

# Brome County NEWS



WEDNESDAY, OCTOBER 10, 2001

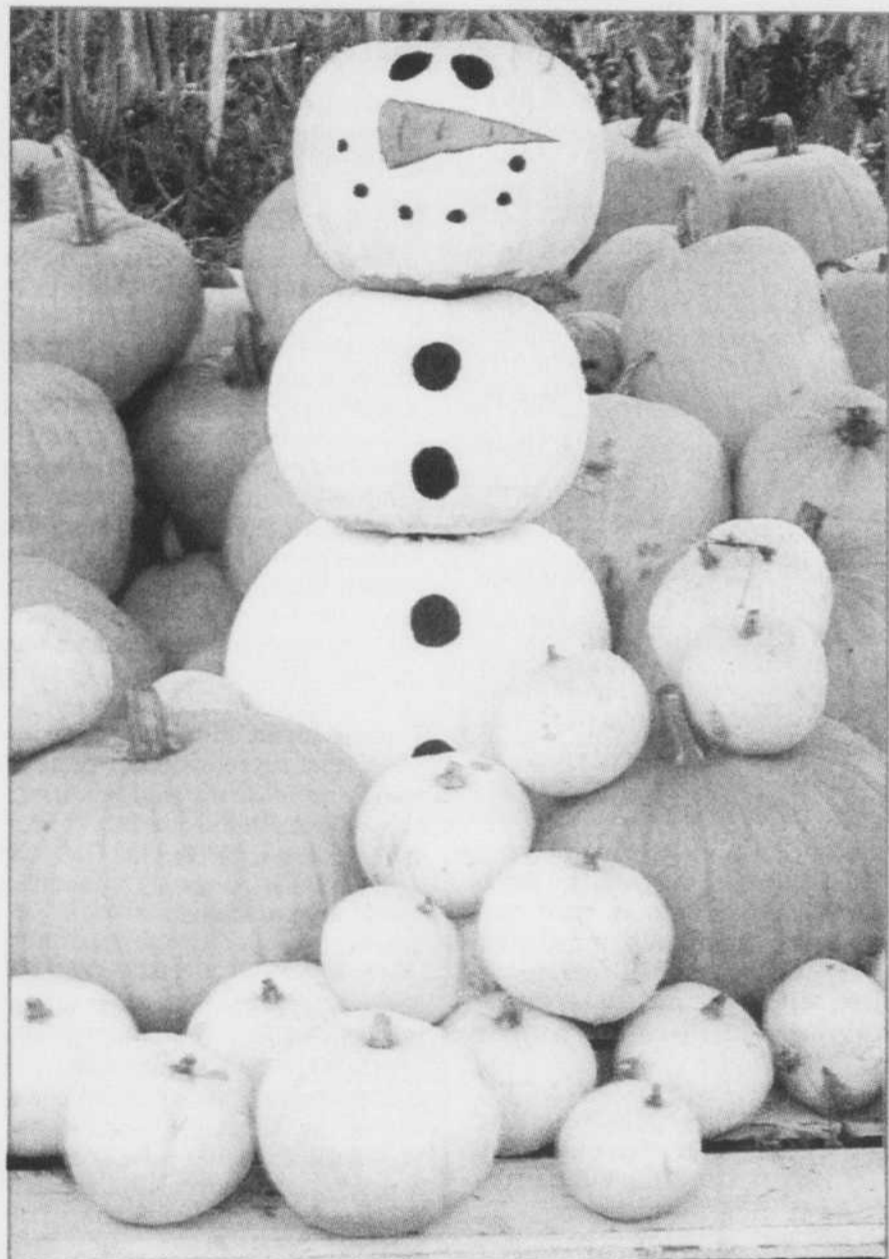
THE LARGEST CIRCULATION WEEKLY IN BROME-MISSISQUOI

**CONTRACTOR**  
LICENCE RBQ: 8181-2015-32

- Machinery work
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## Frosty The Pumpkin



CAROLINE KEHNE/CORRESPONDENT

Who needs a pumpkin snowman when you've got the real thing? Nobody in Stanbridge East, and throughout the Townships for that matter, need to be reminded how close winter. On Sunday the area received two inches of wet snow, enough to make a real snowman. Reports indicate that as much as seven inches fell on Mount Pinnacle, and between two to five inches in parts of Sutton, while the Missisquoi Bay area received little or no snowfall. The wet accumulation quickly melted off by noon the next day.

## BMP Foundation hits the road

By Caroline Kehne  
RECORD CORRESPONDENT  
COWANSVILLE

The BMP Hospital Foundation is taking its show on the road in a new effort to inform hospital users and foundation supporters how donated funds are put to work.

Foundation Executive Director Frank Johnston-Main called the decision to take "us out into communities as opposed to the community coming to Cowansville" as part of an overall strate-

gy to re-establish roots in the major communities served by the BMP Hospital.

"We are going to talk about what equipment we've bought and talk concretely about what that means to them," explains Johnston-Main. "We want to tell the donors where their money is going."

The first stop in the outreach effort will take place on Oct. 25 from 2-4 p.m. at the Mansonville Town Hall.

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## Never too old to learn something new



CAROLINE KEHNE/CORRESPONDENT

Esther Mason and Fran Corry relax after an evening at Cowansville Community School. Mason, 84, shows that you're never too old to learn something new: she has been taking classes for nearly six decades at the Community School founded by her husband Murray Mason, Alec Simms and Reverend Peacock. Her favourites subjects include travel and history and this year, she is enrolled in the Eastern Townships History course organized by Louise Hall and Dick Eldridge. These senior students are two of nearly 280 students who have enrolled in courses at the Cowansville school this year to learn about subjects ranging from storytelling to guitar playing to Norwegian rosemaling.

### Pierre Marziali Pharmacist

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# BROME COUNTY COMMUNITY BILLBOARD

## COMMUNITY CALENDAR

**Oct. 12**

Invitation to all Seniors 'Lunch with your Friends' **HOT CHICKEN DINNER** at the Community Centre, **Knowlton**, 11:30 a.m. to 1:30 p.m. Sponsored by The Town of Brome Lake Wellness Volunteer Centre. No Charge. For more information call (450) 242-2020. Ask about our free transportation.

Royal Canadian Legion **SOUP & DESSERT LUNCHEON** at 120 Davignon St., **Cowansville**, 11:30 a.m. to 1 p.m. \$5 per person, Organized by the Ladies Auxiliary. Reservations or information, call Gloria, (450) 295-2114 or the Legion at (450) 263-3543. Members and non members are welcome!

**Oct. 13**

**FALL RUMMAGE SALE** at Dunham United Church, **Dunham** 9 a.m. - 1 p.m. Followed with Bag Day, Monday, Oct. 15, 10 a.m. - noon. (Come buy, by the bag full!)

West Bolton **NEIGHBOURHOOD WATCH MEETING** at Town Hall, **West Bolton**, 9:30 a.m. SQ officer to give report and answer questions. Also, Fish & Game Club Warden will give info. on hunting season. Come and meet some neighbours! For more information call 539-1897, 242-2892.

**Oct. 14**

**OPEN HOUSE** at **Sutton Curling Club**, 26 Pleasant St. Curling is a good way to keep in shape and to make new friends. Come and try it out and have coffee with us from 10 a.m. - 4 p.m. For more information call Rita Cormier at (450) 243-1386 or Helen Tringham at (450)

243-1112. Please bring clean running shoes.

**Oct. 16**

**GENERAL MEETING** of the Royal Canadian Legion at 120 Davignon St., **Cowansville**, 7:30 p.m. All members are asked to attend. George Poll, President.

**Oct. 17**

Brome Hall **THRIFT SALE**, 10 a.m. - 5 p.m. Nice clothes, misc. items and many many books.

**Oct. 23**

The Auxiliary of the B.M.P. Hospital will hold its **FALL TEA** at 2:30 p.m. in the hospital cafeteria.

**Oct. 27**

**COUNTRY AND BLUEGRASS FANS:** Concert at St. George's Anglican Church, Route 202, **Clarenceville**, 7:30 p.m. featuring The Road Scholars, Tom Kilbride and friends. Admission by donation. For more information call (450) 294-2043.

