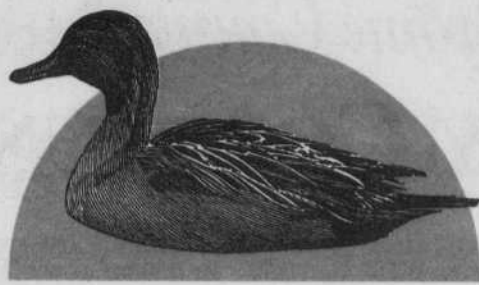


# Brome County NEWS



WEDNESDAY, OCTOBER 19, 2005

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## Retreat to focus on meditation

By Wendy Denman  
RECORD CORRESPONDENT

The body is sacred and needs our attention, and through meditation and movement we are able to contact the subtle energies of the body and tap into them, according to Antara Kyra Lober of Montreal's Body Being and Heart.

"I believe that the body is the temple of the divine, it is the focal point of the Now, of Eternity," Lober said this week.

Lober will be conducting a Sacred Body Country Retreat in Sutton Oct. 28-30. Along with Allyna Harris, director of the Choromondo Choir, she will lead participants through a weekend of meditation, dance and discovery.

"The weekend will be a combination of quiet meditation, voice, movement and sharing. Allyna will accompany dance meditation with her music as we explore chants and celebrate spirit through movement and song," said Lober.

"I do not believe that the body is bad, that we need to get away from body awareness when we meditate — quite the opposite. We need to deepen the connection between body and spirit — they are gateways to each other, in this way we deepen our experiences with ourselves.

"The body is a fluid and dynamic medium. Shift your consciousness and the body responds. Harmonizing structure and consciousness brings you to your maximum aliveness."

SEE HEALTH, PAGE 7

## Making Halloween Faces



BROME LAKE CHAMBER OF COMMERCE

Sunday may have been a gloomy day this Thanksgiving, but it was a bright afternoon in Coldbrook Park where local and visiting children had the chance to carve pumpkins in Knowlton's annual pumpkin carving contest. The Chamber of Commerce of Brome Lake donated the pumpkins and the time and directors Carolyn Marsh, David Dawes and Larry Smith participated in the event. Local merchants were generous with their contribution of prizes and snacks.

## TBL to meet the candidates tonight

### Staff

Residents of Brome Lake will be able to get an up-close look at the three candidates for mayor tonight, and a look at the various council candidates next week.

Organized by the Brome Lake Chamber of Commerce, Richard Wisdom, Stanley Neil and Patrick Ouvrard will be at Knowlton Academy tonight, starting at 7 p.m. With Chamber president Marco Genoni acting as moderator, the three will be presenting themselves and their plans for the future of the municipality. They will then answer questions from the public.

Next week, on Oct. 26, it will be the turn of the candidates for the six council seats. Like the mayoral candidates each

will present themselves and their ideas, and answer questions from the public.

Both meetings will take place at Knowlton Academy, 81 Victoria, from 7 to 9 p.m. For more information, contact the Chamber of Commerce at 450-242-2870.

• Due to an error at the Municipal Affairs Ministry Internet Web site, two candidates' names were left out of local papers following the close of nominations last Friday:

Phyllis Sise is running in Foster against incumbent Larry Fairholm. Though her name was not listed on the MAM site, she was in fact the first person to enter her name as a candidate in Brome Lake.

"I have done a lot of volunteer work in Ville de Lac Brome," Sise said. "I fig-

ured if I was going to do more I would have to get more involved."

Sise said so far she has knocked on about 60 per cent of doors in Foster, and plans to meet everyone before the campaign is up. Among her concerns is the need to slow down traffic to make the sector's roads safer.

The other overlooked name was Tawnia Hadlock, who is running in Knowlton against incumbent councillor Tom McGovern and Alan Gauthier. This will be Hadlock's second run for a council seat.

• As for McGovern, he says a broken ankle and pulled ligaments may slow down his campaigning. A councillor for 10 years, McGovern is now getting around with the help of a crutch.

"I'm going to do as much door-to-

door as I can, but I have to apologize to those who I may not be able to see," he said. "If I don't get to your door it's not because I didn't want to, it's because I wasn't able to."

McGovern said he is expected to make a full recovery. He said anyone with questions can call him at 450-243-0495.

• Revisions to the electoral list begin tonight, from 7 to 10 p.m. at the Brome Lake town hall in Knowlton. The board of revisors will be available Thursday night from 7 to 10 p.m. and will sit again at the town hall on Saturday from 9 a.m. to 1 p.m. and from 2:30 to 5:30 p.m.

• The advance poll will be held on Sunday, Nov. 30 from noon until 8 p.m. at the fire hall on Mont Echo in Knowlton.

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## BROME COUNTY COMMUNITY BILLBOARD

## COMMUNITY CALENDAR

Oct. 17

**SOUP LUNCHEON** at Avante Women's Centre, 2 Adhemar, Cusson, Bedford, 11:30 a.m. to 1 p.m. — \$5. Soup, rolls and dessert. All proceeds towards all inclusive four-year university scholarship for a woman in Burkina Faso, Africa. Info: 450-248-0530.

Oct. 19

The Royal Canadian Legion, Branch 77, 77 Lewis St., **Waterloo MONTHLY GENERAL MEETING** tonight. It is VERY IMPORTANT that all members attend as we will hold our first nominations for the Officers and Executive for the year, 2006.

Oct. 19-22

**FALL RUMMAGE SALE** at St. James Anglican Church in Parish Hall, 40 Dupont, Bedford on Wednesday to Friday, 1 to 6 p.m. and Saturday, 9 to 11:30 a.m. Fill a big bag for \$10. Half price on Saturday! For information, call 450-248-7319.

Oct. 20

**CHICKEN PIE LUNCHEON** at All Saints Anglican Church, Dunham on Oct. 20. Two sittings, 11:30 a.m. to 1 p.m. Donation, \$10. Cards to be played im-

mediately following lunch. Reservations strongly recommended. Call 450-295-3341 or 450-295-2349.

