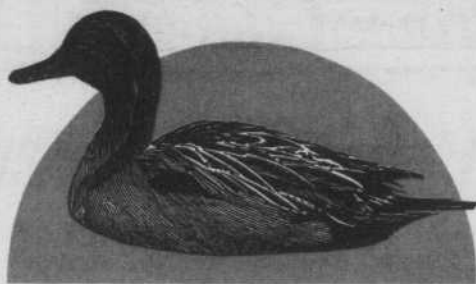


Brome County NEWS



WEDNESDAY, FEBRUARY 6, 2002

THE LARGEST CIRCULATION WEEKLY IN BROME-MISSISQUOI

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Lack of snow doesn't faze snowmobile group

By Barbara Bellingham
RECORD CORRESPONDENT
STANBRIDGE EAST

The snow may be low, but not the enthusiasm of the members from the Club Motoneige Baie Missisquoi, who organized a poker car rally last Saturday.

Thirty eight cars participated in the event, which awarded prizes for answering a club questionnaire, the best and worst poker hands and a half and half drawing.

"It would have been more fun on ski-doo, but what can you do," shrugged one of the participants.

Organizers say that while membership for the group is down approximately 50 per cent from last year, 2001 was a record year for snowmobiling.

"There are people in communities like Venice, who rent chalets there," explains Mario Côté, Club president for the past six years.

"If there's no snow for ski-dooing, they find something else to do and

don't buy a membership. But there are a lot of snowmobilers who take a membership anyway. If there's not enough snow around here, we just go somewhere else with a trailer."

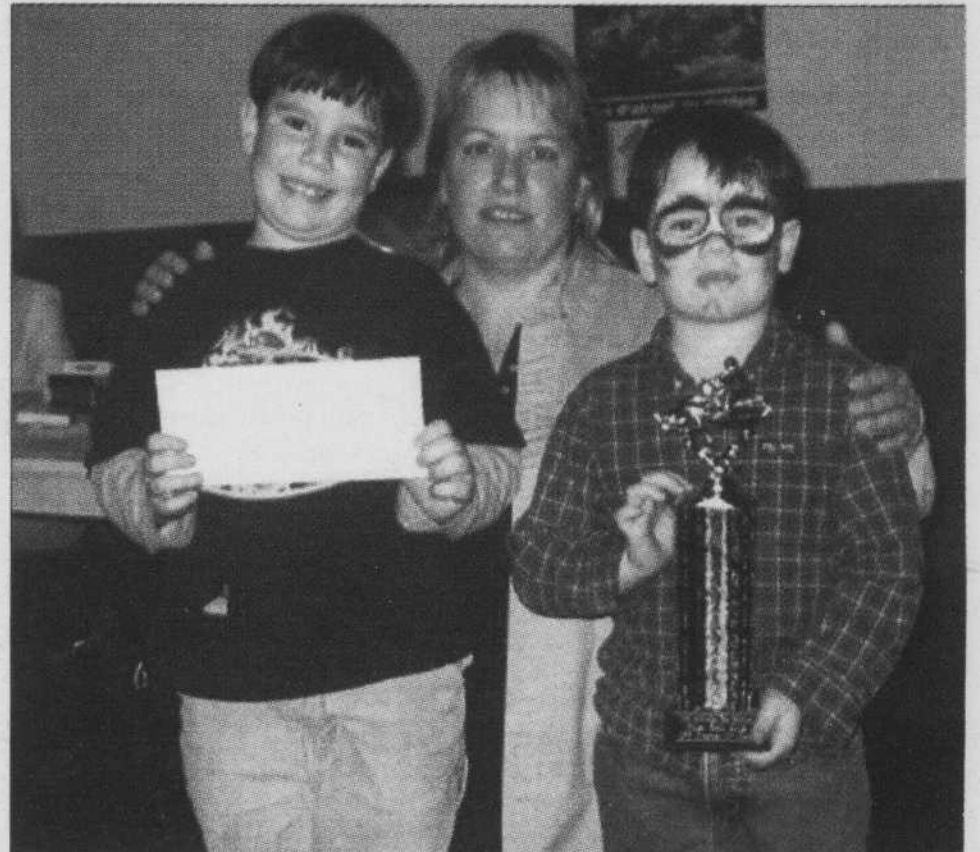
Club Motoneige Baie Missisquoi is one of 235 that make up the Federation des Clubs de Motoneigistes du Quebec, and has been in existence for 28 years. It has developed more than 21,000 miles of trails that cover the entire province.

Membership entitles access to the entire network. The Club Motoneige Baie Missisquoi maintains approximately 60 miles covering west to Noyan, north to Farnham, east to Dunham and south to St. Armand.

"None of the trails are dead ends," Côté emphasizes.

"Each trail continues into another club territory. We have one trail that goes right to the border at Morse's line so our American members can get on there."

SEE SNOWMOBILE, PAGE 3



BARBARA BELLINGHAM/CORRESPONDENT

Nathan and Dustin Ditcham accept a trophy from board member Cindy Rhicard, for their dad, Dwayne who participated in last weekend's Club Motoneige Baie Missisquoi poker car rally.

Bedford curlers trade stones for kitchen duties

By Caroline Kehne
RECORD CORRESPONDENT
BEDFORD

Bedford curlers traded their stones for kitchen duty at the club's annual curling brunch, held Sunday at the Bedford Curling Club.

The brunch, held with additional volunteer help from the Bedford Scouting Movement, is held in conjunction with the club's Open Bonspiel, which opened Feb. 3, and continues to Feb. 9. Sixteen teams from Sutton, Magog, Cowansville, Beauchateau, Lacolle and Bedford will compete throughout the week for

\$1,200 in cash prizes in the club's last major bonspiel of the 2001-2002 season.

UPCOMING CURLING EVENTS

Lennoxville Curling Club

For information or to register for any of the following LCC events, contact Bill at (819) 842-2678 or the club at (819) 562-2310

- Mixed Bonspiel (Feb. 10 to 16). Registration is \$72 per team.
- Senior Men's Bonspiel (March 18 to 23). Registration is \$88 per team. Deadline for registration is March 11.
- Men's Bonspiel (March 17 to 23).

SEE CURLING, PAGE 3

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BROME COUNTY COMMUNITY BILLBOARD

COMMUNITY CALENDAR

Feb. 7

Valentine soup and dessert **LUNCHEON** at All Saints Anglican Church, **Dunham** at noon. Homemade candies etc. will be available. Donation \$6. For reservations, call 450-295-3341 or 450-295-2349.

Feb. 7 to March 14

P.R.R.P. Abercorn **USED CLOTHING SALE** at 11 Church St. W., **Abercorn**. \$1 per bag. Open every Thursday from 9 a.m. - 4 p.m. All welcome!

Feb. 9

Townships Bluegrass & Old-Tyme Music Society **ACOUSTIC JAMMING**, 1 to 5:30 p.m., Supper, 6 p.m. Live bluegrass and old-tyme music bands, 7 to 10:30 p.m. at Canadian Legion, 77 Lewis St., **Waterloo**. Jam Captain: Carlyle McBurney, 819-889-2629. Winter concert series tickets now available. Contact any Director: G. Cameron, 450-539-0333; T. Howell, 819-875-5133; C. McBurney, 819-889-2629; J. Petronko, 514-488-8160; R. Tetreault, 819-346-2435.

MENTAL HEALTH & WELL BEING MEETING at St. Paul's Church (basement), **Knowlton**, 2 p.m. Do you or someone you know suffer from some form of depression? Are words like Schizophrenia, Manic Depression, Bipolar Disorder confusing to you? Do you have difficulty knowing how to cope with these conditions or to support someone who struggles with them? Info: Call 450-243-0928.

Royal Canadian Legion, Branch #82 **PHILIPSBURG ANNUAL FISH CHOW-**

DER from 4 to 8 p.m. All you can eat, \$5. Come visit bring friends and enjoy Tino's delicious fish chowder!

Royal Canadian Legion **VALENTINE BEEF & PORK BBQ** at 120 Davignon St., **Cowansville**, 6 to 7:30 p.m. Followed by dance with orchestra 'South Street Band'. Supper and dance, \$12 per person. Dance, beginning at 8:30 p.m., is free. All profits go toward municipal taxes. Everyone welcome!

Feb. 10

Royal Canadian Legion **CRIB TOURNAMENT** at 120 Davignon St., **Cowansville**, 1 p.m. \$5 per person. Info: 450-263-3543.

Feb. 12

VALENTINE COFFEE PARTY, sponsored by the Friendly Society and Friends at Trinity Anglican Church, 409 South St., **Cowansville**, 10 to 11:30 a.m. Good food and conversation with friends. Donations only. Info: 450-263-3329.

PANCAKE SUPPER at Oddfellows Hall, 476 Knowlton Rd., **Knowlton**, 4:30 to 7:30 p.m. Donation: adults, \$6, children under 10 yrs., \$3. Pancakes, sausages, bacon, eggs, beans, tea and coffee. A great time was enjoyed last year, let's do it again! Info: 450-243-5736, 243-5742, 243-6903.

PANCAKE SUPPER on Shrove Tuesday at Emmanuel United Church, 203 rue Principale, **Cowansville**, 5 to 7 p.m. Adults, \$6, children, aged five to 10, \$3, under five free. All the pancakes, maple syrup and ham, along with dessert and beverages that you can eat. We also cater to diabetics. All welcome!

PANCAKE SUPPER held by the Anglicans in **Stanbridge East** at the Parish Hall, 15 Maple at 5 p.m. on Shrove Tuesday. Donation: Adults, \$5, children under 12 yrs., \$2.50. All welcome!

Iron Hill Anglican Church PANCAKE SUPPER at Iron Hill Church Hall, 5 p.m. Pancakes served with pure maple syrup, sausages, baked beans tea or coffee. All you can eat. Everyone welcome!

PANCAKE SUPPER at Grace Anglican Church, **Sutton**, 52 Principale sud., 5:30 to 7:30 p.m. Adults, \$6, children, \$3. Everyone welcome.

ANNUAL GENERAL MEETING of the **Sutton Volunteers** at The John Sleeth Centre, 7 Academy St., Room 1 at 9:30 a.m. Everyone welcome!

Feb. 14

Courville Geriatric Centre **VALENTINE TEA AND BAKE SALE** at 5305-07

Courville Ave., **Waterloo**, 2 to 3:30 p.m. Cost: \$5 includes sandwiches, coffee, tea, desserts. Door prizes. Tickets or information: Angele Ares-Ledoux 450-539-1821, ext. 228. Fundraiser for the residents' activities.

