

450.577.1737 450.538.4000
todd.chabot@remax-quebec.com

Todd Chabot
Courtier Immobilier
Real Estate Broker

Mystery Quilt Club enthralls local quilters

By Ann Davidson

It may seem like July 1, 2017 is a long way away. But for quilters who need months and years to create their products, that time is needed. Like stitchers across Canada, the quilting group in Austin has embarked on a special project to commemorate Canada's 150th birthday.

An idea conceived by Canadian designer Shania Sunga and spearheaded by their fearless leader, Johanne Alain-Simard, the Austin ladies along with other quilters across the nation are saying they are feeling like Christmas is coming to them every six weeks. That's because they are participating Sunga's Mystery Quilt Club program. The Vancouver Island born resident, out of her love for nature and landscapes, strives to capture the imagery of the incredible beauty Canada has to offer. She has created kits that will eventually combined 13 blocks depicting Canada's ten provinces and three territories. Each block is constructed using a fusible, raw edge appliqué technique using batik fabrics also designed by Sunga. A new block is released every six weeks and the pro-

gram ends with a finishing kit.

Starting in September 2015, the ambitious Austin group has already worked on blocks representing New Brunswick with its famous Hartland Bridge, the longest covered bridge in the world at 1,282 feet; Nunavut with an inukshuk; the foothills of Alberta with a barn and a horse; Nova Scotia's famous lighthouse at Peggy's Cove; and polar bears from the Northwest Territories.

Those participating in the program never know which province will be the next part of the project. The next reveal is April 30. They can't wait to see what's next!

The program is so popular that new customers are signing up but cannot be shipped until August 2016. The Austin group relies on Fils d'Amis in East Farnham as their supplier for the kits.



ANN DAVIDSON

Michèle Lemieux-Coté, Diane Couture, and Gabrielle Hâché are three members of the Austin quilting group who are involved in preparing a special quilt to commemorate Canada's 150th anniversary on July 1, 2017. Here they show work depicting landscapes of Northwest Territories, Alberta, and Nunavut.

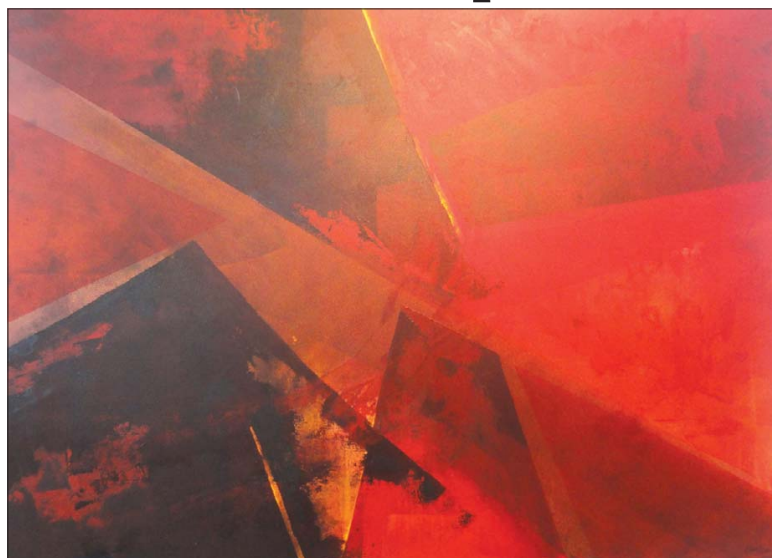
No falling asleep at Art Plus Parent's 'Le rouge, le noir et l'architect' an explosion of colours

By Olivia Ranger-Enns

"Le rouge, le noir et l'architecte," an exhibition of artist Guy Parent's work currently on display at Sutton's art gallery Art Plus, is a vivid and eye-catching discovery of colour, design, and equilibrium.

The exhibition room of Art Plus is dominated by Parent's canvases which are all painted in bright colours, mostly fire-truck reds and scorching oranges interspersed with specks of apple greens or sunshine yellows. Walking through the art gallery, let's just say that it would be hard to fall asleep gazing at these intense colours that defy anyone to look away.

A writer, visual artist, and independent journalist, Parent was initially influenced by his mother, a painter, and his father, an architect. All of Parent's artworks, which are abstract in genre, identify a common theme by exploring the architectural world of modern art. By



OLIVIA RANGER-ENNS

CONT'D ON PAGE 6

Contractor
LICENCE RBO: 8191-3015-52

- Machinery work
- Hydraulic hammer (rock breaker)
- Private roads • Land shaping • Drainage
- Artificial lakes/ponds • Septic systems
- Demolition - Foundation
- Topsoil - Aggregate
- Sand • Gravel
- Fieldstone

450 242-2544 11, CH. GLEN, BOLTON-OUEST

Thinking of selling. Please call for a free evaluation.

450.242.1515

Peter Marsh
Century 21

Let me list it. Let me sell it. Lets you move on.

GROUPE GUYSTLOUIS.COM



1 LOCATION - 4 DEALERSHIPS

RUE DE SALABERRY, COWANSVILLE 450-263-8888

Brome County Community Bulletin Board

April 8 - 9

Brome Hall rummage sale - annual April sale on Friday April 8 from 5 p.m. to 7 p.m. Saturday, April 9 from 8 a.m. to 12:30 p.m. Door opens for donations Monday, April 4 to Friday, April 8. Volunteers welcome Wednesday-Friday at 9 a.m. Information: 450-522-6443.

April 9

L'Harmonie des saisons ensemble presents "The Four Seasons," musical poetry by Antonio Vivaldi, performed by the viola da gamba quartet Les Voix humaines. Come celebrate spring with us! Musical surprises will also accompany each of the seasons, for example an arrangement of Gershwin's Summer-time, Kosma's Autumn Leaves and others at 2 p.m. at St-Matthew's Cultural Center of Stukely-Sud (450-539-1309) and 8 p.m. at The United Church of Knowlton (450-378-3555). Tickets: Bijouterie Gervais in Granby, Brome Lake Books in Knowlton. At the door before each event. Pre-sale \$30, regular \$32, students \$10, children under 12 free.

April 9

Dance with the Country Folks Band, five musicians and guests, on Saturday, April 9 from 7 to 11 p.m. at Trinity Anglican Church, 409 South Street, Cowansville. Door prizes. Canteen on premises. Donation: \$8 to support the church and food bank. Come and bring a friend. Come one and come all.

April 10

Karnack Shriners E. T. Club Estrie are having a **pancake breakfast** on Sunday, April 10 at the Sutton Legion at 2 Curley Street, Sutton from 9.30 a.m. to 1 p.m. On the menu: pancakes, sausages, scrambled eggs, bake beans, crepes, bretonne, toast, jam, juice, maple syrup, tea and coffee, etc. Donation: \$8 for adults, kids under 12 are \$4 and always free for the little ones. Please come and encourage your local Shriners who support the Shriners Hospital.

April 10

Parish of Brome **sugar on snow outreach fundraiser** - Sunday April 10. Holy Trinity Church Hall, Iron Hill. Admission \$7 for adults, \$4 for kids 10 and under. Admission includes, taffy, sleigh rides, petting zoo, and coffee and doughnuts. Canteen onsite. Music with Ralph Steiner. Information: Judy 450-263-3025, Doug 450-263-2579, Val 450-204-7285.

April 10

Fundraiser for the TBL Wellness Volunteer Centre. A presentation and dis-

cussion of "Good Music" with Dr. Henry Schreiber will be held at the Lac Brome Community Centre on Sunday, April 10 at 3 p.m. All proceeds from this event will benefit the TBL Wellness Volunteer Centre. A voluntary admission of \$5-\$10 is suggested.

April 10

Breakfast at the Cowansville Royal Canadian Legion, from 9 a.m. until 12:30 p.m.. Sunday, April 10. Come and enjoy with family and friends. Donation \$8, children 6-12 \$4 and children under 5 are free.

April 14

Soup Café on Thursday, April 14, noon, free. Enjoy a bowl of homemade soup with us. Avante Women's Centre, 15 rue du Pont, Bedford, 450-248-0530, avantegayl@bellnet.ca.

April 16

Come join the Ladies Auxiliary once again for their yearly **spaghetti supper**. April 16 at 5 p.m. to 7 p.m. \$10 - adults and \$5 - children under 10 yrs old.

