

# Brome County NEWS



WEDNESDAY, OCTOBER 31, 2007

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## Food for thought

*She fronted expertise for hit documentary*

By Alanna Fahey  
BROME COUNTY NEWS  
CORRESPONDENT

Fulford resident Sylvie Kraker is the producer of a documentary that is receiving international acclaim, the 90-minute *Durs a Cuire* — and it is making some of North America's finest palates salivate as they watch filmmaker Guillaume Sylvestre enter the kitchens of two well known chefs in Montreal.

"We haven't quite sat down together yet and talked about the success of the film. Guillaume and I are a little overwhelmed at the response," says Kraker of the film's critical as well as financial success.

The film recently opened in Sherbrooke and will open in Quebec city this coming weekend.

Kraker, who used to work for Telefilm Canada, recently started her own production company. She was given this project in order to develop Sylvestre's talent.

Sylvestre, in turn, has been described as a very promising director and was given the chance to create this film using the business acumen and talents of Kraker.

She was to ensure that he would be surrounded by the very best that she could employ while operating within a small budget. The end result is a film that is winning rave reviews. *The Gazette* recently awarded it four stars and some of America's top chefs are clamouring to get copies so that they can promote it state-side.

"It was a project that was conceived

PLEASE SEE FOOD ON PAGE 6

## A city boy in the sticks

And he kind of likes it

By Alanna Fahey  
BROME COUNTY NEWS  
CORRESPONDENT

Harrison Yates calls himself a city boy and he doesn't hide

the fact that he's rather proud of that moniker. Having lived most of his life in big cities such as Glasgow in Scotland, New York, Toronto and Mon-

tréal, Yates found himself living in Knowlton where, he says, he has genuinely become enchanted by the local stories and the folklore.

It is not something I want to do," says Yates. He is already working another book, *How To Survive Old Age*, and he plans on writing three over the next five years.

After his move to the sticks, he came to realize that the people who live in the country are indeed very much different from city dwellers, not unlike the city mouse and the country mouse — and he was inspired to write down some of the local stories and happenings of this new country life.

The Knowlton Chronicles carries the subtitle "How my wife made me move to the country, even though I hate nature", and it's filled with delightful anecdotes and personal observations that Yates has lovingly taken the time to record.

"One day, a friend said to me that he thought some of these characters and stories should be written down, so I thought about it and thought, well, I can do that," says Yates on how the book came to be.

Yates is no stranger to writing, having penned advertising copy for most of his adult life, with no thought of slacking off in this 74-year-old's future. "I will never re-

His wife, Monique Ethier-Yates, was indeed the instrument that guided this couple to the Townships. Ethier-Yates had a vision: "I wanted my grandchildren to have a remembrance of grandma's house as a place where they could go and play, unbridled and without worry about learning any lessons. A certain mind-scape that will stay with them and perhaps one day, they will be able to share these carefree memories and times with their grand-children.

"Oh, yes," she adds, "and I wanted a vegetable garden."

Thus was born the notion to move to the boonies (which is in fact becoming less and less rural every day so recording these stories is a very good idea).

Says Yates: "The book covers a wide cross section of people, farmers, plumbers, dentists and others have been the inspiration for this book. I wrote this not from a whim, but from a real desire to share this type of life with people around the world. Yes, it will appeal to the locals, but my vision is bigger. I foresee these chronicles being of interest to people from all walks of life, in any living condition."

Yates, having been involved with international advertising, sees his book as being very marketable.

PLEASE SEE BOOK ON PAGE 5

## The Knowlton Chronicles

How my wife made me move to the country even though I hate nature



Harrison Yates

The boonies began to grow on Harrison Yates.

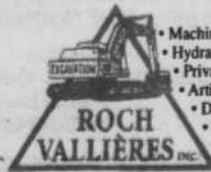


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# Brome County Community Billboard

## COMMUNITY CALENDAR

Nov. 3

**Turkey Supper** at **Mansonville United Church** to Benefit United Church, 5 - 7 p.m. Adults \$12; children 10 years and under \$8; children 3 years and under free. Info: Roseleen George, 450-292-5638.

**Homemade Pickle and Preserve Auction** at Santé Courville de Waterloo, 5303 Courville Ave., **Waterloo**, 2 p.m. Come for fun in a pleasant ambiance! Benefits for Residents Activities. Info: Angèle Arès-Ledoux, 450-539-1821 ext. 228. All welcome!

**Christmas Tea** at **Iron Hill Church Hall** from 2 - 4 p.m. Crafts, Bake Table, Fudge. Admission \$6.

**Townships Bluegrass and Old Tyme Music Society** invites you to an afternoon and evening of wholesome entertainment on Nov. 3 at the Royal Canadian Legion, 77 Lewis St., in **Waterloo**. Guitars, banjos, voices in harmony, fiddles, mandolins and other acoustic stringed instruments will be played with enthusiasm and skill by our members and invited guests. Come and hear the old songs and join the fun. From 1 p.m. to 5:30 - Acoustic Jam. Between 5:30 and 7 p.m. supper will be available for a modest fee. Stage performances by many talented musicians run from 7 to 10:30 p.m. with sound by John Cameron. "He makes wood sound good." \$4 at the door for members, and \$7 for non-members. We look forward to seeing you.

Nov. 5

The **Canadian Club of the Yamaska Valley** (www.CanadianClub-YamaskaValley.ca) will welcome **Louise Penny**, author and former journalist as their Guest Speaker at 2 p.m. at Auberge West Brome, Rte. 139, **West Brome**. Topic: Mur-

der for a living: From CBC Host to Mystery Writer. Light refreshments will be served. Non-members \$10 entrance fee s.v.p. Those wishing to enjoy dinner at Auberge prior to meeting, please phone 450-266-2552 for reservations. (www.louisepenny.com.)

