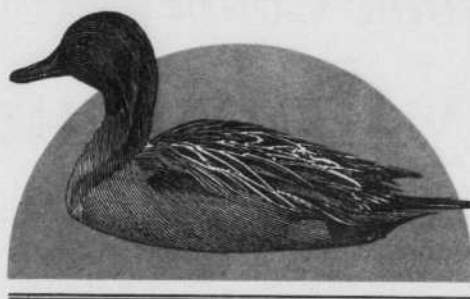


# Brome County NEWS




WEDNESDAY, NOVEMBER 26, 2008

## IGR Gazaille

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

Michel  
Ginette



Magog  
231 Sherbrooke St.

Farnham  
999 Principale St. E.

## A question of defibrillators

Jessica Brown  
BCN CORRESPONDENT

If you've ever watched ER you've probably seen those dramatic scenes where someone goes into cardiac arrest. Suddenly they've put pads on his chest and are yelling, "CLEAR!" The patient's chest jolts off the table and sometimes he revives, sometimes not.

So what is that mysterious machine that jolts a person's heart back into action? It's called a defibrillator and chances are you are going to see more and more of them around in the coming years. The defibrillator sends the heart an electric shock through the heart muscle between the two chest pads, effectively restoring the heart's normal cardiac-electrical rhythm. A heart in fibrillation is basically in a state where the electrical signals in the muscle are totally out of synch causing the heart to shake or jiggle much like a bowl of Jell-O. Once the rhythm is restored, the heart begins to beat normally again. The first jolt from the defibrillator uses, on average, 250 joules of power. To put this in perspective, if someone punched you in the chest it would generate about 25 joules of power.

Of course information like that sounds pretty scary. Some have asked what would happen if the defibrillator got into the hands of a child or reckless teen at a community centre dance? The answer is: nothing. These types of defibrillators are very user friendly. Once you put the pads on someone's chest, even if you think they need it, the machine will be able to tell right away if a shock is truly needed. If it is not needed, it will not generate a current and shocking someone is impossible. According to Sylvain Blanchard, a Granby paramedic and the man who trains first responders and others to use the machine, you cannot kill someone with this technology.

In areas like Brome Lake, there are

first responders who can generally get to a patient in distress within 4-5 minutes. It seems very fast and in fact they have been able to save many people with their speedy response. So one may ask: why do you need a defibrillator at the community centre, a school or other public venue if they can get there so quickly? The answer is simple...it's not always fast enough.

According to Blanchard the statistics speak for themselves.

"If someone's heart stops, there is a 90 per cent chance of recovery if there is defibrillation or CPR in the first minute. After that you lose 7-10 per cent per minute. If it takes them three minutes to get there, the patient is already down 35 per cent."

Presently, there are no laws in Quebec governing who should have a defibrillator. Already public spaces, like arenas and shopping malls have equipped themselves. You will likely start seeing them in community centres, buses and businesses. Companies with a certain number of employees are starting to acquire them and train employees how to use them. The Regie Regionale de Sante is encouraging any business or centre that has an aging population using its facilities to consider the purchase of one.

Defibrillators should be in an easily accessible cabinet in a public venue. The cabinets should not be locked because that defeats the purpose. But it



JESSICA BROWN

New defibrillators determine, on their own, if use is needed once pads are put on the patient.

still takes trained individuals to administer the shock when it is needed. In a four hour session costing only \$35 you can be trained in adult and infant CPR, choking response and defibrillator use. That being said, only about 6-7 per cent of the Quebec population is trained even in CPR. In some places, like Seattle, the percentage is much higher, 43 per cent. There you have to have the training in order to get your license to drive and students learn the necessary life-saving skill in school.

Blanchard says that is what Quebec should be aspiring to, especially given our rapidly aging population.

## Brome Lake Chamber of Commerce planning for next year

Jessica Brown  
BCN CORRESPONDENT

The annual meeting of the Brome Lake Chamber of Commerce took place on Monday, November 17th at the Centre Lac Brome and the feedback was overwhelmingly positive. The meeting was conducted in both languages and approximately 30 members participated.

"People had a lot of great things to say," said general manager, Joelle Chartrand. "It was really positive to hear."

Chamber President, Cam Brown, concurred with Chartrand.

"Everybody said it was the most positive chamber meeting in years."

The meeting began with the chamber's accomplishments and achievements for 2008. The Duck Festival was a big success this year. There were more participants and the financial success of the festival was greater than in 2007. The festival of lights, which begins November 29th will be bigger than ever, the Chamber Golf Tournament, The Bel Canto Fundraising dinner and numerous other events that took place within the Town over the year were mentioned as big successes, many of which will be repeated next year.

One of the projects that began a few years ago was finished this year, but the results of which will only be seen in the spring. 31 plaques will be installed in front of historical buildings throughout the Town of Brome Lake for people who do the historical tour of the town.

The Chamber has decided to focus on the many positives in the Town and

PLEASE SEE COMMERCE ON PAGE 9

### Mountain View Farm



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Book your Xmas party now  
Call Tammy: 450 243-6363

51 Lakeside, Knowlton

# Brome County Community Billboard

## COMMUNITY CALENDAR

Nov. 29

**Annual Christmas Craft and bake Sale at the Foyer Sutton** from 9 a.m.-3 p.m. on Saturday, November 29th. This sale features baked goods and crafts. Do some early Christmas shopping and stock up your freezer for Christmas! Information call Gail: 450-538-0530 or Irene: 450-538-3408

**CHRISTMAS LUNCH AND SALE.** St. James Anglican Church Parish Hall, 40 rue du Pont, Bedford, Saturday, November 29, 11 a.m. - 2 p.m. Baked foods, white elephant table, books. Free admission; lunch tickets: \$5.00 each at Draper Assurance, 60 Principale, Bedford, or at the door. Information: 450-248-7319. Everyone welcome!

**1st Knowlton Venturers Pork & Beef Supper.** on Saturday, November 29th at Oddfellows Hall, Knowlton. Auction, Dance (S&M Connection), door prizes. Adults: \$12. Proceeds for Nova Scotia Jamboree and Ontario Jamboree, Summer 2009. Call: 450-243-1819

**Christmas Bazaar will be held at St. Paul's United Church.** Waterloo on Sat., Nov. 29th from 10 a.m. to 2 p.m. Soup Luncheon: \$6, Don't forget our huge Silent Auction (ends at 1:00 p.m.)

