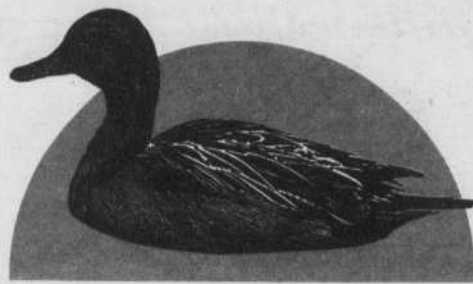


Brome County NEWS



WEDNESDAY, JULY 4, 2001

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Cowansville craft show to be better than ever

By Maurice Crossfield

People with an eye for crafts will be heading to Davignon Park in Cowansville this weekend, for what is promising to be the largest craft show in the region.

"We had 65 vendors last year and this year we've got 120," said Alan Webb, who, along with Maurice Lacroix and Tait Hau-

ver have been working night and day to put the show together. "It went beyond our expectations last year, and we're hoping it will do the same again this year."

Lacroix and Webb first came up with the idea of an outdoor craft show last year. The two candidly admit the idea first took root after seeing the impressive craft show Hatley puts on every year for

Canada Day. Lacroix and Webb, who both build intricate wooden toys, took part in that show once again last weekend.

Idea in mind, the two approached Cowansville mayor Arthur Fautoux, and before long the municipality was squarely behind the idea.

Despite the heat, the show attracted an estimated 8000 people, providing

something to do at a time when Cowansville is normally quiet.

"All Maurice and I did last year was say we thought this would be a good idea," Webb said. The municipality helped out by covering the cost of tents, bringing in extra electricity and helping out with the numerous details.

SEE CRAFT SHOW, PAGE 7

Canada Day highlights weekend



CAROLINE KEHNE/CORRESPONDENT

From Knowlton to Cowansville, residents in the Brome-Missisquoi area celebrated their first Canada Day of the new millennium last weekend with a parade, outdoor concerts, face painting and much more. See Page 8 for pictures from the weekend's celebrations.



MAURICE CROSSFIELD

Alan Webb (left) and Maurice Lacroix (right) are co-creators of the Cowansville craft show, which promises to attract crafters of all kinds to Davignon Park this weekend.

West Brome featured in film

By Caroline Kehne
RECORD CORRESPONDENT

Imagine sitting at the counter of your favourite breakfast hangout, doing what millions of folks do every day - downing your fourth cup of java, reading the local rag and catching up on news with the breakfast regulars.

Things take a twist when a stranger appears, you become witness to an accident, and suddenly, your life is part of story line, one of three seemingly unre-

lated threads that eventually weave themselves into one.

That is the one thread in Three Steps Back to Nothing, a 75-minute feature film by novice filmmaker Daniel-James (a.k.a. D.J.) Matrundola.

The film, shot in Montreal, Cowansville and West Brome, will make its public debut on Thursday, July 5 at 7:30 pm at the Hall Building on Concordia University's downtown campus.

SEE THREE STEPS, PAGE 5



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DRIVE-IN SEE PAGE 6



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BROME COUNTY COMMUNITY BILLBOARD

COMMUNITY CALENDAR

July 4

B.M.P. Hospital Auxiliary, which operates the hospital boutique, is holding a "CHRISTMAS IN JULY" sale in the main lobby of the hospital from noon till 4 p.m. and on Thursday, July 5, from 9 a.m. to 4 p.m.

July 7

STRAWBERRY AND ICE CREAM SOCIAL at Dunham United Church, 1 - 3 p.m. Strawberries, ice cream, cake and beverage. Admission charges. For more information, please call Barbara at 295-2348.

STRAWBERRY SOCIAL at Granby United Church, 101 Principale St., Granby from 1 - 3 p.m. Admission charged. Reservations, Virginia, 776-2287 or Phyllis, 372-7558.

FOSTER FESTIVAL 'PORK & BEEF BBQ' at the Community Center, Foster at 5p.m. Music and dancing. Proceeds to support local activities. Tickets, \$12.50 adults, \$6 children under 10 yrs. available at Depanneur Lakeside, 756 Lakeside, Foster. All welcome!

FLEA MARKET and Sale of Fabrics and Upholstery Fabrics at Knowlton United Church, 234 Knowlton Rd., Knowlton, 9 a.m. - 4 p.m. Rain or shine. Tables, \$10. donations gratefully accepted.

July 8

MAGIK-ART TRAPEZE FULL DRESS REHEARSAL at Institut du Developpement de la Personne, 13 Paramount Rd., West Bolton at noon, rain or shine. The thirty minute outdoor show is part of a fundraising campaign, to help the Troupe cover the expenses generated by their first international competition at the International Competition of Jeux

de la Francophonie in Ottawa-Hull on July 15. Donations appreciated. Information, Marie-Helene, 242-1961. Montreal Children's Hospital Foundation Charity Mechoui at Rochers Blues, Sutton. Includes cocktails, hors d'oeuvres, full show with the famous D.J. "George", surprise gifts, and much more. \$85 per person with minimum tax receipt of \$40. Contact Leanne (514) 735-4601 ext. 243 for tickets and details.

July 14

Sutton Library Annual BOOK SALE at John Sleeth Centre on Academy St., 8 a.m. - 2 p.m. Browse through new and used books, French, English, young & adult. Most books less than \$2. Proceeds finance new book purchases. Book donations are most welcome during opening hours: Tuesdays, 2:30 - 5; Thursdays and Saturdays, 10 til noon; Fridays, 2:30 - 7 p.m.

Sept. 15

ADVANCED NOTICE: Interested in participating in **Townshippers' Day**, Sept. 15 in Waterville? If so, please call Townshippers' at (819) 566-5717, (450) 263-4422 or 1-866-566-5717.

ARTS CALENDAR

July 6 & 7

The **WYRD SISTERS'** present Gissa Israel's "Girl!" on Friday, July 6th also on Saturday, July 7th, Petra Kixmoller in 'A Place' by L. Lewis and Allmut Ellinghaus' Who is Bluebeard Anyway? at Uplands Museum, Lennoxville, 7:30 p.m. (819) 564-0409.

July 10

Papermaking: a one-day WORKSHOP to learn how to make your own paper from dry pulp. Add dried plants and flowers for personalized and original sheets of paper. Bishop's Knowlton Centre, 235 Knowlton Rd., Info: Louise Jamet, 242-1518.

July 8 to Aug. 17

One week **SUMMER WORKSHOPS** in creative writing (in French), interior design, painting, collage and mixed mediums, drawing, silkscreening, calligraphy and sculpture. Bishop's Knowlton Centre, 235 Knowlton Rd. Info: Louise Jamet, 242-1518.

Aug. 12

Knowlton Harmony Band **SUMMER PARK CONCERT** at Edwards Park, West Brome, 6:30 p.m. (weather permitting). **ADVANCED NOTICE: FINAL CONCERT**, August 26 at Coldbrooke Park (by the dam, Knowlton). Joint concert with the Enosburg Falls Town Band and Knowlton Harmony Band, 6:30 p.m. If rain, concert held at Knowlton United Church, 234 Knowlton Rd., Free concerts. Everybody welcome!

Through to Aug. 25

THEATRE LAC BROME REPERTORY SEASON 2001. An Anglophone Is Coming To Dinner, Hank Williams: The Show He Never Gave, Travels With My Aunt, The Turn Of The Screw. Performances at Knowlton Pub Playhouse, Tues., to Sat., 8 p.m., Thurs., matinee, 2 p.m. Tickets: \$5 to \$24. Box office (450) 242-2270, website, www.cclacbrome.qc.ca/tlb. Last chance to purchase subscription vouchers - four performances \$75; eight performances \$140. Available until July 7.

