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Wednesday, July 26, 1995

Sunnymead gears up for annual pic-nic, music fest

By Maurice Crossfield

KNOWLTON — Music fans of all ages will be heading to the Sunnymead Farm in West Brome August 5 for the second annual Sunnymead Pic-Nic.

Last year, poor weather kept many people away from the charity event. But 250 people turned out for a day of music and few were displeased.

"We've geared it to be a family event," said Gary Royea, one of the organizers of the Sunnymead Pic-Nic.

This year's edition promises much more than music. Scheduled is a game between the Brome Lake Express soccer team and the athletes parents, vying for the first ever Sunnymead Soccer Cup.

The Brome Lake Ducks will also be on hand for a rugby game. Who they will play against is not yet known. For those who want to do more than just watch, there will also be volleyball nets set up and a baseball diamond.

But the main focus will be the music, with 15 acts playing continuously from noon until midnight. All the bands feature homegrown talent, showing some of the best folk, country and rock & roll to be found in the region.

"It's a community event," said Royea. "Someone visiting from outside the region can get a sense of what our community is like."

And proceeds from the pic-nic will be going back into the community. The main recipient of this year's profits will be the Massey-Vanier High School athletics department. Girl Guides will be selling raffle tickets for the Brome Missisquoi Perkins Hospital, with the chance to win \$25,000 towards the purchase of a new vehicle.

Getting there early will also entitle ticket holders to a breakfast being held by the Knowlton Boy Scouts. Organizer Maurice Singfield said people won't have to worry about the weather this year. The hangers on the Sunnymead farm will be turned into shelters so fans can stay dry while the bands play on.

Singfield said the pic-nic is doing very well considering tight finances. But in the years ahead Sunnymead hopes to attract sponsors.

"Sponsors are looking for a track record," Singfield said. "Until they know we're going to be around we have to work on a shoestring budget. We have to bring the name into the public consciousness."

Royea and Singfield hope to attract over 1000 people this year. Royea said it's more than just an opportunity to party.

"It's a chance for us to give something back to the community."

Tickets for the Sunnymead Pic-Nic are \$7. Reservations can be made by calling (514) 263-4035, or (514) 539-2098. Tickets will also be available at the Sunnymead Farm, 1140 Knowlton Rd., on the day of the event.



The annual event is geared to entertain the young as well as older music-lovers.

PHOTOS: DAVID ANDERSON





Fifteen musical acts will play continuously from noon until midnight.

For more Sunnymead Pic-Nic news, turn the page.



Organizers hope to attract over 1000 people this year.

<p style="text-align: center;">L'entrepôt BORDERTOWN</p> <p style="text-align: center;">Welcome's the "Tour Des Arts"</p> <p style="text-align: center;">19 PRINCIPALE, SUTTON 538-1343</p>	<p style="text-align: center;">LECTROMAX</p> <p style="text-align: center;">Audio / Video / Communications Sales & Repairs TV / VCR / Car Radio / Tape Deck 13 Lakeside St., Knowlton 243-0487 SHARP / TOSHIBA / TEAC / SONY / MITSUBISHI</p>	<p style="text-align: center;">WELDEN THEATRE 104 N. Main St., St. Albans, Vt. 802-527-7888</p> <p style="text-align: center;">St. Albans Drive In see page 2 Canadian \$ at par JULY 28-AUGUST 3</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 2px;"> <p style="text-align: center;">Apollo 13 Daily: 2, 7 & 9:30</p> </td> <td style="width: 50%; padding: 2px;"> <p style="text-align: center;">Kevin Costner in Waterworld Daily: 2, 7 & 9:30</p> </td> </tr> <tr> <td style="width: 50%; padding: 2px;"> <p style="text-align: center;">INDIAN IN THE CUPBOARD Daily: 2 & 7</p> </td> <td style="width: 50%; padding: 2px;"> <p style="text-align: center;">Meryl Streep & Clint Eastwood in BRIDGES OF MADISON COUNTRY Daily: 9</p> </td> </tr> </table> <p style="text-align: center; font-size: small;">Coming Soon: Cleopatra, 9 months, Free Willy II, The Hot Chick</p>	<p style="text-align: center;">Apollo 13 Daily: 2, 7 & 9:30</p>	<p style="text-align: center;">Kevin Costner in Waterworld Daily: 2, 7 & 9:30</p>	<p style="text-align: center;">INDIAN IN THE CUPBOARD Daily: 2 & 7</p>	<p style="text-align: center;">Meryl Streep & Clint Eastwood in BRIDGES OF MADISON COUNTRY Daily: 9</p>	<p style="text-align: center;"> Randy Smith  EXCAVATION INC.</p> <p style="text-align: center; font-size: small;">General Contractor • Génie Civil Roads • Septic Systems • Foundations Duck Manure • Artificial Lakes • Sand • Gravel • Top Soil 323 Victoria, Knowlton, P.Q. JOE 1V0 Tel.: (514) 242-2200 Fax: (514) 242-1533</p>
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Brome County Community Billboard