Avante Women's Center, **Bedford**, **'Living Alone after the loss of a Mate'** with guest speaker Trudy Cornell, Au Diapason. Share thoughts on how to cope and manage on your own after a death or divorce. Info: 450-248-0530.

Nov. 6

The **Knowlton Academy Bistro** is where you come and have some delicious lunch prepared by kids at Knowlton Academy at 11:45 a.m. Reservations to **Knowlton Academy** 450-243-6187. The school hopes to see you!

**Pot luck** @ 5:30 p.m. til 8 followed by workshop **Flatter your Figure** 6 to 8 p.m. Take control of your appearance and enjoy a wardrobe that works for you. Learn tips on how to flatter your figure. Avante Women's Center (2 Adhémar-Cusson), **Bedford**, 450-248-0350, avantenan-cy@bellnet.ca.

Nov. 8

**Remembrance (Armistice) Luncheon** at Legion Hall in **Waterloo**, 77 Lewis Street, on Thursday, Nov. 8, 11:30 a.m. to 1:30 p.m. Cost \$8. Everyone is welcome.

Nov. 10

**Chicken 'N' Biscuit Supper** on Saturday at Bishop Stewart Memorial Anglican Church, Garagona Rd., **Frelighsburg**, at 6 p.m. Tickets / Res: 450-248-3581 or 248-1145. Door prizes.

**Remembrance Day Banquet**, Saturday Nov. 10. Cocktails @ 5 p.m.; Supper @ 6 p.m. Tickets \$17 before Nov. 3. Guest speaker: An Afghanistan Veteran Orchestra: Smokin' Country. All Welcome! Royal Canadian Legion, 120 Davignon St., **Cowansville**.

Nov. 11

Royal Canadian Legion **Cowansville**. The **parade for Remembrance Day** will be held on Sunday, the 11th of November at 10:30 a.m. We invite you to be with us for the parade and the laying of the wreaths and crosses. A light lunch will be served in the Legion Hall after the cer-

emonies.

**Waterloo Remembrance Day Parade & Ceremony**, Sunday, Nov. 11. Assembly and parade formation at Legion Hall, 12:30 p.m. Ceremony at Cenotaph, 1 p.m. Lest We Forget.

Nov. 11 & 12

**8th Annual Craft Show** being held at A.D.S. Elementary School, **Danville**, on Nov. 11 from 10 a.m. to 5 p.m. And Nov. 12 from 10 a.m. to 4 p.m. Brunch on Sunday morning from 10:30 a.m. to 1 p.m. Adults \$6 each, children 6 to 12 \$4 each.

Nov. 14

The **Regional Entrepreneurial Committee** is inviting entrepreneurs and self employed workers to participate in its first bilingual conference on Nov. 14 at the **Auberge Bromont**. Present products and services, develop a network, participate in training workshops. The program will begin with a lunch conference by Mrs. Lise Cardinal, who will share her 25 years of experience in the execution and management of a business contact network. The afternoon will be divided into four workshops: two in French and two in English, with recognized speakers. After which, participants can display their products and services during a networking session that will gather regional directors and business people who are interested in establishing partnerships. For more info or to register call Esther Laframboise: Carrefour Jeunesse Emploi des Cantons de l'Est; 450-776-7700 or 266-0993 or our bilingual website; www.solutionlogipro.com/trce.

Nov. 18

**Benefit Breakfast** for the Dupont children, Legion Hall, **Waterloo**, 77 Lewis Street, Sunday, Nov. 18, 8:30 a.m. to 12:30 p.m. Thank your for your generosity.

Nov. 21

Calling all members of Branch 77, **Waterloo, Royal Canadian Legion: General Assembly and Elections**, Wednesday, Nov. 21, starting at 7:30 p.m. Your attendance is important.

## ARTS CALENDAR

Through Nov. 11

Knowlton Players presents the world premiere of **Chickasaw**, a new Canadian musical comedy, directed by Vesta Jor-

gensen, at Arts Knowlton, 9 Mont Echo Road, **Knowlton**, through Nov. 11. Thursday, Friday and Saturday performances at 8 p.m., and Sunday matinees at 2 p.m. Adults \$15, Townshippers' Association members \$13, students \$12, children \$8. Groups of 20+ \$12. Reservations: 450-263-1061.

Nov. 4 & 5

**Knowlton Players Auditions** for Christmas Show directed by Bill Jarand for ages 6 and up. Be prepared to sing a Christmas Song. Nov. 4 & 5 at 7 p.m. at **Knowlton Pub**, upstairs.

Nov. 10

The Chamber Choir Tactus, directed by François Ouimet, will present **O'Kosmos**, on Saturday, Nov. 10 at 7 p.m. at St. Simon Church, **Abercorn**, 9 Church St. Tickets \$20. For tickets, call 450-242-1523, or 450-538-8138. You may also purchase tickets at the following locations: In Knowlton at Brome Lake Book Store, Emporium and Eureka; in Sutton at au Naturel; in Cowansville at the book store Librairie Cowansville. The profits of the evening will go to the Sutton/Lac Brome Youth Center. For more information about the choir go to www.tactus.ca.

Nov. 17 through 25

**West Bolton potters Robin Badger and Robert Chartier annual exhibition and sale** of recent works, celebrating the theme of Entertaining for the Holidays. Open daily, 10 a.m.-5 p.m. at Down to Earth Studio 67 Bailey Road, West Bolton Info; 450-242-2836.

## CHURCH SERVICES

**KNOWLTON/CREEK PASTORAL CHARGE** Worship & Song. Creek United, Foster, 9:30 a.m., Knowlton United, **Knowlton**, (handicap access), 11 a.m. Sunday School at both services. Visit us on the web at www.knowltoncreek.com.

**ST. PAUL'S ANGLICAN CHURCH**, 24 St. Paul's Road, **Knowlton**. Sunday Services - Traditional 8 a.m. service and 10 a.m. with music, Sunday School and Nursery. Sunday Service, Nov. 4 Annual Remembrance Day Service with the Legion Veterans and other community groups in attendance also please note Sunday, Nov. 11 Remembrance Day Service ONE SERVICE ONLY at 9 a.m. For more info: 450-242-2885. The Rev. Tim Wiebe and the congregation welcomes everyone.

