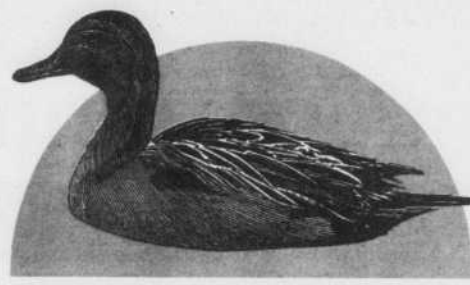


Brome County NEWS



WEDNESDAY, SEPTEMBER 3, 2008

IGR Gazaille

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8 a.m. to 9 p.m.

Michel
Ginette



Magog
231 Sherbrooke St.

Farnham
999 Principale St. E.

Writing Woodswalker

Revealing history through theatre

By Nikki Johnston
KNOWLTON

Laura Teasdale believes in taking theatre to different places. She is an actress and playwright, originally from Nova Scotia, and over the past few years, she has used Knowlton's landscapes and history to form the basis of her plays, tailoring the characters and plot to the physical and historical attributes of geographic spaces.

Her most recent work, *Woodswalker*, is based on historical research she conducted in Knowlton's local archives, at the Pettes Memorial Library and the Brome County Historical Society.

She read first-hand accounts of English children who were abducted by the French and the Abenaki in this area during the late 1500's, she told the Brome County News in a phone interview from her hometown in Nova Scotia.

"This one story just stuck with me," she said, noting that the child wrote about not wanting to go home.

There were common themes in several of the stories, added Teasdale.

Many spoke of how well they were treated, of the customs of sharing food, of travels and of patterns she perceived in how the abductions took place.

"I used my research as a jumping off point," said Teasdale.

"But I tried to make it as historically accurate as possible."

These abduction stories became incredibly popular in England at the time, she said.

"They were all the rage."

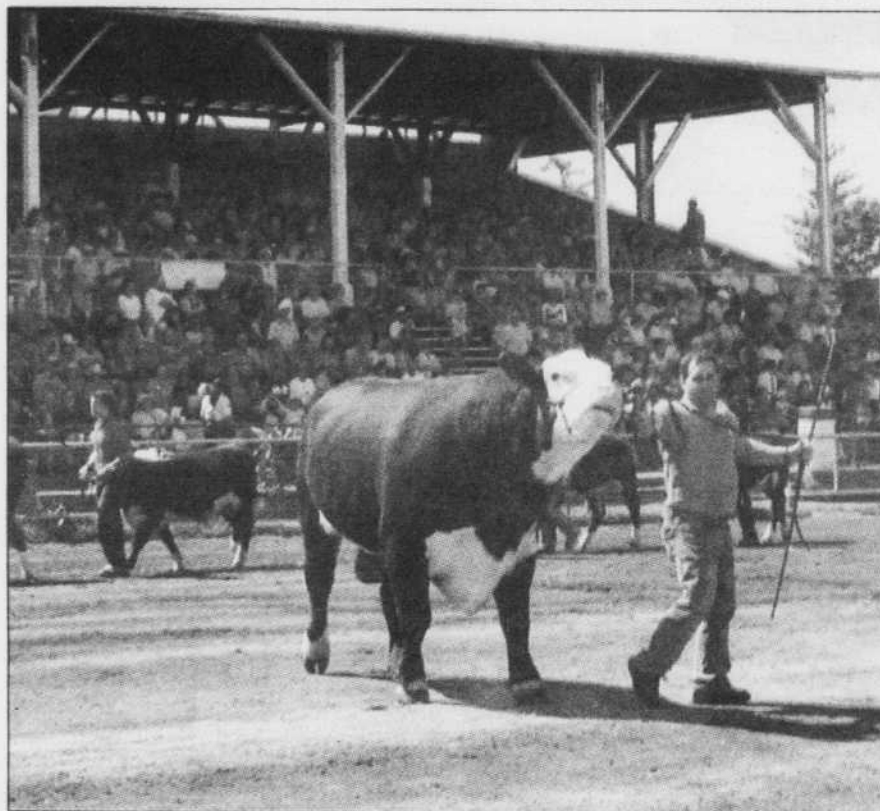
These first-hand accounts brought her to Odanak, the last Abenaki reserve in Quebec on the Saint-Francois River, about 40 minutes north of Drummondville.

There, she went to the Abenaki Museum, where further research led her to a meeting with the last elder in the village who speaks Abenaki.

Teasdale had an interesting interview with the elder, she said, telling

PLEASE SEE THEATRE ON PAGE 7

Brome Fair



CLAUDIA VILLEMAIRE

Cotton Candy, cows, carnival rides, and kids galore all weekend long at the Brome Fair. For more read *The Record* all week long.

Local musicians perform vicious tunes

In a good way

By Wendy Denman
BROME COUNTY NEWS CORRESPONDENT

Two accomplished musicians who call the Townships home - Lynne Hamilton and Michael Hynes recently produced a CD, a jazz/blues recording of original music the two wrote together.

"The title of the project is *Vicious*," says Hamilton. "We came up with the title one night when discussing with a

friend what the general theme was of the music we wanted to include. Mike and I have both been through a lot of personal stuff lately, getting to the other side of it now. We wanted to include material on the CD that reflected the cruel nature of the human spirit along with the vulnerability we all share as sensitive human beings."

"This friend looked at us and said 'This sounds really vicious what you are saying' and it just clicked. Mike and I looked at each other and we both knew it was the name and the official

theme!"

Hynes is a Canadian composer/producer/jazz pianist with an international reputation, working frequently in the U.S. and Europe. He made Sutton home base a few years ago. Hynes plays regularly at Café International, acting as artistic director, often bringing in musician friends for performances and jam sessions lasting well into the night.

Hamilton grew up in the Eastern Townships leaving for Montreal to go to CEGEP and then McGill University. After

living in various places across Canada she returned to the Townships in 1995. Since then she has performed at numerous local venues as a singer and actor. She took the starring role in the original musical *Louisa*, written by Donald Patriquin and Sunil Mahtani and produced by Sunshine Theatre. In 2005, she released the CD 'Let It Breathe', a compilation of some of her favourite jazz and blues standards.

