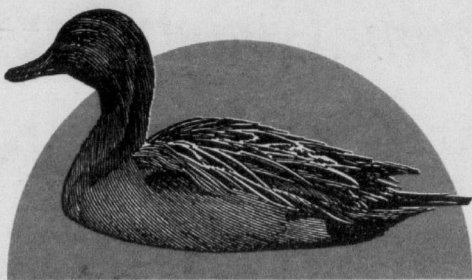


Brome County NEWS



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First Responders unit needs more funding

*Four months and
100 calls later...*

By Maurice Crossfield

After four months in operation and over 100 calls later, Brome Lake's First Responders unit has everything it needs, except the financing.

"The need is there, it's just a matter of the financing," said Tom McGovern, a First Responder. "I'm hoping people will see what a good service this is, and we won't have to come rapping on their doors."

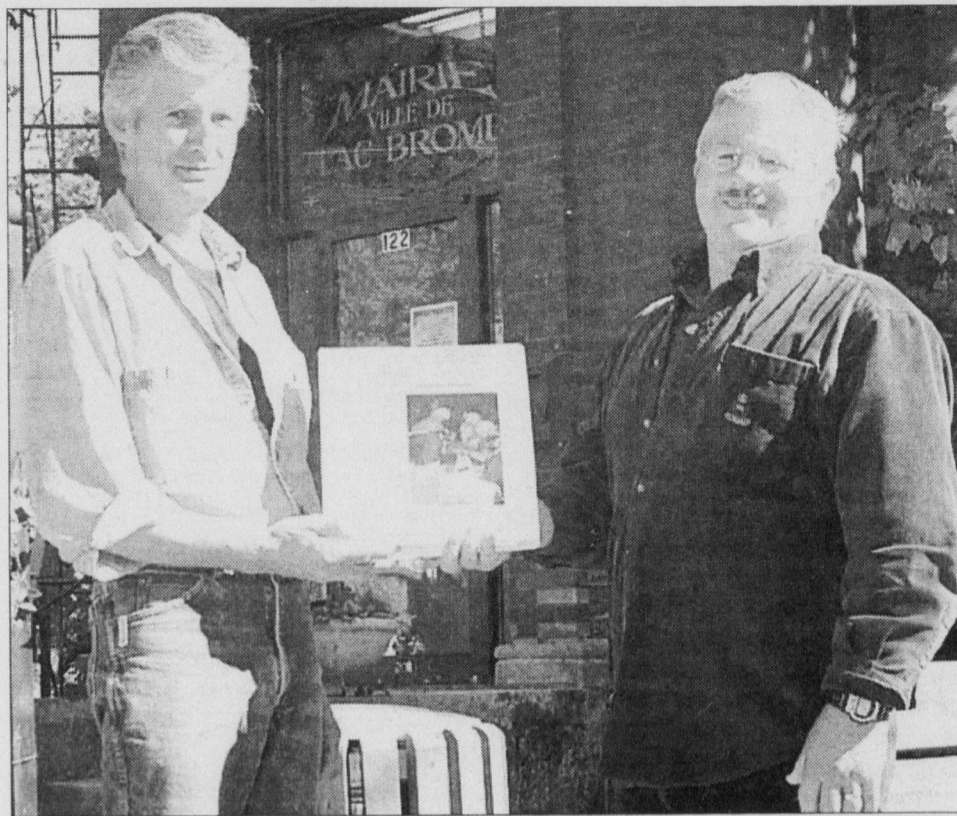
The creation of a First Responders unit came following a coroner's report on the March, 1998 death of Luigi Viscogliosi. After collapsing at the Knowlton Pub, it took more than 20 minutes for an ambulance to arrive. Viscogliosi died before paramedics arrived on scene.

Similar First Responder units are well established in other municipalities like Potton and Bromont, and are credited for saving lives in situations where it may take time for an ambulance to arrive.

It took a long time for the First Responders to be set up in Brome Lake. Months of studying other units and learning about training requirements was followed by finding the money to get it going. Along with a vehicle and the various life-saving equipment, the First Responders had to undergo a costly 45-hour training, and a further eight hours instruction on the use of a defibrillator.

The need for such a service was more keenly felt after the municipality folded its police force into the Sûreté du Québec last year, to meet new provincial policing standards.

SEE RESPONDERS, PAGE 5



RECORD FILE PHOTO

Brome Lake Councillor and First Responder Tom McGovern (left), says despite donations from the municipality and private organizations, the unit is still short of funds.

MHS prepares for third twilight tour

*Unusual fundraiser
helps maintain
historic graveyards*

By Caroline Kehne
RECORD CORRESPONDENT
STANBRIDGE EAST

Send an evening sporting with the spirits during the Missisquoi Historical Society's third annual Twilight Graveyard Tour Aug. 9 at 6 p.m.

The yearly event raises money for the upkeep of the 17 abandoned, inactive family graveyards currently under the care of the MHS cemetery committee. This year, participants will visit five local graveyards, include the Hazard, Capron, Westover, Wing and Bates graveyards.



CAROLINE KEHNE/CORRESPONDENT

Anne Lipowski delivers commentary on the 2002 edition of MHS' Twilight Graveyard tour.