**ANGLICAN PARISH OF BROME SERVICE** - Sunday, Nov. 4th, 10 a.m. - **HOLY TRINITY, IRON HILL**, Holy Communion. The Rev. P. Tidman.

SEE BULLETINS ON PAGE 5

## BCN RATES & DEADLINES COMMUNITY CALENDAR

Brome County News Community Calendar is reserved for non-profit organizations only. Deadline is noon on Mondays. A pre-paid fee of \$7 is required per publication, or **SPECIAL RATE of \$13 for 2 insertions**: 1 BCN & 1 in Friday Record "What's On" section. Please forward notices to 88-A Lakeside St., Knowlton, QC JOE 1V0, email: bcnews@qc.aibn.com, or fax: (450) 243-5155. Visa and Mastercard accepted.

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KNOWLEDGE AND KNOW-HOW.

# 30 years of examining myths

Harry Potter has returned age-old themes to public consciousness, says artist

By Wendy Denman  
BROME COUNTY NEWS  
CORRESPONDENT

Fascinated by the world of classical mythology from an early age, artist France Clavet periodically reproduced one of her favourite stories in oil on huge canvases. A retrospective of these paintings — Myth and Symbol — opened last week in Granby.

"I started painting when I was six and the sisters taught us to reproduce the Old Masters. They are full of mythological themes and it seemed so natural to start painting them myself," says Clavet. "Over the years I would go back to these themes and again and again.

"I love stories and I love to tell a story in my art. The paintings in this show cover more than 30 years of work."

Part of the inspiration for the current show came from a project Clavet put together for a recent Salon des Livres in Montreal. "I decided to write down my stories, my take on the myth, and then attach it to a reproduction of the accompanying painting. The collection was assembled in a box; you can take out the sheet, read the story and see the painting."

But for this exhibit she has placed the story beside the painting. "I was at the show Sunday and was so happy with the response from people, I couldn't believe it. Everyone was reading the text, grandmothers reading to their grandchildren. They were fascinated by the stories and the paintings. I have been doing this for so long and now all of a sudden it seems to be the thing.

"I think stories like Harry Potter are making people very aware of myth, all of a sudden it's so popular — I couldn't be more delighted, I couldn't sleep I was so excited by the reaction."

Clavet takes inspiration from the tales of ancient Greece and Rome, peopling her canvases with the Argonauts, centaurs, the gods of old and characters of the ancient tales — Venus, Diana, Psyche, Demeter, Eros, Pandora. "I also



Courtesy  
Caption (50): L'Offrande by France Clavet.

recreate North American myths. I spent time up north and became familiar with that tradition, and two of the paintings come from my experiences there."

There is one element that fits in slightly differently. It is a painting (briefly borrowed back) from the Université de Montréal done to commemorate the killing of 14 women engineering students at the école Polytechnique in 1989. "This painting includes much symbolism and I felt it appropriate to include it in the show."

Living in Knowlton, Clavet spends much of her time now on portrait commissions and painting local scenes. Her current work also includes a series of environmentally related paintings, many resulting from her trips to the Northwest

Territories to raise awareness of endangered species and the consequences of global warming.

Because her paintings are huge — many over six feet and which take several months to complete — Clavet uses the Giclee process to reproduce her art. The process turns a photograph of the painting into a computerized data stream that is then copied by line by line by an Epson ink jet printer onto canvas with a resolution of 1,440 dots of colour per inch. This allows her to sell top of the line reproductions at a reasonable price.

"I sign and number the reproductions — and only make a few. We can make these prints any size. I find the quality excellent."

Trained in the classical techniques of oil painting and conscious of detail,

Clavet found her time at Ecole Beaux Arts in Montreal was a challenge. "I completed it, but it was hard. At that time everything was abstract — great splashes of colour and shapes. They weren't impressed by my kind of painting. But not all of my work is fine with careful application of oil. I also like pastels, and when I work with them my work

is much more impressionistic.

"I find it so interesting that the old styles and techniques are returning, which is good because they are much more stable and last much longer. Because of the very successful opening, the gallery has asked me to be there as much as I can throughout the show. I will be delighted to do that — it is wonderful to see the response people are having to my work and it's a wonderful bright place to show art."

Myth and Symbol remains at Boreart (at 279 rue Principale in Granby) until Sunday, Nov. 11. The gallery is open Wednesday, Saturday and Sunday from 1 p.m. to 4 p.m. and Thursday and Friday from 6 p.m. to 9 p.m.

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Ramona is a 17-year-old girl from Switzerland. She loves children and wants to be a Kindergarten teacher. She likes to cook, bake, take walks, and dance to Salsa! Ramona is excited about sharing her culture with your family and can't wait to experience your Canada!

Maria and Romona are coming to Quebec in January and EF Foundation is currently seeking kind, caring host families for them. Throughout their exchange both students and their host families will have the support of an EF Foundation local coordinator as well as 24-hour emergency service. Help bring the world together, one friendship at a time. Host an exchange student today and experience something new!

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# Low energy time hits during home commute

*Take a nap,  
save a life*

**W**e all get an extra hour of sleep this coming weekend, and if you drive a lot, I suggest you take life up on that all-too-rare offer.

I'm a fan of sleep. I wish I could get more. I'm also one of those "night" people who's happier staying up late and sleeping in. So every night I hate going to bed at a responsible hour, and vow every morning that tonight, I will get to bed early. It's been a long, unsuccessful battle. It's also why I got into journalism, because news has to happen before it can be covered, so most of us ink-stained wretches don't have shifts starting at 7 a.m.