CHURCH SERVICES

PARISH OF BROME: July Services: First four Sundays only one worship service each Sunday in the Parish of Brome at 9:30 a.m.; July 1st, St. John Evangelist, Brome Village; July 8th, St. Aidan, Sutton Junction; July 15th, Holy Trinity, Iron Hill; July 22nd, Ascension, West Brome; July 29th: 9:30 a.m. Ascension West Brome, 11 a.m. St. John Evangelist, Brome Village, 11 a.m., Holy Trinity, Iron Hill, 2:30 p.m. St. Aidan, Sutton Junction.

ST. PAUL'S ANGLICAN CHURCH 24 St. Paul's Road, Knowlton. We wish to know Jesus Christ and to make Him known. Sunday Services, 8 & 10 a.m. Sunday School and Nursery, 10 a.m. The Rev. Ralph T. Leavitt - Pastor.

KNOWLTON/CREEK PASTORAL CHARGE Worship & Song by members & Rev. Burn Purdon. Creek United, Foster, 9:30 a.m. Knowlton United, Knowlton, 11 a.m.

COWANSVILLE AREA PASTORAL CHARGE UNITED CHURCH: Worship during month of July at East Farnham United Church, 9:30 a.m., July 1 & 8 Rev. Mary MacPherson; July 15, 22, 29: Mem-

bers of the congregation. All welcome.

TRINITY ANGLICAN CHURCH, COWANSVILLE invites you to worship and fellowship Sunday mornings at 9 a.m. and 10:30 a.m., 409 South St. This active little church has a nursery and Sunday School at 10:30 a.m. Drop in or call 263-2662

GRACE ANGLICAN CHURCH SUTTON Warmly welcomes you to join us in Worship of the Lord. Service, Sundays, 10:30 a.m. at 52 Principale Sud. The Rev. Canon Tim Smart, Rector.

ST. PAUL'S UNITED CHURCH, WATERLOO During June, July, August Sunday Services will be held at 9:30 a.m. at Waterloo and Fulford with combined congregation. 1st, 3rd and 5th Sunday services will be in Waterloo, 2nd and 4th in Fulford. Waterloo Sunday School final day is June 10, resuming in September.

ST. LUKE'S ANGLICAN CHURCH, WATERLOO, 400 de la Cour. Sunday services at 9:30 a.m. Holy Communion is celebrated with the Rev. Wilmur Davidson on the 2nd Sunday of each month at 9:15 a.m. Our doors are open, our hearts are open, our arms are open.

SUTTON-DUNHAM UNITED CHURCHES are closed for the month of July. worship will resume on August 5th in Sutton.

BAPTIST CHURCHES Sunday Services: Mansonville Baptist, 9:30 a.m.; Olivet Baptist, Sutton, 11 a.m. All welcome.

MANSONVILLE UNITED CHURCH each Sunday at 11:00 am. For ages 3 and up (those younger are welcome in worship). Please phone to register in advance with either Rev. Christine MacLeod at 292-3996 or Kim Nichols at 292-3157. (Children must be accompanied by an adult who can either help in Sunday School or join us in worship.)

BEDFORD PASTORAL CHARGE invites you to come and worship with us. Minister: Rev. Malcolm Cogswell. Sunday Service July 8 at 10 a.m. in Mystic.

COMMUNITY NOTES

Do you wish you could read better? Need help with basic math? Call the **YAMASKA LITERACY COUNCIL**. Work one-on-one with a tutor and learn at your own pace. Lessons are FREE, private and confidential. Learning can be fun so why not do something for yourself today? Call Wendy at 263-7503.

Looking for volunteers from the area to help with upcoming **SPCA** events in Knowlton and Cowansville - walk a dog, man a booth, help setup or clean up, etc. Please call 242-2892.

Out of Quebec residents do not include PST. Rates for other services available on request. The Record is published daily Monday to Friday. Back copies of The Record are available.

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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 \$6 is required weekly. Please forward notices to Box 488, Knowlton, J0E 1V0, email: bcn-news@endirect.qc.ca, or fax: (450) 243-5155. Visa and Mastercard accepted.

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CIRCULATION

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SUBSCRIPTIONS

	GST	PST	TOTAL	
CANADA: 1 YEAR	114.40	8.01	9.18	\$131.59
6 MONTHS	59.00	4.13	4.73	\$67.86
3 MONTHS	30.00	2.10	2.41	\$34.51

Ferocious fighters free-up funds

Waterloo Elementary School receives \$1,100 donation

By David Anderson
PHOTO CORRESPONDENT
FOSTER

Foster business persons Lloyd Sturtevant and Hope Coulombe gave the gate proceeds from their second outdoor Eastern Townships Wrestling Association match to Waterloo Elementary School.

Held at their Marina property, this year's event was a major success.

Principal John Wilson received the \$1,100 donation from Sturtevant while attending a special BBQ held on behalf of the Waterloo staff hosted by the Foster couple.

"The donation will go to a few earmarked projects for the upcoming school year," said Wilson, who is also Principal at Mansonville Elementary School.

Said Sturtevant at the event: "We had hoped to raise more money but with the rain on the weekend of June 23 people decided to stay home. We had put up a large tent, all in all it was a great night for the 220 people who came."



DAVID ANDERSON/PHOTO CORRESPONDENT

John Wilson receives a \$1,100 donation from Lloyd Sturtevant for Waterloo Elementary School.

Stanbridge East's 66th annual flower show sponsors poster contest

By Caroline Kehne
RECORD CORRESPONDENT
STANBRIDGE EAST

The St. James Flower Committee is sponsoring a poster contest open to all children under the age of 17.

Participants are invited to design a colour poster for Stanbridge East's 66th annual Flower Show, which will take place Friday, Aug. 17 and Saturday, Aug. 18 at the Memorial Hall on Academy Street.

Posters will be judged in one of three age categories and winners will be announced on Aug. 18, at 4 p.m.

All submissions must include the following information to be eligible for judging: the name of the event (St. James Flower Show), location (Memo-

rial Hall, Stanbridge East, Quebec) and date and time (Aug. 17 & 18, 2 p.m.). Posters may be made using any kind of art material (crayon, marker, paints, etc.).

Posters may be dropped off at Blinn's Store or mailed to St. James Anglican Church (15 Maple Street, CPB 39, Stanbridge East, QC J0J-2H0). The deadline for submissions is July 20. All entries will be posted in Blinn's store window and later, at the flower show.

Flower show organizers will also once again have a float in the Aug. 9 Bedford Fair Parade and are looking for volunteer children of all ages to serve as "flower bunnies".

For more information, call (450) 248-3616 or (450) 248-4526.

Museum to offer children's corner

By Caroline Kehne
RECORD CORRESPONDENT
STANBRIDGE EAST

The Missisquoi Museum will soon open a clubhouse corner for children visiting the museum.

The clubhouse is the summer project of Rebecca Blinn, a 21-year old who is studying social sciences at Champlain College in Lennoxville en route to becoming a history teacher.

Blinn, who will transfer to Bishops' University in the fall, was hired by the museum under a 10-week Heritage Canada Youth Works grant to coordinate the project.

The project is the result of a focus group con-

ducted with eight local children. The group, consisting of six children between ages eight and 12 and two teenagers, selected the name as well as the types of objects and activities to be included.

When completed, the Missisquoi Museum Clubhouse will include a doll house, costume jewelry and clothing for playing dress-up, paper dolls, a selection of wood toys and a puppet theatre.

Blinn has already located many of the objects in the museum's inventory but is still looking for donations of an area rug and wooden toys.

The clubhouse will open the week of Aug. 13. The public is invited to an opening reception on Tuesday, Aug. 14 from 2 p.m. to 5 p.m.

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Watch what you're leaving in your parked car

The automobile as an E-Z Bake Oven in the hot sun

The heat of summer seems to come and go, and with it the challenges of transporting yourself, your family and maybe even your pets. With that in mind we all have to remember what (or more appropriately who) we're leaving behind every time we lock up the car.

A Hamilton, Ont. doctor has been charged with abandoning his six-month-old child in the back seat of his car in early May. Being an educated man with a background in medicine he should have realized the dangers he was exposing his child to. He has now exposed himself to a possible two-year jail term as well.