## ARTS CALENDAR

**Oct. 13**

**INTRODUCTION TO WATERCOLOUR:** A one-day workshop at Bishop's Knowlton Centre, 235 **Knowlton Rd.** Other workshops offered in October and November include: meditation, creative writing, creativity (in French), and understanding your dreams. For schedule, please call Louise Jamet, at (450) 242-1518.

**Oct. 18 - 28**

**Knowlton Players** proudly presents **FATHER'S BEEN TO MARS**, a delightfully funny family show. Opening night benefits the Auxiliary of the B.M.P. Hospital. Thursday, Friday, Saturday, 8 p.m., Sunday matinees, 2 p.m. Tickets available at door or call 263-1061. Adults, \$8, children under 13, \$5.

## CHURCH SERVICES

**KNOWLTON/CREEK PASTORAL**

**CHARGE:** Worship & Song by members & Rev. Burn Purdon. Creek United, Foster, 9:30 a.m. Knowlton United, Knowlton, 11 a.m. Everyone welcome.

**ST. PAUL'S UNITED CHURCH, WATERLOO:** Sunday services at 11 a.m. Fulford services will continue during September and October at 9:30 a.m. on the second and fourth Sundays.

**COWANSVILLE AREA PASTORAL CHARGE UNITED CHURCH:** Worship and Sunday School at Emmanuel United Church, 203 rue Principale, at 10:30 a.m. Choir Practice at 9 a.m. Rev. Mary MacPherson officiating. All welcome.

**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.

**SUTTON-DUNHAM UNITED:** Everyone is cordially invited to attend services at 10:30 a.m. in Sutton on the first and second, Sundays and in Dunham on the third and fourth Sundays of each month. Come, let us worship together.

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

**BEDFORD PASTORAL CHARGE:** invites you to come and worship with us. Minister, Rev. Malcolm Cogswell. Services: Stanbridge East, 9:30 a.m., Wesley Church, Bedford, 11 a.m., Mystic, 12:30 p.m. Sunday School at Stanbridge East and Bedford. All welcome.

## 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.

## ADVANCED NOTICE:

The Knowlton Pony Club will be conducting a Fundraising Bottle Drive on Nov. 3. We are asking everyone to save bottles and cans for us to collect on that day. If you need to make

other arrangements call Meta at (450) 243-1360 and we will pick up before.

**TOUR DES ARTS** seeks new members for its 2002 Event. Interested parties must have: studio or workplace that can be opened to public, located within designated area including villages and regions surrounding Sutton, Knowlton, Mansonville, permanent resident of designate area. Ten slides or photos of artisan's or artist's work and curriculum vitae must be sent along with self-addressed, stamped envelope to Tour Des Arts, C.P. 928, Sutton, Quebec, JOE 1K0, before Nov. 15.

## BRIEFS

### Maison du Livre events

Maison du Livre / Rosemaling: By popular demand, Artist Valarie Van Horn's Rosemaling Exhibit at La Maison du Livre located at 371 Rte 202 in Stanbridge Station, will be extended until Nov. 20. The exhibit is open to the public on Tuesdays, from 1 to 9 p.m. Admission is free. A donation would be appreciated.

A six-session rosemaling course for beginners will also be offered at La Maison du Livre, from Oct. 16 to Nov. 20, on Tuesdays, from 1 to 3 p.m. Registration deadline is Oct. 15. Information: (450) 244-6299 or 248-3388.

Denis Brault and fellow musician will present a selection of their favorite melodies at la Maison du Livre, located at 371 Rte 202, in Stanbridge-Station, on Tuesday, Oct. 9, at 7 p.m. Admission is free. A donation would be appreciated.

### Missisquoi Library events

Missisquoi Library / Fall Schedule: The Missisquoi Public Library, located at 187 Champlain, in Philipsburg, comprises 3,200 books which can be either consulted or borrowed, as well as a selection of books for sale. Registration at the library is free. Other educational activities are also free. This community initiative is made possible by the generous support of volunteers and patrons. The Library is opened year round on Friday, Saturday, Sunday, from 1 - 4 p.m. Information: 248-4402.

Brome County NEWS



88 Lakeside, Knowlton, Quebec JOE 1V0  
Tel.: (450) 242-1188 / Fax: (450) 243-5155

## 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, JOE 1V0, email: bcn-news@endirect.qc.ca, or fax: (450) 243-5155. Visa and Mastercard accepted.

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## CIRCULATION

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

## 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

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# Mental health needs spur grassroots initiatives

By Caroline Kehne  
RECORD CORRESPONDENT  
KNOWLTON

The Canadian Mental Health Association has designated the week of Oct. 7 through 13 as Mental Illness Awareness Week.

While CMHA is calling for greater public awareness of mental health issues, mental health services, like other health services, are suffering the effects of decades of cutbacks, the affects of which are most acute rural communities. This challenge has given rise to a number of grass-roots initiatives that provide supplemental information, referral and peer support to the general public.

Lac Brome residents Linda and Tom Ransom are two Townshippers who responded by founding the Mental Health and Well-Being Support Group, and its lobbying arm, Mental Health Advocacy for Anglophones (MHAA) more than one year ago.

The support group offers literature, peer support and workshops on mental health topics, and meets every second Saturday at St. Paul's Anglican Church basement in Knowlton. The next meeting is on Oct. 27.

Responding to the success of their support group, the Ransoms have also started a weekly soup luncheon, which is a social event open to those afflicted with mental illness, their families and friends.

Every Tuesday at noon, more than a dozen people come to St. Paul's for the "soup social" where Linda serves coffee, soup and dessert, providing an outing and a supportive environment for families grappling with the consequences of mental illness.

Linda adds that the newly formed advocacy group, Mental Health Advocacy for Anglophones, has been performing outreach to doctors, lawyers and police in an effort to network with civic professionals who deal directly with mental health issues. Based on their initial networking success, she says that the MHAA plans a second wave of outreach in the near future.

The success of the Knowlton group has also inspired fellow Townshippers Lynn and Judy Ross to start a sister chap-

ter of the Mental Health and Well-Being Support Group in Lennoxville. This group meets from 7-9 p.m. every second Monday of the month at 257 Queen St. They also maintain a lending library and up-to-date resources.

These grassroots efforts by local residents have not gone unnoticed though, as the Alliance for the Mentally Ill Inc. (AMI Québec) recognized Lynn and Judy Ross and Linda and Tom Ransom for their contributions to mental health at the association's Annual General Meeting held at the Jewish General Hospital on June 4.

For more information on mental health issues, there is also a growing bank of resource information available online. AMI Québec maintains a comprehensive, bilingual website at [www.amiquebec.org](http://www.amiquebec.org) that covers basic topics such as the symptoms of mental illness, the major types (schizophrenia, schizoaffective disorder, affective disorder, obsessive compulsive disorder, anxiety, personality disorders, organic brain disorders and substance abuse) and medications (antipsychotics, antidepressants, mood stabilizers/antimanic, anxiolytics and drug insurance).

The site also offers information on topics like Quebec laws that are related to mentally illness and trusteeship, the role of the family, integration and an extensive bibliography for those seeking more in-depth information.

Other websites, like the Canadian Mental Health Alliance's "Stress Sense" website at [www.stresssense.com](http://www.stresssense.com) offer information on topics like Seasonal Affective Disorder, a mood disorder occurring during fall and winter months which, according to CMHA statistics, affects an estimated 600,000 Canadians

and up to 2 per cent of the Canadian population in its milder forms.

For more information on the Knowlton's Mental Health and Well-Being

Support Group, call (450) 243-0928. For information on the Lennoxville group, call toll free 1-866-5665715 ext.15.

## BMP host annual Fall Tea



CAROLINE KEHNE/CORRESPONDENT

The BMP Auxiliary will hold its annual fall tea on Tuesday Oct. 23 from 2:30-4 p.m. in the BMP Hospital cafeteria. Every spring and fall, Auxiliary volunteers like Bev Pascoe (pictured serving at last year's fall tea) polish their silver tea services and prepare a generous assortment of sandwiches and dessert squares for this special event to raise money for the BMP Hospital Foundation.