According to a survey commissioned by the Better Sleep Council Canada, about 25 per cent of Canadians are sleep deprived. It says people tend to be sleepest on Mondays, and that for nearly 40 per cent of people their mental alertness and physical energy peak between 6 a.m. and 9 a.m.

For me, those are the best sleeping hours. The sheets are just the right tem-

perature, the dreams are good, the pillows that much softer. Sadly those are usually the hours when I have to rise and whine, nursing what feels like a hangover even though I haven't touched a drop the night before.

I like driving. For years it has served as a kind of therapy for me, a time to relax. The problem is I get a little too relaxed sometimes. The seat gets comfy, the heater a little too warm, the music too good and the next thing I know I'm fighting to stay awake. Eyes watering, chronic yawns, long blinks, the whole nine yards.

Apparently I'm not alone. In fact falling asleep at the wheel is one of the leading causes of accidents, right up there with drunk driving. It may be even higher, but it's hard to tell if the dead guy fell

asleep at the wheel, while the survivor driver would likely never admit to dozing off.

Over the years I've done a lot of dri-

ving and tried a lot of things to stay awake. I've become a connoisseur of gas station coffees (Ultramar usually has good coffee) and snacks, have opened the windows when it's -20 C, and even wet my eyelids with cold water to keep them open.

But sometimes nothing but a nap will do. Once, while on a trip to Ontario I bought my first and only energy drink. A half hour later I pulled over on the side of the 401 for a nap. That didn't quite work out as I'd hoped.

But it shows one thing: What I needed was more sleep. In fact most of us do. I was also victim to the natural rhythms of my body, which call for some down time during a long day. In general most people go through a tired phase between 3 and 6 p.m. That's when most of us are driving home.

Accident statistics bear this out: Every year when we gain an hour in the fall, the accident rate drops slightly. In the spring, when we lose an hour, the accident rate goes up a bit. Within a few days it returns to normal. Yep, that one hour can make all the difference for some people at driving time.

So this weekend, if you can, take that extra hour to get some rest. Then get up and change the battery in your smoke detector and all that stuff that comes with the time change. You'll feel better, and you'll be a little bit safer.



You send them to bed early. Why don't grownups get enough sleep?

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**SOCIAL NOTES**

**Fulford**

There was a good attendance at the first Harvest Soup Luncheon held by the Social Club. The assistance of volunteers from the community and elsewhere was much appreciated, as were the many items donated. Bev Quilliams' centre-pieces and chalkboard menu added to the occasion, and Cindy Badger offered relief by also taking on some additional tasks. Thanks to all for much giving.

Among those who attended the Town of Brome Lake's reception for volunteers were Ginette Saulnier and Bill Baldwin; Sylvie Krasker and Danny Finn; Marie Lefebvre; Carla Wright and son, Wyatt, all of whom enjoyed a brief tour of the community centre courtesy of Bruce Mackenzie. A pleasant evening with delicious refreshments, catered by Virgo. Do not dine before attending this event!

-Margaret Fordham  
450-539-0713

# Elektrip gets serious

*Band is set to tour, record*

By Wendy Denman  
BROME COUNTY NEWS  
CORRESPONDENT

**F**ans of Elektrip, a band that originated in the Townships, will be pleased the group is returning for a gig at PUBLIC House in Dunham.

"We've been going through a period of assessment the last few months, deciding what we wanted to do and how we

wanted to do it, changing the music a bit, writing some new stuff, putting together a press kit," says co-founder Eugene Brotto. "I got married, moved to Montreal — it all happened in a short space of time so we've been in pause mode for a while, but we're on the move again. After months of no performances, we have five for the coming two months."

Brotto and Simon Esterez, another native Townships, founded the band in 2001. They released a CD, *Reconvence*, in 2005. "It was produced independently and so we had full say and we did just about everything we wanted to do, all sorts of influences, all kinds of music. Some of the songs go really long, the CD itself is 69 minutes. We had a lot of fun with no one to tell us what to do!"

Even with a fair amount of success the band was still a sometime thing, with other musicians hired only for live performances and recording. "We decided we really wanted to exist as a band full time, Nicholas Fizzano on drums and vocals and Rene Paquin with his keyboards and vocals are joining us full time now, becoming equal members in the group with an equal say in the creative side and the directions we take," says Brotto.

"We are going to record a demo of five of our new songs in the next few months and getting ready to hit all the festivals we can.... And we're hoping to get involved in the university music scene. That's what we want to do now is play, play, play, as much as we can."

Over the years the group's sound has developed and refined, as Brotto and Esterez experimented with funk and electro-jazz and pop. "Maybe at times we were all over the place. La-



COURTESY ELEKTRIP

Elektrip on stage during a 2006 performance. The band — and its new groove sound — returns to the Townships Nov. 10.

bels are funny things, we always have our own take on whatever we do — but I guess you could call us a rock/groove band now with lots of dabbling in the groove.

"We realize that some of our songs are pretty long for popular radio play, so we're tailoring our new pieces down, trying to keep them about four minutes. We want to make the music more accessible to the popular stream. We're still writing our own material, but with more of a feel for our audiences, rather than just what pleases us!"

Brotto, son of of Theatre Lac Brome founder Emma Stevens, has been involved in music and theatre all his life. He played the lead in Sunshine Theatre Production's *Lend Me a Tenor* in 2006. He's brought Elektrip to the Townships on many occasions, including performances at Massey-Vanier High School.

"We're really looking forward to the show in Dunham and we're negotiating other shows in the region, hopefully one in Knowlton," says Brotto. "About half the numbers will be from the album, plus some of our new material from the summer and some cover songs, music from other artists but very much with our own take on it."

Elektrip will appear on Saturday, Nov. 10 at 9 p.m. at PUBLIC House (3809 rue Principale) in Dunham. Tickets are \$10 at the door.

## BOOK:

CONT'D FROM PAGE 1

Knowlton's Nancy Hyde did the illustrations, having been brought in on the project as Yates was nearing the end of writing the text. "The illustrations by Hyde give the book a personality that fits with what I have recorded in the book. It was a very rewarding collaboration."

