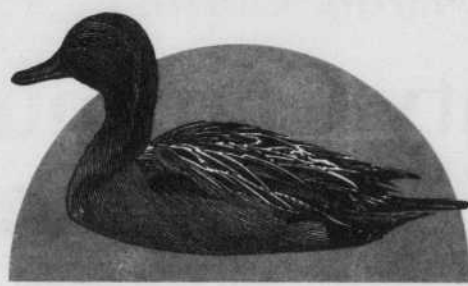


Brome County NEWS



TUESDAY, DECEMBER 16, 2008

IGR *Gazaille*

LAC BROME
461 Knowlton Rd.
8 a.m. to 9 p.m.

Michel
Ginette



Magog
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Farnham
999 Principale St. E.

Community backs International School at St-Edouard

Jessica Brown
BCN CORRESPONDENT

The entire school gathered in the gymnasium of St-Edouard school on December 10th. Special guests for the occasion included newly re-elected Liberal MNA Pierre Paradis, the Mayor of Brome Lake, Richard Wisdom, along with the hard-working financing committee. Everyone was there to pat themselves and the community on the back for a job well done. In less than 6 months, the International School project has raised more than \$35,000.

"It's fun to see our community really coming together for this project," said co-ordinator, Sylvie Frechette.

"We got a big donation from an 81 year old woman in the town who said she would give as long as she was healthy to do so. It was touching."

The International School project has also received the approval of the town and now, it seems, from the province as well. Mr. Paradis was enthusiastic about supporting it.

"The government has no choice. When the community, the town, and the parents get together for an educational project that aims at all linguistic groups and includes everyone, we have no choice but to contribute. We want to and we will. I'll make sure of that."

The Town of Brome lake has also jumped on-board the project.

"We want to thank Councillor, Alan Gauthier, for being so instrumental in helping us in getting funding from the town," said Frechette.

Gauthier championed the project from the beginning. "This is exactly the kind of

incentive families need in order for them to choose to move and live in the Town of Brome Lake," he said. "We need to support projects like this."

The Town has pledged \$10,000 this year and next. The project is directly in line with the new Family Policy plan that the town has unveiled trying to increase the number of young families in the TBL.

"It's very, very interest-

ing," said Mayor Wisdom.

The school has also received funding from the Pacte Rural thanks in part to the town's support.

The International School program is in the implementation phase at the school.

All 8 teachers have made the commitment to learn the program in order to be able to teach the children starting in September, 2009. They will have 2-3 training sessions per year which are very intense, following the International Baccalaureate program.

The program is very community oriented and project based. Students will research projects and be able to do comparisons with how they live and how people live elsewhere around the world. There is also an initiation to a third language.

For those who believe the International program is too strenuous for their children, Frechette says she too was concerned.

"As the speech therapist here at the school, I was worried for my students, the ones who have difficulties. But

when I visited other International Schools I saw for myself how happy and really motivated all the children were. No matter what the children's learning abilities, they can follow this program."

She says the first year for anglo students is always the most challenging but just by being immersed in the language they are almost bilingual by Christmas time.

"We adapt to their capacities. No child is excluded."

The cost to train teachers, the materials needed, software and books is about \$30,000 a year. Because St-Edouard is a public school they can't force parents to pay. They hope parents who can afford to will contribute, and many have, as have family members, business members and the community.

They hope the interest generated by the enriched program will mean St-Edouard will keep up its population and even grow in the coming years.



PHOTOS BY JESSICA BROWN

(left to right) back row: Sylvie Frechette (orange shirt), Pierre Paradis, Natasha Gosselin, Mayor Richard Wisdom, Marianne Lalonde, David Lalonde, Louis Lalonde, Patrick Ouvrard, Samuel Ouvrard.
front row: Flavi Debarsalou, Catrine Barnes, Sara Girard, Spencer Beaulne, Ian Zentner.



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Brome County Community Calendar

COMMUNITY CALENDAR

Dec. 10-14

Fresh local Christmas trees to benefit Massey Vanier High School. \$30. Each. Various sizes. Available at F.G. Edwards store, West Brome (during business hours) or 320 Albert St., Cowansville. (Dec. 10, 11, 12: 4:30-8:00 p.m., Dec. 13, 14: 10a.m.-5 p.m.) Information: 450-263-3772 ext: 438

Dec. 20

Mansonville. **Last chance Christmas Bake Sale.** Top up at Mansonville Baptist Church on Saturday, December 20th from 9:00 to 2:00. Soup lunch available.

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

Christmas Concert on Saturday, December 20th at 3:00 p.m. featuring Stephanie Piercey (soprano) and Shawne Elizabeth (soprano), accompanied by Jean-Jacques Beauchamps (piano) and Jean-Denis Dubuc (saxophone). Limited seating (75). Tickets: \$20.00. Reservations: 450-292-3061. Proceeds to the Mansonville food bank. at St. Patrick Anglican Church, 854 Rte. 245, Bolton Centre.

CHRISTMAS PARTY, SUNDAY, DEC. 21st at the AUSTIN TOWN HALL, 2-6 pm. Music: Bobbi Dee, Dale and David Bessant and Friends. Donation: \$10.00 includes party food and a chance to win games and prizes. Everyone Welcome!!!! If you're able, please bring a small gift to exchange and/or your favorite Christmas food dish. Hosted by A Salute to Quebec Seniors!

All you can eat breakfast at Sutton Legion, 2 Curley St. Adults \$6:00, chil-

dren \$3.00. There is still time to rent the Legion Hall for the holidays. info 450-538-2210.

Jan. 10

Loisirs of Foster Community Registration. The outdoor kids hockey program in Foster is back.: 11:00 a.m. - 3:00 p.m., Saturday, January 10th, Ovide Dagenais Hall, 25 Taylor street, Foster (Skating rink). Hockey program: 6 weeks, 4yrs-13yrs, Sunday afternoons. \$12.00. Free coffee & hot chocolate. Jan 10th-Registration for Zenchido-non combative Karate on Wednesday evenings, 10 wks-8 yrs & older. \$40.00 Registration: NEW- "Tumblin' Tigers fun & fitness" program: Saturday mornings-children 3-6 years, 10 wks: \$40.00 info: Heather 450-539-0866.

Dec. 31

New year's Eve party to benefit Knowlton Academy Reading Program. Dec. 31st, 2008, 8:00 p.m., Oddfellow's hall, 476 Knowlton Rd., Knowlton. Dance, Buffet, Midnight Cheer. Bands: S&M Connection, Sharp Dressed Men. Sponsored by Ding's Garage. \$20/00/single, \$30./couple. Tickets available at Ding's Garage, 510 Knowlton Rd. By reservation: 450-243-6731, 450-243-0001. Last minute tickets available at the door.

