

Brome County NEWS



TUESDAY, MARCH 30, 2010

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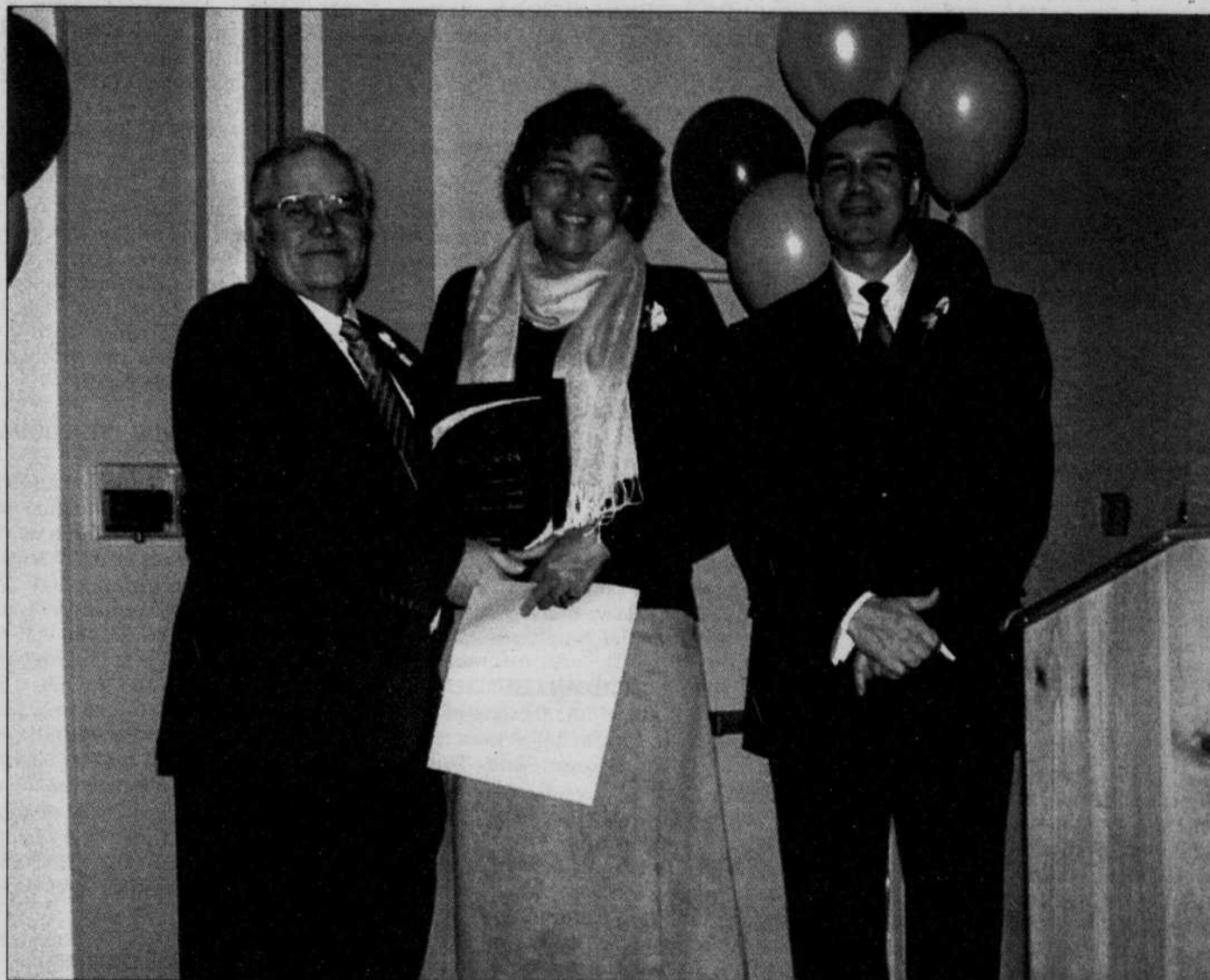
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The Nomination goes to...

Judy Derick nominated as contender for Prime Minister's teaching award



SHARON PRIEST

Butler Elementary's Judy Derick, nominated for the Prime Minister's Award for Teaching Excellence.

By VIRGINIA WILSON

This year, for the first time, every school picked one teacher to be a possible contender for the Prime Minister's Award for teaching excellence. This year the honor went to Butler Elementary teacher, Judy Derick, who was pleased to announce that,

during this year's cocktail reception held on Feb. 10, she was voted in by her co-workers and peers to represent the ETSB (Eastern Townships School Board) as the 2010 nominee for the Prime Minister's Award for Teaching Excellence, which will be decided next fall.

"I am so honored to have been cho-

sen for this award and to have my hard work so acknowledged. A teacher certainly doesn't work for the recognition but rather for the higher purpose of preparing children to live in our world respectfully and peacefully."

CONT'D ON PAGE 3

CURLING FOR LIFE



By Virginia Wilson

This weekend the Curling Club in Sutton was filled with members of the community, some of whom had never curled a day in their lives, to raise money for the Canadian Cancer Society in the "Curling for Life" challenge. There was an opening cocktail on Friday evening for which Pierre Pelland, Mayor of Sutton, was the guest of honor for his support in the fundraising event and for his contributions to the cause. The husband and children of Annie Girouard, a local mother of two who lost her battle to cancer last March, attended to commemorate the initiative of the Sutton Curling Club for getting involved and who were curling in her memory.

Saturday, Guy Hemming, Canadian Provincial Curling player, came to Sutton from Sorel to participate in the fundraiser with three friends. "I thought it was an important cause and wanted to show my support to my friends here in Sutton," said Hemming.

The goal for the weekend was to raise over \$10,000, which the President of the Club, Denis Blanchette, was confident would be reached due to the great response by the public. "It is a win / win situation. The event gives exposure to curling and at the same time raises money for the Canadian Cancer Society," said Blanchette. Tickets were \$50 a person to participate in the event. The Town of Sutton, BMR, Vignoble Domaine Bresee and many other sponsors were important contributors according to Blanchette and the event would not have been a success without their volunteering and word of mouth. The group hopes this will become an annual event in Sutton and were very pleased with the response by the community.

