

TUESDAY, MAY 10, 2016

PLOMBERIE Goyer INC.
PLUMBING

CMMTQ
Corporation des maîtres
mécaniciens en tuyauterie
du Québec
R.S.Q. 1163-2692-85

What are you drinking?
Bacteriological and water analysis

450 263-2226 | plomberiegoyer.com

RLB President Jim Wilkins passes the torch

Wants pro-active follow up to recommendations

By Ann Davidson

A founding member since its inception, treasurer for two years, and seven more years at the helm of Renaissance Lac-Brome, the non-profit organization that serves as a watchdog and protector of the waters of Brome Lake, James Wilkins announced at the annual general meeting several weeks ago that we would be stepping down from his responsibilities.

It's been a lifetime of loving and living life on the shores of Brome Lake for Wilkins and since 2001 when he and his friend Peter White embarked on a journey with then, newly established lake conservation organization Renaissance Lac-Brome, he has worked tirelessly to

see that the right steps be taken to ensure proper water quality for everyone gleaming the advantages of the waterway. He remembers when he was a child and the water in Pearson Creek, one of seven tributaries feeding the lake, would be regularly plugged with refuse from the duck farm. That was 50 years ago and times have changed thanks to stiffer regulations imposed by the authorities after public outcry. But as he says, there is still a lot of work to be done.

"The town needs a lake management committee because the lake is the town's gem, its greatest asset. If the lake goes sour, our property values dive, the town loses revenues, it is poor for the local economy," Wilkins emphasized.

He has urged the organization to continue pushing the municipalities linked to the lake's watershed to act upon the recommendations that have been issued in each of the reports. Although



ANN DAVIDSON

James Wilkins, veteran member of Renaissance Lac-Brome has recently stepped down after seven years as president.

CONT'D ON PAGE 5



KIA DE COWANSVILLE

New and used vehicles

Tim Dubois
Sales Representative

403 rue de la Rivière
450 263-6000 Cell: 450 578-1148
www.kiacowansville.com
tdubois@kiacowansville.com

Thinking of selling. Please call for a free evaluation.

450.242.1515

Let me list it. Let me sell it. Lets you move on.



Peter Marsh
Century 21



COWANSVILLE NISSAN
GROUPE GUY ST-LOUIS

Jeremiah Beaulne
Conseiller en vente
Sales Consultant

185, rue de Salaberry, Cowansville
450 263-8889
jbeaulne@cowansville.nissan.ca
Direct 450-263-8784 ext. 440

Work at the BCHS archives has resumed

Glass negatives reveal stunning photographs of rural life in the late 19th century

By Ann Davidson



ANN DAVIDSON

Abbey Lacroix delicately tackles the preservation of the images that lie inside the glass negatives.

Now that the landmark courthouse located on the campus of BCHS in Knowlton is back in order after extensive renovation, work at the archives has resumed. Archivist Abbey Lacroix has been tackling the delicate operation of digitizing and preserving the private collections of prominent local photographers who operated their studios within the Brome County area.

Thanks to Lacroix's initiative and effort in obtaining a special grant from the Bibliothèque et Archives nationales du Québec (BANQ) almost 800 images of landscapes and portraits housed at the stately courthouse will never have to be handled again, yet the images within will be available to anyone browsing the new online data base. The glass negatives are being scanned and formatted with TIF rather than JPEG to ensure full maintenance of the integrity of these precious and delightful images.

CONT'D ON PAGE 5

GROUPE GUY ST LOUIS . COM



1 LOCATION - 4 DEALERSHIPS

RUE DE SALABERRY, COWANSVILLE 450-263-8888

Brome County Community Bulletin Board

May 11

Bingo every Wednesday at the Sutton Legion 2 Curley Street, Sutton. Jackpot of \$200 or more. Starts at 6:30 p.m. Bring your friends and lucky charms. Information: 450-538-2864.

Quiche and salad luncheon and bake sale at Knowlton United Church from 11:30 a.m. to 1 p.m. Price \$8.

Parish of Brome **spring soup luncheon** on May 11 at the Church of the Ascension West Brome. 11 a.m. to 2 p.m. Admission \$7. Soup, crusty bread, dessert and coffee or tea. Information: Judy 450-263-3025.

May 13

Social night every Friday at the Sutton Legion. Come play cribbage and bridge. Donation \$2. Come and have fun.

May 14

Hamburger steak supper at the Cowansville Royal Canadian Legion, Saturday May 14, from 5 p.m. to 7 p.m. \$14 for members and veterans \$12. Welcome. Information 450-263-3543.

Dance with "Country Folks Band" (five musicians and guests) Saturday, May 14 from 7 p.m. to 11 p.m. at Trinity Anglican Church, 409 South Street, Cowansville. Door prizes. Canteen on premises. Donation: \$8 to support the church and food bank. Come and bring a friend. Come one and come all.

The Mental Health and Well-Being Support Group. Please note: The next meeting will be Saturday, May 14. Please phone Linda: 450-243-0928 or pleasantvalley001@gmail.com for the location of the meeting. Join us for an opportunity to share experiences in a safe environment and receive support, information, encouragement and acceptance. Having support makes all the difference!

May 15

All you can eat brunch will be hosted at the Sutton Legion. Eggs your way (omelettes are our specialty). Donation of \$8 for adults, children 6 to 8 yrs \$4, and little ones are always free. 9:30 a.m. to 12:30 p.m. Everyone welcome. 2 Curly Street, Sutton. Information: 450-538-2210.

"Hymn Sing." Join us at 7 p.m. on Sunday, May 15 at St. James Anglican Church, 725 Lakeside in Foster. Those present choose the songs we sing so if you love to sing and make a joyful noise, this is the place to be. Everyone is welcome and we invite you to visit over refreshments afterwards in the hall.

May 15 and 29

Les Cordes-à-Vent in Concert. Under the direction of Anne Lauber, musicians from all around Brome-Missisquoi invite you at their spring concert. The musical group composed of both children and

adults perform on violin, viola, cello, double bass, guitar, piano, and percussion instruments. Irish and Quebec folk songs, classics from France and Italy, you will hear young violonists that will give you moments of pure delight. Nathalie Bédard and Lyne Genest, sopranos, will join the ensemble in Bizet, Rameau, and Offenbach music. May 15 at 2 p.m. St Vincent-Ferrier Church in Adamsville. May 29 at 2 p.m. St-André Church in Sutton. Tickets sold on place. Adults: \$10. Students: \$5. www.cordesavent.ca.