New Year's Eve Dance at the Royal Canadian Legion, Branch # 77, 77 Lewis Street, Waterloo, on Wednesday, December 31st from 9:00 p.m to 1:30 a.m. Hot & cold buffet. \$16./ea. (18 and older) Reservations: 450-539-0005 or 450-539-1230 (Tina).

New Years Eve Banquet, Royal Canadian Legion Br. 99 - 120 Davignon Cowansville, QC Orchestra: Smokin' County: Music from 8.30 p.m. - 12.30 a.m. Lunch at midnight; \$20.00. (450) 263-3543

ARTS CALENDAR

Knowlton Players present a Christmas Coffee House, Saturday Dec. 20th at the Knowlton United Church Basement. An evening of Christmas Cheer for the whole family. Free Admission. Donations are accepted and a box for the food bank will be available. Doors open at 6:30 p.m. Come and share our Christmas memories and create one of your own! Information: Darleen 450 243-5868.

CHURCH SERVICES

KNOWLTON - CREEK PAST. CHARGE. Worship & Song. Creek United, West Bolton, 9:30 a.m., Knowlton United, Knowlton (handicap access) 11:00 a.m.

EMMANUEL UNITED CHURCH

"A generous community, with a call to serve." 203, rue Principale, Cowansville. (450) 263-0204. Sunday, December 21st, 10:30 a.m. worship service and communion. 3:00-4:00 p.m. Light in the Shadows: A Time Set Apart for Healing. In the darkest time of the year, when the days are short, Christmas can seem like a lot of noise and bother. Take some time for stillness, song, wonder and prayer. Let the memories that linger in the shadows of aching hearts, find hope and healing. All are welcome - those with faith and those with no faith. Special musical guest: Sarah Biggs.

ST. PAUL'S ANGLICAN CHURCH

24 St. Paul's Road, Knowlton. A group of ordinary people seeking to follow Jesus in Traditional, Contemporary and Modern ways. 8:00 a.m. - Said Book of Common Prayer Worship. 10:00 a.m. - User-friendly "Blended" Service with Traditional, Contemporary and Modern music and format. Sunday School. For more info: 450-242-2885 The Rev. Tim and the congregation look forward to welcoming you.

ALL SAINTS ANGLICAN CHURCH

DUNHAM. Sunday Services and Sunday School at 9:30 a.m. - all welcome! The Rev. Sinpoh Han. Information: 450-266-0392

ANGLICAN PARISH OF BROME

Sunday, Dec. 21st - Service will be at Church of the Ascension, West Brome. Lessons and Carols.

SAINT-EDOUARD CATH. CHURCH

366 Knowlton Rd., Knowlton, Sunday Mass: 10:30 a.m. (Bilingual).

TRINITY ANGLICAN CHURCH

409 South St., Cowansville. Join us for Sunday Worship. One service only at 11 a.m. every Sunday. Info: 450-263-2662.

DUNHAM PASTORAL CHARGE

SUTTON - A warm welcome awaits you at the Sunday Worship Services at Dunham United Church at 9:15 a.m. and at Calvary United Church, Sutton, at 11:15 a.m.

ANGLICAN PARISH OF BEDFORD-PHILPSBURG & FARNHAM

Members of the Borders Regional Ministry. Sunday services for Sunday,

December 21st, will be in Bedford for joint Carols Farnham and Philpsburg at 11:00 p.m. with Rev. Sparling.

GRANBY UNITED CHURCH

Where God Unites all Children. Be a part of the family. Down to earth spirituality. Spiritual development for all ages. Sunday Services 11 a.m. at 101 rue Principale, Granby. Info: 450-372-1417. Rev. Eric Lukacs. All Services at 11 a.m. Blue Christmas Service - Friday, December 19th at 7:00 p.m. Christmas Eve Service - Abbotsford 4:00 p.m. and Granby 9:00 p.m. December 28th - no service.

BEDFORD UNITED CHURCH

PASTORAL CHARGE

Dec 21st Mystic 10:00 a.m. Philipsburg Candlelight and Carol service 7:00 p.m.

Dec 23rd Stanbridge East Candlelight and Carol service 7:30 p.m.

Dec 24th Bedford candlelight and Carol Service 7:00 p.m.

Dec 28th no service

GRACE ANGLICAN CHURCH

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

OLIVET BAPTIST CHURCH

Sutton. Pastor Alex Lobach and the congregation welcome all to worship with us each Sunday at 11 a.m. Mid-week youth group and Bible Study. Tel: 450-538-5225.

Waterloo, ST. PAUL'S UNITED CHURCH

4929 rue Foster, Waterloo. Sunday service at 10 a.m. Rev. David Lambie, Minister. For messages or information, call 450-539-2129.

CORNERSTONE CHURCH OF BEDFORD

We warmly welcome everyone to come and worship with us every Sunday at 10:00 a.m. and Friday at 7:00 p.m. We are located at 6 Massicotte, Bedford. Information: Pastor Paul Gibson: 1-514-667-2292 or 450-296-4135

ST. PATRICK'S CHURCH

Christmas Eve, 2008, December 24th. PARISH OF MANSONVILLE AND THE BOLTONS - St. Patrick's Church (Anglican), Bolton Centre advertized a service for 6:00 p.m. in 'Tempo'. This service has been cancelled. Instead the Christmas Eve Service (Holy Communion) for the parish will be at 6:00 p.m. (instead of 8:00 p.m.) at St. Paul's (Anglican) in Mansonville. All welcome - Come and Celebrate the Birth of Jesus.

BCN RATES & DEADLINES COMMUNITY CALENDAR

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

Brome County
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Tempo turns 25

Jessica Brown
BCN CORRESPONDENT

Before there was a Brome County News, there was a little local paper called Tempo. A handful of volunteers felt their local views and news were not being expressed and they took it upon themselves to start a magazine style paper that is still going strong today.

Dozens of people attended Tempo's 25th anniversary party at the Centre Lac Brome on December 4th. The variety of ages and faces was a wonderful tribute to what a dedicated group of volunteers can accomplish with few resources and lots of determination.

The paper began thanks in part to a donation from the Knowlton Lion's Club, which also believed in the cause.

Said Claire Kerrigan, one of the stalwarts of the paper, "We were able to pay them back in just a few months with the money we made in advertis-

ing."

Thanks to the strong community support, Tempo rarely goes looking for advertisers. Kerrigan made a point of thanking three local businesses who've advertised faithfully in every monthly edition since the beginning; Camlen, The Shack and Marcel Dussault.

Today the paper continues to operate with a group of faithful volunteers who get together to discuss the issues affecting the Town of Brome Lake and bring them to light. Somewhere along the way, editorials had to be written as a group effort because of the thin skins at town hall. Never the less, they continue to question decisions made by council and force residents to think about the real issues going on in the community.