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Brome County Community Billboard

COMMUNITY CALENDAR

April 2

Music for Good Friday. Presented by Pot-Pourri and Emmanuel Gospel Choir on Friday, April 2 at 7 p.m. at St. Paul's Anglican Church, St. Paul's Rd, Knowlton. Soloists: Julia Rohan and David Marler. Guest cellist: Catherine Walker. Music by Lotti, Brahms, Faure, Bach and Reininger. Information: Susan Reininger: 450-263-5068

April 3

Springtime Flea market at the Royal Canadian Legion, 8 a.m., 77 Lewis Street East, Waterloo.

Roast Beef & B.B.Q. Pork at the Odd Fellows' Hall in Knowlton on Saturday, April 3 from 5 to 7 p.m. Dance to follow with Smokin' Country & Cross Roads. To benefit the Montreal Children's and B.M.P. Hospitals. Tickets: \$10. p.p. Information: 450-266-1716.

April 4

Every Sunday Music with Smokin' Country from 3 - 7 p.m. at Royal Canadian Legion, 120 Davignon, Cowansville. (450) 263-3543. Come and have fun with us.

April 6

Open 'til 8 "Precious" Story about a young woman who endures unimaginable hardships in her life. Abused, she grows up poor, angry, illiterate and generally unnoticed. Based on true events. Movie starts at 6 pm on Tuesday, April 6. Avante-nancy@bellnet.ca. Avante Women's Centre, 2 Adhémar-Cusson, Bedford, 450-248-0530

April 7

Bedford Coffee Break Why aren't you a feminist? Is there a need for a feminist

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 5 Victoria St., Knowlton, QC JOE 1V0, email: bcnews@qc.aibn.com, or fax: (450) 243-5155. Visa and Mastercard accepted.

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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,

movement. Does the movement need to involve? How? We want to know what you think. Come join our discussion on Wednesday, April 7 from 10 - 11 a.m. All opinions welcome. Avante.kath@bellnet.ca Avante Women's Centre, 2 Adhémar-Cusson, Bedford, 450-248-0530

April 10

Sugaring Off Party at the Rhicard's Owl Hoot Maple Farm, 85 Ross Road in Stanbridge East, Quebec. A Fund Raising Event for the Brome Missisquoi Perkins Hospital Foundation on Saturday, April 10, from 1 to 4 p.m. Donation at the gate, Adults: \$8., Children 4 to 10 years: \$5. Donation includes: Taffy on snow, see a Blacksmith demonstration, Wagon rides, Log hewing, Antique car/tractor show, Listen or dance to the music of Canadian fiddlers. Items for sale from: Bake table, Maple Products and Snack-bar. Fresh homemade doughnuts Johnnie-on-the-spot. A wonderful afternoon for the whole family. www.bmpfoundation.ca Information: 450-248-3616
www://2009sugarparty.homestead.com/

Covered Dish Supper at Richford United Methodist Church on Saturday, April 10 at 5:30 p.m. Adults: \$7. Children 6 - 12 yrs: \$3.50. Children under 6 yrs: Free. Canadian money accepted at par. Reservations appreciated but not required. Call: 802-848-3477.

April 11

Assault Prevention Workshop with George Manoli for females over 13 years old who want to learn, in a 'hands-on' fashion, how to recognize danger signals, to confidently stop the aggression & to fight back using full-force, disabling responses. Sponsored by: AFEAS, Lion's Club, Club Optimist Lac Brome, Loisirs et Service Communaires Lac Brome, Connections for Mental Health from 2 to 5 p.m. at the Lac Brome Community Centre, 270 rue Victoria, Lac Brome. Cost is \$20 per person. Space is limited to 30 women! Pre-payment guarantees your space. To reserve please call Avante Women's Centre 450-248-0530 or Lac Brome Community Centre 450-242-2020.

April 12

General meeting for all members will be held at 7pm. Please come and participate. Sutton Legion, 2 Curley St. Info: 450-538-2210.

The Canadian Club of the Yamaska Valley will meet on April 12 at 2 p.m., Auberge West Brome, Route 139. Guest: David Lank, Order of Canada recipient, academic, businessman and sometimes thespian. Topic: The America that vanished: Impact of environmental Degradation. To enjoy lunch at the Auberge, telephone 450-266-7552.

April 13

Missisquoi Historical Society. Turkey and Biscuit Supper & Annual Meeting on Tuesday, April 13 at 6 p.m. at the Anglican Church Hall, Stanbridge East, Qc. \$13. Tickets: 450-248-3153.

April 17

Hatley 4H Dance at Mont Joye Ski Lodge in North Hatley on Saturday, April 17 from 9 p.m. to 1 a.m. Music by Slightly Haggard. Door prizes. Admission: \$5. All welcome.

CHURCH SERVICES

CREEK/WATERLOO PASTORAL CHARGE. Good Friday Service, April 2: 7 p.m. Creek. Easter Sunday, April 4: Sunrise Service: Creek at 6 a.m. Creek - Communion and a special Easter choral service at 9 a.m. and Sunday School. St. Paul's - Easter Service and Communion at 10:30 a.m. David Lambie, Minister. For information or to leave messages call: 450-539-2129. Everyone is welcome.

ST. PAUL'S ANGLICAN CHURCH, 24 St. Paul's Road, Knowlton. A group of ordinary people seeking to follow Jesus in Traditional, Contemporary and Modern ways.

Maundy Thursday: April 1 at 7 p.m. Institution of the Lord's Supper. Good Friday: April 2 at 11 a.m. Good Friday Service. Easter Sunday Services: April 4 at 8 a.m. and 10 a.m. Holy Communion. Sunday School. Info: 450-242-2885. The Rev. Tim and the congregation look forward to welcoming you.

KNOWLTON-MOUNTAIN VALLEY PASTORAL CHARGE.

Worship and song with Rev. Ryk Allen officiating.

Mansonville United - Easter Service will be held on Sunday, April 4 at 9 a.m.

Bolton Centre United - Easter Service will be held on April 11 at 9 a.m.

Knowlton United, 234 Knowlton Road - 11 a.m. - every Sunday (handicap access)

EMMANUEL UNITED CHURCH

"Soul food for open hearts and minds." 203, rue Principale, Cowansville. Faith community in action. Worship service and Sunday School both start at 10:30 a.m. All children are welcome! April 4: Rev. Rosemary Lambie. Susan Reininger, Music Director. Info: 450-263-0204.