Ethier-Yates gets to have the last word in the book, as her husband asked her to contribute insights about the move to the country. "I was flattered that he asked me to do this, however I was hesitant as I felt my writing would deter greatly from the quality of Harry's writing, however I agreed. I reflected on how much Harry really did miss the city and what our move really meant to me, him and our family, so I know that what I wrote, I wrote

from my heart."

Moving to the country not only provided Yates with the stories to write a book, it has provided the pair with a glimpse into what it is like to live amongst the deer, the bears, and the clear sparkling stars seen in our night skies. It has provided them with a stream for their grand-children to play in, vegetables fresh from the earth to their table, and of course, new friends and acquaintances whose stories grace the pages of Harry's book. That's a lot of blessings from one simple move from the city to the country.

Harrison Yates will launch his book, *The Knowlton Chronicles* at The Knowlton Gallery, under the auspices of Brome Lake Books, on Friday, Nov. 9 at 6 p.m. For more information call The Knowlton Gallery at 450-242-1666.

## BULLETINS:

CONT'D FROM PAGE 2

**SAINT-EDOUARD CATHOLIC CHURCH**, 366 Knowlton Rd., Knowlton - Sunday Mass: 10:30 a.m. (bilingual).

**COWANSVILLE AREA PASTORAL CHARGE UNITED CHURCH** Worship at Emmanuel United Church, 203 rue Principale, Cowansville. Worship 10:30 a.m., Choir practice, 10 a.m. Rev. Wendy McLean officiating. 450-263-0204.

**TRINITY ANGLICAN CHURCH, COWANSVILLE**. Join us for Sunday Worship one Service only at 11 a.m. every Sunday. Info: 450-263-2662.

**WATERLOO ST. PAUL'S UNITED CHURCH**, 4929 rue Foster. Sunday service at 10 a.m. Rev. David Lambie, Minister. For information or message call 450-539-2129.

**ANGLICAN PARISH OF BEDFORD/PHILIPSBURG & FARNHAM** - Parish of Bedford/Philipsburg/Farnham and Members of the Borders Regional Ministry - Services will be held at St. James Church, Farnham at 9:30 a.m., St. Paul's Church, Philipsburg at 9:30 a.m. and St. James Church, Bedford at 11 a.m. each Sunday, and also in Clarenceville and Noyan services are

held 9 a.m. The Ven. Dr. Brian A. Evans, Archdeacon of Bedford officiating. For more information and times, please call, 450-248-3923.

**BEDFORD UNITED CHURCH PASTORAL CHARGE** - Sunday Service Nov. 4 in Bedford, 10 a.m. All are most welcome to attend. Rev. Michel Nahas leading. Everyone welcome. 450-248-3044 for information.

**GRACE ANGLICAN CHURCH in SUTTON**, 52 Principale sud, welcomes everyone for Sunday Services at 10:30 a.m. All are welcome. The Rev. Canon Tim Smart, Rector. 450-538-8108.

**OLIVET BAPTIST CHURCH, SUTTON**. Pastor Alex Lobach and the congregation welcome all to worship with us each Sunday at 11 a.m. Mid-week youth group and Bible Study. Tel. 450-538-5225.

**ALL SAINTS ANGLICAN CHURCH - DUNHAM**. Sunday Services and Sunday School at 9:30 a.m. The Rev. Sinpoh Han. Information 450-266-0392.

**SUTTON - DUNHAM PASTORAL CHARGE**: Welcome to Sunday Worship Services with Rev. Susan Tilleman officiating, at **DUNHAM UNITED CHURCH** at 9:15 a.m. and at **CALVARY UNITED CHURCH** in **SUTTON** at 11:15 a.m. where there will also be Sunday School.



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Each time around, it seems more people come to discover what many already know: autumn, not the new year, is the true time of renewal. The scrap heap of half-hearted, soon-broken pledges made foolishly upon a dark, cold midnight is ample testimony to that.

As Time magazine essayist Lance Morrow pointed out, fall is the preferred season, if only by elimination: "Winter is a tomb, spring is a lie, summer a pernicious mirage.... The rejuvenating ambiance of autumn is more ancient than the calendar."

Renewal requires, naturally, a good measure of resolve, but the quiet private variety, not some silly or pompous pronouncements in the midst of a night of revelry. In the clarity of a cool, crisp autumn morning, or the slipping away of a weakening sun beyond distant golden hills, our mind-set too can achieve a rare focus.

At such times, people can achieve a thoughtful, candid assessment of things, noting areas where we might do better, or be able to change whatever needs to be changed. Common among these reflections is the acknowledgement that summer indulgences and bad habits in

## Fall's twists to the active life

Like Spandex

general should give way to overall better living.

For active types, some measure of enhanced physical regimen is part of the autumnal reawakening. Hence the sudden spike in the number of joggers, cyclists, hikers and power walkers about the countryside on a fair fall Sunday, their outfits as colourful as the mountain foliage... although Spandex comes in weird pastel shades never seen in nature.

Serious competitive sorts will plan out a rigorous training program, inspired by the onset of fall. Hopefully though, even the freakiest ones have learned to eschew performance-enhancing substances. Dethroned Tour-de-France winner Floyd Landis can serve well as a warning marker.

On the subject of bad examples, last month U.S. Olympic track star Marion Jones 'fessed up to steroid use. Surprise, surprise. This, after years of vehement denial in the face of indisputable evidence. Her two gold and three silver medals won in the Sydney, Australia games will be

awarded to whichever runners-up don't fail the doping tests.

On a lighter note, the world of the casually physically active and involved is changing. As the first wave of baby boomers hits their sixth decade, tennis courts are being abandoned for the more forgiving world of golf. Likewise, curling and shuffleboard are enjoying a resurgence, not to mention tiddle-dee-winks and yatsee.

