOOD

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**THE RECORD**

# Gallery shines spotlight on local artists

By Wendy Denman

With the New Year behind them, many local boutiques and galleries are preparing for a quiet couple of months before spring. "The holidays period was alright for us," says Francoise Desjardins of Galerie Knowlton. "It was better than last year, which really wasn't very good."

The diversified art gallery in the centre of Knowlton is well into its second year establishing a presence and a place to find the work of exceptional local artists.

"During December we invited a number of artists to come and spend a Saturday with us," said Desjardins. "It was well received. We've done this before —

last April, during the Duck Festival. I think it's important to encourage a communication with the public and the artist. We will invite various artists to come again in April, when there are more people around. I expect it will be quiet for a couple of months."

Among the invited artists last month were Mary S. Martin and Marie-Andrée Leblond. Martin is well known for her landscapes, seascapes and local scenes and her yearly Canada Day exhibits at the Brome County Historical Society.

Leblond, born in 1978, lives in Cowansville. This young artist has quickly gained a name for herself in Montreal

for her bold, striking animal portraits and still lifes. She paints raging bulls, horses dancing lighter than air, high stepping roosters and preening cocks and sunflowers reaching towards the sky. Her brilliant colors, intermixed with dark tones and shades emphasize movement and fantasy. Her work has been described as both fragile and strong.

"Marie-Andrée brought a number of paintings with her as well as her easel so everyone

could see the range of her art," explained Desjardins. "She is a wonderful artist. She was chosen to do the cover of "Guide Debeur 2006" an annual gourmet revue that gives stars to exceptional restaurants and caterers. It's a well received guide for gourmands and tourists. Marie-Andrée's work was cho-

sen from that of many artists competing for this year's cover.

"I have a number of her paintings on permanent display - two or three roosters, a couple of horses and some very beautiful dancers. She will certainly be coming back to the gallery and we are delighted to have her."



MARIE-ANDRÉE LEBLOND

Local artist Marie-Andrée Leblond is one of many who exhibit at the Galerie Knowlton.

## Winter lecture series reveals area's past

by Wendy Denman

RECORD CORRESPONDENT

The Brome County Historical Society's winter lecture series with historian Jim Manson begins Saturday at 1:30 p.m. in Knowlton's Old Court House. Manson will give three lectures in January on the 7th, 14th and 21st and three in February on the 11th, 18th and 25th.

"I've been giving winter lectures for a number of years," Manson explains. "Much of the material from previous lectures I have used in my books, I guess this new series will eventually work into books as well."

The BCHS has published three books by this traveling historian whose roots are firmly planted in the Townships and whose research into local topics has unearthed little known facts and interesting information.

The first lecture on Jan. 7 is titled: Alfred Bessette's Early Years: The Eastern Townships Roots of Brother Andre. "Many people don't realize that before he became renowned as Brother Andre "The Miracle Man of Mount Royal" and later beatified by Pope John Paul II, Alfred Bessette was a Townships struggling to overcome poverty and the loss of his parents at an early age. My lecture will focus on his youth in Farnham, his exile to New England at the age of 18 and his return to Sutton four years later."

Manson will spotlight another local luminary on Jan. 14 - A Gentleman and a Scholar - The Rev. E.M. Taylor. "Taylor was one of Brome County's leading figures during the first three decades of the

20th century," Manson said. "As a clergyman, school inspector and author of the first definitive history of Brome County, he had a profound impact on two generations of Brome County residents. The lecture will focus on the seminal role that Taylor played in the cultural and religious life here during his lifetime."

The final lecture in January changes pace a bit, focusing on the Annexation Manifesto, a publication brought forth in 1849 that looked toward the union of Canada with the United States.

"In the wake of the British government's decision to abandon mercantilism and Lord Elgin's endorsement of the Rebellion Losses Bill - which granted restitution to those who suffered damage to their property during the rebellions of 1837 - thousands of Townshippers signed the Annexation Manifesto in 1849," Manson said. "This included some prominent figures like Paul Holland Knowlton and Alexander Galt. My lecture will examine the events that caused such a large number of Townshippers to support the absorption of Canada by the United States."

The series then breaks for three weeks and continues with three more lectures beginning on February 11. The lectures are free, no tickets required, all talks begin at 1.30 pm. at the old Court House, 15 St. Paul's Road in Knowlton.