Community Calendar

Until July 30

Heritage Week at Bolton Centre Town Hall, daily from 9-4:30. Displays: Janina Grygar — paintings and painted eggs; Regional Mineral Display; old photographs and documents. Everyone is welcome, admission is free.

July 28

An invitation to all Townshippers

to support Townshippers' Association and local theatre by attending the annual benefit night to be presented at the Piggery Theatre in North Hatley. The show is *Marry Me A Little* with songs by Stephen Sondheim, conceived by Craig Lucas. Show starts at 8:30 with tickets costing \$20. For more information, please call Jonathan Nagle at (819) 566-5717 (before 4:30) and evenings at (819) 346-4033.

July 30

Summer Luncheon at All Saints Anglican Church in Dunham from noon to 1 p.m. Donation is \$7, children under 12 is \$3. We will have many varieties of

salads and mouth-watering desserts. Come join us and bring a friend. For reservations or further information, please call (514) 295-3341 or (514) 295-2349.

August 2

A Day at the Bromont Waterslides Splash and slide while summer's still at its peak. This event costs \$20 which includes the price of transportation and admission. Departure from the Brome Lake Community Centre will take place at 9:30 a.m. and will return at 6 p.m. Bring a lunch or money to buy food. Registration must be made in advance, all forms are available at the Community Centre. For information, please call (514) 242-2020. For teens 13 to 17 years old.

Members and friends of the Sir John Johnson Centennial Branch of the United Empire Loyalist Association will hold a summer picnic on the grounds of the Brome County Museum in Knowlton gathering at 11 a.m.

August 3

BMP Hospital Auxiliary is sponsoring a Luncheon/Theatre day. Lunch at Auberge West Brome at 11:30 a.m. then *Heat Wave* at Theatre Lac Brome, Knowlton, at 2 p.m. Cost is \$25 per person. Come and bring your friends for a fun day. Please make reservations or pick up tickets at the BMP Hospital Boutique. Tel: (514) 266-4342, ext. 4137.

August 3, 10, 17, 24, 31

P.R.R.P. Abercorn will be having a bag sale of craft materials such as assorted yarns, lace ribbons, braids and fabrics at their workshop at 11 Church Street West, Abercorn. Hours: 9 a.m. to 4 p.m.

August 5

Annual benefit beef barbeque and dance for the Brome County Agricultural Society at the Brome fairgrounds at 5 p.m. For more information, call

242-EXPO.

Arts Calendar

Ensemble Claude-Gervaise, consisting of musicians Gilles Laplante, Diane Plante, Marcel Benoit, Philippe Gelin and Beatrice Baillargeon, will present a program of medieval and early Renaissance music entitled *Le bonheur*. Performing on a variety of ancient instruments, these five musicians are well-known to Montreal audiences, returning to West Brome for the fifth time. The concert will take place July 29 and 30 at the Old Brick Church in West Brome. Performances are Saturday at 8 p.m. and Sunday at 11 a.m. and 3 p.m. Admission is free. For information, please call (514) 263-2346.