April 16

Chicken and biscuit supper at the Memorial Hall, 20 Academy Street, Stanbridge East, Saturday, April 16, 5 to 7 p.m. Donation: \$12. Children 10 years and under: \$6. Bake sale to benefit Butler Elementary School. Maple Leaf Chapter #2, Order of the Eastern Star. Everyone Welcome. Information: 450-248-3460.

April 16

Garden lecture: Foodscaping by Charlie Nardozzi, garden guru, nationally recognized garden writer, television and radio host who will be the guest speaker for the Brome Lake Garden Club. His topic is from his new book, Foodscaping: practical and innovative ways to create an edible, and beautiful landscape. There will also be a sale of club members' used gardening books. Saturday, April 16 at 2 p.m. at Centre Lac Brome, 270 Victoria, Lac-Brome. Garden club members: free. Guests: \$5. Membership info: www.bromelakegardenclub.ca.

April 27

Sunshine House Mansonville invites you to our **annual general meeting**, Wednesday April 27 at 6 p.m. at the Mansonville Baptist Church, 84 West Hill, corner Rte. 243, Mansonville (Potton). Refreshments will be served at the end of the evening. Please RSVP at Lucette Field at 450 292 5058.

CHURCH BULLETINS

ALL SAINTS ANGLICAN CHURCH - DUNHAM

Sunday services at 10 a.m. - all welcome! The Reverend Sinpoh Han. Information: 450-295-2045.

ANGLICAN PARISH OF BROME

Services are at 9 a.m. First Sunday of the month will be at Holy Trinity, Iron Hill, second Sunday of the month will be at St. John the Evangelist in Brome, third Sunday of the month will be at West Brome Church of the Ascension, fourth Sunday St. Aidan, Sutton Junction. Canon, Tim Smart, rector. Information: 450-538-8108.

BEDFORD PASTORAL CHARGE OF THE UNITED CHURCH OF CANADA

Gathered round Christ, we are a community that searches out God's story in daily life. We worship together as follows: First and third Sundays of each month at 10 a.m. Wesley United Church is located at 51, rue de la Rivière, in Bedford. Stanbridge East: Second Sunday of each month at 10 a.m. Stanbridge East United Church is located at or near 16 rue Academy, in Stanbridge East. Mystic: Fourth Sunday of each month at 10 a.m. Mystic United Church is located at the intersection of Mystic Road and the Walbridge Road, in the hamlet of Mystic (Saint-Ignace-de-Stanbridge). Fifth Sunday on the calendar at 10 a.m. (if month includes a fifth Sunday). Service locations for May, July and October will be announced at a later date.

CALVARY UNITED CHURCH SUTTON

A warm welcome awaits you at our Sunday worship service in Sutton at Grace Anglican Church at 9 a.m. followed by a coffee hour at 10 a.m. in the church hall. Information: 450-538-0530.

COWANSVILLE COMMUNITY BAPTIST CHURCH

Cowansville Community Baptist Church meets Sundays at 11:30 a.m., 137 rue John, Cowansville. Everyone is welcome.

CREEK/WATERLOO PASTORAL CHARGE

Sunday, April 10 - worship and music: Creek United, 278 Brill Rd., West Bolton, service and Sunday school at 9 a.m.; St. Paul's United, 4929 Foster, Waterloo, service at 10:30 a.m. Reverend Dave Lambie, minister. For information or to leave a message call: 450-539-2129.

EMMANUEL CHURCH

Come together for a thoughtful and spiritual experience and give yourself a good start to the week. Sunday worship is at 203 rue Principale, Cowansville, at 10:30 a.m. Sunday school every third Sunday of the month. We serve the United Church communities of Brigham, East Farnham, Farnham, and Cowansville...but really anyone can find a home here. Give it a try and sample a Sunday. Wheelchair accessible. Minister: Rev. Eric Lukacs. Church office: 450-263-0204 website: emmanuelcowansville.ca.

ÉGLISE CATHOLIQUE ST. ÉDOUARD CATHOLIC CHURCH

366 Knowlton Road, Knowlton. You

are invited to participate in a bilingual Mass Sundays at 10:30 a.m. Christian meditation is now on Wednesday afternoons 2:30 p.m. to 3:30 p.m. (side door). The group is now bilingual and has been formed to introduce meditation to newcomers. We welcome beginners and experienced mediators. Regular attendance not required. Information call Clare at 450-243-5590.

GRACE ANGLICAN CHURCH

52 Principale sud, Sutton, welcomes everyone for Sunday services at 10:30 a.m. All welcome. Canon Tim Smart, rector. Information: 450-538-8108 or visit our website at www.gracechurchsutton.org.

GRANBY UNITED CHURCH

Where God Unites all Children. Be a part of the family. Down-to-earth spirituality. Spiritual development for all ages at 101 rue Principale, Granby. Please call 450-372-1417 for information and to confirm time of our services. Rev. Dr. Linda Marcotte guc-eug@bellnet.ca.

KNOWLTON-MOUNTAIN VALLEY PASTORAL CHARGE

Serving the regions of Knowlton, Bolton Centre, Mansonville, and Vale Perkins. Worship service at 11 a.m. with the Rev. Isaac Kamta, Knowlton United Church, 234 Knowlton Road (450-243-6078). A warm welcome is extended to all. Handicapped access available.

ST. GEORGE'S ANGLICAN CHURCH

130 Principale, Granby, welcomes everyone for Sunday service at 11 a.m. All welcome. Bienvenue a tous. Reverend Richard Gauthier, rector. Information: 450-372-2197.

ST. PAUL'S ANGLICAN CHURCH

24 St. Paul's Road, Knowlton. St. Paul's - a dynamic, diverse community pursuing and serving Jesus in the Eastern Townships. 8 a.m. Said Book of Common Prayer worship. 10 a.m. User-friendly "blended" service with traditional, contemporary and modern music and format. Sunday school. Please check out our new website: www.stpaulsknowlton.ca.

TRINITY ANGLICAN CHURCH

The Church with a "Heart" 409 South Street, Cowansville. All Sunday services are at 10:30 a.m. Come and join us as we endeavor to learn and practice God's loving will. We'd love to welcome you. Reverend George Campbell. Information: 450-955-3325 (leave message).

ST. JAMES ANGLICAN CHURCH - FOSTER

We open our doors to welcome you on Sunday April 10 at 9:15 for a service of morning prayer, at the little church on the hill, 725 Lakeside, Foster. Join us afterwards to visit over refreshments. Everyone is welcome.

Have you thought of including a gift to charity in your will?



Un héritage à partager
LEAVE A LEGACY™
Québec
www.legacy-quebec.org
1 888 304-8834

Harmonies des Saisons joins with Les Voix Humaines for a first ever concert

By Ann Davidson

During the early 1700s famous Italian composer Antonio Vivaldi took great pains to write a group of four violin concert giving expression to the four seasons. "The Four Seasons" is the most recognized work that he created and Mélisande Corriveau's L'Harmonies des Saisons, in association with Les Voix Humaines are set to present two concerts on Saturday, April 9 in South Stukely at St. Matthew's Church at 2 p.m. and in Knowlton at the Knowlton United Church at 8 p.m.

When asked why specifically at St. Matthew's Church in South Stukely, which serves as the municipality's cultural centre, Corriveau explained that it is a particularly intimate setting for making music.

"It is just perfect, the sound is generous and we musicians love that for old instruments. It adds to the sound and inspires the musicians. Also we love the amazing people who welcome us with open arms, ensuring that there will be a full audience." The group is planning to do a special recording in May from that same heritage site that boasts a stone structure erected in 1854 by a Scot.

Although last year Corriveau performed with a viole de gamba accompanied by a harpsichordist, the April 9 concerts will be a first-ever that Cor-

riveau has performed with a group playing viols in this region. Popular during the renaissance, the instrument is likened to a both cello and guitar. Often linked to nobility, the instrument is in shape to a cello, it has more strings like a guitar, and was played by many amateur musicians during the Renaissance era.

Joining Corriveau will be Toronto's Felix Deak, whom Corriveau has travelled and performed extensively with in Europe over the past five years. Her long-time teachers and mentors who have been thrilling their own audiences since 1985 and carry an outstanding repertoire, Susie Napper and Margaret Little, will be appearing too. Napper and Little are "Les Voix Humaines." They are renowned for the beauty and originality of their arrangements for two viols and become a world reference for the music of Sainte-Colombe. They received the Opus Award 2007 of the Quebec Music Council to Performers of the Year.