The tour will depart at 6 p.m. sharp from the Dunham Anglican Church, located at 129 College St. Guides Judy Antle and Anne Lipowski will lead the 2003 edition, providing short commentary on each stop. Learn the difference between a graveyard and a cemetery, as well as interesting facts about the region's pioneers such as Turner Wing, Joseph Capron, Wealthia Post and Nathan Call.

As night falls, the caravan returns to the church for light refreshments. Reservations are requested. Admission is \$20, and includes a booklet with information about each of the five graveyards. Booklets from the tour's first two years are also for sale at the MHS.

For reservations and information, contact the MHS at 450-248-3153.

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BROME COUNTY COMMUNITY BILLBOARD

COMMUNITY CALENDAR

July 26

MENTAL HEALTH WELL BEING & SUPPORT GROUP at St. Paul's Church (basement), **Knowlton**, around 2 p.m. Do you or someone you know suffer from depression? Whether the depression is situational or diagnosed is not important. This group can help you. Are words like Schizophrenia, Manic Depression, Bi-polar confusing to you? Or you're not sure how to support someone struggling with one of these illnesses? Need a ride to a meeting? Info: 450-243-0928.

FLEA MARKET at Knowlton United Church, 9 a.m. to 4 p.m., at 234 Knowlton Rd., **Knowlton**. Featuring a special Antique's Corner.

July 26 and 27

BORDER CRAFT SHOW in the Eastern Townships Curling Club, 3245 Capleton Rd., Rte. 108. **North Hatley**, Saturday, 10 a.m. to 5 p.m., Sunday, 10 a.m. to 4 p.m. Free admission, canteen available, 50 tables. Info: Allan Nourse 819-876-2943. Table rental profits to help run summer camp for children in Stanstead. Painting on wood and metal, silk scarves, dolls, oil paintings, jewelry, candles, etc.

Aug. 2

Brome County Agricultural Society annual BBQ at Brome Fair Grounds, 5 to 8 p.m. Adults, \$12, children, 6 to 12 yrs., \$6. Music to follow with Wayne Durrell. Info: 450-242-3976.

Aug. 3

ANTIQUÉ/COLLECTIBLE & CRAFT SALE (over 45 vendors) on Curley Street, **Sutton**, 9 a.m. to 4 p.m. Profits to Arthritis Society. Rain or shine. Free admission. Info: 450-538-8039.

Aug. 4 to 8

Great Global Adventure **BIBLE DAY CAMP** for all youths, ages 5 to 12 yrs. Welcome to the bible day camp during the first week of August at **Brome Village** hall, Brome. Call Valerie for more information, 450-243-5147.

Aug. 23

Eighth annual **FLEA MARKET**, Dunham United Church, 9 a.m. to 3 p.m. For Table or space rental, contact, Barbara, 450-295-2348. To benefit **Dunham U.C.W.**

ARTS CALENDAR

July 23 to 27

EXHIBITION ON INTERNATIONAL CALIGRAPHY, including the work of Hermann Zapf and Donald Jackson, scribe to Queen Elizabeth. Open, 1 to 4 p.m., Galerie Charmante, 1182 Macey Rd., **Sutton**.

July 27

Knowlton Harmony Band Sunday **EVENING CONCERT** by the water at Coldbrook Park, **Knowlton**, 6:30 p.m. In case of rain at Knowlton United Church.

Through July 28

Exhibition of **WORKS IN OIL AND WATERCOLOUR** by landscape artists Danielle Clément and Gerard Schwartz at BCHS Centenary Building, 120 Lakeside, **Knowlton**. Open Monday to Friday, 10:30 a.m. to 4:30 p.m., weekends, 11 a.m. to 8 p.m. until July 28. Information 450-248-2758.

Aug. 27

BROADWAY REVISITED AND MORE returns to Haskell Opera House in **Stanstead**, 7:30 p.m. A collection of solos and duets from Broadway musicals and standards from Tin Pan Alley's greatest hits by Gershwin, Porter, Berlin and others. Tickets, 819-876-2020 and Woodknot Bookshop, Newport, Vt. 802-334-6720.

CHURCH SERVICES

KNOWLTON/CREEK PASTORAL CHARGE: Worship and song by members, assisted by The Reverend Dale Skinner.

Searching for Treasure



CAROLINE KEHNE/CORRESPONDENT

Knowlton was the place to be recently during the Pettes Memorial Library's annual book sale. The sale featured thousands of discarded volumes and donated used books, hardcover and soft, non-fiction and fiction. Organized by trustee Sheila Parsons and a team of enthusiastic volunteers with the support of library staff, the sale now spans two days.

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 Rd., **Knowlton**. We wish to know Jesus Christ and to make Him known. Sunday Services: 8 and 10 a.m. Sunday school and Nursery, 10 a.m. The Rev. Ralph T. Leavitt — Pastor.

PARISH OF BROME: Anglican Worship Sunday, July 27, **Iron Hill** Holy Trinity, with St. Lukes, Waterloo choir at 7:30 p.m. Refreshments served. All welcome. 450-243-6096.

COWANSVILLE AREA PASTORAL CHARGE UNITED CHURCH: Sunday Worship at **East Farnham** United Church, 10:30 a.m.

WATERLOO ST. PAUL'S UNITED

CHURCH, WATERLOO — FULFORD: Sunday Services: July, August and September, 9:30 a.m. First, third and fifth Sundays in **Waterloo**. Second and fourth Sundays in **Fulford**. Information, 450-539-2129.

