

Brome County NEWS



WEDNESDAY, JUNE 15, 2005

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Honouring the exceptional in our midst

By Wendy Denman

The reception on June 3 for the 2005 winners of the Townshippers Association's annual Exceptional Townshippers Awards underlined again the fact that this region is rich with people of substance. These awards spotlight citizens who are continually, throughout their lives, giving back to their communities more than they are taking.

This year's winners were Bev and Gary Crandall of Knowlton, Sarah Hoblyn of Georgeville, Marion Standish of Rougement, Lieutenant-Colonel Jack Garneau of Sawyerville and Dr. Robert and Margaret Paulette of Sherbrooke. Hoblyn, Standish and the Crandalls have all had a strong impact on the quality of life in Brome-Missisquoi — and for very different reasons.

Sarah Hoblyn directs the Georgeville Occasional Choir, a wonderful melange of voices who enjoy singing particularly fine Classical Choral pieces. She is an accomplished musician who has graced the cramped musical corner up by the stage at Arts Knowlton on many occasions. Hoblyn's musical direction is behind many of the highly professional, albeit amateur, musicals produced at the theatre over the years. Her occasional performances on stage are highly anticipated. The mother of Knowlton Players veteran Lucy McAuley, she gives generously to the cultural scene here in Lac Brome.

Marion Standish is an advocate for English access to the Social and Health Care System in Quebec. She takes the personal touch to her facts and figures, relying on the experiences of the population to guide her. Her work for the Townshippers Association resulted in a topical and important booklet released a few months ago that details the problems, with suggested solutions, to navigating these complex systems in Brome-Missisquoi.

The Crandall's are dedicated volunteers, lending a helping hand to many organizations and projects in and



PHOTO COURTESY KNOWLTON LIONS CLUB

Last December Bev and Gary Crandall (centre), joined other volunteers packing Christmas baskets donated by Knowlton's Lions Club and given to needy families in Lac Brome.

around Lac Brome and Cowansville. Cowansville, a retirement home for One of their longstanding commitments is to the Robinson Residence in

teachers of the English School Board (previously the Protestant School

Board).

People who share their gifts, their time and expertise are the backbone of any community. This region is blessed to have many fascinating and dedicated people call it home.

Another recent example is the talk given by Muriel Duckworth on Monday at Calvary United Church in Sutton. The event was sponsored by the town's active ecumenical group. Duckworth, born in East Bolton, is a descendant of Nicholas Austin and a "warm-weather" resident. She is an extraordinary ninety-six year old with a list of accomplishments that includes the Order of Canada and Lester B. Pearson Peace Medal. Duckworth has spent her life as an advocate for the oppressed.

"She is an extraordinary woman and we were very pleased to have her with us," commented Linda Spears. "I don't think people realize how exceptional she is. She is very proud of her roots here, this is her home."

Monika's Jamboree fundraisers taste sweet success

By Barbara Bellingham
STANBRIDGE EAST

The final tally from Monika's Jamboree and Auction held last Saturday in Stanbridge East was \$5,700, and organizers are hoping to present a check to the Montreal Children's Hospital next week for \$6000, if all the pledges come in on time.

"We were fortunate to get everything sponsored so every penny is going to the hospital," reported May Darbyson, one of the original organizers.

Smiley papers, sponsored at \$2 a piece, splattered the walls of the Memorial Hall where ten bands played continuously from 11am until 9:30pm. Close

to 300 tickets were sold as a steady stream of curious and caring people moved around the silent auction and bake tables while enjoying the music. A representative from the Montreal Children's Hospital spoke briefly, then Monika Nelis-Dupont — who suffers from a rare disease and was the reason for the event — was presented with an enormous cake in celebration of her sixth birthday this week.

Darbyson is pleased with the response. "So many people helped to make it a big success. Without them, it never could have been done. A big thank you to everyone involved."



COURTESY MONIKA'S JAMBOREE

Raising several thousand dollars to help cover the costs of treating her rare disease was the best birthday present Monika (left) could ask for.... The cake was nice too!

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BROME COUNTY COMMUNITY BILLBOARD

COMMUNITY CALENDAR

June 15

FLAG DAY SERVICE in the Knowlton Protestant Cemetery at 7 p.m. followed by a service in St. Edouard Parish Cemetery. This special service is sponsored by the Royal Canadian Legion, Brome Branch #23.

June 17

The Royal Canadian Legion, Branch 77, 77 Lewis Street, **Waterloo** will hold their **FRIDAY B-B-Q's** every Friday night from 5:00 PM 'til 7:00 PM.

June 18

ANGLICAN PARISH OF BROME - Bishop Clarke of Montreal will be meeting with parishioners at the Church of the Ascension in **West Brome** at 10:30 a.m. Refreshments will be served.

Come to the **BORDER FEST** in **Stanstead** and meet Tanya Tkach who will be promoting her book *That Damn Voice Again*.

PORK BBQ with Square and Barn Dance. Piggery Theatre **North Hatley** is having an afternoon of square dance lessons from 2 pm to 5 pm for \$5 pp. At 6 pm a pork BBQ for \$20 pp followed at 8 pm by an evening of old fashioned fun with barn dancing and square dancing in the barn for a cost of \$5 per person. For information and reservations please call 819-842-2431.

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 \$11 for 2 insertions**: 1 BCN & 1 in Friday Record "What's On" section. Please forward notices to Box 488, Knowlton, JOE 1V0, email: bcnnews@qc.aibn.com, or fax: (450) 243-5155. Visa and Mastercard accepted.

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| E N G L I S H | Program playing from June 17 th to June 23 rd | Théâtre Princesse 41 PRINCIPALE COWANSVILLE MATINEES FRI., MON. TUES., WED. \$6.00 |
| | MADAGASCAR (OEV) Original English version 7:00 p.m. | |
| | CINDERELLA MAN (OEV) 9:00 p.m. | |
| Web site: www.theatreprincesse.com For info: 263-5900 | | |

Knowlton's Lion Club **ANNUAL CAR WASH** to be held at Desgens Esso Service Station, 515 Knowlton Rd., **Knowlton**, 8:30 a.m. - 4:30 p.m. 100 per cent of profits donated to Community. We appreciate and thank you for your support. Drop by and have your vehicle washed by a Lion. Info: Errol Frechette, 450-243-6935.

FLEA MARKET, St. Paul's United Church, **Waterloo**, on Saturday, June 18 from 9:00 a.m. to 3:00 p.m. Tables \$10.00 ea. info: 450-539-3135 or 450-539-2129.

The **Fulford Social Club and Recreation Club** will hold **ANNUAL STRAWBERRY SOCIAL** from 4 - 7 p.m. at Fulford Hall. Bake table, white elephant table, outdoor games and hot dogs. Info: 450-539-2982.

June 19

The Royal Canadian Legion, Branch #158, **Sutton** "**WESTERN BREAKFAST, ALL YOU CAN EAT**" from 10 a.m. to 1:00 p.m. at 2 Curley Street, Sutton, Quebec.

FATHER'S DAY BREAKFAST at the Royal Canadian Legion, 120 Davignon, **Cowansville**, 9:30 a.m. till 1:00 p.m. Cost: \$5 per person. Members and non-members welcome. Information: 450-263-3543.

ANTIQUÉ & CRAFT MARKET on the grounds of the Brome County Historical Society, 130 Lakeside St., **Knowlton**, 9 a.m. - 4 p.m. Something for everyone, bring Dad out to Knowlton for a leisurely day of antiquing, visit the museum and stroll around town. For information call 450-243-6782.