Nov. 30

**Come join us for a Christmas Musical Benefit for Mansonville United Church** on Sunday, November 30th at 12:00 noon. There will be a variety of Music by Country Friends and also Jimmy Edwards, Shirley Spencer, Arnie Davis, Bruno Audet from 1:30 p.m. on. Information: 450-292-5638

**Breakfast at the Royal Canadian Legion Br. 99 - COWANSVILLE,** on Sunday, November 30th, from 9:30 a.m. until 12:30 p.m. \$6 adults, \$3 children, 5 - 10 FREE, for under 5 years old. 120 Davignon Cowansville, QC (450) 263-3543.

## 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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### CIRCULATION

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Dec. 1

**Avante at Knowlton: Claudette Legault** from the women's shelter "Horizon Pour Elle" will speak about the basic cycle of violence and what services are available for women in this area. Join us for coffee and a light snack on Monday, December 1st, 1:30-3:30 p.m. at Lac Brome Community Centre, 270 Victoria, Knowlton

**The Canadian Club of the Yamaska Valley,** members and friends. Musical Presentation, Monday, Dec. 1st, 2 p.m., Auberge West Brome, 128 Rte. 139. Christmas Choral Music by 'Susan Reininger and Friends' A social hour will be held with holiday baking and hot beverages. \$10.00 admission fee for non-members. Those wishing to enjoy dinner before the meeting, please reserve at 450-266-7552

Dec. 2

**Open til 8': Tuesday Dec. 2 will be "Strong Coffee":** the story of a group of women farmers in Northern Peru, creating a product which would permit hundreds of marginalized women to escape physical and emotional abuse. Pot luck at 5:30 and the film at 6 p.m. 2 Adhemar-cusson, Bedford. Info: 450-248-0530.

**AVANTE COFFEE BREAK "Finding Dawn",** is a film that illustrates the historical, social and economic factors that contribute to violence against Native women. Join us for a documentary and discussion, commemorating The National Day of Awareness and Action on Violence Against Women with Kathleen on Tuesday, December 2nd, at 9:30. 2 Adhemar-cusson, Bedford. Info: 450-248-0530.

**St. Michael and All Angels Church will have their Christmas Hymn Sing** on Sunday, December 7th at 4 p.m. in Bolton Glen. Come and join us.

Dec. 4

**BMP Hospital Auxiliary Christmas Bake Sale** will take place in the Main Lobby of the Hospital on Thursday, Dec. 4th starting at 10 a.m.

**AVANTE CPR TRAINING COURSE** Thursday, December 4th Lyne Duguay will provide us with a special 4-hour training program, starting at 9 a.m. Cost is \$45. Heart & Stroke foundation approved. Please call to reserve a place 450-248-0530. 2 Adhemar-cusson, Bedford. Info: 450-248-0530.

Dec. 5, 6

**Bazaar Fundraiser for Centre d'action Benevoles de Bedford.** Cornerstone

Church, 6 Massicotte (Corner of Rte. 235) Tables available for artisans and vendors. Friday, Dec. 5th (1-7 p.m.) Sat. Dec. 6th (9-3p.m.) Info/reservations: 450-248-3122, 450-248-7696

Dec. 5, 6 & 7

**Christmas Artisans Show and Sale** on Friday, December 5th (7 p.m. to 10 p.m.), Saturday, December 6th (10 a.m. to 5 p.m.) and Sunday, December 7th (10 a.m. to 4 p.m.), at C.A.R.A., 397 Belvedere South, Sherbrooke (at Carrefour Belvedere), access to parking on Rand Street. Information: Sylvie Wheeler 819-565-4851.

Dec. 6

**P.R.R.P. Abercorn. Annual Christmas Open House,** Dec. 6th, 9-4, 11 Church St., West. Live music, Crafts, Quilts, books, nearly-new & vintage clothes, Gramma's linens and lace, jewelry, antique dishes, Christmas wreaths, etc. Free coffee and snacks in the kitchen and a basement full of flea market items. All Welcome!

**Christmas Sale at Mansonville United Church** on Saturday, December 6th from 9 a.m. - 3 p.m. to benefit United Church. Tables for rent:\$10. Info: Rosaleen George 450-292-5638 Everyone Welcome!

**Mechoui at l'ecole St-Francois-d'Assise,** 11 rue de l'Eglise, Frelighsburg, Saturday, December 6th, 4-8 p.m. Visit from Santa Claus, animation and door prizes. To benefit educational activities. Adults: \$12., at the door \$14., children 5-13: \$10., under 4: free. Tickets at Depanneur de la Place, 1 rue de l'Eglise, Frelighsburg until Dec. 1st Everyone welcome. Info: 450-298-5292, p036@csvdc.qc.ca.

**10th Christmas Sale & Attic Treasures.** "Lost Angels" Saturday, Dec. 6th, from 9:00 a.m. to 4:00 p.m. United Church, 203 Main, Cowansville. Table rental proceeds - 'Missing Childrens'. Lunch available. Happy Holidays! Info: Sharon 450-263-4962

**Ham Dinner,** Saturday, Dec. 6th at 12:00 noon. Bishop Steward Memorial Church hall. Garagona Rd., Frelighsburg. Door prizes & Sales table. Info: 450-248-1145, 248-3581

Dec. 7

**SUNDAY, DEC.7th CHRISTMAS PARTY: BOLTON CENTRE TOWN HALL,** 2-6pm. Music: Bobbi Dee, Dale and David Bessant, Sam Evens. Entrance: \$10. Includes a CHRISTMAS meal, games and prizes. Everyone Welcome !!!! If you can, please bring a small gift to

exchange. Hosted by A Salute to Quebec Seniors! Sunday, Nov. 30th. CANCELLED in FITCH BAY

**Creek Carol service** Sunday, December 7th, 2008, 3 p.m., Creek United Church, West Bolton. Refreshments afterwards. Get into the Christmas spirit here!

Dec. 8

**AN EVENING WITH DR. DANIEL LALLA:** Dr. Daniel Lalla has agreed to come to Avante to answer general questions about women's health issues: osteoporosis, heart disease, menopause, diabetes, and other conditions that concern women in particular. Monday, December 8th, 6-8pm. 2 Adhemar-cusson, Bedford. Info: 450-248-0530.

Dec. 13

Last chance Pre-Christmas Bake Sale on Saturday, December 13th, 10 a.m. at the Brome County Museum's Centennial Building, 130 Lakeside, Knowlton. Come early and take advantage of the Christmas Specialty Baking for the holiday season and support the Brome County Historical Society.