"I have been cocooning for the last several years, after *Louisa* and *Let it*

PLEASE SEE VICIOUS ON PAGE 4



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Brome County Community Billboard

COMMUNITY CALENDAR

September 5

Corn Roast and Hot dogs from 5:00 p.m. to 7:00 p.m. at the Royal Canadian Legion, br. 77, 77 Lewis Street, Waterloo, Quebec.

September 6

Creek United Church Annual *Ham Supper* will be held at the Knowlton United Church on Saturday, September 6th, 2008 from 4:30 p.m. - 7:00 p.m. \$10 per Adult / \$3 per Child 10 and under. The Handicap Accessible church building is located at: 234 Knowlton Road, Knowlton, QC. Take out is also available. Come and experience the works!!! Ham, Salads and Buns Oh My!!! Pumpkin, Lemon and Apple Pie!!!

The Royal Canadian Legion, Branch 82 in Philipsburg will hold a *Spaghetti Supper* and dance on Sept. 6th starting at 5:30 p.m. for the supper and the dance starts at 8:00 p.m. with the "Drifting Boys" playing. Everybody welcome. The cost of the supper is \$5.00

September 6

Knowlton Scouting Movement will be holding its *Bottle Drive* (to help reduce the children's registration costs) on Saturday, September 6th.

September 7

Sunday September 7 at 6 p.m.: *Corn Roast* at Vale Perkins beach and concert (Samborski Jazz). Cost: 15 \$. Bring your wine. Resv'n: Carol Bishop (450) 292-4844. Please note: To become a member

of the Association: Bernard Sansoucy: (450) 292-4188 or E-mail: appha@citenet.net

Audition Players will be holding *auditions* for it's October production of "I'll be Back before Midnight" Upstairs at the Knowlton Pub on Sunday, September 7th and Monday, September 8th, at 7:00 p.m. Join our growing family of thespians onstage or backstage. All are welcome to audition.

September 8

The Canadian Club of the Yamaska Valley will resume their new year on Monday, September 8th at 2:00 p.m. when they will welcome *guest speaker*, Albert Nerenberg, journalist, filmmaker and C.B.C. laughologist, whose topic will be "laughology". The meeting will be held at the Auberge West Brome, #128 on route 139. It is the annual "free" entrance day for guests. The usual social time with light refreshments will follow the talk.

Sept. 11 & 25

Church of The Ascension, West Brome. *Luncheon Card Parties* on Thursday, September 11 and Thursday, September 25 at noon. Reservations please. Call Evelyn: 450-263-1938

September 12

Family BBQ will be held on September 12th, from 5 to 7 p.m. at Emmanuel United Church, 203 Principale Cowansville, served under a tent with folk musicians The profits are given to the Canadian MPS Society You are all welcome Ticket: \$5 (hot dog, corn & beverage)

September 13

Brome Bolton Fish and Game Club Annual Meeting, will be held at the Fairview Hall, 343 Stagecoach Rd. in Brome Village, Saturday, September 13th, at 7:30 p.m. Bring your club card to be eligible for door prizes. All welcome! Club cards are sold at Mike Ladouceur's (formerly Dépanneur Brome) 276 Valley Rd, Brome Village - 450 242-4200.

CHURCH SERVICES

KNOWLTON-CREEK PASTORAL CHARGE

Foster. 9:30 a.m., Knowlton United, Knowlton (handicap access) 11:00 a.m.

ST. PAUL'S ANGLICAN CHURCH

24 St. Paul's Road, Knowlton. Sunday Services -24 St. Paul's Rd., Knowlton. Sunday Services - Traditional 8 a.m. service and 10 a.m. with music. Sunday school and Nursery. For more info: 450-242-2885 The Rev. Tim Weibe and the congregation welcome everyone.

SAINT-EDOUARD CATHOLIC 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.

EMMANUEL UNITED CHURCH

203, rue Principale, Cowansville. Worship services at Emmanuel will resume on August 31st. Faith community in action. Worship 10:30 a.m. Rev. Wendy MacLean. Susan Reininger, Music Director. Info: 450-263-0204.

ALL SAINTS ANGLICAN CHURCH DUNHAM

Sunday Services and Sunday School at 9:30 a.m. - all welcome! The Rev. Sinpoh Han. Information: 450-266.392

SUTTON - DUNHAM PASTORAL CHARGE.

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 BROME

Sunday, September 7th. 10:00 a.m. -

Holy Trinity, Iron Hill. Holy communion - the Rev. Paul Tidman

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Rev. Eric Lukacs. All Services at 11 a.m.

ANGLICAN PARISH OF BEDFORD/PHILIPSBURG & FARNHAM

Parish of Bedford-Philipsburg-Farnham and Members of the Borders Regional Ministry. Sunday, September 7th in Philipsburg. At 10:00 a.m. Fr. Brian officiating.

BEDFORD UNITED CHURCH PASTORAL CHARGE

Service for Sunday, September 6th will be in Bedford at 10:00 a.m.

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.

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

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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.

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 88-A Lakeside St., Knowlton, QC JOE 1V0, email: bcnews@qc.aibn.com, or fax: (450) 243-5155. Visa and Mastercard accepted.

Brome County NEWS



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KNOWLEDGE AND KNOW-HOW.

Hamilton building strength from the core

Alanna Fahey
BROME COUNTY NEWS CORRESPONDENT

The women of Knowlton, Mansonville and surrounding areas are sure to be lined up for this year's presentations of pilates run by Lennoxville's Catherine Hamilton in association with The Lennoxville and District Women's Center (LDWC). The Center, only one of three women's centers in Quebec that serves the anglo population, is running this series of courses not only to benefit the health of women in this geographical area, but to also enlighten people as to the valuable service they provide to women in times not only of need, but also as a support system.

"The Lennoxville Women's Centre has been a place that has provided countless women the tools they need in order to put themselves back together, for whatever reasons that life has temporarily derailed them," stated Hamilton adding, "This is my second year running the pilates courses for them and I couldn't be happier than to be involved with them on this ongoing basis."

Joanne Anderson, the Centre's therapist and events co-ordinator, has been with the center for the past six years and she says, "We are happy that Cathy is working with us. The Pilates program is giving us a place whereby we can reach a lot of different women, both rural and urban and be a positive influence in the community."