ALL SAINTS ANGLICAN CHURCH - DUNHAM. Sunday Services and Sunday School at 9:30 a.m. - all welcome! The Rev. Sinpoh Han. Information: 450-263-0431

ANGLICAN PARISH OF BROME

Maundy Thursday, April 1 - 7:30 p.m. - St. John the Evangelist, Brome, The Rev. Allan Gault. Good Friday, April 2 - 7:30 p.m. St. Aidan's, Sutton Junction - Holy Communion - The Rev. Allan Gault. Saturday, April 3 - 8 p.m. Church of the Ascension, West Brome: Easter Eve - The Rev. Allan Gault. Easter Sunday, April 4 - 9 a.m. - Holy Trinity, Iron Hill - Holy communion - the Rev. Allan Gault.

EGLISE CATHOLIQUE ST. EDOUARD CATHOLIC CHURCH

366 Knowlton Rd., Knowlton. You are invited to participate in a bilingual mass every Sunday at 10:30. Please join us after the mass for Sunday coffee every 3rd Sunday of the month beginning May 22 to Oct. 11. There is also Christian Meditation at the church every Tues. from 7:45-8:45 p.m. The presentation is in English but all are welcome. Vous êtes invités à participer à une messe bilingue tous les dimanches à 10h.30. S.V.P. nous joindre pour le café après la messe à tous les 3ième dimanches du mois à partir du 22 mai jusqu'au 11 oct. Un groupe de méditation chrétienne se rencontre à l'église tous les mardi soir de 19:30 à 20:30. La présentation est en anglais mais tous son bienvenues.

TRINITY ANGLICAN CHURCH

409 South St., Cowansville. Why not join the Reverend Allan Gault and the congregation of Trinity Anglican Church, Cowansville, for a Eucharist every Sunday morning at 11 a.m. We'd love to welcome you. Info: 450-522-1012 or 450-538-4178

SUTTON - DUNHAM UNITED CHURCH PASTORAL CHARGE

A

warm welcome awaits you at our Sunday worship services in Dunham United Church at 9:15 a.m. and in Calvary United Church in Sutton at 11:15 a.m. Information: 450-295-3251 and 450-538-0530

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KNOWLEDGE AND KNOW-HOW.



PMA nominee

CONT'D FROM PAGE 1

The original letter of recommendation was sent in by Renalee Gore, Principal at Waterloo and Mansonville Elementary schools, who had the pleasure of working with Judy Derick in the past on some projects, including visits to the Manhattan New School to learn how they reached high literacy levels.

"I have wanted to be a teacher since I was a little girl. It was my dream, and still is. Teaching is a profession that is very difficult, as one never seems to master the material as it is always changing; example: Reform, Report Cards, Project-Based Learning, and the clientele, so it is a consistent path of learning. A teacher not only teaches but attends lots of meetings, sits on committees, and works with administrators, parents, co-workers, volunteers, and students. I see these challenges as a way to broaden my skills and being open to new ideas helps me learn new ways of working with pedagogy," said Derick.

Derick has taught since 1985 after she graduated from the teacher's college at Nipissing University. She travelled to Northern Quebec for three years to teach in George River where she learned hands on teaching and the importance of starting from where the student is at. Since then she has taught at Clarenceville Elementary, Parkview Elementary, Farnham Elementary and finally Butler where she herself attended elementary school. At Butler she taught Cycle 1, and has been the Head Teacher for 6 years. She was certified in William Glasser's Choice Theory and Reality Therapy, tools which helped when dealing with student behavior. "It is a challenge that I enjoy. I don't believe that a teacher can make a difference unless they are able to have a trusting relationship with a student," said Derick.

Unfortunately Derick has not been able to surround herself with her passion since last Easter because she was diagnosed with cancer.

"I love each student for the gift that he or she brings, and the sparkle in each student's eyes lights up my day in the classroom. I thank each one for the lessons that they have shown me. I have thought a lot about why I want to return to school, and the answer is easy; I believe that being a teacher is a gift, and it is who I am," says Derick, who spent more time discussing her appreciation for her co-workers and students than about herself.

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Carol Krainyk

Derby's syrup goes a long way

By Virginia Wilson

Sunday the sun came out to greet the public who were invited to savour sugar on snow at Carousel Farms in Brome, to raise money for the Parish of Brome.

Robert Derby hosted the fifth Sugar on Snow Fundraiser with entertainment by Ralph Steiner and arts and crafts for the kids. There were sleigh rides given by Evans Acres, a petting zoo courtesy of the Judge Farm, storytellers and children's games. There was plenty of maple syrup, but the snow was not in abundance, so there was some brought in from Mont Echo. Last year the event raised close to \$1600 for the Parish.

Robert Derby runs the "Sugar-on-Snow" outdoor activity day with the help of the wardens and church members, to benefit St. John's and the other three churches in the Parish. St. John the Evangelist Church is part of the Parish of Brome that consists of four Anglican Churches in the area, St. Aidan's in Sutton Junction, the Church of the Ascension in West Brome, and Holy Trinity in Iron Hill. They are often referred to as the four points. Derby is well-known in the community for his consistent volunteering and contributions to community events.



VIRGINIA WILSON

Kids enjoy a wonderful day at Carousel Farms during their annual Sugar on Snow fundraiser



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Canada

C OF C BUSINESS DINNER

The Chamber of Commerce of Brome Lake is organizing again this year a business dinner for all business people of Brome Lake and the region. This 5th edition will take place Wednesday, April 28, 2010 at the Auberge & Spa West Brome.

The Chamber of Commerce is taking this opportunity to honour certain business people who have been members of the Chamber for many years, and who have done a lot for the community. If you are interested in attending, contact Natacha Racicot at 450 242-2870. The dinner will start at 6 pm. Tickets are 80 \$ per person. 70 \$ for members of the Chamber of Commerce

Contesting your property evaluation

Bill seem a little chunky this year? It could be slimmer

By Peter Wade

This is the third in my series of articles regarding TBL property evaluations. It will summarize what I have learned from evaluators about the process of contesting your evaluation.

For this discussion I will assume that you have received your tax bill and have been concerned by a sizeable tax increase over last year. At first you blame the Town for increased spending. Further analysis should indicate that it is your property value that is mostly responsible for the in-

crease. If your increase is much greater than 6% read on. (If not, your hope of getting a reduction in your evaluation is not great.)

You should be aware that the actual increase (or decrease) in the property value used this year is only 1/3 the actual increase (or decrease) in your actual assessment which takes full effect only in your 2012 taxes. You have until April 30, 2010 to contest the increase. Before proceeding, however, you should first decide whether or not the possible reduction will be worth the cost and effort involved.