Some of the volunteers have passed on since the beginning of Tempo, but many more are still going strong with new volunteers joining the team every year. Happy Birthday gang! At least 25 more years to come.



JESSICA BROWN

Slideshow presentation part of Tempo's 25th anniversary party.

New year's celebration all jazzed up

Wendy Denman
BROME COUNTY NEWS CORRESPONDENT

New Year's Eve partygoers with a taste for gourmet food and the cool sounds of jazz will want to check out Auberge Quilliams' special for December 31st. "Beavan Flanagan and his jazz combo will play throughout the evening beginning with cocktails at 7 p.m. and well into the New Year," said Christine Paquette, at Auberge Quilliams. "We're delighted to be featuring local talent during this important event."

Flanagan drew the attention of audiences at the Sutton Jazz Festival a couple of years ago. He played at the opening of this year's Jazz Fest during Townshippers Day in Sutton and performs often at Knowlton's Cafe Inn on solo jazz piano and alongside Stanley Lake and his combo. "It's a real pleasure to play with young, truly talented musicians like Beavan," said Lake, festival organizer and veteran musician. "It's really important for us as older musicians to encourage the up and coming generation, particularly those like Beavan who compose as well as play."

On New Year's Eve, Flanagan will play piano and sing with Nicolas Godmaire on guitar and Kathryn Palumbo on upright base. "We all go to McGill, and got together as a combo as part of our courses in music, it's important for the program to play in groups," said Flanagan. "We rehearse once a week and play quite often in the city, usually at the Upstairs Jazz Bar. New Year's Eve we'll be playing the jazz standards and classics."

Flanagan, 21, is in his second year at the University's Faculty of Music. "I started off in the Department of Performance but have switched over to more courses in composition and

theory. I really enjoy composing music and played some of my own pieces at the Sutton Jazz Festival, but on New Year's Eve we'll stick with the well known, including songs people can dance to."

Flanagan moved with his family to the Townships when he was seven. For many years his parents owned and operated Flanagan's General Store in Knowlton, just selling the business earlier this month. "I went to Massey-Vanier on the French side. I took music there, it's been part of my life for a long time," said Flanagan. "And it looks like it will continue to be."

"I try to visit my parents most weekends. They live just outside Knowlton and it's home. But more and more I seem to getting involved in the city and what's happening in music here."

New Year's Eve at Auberge Quilliams includes a cocktail and a seven-course gourmet dinner created by Executive Chef David Chantecaille. "It's a special set menu for the evening. Many people are coming in groups, reserving tables for six or eight. It will be a very festive evening with special decorations and favours," said Paquette. "So it's really important to reserve."

Tickets for the event are \$120 each, service included, but not taxes. For reservations call (450) 243-0404.

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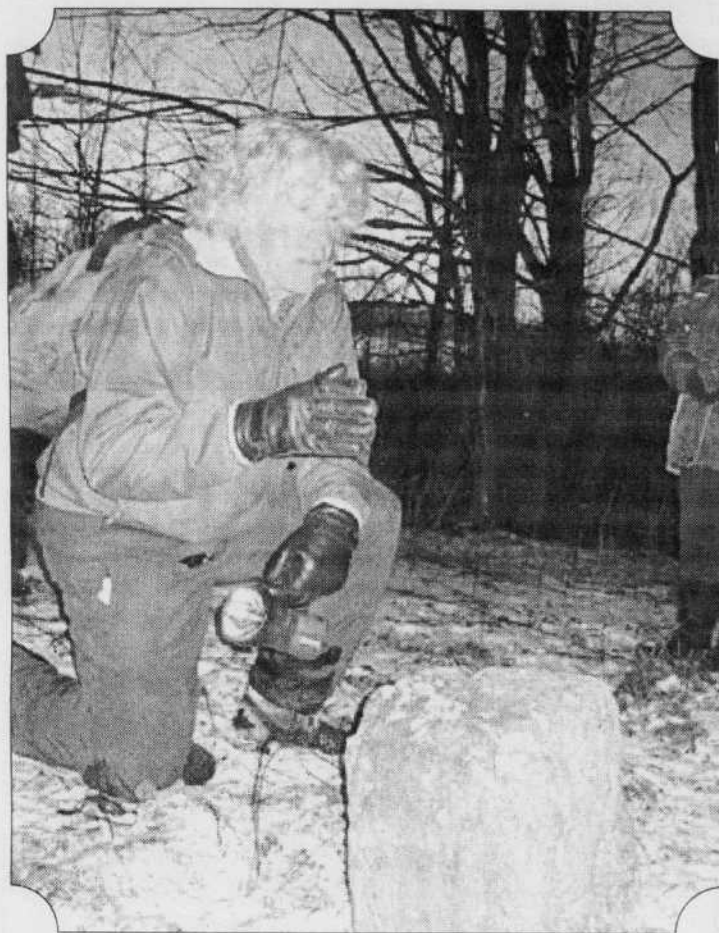
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COURTESY GERARD LEDUC

Leduc explaining the event just before sunrise.

Alanna Fahey

BROME COUNTY NEWS CORRESPONDENT

The Potton Heritage Association will be making its annual Winter Solstice trek just before sunrise on December 21st. The group will be meeting at the Town Hall in Mansonville and members and non-members are welcome to join in the celebration. The winter solstice marks the shortest day of the year. When life was lived around the sunrise and sunset, the winter solstice was especially welcome as it brought the promise of longer days

and the coveted light that brought respite to those beleaguered by long periods of darkness.

"In Potton, we have the opportunity to have an archaeological site which was landscaped to observe, in ancient times, the winter solstice sunrise. We call it the White Site from the name of the family who first settled there in 1867," explained Gerard Leduc, founder of the association, adding, "It consists of a vast man made terrace that was built on a hillside and enclosed by an elegant retaining stone wall. There are three aligned standing stones. One of these, about a meter above ground, displays two engraved straight markings, one pointing north-south, the other indicating the exact position of the winter solstice sunrise on the east horizon."

Leduc started the association in 1990.

"It began with about 25 people who were keenly interested in our historical and archaeological heritage. We now have over 350 members, a membership which keeps its number year after year," stated Leduc.

There are many questions surrounding the White Site and much conjecture, like who built the site.

"We don't know who built the site, but it is associated with the numerous ruins left by these clever stone builders who paid much attention to astronomical events they monitored with fixed markers. You know Stonehenge? The same principle here. To be connected with the cosmos as people were, can

provide a great interior peace," pondered Leduc. Stonehenge, the famous stone site in England has been the flame of many imaginations and theories of why it exists. One of the most interesting theories surrounding Stonehenge is rooted in Arthurian Legend. It was said that Merlin had the site moved from Ireland where it had been built by giants using African stone and he wanted it to stand in England. Of course, there are others who believe Stonehenge was the meeting place of ancient master Druids.