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	<b>DOCTEUR DOLITTLE</b> (French) G Fri., Thur. 5:00 p.m. Sat., Sun.: 1:00-3:00 p.m. From Oct. 12 <sup>th</sup> to Oct. 18 <sup>th</sup>	
	For info: 263-5900	

# SAAQ campaign aims to get people to buckle up

*Get a little info on that used car you're thinking of buying with the SAAQ*

Last week I talked about how the police will be working a little harder to deal with road rage this month. Well, they'll also be working on getting more people to buckle up.

According to studies done by the Société de l'Assurance Automobile du Québec, the number of people using their seat-belts decreased by one per cent last year, down from 95 per cent.

At first glance it seems that a pretty good number of folks use their seat-belts. But there's a troubling statistic to go along with it: The six per cent of people who don't buckle up represent 30 per cent of those who died in car accidents.

If everyone in the province used a seat-belt, the study suggests that we would have 100 fewer deaths and 300 fewer serious injuries each year.

**Simple fact #1:** Seat-belts save lives.

**Simple fact #2:** Sometimes laws have to be brought in to protect peo-

ple from themselves. If it wasn't a law, you can be sure a lot of us wouldn't buckle up.

Another interesting bit of information the study brings up is that seat-belt use diminishes after dark, to 85 per cent between 2 and 3:30 a.m.

Drunk drivers are apparently even worse at putting on their seat-belts. Among drivers that were over the legal blood alcohol limit, only 44 per cent were wearing their seat-belts when they got nabbed by the cops.

I guess if you're going to do one stupid thing, then doing another stupid thing at the same time probably doesn't seem like such a big deal. Faced with losing your licence and getting a criminal record, getting a \$100 fine and three demerit

## UNDER THE HOOD

MAURICE CROSSFIELD

points for not wearing a seat-belt is likely the least of your worries.

To get more people to buckle up, the SAAQ and the provincial police forces will be setting up billboard

signs with the slogan "A votre place je m'attacherais" (In your place I'd buckle up). Signs will also be put up in hotels, restaurants and bars warn-

ing motorists of the dates of road-block operations targeting seat-belt use.

The crack-down got underway last week and will continue until Oct. 27. SAAQ president Jean-Yves Gagnon says the operation is the first of its kind since 1990.

## LEARNING MORE ABOUT A USED CAR'S HISTORY

The SAAQ also has an interesting service for

used car buyers: For a fee you can get the history of the car you're looking at.

For \$8 you can learn more about the car in question, its make, model, original colour, original engine, number of owners and so on. You can also learn if the vehicle was rebuilt or has been in a serious accident.

This can sound any number of alarm bells if the information you get doesn't match up with what you see. Colour doesn't match up? Then why was it painted? Engine doesn't match the car? Time to ask some more questions.

To find out more, you've got two options. You can visit any licence bureau, or you can write in to the SAAQ at 333 Boulevard Jean-Lesage, n-3-14, Post Office Box 19600, Quebec, (Quebec), G1K 8J6.

In either case, you'll need the vehicle's serial number, which is located on the dash near the windshield.

In the game of buying a used car, knowledge is power, and for a few bucks you can get enough knowledge to either know you're making a good deal, or walk away from a bad one.

It'll also help to get rid of that feeling of dread you get when you buy a car and are just waiting for something to go wrong.

*To get more people to buckle up, the SAAQ and the provincial police forces will be setting up billboard signs with the slogan 'A votre place je m'attacheraid' (In your place I'd buckle up).*

## Heritage seeds: the past, present and future

*Free conference hosted by Dr. Patrizia Ramacieri at St-Étienne-de-Bolton*

On Sunday Oct. 14, at 2 p.m., a free conference entitled "Heritage seeds: the past, present and future" will be given by Dr. Patrizia Ramacieri at Jardin d'Émeraude, 150 Chemin de Bolton-Centre in St-Étienne-de-Bolton.

To make sure you will have a seat, you contact Mr. Serge Crispot at (450) 297-3814.

### THE PAST

For centuries, gardeners have saved the seeds of their favourite varieties and passed them on from generation to generation. This rich inheritance belongs to everyone, and it's full of fascinating treasures to be discovered. Did you know that, a hundred years ago, there were over 6000 named varieties of apples grown in North America? Less than 1000 of those remain.

### THE PRESENT

Over half of the varieties of fruits, flowers and vegetables grown today by seed savers are not commercially available.

Many have never been commercialized,

though they've been enjoyed by families and friends who shared and perpetuated the seeds. As people stop growing their old family favorites, these varieties are vanishing forever.

### THE FUTURE

Seeds of Diversity Canada is a Canadian grassroots network of volunteer gardeners who grow heritage varieties and share seeds with one another. In 1984 it began as the Heritage Seed Program, a committee of the Canadian Organic Growers. Since then it has grown into a national organization with federal charitable status and over 1400 members coast to coast. Did you know that heritage varieties are essential for future food production? Without this rich gene pool, modern plant breeding would become impossible in only 20 years.

### THE CONFERENCE

To give you more information on these topics, a conference will be given by Dr. Patrizia Ramacieri on Sunday, October 13, at 2:00 p.m., at Jardin d'Émeraude, 150 Chemin de Bolton-Centre, St-Étienne-de-Bolton. The conference is free and you must reserve your seat. You will have the opportunity to learn how it's easy to make a difference in the future quality and diversity of our food supply. For information call 450-297-3814.



Les Centres Butters-Savoy et Horizon

FOSTER HOME FOR PERSONS WITH AN INTELLECTUAL IMPAIRMENT

Les Centres Butters-Savoy et Horizon are a rehabilitation centre for persons with an intellectual impairment. Our organization is looking for persons wanting to share a home located in Knowlton, a small picturesque village situated in the Eastern Townships, with three adults with an intellectual impairment.

The candidates must provide a warm living environment, have initiative, stability and speak English.

They must also:

- have a good ability to transmit relevant information concerning the clients for whom they are responsible;
- demonstrate the skills needed to collaborate with the different partners in the network;
- be able to implement learning programs and/or behaviour modification techniques;

The person or persons selected will receive the support of a team of professionals from the Centre, as well as financial compensation in accordance with standards set by ministère de la Santé et des Services sociaux.

Should the project interest you, please leave your name and telephone number with:

Amélie Rathier  
Les Centres Butters-Savoy et Horizon  
400 Bernard Street  
Waterloo, Québec J0E 2N0  
Telephone: (450) 539-5333, ext. 223

# Composting bins, training available

*Brome-Missisquoi Regional Municipality offers course, bins at recuded cost*

Staff

The Brome-Missisquoi Regional Municipality will be offering residents composting bins and a course on the practice at a reduced price.

For \$32 you will get a large black composting bin known as the "Earth Machine" and two hours of training on composting. The bins normally sell for \$80. The deal was made possible through a grant from the Fonds d'action Québécois pour le développement durable, and the Quebec government.

Two evening training sessions will be held, one in French and the other in

English. The French meeting will be held on Oct. 23 at 7 p.m. at the theatre of Camping Domaine Tournesol, 331 Brosseau, Route 139, Cowansville.

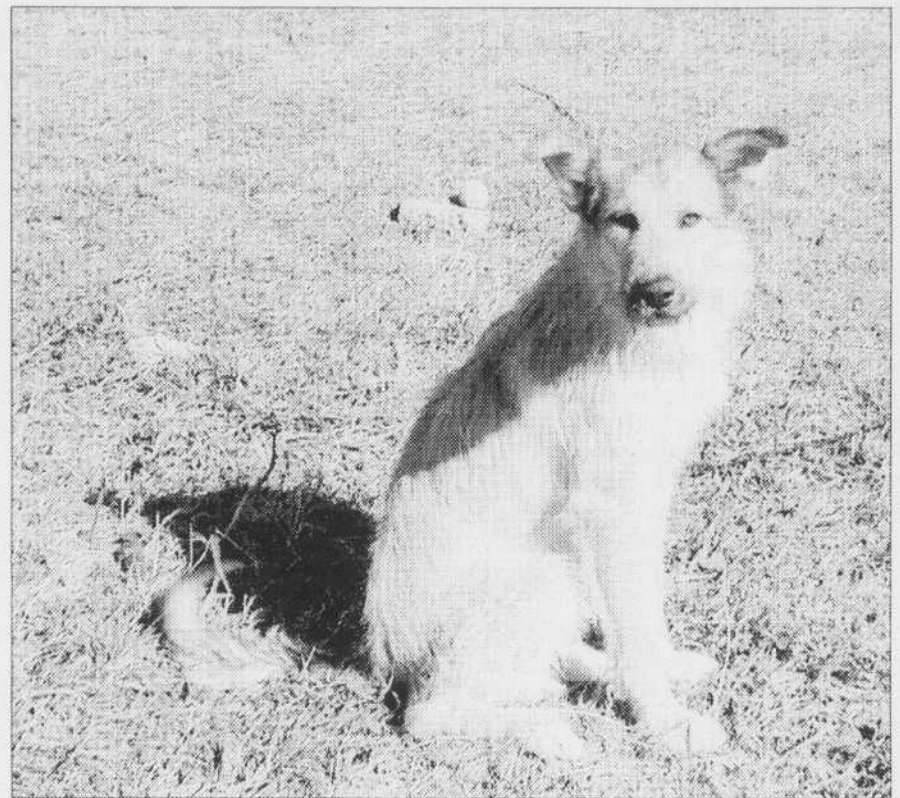
The English meeting takes place two days later on Oct. 25, at the Town of Brome Lake Community Services building, 383 Knowlton Rd., Knowlton.