Vivaldi's music has a narrative element that is intended to shed light on how the seasons evoked the music he wrote. It is said that in the middle section of the spring concerto, where the goatherd sleeps, his barking dog can be marked in the viola section.

Les Voix Humaines have shared the stage with the likes of prestigious artists such Wieland and Barthold Kuijken,



COURTESY OF MELISANDE CORRIVEAU

Les Voix Humaines Consort, Suzie Napper, Felix Deak, Melisande Corriveau, and Margaret Little will be performing Vivaldi's Four Seasons on April 9 in Knowlton and South Stukely.

Charles Daniels, Suzie LeBlanc, Daniel Taylor, Rinat Shaham, Matthew White, Eric Milnes, Skip Sempe and Stephen Stubbs. The duo is regularly joined by Corriveau and Deak to form the "Voix Humaines Consort." The consort has published the complete Henry Purcell Fantasias in 2009, the Art of the Fugue of JS Bach in 2013, and recently, a disc dedicated to the works of the composer August Kunel.

Corriveau says this concert is about music everybody knows and loves, the

sonnets are well described by the music making it very special and satisfying. "We hope to reach out to more people with this type of performance."

Tickets can be purchased in Knowlton at Brome Lake Books or in Granby at Bijouterie Gervais or call 450-539-1309.

Showtimes: South Stukely 2 p.m. at St. Matthew's Church on Ch.de la Diligence, and 8 p.m. at Knowlton United Church on Knowlton Road in Town of Brome Lake.

Art Libre features eight artists in one diverse exhibition

By Olivia Ranger-Enns

Although the weather didn't quite agree, spring was in the air at Sutton's art gallery Art Libre, which is featuring its brand new exhibition "Équinoxe," on until August 28, 2016.

With eight featured artists at hand, the exhibit was diverse and multifaceted in colour, genre, and presentation. As you walk into the gallery, your eye is immediately drawn to the right hand side to Lou Leblanc's abstract paintings.

Painted in bold accents of neon greens and lemonade yellows, Leblanc's paintings, are achieved by diverse methods such as dripping and splashes, exude with life and bring spring to mind. Decorated with glittery golden dust, Leblanc's paintings lent themselves perfectly to the general theme, the equinox, an astronomical event taking place around March 20 and September 23 of each year, wherein the plane of the Earth's equator passes right through the center of the sun. Day and night are roughly of equal duration all over the planet.

Moving on, Karolle Grondin's collages provided the artist's personal insight into diverse methods of construction. Using torn pages from psychology books, pieces of crossword puzzles found in

newspapers among other materials, Grondin uses charcoal and paint to piece together abstract artworks that lend themselves to multiple interpretations. Most recently, Grondin has uncovered a new kind of blue that works particularly well with a number of her works.

"I never used to paint in blues," said Grondin, indicating her work with a sweep of a hand. "But now I've discovered a nice blend of blue that seems to incorporate water and stone. The blues have taken center place, so to speak."

Another particularly mesmerizing feature of the exhibition was artist Francel's artwork. Take "Cantaloup exotique"

(2016) as an example. Painted in vivid colours of yellows, oranges and reds, the acrylic painting was well balanced with intermingling colours such as grays and whites. Francel's work is so abstract in genre that your eye can easily detect diverse shapes in them. Many viewers often see them as cartographies of sorts. "That's what's so great about abstract paintings," said Francel. "You can see whatever you want to see in them."

CONT'D ON PAGE 8



COURTESY OF GALERIE ART LIBRE

Artist Donna Casa Martin poses in front of one of her works.

Financial statements, Audit, Bookkeeping, Taxation, Corporations, Individuals, Estate planning and settlement, Farm and business transfers, re-organizations

DUKE CPA Inc.
Société de comptables professionnels agréés
Chartered professional accountants corporation

duke-cpa.com

127 Principale, Suite 105, Cowansville, QC, J2K1J3 T:(450) 263-4123 Fax: (450) 263-3489

BROME LAKE OFFICE SERVICES INC.

Have your **tax filings** prepared by an expert

Maximize your potential refund

TAXES Minimize your payable

Free pick up and drop off services available for seniors

To book your appointment, visit our Facebook page

or call 450-243-0707

LETTER

The aquatic center is not needed

DEAR EDITOR:

(A total waste of potable water.)

Many TBL owners have their own pool, therefore there would be very few users. Those who want to swim can go to Lac Brome in the summer. The rest of the year, they can go to Cowansville at the taxpayers' expense that is not covered by these few users.

Make-up water is required to replace the continuous loss due to evaporation with the need for extra chemicals, treatment and tests. Continuous monitoring is needed to control mold, bacteria, and viruses.

Potable water is at a premium and in short supply in the TBL. Is the town going to truck in water to fill this pool?

With the many chemicals, filters, UV lamps, etc., the costs will go higher each year with major repairs in seven to 15 years.

The operating cost will increase

yearly, even if it is little used. Costs that include staff, supervision, etc., to cover safety and health regulations.

Electrical costs for an aquatic center are very, very high. Heating, dehumidifiers, and recirculation pumps are required year round, 24 hours a day to be in operation.

Liability and property insurance is another yearly ever-increasing cost.

Finally, TBL use of ever-increasing debt load is not the path to prosperity

and will not lead to any attraction for any newcomers.

Think, think, think before further wasting taxpayers' money. This aquatic center is not a necessity.

Sincerely,

E. REJDAK
West Brome

COMMENTARY

Sugaring-off party a huge success!

Brome County Historical Society

A special thanks to everyone who supported and participated in the recent old-fashioned sugaring-off party on the grounds of the Brome County Museum. Family attendance was strong with all generations enjoying the sunny weather, camaraderie, homemade maple sugar treats, outdoor games, and of course maple taffy on snow. Your generous donations were well appreciated for this free community event.

Don't miss our current exhibit entitled "The Sweetest Season: Sugaring Time in the Townships," which tells the story of maple production using objects and images from our collection. It is open on weekdays from 10 a.m. to 4 p.m. until April 29, in the Centennial Building, 130 Lakeside, Knowlton.

Join the Fessenden Challenge!

In honour of the 150th anniversary of the birth of Brome County's inventor and scientist Reginald A. Fessenden, we are looking for the next great inventor. Do you have a great idea? Build it. Submissions are being received at the BCHS – we are challenging students ages six to 17, who reside in Brome-Missisquoi, to create their own inventions. Over \$500 in cash prizes will be awarded, and winners will have their inventions displayed at the Brome County Museum this summer during our special Fessenden exhibit.

hibit.

The deadline for entries is Friday, April 15. To enter, students must fill out one of our official submission forms, attach a picture of their invention, and send it to the BCHS either in person on weekdays or by mail to 130 Lakeside Road, Knowlton, QC, J0E 1V0 or e-mail to: bchs@endirect.qc.ca.

Read Letters from the Front: Harry H. Pibus!

Henry "Harry" Hodsmyth Pibus was born February 12, 1914 in Knowlton, the son of Luther and Anabelle Pibus, graduated from Knowlton High School, and studied at Bishop's University. Our first on-line exhibit recognizes the 75th anniversary of local Royal Canadian Air Force (RCAF) Pilot Officer Henry "Harry" Pibus' service, in World War II.

This unique exhibit tells the story of his adventures and accomplishments, through letters he wrote to his mother Belle, detailing his training and experiences in the war. His words give a distinctive glimpse into the hard work, training and dedication needed to become a successful wartime pilot.

Harry's first 23 letters, which total 44 and date from November 1940 to October 1941, are already posted, under the Archives tab, on our website: www.bromemuseum.com. Each letter is published as a scanned copy and as a transcribed version, on the anniversary of the date it was written.

Help us identify!

Take time to browse our "Help to Identify" page under the Archives tab, on our website, where we post an image gallery of photographs from the BCHS archives, for which we have no identification. If you recognize the people or places in these mystery photos please contact us with your information to share.

Become a member!

Join us in preserving the history of Brome County, by becoming a member. The museum opens in mid-May and you will enjoy free entry to the museum, free access to the archives by appointment, bi-annual newsletters, volunteering opportunities, and the knowledge that you are supporting a region's heritage. Download our membership form on our website or on weekdays, from 10 a.m. to 4 p.m., visit the Centennial Building, 130 Lakeside Road, Knowlton.