The Potton Heritage Association has its offices in Reilly House in Mansonville and their Annual General Meetings takes place in the Mansonville Town Hall. There are a number of ac-

tivities throughout the year, some are outdoors, other events, cultural in nature, take place in various locations throughout Mansonville. The Association is also involved with conserving local buildings of historical interest. Currently an initiative was taken to restore a 1912 round barn in Mansonville. The group played a part in the restoration of the covered bridge.

"Last year the sunrise celebration attracted 30 enthusiasts. We met at 6:15 a.m. and trekked to the site to watch the sunrise at about 7:30 a.m. It is a great feeling to see this site coming alive again. We sense the presence of people who, in a distant past, placed stones in perfect alignment to mark the time of this magic moment of light on the winter solstice. Eons ago, it meant a rebirth of nature after months of increasing darkness," explained Leduc.

The Potton Heritage Association invites you to a light breakfast around 8 a.m. at the Mansonville Town Hall. Please call Edith Smeester at 450.292.0547 or Carol Bishop, 450-292-4844 to reserve your breakfast spot. Dress Warm.



COURTESY

The sunrise at the time it grazes the top of the stone marker, right in the groove that points to the azimuth of December 21st.

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December 8th to the 31st

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Missisquoi North Youth Centre



Front row: Rita Marcoux, member of the Wednesday Drop-in Seniors group and Julia Hastings, volunteer. Back row: Zae Jacobs and Joshua Jersey, SADD board members.

Youth/Seniors Bingo

Typically, when a group of elderly people get together to discuss "B-12," they are referring to a vitamin injection, but not today! Today, all eyes are focused on the three cards strategically placed out before each individual. Volunteer Bingo Caller, Norma Clifford has warmed up the bingo machine and the balls are dancing in a steady buzz.

On Saturday, November 29th, the Missisquoi North Youth Centre in Mansonville organized a youth/seniors BINGO at the Centre. Young, not so young and all ages in between came together for a fun filled afternoon. The youth served lunch for the group and then the games began. As the afternoon unfolded, it was easy to see that the age difference was no reflection on the fun that was had by the group.

This has become an Annual event at the Youth Centre and a highlight for all who take part. Lucie Lessard, Community Animator for the Missisquoi North Volunteer Centre and Coordinator of the Wednesday Seniors Drop-in program, attended along with members of her group.

"We always enjoy our time with the kids," stated Lucie. "This initiative on the part of the SADD Mansonville Chapter, gives an opportunity for the two age groups to mix together and pass an afternoon of fun and is something all communities should be encouraged to do."

The Wednesday Seniors Drop-in program meets at the Mansonville English School at 9:30a.m. commencing each Wednesday with a meet and greet over coffee. From 10:00 to 11:00 a.m. the group takes part in a low impact exercise program followed by an hour-long craft or game. At noon, the group has lunch together at a cost of \$2.00 per person. After lunch, they come back together for activities until 2:30p.m. Long time group member, Rita Marcoux, in talking about the group and its activities, made sure to mention that, "new members are always welcome." For more information about this Missisquoi

North Volunteer Centre program, contact Lucie Lessard at 450-292-3114.

F.Y.I.

In most cases, the clothes don't make the person but in this case, these youth would beg to differ. In 2004, the Missisquoi North Youth Centre established a special committee for youth long implicated in its programs. F.Y.I. (Former Youth Involvement) is a group for young adults over 18 years of age, who want to keep volunteering and giving to their community.

Many of these youth have climbed the youth group ladder, starting in Boys and Girls groups for youth ages 5-12 years, then participating in SADD (Students Against Destructive Decisions), Drop-in and Dance Theatre. Over the years and through their experiences on stage performing, meeting with the press, public speaking and taking part in a variety of community activities and events, these youth have acquired a lot of skills.

Now, as young adults, they continue despite their busy lives to give and contribute to a community that has long been their pride and joy.

Wanting to express this pride, the FYI group put their heads and hearts together and decided that they wanted a shirt to represent their group. Not just any shirt, a special shirt. Starr Dostie, a 25-year-old dynamic Bishop's University student who has been involved in the Mis-

sisquoi North youth programs since the age of 5, took the project on, asking each person about colour, print, style and message. Combining the ideas and opinions of all, Starr was able to reach an eventual consensus (no small feat)!

Last Saturday, November 22nd at their regular monthly meeting, FYI members received their long awaited prize. In a matter of seconds, those present had shed their old skins and slipped into.....yes,

a very special shirt indeed. With their "F.Y.I" logo, resembling that of the FBI, the group now had a shirt that would let the world know that "they" (a group of devoted, dedicated and determined) young people, were established and here to stay. With their names stitched on each hood, in this case, the shirt really does speak volumes. No doubt, in the days and weeks to

come, you will meet a member of this group sporting their new duds. Each shirt, a one of a kind, just like the individual wearing it.



COURTESY OF SARAH JERSEY

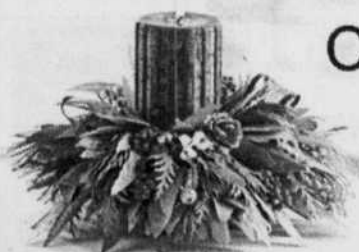
F.Y.I. team showing off new duds.

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Community Forum

LETTERS TO THE EDITOR

Glass box to shoe box

Creek United Church starts the "CHRIST"mas season off on the right foot. They have out done themselves yet AGAIN! 50 boxes went out to the Samaritans Purse, Operation Christmas Child fund this November and 75-80 people attended the most beautiful Carol Service yet, on December 7th.

If you haven't heard about the Creek Churches' UCW "Glass box to Shoe box" campaign going on all year long, you have now! Todd Lace, an outstanding member of the Creek; made a beautiful glass box for the sole purpose of collecting loose change for the Samaritans' Purse Operation Christmas Child shoe box fund. This particular box is brought to all the functions the Creek Church has throughout the year and is used to receive your contributions towards the admirable world wide charity. Look for it at your favourite Creek Church function!

Members from the Creek UCW counted \$110 in change and Canadian Tire Money this year. After another member bought the Canadian Tire money at par, it was possible to pay the \$7 shipping cost of 30 boxes. The won-

derful congregation filled these boxes and one most generous member paid for and filled 20 other boxes. They were all sent on their way to the less fortunate children around the world. I must say that filling 50 boxes compared to the previous year's 19 is a huge step up. Thanks to the Creek UCW and our small but very generous congregation, 50 children around the world (ages 0-14) will know about the Christmas Spirit this year. Yeah, Creek United!!! Congratulations to all the Organizations the world over, who also did their part for this campaign.