Brome County NEWS



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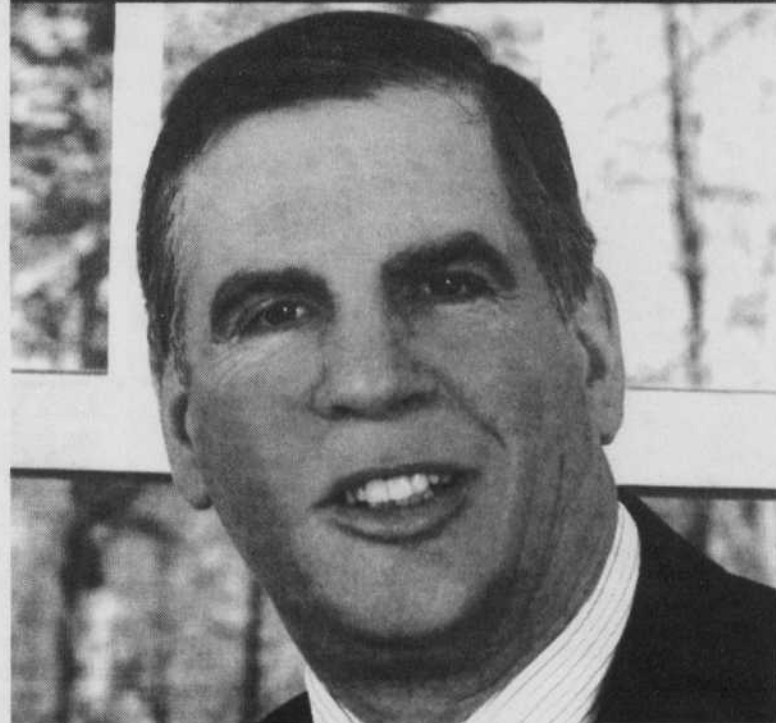
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## Physiotherapist gets more data from home visit

By Chris Zdeb

Barbara Petrie walks with the heel of her right foot raised as if she was wearing a stylish high-heeled shoe, only she's in socks and this is as low as her heel will go since her surgery.

"All I want is to walk normally again. It's so tiring and it hurts to hobble around this way," says Petrie, who was left with nerve damage and weakness of the hip and thigh after doctors in September removed a blood clot in the main vein of her leg. The operation stopped the clot from reaching her heart.

The heel of Petrie's foot is almost continuously raised about two inches from the floor. Before Irene Clennin started making twice-weekly visits to Petrie's home, it was elevated twice as high.

Clennin is a physical therapist who is helping Petrie to regain the functional use of her right foot.

With exercise and possibly the use of orthotics in the future, the prognosis is good, Clennin says.

If Petrie's mobility was better she'd be able to exercise at a fitness centre, but her limited movement (she can't apply proper pressure to the gas pedal of her

car with her foot angled the way it is to drive herself) keeps her at home. So Clennin has turned Petrie's home into a makeshift gym using stairs, a kitchen table and chair and exercise bands, even Petrie's bed, to aid in her client's recovery.

"Assuming there's nothing wrong with you, you can push yourself in the gym, but if someone has something wrong with them, you have to be much more careful, you need to be monitoring them constantly, getting them to do a little bit, often," Clennin says.

In a hospital or clinical setting, her attention would likely be divided by having to help other clients at the same time, in a home setting it's one-on-one, Clennin says.

"Barbara can't get away with any compensatory movements because I have no one else to watch."

By observing Petrie in her home, Clennin is also able to spot any potential problems. Sometimes sitting in the wrong chair, sleeping on the wrong bed or sleeping in a bad position, can exacerbate a client's physical problem, she explains, something that may not be picked up in a clinical setting.

In between Clennin's visits, Petrie follows an exercise program that the physio has designed for her.

"My job is to see that Barbara works on her own and can do her own home program because that obviously is the most important part (of Petrie's rehabilitation)," Clennin says. "The more she can do walking in boots and shoes, stretching on the stairs, strengthening her muscles, the better the end result."

Petrie is almost constantly in motion.

"I pull myself up on the stairs, I go outside and stuff, plus I exercise for about an hour or



CANWEST NEWS

Physical therapist Irene Clennin, right, helps Barbara Petrie at home.

so," she says. In the evening while watching TV, she makes circles with her ankles or uses an exercise band to strengthen her legs.