Even on pleasant spring days sunlight can turn the interior of a car into a solar-powered oven, with potentially fatal results.

To prove the point, a pediatrician from McMaster University did a test. On

a 35 Celsius (95 Fahrenheit) day he took an air conditioned car, parked it in the sun and shut it off. Twenty minutes later the interior temperature was over 50 C (122 F). Twenty minutes after that the interior temperature reached 65.5 C (150 F).

"Leaving a window even slightly open, or 'cracked' did little to prevent the temperature from rising to a level that is dangerous for children, vulnerable adults and pets," said Emile Therien, president of the Canada Safety Council, of the General Motors sponsored study.

This might seem like common sense on a sunny, hot July day, but a lot of people wouldn't even give it a thought on a cooler, cloudy day. Even so the danger is real. Since 1996 some 120 children have died in hot parked cars in the US. Canadian statistics aren't available, but I think you get the point.

Part of the problem is the core temperature of a young child can increase five times faster than an adult. By the time their core temperature reaches 40.5 C (105 F), heatstroke sets in, with the child going into shock, and vital or-

UNDER THE HOOD

MAURICE CROSSFIELD

gans starting to fail. The child is often too young to help themselves by opening a window or door. What a horrible way to die.

The problem is serious enough that GM is developing a sensor that detects body motion in hot vehicles. The sensor would in turn sound an alarm. But if people react to the alarm the same way they do to anti-theft alarms, it probably won't do much good.

PETS ARE PEOPLE TOO

This rather grim warning applies to family pets as well. While most people have enough sense not to leave their child unattended in a car (it's always a bad plan, no matter what the weather), many of them wouldn't give a second thought to leaving their cat or dog there. Fido and his four-legged friends can't sweat like we do, with potentially fatal results.

A good rule of thumb: If you wouldn't be comfortable in the car without a window open, Fido wouldn't be comfortable either.

There's another aspect to using a car

as an E-Z Bake Oven: Grocery day. At 150 F, food is in prime condition to breed bacteria on short notice. Save your grocery shopping for the last errand of the day, or bring a cooler.

"What did you pick up at the store dear?"

"Botulism."

"MMMM..."

So in the coming hot weeks, keep these simple rules in mind: A) Never leave a child unattended in a car. B) Avoid leaving your pets in your car. If you must, leave lots of windows open. Better yet, leave your pet at home. C) Don't leave your groceries in the car to bake in the sun.

Sticking to these rules is a good way to avoid tragedy, both for yourself and your family.

On a personal note: A HUGE thanks to the maternity unit at the BMP, for doing such a great job with the birth of my daughter. These folks are first class, all the way. So everyone go out and buy a ticket for the hospital's annual car draw, and support this fine institution. Who knows, you might even score some new wheels.

Mansonville scouts off to Canadian Jamboree

Gathering in PEI expected to draw 13,000 people

By Murielle Parkes
RECORD CORRESPONDENT

Six Mansonville scouts - three boys and three girls - and two adults with an adventurous spirit, are en route by Voyageur bus to Cabot Park Provincial Park in Prince Edward Island to participate in the 10th Canadian Scout Jamboree.

The week-long extravaganza, which

takes place from July 6 to 14, is expected to draw 13,000 scouts from across Canada, including 400 from La Belle Province.

The group has been working for four years to raise the money, "ever since the last Jamboree," said Joanne George, an enthusiastic cub leader and energetic fundraiser for the movement. The undertaking has been no mean feat.

Already, it has cost the troop \$6,000, including registration and travel arrangements.

"And we still have to feed them," she added.

Provisions and fuel, which must be purchased in P.E.I., plus the cost of special activities, are expected to boost total expenses past the \$8,000 mark.

Normally, scout leaders make the trip with their troops. However, the Mansonville scoutmaster is Shawn Pouliot and his work is in excavation.

He would have loved to have gone,

he said, but summer is peak season for construction.

So Nicole Jauniaux, one of the moms, got the nod.

The possibility of her making the trip was first made in jest, Jauniaux said.

"It's only a joke," she had told Pouliot. "But, if you need somebody to help, tell me. I would like to go to P.E.I. with you."

Now she's on her way and delighted to be part of the island experience, which Jamboree organizers are promising will be an "awesome adventure!"

Along with the opportunity to exchange badges, addresses and friendship with scouts from across Canada, the Mansonville troop will be getting to know their Knowlton neighbours better.

"We'll be buddying up with them," said George. "Because we don't have any official leaders going. And Knowlton does."



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THREE STEPS:

CONT'D FROM PAGE 1

"The feature is made up of three stories about love, friendship and the end of a relationship," said Matrundola. "It begins with Darcy reminiscing about an event in her life that took place over one weekend."

The first chronicle is about a group of friends going camping. Jason and Beth had never met before and end up falling in love. The second tale is about a breakup that ends in tragedy: Steff leaves and Darcy follows. The third story is about John. When he loses his car on the way to the campground to join his friends, he meets up with an odd woman who gives him a ride back to the city.

The 24-year old filmmaker and Montreal resident wrote, filmed and edited "Three Steps Back to Nothing" while working a full-time job as a technician at a grip and lighting rental business that services the local film industry. The former Dawson film student's film portfolio includes two short films, Birth of a Puppet (1997) and Ah-Rith-Mi-Ah (1998), both produced while he was a student at the CEGEP. In fact, Ah-Rith-Mi-Ah won an award for best editing and best sound at Dawson College's 1998 inaugural media night.

Matrundola took the first step toward producing a feature film after reading an article on low-budget filmmaking. Using the article as inspiration, he obtained a loan and invested over \$10,000 in the purchase of a camera and Macintosh-based editing system to save equipment rental costs. He chose to shoot on mini-D.V., a medium suitable for television broadcast. With a production cost that is a fraction of the cost of film, the medium is an acceptable compromise for many upstart independent film producers on tight budgets.

"You can't send a film to Cannes unless you transfer it to film, but that's okay for me," he said.

He then recruited theatre actors willing to act for free and arranged to work with them a few at a time. Despite his tight budget and inexperience, Matrundola was able to pull in some interesting actors and theatre-school students, including English actress Ann Day Jones, who drew the attention of the crew for her ability to deliver subtle performances on film. She is joined by a cast of eight other professional actors, including Myles Beeby, Mona Maud, Eric James, William Furtada, Quivisha Shanahan, Angela Murphy, Brendan Rhodes and Rose Marie Canonico.

Matrundola's Brome-Missisquoi connection was a serendipitous one. It was through a cousin, West Brome resident and storyteller Bee "Grampa Bob" Santori that he was connected with the Townships.

"A neighbour spends a lot of time in Bromont and came back with a front page newspaper article on Bee (in the Brome County News June 21, 2000)," said Matrundola, who cast his cousin in a minor speaking role playing himself, despite no previous acting experience.

"Bee loves to tell stories. I thought that as a storyteller, he might be able to pull it off."

In one pivotal scene, shot on location at West Brome's Cantine Danny, a patron sits reading the article, providing a convenient introduction to Santori as a local storyteller. The real Bee then demonstrates his skills, launching into a short story to cheer up a distraught stranger, Darcy (played by actress Ann Day Jones), who has entered the diner.

Some locals are sure to be attending the film's Thursday night debut at Concordia.

"Three Steps Back to Nothing will be bigger than the Blair Witch Project," proclaims Bee Santori, no novice in the 'tall tales' department. Though he hasn't seen the final product, Santori insists that he has talked to some who have and that the buzz is stronger than an overdose of Cantine Danny's coffee.



COURTESY D.J. MATRUNDOLA

A promotional poster for *Three Steps Back to Nothing*, making its debut Thursday at Concordia University.

With the production front covered, Matrundola has now focussed on getting his film out to the public. Following six unsuccessful submissions to film festivals, his project was accepted by the New York Independent Film and Video Festival, which plays in both Los Angeles and New York.