Last year a nasty snow storm hit the day of the Carol service, which forced the show to be cancelled. This year our prayers were heard and the Snow held off it's blowing till the service finished and everyone had a chance to get home safely! Now, I went to and participated in the Carol Service held on Dec. 7th this year. It was by far the best one I have had the privilege to witness. I do believe that the Christmas Spirit is now here!

The talented and ever so graceful Rev. Burn Purden (choir director), the equally talented Beavan Flanagan (organist) with the fine accompaniment of a 14 person choir, put on an uplifting show for us this year. A few of the choristers were seasoned vocalists and the others were trying out their beautiful

voices for the first time. All in all, they made a stunning choir. Job well done to choir members new and old; Mini Lace, Joy Banks, Allison Bailey, Margaret Zurbrigg, Wendy Conn, Anna Eichenberger, Doreen Reglin, Di Plant, Cathy Brault, Don Davidson, Milton Ewing, John Cameron, Jamie Plant and Warren Woodworth.

Readers were chosen from the ages 11- 80. They all read their scriptures with vim and vigour for all to hear. A children's poem was read and good old, familiar songs were sung. Most of these talented people came together throughout the month of November every Sunday afternoon to practice and be ready for this grand occasion.

Afterwards goodies made by others in the congregation made a wonderful spread downstairs in the hall. I am only sorry that not everyone was able to receive the sounding Joy heard this night! But there is always next year!! With the season now off to a wonderful start, I wish you all a Joyous Christmas Season and a Safe and Happy New Year! Maybe

I will see you at the various other services or events happening this Christmas.

CHARRINE LACE
Knowlton

Midnight Madness; A great success!

As a Knowlton merchant, I would just like to say what a great success Midnight Madness was on December 13th. Our group of Mill Pond Merchants had done this a few times before

with success, but were happy to get other merchants involved this year. Despite many negative comments, and much skepticism, approximately 20 merchants joined in. This year we were early enough with the planning to get into the CLD "Noel dans nos campagnes" Book. Also, the Chamber of Commerce of Lac Brome was very helpful in advertising and spreading the word, and supplying activities in the park, as well as sleigh rides. A great "Thank You" goes to Lucy McAuley for organizing the flyers and all the prizes for the drawing; also to Douglas Alexander for printing the flyers.

It was really wonderful to see so much support from our local community, out shopping and enjoying the evening's entertainments (and there were many!). Lots of groups were out with family and friends, meeting neighbours, having fun, and enjoying all the various refreshments provided. Many of our locals got to visit stores they had never been in before, which I think was wonderful, and many won great prizes in the draw; all supplied by our local merchants. I believe most of the merchants had great sales results for the evening as well.... This just goes to show what a little planning, working together and staying open when we say we are going to, does! Thanks again everyone, for getting on board. Let's start planning now for next year!

I also think a great deal of thanks goes to the talented artist Marie-Andree Leblond (sponsored by Galerie Knowlton) who volunteered three days of her time to paint the beautiful horses in the windows of the old "Tradition" building, in an attempt to make it a little less unsightly. Please take a look!

DEBBIE HORNIG
Woolrich




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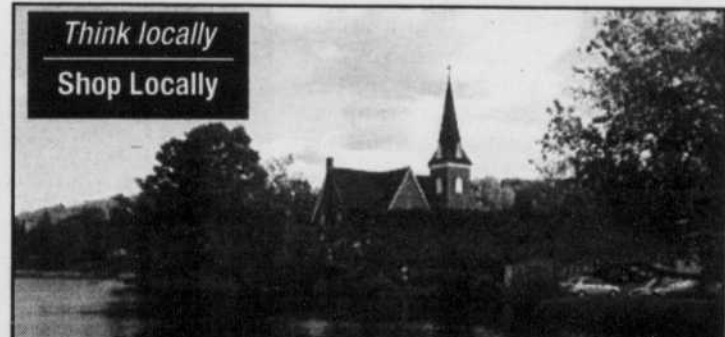
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COLUMN

Medicine for your "19th nervous breakdown"

Would you believe me if I told you I knew of a drug that was used to treat depression, pain, high blood pressure, can increase your endurance and even make you smarter? I know I'd be interested if not also a little skeptical. What if I went on to tell you that it has no known side effects, it doesn't interact negatively with any other medications, and it's impossible to overdose on it. Getting a little more skeptical? It isn't even taken orally. In fact, I would advise against taking it orally. Rather, its health benefits are transmitted through vibrations in the air. I can almost hear the skeptical groans at this point but it gets even better. It can be obtained for free, almost all Canadian have some in one shape or another, and some readers may be taking it right now while reading this!

At this point, I hope most of you are demanding that I reveal the identity of this mystery medicine. My last hint is that it comes in many different varieties: classical, pop, and jazz among many others. I'm talking about music.

We tend to think of music as a leisure activity - something that has no inherent benefit beyond making us feel good but music and medicine have been inextricably linked to each other for millennia. We can look as far back as ancient Greek mythology where the god Apollo was the god of both music and healing. Many cultures saw health as a delicate balance in the body of four humours or temperaments and if this balance was disturbed, music could be used to restore it. A nineteenth century American general and senator probably said it most clearly: "Music's the medicine of the mind." Maybe we should start thinking about music in this way. If all the health benefits of music I mentioned were available in a pill, I'm sure most people would take it daily.

Many people already have an intuitive understanding that music can be good for the mind. After all, we often select music to reflect the mood we're in. But music may not only reflect the mood we're in, it may also affect the mood we're in. Depression, a condition that affects over 100 million people worldwide, has shown some improvement in people receiving music therapy which can be any combination of singing, dancing or listening. Its effect is best when used in conjunction with other conventional treatments but can help alleviate some of the symptoms such as disturbed appetite, sleeplessness and low self-esteem. One study found that listening to one hour of music a day reduced depression by up to 25 per cent. It can also help you sleep better. Listening to 45 minutes of soft music before bed can help increase the quality of sleep by up to a third.

Music not only treats the mind but

can help us manage pain. Music has been shown to reduce the amount of sedative required during surgery, a testament to a practice that has been used since the Romans. Researchers thought they could reduce the amount of sedative required in surgery by simply blocking loud and stressful noises related to surgery such as dropping metal instruments into a can. They gave patients headphones with either white noise to block out the noise of the surgery or their favourite music. Surprisingly, the white noise had no effect on how much sedative the patients required but those listening to their favourite music required less. Music has also been shown to reduce pain for chronic pain sufferers and stress associated with other medical procedures such as eye surgery or colonoscopies.

Even cardio-vascular health can have strong responses to music. Listening to your favourite music can make the blood vessels in your heart dilate which increases blood flow to your heart. Stressful music has been found to have the opposite effect. Another study found that music with faster rhythms

VIEWPOINT

JEREMY LABRECQUE

tended to increase heart rate and breathing rate and that alternating slower and faster rhythms can reduce stress and induce relaxation. It can improve endurance by up to 15 per cent. While listening to music, joggers are less aware of their fatigue making exercising a far more positive experience.