Theatre Lac Brome presents *The Pinchpenny Phantom of the Opera*, an adaptation of the classic tale with a different sense of humor. An original and cleverly entertaining musical evening. Until July 29. All shows at Theatre Lac Brome run from Wednesday through to Saturday at 8 p.m. with a matinee on Thursday at 2 p.m. Ticket prices range from \$10 to \$18. For more information, please contact the box office at (514) 242-2270.

Come out to the Brome County Historical Museum for its 4th Annual Heritage Day on August 6. Bring the whole family out to for various activities such as spinning and weaving, woodworking, candle dipping and to see a gunsmith and an 18th-century military encampment of the King's Rangers. Admission for all ages is \$1 on this day only. For more information, please call the museum at (514) 243-6782.

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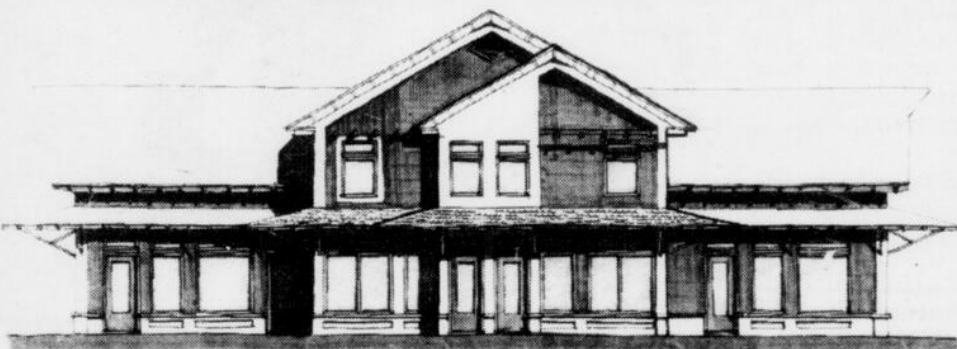
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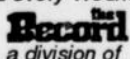
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Sunnymead performers featured on cassette

KNOWLTON (MC) — Visitors to the Sunnymead Pic-Nic in West Brome August 5 will be able to take a little bit of the music home with them. Waterloo piano tuner and one of the organizers of the annual event Maurice Singfield has put together a 10-song cassette

featuring music from some of this year's performers. "A lot of these groups already have demo tapes of some of their stuff," said

Singfield. "In fact, I had already made demos for some of them. So it was mostly a matter of putting it together."

The music on the cassette is as varied as the show itself, covering folk, country and rock music.

"It's good exposure for the bands and the event as well," Singfield said. "It's a show of appreciation for what they're doing for us and the community."

The bands are donating their time and effort free of charge to the pic-nic.

Singfield's production company, Hayfield Productions, and Sunnymead split the costs of mastering the tapes and making the 100 copies to be sold during the event. The price will be \$10.



Maurice Singfield... 'It's good exposure for the bands and the event as well.'



A cassette featuring music from this year's performers will be on sale. PHOTO: DAVID ANDERSON

New stage uncovered at second annual pic-nic

KNOWLTON (MC) — Last year's rain didn't dampen the spirits of Sunnymead Pic-Nic organizers, and this year they're planning to do it bigger and better.

For starters, Mike Persons built a new stage for the event, giving the 15 bands playing at the pic-nic plenty of breathing space.

"It's about 40 feet by 30 feet," said organizer Maurice Singfield. "We've got the floor space of an average concert act you'd see in Montreal."

Singfield praised Persons' effort. "Mike has a lot of energy and enthusiasm."

For the second annual pic-nic, the stage was built close to Route 104 between Cowansville and West Brome. Singfield said it made it easier and cheaper to connect the 400-amp electrical outlet to the stage, a necessity when trying to supply the needs of thousands of watts of sound equipment and the

28,000-watt lighting system.

The Sunnymead people got a little help from Darling Electric, which supplied their services for free. When you're on a tight budget, the help is always welcome, Singfield said.

He said in the years ahead, the stage will be put on wheels, allowing them to move it around the 650-acre Sunnymead farm.

"Eventually we'd like to put it in one of the back fields away from the road," he said. "It will also give people an excellent view of the mountains all around us."