Feb. 21-23

A **'CONFERENCE TO DEEPEN YOUR FAITH'** at St. Paul's Anglican Church, 24 St. Paul's Rd., **Knowlton**. Speaker: Bishop Malcolm Harding, Ambassador for Anglican Renewal Ministries. Thursday & Friday, 7:30 to 9:30 p.m., Saturday, 10 a.m. to 4 p.m. Info: 450-242-2885.

Feb. 24

Annual B.M.P. benefit **ROAST BEEF DINNER** at Auberge **West Brome**. First sitting, 5 to 7 p.m.; second sitting, 7 to 9 p.m. Presented by mayors and councillors of TBL, Brome Village, Town of Sutton, Township of Sutton and Abercorn. Tickets, \$13, adults, \$6, children available at Edwards Store, West Brome and Marche Vallee Bleue, also Community Centre and Town Hall in each municipality. Info: George Bristol, 450-263-6176, Christine or Eric, 450-266-7552.

ARTS CALENDAR

Feb. 10

Storyland3 presents **SECOND SUNDAYS** at Seven Coffee House upstairs at the Knowlton Pub, 267 **Knowlton Rd.**, at 7 p.m. Info: 450-538-0921.

Through to March 1

Farfelu Gallery, Sutton presents **EXHIBITION OF PAINTINGS** by Barbara Chapman at 12 North Main St., **Sutton**. Thursdays to Sundays, 11 a.m. to 5 p.m. Info: 450-538-5959.

CHURCH SERVICES

KNOWLTON/CREEK PASTORAL CHARGE: Worship and song by members & Rev. Burn Purdon. Creek United, Foster, 9:30 a.m. Knowlton United, Knowlton, 11 a.m. Everyone welcome.

ST. PAUL'S ANGLICAN CHURCH: 24 St. Paul's Rd., Knowlton. We wish to know Jesus Christ and to make Him known. Sunday services: 8 and 10 a.m. Sunday school and nursery, 10 a.m. The Rev. Ralph T. Leavitt — Pastor. Allow us to welcome you.

PARISH OF BROME: 9 a.m., Holy Communion, Church of the Ascension, West Brome; 11 a.m., Holy Communion, St. John the Evangelist, Brome Village; 7:30 p.m., Evening Prayer, Holy

Trinity, Iron Hill. All are welcome! Call the Rev. Rick Gariepy, 450-243-6096.

ST. PAUL'S UNITED CHURCH, WATERLOO: Sunday services, 11 a.m.

COWANSVILLE AREA PASTORAL CHARGE UNITED CHURCH: Worship and Sunday school at Emmanuel United Church, 203 rue Principale, at 10:30 a.m. Choir practice at 9 a.m. Rev. Mary MacPherson officiating. All welcome.

GRACE ANGLICAN CHURCH SUTTON: Warmly welcomes you to join us in worship of the Lord. Service, Sundays, 10:30 a.m. at 52 Principale Sud. The Rev. Canon Tim Smart, Rector.

SUTTON-DUNHAM UNITED: Everyone is cordially invited to attend services at 10:30 a.m. in Sutton on the first and second Sundays, and in Dunham on the third and fourth Sundays of each month.

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

BEDFORD PASTORAL CHARGE: We invite you to come and worship with us. Minister, Rev. Malcolm Cogswell. Services: Stanbridge East, 9:30 a.m., Wesley Church, Bedford, 11 a.m., Mystic, 12:30 p.m. Sunday school at Stanbridge East and Bedford. All welcome.

COMMUNITY NOTES

Do you wish you could read better? Need help with basic math? Call the **YAMASKA LITERACY COUNCIL**. Work one-on-one with a tutor and learn at your own pace. Lessons are **FREE**, private and confidential. Learning can be fun so why not do something for yourself today? Call Wendy at 450-263-7503.

TOURNEE DES 20-002 APPLICATIONS requested from professional artists and artisans. Deadline: Feb. 22. Please include: Curriculum vitae, 10 photos or slides of your work, one photo (at least) of your studio, artist's statement, self-addressed and stamped envelope. Send to: La Tournée des 20, 1940 St. Armand Rd., St. Armand, Qc. JOJ 1T0

If you or someone you know is a member of a board or committee of any organization or government agency, please send your coordinates to **THE TOWNSHIP ASSOCIATION**, c/o, Evelina Smith, Information and Referral Coordinator, 100-257 Queen St., Lennoxville, Qc, J1M 1K7 or 203 Principale St., Cowansville, Qc, J2K 1J3. Info: call 819-566-5717, 450-263-4422, 1-866-0566-5717 or e-mail ta@townshippers.qc.ca.

Brome County NEWS

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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 \$6 is required weekly. Please forward notices to Box 488, Knowlton, JOE 1V0, email: bcn-news@qc.aibn.com, or fax: (450) 243-5155. Visa and Mastercard accepted.

Brome County NEWS

88 LAKESIDE, KNOWLTON, QUEBEC, JOE 1V0
TEL: (450) 242-1188 / 242-6892 FAX: (450) 243-5155

Published weekly by

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

THE RECORD

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SERGE GAGNON CHIEF PRESSMAN 800 463-9525
FRANCINE THIBAUT PROD. SUPERV. ... 800 463-9525

CIRCULATION

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

SUBSCRIPTIONS

		GST	PST	TOTAL
CANADA: 1 YEAR	114.40	8.01	9.18	\$131.59
6 MONTHS	59.00	4.13	4.73	\$67.86
3 MONTHS	30.00	2.10	2.41	\$34.51

Out of Quebec residents do not include PST. Rates for other services available on request.
The Record is published daily Monday to Friday. Back copies of The Record are available.

The Record was founded on February 7, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Hollinger Canadian Newspapers L.P.

Canadian Publications Mail Service Product
Agreement No. 0479675.

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Barbara Chapman exhibits at Farfelu Gallery

By Caroline Kehne
RECORD CORRESPONDENT
SUTTON

An exhibition of paintings by Barbara Chapman are currently on display at the Farfelu Gallery, and will be until the end of February.

Chapman, a retired therapist and part-time resident of Sutton, completed a junior matriculation in painting, and has also studied at the Art School of London (1959). More recently, she studied with Marilyn Rubenstein and Pat Walsh at the Visual Arts Centre in Montreal.

Painting took a back seat for Chapman while

she juggled the priorities of motherhood, returned to university and work. In her retirement, however, she has returned to her first love: acrylic and aquarelle.

Her landscapes, inspired by the natural beauty of Maine and the Laurentians 'tends toward the abstract,' according to the artist. The Farfelu exposition is her first solo show.

The Farfelu Gallery, 12 North Main St., Sutton, is co-operatively owned and run by local artists and artisans.

The gallery is open Thursdays through Sundays, 11 a.m. to 5 p.m. For more information, call 450-538-5959.



CAROLINE KEHNE/CORRESPONDENT

Barbara Chapman shows off her abstract landscapes, inspired by the natural beauty of Maine and the Laurentians at The Farfelu Gallery.



CAROLINE KEHNE/CORRESPONDENT

CURLING:

CONT'D FROM PAGE 1

Club de Curling de Magog:

• Tournoi Magog (March 3 to 9). Registration is \$10 per team. Deadline is Feb. 28. For more information, or to register call 819-868-0097 or 819-843-4353.

Ormstown Curling Club

• McGerrigle Bonspiel (March 12). For information, call 450-829-3009.

Howick Curling Club

• Annual Ladies Ness Bonspiel (Feb. 23). To register, call 450-825-0889.

Kitchen volunteers Ken Baker, Jules Lague, Bob Grevatt, Luc Giroux, Michel Larocque, Ginette Dumontet, Jean-Guy Corbeil and Ivan Hiscocks.

SNOWMOBILERS:

CONT'D FROM PAGE 1

The club's board of directors is also responsible for creating and maintaining the trails in its jurisdiction.

"Every year we must go to the landowners and ask permission," said Côté. "We have to make sure the trails are well groomed and have good signalization. We also organize activities for the members, like this car rally, to get people together to have some fun. And it's all volunteer."

Funding comes from membership registration, and the FCMQ distributes money according to the requirements for each area.

"A place like Laval, with a huge membership might not get the same as say, somewhere in the Gaspésie, where there's more trails, but small communities," explained Côté. "They equalize the budget to where it's needed."

Côté added that the lack of snow has not discouraged the group from getting together. An evening ride has been scheduled for March 1, starting at the Sonic gas station in Bedford at 6 p.m. Invitation is open to anyone with a membership,

which can be for a day, a week or a season.

In April, the club will be holding a bowl-a-thon at the Salle de Quilles Des Frontières in Bedford to raise funds. All are welcome, but are encouraged to start getting their teams together ahead of time.

"It's a bit discouraging, but we keep going," Côté said about the club's low membership. "Hopefully, it will be better before the end of the year, but we don't stop."

For more information and maps of the trails, go online to www.iquebec.com/missisquoi for this club's area, or for the Federation, visit www.fcmq.qc.ca. You can also call Côté at 450-248-4202.

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A look at some of the safest, and deadliest cars

*That big land yacht
wasn't so safe
after all...*

Back when I was touring around in my 1977 Mercury Cougar, I figured I was in a tank that was safer than anything else, guaranteed to win in any accident. But now it seems the folks at the Insurance Institute for Highway Safety have discovered I wasn't so safe after all.

UNDER THE HOOD

MAURICE
CROSSFIELD

The IIHS recently published on its Internet web site a list of the five safest and four deadliest cars of all time. And while many of us think that being in a bigger vehicle is the secret to safety, the statistics say otherwise.

"People have a romanticized view of the safety of older cars," said Amy Fleming, a senior vice-president at the IIHS. But those older cars lacked things like crumple zones, good seatbelts, safety cages and airbags.

Here's a look at the five safest of all time, according to the IIHS:

- 2000 Buick Le Sabre (much smaller than the land yacht that was the original Le Sabre)
- 2001 Honda Civic
- 2001 Lincoln LS (also smaller than its forefathers);
- 2000 and 2001 Volkswagen Passat
- Volvo S80.

With the exception of the Civic, these are a bigger cars by today's standards, but they are considered safer mainly because they have larger crumple zones and better safety features. My old Cougar had the size, but not the technology. If I had hit something, the car might have survived, but the shock would have been transferred to me into the afterlife. Then they would have to hose my blood off the dash and sell the car to someone else.