Anyone interested in making composting a part of their daily routine must register before Oct. 20. To register and pay for the bin you can go to the MRC office at 749 Principale, Cowansville. The cheque can also be mailed in, along with your name, address and phone number.

Other training sessions on home composting will be held in the spring and fall of 2002, likely in Farnham and Bedford.

For more information contact Pierre Bell at the Brome-Missisquoi MRC at (450) 266-4900, ext. 232.

## Pet of the Week . . . Simon



COURTESY OF SPCA MONTRÉGIE

I was found on the street with no ID on me ( maybe my owners are looking for me, but my friends at the shelter don't know how to find them) Anyway, that's the past - I'm about three-years-old and weigh about 45 pounds with wiry fur. I'm very affectionate, loving, enthusiastic and obedient. There are lots of us dogs here at the shelter who, of course, need homes, but I really must put in an emergency call for my cat friends! We are all at the SPCA Montérégie. For more information call (450) 460-3075 or (450) 242-2892

Also, economical spay/neuter clinic for cats available through the Frontier Animal Society. For more information call (450) 243-5341.

# Warm colours, breathtaking vistas at Panoramaduodlacôte

Staff

The 15th edition of Sutton's Panoramaduodlacôte will close out its month-long celebrations this weekend on Saturday, Oct. 13 and Sunday, Oct. 14.

From 10 a.m. to 5 p.m., chairlift #5 will whisk visitors to the top of the mountain to the fantastic lookout of Chalet Alt. Two mountain restaurants will be open, allowing visitors to enjoy a snack while admiring the view.

At the top of the mountain, 77 km of trails await hikers. Along the paths, visitors will encounter lakes, panoramic viewpoints, observation decks and more than 135 species of birds to the pure delight of

bird lovers. With a reservation, wilderness camping is also available in the Parc d'environnement naturel de Sutton.

*Activities planned include bike tours, kayak excursions and more.*

All kinds of activities are also planned during Panoramaduodlacôte final weekend, including bicycle tours, village and rural heritage circuits by foot, bike or car, guided tours of Sutton's mountains, kayak excursions on the Missisquoi River, mycology and sampling workshops, sports clothing and equipment sales,

art exhibits, thematic performances at the Chocolate Museum, mosaic demonstrations, photography workshops, antique sales and more.

## BMP:

CONT'D FROM PAGE 1

Area residents are invited to hear Emergency Room physician Dr.

Jean-Charles Godreau discuss emergency room medicine at the BMP, followed by tea served by Auxiliary volunteers.

Johnston-Main said that future meetings in Sutton, Lac Brome, Cowansville, Frelighsburg, Bedford,

Waterloo, Bromont, Farnham and Dunham will follow this model of a physician talk and tea. Dates, times and meeting locations for subsequent meetings will be announced at a later date.



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## Community Forum

# Klingerman virus hoax resurfaces

Last week, an e-mail arrived that had a vague ring of familiarity. "This is an alert about a virus in the original sense of the word," it began. "One that affects your body, not your hard drive."

This "warning" was the latest resurrection of the Klingerman virus hoax. The e-mail, which first appeared in April 2000, claimed that an unknown person had been mailing virus-infected blue sponges in envelopes that bear the inscription "A gift for you from the Klingerman Foundation." This noxious e-mail hoax resurfaced shortly after the Sept. 11 bombing.

The e-mail raised immediate red flags. I immediately logged onto the Internet and started a search for virus, and in less than seconds, I had my answer.

My first stop was the Center for Disease Control website, which contained a report on false e-mails, including the Klingerman Virus.

My second stop was a personal favourite: the Urban Legends website (<http://urbanlegends.about.com>), an amus-

ing tribute to the pathetic depths of human gullibility. This website gives the low-down on classic "it-happened-to-a-friend-of-a-friend-so-it-must-be-true" stories.

Remember the alligators in the sewers of New York? How about the parking teenage couple who narrowly escape being victims of "the hook?" They're urban legends, passed from generation to generation by sincere people who want to believe.

This website contains an evolutionary history of the Klingerman virus by David Emery entitled "This One'll Kill You". According to Emery, early versions of the e-mail read: "This is from Schwab corporate headquarters - so it's no joke!" Why an epidemiological report from a discount broker would hold weight in any reasonable person's mind is beyond me, but therein lies the power of the nature of the urban legend. It's not from a nobody; the person who sent it said it was a name you know (Schwab), therefore, as incongruous as it seems, it is easier to believe.

It is likely that many who passed this on

never bothered to question the authenticity of the Klingerman e-mail, either by doing a quick web search or by contacting the purported source of the information.

I consulted with one teen who said that she sent a copy of the Klingerman hoax e-mail to all of her friends because she "thought it was funny." The person who sent it to me is, ironically, a former pharmaceutical industry manager.

But what seemed even funny two weeks ago has taken on an ominous light in view of the ongoing FBI investigation into the death of a Florida man from pulmonary anthrax. I suspect that lots of sadistic, angry, isolated miscreants will have a field day generating more convincing hoaxes, preying upon public vulnerability at a time of crisis.

I'm using my e-mail delete key a lot more these days. I'm also drawing some very depressing conclusions about friends and acquaintances who pass along suspect e-mails, apparently without a second thought. It's time for the public to exercise more intellectual as well as moral responsibility in the use of e-mail.

### VIEWPOINT

CAROLINE KEHNE

### LETTER TO THE EDITOR

## Police costs grossly exaggerated

DEAR EDITOR

It is not true that Bill 19 requires the doubling of our municipal police force and the construction of a new police station at a cost of an increase of 35 per cent in each home owners annual tax bill.

It is the interpretation of Bill 19 by the police of the requirements of Level 1 in the Bill. This interpretation is and has been grossly exaggerated for a municipality of our size.

The plan is to be submitted to the Minister of Security on Jan. 1, 2002. Bill 19 may be obtained on the Internet at [publications.duquebec.gouv.qc.ca](http://publications.duquebec.gouv.qc.ca).

Read it yourself and make your protest known to the mayor and councillors.

DANIEL K. SHERRY  
Foster

P.S. This money should be directed to our Health Services

## ER doctor hosts animated lecture

### History series talks about everything from plate tectonics to Maude Abbott

By Caroline Kehne  
RECORD CORRESPONDENT  
COWANSVILLE

"We're all the same." That was the message of Dr. Jean-Charles Godreau's animated lecture last Thursday at Cowansville Community School.

The presentation, which covered 200 million years of geologic and human history in one-and-a-half hours, was definitely one of the more animated talks as part of the history lecture series,

which is co-ordinated by Louise Hall and Dick Eldridge.

The lecture, which discussed everything from plate tectonics to the career of distinguished Canadian pathologist Maude Abbott, was a smorgasbord of historical anecdotes that demonstrated history is, like the forces of geology and biology, driven by incrementalism, often to the point of predictability.

Drawing on his own expertise as an emergency physician, and an added personal interest in the American Civil War, he described how the horrendous injuries suffered on the battlefield led to subtle, but important advances in medicine.