But for now they are content to have the stage near the roadway. Built facing away from the road, it will project the sound away from nearby houses.

Singfield points out there was one unexpected bonus from the new stage.

"It acts as a natural form of advertisement."



Rain didn't dampen the spirits of Sunnymead Pic-Nic patrons or organizers last year. PHOTO: DAVID ANDERSON

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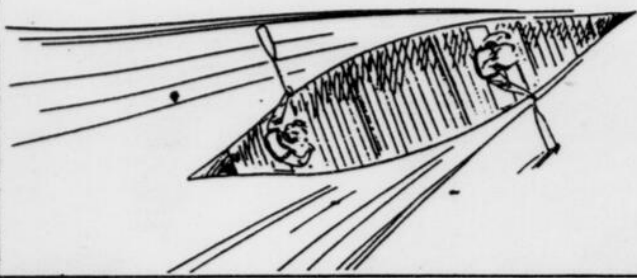
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Le travail bénévole

Entre Nous

Par Thérèse Bernard

Il semble que plus la civilisation se développe plus les rapports deviennent difficiles entre les hommes.

Nous nous apercevons que notre monde serait un bien piètre lieu si la mécanisation de l'existence devait nous priver des contacts que nous vaut la fréquentation volontaire de nos semblables.

La collaboration spontanée des particuliers et des groupements est la véritable base de la société démocratique et c'est l'un des principaux moyens qui nous permettent de rester humains en dépit des progrès de la mécanisation et de l'automatisation.

Le travail bénévole profite non seulement à la société mais aussi à celui l'accomplit. Le "volontaire" sait qu'il peut acquérir une précieuse expérience en échangeant des idées et en travaillant avec les autres à la réalisation d'une oeuvre particulière ou commune.

Nos raisons de collaborer avec autrui n'ont pas beaucoup d'importance. En aidant à subvenir à une catégorie de besoins, que ce soit dans le domaine de la culture, de la délinquance, de la santé, du développement local ou technique, le travailleur bénévole favorise et protège le bien-être de toute la collectivité.

Nul ne peut se considérer comme isolé, ni dans ses origines ni dans son existence.

Quant à savoir quels groupes et quelles institutions scolaires serviront de véhicules à notre dévouement, cela dépendra de notre formation, de nos

préférences et des besoins de notre milieu. On peut prêter son concours dans plusieurs domaines différentes. Les hommes dont les noms sont passés à l'histoire avaient plus d'une corde à leur arc et leurs biographies nous montrent qu'ils ont vraiment joui de la vie.

Le travail bénévole est une source d'enrichissement pour ceux qui s'y adonnent.

Quels que soient nos talents, notre fortune ou notre joie, il se trouveront accrus si nous les partageons avec les autres. Nos moments les plus profitables et les plus heureux sont ceux où nous travaillons avec nos semblables en vue d'atteindre un but commun.

Si notre monde nous semble banal et triste c'est peut-être parce que nous sommes si absorbés par notre intérêt personnel que nous oublions que nous avons des connaissances à faire valoir, des idées à communiquer, des sentiments à exprimer et qu'ils peuvent combler un besoin ailleurs.

En conseillant au malheureux jeune homme riche de "vendre tous ses biens et d'en donner le produit aux pauvres", le Christ ne pensait pas au soulagement de la misère mais à l'âme du jeune homme.

New transport service now in Cowansville for physically handicapped

COWANSVILLE — After a long wait, people with physical disabilities in Cowansville finally have their own transportation service.

The new service is the result of efforts by the Association of Physically Handicapped People of Cowansville and region.

This non-profit group has been putting pressure on the town of Cowansville and the provincial government to introduce the service.

Among its efforts was a 5000-name petition to federal MNA Pierre Paradis and the late Gaston Pelouquin. Members also managed to convince Cowansville town council to come up with the \$5000 necessary to link Cowansville with the

other 11 municipalities using the l'Auto Amie transport service.

The program was originally scheduled to debut in January. But a delay in financing put the project on hold until this month.