## ARTS CALENDAR

Singers, actors: Open Audition. Knowlton Players will produce the Tony Award-winning musical 'City of Angels' at Theatre Lac Brome in May, 2009. Singing roles: Sun., Mon. evenings, Nov. 16, 17, 23, 24. Bring a favorite song (and sheet music if possible) Non-singing roles: Sun., Mon., Eves., Nov. 30, Dec. 1. Info: 450-521-3968

## CHURCH SERVICES

### KNOWLTON/CREEK PASTORAL CHARGE

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

### EMMANUEL UNITED CHURCH

"Soul food for open hearts and minds." 203, rue Principale, Cowansville. Faith community in action. Choir practice 9:30 a.m., worship 10:30 a.m. Rev. Wendy MacLean. Susan Reininger, Music Director. Info: 450-263-0204

### 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.

SEE  
CALENDAR  
ON PAGE 9  
FOR MORE

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KNOWLEDGE AND KNOW-HOW.

# Klaus Bremer children's stories

Wendy Denman  
BROME COUNTY NEWS CORRESPONDENT

Nothing gets by Barney, the owl, and his friend Woodstock, an aging, but vigilant cat; not invaders, not displaced animals - they are keepers of the woods, making sure everything is safe and as it should be in and around Robinson Bay.

Barney and Woodstock are the delightful inventions of author Klaus Bremer, whose passion for stories and nature, and whose dedication to helping children have spawned a host of animal characters and his first printed book Charlie.

His children's stories have already appeared in various media; starting in December his animal adventures will appear monthly in Lac Brome's Tempo, he is currently recording stories for a children's program for radio CIDI 99.1 FM and building a website: classic-stories-for-children.com.

"I have many stories already written and on my computer, but Charlie is my first actual children's book and I'm very excited about it," says Bremer.

"Writing and telling stories has been my passion since I was a child. As a boy of ten I had to babysit my little brother, to keep him occupied and amused I would make up short stories.

"I begged my parents to buy me books, my fantasies knew no bounds and I would dream of faraway lands. I loved the classics. I was the prince to wake up Cinderella; I was frightened for Little Red Riding Hood, I delighted in the adventures of the Seven Dwarfs."

Born in Germany, Bremer immigrated to Canada at 20 seeking adventure

and fortune. He became a successful electrical engineer until semi-retirement several years ago. Married forty-eight years, he and his wife turned their vacation home in Lac Brome's Robinson Bay into their permanent residence. As a long-time member of the Shrine of North America, Bremer was part of the greater corps of Montreal's Shriner's Hospital for many years, picking up and returning children and their families to Trudeau Airport before and after a hospital stay.

"The whole thing with the owl started when we began a Shrine Club in the Townships. We picked the owl as our mascot because Owl's Head Mountain is the only open air Masonic Lodge. This stimulated me to write about the adventures of Barney the owl involving our three family cats.

"Barney is a great horned owl who lives in a splendid old maple tree beside our house. His friend and buddy is Woodstock, our twenty-year old male ginger cat. The two of them patrol the woods around us. One day Woodstock happens upon Charlie, a strange creature he does not recognize so he seeks out Barney for advice."

The book began to take shape when Bremer asked illustrator Marie Andrée

Leblond to draw a picture of Barney.

"She did, then asked me to give her a story to illustrate and I gave her my story about Charlie and her drawings are wonderful."

Leblond is a local artist, whose work is found in galleries across Canada. Her illustrations have graced magazine covers, tourist promotions and cookbooks; she has won a number of prizes for her art. Her colourful drawings for Charlie are more realistic than cartoonish and coupled with Bremer's clear and simple telling of a plausible encounter between three animals, create a story parents will enjoy reading to their children.

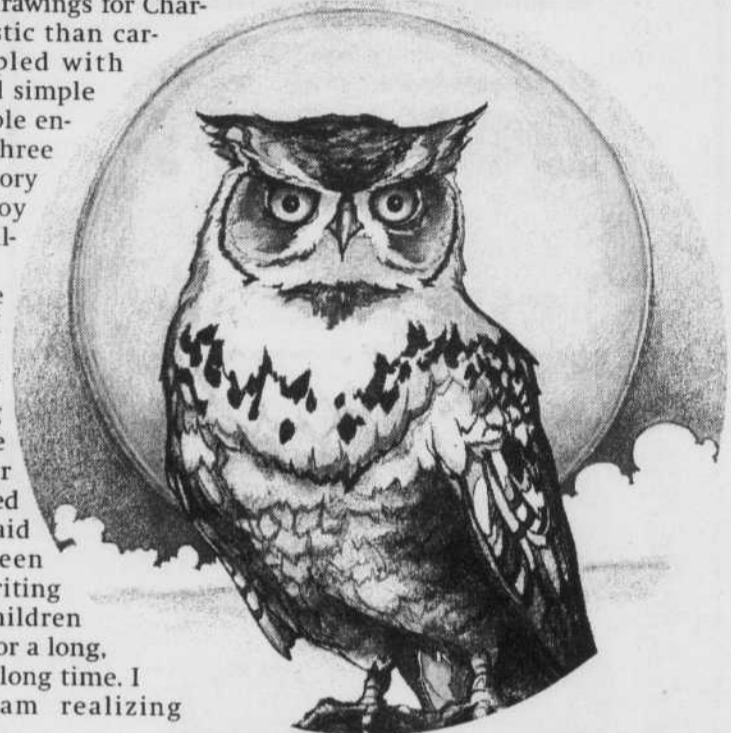
"Not only are the drawings great but I am lucky to have graphic designer Vera Franta living down the road, she put it all together and I am very pleased with the result," said Bremer. "I have been dreaming about writing short stories for children

for a long, long time. I am realizing

that dream at last."

Bremer will donate a portion from the sale of each book to the Montreal Shriner's Hospital.

Klaus Bremer and Marie Andrée Leblond will be launching and signing copies of Charlie at Galerie Knowlton, 285 Knowlton Road, on Saturday, November 29th from 6:30 p.m. to 8 p.m.



COURTESY OF KLAUS BREMER

Klaus Bremer (above) with characters Barney and Charlie depicted in drawings.

NEW

Brome County  
**NEWS**

The BCN papers have been in the weekend Publi-Sacs now for 2 years. From now on BCN papers will be delivered in Publi-Sac every **Wednesday**.

**Our new deadlines will be:**

For classified ads, Card of Thanks, Death Notices, etc. deadline is **Monday at 1:00 p.m. sharp**.