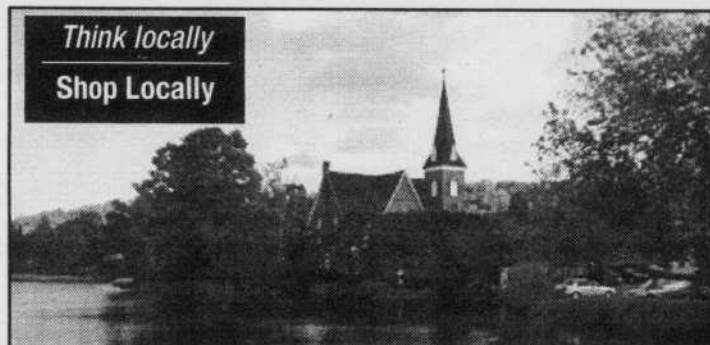
Although music can improve physical and mental health, it can also compound the negative effects of some behaviours. A researcher in France conducted a study by observing how quickly patrons of a bar consumed beer and how long they tended to stay depending on how loud the music was. Unsurprisingly, considering the sound level in most bars, loud music made people drink faster and stay longer. Other research has shown that loud music can worsen the damage that drugs like

ecstasy can do.

When we are sick we tend to get hung up on cures that come from little pill bottles and forget that treatments can come in different forms. I'm still no less awed by the fact that music, which only reaches us through small vibrations in the air around us, can have such a large impact on our mental and physical health. It demonstrates how deeply engrained music is within us. So if you find yourself stressed out or in pain for whatever reason, pop some Ray Charles or Rolling Stones into your stereo, sit back and take it in. Medicine never sounded so good.

Jeremy.labrecque@gmail.com

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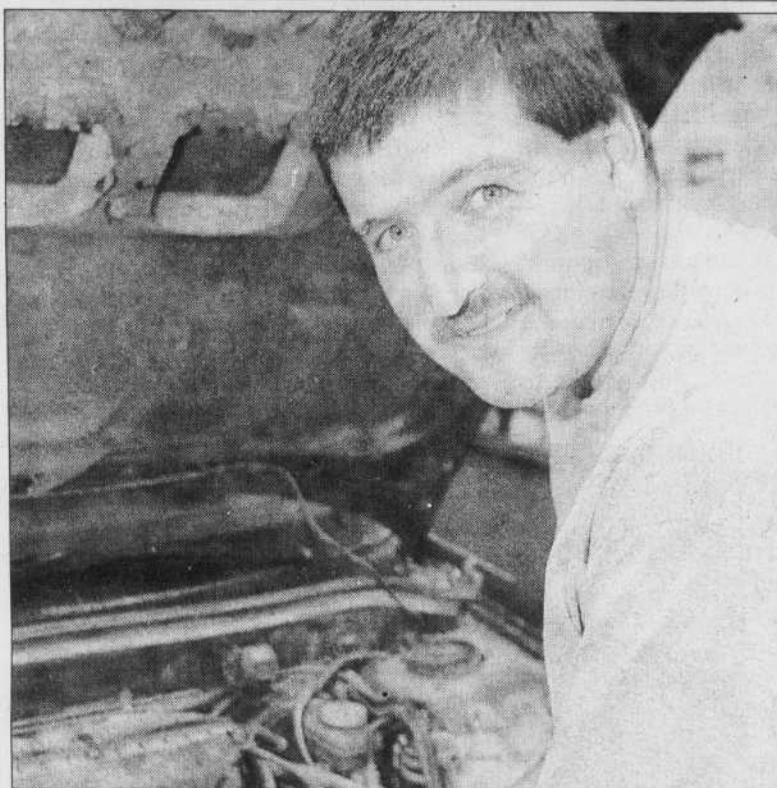
All CLSCs and the BMP Hospital will return to their regular schedule on Monday, January 5th 2009.

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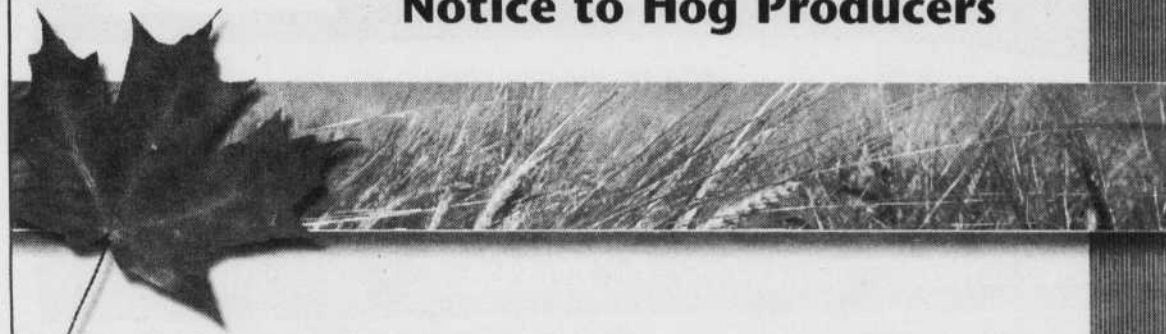
Brome County - Good Neighbours



DAVID ANDERSON

Denis Dufour is an auto mechanic who lives in Mansonville with his wife and children. He likes the outdoors and enjoys horseback riding. He also owns and operates Station Jacques Paquette in Cowansville. Denis specialises in repairing Volvos, but will repair problems in almost any car. He has a great reputation for solving difficult problems and offers his customers all that he can, even internet access when wireless just doesn't connect. On several occasions when this Record Photographer has had to meet press deadlines, Dufour was there, even getting a laptop configuration problem settled. Thanks to this good neighbour's help, another news item made it to the newsroom on time. Thanks Denis!

Notice to Hog Producers



The **Circovirus Inoculation Program** provides eligible hog producers with financial assistance to offset costs related to testing, diagnosis and treatment of hog herds for Porcine Circovirus Associated Diseases (PCVAD2).

Diagnostic testing/clinical diagnosis

- Hog owners or herd managers whose herd(s) have had a certified diagnostic test for PCVAD2 since March 1, 2006, can receive up to \$150 per test, up to \$2,000 per fiscal year, and up to \$4,000 for the duration of the program.
- In the absence of a certified diagnostic test, a clinical diagnosis must have been performed by a veterinarian between March 1, 2006, and November 15, 2007.

Vaccination

Hog owners or herd managers whose animals were part of a herd that tested positive for PCVAD2 can receive up to \$1 per piglet and up to \$7 per gilt, sow, or boar.

Application deadline is December 31, 2008.