Hamilton, whose story reads like a good "afternoon novel", has successfully, over the past 6 years healed her life after suffering a burn-out from working too close to the edge. High stress and PR work led her to re-examine her life and she came to the conclusion that she needed to find herself, physically, emotionally, mentally, spiritually and financially. She left Calgary and headed home and landed in just the right the spot. The Lennoxville and District

Women's Centre.

"This place was the saving grace. The women who work here are not just going through the motions, they are the catalyst for the women who come to them and they really fill the service they are meant to provide. They build self esteem, they take the time to find out what it is that keeps a certain woman back. They just plain care and are confidential, which is crucial to healing," stated Hamilton.

The Pilates program that Hamilton will be presenting this Autumn in Knowlton and Mansonville will be geared towards the woman who is looking to improve her overall general health. Hamilton's classes have women who have struggled with the likes of fibromyalgia to controlling high blood pressure. Nicole, a student of Hamilton's, lowered her blood pressure by 30 points, while another student, Cathy, worried about her family's history of heart conditions, went to one of Hamilton's classes in February, 2008 under advisement from her doctor, decreased her waist size from 41 inches to 27 inches by June 2008. Needless to say, her doctor was impressed, as the inch loss translated into lower points on the tests.

"I take my time, look at all my stu-

dents and figure out what level they are at. Sometimes I seem a little relentless, yet I am always sensitive to each woman's needs," stated Hamilton. "The walking pilates, where we do lunges and squats to great music is a wonderful activity and the women really enjoy the increased flexibility and everyone is there, to have fun, to improve health and just get better at what we are doing."

The classes in Knowlton get under way September 22 with registration beginning the evening of September 15th at 6 to 7 p.m. at the Community Centre. Call 450-242-2020 for more information. Classes in Mansonville commence September 17th and registra-

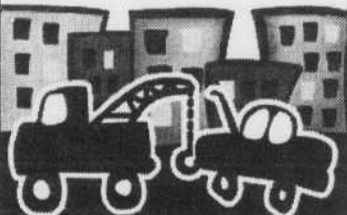
tion is ongoing by calling 450-292-3313. Both of these towns subsidize this outreach program of the LDWC by providing the venue for Hamilton's pilates courses. For those women willing to travel, classes are also being offered in Lennoxville and North Hatley. For more information on these classes call the Women's Centre at 819-564-6626. The Lennoxville Women's Centre is located at 257 Queen Street, Lennoxville, Quebec.



COURTESY OF CATHERINE HAMILTON


Catherine Hamilton teams up with the Lennoxville Women's Centre.

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François Panneton, who holds Master's degrees in Choral Direction and in Voice, rehearses the choir in Granby on Friday nights from 7:30 to 10:00 p.m.

Two concerts will be presented in the 2008-2009 season: a Christmas concert starring the renowned Quebec soprano, Nathalie Choquette; and Gabriel Fauré's Requem in spring 2009. Both concerts accompanied by orchestra.

Info: Pauline Lavigne - 450-266-7827 - E-mail: mattl@sympatico.ca

VICIOUS:
CONT'D FROM PAGE 1

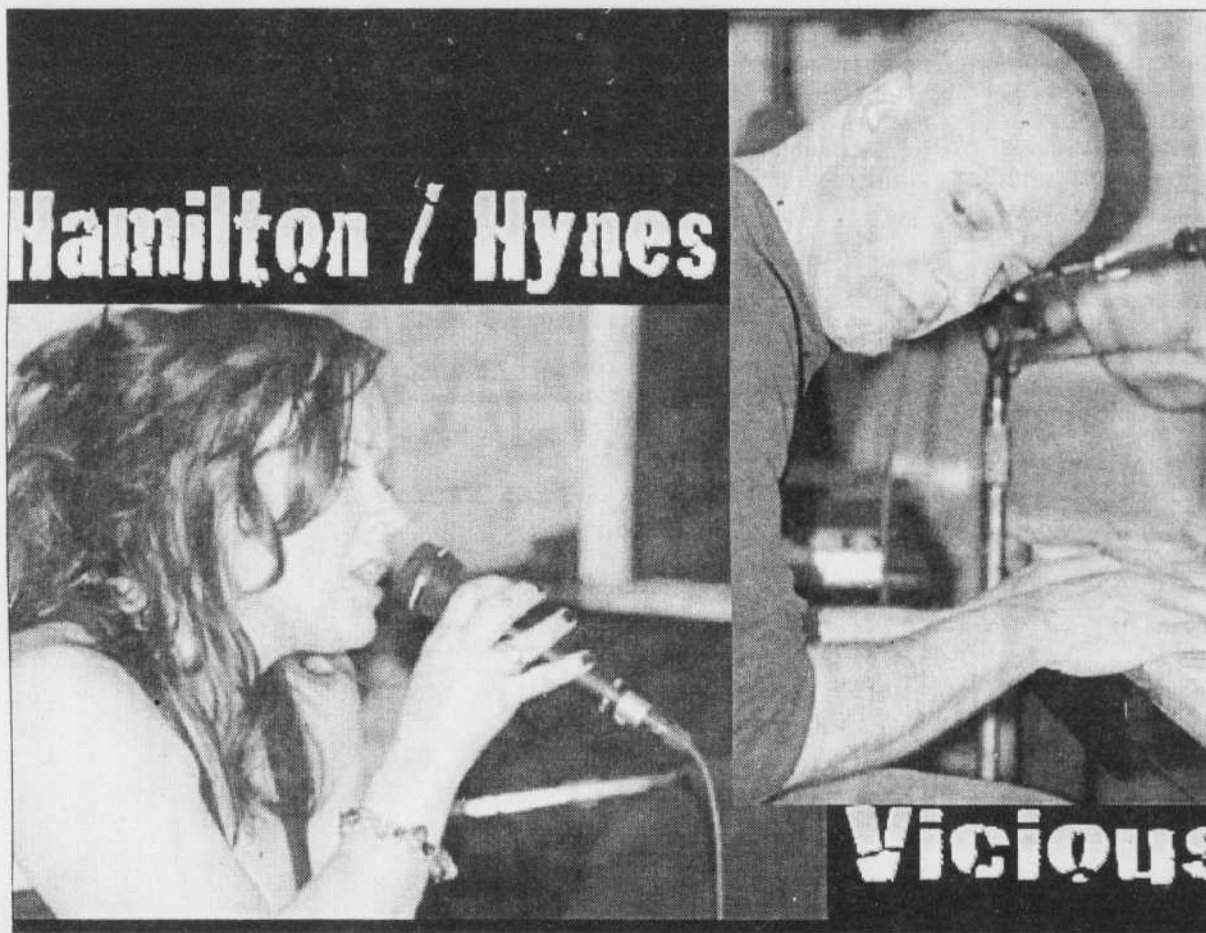
Breathe, I needed some time for myself and my family," says Hamilton. "I met Mike during this period and we immediately started playing regularly together at the Café International in Sutton. I started writing my own material and proposed that Mike and I start writing some songs together.