Oct. 21

The Volunteer Centre of **Sutton BINGO** at the Royal Canadian Legion, 2 Curley St., at 7 p.m. Jackpot, \$200. Cash prizes and drawings. Come and play and this will help many in our community.

Oct. 22

**CHICKEN 'N' BISCUIT SUPPER** at Bishop Stewart Memorial Anglican Church, Garagona Rd., **Freighsburg** at 6 p.m. Info: 450-248-3581 or 248-1145. Door prizes.

**Granby Pentecostal Church FAMILY POT-LUCK DINNER & FILM NIGHT.** Dinner starts 5 p.m. and film, 7 p.m. World premier of Left Behind: World at War is our film. Film admission: popcorn and drinks are free. Located at 525 Simonds S. Info: 450-378-1125.

The Royal Canadian Legion, Branch 77, 77 Lewis Street, **Waterloo** will hold its second annual **OKTOBERFEST**, featuring dancing and entertainment with the Frost Village Brass Band (Die Frostdortler Musikanten with Sandy Martin), beer on tap and our gorgeous shooter girls, and a good German meal, created by our world renowned chef, Mickey Garipey and helpers. 150 tickets will be sold IN ADVANCE ONLY Price \$12 per person. Supper and dance starting at 5 p.m. Tickets can be picked up at the Legion at 77 Lewis St., Thursday, Friday and Saturday. For information, call 450-539-0005 or 450-539-1198.

**ANNUAL HAM SUPPER** at the **Sutton** Legion on Curley St., 5:30 p.m. Hosted by Calvary United Church. Tickets: \$10 adults, \$5 children under 10. Information and reservations, call Gail from Oct. 19-21 at 450-538-0530. Leave message.

**Stanbridge East Community Center** will hold a **PANCAKE BREAKFAST AND CAR RALLY.** Breakfast, 8:30 to 11 a.m. Cost: \$5; Car Rally, registration, 9:30 a.m. Start, 10 a.m. Cost: \$5.

Oct. 22-23

**ANNUAL VISIT OF THE LION'S MOBILE EYE CLINIC** in **Cowansville** and **Knowlton.** Free examinations for eye disease offered to public at Loblaw parking lot in Cowansville on Saturday and at Knowlton Community Center on Sunday, 9 a.m. to noon and 1 to 3 p.m. This is not an eye test for glasses. Diabetes tests will be available. All services free of charge, if a Medicare Card is presented.

Oct. 25

The B.M.P. Hospital Auxiliary will hold its **FALL TEA** on Oct. 25 at 2:30 p.m. in the hospital cafeteria.

Oct. 28

The **WELLNESS VOLUNTEER CENTRE**

invites all TBL seniors to an autumn luncheon at the **TBL Community Centre** at noon. Limited seating. Reserve before Oct. 24 at 450-242-2020. Transportation available if necessary. Theme: Black and Orange. Donation, \$3.

Oct. 28 &amp; 31

**Stanbridge East Community Center** will hold **HALLOWEEN DANCE**, on Oct. 28, 6:30 to 10 p.m. Don't forget to wear your costumes. Bring a decorated pumpkin and enter to win a prize, Oct. 31, 5 to 7 p.m. — haunted house. Remember Santa Claus' visit in December!

Oct. 30

The Royal Canadian Legion, Branch #158, **Sutton** will have a **WESTERN BREAKFAST, ALL YOU CAN EAT** from 10 a.m. to 1 p.m. at Curley St., Sutton.

Exciting **MUSICAL EVENT** at the **Creek United Church**, Brill Road, **West Bolton** on October 30 at 3 p.m. A concert of sacred music by the voices of the fabulous French North Gospel Quartet. Tickets \$10, and \$5 for students/children. Info: Donald Patriquin at 450-297-2779; donaldpatriquin@hotmail.com.

Nov. 5

**ANNUAL CHICKEN PIE SUPPER** to benefit Edith Kathan Home, West Brome, Independent Order of Odd Fellows at Odd Fellows Hall, **Knowlton**, 5 to 7 p.m. \$10 advance sale or at door. Tickets and information: Cecilia (450-263-1907) or Shirley (450-295-2355).

**ANNUAL CHRISTMAS CRAFT SALE**, **Dunham United Church**, 9 a.m. to 3 p.m. Various items to help you do your Christmas shopping early! A light lunch available by U.C.W. For information please phone Barbara at 450-295-2348.

Nov. 5-6

Centre de Sante des Grands Chemins and the Accompaniment Team from Dipason invite you to enjoy a **MOMENT OF PLEASURE AND RELAXATION**, while helping a worthy cause with a qualified team of massage therapists for a contribution of \$35 or more between 9 a.m. and 5 p.m. at the **BMP Hospital in Cowansville.** Info: 450-469-1830, Monday through Saturday.

Nov. 12

**CHRISTMAS CRAFT SHOW**, sponsored by Odd Fellows Lodge #28, 476 Knowlton Rd., **Knowlton**, 9 a.m. to 5 p.m. Come join us for lunch. Information and table rental, call Roger or Lynn at 450-243-6778.

Nov. 12-13

The Craft Guild of St. James the Apostle Church **TWO-DAY SALE OF ARTS, CRAFTS & ANTIQUES** at Memorial Hall, 20 Academy, **Stanbridge East.** Baked goods, preserves and other specialties available. Tables still available for rent.

Contact, Audrey Paige, (450-248-2407).

## CHURCH SERVICES

**KNOWLTON/CREEK PASTORAL CHARGE** Worship and 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 at 8 and 10 a.m. Music, a nursery and Sunday school. The Rev. Tim Wiebe and the congregation welcomes everyone.

**ANGLICAN PARISH OF BROME**, Sunday, Oct. 23, St. Aidan's, **Sutton Junction**, 9 a.m. Holy Communion — Rev. J. Serjeantson.

**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. First and third Sundays, Morning Prayer, 9 a.m.; second and fourth Sundays, 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**, first Sunday in **Bedford** at 11 a.m., second and fourth Sundays at 9:30 a.m. in **Farnham**, and third 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 services: **Stanbridge East**, 9:30 a.m.; **Wesley United, Bedford**, 11 a.m., with Sunday school classes; **Mystic**, 12:30 p.m. The Rev. K. Carl Triskle, Officiating. Info: 450-248-3044.