June 21

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

June 24

ST. JEAN-BAPTISTE celebrations at Centre de Loisirs, 25 Taylor St. **Foster**. Activities begin in afternoon. T-Shirts for the children and BBQ Supper for all. Fire works begin at dusk at ball park. Free for residents of Town of Brome Lake. In case of rain, activities postponed to June 25.

June 25

Royal Canadian Legion '**STEAK SUPPER**' at 120 Davignon St., **Cowansville**, 5:30 - 7 p.m. Cost: \$13 per person, children under 10, \$6.50. Music, Nancy Dey. Advance ticket sales only. Info: 450-263-3543.

Holy Transfiguration Monastery, 83

ch. du Monasteri, **Mansonville** (off Airport Rd.) **BAZZAR AND RE-OPENING** of Monastery Gift Shop (Rain or Shine), 11 a.m. - 3 p.m. Come join us and enjoy Russian food!

DANCE at Royal Canadian Legion, Br. 77, 77 Lewis St., **Waterloo**, 8 p.m. - 12:30 a.m. Music by Gary Darling. Admission, \$5. 18 yrs. and over. No smoking. Canteen on site!

June 26 & July 6

EVENING POPS Concert at the New Gazebo Coldbrook Park, **Knowlton**, by the Waterfall, Sunday, June, 26, 5:30 p.m. and Wednesday, July 6, 6 p.m. Featuring 'The Brome Lake Concert Ensemble'. With Susan Reininger conducting. If raining at the Knowlton United Church. Free concerts. Come listen to the popular music from the 40s to the 90s. Call Wade Johnston for information. 4-0 243-5432.

July 9

Loisirs de Foster Annual **BEEF AND PORK SUPPER**, 25 Taylor St., **Foster**. Tickets, \$12.50 adults, \$6, children under 10 yrs. Tickets at door, \$15. During the meal 'Frost Village Brass Band' and at 8 p.m. 'Border Line Band' under the tent. Door prizes, dancing! Tickets on sale at Dépanneur Lakeside, Foster. Call Denis, 450-539-4902.

ARTS CALENDAR

Theatre Lac Brome-Arts Knowlton Box Office and ART WALK are now open Monday to Saturday, from 10 a.m. - 3 p.m. For further information and reservations call: 450-242-2270 or 242-1395.

Sunday and Wednesdays through June, **PATCHWORK AND PHOTOS** combined by Rosemary Sullivan into new fabric art: Quilts, cushions, more at Galerie Image Encadrement, 20 Main St., Sutton.

June 18 & 19

"Meaningful Art for Meaningful People".... **WOMEN AND WHEELS**, a series of figurative paintings by Vita. Wine & canapes. 1:00 p.m. - 4:00 p.m. Galerie Charmante, 1182 Macey Road, Sutton. 450-538-0989 or www.penkathy.com

Exhibition of **WATER COLOURS & COLLECTIBLES** by Gerard Schwartz at Brome Missisquoi Historical Society Centennial Hall, 130 Lakeside, Knowlton, 10 a.m. - 6 p.m.

CHURCH SERVICES

KNOWLTON/CREEK PASTORAL CHARGE Worship & Song by members assisted by The Reverend Dale Skinner. Creek United, Foster, 9:30 a.m. Sunday School at Creek. Knowlton United, Knowlton, 11 a.m. (Handicap access).

ST. PAUL'S ANGLICAN CHURCH, 24 St. Paul's Road, Knowlton. Traditional Sunday service at 8 a.m. and at the 10 a.m. service, music, a nursery and Sunday School. Rev. Tim Wiebe officiating.

ANGLICAN PARISH OF BROME, Sunday Service, June 19th. One Service only at St. John the Evangelist, Brome Village, 9 a.m. Rev. George Campbell. Holy Communion. REMINDER - Saturday, June 18, 10:30 a.m. Church of the Ascension. Bishop Barry Clarke will meet with Parish members.

SAINT-EDOUARD CATHOLIC CHURCH, Knowlton - Sunday Mass: 10:30 a.m. (Bilingual).

ST. LUKE'S ANGLICAN CHURCH, 420 de la cour, Waterloo, invites you to come and join us. 1st and 3rd Sundays, Morning Prayer, 9 a.m.; 2nd and 4th Sundays, Holy Communion, 9 a.m. Rev. W. Davidson. Info: 450-539-2078.

COWANSVILLE AREA PASTORAL CHARGE UNITED CHURCH Worship at Emmanuel United Church, 203 rue Principale, Cowansville. Worship and Sunday School at 10:30 a.m., Choir practice, 9:30 a.m. Rev. Wendy MacLean officiating.

TRINITY ANGLICAN CHURCH, COWANSVILLE. Come and join us for Sunday Worship. We have a service at 9 a.m. (traditional) and a Family Service with music and Sunday school at 10:30 a.m. Info. 450-263-2662.



ANGLICAN PARISH OF BEDFORD/PHILIPSBURG & FARNHAM - Sunday Service Sunday, June 19th at St. James Church, Farnham. Morning prayer, 10 a.m. with June Harris.

BEDFORD UNITED CHURCH PASTORAL CHARGE invites you to come and worship with us. Combined Sunday Service, June 19 Stanbridge East United, Stanbridge East. Rev. Carl Triskle.

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

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

ALCOHOLICS ANONYMOUS - If you wish to drink and can... that's your business. If you wish to stop and can't... that's our business. 450-242-2611.

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Brome Lake yard sale raises thousands for Community Centre

By Maurice Crossfield

Organizers of the second annual Brome Lake yard sale, held June 4, are calling the event a huge success.

"It really is, for me, a tremendous tribute to the community that everybody pitches in for the good of all," said Judith Duncanson. "I came home yesterday and found a cheque stuck to my back door. People are just phenomenal in this community."

Headed up by the Lion's Club, the sale involved almost every communi-

ty group Brome Lake had to offer: The Masons, the Odd Fellows, Boy Scouts, Girl Guides, and Cubs. Employees of Brome Lake Community Services also lent a hand to the event.

There were also individuals like Glen Brown, who packed the transport trailer to the roof with items donated for the sale. Randy Smith moved the trailer provided by Mike Royea. And the Matthews family, who Duncanson said went above and beyond the call of duty. Tim Dubois made the signs, free of charge.

"Everybody from the Lion's were there from dawn 'til dusk," Duncanson said. "It really was so nice to see all of these community groups work together for the common good."

Duncanson also noted the involvement of event chairman Nicole Frechette and her team of fellow Lion's. Frechette did a lot of phone work, despite being sidelined by surgery.

All that effort and a warm, sunny Saturday paid off, with people turning out in droves to see what the sale

had to offer.

"It was bigger than a Wal Mart opening at 8 o'clock in the morning," Duncanson said. And the crowds stayed strong throughout the day.

Proceeds from the event will go towards the construction of a new community centre in Brome Lake. The community has raised more than \$1.5 million for the project to date, and is waiting for the federal and provincial governments to each put up a similar amount. Construction is expected to begin this fall.

Art flourishes at garden party

By Wendy Denman

In celebration of art and the outdoors, Arts Sutton holds an garden party every summer. This year's fest is slated for Sunday, July 10, at the Domaine de Sauvagine, in Abercorn. It's a delightful time, in a location surrounded by mountain peaks, where artists and supporters all dress in their summer finery to sip and nosh among elegant linens and flowers.