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

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

BEDFORD UNITED CHURCH PASTORAL CHARGE: Invites you to come and worship with us. Minister, Rev. Malcolm Cogswell. Joint service, 10 a.m. Sunday, July 27, **Wesley, Bedford**.

THE ANGLICAN PARISH OF BEDFORD/PHILIPSBURG/FARNHAM:

Summer services: July 27, **Philipsburg** at 10 a.m., with Fr. Brian Evans.

BAPTIST CHURCHES: Sunday services: **Mansonville** Baptist, 9:30 a.m.; **Olivet** Baptist, **Sutton**, 11 a.m.

Brome County NEWS 

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RATES & DEADLINES COMMUNITY CALENDAR

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

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CIRCULATION

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TLB masterful with classic Shaw piece

By Diahann Saddler
RECORD CORRESPONDENT
KNOWLTON

The classic Shaw piece Mrs. Warren's Profession was scandalous when first penned, and as Theatre Lac Brome stages it as the second production of their summer repertory season, it is still quite daring.

Vivie Warren is the mathematically-inclined modern young woman whose mother has always been an enigma to her. Kitty Warren has lived abroad all through Vivie's life, leaving her to grow up in boarding schools and letting her go to Cambridge.

Vivie is now poised to take a job in modern society (circa 1900 that is) and her mother comes on one of her yearly visits.

Vivie's maturity and frankness ensures that this visit is different from all previous ones. For once, she is willing to pry into her mother's secrets, to find the source of the seemingly limitless income, and confront Kitty about the identity of her unknown father. It is a confrontation that will have lasting consequences.

Shaw uses the contrast between Vivie and Kitty to illustrate the horrendous choices offered to lower class women in Victorian society. Kitty's profession is one of the oldest, while Vivie is embarking on a career only just opened to females, accountancy.

For Kitty, the only way to live an independent life of wealth was to use her body, while Vivie has the luxury of using her mind to gain the same ends. Kitty could have chosen a legitimate life as a factory drudge, but she saw no future there, just an early death in one of England's 'satanic mills.'

Because of her mother's choices Vivie was able to grow up respectably and with an excellent education. The daughter of a factory worker or housemaid would never have gone to Cambridge in Victorian England's rigid social structure. However, the daughter of a clever prostitute could and did.

Shaw uses the men in Kitty's life to highlight the rampant hypocrisy of his time. Sir George Crofts is Kitty's business partner, a peer with shady investments whom no one is going to investigate because their hands are dirty too.



COURTESY THEATRE LAC BROME

Vivie Warren (played by Helen King) is the mathematically-inclined modern young woman whose mother (played by Mary Harvey) has always been an enigma to her.

Samuel Gardner is Kitty's long ago lover who has become a minister in the Church of England for lack of better prospects. Gardner is more of a black sheep than a shepherd; Shaw attacks the Church for appointing priests who are not called by conviction, but by default.

Frank Gardner is Samuel's ne'er-do-well son who has a crush on Vivie. He is a charming but shallow cad who has no qualms in propositioning Kitty despite his plans to marry her daughter.

Old friend Praed is the only seemingly decent man in Kitty's life. A bo-

hemian at heart, he is an architect, a lover of beauty and art, and seems to be the bridge between the old and the new England.

Mary Harvey leads an excellent cast as Kitty Warren. Hitherto, we have seen Harvey in minor roles; this is her first starring part at TLB, and she is more than up to the challenge. Her Kitty is lively, vulgar, appealing and appalling.

Harvey gives us a Mrs. Warren with whom we sympathize, a courtesan but also a mother, frightfully self-assured in one moment and emotionally devastated the next.

Helen King plays Vivie; delightful in *You Never Know*, she is equally excellent in this role. King conveys the modern Miss Warren perfectly — refusing to show emotion but conveying heartfelt pain nonetheless.

Glenn Roy is utterly convincing as the repulsive Crofts; one cannot imagine a more unpleasant suitor for Vivie. Roy even manages to look evil and corrupt; it is inspired casting.

Darren Jackson is glorious as young Frank; at once completely likeable yet 'ever so' annoying and unsuitable for Vivie. Just as he did in *You Never Know*, Jackson brings an undeniably dynamic presence to the stage. Alex

Ivanovici acquits himself well as the delicate and vague Praddy, the only likeable man in Kitty Warren's life. Massey-Vanier High School teacher Doug Hooper, in his first professional role, is sure and anything but amateurish as the hypocritical Rev. Samuel Gardner.

Greg Kramer directs with his usual flair for character development and unerring sense of timing. Mrs. Warren's Profession is riveting from start to finish, offering the famous Shavian wit and acerbic vocabulary. Shaw delivers a lesson on Victorian mores, but couches it as entertainment, not a lecture.

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Complicated issues surround elderly drivers

Seniors the fastest growing segment of driving population

Last week, an elderly man in Santa Monica, California apparently stepped on the gas instead of the brake, plowing through a crowded marketplace, killing nine people and injuring 40 others.

This accident, like many others before it, raises the delicate issue of how to make sure those who can drive be allowed to regardless of age, while dangerous elderly drivers get their keys taken away.

It's not a minor problem, particularly in an age when people are living longer and living with various illnesses.

Eyesight, hearing, motor skills and the effects of various medications can all make the difference between a good driver and a public danger.