Today, a month later, Petrie has been discharged from home care, which means she no longer needs Clennin's visits. Her husband drives her twice a week to a clinic where Petrie continues her re-

habilitation with a staff physio therapist.

"My leg is still pretty tight, but it's coming along," Petrie says.

She still walks with her right heel elevated, but it's now only about an inch to an inch and a half above the floor.

"It's a slow process, but I'm still making progress," she says.

-CanWest News Service



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Petrie improves the flex of her right foot with an exercise she does on the bed using an exercise band.



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# Food watchdog issues new sprout warning

By Heather Sokoloff

**J**ia Quan Shi, the manager of a bustling supermarket in the city's Chinatown, reaches deep into a bin of mung bean sprouts and drops a handful of the white crunchy legumes into his mouth.

"See?" Shi says. "A very safe snack." Supermarket managers such as Shi have been doing a lot of reassuring lately, since a major Toronto bean sprout producer has twice, in one month, been forced to recall salmonella-infested batches of sprouts. The first advisory came in November and was lifted on Dec. 14; the second was issued by the federal government on Christmas Eve.

The Canadian Food Inspection Agency issued an alert telling consumers not to purchase sprouts produced by Toronto Sun Wah Trading, also known as Hollend Enterprises.

Because the sprouts are usually not sold with any product labels, consumers will have to contact stores where they were purchased to inquire about the producer.

"Basically, if they have bean sprouts they should get them checked out and see if they were supplied by Sun Wah," said Davendra Sharma, a food safety and recall officer with the federal food watchdog.

At Hua Long Supermarket, Shi has posted a hand-written sign above his two bins of mung sprouts, advising consumers the product does not come from Toronto Sun Wah. He has been getting lots of inquiries from consumers informed by daily updates on the salmonella outbreak in the Chinese media.

He has been using another producer, Kim Kon Bean Sprout, for 10 years without a problem.

The Sun Wah mung sprouts have been sold to grocery stores and restaurants throughout Ontario and may have also been distributed in Quebec's Abitibi-Temiscamingue region.

Sprouts of all kinds have long been associated with potentially deadly bacterial infections in Canada and other

See Warning, p. 12

## Thank you 2,500 times



JOSH BLESER

The Au Diapason accompaniment team is proud of the resounding success of their annual poinsettia sale. From modest beginnings five years ago, the event has grown to an impressive sale of 2,500 poinsettias this year. All profits will be used by the organization for the maintenance of its ongoing volunteer services, such as the accompaniment of cancer patients and those who have experienced the loss of a loved one. The poinsettia sale will be back in November 2006. The organizers of this year's Au Diapason poinsettia sale were (back) Paul Bessette, Louise Delorme-Kelly, Jean-Guy Duguay, and (front) Sylvie Tremblay and Céline Michelin

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# Month of remembrance at Avante

The month of December was a busy one at Avante, combining holiday festivities with the seriousness of the 16th anniversary marking the tragic events at the Université Polytechnique in Montreal.

## THE CYCLE OF ABUSE

On the 6th, Avante hosted a lasagne supper and workshop with guest speaker, Coco Legault from the women's shelter in Cowansville, Horizon Pour Elle. The shelter is open to all women and children and offers either live in support or external services, depending on the individual need. Coco explained that most cases are forms of abuse, (which can be physical, verbal, psychological, sexual or economic) and that the most important tool for breaking this cycle is an awareness of the phenomenon.

"The first step is to recognize what's going on. If you don't know you're in a cycle, it just gets worse."

To deprogram the abuse, counsellors work with the victim, evaluating the situation. Is it abuse? Why is it tolerated? They talk about the victim's history, her childhood, her family background. What are her biggest fears?

And they help find solutions for the "nothing I can do" situations. Not all victims choose to leave the situation, and the shelter respects whatever decision is made, providing as much support as they can. Avante has more information on the cycle of abuse or you can contact the shelter directly.

All services are free and confidential. The shelter can be reached by phone at (450)263-5046.

## STREET SMARTS FOR WOMEN

Another issue raised from Marc Lepine's actions is how to protect women from violence against them. On average 1,500 sexual assaults are reported annually in Montreal alone, and officer George Manoli from the Montreal police force has developed a personal safety workshop designed specifically for women and teenage girls. With support from the Anglophone Services Access Project and B.W. Draper's Insurance in Bedford, twenty three women and teenagers attended Avante's "Street Smarts" workshop on December 12th.