Six months of service in Cowansville costs some \$52,000. But the association said the need for handicapped transportation in Cowansville is definitely there.

There are 112 potential customers for the service, making up most of l'Auto Amie's 225 clients in the region.

For more information about the new transportation service, contact l'Auto Amie, or the town of Cowansville.

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Tickets are still on sale for a chance to win the vehicle of your choice at the Brome-Missisquoi-Perkins Hospital.

Proceeds from the tickets go to the hospital foundation. The winner gets their choice of any car from five dealers in the Cowansville area. There's only one catch: It must be worth \$25,000 or less.

But Marie-Josée Croteau of the BMP Foundation said the chances of winning are 500 times better than your chances

of winning the 6/49.

Tickets are \$5 each or 11 for \$50. The drawing will be held at the hospital on September 6.

The participating car dealers are Automobiles Rocheleau, Bessette Automobile, Cowansville Toyota, Deragon Auto Cité and Honda Auto Cité. So after you buy your tickets, you can cruise around and decide which car you would like to win.



The chances of winning in this draw are 500 times better than winning the the 6/49.

Drain Gain correction

Last week's feature story on Winston MacKelvie's Drain Gain stated it would cut down on carbon monoxide while generating electricity by 7500 pounds per year.

In actuality, the Drain Gain will cut

down on carbon dioxide emissions while saving over 3000 kilowatt hours of electricity every year.

Brome County News regrets the error.

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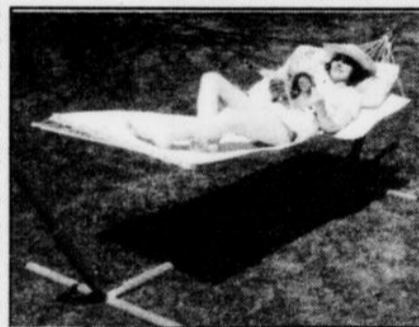
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Horse show a regional affair of the heart

By Cindy Fisher

KNOWLTON — Ask anybody of "a certain age" in Knowlton about the Foster Horse Show, and chances are they know the story behind it and were once likely a part of it.

This year, the Foster Horse Show celebrates its 45th birthday. Almost half a century ago, the show had a humble beginning in a small field in Foster in 1951.

The Foster Horse Show to be held July 30 is an affair for the horse, but it is also a regional affair of the heart.

Countless volunteers and committee members pull together to organize and run this competition that has contributed over \$270,000 to the regional Brome Missisquoi Perkins Hospital in Cowansville.

To say the Foster Horse Show is a job well done is an understatement. Few volunteer-organized one-day events can boast generating that kind of money. However, this event has been months in the making. Show organizers and committee members work long hours together to make sure that the show will go on.

Former organizer Anne Johnston of Merryburn Farm in Knowlton, retired after last year's show. During her eight years as show manager, Johnston was credited with revamping the show's organization.

"I changed many of the classes to suit today's riders and I balanced the budget so that the show runs without losing money. Some years we have had as many as 190 competitors," she said.

The job of show manager has now fallen into the hands of local rider Ingrid Weiner. This year, she and her team are busy preparing the event site. As always, admission is free but donations for the program are always welcome.

Although the Foster Horse Show grows by leaps and bounds, it still holds special classes for the local riders who arrive on backyard-type horses and plump ponies.

A special "school horse and pony" division was included years ago to accommodate local riding schools and the pony club, whose riders' showing and riding opportunities were limited. In offering a division and classes like the family class, the lighthearted and fun tone of the show is retained.



Foster Horse Show celebrates its 45th anniversary this year.

33,000 attend festival of street musicians

COWANSVILLE — It's all over, but the clean-up after a week-long music festival that brought some 50,000 people to Cowansville isn't.

The annual Festival des Musiciens de Rue continues to grow every year, attracting the big names on the Quebec music scene. This year's headliners included the Stephen Barry Band, les Colocs, France d'Amour, and dozens of other acts.

The France d'Amour show on July 18 attracted 3,500 paying customers. But with volunteers and kids under 16 admitted free, the total number of fans easily doubled.