In 2003, drivers over the age of 80 make up the fastest growing segment of the driving population.

And while most of us like to think it's the young, less experienced dri-

vers who have the most accidents, in fact it's drivers over 65 who are involved in the most collisions and fatalities. Some 1.7 million Canadians over 65 find themselves behind the wheel on a regular basis.

But at the same time, it is true that many elderly people are good drivers. Further complicating things is the fact that for many older folks, taking their driving privileges away spells the difference between being able to live independently and having to move into a senior's residence.

PRETTY GOOD

When it comes to driving, we all think we're pretty good at it, especially when you've been driving for the last five or six decades. For many elderly people a driver's licence is proof of their independence, and it's a crushing blow for them to be told they just can't do it anymore.

It seems to be harder on men in particular, who traditionally see themselves as the main driver in a family.

But at the same time letting older people continue to drive when they shouldn't is not an option.

These drivers

are not only a danger to themselves, but as the Santa Monica accident shows, they are a danger to everyone else as well.

So far, governments haven't really figured out the best way to deal with the issue.

In California, the 86-year-old had recently passed a written test and an eye exam. But on the other hand he had also in recent weeks crashed

into the back of his garage twice. An unmistakable danger sign.

Different governments have taken different, and often half-hearted approaches to the issue.

In Ontario, older drivers are required to take driving workshops and written tests to keep their driving privileges.

In Maine, every driver over 40 needs a medical exam. Quebec requires medical exams at age 75, and periodically thereafter, and a family doctor can get a patient's driving permit revoked if they think the person shouldn't be on the road.

One idea being considered in several jurisdictions is a graduated delicensing system: The driver would be subject to more frequent driving and medical exams, with restrictions gradually imposed.

A driver may not be allowed to drive at night, or on a multilane highway.

Meanwhile, the CanDrive project is a national effort aimed at developing a standardized method of evaluating whether older people should continue to be allowed to drive for doctors.

HEALTH, NOT AGE

It's not a question of age, but of health. Chances are the older you are the more likely it is you've got health problems. The problem itself, or the medication used to treat it, can be a factor.

A young driver on painkillers is just as likely to cause an accident as an older driver on the same medication. But there's more of a chance the older driver is on something that can impair his or her senses.

While governments continue to mull over the possible ways of effec-

tively dealing with the problem, each of us can play a role in ensuring elderly drivers in our lives are fit to keep doing so.

It can be a touchy subject, but compared to the possibilities resulting from looking the other way, it's definitely the easier path to take in the long run.

First off, let's start with the generalization that most older drivers feel they are just fine, thank you. They either feel confident they can keep driving, or won't admit their skills are starting to slip.

That means it's up to people around them, wives, children, doctors and friends, to be involved.

Those people can watch for the warning signs: Bad driving habits and an apparent lack of awareness of what's going on on the road around them.

An increase in minor fender-benders, or poor parking. While driving slower as your abilities diminish isn't a bad idea, at a certain point going too slow creates a hazard for other drivers.

Sometimes there are near-miss situations, serious warnings of problems to come.

Then there's the medication issue. Many older people take numerous pills each day, to the point where they (understandably) can't keep track of which pill does what. These pills, while they may be just fine on their own, can do funny things when taken together.

Verify with the family doctor, if possible. Doctors are usually pretty good about knowing what interacts with what, but they can't be in the passenger seat to see that it's making the old gent positively wonky.

It's a difficult issue to tackle, from any angle. But when you think of the Santa Monica accident you realize it can't be avoided.

Known as a quiet and decent man, that driver will have to live out the remaining years of his life knowing he is responsible for nine deaths and many more injuries.

The families of his victims will have to live without fathers, mothers, brothers and sisters. A heavy price to pay for everyone.



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RESPONDERS:

CONT'D FROM PAGE 1

In Brome Lake, the unit began taking its first calls on March 17, with the unit being alerted by the 9-1-1 call centre. Since then, the unit has been sent to over 100 incidents, ranging from car accidents to heart attacks to broken limbs.

In general the First Responders can get to the scene within five minutes or less.

"When the First Responders are there, it doesn't seem as long for the people to wait for an ambulance," McGovern explained. "We have them ready to be transported by the time the ambulance gets there."

The Brome Lake councillor added that the Responders take care of a lot of the details usually handled by ambulance technicians: basic treatment is given, Medicare cards and medications are collected, and the patient is made ready to leave for the hospital. That can save up to 10 minutes for ambulance workers.

Following their training each First Responder must give at least one 12-hour shift per week, on call, for one year. Based out of a room at Manoir Lac Brome, the team keeps the vehicle with them, ready to go on a moment's notice.

With an initial \$46,000 raised to get the program going, the unit is now running out of funding. McGovern said that money, donated by the municipality, Frosty's Bar, Safety Sense Institute, Legion, Lion's Club, Landes, local residents and anonymous donors, allowed the unit to buy its equipment, train its people and get itself established. Now, it's mostly a matter of covering the day-to-day operations, and the training of another six First Responders. McGovern noted it costs \$300 a month just for fuel.

"We're hoping people will be willing to donate on their own without us having to beg for it."

To donate to the Brome Lake First Responders unit, send a cheque made out to the First Responders to the town hall, 122 Lakeside, Knowlton, JOE 1V0. Tax receipts will be given. For more information contact McGovern at 450-243-0495, Mark Kelly at 243-0632, or Amy Brown at 243-0312.