May 16

Monday, May 16, **Knowlton Coffee Break:** "Herb Gardening." Free. 1:30 p.m. to 3:30 p.m. with Eva Daeumling. Brome Lake Community centre 270 rue Victoria, avantebarb@bellnet.ca.

May 17

Tuesday, May 17, **Open til 8.** "Geocaching." Free, 6 p.m. Treasure hunting in our own back yard with Gail Sornberger. Avante Women's centre, 15 rue du Pont, Bedford, avantebarb@bellnet.ca.

May 18

Wednesday, May 18, **"Crocheting 101."** Free, 3 p.m. to 5 p.m., with Crystal. Bring a hook if you have one. Avante Women's Centre, 15 rue du Pont, Bedford, avantenancy@bellnet.ca.

May 20

Old Time Country Music – Take Two. Benefit concert arranged by Connie Rhicard featuring country cousins (Tom Kilbride, Terry Howell, Ross Roach, Steve Miller, Connie Rhicard, and Randy Priest with guests Leo Wilson, Ronnie Haynes, Rod Bailey, Helen Dominique and Rod Tryhorn). May 20 at 7 p.m. St. James Anglican Church 725 Lakeside, Foster. Visit over refreshments. Collection with proceeds towards Save the Steeple Fund. Contact Connie Rhicard 450-539-2301.

May 22

Creek Coffee House 278 Brill Road, West Bolton on Sunday May 22 at 7 p.m. Donations gladly received. Refreshments during intermission. Contact John Barr: 450-263-3421 or Rod Bailey: 450-243-0881.

May 28

Creek hot and cold casserole supper 278 Brill Road West Bolton Saturday May 28 from 4.30 p.m. to 6.30 p.m. Contribution \$12 p.p. All are welcome, come and enjoy. Contact May Banks 450-243-0280.

June 4

Cancer Walk fundraiser/BMP Foundation garage sale 23 Capel Street, Knowlton on Saturday, June 4 from 8 a.m. to 4 p.m. All benefits go to the BMP Foundation for the Cancer Walk held in the fall (October 2). Drop off of items to give away (no electronics, sofas and tires please) Saturday, May 14 and 28 from 9 a.m. to noon. If you have a problem with the drop off schedule, please contact

Louise (450-243-5317) and we can arrange to meet at another time. Please spread the word to your families and friends about this fun activity. Hope to see you there.

CHURCH BULLETINS

ALL SAINTS ANGLICAN CHURCH – DUNHAM

Sunday services at 10 a.m. – all welcome! The Reverend Sinpoh Han. Information: 450-295-2045.

ANGLICAN PARISH OF BROME

Services are at 9 a.m. First Sunday of the month will be at Holy Trinity, Iron Hill, second Sunday of the month will be at St. John the Evangelist in Brome, third Sunday of the month will be at West Brome Church of the Ascension, fourth Sunday St. John the Evangelist in Brome. Canon, Tim Smart, rector. Information: 450-538-8108.

BEDFORD PASTORAL CHARGE OF THE UNITED CHURCH OF CANADA

Gathered round Christ, we are a community that searches out God's story in daily life. We worship together as follows: First and third Sundays of each month at 10 a.m. Wesley United Church is located at 51, rue de la Rivière, in Bedford. Stanbridge East: Second Sunday of each month at 10 a.m. Stanbridge East United Church is located at or near 16 rue Academy, in Stanbridge East. Mystic: Fourth Sunday of each month at 10 a.m. Mystic United Church is located at the intersection of Mystic Road and the Walbridge Road, in the hamlet of Mystic (Saint-Ignace-de-Stanbridge). The fifth Sunday of the month location can be found on our website at: bedfordpastoral.org. or contact Wendy Near at the Church office on Thursday and Friday from 9 - 11 a.m. at 450-248-3044 or at home 450-248-2739 or at our e-mail address which is Bedford.pastoral@yahoo.ca.

CALVARY UNITED CHURCH SUTTON

A warm welcome awaits you at our Sunday worship service in Sutton at Grace Anglican Church at 9 a.m. followed by a coffee hour at 10 a.m. in the church hall. Information: 450-538-0530.

COWANSVILLE COMMUNITY BAPTIST CHURCH

Cowansville Community Baptist Church meets Sundays at 11:30 a.m., 137 rue John, Cowansville. Everyone is welcome.

CREEK/WATERLOO PASTORAL CHARGE

Pentecost Sunday, May 15 – worship and music: Creek United, 278 Brill Rd., West Bolton, service and Sunday school at 9 a.m.; St. Paul's United, 4929 Foster, Waterloo, service at 10:30 a.m. Reverend Dave Lambie, minister. For information or to leave a message call: 450-539-2129.

EMMANUEL CHURCH

Come together for a thoughtful and spiritual experience and give yourself a good start to the week. Sunday worship is at 203 rue Principale, Cowansville, at 10:30 a.m. Sunday school every third Sunday of the month. We serve the United Church communities of Brigham, East Farnham, Farnham, and Cowansville...but really anyone can find a home here. Give it a try and sample a Sunday. Wheelchair accessible. Minister: Rev. Eric Lukacs. Church office: 450-263-0204 website: emmanuelcowansville.ca.

ÉGLISE CATHOLIQUE ST. ÉDOUARD CATHOLIC CHURCH

366 Knowlton Road, Knowlton. You are invited to participate in a bilingual Mass Sundays at 10:30 a.m. Christian meditation is now on Wednesday afternoons 2:30 p.m. to 3:30 p.m. (side door). The group is now bilingual and has been formed to introduce meditation to newcomers. We welcome beginners and experienced mediators. Regular attendance not required. Information call Clare at 450-243-5590.

GRACE ANGLICAN CHURCH

52 Principale sud, Sutton, welcomes everyone for Sunday services at 10:30 a.m. All welcome. Canon Tim Smart, rector. Information: 450-538-8108 or visit our website at www.gracechurchsutton.org.