In fact, the only benefit to having a bigger vehicle is that in a two-car crash the bigger vehicle pushes the smaller one backwards. That also means more shock transferred to the smaller vehicle, putting its occupants on the losing end of things.

And you SUV drivers aren't as safe as you thought either: Sport utility vehicles are prone to rollover acci-

dents, and that pushes up the death toll.

THE DEADLIEST

But the four deadliest vehicles of all-time aren't SUV's or big-boat cars, or even little tiny econoboxes. They are

- Chevy Camaro
- Pontiac Firebird (basically the same as a Camaro)
- Chevy Corvette
- Ford Mustang

These cars all report twice the normal death rate of other cars. This due to a combination of price (cheaper, and therefore more accessible to young, less experienced drivers) power and sex appeal.

Daniel Pund, of Car and Driver magazine, said the death rate isn't about safety of the car itself, but about the way they're driven.

"People drive the Corvette differently than they would drive a Volvo," he said. "And it tends to be a different type of driver."

The exotic sports cars like Porsches and Ferraris have lower death rates than their American cousins because they are so expensive that their owners tend to be older, and therefore more experienced.

GOOD NEWS

The good news is that cars are getting safer all the time. Of the cars tested by the IIHS, 62 per cent scored

better than their predecessors. Fifty-two per cent got the highest overall five-star safety rating.

The biggest improvements have to do with advances in technology, such as the three-point safety belt, which was light years ahead of the old lap belts.

Side airbags, though still relatively rare, are also biting into the death rate. In the U.S., 10,000 people die from side impacts every year, so this may be an option you'd want to look for on your next car.

To get a closer look at the five safest and four deadliest cars of all time, get on the Internet and go to: www.insure.com/auto/safestcars.html

BRIEF

Ethical discussions continue

Staff

The monthly bilingual informal discussion on ethical issues at La Maison du Livre, 371 Rte 202 in Stanbridge-Stations, is scheduled for Tuesday, Feb. 12, at 7 p.m. The discussion will focus on the increasing warming pattern of the Earth and the resulting global climate changes.

Preceding the discussion will be a short presentation by one of the participants who has researched the subject.

Admission is free. A donation would be appreciated. For more information, call 450-248-3388.

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Living life to the fullest

Knowlton native keeps active in community

By Karen Ann Rooney
RECORD CORRESPONDENT
KNOWLTON

Entering the home of Knowlton native Evelyn Blackwood is much like getting to know the woman herself — there is more than meets the eye.

Blackwood's house looks ordinary curbside, but this is deceiving. The interior is much larger, more expansive and definitely more interesting. Her late husband Homer (mayor of Knowlton, 1972-1999) built the home for their marriage in 1973, and together, they filled it with love until his passing in 1999.

Blackwood was born in Montreal, and raised by two maiden aunts from the age of six when her parents both died within nine months of each other. She attended a convent, and then Villa Maria boarding school for her last year of high school.

After school, Blackwood worked for the Bell as the first woman supervisor of the records department, and was also the first woman to drive a Bell telephone car.

She first met her future husband at a party in McMasterville, where after several attempts by Homer to get Blackwood to go on a sleigh ride, she finally gave in and went for what would turn out to be the ride of her life.

The newlyweds initially lived on Crescent Street in Bill Stuart's house while construction on the Lynch Street house was underway. She remembers how, while living at Stuart's house, the couple would make day trips in the summer to Eagle Island where they had a cottage. Blackwood describes it as a wonderful respite, with no television, no electricity, a wood burning stove for cooking and propane gas for lights.

At the time, Homer also owned Knowlton Acres, also known as Flat Iron. Pine Street didn't exist then, so the couple would go up there at night where Homer would

plant pine trees along the border lines between the divided lots.

Today, Blackwood continues her love of gardening and traveling, as she has been all over the world, including the Far East and the Middle East. She has also kept herself busy in her 29 years in the Townships as a volunteer for Theatre Lac Brome, Brome County Historical Society, the BMP Hospital auxiliary, St. Edward's Church and the Pettes Memorial Library.

Blackwood even started a Canada Day dog show for children. The first of this now annual affair included prizes for longest tail, most obedient, biggest, smallest and best trick.

The Knowlton native is also a talented painter who has been stroking the canvas all her life with exhibitions in Montreal, Sherbrooke, North Hatley and Knowlton. Blackwood, also a member of Entre Nous, a French artists' group, says she paints in oils, watercolours and pastels from two hours a day to days on end.

Blackwood's artisan's touch goes beyond her Knowlton home, as four of her bronze plaques are displayed at the town hall, museum, library and the Knowlton theatre. The latter has a plaque of Reginald Aubrey Fessenden, 1866-1932, the "Father of Radio."

Three years ago, Blackwood donated two paintings to the PBS auction, and her ceramic figures have even won international acclaim as one of them took home top honours at a art competition in St. Albans, Vt. The largest of her figures is nearly two feet tall, a proud Indian chief squatting in full regalia, whose profile reminds Blackwood of her late husband.

From Montreal to Knowlton, Bell to the BMP and the canvas to ceramics, Blackwood says her days are much busier than she ever thought it would be, but as she explains it, she's determined to live life, taken as it comes, to the fullest.



From brush strokes to ceramic sculpturing, when Blackwood is not volunteering, art now consumes her days.



Evelyn stands alongside husband Homer, former Knowlton mayor, on the couple's wedding day.



PHOTOS COURTESY EVELYN BLACKWOOD

Evelyn Blackwood has seen a lot in her 29 years in the Townships.

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Brome County News

Community Forum

LETTERS TO THE EDITOR

Sturtevant should get his facts straight

DEAR EDITOR,

Regarding L Sturtevant's letter concerning Lion's Park, Mr. Sturtevant isn't letting the facts get in the way of a good rant.

Contrary to his groundless statement, Lion's Park is not slowly dying, in fact the opposite is true. The facilities at Lion's Park are constantly improving and their use by the entire community has grown. In the last seven years we have accomplished a complete renovation of the tennis courts, the addition of a second baseball field (with lights), a second soccer field (with lights), a skateboard park (with lights), and new playground equipment. Much of this work was paid by taxes but over \$20,000 was paid for by funds raised by community. Park users regularly invest their own time and money for park improvements as well. The skateboarders, soccer, baseball and rugby players have all made significant contributions to the park and the Lions continue to be generous benefactors. Community Services has a standing committee of Lion's Park users that have made recommendations for further improvements. The success of programs at Lion's Park led to a redesign of the parking area, an improvement made last year to allow for more cars and to make it safer.

Mr. Sturtevant says in his Lion's Park letter that "the community centres in Foster, Bondville and Fulford raise all their own money to hold events and we (?) find it's time for Knowlton to do the same and take it off taxpayers backs." There are people from all over Brome Lake actively involved in seeing things

improve in this community, many are involved in Community Services and Lion's Park. We are people who want to see improvement and we put our money and our effort behind projects we believe in. If Mr. Sturtevant wants to make this community a better place he could start by getting the facts straight, his misinformed public statements are not constructive.

CHRIS SEVERS

Chairman Lion's Park Committee

Volunteers needed for First Responders

DEAR EDITOR,

What is First Response - especially as it applies to rural areas and rural municipalities? It involves the paramedical training of local firefighters and equipping them to get to the scene of an incident involving unintentional injuries before the arrival of an ambulance.

For example, the vast majority of motor vehicle deaths and injuries take place on rural highways. The motor vehicle is now the number one killer of our people under forty years of age. In over seventy-five percent of motor vehicle deaths and injuries the head is involved.

In order to treat victims of unintentional injuries, it is common knowledge that they should be treated as quickly as possible. This means during the "golden half-hour," amongst other things, bleeding should be stopped, airways opened, and splinting to eliminate shock applied. First Response paramedics in our rural areas should arrive at the scene of an incident no longer than twelve minutes after it has occurred. They have no mandate to make a diagnosis or transport the victim or victims.

As President of the Safety Sense Institute of Canada, I have met over the past year with Mayor Stanley Neil and others at the Town of Brome Lake Town Hall. Officials of the provincial Red Cross have been in attendance at our meetings. The Institute has raised enough money to finance the training of paramedical personnel. The current problem is that we do not have enough volunteers to go ahead and it is my hope and prayer that enough good people from the Town of Brome Lake will step forward and fill the gap. The need is serious and urgent.

Let me cite an example that relates to far too many areas within the Town of Brome Lake. If you become involved in an injury-producing crash in the vicinity of Iron Hill, as of now, you can, potentially, wait over 50 minutes before the arrival of an ambulance. The results are obvious. Doctors and emergency personnel at the Brome-Missisquoi Perkins Hospital in Cowansville tell me that far too many people die, or injuries are unnecessarily aggravated because victims arrive at the hospital too late untreated. Many city areas in Canada have paramedically trained firefighters. The same should hold for our rural areas where the gift of life is just as important as it is in metropolitan Canada.

HEWARD GRAFFTEY

President of the Safety Sense Institute of Canada

T.N.T. - Teachers Not Teaching stay busy

Dear Editor,

A small group of teachers of the District of Bedford got together in 1970 with the intention of keeping in touch with each other. Being teachers, they decided

that they should set up a format of how they should do it - have lots of fun. One clever member came up with T.N.T. not only for Teachers Not Teaching but also Dynamite.

Now in 2002, this group is still going strong, still once a month, except for December, January and February and still in the Residence, where the staff, under manager Mrs. Dot Colson and those in residence welcome us and love to take part in the games, music and just plain visiting, while enjoying refreshments.

Although there was and is very little business done, the members felt that it was necessary to not only keep up the group's interest in the community at large but also to be visible.

Down through the years, we have supported the Robinson with little extras to keep those in the residence happy, The Salvation Army, B.M.P. Hospital, Association for the Mentally Challenged, Missing Children Network etc., but especially the students in the elementary schools and Massey-Vanier with the breakfast and music programs and various supplies needed. Approximately \$7500 has been raised by private donations, selling recycled cards and especially at the bake and 'new to you' tables at the beautiful tea held each summer on the lawn of the residence, when teachers and others gather from near and far to enjoy a lovely afternoon together.

As a member, I salute these ladies, who down through the years and presently have not let the word "retirement" slow them down but have proved that T.N.T. was the correct title for this group.

EVELYN BEBAN LEWIS
Cowansville

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Wm. W. Wishnousky

Thin coverage: Mid-way in a downhill ski year

Global warming is one of those delightful theories or concepts vague enough to serve many purposes in everyday life. Any peculiarities in weather patterns may be blamed upon this still-baffling phenomenon, laid at its feet, so to speak.