For display ads deadline is **Wednesday 4:00 p.m.**

There are extra BCN copies dropped off at:

- Flanaghans • Brome Lake Books • IGA • Depanneur Rouge
- Bockus Garage in Cowansville

on Business

## Book Launch

### Christmas Small Format Show

CHARLIE  
The Adventures of Barney the Owl

The  
Knowlton  
Gallery

On the occasion of its small format exhibition called "The Art of Giving", the Knowlton Gallery is pleased to invite you to come and meet with several artists of the gallery.

On the same occasion, a book launch of a children's book, "Charlie", The Adventures of Barney the Owl" by local author, Klaus Bremer, and illustrated by well-known local artist Marie-Andrée Leblond, will take place. A portion of the profits will be donated to the Shriners.

Once again exclusive to the Gallery, come and discover the extraordinary Santa's by Judy Mullins.

All this will happen on Saturday, November 29th from 6.00 PM to 8:30 PM.

[www.galericknowlton.com](http://www.galericknowlton.com)  
 285 Knowlton Road (450) 242-1666

ADVERTORIAL

# Artisan show set for this weekend

Wendy Denman

BROME COUNTY NEWS CORRESPONDENT

The second annual Salon des métiers d'art de Saint Armand takes place this weekend featuring a wide range of artistic and handcrafted items.

"The show has evolved over the years,

from an annual Christmas sale in a church basement to a true salon now held in the local community centre," said Norman Ball. "Last year the old sale was given a new name and moved, exhibitors must now undergo a selection process to ensure quality and creativity."

Exhibitors include painters Francine Chabot, Marcelle Dalpé, and Diane Brault who uses bits of wood and fabric to create a 3D effect; glass artist Marc Cournoyer; potter Marie-Laure Azevedo; sculptor Gilles Proulx who creates realistic pieces in wood, soapstone and bone from

bear and caribou; blacksmith Lothar Hartung and his Medieval-inspired collection of decorative pieces; Karine Laurence with handbags and shoulder bags made of recycled materials and a group of jewellers who create individual and unique pieces from a variety of materials Jani Greffe Belanger, Wagna Celidon, Michel Guerin, Lyette Roy and François Codaire.

"Lothar Hartung is a particularly interesting addition to the show," said Ball. "He left his native Germany a few years ago and has settled here and established his atelier in Saint Armand. He practises metalworking in the old ways, using many old designs, both Celtic and Medieval. It's fascinating to watch him work and explain the craft."

Isabelle Messier, director of the Carrefour culturel de Saint Armand is one of the show's organizers.

"Last year there were close to 600 visitors at the first annual salon and it was termed a real suc-

cess by everyone involved," says Messier. "This year the event is part of the Noel dans nos campagnes tourist promotion. This year we've ensured that there is an even greater diversity of merchandise fashion accessories, jewellery, lapidary, paintings in canvas, glass and wood, ironwork, medieval tin shop and many kinds of sculptures.

"To put an intellectual spin on things we have also invited writer Richard Gougeon who will present his two novels of the popular genre l'Orpheline and l'Oie grasse et l'escogriffe. He participates in different events for the promotion of his books and also lectures at conferences."

Salon métiers d'art de Saint Armand takes place November 28th to November 30th, open Friday 7 p.m. to 10 p.m.; Saturday 1 p.m. to 9 p.m. and Sunday from 11 a.m. to 4 p.m. at the Saint Armand Community Centre, 444 Bradley Road, Saint Armand.

**WAREHOUSE SALE**  
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## INFLUENZA

**REMINDER**

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Free vaccination is offered to persons aged 60 years or older, to those suffering from a chronic illness (asthma, diabetes, cancer, HIV, immune deficiency, and cardiac, lung, kidney, blood illnesses), to children 6 to 23 months, and to those who come into regular contact with these groups.

MUNICIPALITIES	PLACES	DATES	TIME
Bedford	Georges-Perron Centre 14 Philippe-Côté	December 3	12 PM to 7 PM
Cowansville	Ste-Thérèse Church (basement) 209 Ste-Thérèse	November 29	9 AM to 4 PM
		December 10	12 PM to 7 PM
Farnham	CLSC in Farnham salle Morasse (room 131) 660 Saint-Paul	December 2	12 PM to 7 PM
		December 11	12 PM to 7 PM
Sutton	Anglican Church, Grace room 52 Principale S.	November 26	12 PM to 7 PM

During your appointment, ask the nurse if you are also admissible for the vaccination against PNEUMOCOCCUS. If such is the case, it can also be administered at the same time.

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View of the 2007 Salon métiers d'art de Saint Armand. COURTESY OF ISABELLE MESSIER

Original Version Starting November 28th to December 4th, 2008

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# Avante Women's Centre schedule updated

## NOVEMBER UPDATES

Avante's first Car Rally and Spaghetti supper was a terrific success with 23 cars taking part and very few empty chairs for supper. First prize went to husband and wife team Stevie Rhicard. Thanks to our sponsors Peter Groen, Phil Baker, Restaurant Bedford Pizzeria, Metro Bedford, the Town of Bedford and Domaine du Ridge, we raised \$1,145. And of course, thank you to all the enthusiastic and supportive participants.

## AVANTE AT KNOWLTON

On Monday, December 1st, Avante will be acknowledging two important dates established in Canada; November 25th as International Day for the Elimination of Violence against Women, and December 6th as the National Day of Remembrance and Action on Violence Against Women. Given the extent of women abused in Canada, there's a good chance that you know somebody who is experiencing some form of abuse, even if you don't suspect it. Claudette Legault from "Horizon Pour Elle" will explain what the signs are through a circle of violence, and how you may be able to help. The coffee break starts at 1:30 at the Community Centre, 270 Victoria in Knowlton.

## AVANTE COFFEE BREAK

In keeping with this month's theme, "Finding Dawn", is a film that illustrates the historical, social and economic factors that contribute to violence against Native women. Join us for a documentary and discussion, commemorating The National Day of Awareness and Action on Violence Against Women with Kathleen on Tuesday, December 2nd, at 9:30.

## CPR TRAINING COURSE

For those of you who thought you'd missed the opportunity to learn CPR, luck is with you! Due to unforeseen circumstances, our CPR training course has been postponed to Thursday, December 4th. Lyne Duguay will provide us with a special 4 hour training program, starting at 9 a.m. Cost is \$45. Heart & Stroke foundation approved. Please call to reserve a place 450-248-0530

## AN EVENING WITH DR. LALLA

As part of the "Ask The Expert" program, Dr. Daniel Lalla has agreed to come to Avante to answer general questions about women's health issues: osteoporosis, heart disease, menopause, diabetes, and other conditions that concern women in particular. Due to availability however, the evening will be on Monday, December 8th, from 6 - 8 p.m. Please take advantage of this rare opportunity that Dr. Lalla has given us to get answers directly from an expert with an open and simple format of questions & answers.