Authors read work at Flyé

By Philip A. Godin
RECORD CORRESPONDENT
SUTTON

Recently, within the heady confines of Flyé, the eclectic bookstore she operates on rue Principale in Sutton, Elana Fahey held the second in a series of five readings she has planned for the current year.

The event began with presentations by two aspiring poets, students at Massey-Vanier who read from their collected works. Then the featured guests, three writers whose writings differ in style as much as in content took turns at the podium.

Will Bédard, the 35-year-old author of *Big Hungry*, a novel that depicts the harsh realities of life in the Blue Ridge Mountains of his native North Carolina, read first.

Relying on a particularly stark descriptive narrative, he sketched several living scenes from within the realm of his own experiences. A particularly captivating one was the description of his alter ego Eddie and his mother tending to a new foal that Grace, the family horse, had just given birth to.

"Mama, it's not breathing," he said. She started and scrambled to her feet.

"Quick," she hissed. "Get over here." Eddie blinked several times. He felt the sun warming the back of his neck. "Are you deaf? Get over here."

The lanky boy stumbled towards

his mother, still clutching the needle and vial both of which she ripped from his grasp and flung into the grass.

"Take it by the hind legs and pick it up over your shoulders," Mama said. Eddie squatted with his back to the filly. He grabbed both legs and staggered under the weight as he stood up, hoisting the foal over his shoulders. Blood and mucus wet the back of his tee-shirt. Mama used the flat of her hand to smack the little horse's chest. "Breathe," she intoned, willing it to do so.

Bédard's direct and colourful depictions of characters in a less than subdued light are revealing and true. His story telling is riveting and smacks of the authentic realism that only first hand experience can convey.

The second speaker was Alexander Fodor, a Hungarian-born retired professor of Russian Literature (McGill) and acknowledged expert on the works of Leo Tolstoy.

Admittedly not a fan of the genocidal leader of the Soviet Union Joseph Stalin, Fodor also read a passage from a short story called *Stalin* that mirrors his own terrifying life experiences while a student in post-WWII communist St-Petersburg.

As a passive listener, one becomes acutely aware of the writer-reader's accents, pace and intonations. As they read, we are treated not only to the authors' written words, sentences

and paragraphs, but also to the minute pauses, emphasis and inflections that convey their most intimate thoughts.

As they read, were could actually hear their mind's voices.

Our third author and reader was the Record's own correspondent Caroline Kehne. Kehne's credentials are impressive. A graduate Biologist with a minor in mathematics and graduate studies in Plant Epidemiology, Kehne also earned an M.B.A. in International Business and Marketing which she has used in the pharmaceutical and computer industries.

Not surprisingly, Kehne's recognized writing abilities are also impressive.

She read a short story that had all the trappings of the beginnings of a novel. The story lures us into a remote rural and mountainous setting where a young urban couple has just purchased a home mysteriously abandoned by the elderly couple who lived there.




The elderly spouse died some years before and is rumoured to have squirreled away a diary of sorts somewhere in the old cottage, which the widower is all too anxious to retrieve. As is often the case with shorts, the story ends abruptly, a sudden and unpleasant cerebral interruptus that left all wanting more.

For more information on future events, call the Flyé Bookstore at 450-538-0596.


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Over-exposed: A bum deal on the bike path

As part of hosting a TV series based on his own stories, mystery writer Alfred Hitchcock had to introduce the various sponsors during commercial breaks. And he did so in his own distinctive, disdainful way: "And now we pause for a moment whilst our hawkers go amongst you and peddle their wares."

So thank you to the reader who pointed out the error in usage in the article about the busy beavers of east side Brome Lake. As she said, you only 'peddle' a bicycle if you're trying to sell it; as exercise or transportation, you 'pedal' it (thanks for reading the item, that is, not for showing me up).

Meanwhile, back to the bike path. Winter access is easiest: exit the rear door, follow an almost straight line less than a mile southeast across the frozen tundra to the old train bed. In the cold season, of course, it's not a bike path, but rather, a cross-country ski trail. Or, if no one's used it for a while, it's just another old train bed.

Summer access is less direct. We've tried several times, unsuccessfully, to forge a warm-weather path along the

same route. On each attempt we've gotten very wet, even the show-off who appeared one time in hip-waders. He struck out boldly ahead of those of us in rubber boots, going a tad too far as it turned out, and got wetter still.

The simplest, driest route is a little more than a mile down the lake road, and around a corner into the small gravel parking area at the gated entry point. If the outing's purpose is to get a little fresh air and exercise via pedaling, then it makes sense to bike to the bike path.

Except that having a dog in tow complicates matters. As National Lampoons' film Family Vacation demonstrated, it's best not to tie an animal to a moving vehicle. Besides, with the beast in question being part husky, I could end up being dragged along the pavement, should he get spooked. Also, trying to hold the leash in any manner is not advised, what with a live, unpredictable, 90-pound-plus weight on the other end.

After a few tangles and near-wipe-outs, it was obvious that we needed a safer way to get to the oh-so-near bike path. We'd have to drive, a very North

American to do so (at campgrounds, I've seen people get into their cars to drive 200 feet to the washrooms).