Building on this, we have as well the unpredictable El Nino, and its even more mysterious counterpart, La Something-or-Other. So the kids are misbehaving, or the car's not running well, or the economy is going down the tubes? Just blame it on one or all of the above, take your pick.

While perusing the first installment of the snow report, yet another fine service provided by your spritely community daily newspaper, my first thoughts were that, indeed, global warming strikes again. At least for a little while, the renowned Jay Peak cloud seems to have moved just a short distance north of the border.

As noted in other seasons, ski hill mathematics are more of an art than a science. Figures issued, like statistics coming from say, an official military source, are open to a certain amount of interpretation and speculation.

For instance, for a particular 24-hour period, Mont Orford, Owl's Head, Sutton and Montjoye near North Hatley all reported zero centimetres (or inches if you prefer, since nothing is nothing anyway), while Glen Mountain, just about the geographical centre of the area, checked in with an impressive accumulation of half a foot.

The totals for the week in question reflected this either meteorological oddity or statistical anomaly (in any confusing situation, it's always best to use big

words to ensure that, while nothing is made any clearer, at least no one will be offended). Glen Mountain came up with 50 cm, or almost two feet of snow, while the best Owl's Head could do over the same period was a paltry 10 cm.

Bromont and Mont Bellevue fared a little better, with 13 and 15 cm for the seven days; the rest were somewhere in between. Jay Peak, uncharacteristically, didn't share their week's total.

Whatever the numbers, I figured I'd best make tracts up to the nearest skihill, the last of the all-natural-snow centres, to take advantage of the improving coverage and begin enjoying some return on my investment in a season's pass (nearing the end of January, even my late Uncle Louie, with three fingers missing on one hand, could still count the number of times I'd skied there so far on that same hand).

When I got to the mountain, there didn't seem to be much left of the reported near-two-foot snowfall. Of course, this could be explained readily: a high wind likely dispersed much of it, a certain natural compression and evaporation will occur (especially with a strong, warm wind), and grooming mixes everything into the surface. By the way, is it true they're using an old hayfield siderake for grooming? This could explain the mysterious, window-like lateral ridges all over the place.

In fairness to the trail maintenance crew, though, there hasn't been much to work with. Even at this late date, much of the ground is barely frozen. And only in the fourth week of the new year did nature begin to provide something resembling a base, courtesy of a little rain,

followed by wet snow and a hard freeze.

Up to this point, heavy machinery could be used only selectively, and always with the risk of tilling a little sod and gravel into the thin snow cover. If the recent chinook-like weather doesn't persist too long, the remainder of the season could be looking up, with a hard, consistent, if thin surface to build on.

Whatever the weeks ahead may bring, there's no time like the present. We toured the mountain from east to west, checking out the six or so major runs from top to bottom, returning to re-run those in best shape. Conditions were mixed, but generally good. A few rocks and wet spots dotted some slopes, but after more than 20 years of traversing familiar terrain, you pretty well know where not to go... mostly.

Back in the chalet for the wrap-up, the mood was upbeat. Of course, with the anticipation of a

slight decline in revenues, it is understandable to expect a few reductions in non-essential areas. But did they really have to eliminate a major improvement last year, the blue toilet duck in the men's bar washroom?

THE COUNTRY SQUIRE

BRIAN EDDINGTON

Pet of the week... Pantoufles



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♥♥ Happy Valentine's Day ♥♥

FOOD -- Hearty winter stews are delicious

By Marialisa Calta

If you are in full-bore hat-and-mitten mode, you are — as I am — probably hankering for hot, filling, winter food. There is nothing like a warm house on a cold day, and really nothing like sharing a bowl of homemade stew at the kitchen table.

Because we're all so busy, and because making a stew means planning ahead a bit, I think that the art of stew-making has been lost. But the beauty of stew is that it is perfect for busy people — you can make it a day or more ahead of time and refrigerate or freeze it until you're ready to eat it. You can pack it in a thermos or nuke it at work for a simple and satisfying lunch. You can decide at the last minute to invite extra friends for supper, and just add a bit more broth or water to stretch the pot. It's a one-pot meal, needing only some good bread to round it out.

I've included three recipes here: one for a gumbo from the California Olive Industry; one for a vegetable stew adapted from "Claire's Classic American Vegetarian Cooking" (Plume, 1999), by Claire Criscuolo, and a yummy beef dish from "Simply Stews" (HarperPerennial, 1995), by Susan Wyler. That should give carnivores and vegetarians alike something to look forward to.

Now, where did I put my mittens?

GOOD EATING ALERT: Capons — which are de-sexed roosters — are fabulous and available for just a few more weeks in most supermarkets. Roast these meaty, tender birds — which typically weigh 7 to 9 pounds — just as you would a chicken. Stuff them if you like them that way. If you have trouble finding a source, check Wapsie Produce at <http://www.capons.com>, or call (563) 382-4271 to find a store near you. Buy several, and keep them in the freezer for future use.



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LATIN GUMBO

1 pound boneless, skinless, chicken breast halves
 6 tablespoons olive oil
 1/2 teaspoon salt
 1-1/2 teaspoons ground cumin
 1 medium onion, peeled and chopped
 1/2 cup all-purpose flour
 2 to 3 quarts canned chicken broth
 1 14-1/2-ounce can chopped tomatoes, with juice
 1-1/2 cups jicama, peeled and diced (see note)
 2 poblano chilies, roasted and chopped, or 2 canned green chilies, drained and chopped
 1 to 2 tablespoons chipotle chili peppers in adobo sauce, chopped fine (available in supermarkets)

1 teaspoon oregano
 3 cups sliced zucchini
 1 cup pitted, ripe, black olives, halved
 1/2 pound raw medium shrimp, shelled and deveined
 3 cups hot cooked rice, for serving

Preheat oven to 375 degrees.

Put the chicken into a baking pan, and lightly brush both sides with 1 tablespoon of the oil. Sprinkle both sides with salt and 1/2 teaspoon of the cumin. Bake 25 minutes, or until the chicken is no longer pink when sliced. Cool, cut into 1-inch pieces, and set aside.

While the chicken is baking, heat the remaining 5 tablespoons oil in a large pot. Sauté the onion until soft, 5 to 7 minutes. Remove the onion from the pot with a slotted spoon and add the flour, stirring constantly, 5 to 10 minutes, until flour is lightly browned. Blend in 2 quarts of the broth, stirring so there are no lumps. Return the onions to the pot, and add the tomatoes, jicama, poblano (or canned) chilies, chipotle peppers, and the remaining teaspoon cumin, along with the oregano, adding more broth if you think it's too thick. Cover the pot, and simmer for 30 minutes. Add the chicken, zucchini and olives. Bring to a boil, then reduce the heat to a simmer. Simmer, covered, for 10 minutes. (The stew can be made a day ahead and refrigerated up to this point in the recipe. Bring to a simmer before proceeding.) Add the shrimp, cover, and simmer 5 minutes.

To serve, place 1/2 cup rice in center of a bowl, then surround it with the gumbo. Yield: 6 servings.

Note: Jicama is a crispy root vegetable that tastes like a cross between a potato and an apple. You can find it in the produce section of most supermarkets.

— Recipe from the California Olive Industry, Fresno, Calif.

MEXICAN VEGETABLE AND PINTO BEAN STEW

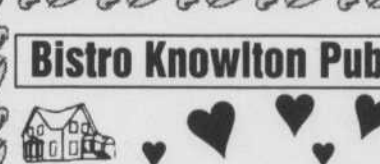
3 tablespoons olive oil
 2 medium sweet onions, peeled and coarsely chopped
 2 14-1/2-ounce cans pinto beans, drained, rinsed, and drained again
 1/4 cup finely chopped fresh cilantro or parsley
 3 medium carrots, peeled and cut into 1/2-inch slices
 2 teaspoons ground cumin
 2 teaspoons chili powder
 2 medium zucchini, cut into 1/2-inch slices
 1 quart water, or more, to reach desired consistency
 4 green onions (scallions), white part and 3 inches of green, coarsely chopped
 2 10-ounce packages frozen corn kernels (3 cups)
 salt and pepper, to taste
 For serving:
 4 cups cooked brown rice, for serving




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grated cheese, sour cream, chopped red onion, sliced avocado, chopped cilantro, as desired

Heat the oil in a large soup pot over medium heat. Add the onions, and cook for 5 minutes, stirring occasionally, until the onions are softened. Add the beans, cilantro, carrots, cumin, chili powder, zucchini, green onions, and enough water to make a stew-like consistency. Cook, covered, about 30 minutes. Add the corn, stir to mix, cover, and cook

Continued on next pg.

♥♥ Happy Valentine's Day ♥♥

FOOD -- Hearty winter stews are delicious

Continued from previous page

until corn is heated through. If making a day ahead, cover and refrigerate. Reheat before serving.

Serve with rice. Top with grated cheese, sour cream, onion, sliced avocado and/or chopped cilantro, as you like. Yield: 8 servings.

— Recipe from "Claire's Classic American Vegetarian Cooking" (Dutton, 1997), by Claire Criscuolo

MEDITERRANEAN BEEF STEW WITH OLIVES, SUN-DRIED TOMATOES AND FRESH BASIL

- 2 tablespoons olive oil
- 2 pounds lean beef stew meat, such as bottom round, cut into 1-1/2 inch cubes
- 2 medium onions, peeled and thinly sliced
- 2 garlic cloves, peeled and thinly sliced
- 3/4 cup dry vermouth
- 1 28-ounce can Italian peeled tomatoes, coarsely chopped, juice reserved
- 2 teaspoons balsamic vinegar
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon crushed hot red pepper
- 1-1/2 cups cold water
- 1/3 cup quartered and pitted kalamata olives
- 1/3 cup sun-dried tomatoes, packed in oil, drained
- 1/2 cup lightly packed fresh basil leaves, shredded

In a large, heavy pot or Dutch oven, heat the olive oil over moderately high heat. Add half the meat, and cook, turning, until nicely browned, about 5 minutes.

Remove it to a plate with a slotted spoon. Repeat for remaining meat, removing that to a plate when it is cooked.

Add the onions to the pot, and cook, stirring occasionally, until they are golden and beginning to brown around the edges, about 5 minutes. Add the garlic, and cook 1 minute. Pour in the vermouth, and boil until reduced by half, 1 to 2 minutes. Add the chopped tomatoes and their juice, the vinegar, black pepper, hot pepper, and water.