If you know an experienced evaluator familiar with properties in TBL, you might decide to ask him or her how much it would cost to visit your property and offer an opinion as to whether you have good grounds for contesting the increase. This could save you a lot of wasted time, head-aches and money if the answer is in the negative.

If you decide to contest, the procedure requires you to fill in the form which you have picked up at Town Hall and return it along with the prescribed fee. It is then up to the evaluator to consider your argument for a reduction and agree or not. A further step if you are not satisfied would be to pay again and take the same form to the courthouse in Cowansville to request a hearing by the Administrative Tribunal of Quebec.

On the form are two key questions: On what grounds do you contest? What do you think is a fair value? The discussion that follows reflects what evaluators have suggested to me are convincing answers to the first question.

The simple fact that there is a large (and in your view, unreasonable) increase in this year's evaluation over last year's is not an acceptable argument. It may indicate that a mistake has been made but the mistake may have been with your previous evaluation.

On the form you will have to (a) identify any mistake regarding the details of your property or (b) provide a creditable benchmark showing that the market value of your property on July 1, 2008 (the target date) differs from that on the role.

Check your tax bill to see if your address, the area of your lot and the road frontage are recorded correctly. If not, state the errors you have identified, or identify factors which you suspect may have been overlooked (such as defects or nuisances). Further information about

the factors taken into account in determining the value of your property, such as: the floor area of your house, proximity to a noisy factory, assumed view of the mountains, etc. can only be found by reviewing the contents of your file. If you feel up to it, you can ask the evaluator (J.P.Cadrin & Assoc., 819-843-0448) to let you see your file and you should be given access.

The next step is to provide a benchmark property which will be recognized as a justification for your reduction.

Those who pride themselves on their logical thinking might immediately conclude that the best way of doing this would be to consult the assessment role at Town Hall to determine the values assigned to properties in your neighbourhood which are similar to yours. Should you find any which are significantly lower than yours, you would then record the address(es), describe your findings on the form - and the job would be done.

Not necessarily! If there is only one such property, I am told, you might as well forget this approach, the inference being 'it was probably a mistake'. More than one? Well maybe you have something - but, basically, you are playing in the wrong ballpark.

The legitimate approach requires you to find a valid SALE (within the given time period) of a property similar to your own (and even superior). If you can do this and the sales price adjusted to the target date is appreciably lower than your evaluation - then you have a case!

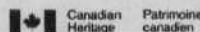
Unfortunately comprehensive records of past sales are not easily accessible. Even Real Estate agents may not be able to help since they usually only have access to MLS sales data. As an alternative, if you know the address of a property which is of interest, you can obtain property information and sales data by going to the registry office. (Evaluators, on the other hand, subscribe to a service with more complete records.)

Be as realistic as you can when entering the "Actual value according to the applicant"

If the evaluator rejects your request for a lower evaluation, you can proceed to the next step which is a hearing before the Administrative Tribunal in Cowansville. If you do (unless you now feel you are an expert in the field), you might consider it worth the cost to have an independent evaluator represent you.

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Weekly Schedule

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Musical Selection						
7:00							
8:00						Children's Corner	Children's Corner*
9:00	Community Bulletin Board/Musical Selection						Mes Albums Classiques
10:00	Musical Selection					Around Town	A Classical Time
11:00						Marie & Lucie	
12:00						Bobcat Sessions	
13:00	Community Bulletin Board/Musical Selection						
14:00	Musical Selection						Henry's Music and Musings
15:00							Ask the Pastor
16:00							The Outsider*
17:00	Around Town*	Marie & Lucie*	Around Town*	Marie & Lucie*	Young Blood	Showtime	Veronica's Picks*
18:00	Community Bulletin Board/Musical Selection						
19:00	Dufur Mtn Bluegrass	Penalty Box	Mostly Canadian Un-played*	Penalty Box*	Bobcat Sessions*	Burning Bush from the Hall of Flame	The Outsider
20:00	Mostly Canadian Un-played	Let's Talk Jazz*			Ask the Pastor*		Young Blood*
21:00		Burning Bush from the Hall of Flame*	Dufur Mtn Bluegrass*	It's on the Record*	Veronica's Picks*	Let's Talk Jazz	It's on the Record
22:00	The Ivan Hour*		A Classical Time*		Mes Albums Classiques*	The Ivan Hour	DJ Blues
23:00		DJ Blues*		Poetry			Showtime*
Overnight	Musical Selection						

*Denotes repeat program in the same week



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Mental Health Week 2010



Mental health is the capacity to improve one's ability to enjoy life and overcome challenges. It is a positive feeling of well-being.

20% of Canadians will be personally affected by a mental health problem during the course of their lives. Although most mental health problems appear during youth, anyone may be affected at any time in their life.

It is a fact of life that most people can sometimes feel isolated, alone, sad, emotional or disconnected with reality. These feelings are often normal short-term reactions to difficult situations such as the death of a loved one, the loss of a job, heartbreak or a sudden change in one's living conditions. People learn to adapt to these difficult feelings much as they learn to adapt to the situations that brought them on.

Mental illness is distinct from mental health. Mental illness has a serious effect on a person's capacity to function effectively over a long period of time. This person may not be able to deal with even the simplest aspects of daily living and may require help to find their balance.

Mental illnesses are: Mood disorders: Depression (8% of Canadians), bipolar disorder (1% of Canadians): Affect the

way a person feels; Schizophrenia (1% of Canadians): affects a person's perception of the world; Anxiety disorders (5% of Canadians): Cause people to fear certain places, events or situations; Personality disorders: Affect the way a person perceives themselves with regards to others; Eating disorders, such as anorexia and bulimia: Have an affect on how a person perceives food and their body image.

Although suicide is not considered a mental illness, it is often the result of an underlying mental illness.

It is important to distinguish between mental illness and intellectual deficiency: The latter is not an illness but a permanent state that is diagnosed before the age of 18 and can be accompanied by motor and physical deficiencies.

Here are some famous people who suffer from or have suffered from a mental illness: Barbara Bush, Kurt Cobain, Janet Jackson, Mel Gibson, Florence Nightingale, Ozzy Osborne, Margaret Trudeau and Axl Rose, to name a few.

Remember to "Keep Smiling"!