GRANBY UNITED CHURCH

Where God Unites all Children. Be a part of the family. Down-to-earth spirituality. Spiritual development for all ages at 101 rue Principale, Granby. Please call 450-372-1417 for information and to confirm time of our services. Rev. Dr. Linda Marcotte guc-eug@bellnet.ca.

KNOWLTON-MOUNTAIN VALLEY PASTORAL CHARGE

Serving the regions of Knowlton, Bolton Centre, Mansonville and Vale Perkins. Worship service at 11 a.m. with the Rev. Isaac Kamta, Knowlton United Church, 234 Knowlton Road (450-243-6078). A warm welcome is extended to all. Handicapped access available.

ST. GEORGE'S ANGLICAN CHURCH

130 Principale, Granby, welcomes everyone for Sunday service at 11 a.m. All welcome. Bienvenue a tous. Reverend Richard Gauthier, rector. Information: 450-372-2197.

ST. PAUL'S ANGLICAN CHURCH

24 St. Paul's Road, Knowlton. St. Paul's - a dynamic, diverse community pursuing and serving Jesus in the Eastern Townships. 8 a.m. Said Book of Common Prayer worship. 10 a.m. User-friendly "blended" service with traditional, contemporary, and modern music and format. Sunday school. Please check out our new website: www.stpaulsknowlton.ca.

Gillain's art gives hope for a better world

By Olivia Ranger-Enns

Vandana Gillain's beautiful paintings of exuberance in nature come to life at the latest art exhibit held at Sutton's art gallery Art Plus.

As soon as you walk into the art gallery, you are immersed into a world of flowers (hello, spring). Gillain's art exhibit, titled "Efflorescence ou floraison à fleur de peau" offers visitors a welcome respite from the grey drabness of everyday life, granting them the opportunity to enjoy and appreciate a world of abundance that hinges on a fine equilibrium between beauty and fragility.

"I like to paint flowers that express the full inner struggle that I find within myself to counteract with the chaos of life that surrounds us," said Gillain. "In a couple of seconds, we can embrace the full beauty of nature and begin to hope for a better world. As such, I don't seek to reproduce exactly what I see. What I do is transfer the vibrations and the melodies that flowers come to suggest that have an impact on my own feelings. Can we call what I do a sort of meditation?"

Taking a stroll through the Art Plus gallery is like ambling through a garden. Every painting offers up a close-up of vibrant-coloured flowers painted in hues of fuchsia and magenta that contrast nicely to other colours such as cream and canary yellow. Other paintings like

"Jardin mystique" is a full-bodied celebration of the lavender colour, which depicts soft whites that meld with and contour around varying lavender hues. "Jardin mystique" is both calming and enticing at the same time.

For bolder, more audacious themes, Gillain has flirted with color. Take "Murailler d'or" as an excellent example of the detail and attention Gillain has paid to colour, exploring the world of oranges. The soft-looking petals of the sunset-orange flower seem to expand and grow on the canvas as if life were transformed to the easel as Gillain played with colours. Finally, "Dans le jardin du dragon," which takes center stage, looks like a zoom-in where the large petals of a rose seem to take over the entire canvas in their relaxed beauty. In many respects, most of Gillain's paintings are subtle odes to painter Georgia O'Keefe, the proclaimed "Mother of American modernism" who, as many readers will know, was renowned for her paintings of enlarged flowers, New York skyscrapers, and New Mexico landscapes.

Other paintings take on a distinctly Indian or Japanese tone, such as "Tendre Raga." With this painting, the viewer is presented a set of elegantly placed floral branches that hang heavy with the weight of ivory flowers. The background, painted in dark mustard tones, serves as a solid background against the delicate-looking flowers. The theme of delicacy



PHOTO COURTESY OF BRIGITE NORMANDIN

Be sure to see Vandana Gillain's art exhibit, "Efflorescence ou floraison à fleur de peau" which depicts the beauty and delicate allure of flowers.

and fragility is echoed in another painting, titled "Quand tout est de brilliance, amour et pur éclat," which depicts a cascading set of flowers that fall gracefully into the shallow depths of a pool. Painted in greens, blues, and purples, this painting is once again an ode to the world of nature but pays distinct homage to painter Claude Monet's Impressionistic leanings and penchant for

nature.

Be sure to visit Vandana Gillain's art exhibit "Efflorescence ou floraison à fleur de peau," which pays tribute to influential painters such as Claude Monet and Georgia O'Keefe. The exhibit runs from April 28 to May 29 at 8, rue Maple in Sutton. The art gallery is open Thursdays to Sundays from 1 p.m. to 5 p.m. For more information, call 450-521-3189.

Big changes coming to Theatre Lac Brome

Season kicks off June 18

Comfortable seating whether in an airplane, a restaurant, or a theatre, is always an important consideration.

For the 2016 summer season Theatre Lac Brome is pleased to announce that the old Cowansville cinema seats, installed in 1991, have now been retired and replaced with new seating especially designed for Theatre Lac Brome. Constructed in Montreal by Sieges Ducharme they are very comfortable and elegant. And the seating capacity has been increased from 137 to 161. It is possible to immortalize your name, or the name of a loved one, as a limited number of seat donations are still available. Seat donor's names will be engraved on a lobby plaque in perpetuity.

The new seats represent the completion of Stage One, part of a major redevelopment of Theatre Lac Brome. The addition of a Steinway Model O piano courtesy of the CARKE Foundation also creates a fantastic new recital hall. Stage Two will see the construction of a lobby, which will include washrooms, a new box office, a back stage green room, and a lobby bar creating a cabaret stage and a place for before and after show events.

The 2016 summer will be launched on Saturday June 18 with a gala evening and a "Carte Blanche" performance by Gino Quilico et Ensemble Triosphère. The first play production opens on July 9, Moonlight and Magnolias written by Ron Hutchinson, "...one funny play...a rip-roaring farce...with witty, pointed di-

alogue and hilarious situations!" Directed by Ellen David the cast includes Paula Costain, Howard Rosenstein, Mitchell Cohen, and Don Anderson who will also perform in a second play, opening on July 23 and directed by Luciana Burcheri: Better Late, written by Larry Gelbart best known as the author of A Funny Thing Happened on the Way to the Forum, Tootsie, and the television show M*A*S*H*.