For more information about our exhibits, rules for the Fessenden Challenge and spring programming at the BCHS, please visit our website: www.bromemuseum.com or contact us at 450-243-6782.



COURTESY OF VETERANS AFFAIRS CANADA
Harry H. Pibus

Health fair in Knowlton

The Brome-Missisquoi Diabetic Society (BMDS) in cooperation with the Knowlton and the Cowansville Lions Clubs and the Town of Brome Lake

are proud to announce they will be holding a health fair at the Community Center in Knowlton on Saturday April 9, 2016 from 10 a.m. to 4 p.m. The free event will include information booths manned by bilingual health professionals; all are members of a professional association or order. Visitors will also be able to attend various conferences on subjects relating to recent health studies given by health professionals.

The objectives of this daylong activity are: to allow local residents access to professionals so that they may learn about the different important health is-

CONT'D ON PAGE 6

Brome County NEWS



5-b VICTORIA ST., KNOWLTON, QUEBEC, J0E 1V0
TEL: (450) 242-1188 FAX: (450) 243-5155

Established May 1991

Published weekly by
THE RECORD

1195 Galt E., Sherbrooke,
QUEBEC, J1G 1Y7
FAX: (819) 569-3945 E-MAIL:
newsroom@sherbrookerecord.com
website: www.sherbrookerecord.com

SHARON MCCULLY PUBLISHER (819) 569-6345
STEPHEN BLAKE EDITOR (819) 569-6345
CAROLYN MARSH SECRETARY (450) 242-1188
JESSE BRYANT ADVERTISING (450) 242-1188

CIRCULATION

Distributed to all Record subscribers every Tuesday as an insert, and to households and businesses in Abercorn, Bedford, Brigham, Brome, Bromont, Cowansville, East Farnham, Foster, Fulford, Knowlton (Brome Lake), Sutton, Bolton Centre, West Brome.

The Record was founded on February 7, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke

Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

Canadian Publications Mail Service Product Agreement No. 0479675.

Member
ABC, CARD, CNA,
QCNA



OFFICE HOURS:
MONDAY TO FRIDAY
9 A.M. TO NOON

BCN RATES & DEADLINES COMMUNITY CALENDAR

Brome County News Community Calendar is reserved for non-profit organizations only. **Deadline is noon on Fridays.** Must be pre-paid. Up to 40 words: \$8, 41-70 words: \$12, 71-100 words: \$15, all prices include taxes. **Special rates:** \$2 off for 2 insertions, 1 BCN and 1 in the Friday Record "What's On" section. Please forward notices to 5-b Victoria St., Knowlton, QC J0E 1V0, email: bcnews@qc.aibn.com, or fax: (450) 243-5155. Visa and Mastercard accepted.

BCN Lifestyle: HEALTH & FITNESS EDITION

All about balance



CATHERINE ST-PIERRE

Last month we spoke of giving our mind, body, and soul a spring cleaning. I had a few requests for the journaling chart which put a smile on my face. Thank you for supporting me, you know who you are! I hope this was useful information and you were able to integrate it in your daily routine.

This month, I wish to talk about *balance*. The idea sprung from a workshop I did for the "Townshippers' Association" to seniors and caregivers, and soon another in May at the super hospital.

When we think of the meaning of *balance* what comes to mind?

My first thought is to say "fall prevention" but guess what? There are so many other levels of balance to take in consideration. Obviously, we have the physical plan, but we also have the mental, and the emotional states.

At the physical state, our balance can be affected by multiple internal and external aspects, most of which can be positively affected by making simple changes or adjustments.

Here are a few aspects that could affect your balance at the physical level:

- 1- Muscle strength
- 2- Joint stability
- 3- Flexibility
- 4- Medical condition
- 5- Energy

Muscle strength is such an important component in balance. Not only balance in the sense of not falling over, but as in having a well-balanced muscle structure. Not having the strength to hold your joints nice and tight is one thing, but having certain muscle groups much

stronger than others may create imbalance, which can promote bad posture. Bad posture is often the source of many aches and pains.

Joint stability comes mainly by having balanced muscle groups. It also comes by working our proprioception (the unconscious perception of movement and spatial orientation arising from stimuli within the body itself), meaning being aware of what the body is doing and knowing how you should react – or not react – to a given situation.

Flexibility affects balance mostly when it comes to posture. When we lose flexibility in certain joints we tend to modify our posture to compensate for lost mobility. Bad posture causes our centre of gravity to shift, pulling certain muscles to their limits and tightening others, giving us the "Danger Warning" by sending the aches and pains signal.

Medical conditions may also affect our balance. From diabetes, arthritis, and gout (which tends to affect the feet) to low blood pressure, malnutrition, Parkinson's, and inner ear ailments that can make you feel weak, unstable, and throw you off balance.

Energy or fuel (in other words what you consume) will also affect your balance. But this is more in the sense of feeling good, feeling strong, not so much about falling over or tripping. Although, not eating properly does create illnesses, which will indeed make you lose your balance, like the medical conditions we've spoken of above.

Once upon a time, about ten years ago, I took this class called P.I.E.D. "Programme Intégré D'équilibre Dynamique." This program was created to help the aging population prevent injuries due to falls. Students were taught how to improve their balance by doing certain exercises. They were shown how to adapt their environment to make it safer or fall proof. And finally, they had to practice different ways to get up out of different fall situations.

If you have balance issues, tend to trip or fall often, you need to start taking care of it *now!* Call me at 450-243-

4162 or e-mail me at physikinaction@gmail.com to schedule a consultation. Together we can take appropriate measures to rectify this problem.

At the beginning we mentioned that there was also emotional and mental balance... Let's just graze the top of these subjects. I could go on for hours and lose half of you in minutes, so...

Mental balance is being able to deal with life situations in an appropriate manner. It's making the right choices, being informed, and taking your surroundings and the environment into consideration before acting or reacting.

We are born to live, to learn, to grow. Unfortunately, the human race is a lazy

one... We tend to take the easy way out or short cut in practically every situation. We want results or material goods *right now*. The goal of life/living is not just getting to the destination; it's appreciating

what we experience on the way there.

Be aware, be conscious, be present in the moment. These are major factors in losing physical balance. For example, think of the last time you tripped, bumped into, or fell down...

What happened? What were you doing? What were you thinking about?

Most of the time, we're not paying attention to our surroundings, we are distracted, or we are thinking of something else entirely. The key here is to be mindful! I have some awesome tricks to help you be conscious, present and mindful. If you wish to learn more, please contact

CONT'D ON PAGE 8

A la santé et au bien-être
PHYSIK in ACTION
Here's to health and well being



Catherine St-Pierre, B.Sc.
Kinesiologue

63 Monte Carle, Knowlton, QC JOE 1V0
CALL: 450-243-4162 (855) 312-2692

SANTÉ WaterlOO
COURVILLE

Since 1935,
because
we care!

www.santecourville.com

Quality nursing care 24/7
Respectful and caring staff
Secure environment,
fully equipped facility
Spacious rooms
with private toilets
Home like environment
& daily activities



Santé Courville proudly serving the Haute-Yamaska,
Brome-Missisquoi and Memphrémagog regions

- We provide nourishing and tasty homemade meals, while maintaining a dietary schedule for each resident based on their individual requirements as determined by a registered dietician.
- We respect the individual choices of our residents, which helps maintain their dignity and enjoy life in our "extended family."
- Maintaining open communications, updating conditions as needed and responding to concerns of the family are priority.
- With the goal of care and comfort we specialise in short and long term care.
- Special events such as holidays and birthdays may be celebrated with a party in a room reserved for this purpose.
- Activities are varied and carefully planned to fill the needs of all residents.
- Beautifully maintained exterior environment compliments the calm neighbourhood settings of our Center.
- Family and friends are welcome to visit.



For more information please give us a call, visit our website, or check us out on Facebook.