Add the meat to the sauce, along with any juices that have collected on the plate. Bring the stew to a boil, reduce the heat to low, cover, and simmer 1-1/4 hours. Add the olives and simmer 20 to 30 minutes longer, or until the meat is tender.

Add the sun-dried tomatoes, and simmer 5 minutes. (The stew can be made to this point in the recipe up to 2 days in advance.) Just before serving, stir in the fresh basil. Yield: 6 to 8 servings.

— Recipe from "Simply Stews" (HarperPerennial, 1995), by Susan Wylar

Marialisa Calta is a co-author, along with Jimmy and Maya Kennedy, of "River Run Cookbook: Southern Comfort from Vermont" (HarperCollins, 2001).

The California Olive Industry

Latin Gumbo is a hearty stew of chicken, shrimp, vegetables and olives. The stew is flavored with cumin, oregano and two kinds of chili peppers.

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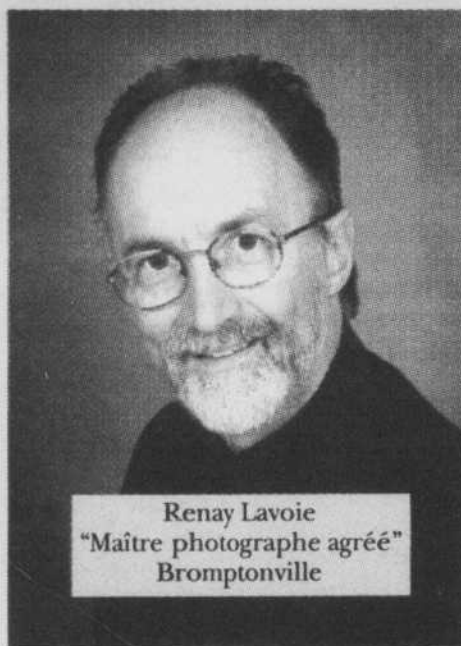


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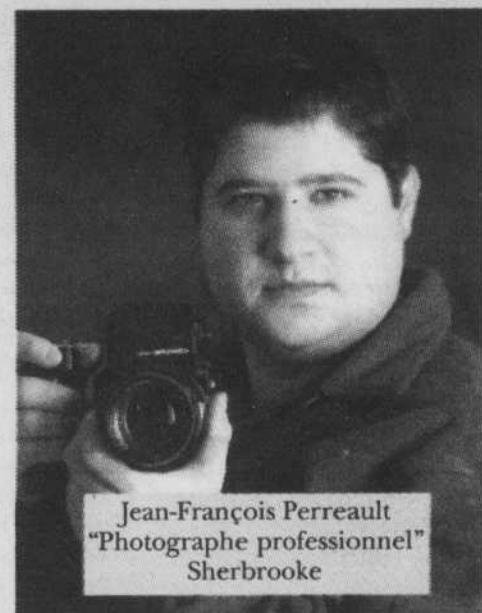
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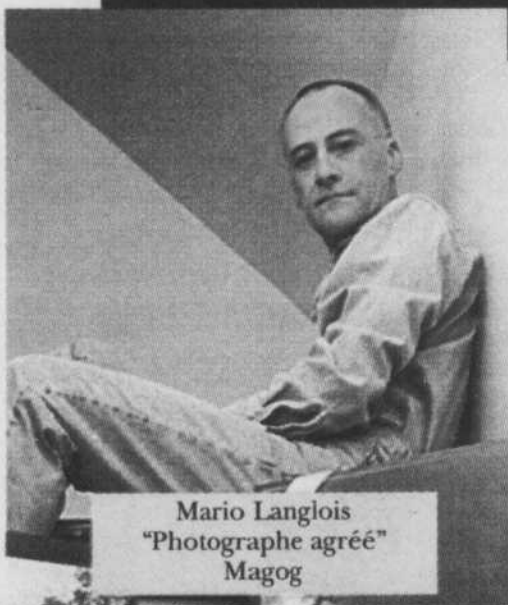
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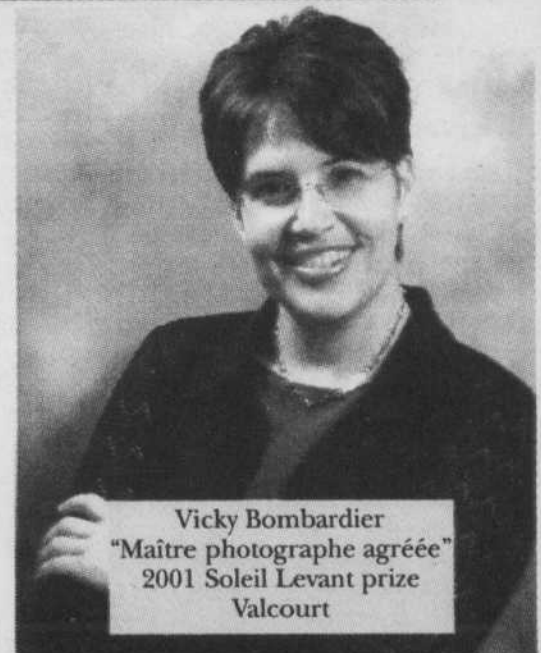
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2002 — A Maritime odyssey

Canada's longest sports exchange is more about culture than hockey

By Caroline Kehne
RECORD CORRESPONDENT
KENSINGTON, PEI

The people of two rural towns — one agricultural, one maritime — know more about fostering unity than many politicians will ever know. Unity, not in the political or economic sense, but in the cultural sense. The sense of feeling at home in a place where your mother tongue is not widely spoken, your historical perspective is a curiosity and, despite all that, your presence is distinctly welcome.

For the past 34 years, the towns of Bedford and Kensington, PEI have taken part in an annual hockey tournament that has cemented friendships, changed attitudes and fostered understanding in ways that are hard for non-participants to comprehend.

This annual event, despite many challenges, remains intact and, remarkably, largely unknown outside of the towns and their immediate communities. The secret to the longevity of one of Canada's longest running hockey exchange may lie in its simplicity and sincerity, due in large part to the fact that the event has been financed and managed by the two communities themselves. It is a trip worth taking.

WEDNESDAY, JAN. 23, 7 P.M.

At a time when most are heading for bed, cars, trucks and mini-vans bearing more than 40 parents, chaperones, coaches and 26 pee-wee hockey players converge on the Bedford Arena.

Eighty voyagers from Bedford Town

and Canton, Stanbridge East, Dunham, Mystic, Philipsburg, St-Armand, Pike River, Clarenceville and Henryville pack onto two busses for the grueling 15-hour overnight journey through Quebec and New Brunswick en route to Prince Edward Island.

Three drivers rotate responsibilities at the wheel, including Michel Bienvenue, who has served as a driver for the past nine years, and is on a first-name basis with many of the repeat passengers.

A mountain of suitcases, gym bags bulging with hockey sticks and pads are stuffed into the hold, enough for the five-day trip and then some. This caravan is not the only one: others, as a concession to time, health or comfort, are already en route to the tiny town of Kensington by car, train, or flight.

Finally, at 8:30 pm, the busses roll out of Bedford northbound toward the Trans-Canada.

The weather report is auspicious: a prolonged January thaw provides excellent road conditions, a bonus for the last week of January.

As the bus rumbles through the dark countryside toward Quebec City, an exchange parent keeps a steady stream of action flicks rolling on the bus's VCR. The 10 to 12-year-olds, full of energy, are riveted in their seats. Neither school nor a full day of work has diminished travelers' energy levels: many are too excited to sleep.

Every four hours there is a rest break, to grab a coffee or to stretch cramped legs. Two films and many kilometres later, at around 3 a.m., the bus is finally quiet, as the voyagers drift off into a few hours of light sleep.

THURSDAY, JAN. 24, 6 A.M.

The dawn breaks over the rolling New Brunswick countryside. It is time



PHOTOS BY CAROLINE KEHNE/CORRESPONDENT

The 2002 Kensington-Bedford Pee-wee Hockey Exchange's opening ceremonies at centre ice featured Kensington and Bedford players as well as dignitaries from PEI and Bedford.

to set watches ahead one hour. Except for occasional dense fog, the trip has gone without a hitch.

By 9:30 a.m., the bus crosses Confederation Bridge, the seven-kilometre span linking the mainland to PEI. Around 10 a.m., the bus arrives at its first destination, the arena, Kensington Community Garden, where the exchange players and parents will be introduced to their host families.

This is, for some of the players, the moment of truth, when culture shock hits.

"Some kids are nervous at first," says class A player Robert Duchesneau. "But by the end, they don't want to go home."

For some of the younger kids, it may be their first experience staying in another family's home. The toughest challenge is for kids who do not speak any English — organizers try to find French-speaking families to ease the transition. Remarkably, most kids adjust quickly and will return the following year.

At the arena, equipment is unloaded and after introductions, the Quebec parents bid an anxious goodbye knowing that they are only a phone call away at a local motel.

FRIDAY, JAN. 25

The message of this exchange quickly hits home: It's more about exchange of culture than sports.

By the second day, one hasn't really seen much in the way of hockey. The Bedford pee-wee players spend the morning in school, shadowing their Kensington counterparts' daily lives, followed by bowling.

Back at the hotel, the adults are kept busy with trips to Cavendish Farms, the massive processing plant which turns the islands' spuds into frozen potato

produces or a free afternoon shopping. There will also be bus trips across the island to the capital, Charlottetown and a visit to Founders' Hall. In between, the visitors fan out to reconnect with friendships that have spanned decades.

It is hard to imagine the island's fabled green countryside, which now lies buried under several feet of snow.

"It can be pretty dull here in the winter time," says long-time Kensington Mayor Gerry McCarville, explaining, in a good natured way, why his town has so enthusiastically embraced the exchange.

There are three major themes in the island economy: tourism, fisheries and agriculture.