On July 12, *Three Steps Back to Nothing* will be screened in Los Angeles where its creator will vie with legions of other filmmaking hopefuls for the elusive lucky break.

Will *Three Steps Back to Nothing* do to West Brome what *Blair Witch Project* did to Burkittsville, Maryland? Nobody, including its maker, is willing to bet that it

will be short-listed for an Oscar, but who could resist what may be the first (and, quite possibly, the last) film set a West Brome diner?

.....

THREE STEPS BACK TO NOTHING, A 75-MINUTE FEATURE FILM BY NOVICE FILMMAKER D.J. MATRUNDOLA WILL MAKE ITS MONTREAL DEBUT ON THURSDAY, JULY 5 AT 7:30 P.M. AT THE HALL BUILDING ON CONCORDIA UNIVERSITY'S DOWNTOWN CAMPUS, LOCATED AT 1455 DE MAISONNEUVE WEST. THE FILM WILL ALSO BE SHOWN ON JULY 12 AT THE NEW YORK INTERNATIONAL INDEPENDENT FILM AND VIDEO FESTIVAL IN LOS ANGELES.



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Extra! Extra! Read all about it

Butler newspaper offers the low-down on pre-teen cool

By Caroline Kehne
RECORD CORRESPONDENT
BEDFORD

Corporate marketers are going to unprecedented lengths to corner the mercurial youth market, hiring "cool hunters" to identify the latest grassroots trends and focusing slick media advertising tailored to youth "concerns".

Recently, a group of students at Butler Elementary School took a giant step toward understanding how media works with the creation of the Rix Street Journal, the school's first in-house newspaper run by and for students.

The idea for the journal came from two students, Olivia Kidd Monette and Casey Merner-Brown, who approached teacher Sheryl Taylor with the idea. Taylor agreed to supervise the project and the founders set about searching for other recruits to put the paper together. They recruited Grade six student Francis Bolap and Grade seven student Antoine Wade to assist in the computer and camera work. The duo also brought on a host of others as contributing writers.

Issue number one, which rolled off the presses in May, 2001, is a six-page legal-sized newspaper whose masthead promises "sports, entertainment, news, jokes, fashion, reviews". In short, a cool hunter's dream.

Page one, however, is filled with some pretty square but interesting stuff. Lead stories are on the origin of the newspa-

per, the history of the Butler school and a biography of its namesake, Hobart Butler. Readers get into the editorial meat on page two with an opinion piece entitled "Bullying and teasing are out, standing up for yourself is in" and an exposé on the Massey Vanier Science Fair.

We learn that Grade 5W has adopted a manatee and get the low-down on the new Harry Potter Club. Interspersed throughout are works of poetry and prose by Butler students.

Also, who can resist the column, "What's HOT, What's NOT", written by students Misty, Jessie, Alyssa and Olivia. The May topic, "This Year's Spring Colours" may have had parents pulling out their hair as the committee of pint-size fashion gurus informed the world that this year's hot spring colours are (or were) orange, hot pink, black, white, burgundy, blue and yellow.

With no summer colour recommendations to tide the fashion slaves amongst us over until fall, the public has been rendered temporarily vulnerable to an involuntary state of uncoolness. Was Canada Day with its white (hot) and red (not) emblems only marginally cool? Or do we live in a state of fashion grace during major national holidays?

"It's blood, sweat and tears to get our RIX STREET JOURNAL out to you, our readers," writes editor Casey Merner.

The overall effort deserves inspir-



CAROLINE KEHNE/CORRESPONDENT

Rix Street Journal founders Casey Merner-Brown (left) and Olivia Kidd Monette (right).

ing 'A-' for content and an 'A+' for gumption. Butler parents would be well advised to sit down with a copy for a slow read.

Parents who find more than 50 per

cent of the content alien should probably set aside a little more time talking to their kids and getting involved in school activities.

Bike rally sprints to the finish line

Stanbridge East Sports Association hosts Canada Day activities

By Caroline Kehne
RECORD CORRESPONDENT
STANBRIDGE EAST

Stanbridge East celebrated Canada Day with an early morning five-kilometre bike rally, followed by the annual fire department chicken barbeque, games for kids and evening fireworks.

Michael Laduke, wife Judy Derick and children Mitchell and Sarah were the first to finish the early morning five-kilometre bike rally. The rally requires bikers to follow a trail of instructions and answer questions at designated spots. The winner is not the fastest finisher, but the one who finishes with the highest score.

The Laduke family finished third, behind two teams tied for first. The biking team of Tanya Garrick, Sheryl Garrick and Conrad Rhichard was declared the winner over the tying team of Cody Gendreau, Agnus Gendreau and Kate Bellingham.

At the town athletic field, members of Stanbridge East's volunteer fire department manned the grills, preparing hundreds of barbecued chicken dinners as part of their annual fundraiser.

The turnout for the celebration was good in spite of weather reports predicting potentially violent storms. When occasional passing showers hit, Stanbridge East residents headed for cover under one of the many tents set up for the afternoon.

The Stanbridge East Sports Association, who sponsored the event, kept the younger crowd busy with games including sprints and egg-and-spoon races. The evening closed with a bang with a 30-minute fireworks display.

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Brome County NEWS

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Brome County NEWS

Alison Steel
Secretary

(450) 242-1188

European artistry of illusion comes to Knowlton

Master trompe-l'oeil artist Maddia Esquerre didn't open in time to get on this year's Tour des Arts, but her extraordinary talents are on display at her newly opened studio-boutique in downtown Knowlton.

Esquerre, who hails from the Basque region of France, is a trained interior architect, a European designation that combines interior design with construction techniques. A silver medallist from the Van der Kelen Institute in Brussels, which specializes in trompe-l'oeil and other traditional arts, she learned to recreate, in paint, classical friezes, rare marbles, grained wood, ornamental mouldings and even the intricate patterns of marquetry.

"I like illusion," says Esquerre, who, in her earlier days, worked as an assistant set designer at the Brussels Opera.

Esquerre discovered Knowlton through her brother Jean-Yves, former artistic director at the Ballet Monte Carlo, who now teaches ballet at Les Ballets Jazz in Montreal. Last year, she and drama teacher Brigitte De Souza gave up their teaching positions at the French-American School of Boston to settle in Knowlton, where they recently bought a house.

Following an exhibition of Esquerre's work at Le Néoli restaurant in Knowlton last winter, property-owner Richard

Leblanc offered her the use of a vacant storefront.

"Maddia's European decorative techniques and obvious talent offer the area something unique and different," says Leblanc, who was impressed with her portfolio showcasing her restaurant and residential projects in California and Boston.

Esquerre is also an accomplished photographer. A selection of her postcard photos of the Knowlton area, signed and mounted on fine watercolour paper, are for sale in her studio-boutique, along with her hand-knitted leg warmers and homemade jams.

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Every tried a homemade dog biscuit? At pet-supply and accessories store Pur Animal, every customer, whether canine or human, gets a complimentary dog biscuit. The snack is made by owner Pierre Dusseault, using only the finest organic ingredients.

"They're delicious and healthy," says his

Brome-Missisquoi Rescue Unit.

The second annual Cowansville Craft Show will be held at Davignon Park, from 10 a.m. to 7 p.m. on Saturday and Sunday. Access to the site is free and open to everyone.

CRAFT SHOW:

CONT'D FROM PAGE 1

There's no way we could have done it without Cowansville's help," Webb said.

The 120 crafters from across Quebec will offer the public a little bit of everything, all under one 300-foot long tent spanning from Oxford Street to the town hall. The tents will allow the show to go ahead, rain or shine.

"The key word is craft, not flea market," said Lacroix. He said many people aren't interested in going into church or school basements to see a few tables set up. At the Cowansville Craft Show everything will be easily accessible.

"People are looking to find something different," Lacroix said.

The show is promising more than just crafts. There will be clowns and storytellers for the children, the Musikmeisters Um Pa Pa band, the Brome Square Dancers, Rainbow Country Cloggers, jazzercise, local bands, an antique car show, fire trucks and more. There will also be a parade to start things off on Saturday.