"I conceive my own melody and write my own lyrics and Mike charts the material and creates the accompaniment. We really work well as a team. We laugh a lot but underlying it all we both are very much dedicated to making some great music and so we work quite hard. Mike has also written some funky tunes that are really fun.

"We have also been interpreting some of Michael Gauthier's material. He is a long time jazz professional from Montreal. We tend to stay true to his melody and Mike has written some beautiful lyrics for that material

"It's a real treat to interpret original pieces again, but is especially exciting that many of those originals are my own," concluded Hamilton.

Lynne Hamilton and Michael Hynes will be performing at the Townshippers Day celebration in Sutton on September 20. They will be covering the new material during the afternoon at the main music stage and later that evening at Café International. CD's of the original material Vicious will be sold on site.



PHOTOS COURTESY OF HAMILTON AND HYNES

Lynne Hamilton and Michael Hynes take the stage on Townshippers Day, showcasing the new sounds from their album Vicious.

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BRIEFS

BMP Car Draw on Friday

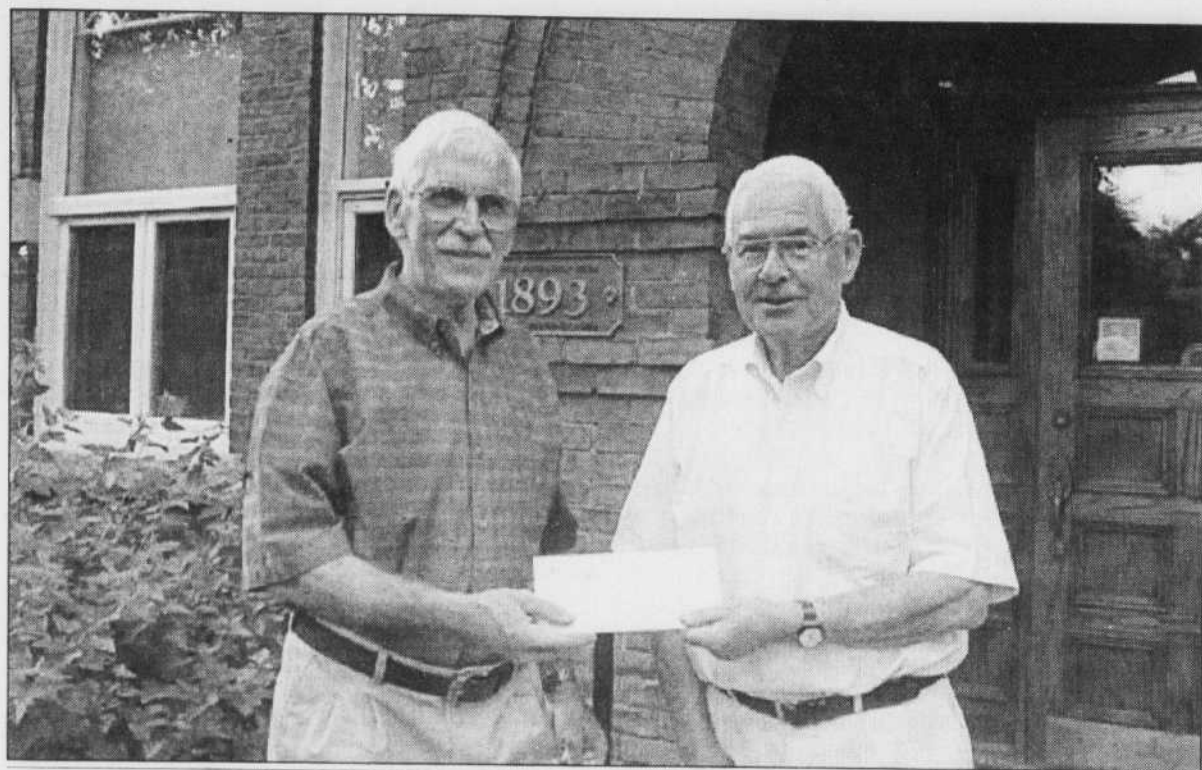
The 15th edition of the BMP Hospital Foundation's annual car draw is just around the corner. On Friday, September 5th, six lucky tickets will be drawn. The grand prize winner will receive a \$25,000 credit towards the vehicle of his/her choice from one of six participating car dealers. Five additional winners will walk away with a cash prize of \$1,000.

The BMP Foundation invites all members of the community to the draw, which will take place at noon behind the Hospital, or in the main lobby if it is raining. Profits from this year's draw will enable the BMP Foundation to provide new colonoscopy and gastroscopy units for the BMP Hospital.

Take advantage of these last few days to purchase your tickets and to help your Foundation provide important additional tools and resources to meet the health care needs of our community.

For information on where tickets are being sold, call the Foundation office at 450-266-5548.

THE BMP HOSPITAL FOUNDATION
(450) 266-5548



Knowlton Lions Club and the Pettes Library

The members of the Knowlton Lions Club are proud to offer their support to the Pettes Library with a donation of \$1,000. This library was built in 1893 and opened in 1894 by Narcissa Farand Pettes in memory of her husband Nathaniel. It was the first free rural public library in Quebec and remains a private institution open to the public and governed by a Board of Directors. Errol Frechette of the Lions Club, on the left, presented the cheque to Peter McKinnon president of the Board of directors of the library.