For more information or for an application form, call **1-800-667-8567** or visit www.agr.gc.ca/cdhi



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MORE LETTERS

Stimulate a child's brain during the holidays

Holiday season is coming, time to think locally and shop locally too!

As a busy Mom who is often on the doorstep of Heather Heath's shop "Jouets du Village" frantically looking for that perfect birthday gift (for that birthday party that is starting in 30 minutes!) I must say I am never disappointed (She even wraps the gift for me!).

When I was there yesterday I found the toy selection to be better than ever. What I enjoy about this quaint shop in Knowlton, is that Heather hasn't forgotten about the roots of play for children; challenging eye/hand co-ordination games (that would make great stocking stuffers), problem solving, award winning, locally created board games by Patrix (can't get these at Wal-Mart!), and even handmade puzzles by Christina Steingruber of Sutton.

We bought a nice collection of toys for an 11 year old girl (Hanna Montana socks, several horse related items and the all popular Bella Sara cards...). Jouets du Village has caught on that battery toys are really made by battery manufacturers, so you won't see a toy that requires batteries in her store! And after reading the November 17th 2008 issue of MACLEAN'S where the proof that multi-tasking brain stimulation (from electronic/computer games etc.) has left a generation of children with brains that have forgotten how to focus well on one task...is just another argument for Grandparents and parents to shop at an authentic toy store like Jouets du Village!

New this year at Jouets du Village is a series of Arts & Crafts workshops before Christmas, and throughout the month of January, February and March, Saturday and Sunday! Parents can leave their children at the workshops while they sneak away for a nice breakfast, sans enfants! Contact Heather at 450-242-9842 for details. We're all on this crazy economic roller coaster together, for each local family to shop locally this Christmas season will certainly make a difference to shop keepers like Heather and all the other wonderfully unique shops that abound in Knowlton and the region.

CHRISTINA ISHOJ
email

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Talent show planned for Women's Day 2009

Wendy Denman

BROME COUNTY NEWS CORRESPONDENT

Every year on March 8th, local women's groups and collectives celebrate International Woman's Day, showing their solidarity with women around the world. It's a day to celebrate women's achievements politically, socially and artistically while acknowledging that in many parts of the world, both in developed and developing countries, women are far from equal.

For 2009, the coalition of women's groups of Haute Yamaska and Brome-Missisquoi are planning a talent show.

"We feel this will be a very good way of celebrating our local women, who we know are very talented in so many areas," said Josiane Whitton, co-ordinator at Centre Femmes des Cantons in Cowansville. "A women's group in the Gaspé held a similar event three years ago and it was very successful, but this is the first time we've tried it here."

"We are currently appealing to women 13 and older who would like to showcase their talents on stage. They need to contact us before January 5th."

The coalition, which includes the Avante Women's Centre in Bedford, Horizon Pour Elle in Cowansville as well as centres and shelters in Granby, will hold auditions around the region.

"We're holding auditions to ensure we spotlight a lot of different types of tal-

ented women. We don't want to just have singers or dancers, we are also looking for musicians, guitarists, actors, poets and women who will do comedy skits, perform a monologue and read short stories. There are many possibilities, many talents to show. We are not looking for professionals, although professional entertainers are welcome. The only criteria is you must be a woman."

The show will be held at Theatre des Tournesols in Cowansville. "Last year we held a supper on March 8th and about 150 women were there. It was very good to share a meal together. We will precede the talent show with a brunch."

Working together is becoming the norm for local women's groups. Last fall, Centre Femmes des Cantons, Avante Women's Centre, Maison de la famille des Frontières in Bedford and Ressource familles de Cowansville founded the 3Cs Club - Conversation, Community and Collaboration hosting monthly breakfasts for members.

"The talent show will be bilingual. That is very important. We are working more and more closely with Avante, sharing activities and that's really nice," said Whitton. "English speaking women are very welcome here as members. Women share the same concerns and have similar goals."

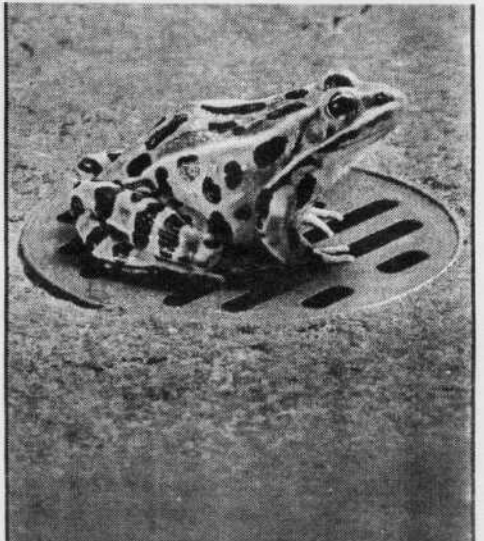
Women interested in performing in the Women's Day talent show need to contact Centre Femmes des Cantons at (450) 263-1028 before January 5th 2009 and indicate their talent.

Volunteers needed to pack hampers



PHOTO COURTESY OF GARY CRANDALL

The Knowlton Lions Club is looking for volunteers to help pack Christmas hampers at Knowlton Academy on Friday, December 19th at 6:30 p.m. The hampers will be distributed to needy families in Lac Brome the following day. Photo shows last year's volunteers hard at work. The more hands to help the better.



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NOTICE OF CLOSURE OF INVENTORY

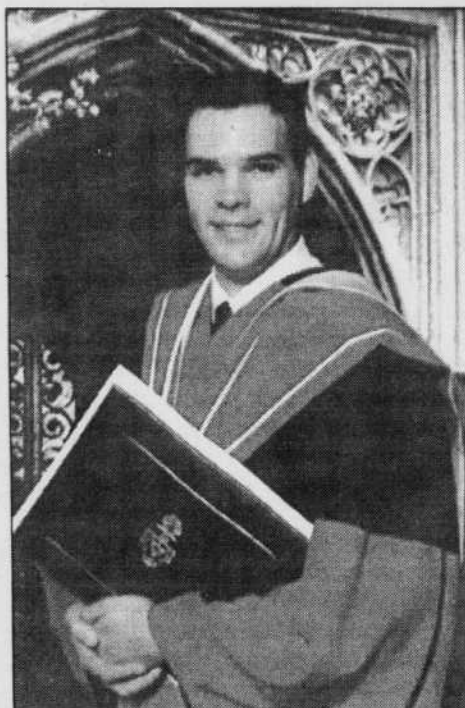
(C.C.Q., Art. 795)

Notice is hereby given that, following the death of Arnold G. Jasper, on August 11th, 2007, in his lifetime domiciled at 3 Impasse Willey Road, Bolton East, Quebec, JOE 1G0, an inventory of the assets and liabilities of the deceased was prepared by the liquidator of the Estate, George Jasper, on December 11th, 2008 before Mtre. Marie J. Gagné, notary, in accordance with the law. This inventory may be examined by any interested party at the office of Mtre. Marie J. Gagné, notary, located at 35 Victoria, Town of Brome Lake, Quebec JOE 1V0. Given on December 11th, 2008 At Town of Brome Lake, Quebec Marie J. Gagné, notary

Birth/Graduation



Benjamin Marlin and his wife Krisztina are happy to announce the birth of their son, Alexander, on July 13. Alexander's family in Sutton include



proud grandparents Katherine and Les Marlin, Uncle Curt Marlin, and great-grandparents Cai and Bob Heughan. Ben completed his PhD in computer science at the University of Toronto this spring and has recently begun a research fellowship at the University of British Columbia in Vancouver.

