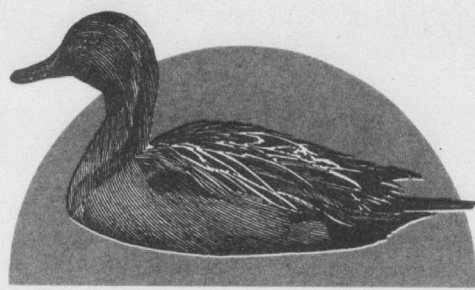


Brome County NEWS



WEDNESDAY, NOVEMBER 3, 2004

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Crowds running to see The King and I

By Wendy Denman

RECORD CORRESPONDENT

Going into its third and final week of production at Arts Knowlton, *The King and I* has been declared a resounding success. With four performances to go, this Thursday through Sunday, only a very few seats are left with Sunday and Saturday shows already sold out.

"We've done well, many of the shows were sold out with maybe two, on a Thursday or Friday not completely sold out — with maybe 85 in the audience," said Roger de la Mare of Knowlton Players.

The lavish Lucy MacAuley-directed production, with a cast of over 40, is true to Rogers and Hammerstein's 1951 musical, full of period costumes, exotic backdrops, complex choreography and soaring with memorable music.

De la Mare acknowledged that the show could probably go right on for another couple of weeks with packed



COURTESY JIM MACLELLAN

Arts Knowlton's version of Rogers and Hammerstein's *The King and I* is in its final week.

houses but that it wasn't going to happen.

"The cast has pretty much put their lives on hold for this, it's very demand-

ing," he said.

"We really all need to get back to our lives. But I must admit we have talked about how nice it would be to take the show on the road for a performance or two."

Opening night was a benefit for the ladies Auxiliary of the BMP, netting over \$1,000 for the hospital. Blocks of tickets were sold — the Anglo-Franco Committee of Waterloo enjoyed the show last

Friday, a group from the Manoir Lac Brome is going to the show this Friday, and 45 school children from Waterloo Elementary will see the final performance on Sunday.

"It's been a good show for children, they really seem to enjoy it," said de la Mare.

Is there any point trying to get a ticket? "Sure, it's possible we usually have a cancellation or two and we have maybe six seats left for the weekend," concluded de la Mare.

For reservations, call 450-263-1061.

Home for troubled youth in Cowansville

By Maurice Crossfield

The Yvonne G. Contat Foundation has fulfilled another goal, providing a new group home for troubled francophones in Cowansville.

"Mrs. Contat left her money for the benefit of children," said Bob McMaster, vice-president of the project. "This is really what Mrs. Contat wanted, this is where she wanted us to focus our attention."

Five years ago the Contat Trust helped Brome-Missisquoi Anglophone Youth Services move from a cramped bungalow into a more modern home built to suit its needs. BMAYS now houses about eight troubled youth, some who are in trouble and some who come from troubled family situations.

"This house was built on the same

concept as BMAYS," said McMaster, who was involved in both projects. He said improvements were made based on the experience of building the anglophone group home.

The new home on D'Ontario Street has eight bedrooms and a ninth room that can be used as a bedroom, though it now serves as an office. It was built on the vacant lot that used to belong to the St-Leon Community Centre, which burned down in December, 2000. In all the Contat Foundation put up \$600,000 for the project.

"We found it was very important for each child to have their own room," McMaster said.

"When you consider the backgrounds some of these kids come from, this is a big improvement."

"It makes a major difference if you can afford to have one kid per room," added Alain Gagnon, clinical co-ordinator for the region's group homes.

The group home was designed to handle the rigors of having eight young people living under one roof. The gyproc has been reinforced with fiberglass, and the lights are recessed into the walls.

Each bedroom has its own lock, though the co-ordinator has a master key, just in case. There are five bathrooms, to keep competition for showers and such to a minimum.

"The contractor (Pierre Laroque) was very good with the details," McMaster said. McMaster himself followed the project on a daily basis, making sure everything went smoothly. Construc-

tion began in July and the first teens moved in on Oct. 15.

Built on a three-acre property, the group home is only using half of the space.

The other half will be donated to the Town of Cowansville for use as a neighborhood park. If the town opts not to maintain the park, its ownership will revert to the group home.

The group home also includes a boardroom, which can also be used by other community groups if needed. A pool will be put in next summer.

Gagnon said the demand for these homes in the region is still high.

"There are waiting lists for this service," he said. "The children could be in foster homes or waiting centres until a space becomes available."

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BROME COUNTY COMMUNITY BILLBOARD

COMMUNITY CALENDAR

Nov. 4

Brome County Historical Society presents **LECTURE SERIES, A FELLOW NAMED EINSTEIN** at 130 Lakeside St., **Knowlton**, 7:30 to 9 p.m. Special and general relativity by the sugar-coated spoonful. Old Albert really was a towering genius, who, in two papers changed the world. But, geniuses also have a few flies in their ointment and old E.A. was no exception. Musings about time, space, gravity and $E = mc^2$.