Scarily, back in mid-summer, the sports segment of an evening news broadcast gave an update on the world championship tournament of lawn bowling.

Perhaps, given the record numbers of retirees, Grey Power is getting out of control. What's next, one wonders. Maybe bum darts as an Olympic event?

As well, sports for the juvenile set take on new twists in autumn. Kids soccer may lose some of its controversy; when there's frost on the pumpkin maybe all the little girls will want to wear hijabs or burkhas or whatever.

On the matter of soccer, a recent study concluded that if all players wore helmets, there'd be fewer head injuries in the game. Very revealing. With any luck, those same researchers may soon discover that a firm round device rotating on a load-bearing axle will greatly improve transportation.

Sadly, not all autumn activities enjoy smooth sailing, as it were. The start of minor hockey season brings about the usual kerfuffle: Why can't my daughter play on the local boys' team? (Curiously,

no parents of boys wanting to play on a girls' team seek attention from the media.)

In the meantime, more than a few folks will individually, quietly, address this matter of wiser, healthier, more active living. Degrees of success will vary widely. Past disappointments fade to insignificance in the bracing air of mid-fall.

And, should achievement once again fall short of expectation, there's comfort knowing that, as in other aspects of life, good thoughts by themselves count for something too.

## FOOD:

CONT'D FROM PAGE 1

for a specialty channel, TVA, and I was given carte blanche to develop Guillaume. I was able to give the director 100 per cent of the reins so that he or she could create their vision. In this case it was Guillaume Sylvestre," says Krasker.

Krasker says she surrounded him with people who would bring out the best in the director. Sound, lights, and support staff were all hand picked so Krasker would make sure Sylvestre could concentrate on his work. She says she enjoyed every moment of this project. "Guillaume has such an incredible talent that the project was one that I knew would be a joy to work on. However I must admit, I never thought it would receive this much attention. I am not used to talking with the press, as I am the producer, however, this is both a surprise and a pleasure that people want to speak with me."

The film shows what actually goes on in restaurant kitchens while the chefs strive to create the best plate in town. The rhythm is a tap dance, a ballet and jazz sequence gone to the edge of the stratosphere as Sylvestre's direction takes on the cadence of preparation and the quest for perfection.

Foodies everywhere will want to see this documentary (Durs a Cuire is translated as Well Done or Being Tough). It is a statement on how we treat ourselves, how we should want the best that life has to offer, and food, the way it is prepared, the manner in which it is presented and eaten, is all part of the good stuff that life offers.

Local Fulford gal Krasker (originally from France) will be behind many more quality projects. That's good news for film lovers, as food for thought is just as good as food for the tummy.

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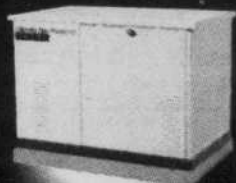
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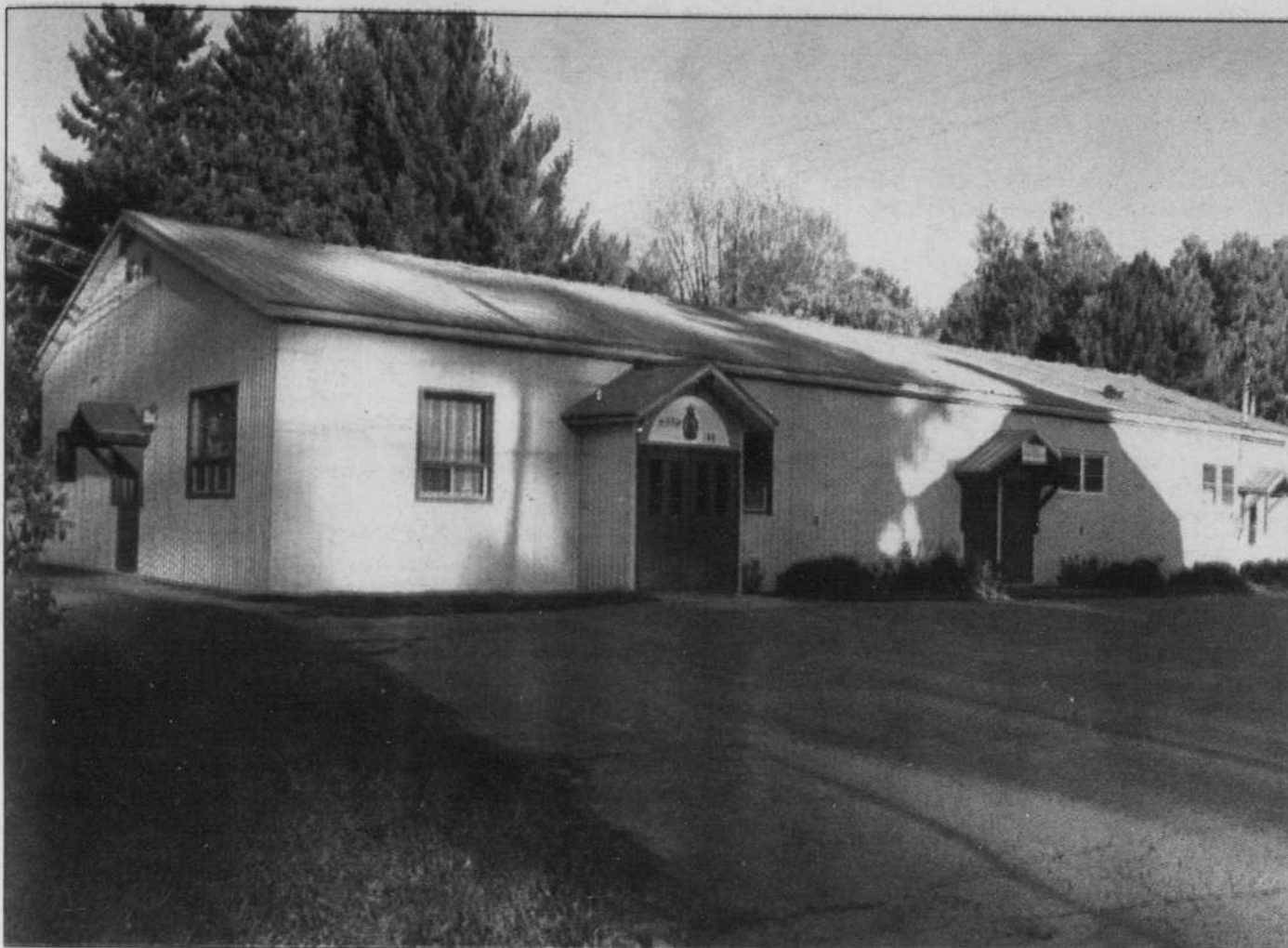
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The Sutton Legion's big space is regularly borrowed by community groups from all around the area to host fundraising bingos and brunches.