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

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

## A Lonely Guy



COURTESY CHAUMIÈRE POUR 4 PATTES

*Pantoufle is a male, one-year-old Briard mix. He weighs 50 pounds and gets along well with other dogs. He was found wandering in the area. To adopt him, please contact Chaumière Pour 4 Pattes, Notre Dame de Stanbridge, 1333 rang St Anne J0J 1M0. Info: 450-296-4219. Pantoufle*

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NEWS



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## 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. Info: 450-242-2611.

# The magic of making masks

By Wendy Denman  
RECORD CORRESPONDENT

Donning strange costumes and exploring the myriad functions of masks are possibilities being offered to local school children.

Mask maker, actress and playwright Almut Ellinghaus has developed two workshops that are available to school children of all ages.

"Though the Culture in Schools program, 70 per cent of the costs of the workshops will be reimbursed to the schools," she explained. "The workshops are adaptable to the needs of the school and to the age of the children. They are basically aimed at elementary school children, but I can also do them with kindergartens — though I need more help — and with older students where you can become more complex."

In Making Masks, students are given a short introduction to the rich world of theatre with masks, and the various

kinds of masks, how they function and how they are worn.

"Students are presented with a variety of material with which to make their own masks. An outline is drawn on a cardboard plate, shapes are cutout and attached to form ears, horns, fags or a beak," she added. "Milk cartons turn into crowns, paper cups into beards. The students use feathers, buttons, sparkles, craft paper to create wonderfully individual masks."

The workshops last about an hour and a half, and can be tailored in many ways.

"I had one class that had been learning all about Egypt, so we made Egyptian masks. Another had been learning about fables, so we made animal characters from the stories," explained Ellinghaus. "I find children are fascinated by masks. I also find I learn a great deal by watching them, it is very interesting for me. Children have wonderful

imaginations."

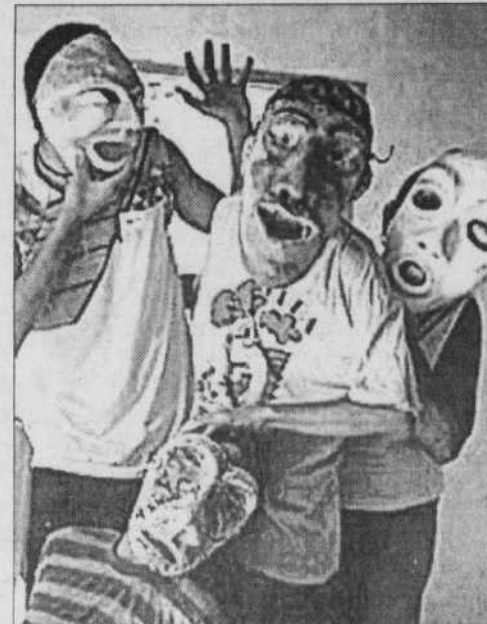
In the second workshop, Exploring Masks, Ellinghaus, professionally trained in theatre, mime and mask making with a long career doing one-woman shows on stage, lets her students experiment with a variety of masks.

"I bring some of mine, and if they have ones we use them too. I teach the students to use body language and a variety of voices to bring the masks and their new characters to life. The students then create sketches in which the different characters interact."

The two workshops can be held on the same day, one in the morning, one in the afternoon.

"Or we can just hold one or the other, depending on what the needs of the school are. The workshops can blend together or stand separately."

For further information, contact Ellinghaus at 450-538-2614.



COURTESY ALMUT ELLINGHAUS

The mask-making workshops last about an hour and a half, and can be tailored.

# Things always look better in the garden

By Wendy Denman  
RECORD CORRESPONDENT

Gardens and animals are increasingly being used to help soothe and heal the elderly, infirm and distressed. The soft touch of a kitten, the feel of grass, the smell of wildflowers can be a balm to those sad and overwhelmed by the world.

Connections For Mental Help, a local English advocacy group for the mentally ill, which holds public seminars to promote awareness and information on services in the region, is holding a Garden open house this Saturday afternoon at Pleasant Valley Farm.

The site is owned by Linda and Tom Ransom, original members of the non-profit organization.

The open house launches a new initiative by the group aimed at promoting the mental, physical and emotional well-being of those who suffer.

"We are offering this to all — children, teens, adults and seniors. They will be able to come in groups, perhaps with a caregiver, or as individuals. We have made it wheelchair accessible," explained Linda Ransom.

"We first talked about the idea of a therapeutic garden almost a year ago. As we talked about this garden, we became more and more convinced that it was something we could possibly be able to do. As we discussed the idea and the various kinds of gardens we could put together over two acres — a vegetable and flower garden, herb garden, butterfly garden and wildflower garden — we began to think about pets and farm animals and how they could also be involved in the project.

"Our visitors would learn to both care for and interact with the ani-

mals."

Opening their Fuller Road farm is not new for the Ransoms, who often hold events there and let groups of children pet the farm animals. The location is ideal for such visits.

"We have a lot of activities planned for Saturday," Linda Ransom continued. "Pierre Paradis will be here as our special guest to open the gardens. We also have a number of animators who will discuss related projects."

The garden open house will include scarecrow making, garlic planting, animal petting and rock painting. Animators include garden specialist Maria Galetti and fitness expert Pat Duncan.

"Julia Rohan will do pumpkin painting, Kathleen Page will give a quilting demonstration and Sara Wiebe will discuss nutrition."

Connections for Mental Health, which works closely with other advocacy groups including Townshippers' As-

sociation, was founded on the principle that English speaking sufferers in the Townships are often lost in the confusion of the mental health system.


The group's board is made of mental health specialists and advocates, and lobbies for more English services at the BMP and Granby hospitals. During its five years of existence, the group has made big strides bringing mental health issues into the public domain.

"We want people to see what we are doing here and everyone is welcome to come

on Saturday and enjoy the day — rain or shine," invited Linda Ransom.