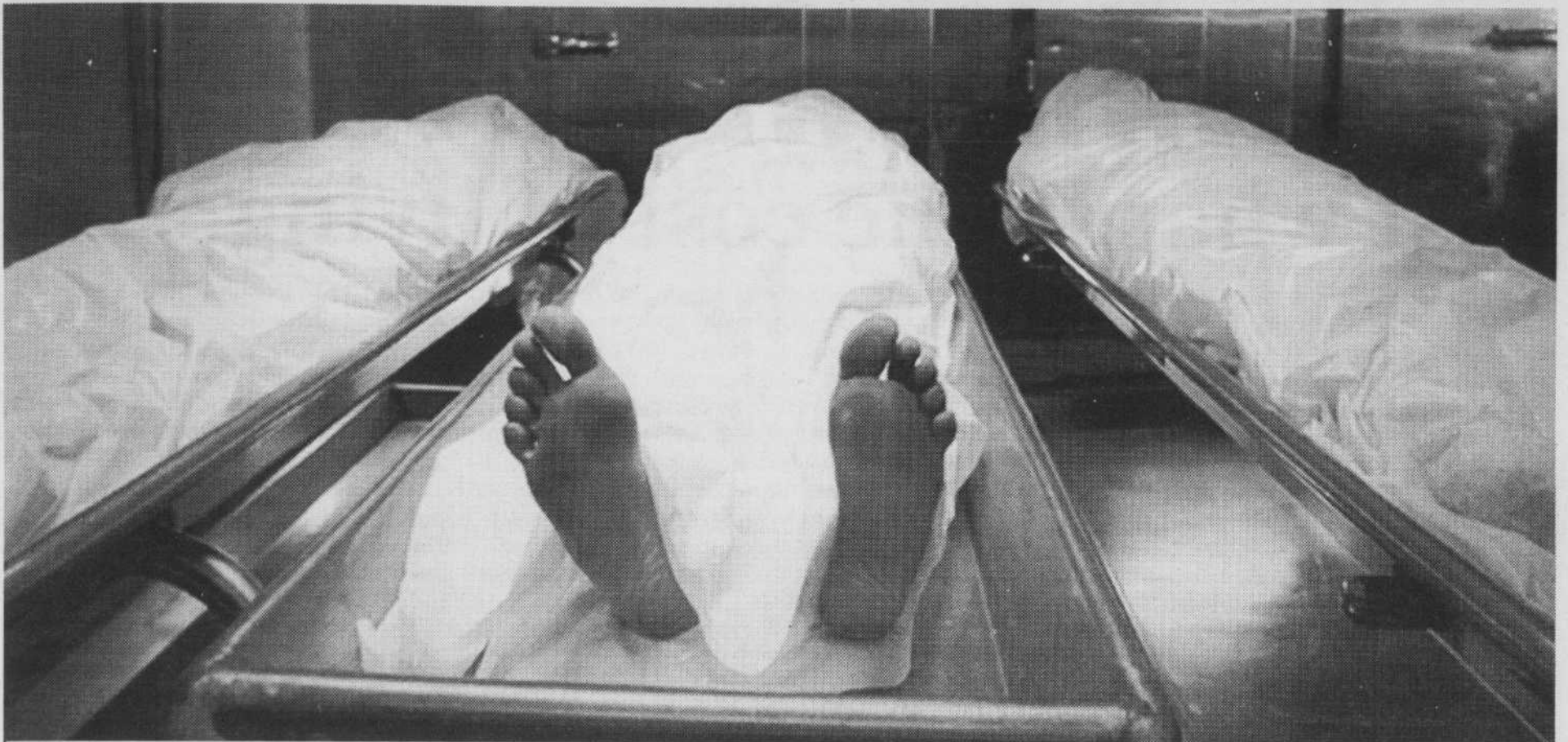
SEE HOCKEY, PAGE 16



10 a.m. Thursday morning: The Bedford busses arrive at the Kensington arena and are introduced to their billeting families.



In the exchange's final game between Bedford and Kensington, Bedford won 9-0.



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FINANCIAL FUTURE

Just what IS the cost of living?

By Daniel Aspell

Whatever the economic news, one question always arises: How does this affect the cost of living? That question is bandied about in good times and bad, in periods of expansion and recession, and whether the Bulls or Bears are running on Wall Street. But when you get right down to it, just what makes up the cost of living?

Another good question might be, "What does it have to do with me?" Well, if you're thinking about relocating for a job or other reasons, wondering whether to put the kids into private schools or even deciding whether to build a new home, the answer is plain. The cost of living in a given area depends on many variables, and it can drastically affect the quality of life that a person or family can sustain.

There are certain things that are unchangeable in regard to the cost of living: the national interest rate, taxes, inflationary costs and certain fixed prices like gasoline (though that has even been seen recently to fluctuate due to price-gouging by certain independent companies). For those who have taken an economics course, you can look at the national interest rate and such as fixed costs, and housing, tuition and the cost of goods as variable (changing) costs.

If you live in a major urban area, your cost-of-living index will certainly be higher. If you take a look at the data from the past few years, places like Honolulu, Hawaii, and San Francisco, California, have some of the highest housing costs. Easy to understand, as who wouldn't want to live in two of the most beautiful U.S. cities? When you

compare the price of a three-bedroom home in Honolulu to one in Fargo, North Dakota, (a lovely, peaceful, if slightly snowy city), the curve goes crazy.

In other words, the cost-of-living index is there for you, the individual, to evaluate. Sure, the housing prices in Fargo are lower than Honolulu's, but what other differences are in store? Here's a quick look:

- Overall cost-of-living index: Fargo 95.7%, Honolulu 155.3%
- Food and groceries: Fargo 94.8%, Honolulu 124%
- Transportation: Fargo 93.7%, Honolulu 121%
- Utilities: Fargo 104.6%, Honolulu 83.0%
- Health: Fargo 102.6%, Honolulu 120.0%
- Median Home Purchase: Fargo \$93,600, Honolulu \$295,000
- Property Tax (per \$1,000): Fargo \$22.00, Honolulu \$44.10
- Auto Insurance: Fargo \$590, Honolulu \$1,500
- Recent Job Growth: Fargo

1.6%, Honolulu -0.02

Interesting mix, wouldn't you say? By the stats, you'd say that Fargo is by far the better deal for cost of living. But when you consider the intangibles-access to entertainment, nice weather etc.-things get muddled.

In the long run, the cost-of-living index can serve as a guide to people or families on the move but it can't be a total indicator of where one should live. Certainly it's useful when comparing job salaries and housing prices, but even those may not mean as much when entered into the mix with quality-of-life issues such as low crime, good education, parks, etc. Those are intangibles, and fall into the realm of livability conditions.

The cost-of-living index is just that...an index of certain economic conditions. To get the big picture one has to balance those money figures with the quality-of-life issues before one location can truly be deemed better than another.

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FINANCIAL FUTURE

Financial scams come in all shapes and sizes

By Daniel Aspell

Ever since people started using money, there have been swindlers out to take it from them by deceit. Unfortunately, they've been able to get away with it due to a public that believes that, just maybe, they can get something for practically nothing. But although the days of being offered the Brooklyn Bridge at a great price are gone, there are plenty of modern scams that dupe thousands out of millions each year.

Parents need to be aware of a relatively new scam industry, the "guaranteed scholarship" racket. As the excellent Web site www.finaid.org states, if you have to pay money to get money, it's probably a scam. The site states that every year, several hundred thousand students and their parents are duped by these frauds. By using slick, official-looking materials that give the impression of a reputable organization, they prey on families with limited financial means but dreams of higher education for their children.

The scholarship scams all share pretty much the same premise. If the parents put up money (sometimes a monthly fee), the "organization" will find your child a scholarship. What they don't tell you of course, is that although you may pay thousands of dollars, your actual scholarship may amount to \$500. Others simply charge you a "small" fee (usually under \$100) for the chance at a scholarship. After reaping thousands, they may award a few scholarships worth far less. Parents beware: If any organization other than a college or university approaches you with scholarship information, or you didn't directly apply for the scholarship information, it's highly likely that you've been chosen as the next "mark."

We've all seen the ads: "Work at Home and Earn \$1,000s!" Who hasn't been tempted to answer one of these ads, just to see what they offer? What they mostly offer is a lot of disappointment. According to Horwitz, Horwitz and Associates Ltd., one of the more common, the "stuff-envelopes-at-home" scheme, is the most lucrative for the scammers. On the Web site, www.mylawyers.com, promoters state they will, for a fee, teach you how to make money by stuffing envelopes in your spare time. Once you've paid the fee, you'll

find that the promoter has no employment for you at this time, but hey, you can earn money by placing the same type of ad! In other words, you, too, can learn how to swindle.

Another common fraud they discuss is the "vending machine" business. For a fee (usually fairly steep for the average guy), they'll set you up with your own vending machine business. The pitch is that you'll reap the profit from all manner of vending machines in high-traffic areas, and they'll do the maintenance. Many investors, however, have found that the locations of the machines are hardly desirable and less than well-trafficked, and the scheduled maintenance on the machines never materializes.

Some of the more despicable scams prey on the elderly. Often on a fixed income or lacking a companion, seniors are a prime target for thieves. According to the American Association of Retired People (www.aarp.org), "home improvement" frauds are common. Often, the roofing or driveway "specialist" has "just completed a job on a neighboring street," and noticed that the intended victim's roof/house/driveway could use some repairs. Often, they state that they have some materials "left over" from the job, and can do it quickly and easily. Of course, they'll need a deposit, usually half the cost of the job. Once the deposit is paid, some of them even show up...to slap some tar on a roof or driveway, some caulk around a door-frame...and then they're gone, once they're sure the check has cleared.

Other common scams against seniors include the "Bank Examiner," where a thief will ask the victim to withdraw money "to help catch a dishonest employee," and the "Canadian Lottery" scam, where victims are told that they have won an obscure lottery...they just need to send in thousands of dollars to cover the "taxes" on their winnings.

The old maxim holds true: If it sounds too good to be real, it probably isn't. How do you know whether or not it's a fraud? Call your local Better Business Bureau, or the one in the state

where the promoters claim to be based. Check the Web sites listed in this article. Better yet, call your state's Attorney General's Office—that's what they're there for. Check business licenses, make call-backs to the bank; do whatever you can think of to check the claims of those trying to sell you something.