Death

SCHWARTZ, Gerard: February 3, 1932 - December 3, 2008. With sadness in my heart, I announce the passing of my lifelong partner.

*I am broken and nothing is the same.
Remembering you is easy,
Because I do it everyday.
There are no words to say,
Except you are missed
And loved in so many ways.*

He had a lifelong curiosity and an appetite for adventure. He will be surely missed by many, many, many friends. At Gerard's request, there will be a private memorial at a later date.

Birth

GREIG, Mattox Dawson Ethanael - Born on November 4, 2008 in Toronto, Ontario weighing 9 lbs. 7 oz. The proud parents are Patrick and Michelle Greig; grandparents Don and Marg Darrah of North Bay, Ontario; Susan Syberg and James Sarrasin of Cowansville; Bruce Greig and Louise Bissonnette of Sutton.

Card of Thanks



CALLAGHAN - Mr. Gordon Callaghan and family of the late Mrs. Margaret Callaghan, who passed away November 14, 2008, wishes to extend sincere gratitude to family and friends for their heartfelt expressions of sympathy, acts of kindness, donations to the Claude de Serres Foundation and others. Please consider this as a personal thank you.

THE FAMILY

Wow! What a milestone!

90 Years Young

Happy Birthday

to

Roland Kimball

December 21, 2008

A very kind and loving husband, father, father-in-law, grandfather and great-grandfather.

Hugs and kisses, love
Your Family
XOXO

Military Whist at Oddfellows Hall, Knowlton, Tuesday, December 2nd

Tonight's Whist game was hosted by the Cornerstone Lodge, #37 of the Masons. There were 16 tables. Prize #1 went to Captain Margaret Royea, June Call, Gerald Coupland and George Wilson for a score of 40 points. Tables #4 and #14 tied for prize #2. The win-

ners were table #4, Captain Doris Wilson, Gladys Cook, Jeannette Leblanc, Katie Jones with 38 points. And the Booby prize went to Captain Jean Royea (yeah), Larry Royea, Jean Riti, Lionel Foster (hoop-de-doo) for a score of 16 points.

Door prizes went to Jeannette Leblanc, Donna Luce, Eric Sanborn, Edna Badger, Shea Lord, Jean Scott, Doris Wilson, Anne Foster, Albertine Fortin, Doreen McPherson, June Call, Pat Benoit, J.P. St. Pierre, Gordon Jones, Ethan Perkins, Marsha Emmett, Bruce McPherson, Doreen Gibbs, Katie Jones. The grocery basket was on by Helen Fitchet, Eric Sanborn, Nancy Page, Shirley Vaughn, Pat Benoit, Jeannette Leblanc, ended the drawing. We all had a good time, lot of gab and great refreshments. See you all next week.

Edna Badger

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Read

The Brome County News weekly



Presents

Coffee house hosted by Knowlton players

A Christmas Coffee House

Saturday, December 20th, 2008
United Church Basement, Knowlton Road
Doors open at 6:30 pm

An Evening of Song and Stories
For the whole family

Join us for a some Christmas Cheer and Goodies

Admission is Free
(Donations accepted)

A box for the food bank will be
available

Alanna Fahey

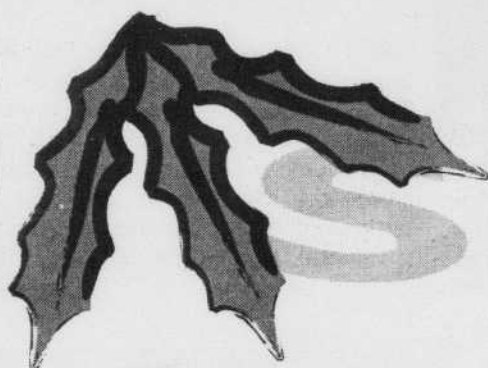
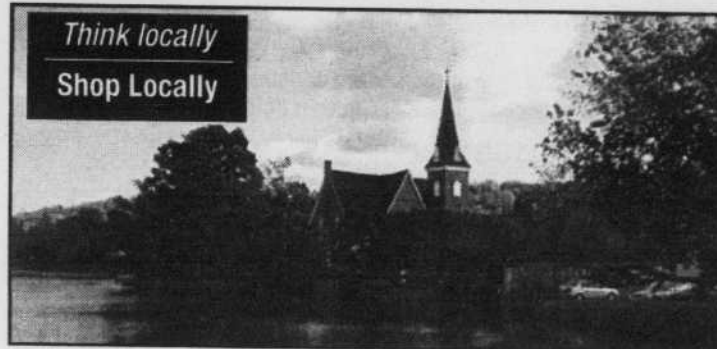
BROME COUNTY NEWS CORRESPONDENT

Knowlton Players will be hosting a coffee house December 20th in the United Church basement, Knowlton Road, doors open at 6:30 p.m. The event will feature various thespians and aspiring actors in an evening devoted to the songs and stories of the Holiday season. For the past two years this group has endeavored to make sure there is something of interest to do over the Holidays, other than shop, eat way too much turkey, drink far too many eggnogs and munch an atrocious amount of short-bread cookies.

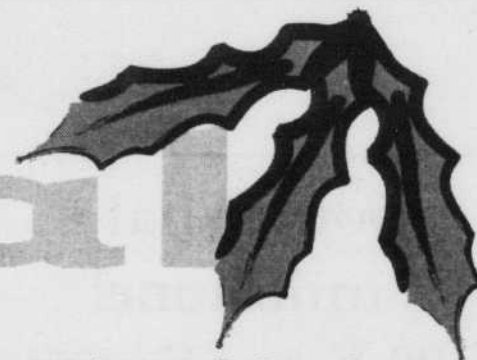
Knowlton Players, under the direction of Darleen Bell, has decided that this event is free to the public, however, donations for admission are always welcome. There will be a collection of non-perishable

food items for the local foodbanks. For an evening that the entire family may enjoy, join Knowlton Players on Dec. 20th., 6:30, United Church, Knowlton, Knowlton Road.

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Shop Locally



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