The history course is one of many courses offered by the Community School, held Thursday nights at Heroes' Memorial School.



CAROLINE KEHNE/CORRESPONDENT

Dick Eldridge (left) and Dr. J.C. Godreau discuss the fine points of Loyalist history.

Brome County  
NEWS



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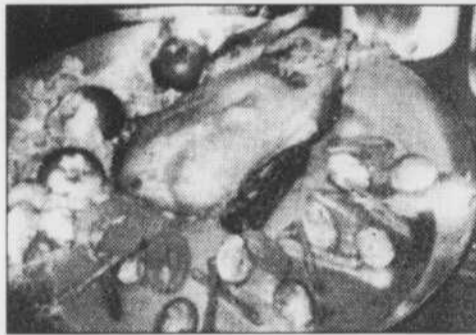
# A couple of duck recipes for you

## Apple and Ginger Duckling

Preparation time:	15 minutes
Cooking time: oven:	2 hrs. 30 minutes
Standard portion:	2 - 4
Ingredients:	Quantity:
Brome Lake Duck	2.2 kg 5 lbs.
Medium onion	2 2
McIntosh apples	3 3
Ginger (grated)	80 ml 1/3 c.
Ground black pepper	15 ml 1 tbsp.
Maple syrup	80 mlo 1/3 c.
Salt	11 ml 1 tbsp.
Duck broth or water	1 litre 4 c.
Salt and pepper	

1. Preheat the oven at 300°F or 150°C
2. Remove giblets from cavity.
3. Cut onions and apples in large pieces and mix with grated ginger, maple syrup and salt. Stuff the inside of the duck with this mixture.
4. Put a grill in the bottom of a Dutch oven and place the duck on the grill. Add: salt, pepper and broth or water.
5. Cook for 2 hrs. 30 min. uncovered and baste frequently with juice. If necessary, add water to keep the broth liquid. Remove the duck from the Dutch oven.
6. Skim the broth. Gently thicken the broth

with starch or brown veloutine.

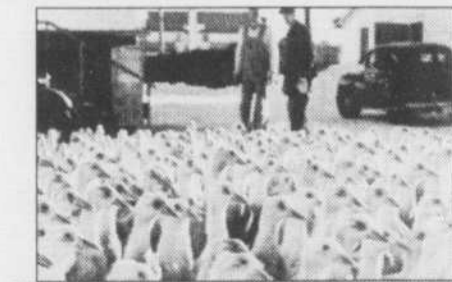
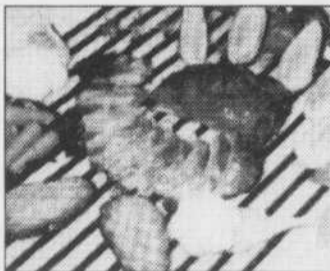


## Cajun double duck breast

Preparation time:	5 min.
Cooking time:	BBQ or stove top: 8 min.
Standard portion:	4
Ingredients:	Quantity:
	Metric
Imperial	
Brome Lake Duck breast with skin*	4 4
Tomato paste	30 ml 2 tbsp.
Chopped garlic or	3 3
Garlic powder	5 ml 1 tspn.
Olive or vegetable oil	15 ml 1 tbsp.
Lemon juice	15 ml 1 tbsp.
Cajun spices	15 ml 1 tbsp.
Honey	5 ml 1 tspn.

1. Using a sharp knife, remove excess skin.
  2. Using a knife, gently slide blade every 1/4" inch on the skin of the breast in one direction then in the other to form a checkered pattern.
  3. Mix: tomato paste, garlic, oil, lemon juice, cajun and honey.
- BBQ cooking: preheat for 10 min. at medium heat. Place the breasts skin down on the top grill. Coat the breasts using the mix. Cook 1 to 5 min. or until skin is crisp, not burned. Then turn the breasts and cook for 3 min. Stove top cooking: same method.

\*Note: Duck should be cooked as a red meat. Can be cooked rare, medium or well done. Suggested cooking medium.



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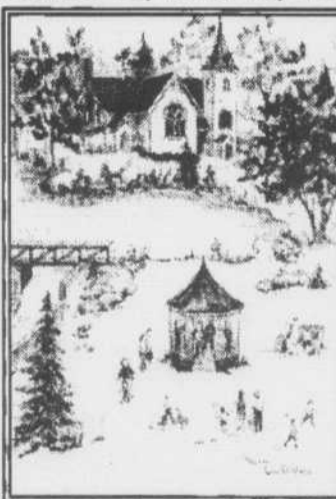
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# Celtic spirituality: the christian difference

When Christianity came to Ireland it was a dark, frightening time for many in Europe. The mighty Roman empire, which had governed the continent, was disintegrating. As the Barbarians poured across the Danube and Rhine rivers it felt as if the world were coming to an end. Chaos ruled instead of government and order. The time was around 400 A.D.

The tradition of Christianity, which Patrick, Brigid of Kildare, and others established amongst the Celts in Ireland, was different from many other expressions of Christianity. They took the time to understand the customs of the people. They built up on their beliefs and practices, instead of forbidding them. This was different from the way some other evangelists of the Christian faith operated. They forbade or tried to destroy the beliefs and practices of the people. Patrick showed how Christianity was the fulfillment of their ancient beliefs and practices. It was a reassuring answer to their deepest fears. Their culture was like the Old Testament is to the New Testament.

Patrick did not try to change the ancient Celts sense of the inter-connect-

edness of all living things, our at-oneness with all of creation. We are of the earth. We can speak of our sister water, brother fire, mother earth and father sun. He tapped into those accounts in the Bible which affirm this. He brought the comforting news that in the Judao-Christian tradition God is not one of the forces operating, but the Creator of them. St. Patrick's Breastplate Hymn affirms the trustworthiness of the Creator. This was good news to the Celts, whose belief in shape-shifting and the fluidity of creation made the world a very uncertain place. There is an unshakable security in the creator.

The Other World, the unseen spiritual world of the Celts, which was alongside the everyday world, became the home of angels. They were no longer tricksters, but servants of God's love and truth. God was not understood as being a distant deity, but as being close by, a Presence: "in whom we live and move and have our being". The Celtic love of threes meant that they had no problem with the Christian understanding that God is Three-in-One, a multiplicity in union. The

shamrock was an illustration of this.

The Celts love affair with heroes was one of the reasons Christianity was received with open arms. Jesus became their Great Hero. The story of Jesus became their epic saga. The galaxy of the Communion of Saints and the heroes of prayers became their models. Jesus became their Chief Druid, the Teacher Supreme. The equality between men and women in Celtic culture continued in Celtic Christianity. It was not as patriarchal as the Roman expression of the Truth. With the coming of Christianity they now had stories of beginning and ending. Their minds and imaginations were still caught up in their stories, poems, and sagas, but these were now reshaped by a biblical perspective.

Patrick spoke out against the practices of human sacrifice and slavery. There was no need to continue human sacrifice. The sacrifice of Jesus on the Cross cut the roots of the psychology which demanded sacrifice. Patrick's was the first recorded voice to speak out against slavery. Both these practices slowly came to an end. The Celts fighting spirit did not. The character of

Jesus was endowed with Celtic spontaneity, playfulness, partying, poetry, storytelling, quick wit, and living life to the full.

The teaching of Celtic Christianity was quite different from some other parts of the Church, which taught that humans are intrinsically evil. Celtic Christianity taught that we, and all creation, are basically good, but are in bondage to evil forces. Jesus came to free us from these. The never ending knot has been cut.

So Celtic culture was transformed by the coming of Christianity, but not destroyed. It was not life denying, but life affirming. "God's glory is in human beings fully alive". The most profound thing that happened to the Celts was this: before the coming of Patrick they had been living in a house, but they had not known to whom the house belonged. Now they knew. They lived in the House of the Creator of all Creation.

("How The Irish Saved Civilization" by Thomas Cahill is an interesting book about the end of the Roman Empire, and the beginnings of Celtic Christian tradition and its contribution.)

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# Getting the heat throughout your home

By Kathy Scott

Inspecting your heating delivery system is something that you may be able to do yourself. The delivery system consists of ducts, registers, radiators and convectors. Follow these tips to help clean and maintain your system all season long.