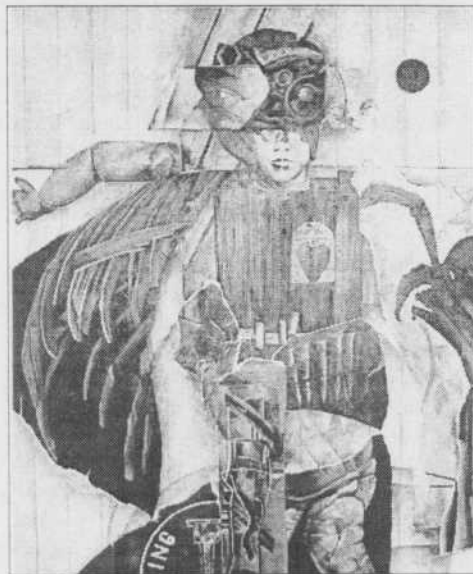
The event runs from noon to 3 p.m. A buffet luncheon will be catered by local restaurants, as well there's wine tastings, an art exhibition, horse-drawn carriage rides, a hat contest and prizes.

The garden party is a major fundraiser for the

non-profit gallery that has helped establish many local artists. It is also a chance to meet the group's board of directors and artists.

Arts Sutton, celebrating its 25th anniversary this year, features a special show every month, as well as a space for permanent display. An exhibit of paintings by Brigitte Normandin opened last weekend and continues until July 3. The gallery, at 7 Academy Road, is open Thursday to Sunday, from 11 a.m. to 5 p.m.

Tickets for the garden party are now on sale for \$50 at various locations including Le Livre D'Or in Sutton, L'Emporium in Knowlton and at the gallery.



COURTESY ARTS SUTTON

Painting by Brigitte Normandin part of an exhibit now on at Arts Sutton.



COURTESY ARTS SUTTON

Some Arts Sutton board members enjoying the garden party last year. Clockwise: Estelle Lafontaine, Gisele Bolduc, Irmela Dmytruk, Max Rapoport and Gillian MacCormack.

Pet of the Week



This is Olive, a two-year-old Collie. To adopt, please contact the Chaumière Pour 4 Pattes shelter at 450-296-4219. The shelter is located in Notre Dame de Stanbridge — 1333 rang St-Anne, J0J 1M0. Go to www.chaumierepour4pattes.org for more information.

Sale of used Yamaha keyboards

The Yamaha keyboards that were used at the Butler Elementary School in Bedford will be sold at manufacturer's cost price.

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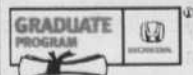
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HONDA

SAAQ strike takes first-timers out of driver's seat

Last week I wrote about the joys, trials and tribulations of my first car. Of course it all began with getting my driver's license, which was for me a kind of dream come true. But a lot of Quebecers will have to dream a little longer, at least until the strike is over at the Société de l'Assurance Automobile du Québec.

On May 18, about 750 unionized employees of the SAAQ went on strike. The union says it's the only way to get the government to get serious at the bargaining table. The collective agreement with the unionized employees expired two years ago.

At issue is job security, limiting subcontracting, and money. The average SAAQ salary is \$31,000 a year, which isn't that high compared to most of their fellow government employees. The employees want a 12.5 per cent increase over three years, while the government is offering 12.6 per cent over six years.

I haven't done a lot of research on the subject, but according to my bank balance, the employee demand would barely keep up with increases in the cost of living. In most sectors of the workforce, salary increases haven't kept pace with increases in the cost of housing, cars and everyday essentials.

The strike may annoy the government, but it is downright inconvenient if

you need to take a driver's test. About 1,400 Quebecers take a theory test every day, and 1,200 take the practical test every day.

I remember the anticipation of the day when I got my learner's permit, and later when I became a full-fledged driver. For these young people the strike is delaying their first real shot at the freedom of the open road, and the responsibility that goes with it.

Then there are the people who are waiting to have their accident claims processed. It can already take a long time to get a claim processed, and the strike is just going to back things up and bog them down further. In the meantime the eventual recipients have to pay their bills and survive.

But the strike hasn't stopped everything. Unlike almost every other wing of the provincial government, the SAAQ also operates 108 licensing agents. These are non-unionized offices that do the more minor work of the automobile insurance board. They take pictures for license and health care cards, renew licenses and registrations. They also handle basic transfers of vehicle ownership.

Here in the Townships these private sector SAAQ licensing agents can be

UNDER THE HOOD

MAURICE CROSSFIELD

found in Asbestos, Coaticook, Cookshire, Lake Megantic, Magog, Richmond, In Sherbrooke on King West, in Bedford, Cowansville and Waterloo. You can find addresses and contact numbers in the blue pages of your phone book under the section "Permis, licenses et enregistrements."

The Internet also offers some help, allowing you to pay your registration and licensing or storing your vehicle without leaving the comfort of home. Payment of some bills can also be done through your financial institution. For more on that, get online and go to www.saaq.gouv.qc.ca.

For those of you without Internet access, chances are you can get to a phone. The SAAQ has an automated system which offers several services. It's a toll-free call, at 1-800-361-7620.

Judging by the way the Charest government has been dealing with its various unions so far, the SAAQ workers will have to get in line and wait their turn, kind of like we do when we go to the license bureau.

I'm guessing the strike won't end soon, and once it does the folks at the SAAQ will be faced with a backlog of people trying to get their licenses or trying to get their claims processed. So for some of you, the freedom of the open road will have to wait awhile longer.

SOCIAL NOTES

Military whist at Oddfellows Hall

There were 18 tables of cards again on Tuesday night at the hall, filled with eager players, and presided over by Annie and Eugene Jones. Table seven with captain June Call, Doreen McPherson, Edna Badger and Arnold Fletcher took the first prize with 44 flags. Table 12 with captain Merlyn Sturtevant, Dorothy Moynan, Ruth and Jeanne D'Arc Elie received second prize, with a score of 40 flags. Table 18, with captain Larry Royea, Lionel Foster, Doris Wilson and Audie Mullarkey received the booby prize for a score of 15 flags. Door prizes went to, Bob Newell, Eva Page, Larry Royea, Martha Dudley, Dorothy Moynan, Shirley Lord, Helen Page, Nellie Williams, Louise Lowery, June Call, George Wilson, Doug Talbot, Evelyn Payne, Allen Badger, Arnold Fletcher, Myrtle Selby, Stan O'Brien and Amanda Streule. Groceries went to Pat Benoit and Dorothy Moynan. A lovely lunch was enjoyed by all. I wish Mr. Glenn Coates would visit one of these card parties and find out the great comradeship there is among the old and not so old players at these games. It might do him good.

—Edna Badger

LETTER

Thank you no 'Secret'

Not long ago, we were in the Knowlton area, asking the impossible of each and every one of you in order to ensure that we would be able to bring the shooting of the film *The Secret* to successful completion. We would therefore like to extend our heartfelt thanks to the Mayor of the City of Lac Brome, Mr. Richard Wisdom, as well as to the City Manager, Mr. Jean Bourret, for their favourable response to our request for permission to hold our shoot in the area, as well as their invaluable co-operation and assistance in meeting our production's needs.

On behalf of the producers, actors and technical crew, we wish to sincerely thank you for your hospitality and patience. Those of us in the location department would also particularly like to mention what a pleasure it was for us to work with you.

We hope that this experience enabled us to make you share in our love of films and filming.

We would also like to thank the entire staff of the Brome County News for agreeing to publish our thanks in the pages of their weekly.