- SUBMITTED BY ERROL FRECHETTE
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Open house at Avante Women's Centre

Avante is gearing up for our annual Open House on Tuesday, September 16th for both morning and evening presentations. Enjoy a "ham and eggs" breakfast at 9:30 while Barb and Nancy announce our new and exciting programs and activities, or join Gayl and Kathleen for homemade soup from 6-8pm. We have so many additions to our calendar, we've had to double the size of our newsletter! Sign up to receive the benefits of a membership, which includes a membership card, personal invitations to special events, telephone or email reminders, birthday wishes and the right to vote at our Annual General Meeting. All for the exclusive fee of \$2/year. Active members are reminded that they too, need to fill out a renewal membership, which is included on the back of the flyer recently mailed.

MAKING SALSA

Last year we had a tremendous response to our salsa making class, so we're going to do it again this year as a fundraiser. We're looking for volunteers who would be willing to help us chop up tomatoes, onions, celery and peppers on Thursday, September 11th starting at 9:30, and we're in desperate need of tomato pickers for Wednesday, September 10th. If you have a surplus of any of these ingredients, they would also be greatly appreciated. Please call our centre if you'd be willing to lend a hand.

The jars will be available for sale at our Open House, and until supplies last.

APPLE PIES

Avante members like to help in the community as well, so we have offered to make pies for the Missisquoi Museum's annual Apple Pie Festival. On Thursday, September 18th, we'll be busy peeling, cutting and rolling pastry for as many pies as we can put together for their activity on Sunday, September 21st. If you've got some free time on Thursday, please drop in to help.

Avante Women's Centre is open from Monday to Friday from 9-4 p.m. We can be reached at 450-248-0530, or by email at avantegayl@bellnet.ca.

Our centre is located at 2 Adhemar-Cusson in Bedford and offer services, programs and referrals to English speaking women from the district of Brome-Missisquoi.

- SUBMITTED BY BARBARA BELLINGHAM,
Program Director
Avante Women's Centre
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Complimentary verbal appraisal for the names mentioned above.

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Arts Sutton kicks-off season

By Wendy Denman

BROME COUNTY NEWS CORRESPONDENT

Arts Sutton welcomes the 2008/2009 season on Saturday with a rather extraordinary show featuring two Toronto artists of international repute; Ed Pien and Johannes Zits. These two artists, bright lights of the contemporary art scene, both cross media and possibility boundaries taking their inspiration from numerous sources both real and imaginary.

The show is very much in keeping with the more aggressive stance taken by Arts Sutton's Board of Directors in the last couple of years, and has been in the planning stages for a while. It's the Board's stated desire to both expose and educate the local community to more facets of contemporary art.

"There are many aspects of contemporary art that are not understood, that are not even on the public view very often. It is our job to make these aspects known," said Yves Cousineau, board president. "The important thing is that everything we do will encourage professionalism. We will seek artists and speakers who will be professionals in all they do. We believe people here need to see and learn from professionals in their fields, whether those professionals are local or come from Montreal, or even farther away."

Pien and Zits have exhibited together before. The Arts Sutton show is titled *Solace* and underlines the artists' relationship with nature, with trees in particular.

Pien cuts complex images out of paper and tarpaulin, dense with foliage and interlaced branches, acting as backdrops as a lone figure, or a group enact their ritual. The trees, ancient and gnarled, are reminiscent of the sacred trees of pagan rites, repositories of secrets and wisdom.

Zits expresses his art with video projection and digital images and collages of various sizes. His collage and digitization techniques question perceptions of the complex relationship between nature and the human body.

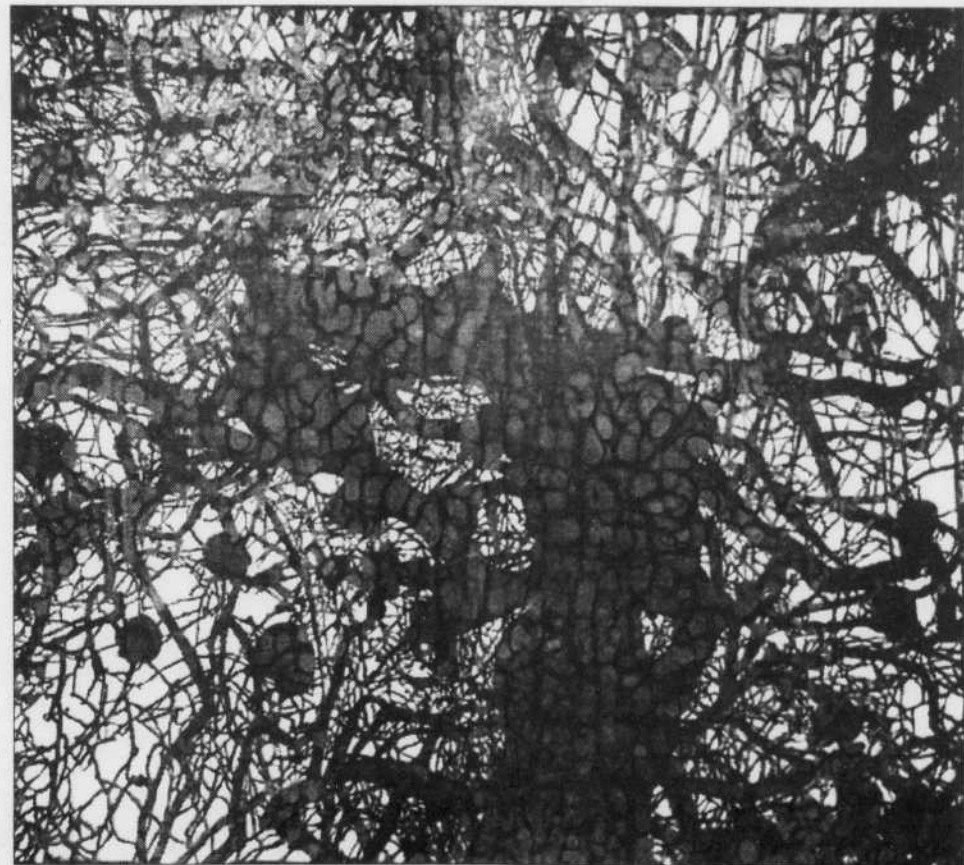
Ed Pien was born in Taipei. His work became internationally recognized after his participation in the biannual Montreal Art Shows of 2000 and 2002, art shows that bring together expressions of contem-

porary art from around the world. Since then, Pien has exhibited in London, Madrid, Berlin New York and New Mexico. Last February, the Musée d'Art de Joliette held a solo exhibition of his work. He has been drawing for over twenty years, holds a Master of Fine Arts from York University and currently teaches art at the University of Toronto and the Ontario College of Art and Design.