A popular attraction last year was Bromont's 109 foot ladder truck. It will be back this year, offering rides for those who aren't bothered by heights.

Webb noted that the public pool will also be open, for those who might want to cool off.

Like last year, all proceeds from the two-day event will go to the USBM, the

partner 'Marco' (Marc) Belliveau, who admits to chowing down on them when feeling peckish in the afternoon.

BIZBEAT



MORRI MOSTOW

Recent Knowlton residents Belliveau (originally from Moncton, N.B.) and Dusseault (a former Quebec City native) have just completed major renovations. The duo have transformed their 1,200-square foot shop into an old-style country store, complete with a wood-and-metal awning outside, white-washed wooden shelving inside. It has been a work in progress since the pair first opened on a small scale in 1998 after falling in love with the location, a former Nissan garage in

a small strip mall on the road to Cowansville. With its interesting variety of pet products and friendly service, the store soon became a commercial success, even a destination where people drop by just to visit with the owners and Tucker, Bel-

liveau's silky terrier.

Customers enjoy the relaxing atmosphere created with classical music, warm, subdued lighting and the cricket-like chirping of seven African finches (a gift to the partners and not for sale).

"We specialize in natural pet-food products and herbs for curing different maladies," says Belliveau.

The shop also carries a wide selection of pet toys, leashes, food bowls, bird feeders, bird houses and bird food. While they do not sell animals in their store, the pair act as an informal liaison between people seeking pets and pet owners or breeders wanting to place their animals.

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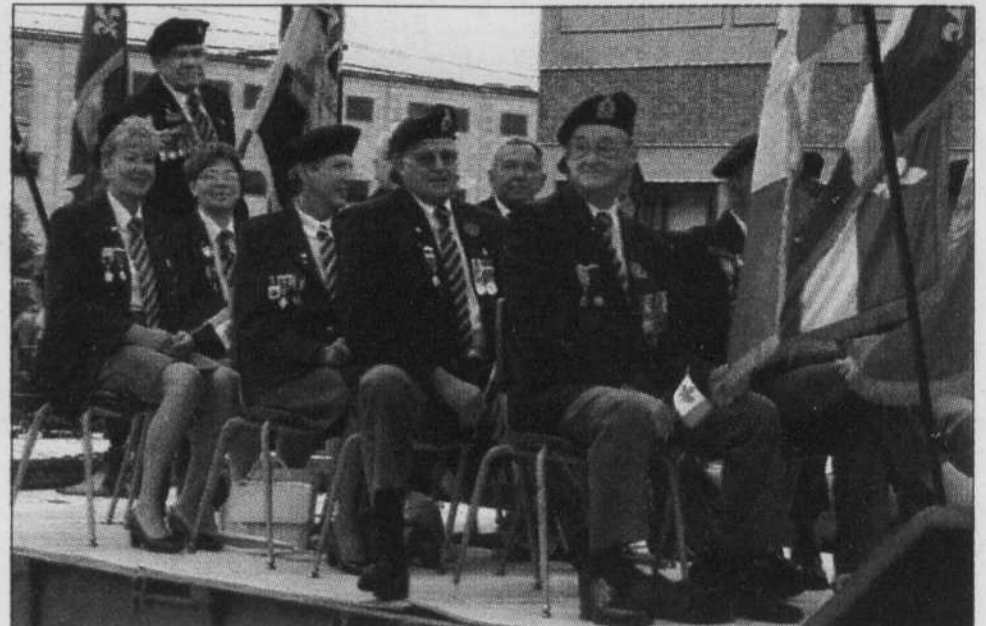
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Canada Day a hit in Cowansville, Knowlton



By Caroline Kehne
RECORD CORRESPONDENT

Cowansville and Knowlton celebrated the first Canada Day of the new millennium with a parade and a number of activities for the whole family.

In Cowansville, the theme of the parade was the representation of the past, present and future lives of Cowansville residents. The parade kicked off at 12:30 p.m., moving down South Street to Main and off at Desourdy Boulevard to the final destination and site of the main celebration, the municipal beach.

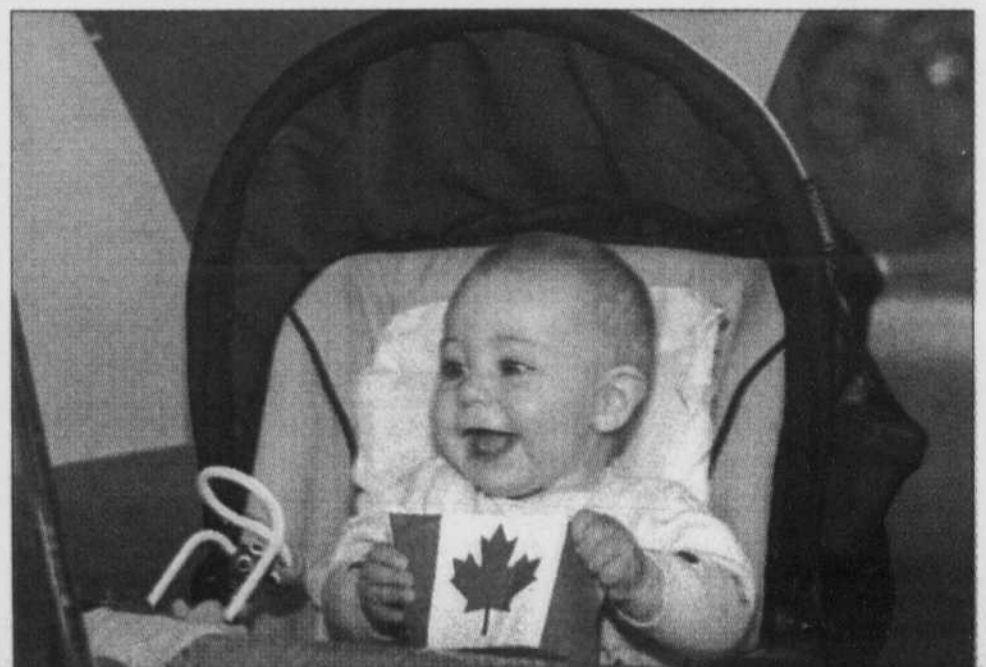
As the parade concluded, the party was just beginning over at the Beach, where over two dozen new Canadians were sworn in and received their certificate of citizenship. The citizenship ceremony was followed by a flag raising ceremony and singing of the national anthem with Frank Graham, his daughter Karen, grandson Patrick Bachand and Marijke Maddocks providing vocals and Margot Maddocks accompanying on keyboard.

A full day of entertainment followed with French-language storytellers Lorraine Testa and Nadia Gavillet, magician Jordan, a steak barbecue dinner and late night fireworks.

Ralph Maddocks estimated the crowd at well in excess of a thousand people at the beach.

In Lions Park, hundreds showed up for the all-day festivities in Knowlton. The official opening and flag raising ceremony was done at the museum and activities were on the go all day.

-Photos on this page by Caroline Kehne, Philip Godin



Welcome to Old Orchard Beach, Me.

Remember the summer when you were a child, and your family left for vacation? Remember how you dreamed about what you wanted to do to make your vacation perfect? First, there had to be things to do - lots of things to do like miniature golf, games, amusements, and rides. Then, there had to be food - the type of food that you wanted, like pizza, fried dough, cotton candy, caramel popcorn. And there had to be a beach - a big, broad stretch of sand where you could build castles, run for as long as you could, or just sit and feel the sand's warmth as it ran from your fingers onto your leg.

Do you remember those thoughts and dreams? That vacation still exists at Old Orchard Beach and is waiting for your children and the child still inside of you.

It's almost impossible not to have fun at Old Orchard Beach. The low surf makes this a favorite spot for swimming, sunbathing, and making new friends. When the kids get hungry they can explore the boardwalk for pizza, french fries, hot dogs and cheeseburgers, or you can choose from the many family style restaurants around town. Try your luck on the video games, jump on a ride, treat yourself to an ice cream or a cold soda. Thrills, chills and frills - take your pick or do it all.