The open house runs Oct. 22, from 1 to 4 p.m. at Pleasant Valley Farm, 98 Fuller Road in West Bolton.

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# Honda, Toyota have most fuel efficient vehicles

Over the years of writing this column the environment has been a recurring theme of mine. There are a few reasons for this: Firstly, I am an environmental kind of guy who likes breathing air he can't see; secondly, I like driving, and if myself and people like me are going to continue driving, then we'd better clean up our acts before it's too late.

Clean cars are efficient cars, which in turn makes fuel supplies last longer, and so on.

Even if you don't like cars and trucks, a big part of the reason your life looks like it does today is due to their existence. The clothes you wear, the materials that built your home, the food you eat, was all carried by a truck at some point.

Cars make visiting a neighboring town effortless, and make that rushed trip to the doctor that much easier. Sometimes they save lives, and they

have a major impact on our lifestyles.

But if we look at the Earth as a big fuel tank then we have to accept that there's a limited supply that will eventually run out. So let's make the best use of what's left.

While the concept seems to be catching on with foreign automakers, domestic car builders have been slower to react. That's why Ford was the only North American manufacturer to make the U.S. Environmental Protection Agency's top 10 list of fuel efficient vehicles, thanks to its Escape hybrid SUV.

The EPA gave its top rating to the Honda Insight, the two seater capable of squeaking 60 miles per gallon (that's a U.S. gallon, which is smaller than our old Imperial gallon) in the city and 66 mpg highway. The Toyota Prius came second with 60 mpg city and 51 mpg on the highway.

Eight out of the top 10 cars were made by Honda, Toyota and Volkswagen. VW made the list with its TDI diesel engine, while the Toyota Corolla was the only gas-only vehicle to make the overall top 10.

In the sport utility category the Ford Escape hybrid was tops for its fuel-sipping abilities (34 mpg), while the Dodge Durango fared the worst, at about 13 mpg. The study didn't even bother to look at gas guzzlers like the Hummer H2 or the Ford Excursion. Presumably if you buy these vehicles you don't care how much fuel it ingests.

The top station wagons were the Toyota Matrix and Pontiac Vibe, which are basically the same thing but with a different nameplate. Meanwhile, General Motors turned out the most fuel efficient cargo and passenger vans.

On the good news front, EPA admin-

istrator Steve Johnson said there are now more ecologically friendlier vehicles available to choose from than ever before. Toyota sold 125,000 Prius' last year, and will be building even more in the year to come.

The numbers should also be helped along in the U.S. by government plans there to offer tax credits for the purchase of hybrid vehicles.

The Quebec government has upped the cost of licensing gas guzzlers, and I think offering a break for cleaner cars would be a logical next step. Then again, government and logic are often two very different things.

Hopefully more and more motorists will start taking a look at the world around them and at how much they spend for fuel every year and will opt for cleaner technology.

Then we'll all be able to enjoy driving for a lot longer and not feel quite so guilty about it.

## LETTERS TO THE EDITOR

### We still support new community centre project

DEAR EDITOR,

As many of you have already heard, the construction of the Centre Lac-Brome project has been delayed until spring 2006.

An answer regarding government

funding should have been received by the new year. Despite our disappointment at not starting construction this fall, Town of Brome Lake Community Services remains unwaveringly committed to this project.

Our organization and countless volunteers will continue to significantly contribute to the advancement of this long-awaited community centre project that we believe so essential to the growing recreational, social and health needs of the community.

The upcoming year will undoubtedly be a challenge as we continue to

operate programs and services within the present facilities.

Nonetheless, fulfilling the needs of the population will remain our number one priority.

Community Services would like to thank the population in and around Brome Lake for their generosity and continuing support to this cause.

TBL BOARD OF DIRECTORS  
Community Services

### Walking path or traumatizing lane?

DEAR EDITOR,

Recently, while walking the path toward Knowlton Beach, two unleashed dogs came charging at my dog. While trying to get my dog into my arms; one of the other dogs nipped my arm.

The owner called her dogs and they returned to her, whereupon she put them back on their leashes.

Angrily, I told the woman her dog bit me and she should leash her dogs. My arm has a large black and blue mark, where I was nipped.

Needless to say, my dog no longer wants to walk the path. Unfortunately, this is the third time this has happened to my dog.

My dog lies down and submits when other dogs come around. My point being... what if a child had been walking their dog. What if my dog was a pitbull, or any dog that would retaliate.

If you love your dog, leash them, or maybe next time you may be taking a trip to the vet.

DOROTHY ROYEA

### A sign of disrespect

DEAR EDITOR,

In the Oct. 12 Brome County News it was reported that an oak tree was planted in tribute to John Mitchell. To that story I have the following to say.

In memory of John Mitchell, the planting of a tree is the most appropriate tribute on the very same day the post office cut down the trees and shrubs he planted some 10 years ago. Why?

When the mayor and council gave the post office the opportunity to upset the lives of hundreds of clients with the asinine removal of post boxes, did they also fail to see what would happen to the efforts of a citizen that cared?

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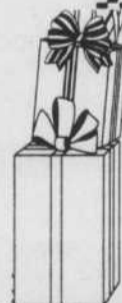
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# Tkach to host workshops on spirituality, health

By Wendy Denman  
RECORD CORRESPONDENT

Author Tanya Tkach will be giving workshops based on her experiences beginning Oct. 22.

"I've been busy marketing my book all summer at fairs and festivals. The workshops result from questions and issues readers have concerning their own personal search after reading my book," Tkach explained, referring to her book *That Damn Voice Again – Communications from Beyond*.

"During these uncertain times many people are searching for answers and my workshops will help others cope with everything that is happening around us."

The workshops will be available in both languages.

"Manon, a friend of mine for many years, who has worked in translating and teaching English and French, will be translating the workshops."

Tkach underwent a period of deep discovery after the deaths of family members. Her book, which she self-published with the help of grants, details her journey into spiritual things, including her communications with her deceased loved ones.

"My workshops are focused on helping others become more conscious and aware of what is happening within themselves, their families and environments," she said. "In order to do this one needs to learn to how to delete and empty one's mind of all that is not useful and hinders one's



FILE PHOTO

Tkach's workshops are focused on helping others become more conscious and aware of what is happening around them.

development.