THE COUNTRY SQUIRE

BRIAN EDDINGTON

However, with about four trips to the village in an average week's schedule anyway, the opportunity for multi-tasking was right there: put the bike on the truck, take along a quick change of clothes if desirous, and stop off for a 20 or 30-minute pedal on the way back home.

Through May and June, we pretty well had the whole area to ourselves. July is busier, but we recently arrived at the gate with no one else around. The odd car rolled by on the gravel road, but once again the business of changing shorts was a casual, unhurried affair. If a vehicle did slow up to enter the parking area, there would be adequate notice.

So there I was, resplendent in my underwear, bending over to don my gym shorts, the sounds of silence punctuated only by cicadas and bird-song. Then, a sudden, surprising, cheerful 'Bonjour!' I snapped to attention and turned to see two ladies cruising smoothly by not 20 feet away. Both hands being occupied for the moment, I acknowledged their waves with a nod and a slightly tight smile.

Thankful, I was sporting new boxers, dark-coloured with the tartan pattern

of some highland Scottish clan. This minimized the embarrassment, as well as areas of exposed cellulite and varicose veins (an old chap at the Thirsty Boot referred to his wife's experiences with the latter condition as 'various' veins).

A wee flustered, I headed up the dead-end path, knowing that, unless they decided to swim for it, there'd be a second encounter with the ladies. But I could avert their glances (and chuckles) while restraining the dog as they passed by on the return leg.

Better still, I was approaching a convenient trail-side rest stop with a split-log bench as the ladies appeared from the north. I pulled over, tied the dog, and pretended to check the bike chain.

To my chagrin, they too pulled over and stopped by the bench. One was 30-something, the other perhaps her mom. After a few pleasantries, they explained that they were visitors at the condos just down the road, and were trying to cycle to Waterloo. They were seeking an option to the busy paved highway, and this wasn't one. I outlined the longer, more demanding back way thee. They thanked me, and left to ponder their choices back at the gate.

Alone again on the trail, we continued northward. Even though they'd seen more of me than I had of them, with such polite folk it's unlikely the details would travel any further.

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BRIEFS

Shanghai Triad filming at La Mison du Livre
The next film presentation at La Maison du Livre Library & Cultural Centre, located at 371 Rte 202 in Stanbridge-Station, will be held on July 29 at 7 p.m., and will feature Chinese filmmaker Zhang Yimou's 1996 award-winning film entitled Shanghai Triad.
The film, in Chinese, with English sub-titles, tells the story of Pre-WWI Shanghai's city mob viewed through the eyes of a 14-year-old country boy.
Light refreshments will be served. Admission is free. Information: 450-248-3388.

Landscape art in Stanbridge-Station
Saint-Jean landscape artist Clément Desgroseillers presents a selection of his work at La Maison du Livre Library & Cultural Centre very Tuesday from 1 to 7 p.m. Admission is free. Information: 450-248-3388.

Philipsburg artist exhibits in Saint-Armand
Philipsburg landscape artist Danielle Clément presents a selection of her works at la Biblio-Gare Library & Cultural Centre located at 416 Chemin Luke in Saint-Armand, very Friday from 5 to 8 p.m. Admission is free.
Book lovers are also invited to the Biblio-Gare Library's weekly pot luck, held every Friday at 6 p.m. Weather permitting, patrons can also enjoy the outdoor terrace.
Admission is free. Information: 450-248-4402.

Tea social at Missisquoi Library
The public is invited to the weekly Tea social held at the Missisquoi Library Welcome Centre presently located in the Community Hall of the Anglican Church in Philipsburg, every Sunday from 1 to 4 p.m.
Light refreshments are served. Admission is free. Information: 450-248-4402.

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What's cooking at Massey-Vanier?

Recipe Book 2003



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Independent Living
Illustration:
Annie Kirouac

Students learn lessons of independent living

By Caroline Kehne
RECORD CORRESPONDENT

Massey-Vanier High School students of Nancy Dixon's independent living class recently learned valuable life lessons that they will carry with them into adult life.

As part of the class curriculum, Grade 10 and 11 students compiled, tested and printed recipes in a book entitled Let's Cook Something Good. The cookbook reinforces the basics of shopping, nutrition, food preparation and safety.

Each of the nearly 100 students enrolled took a copy home so that they can put their lessons to work.

"The cookbook was one of the activities in the class," said Dixon, who also teaches moral education, personal development and Grade 8 home economics. "The students were asked to gather three or four of their favorite recipes which we then collected."

Creating the cookbook took place in the context of menu discussion, budgeting and shopping. Dixon points out that not all the recipes are quick and easy,

but many are relatively quick to prepare and nutritious for young adults on the go.

After selecting recipes, the students then standardized them, rewriting each to conform to a specific format in which ingredients are listed first, in the order of use, followed by a clear and concise method of preparation. The students then entered the recipes and formatted the book before handing the text back to Dixon for proofreading. After final corrections, the students photocopied and coiled each copy, using a cover designed by Annie Kirouac.

Dixon said that due to the limited time available for testing, students were asked to submit tried-and-true favourites, which were, by definition, well-tested. The result is a collection of recipes for beverages, snacks, salads, yeast and quick breads, main dishes and, saving the best for last, desserts.