The theatre is also pleased to premiere another dynamic production written and performed by Natalie Choquette: Les Viennoiseries de Marie-Antoinette ou Sous Le Régime du Croissant. Sous les jupons de l'histoire, Sa Majesté et Son chef vous entraîneront dans un appétissant délire de valse, polkas, opéra, chan-

son française, comédie musicale et yo-delung.

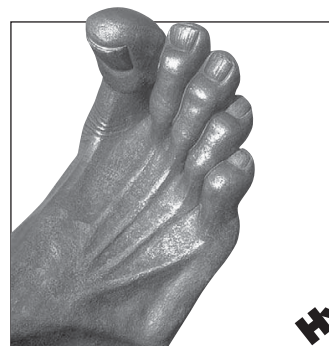
Other musical events in the season include an evening with Vintage Wine performing "Music from New Orleans," Bowser & Blue over Labour Day weekend, and the return of Les Chiclettes with their jazz ensemble performing classic swing era songs. This year the popular Knowlton House and Garden Tour will be held on Wednesday July 13 from 10 a.m. until 4 p.m. All the details of the season can be found on the theatre website: theatrelacbrome.ca. Don't delay, join the 31st anniversary season celebration.

Church

CONT'D FROM PAGE 2

TRINITY ANGLICAN CHURCH

The Church with a "Heart" 409 South Street, Cowansville. All Sunday services are at 10:30 a.m. Come and join us as we endeavor to learn and practice God's loving will. We'd love to welcome you. Reverend George Campbell. Information: 450-955-3325 (leave message).



Diane Demers

Foot care specialist

A.P.Q. member
C.P.A.D.Q.

Receipts available
Manicure and Nail Care

Gift Certificates available

266-0997
245 de la Rivière,
Cowansville

Hygienist

Financial statements,
Audit, Bookkeeping,
Taxation, Corporations,
Individuals, Estate planning
and settlement,
Farm and business
transfers, re-organizations

DUKE CPA
Inc.

Société de comptables professionnels agréés
Chartered professional accountants corporation

duke-cpa.com

127 Principale, Suite 105,
Cowansville, QC, J2K1J3

T: (450) 263-4123
Fax: (450) 263-3489

Avante May Newsletter

Barbara Bellingham
Program Director
Avante Women's Centre

Avante Women's Centre has been operating since 1997 with the mandate to reach out to anglophone women in the Brome-Missisquoi area. Our services include monthly workshops and coffee breaks, popular education programs and special activities aimed at encouraging women to expand their limits of experience. In a largely rural community, Avante offers an opportunity to meet other women, and discuss issues that concern them, where they can feel comfortable socializing in their own language. We aim to assist English women reach their fullest potential, empowering themselves to become all they wish to be. Our centre is located in Bedford, but we are in Knowlton once a month at the Lac Brome Community Centre, where we host an afternoon information workshop on various topics. We are also available in the mornings for help to whomever wants to drop in. We also host monthly workshops in English at the Cowansville CLSC, covering current health matters.

It has been our experience however,

that most of our members get really busy over the summer, so we quiet right down with our programming after the month of May. Please join us while you can!

Tuesdays Open Til 8 p.m.

Our Tuesday nights continue with a movie on May 10 called "Last Vegas." Friends for 50 years, these four older guys head to Las Vegas for a bachelor party. Share some giggles with us, starting at 6 p.m.

The following week on May 17, our guests will be Gail Sornberger and Peter Harvey, who will explain the delightful outdoor activity of geocaching; known as the world's largest treasure hunt. It's an international phenomenon that challenges people from all over the world to locate hidden objects through directions on their phones. Were you aware that there are over 1,200 little trinkets hidden right in the Bedford area alone? Find a whole new way to explore your own back yard, and fun for the whole family to so together. From 6-8 p.m.

On Tuesday May 24, DIY Dreamer Christine Cook will guide us through the technique in building a paint stick planter. All materials will be supplied for a \$2 donation, and registration is re-

quired. From 6-8 p.m.

Our last Tuesday evening will be a rousing Topic Potluck supper on May 31, starting at 6 p.m.

Coffee Breaks

Eva Daeumling has graciously accepted our request to share her knowledge and experience in gardening with herbs. On Monday, May 16, we will be discovering all the great things that can be done with herbs, and how we can have them fresh and available all summer long. We'll also be covering the medicinal aspects. At the Lac Brome Community Centre in Knowlton, from 1:30-3:30 p.m.

There's a regular karate class held in Bedford designed specifically for older participants, and instructor Monique Letourneau has offered to give a demonstration to our Avante members on Wednesday, May 25. This training helps us to heighten our reflexes and how we react to certain environmental challenges, as well as increases alertness and coordination. Come watch the demonstration and discuss its possibilities, from 9:30-11:30 a.m.

Health Matters

This will be our last presentation until the fall, so please join us at the

Cowansville CLSC on Friday, May 13 for an informative lecture on arthritis. Open to the public, this workshop is in English and we will be learning about the various forms of arthritis, symptoms, and treatments. A light soup luncheon is offered afterwards. Starting at 10 a.m.

Our Soup Café will be on Thursday, May 12, and will be held again on Thursday, June 23. Starting at noon, we serve a hearty bowl of homemade soup with bread to any woman who would like to join us.

Our crocheting class continues as well, on Wednesday, May 18 and Wednesday, June 22, from 3 - 5 p.m.

And finally, for our closing ceremonies we welcome you to join us for our famous Summer Salad Potluck Lunch at the Georges Peron Centre on Wednesday, June 29, starting at 11 a.m. Bring a salad to share, have some fun and games, and sample the best selection of salads in the county!

Avante Women's Centre is located at 15 rue du Pont in Bedford. Please drop in or call at 450-248-0530 to keep in touch with our services being offered. You can also visit our webpage - www.avante-womenscentre.org, or find us on Facebook.