CHRISTIANE BERNARD,
SW, CSSS LA POMMERAIE
FOR BROME-MISSISQUOI'S MENTAL
HEALTH WEEK COMMITTEE

BULLETINS

BEDFORD UNITED CHURCH PASTORAL CHARGE

1st Sunday Service in Bedford, 2nd Sunday Service in Stanbridge East, 3rd Sunday Service in Bedford, 4th Sunday service in Mystic, 5th Sunday Service is in Philipsburg. Reverend Catherine Smith officiating. All services are at 10 a.m.

GRANBY UNITED CHURCH, Where God Unites all Children. Be a part of the family. Down to earth spirituality. Spiritual development for all ages. Sunday Services 11 a.m. at 101 rue Principale, Granby. Info: 450-372-1417. Rev. Eric Lukacs. All Services at 11 a.m.

GRACE ANGLICAN CHURCH, 52 Principale sud, Sutton, welcomes everyone to any or all of the following Easter Services: Maunday Thursday Service, April 1 at 7:30 p.m. Good Friday: Walk with the Cross starts at 10 a.m., April 2 at

Eglise St. Andre. Service: April 4 at 10:30 a.m. All welcome. Canon Tim Smart, Rector. Info: 450-538-8108.

CORNERSTONE CHURCH OF BEDFORD. We warmly welcome everyone to come and worship with us every Sunday at 10 a.m. and Friday at 7 p.m. We are located at 6 Massicotte, Bedford. Information: Pastor Paul Gibson: 1-514-667-2292 or 450-296-4135

Easter Services for The Anglican Parish of Frelighsburg / Stanbridge East invites you to join us for our Easter services. Good Friday: 11 am at St. James the Apostle, Stanbridge East. Holy Saturday: 7:30 pm at Bishop Stewart Memorial Church, Frelighsburg. The Great Easter Vigil - Service of New Light. Easter Sunday: Services at usual times. Frelighsburg, 9 am. Stanbridge East, 10:30 am.

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Easter schedule

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INSTALLATIONS	DATES	SERVICES OFFERED
CLSC IN BEDFORD	April 3 AND 5	<ul style="list-style-type: none"> Walk-in clinics (minor emergencies) 8:30 AM to 12:30 PM Nursing care <u>by appointment only</u> 2 PM to 4 PM
	April 2 AND 4	N.B.: NO BLOOD-TESTS CLOSED
CLSC IN COWANSVILLE	April 2 TO 5 inclusively	<ul style="list-style-type: none"> Nursing care <u>by appointment only</u> 8 AM to noon • 1 PM to 4 PM
		N.B.: NO BLOOD TESTS Psychosocial service: <u>call Info-Social 811</u>
CLSC IN FARNHAM	April 2 AND 4	<ul style="list-style-type: none"> Walk-in clinics (minor emergencies) 8:30 AM to 12:30 PM Nursing care <u>by appointment only</u> 8 AM to noon • 1 PM to 4 PM
	April 3 AND 5	N.B.: NO BLOOD TESTS CLOSED
CLSC IN SUTTON AND LAC-BROME	April 2 TO 5 inclusively	CLOSED
BMP HOSPITAL	April 2 TO 5 inclusively	Only <u>emergency cases</u> will be admitted. Departments such as laboratory, radiology, physiotherapy, inhalation therapy and others will provide <u>emergency services only</u> .

All CLSCs and the BMP Hospital will return to their regular schedule on Tuesday, April 6th, 2010.

Happy Easter!

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7:00
April 10th

RECORD



Almond Butter Cookies

Developed by Ellie Krieger, R.D.
for the Almond Board of California

Makes: 36 cookies
Active time: 30 minutes
Total time: 45 minutes

Ingredients:

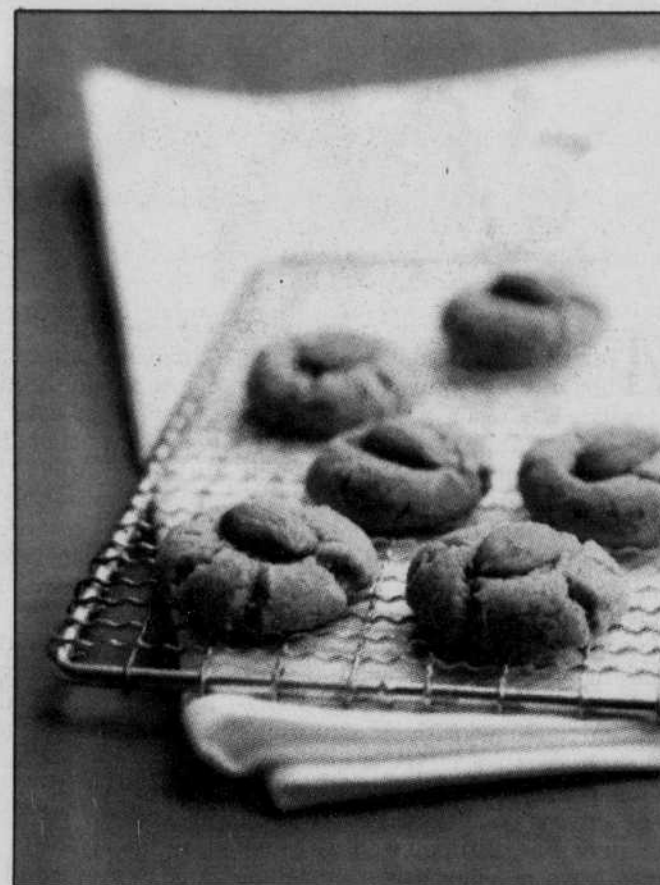
- Cooking spray
- 3/4 cup (175 mL) all purpose flour
- 1/2 cup (125 mL) whole wheat pastry flour, or regular whole wheat flour
- 3/4 teaspoon (3 mL) salt
- 1 teaspoon (5 mL) baking soda
- 1/4 cup (50 mL) unsalted butter, softened
- 3/4 cup (175 mL) smooth, unsalted almond butter
- 1/3 cup (75 mL) packed light brown sugar
- 1/3 cup (75 mL) granulated sugar
- 1/2 teaspoon (2 mL) vanilla extract
- 1 egg
- 36 raw whole almonds (a heaping 1/4 cup, 50 mL)

Directions:

Preheat the oven to 375°F (190°C) degrees. Spray two baking sheets with cooking spray.

In a large bowl whisk together the flours, salt, and baking soda. In another large bowl beat together the butter, almond butter and sugars until fluffy. Add the vanilla and egg and beat until well combined. Gradually stir in the flour mixture, bending well.