Johannes Zits is a Canadian artist of Dutch origin. He also holds a Master's Degree from York University and has held art residencies in Banff, Taipei, Berlin, Rotterdam and Paris. Zits draws his images from a multitude of sources - art history, advertising, communication, propaganda and politics, all things that fuel our culture of mass consumption. His work has been exhibited nationally and internationally since 1984 in both joint and solo shows.

Gaétane Verna, the executive director of the Musée d'Art de Joliette will give a presentation on the work of the two artists at the opening this Saturday. She has held the position since 2006, before that she was curator at the Foreman Art Gallery at Bishop's University. She holds a Master's Degree in art history from the University of Paris, specializing in contemporary and 20th century art. She is an appointed member of the Arts Council of Montreal, and is often invited to sit on juries and advisory committees.

The vernissage takes place Saturday, September 6, with Verna speaking at 2:30 p.m. *Solace* by Ed Pien and Johannes Zits continues at Arts Sutton until October 5. Arts Sutton is located at 7 Academy Street, open Thursday to Sunday, 11 a.m. to 5 p.m.



COURTESY OF ARTS SUTTON

Eclipsing the Past, Present and Future, 2008 - 3M reflector and Shoji paper cut by Ed Pien.

Brome County News



THEATRE:

CONT'D FROM PAGE 1

her about her own memories of white children left in her village and raised by the community.

Teasdale also learned about stories of the Rogers' Raid, a massacre lead by Captain Rogers in 1759, which some reports say dismantled the entire Odanak Village.

The elder also helped Teasdale translate some of the Abenaki passages from the first-hand accounts of the historical society.

Using her research, she found a historical venue for the show; 23 Valley View road, the property of theatre supporter Jenny Jonas, who agreed to host the performance.

The setting became a perfect place to play out a central theme in her piece - the conflict between nature and civilization, between native and non-native populations.

"The property itself, with a groomed lawn and an overgrown field, separated by a river, would come to symbolize the perceived tension between nature and civilization, explained Teasdale.

"It's history, it's outside, it is so real," she said, explaining that theatre doesn't always have to be recreated as it is on stage.

"People get caught up emotionally because it's so real, outside you don't need to make the set look like it's 1770," she explained.

The combination of historical interpretation and the outdoor setting is a way of revitalizing theatre, said Teasdale.

The theatre crowd is aging, she explained, and younger people who have access to technological forms of entertainment need to attend an event that is surprising for them.

"I believe in revitalizing theatre and making people excited by it."

Several productions of Woodswalker were cancelled this summer due to rain. Three more performances are scheduled for Sept. 7, 13 and 14 at 5 p.m.. Tickets can be purchased at the performance site. Call (450) 243 6898 for up to the minute weather information.

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Farming Greener Grass Gives Greater Returns

Brome Fair is a time for going big whether we're talking about hot dogs, horsepower or wild rides. Yet, despite all the new, big distractions, this year it was the size of the cattle, an ever-present participant in the fair, that impressed me most. It's not that the cattle were that much bigger this year, I just finally appreciated how big a cow is. And being big, of course, requires eating a lot and creating a lot of waste. The continuous bustling of wheelbarrows bringing hay in and cow patties out reminded me of

a farmer I'd read about in Virginia who shirked some old agricultural traditions in favour of some new ones which permitted him to greatly reduce the number of "wheelbarrows" of food coming into the farm and all but eliminate the number of "wheelbarrows" leaving the farm. His name is Joel Salatin.

Joel Salatin has taken the old saying, "in order to catch a fish, you have to think like a fish," to a new extreme. He thinks like a cow, a chicken, a pig, a rabbit, a turkey but above all he thinks like grass which is why, despite the fact that Salatin produces 30,000 dozen eggs, 10,000 broilers, 100 head of cattle, 250 hogs, 800 turkeys, and 600 rabbits, he considers himself, above all, a grass farmer.

Salatin's farm, elegantly depicted in Michael Pollan's 2006 book *The Omnivore's Dilemma*, is a jigsaw puzzle of landscape proportions where the centerpiece is the grass or the "salad bar" as Salatin himself likes to put it. Using an ingenious system comprised of some electric fencing hooked up to a car battery he creates a paddock, up to 5 acres in area, for his cattle. After one day of grazing he quickly ushers them onto the next paddock leaving behind cow

paddies and a hoof mark rutted terrain. Two or three days later, and the timing is important, he brings in a vehicle he affectionately calls the Eggmobile. In that delay, grubs and fly larvae, favourite foods of chickens, have grown fat and juicy but have not yet hatched. The chickens then do three jobs in one, reducing the number of pests on the farm by eating the larvae, spreading the cow patties over the paddock and leaving behind their own natural fertilizer which is rich in nitrogen, a limiting nutrient for the grass and the soil. The

VIEWPOINT

JEREMY
LABRECQUE

cows themselves increase the nitrogen in the soil as well by grazing the taller grass species leaving more light for shorter species like red clover which put nitrogen into the soil. Their hoof marks can also capture rain water creating a perfect mi-

cro-site for the growth of grass. This makes the grass on Polyface Farms grow in blazes. In fact, while other farmers in his area are averaging 70 cow days per acre (one 'cow day' being the average amount of grass a cow will eat in one day), Polyface farms is averaging nearly 400 cow days per acre. This means Salatin's 100 acre pastureland is equivalent to almost 600 acres of average land. That's similar to getting nearly six farms for the price of one.

The interdependent nature of his farm means that nothing goes to waste. The output of one system is the input into another reducing his reliance on external inputs such as fossil fuels and corn and grain. The money he saves means that on every dollar of food he sells only eight cents goes to paying for inputs into the farm allowing him to earn over 250,000 US\$ a year.