Two kings meet, and the God of War follows

Take a look at Jupiter, Mars, and Saturn in the night sky

Paul Luc Girard
West Brome

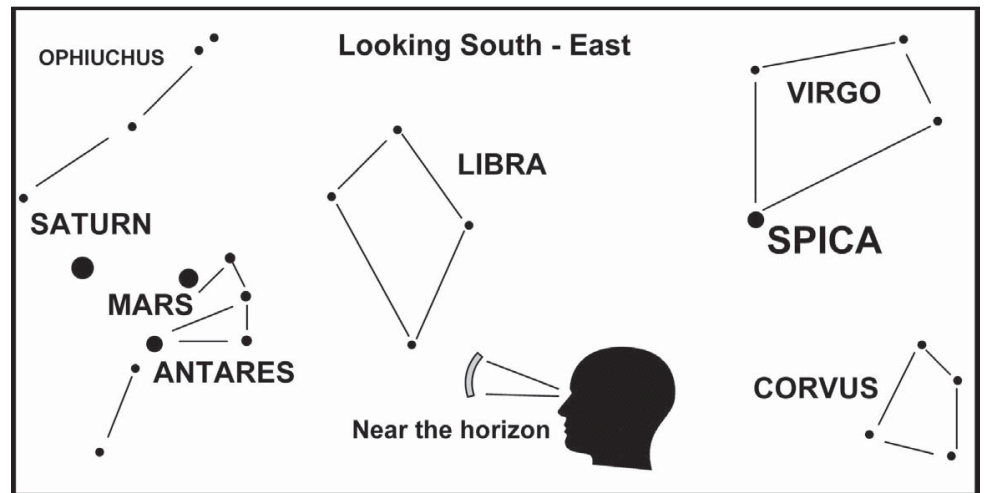
That's what our evening skies will offer in May and in June when notable constellations harbor our beautiful planets.

Jupiter, the King of Planets, is passing through the Leo, the King of Beasts. Jupiter takes about 12 years to orbit the sun, and passes through each of the 12 Zodiacal constellations. Jupiter entered Leo in June 2015 and will cross into Virgo by August this year. You can see this looking south anytime after dark as it gradually glides westward with the night.

Mars, also known as Ares, the God of War, passes very close to Antares, the brightest star in Scorpio, another Zodiacal constellation. Antares was named as rival to Ares as they both shine bright red. As an added treat, Saturn will be close by as to watch the standoff. This little show appears more around and past

midnight and will gradually appear earlier as the summer progresses with Mars moving westward from Antares.

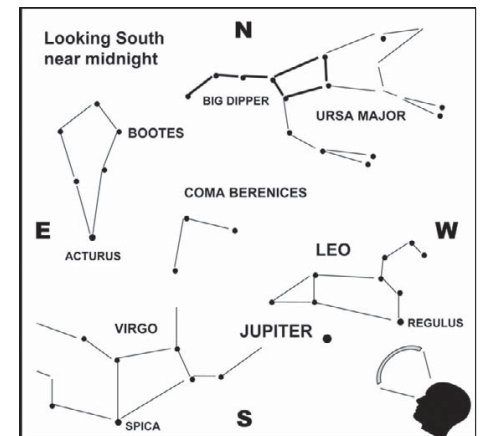
In more ancient times anything that was happening in Leo was a sign of change, the birth or the death of a great leader, or even his or her impeding doom. Jupiter was in LEO last fall, just in time for our federal elections... The brightest star of the constellation, Alpha Leonis, named Regulus, means "Little King" in Latin, and its naming is credited to Copernicus. Many cultures, including the Greeks, the Romans, the Babylonians, and the Arkadians before them all saw the stars forming LEO as a lion. To the Greeks and Romans it was the lion killed by Hercules in Nimea during his 12 labours. The story goes that Zeus placed both Hercules and the lion in the heavens to commemorate that feat. The first star catalogues known to western cultures originated in countries such as Persia and many stars have re-



tained their Arabian names. Denobola, the last star in the asterism means "the tail of the lion." Regulus is 79 light years away from us. If you're 79, the light you see today from Regulus left that star when you were born.

As always, your night vision will im-

prove after time and try avoiding any bright lights outdoors when observing. Use binoculars to see more details in the sky. Enjoy the night sky, many people cannot due to light pollution.



Brome County NEWS

5-b VICTORIA ST., KNOWLTON, QUEBEC, JOE 1V0
TEL: (450) 242-1188 FAX: (450) 243-5155
Established May 1991

Published weekly by
THE RECORD

1195 Galt E., Sherbrooke, QUEBEC, J1G 1Y7
FAX: (819) 569-3945 E-MAIL: newsroom@sherbrookerecord.com
website: www.sherbrookerecord.com

SHARON MCCULLY PUBLISHER (819) 569-6345
STEPHEN BLAKE EDITOR (819) 569-6345
CAROLYN MARSH SECRETARY (450) 242-1188
JESSE BRYANT ADVERTISING (450) 242-1188

Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

Canadian Publications Mail Service Product Agreement No. 0479675.

Member
ABC, CARD, CNA, QCNA

OFFICE HOURS:
MONDAY TO FRIDAY
9 A.M. TO NOON

CIRCULATION

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

The Record was founded on February 7, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke

BCN RATES & DEADLINES
COMMUNITY CALENDAR

Brome County News Community Calendar is reserved for non-profit organizations only. **Deadline is noon on Fridays.** Must be pre-paid. Up to 40 words: **\$8**, 41-70 words: **\$12**, 71-100 words: **\$15**, all prices include taxes. **Special rates:** \$2 off for 2 insertions, 1 BCN and 1 in the Friday Record "What's On" section. Please forward notices to 5-b Victoria St., Knowlton, QC JOE 1V0, email: bcnnews@qc.aibn.com, or fax: (450) 243-5155. Visa and Mastercard accepted.

Pet Of The Week — Molson



Hello! Four-year-old male is the first thing I need to tell you. If I look a little “worried” in this photo it’s because I’ve had quite a week! On May 1 I arrived with another dog in a cage in the back of a pickup truck, cold and scared. Our “family” were all yelling and screaming, upset and emotional and we dogs didn’t have any idea of what was now going to be in store for us! We (Molly is a smaller black and white girl) have now settled in, life is starting to look good again and there are humans here who are really nice to us! I now have the confidence to let people find out that I love to play ball — what’s next to discover? May our good luck continue — next on the list is to find a good, balanced home...that’s what all of us dogs and cats here are hoping and waiting for.