Once again, please accept our most sincere thanks. The entire crew wishes you a great summer, and hopes that we will all soon meet again!

PIERRE MASSÉ AND MÉLANIE LESSARD
Location Department for Studiofilm Inc.
and *The Secret* crew members

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A question of trees — family and otherwise

Among the numerous items in Jeff Foxworthy's list that qualify a person as a redneck, there are several gems. One is, "You know you're a redneck when you've got a home that's mobile and six cars that aren't." Another is, "You know you're a redneck when your family tree has no branches."

While the latter point isn't exactly true of my own genealogy, it must be conceded that, in diagram form, our ancestral lineage would look more like a jackpine than, say, a weeping willow. (This isn't as bad as what large-sized comedian Jackie Vernon discovered: he sent away for his family tree to some heraldry outfit only to get a case of coconuts in return.)

This matter of family background was raised recently by a confused reader. She wanted to know if my old cousin Bill, the unfortunate loss of whose derelict barn to a grass fire was retold recently, is one and the same person as cousin Billy, whom Grandmother inadvertently soaked with the kitchen slo-bucket one dark December evening as he was approaching the back door.

First, my apologies for the confusion. In response, they are (or were, both being long departed) different people. Old Bill was of the generation prior to cousin Billy, and they were as far apart on the admittedly spindly family tree as it was possible to be.

On the subject of trees, I've been spending more time than usual among the actual arboreal ones, the kind that grow out of the ground... or sidehill, mountaintop, even at times out of a rock face. This, while helping friends to clear land for new home construction projects.

In the process, I've had occasion to serve as ballast or inert object on the far end of a rope that would hopefully guide the falling tree away from cars, buildings, and power lines. Such a task, some so-called friends observed wryly, was perfectly suited to

my skills and talents.

A number of times, standing at the ready to apply tension to the rope at the crucial moment, I mused about an urban tree-felling incident a long time ago in a place not very far away at all.

At the age of twelve, I was the youngest of three urchins playing in a large communal back yard. The others were thirteen and fourteen. Big Uldis was the oldest and largest; in grade nine he was already six-foot-five and well over 300 pounds.

A utility pole and row of trees ranged along the side of a one-storey, flat-roofed garage that bordered the yard, among them a large healthy poplar and a smaller dead one beside it. Russell, the thirteen-year-old decided it was time to do the right thing and cut down the dead poplar.

We fetched a length of rope and my father's small buck-saw. The plan called for Uldis with his great bulk to get up on the garage roof, tie the rope to the tree as high up as he could reach, then guide it to fall harmlessly in the narrow space between the other trees in the row and the garage wall.

With everything in place, the saw-

THE COUNTRY SQUIRE

BRIAN EDDINGTON

ing began. We didn't know much about notching, but with the big guy pulling, it shouldn't have been a factor. Unfortunately, just before the critical moment, Uldis decided it was time

for a smoke.

Without alerting us, he stuck the rope under one foot on the smooth metal edge of the garage roof and proceeded, with both hands cupped around his mouth, to light the cigarette. At that same moment the tree let go with a sharp snap, jerked the rope out from under Uldis's foot, and headed off in precisely the wrong direction.

It ripped through four clotheslines, two telephone wires, then came to rest in a shower of sparks and debris on the hydro lines that danced briefly like skipping ropes. Luckily they held, but we didn't stick around in case it was only for the short term. In a flash Uldis was down off the roof and we took off up the alleyway, scaring stray cats, knocking over garbage cans, leaping over bums sleeping under newspapers.

We ran for several blocks, finally reaching the sanctuary of the tress in Mount Royal park. We tore into Uldis

for picking a real bad time for a nicotine fix but, given his size, we dared not overdo it. Late in the evening, hoping the adults had cooled down a bit, we slunk back one by one.

Our fathers had repaired the clotheslines. The Hydro crew, after removing the tree, found no damage to their wires. The Bell Telephone Company of Canada as it was known then, secure and prosperous in their monopoly, wrote the episode off as an accident. Three chastened kids discovered the hazards of tree-felling... and one more reason not to smoke.

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Notice is hereby given that, following the death of **IAN DONALD ELLIOTT**, on July 4th, 2004, in his lifetime domiciled at 43 Grove, P.O. Box 546, Knowlton, QC. JOE 1V0, an inventory of the assets and liabilities of the deceased was prepared by the liquidator of the Estate, Helene Elliott, on June 1, 2005, in accordance with the law. This inventory may be examined by any interested party at 43 Grove, Knowlton, Quebec JOE 1V0.

Given on June 8th, 2005 at Town of Brome Lake, Quebec.

Helene Elliott

Internet drives people crazy, says study

By Ian MacLeod

Too much Internet use can harm your mental health, a new medical study suggests.

Research published in Tuesday's Canadian Journal of Psychiatry supports a growing body of evidence that the interactive and dynamic nature of the Internet, from virtual gaming and chat rooms to news groups and music downloading, is associated with serious handicaps to the personalities of people who overuse it.

There is no official diagnostic classification for a pathological preoccupation with the Internet, but many medical professionals have dubbed the phenomenon "Internet addiction," a psychological dependence akin to a gambling addiction.

The latest study, by researchers at Korea's Dong-A University College of Medicine and the Harvard Medical School, now links the addiction to hostility, obsessive-compulsiveness and other adverse psychiatric symptoms.

But big unanswered questions re-

main: Are the adverse psychiatric conditions a consequence of excessive Internet use or do they precede it? And does a person's personality predispose them to Internet addiction?

The Korean-U.S. research team ranked 328 senior Korean high school students in terms of their weekly Internet use in the previous month. Sixteen students were classified as excessive users, logging-on an average of about 19 hours a week. Fifty-nine students reported no Internet use. Male students significantly outnumbered female students in both the moderate and excessive user groups.

In addition to hostility and obsessive-compulsiveness, the excessive Internet users were found to experience more paranoia, depression, irritability, impulsiveness, anxiety, phobias, psychoticism—a trait related to aggressiveness, anti-social actions, coldness and self-centeredness—and somatization, a chronic condition in which numerous physical complaints are caused by psychological problems and for which no underlying physical

problem can be identified.

The study also found that the students who made excessive use of the Internet appeared to have personality traits distinctive from the students with modest and minimal Internet use.

Though that conclusion was far from definitive—the study had limitations including a small sample size and use of questionnaires rather than direct, in-depth interviews—it concludes the Internet, "may be a tonic for people with inner conflicts. Students with such traits may use the Internet to counteract psychological distress rooted in their personality."

That supports at least one previous study that found the Internet is used by some people already experiencing poor social relationships, dissatisfaction with their physical appearance and with poor coping skills.

In 2003, University of Florida psychiatrists published guidelines to help doctors determine when Web use is too extreme to be healthy.

"The only way we as psychiatrists

will figure out whether Internet addiction exists as a separate entity from other psychiatric illnesses is if we have consistent criteria to evaluate it," wrote Dr. Nathan Shapira, an assistant professor of psychiatry, in the journal *Depression and Anxiety*.

Shapira devised other diagnostic criteria after conducting psychiatric evaluations of 20 volunteers who identified themselves as having problems with the Internet and 17 randomly selected college students with varying levels of Internet use.

The University of Florida reported that volunteers who called themselves problematic Internet users tended to have pre-existing psychiatric problems, such as bipolar disorder, depression or alcohol abuse.