"Learning how to focus and calm our minds is paramount in order to receive information.

Added the former journalist: "I have been told that all the information we need is within ourselves – if we would just listen to what our bodies and our hearts have to tell us. Our bodies are full of knowledge that has existed in our cellular memories for centuries.

But since we are not taught that kind of listening, I'm helping others to waken that sixth sense. We all have it – it's just rusty from lack of use."

Tkach believes that everybody on Earth has a purpose. Some already know why they are here, others do not.

"My workshops will give the tools and methods necessary for communicating with the spirit world where the

individual will find her/his *raison d'être* – our guides are ready to help us – all we have to do is ask."

In addition to learning various forms of meditation and how to relax the body, participants will also learn grounding, protecting and cleansing techniques.

"Cleansing yourself, family and homes from negative and toxic vibrations is crucial to preparing a positive environment, which is conducive for information and change to occur," she emphasized.

During the six workshops, Tkach will begin discussions on subjects very dear to her heart.

"Those attending will also learn about angels, guides, guardian angels – their functions and how we communicate with them. We will learn about souls, entities, spirits and what happens to the soul when the body dies; how and why entities take up residence in our homes and how to eliminate them from our environment," she said.

"Participants will learn how dreams, nature and animals give messages and meaning to our lives. And last but not least, I will teach how to attain spiritual and physical health not only through meditation but also through alternative forms of healing, nutrition, exercise and healthy thoughts."

To register for the workshops, call Tanya Tkach at 450-539-1822 or Manon at 450-372-4880.



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*New Mason Officers*



The Newly installed Officers for the Free Masons' Brome Lake Lodge #35 are (left to right) V. Wor. Bro. Brian Allen, Wor. Bro. Eugene Jones, R. Wor. Bro. Leslie Hastie, Worshipful Master J.C. Marchand, V. Wor. Bro. Brian Gunther, R. Wor. Bro. James Lengacher, W. Bro. Ralph Davidson and V. Wor. Bro. Bob Quilliams. Brome Lake Lodge #35 is currently working on its annual Christmas Gifts for Kids program. For more information, contact the lodge.

# Top storyteller visits Sutton for popular, annual festival

By Wendy Denman  
RECORD CORRESPONDENT

This week is being held the 13th annual Les Jours son contés en Estrie festival with stroytelling events in French as well as a number in English, planned for the region.

Though most of the events are taking place in the Sherbrooke area as part of the festival, the Salle Alec and Gerard Pelletier in Sutton will be hosting Guth des Prez on Friday, Oct. 21.

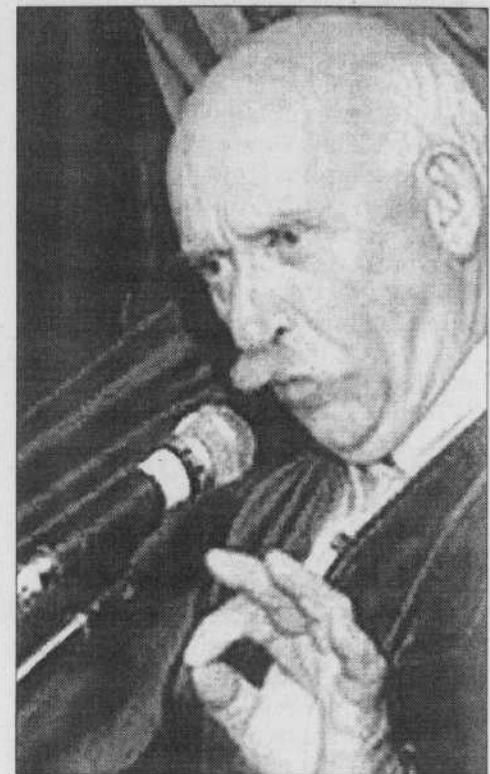
"Guth Des Prez from Normandy is one of the essential actors in the story-telling milieu in France," explained Agathe Genois. "For over 30 years he has been telling the history of the Great War (1914-1918) with a tender poignancy. His story will be Bitter tears — recitations of war.

The events are organized by Productions Littorale of Sherbrooke.

As far as Littorale and festival director Petronella Van Dijk is concerned, "Now is a good time for getting involved, let's try involvement in words, in all kind of languages. Not to evoke the blase anxiety of the bounded consumer, but on the contrary to evoke our deepest desires, our strongest dreams, our most crying needs and our wildest imaginings.

"And talk about life, about beauty, about death and fears, and about hope. And then again, about hope. To re-weave our ties, essential, vital, human ones."

Tickets for the event are \$15 for adults, \$10 for students. Des Prez takes to the stage at 8 pm. Tickets are available at the door.



COURTESY PIERRE LUC

Storyteller Guth des Prez is in Sutton on on Friday, Oct. 21.

**BRIEF**

**Knowlton United Church celebrates anniversaries**

On Oct. 23 at 7 p.m., the congregation of the Knowlton United Church will be marking some special anniversaries. This year marks the 110th year since W. Smith presented Israel England with a silver trowel used to lay the cornerstone of what is now the Knowlton United Church building. In fact, it is the 150th anniversary of there being

a church on the Mill Pond site, since the current church was built to replace the Knowlton Wesleyan Methodist Church.

Although the congregation is not as big as it was in 1895, there is still a regular service each week. The church building is also used for a number of public as well as private functions. Recent renovations to the building include an elevator and a wheelchair accessible washroom.

*Great Cause*



BEAVER LODGE #6 I.O.O.F

Sister Gladys Cook, Noble Grand of Beaver Lodge #6 I.O.O.F., is pictured presenting a cheque to Ross Cote Jr., chairman of The Township Toddlers, for the encouragement and assistance in their projects of providing specialized equipment for the care and cure of young people at the BMP Hospital and the Montreal Children's Hospital.

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# Nature and self-nurturing meet at Balnea spa

By Joshua Bleser

Balnea Spa inaugurated its impressive facilities on the site of the former Base de plein air Davignon in glitzy style last Wednesday.