If there is a drawback, it is that nearly half of the volume is dedicated to sweets, including cookies, squares, cakes and frostings, cheesecakes, pies and candy. However, most recipes start with fresh ingredients, with little, if any, use of highly-processed or pre-packaged foods.

There are traditional favorites such as

homemade beef soup, oatmeal cookies, date squares and that old scouting favorite, s'mores.

In a testament to the increasing globalization of cuisine, there is also more sophisticated fare, such as vegetable tempura, green beans with pine nuts, guacamole, bagels, honeyed chicken teriyaki and Latvian apple flat bread.

Dixon notes recent educational reforms have not been kind to the home economics curriculum. The mandatory Grade 8 home economics course, which crams the basics of textiles and clothing, foods and nutrition, family living and housing into a single course, faces elimination. She hopes that the practical, hands-on approach of the independent living option will provide long-lasting value to older students on the verge of making the transition to adult life.

Copies of the cookbook can be obtained by phoning Massey-Vanier High School at 450-263-3772 (the school will be closed until the end of August, so leave your name and phone number).

The cost of each volume is \$15. Profits from sales will go to the school's home economics department. Copies will also be on sale at the Cowansville Townshippers' Association office (1-866-263-4422) and at Townshippers' Day.

Sweet & tasty treats

Here is a sample of the recipes from Let's Cook Something Good, a book of recipes compiled by Level 4 and 5 Massey-Vanier students.

CHOCOLATE TRUFFLES

Ingredients:

3 (175g) packages, semi-sweet chocolate chips;
1 (300 ml) can of low-fat Eagle Brand sweetened condensed milk;
15 ml vanilla extract.

Coatings:

Finely chopped nuts, flaked coconut, chocolate or coloured sprinkles, unsweetened cocoa powder and/or icing sugar.

Directions:

Melt chocolate chips with sweetened condensed milk. Stir in vanilla. Chill two hours or until firm. Shape into one inch (2.5 cm) balls. Roll in any of the coatings. Chill one hour or until firm.

Makes about five dozen candies.

— Annie Kirouac, Adamsville

TROPICAL PASSION (BEVERAGE)

Ingredients:

3 1/2 cups milk;
1 1/4 cups mango, peeled and cut into cubes;
1 1/4 cups papaya, peeled and cut into cubes;
1 cup pineapple, fresh or preserved, drained and cut into cubes;
1 cup orange juice.

Directions:

Place all ingredients into blender and blend until smooth. Serves two.

— Nathalie Besselle, Knowlton

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Farnham hosts a very unique sound

Staff

Farnham's Centre Saint-James will host a concert by Unique on Aug. 7 from 8 to 10 p.m. The band features Bette Piette (guitar, vocals), Linda Wand (guitar, percussion and vocals), Mitch Lambert (trombone, percussion and vocals) performing jazz, blues and swing.

The Centre will also be open during Les Journées de la Culture (Sept. 26 to 28), offering exhibitions and activities. On Sept 26, Valarie Van Horn will present an exhibition of Norwegian rosemaling from 1 to 5 p.m.

During the three days, Record Correspondent Caroline Kehne will pre-

sent an exhibition of her photos entitled Eastern Townships Byways.

The centre will also host three concerts: Ron Haynes and Friends (Sept. 26, 8 p.m.), Waterloo Duo (Sept. 27, 7 p.m.) and Road Scholars (Sept. 28, 7 p.m.). Admission to all events is free, but donations are accepted.

Centre Saint-James and its resource centre, containing sacred books from many religious traditions in English and French, are open by appointment. Both are located at 430 Principale E., Farnham.

For more information on upcoming events, call 450-293-0066, or visit www.centrestjames.osbl.ca.

Hotdogs For A Good Cause



CAROLINE KEHNE/CORRESPONDENT

Donna and Lara Mitchell, Maggie Blair and Brenda Stone, volunteers working on behalf of the Cowansville chapter of the Order of the Eastern Star, spent Sunday afternoon selling hotdogs and refreshments outside of Cowansville's Giant Tiger. The store regularly offers a tent and supplies to non-profit groups, free of charge. The profits from the fundraiser will help the Order's charitable projects, which have included gifts to the BMP Hospital Foundation and Knowlton parks.