Avante Women's Centre presenting **THE LAST SUPPER FEATURING PANAMA** with video presentation by guest speaker: Evelyn Giguere, an Environment Intern who spent five months in the jungles of Panama. To be held at Bedford Anglican Church Hall, du Pont St., **Bedford**, 6 p.m. Admission: \$15 per person. By reservation only, 450-248-0530.

Nov. 6

CHRISTMAS TEA at Iron Hill Church Hall, 2 to 4 p.m. Bake table, raffle, crafts and fudge.

TURKEY SUPPER at **Mansonville** Elementary School to benefit the United Church, 5 to 7 p.m. Adults, \$10, children 10 yrs. and under, \$5, children 3 yrs. and under, free. Info: Roseleen George at 450-292-5638.

HANDICRAFT SHOW sponsored by Afeas of **Cowansville** in the basement of Ste-Therese's Church, 209 Ste-Therese St. Saturday, 10 a.m. to 5 p.m. Sunday, 10 a.m. to 4 p.m. Free entrance. Info: 450-263-1100 or 450-263-3680.

Bid for **PEACE** at the **PEACE School's ANNUAL DINNER AND AUCTION** at Prouty Hall, 5 Mill St., **Bondville** (Lac Brome), 4:30 p.m. Professional services and new items only, including a one-night stay for two at a B&B, artwork by

local artist, gift certificates for local stores and restaurants, and ski passes. To donate, reserve or for more information, contact Melanie at 450-243-1182. Tickets available at door.

CRAFT AND CHRISTMAS FAIR at Princess Elizabeth Elementary School, 420 Bellevue Ouest, **Magog** (turn left at McDonald's - follow the signs), 9 a.m. to 3 p.m. Raffle draws. Featuring over 30 exhibitors with many creative and exciting items. Cafeteria service. All proceeds to fund student activities, purchase educational materials. Artisans or crafters interested table rentals call Pervana, 819-843-027. \$20 for a six-foot table.

Nov. 7

HONOURING OUR VETERANS - ANNUAL REMEMBRANCE DAY BREAKFAST, sponsored by the Knowlton Lions' Club to be held at **Knowlton Academy** on Sunday, 9 a.m. to noon. Contributions gratefully received.

Royal Canadian Legion, **Cowansville**, **REMEMBRANCE DAY PARADE** on Nov. 7 at 1:30 p.m. We invite you to be with us for the parade and the laying of wreaths and crosses. A light lunch will be served in the Legion Hall after the ceremonies.

Nov. 10

COFFEE PARTY sponsored by Ladies of Trinity Anglican Church, (in hall), 409 South St., **Cowansville**, 10 to 11:30 a.m. Good food and coffee. Suggested donation, \$7. Info: 450-263-0280.

MULTI-FAITH CELEBRATION. Everybody is welcome to this multi-faith celebration. In many voices, many ways and many faiths we gather for thanksgiving and in the longing for justice and peace for all people. Celebration to be held at **Cowansville** United Church, 203 Principale, Cowansville, 7 p.m. For more information or directions, please call 450-263-0204.

Knowlton United Church U.C.W. is holding a **FALL LUNCHEON**, 11:30 a.m. to 1 p.m. Quiche, salad and apple crisp. Cost: \$8.

Nov. 11

Brome County Historical Society presents **LECTURE SERIES III, THAT WAS SOME BANG'** at 130 Lakeside St., **Knowl-**

ton, 7:30 to 9 p.m. A review of what is known as the standard model of the Universe and what's right and wrong with it. Cheerful facts about inflation (not of the monetary kind!), abundance ratios, stars, galaxies and microwaves. Find out that you are the stuff that stars are made of.

Nov. 13

CHRISTMAS BAZAAR AND TEA at Grace Church Hall, South Main St., **Sutton**, 2 to 4 p.m. Bake table, small collectibles, handicrafts and nearly-new books. Come and enjoy our fabulous afternoon tea with sandwiches and squares.

Nov. 13 & 14

CHRISTMAS CRAFT SHOW at Odd Fellows Hall, 476 **Knowlton** Rd., Saturday and Sunday, 10 a.m. to 4 p.m. Information: 450-243-6778.

Nov. 28

SILENT AUCTION at the Royal Canadian Legion, Davignon St., **Cowansville**, 2:30 p.m., sponsored by Horizon Pour Elle, a non-profit organization, providing shelter and safe refuge for women and children victims of conjugal violence. Info: 450-266-1690 or 295-2316.

Dec. 3 & 5

POT POURRI CHOIR, directed by Susan Reininger, presents two Christmas concerts with the Brome Lake Concert Ensemble. Friday, Dec. 3 at 7:30 p.m., St. Paul's Anglican Church, 24 St. Paul's Road, **Knowlton**; Sunday, Dec. 5 at 3 p.m., Grace Anglican Church, 54 Principale Sud, **Sutton**. Tickets: \$10 available at door and at Brome Lake Boods, Knowlton; in Sutton at au Coeur des Saisons, 4 Maple; Librairie le Livre D'or, 12B principale; Tourist Information, rue principale. Profits to the churches and to the Canadian Red Cross Society. For info., call 450-538-3371.