Participants learned practical, effective ways of asserting themselves using full force responses to fully padded as-

sailants, developing the necessary attitude to deal with several situations in which they could be assaulted.

"You need to know how to manage the panic and confusion that occurs during a violent confrontation," Manoli advised the women. "Go with your survival instincts and do what comes naturally. You may think it would be better just to give him what he wants and it'll be all over with soon, but it just doesn't happen that way. People are in therapy for years after an attack."

After practicing easy, straight forward defence techniques, volunteers permitted themselves to be attacked by the two (fully protected) instructors and were often surprised with "what came naturally".

Manoli encouraged the women to do anything they could to get away. Body language speaks volumes, particularly when you're not feeling well and sends a message to a potential assailant that you are vulnerable. He stressed to the crowd that it is essential that the interaction doesn't last long because the longer it is, the worse it gets. Keep it short and to the point, repeating the same maximum five words, like go away, or leave me alone.

Saying NO attracts far more attention that HELP, and more importantly, you are convincing yourself that what is happening is wrong. Sitting down also draws in a crowd, and it frees up the legs so balance isn't a problem. And finally, once you are free of the attacker, distance yourself as quickly as possible. Manoli left a list of assault prevention tips, which are available at the Centre upon request.

## LAUGHTER, THE BEST MEDICINE

As our final activity before the holidays, Avante members explored the newest development in stress relief; laughter. Laughter affects the body physiologically by lowering levels of cortisol and adrenaline; hormones which can alter normal body functioning. It increases endorphin levels - the feel good chemicals. It forces an exchange of air and increases blood circulation which supplies our vital organs with fresh oxygen.

Laughter exercises the stomach muscles and relieves muscle tension. And the greatest thing about it is that it is

easy to do. Recommended techniques were using funny photos and jokes, exaggerating a situation, dancing, singing and positive, silly affirmations. All participants left the workshop with a whole new approach to stress relief.

## IN THE COMMUNITY

AVANTE WOMEN'S CENTRE

## JANUARY ACTIVITIES

### YOGA

Our new program starts in January with a pampering theme, which we thought most would be ready for after the holidays. Yoga instructor Audrey Bromby will be here on Thursday, January 19th at 9:30am to show us a few simple yoga positions that improve our posture, flexibility and overall well being.

These exercises can be worked into our own personal routine at home and is not part of a class setup. She does encourage participants to wear comfortable clothing and bring a mat or towel because we plan to start the morning activity with everyone trying it out! We will break for refreshments and a discussion afterwards.

### REFLEXOLOGY

For those who aren't available during the day, our evening workshop is scheduled for January 24th at 6:30 with guest Andree Dube, a massage

therapist trained in Switzerland. We have asked her to focus on the area of reflexology, so she will explain the principles behind this fascinating technique and how it actually works to promote wellness. We will have an opportunity to try this unique massage so she also requests that participants wear loose, comfortable clothing and bring something to sit on the floor with.

### WEIGHT WATCHERS

The ever popular program "Weight Watchers" is coming to Bedford and we have agreed to help with registration. The meetings will be every Tuesday at noon, in our building, and in English starting January 17th if there are a minimum of 20 registrations. So, if your New Year's resolution has anything vaguely to do with "shaping up" here's a first time opportunity for an English, daytime Weight Watcher's group! Call us for more information and registration.

### IN THE NEWS BREAKFAST

On the last Thursday of each month we are introducing a new activity called "In the News". We invite you to come for a light breakfast to discuss a current

event, either local or otherwise, with other interested women in a relaxed, comfortable setting. It will present an opportunity to voice an opinion, increase your awareness of events going on around you and broaden your circle of friends. And it will be the perfect chance to finally "check us out".

## CALLING SPECIAL CRAFTERS

Our crafting group has decided that it would be an improvement in the program to dedicate the last Wednesday of each month to learning a new crafting technique. We are looking for volunteers and ideas for this theme, so if you have anything to share in a particular crafting style, please give us a call. And feel free to drop in and join the group. New faces always cheer us up.

Avante Women's Centre strives to promote and defend women's right towards autonomy and equality. We offer a meeting place and resource centre for women, formal and informal education opportunities in English, act as a liaison between English speaking women and health services, and encourage women to break the isolation. Our offices will be closed from December 23rd until January 9th. Our regular hours are 9am-4pm Monday to Friday. We can be reached at (450)248-0530.