Granted he sells his product at a price above that of what you'd pay at the grocery store, something he's been

criticized for, but he believes this is the true cost of food.

"...with our food, all of the costs are figured into the price. Society is not bearing the cost of water pollution, of antibiotic resistance, of food-borne illnesses, of crop subsidies, of

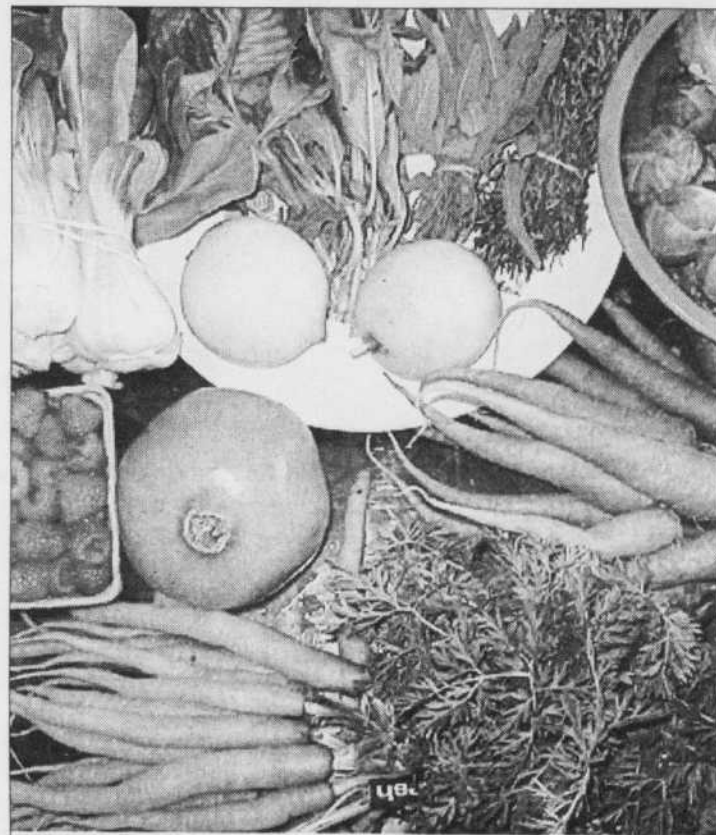
subsidized oil and water - of all the hidden costs to the environment and the taxpayer that make cheap food seem cheap," he explains to Pollan. "Frankly, any city person who doesn't think I deserve a white-collar salary as a farmer doesn't deserve my special food."

No one can fault Salatin for being soft-spoken but he not only talks the talk of his self proclaimed "Christian libertarian environmental capitalist" politics, he walks the walk. Well, more like his animals walk the walk. Salatin's philosophy is that the animals should do the work instead of tractors. Simply put, farmers should bring the animals to the food, not bring food from 1,000 miles away to the animals. After all, as Allan Nation, one of Salatin's mentors, writes in *The Stockman Grass Farmer*, "all agriculture is at its heart capturing free solar energy...the most efficient way is for you to send an animal out to gather this free solar food."

The cow-chicken symbiosis is only the beginning of the interrelationships on the farm and every time you think there can't be another little wrinkle to the apparent perfection of Salatin's master plan, there is.

Another example of Salatin's ingenuity is the barn in which he keeps the cows in the winter. Rather than remove the manure, Salatin puts straw, wood chips and corn on top. As the winter wears on and the manure mixture builds up, the cows bedding lifts off the ground up to three feet by the end. The mixture creates anaerobic compost that gives off heat and keeps the cows warm. Once the cows are let out to pasture, the pigs are turned loose in the barn where they dig with feverish delight to find all the half-fermented corn buried within, aerating the compost in the process so it can be spread back on the pasture.

Salatin's convictions stretch beyond the border of his farm. He refuses to



COURTESY OF SALATIN FARMS

Sample goods grown at Salatin Farms.

ship his meat. If you want to sample his meat, you have to drive down to the Shenandoah Valley to get it. Fortunately for him, he's built up a strong clientele who are willing to do just that and among them you'll find a variety of people from local families to haute-cuisine chefs who claim that his eggs can make a dessert like no other. If you do decide to make the trip down, you can always take a peek around on the farm as well as he operates on a strict open door policy.

I must admit that though I consider myself a realist environmentalist, I find few, if any flaws in Salatin's jigsaw puzzle of a farm where all the pieces fit unnervingly well together. Nevertheless, Salatin himself doesn't claim to have all the answers as he admits that his farm cannot necessarily be carbon copied into a new location. In a 2000 interview in *Smithsonian* he suggests farmers should, "try a little 'landscape painting'," and that, "there's plenty of room to experiment." This, he believes, is how to reduce the number of "wheelbarrows" going in and the number of "wheelbarrows" going out.

If you wish to hear Joel Salatin himself speak about his farm, check out: <http://journalism.berkeley.edu/events/details.php?ID=164>.



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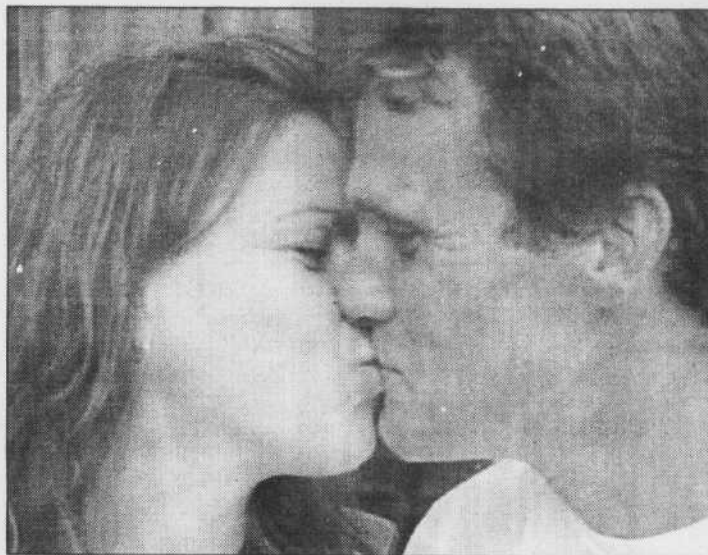
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Upcoming Wedding announcement



Tammy Lavell and John Plosenski from Ottawa will be getting married in St. Aidan's Church in Sutton Junction on Saturday, September 6 at 5:00 p.m. Family and friends will be with them to celebrate this very happy event.