Shape the dough into 3/4 inch balls, and place on the baking sheets. Place an almond in center of each cookie and press down lightly. Bake for 10-12 minutes, until lightly browned. Cool on a wire rack.



Nutritional analysis per serving size, 1 cookie
Calories: 80 kcals, Fibre: 1 g, Total Fat: 5 g, Cholesterol: 9 mg, Saturated Fat: 1 g, Sodium: 85 mg, Monounsaturated Fat: 3 g, Calcium: 21 mg, Polyunsaturated Fat: 1 g, Magnesium: 23 mg, Protein: 2 g, Potassium: 64 mg, Carbohydrates: 9 g, Vitamin E: 1.5 mg

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Grilled Salmon Asparagus Salad



Preparation Time: 20 minutes.
Grilling Time: about 12 minutes.

All You Need:

Maple Mustard Dressing

- 1/3 cup (75 mL) maple syrup
- 2 tbsp (30 mL) each olive oil and lemon juice
- 1 tbsp (15 mL) Dijon mustard

Salad

- 1 lb (500 g) salmon fillet, skinless
- 1 lb (500 g) asparagus spears
- Approx. 2 tbsp (approx. 30 mL) Club House La Grille Salmon Seasoning
- 6 cups (1.5 L) mixed salad greens

All You Do:

Dressing:

1. Combine all ingredients.
2. Mix well and set aside.

Salad:

1. Cut salmon into 4 portions.
 2. Place asparagus in grill basket.
 3. Brush salmon with about 1 tbsp (15 mL) dressing and asparagus with 2 tbsp dressing.
 4. Sprinkle salmon and asparagus generously with salmon seasoning.
 5. Let stand 5 minutes.
 6. Place salmon and asparagus on oiled grill over medium heat.
 7. Cover and grill asparagus 6 to 10 minutes tossing occasionally until tender-crisp and salmon 8 to 12 minutes until it flakes easily with a fork.
- Makes 4 servings.


Nutrition per serving:
361 cal., 26 g protein.

19 g total fat (3 g saturated fat), 22 g carbohydrate, 3 g fibre, 64 mg cholesterol, 846 mg sodium.

More information is available online at www.clubhouse.ca or toll-free at 1-800-265-2600.

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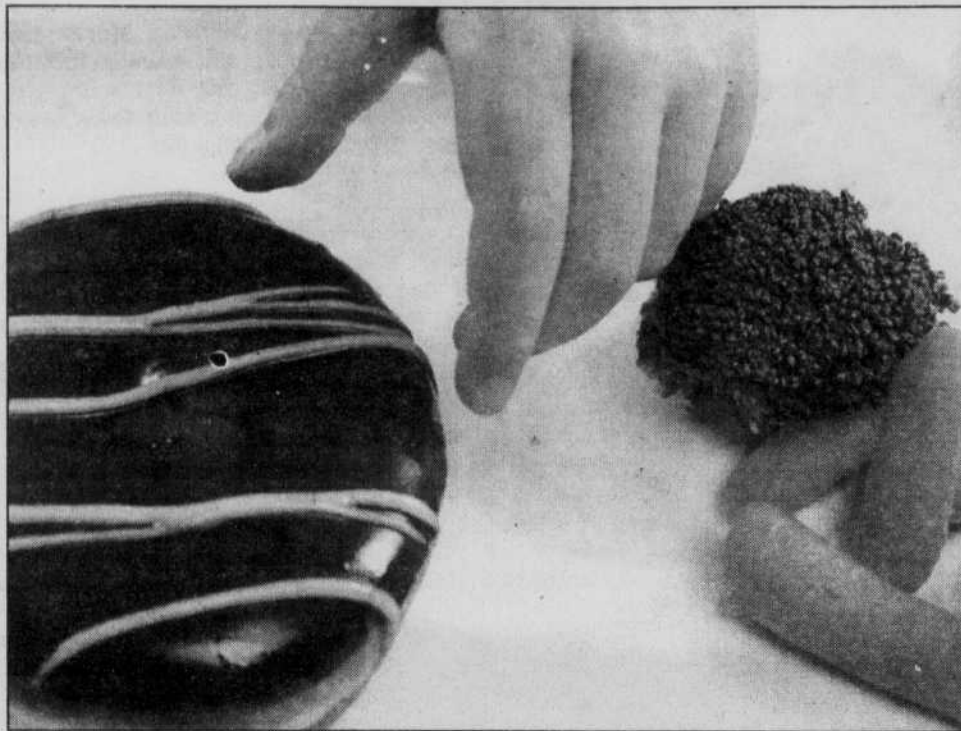
Prices in effect until April 11, 2010

Hours: M, T, W, Th: 10-6; F: 10-9; S: 9-5; Su: 12-4

VeloBrome, Inc., 1107 ch. Knowlton, West Brome
 Tel: 450-266-5822
 e-mail: info@velobrome.com



How to enjoy Easter chocolate



- If you would like some chocolate after your Easter meal, make a plan to eliminate one or two of the other carbohydrates on your plate such as the bread, pasta, rice, crackers, potatoes, fruit and vegetables.

- For example, if your meal contains grilled chicken, whole grain rice, carrots, a green salad and fresh fruit for dessert, look for ways to substitute foods with equal carbohydrate counts. Trade your carrots and fresh fruit for the chocolate. Or replace the carrots and salad with a low-carbohydrate vegetable such as broccoli, and add the chocolate.

- Be sure to read food labels carefully, or do some research to ensure you make even trades.

- When purchasing chocolate, check the label. If sugar is the first listed ingredient, look for a different

Diabetic Tips:

(NC)—Just one good jolt of chocolate can put people with diabetes at risk by sending glucose levels through the roof. However, there is a way to enjoy traditional chocolate and other Easter sweets without interfering with your blood sugar control.

chocolate. Bittersweet and semi-sweet dark chocolate generally contain less sugar than other chocolates, except unsweetened chocolate, of course. White chocolate generally has the highest sugar content (up to 55%).