ALANNA FAHEY

## Sutton Legion is so much more, providing community space

### Few people, big service

By Alanna Fahey  
BROME COUNTY NEWS CORRESPONDENT

Gloria Davis has been involved with the Sutton Legion for well over 40 years and for the past two years she has served as its president. And while experience and dedication matter, the Legions across Canada are experiencing a massive drop in their memberships because there are few surviving veterans from World War II and the Korean War. They need newcomers.

Sutton currently maintains a membership of approximately 60 people, yet as Davis explains, "not all these members are active.

"The membership has dwindled over the past few years and we are encouraging the people of Sutton to become involved with the Legion."

The group, which celebrated 60 years in service to the community in 2005, offers much.

"Presently, the Legion is fulfilling Sutton's need for a community centre and it serves the population in many ways," says Davis.

The building

provides the space for many activities that draw this village together. The local libraries have both utilized the space to run fundraising bingos and this year the Foyer in Sutton, the food bank and the Christmas baskets program will host bingos.

Twice a month Davis and her committed crew put on a Sunday brunch. "Depending on the weather, these events draw a good number of people," says Davis.

The brunches are also used as fundraisers. The Legion reserves one month's Sunday for itself, while the other Sunday is offered to various organizations in the town. The Legion members take care of the details, while the profits go directly to the organization in need.

PLEASE SEE  
LEGION  
ON PAGE 9

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DAVID ANDERSON/FILE

Remembrance Day in Granby.



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The parade for Remembrance Day will be held on Sunday the 11th of November at 10:30 a.m.

We invite you to be with us for the parade and the laying of the wreaths and crosses.

A light lunch will be served in the Legion Hall after the ceremonies.

**WATERLOO**

Sunday, Nov. 11th - Assembly and parade formation at Legion Hall at 12:30  
Ceremony at Cenotaph at 1 p.m.

Remembrance (Armistice) Luncheon at Legion Hall in Waterloo, 77 Lewis Street: Thursday, Nov. 8, 11:30 a.m. to 1:30 p.m. Everyone welcome.

**SUTTON**

Sunday, Nov. 11th at the Cenotaph

Church service at the Legion at 11:30-noon serving soup & sandwiches.

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DAVID ANDERSON/FILE

Scenes from Remembrance Day in Granby.

## SUTTON:

CONT'D FROM PAGE 7

This year, after Nov. 11th (that's Remembrance Day), the Sutton Legion will hold its annual general meeting and after that, elections for the board of directors will take place. Davis wants to encourage the public to come out to the meeting so that they may see what the Legion actually does for this community. (The dates have not yet been set.)

This coming year, the Sutton Legion will provide the space for the Golden Age Club, blood donor clinics, Collective Kitchens, Optimist Club, and various cribbage tournaments. The Maison des Jeunes has planted a gladiola garden and the sales of the flowers have benefited the group. All through the summer, till early fall,

the Legion and its surrounding property is home to the Saturday Morning Market.

Although most people associate the Legion with the early veterans, Davis is hoping that people will see beyond that and realize what an important asset it is to Sutton. The Legion needs new members – new members who will be active so that the Legion may carry on its civic duty.

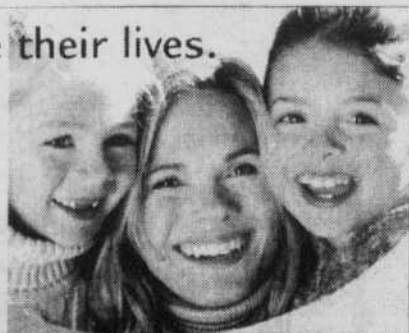
This Nov. 11, the Legion will host an ecumenical service after the Remembrance Day Service at the Cenotaph on Maple Street in Sutton, and a light lunch will be served. Davis invites the public to join her and the membership for the service. For more information on joining the Legion in Sutton and becoming active in its various endeavors call the Royal Canadian Legion, 2 Curley Street, Sutton, Branch 158, at 450-538-2210.

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## THE RECORD

is looking for a dynamic, self-motivated bilingual

## SALES REPRESENTATIVE

to cover the Granby-Bromont-Magog-Sherbrooke area

## Requirements:

- Bilingual
- Sales experience
- Own a car
- Responsible and personable
- Would be an asset to live in the area to be able to serve your potential client base
- Compensated on a commission base

Send your CV to:

kwells@newportdailyadv.com

## CLASSIFIED

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THULE ROOF RACK for Wagons/SUVs, with factory roof rails, like new. Half price \$130. Call 819-566-0446.

**295 Articles Wanted**

WANTED: OLD GUNS and related items, Militaria, badges, etc. Call 819-563-2140.

**330 Pets**

CUTE, FLUFFY GREY kittens need to be given a good home. Ready now. Call 450-539-0718.