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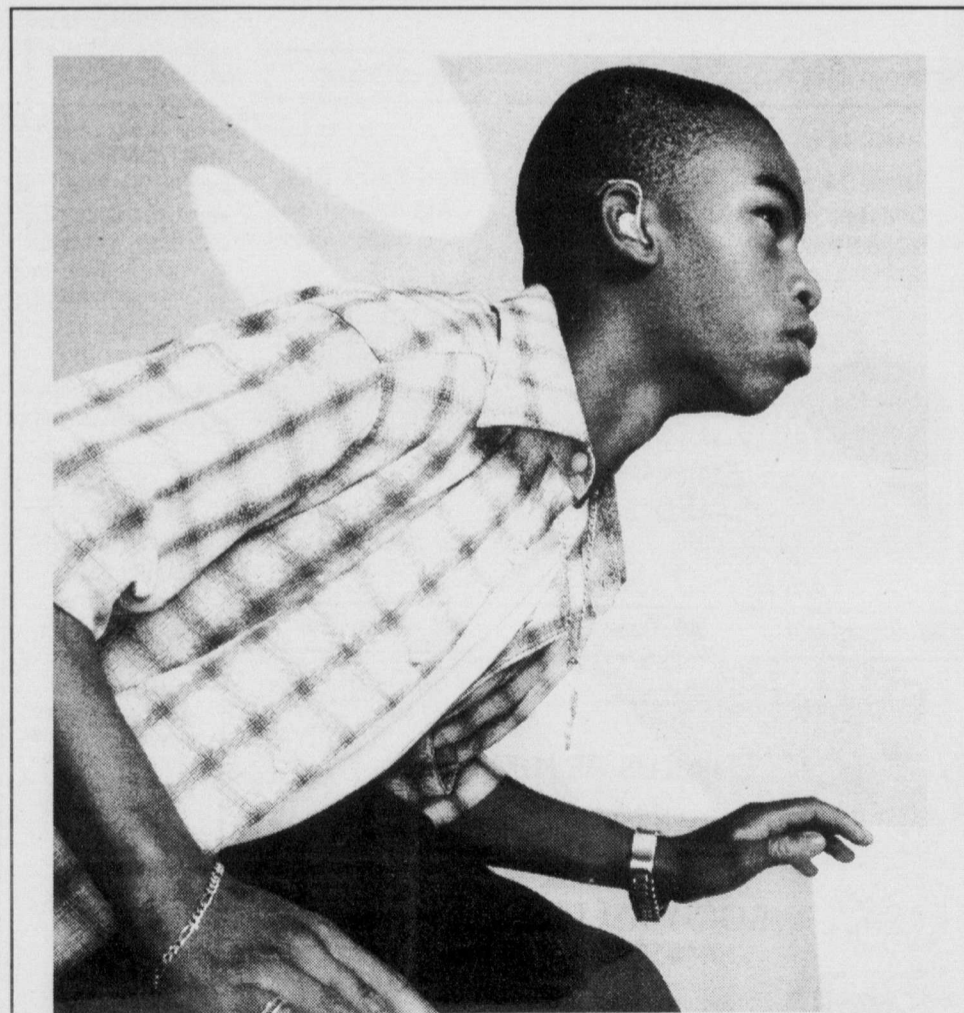
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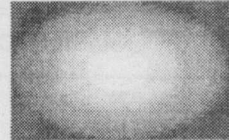
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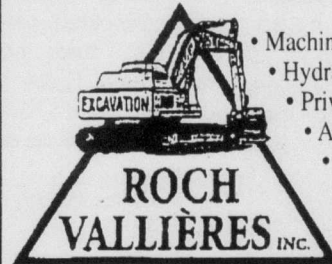
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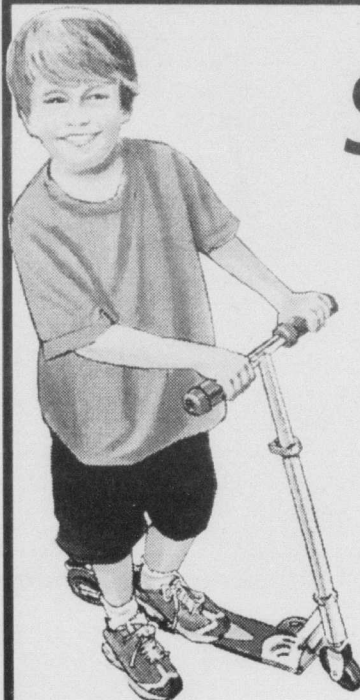
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DONALD (CORK) & LOIS BADGER

SHERRER - We would like to thank our friends and family for attending our 50th wedding anniversary celebration. Also for the cards and gifts received. Special thanks to our six children, eleven grandchildren and 2 great-grandchildren for arranging this spectacular lawn party. Love to all.
CECIL & LILLIAN SHERRER

TRACEY - The family of the late Albert Tracey wishes to express a sincere thanks to neighbours and friends who came or called with expressions of sympathy. To all who made donations to the Heart and Stroke Foundation, it is greatly appreciated. Thank you to the staff at Courville for the care they gave our father. A special thank you to Rev. David Lambie for his kind words and prayers.
PATSY, DONNA, JOHN, ANNA, ROSIE.

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Landscape art



CAROLINE KEHNE/CORRESPONDENT

St-Armand landscape painters Gérard Schwartz and Danielle Clément will exhibit a selection of their works through July 27 at the BCHS Centenary Building, located at 130 Lakeside in Knowlton. The artists follow the annual exhibition of water colourist Mary Martin, which closed July 6. Upcoming exhibitors include John Fowles (Aug 16 and 17), Desmond Senior (Aug. 27), Gerald Potterton (Aug. 29 to Sept. 7) and France Clavet (Sept. 19 to 28). Exhibition hours are seven days a week, 10 a.m. to 4:30 p.m. The BCHS will also hold its lone remaining antique market on Aug. 17 between 9:30 a.m. and 4 p.m. For more information, call 450-243-6782.

BCHS Market



CAROLINE KEHNE/CORRESPONDENT

Nellie Williams of Foster's Creek United Church was one of many vendors on the green for the Brome County Historical Society's arts and crafts market held last weekend. Williams was selling the new Creek United Church Cookbook, available since the spring. The fundraiser cookbook features recipes submitted by members, including thai basil chicken, Cuban rum pie, Italian sausage soup, and a chicken lasagna dubbed Death to Dieters. Copies may be purchased from church members or by contacting Pat Quilliams at 450-297-2797.

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