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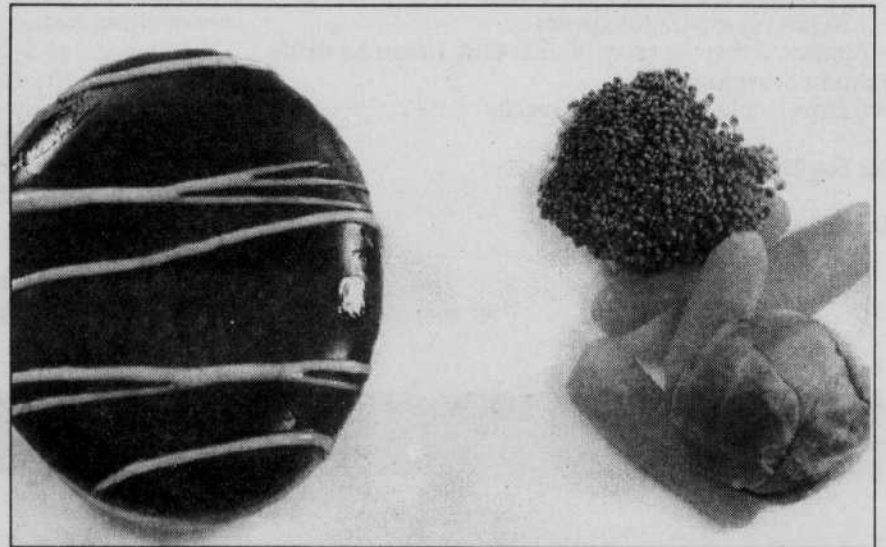


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"The latest research on diabetes nutrition shows that sugar is not the lone menace it was once thought to be," says Dr. Mike Moss at LifeLabs, Canada's largest diagnostic testing centre. "What counts is controlling the total number of carbohydrates consumed at one time. Sweets can be included in moderation, as long as they are balanced with other glucose-creating foods in your meal plan."

Here is some LifeLabs guidance on how to do it:



Happy Easter

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Happy Easter



Avante and the world march of women

Every five years, over 150 countries participate in a World March of Women, starting in March and ending in October. It's a collective action linking women's groups and organizations around the globe who are working towards eliminating the root causes of poverty and violence against women.

This year is the third time international events will be occurring and Avante will be participating by supporting issues of violence against women, economic independence, common good with access to public services and demilitarization. As much as we in Canada would like to think men and women live in equality, and that these issues are really concerns of other parts of the world, statistics show that the reality is that women in this country too, bear the brunt of a lower status. To be a woman in Canada today is to face the likelihood of being poor at some point. 75% of women in Canada live the last quarter of their lives in poverty. 85% of victims of family violence are women in Canada, so chances are, most women will also face some form of domestic violence. And because many women do not have full time employment because a portion of their time is spent caregiving, they are not eligible for public programs that men generally benefit from. These are all, unfortunately, situations that women face solely because of their gender.

Over the next six months, Avante will be collaborating with other women's groups with events to raise awareness of these and other issues. Please support them.

'STREET SMART' WORKSHOP FOR WOMEN

George Manoli is one of Montreal's leading authorities in personal safety and assault prevention education, and has been invited to hold a 3 hour workshop at the Lac Brome Community Centre on Sunday, April 11th, from 2-5pm.

His unique style of "adrenal stress training" uses a hands-on practical way of self assertion; teaching danger signals, and methods of fighting back. A rare opportunity to find out how you might actually react to one of those "what if" situations. Thanks to sponsorship from AFEAS, the Lion's Club, the Odd Fellows Knowlton Lodge #28, Connections for Mental Health, the Optimists Club and the Loisirs & Service Communautaires de Lac Brome, registration is only \$20, but is limited to 30 participants, so please call early if you intend to go. Registration is being taken at both the Lac Brome Community Centre at (450)242-2020, and Avante (450)248-0530. For further information, see his website: www.manoli.ca <<http://www.manoli.ca>>

OPEN TIL 8

On Tuesday, April 6th, Nancy will be playing the Oscar winning movie "Precious", based on a true story about a young woman who endures unimaginable hardships in her life. See it on our really big screen and share your views. Starts at 6pm.

Kathleen will be asking the question "What is a woman's centre?" on Tuesday, April 13th for her Open Til 8 evening. Many people don't know what a women's centre is. Some confuse it with a woman's shelter. Others know that Avante offers services and workshops. What else do we do? Come learn about our involvement in other areas, including provincial forums. Find out how you can become involved. Starts at 6pm.

Cooking with fresh herbs always seem to look and taste so much better than the packaged, and it's so rewarding to pick some right from a sweet herbal garden you've put together yourself. Want some pointers on what to grow and how to use them? Sylvie Duhamel is our "Herbal Expert" on April 20th and we'll have a few of her favourite recipes on hand. The talk starts at 6pm, but if

you'd like to join Barb for supper, bring along something to share for a potluck at 5:30.

Gayl will be making twig flower pots on Tuesday, April 27th. There's limited registration so please call ahead to sign up. There's also a \$5 fee which includes all materials, but she asks you to bring along a glue gun.

COFFEE BREAKS

The topic this month for Bedford's coffee break will be "Why aren't you a feminist?" with Kathleen. Is there a need for a women's movement today? Join her for coffee and light refreshments on Wednesday, April 7th from 10-11:30.

Brian Davies has agreed to give us a presentation on "Understanding the Antique Market" for the Knowlton Coffee Break on Monday, April 12th. Influences from online searching, advertising and new methods of reproduction have changed the dynamics of what is considered a valuable antique. What our forefathers thought would be "worth a lot someday" has dramatically tipped to a buyer's market. An object's worth is basically dictated by what the market demands. Find out what's hot and what's not and why. From 1:30-3:30.

HEALTH MATTERS

Diabetes is being called the "New Epidemic" as over 2 million Canadians are afflicted with this potentially fatal disease, and one third of this population don't even know it. Because of their more sedentary lifestyle, (TV watching accompanied with high fat snacks, computer surfing and chatting, and video games) younger Canadians are more at risk than ever before. Learn the facts and what you can do about it. Join us at the Cowansville CLSC on Thursday, April 15th for a Telehealth presentation and discussion with a local expert from 9-12 noon.

CLEVER CREATIONS

With Spring on the way, we'll be mak-

ing colourful, creative mosaic flower pots on Wednesday, April 14th. Help us try out this technique that looks like a lot of fun. Starts at 9:30

AFTERNOON DELIGHTS

"Sometimes, when you've got nothing but veggies in the fridge, these fritters make a great supper", comments member Pam Dillon, who will be demonstrating her recipe with us on Wednesday April 21st, starting at 1:30. For \$2, learn her treasured technique and sample it all.