In the meantime, could you come and visit? Spend some time with us? We live at the SPCA Montérégie, 178, ch. du Vide, Ste-Angèle-de-Monnoir (exit 37 on autoroute 10). Adoptions hours are 2 - 4 p.m. on Thursdays and Saturdays. More info on the Internet!

450-460-3075

www.spcamonteregie.com

www.facebook.com/SPCAMonteregie

Jim Wilkins passes the torch

CONT'D FROM PAGE 1

he is happy that there has already been some response by TBL, West Bolton, and South Stukely, Wilkins feels that a lot more can be done.

“When it comes to solutions, there is not enough follow-up being done yet. We can do all we want with our lake but it won’t make a difference if the water coming into it presents problems.

“We started this organization in 2001 hoping to operate with \$10,000 and this year we are working with \$80,000. We have a respectable membership of over 700 people. A puzzling issue is that less than 50 per cent of the members are lakefront property owners. There seems to be a perception that our organization wants to ban motorized craft from the lake. That simply isn’t true. What we want is to make sure that the use of the waterway is properly controlled and

managed so that the water will be safe for all in the years to come. It’s about having vision and not just living in the moment. That’s why we set out to determine the state of the water, the sources of the problems, and to develop solutions that will sustain the health of the lake for years to come.”

With Wilkins’ leadership the organization managed to secure the expertise of RAPPEL (Le Regroupement des Associations Pour la Protection de l’Environnement des Lacs), a consulting group with solid water management expertise with the objective of improving the water quality of lakes and rivers. With a multidisciplinary team of biologists, engineers, geomorphologists, geographers, and ecology technicians, RAPPEL offers a wide range of water management services to a diverse clientele (lake

protection associations, municipalities, MRCs, cities, ministries, private companies, developers, residents, etc.) including finding economic and environmental solutions.

In consideration that water from Quilliams Stream represents 48 per cent of the lake’s water source and Coldbrook another 20 per cent, over the course of Wilkins’ leadership, RLB has succeeded in presenting solid reports relating to them as well as Pearson Creek and Inverness Stream. They are four of the seven tributaries feeding Brome Lake.

As an aging lake it is shallow, making photosynthesis an issue when it comes to dense weed growth. In the past century the lake level has been raised three times but because of sedimentation coming from the seven tributaries that feed it, the lake floor has also become higher. Fortunately the shoreline characteristic is mostly rocky with less erosion but the tributaries do play an important role. They are the lake’s source and must be kept clean.

Wilkins expressed disappointment on the MRC’s new ruling on runoff leaving a large percentage of the shoreline not protected from runoff. He feels that a three-metre protective band adjacent

to streams and waterways is simply not enough and suggests that five meters would be better. The government should find a way to compensate farmers for the loss of products in the event of providing a proper protective band alongside the streams and rivers. That would make it a more palatable regulation, he said.

Even though agricultural activity represents 17 per cent of the land usage in Brome Lake’s watershed, Wilkins is dismayed by the shortage of government appointed agricultural engineers in the area that ultimately drive farmers to consultation with big corporations. Wilkins laments that companies like Monsanto are “doping our land, and creating bumper crops that are not natural or safe.”

Wilkins mentioned all the years that TBL has endured problems with its water supply and wonders why a water economy program has still not been established.

At the juncture of his departure he says that “the plan is there, we know what has to be done, now it is time to follow through. We have to act on the solutions, otherwise all our work to date will have been a waste of time.”

BCHS archives

CONT'D FROM PAGE 1



COURTESY OF BROME COUNTY HISTORICAL SOCIETY

This photograph of a woman with her bicycle, circa 1905, taken by Knowlton’s Sally Wood from an unknown location overlooking Brome Lake in the distance, will eventually be available for viewing online.

Notably, the works of Sally Eliza Wood (1857-1928) — an understudy of the famous Montreal photographer William Notman — and John Austin Wheeler (1864-1933) span over a 30-year period. The photographers carved out an impressive reputation for their craft in capturing landscapes and portraits respectively. In particular Wood was revered because few women did photography during that period, let alone were able to lug the heavy glass negatives along while touring the countryside.

Lacroix is always looking for volunteers to work with her and who might even be able to help her identify some of the subjects. Making these photos available online allows viewers and researchers to have a visual history of the region and the possibility of discovering family lineages that might never otherwise have been retrievable. Anyone interested can call 450-243-6782.

Désourdy
salons funéraires —
funeral homes

A reassuring presence

450 263-1212
www.desourdy.ca

Ange-Gardien • Cowansville • Farnham
Henryville • Knowlton • Mansonville • Sutton

CALL Sherbrooke: (819) 569-9525 BETWEEN 8:30 A.M. AND 4:30 P.M.
 E-MAIL: classad@sherbrookerecord.com
 OR Knowlton: (450) 242-1188 BETWEEN 9:00 A.M. AND 4:00 P.M.

OR MAIL YOUR PREPAID CLASSIFIED ADS TO:
 5-B VICTORIA ST., KNOWLTON, QUEBEC J0E 1V0
 THE RECORD, 1195 GALT ST. E., SHERBROOKE, QUEBEC J1G 1Y7

CLASSIFIED

001 Property for Sale

CANCEL YOUR TIMESHARE. No risk program. Stop mortgage and maintenance payments today. 100% money back guarantee. Free consultation. Call us now. We can help! 1-888-356-5248.

035 For Rent

2 X 3 1/3, 4 1/2 and rooms for rent, all included, \$350 - \$585. West Bolton. Call 450-658-1626.

KNOWLTON - LARGE, SUNNY, CLEAN, 4 1/2 (\$575) available immediately & 3 1/2 (\$475) on main floor. Suitable for quiet, non-smoking couple. Near lake. References required. Call 1-416-533-1440.

055 Moving Sale

3 PIECE BEDROOM suite in solid oak, circa 1900-1910 \$1900. Dining room set - table, 2 arm chairs, 4 chairs and china cabinet \$1800. Leather sofa \$950. Dishwasher and electric stove set \$800. Must see. Telephone 450-577-2322 or 450-242-2794

Looking to rent an apartment? Or want to rent one? Place an ad in the classifieds! (819) 569-9525 or (450) 242-1188

095 Career Training

INTERIOR HEAVY EQUIPMENT Operator School. Hands-on tasks. Start weekly. GPS training. Funding and housing available. Job aid. Already HEO? Get certification proof! Call 1-866-399-3853 or iheschool.com

100 Job Opportunities

DO YOU HAVE 10 hours per week to turn into \$1500 per month using your PC and phone? Free info: www.BossFree123.com

Looking for a job or qualified personnel? Consult our Classified ads!