## OPEN 'TIL 8

Nancy's documentary on Tuesday Dec. 2 will be "Strong Coffee": the story of a group of women farmers in North-

ern Peru who came up with a radical idea of separating their coffee from the rest of their cooperative's production, creating a product which would permit hundreds of marginalized women to escape physical and emotional abuse. Out of Peru comes a story of strength, unity and hope. Join her for pot luck at 5:30 and the film at 6 p.m.

This evening also is the official launching of the sale of this very coffee! Avante is proud to be one of many community organizations across Canada to offer from Peru "Café Femenino", the first Organic and Fair Trade certified coffee produced by women only. For more information on purchasing and how you can help support these women, please call us at (450)248-0530.

## AFTERNOON DELIGHT

The delightfully fine art of cake decorating gets even more refined with a gingerbread house! Freda Zitzke has been dazzling her community with her elaborate houses for many years, and is

willing to share her tips and techniques with us on Thursday, December 11th starting at 1 p.m. Please call ahead to reserve your spot. \$2 charge.

## POTLUCK CHRISTMAS LUNCHEON

Each year, Avante staff and Board of Directors enjoy celebrating the holiday season with a pot luck lunch together with our members. We invite you to be part of the festivities on Thursday, December 18th from 11:30 to 1 p.m. Savour the delicious assortment of casseroles and salads and partake in some light-hearted games and quizzes.

Avante offices will be closed over the holidays from Monday December 22nd until January 5th. Our December/January newsletter is being sent to all our members, so

please watch for all our new activities coming up.

Avante Women's Centre is located at 2 Adhemar-Cusson in Bedford,. We can be reached at 450-248-0530 or by email at [avantegayl@bellnet.ca](mailto:avantegayl@bellnet.ca) (or [avantenancy@bellnet.ca](mailto:avantenancy@bellnet.ca), [avantebarb@bellnet.ca](mailto:avantebarb@bellnet.ca), [avante.kath@bellnet.ca](mailto:avante.kath@bellnet.ca)) Drop in for a visit any weekday from 9 a.m. to 4:30 p.m. or at our new website at [www.avante-womens-centre.org](http://www.avante-womens-centre.org).

- SUBMITTED BY BARBARA BELLINGHAM  
Avante Women's Centre



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# Where it isn't only the coffee that's the attraction

**Alanna Fahey**  
BROME COUNTY NEWS CORRESPONDENT

As far as little cafe's in small towns go, Le Cafetier on The Main, in Sutton, seems to have that 'little something' that makes it a haven for the type of local resident, tourist and weekender who seeks a spot that lends itself to familiarity and ideology. Recently the diner changed hands and the new owners, Jean Francois Trudel and Josee Francoeur have no intention of changing that much about what they say, is a winning formula.

"The previous owners seemed to be building on this idea of a restaurant that would cater to a crowd that was interested in 'biologic' foods," stated Trudel, adding, "I was looking for a business opportunity and this seemed like a match for me and my partner." Trudel and Francoeur have solid backgrounds in the hospitality industry, having both worked in this field in the Magog/Sherbrooke area before purchasing the cafe.

The menu claims to be organic in origin and although pretty routine in its selection of panini's, salads and quiche, the preparation and the presentation is the priority for these partners. The bread used at the diner is from Abercorn Bakery known for its selection of grainy, healthy breads, however, other than three whole wheat varieties, Abercorn Bakery does not claim that all their bread is organic in origin. Therefore, it might behoove the patron of Le Cafetier to enquire about the type of



COURTESY

bread to ensure that it is indeed what they are expecting, organic.

Le Cafetier started out as a 'just coffee shop'. In the beginning, five years ago, the focus of the enterprise was to serve a great cup of coffee. Roasted to perfection, ground and prepared with the utmost care was the beginning. However, with the addition of food, the focus shifted. Pierre, the original barista, was aware that many of the original patrons were indeed questing for the perfect cup of joe and he took the time that is required in order for the end result to be close to perfection. With

the cafe changing hands and moving to a larger location some of that personal touch had been lost.

One of the most interesting things about Le Cafetier is that it lends its wall space out to artists and the art work that hangs there often will garner a few sales for the artist and that's impressive in itself.

"At the moment we have Maryse Harvey showing. She is an artist working in acrylic. She will be with us till the end of November, when she will be replaced by photographer, Martin Dubois," explained Trudel. Each artist gets to exhibit for one month and with the space booked for the next year, Trudel said he is pleased with the opportunity to support artists.

"I have moved to Sutton from Sherbrooke, and I find that the town is a very vibrant, diversified community and I hope that Josee and I will prosper and be able to contribute to the general

overall camaraderie of the community," said Trudel.

Le Cafetier, 9 Principal Street, Sutton, Quebec, open 7 days a week from 7:00am till 7:00pm, 450.538.7333.

## BRIEFS

### Waterloo Elementary Dance Fundraiser

Waterloo Elementary school will be holding a Dance Fundraiser this Friday, November 28th from 7:00 until 11:00 p.m.

Featuring the band T.O.G. Admission \$5 adults and \$2 children (12 and under)

There will be two authentic Canadiens Jersey's auctioned off, lots of door prizes and a special drawing of a "Raleigh" bike for the children only.

So why not come out and have some fun and support our school!

WANDA WILLIS  
Chairperson W.E.S. P.P.O.

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For more info call Lynda 450-242-6892

**Think locally**  
**Shop Locally**

# Knowlton Festival of Lights back strong in November

*A wide range of activities will be presented for the whole family!*

The Chamber of Commerce of Lac-Brome has unveiled the programming of activities to be presented during the weekends, in preparation for the holiday season, between November 29th and January 1st.

Come celebrate with us the initial lighting of the village at 5:30 pm on Saturday November 29th at Coldbrook Park in Knowlton. During the countdown, enjoy a drink of hot cider, wine or hot chocolate - the choice is yours! If this is not enough to keep you warm, there will be bonfires with marshmallows to

roast! A choir will also be on the scene to sing Christmas songs for which everyone will be invited to join in. It seems that even a few elves have promised to be there to entertain the children.

On Saturday December 6th at 1 p.m. the young and old at heart will not want to miss the traditional Santa Claus parade organized by the Lions Club. Following the parade, children are invited to meet Santa Claus himself at Knowlton Academy. In the evening, let yourself be charmed by the international star, Giorgia Fumanti, during an intimate concert at the Chapelle St-Édouard. The charismatic singer invites us to a most memorable and touching

concert imbued with authenticity. For this special occasion she will perform great Christmas songs, songs from the pop and classical repertoire, some famous film music as well as songs from her album From My Heart and her first French opus released this month.