Catering to tourists and families is a way of life in Old Orchard Beach. The beach, the arcades and amusement rides, nightly entertainment, auto races and harness racing are favorite activities in the Old Orchard Beach area. Old Orchard's Pier is the center of the recreational activities. Extending nearly 500 feet over the Atlantic Ocean, the Pier features shops, fast food, and games of skill. During the summer many special events are planned to entertain and mesmerize everyone in the family festivals, fairs, free concerts, street dances, and fireworks most Thursday nights. Besides the Pier, the beachfront businesses offer gift and souvenir shops, restaurants, nightclubs, and arcades.

Old Orchard Beach is easy to reach by the major highways in Maine. Exits 5 and 6 off the Maine Turnpike (I-95) take you quickly into our popular seaside resort, as does the access from U.S. Route 1. By air, we are serviced by the Portland Jetport, 13 miles north or through Boston, from all parts of the world. Local bus services directed to the center of town where you have easy access to all accommodations.

You'll also find that Old Orchard Beach is ideally situated if your interests go beyond the lazy beach days and that perfect tan. The Route 1 corridor just west of town is a beehive of activity with

two water parks, an amusement park, an aquarium, restaurants and shops. It also leads to the Maine Mall where over 140 stores await you.

On the northeast end of sparkling Saco Bay is a quiet vacation spot called Pine Point. Located in the town of Scarborough, it forms one end of the seven mile beach that includes Old Orchard Beach. Pine Point offers a unique selection of gift shops, restaurants, lobster pounds, convenience stores, charter fishing and lodging establishments for those who choose this end of the beach.

South along Route 9 lies the quiet seaside area of Ocean Park, a historic cottage community noted for its religious, educational, and cultural programs. The Ocean Park Association sponsors numerous lectures, concerts and other events. At the southern end of Saco Bay lies Camp Ellis. Here the mouth of the Saco River meets the sea, and memorable sailboat, whalewatch-

ing expeditions, or deep-sea fishing trips await. You will also find several interesting shops, a couple of restaurants, and a long breakwater to walk.

The cities of Biddeford, Saco and Scarborough are our immediate neighbors, offering a variety of services and shopping. The Southern Maine Medical Center in Biddeford provides quality medical care for the region. In nearby Prout's Neck is the Winslow Homer studio where the artist worked at the turn of the century. New England's largest salt marsh is off Route 9 in neighboring Scarborough with guided walks and canoe tours. A few miles north is Portland, Maine's largest city, with a full array of stores, shops, and dozens of galleries and restaurants. The Old Port is a showcase for artists, musicians, actors and craftsmen, and its waterfront has bloomed into a business and shopping center.

North of Portland on I-95 is the bustling factory outlet town of Freeport, home of the famous L.L. Bean store. It is open 24 hours a day, 365 days a year. Further north Maine's rocky coast beckons with such popular destinations as Boothbay Harbor, Camden, Bar Harbor and Acadia National Park.

Reproduced from Old Orchard Beach, Maine website.



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Community Forum

LETTERS TO THE EDITOR

Brome Lake is lifeblood of town

DEAR EDITOR,

According to a recent meeting of the Renaissance Lac Brome Lake Association, this fact is sadly true. \$300,000 has been spent on tests and surveys on the status of the lake to date!

What action has been taken by the town council, other than the 'band-aiding of a boat speed limit in shallow water? It seems that no one in authority has picked up the reins or has the energy and willpower to take action.

The facts should be published in our local papers so that proper action can be taken. To date all we've heard is heresy - all with different opinions and solutions.

According to the report the culprits are:

1. Waterfront properties outside the legal limits without proper sewerage systems.
2. The town sewerage systems that overflows into the lake whenever there's a power outage.
3. Over development on or near the lake.
4. High horse-powered outboards or inboards with longer stems that stir up the polluted silt in shallow areas - even with the speed limit!

Solutions:

1. Make it mandatory that all properties within the legal limits install holding tanks and those outside the limits with septic tanks (a) be inspected (b) be cleaned out every two years.
2. The town to set up a 'fool-proof' sewer system that functions properly and never let overflows into the lake.
3. No more adjacent or lakefront development unless the properties can be hooked

up to the town sewerage system.

4. Limit the horse-power on all boats to 10 H.P.

To ensure that these or other reasonable suggestions are implemented and enforced a permanent anti pollution association, with elected directors and chairman be formed. The group should represent a cross-section of the population of Lac Brome. They should have full authority to levy prices and or prosecute all offenders. (A similar set up as the Game Wardens of the Brome-Bolton Fish & Game Club).

I shudder to think of the consequences should the outside press get wind of our problems!

Unless the town council takes action immediately:

1. Lakefront properties will drop in value and if matters worsen - be unsalable.
2. Tourism will drop off to a trickle affecting all local businesses.
3. Fishing in Lac Brome - the Brome-Bolton Fish & Game club has stocked \$7,000 worth of Rainbow Trout during the past three years making for improved fishing. If nothing is done soon to clean the lake, results will drop off and the fish will be inedible if they aren't already!

As chairman of the fishing committee, I will recommend to our Board that we cease stocking until the town "cleans up its' act"!

In closing - plaudits to the Renaissance Group for their efforts to date and especially to our French Canadian confreres who composed 90 per cent of the audience at the recent meeting.

I'm a resident (East Hill) - 5 miles from the lake and am deeply disturbed by the present status of the lake. In particular, I

was very disappointed by the lack of interest of the English-speaking residents. You should stop complaining and get involved!

We live in a "Little Garden of Eden" so close to the amenities of larger centers and yet with a virtual wilderness with abundant wild life at our doorstep.

Lets keep it that way!

ART POWTER
East Hill

Vets should not have to wait longer for memorial

DEAR EDITOR,

The Juno Beach Centre is a France-Canada co-operative initiative to build a WWII memorial museum in France. The town of Courseulles-sur-Mer has donated five acres of ocean-front property on which to build. It is on the spot where the Canadians landed! The town served as the headquarters for Canadian troops following the landing and was the first site visited by Churchill, King George VI and DeGaulle soon after the allied troops landed in Europe. (Anyone wanting more information can check the website <http://www.junobeach.org>).

I first learned of the Juno Beach Project more than a year ago, when two men were being interviewed on an early morning TV show. They spoke of visiting the beaches of Normandy and retracing the route they had taken following the landing of Canadian troops on D-Day, June 6, 1944. They noted that although there were memorials to the soldiers of Britain and the U.S. there was nothing to recognize the contribution that the Canadians had made towards the liberation of Europe. At that time I turned to

the website for further information and received an outline of their plans for the centre. Since that time I have been in communication through e-mail with the organizers and keep up-to-date with the progress.

The aim is to raise \$3.7 million through individuals, corporations, government etc. To date, they have a promise of a million to be raised by Wal-Mart; co-operation and donations from many Royal Canadian Legion Branches, (including at least 5 in the Townships), individual donations through the purchasing of a \$250 brick to be used in the construction of the building, etc. Each brick will show the name of the veteran (of all branches of the service who served anywhere during the conflict) or the donor.

There is every possibility that the French government will make a sizable donation to the project. The Canadian government, as of now, has given \$209,000 from Herb Gray's Millennium Fund, with the restriction that it be used only for furnishings; Sheila Copps Heritage Fund has donated \$45,000 to be used only for the website, nothing from the Department of Veteran's Affairs, nothing from the Department of Defense. And nothing for the building itself, the lasting memorial!

It is a sad state of affairs when the diminishing number of veterans, weary of waiting for their country to memorialize their sacrifice, have to build their own monument. No money available for the generation that helped save the world?

F.G. HUDSON
Knowlton

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Tragedy of Williams brought to life in Knowlton

TLB's performance a highlight for country music fans

Lovers of classic country music have something to look forward to this summer — Ralph Steiner's performance as Hank Williams at Theatre Lac Brome.