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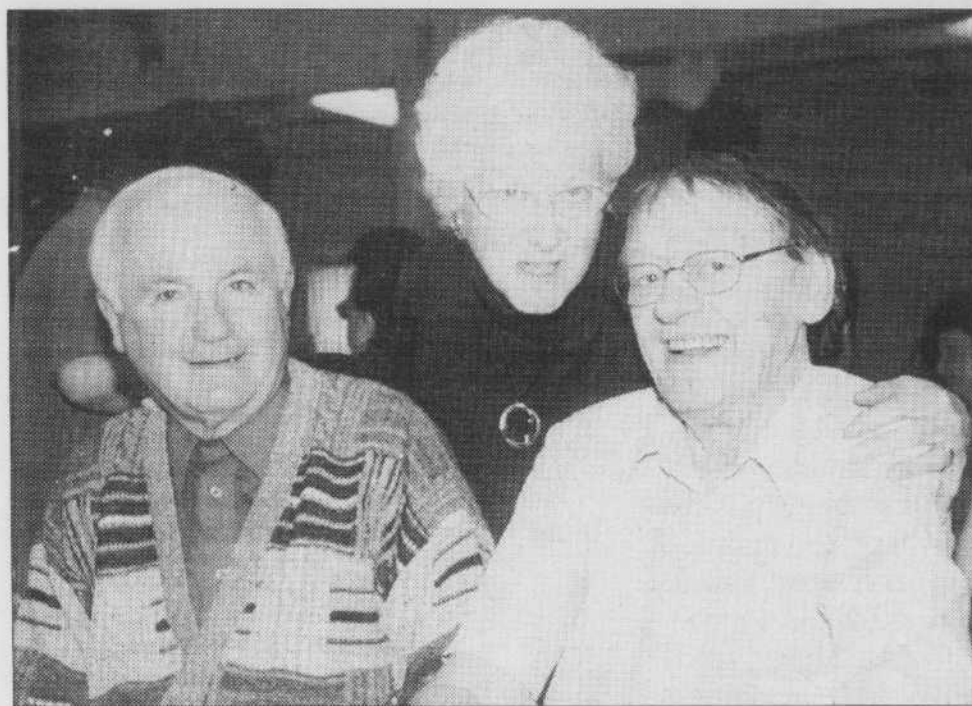


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Annual exchange wakes up sleepy winter town



PHOTOS BY CAROLINE KEHNE/CORRESPONDENT

"Old Timers' Kensington Mayor Gerry McCarville (left to right), wife Jenny and Bedford councilman Keith Sornberger have a laugh at the players' breakfast.

HOCKEY:

CONT'D FROM PAGE 12

Here and there one sees the tell-tale reminders of the island's resident goddess, Anne of Green Gables and its economic barons, the McCain and Irving families.

While nearby Cavendish Farms continues to crunch out millions of pounds of frozen potato products year round, the tourism industry slips into hibernation in the winter months. Many businesses all but shut down until the spring, but, some, like Charlottetown's Founders Hall, obligingly open to accommodate the exchange visitors.

This January is unusually active, with the influx of 80 visitors of the hockey exchange, while in nearby Summerside, crowds flock to the 2002 Karcher Canadian Junior Curling championships.

Island culture breeds a strong social community and support of local institutions including the Royal Canadian Legion, churches as well events such as Kensington's summer Community Harvest Festival.

There is also a conservative social undercurrent: blue laws close shops, restaur-

rants and bars on Sundays and stories abound of the days of the island's alcohol prohibition. Food — including lobster, mussels, oysters and the ubiquitous P.E.I. spud — is also an important social element and it abounds in great variety, quality and quantity at gatherings.

SATURDAY, JAN. 25

Hockey day has finally arrived. The morning starts with a massive breakfast at the Kensington Royal Canadian Legion, which includes a ready supply of freshly shucked Malpeque oysters. A well-fed crowd moves to the nearby Kensington Community Garden for hockey between Bedford's two teams and PEI teams from Kensington, Bordon, and Rustico.

Families and supporters fill the benches; Kensington Mayor Gerald McCarville and his Bedford counterpart, Marcel Béchard, are both in the stands, rooting for their home teams.

Of the eight games on the Saturday schedule, only those between Bedford and Kensington "count" toward the tournament trophy: the team that accumulates the highest total goals in both the Kensington games and the re-match in Bedford in mid-March is the exchange winner.

There is little of the "winning-at-any-cost" mentality that has so poisoned modern sports.

"The goal is to keep the score balanced," says Bedford head coach Michel Paquette, who works with Kensington counterpart Gordie Roche to make sure that no team gets trounced. "The kids learn very fast that you don't step on your friend."

Every skater, regardless of skill or age, gets ice time; Paquette says that only in rare instances, such as illness, is a player benched. At the end of each game, both teams designate its most valuable players: this year, Bedford players Jason Buout, Nick Hébert, Jonathan Fortier Béchard, Robert Duchesneau, Michael Soule and Melissa Miclette (Bedford's only female team member) walked away with the honours.

Sandwiched in between games is an elaborate opening ceremony, complete with red carpet, led by local and visiting dignitaries, followed by a pizza party for the players.

"The Hockey Federation should look into more fun competitions," said Paquette, who has coached the Bedford team for nine years. "If you had more of this in the program, you would probably have more players continuing in the hockey program."

SUNDAY, JAN. 26

The exchange closes with one final

game between Bedford and Kensington, which Bedford wins 9-0. Unfortunately for the visitors, this exhibition game does not count toward the final trophy point accumulation.

In the final tally, Kensington leads Bedford, 10-9. When the two Kensington teams come Bedford in mid-March, the Bedford peewee players one final shot at bringing the trophy home.

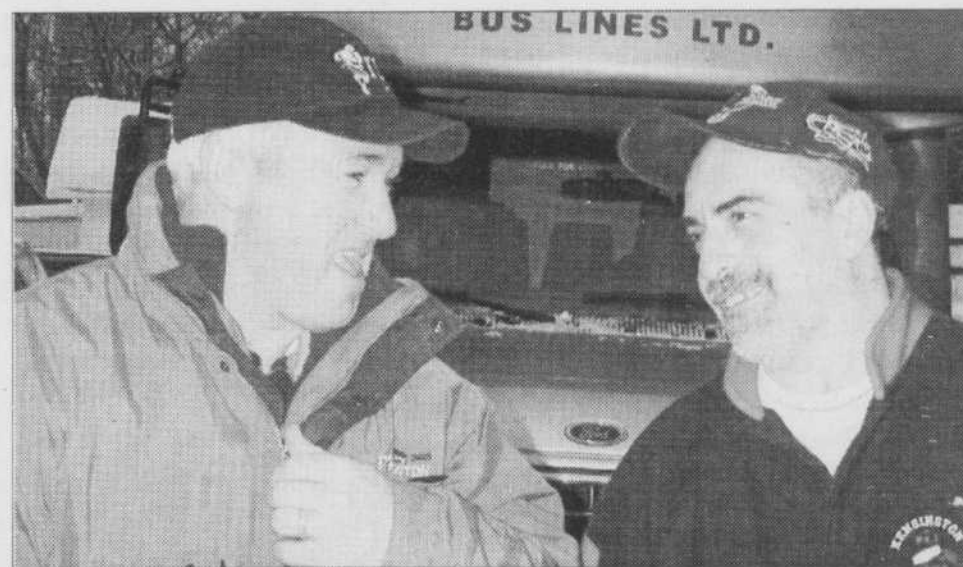
The day concludes with a closing banquet, music and, for adults with any remaining energy, a dance.

MONDAY, JAN. 27, 7 A.M.

Monday morning comes too soon, especially for those adults who chose to stay out dancing in the wee hours. At 7:30 a.m. the players say farewell to their host families, posing for last minute photos and preparing for the long trip home, knowing that they will be re-united in six weeks.

The long bus ride home is much more subdued than ride east; everybody, adults and players, are looking a bit ragged around the edges from cramming so much into so little time.

In six weeks, it will be Kensington's turn to be feted with Quebec hospitality. Until then, the Bedford organizing committee will be working feverishly to prepare. Coach Michel Paquette said that they try to live by founder Eric Jones' golden rule: It doesn't matter how things get done, as long as they do get done and everybody has a good time doing it.



Kensington head coach Gordie Roche (left) and Bedford coach Michel Paquette say their good-byes before the Bedford team departs for home in the early morning hours.

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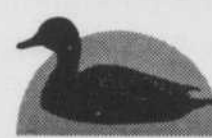
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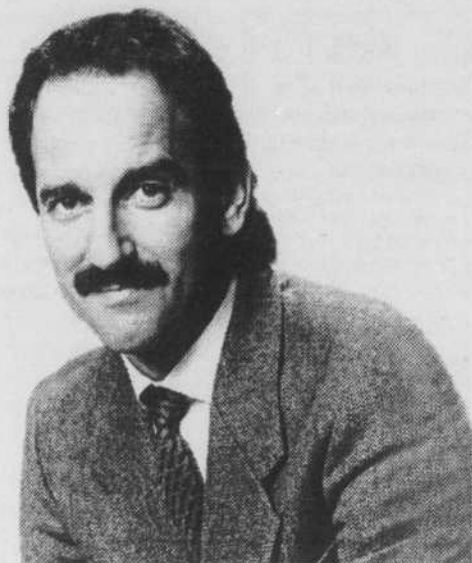
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NEWS



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ON NUTRITION - Weight loss isn't a snap



By Ed Blonz, Ph.D.

DEAR DR. BLONZ: I expect that by the time you read this letter the holidays will have left their mark on my waistline. I want your take on a diet supplement that is safe, all-natural, and claims to use thermogenic action to burn fat while you sleep. Aside from your comments on the product, do you have any general advice to offer? - F.S., Kankakee, Ill.

Dear F.S.: This one is easy to handle — no doubt much easier to deal with than the “handles” that are the cause of your concern. First, we all lose weight while we sleep. The only time we're not losing is

when we are eating or drinking. The idea that a few pills can help you to drop a few sizes while you slumber sounds great in a sales pitch, but that's all it is, so don't be fooled.

Thermogenic (heat producing) refers to attempts to increase the basal metabolic rate (BMR). The BMR can be thought of as our caloric “cost of living.” It's the amount of energy needed to keep our body “engine” at idle, and it adds up 24/7 for such things as breathing, maintaining body temperature and keeping the heart beating. This basal metabolism accounts for 50 percent to 70 percent of the energy we burn every day.

Supplements that promise thermogenic effects usually rely on stimulants. I see nothing safe about it. The all-natural descriptive is also a laugh. How natural can it be to walk around (or attempt to sleep!) while on stimulants? Such products do not increase your basal metabolic rate. All they do is jazz you up while the drugs are in your system. They can have dangerous side effects as well.

The way to increase your metabolic rate is through an activity program that increases the relative amount of muscle tissue in the body. We can understand that a car with an eight-cylinder engine burns more gas sitting at a stoplight than a four-cylinder car. It is the same way with the amount of muscles in the body.

Muscle is metabolically active; fat is

not. Think of the benefits. First there is the burning of calories to fuel the activity. Then the body responds to new activity patterns by building more muscle to handle the new demand, which also takes energy. Then you have the increased muscle mass that raises your basal metabolic rate.