On Saturday, December 13th, get ready for the Brome Lake Midnight Madness where several

shops and restaurants are in con-nivance to stay open until midnight. Come discover the specials that they have prepared for this crazy night of shopping in the village of Knowlton! Music in the streets, bonfires, sleigh rides and entertainment with the elves will be offered between 4 to 9 p.m.. This animation will also be back on Saturday December 20th from 4 to 7 p.m. All you can dream of for a perfect 100 per cent Christmas atmosphere!

The annual fireworks display is planned for Sunday, December 28th (postponed to the next evening in case of bad weather) at 6 pm at Coldbrook Park in Knowlton. Do not miss this rare

opportunity to enjoy such a display in the region! Make sure you arrive early to enjoy the atmosphere and the incredible energy of anticipation!

The after-ski place to be is in Lac-Brome! The thousands of lights will be in place until the spring break week to the delight of all visitors to the region. Come and take the time to walk, shop and eat in the heart of the most magical town in Quebec. For a complete listing of activities, please visit:

[www.cclacbrome.com](http://www.cclacbrome.com)  
Best holiday wishes to all!

JOËLLE CHARTRAND  
Chamber of commerce of Brome Lake

## Brome County - Good Neighbours



DAVID ANDERSON

Sonia Klemme is not only passionate about helping to take care of your favourite dog and cat at her work as secretary, receptionist and caretaker at the Waterloo animal clinic, operated by Veterinarian Dr. Michel Quintin, but she is also passionate about her own favorite Canadian horse Jetta. She likes to spend as much time as possible riding and grooming him on weekends.

Think locally  
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Centre de santé et de services sociaux  
La Pommeraie

### IMPORTANT PUBLIC NOTICE

#### MOVING OF THE BMP HOSPITAL EMERGENCY DEPARTMENT

Due to its move into new facilities, the **EMERGENCY** service of the Brome-Missisquoi-Perkins Hospital will be significantly reducing its activities on December 3 and 4.

The management of the CSSS La Pommeraie is calling for the public's cooperation to reduce the level of traffic in the hospital's emergency unit; a team will however remain in place for **ANY URGENT SITUATION**.

**FROM DECEMBER 3 AT NOON TO DECEMBER 4 AT NOON,**

when your condition does not require an immediate emergency intervention, we recommend the public consults the **INFO-SANTÉ 811** service to get advice from a nurse, or to use the walk-in medical services of the region's CLSC's and medical clinics.

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## COLUMN

### Is it altruistic to admit you were wrong?

Recently a famous biologist, E.O. Wilson, did one of the most courageous things a scientist can do: he admitted he was wrong. Wilson, two-time Pulitzer Prize winner and author of *On Human Nature* and *The Diversity of Life*, had long been in the forefront of a debate on why we find altruism in nature and his recent break from the past is being received with mixed emotions.

Altruism, the unselfish consideration of others regardless of the cost to you, has been a major topic for debate among ecologists for decades. It seems strange that such a benign topic like altruism has been able to stir up ecologists to the point where words such as "baldface liar" have been uttered but there's a good reason for that. For a full century, they couldn't figure out why altruism should even occur in nature in the first place. The question even baffled the father of evolution himself, Charles Darwin.

The natural world is full of animals doing things with no apparent benefit to themselves. Worker bees can be found collecting resources and protecting their nests on behalf of others. Wolves will bring meat back to the pack and share with others that didn't help in the kill.

These examples long puzzled ecologists because it should never be a good survival strategy to be altruistic in nature. Imagine a poker game between two people. One person plays the game normally and the other is an altruistic person who, when he wins a hand, splits his winnings with his opponent. It doesn't take much imagination to realize the altruistic player will always lose! In fact, the normal player would win even if he was at a table with many altruists. Altruism is clearly a bad strategy in poker and it was long thought to be a bad strategy in ecology. Ecologists figured self-interest was the only way to survive. To be fair, they're not the only ones that thought this, economics is still based the fact that people will make decisions based entirely on self-interest.

In the 1960's ecologists and biologists hit on two answers. One answer was that related individuals (siblings, cousins, etc.) should act altruistically because they share many of the same genes. It would be like playing poker and sharing your chips with a sibling because you wanted someone from your family to win. This is the view E.O. Wilson espoused for a long time and the reason why worker bees work for nothing; they are putting their "chips" in with the queen (to whom

they're strongly related) and let her do all the reproducing.

The other explanation, and the one that Wilson is now firmly standing behind, explains altruism by saying that it makes sense when competition between two groups is stronger than the

## VIEWPOINT

JEREMY LABRECQUE

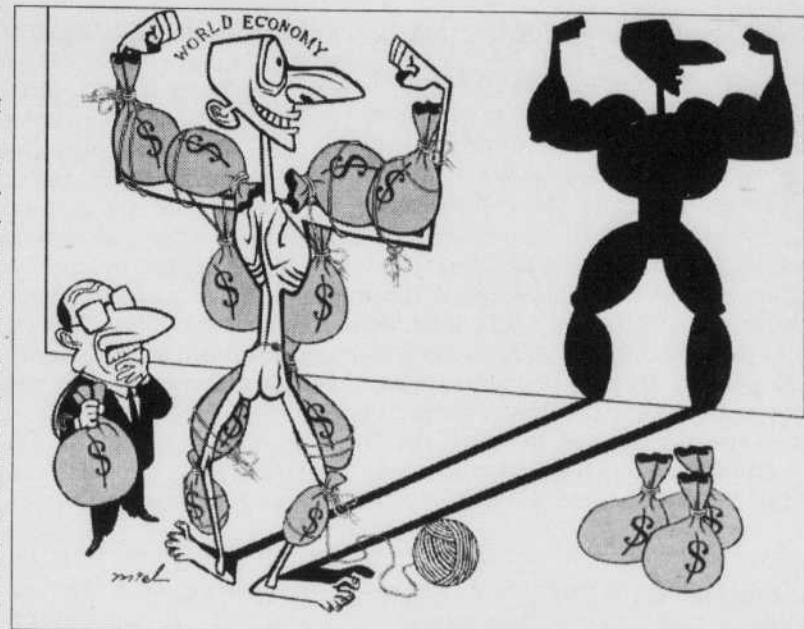
competition within the group. A crude example would be that of a hockey team where all players compete individually (contracts

and personal glory) and the team competes against other teams (winning). If the coach told the team that no player would get a bonus if they didn't make the playoffs, the players would be more willing to play as a team and overlook their individual interests because the competition with other teams would become more important than their personal interests.