5305 Courville Avenue, Waterloo, QC JOE 2N0
(450) 539-1821

CENTRE DENTAIRE
Caillé & Tremblay



Dre Julie Tremblay, D.M.D.
Dentiste

Dre Danielle Caillé, D.M.D.
Dentiste

New Patients
are Welcome

485, ch Knowlton
Knowlton Qc
JOE 1V0
T. 450-243-5591

753, rue Principale
Cowansville Qc
J2K 1J8
T. 450-266-2429
F. 450-266-1830

THE GIFT OF
BEING THERE

24 hours a day
7 days a week
365 days a year

Across the
world

Across the
street



Canadian Red Cross
Québec Division

www.redcross.ca

1 800 JYCROIX
(1 800 592-7649)

Imaginary robots 'invade' Heroes' Memorial

By Louise Smith

Every two years, Melanie Deguire, the French teacher in Cycle 2 (grades 3 and 4), has her students build and design "robots" from recycled materials. Part of the program is to build

a structure and to be able to talk about its construction in French. By making it a fun topic, these robots spark the students' imagination while making it easier to talk in a second language.

After the robots were presented in each of the three classes they were on

display in the cafeteria for parents and friends and the rest of the students in the school to see. The robot creators were proud to talk about what they would like their robot to be able to do.

There were trash compactors, travel consultants, homework helpers, house

cleaners, and too many others to list. What was a common feature were the smiles on the faces of the robot builders. Bravo to the students and to Melanie Deguire for the wonderful display!



Proud creators of robots of the future.

PHOTOS COURTESY OF LOUISE SMITH



Parent's 'Le rouge, le noir et l'architect'

CONT'D FROM PAGE 1

zigzagging and diverting his attention between the construction of lines and colors and by simultaneously playing with geometrical designs, Parent achieves a fine balance in each of his artworks.

That said, each painting remains unique in its conception and in its pre-

sentation. Whereas some paintings are achieved by what is called "action painting," a technique perfected by artists such as Jackson Pollock, other Parent works are approached by the artist with an analytical eye that is heavily influenced by geometric abstraction. Therein lies, one may posit, Parent's talent as a

visual artist.

Take "Partir de loin" (2014) as an example of Parent's deft combination of architecture and visual creativity. The background is painted in Parent's signature-style use of red but is divided into numerous axes that depart in different directions, each meeting in the center of the canvas and outlined in olive greens and daffodil yellows. Other paintings like "Nu à l'orange" (2016) feature slightly less dynamic but nonetheless busy pictures. In "Nu à l'orange", the viewer is presented to two thick chunks of reds and oranges that seem to crash into each other, giving off jets of chocolate browns and sultry grays that are underlined by sunny yellows. The rest of Parent's artwork is similarly injected with energy and movement. By taking in his exhibition and cocking your head to one side, you can just as easily identify a well-hidden shape as simultaneously spot an incongruous assemblage of ar-

chitectural lines. In short, Parent's work is glorious in both its multifaceted nature and in its colourful exuberance resonating with emotion.

Bearing that in mind, Parent is as much a master of words as he is one of images. Parent has penned a collection of poetry published at the Éditions du Loup de Gouttière which is titled "Soundain ton rire en ce siècle" and has also published two novels at Éditions Québec Amérique, both of which are respectively titled "L'Enfant chinois and La Beauté du Monde."

"Le rouge, le noir et l'architecte," an exhibition that features colour, plays with presentation, and juggles architectural design with originality, is on display at Galerie Art Plus at 8, rue Maple in Sutton from March 31 to April 24. The art gallery is open Thursdays to Sundays from 1 to 5 p.m. For more information, please call 450-521-3189.

Health fair in Knowlton

CONT'D FROM PAGE 4

sues and the professionals involved; offer advice about diabetes prevention; raise awareness to the risks associated with obesity; and equip participants with strategies to develop a healthy lifestyle.

Those present will also be able to meet with a diabetes nurse who will test their blood pressure, blood sugar levels, and even their blood oxygen saturation

levels. Some of the other professionals participating will be an eye specialist, a foot specialist, a sleep apnea specialist, a dietician-nutritionist, and a chair massage specialist.

We hope you will plan to take advantage of this important, health wise, accessible information activity.

Your health is important, take advantage of the opportunity.

Polar vortex reminds us of the winter we didn't have

Could it be 'sprinter'?



PHOTOS BY SHELLEY BOOMHOWER-SLATER

Even though her fingers were frozen, "All senses were stimulated," says Shelley Boomhower-Slater. While most took cover from the brutal effects of the polar vortex, she took advantage of Sunday's unforgettable moment in time. The high winds whipped up the waters of Misquisqui Bay at Philipsburg to create tumbling waves crashing and spraying the shoreline to insta-freeze all it reached. Boomhower-Slater says the waves were awesome and the water was splashing in her face while the wind almost blew her off the rocks.



PRESS RELEASE

LA CAISSE DES JARDINS CENTRE D'AFFAIRES OF LAC-BROME PARTICIPATES IN THE DEVELOPMENT OF ITS COMMUNITY: \$20,000 WAS GIVEN IN 2015 TO ITS PARTNERS

Lac-Brome, March 10, 2016 - Throughout 2015, La Caisse Populaire de Waterloo was able to devote a total of twenty thousand dollars to more than 10 organizations via le Fonds d'aide du milieu and donations, as well as sponsorships. The Caisse continues its involvement with organizations and residents of Brome Lake and surrounding areas.

"As a cooperative savings and credit organism, the Caisse Populaire de Waterloo aims to meet the needs of its members in not only financial services but also intends to be closely linked to development of the community," said Manon Bessette, President of the administration council for Caisse Populaire de Waterloo.

To highlight the remarkable work of these organizations in the community, La Caisse Populaire de Waterloo invited them to a "Soirée Distinction" that occurred March 10 at l'Auberge Lakeview, 50, rue Victoria, Lac-Brome. This gathering allowed the Partners Fund to meet with Caisse leaders as well as various partners present that evening, all in a friendly and relaxed atmosphere. Partners present that evening: Fête Nationale du Québec à Lac Brome, Brome Fair, Canard en fête Lac- Brome, Les Printemps Meurtriers de Knowlton, Tour des Arts, Festival Littéraire Knowlton, Projet Écosphère et Renaissance Lac-Brome.

At that time, these organizations presented their mission and activities that they were able to realize, thanks to the partnership with the Caisse Populaire de Waterloo and its support.

Source of information:
M. André Thibault
Directeur général
Caisse populaire de Waterloo
450-539-1023 poste 7037236



We are happy to welcome you to l'Érablière Hilltop. Come on your own, with friends, or with family, to enjoy our menu of traditional meals highlighting local Quebec pork and other products from the region.

For quick and easy service, reserve online.

www.erablierehilltop.com

Come savor our delightful cuisine inspired by the recipes of our ancestors. We are waiting for you!

L'Érablière Hilltop is a sugar shack that offers a panoramic view that will take your breath away. Relive the magic of a simpler time in a warm, friendly and traditional atmosphere.

Menu: Coleslaw; Raw vegetables: celery, carrots, etc.; Home-style marinade beets and dill pickles; Artisan bread; Gluten free cretons; Traditional pea soup; Pork baked beans; Maple baked ham; Omelets; Home style fried potatoes; Pork meatballs and stew; Pigs' knuckles; Pig's ear; Braised pork; Bread pudding; Maple syrup pie; Small pancakes; Maple syrup fried dough



Thursday and Friday nights:
Special \$21 + taxes
with reservation

**4329 Symington Road,
Dunham, QC J0E 1M0
450-295-2270**

**info@erablierehilltop.com
www.erablierehilltop.com**

ABOUT TOWNSHIPERS'

Bursary applications

Montérégie-East students in the health and social services fields, applications for the McGill Health and Social Services Community Leadership Bursary Program are now available through Townshippers' Association.

Created by the McGill University Training and Retention of Health Professionals Project, the Bursary Program, which addresses the need for bilingual health professionals, awards bursaries to students from selected Quebec regions with English and French language skills, who are pursuing full-time studies in the area of health and social services.

There are two categories of awards available:

Category 1 is for eligible students who are studying at an institution located outside their home region. Bursary amounts are awarded based on students' level of study with up to \$10,000 at the university level and \$5,000 for CEGEP/college and secondary school vocational training.

Category 2 is for eligible students who are studying at an institution located within their home region. Up to \$5,000 is awarded for university level students and \$2,500 for CEGEP/college and secondary school vocational training.

All applications and supporting documentation must be submitted to Townshippers' on or before May 20, 2016. Students are responsible for ensuring that their applications are complete, and

that all required documentation is submitted before the deadline.

To receive the correct application form and its accompanying guide, contact Townshippers' Community Information Coordinator Evelina Smith, at info@townshippers.org or call 819-566-2182 (toll free 1-877-566-2182). Information can be found on Townshippers' career and employment website, Toppportunity.ca.