100 Job Opportunities

Job offer Municipality of Bolton-Ouest

Municipal Inspector and responsible for Urbanism Department

The Municipality of Bolton-Ouest is looking for someone to fill the position as the Municipal Inspector and be responsible for the urbanism department. Anyone interested will find more details on the website of Québec Municipal at www.quebecmunicipal.qc.ca or Emploi Québec at <http://www.emploi-quebec.gouv.qc.ca/>. The deadline to apply is May 19th, 2016.

Weekly hours: 32
 Annual salary: \$45,000
 Hours and salary may change according to work experience.

Philippe De Courval
 Director-General
 Secretary-Treasurer

100 Job Opportunities

100 Job Opportunities

SEEKING LIVE-IN CAREGIVER, assist senior woman in Bromont in private home. Keep records of daily activities, provide personal care; plan, prepare and serve meals; housekeeping and maintain. Room and board, vacation 1 day/month, first year 4% wages. English speaking. Completion of secondary school, first aid and CPR training. Min. one year experience as full time care giving home support, and related occupation. Temp employment contract of 2-4 years, 40 hrs/week, \$12.50 per hour. Please send cv to sdionp3@gmail.com

140 Professional Services

TRANSLATION AND WRITING

Translation to French and writing services. Technical and creative writing. Business letters, blog posts, social media content, advertising, newspaper and magazine articles, etc. University student. Affordable rates per word. gen-eebee.dot@gmail.com or (450) 522-0838.

155 Travel

REAL ESTATE. NW Montana. Tungsten-holdings.com 406-293-3714.

320 Livestock

SHORTHORN BULLS: POLLED, purebred, beefy bulls with great credentials and ready to work. Call (450) 260-5272, email shadybrookshorthorns@g

340 Garage Sales

KNOWLTON
 Garage sale on Saturday May 21 from 8 a.m. to 1 p.m. on 32 Highland, Knowlton. Something for everyone! Multi-family

345 Flea Markets

KNOWLTON
New, big Indoor Flea Market, every Saturday from 9 a.m. to 3 p.m., rain or shine, at 591 Knowlton Road, right beside Rona in Knowlton. Come and bring your small and big treasures while having fun selling them in our big warehouse. Reserve your space for one Saturday or for the whole summer. Tables available. Call Eva 450-577-2186.

SUTTON

Annual Flea Market at the Sutton Curling Club, 26 Pleasant, Sutton, Saturday, May 21 from 8 a.m. to 1 p.m.. Receiving goods (excluding clothes) on Thursday, May 19 from 1 p.m. to 5 p.m. and Friday, May 20 from 10 a.m. to 5 p.m. For more information call Louise Hawley (450) 538-5452.

SUTTON

Sutton Outdoor Market, 10 Curley St., on Saturday from 8 a.m. to 3 p.m. LeCoultre clock, Spode China, Signal Corps switchboard, huge HO train collection, bottles and books.

SUTTON

SUTTON VALLEY Saturday Market opening May 7 - Mother's day weekend, Every Saturday until Thanksgiving, October 8. From 8 a.m. to 3 p.m. Curley Street, Sutton. For tables call 450-292-4619. Canteen available

425 Bus. Opportunities

ATTN: BOOMERS. What if there was a way to retire earlier, would you want to take a look? Watch the 5 minute movie at 123freedom2retire.com

440 Miscellaneous

CRIMINAL RECORD? Canadian Record Suspension (Criminal Pardon) seals record. American waiver allows legal entry. Why risk employment, business, travel, licensing, deportation, peace of mind? Free consultation: 1-800-347-2540.

440 Miscellaneous

CRIMINAL RECORD? Don't let your past limit your career plans! Since 1989. Confidential, fast, affordable. A+ BBB rating. Employment and travel freedom. Call for free info booklet. 1-8-nw-pardon (1-866-972-7366). www.RemoveYourRecord.com

To sell or buy, consult our Classified ads.

Want your ad to stand out?
 For **.50** a word - **bold** it.



**MUNICIPALITÉ DU CANTON DE POTTON
 MUNICIPALITY OF THE TOWNSHIP OF POTTON**

2, rue Vale Perkins, C.P. 330, Mansonville, Québec J0E 1X0
 Téléphone: (450) 292-3313 Télécopieur: (450) 292-5555
 Courriel: info@potton.ca Site web: potton.ca

Summer employment offers

The Municipality of the Township of Potton is currently seeking candidates to fill the following positions for the summer:

- Attendant for the measuring of septic tanks
- Lifeguard for the Vale Perkins beach

Starting dates and length of employment vary with each position. Interested persons are invited to consult our website or contact the municipality for additional information.

Please send your application, clearly indicating for which position you are applying to:

MUNICIPALITY OF THE TOWNSHIP OF POTTON

**c/o Claire Alger
 Administrative Assistant
 2, rue Vale Perkins,
 Mansonville, Québec
 J0E 1X0**

Fax: 450 292-5555
Email: alger.c@potton.ca
Website: www.potton.ca

QCNA Blanket Classified Ads

For Sale
 QCNA (Quebec Community Newspapers Association) can place your classified ad into 21 weekly papers throughout Quebec - papers just like the one you are reading right now! One phone call does it all! Call Marie at QCNA 514-697-6330. Visit: www.qcna.org.
 SAWMILLS from only \$4,397. - MAKE MONEY & SAVE

MONEY with your own bandmill - cut lumber any dimension. In stock ready to ship. Free info & DVD: www.NorwoodSawmills.com/ 400OT. 1-800-566-6899 ext:400OT.
 REFORESTATION NURSERY SEEDLINGS of hardy trees, shrubs, & berries for shelter-belts or landscaping. Spruce & Pine from \$0.99/tree. Free shipping. Replacement guar-

antee. 1-866-873-3846 or www.treetime.ca.
Health
 CANADA BENEFIT GROUP - Do you or someone you know suffer from a disability? Get up to \$40,000 from the Canadian Government. Toll-free 1-888-511-2250 or www.canadabenefit.ca/free-assessment.