We have, therefore, two different explanations of altruism in nature. Do these two theories explain human altruism? Certainly we act more altruistically toward family because we see each other as part of the same whole. New mothers also often describe their newborns as being a little piece of themselves. There are also groups that band together and treat each other altruistically in order to achieve bigger goals such as labour unions.

There are, however, some forms of human altruism that defy both of these theories. These actions, I would argue, are part of what makes us distinctly human because they create altruism where, ecologically, none should exist. A good example of this would be the \$31 billion charitable donation (85 per cent of his wealth) that investor Warren Buffett made to The Bill and Melinda Gates foundation in 2006; the biggest donation of its kind. But altruistic actions don't necessarily need to be that grandiose. A small action like helping an elderly woman with her groceries is also a case of genuine altruism. Both of these cases involve helping unrelated people who are not part of the same social group and both, I feel, are the pinnacle of humanity.

However, while some acts of altruism, such as charity, are deeply respected and admired, there are others that are equally demanding that go unnoticed or are even shunned. This brings me back to the beginning of the article. When E.O. Wilson admitted he thought he was wrong about his previous theories on altruism, he was being altruistic himself. After all, admitting you're wrong about something usually incurs a cost of some kind and it is done for some greater good. Which makes me wonder, especially during this provincial election campaign, why politicians don't ever seem to admit they were wrong? I'll leave you to come to your own conclusions!



## LETTER

### Get out and vote

Before you go and vote in this upcoming provincial election it would be wise to remember that a few years ago the people living in the Brome Misisquoi region were up in arms at the fact that Pauline Marois, who was minister of health at the time, wanted to completely close down our Brome Missisquoi Perkins hospital sending everyone to get treatments at the Granby hospital.

We, the people, fought tooth and nail to keep our hospital open, and I might add succeeded because it is "our" hospital.

We have the best hospital in the province and it will be getting better with the help of the \$15 million or so that is being infused for a major upgrading.

Keep in mind that Pierre Paradis' efforts have made this all possible. He alone, in his wisdom, had the foresight to see the influx of population in this area and acted promptly and accordingly. Increasing the capability of our hospital was needed and Pierre Paradis saw that it was done.

Will Pauline Marois reverse this and put a stop to our hospital renovations should she be elected the same way she tried to close it down in the past?

Don't forget this when you are alone in the voting booth ready to mark your ballot. We don't need another election or referendum.

It's up to the electorate to get out and vote despite the weather, to insure there would be no changes in the improvements being made to our hospital and I might add to our now being rejuvenated Courthouse next door.

ROBERT "BOB" GOULET  
West Brome



on Business

### Manoir Lac Brome Fall Activities



#### On Wednesday, October 22 Fashion Show at the Manoir

Jones-NY-Knowlton came to the residence and a very good time was had by all.

The Manoir would like to thank Jackie, Tiffany and Angele for a very successful event, also would like to thank Jenny at the Manoir.



On Tuesday, November 11th the Remembrance ceremony took place at the Manoir. Coralie Sommerville and David Munn were officiated.

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# Homemade Christmas to go!

Philip A. Godin  
BCN CORRESPONDENT - Knowlton

The trick is to get there early in the morning, as early as possible in fact, if you want to get to choose among la crème de la crème of home cooked Christmas goodies available anywhere in Brome Lake.

Brome County Historical Society Director Beverly Crandall is co-ordinating the 2008 edition of the organisation's bake sale, scheduled for Saturday December 13th in Knowlton.

"We'll have all kinds of fancy Christmas baking on hand like Biscotti, Marzipan, pies, cakes, French Bûches de Noël, Christmas cookies, mincemeat tarts, butter tarts, plum pudding, shortbreads, specialty nuts and a large supply of dog biscuits for the family fido".

Along with a dozen or so volunteers at the Society's Centennial Building, Crandall will, in the space of a few short hours, collect, price, display and sell as much as \$2,500 worth of homemade sweets, all donated by the area's finest country kitchens.

A feature of particular interest at previous sales is the personalised gingerbread cookie service provided by Society Volunteer Sue Scott. The moulded and edible figures are sold with ribbons already attached, making them perfect for trimming a tree or finishing a special parcel.

For a nominal donation to the BCHS, Scott will write names or messages on the cookies either onsite or before hand if people give her a call in advance at 450-243-7659.

Another factor that explains the sale's popularity is that people can buy an attractive dessert and give it as a hostess gift, sparing a lot of fuss at this busy time of year.

"Cooks have been asked to gift wrap their goodies using transparent covering so that they can make attractive presentations as well as great desserts," explained Crandall.

In keeping with the emerging social trend aimed at limiting solid waste, organisers are asking shoppers to bring their own bags or better still, purchase one of the Society's cloth bags at \$4, something that may even pass as gift-wrap.

Again this year, a fully decorated gingerbread house will be drawn as a door prize with proceeds also going to the Society. Wait till the kids get a hold of this one!

The Society will have on display an assortment of locally produced handmade wooden toys and a collection of books touching on local history and points of interest.

Cooks are invited to drop off their holiday favourites, unpriced to the offices of the Brome County Historical Society at the corner of Lakeside and Victoria streets in Knowlton before 4 p.m. on Friday December 12th.

The sale opens at 10 a.m. on Saturday December 13th. More information is available by calling the Society's offices at 450-243-6782.



PHILIP A. GODIN

"Ah! A truly homemade Christmas, or at least the desserts and the tree decorations, what with Sue Scott's personalised gingerbread cookies and an array of Christmas goodies all guaranteed yummy and festive for the holidays. The Brome County Historical Society's annual Christmas fundraiser; it's all about the calories on Saturday December 13th."

## COMMERCE:

CONT'D FROM PAGE 1

that means the vision for 2009 will be to increase traffic to the entire Town of Brome Lake. They are concentrating their main efforts on three festivals; The Duck Festival, The Festival of Lights and a Bel Canto street festival in order to bring some of the cultural activities into the centre of the town of Knowlton instead of strictly in the venue locations.

"The street festival centered around Bel Canto will be very interesting," said Brown. "We already have different kinds of entertainers applying to participate." They hope to have opera students performing on the streets as well.

The Festival of Lights will continue to grow, illuminating the town even more each year and offering Knowlton as a pre and post Christmas destination. There will be continued support for the Canada Day festivities, Pumpkin carving contest and many more local activities.