Health Matters – memory disorders

Almost everyone has a lapse of memory from time to time. You can't remember where you parked your car or you forget a name. Do we just accept memory loss as a normal part of aging or is there something we can do?

The next Health Matters session will focus on giving you tools to better understand and take charge of your brain health on Friday, April 8, from 10 a.m. to noon, at the CLSC in Cowansville.

During this free session, held in English with a complementary light lunch, nurse Gisèle Coziol will provide information on what to look for when a memory problem occurs and how to determine when, in fact, it is time to worry. Learn how the brain works, causes and types of disorders affecting memory, and what you can do to help your mind stay sharp.

Coziol has been working for many years with seniors in various roles, such as community worker and technician in cognitive evaluation. Now a nurse in a long-term care facility and working as a



TOWNSHIPERS' ASSOCIATION

Earlier this year Rachel Hunting, executive director of Townshippers' Association, was pleased to present Farnham resident Michèle Giard \$10,000 towards her physiotherapy studies through the McGill Health and Social Services Community Leadership Bursary Program. Townshippers' is accepting applications for the next round of bursaries. Students must apply by May 20, 2016.

trainer for the Alzheimer Society of Montreal, she has also worked in different memory clinics and in a hospital geriatric unit.

For more information on Townshippers' Association and our activities, catch our columns in the Brome County News, visit us on Twitter @Township-

pers, Facebook, and our website Townshippers.org. Connect with Townshippers' offices in Sherbrooke at 100 - 257 Queen St. 819-566-5717, toll free: 1-866-566-5717 or Lac-Brome at 3-584 Knowlton Rd, 450-242-4421, toll free: 1-877-242-4421.

Art Libre

CONT'D FROM PAGE 3

Finally, Donna Casa Martin's artworks are a breath of fresh air, most of them being reflections on nature. One particularly striking work is a depiction of an orchid plant. The tentacles of the plant seem to grow and mingle with the branches of another plant. Painted in midnight blues and forest greens, the

painting is both calming and refreshing in its portrayal of plant life.

Other featured artists include Normand Bleau, Nicole Côté and Louis Lefebvre. Art Libre is located at 6, rue Principale in Sutton. Call 450-538-6660 for more information.

Amos J to tour US

Amos J is currently working on a project that would see him touring the United States in 2017. His performance Saturday, April 16 will be showcasing some of his most recent material mixed with work from his first three albums.

An exciting time in any artist's career is when he or she can delve whole-

heartedly into the flow of art, and this fortunately is the case for Amos, thanks to an incredible network of supporters here in the Townships. These are the people that Amos loves to play for most, and will be seeing on April 16 at the Lakeview Inn at 8 p.m. Tickets available at Brome Lake Books.

All about balance

CONT'D FROM PAGE 5

me.

As for the *emotional* state, we can include the spiritual aspect in this section. I'm not religious as I believe that every religion has its good and not so good characteristics. For me, being spiritual is the sum of all the good things from each and every religion combined. That being said, the key here is to feel good about everything you do and accomplish.

When we let our surroundings/environment affect us, we can easily become super excited or extremely disappointed. We can become undefeatable or fearful/anxious/worried. We can be happy or angry/mad/sad. We can be content or unsatisfied...

All of the above can be modified by

your perception of the situation. When we see the positive in all (the silver lining) we become calm and appreciative of the lesson to be learnt. Unfortunately, when we brood upon the negative, not only do we become irritated but we also throw our hormones out of whack.

Did you know that most illnesses come from our negative outlook on life? If you are stressed out at work, or at home, you may notice a few side effects like tense shoulders and neck, clinched jaw and fists, headaches, heartburn... Hmmm interesting huh?

If you are angry the same symptoms occur, but you'll also add the elevated heart rate and blood pressure. If you feel sad or lonely, depression often sets in

and a whole slew of ailments appear.

To get back in balance here you need to be positive, thankful, grateful, and appreciative for all that you have. Make a habit of changing your actions and reactions when you notice or catch yourself being or feeling negative.

I found that meditating, relaxing, and smiling were the best cures for changing attitudes. I can teach you how to do this, if you are willing or wanting a change in your life.

Let's wrap this up.

Having balance in your life requires you to make equal efforts at different levels. You must take care of your physical body by fuelling it with good quality foods, mainly fresh local organic fruits,

vegetables, and meats. You'll need to work on building muscle strength, endurance, and flexibility. Be aware, conscious and present in the moment. Be grateful and happy for what you have.

"My momma always said, 'Life was like a box of chocolates. You never know what you're gonna get,'" by Forrest Gump 1994. And just to make it mine add [fresh local organic vegan of course], hehe!

As always, if you have any questions or comments please e-mail me at physikinaction@gmail.com or if you prefer to have a consultation call me at 450-243-4162 to schedule an appointment.

Coach Cat xox

Avante April Newsletter

By Barbara Bellingham
Program Director
Avante Women's Centre

Open to the general public, this workshop will be held at the Cowansville CLSC, in English, on Friday, April 8, starting at 10 a.m. A free light lunch will be offered afterwards.

Tuesdays Open Til 8:

We're back to our regular evening programming, now that the days are longer, and the weather less formidable. Our Tuesday evening workshops now run from 6-8 p.m.

5th - Quilting/sewing: always wanted to learn how to sew? Bring a project, big or small, with the materials needed and we'll git-r-done!

12th - Centre will be closed for the evening

19th - World Book Day e-readers vs. paperbacks/book exchange. We will be acknowledging "World Book Day" by focusing our activity on books. Bring a copy of one of your favourite paperbacks to exchange in a Chinese auction, and express your thoughts about the pros and cons of e-readers; are they ruining the romanticism of "curling up with a

good book"? Wendy Seys of the Yamaska Literacy Council will also be here to recommend some good websites and apps for downloading books.

26th - Topic Potluck Supper - a free and easy evening of sharing food, thoughts and laughter.

Coffee Breaks:

This month our Coffee Breaks will be the same topic in both Knowlton and Bedford, and we'll be learning about our "true colours." Wearing the right colours for your natural skin tone can make the difference between looking healthy and vibrant or washed out and pale. It can even make your teeth look whiter! And it can save you time and money when you're out shopping for new stuff. Working in groups, we will help each other discover what looks good, and what to stay away from.

18th - Knowlton - Lac Brome Community Centre, from 1:30 - 3:30

27th - Bedford - Avante, from 9:30 - 11:30

Special Activities

14th - Soup Café. Enjoy a bowl of homemade soups with us, from noon to 1 p.m. Free

20th - Crocheting 101. Bring a hook if you have one, 3 - 5 p.m. Free

Avante Women's centre is located at 15 rue du Pont in Bedford, but we are in Knowlton once a month at the Lac Brome Community Centre, where we host an afternoon information workshop on various topics. We are also available in the morning at the community centre for help to whomever wants to drop in. We also host monthly workshops in English at the Cowansville CLSC, covering current health matters. Our spring newsletter is now available with our three-month programming schedule included. Please drop in or call at 450-248-0530 to keep in touch with our services being offered. You can also visit our webpage - www.avantewomenscentre.org, or find us on Facebook.

Although it's only April, activities at Avante will be slowing down by June, so if you've been contemplating coming to one of our events, now's the time! Our newsletter for April, May, and June programming has been sent to all our members, so if you haven't received your copy, please call the centre to verify your contact information.

Health Matters: Memory Disorders

April 8 - Alzheimer's disease is the most common cause of dementia, and is a worldwide epidemic, but what can we do about it? And what's the difference between memory loss as we age that's normal, and symptoms of Alzheimer's? This month's "Health Matters" will focus on tips and tools to better understand and take charge of your brain health. It will also cover what to know when a memory problem occurs and how to determine if it is, in fact, time to worry.

International Women's Day celebration



By Gayl Rhicard

Attendees were also given the opportunity to visit the exhibition, "Women and the job market in Québec - A history to discover." This exhibit explored the history of women on the Québec job market from colonial times to present day and helped raise awareness among those in attendance about the role of women on the job market through the lens of workforce diversification.

Hats off to the organizing committee and many thanks to all those who attended!

The Coalition des femmes de la Haute-Yamaska et Brome-Missisquoi would like to thank the six panelists who were on hand to celebrate International Women's Day this past March 8. These six women -having worked or still working in non-traditional occupations- came to share stories about their career paths and to speak with the 150 women in attendance.