If your house is heated by forced hot air, you should have your ducts checked and cleaned by professionals every five years unless you have some remodeling done. The cleaning will reduce the amount of dust blowing out of the heating ducts. You will have to dust less, your furnace will heat more efficiently and your environment will be healthier. You can help keep your ducts clean by vacuuming them several times a year and changing the blower filter if it is fiberglass or rinsing it if it is aluminum or plastic. Look for the filter near the blower on the furnace.

You can clean steam or hot water systems yourself, but be careful. Radiators and convectors, tubes encased in thin, metal fins usually found in baseboard housing, are the vehicles for heat in these kinds of systems. Dust and vacuum radiators or convectors thoroughly before cranking up the

heat. Vacuum again each month during the winter. If you want to increase the amount of heat you feel in a room, tape some foil, the same size as the radiator or convector, behind the unit. Do not cover your radiators or convectors with any items. Use only standard covers and make sure there are openings at the top and bottom for circulation. Metallic paint on a radiator can reduce the efficiency of the heating unit by over 15%. That 15% can make a big difference in your heating bill. Use matte-finish, light-colored paint instead. Enclosed in the housing unit, convectors are not usually painted. However, you need to check the fins to see that they are clear and clean. Also check to make sure that they are not touching each other. You can use a putty knife to adjust them, if necessary.

To make sure your steam or hot water system works at top capacity, you may have to bleed your radiator or convector. Bleeding is the process of releasing trapped air. To do so, turn your furnace on until it has reached the preferred temperature. Make sure the circulator, the pump located close to the furnace, is running. Turn on the radiator's supply valve at the bottom.

the opposite end of the radiator near the top and open it. Some bleeder valves can be opened with a regular screwdriver; others may require a special socket wrench. Make sure you have a coffee cup or pan with a handle to catch the hot water that will run out. Be careful of the pressure and heat that will accompany the burst of air and hot water. As the water comes out, turn off the valve. Within a few minutes, the radiator should be warm. If this does not happen, repeat the bleeding process. As with radiators, convectors may have to be bled individually, but this may simply involve opening a single valve. Look for the valve where the plumbing returns water to the furnace.



Then locate the bleeder valve at the bottom. If your steam or hot water system still does not work properly,

you may have other problems. First try putting a block under the end opposite the supply valve. If that does not work, you may have a clogged vent. Cool the radiator and then unscrew the valve. Shake it hard to remove any rust or dirt, blow through the threaded end and then replace it. If you cannot shake or blow the clog out, soak the valve overnight in paint remover. If your vent is clear, you may have a leaky supply valve. Check the packing that is wrapped around the supply valve stem. You may need to replace it. If you hear noises that do not stop after the heat has been on for a short time, check the slope of the plumbing with a builder's level. If it is okay, look and see if the supply valve is opened all the way. If all else fails, call a professional.

Checking your heat delivery system should go hand in hand with checking your furnace or fireplace in preparation for winter. If you do the two together, you're sure to have a safe, warm season.

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# Drafty windows will dampen your spirits

By Kathy Scott

Drafty windows are no fun during the winter. Fall is the perfect time to fix those drafty windows. In addition to caulking, weatherstripping is an easy, energy-saving project. You will find weatherstripping at many hardware stores and home improvement centers. The money that you spend on these supplies will be worth it when it comes to saving money on your utility bills.

Double-hung windows have channels that allow the windows to slide up and down. Channel stripping, weatherstripping made for such windows, is the best option. Channel stripping made of metal is sturdy and easy to install. First cut two strips equal to the height of the lower sash, plus an inch. Then raise the lower sash and put a strip into the channel on each side. Keep feeding the strip into the channel until the extra inch is above the sash. Nail the stripping into the channel so that the nails are flush or below the surface. Close the sash and nail the upper inch of the stripping. Then pry the free edge of the stripping slightly so it will press tightly when the window is closed.

When installing stripping on the upper sash, make sure that you drive nails into both edges of the upper strips that lie next to the pulleys. This will keep the free edges from catching against the top when the window is raised.

Do not forget the stripping along the top of the upper sash and bottom of the lower sash. Apply stripping along the upper and lower sash where they meet the window. If you can get to the exterior, mount stripping on the outer edge of the inner sash with the crease pointing down. If you cannot reach the exterior, attach the strip across the lower indoor-

facing edge of the upper sash with the crease pointing down.

If you prefer, you can use channel stripping with an adhesive backing or vinyl stripping which also has an adhesive backing. To install vinyl stripping, carefully position the strip in the channel. Tear off the paper while



pushing the strip against the channel. Lower the sash and press that extra inch onto the sash. To apply weatherstripping to the upper sash, just repeat the process. If there are pulleys on the window, attach the strip above and below those pulleys.

Weatherstripping also comes as hollow or foam-filled vinyl tubing and felt or foam strips. Tubing is a great sealer and is durable. It must be attached to visible parts of the window

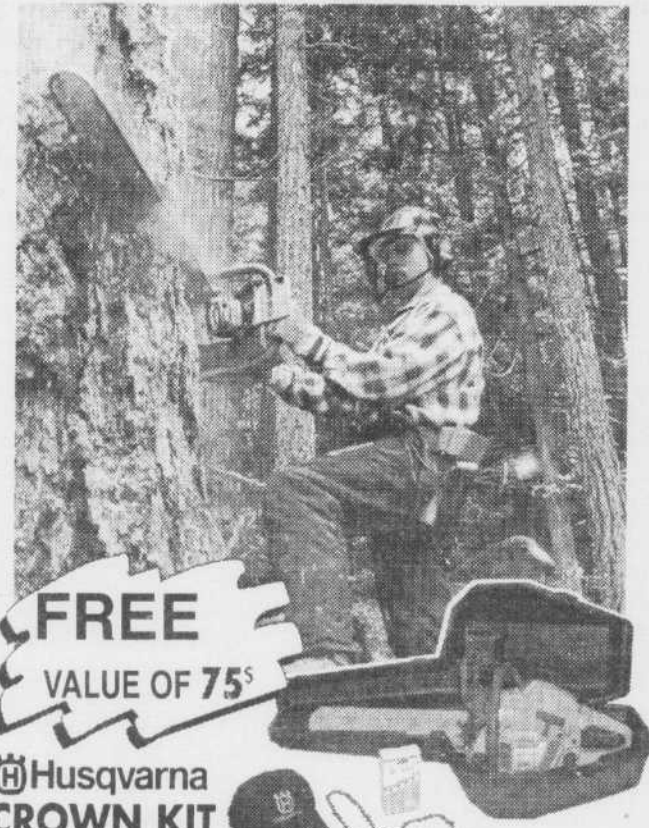
so it should go on the outdoor side. Cut it into strips and place the strips so that the tube meets both the window and the frame. Do not put a strip across the middle of the window. Fasten the stripping with staples. Then stretch the stripping so it does not ripple. The easiest place to attach tubing, across the middle, is on the underside of the upper sash. However, remember, it will be seen.

Felt and foam strips are less expensive than tubing. They, too, must be attached to the visible parts of the window. However, you need to attach the strips to the inside of the window. You may use staples or tacks with felt stripping. The foam stripping probably has an adhesive back to it. Use the same technique for application as you did for the tubing, but put it on the inside. When applying it to the middle of the window, attach it to the top of the inner sash.

Just a little thing like weath-

erstripping could save you money in this era of ever-increasing utility bills. So spend a little, and save a lot.

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# L'esclavage très présent au XXI<sup>e</sup> siècle

J'ai lu récemment un dossier bouleversant au sujet de l'esclavage dans le monde.

Entre 200 et 250 millions de personnes vivent en esclavage selon l'Organisation internationale du Travail. Ces chiffres effrayants ne concernent pas une époque lointaine mais bel et bien l'an 2001.

Dans l'antiquité, l'esclavage était courant et même institutionnalisé. Les peuples vaincus devenaient les sources d'esclaves pour les vainqueurs. Par exemple, Jules César a ramené un million de Celtes après la campagne romaine contre les Gaulois. Les habitants gaulois, les ancêtres des Français, ont été réduits à la servitude, peu importe leurs rangs.