The genius and the tragedy of Hank Williams is vividly brought to the stage in this spare and haunting production. The acting is excellent, the musicians are good and the songs are sublime.

The play depicts a New Year's Eve performance in Ohio, hours before Williams died in the back seat of his Cadillac on January 1, 1953. Playwright Maynard Collins explores the artist's state of mind shortly before his death.

Depressed and addicted to alcohol, Williams seemed a man fated to die at an early age. Astonishingly, Williams was only 29 when he died; his legacy of superb songs belies his youth.

Collins gives an image of Hank crying out for help, desperately seeking God, searching for solace in a bottle, running from his demons and towards his untimely death.

Act One has Hank still holding on to some semblance of sobriety and attempting to entertain the crowd, to play up to the New Year's Eve party mood. His bitterness over his break-up with his first wife seeps into his stage patter, and slowly but surely his pain overcomes all attempts at cheeriness.

Act Two gives a glimpse into the drunken Hank. A man trying to stand up, determined to carry on, but lost in his own world, a world where God may love and watch over him, but somehow just won't help him. Williams' pleas for help, both spoken and sung, are heartwrenching. Steiner disappears into this agony, submerged completely into the Hank persona.

By the time he sings 'I'm So Lone-

some I Could Cry' the audience is ready to cry as well.

The show opens with 'Lovesick Blues,' which is likely the most vocally challenging song for Steiner. The tune displays Williams' extensive range and unique style. The tempo is upbeat for a short time, but by his fourth tune, 'One Too Many Parties,' Steiner proves himself a masterful ballad singer.

The songs alternate between light and dark, with such Williams classics as 'Hey, Good-Lookin', 'Jambalaya' and

the hopeful 'I Saw the Light' alternating with 'I Can't Help It If I'm Still In

THEATRE REVIEW

DIAHANN NADEAU

Love With You,' 'Cold, Cold Heart,' and the powerful 'Angel of Death.' Steiner does a gripping impression of a revival-tent preacher in the second act, as Hank tells

us the story of his religious upbringing.

Director Nicholas Pynes and set designer Michael Eagan offer a minimal setting, using columns as the main theme. Towering over Steiner, these columns add to the feeling of isola-

tion created by the dialogue.

Marc Desormeaux, Pynes, and Trish Barclay, the Last Highway Musicians, move in and out of the shadows as the music starts and stops. They are a tight back-up band, and Barclay is outstanding on the fiddle. Steiner, in his professional debut, is riveting.

This is no easy ensemble part — he must carry the show, one man singing alone for an hour and a half, one man unraveling in front of our eyes.

If this show is anything to judge by, Steiner is definitely ready for acting in the professional lane

IMPORTANT CHANGES TO THE

EMPLOYMENT INSURANCE PROGRAM

The Government of Canada has made changes to Employment Insurance (EI) to support Canadian families and to ensure that Canadians who need EI will have access to an improved program.

WHAT'S NEW


- There is no more intensity rule.* Now all EI claimants will receive at least 55% of their maximum insurable earnings. Retroactive to October 1, 2000.
- The benefit repayment (clawback) provision is no longer applicable for claimants who receive maternity, parental and sickness benefits, first-time claimants and claimants who make less than \$48,750 net annual income. Retroactive to the 2000 taxation year.
- Parents who took extended absences from the workforce to care for young children may now be able to qualify for EI regular benefits like other workers. Retroactive to October 1, 2000.
- Self-employed fishers can now benefit fully from the changes made to maternity, parental and sickness benefits. Retroactive to December 31, 2000.

AUTOMATIC RETROACTIVE PAYMENTS

Since mid-June, Human Resources Development Canada has been automatically issuing retroactive payments for adjustments to EI claims affected by the changes. The Canada Customs and Revenue Agency will forward retroactive payments for clawback (2000 taxation year) automatically in about two months.

* The intensity rule, which gradually reduces the basic benefit rate of 55% to 50% for frequent EI users, proved to be ineffective and was removed.

For a brochure on EI changes call toll-free
1 800 O-Canada (1 800 622-6232)
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Butler Elementary recognizes students

Students mark last day with awards ceremony

By Caroline Kehne
RECORD CORRESPONDENT
BEDFORD

The teachers and staff recognized the efforts of Butler Elementary students at its annual Award Ceremony held last Friday, June 22, the last day of classes of the 2000-2001 school season.

Students, faculty and parents packed into the school gymnasium to receive trophies, book awards and certificates of merit for their various contributions to school life.

Martin Frechette and Lydia Glover-Cummins were named Athletes of the Year, while Travis Roy received the Stanbridge East Sports Association Sportsmanship Trophy. The award, presented here by association president Judy Antle went to the Butler student selected by physical education teacher Cathy MacCallum for demonstrating "the true meaning of sportsmanship".

Extracurricular activities did not go unnoticed: Craig Gendreau was recognized for outstanding performance in

the Yahoo Investment Challenge.

Gendreau turned a hypothetical investment portfolio of \$100,000 into \$350,000 during the course of the contest.

The following students received certificates in recognition for their efforts throughout the school year.

CERTIFICATES:

Perfect Attendance: Level 1: Valerie Sepul; **level 4:** Jessica Maigar; **level 5m:** Kate Bellingham and Willie Fafard; **level 5W:** Felicia Gauvin, Michael Iriotakis and Alyssa Symington; **level 6:** Adam Crandall; **secondary 1:** Kayla Schroh.

Yamaska Literacy Awards for improvement in reading: Cycle 1: Kaila Crandall; **Cycle 2:** Lisa Beaucage; **Cycle 3:** Samantha Royea.

Kindergarten: Michael Grant (language arts); Erika Corey (Citizenship), Tyler Symington (French).

Grade 1: Dany Deringer (language arts); Valerie Sepul (mathematics); Sarah Royea (French).

Grade 2: Katherine Fafard (for constant effort in language arts); Mark Gendreau-Rocheleau (for constant effort in mathematics); Cindy Deringer (for excellent efforts in French).

Grade 3: Katherine Boucher (mathematics); Star Cummins (improvement in language arts); Katherine Boucher (for excellent efforts in French).

Grade 3/4: Jennifer Legault (language arts - Grade 3); Jason Grenia (language arts - Grade 4); Jessica Girard (French - Grade 3); Megan Brown (French - Grade 4); Sarah Laduke (mathematics).

Grade 4: Azaelle Bouchard (language arts), Michael Soule (mathematics); Dominique Swennen (excellent effort and attitude); Mitchell Laduke (French).

Grade 5M: Alissa Brown (improvement in composition writing); Natasha Trudeau (improvement in mathematics); Angelina Eckler (French).

Grade 5W: Ian Kimmel (mathematics); Matthew Belanger (language arts); Colby Lacoste (French).

Grade 6: Jodi Gage-Guthrie (language arts & French), Todd Girard (mathematics).

Secondary 1: Kayla Shover (language arts); Chris Pertschy (mathematics); Cynthia Reynolds (improvement in French); Sylvie Beaucage (theatre).

BOOK AWARDS:

Grade 1: Marley Chase (language arts); Ashley Gauvin (mathematics); Rebekah Loyer (effort & improvement); Nicholas Fugere (French).

Grade 2: Cindy Deringer (constant effort in language arts); Angela Thompson (high achievement in mathematics); Marco Muller (French - excellent efforts and progress); Shelby Cummings (citizenship).

Grade 3: Danny Laroche (French-participation and progress); Kyle Royea (math); Danny LaRoche (language arts).

Grade 3-4: Sarah Laduke (excellence in language arts); Rebecca Soule (mathematics); Sarah Laduke (French).

Grade 4: Jessica Pinsonneault (overall achievement and effort); Fabien Muller (improvement in mathematics); Catherine Schoolcraft (excellent attitude and efforts in language arts); Danielle Compeau (participations and progress).

Grade 5M: Kate Bellingham (math & French); Julia Adams Whittaker (language arts); Casey Merner-Brown (citizenship).