They were online more than 30 hours per week and their non-essential Internet use was 10 times greater than their essential use, such as job and school-related activities—28 hours compared with 2.8 hours.

—CanWest News Service

Anne of Green Gables, Bible among GG's favourite reads

By Jack Aubry

Only one Canadian book has made Governor General Adrienne Clarkson's list of five all-time most meaningful books—and it is not written by her distinguished author-husband John Ralston Saul.

Responding to a Internet challenge to post the titles of the five books "that mean a lot" to her, Clarkson noted *Anna Karenina* by Leo Tolstoy; *The Sun Also Rises* by Ernest Hemingway; *The Bible*; *The Meditations* of Marcus Aurelius; and *Anne of Green Gables* by Lucy Maud Montgomery.

In the posting, Clarkson also brags that she and her husband own so many books—between 4,000 and 5,000—that they have toyed with the idea of putting them in a separate house.

"We love them all, but of course, space can become a problem. We have two or three copies of many of our books, but as they are different editions and sometimes Canadian and American, we don't really want to

give up any of them," wrote Clarkson, who has written three novels of her own.

The Governor General also revealed the last book she had purchased was *The Movies of my Life* by Alberto Fuguet after reading a review about it in the *Guardian Weekly*, which along with Saturday's *Financial Times* of London, is her guide "for serious book buying."

She says the last book she has read was *Run Away*, by Canadian author Alice Munro, who the Governor General calls "one of the greatest living writers in the world."

Clarkson writes she savours Munro's books of short stories by reading one story every three or four weeks, adding: "I think she deserves this kind of treatment. Respect and sheer worship inspire me to read her this way."

The playful Internet posting was made as the vice-regal couple embarked Tuesday on an eight-day tour of the Canadian North, visiting six communities and one Canadian Forces Station in Nunavut.

On the government's website for the Governor General, Clarkson's biography calls her "a leading figure in Canada's cultural life" who has had a

rich and distinguished career in broadcasting, journalism, the arts and the public service. It notes that she was the president and publisher of McClelland & Stewart from 1987 to 1988.

Elaborating on her choice of *Anne of Green Gables*, Clarkson wrote this choice includes the seven sequels up to *Rilla of Ingleside*: "These books helped me to become Canadian, that's all there is to it."

Clarkson's government website includes a biography of John Ralston Saul and mentions his five novels, including *The Birds of Prey* (1977) and the more recent *The Paradise Eater*. It mentions he is the first member of a vice-regal couple to have won a Governor General Literary Award. It was for *The Unconscious Civilization* and it came "some years before coming to Rideau Hall."

Clarkson said the five books on her list are those that she has read many times and finds "necessary for the continuance of my sanity and ethical well-being."

An undergraduate English major from the University of Toronto, Clarkson calls *Anna Karenina* "the best novel ever written" while *The Sun Also Rises* sums up the period after the First World War "and the idea of individual choice and concomitant tragedy and loss." She says *The Bible*, which she notes Canadian critic Northrop Frye called "The Great

Code", is necessary to deeply understand western literature "its metaphors, its ideas of loss and redemption. And Isaiah and Job are pretty good for reading aloud to yourself late at night."

Clarkson was responding to a challenge—"an Internet book tag thing"—issued by Macleans columnist Paul Wells on his blog last Thursday. A spokesperson for the Governor General confirmed the posting at weblogs.macleans.ca/paulwells/ was written personally by Clarkson.

When discussing *The Meditations* of Marcus Aurelius, Clarkson declares "I think you are an adult when you follow the Stoical Precepts."

"How can you live without a writer who tells you: 'Do not indulge in dreams of having what you have not, but recognize the blessings you do possess and then thankfully remember how you would pray for them if they were not yours. At the same time, however, beware lest the light in them lead you to cherish them so dearly that their loss would destroy your peace of mind.'

"Or who says 'to refrain from imitation is the best revenge'."

Along with her husband's five novels, Clarkson also did not include on her list the three novels—*Love More Condoling* (1968), *Hunger Trace* (1970), and *True to You in My Fashion* (1971)—she wrote before becoming governor general in 1999.

—CanWest News Service

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Therapy on the move

Walk and talk sessions are powerful medicine for lifting depression

By Robin Summerfield

In 1996, Della separated from her husband of 11 years.

She had a miscarriage in 2001 and her brother died in an accident in 2003.

Through all the hurts, the now 44-year-old had one constant — she laced up her running shoes, stuffed tissue into her pockets and walked her sadness, anger and pain away.

But she didn't do it alone — her therapist walked alongside.

"You cry and walk. You may have to stop and sob a little more, but then you start walking again," says the mother of three daughters. "When you're able to walk, it relaxes you. It totally relaxes you more. You don't actually realize all the extra personal information you remember as you relax into it."

Walking and talking seems a natural fit, and those who use the method swear by it. Exercise and fresh air helps mental health, they say, and clients open up more freely. Outside the office and in the great outdoors, problems don't seem as earth shattering, say those doing the talking and walking.

Walking side-by-side, rather than talking face to face, encourages more honest communication without the intimidating office atmosphere.

Yet it's a technique only a few therapists across North America use to treat clients struggling with life.

"People are more honest in the outdoors," says Val Warner, owner of Walk and Talk Counselling in Calgary and Della's therapist.

For the past 11 years, in rain, sunshine, blizzards or wind storms, Warner, 57, has walked with willing clients for one-hour sessions in Calgary. Amid views of the mountains and the city, Warner — who is in good shape herself from all the walking — counsels clients on how to slow down, stop being so hard on themselves and let the anxiousness of life sluff off.

"I have to teach people how to actually walk slowly. You'd be surprised

how many people can't slow down," says Warner, a registered social worker who charges \$120 per one-hour session and takes only three clients per day.

If nothing else, she adds, "walking is probably going to make them feel a little bit better."

But is exercise the prescription for the clinical blues?

"Maybe (exercise) is not a cure for depression, but it will definitely help them feel better. It may help them cope with (their problems) a little bit better," Warner says.

Recent research makes that connection with more authority.

A half-hour of aerobic exercise six times a week is an effective treatment of mild to severe depression, a study published in the January issue of American Journal of Preventive Medicine said.

A 1999 study by Duke University psychologist James Blumenthal compared the effectiveness of treating clinically depressed patients with anti-depressant drugs only, exercise only, or the combination. After 4 1/2 months of treatment, all three groups reported feeling "significantly less depressed."

However, in a follow up six months later, patients in the exercise group were more likely to be partially or fully recovered compared to the medication-only group or the medication-and-exercise group.

While there's no proof it speeds up therapy, exercise, especially vigorous exercise, will create a highly aroused state where emotions tend to fly and people open up, says Keith Johnsgard, considered the founder of the walk-and-talk method.

That openness, he says, lends itself to faster recovery.

Johnsgard, a clinical psychologist, stumbled across the technique in the early 1960s when he was looking for a stress reliever. He started hitting the streets for an hour of exercise in the middle of his workday and started to feel less anxious.

"I thought, 'If this makes me feel good, it will make my clients feel good too,'" says Johnsgard, 77, from his home just southwest of San Jose, Calif.

So how does it work? Anti-depressant drugs closely mimic

the effects of exercise, says Johnsgard, who wrote *The Exercise Prescription for Depression and Anxiety* (Plenum Publishing, 1989) and *Conquering Depression and Anxiety through Exercise* (Prometheus Books, 2004).

Exercise gives us a "big hit" of serotonin and dopamine — hormones that lift mood, he says.