Brown said they will also work more on networking within the business community. "We are going to try the breakfast meetings again," says Brown. "They've been a success in the past. It's a chance for different types of businesses to find out about each other and learn how to help each other."

During the question period the Chamber was complimented for being more open and accessible than it's been in years. Merchants would like to see better communication between themselves and the bus touring companies to be better prepared for the crowds when they come. There were discussions about how to fill the empty stores in town and concern on how the Blackwood Dam renovation would affect business in the coming year.

The President of the Chamber is also hoping to reach out and encourage all of the 160 members to come to the meetings and get more involved. "We want to reach out to everyone, the merchants are important, but so are the contractors, plumbers and electricians. We would love to know their perspective and to help them out too."

## CALENDAR:

CONT'D FROM PAGE 2

**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, Nov. 30th - Service will be at Church of the Ascension, West Brome. White Gift Sunday - Morning Prayer - M. and S. Jolley

**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 - Calvary United Church in Sutton and Dunham United Church will be closed on Sunday, November 30th. You are cordially invited to a joint worship service at Emmanuel United Church in Cowansville at 10:30 a.m.

**ANGLICAN PARISH OF BEDFORD-PHILIPSBURG & FARNHAM**  
Parish of Bedford-Philipsburg-Farnham and Members of the Borders Regional Ministry. Sunday services for Nov. 30th will be in Farnham for a joint service with Bedford and Philipsburg at 4:00 p.m. Eucharist. Pot luck

**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.

**BEDFORD UNITED CHURCH PASTORAL CHARGE**  
Service for Sunday, Nov. 30th will be held in Philipsburg at 10:00 a.m. Rev. Phyllis Smythe officiating.

**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.

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BURNHAM, David - November 22, 2007. In memory of a beloved son, brother, father and uncle.

*Though his smile is gone forever  
And his hand we cannot touch,  
Still we have so many memories  
Of the one we loved so much.  
His memory is our keepsake  
With which we'll never part,  
God has him in His keeping  
We have him in our hearts.*

Lovingly remembered,  
MOM, DAD,  
MURELYN (DIANE)  
RHONDA (PIERRE)  
LISA (EDDY)  
MICHAEL (son)

DE LONG, Keith and family - Wife Wanda (Harris) and son Richard, of Scarborough, Ontario and daughter Elizabeth (wife of Jim Tomkins) of Whitby, Ontario whose lives were tragically lost on November 19, 2008. Keith, son of the late Nelson and Lorraine De Long, brother of Ann Thayer of Knowlton and half-brother to Andrew Partington of Cambridge, Ontario and Tim of Oliver, BC. Wanda, sister of Jim Harris of Halifax, NS and Bill of Woodsville, New Hampshire, dearly loved daughter of Evadna (Camber) Wallace of Ajijca, Mexico and the late Reginald Harris. Also loved by his brother-in law and sisters-in law. Loving aunt and uncle to many nieces and nephews, also great nieces and nephews. In lieu of flowers, donations to the St. Justine Hospital, 5757 Decelles Ave., Montreal, QC, H3S 2C3 or the Eastern Townships Children's Wish Foundation would be appreciated. Internment to take place in the spring. Memorial Service at a later date.



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# CSSS Quality Awards announced

David Anderson  
BCN CORRESPONDENT - BEDFORD

**O**n Monday morning, health care representatives and workers gathered for a press announcement at the CSSS La Pommeraie in Bedford.

The CSSS La Pommeraie was recognized at the presentation of the 2008 Réseau de la Santé et des Services Sociaux Excellence Awards. Last October, Health and Social Services Minister, Dr. Yves Bolduc, honoured the CSSS La Pommeraie in the Personalization of Care and Services Category for its project "We've got talent."

The innovation aims to create a stimulating living environment for people residing in home-care centres, taking into account their personal interests.

This innovative program of the CSSS La Pommeraie is part of the policy agenda of the Department of Health and Social Services - A quality living environment for people residing in home-care centres. "At the CSSS La Pommeraie, several strategies were used to better integrate the notion of 'living environment' in our home-care centres, this is a win, win approach," explained Diane Daigle, General Manager of the CSSS La Pommeraie.

With this in mind, Chantal McMahon, Coordinator of the Bedford CHSLD (CSSS La Pommeraie), came up with the idea for We've got talent and in 2006, she implemented the program put together by recreation professionals and carried out by client care attendants. The coordinator of the Foyers de Farnham (CSSS La Pommeraie), Monique Bourbonnais, thoroughly excited by the project, followed suit soon after.

We've got talent, encourages the interest and participation of the residents who need it the most. The program is flexible, mobilizing and fulfilling for the staff. Beyond the activities, contact with the residents is a goal; it is about the human dimension of relationships. Several activities are introduced: arts and crafts, aromatherapy, family album, cleaning the resident's desk or closet (with the resident's help), walking, reading, personal care, conversation, music, and so on.

"Residents feel privileged; they accept this "relationship" as a recognition. We also notice that they are less anxious and less likely to fall. Before the program was implemented, only 50 per cent of the residents participated in activities. Now 100 per cent participate.

"Thank you to everyone that made this possible," said Christiane Granger, Manager of Geriatric Programs and Services at the CSSS La Pommeraie.

Nursing attendant Mélanie Corbeil said that she liked the program and that she liked the extra contact with the residents.

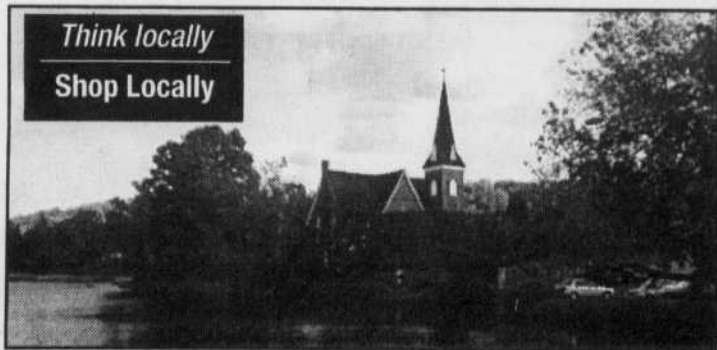
"I feel important taking part in the program, we see a smile from the client," she said.

"This award of distinction, given by the Health and Social Services Minister, testifies, once again, to our commitment", concluded Daigle.



PHOTOS BY DAVID ANDERSON

Dianne Daigle, Eliette Doyon, Manon Boulet (trophy), Solange Bélisle, Monique Bourbonnais, Chantal McMahon, Sonia Lessard, Christiane Granger, Angele Thibault, Melanie Corbeil.



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