Puis il y a eu la longue et terrible histoire de la traite des Noirs. Les explorations des grandes puissances européennes leur a permis de conquérir de nouveaux territoires. Pour en exploiter les richesses, elles ont réduit en esclavage des populations africaines. Les esclaves noirs deviennent un élément clé du commerce triangulaire entre le Vieux continent, l'Afrique et les colonies.

Les colons installés en Amérique du Sud ont soumis des populations indigènes au travail forcé. Mais ce travail et les conditions horribles de vie ont eu raison de la résistance de la population autochtone, qui a par conséquence été décimée.

Les autochtones sont donc remplacés par des esclaves importés d'Afrique, car les Noirs étaient durs à la tâche et résistants au climat tropical. Le trafic des esclaves était rentable et leur importation était un moyen d'exploiter les terres à bon marché.

Des pays tels que la France, l'Angleterre, le Danemark et la Hollande se sont disputé le monopole de cette traite qui représentait une mine d'or.

Ce système qui a duré trois siècles a permis d'accélérer la croissance économique des grandes puissances, enrichies du travail et du commerce des esclaves. Grâce à cette prospérité gagnée alors, elles sont encore aujourd'hui dans le clan des riches appelé "les pays industrialisés". L'Afrique a perdu trois siècles de

développement et une grande partie de sa population.

Selon le journaliste Alain Desmarbais, qui a écrit ce dossier, près de 10 millions de Noirs ont été importés dans les colonies.

Il serait trop long de faire le point historique en détail de la traite des Noirs mais dis-

ons simplement que l'esclavage a été aboli de façon définitive en 1946 seulement lors de la Déclaration universelle des droits de l'homme par l'ONU. Pour leur part, les États-Unis ont procédé à l'abolition de l'esclavage dans leur pays 81 ans plus tôt, soit en 1865 après une longue guerre civile.

Et maintenant, en 2001, même dans des pays qui se disent forts des droits de l'homme, se trouvent des situations où l'être humain est asservi. Bien que l'esclavage soit officiellement proscrit, il existe sous diverses formes en Asie, en Afrique et même en Europe, selon Desmarbais.

L'asservissement pour dette est toujours en vigueur dans certaines régions d'Asie et d'Amérique latine. En Mauritanie, l'esclavage existe encore malgré plusieurs abolitions, incluant celle de 1981. Dans le reste de l'Afrique, il prend souvent la forme de l'exploitation de travailleurs venus de pays voisins plus pauvres et utilisés dans des conditions de servitude. Dans plusieurs pays du Golfe, des dizaines de milliers de personnes, surtout des femmes, originaires de l'Asie du Sud-Est sont des domestiques vivant dans des conditions épouvantables, séquestrées et battues par des employeurs qui se considèrent comme leurs propriétaires.

Il semble que cela se produit aussi en Europe. En mars 1996, la France découvre que l'esclavage existe encore à l'intérieur même de son territoire. Le cas d'une jeune érythéenne séquestrée par son employeur est mis à jour. On découvre que ce n'est pas un cas isolé et le Comité contre l'esclavage a mis à jour des dizaines de cas concernant des personnes originaires de pays en voie de développement, embauchées comme domestiques mais réduites à

l'esclavage et séquestrées.

On estime qu'à travers l'Europe il existe des dizaines de milliers de cas semblables de personnes vivant dans des conditions déplorables, sans salaire et sans papiers. Les captifs subissent des violences physiques aux mains de leurs tortionnaires qui sont souvent leurs compatriotes - et 20 pour cent de ces "employeurs" sont protégés par une immunité diplomatique.

Selon le Bureau international du travail, 250 millions d'enfants âgés de 5 à 14 ans travaillent aujourd'hui dans le monde, dont 50 à 60 millions dans des conditions dangereuses. En Inde des enfants travaillent dans des fabriques de verre non aérées auprès de fournaies dont la température est près de 1,600 C. Dans les usines de tapis indiennes et pakistanaises, ils travaillent 20 heures par jour 7 jours sur 7. En Tanzanie, ils sont à l'oeuvre 11 heures par jour dans des plantations.

Souvent les enfants ne sont pas payés et subissent en plus des mauvais traitements. Parmi ces 250 millions d'enfants maltraités et sous-rémunérés, un nombre élevé se voit réduit à la prostitution. Ils sont en Afrique et en Amérique latine, en Europe - notamment en Allemagne, au Portugal et au Royaume-Uni. Selon l'organisation Human Rights Watch, des dizaines de milliers de jeunes adolescents, souvent originaires du Mexique ou de pays "latins", travaillent aux États-Unis, dans des conditions affreuses sur des fermes des États du Sud.

Dans certaines régions du monde, des réseaux de trafic d'enfants se sont développés. Certains sont vendus comme domestiques, d'autres travaillent dans des plantations dans des conditions épouvantables ou sont vendus comme soldats à des chefs de guerre alors que d'autres sont contraints à se prostituer et d'autres encore sont mis sur le marché de l'adoption, destiné aux pays occidentaux.

La communauté internationale s'est mobilisée "pour essayer de met-

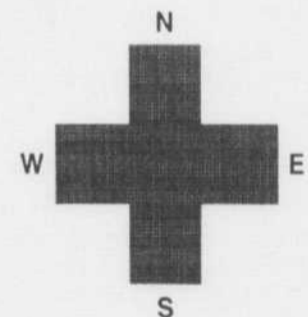
tre fin à l'exploitation des enfants". En 1999, les Nations unies ont adopté une Convention internationale des droits de l'enfant prévoyant l'élimination immédiate des pires formes d'esclavage infantile. Même si cela n'est pas suffisant, cette initiative et bien d'autres ont permis de faire un peu progresser la condition des enfants dans le monde.

La Conférence mondiale contre le racisme qui siégeait au début de septembre à Durban en Afrique du Sud a donné beaucoup d'importance à l'esclavage. Les puissances européennes qui se sont enrichies grâce à l'esclavage, ainsi que le Canada, l'Australie et la Nouvelle-Zélande, bâtis sur la dépossession des peuples indigènes sous les régimes colonialistes, ont reconnu, pour la première fois la traite des esclaves et l'esclavage comme des "crimes contre l'humanité, qui auraient toujours dû être considérés ainsi".

Dans sa déclaration finale du 8 sept., la Conférence a condamné le fait que l'esclavage et des pratiques semblables existent encore aujourd'hui dans certaines régions du monde et prie les États de prendre des mesures immédiates, de manière prioritaire, pour mettre fin à ces pratiques qui sont des violations flagrantes des droits de l'homme. La Conférence a de plus reconnu les droits des peuples autochtones conformes aux principes de souveraineté et d'intégrité territoriale.

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# Cowansville Pastoral Charge looks to busy fall schedule

We began the fall season with a retreat held at Schweitzer's Lodge in Sutton on Sept. 7 and 8. Twenty-three people gathered to study and brain-storm in order to create a 'Mission Statement' for our Pastoral Charge. We were a very hardworking group and this was a very inspiring and rewarding 24-hours.

The Pastoral Care Committee has prepared a pamphlet describing a pastoral care visitation program soon to be implemented in CAPC. An initial workshop was scheduled to be held at Emmanuel United Church Sept 28 and 29, with Rev. Phyllis Smyth facilitating.

We continue to hold worship services once a month at the Robinson Residence and residence Principale in Cowansville.

On Tuesday, Sept. 11, a Candle Light vigil was held at Emmanuel United Church from 4 - 7 p.m. followed by a candlelight worship service of prayers and hymns to honour those who lost their lives and were affected by the new York city tragedy. On Friday, Sept. 14th, we rang the church bells at noon.

Sunday School began on Sept. 16 with a recanting service in the Sanctuary before the chil-

dren left for their classes. ALL children are welcome to attend Sunday School.

Our Senior choir practices began on Sept. 9 at 9 a.m. Anyone who enjoys singing is welcome to join the choir.

Non-perishable food will be collected at Thanksgiving and/or World Food Sunday, Oct. 14 and given to the Food Bank.

Our BIG Fall Fundraiser will be our "Soup & Dessert Luncheon/Bazaar" which will be held on Friday, Oct. 11 from 11 a.m. - 2 p.m. At our bazaar we will have a food table, handicraft table, "attic treasures" and much more. You may partake of a delicious lunch of a choice of four kinds of soup, bread, and "yummy" desserts and the usual beverages for \$6. Children under 12, \$3.