3Cs CLUB

Our community franco/Anglo project with breakfast meetings on the last Tuesday morning of each month is winding down. If you've been wanting to check it out, now's the time to try an exchange of ideas using both languages with different activities. Cowansville Women's Centre will be hosting the event on Tuesday, April 27th from 9:30-11am. Transportation and daycare is provided with a week's notice.

COMPUTER CLASSES

Computer classes are now available every Wednesday afternoon from 1:30 - 3:30 (PowerPoint, Excel, Scanning & Word) & Introduction to Computers every Friday Morning from 9:30 - 11:30, to reserve a spot please call Nancy @ 450-248-0530 or by e-mail avante-nancy@bellnet.ca

Avante Women's Centre is open from Monday to Friday from 9-4pm. We can be reached at 450-248-0530, or by email at avantegayl@bellnet.ca, avantenancy@bellnet.ca, avantebarb@bellnet.ca or avante.kath@bellnet.ca

Our centre is located at 2 Adhemar-Cusson in Bedford and offer services, programs and referrals for English speaking women from the district of Brome-Missisquoi. We can also be found at www.avante-womens-centre.org.

Black & white value

What is black and white,

read all over and serves as a great teaching tool? The newspaper, of course.

Teachers can use the newspaper in a number of ways in the classroom to enhance students' education. They can cut several pieces of art from the paper and have young students just learning to write name them, or clip a feature story from the paper and have older students respond to it in an essay.

Whatever the activity, newspapers benefit students. When used in the classroom, they improve students' reading, writing and critical thinking skills, inspire them to participate in discussions and debates, and expand their knowledge of past, current and future events.

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147 Health & Beauty

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147 Health & Beauty



mind. Come try a FREE trial class. Register today to reserve your spot! Welcome to all ages, bilingual. Call Anna 538-0725.

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340 Garage Sales

SUTTON APRIL 10, Auberge Le St-Amour, Sutton - Estate Sale from 9 a.m. to 4 p.m. The new owners of the Auberge will be renovating their 9 rooms and suite. All monies generated by the sale will be given to the **Boulangier - Bédard Foundation** and the **Sutton Youth Center.** Among items for sale: bedding, curtains, lamps, chairs, couches, armchairs and dressers dating back to the 60's, tables, etc. More than 300 items to go at reasonable prices! Large article pick-up will be held the next day, April 11 from 11 a.m. to 2 p.m. Weather permitting, the terrace will be open for snacks and music. So, be there one and all, and hit three birds with one stone! Visit the Auberge, purchase items at low prices and help out two very good organizations in Sutton! The Auberge will reveal its new look to the public in June! For detailed information: Michel Gagné or Bertin Jacques 450-538-6188. E-mail: info@auberge-stamour.com. Auberge Le St-Amour is located at 1 Pleasant (corner Maple).

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495 Public Notices

VILLE DE LAC-BROME
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PUBLIC MEETING

PARK PROJECT FOR THE
PROPERTY ON
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(former Legion Community Centre site)

There will be a public meeting to present a project for the development of parkland on the property of the former Legion Community Centre:

Monday, April 12th at 7 pm
at the Centre Lac-Brome

Councillors Thomas McGovern and June Call will present preliminary plans for the proposed park and will welcome your comments and suggestions. All Brome Lake residents are welcome. For more information, please contact Mr. Thomas McGovern at 243-0495 or Mr. Jean Bourret at Town Hall, 243-6111.

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In Memoriam

COTE-PAGE, Marge - In loving memory of my beloved wife, mother of three children, grandmother of two and great-grandmother of one, laid to rest on March 29, 2009.

Sadly missed and always remembered.

Loving husband,
ARNOLD

GIBSON - In loving memory of my dear brothers. Gerald Gibson, March 22, 2002. Norman Gibson, April 1, 1963. Kenneth Gibson, April 6, 2008.

A beautiful memory

Dearer than gold,
Of brothers whose worth
Can never be told.

Sister,
BERTHA

RUSSELL, Reid R. - In memory of a loving father, March 30, 1998.

Hearing your name never upsets us,

It brings you into our day,

It gives us a reason to smile,

Knowing you won't fade away.

We will speak of you to others,

With those who also care,

To recall the memories you left us,

That are always ours to share.

Sadly missed by your children

BRENDA, RICHARD

BRUCE, CAROL, JOHN

GRANDCHILDREN and

GREAT-GRANDCHILDREN

Death

POLSON, Robert Verdun (1917 - 2010), Veteran of World War II 1939-1946, passed away with dignity at the age of 92, on Thursday, March 18, 2010 at the Quinte Health Care, Belleville General Hospital. Beloved husband of the late Pauline Boileau. He will be greatly missed by Gisele of Belleville. Much loved father of Robert (Carmela), Kathleen, Alisdair (Elizabeth). Devoted grandfather of Jennifer, Jason, Brooke, Zachary, Anna and Eilidh. Loved brother of Lillie McKeen, Lloyd Polson (Jean) and Kathryn MacHattie (Stubbard). Dearly missed by many nieces and nephews. Special thanks to the caring staff at Belleville General Hospital. Visitation took place at Eastminister United Church (432 Bridge St. E., Belleville) on Saturday, March 27, 2010 from 10 a.m. to noon. A celebration of Robert's life, followed by a reception, will follow at 12:00 noon. On April 5, 2010 a funeral service will be held in Montreal at Mount Royal Cemetery, 1297 chemin de la Foret, Outremont. In lieu of flowers, a donation to a charity of choice or The Montreal Children's Hospital Foundation would be appreciated. Arrangements entrusted to M.G. Daly Funeral Home, Maynooth, (613) 338-3259. Condolences can be emailed to dalyfuneralhome@bellnet.ca or visit www.mgdalyfuneralhome.com.

Card of Thanks

NORRIS - The Norris family: Heidi, Nicholas, Katlyn, Stephanie, Jennifer, Brittany, Norman, Irene, Steven, Cindy and Pascal sincerely thank family and friends for the overwhelming love, caring and support you have given us following the sudden death of Donald. Words cannot express the appreciation for the many visits, gifts of food, cards, flowers, phone calls, e-mails and financial support for the children's education fun. To all who supplied food and served the lunch, it was beautifully done. To Rev. David Lambie for the compassion and understanding you gave us, we thank you. Please consider this a personal thank you. Your kindnesses will never be forgotten. God Bless.

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County News
weekly

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