Here are some basic guidelines that can help regardless of what road you take.

There is no magic ticket to weight loss. It helps to appreciate that obesity is rarely a disease of willful misconduct. That's too simplistic a way to view the condition that affects almost one out of every three adults and one in five children in the United States. Carrying around excess weight comes as a result of a complex combination involving genetics, diet, activity and one's psychological environment.

Motivation to change must come from within. Attempts to change one's body weight solely at the behest of friends or family are usually doomed to failure. While you may find a way to drop a few pounds, your chances for long-term success are only as good as your personal commitment.

It is essential that you pick a sensible target. It's well established that parental obesity plays a role in determining one's body type, so take a hard look at your other family members. Having a large-framed family doesn't mean you should abandon hope of losing weight, you can

set realistic goals.

Your best approach is a long-term strategy, where changes are subtle and lasting instead of radical and short-lived. This gradual shift should not place the sole emphasis on reducing dietary calories — it must include an activity component. Activity burns calories, but it also checks the metabolic slowdown that can accompany weight-loss dieting.

Finally, it is important to realize that it probably took years of bad habits to gain the weight. Don't be fooled into thinking that there are magic products that can make it all go away overnight. The key goal should be the adoption of a healthier lifestyle, not merely weight loss. With conviction and good planning, results can be achieved. Regardless of where you end up weight-wise, your actions will result in a healthier you.

Send questions to: “On Nutrition,” Ed Blonz, c/o Newspaper Enterprise Association, 200 Madison Ave., New York, NY 10016. For e-mail, address inquiries to: ed@blonz.com. Due to the volume of mail, personal replies cannot be provided.

Ed Blonz, Ph.D., is a nutrition scientist and the author of “Power Nutrition” (Signet, 1998) and the “Your Personal Nutritionist” book series (Signet, 1996).

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ON NUTRITION - Is all soy milk created equal?

By Ed Blonz, Ph.D.

DEAR DR. BLONZ: I'm a lactose-intolerant diabetic who misses milk. I use soy milk as a substitute, and I have noticed something about the soy milks that are sold from the grocery shelves versus those sold in the cooler next to the cow's milk: The shelf soy milks are much higher in carbohydrates. One brand, for example, has 130 calories (35 calories from fat), with 18 grams of carbohydrates, while another has 100 calories (35 calories from fat), with only 8 grams of carbohydrates.

Why the dramatic difference? Until I read the nutrition facts, I thought soy milk was soy milk (barring a carb difference between plain and flavored). Is there something about the way the shelf soy milk is packaged for nonrefrigerated sale that requires the higher carbohydrate level? My concern stems from the fact that I am a diabetic, and I watch my carbohydrate intake. As a shopper, though, I have to watch my wallet, too, and the cooler soy milks are usually much more expensive than their shelf brethren. — J.C., San Diego, Calif.

Dear J.P.: With dairy milk, there is a specific industry standard, but such is not the case with soy milk. As a result, soy milks are free to roam along a larger ingredient and flavor frontier. There isn't anything right or wrong with any particular approach. Soy milk is a beverage made from soybeans that are soaked,

ground into a slurry and strained to remove insoluble residue. That given, each product is formulated according to a company's desired qualities. It can be plain or flavored, with or without fat, and with or without added nutrients. Soy does not contain much calcium of its own, so a number of companies fortify their products to lend it a milk-like nutrient profile.

Prior to packaging, most commercial soy milks undergo an ultra-high temperature, short-time pasteurization process known as UHT. Some products are then put into rectangular aseptic cartons, safe for storage at room temperature for up to one year. These cartons contain a special layer that prevents air or moisture penetration. The packaging is the key, not the level of carbohydrates in the formula.

Soy milk stored in more conventional cartons needs to be stored at refrigerator temperatures. In both cases, there will be a “best used by” date, so be sure to read this information before you make your selection. Once opened, both types need to be refrigerated to maintain freshness and should be used within five to seven days.

Incidentally, if you are lactose intolerant and want dairy milk, there are now 100-percent lactose-free products available in many areas. Check with your grocer.

DEAR DR. BLONZ: Which foods con-

tain magnesium? — C.B., York, Pa.

Dear C.B.: Magnesium is an essential element needed for maintaining normal bone structure. (Half of the body's magnesium is in our bones.) It is also required for normal nerve transmission, muscle relaxation and normal heart rhythm. Good dietary sources include avocado, nuts, bananas, legumes, whole grains, dark leafy greens, milk and oysters.

DEAR DR. BLONZ: Can you explain why vitamins expire? — S.H., Arlington Heights, Ill.

Dear S.H.: Vitamins are reactive compounds that play an integral role in most of the chemical reactions that take place in the body. Although mineral supplements tend to be quite stable, vitamins can slowly lose potency over time. Factors

that encourage breakdown include humidity, temperature and light, and formulas that contain fat-soluble nutrients tend to break down the fastest. The best way to store products is in a tightly sealed container in a cool, dark place. Many supplements include moisture-absorbing capsules or packets to help maintain product quality. Product expiration dates indicate when the vitamins can be assured of full potency, assuming that the product has been stored appropriately.

Ed Blonz, Ph.D., is a nutrition scientist and the author of “Power Nutrition” (Signet, 1998) and the “Your Personal Nutritionist” book series (Signet, 1996).

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Card of Thanks

EICHENBERGER - We would like to express a sincere thank you to each and everyone for cards, flowers, gifts and phone calls for our 50th Anniversary. Special thanks to Shirley Beaks and Susanne Lepage who organized our surprise reception at the Creek Church, three delicious cakes, sandwiches, cookies, etc. were served. We are truly blessed to have so many good friends and neighbors to come and enjoy this unforgettable day. Thank you all.

ANNA & FRED EICHENBERGER

Happy 80th
Birthday Dad

All our love and good wishes from your nine children, 12 grandchildren and two great-grandchildren.

Read the Record
daily.

Georges Larocque and myself visited three new home owners, on behalf of the S.E. Welcome Committee: John Boomhower and Tammy Clohosy, Eric Duchesneau and Chantal Dalpé (Quintins') and Daniel Foucrault and Julie Beauvais who have three little children and have purchased the place beside the museum. The recipients were presented with good wishes and a gift of local products, plus the S.E. Centennial Book (1890-1990)

Mrs. Mac MacDonald (Lillian) passed away in her 109th year. Wayne MacDonald and his two children, Ryan and Tara drove to Moncton, N.B., to attend the funeral of their grandmother and great-grandmother.

Brome Theatre was a "full play-house" the evening Neil and I went to see The Music Man, we were royally entertained...a marvelous play! Afterwards we drove about to see Knowlton's Festival of Lights; they were fantastic. We didn't notice the mystery angel - too bad for us.

Todd and Laurie (Robinson) Ingalls are the proud parents of a baby boy named Baylee Aleck. Middle name after his paternal great-grandfather. Congratulations and best of wishes to the whole family.

The Canadian Club of the Yamaska Valley held their Christmas Reception at which the "Pot Pourri Choir" scent us on our way home with the holiday spirit. Refreshments which were supplied by the executive and committee members were very festive. The next meeting will be on March 4th.

Massey-Vanier held their Christmas Music Recital in their auditorium. I went with Pam and Norma Miller...it was absolutely wonderful! The 70+ students did so well under the direction of the Barrs.' S.E. performers were Melinda Marks who played the clarinet and Mitch Piette who played drums. I remarked to him that he made me think of Gene Krupa, his reply, "who?"

The Missisquoi Bay Snowmobile Club established a new trail by cutting trees, clearing stumps and stones to attain an access to the village of S.E. off the main trail. Snowmobilers would like to express their appreciation to Lyall

Stanbridge East - Thelma Rhicard

Rhicard and Carl Boomhower for their co-operation which made this possible. Also thanks to Earle and Norma Rhicard as part of this trail crosses their property. Also, gratefulness is felt for the many volunteer workers who gave of their time and equipment and to all other landowners who have collaborated for many years. Arnie Davitt constructed an archway at an entrance onto Lyall's land with a plaque and lights decorating it.

On Dec. 6th, the day that many wore white ribbons to commemorate the Polytechnique massacre and to call for an end to violence against women, I picked "the last miniature rose of summer" and several Johnny - Jump- ps, also planted seeds in the garden.

Family and friends of Lyall Rhicard are pleased to hear that he's home from B.M.P. Hospital, feeling and looking quite well.

David Reallfe is having a rough time with his health. His operation at BMP was successful but then he developed lung problems which caused his transfer to Sherbrooke. Very best of wishes go out to him with hopes that his wish to be home comes true soon!

U.C.W. members and many of our Anglican friends (48 in all) met at The Euro-Spa to celebrate Christmas together. We enjoyed the hot buffet, visited and had a gift exchange that was looked after by Barbara Gage. The highlight of the event was a presentation of a Life Pin by Pres. Thelma Rhicard to Elsie Lackey in appreciation of her valued service to the United Church.

A 50th Open House Birthday Party for Jean-Paul Larocque was held at The Memorial Hall. It was organized by his wife Donna, many family members and friends attended, the kiddies were entertained by a clown, the long table was spread with edibles and two large decorated cakes. A great time was had.

The Dunham Women's Institute invited some branch members to their Christmas party at the Papillion restaurant in West Brome. Attending from S.E. were Mary Boomhower, Maggy Cummings, Dianne and Thelma Rhicard, Diane Tait, Erma TenEyck and Pearle Yates. The event started with all

having a delicious dinner, a gift exchange was held, then an auction by Pearle Yates (lots of fun) with the proceeds going to the upkeep of the W.I. Cairn.

The S.E.W.I. held their Christmas outing at the Euro-Spa in St. Ignace. A hot buffet lunch was savored, followed by a gift exchange. Members had brought cookies to be distributed at Senior Residences.

In celebration of Bruce Kidd's 84th birthday, his wife Doris, daughter Sandra and her husband Delmar Wilson, his son David and wife Donna and I, his niece, went to visit him at Knowlton House. Sandy had made a decorated chocolate cake and had brought hot tea, we enjoyed a festive time together.

The Anglican Church Women held a Christmas lunch for 47 seniors plus staff. Dale Spicer at 83 years of age was the most senior to attend and enjoy the treat, games, gifts and the Promise Tree. Carols were sung to the music of Joyce Clakeslee on the piano and Ron Haynes' guitar. Guests left the Anglican Church Hall with a happy feeling.

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