Guests were greeted by colourful cocktails and bathing beauties twirling umbrellas and playing with miniature disco balls in outdoor whirlpools. Entertainment was provided by a choir of angelic violinists and a singer, an acrobat, and a harpist poised at various dizzying heights overlooking the spa's main lounge.

Nestled in the corner of the 400-acre property, overlooking Lac Gale and with a clear view of the northern Appalachians, the spa offers treatments inspired by the four corners of the globe while making the most of its own natural endowments.

"We wanted to respect the spirit of the place and have fully co-operated with what nature has placed at our disposal," said Stéphanie Emond, the designer and operator of the site.

In other words, the outdoor terraces surrounding the cold bath and two whirlpools face due south to provide for optimal mountain-gazing, while the most visible modification to the building itself is the installation of the biggest windows money can buy.

Balnea offers its clients Finnish saunas, sweatlodges, Turkish baths,

chromotherapy and aromatherapy, pedicures and facials, a wide range of massages and natural body packs, as well as a health bar and restaurant, lounge, three fireplaces, and relaxation chambers, among other pampering options.

For sale at the spa's boutiques is a range of cosmetic products from Balnea's own line and from Sundari, a luxury skin-care line inspired by the holistic principles of Ayurveda, India's oldest medical science.

Emond and her father Daniel are also giving back to the community by creating about 30 jobs — 20 so far, with more hiring planned for the coming weeks and months — and by giving 287 acres of land to the town of Bromont for an outdoor activities centre, in return for the zoning change which allowed the building and operation of the spa in the first place.

Nature Conservancy of Canada will guarantee that the land is perpetually protected from development.



COURTESY BALNEA SPA

Balnea Spa is nestled in the corner of the 400-acre former Base de plein air Davignon, overlooking Lac Gale and with a clear view of the northern Appalachians.

## HEALTH:

CONT'D FROM PAGE 1

Lober's background is in dance and choreography. She trained at New York's High School of Performing Arts and holds a master's in dance from the University of California at Los Angeles.

"All of life has rainy periods and when I was 29, I contacted rheumatoid arthritis. I tried everything. I explored emotional, physical, energetic, nutritional, and spiritual approaches in order to find what worked. I got well."

She became a certified teacher and practitioner of Body Mind Centering, a somatic approach to movement re-patterning which improves posture and physical alignment as it alleviates chronic and acute trauma, stress and learning disabilities. She is also an authorized teacher of Feldenkrais Awareness and a CranialSacral therapist.

As well as her private practice, Lober has taught at Unitas, the Christian retreat centre in Montreal, continuing education at Vanier College and Concordia University.



"The retreat is for everyone who wishes to awaken interdimensional consciousness," she concluded. "It will increase body awareness for dancers and musicians, improve Yoga for those who practice — and many do today, it's very popular. This retreat is for anyone interested in exploring the subtleties of the body."


The retreat takes place at L'Auberge de Renouveau, 2311 Scenic Highway, near Sutton.

For more information, call 514-527-7425.

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## BROME COUNTY SOCIAL NOTES

## Fulford

The final service of the season will take place at Fulford United Church on Oct. 23, at 10:30 a.m. This will be a Zone service, and all are welcome to attend. After church, pot-luck will be served at the community hall.

Thanks to all the kind souls who generously donated food and assisted at the reception following Dorothy Badger's funeral.

—Submitted by Margaret Fordham

## Stanbridge East W.I.

It is good to be back to being healthy after a long recovery from pneumonia this past summer. Hope-

fully I do not get it again. Thank you all for your cards, prayers, and the many phone calls, and thanks to Pearle for taking over for me at the July, August, and September meetings.

All meetings were open with the Mary Stewart Collect and salute to the flag. A minute of silence was observed for W.I. members and victims of hurricanes and war torn countries.

Business arising from the minutes: To commemorate World Food Day donations of canned goods going to the food bank in Bedford, CABB. A cheque to Butler Elementary toward the school book-packs. A donation went to the Christian Day Camp that was held

in at the Anglican Church in Stanbridge East.

For a fundraiser: We had a table at Townshippers' Day selling home-made all-occasion cards, mugs, cookbooks and more. A Halloween tea will be held Oct. 19. It's a fundraiser for the Q.W.I. provincial office expenses.

In August this branch received an invitation from the Dunham branch to join them at the Knowlton Theatre for lunch and to see a play. We enjoyed the outing together.

For Agriculture, Tilda Jetten and Betty Perry spoke about losing our green spaces to development and of benefits from dandelions which have been overlooked in this modern world. For Education and Personal Development, Jean Cogswell presented a guest speaker. Valerie Van Horn explained that Norwegian folk art was popular between 1750 and 1850. She showed some of her beautiful work and gave each member a hand-painted bar of soap.

Dianne Tait read an important arti-

cle from The Gazette on self-esteem movement hurting kids written by Freda Lewkowicz, who teaches high school in Rosemère. She writes it's time to boycott the word self-esteem. A deceptively innocent word denoting self-worth and self-respect, self-esteem has also become a cult whose teachings brainwash and damage children.

It gives students wrong message, students are being given a false sense of achievement and confidence. This was followed by a discussion, which generated differences in schooling and discipline that is of particular interest to us.

Another member read a Cowboy Poet poem that she picked up while vacationing in Alberta. And another read a diet designed to help women cope with stress that builds during the day. Remember: Stressed spelled backward is desserts.

Many sunshine cards were sent and were gratefully appreciated by those who received them.