Grade 5W: Matthew Belanger (language arts); Ian Kimmell (mathematics); Felicia Gasser (French); Michael Iriotakis (effort and improvement).

Grade 6: Tanya Chamberlain (language arts); Todd Girard (mathematics); Kayleigh Reynolds (French); Chris Parkinson (improvement).

Secondary 1: Jonathan Jones (mathematics); Matthew Gilman (language arts); Melinda Guertin-Marks (French).

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Anorexia a problem too serious to ignore

Thirteen years old, tall and skinny, a perfectionist and an overachiever. I did not want to be like my mom. She was overweight and always on a diet... or so it seemed. She had no will power, or so I thought. I would have to take control and not let myself gain too much weight and not have to lose 20, 30 or 40 pounds like her. That was too difficult and would take too long. Besides, my father did not like obese women and always talked about it if he saw a fat lady.

MENTAL HEALTH

Today, my parents are divorced. Five feet, six inches and 110 pounds. That was a good place to be. So if I gained even just two pounds, I would stop eating for one or two days or until I saw that magic number appear on my scale again. That magic number, which I had chosen in my mind as a child: 110.

Sometimes I would not eat a meal or two, and then, at one dinner, I could eat eight pork chops and a full plate of potatoes, I was so hungry. And the cycle would start all over again.

I was weak, I was always tired and depressed, but I thought that I looked really pretty with my tall slender body. My best friend once jokingly said "You walking skeleton!" and it made me think. I guess it was a spiritual awakening. I would listen to those around me but did not want to hear in my heart.

Later on, a friend who was a nurse asked me: "do you suffer from anorexia?" And a voice inside my head said: "I don't have a problem..." I was not ready to face the problem.

I thought the weight was probably the only thing I could control in my young life. It seemed like there was trouble at home all the time. The atmosphere was so tense that I just wanted to leave.

At 16 I had a nose job. I thought this would solve all my problems, and that it would stop all the teasing from other kids. I really thought this would make me happy.

At 18 I wanted to die. I was so sad. I began therapy. I did not realize that the fact of not eating properly could change my mood as my blood sugar level went up and down.

Then, I discovered alcohol. Surely a gift from God! Oh to be happy again; to laugh and giggle with my best friend like we were still 12 felt so good. That did not last long, since not eating and drinking a lot is not too good for your health! I plunged into a deep depression and sunk to a dark and deep bottom.

At 32 years of age, after being sober for two years, I finally admitted I was powerless over the eating disorder. The hardest part was done - to get out of the darkness of denial. The first thing I had to do was ask for help. To my surprise therapy did not come first; I had to eat and only then could I start getting better. I learned that after starting to eat regularly it could take from one to four years for my system to get back on track.

Emotions rushed back. I realized that I had cut myself off from all emotions - the happy and the sad ones. I cried for many months after that. I started to eat slowly, small meals at regular intervals, with snacks in between.

I had six or seven small meals a day. First, just the things that I loved like cashews, veggies or chicken fried rice. I began to believe that I deserved to eat what I loved. I listened to my body and learned to pay attention to my hunger pangs and the signs that told me it was time to eat: feeling tired or cranky all of a sudden.

I believe that a 12-step program is what helps me most today. I started eating, gained weight (seven pounds) and started to feel better one day at a time. Today, I have love, support, and understanding. I am more confident in myself and have regained my self-esteem. All I need to do is just love myself and give myself the care I deserve, one day at a time.

Pet of the Week . . . Shadow



COURTESY G.W.

Hi, I'm a medium-sized guy, about one year old and 35-40 lbs, and I've been at the shelter for a few months. I'm affectionate, calm in the car and gentle with kids. My family just said they didn't have time! Too bad for me! Please come and meet me at the SPCA Montérégie, 178, ch. du Vide, Ste-Angele-de-Monnoir (exit 37 on the Eastern Townships Autoroute). Visiting hours are 2-4 p.m. seven days a week. (450) 460-3075, (450) 242-2892. Hope to see you!

BRIEF

Bridges to revitalize Brome Lake Skate Park

The Townshippers Association youth development project entitled Bridges helped with a Brome Lake initiative to revitalize the Brome Lake Skate Park.

Molson Breweries summer project 'Local Heroes' also donated \$1000 to rebuild damaged ramps at the public sports facility. With the support of the

youth and community it will continue to be a dynamic part of Lions Park.

Many thanks to all the volunteers who helped make this community effort such a success!

Submitted by Bill Jarand



THE RECORD

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Advertising Consultant

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KNOWLTON

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A/O 2001-14 ZONE B

The Town of Brome Lake is presently seeking the supply of 15,000 metric tons of crushed 0-3/4" gravel.

All conditions of the present call for tenders are included in the bid documents which are available at the Town Hall or by fax upon request.

Only those bids submitted on the appropriate form will be taken into consideration.

All bids must be received no later than 11:00 a.m. on July 18th, 2001.

The opening of the tenders will be held at the above mentioned time and date at the Town Hall, 122 Lakeside, Brome Lake, Qc, JOE 1V0.

The Town is under no obligation to accept any of the bids and incurs no responsibility towards the bidders.

Given at Brome Lake this 30th day of June 2001.

Valerie Molina
Assistant Town Clerk

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Engagement announcement



Mr. and Mrs. William Judge are proud to announce the engagement of their eldest son, Randy William, to Karen Garbacz. Karen is the daughter of the late Ronald Frank Garbacz and Averil Gagnon of Montreal. Wedding is planned for May 18th, 2002. We, the Judges, all welcome Karen into our family.

Card of Thanks



DUSSAULT, Maria Patricia Anne - We sincerely thank family, friends and the community of Stanbridge East for the prayers, visits, cards and donations to B.M.P. We were touched by the generous outpouring of delicious meals; those who worked at and for the funeral reception, with special thanks to "Miss Ella" for the beautiful flowers.

DAVID MARTIN
 NIKOLETTE DUSSAULT MARTIN
 THE DUSSAULT FAMILY
 (Nelson, Marc, Sylvia, Kippy and Carole)

Memorial Service

SYKES, Brandon - A memorial service for the late Mr. Brandon Sykes will be held on Saturday, July 7, 2001 at 10:30 a.m. from St. Paul's Anglican Church, 24 St. Paul Road, Knowlton, Quebec. Family will received sympathies at the Church at 9:30 a.m. Interment to follow at Knowlton Protestant Cemetery.

Card of Thanks

BAILEY - I would like to extend my sincere thanks to all those from West Bolton who organized my retirement party including parents and students. For the gifts, cards and everyone who attended.

JAMES BAILEY
 Bus Driver #503

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Death

KRAL, Jaroslav - Passed away at Manoir Lac-Brome, Knowlton, on July 1, 2001. Beloved husband of the late Hana Bobek and loving father of his children; Jan and Dr. Thomas (Dr. Susan Crump) and the grandfather of Emilie, Erin and Damon. A farewell service for Jerry will be held at Mount Royal Funeral Complex, 1297 chemin de la Foret, Outremont, (514) 279-6540 on Sunday, September 8, 2001 at 11:00 a.m. No flowers please. Donations may be made to SOKOL or to Brome-Missisquoi Perkins Hospital of Cowansville.

Surprise 80th Birthday

Allister Angus Kerr

Friends and well-wishers are invited to celebrate with Allister Angus Kerr on the occasion of his 80th birthday. Al taught math at Knowlton High School and Massey-Vanier and was the Vice Principal of Sunnyside in Stanstead. He was the organist and/or choir director of United Churches in Beebe, Knowlton, Cowansville, Sutton and Granby and accompanist for daughter Laura's Community Choir. He's volunteered his time in numerous venues and capacities and was Lay Minister for the United Church. The "surprise" event will begin at noon, Sunday, July 8 at the home of Laura and John Barr, 246 William Street in Cowansville. Music, stories and refreshments will be shared. RSVP at (450) 263-3421.

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