Couple that with an outdoor scene and people start talking, Johnsgard says.

"People tend to be much less defensive when they're outside in comparison to being in a small office with a shrink staring at you, commenting on everything you say," he says.

In an office, clients tend to feel they're "under a microscope," he says. Outside, walking down a road, for example, simulates "looking to the future," and eliminates the stared-upon or interrogated feeling.

Even with the benefits, Johnsgard knows of only a half dozen therapists across the States who use the technique. In Canada, a 1997 survey by Toronto clinical and sports psychologist Kate Hays found one in 10 therapists use the walk-and-talk method. That number is growing, Hays told *Health* magazine in its March issue.

Hays, who wrote *Move Your Body, Tone Your Mind* (New Harbinger, 2001), believes exercise has a much farther reaching effect than simply getting fit.

"For some people, physical activity seems to allow more access to right brain thinking, which is more holistic, more intuitive. They're able to figure out a problem better than if they were sitting down with it," Hays told *Health*.

With the

proven benefits, why aren't more therapists using the technique?

Johnsgard says fear of being sued and insurance hassles likely prevent more therapists from hitting the streets, parks and pathways with clients. Johnsgard warns against using the technique with patients with borderline personality disorders.

In Calgary, walk and talk worked for Della's oldest daughter, Lori.

The then 11-year-old went to Warner for a few sessions three years ago while struggling with her parents' separation.

"She absolutely loved it," says Della, who still owns a business with her ex-husband. "It got her through her little stage."

For Della, therapy in the outdoors has been her touchstone through hard times.

"Breathing in all that fresh air, you feel like you're going to make it," says Della, "and that it's all going to fall together."

(For more information, visit www.walkandtalkforwomen.com or go to <http://home.earthlink.net/~keithjohnsgard/>.)

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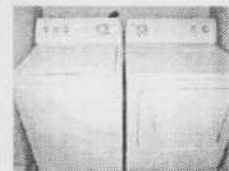
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140 Prof. Services

Hyland's Homeopathic in Sutton is looking for career minded people, who are self-motivated and articulate to work for their business to business outbound calling center.

Send CV to Elyse: 538-6638 (fax) or elyse@hylandssales.com

140 Professional Services

140 Professional Services

205 Campers-trailers

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RENOVATIONS
 Interior / Exterior, roofs, siding, etc. Bathrooms, kitchens, re-arrange rooms, finish your basement. Bernard (450) 242-1834, cell. 531-7663.

190 Cars For Sale
 1992 VW CABRIOLET, black, 230,000 km., 5 speed standard, mags. Good condition. \$3,900. Call (819) 345-8977.

To sell or buy, consult our Classified ads.

295 Articles Wanted

295 Articles Wanted

Wanted:
 Antique guns and related collectibles, military firearms and badges, swords, gun parts, Indian artifacts.
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330 Pets


330 Pets

330 Pets

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 Danielle Denis - (450) 292-0290

HANDY POINTERS
 on writing a successful classified ad
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Prepare an outline of your ad and then write it.
 Be specific - buyers want useful information such as price.
 Group related facts in the same sentence.
 Avoid slang and abbreviations. Abbreviations are not needed because **The Record** charges by word rather than space.
 Above all, don't forget your telephone number or address and when respondents may contact you.

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

BABYSITTING OR NEED A BABYSITTER?
 Put an ad in The Record classified section!



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

Having a garage sale, flea market or a farmers' market this week? Advertise in The Record classified section



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

CLASSIFIED



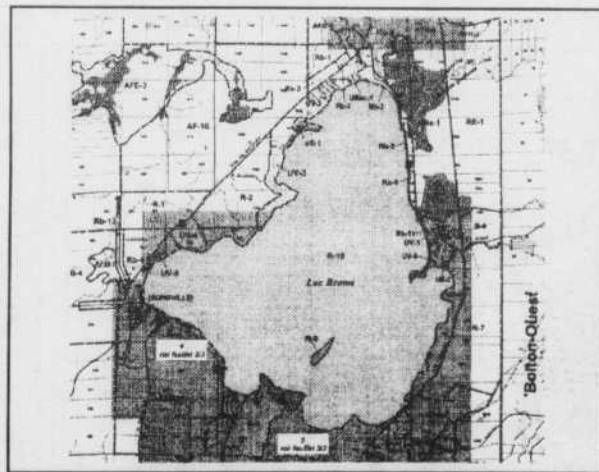
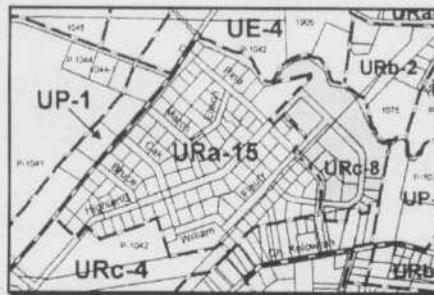
**PUBLIC NOTICE
ZONING CHANGES
WHARVES AND MARINAS
ZONES URc-8 AND URa-16**

To all ratepayers of the above mentioned municipality, public notice is given of the following:

- 1- At a regular meeting of June 6th, 2005, the Town Council adopted a draft By-law to amend the Zoning By-law (no. 353).
- 2- The only purpose of said by-law is to enlarge Zone URc-8 at the expense of Zone URa-15, in accordance with the attached plan, to allow multi-family dwellings with 8 or fewer units.
- 3- At the said meeting, Town Council tabled a 2nd draft by-law amending the Zoning By-law no. 353 to modify sections concerning wharves and marinas.
- 4- The purposes of said by-law are:
 - Clarifications for the definitions of the terms "abri à bateau" [boat house] and "élévateur à bateau" [boat lift];
 - Clarifications concerning the definition of "quai privé" [private wharf] in order to include at the most 2 places (including a boat lift or not);
 - Prohibition of marinas and wharves with multiple berths in the specifications grid of uses for zone R-10 (Brome Lake) for the future;
 - Restrictions concerning an increase in the number of berths for the sole situation of existing wharves with multiple tie-ups situated on a property having a facade of 100 m or more on the lake.
- 5- A public consultation meeting concerning these draft by-laws will be held on Monday, June 27th, 2005, at 7:00 p.m. at the Legion Community Center, 383 Knowlton Road. The purpose of this meeting is to introduce this change and hear the opinions of residents.
- 6- Said draft by-laws can be consulted at the town hall, 122 Lakeside, Knowlton, during regular office hours: Monday to Friday from 8:00 a.m. to noon, and from 1:00 p.m. to 4:30 p.m.
- 7- The draft by-laws contain a provision for approval by referendum.

Given at Brome Lake this 11th day of June, 2005

Mtre Alain R. Roy, town clerk



340 Garage Sales

CANTON DE BEDFORD
Mega garage sale, 382 Chemin du Hamel, June 24, 25, 26, 9 a.m. to 6 p.m.

KNOWLTON

3 family garage sale, 52 Highland, Saturday, June 18, 9 a.m. to 3 p.m. Rain date: Sunday, June 19.

KNOWLTON

7 Lansdowne, Saturday, June 18, 9 a.m. to 5 p.m. Washer, dryer, T.V., kids stuff and lots more.

KNOWLTON

Moving/Garage Sale, 623 Knowlton Road, Knowlton, June 18 and 19, 9 a.m. to 4 p.m. Assortment of reasonably priced articles for everyone.

MANSONVILLE

Saturday & Sunday, June 18 & 19, 15 chemin de l'Equinoxe, 8 a.m. to 4 p.m.