Last year's attendance record was shattered when 33,000 people came to check out the music last week. The 1994 edition also rang up a \$12,000 deficit. Organizer Daniel Tardif said finances are looking much better this year. He had planned three days out of the two-week festival to be cancelled because of rain. But Mother Nature cooperated, and all shows went on as scheduled.

However, the festival did run into one problem. Nearby residents complained to police on several occasions about the loud noise. Musicians responded by turning down the volume during the late hours.

All aboard! Brome Lake schooner sets sail

By Cindy Fisher

KNOWLTON — "Schooner off the port bow?!"

You squint your eyes, list a little more to the starboard in your deck chair and wonder if the heat has finally hit the mark. Yes, and no doubt about it, that really is a schooner sailing windward off the shores of Brome Lake.

At the helm of the schooner Amelia is Richard Abbott, a recently transplanted American living in Waterloo. He had the boat on Brome Lake last year but this summer decided to organize jaunts to let the public enjoy the pleasures of sailing.

"I am keeping the boat at the Quai Sept Marina so that it gets more expo-

sure," said Abbott, who claims an outing on the Amelia will take sightseers past some of Brome Lake's most beautiful lakefront properties.

Abbott also admits that he is planning a quick course into Knowlton's past so that his guests leave the schooner with a wonderful experience, and take with them some of the region's history.

Those who decide to take Abbott up on his sailing offer are in good hands.

"I spent five years in the Gulf of Mexico travelling between Clearwater and the Florida Keys," said Abbott on a recent hot and humid mid-day excursion made bearable thanks to the cool-

ing breezes whirling across Amerlia's decks.

"I worked with a few different boat companies but learned the most from a man called Roy Graham. He built one boat at a time, and taught me the value of time and patience."

Abbott's schooner took three years of part-time work to construct and, while it changed in design more than once, at present it suits its owner perfectly.

It's ideal for taking out landlubbers and would-be sailors, the main bonus being that it can be sailed alone.

"At one time I could even sail it from the cabin which was great in bad weather, I'd sit inside, nice and dry and watch other sailors battling the ele-

ments in their fancy foul-weather gear," Abbott recalled.

The Amelia is equipped with five jib sails and, depending on the wind and weather, Abbott puts up or takes down the sails to tailor the excursion to meet the likes and experience of his "crew".

"Another bonus with this boat is that the boat's draft is low, 22 inches with the center board up," said Abbott, recalling Eagle Island with its sub-surface rocky outcrops that lurk and lie in wait for unsuspecting hulls.

"I can also beach it on land for picnics and swimming."

The Amelia is available for cruises by appointment. Call Marina Quai Sept at (514) 243-5453 for more information.



The schooner Amelia is ideal for taking out landlubbers and would-be sailors.

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Waterland this is not...

Mother Nature may have been kind enough to finally give us a little rain, but residents of the Town of Brome Lake shouldn't be running out to wash their cars, lawns and gardens just yet. Town officials say water levels are getting better, but they still aren't up to normal. As soon as the signs come down, the watering may begin once again.



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Aphids have fascinating, complex life cycle

Of all the insects in your home garden, the most common and prolific must be the aphid, or plant lice as they are sometimes called. This summer I have seen many, many aphid infestations on a variety of outdoor plants.

Nearly every species of plant is fed upon by some species of aphid. They are tiny insects (less than 1/10 inch long) with a soft, pear-shaped body. They come in a variety of colors. Green aphids are the most common.

Aphids have an interesting and complex life cycle. The eggs usually spend the winter at the tips of branches. When the eggs hatch in early spring, the young aphids immediately begin feeding. They do so by piercing the plants and sucking the sap from the plant tissue. They will gather at the plant tips where the tissue is most tender and easiest to penetrate.

These young aphids are all female and give birth to live young without having mated. In fact, many of the young have babies already growing in them at the time of birth. They may have as many as 20 generations annually.

MIGRATE

When these colonies of aphids become crowded (you can imagine how), a generation of winged aphids then migrate to another source of food. Towards the end of summer, cooler temperatures stimulate the production of both male and female aphids. They will mate and produce the eggs which will lay dormant over winter.