Pet Of The Week — Doudoune



Hi! I'm another one of those "not too big" dogs - about 45 pounds. I'm a pretty six-year-old girl with short, light tan fur and very special-looking ears! I was transferred here from another shelter because they felt that here I would have a better chance of finding the right home. Here I have a reputation of being "very, very nice" - great with people - not good with other dogs (maybe it depends who?) nor cats. My eyebrows are kind of special looking also, so with my ears and face you'd probably recognize me anywhere!

I'm waiting to meet you, my wonder-

ful new family! If you don't think I'm the right one for you, please come and meet all the other animals here - dogs and cats - lots and lots - all looking forward to their new life! We live at the SPCA Montérégie, 178, ch. du Vide, Ste-Angele-de-Monnoir (exit 37 on autoroute 10). Adoption hours are 2-4 p.m. on Thursdays and Saturdays. Check out our website for more photos and info.

450-460-3075
www.spcamonteregie.com
www.facebook.com/SPCAMonteregie

CALL Sherbrooke: (819) 569-9525 BETWEEN 8:30 A.M. AND 4:30 P.M.
 E-MAIL: classad@sherbrookerecord.com
 OR Knowlton: (450) 242-1188 BETWEEN 9:00 A.M. AND 4:00 P.M.

OR MAIL YOUR PREPAID CLASSIFIED ADS TO
 5-B VICTORIA ST., KNOWLTON, QUEBEC J0E 1V0
 THE RECORD, 1195 GALT ST. E., Sherbrooke, QUEBEC J1G 1Y7

CLASSIFIED

001 Property for Sale

CANCEL YOUR TIMESHARE. No risk program. Stop mortgage and maintenance payments today. 100% money back guarantee. Free consultation. Call us now. We can help! 1-888-356-5248.

140 Prof. Services

INCOME TAX

For your computerized Personal taxes:
 Call Sophie Giroux at
(450) 243-4128

140 Prof. Services

295 Articles Wanted

BUYING MAPLE SYRUP in drums. April 8-May 8, Sunday to Sunday, from 8 a.m. to 5 p.m.; May 9-27, Monday to Friday, from 8 a.m. to 5 p.m. and Saturday by appointment 8 a.m. to noon. 1500 Scenic Road, Sutton, (450) 538-1500.

440 Miscellaneous

DO YOU HAVE a disability? Physical or mental. We can help you get up to \$40,000 back from the Canadian Government. For details, check out our website. www.disability-groupcanada.com or call us today at 1-888-875-4787.

See your gift grow

Development and Peace

1 888 234-8533
www.dev.org

035 For Rent

KNOWLTON - LARGE, SUNNY, CLEAN, 4 1/2 (\$575) available immediately & 3 1/2 (\$475) on main floor. Suitable for quiet, non-smoking couple. Near lake. References required. Call 1-416-533-1440.

140 Prof. Services

140 Prof. Services

R.B. FINANCIAL SERVICES
 Serving the Townships for 40 years



- Income Tax returns for 2015
 - Computerized Bookkeeping
 - Payroll Services
 - Year-end Business Statements (small business, farms & corporations)
- Pick-up & Delivery**
RALF BUSHENBAUM B. Comm. Consultant, **JETHRO BUSHENBAUM**, C.P.A.
 Tel. (450) 292-5835 / Fax: 292-3797
 E-mail: rb@xplornet.com

340 Garage Sales

KNOWLTON
 Multi-family garage sale, 591 Knowlton Road (beside Rona). Indoors. Rain or shine. April 16, 23 & 30 from 9 a.m. to 4 p.m. Tables available. 450-577-2186.

E-mail your social news to
classad@sherbrookerecord.com

100 Job Opportunities

EXCAVATION CHOINIÈRE, is currently looking for dump truck drivers (Class 3). 40 hours a week, day shift, salary based on experience. Please send your c.v. to infochoiniere@gmail.com or call Tony at 450-531-8452.

140 Professional Services

190 Cars For Sale

TRANSLATION AND WRITING

Translation to French and writing services. Technical and creative writing. Business letters, newsletters, blog posts, social media content, advertising, newspaper and magazine articles, etc. University student. Affordable rates per word. geneebee.dot@gmail.com or (450) 522-0838.

2009 TOYOTA CAMRY SE, red, well maintained, new tires and brakes, rustproofed every year, all equipped, leather, sunroof, etc. 167,000 km. \$7,250. Call 450-243-0953.

215 Boats

WIDE STERN CHESTNUT CANOE, can take 5 hp motor and carry 900 lbs. Canvas replaced by fibreglass. Excellent condition. Cost \$1,600, would like \$900. Call Robert 450-243-0910.

425 Bus. Opportunities

LOOKING FOR AN online business? I can help! You will receive free training and after support. Go to www.123freedom4life.com and check it out. Requires a computer and telephone and 5-15 hours weekly.

440 Miscellaneous

CRIMINAL RECORD? Canadian Record Suspension (Criminal Pardon) seals record. American waiver allows legal entry. Why risk employment, business, travel, licensing, deportation, peace of mind? Free consultation: 1-800-347-2540.

CRIMINAL RECORD? Don't let your past limit your career plans! Since 1989. Confidential, fast, affordable. A+ BBB rating. Employment and travel freedom. Call for free info booklet. 1-8-novardon (1-866-972-7366). www.RemoveYourRecord.com

GARDNER WANTED: MAINTENANCE of various properties in Brome County. 40 hrs/wk weather depending. Email: weedingexperts@hotmail.com

155 Travel

REAL ESTATE. NW Montana. Tungsten-holdings.com 406-293-3714.

It pays to advertise in the classifieds

Looking for a job or qualified personnel? Consult our Classified ads!

QCNA Blanket Classified Ads

<p>Coming Events HAVEROCK REVIVAL - Live Classic Rock Concert & Camping Festival - Featuring - George Thorogood & The Destroyers, Loverboy, Canned Heat, Trooper, Kim Mitchell, Sass Jordan, David Wilcox, Chilliwack, The Legendary Downchild Blues Band & more, OVER 12 ACTS.. ON THE HAVELOCK JAMBOREE GROUNDS - Havelock, ON - July 8&9/16 - TICKETS 1-800-539-3353, www.HaveRockRevival.com. BE THERE!</p> <p>For Sale QCNA (Quebec Community Newspapers Association) can place your classified ad into 21 weekly papers throughout</p>	<p>Quebec - papers just like the one you are reading right now! One phone call does it all! Call Marnie at QCNA 514-697-6330. Visit: www.qcna.org.</p> <p>SAWMILLS from only \$4,397. - MAKE MONEY & SAVE MONEY with your own band-mill - cut lumber any dimension. In stock ready to ship. Free info & DVD: www.NorwoodSawmills.com/ 400OT. 1-800-566-6899 ext:400OT.</p> <p>REFORESTATION NURSERY SEEDLINGS of hardy trees, shrubs, & berries for shelter-belts or landscaping. Spruce & Pine from \$0.99/tree. Free shipping. Replacement guar-</p>	<p>antee. 1-866-873-3846 or www.treetime.ca.</p> <p>Health CANADA BENEFIT GROUP - Do you or someone you know suffer from a disability? Get up to \$40,000 from the Canadian Government. Toll-free 1-888-511-2250 or www.canadabenefit.ca/free-assessment.</p> <p>Vacation/Travel SAVE 30% on our Heart of the Arctic adventure. Visit Inuit communities in Greenland and Nunavut aboard the comfortable 198-passenger Ocean Endeavour. CALL FOR DETAILS! 1-800-363-7566 or visit: www.adventurecanada.com. (TICO#04001400).</p>
---	--	---

Town of Brome Lake

IMPORTANT NOTICE
 INSPECTION AND FLUSHING OF WATER NETWORK

Lac-Brome, April 1st, 2016 - Beginning April 11, 2016, Town of Brome Lake has mandated the company Aqua Data, with the assistance of Public Works employees, to proceed with an inspection and flushing of its water distribution system. This work will take place between 4 p.m. and 12 a.m., from Monday to Friday, and will end around May 13, 2016.

The objective of this work is to clean the water network pipes to improve the quality of the drinking water. The process is to evacuate particles and debris that may form on the walls, thereby increasing the water flow rate and discharge the dirty water through the fire hydrants.