—Submitted by Dianne Rhicard



## PUBLIC NOTICE

To interested persons having the right to sign a request to participate in a referendum  
Second draft resolution concerning a specific modification proposal for immovable situated at 95, Victoria, lot no. 1081, zone UUb-2, Knowlton sector.  
PUBLIC NOTICE is hereby given as follows:

- Following a public consultation meeting, the Municipal Council adopted the second draft resolution concerning a specific modification proposal for immovable situated at 95, Victoria, lot no. 1081, zone UUb-2, in the Knowlton sector.
- This second draft by-law contains a provision which may be subject to a request by interested persons to have this by-law approved by referendum.
- Concerned zone: URb-2; adjacent zones: URa-14, UP-3, UP-2, URc-8, URa-15 & UE-4.  
A) A request may be made related to a provision intended to:
  - Possibility to convert an existing industrial immovable into a multifamily dwelling of 5 to 8 units.
  - To be valid, a request must:
  - Clearly indicate the provision to which it refers and the zone from which it originates;
  - Be received at the Town office (122 Lakeside, Brome Lake) no later than the October 24th, 2005 4:30 pm;
  - Be signed by at least 12 interested persons in the zone or sector or by a majority if the number of interested persons does not exceed 21.
- A person is a qualified voter in the zone in question if, on October 3rd, 2005, he or she is not disqualified from voting under the Law and meets the following requirements:
  - He or she is of full age, a Canadian citizen and not under curatorship;
 AND

• Is living in one of the above mentioned zones (see section 3) and has been domiciled for at least 6 months in Quebec;

OR  
• has been the owner of an immovable or an occupant of a place of business in the above zones (see section 3) for at least 12 months.

An additional condition applies in the case of sole owners of an immovable or sole occupants of a place of business who are not domiciled in the zones in question: They must submit a request signed by the owner or occupant requesting that their names be registered on the referendum list.

An additional condition applies in the case of co-owners of an immovable or co-occupants of a place of business: They shall designate, from among themselves, by means of a power of attorney signed by a majority of co-proprietors or co-occupants, the person having the right to sign said request in their names.

An additional condition applies concerning legal persons (companies): They must designate by resolution, a member, director or employee, who on October 3rd, 2005, is of full age, a Canadian citizen and not under curatorship, to sign said request.

- All provisions of the second draft of the by-law that are not subject to a valid request may be included in a by-law that will not be subject to approval by means of a referendum by eligible voters.
- The second draft of the by-law is available for consultation at the Town office, 122 Lakeside, Brome Lake, QC, during regular office hours, from 8:00 a.m. to 12:00 pm, and from 1:00 pm to 4:30 p.m., Monday through Friday).

Given at Brome Lake

This 15th day of October, 2005.

Mtre Alain R. Roy, town clerk

## ANNEXE/APPENDICE



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CLSC in Cowansville 9 am to noon  
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Vaccination is offered at the CLSCs in Bedford, Cowansville, Sutton and Town of Brome Lake, and is **free** for vulnerable client groups in the area served by the CSSS La Pommeraie:

- people 60 years and older
- all young children from 6 to 23 months old
- pregnant women who will deliver between November 2005 and April 2006
- anyone who suffers from asthma, diabetes, chronic heart or lung illnesses, cancer, kidney or blood disorders, HIV or immune system diseases
- anyone in contact with people suffering from these chronic illnesses as well as young children less than 2 years old

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**MAHANNAH THOMAS** - The family of the late Eunice Mahannah Thomas extend our sincere thanks for your many expressions of sympathy, cards, flowers, calls, food, visits, memorial donations and support at the time of her passing. They were truly appreciated. Many thanks to Rev. Wendy MacLean and organist Nancy Gunson for a lovely memorial service. Also, thanks to the staff of Maison Cowansville and Knowlton House for the care they gave our mother during her recent illness and death. Please accept this as our personal thank you.

MARGARET & FAMILY  
GERALD & FAMILY

**WILSON, Arnold** - We wish to express our heartfelt thanks to the family, friends and neighbours for the kindness and support at the time of Arnold's death on August 29, 2005. A special thanks to those who sent flowers, food, cards, phone calls and donations to the Pettes Cemetery and B.M.P. Hospital Foundation. Thanks to Denis Meunier Inc. Funeral Director and staff, Rev. Sinpoh Harv, organist Vicky Bouthat, choir members, and the A.C.W. women from Trinity Anglican Church who served the lovely lunch after the funeral. Please accept this as our personal thank you.

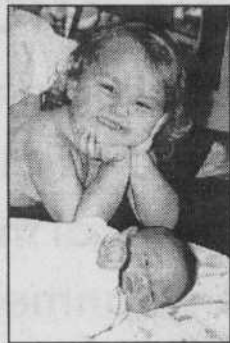
BEVERLEY WILSON  
AND FAMILY

Births

**HARVEY-BATES:** Tabitha Harvey and Jeffrey Bates are proud to announce the birth of their son, Nicholas Calvin Dawson Bates, on October 12, 2001 at 8:21 p.m. Proud grandparents are Ella and Mike Harvey, Mansonville, Quebec and Nicole and Bill Bates, Brigham, Quebec.

**HARVEY-BATES:** Tabitha Harvey and Jeffrey Bates are proud to announce the birth of their daughter, Felicity Ella Nicole Bates, on August 16, 2005 at 4:34 p.m. Proud grandparents are Ella Harvey, Mansonville, Quebec and Nicole and Bill Bates, Cowansville, Quebec.

**WOODARD-TEBBY:** Lisa Marie and James Robert are pleased to announce the birth of Marlin Edward William Tebbby born on September 26, 2005, weighing 9 lbs. 4 oz. Little brother of Amber Jean. Proud grandparents are Sandra and George Woodard and Charlotte and Bob Tebbby.



Death

**PARTRIDGE, William John (Bill)** (1913-2005) - Passed away peacefully at the Brome Missisquoi Perkins Hospital in Cowansville, Que., on October 16, 2005, in his 93rd year, William (Bill) Partridge, devoted husband for 65 years of the late Evelyn (Buddy) Clark. Dear father of the late John, Peter (Linda), Wayne (Barbara) and Jean (Larry), cherished grandfather of Curtis (Mandy), Lindsey, Greg, Sara (Steven), Jennifer (Shawn) and Darin (Laura). Bill also leaves to mourn his sister Lillian (Cyril) and Ruby, his sisters-in-law Eunice (Danny) and Joan (Wesley), his nephews and nieces, numerous other relatives and his dear friends. Resting at the Desourdy Wilson Funeral Home, 318 Knowlton Rd., Knowlton, Que., tel.: (450) 263-1212, fax: (450) 263-9557, email: info@desourdywilson.com



Dignity Memorial where family and friends may visit on Wednesday, October 19, 2005, from 2 p.m. to 4 p.m. and 7 p.m. to 9 p.m. Funeral services will be on Thursday, October 20 at 11 a.m. from St-Paul's Anglican Church in Knowlton. Please note: Thursday, day of service, family and friends are invited to meet at the church. Heartfelt thanks from the family go out to Barbara Partridge, Joanne Dartois, also the doctors, nurses and personnel of the B.M.P. Hospital and the C.L.S.C. la Pommerais for the professional and loving care given. In lieu of flowers, donations in his memory to the Brome Missisquoi Perkins Foundation, 950 Principale, Cowansville, Que., J2K 1K3 would be appreciated. (Forms available at the funeral home).