100 Job Opportunities

LABOURER NEEDED! FULL or part time. Knowlton, Waterloo, Granby. Day, evening and night shift available. Call us now! 450-375-8788.

**Classifieds
 (819) 569-9525
 (450) 242-1188**

CLASSIFIED

Death



**Winnifred-May
BEDARD (nee McClure)
1938-2016**

Peacefully, at the B.M.P. Hospital in Cowansville, on Saturday April 30th, 2016, at the age of 78, after a lengthy battle with cancer, passed away Winnifred-May (Winnie) Bedard. Beloved wife of Dale Bedard Sr. She leaves to mourn her children, George (Irene), Dale Jr. (Cindy), the late Bradford (child), the late Vanessa (infant), Wendy (Jean-Guy), Daniel and Bruce, her grandchildren and three late grandchildren and great-grandchildren. She also leaves to mourn her late brothers and sisters, the late Ruth (Fern), the late Charles (Mavis), the late Barbara (late Léon), the late Larry (Tessie), nieces, nephews, other family members and friends.

Family and friends will be welcomed at the Désourdy Funeral Home, 4 Vale Perkins, Mansonville, Que. on Wednesday May 11th from 9:30 a.m. to 1 p.m. followed by a celebration of her life from the chapel. Rev. Walter Stairs officiating.

The family wish to thank the Mansonville First Responders, the CHUS Fleurimont Hospital and the B.M.P. Hospital for their services and care.

Donations in her memory to the CHUS Fleurimont Hospital (www.fondationchus.org), the B.M.P. Hospital Foundation (www.bmpfoundation.ca), or the Canadian Cancer Society (www.cancer.ca) would be appreciated. (Forms available at the funeral home).

DESOURDY FUNERAL HOME
4 Vale Perkins, Mansonville QC
E-mail: info@desourdy.ca

PHONE: 450-292-3204
FAX: 450-263-9557
www.desourdy.ca

Death

**Peter Smith LAWRENCE
1929-2016**

In Knowlton, Quebec on May 7, 2016 in his 87th year. Son of the late Henry Sanborn and Louie Phoebe (Smith) Lawrence. Dear husband and best friend of 63 years to Charlotte Dawn Mitchell. Father to Scott (Nancy Campbell), Kirk (Walter Marinelli), Blair (Diane Ross) and Briar (Denis Caron). Buppa to Alex, Ian and Mia Lawrence. Brother to Alan and the late Brooks. Pete was a good scout. A friend to all he met. He will be deeply missed. A private family burial will be held at a later date. In Pete's memory, raise a glass and hug a loved one. Donations to the MAB Mackay Foundation would be greatly appreciated. <https://fondation.mabmackay.ca/donate>



Death

General Meeting

The General Meeting of the Cowansville Legion members will be held Tuesday, May 17, 2016 at 7:30 p.m. Your attendance will greatly be appreciated to take part in important subjects of your Legion.

Notice of Annual General Meeting

SUTTON

To all members of the Royal Canadian Legion, Branch #158, Sutton. "Notice is given: The annual general meeting is on May 16, 2016 at 7:00 p.m. at 2 Curley St., Sutton, QC".

**E-mail your social news to
classad@sherbrookerecord.com**

Perfectionism does not involve obsessions or compulsions



ASK DOCTOR K
By Anthony L. Komaroff, M.D.

DEAR DOCTOR K: I think of myself as a perfectionist. But more than one person has jokingly referred to me as "OCD." Where is the line between the two?

DEAR READER: Where is the line

between a common way of behaving and a mental health disorder? It's a common question, and I'm not sure it can ever have a definite answer on which everyone would agree.

First of all, when is perfectionism a good thing, and when is it a human tendency that goes overboard? My answer: Perfectionism is a good thing if the goal at hand absolutely requires it.

Do I want the pilot of my plane to go through his pre-takeoff checklist with perfect accuracy? You bet.

Do I want that pilot to be absolutely sure there is not a single flake of dandruff on his jacket as we take off? I really don't care. But if he wants to impress a co-worker, he might care a lot. I wouldn't begrudge him his perfectionism.

At the same time, perfectionism can go overboard. Should the pilot on my plane go through the takeoff checklist four or five times, to be absolutely sure everything is in order? Well, I want the flight to be safe, but I also want to take off on time.

Can there be a fine line between perfectionism and obsessive-compulsive disorder (OCD)? Yes, but not usually. A person with OCD has uncontrollable obsessions and compulsions. Obsessions are involuntary and repeti-

tive thoughts, worries or urges. Compulsions are ritual behaviors.

A person uses obsessions and compulsions in an attempt to feel safe and decrease anxiety – but there is no rational reason for them to feel unsafe and anxious. Adults with OCD may realize that their thoughts and behaviors are unreasonable. But they can't control them. That's because doing so causes unbearable anxiety.

I spoke to my colleague, Dr. Jeff Szymanski, a clinical psychologist and executive director of the International OCD Foundation. He drew the following comparison to show the distinction between perfectionism and OCD:

Say a person with OCD and a perfectionist are writing an essay on ruled-line blank paper. Both might aim to write so that every letter touches the ruled line and is exactly the same height. In a person with OCD, however, a mistake would require erasing everything and starting over again.

The core of perfectionism is the intention to do something well.

If you can keep your eye on that goal, you're fine. But does the effort to do things perfectly become so time-consuming that you lose sight of the big picture? Are you spending so much time on unimportant details that you no longer have time to pursue your hobbies? If so, you may have a problem.

If you're concerned, see a mental health specialist. There are effective treatments for OCD – usually selective serotonin reuptake inhibitor (SSRI) antidepressants combined with talk therapy, such as cognitive behavior therapy (CBT) or exposure therapy.

(Dr. Komaroff is a physician and professor at Harvard Medical School. To send questions, go to AskDoctorK.com, or write: Ask Doctor K, 10 Shattuck St., Second Floor, Boston, MA 02115.)



Brome County NEWS

Jesse Bryant
Advertising Consultant

Let our readers know about your products & services

Tel.: 450-242-1188
Fax: 450-243-5155
email: jbryant@sherbrookerecord.com