## CRANKING:

CONT'D FROM PAGE 4

A prolonged failure to start could mean your engine is flooded with unburned gasoline. This is a more common problem with fuel injected engines, which we all run these days. A lot of younger auto mechanics don't even know how to adjust a carburettor these days.

To get around flooding you'll have to interrupt the fuel supply. On most cars this can be done simply by pushing the gas pedal to the floor. For others, removing the fuel pump fuse will give a car the breathing room it needs to burn off that excess. Once again, the owner's manual may have some tips.

If that doesn't work, you may have to remove the spark plugs and dry them off so they can fire again. Do one at a time to ensure you don't mix up the ignition wires.

Failing that, it's time to call for help, either from your trusted mechanic or a towing service. Once your car has been coaxed back to life, give some serious thought about how to avoid these problems the next time. You usually have some options if you plan ahead.



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# From inside, you can see the outside

By Kim Pemberton

Rare is the home in which the outside walls, at least some of them, could be viewed without its occupants ever, ever going outside. Michael and Wendy Twack's home is such a rarity, a result of curvilinear exteriors that take full advantage of the views generated by its perch high above English Bay in West Vancouver.

The Twacks can actually see their home's exteriors from both the north and south ends of their 7,200-square-foot mansion.

The three-level, five-bedroom residence is a finalist in two annual residential-construction competitions, one of them provincial, the other national.

Its "Georgie" category — in a competition sponsored by the B.C. branch of the Canadian Home Builders' Association — is "best single family detached . . . priced between \$1 million and \$5 million."

Its "Sam" category — in a competition sponsored by the CHBA — is "custom homes, single detached . . . over 3,500 square feet."

Michael Twack is the 43-year-old owner of Square Root Contracting Ltd. He has framed hundreds of homes and built about 40 single family detached residences. He designed the home with architect Karl Wein.

"I was lucky enough to surround myself with a good crew, which freed me up to be more creative with the details in the house," says Twack.

The rocky lot had never been built on before he undertook this project, which took one and a half years to complete. He suspects the reason is other builders would "have had a hard time envisioning how to build on this site. But I've spent time in Whistler (B.C.) and I'm

used to working on rock."

The home's great room, not surprisingly, is a stand-out space, with a soaring 35-foot-high vaulted ceiling and Brazilian cherry wood flooring in the main area.

A yellow-tinged limestone edges the perimeter of the room. White limestone clads the fireplace; a fir-veneered mantle tops it. Limestone also covers a spiral staircase that lands in the great room.

Five 10-foot-high windows that lean out from the house dominate the room. The lean-outwards, Twack reports, mimics how trees grow in the forest and moderates the warming affects of so much southern-exposure glazing.

The kitchen is adjacent to the great room. The circular serving bar is ideal for large parties. Its base is wrapped in leather and it is topped with glass. A large pantry is nearby.

The downstairs media room is one of Twack's favourites. Its water views, however, interfere with television-watching.

"It has a nice feeling to it but it's hard to have a TV with a view like this," says Twack, who reports that he's become more of a reader since moving in, thanks to all of the great spots to curl up with a book.

One of those is the master bedroom, which enjoys the same spectacular view as the great room and family room below. Like the other upstairs bedrooms, this room also has an adjacent deck with glass railings so the view is not obscured.

The master bathroom is an angled room, with limestone on the flooring and on the walls. It boasts a large glass



CANWEST NEWS

Limestone and edge-grain fir from salvaged blowdowns unify the finishes throughout the house that Mike Twack, here with wife Wendy, built for his family.

shower, with two limestone benches and soaker tub with a hook-up for watching television and a heated backrest.

The couple, who have three daughters ages 10, 8 and 2, have a large playroom adjacent to the media room for the girls. The bright room that looks out to a grove of trees could easily be converted to a fitness or games room, says Twack.

Much of the fir used in the home is from reclaimed wood, from trees that were blown down.

"When I was a kid I'd wander back alleys collecting stuff. I like to recycle. I hated to see things get thrown away," Twack says.

He was able to make use of building material from an old-age care facility that was torn down. From there came 800 sheets of plywood and 35,000 linear feet of mostly two-by-six lumber.

Storing that much salvage was a dilemma during construction, solved by cantilevering a huge platform on the site over a rock retaining wall.

One of the four upstairs sun decks is a suspended concrete slab. It was done early in the project, solving what would have

been a labour-intensive problem of carrying lumber upstairs. Instead, a crane deposited the lumber on the deck.