500 Card Party played at Foster

Nine tables of 500 were played in the St. James Parish Hall on August 25th and four people at the game table and Nellie Darling was the winner there.

1st prize in "500" went to Josy Streule, Margaret Royea, Yvette McElreavy, Russell Lawrence, Reba Holloway, George Bailey, George Wilson, Mary Taylor, Marie Jones, Jean Riti.

Door prizes went to Melanie Taylor, Margaret Royea, Catherine Lawrence, Berte Lefebvre, Ola Streeter, Ruth Lefebvre, Eugene Jones, Nancy Dixon, Reba Holloway, Herbie Riti, Russell Lawrence, Barbara Bresee, Martana Nadeau, Arnold Fletcher, Shirley Beaulac, Annie Jones, Nellie Darling, Rita McKerrell, June Call, Mary Taylor and Gerald Coupland.

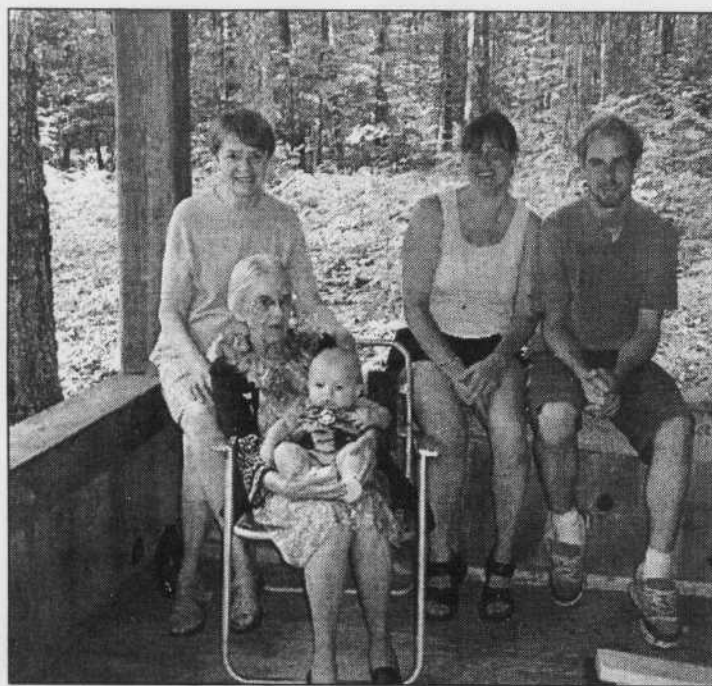
George Wilson and Nancy Dixon were the winners of the Ten of Diamond prizes.

The grocery box was won by Annie Jones, the banana cake by Douglas Talbot, second banana cake was won by Catherine Lawrence.

Many thanks to anyone who helped in any way to make this card party so successful and we hope to see you all back on September 8th to our Military Whist

.Muriel Whitehead

Five Generations



Left to right: great-grandmother Dianne (Jones) Rhicard; grandmother Eliza Rhicard; father Todd Girard; Yvonne (Piette) Jones turned 90 years old on August 10. She is holding her first great-great-grandson Scott Timothy Girard who was born March 18, 2008. Scott is the thirteenth generation in on the Piette line Quebec, the first being Jean Piet (Trempe la croute). About 1669 he married Marguerite Chemereau who came to Canada as one of the "Les Filles du Roi." And Scott is also from a long line of Loyalists from the Bockus, Primmerman and Rhicard families.

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Another investment in the community from the JFS Financial Group

For the fourth consecutive year, JFS Financial Group of CIBC Wood Gundy has solicited their business partners in order to raise funds for the building of a regional hospice to be called La Maison Au Diapason. On top of this fund-raising

Markets Miracle Day Foundation last December. The Foundation in turn remitted this amount to the Diapason hospice building fund as instructed by the advisors during the annual golf fund raiser on Aug. 26, 2008.

established thanks to the implication of Mr. Charles Desourdy of Ski Bromont and his team" say the three Investment Advisors.

This is our way of thanking our wonderful clients by investing in this project that will provide palliative care to individuals at the end of life with a prognostic of two months or less. These services will be offered free of charge in both English and French.

The Maison AU Diapason will be built in Bromont on donated land on Pierre Laporte Blvd. This hospice will have an ambiance of warmth, dignity, respect and compassion while providing the latest in medical expertise. All municipalities of the MRC's of Brome Missisquoi and Haute Yamaska as well neighboring MRC's will be able to benefit from its services and team. The projected costs related to construction and installation are 2.6 million dollars with an additional first year operating costs bringing the initial total needed to 3.6 million dollars.

Fund raising has been ongoing for the last four years. Construction is slated to start this September. The hospice should be ready to receive the first patients in the fall of 2009.



Pierre Foisy, Francis Soucy, Charles Désourdy, Douglas Johnston

"We are very proud to have been able to raise over \$75000.00 for the Au Diapason regional hospice Project through their annual Golf Tournament. We would like to thank all who contributed to such a worthy cause," declared Douglas Johnston.

Over the past four years these Investment Advisors have raised over \$200,000 in support of this cause and are particularly appreciative of those who share their vision and values.

"The response and involvement of our business partners is very touching. Although many do not have offices in this particular area, they understand the importance of building a regional hospice for our community. The project's credibility is now well

effort, investment advisors Douglas Johnston, Pierre Foisy and Francis Soucy donated a week's worth of fees and commissions to CIBC World

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François Reid, Colton Patenaude, Hardy Craft, Yvon Ravenelle



Peter Tomiuk, Sentry Select, Paolo Santini Mavrix, Diane St-Onge, Douglas Johnston, CIBC Wood Gundy

LA MAISON
AU DIAPASON
MAISON RÉGIONALE DE SOINS PALLIATIFS

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Golf Tournament**

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CIBC Wood Gundy is a division of CIBC World Markets Inc., a subsidiary of CIBC and Member CIPF. Douglas Johnston, Pierre Foisy and Francis Soucy are Investment Advisors with CIBC Wood Gundy.