365 Landscaping

KUBOTA L-35 TRACTOR with loader and backhoe for rent or hire. Reasonable rates. Call (450) 243-6753.

415 Mortgages

LARGE FUND. Borrowers wanted. Start saving hundreds of dollars today! We can easily approve you by phone. 1st, 2nd or 3rd mortgage money is available right now. Rates start at Prime. Equity counts. We don't rely on credit, age or income. Call anytime 1-800-814-2578 or 905-361-1153. Apply online at www.capitaldirect.ca

425 Bus. Opportunities

ARE YOU LOOKING for \$2500+ per week income? Coke/M&M Vending. 30 locations available. 1-800-367-8409 (24 hrs) ext. 15.

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DOG GUARD - per fencing, a business that nets \$30 to \$60K per year. \$10,000. investment. Terms available. Call 1-800-865-0495 or (514) 687-0030. www.dogguard.com.

425 Bus. Opportunities

EARN \$1489.50+ WEEKLY stuffing envelopes from home! www.HOMEworkMadeEZ.com or S.A.S.E. to: Ultimate Biz-Opps, P.O. Box 1390 Stn. B., Dept. CN Weston, ON, M9L 2W9. Tel. (416) 208-0646 (24 hours).

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OR BY CONTRACT**



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Business Directory

Masonry

Maçonnerie Sutton



Roméo Bissonnette
 Directeur - Stonemason
 (450) 538-3230
 243-6230
 1008 Valley Rd., Sutton
 (Québec) J0E 2K0
 web: chez.com/maconneriesutton/
 Licence RBQ: 8006-0270-80

Physiotherapist



Louis LaHaye, physiotherapist
 (450) 242-0228

445 Legal Notices

I, **Lawrence Clifford**, am stating publicly I am no longer responsible for any of Joanne Brett Clifford's debts as of June 15/05.

Looking for a companion?
 Place an ad in the classifieds.
 (819) 569-9525
 (450) 242-1188

Readers are leaders



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Telephone: (514) 849-7591
 1 800 268-7582

On behalf of **MS** Multiple Sclerosis Quebec

www.mssociety.ca/qc

Memorial Service

FISCHL, Hanka Frances Voglova - A Memorial Tea will take place June 19, 2005 at the Sutton Legion on Curley Street, Sutton. All of her friends and neighbours are invited to come at 2 p.m. to celebrate Hanka's life. Anyone who wishes to make a donation in her memory is asked to contribute to their own favourite charity or to the B.M.P. Hospital Foundation, 950 Main Street, Cowansville, QC, J2K 1K3.

Cards of Thanks

ROLLINS, Deborah Dylong - We would like to thank everyone for their kind words, thoughts and sympathies. Also a great deal of gratitude to Dr. Koopman, Diapason, and the Oncology Department at the B.M.P. Hospital. Also to the people of Sutton and area for attending the funeral.

CHESTER & MARY DYLONG
 JOHNNY, ROSANNE, CHRISTINE,
 MICHAEL

In Memoriam

ROYEA, Gerald - June 15, 1995.
ROYEA, Elsie Page - June 16, 2004.
 In loving memory of Mom and Dad. Silent thoughts and memories stay. A comfort to those left behind. You will live forever in our hearts, You will never be forgotten.

MARGARET ROYEA
 (daughter)
 CHILDREN
 GRANDCHILDREN
 GREAT-GRANDCHILDREN

ROLLINS, Deborah Dylong - We would like to thank all those who called, sent flowers and expressed their sympathies during the passing of a wife & mother. Also to the care provided by staff at the B.M.P. Hospital, everyone in the Oncology Department, the staff of; Au Diapason; for their support, to Dr. Peter Koopman for helping Deborah and giving her so much hope, the Legion for the nice gathering after the service and to family, friends and co-workers for great support during this time. Thank you everyone.

"Debbie, you will always be remembered and in our hearts."
 LOVE, BRIAN & TIFFANY ROLLINS

Graduation



We are very proud of Cora who has graduated from Massey-Vanier High School. She received the St. John's Lodge #27 Masonic Bursary in memory of Ralph Knowlton. It was presented by Brian Raymond. She is enrolled at Champlain College, Lennoxville in Social Sciences. She hopes to be a secretary/receptionist on her way to administration some day. Good luck in whatever path you take.

ROYEA - A special thank you to the 60 family and friends that attended my 50th birthday party on June 4. Thank you for the amusing cards and gifts. Many thanks to Joanne for her organizational ability, my daughter Amy for the scrumptious cake, Lou Bailey for the fabulous dessert squares, and Cecilia Shuffelt and Jim Frizzle for doing a great job catering. Family and friends attended from the Townships, Ontario, New Hampshire and Florida. Special thanks!

BRIAN "Gatno" ROYEA

QCNA Blanket Classified Ads

Antiques
 BUYING STERLING SILVER CUTLERY, sets or single pieces, gold jewellery, silver teapots, napkin rings, Moorcroft, Gouda, figurines and porcelain, silver plate. For private appointment, 1-800-267-2732, 514-684-3528.

Business For Sale
 For Sale: Agri business in southern Manitoba with sales of 15-20 million dollars annually. This Co. enjoys established markets world wide. Call 204-325-6017 / 4972. Email: fmreimer@mts.net.

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 A PERFECT HOME BUSINESS. Earn \$1,000 per day! Simple automated system. Not MLM, extensive support. \$1,995 start-up cost. Immediate cash flow! www.dreambusiness4you.com.

\$5,000/MONTH! Simply returning phone calls. No selling. No explaining. Free details. Call toll free 1-888-748-5486 or www.cash-flow123.com.

Educational Opportunities
 MEDICAL TRANSCRIPTIONISTS are in demand. Enrol today with CanScribe Career Centre. At-home and on-site

job placement assistance available to all graduates. www.canscribe.com or 1-800-466-1535.

For Sale
 EVERYONE'S APPROVED! Get a fully loaded MDG Computer with an Intel 2.8ghz CPU starting from 73 cents/day or \$799! Includes everything you need: free printer/scanner/copier, free software, 17" perfectly flat monitor, Windows XP (*Bank acct req, **plus S/H & tax) 1-800-236-2504.

ALL STEEL BUILDINGS, EARLY BIRD SPECIAL! 25' x 32' \$6750., 25' x 40' \$7900., 30' x 40' \$9200., 32' x 50' \$12,797., 40' x 60' \$17,100. Many other sizes and prices. Call 1-800-504-7749 PioneerBuildings.ca.

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SAWMILLS from \$3,495.00- LumberMate-2000 & LumberLite-24. Norwood Industries also manufactures

utility ATV Attachments, Log Skidders, Board Edgers and forestry equipment. www.norwoodindustries.com - FREE Information: 1-800-566-6899 Ext. 400 OT.

HOT TUB / SPA 2004 fully loaded w/5" cover. Never used. cost \$9,100. Sell \$5,500. 514-989-7488.

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

Bedroom set, 7 piece Cherrywood. Cost \$6,600. Sell \$2,900. 514-745-6536.

FOR SALE - Clothing returns from major Canadian retailers. Pallet or truckload sales. Great for Thrift / Consignment stores, liquidators, flea markets, ebay, auctioneers. Call 1-800-266-2807 www.vdc-canada.com.

DISCONNECTED HOME PHONE? 1st month only \$19.95 + connection. Long distance available. Paying too much with your current reseller? Will transfer you for free! Call now 1-877-551-5511.