Symptoms of aphid infestation are contorted young leaves and a less vigorous plant. Generally, the younger the plant or the earlier in the season that the infestation occurs, the greater is the damage done. Aphids, as result of their way of feeding seldom do much damage to the plant. But because of this piercing and sucking action, aphids can transmit viral disease (much the same way that humans can transmit disease

The Plant Doctor

by using non-sterilized hypodermic needles).

Light infestations late in the season may actually help to harden off plants for winter. Most aphids secrete a sweet sticky substance called honeydew which will support the growth of black sooty mold. This honeydew secretion will also attract other insects.

ANTS 'FARM'

Ants will usually "farm", extracting the nutritious honeydew from them. They will even carry wingless females to new food sites. If an abundance of ants are observed on the plant in question, chances are that the plant is also infested with aphids.

Fortunately for gardeners and their plants, aphids have many natural enemies among the insect parasites, predators and birds which help to keep them under control.

Aphids are the main food for the lady beetle. Many insecticides will control

aphids. Systemic insecticides work particularly well. These are absorbed by the foliage and/or roots and are carried throughout the plant. On trees and shrubs, dormant oil applications will kill wintering eggs.

Light infestations can be washed away with a forceful spray of water.

This is easily done with houseplants.

Although not a serious problem, infestations should be dealt with to control the secondary potential of spreading disease. House plants in particular (because of the absence of natural predators) should be monitored and treated immediately.

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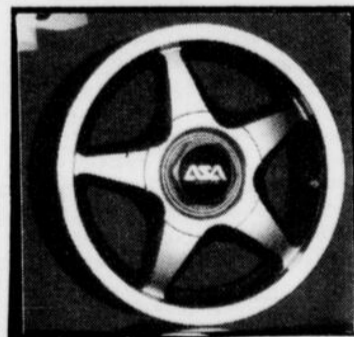
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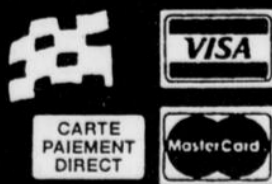


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JENNE — We wish to express our heartfelt thanks to our children and grandchildren for the wonderful 50th anniversary party they held for us, especially to Michael and Julie who opened their home to relatives and friends. A special thank you to everyone who came, sent cards, flowers and gifts and in any way helped to make the day unforgettable. The memories will be with us "always".
HOPE & EDWIN JENNE

Help renovate St. Edward's

KNOWLTON — St. Edward's Parish Church in Knowlton is presently undergoing much needed repairs and renovations, which will be done over three years from 1995 to 1997.

The church, originally started in 1868, is considered an historical building, thus the repairs have been planned to ensure that the original appearance will be preserved.

Anyone wishing to make a contribution towards the renovations of the church can send their donation to: Renovation Fund, St. Edward's Church, Box 28, Knowlton, JOE 1V0. A tax receipt will be issued for all donations received.

Zesty tomato salad

If you are craving an incredibly zesty salad to liven your taste bud dol-drum, voila, here it is. This dish serves two or three but with a bit of quick calculating, you can whip up a huge bowl full. Enjoy!

Cook's Corner

By Jennifer Kidd



Pasta Salad With Two Tomato Vinaigrette

For Vinaigrette:
6 plum tomatoes, halved lengthwise
1 teaspoon extra-virgin olive oil
3 teaspoons minced garlic
2 tablespoons balsamic vinegar
3 tablespoons sun-dried tomatoes packed in oil, drained, reserving 3 tablespoons oil, and chopped fine

1 teaspoon Dijon mustard
1/4 teaspoon salt, or to taste
1/2 teaspoon freshly ground black pepper, or to taste
1/4 cup chopped pitted Kalamata

olives
2 tablespoons chopped fresh basil leaves

1/2 pound ziti, or other tubular pasta
1/2 red bell pepper, cut into 1-inch strips
3 scallions, chopped
1/2 cup freshly grated Parmesan cheese (about 2 ounces)
M a k e
Vinaigrette.