It is possible that this work will cause some turbulence within the network and therefore, temporarily discolor the water by making it reddish without being a health hazard. Note that it is not necessary to boil the water before consuming it during this operation.

The city recommends opening the cold water taps and let them drain until the water become colorless. It is also recommended washing laundry between 6 a.m. and 4 p.m.

This operation will include verifying the condition of hydrants and street valves, which are both essential to the safety of residents.

The Town apologizes for the inconvenience caused by the implementation of this work, necessary to maintaining its quality of service and thanks its residents for their usual cooperation.

For information: Public Works Department 450-243-6111 ext. 3



Looking to rent an apartment? Or want to rent one? Place an ad in the classifieds! (819) 569-9525 or (450) 242-1188

Brome County NEWS

Jesse Bryant
 Advertising Consultant
 Let our readers know about your products & services
 Tel.: 450-242-1188
 Fax: 450-243-5155
 email: jbryant@sherbrookerecord.com

CLASSIFIED

Timothy and Kimberley Cote-McCarthy honoured on their Silver Wedding Anniversary

On the evening of July 25, 2015, at the North Troy American Legion, North Troy, Vermont a surprise 25th Wedding Anniversary party was held for Timothy and Kimberley Cote-McCarthy. This occasion was given by their daughter Brittany and her friend Josh Choiniere, and their son Michael and his friend Leanne Pickens.

One hundred and twenty guests, family and friends from the U.S.A. and Canada, gathered for this happy event. A buffet style of hot and cold dishes was served along with desserts including a 25th Wedding Anniversary cake made and decorated by a bakery.

The music was provided by Josh Choiniere, a close friend of the family.

At the end of the evening, the guest book, painting, cards, anniversary gifts, currency and gift certificates were presented to the couple. Kimberley and Timothy were formerly of Bolton Centre, Quebec, and now reside in North Troy, Vermont.

On July 21, 1990, they were united in marriage at a double ring ceremony at the United Church in North Troy, VT by the Rev. Frank D. Massa. Kimberley is the daughter of Eugene and Lorraine Willey Cote of Bolton Centre, QC and the granddaughter of Gladys Askew Willey of Knowlton, QC. Timothy is the son of David McCarthy and the late Muriel Boyce McCarthy of Mansonville, QC.



Even without muscles, our fingers work remarkably well

ASK DOCTOR K
By Anthony L. Komaroff, M.D.

DEAR DOCTOR K: A friend told me that we have no muscles in our fingers. Is that true? If so, then how do our fingers do all that they do?

DEAR READER: It is true, but our hands work wonderfully anyway. That's because even though there are no muscles in the fingers, 34 muscles in the palms and forearms make the fingers work.

And our fingers perform a remarkable variety of feats, from the practical (opening doors and typing), to conveying information (through sign language or applause), to gathering information about the environment through our sense of touch.

It's no wonder, then, that our hands have a complex design. Each hand has 27 bones and a corresponding number of joints (the spaces where two bones meet). Together, the bones in our hands make up nearly a quarter of the total number of bones in our body.

Of course, the muscles in our palms and forearms make the fingers work only when the brain tells them to. So many subtle and important things are done by our hands that about one-fourth of the part of the brain that controls body movement is devoted to controlling our hands.

So how do we hold a pot, open a door or play the piano? It begins in the brain, which sends messages down the nerves that connect to the muscles in our palms and forearms. Those messages tell specific muscles to tighten and others to relax. Three major nerves control the movements of our hands.

The muscles are all connected to tendons. Those tendons connect each muscle to specific bones in our fingers. Tendons are strong, connective tissue fibers. They are the things that finally move your fingers the way you want them to move.

When a muscle contracts, it pulls on the tendon, which then pulls on the bone and moves it. (I've put an illustration showing the anatomy of our hands on my website, AskDoctorK.com.)

Try this: Stick out your right hand directly in front of you, with the palm facing the floor and fingers outstretched. Now, keeping your hand straight out in front of you, make a fist. Did you feel the muscles in your forearm, just below the elbow, get tense?

Ligaments, bands of fibrous tissue that bind bones together and keep them properly lined up, are also important to the function of your hand. Ligaments on either side of the fingers prevent them from bending too far to the side. Those that stretch across the palm keep your fingers from bending too far back.

You may have heard that an opposable thumb is a key anatomical difference between humans and animals. An opposable thumb means that the thumb can oppose, or touch, the index finger. Actually, many animals — chimpanzees, koalas, even opossums — have opposable thumbs.

However, it actually is our unique ability to also oppose our other fingers to the thumb — and to thereby strongly grip and grasp objects — that makes us special.

(Dr. Komaroff is a physician and professor at Harvard Medical School. To send questions, go to AskDoctorK.com, or write: Ask Doctor K, 10 Shattuck St., Second Floor, Boston, MA 02115.)

Recognized around the world



MedicAlert
ALWAYS ON CALL
www.medicalert.ca
For more information
1-800-668-1507

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

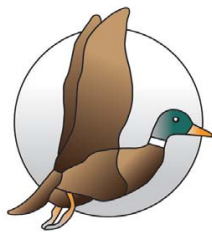


Lois Hardacker
 Courtier Immobilier Agréé
 Chartered Real Estate Broker
 www.loishardacker.ca
 lois@royallepage.ca
 450-242-2000
 3 Victoria, Knowlton
 Lac-Brome, QC
 JOE 1V0

ROYAL LEPAGE
 ACTION
 CHARTERED REAL ESTATE BROKER
 Independently Owned and Operated

DIAMOND AWARD
 THE REALTOR ASSOCIATION OF QUEBEC
 DISTINCTION CLUB DES DÉS D'OR
 INDIVIDUEL
 PROVINCIAL

Facebook, Twitter, YouTube, LinkedIn, Instagram, RSS



Chambre de commerce de Lac-Brome
 Brome Lake Chamber of Commerce
 www.cclacbrome.com



GARAGE D.C.S. INC.

NAPA AUTOPRO
 Signature
 Prop. Darren Paige & Carolyn Lemaire

SEASON OPENER OFFER
UP TO \$70 CASH BACK
 YOKOHAMA

450.243.0763
 554 ch. Knowlton, Knowlton, QC JOE 1V0
 info@garagedcs.com

Achetons chez nous!

Une initiative de la Chambre de commerce de Lac-Brome



Edith Chaput
 Notaire • Notary

MAIN OFFICE | BY APPOINTMENT
 114, rue Church | 316, chemin Knowlton
 Cowansville | Lac-Brome

Tel.: 450 306-1269

www.edithchaput.com

BROME-MISSISQUOI Funeral Complex

— SINCE 1927 —
To reunite, to reconnect.


Cowansville **450 266.6061**
 Lac-Brome **450 243.1616** . Bedford **450 248.2911**

WWW.COMPLEXEBM.COM



Buy local!

A Brome Lake Chamber of Commerce initiative



BROME LAKE Books Livres LAC BROME

450.242.2242
 www.bromelakebooks.ca
 30 D ch. Lakeside
 Knowlton



Arthur Malouin Ltée
 www.malouinassurance.ca

1200 Rue Notre Dame, Saint-Césaire, QC J0L 1T0
 (450) 469-4994

www.bwdraper.qc.ca
B. W. DRAPER ASSURANCE INC.
 CABINET DE SERVICES FINANCIERS

316, chemin Knowlton, Knowlton (Québec) J0J 1A0
 Tel.: 450-248-2967 Toll free: 1-800-363-4545



UNIPRIX

René-Claude Gagnon

310, chemin Knowlton
 Knowlton 450 243-5700

Monday - Friday: 9:00 a.m. to 6:00 p.m.
 Saturday: 9:00 a.m. to 5:00 p.m.
 Sunday: 10:00 a.m. to 4:00 p.m.



Et encourageons nos entreprises locales. And encourage our local businesses.

SERVICES JURIDIQUES OWEN FALQUERO INC.

ME OWEN FALQUERO
 Avocat - Lawyer

91 Lakeside, Bureau 3
 Knowlton, Québec, JOE-1V0

Tel: 450-521-3410
 E-mail: ofalquero@falquerolaw.com Fax: 450-242-1529

La Chambre de commerce de Lac-Brome remercie IGA Gazaille de leur soutien à la campagne « Achetez chez nous »
 The Brome Lake Chamber of Commerce thanks IGA Gazaille for their support of the Buy Local campaign.