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Advertise in our Career Section

Many Record readers expect to change employment within the next year. Shouldn't your ad be in The Record's Career Section?

For reservations or further information, please call

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 569-9525

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 Hours: Mon.-Thurs. 11 a.m. - 9 p.m. Fri. 11 a.m. - 10 p.m. Sat. Noon - 10 p.m. Sun. Noon - 9 p.m.

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 Monday - Thursday - Coupon Must be Presented
 NOT VALID WITH OTHER COUPONS

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 FRIDAY - SATURDAY - SUNDAY
 up to \$8.00 off 2 Dinners - From Dining Room Menu with the purchase of a Carafe or Bottle of Wine or Appetizers
 NOT VALID WITH OTHER COUPONS - Coupon must be presented - Expires 12/31/2005

Cut me out

BRIEFS

Blood drive

Héma-Québec will be holding a blood drive in Granby, on Thursday, June 23, from 1:30 p.m. to 8 p.m., at Les Galeries de Granby, 40 Évangéline Street. The objective is 125 donors. Please, come give the gift of life.

Story Time

The Denise-Larocque-Duhamel Library in Stanbridge East is holding Story Time on June 22, at 6:30 p.m. The theme is National Aboriginal Day & the story is Claire & her Grandfather, published by Indian and Northern Affairs Canada. Children of all ages welcome.

The library is located at 12 A Maple Street, in the basement of the Town Hall in Stanbridge East, and is open Mondays 11:00 a.m. to 1:00 p.m., Wednesdays 6:30 p.m. to 8:30 p.m., and Saturdays 10:00 a.m. to noon.

For information, call Beve Hebert at 450-248-4662.

New Potton Heritage Association outdoor program

The Association once again invites outdoor lovers to explore Potton Township through its back roads, on rivers or on mountains, while appreciating our heritage in pleasant company:

- Cycling for beginners every Wednesday morning.
- June 18: intermediate hike on Mount Sugar Loaf.
- July 2: easy walk and bird watching.
- July 16: easy walk and visit of the Ukrainian chapel; lunch with John Samborski JAZZ in the Bodnars' gardens (donations accepted.)
- July 23: easy walk and visits of beautiful flower gardens.
- July 30: intermediate walk at the Ruitter Valley Land Trust.
- August 6: easy walk and visit of painter artists' gardens.
- August 27: easy walk and visit of the St. Agnes chapel and vineyard in Glen Sutton.
- September 3: easy walk and visits to the Miltimore and Chapel Hill cemeteries.
- September 17: easy walk in Mansonville with historical interpretation visits to the four churches of the village.
- September 24: intermediate kayaking on the Missisquoi River.
- October 8: intermediate hike to the summit of Owl's Head mountain and to the outdoor Masonic Lodge.

Please Note: Excursions are free for members of the Association, \$5 for others 16 and over. We recommend a bringing a small back pack, with a lunch and drinks. For information, call Carol Bishop 450-292 4844 surgery.

All that effort and a warm, sunny Saturday paid off, with people turning

out in droves to see what the sale had to offer.

"It was bigger than a Wal Mart opening at 8 o'clock in the morning," Duncanson said. And the crowds stayed strong throughout the day.

Proceeds from the event will go towards the construction of a new community centre in Brome Lake. The community has raised more than \$1.5 million for the project to date, and is waiting for the federal and provincial governments to each put up a similar amount. Construction is expected to begin this fall.

Daniel Heikalo in concert

Daniel Heikalo is a Montreal-born musician, composer, improviser and sound designer. Mainly a guitarist, he also performs on cittern, slide guitar, percussion and recorders, often adding his voice while improvising.

Creativity and art were a natural part of his upbringing. He wrote and drew throughout his teens. In the mid-'70s, he took part in the post-L'Infonie Montréal avant-garde music scene, co-founding the Ensemble de Musique Improvisée de Montréal. But in 1982, as things were about to coalesce with the inception of Ambiances Magnétiques, Heikalo relocated to Halifax. There he perfected his guitar playing and taught flute.

His first real break came in 1993, when his CD, Thoughts for My Father, received critical acclaim and was even nominated for an East Coast Music Award. He began to play more concerts and festivals, usually as a solo act.

Around 1996 he started to collaborate with guitarist Arthur Bull and in 2000 the duo released *Dérapiages à Cordes on Ambiances Magnétiques*.

This album, and an invitation to play at the 2001 Festival International de Musique Actuelle de Victoriaville, gave Heikalo his first international exposure. He also released two CDs on his home imprint, Heikalo Sound Productions, during the same period: *The Art of the Prepared Guitar*, a set of solo performances from 1996-1999; and *Endroits Inquiétants*, a collection of electro-acoustic works.

Heikalo's work has been used extensively by Radio-Canada and CBC.

The concert will be held at the Alec and Gérard Pelletier Hall, located at 4C Maple St. in Sutton, on Saturday, June 18, at 8:00 p.m. Tickets are \$12. For reservations, please call 450-538-0486.

Fundraisers hope to clean up

Knowlton's Lion Club Annual Car Wash will be held at Desgens Esso Service Station, 515 Knowlton Rd., Knowlton, on Saturday, June 18 from 8:30 a.m. to 4:30 p.m. All proceeds will be donated to the community. Your sup-

port is greatly appreciated. Drop by and have your vehicle washed by a Lion. For information, call Errol Frechette at 243-6935.

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NOTICE: Chemical Warfare Agent Testing Recognition Program

On February 19, 2004, the Ministers of National Defence and Veterans Affairs announced a recognition program for Canadian veterans who served as test subjects in chemical warfare agent experiments between the 1940s and the 1970s.

Eligible veterans can receive a one-time tax-free payment of \$24,000 in recognition of their service to Canada. This amount is in addition to any disability pension benefits to which they may also be entitled.

Those eligible for payment under the program are members or former members of the Royal Canadian Navy, Canadian Army, Royal Canadian Air Force or the Canadian Forces, who volunteered and participated as a test subject at:

- the Experimental Station, Suffield or the Suffield Research Station or the Defence Research Establishment Suffield, Alberta, 1941 to the early 1970s, or
- the Chemical Warfare Laboratories, Ottawa, 1941 to 1945.

Where eligible veterans are deceased, the executor of an estate that is still open—or the primary beneficiary of the veteran's will where the estate is fully dispersed—may submit an application. In those cases where an eligible veteran died without a valid will, the last unremunerated adult person(s) ordinarily residing with the veteran at the time of the veteran's death may also apply for the one-time, non-taxable payment of \$24,000. Healthcare givers, housekeepers and other individuals paid to provide services to these veterans are not eligible to receive this *ex gratia* payment.

For more information please contact the Chemical Warfare Agent Testing Recognition Program Office by phone at 1-800-883-6094, by e-mail at recognition-application@forces.gc.ca or in writing to:

Chemical Warfare Agent Testing
Recognition Program Office
National Defence Headquarters
101 Colonel By Drive
Ottawa, ON K1A 0K2

**Applications must be received
by March 31, 2006.**

Veterans Affairs Canada (VAC) provides for the award of disability pension and other health-related services and benefits for service-related disability or death. If you believe you suffer from a disability related to your military service, including a disability related to chemical warfare agent testing—or if you are the surviving spouse/partner of a deceased veteran who you believe suffered from a disability related to his/her military service—please call VAC toll-free at 1-866-522-2122 (English) or 1-866-522-2022 (French).