**425 Bus. Opportunities**

COKE/M&M VENDING. Do you earn \$2500 per week? 30 locations available. 1-800-367-8409 (24 hrs) ext. #3178

**ATTENTION!**

Let everyone know your classified ad is **NEW** on its first day of publication! Attract more attention to your ad on its first day of publication by including a new ad logo (shown here)

**NEW AD**

For only \$3.00, a new ad logo will help you get quick results. Some restrictions apply. For more details call: **(819) 569-9525 (450) 242-1188**

**Death**

**GREELEY, Jane** - Lena "Jane" Greeley of Red Deer passed away on Tuesday, October 16, 2007 at the age of 72. Jane was born July 27, 1935 at Montreal, Quebec. She was the daughter of Louis and Anne Safford. Jane is survived by her daughters Patty (Joe) Soveaux, Carolyn Holmes (Paul Coad), Julie (Darcy) Ludwig all of Red Deer, 7 grandchildren, 1 great-grandchild, a brother Bud (Judy) Safford of Montreal. Jane grew up in Sutton, Quebec and married Bernard in 1956. In 1978, Jane and her family moved to Red Deer. Jane found great pleasure spending time with her family, especially her grandchildren. Jane had a great love for animals especially her dog. A Memorial Service will be held at Grace Anglican Church, 52 Principale Sud, Sutton, Quebec from 2 p.m. to 4 p.m. on November 3. If friends desire memorial contributions may be made to the Red Deer S.P.C.A., 4505 77 Street, Red Deer, AB. T2P 2J1 or the charity of your choice.

Fig 16

o **Bistro 495** o  
Guest bill

Salad (2).....	\$14.60
Wine (2).....	\$11.50
Dessert.....	\$ 4.75
Food tax.....	\$ 2.90
Liquor tax.....	\$ 1.15
Subtotal.....	\$34.90
Gratuity.....	\$
Total.....	\$

Thank you - Muriel



› If this feels like a math test, visit [mathliteracy.ca](http://mathliteracy.ca) or call 1-800-303-1004.



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**(819) 569-9525**  
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**290 Articles For Sale**

**290 Articles For Sale**

**GET CLEAN FOR SALE**

Phosphate FREE  
Non Toxic  
Cleaning, Nutritional  
&  
Personal Care Products

Call Susan **450-539-0487**

**340 Garage Sales**

**SUTTON**  
Moving Sale, Saturday and Sunday, November 3 and 4; 8 Champlain St., Sutton, 9 a.m. to 5 p.m. Many items all in excellent condition. (450) 538-3407.

**405 Found**

FOUND on Capel Street near Conference Hill. 2 1/2 month old Calico kitten. Very sweet, gentle and playful. No afraid of people. Need to find a home for her A.S.A.P. Call (450) 243-6732.

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**430 Personal**

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**Call before 10:00 a.m. Tuesday to make sure your ad appears in the Brome County News**

**AUCTION**

**FOR: NEIL ABBOTT**  
Saturday, November 3rd, 2007  
10:00 a.m.  
at: 1038 Jordan Rd., Sutton, QC  
Selling large quantity of antiques, household furniture, sugaring equipment and shed stock.  
**Terms:** cash.  
Sale held inside. Canteen on site.  
For information or a complete listing  
**KEITH ROBINSON**  
Auctioneer  
450-538-2936

**QCNA Blanket Classified Ads**

**Antiques**  
ABRACADABRA turn your hidden treasures into ready cash. International buyer wants to purchase your antiques, paintings, china, crystal, silverware, jewellery, rare books, sports, movies, postcards, coins, stamps and records. 514-501-9072.

**Employment Opportunities**  
SHEET METAL AND REFRIGERATION long term positions available at all levels with well established commercial contractor in Edmonton. Journeyman rates of \$34/hr for Sheet Metal and \$37/hr for Refrigeration, plus benefits. Relocation allowances available. Email at [hr@paragonventilation.ca](mailto:hr@paragonventilation.ca) or fax 780-466-4958. Website: [www.paragonventilation.ca](http://www.paragonventilation.ca).

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Pool table. Solid maple, 1" slate, with accessories. Never used. Cost \$4,800. Sell \$2,300. Delivery Possible inc.: 514-745-6536.

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For **.50** a word - **bold** it.

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**The Crossing**

14 Province St., Richford, Vt. • 848-3393 1-800-331-3694  
Hours: Mon.-Thurs. 11 a.m.-closing; Fri. 11 a.m.-closing; Sat. Noon-closing; Sun. Noon-closing

**Your Canadian Money is worth \$1.10 at the Crossing Monday - Thursday**  
**FRIDAY, SATURDAY & SUNDAY \$\$\$ AT PAR**  
NOT VALID WITH OTHER COUPONS — Coupon must be presented • Expires 12/31/2007

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# COWANSVILLE

## is celebrating its 1<sup>st</sup> Anniversary

**CANADIAN  
TIRE**

L'AUTOMNE  
COMMENCE CHEZ  
AUTUMN STARTS AT

**IN  
COWANSVILLE  
ONLY**



**COUPON**

Upon presentation of this coupon  
get

**\$5**

on all  
articles in store and  
at the service centre on  
November 1 and 2, 2007

With minimum purchase of \$50

1 coupon per client per transaction in Cowansville only

Upon presentation of this coupon  
GET

**10%** in  
Canadian Tire money

**1<sup>st</sup> Anniversary**  
November 3 and 4, 2007

Get 10% in Canadian Tire money by paying with debit card, cash, Canadian Tire or MasterCard Option credit cards on in-store merchandise only  
IN COWANSVILLE ONLY

This rebate cannot be used with other promotions and cancel giving of regular Bonus-Bits

giftcard  
cartecadeau  
**\$250**

*to: A lucky customer  
from: Dr. Canadian Tire Cowansville*

from  
**Nov. 1-4**

Drawing every day of  
**•Gift-card•**  
(a \$250 value)  
with each purchase in store



**Get your  
vehicle repaired today  
and pay nothing  
for 6 months!**

- For auto repairs or purchase of tires valued at \$500 or more
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