Another practical application is seen in the rear of the house where two ponds capture rainwater. When the doors of the informal dining room are opened the ponds at the foot of a cliff face act as a natural coolant for the home.

"It provides an air conditioning system. When the doors are open in the summer it's an instant 10 degrees cooler," Twack says.

The Twacks have put the property on the market and are asking \$3.5 million.

-CanWestNews Service



CANWEST NEWS

Tongue and groove boards cover the ceiling. "When I was a kid, I'd wander back alleys collecting stuff. I like to recycle. I hated to see things get thrown away," Mike says.



CANWEST NEWS

The limestone encloses a cherry wood floor in the great room and the room's gas fireplace, while it faces and tops the stairs.

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Cards of Thanks

GRAVEL - I wish to thank everyone who remembered me during my recent convalescence. Also a special thanks to Dr. Barakett and Dr. O'Sullivan and to my husband Bernard and son Benoit for all their T.L.C.

LEANNE

VAUGHAN - My sincere thanks to Dr. de Varennes and colleagues on the 5th floor ICU and 8th floor Surgery of the Royal Victoria Hospital for the wonderful care I received following my November 16 triple By-Pass Surgery. To the nurses of the CLSC La Pommerai, Cowansville, for their visits following my return home from the Hospital. How fortunate we are to have this service. To my wife Shirley, my Children and grandchildren for being there when I needed you. I couldn't have done it without you. To all my friends for the many phone calls, cards and visits. They helped so much. Your thoughtfulness and kindness will never be forgotten.

DOUG VAUGHAN

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## FULFORD SOCIAL NOTES

Upon entering Fulford United Church on Christmas eve, one could feel the excitement as the little ones, dressed in their costumes, anticipated their roles in the Nativity pageant, ably directed and presented by Bev Quilliams and Carla Wright. Rev. Susan Tilleman conducted the service which included duets by guest organist Nancy Ingram and her daughter, Alison, and by the Holman sons-in-law. Afterwards, hot chocolate and a variety of cookies were served around the old wood stove, and the children received bags of candy, courtesy of Wanda Scott, a former resident.

Sympathy to Carol Vallieres on the loss of her mother.

-M. Fordham

## ABERCORN W.I.

Members of Abercorn W.I. held their November 1st at the home of Patricia Lahue, President. Pauline Wilkins opened the meeting by welcoming the members plus a guest, Esther Laraway.

Business for the month. Hot water tank had been delivered and will be installed in the spring. The hall has been closed for the winter months. Our next business will be hosting the Brome County convention at the end of April, 2006.

Repairs will need to be done in 2006 as we want to make the hall available to the community. We are planning a flea market in June to raise money, plus we are applying for a grant from the Rural Pact.

Glenroy Loubier and Lucille Grondin are in charge of this. Treasurer Arline Bleser's report shows that we have enough to meet the winter expenses. With business finished, members enjoyed tea and snacks.

A special meeting was held at the Golden Age room at the town hall. Glenroy Loubier had done research on our Incorporation which needed to be updated. Members voted to update information on incor-operation. So ends the Abercorn W.I. for 2005 and now looking forward to restoring our hall with the help of ACPA and the community.

-P. Lahaie

## KNOWLTON GOLDEN AGE CLUB

The Knowlton Golden Age club held their annual Christmas Luncheon on Thursday, December 8, at the ODDFELLOWS Hall. The President welcomed everyone especially the guest, Mayor Richard Wisdom, President Errol Frechette and Gib Rotherham of the Lion's club. The Rev. Walter Stairs said the blessing. This Fellowship and celebration was made possible because of the kindness and generosity of the Knowlton ODDFELLOWS who sponsor this Turkey and Ham Dinner with all the trimmings and delicious lemon and pumpkin pies for dessert which was enjoyed by all and greatly appreciated. 58 raffle prizes were awarded of which the proceeds was donated to the Knowlton Food Bank. A short speech was said by the Mayor and Mr. E. Frechette. Christmas Carols were sung by all with the Rev. W. Stairs and Edna Badger leading the Sing-a-long accompanied by Mrs. Marilyn Stairs who played the electric organ. We would like to thank everyone for their kindness and generosity to our club, for their donations in different forms for the calendar year, 2005, without their help, this would not be a successful year. Here are the list of donors:

Knowlton Oddfellows, Les Emballages Knowlton Inc., Knowlton Lions club, Windmill Plastic Inc., Brome lake Ducks Ltd., Station Knowlton, Sears Knowlton, Patisserie Lac Brome, Knowlton IGA, Amy's Restaurant, L'Orchidee de l'Orient, Le Relais Restaurant, Knowlton Uniprix, Le Shack, MP-4Way, Bray Barn & Wilms Marche Aux Puces. Special thanks to the Officers and Members for their support and attendance. Thanks to the record and Brome county News for putting our meetings & special events in their paper. Hope to see you all back on Thursday, January 19, 2006 for our 1st Card Game and to welcome all 50+ folks who wish to join our club. Happy Holidays to all.

-A. S. Wilms

## WARNING:

CONT'D FROM PAGE 7

countries because they germinate quickly in cool water, without the aid of soil, which ensures the growth and survival of any bacteria clinging to the sprout seeds.

"It's the way that sprouts are grown," Sharma said. "It's an optimum situation for bacteria to grow."

Once considered the ultimate health food, sprouts have recently been linked to several major international bacterial outbreaks. The biggest outbreak occurred in Japan in 1996, when 9,000 people were sickened and 17 died after eating radish sprouts contaminated with E. coli.

In 1998, the United States' Food and Drug Administration issued a health advisory warning high-risk groups not to eat raw alfalfa sprouts.

Ontario public health officials traced a salmonella outbreak to mung sprouts from Sun Wah Trading on Nov. 25, after analyzing 266 laboratory-confirmed cases of individuals infected with the bacteria reported to the Ministry of Health that month. Normally, about 20 to 25 cases a month are reported at this time of year.

Since Oct. 1, 648 cases of salmonella have been reported across Ontario.

On Dec. 14, Ontario lifted the order against Toronto Sun Wah to stop distribution of its bean sprouts, confirming that the salmonella outbreak appeared to be over.

However, at the same time, Sheela Basrur, Ontario's chief medical officer of health, advised the

public that sprouts are rarely considered "risk-free."

"Individuals who are at risk of serious illness from food-borne infections, such as the elderly, people with weak immune systems and young children, should not eat any type of sprouts. Other individuals can reduce their risk of illness by avoiding raw sprouts," Basrur said in a press release.

Cooking mung sprouts — often done in Chinese cooking — significantly reduces the likelihood of a bacterial infection.

Symptoms of salmonella include fever, headache, diarrhea, stomach cramps, nausea and vomiting. In children, the elderly and those with weakened immune systems, the bacteria can cause serious and sometimes deadly infections. Symptoms occur 12 to 36 hours after eating contaminated food or water.

And though many are surprised to learn they can become infected with salmonella by eating fruits and vegetables, the bacteria can be just as potent as the more-common meat and poultry variety. "Once the salmonella is in your system it doesn't differentiate where its coming from," Sharma said.

Sharma was not able to say if the inspection agency would be investigating Toronto Sun Wah, an outcome that could result in a fine. The company must contact the stores and distributors in possession of its mung sprouts and recall the product, Sharma said. The government watchdog checks to ensure the company has complied.

"We find out where the product was distributed ... and then on a random basis we pick out names of the stores and get an idea as to whether the product is being removed. If we find deficiencies, we check up."

-CanWest News Service



## Production Welder

FREE TRAINING FINANCED BY  
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Duration: 700 hours  
Starting Date: January 23, 2006  
Ending Date: June 16, 2006  
Schedule: 7:50 a.m. to 3:40 p.m.  
Training Place:

Cowansville Vocational Education Training Centre  
200 Adélar-Godbout Street  
Cowansville, Québec J2K 3X9

## Program Objective:

Develop the necessary skills to operate a welding machine on a production line.

This training is offered to both women and men.

## INFORMATION MEETING:

Wednesday, January 11, 2006 at 1:30 p.m.  
Cowansville Vocational Education Training Centre

For additional information, please contact Linda Brault at  
(450) 263-7901 ext.: 233.

## Admission Criteria:

- unemployed
- out of school for at least 24 months
- want to acquire welding skills to improve chances of finding work
- available for full-time training 35 hours per week from 7:50 a.m. to 3:40 p.m. for 21 weeks
- priority will be given to individuals residing in the territory of the centres locaux d'emploi de Brome-Missisquoi et de La Haute-Yamaska

This training activity is made possible by the financial contribution of Emploi-Québec.

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