Pre-heat oven to 450F and lightly oil an 8-inch-square glass baking dish.

In baking dish arrange tomato halves in one layer, cut sides up, and top with olive oil, 1 teaspoon garlic, and salt and pepper to taste. Bake

tomatoes in middle of oven for 40 minutes, or until very tender.

Chop tomatoes coarse and in a large bowl combine with remaining vinaigrette ingredients.

In a 4-quart kettle bring 3 quarts salted water to a boil. Stir pasta into boiling water and cook until al dente. Drain pasta well in a colander and rinse under cold water. Drain pasta well and add to vinaigrette. Stir in bell pepper, scallions, and parmesan.

Pasta salad may be made one day ahead and chilled, covered. Serve pasta salad at room temperature.

Blueberries can be found here in E.T.

KNOWLTON (MC) — The blueberry season is almost upon us, but you won't have to go to Lac St. Jean to pick your fill.

Unbeknownst to many Townshippers, blueberries can be found right here. In fact in the Brome-Missisquoi region alone there are over 20 producers of a variety known as Giant Blueberries.

To encourage the popularity of the tiny blue fruit, producers gathered at the Delisle blueberry farm in East Farnham last Wednesday.

Last year the Estrie administrative region produced over 300,000 pounds of blueberries, 95 per cent of which were of the giant variety. Though only a fraction of the 14 to 20 million pounds produced across Quebec annually, the blueberry business is growing rapidly.

To bring the blueberry into the public eye, the growers produced a brochure outlining their virtues, where they can be found, and some popular blueberry recipes. With the help of the Ministère de l'Agriculture, des Pêcheries et de l'Alimentation du Québec, farmers hope to get the word out in the Eastern Townships: blueberries.

The brochure spotlights nine growers in the Granby-Bromont East Farnham region. 24,000 copies of the brochure will be distributed in the area, including tourist information booths. As well, berries produced locally will be packaged in baskets bearing a logo letting consumers know where they come from.

An added bonus was discovered when farmers found out that many of the insects which ravage blueberry crops in the Lac St. Jean region do not exist here. So farmers can offer a product that is pesticide free.

At the Delisle farm, the first 1000 plants were put in the ground in 1981. Three years later the first few berries began to appear. In 1993, 75 per cent of the crop was lost due to particularly harsh winter frost.

This year promises a bumper crop of the little blue critters. With a long fall, a mild winter and a spring without any surprise frosts, things are looking brighter than ever for local blueberry producers.

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You're never too old to surf the 'net

TORONTO (CP) — Here's a new wrinkle on the information highway: a non-profit cyberspace organization devoted to people older than 50.

Based in Toronto, the group calls itself Seniors On-Line, or S.O.L., a somewhat dubious acronym because kids use it as a slang variation of "out of luck."

S.O.L. aims to get more and more elders plugged into the information age, said Ron Williams, one of four founders of the group.

It wants to help older Canadians adapt to the new technology and break down the fears many have of the digital universe, Williams said.

"We're not dinosaurs," he said. "Computer technology is very user-friendly and fascinating."

Formed just two weeks ago, S.O.L. now has a home page on the World Wide Web and founders work out of their homes on personal computers with modem links to the Internet, the global web of computers.

And S.O.L. is looking for the oldest

Internet surfer in Canada.

"We hope the publicity from the contest (the oldest surfer wins) will make Canadians more aware of the integral role that science and technology play in our lives," Williams said.

So far, the oldest Canadian Internet surfer is 72 years old and from Saskatchewan.

Williams, 55, is hoping a few more cyber-elders will use electronic mail to send their entrants to the contest, and is betting there may even be 90-year-

olds.

The winner of the contest gets either Microsoft Windows 95 or IBM Warp software as a prize.

Registered as a non-profit organization with the Ontario government, Seniors On-Line web page is free and can be accessed at <http://www.seniorsnet.com> on the Internet.

Cyberelders can also send electronic mail to [seniors\(at\)seniorsnet.com](mailto:seniors(at)seniorsnet.com) to S.O.L.

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