During the year our facilities are used by several community groups.

A note of interest. In the 2002 Church calendar, month of November, Emmanuel United Church is depicted in the small photo. The photo was taken by Ingeborg Fulford.

NORMA SHERRER  
Church Secretary

BRIEF

## Challenges in Guatemala presentation

Staff

Faye Wakeling and Pierre Goldberger will host a presentation on Challenges in Guatemala on Friday, Oct. 26, 8 p.m. at the Cowansville United Church, 203, Principale.

Wakeling previously worked as director of St. Columba House in Pointe Ste. Charles, Montreal, but for the last three years she has been working with a women's organization connected with the Mayan Presbyteries in the rural, mountains region of Guatemala. Her work is one of animation and education, concerned to develop leadership, and to give encouragement and support to village women.

Meanwhile, Goldberger was principal of the United Theological College before leaving for Guatemala with Faye in 1998. He works with a men's organization spread throughout the Mayan Presbyteries, concerned with leadership development and theological training of lay pastors.

Both Faye and Pierre have travelled widely in Guatemala, and also throughout Central America. They have a sensitive and keen sense of the economic, political and religious dynamics as they affect the life of ordinary people.

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## Canadian Club of the Yamaska Valley Spring Historical Tour

Granby

On May 22nd, members of the Canadian Club of the Yamaska Valley set out on another of their Historical Tours of the Eastern Townships, heading for southwestern Quebec and the Richelieu Valley. It was a slightly overcast day, but guided by Ken and Phyllis Hamilton, the group thoroughly enjoyed seeing the beautiful spring scenery and hearing about the background of so many of the local buildings and sites which are our heritage in Quebec.

Starting in Knowlton and Cowansville, we traveled through Dunham and then on to Frelighsburg. In 1796, 100 square miles of forest were granted to Sir Thomas Dunn and his Associates by Governor Lord Dorchester, thus becoming the first Township to be erected in Lower Canada. Phyllis called our attention to the beautiful old stone houses in Dunham that were built in the early 1800s, many by the early French Canadian settler Charles Roi. Dunham United Church, built of fieldstone in 1847 as a Methodist Church and the All Saints Anglican Church, also built of fieldstone in 1849, are prime examples of the expertise of the early stone masons.

Frelighsburg is the home of the oldest mill still standing in the Eastern Townships. Built by Abram Freligh, Jr. in 1839, it is a private residence today but maintained as an historical monument. The Bishop Stewart Memorial Church of the Holy Trinity, that was erected on the site of the first church built in the Eastern Townships, exclusively for church of England worship in 1809, sits majestically on a hill overlooking the village. The present building was erected in 1880 and has the distinction of having "Royal Silver". As we traveled by the myriads of apple orchards and greening vineyards, with their backdrop of the Pinnacle Mountain and the distant mountains of Vermont, we learned of the arrival of the settlers as early as 1790. Driving through the area where the Fenians or "the Army of Ireland" as they referred to themselves, staged their raids against Canada in 1766 and 1770, Phyllis explained that their purpose was to conquer Canada and make it an independent country in order to negotiate the exchange by the British of Ireland for Canada.

In St. Armand and West or Philipsburg we stopped to view the United Church on the slope overlooking Missisquoi Bay and learned that this is the oldest continually functioning Methodist - now United church - in the Province of Quebec. Built of famous, local, white granite in 1821, it is modeled after the first Methodist church erected in New York City in 1769. The design reflects the influence of the German Palatine Loyalists and their expertise in stonework. As we travelled along the shore of Missisquoi Bay on Lake Champlain, it was pointed out that this is the site where many Loyalists landed in 1784. Philipsburg was once known as the "Gateway to the Eastern Townships" but the arrival of the railways in the area took away the business from the barges and the business community deteriorated.

We passed through the resort area of Venise-en-Quebec and then arrived at Clarenceville, which is situated on the border between the old Seigneuries of Foucault and Noyan. As early as 1794, traveling ministers were arriving here and in 1818 a wooden church building was started in the settle-

ment. This church became St. George's Anglican church, and 182 years later, is classified as a Provincial Monument in recognition of its great architectural and historic value. It is the most ornate of all wooden Protestant churches in Quebec, and is second only to the Anglican Church at St. Jean-Sur-Richelieu in age. Across the corner is Wesley United Church, built in 1861 to replace their first Methodist Church building, erected in 1835. This church contains beautiful stained glass windows and a pipe organ donated by the Sir Edward Kemp family in memory of their father and mother. The group stopped here to visit both of these buildings that were kindly opened for us by Mr. and Mrs. John Almond. In St. George's Church, a short discourse concerning the church history was given by Mr. Selfe, and greatly appreciated by the visitors. Both of these church buildings have recently been restored thanks to grants from the Provincial Church Heritage Foundation.

From Clarenceville we proceeded across the Richelieu River to Hemmingford, whose first settlers started to arrive in 1799. Today, the area is famous for its prize cattle and farm animals bred and raised on the prosperous looking farms. Probably, the area is best known for the wild animal sanctuary called 'Parc Safari' where there are over 1,000 animals of 80 different species. It is a major apple and maple syrup producing district with many vineyards and even an ostrich and a llama farm. At Havelock, we turned south to Covey Hill Road which is outstanding with its old stone houses, orchards, vineyards and attached cideries. The view from the hill looking out over the St. Lawrence Valley is spectacular.

We turned north to follow the Richelieu River and as we traveled along, Phyllis recounted stories about the Carignan-Salieres Regiment that first arrived here in 1665 to counteract the attacks by the Iroquois who were making French settlement so difficult. We learned about the "Blockhaus" at Lacolle and Fort Lennox on Isle Aux Nois, where the stone walls of the buildings are 4 feet thick. Today, this fortification, owned and maintained by Parks Canada, is a tourist attraction with a museum that houses a collection of Indian relics and a coin collection dating back to 1530.

Entering St. Jean-Sur-Richelieu, Phyllis told us about many of its early industries, the previous College Militaire Royale and other historical facts about the city that grew out of the first fort built by the French in 1666. Here we stopped at "Le Samuel II Restaurant", where we enjoyed a delicious lunch while we gazed out over the Richelieu Canal and River. After lunch, we toured the St. James' Anglican Church, that was built as a garrison church in 181, making it the oldest Protestant church in southern Quebec. With its original box pews, stained glass windows, created by some of the most prominent Canadian and English artists of the 19th century, and its stencilled walls, it is truly an historic gem.

Following this last visit, we slowly made our way back to Cowansville and Knowlton where all expressed their appreciation for a trip that reminded us of the heritage that our two races have created in this beautiful province.

Submitted by Phyllis Hamilton

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4-HEAD HI-FI  
STEREO VCR  
• On screen menu • Digital auto tracking

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**LATE NIGHTS!**  
(HOME THEATER SPECIAL)



**HITACHI**

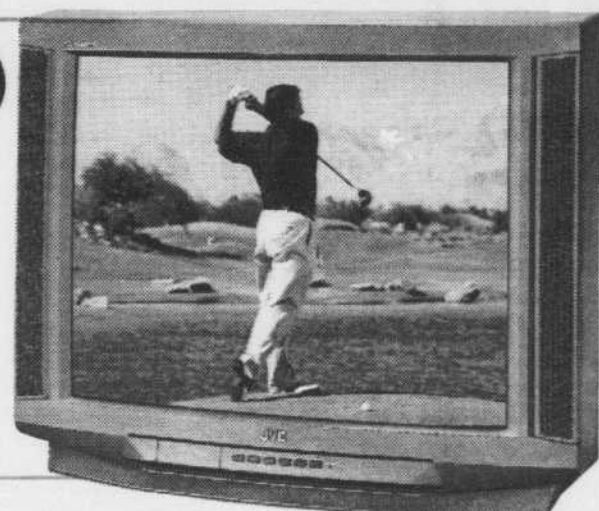
DVD/CD/VCD PLAYER  
• CD-R/CD-RW/MP-3 Compatible  
• Silver finish



11<sup>66</sup>  
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32" STEREO MONITOR  
• Black tint high contrast tube  
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41<sup>66</sup>  
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- 500 watts of total power
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