Burial of Ashes

**WESTOVER, Jack** - You are invited to share with family and friends to remember the life of Jack Westover (October 2, 1920-September 15 2005). There will be a gathering at Grace Church cemetery, Sutton for burial of the ashes at three o'clock October 29, 2005 followed by a reception at the Hotel Horizon, Maple St., Sutton.

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Rebecca Golden Rule Branch #20 Card Party

There were 16 tables of Military Whist played at Tuesday nights game at the Oddfellows Hall in Knowlton, which was hosted by the "Golden Rule" Branch #20 of Sutton. Louise Bissonette was in charge of the game. Capt. Merlyn Sturtevant, Audrey Dean, Ruth Cornish and Marsha Emmet won prize #1 with 47 flags. Prize #2 went to Capt. Jean Riti with 42 flags, Amanda Streule, Josie Streule, and Herbe Riti the other players. Capt. Myrtle Selby, Shirley Lord, Helen Slacta and Helen Brown received the lovely prize with 14 flags, other

prizes went to Muriel Whitehead, Nancy Dixon, Sylvain Dery, Frank, Stan Coupland, Nellie Williams, Jean D'Arc Elie, Doreen MacPherson, Tianni Sue Greig, Art Hall, George Wilson, Arnold Fletcher, Elvia Johnson, Amanda Streule, Stella Mizener, Larry Rayea, Bob Newell, Sid de Solla, Marsha Emmet, Shirley Lord, Doreen Gibbs, George Bailey. The box of groceries went to Adeline Jones. A lovely lunch was enjoyed by all. See you next week.

Edna Badger

Read the Brome County News weekly

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## Garden requiem: Thankfully we have supermarkets

With the recent passing of actor Bob Denver, nostalgia TV buffs had additional cause to think back fondly upon Gilligan's Island and its cast of wacky characters. We had the always patient Skipper, the multi-talented professor, the ever-appealing Ginger and Mary-Ann.

Front and centre was the nutty (oops, better make that 'differently-abled') Gilligan himself, with millionaire Thurston B Howell the III and his pampered wife, affectionately known as 'Luvey', in the background.

During a group discussion about their meager rations.

Luvey began by confessing that she'd once visited vegetables in their natural habitat — the supermarket. Not that she'd ever be — God forbid — shopping in such a place. Rather, it was while on a bus tour of underprivileged areas of the city with the local charities committee of her garden club.

Such wistful, rainy-day reflections led, eventually, to considering the rewards of our own communal vegetable garden at the end of the 2005 season.

On the upside, we had an excellent raspberry crop there this past summer. However, the down side is that we didn't plant any raspberries in our garden.

Of the other species that prospered, almost all were unplanted, and decidedly unwanted: Milkweed, lamb's quarter, ragweed, Scotch thistle, stinging nettles and wild timothy. How fitting to recall 'Luvey's' remark about veggies and their natural habitat; they looked so much happier in the stores than in our backyard plot.

Our most anticipated home-grown treat, tomatoes, were a total disaster. With 30 plants in the ground at the start, we should have been able to supply a local store, or at least a fruit and veggie stand.

Instead, the number of usable surviving tomatoes could be counted on one hand. No single factor was responsible; failure came at virtually every step.

First, something ate about half the plants. Given their coarse and bitter nature, most garden-raiding critters avoid tomato stalks totally, but not this year.

Those plants that survived and struggled to maturity did so halfheartedly, like public sector workers who've been told they must be on the job Friday afternoon.

A score or so decent-looking toma-

atoes began to emerge. As soon as a hint or ripeness appeared, however, strange things happened. Most broke out in pustules and blotches, split open in one or more places, and dropped off prematurely.

Before providing even a few decent meals for slugs, bugs, and rodents, they shrank and disappeared.

Those that managed to cling to the vines didn't fare much better. They'd be tantalizingly close to ripe, say, on Tuesday, then split and drooping on Wednesday, and shriveled away to useless by Thursday.

The few we salvaged had to be plucked sneakily and ripened indoors. Making matters worse, about half that number were next to tasteless, like the waxy juice-less wonders we buy in January.

Disappointed bloomed elsewhere: Out of two long rows planted, we didn't beat the four-legged raiders to a single waxed bean. The carrots, despite us having sprung for the more expensive e tape strips with seeds embedded at the correct intervals, failed to send up a single sprig. Only a half-dozen lettuce plants survived, enough to supply the green layer on the few BLTs were able to make from our puny tomatoes.

Admittedly, there were a couple of successes. Radishes, bless their tough little hides, overcame adversity to provide more than our needs. And the squash plants, their bulbous ground-hugging gourds eluding most predators, have done better than usual.

A short row of sunflowers, donated to the cause by a neighbour, struggled forth bravely. Their big heads are deeply bowed, though, perhaps in shame from being associated with such abject, overall failure.

In fairness, it may be said that our return from the garden is proportional to the collective effort invested (summer, especially a hot one, has so many more pleasant diversions).

Further, no serious fertilizing has been done since the turn of the century (it's fun saying that, as if it's a long time or a big deal).

Next spring, we may have to break down and lace the soil with strong scary chemicals, at which point we'd have to apologize to Monsanto for criticizing their tampering with nature and trampling of opponents.

Of course, a little TLC would help. Until then, we'll appreciate the abundance of the supermarket.

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