Dec. 31

NEW YEAR'S EVE DANCE, Royal Canadian Legion, Br. 77, 77 Lewis St., **Waterloo**, 9 p.m. to 1 a.m. on Friday, Dec. 31. Music by Gary Darling. Tickets available now at Waterloo Legion, \$15 per person. Info: 450-539-0005 or 450-539-3436. Lunch at midnight. 18 yrs. and over. No smoking.

Friday through Sunday

ARTS CALENDAR

Galerie Charmante is hosting **THE WORK OF CARI ANYA ENSIO**, graphite drawings and photography; also see the ongoing exhibition of calligraphy, including the narrative paintings of Randall M. Haddon. Friday through Sunday, 1 to 5 p.m., 1182 Macey Rd., **Sutton**. 450-538-0989.

Up to Nov. 7

Knowlton Players presents **RODGER'S AND HAMMERSTEIN'S THE KING & I**. Thursday, Friday, Saturday, at 7 p.m. Sunday matinee at 2 p.m. at Arts Knowlton, 9 Mt. Echo Rd., **Knowlton**. Information and reservations, 450-263-1061.

KNOWLTON/CREEK PASTORAL

CHURCH SERVICES

CHARGE: Worship and song by members assisted by The Reverend Dale Skinner. Creek United, Foster, 9:30 a.m. Sunday School at Creek. Knowlton United, **Knowlton**, 11 a.m. (Handicap access).

ST. PAUL'S ANGLICAN CHURCH: 24 St. Paul St., **Knowlton**. Sunday services, 8 and 10 a.m.

BROME PARISH SERVICE: Come and join us on Nov. 7 at St. John The Evangelist, **Brome Village**, 11 a.m., Morning prayer; Church of the Ascension, **West Brome**, 9 a.m., Holy Communion. Rev. Cannon Tim Smart.

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

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

ANGLICAN PARISH OF BEDFORD/PHILIPSBURG & FARNHAM: Sunday services: Philipsburg and Farnham, 9:30 a.m.; Bedford, 11 a.m. Fr. Brian A. Evans, Rector. I was a stranger and you welcomed me. (Matt. 25:35).

BEDFORD UNITED CHURCH PASTORAL CHARGE: Invites you to come and worship with us. Sunday Service: 9:30 a.m. Stanbridge East, 11 a.m. Wesley Church, Bedford with Sunday school, 12:30 p.m., Mystic with Rev. Carl Triskle.

SEE BOARD, P. 12

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 per publication, or **SPECIAL RATE** of \$10 for 2 insertions: 1 BCN & 1 in Friday Record "What's On" section. Please forward notices to Box 488, Knowlton, JOE 1V0, email: bcnews@qc.aibn.com, or fax: (450) 243-5155. Visa and Mastercard accepted.

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Brome County
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CIRCULATION

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Easy steps to writing your memoirs

By Wendy Denman
RECORD CORRESPONDENT

We all have a story to tell. A seasoned journalist knows there is no end of ideas out there — pick a person at random, dig a little and a story will emerge, often a very interesting and unexpected one.

A series of workshops beginning

next week at Bishop's University Knowlton Campus are aimed at helping people write their memoirs, books about their lives — putting down in writing their legacy for children, grandchildren and beyond.

"A lot of people say I've had a great life, maybe I should write a book — but they rarely do. Other people might

want to, but don't feel they are able or even have the material," said Frances Gallagher, who will be teaching the workshops. "It is really not that hard to do and we'll be going through all the steps together, one page, one chapter at a time. When you break it down, it's not that big a project."

Gallagher, who led such workshops with groups from Elderhostel at the Joli Vent for many years, has most recently been instructing students at Bishop's in writing screen plays.

"I found the Elderhostel groups very enthusiastic and decided why not try it at Bishop's. Many of the students there are baby boomers, they've lived through the 60's and 70's, they've lived through incredible times of change — free love — all kinds of things, it was a very active generation," she explained. "If it's not written down it's going to be lost. There are people here in Knowlton who lived through the war, people who grew up in far away towns and cities, there is all kinds of wonderful information buried in memories out there. It needs to be written down, for children and future generations to see. It's important information."

The workshops, in both French and English, last four weeks and begin on Nov. 10. French classes are in the morning from 9:30 a.m. to 12:30 p.m. and English classes from 2 to 5 p.m. The cost is \$125.

"Four weeks is not that long for this type of project. We'll see how it goes but I imagine that we will continue with the workshops after Christmas," continued Gallagher.

The workshops will take place in the library of the

recently relocated centre, now at 99 Knowlton Road.

"It's a beautiful room with a big round table we can all gather round," said Gallagher. "Each workshop will cover various topics and I will assign work for each one to bring to the next workshop."

The topics include getting started, selecting anecdotes, short stories and longer pieces, working from scratch and working from diaries, desktop publishing, scanning photos and what to do with the finished work.

"With the technology today is it so easy to put a book together. It can be printed right on a computer or taken to a shop to be printed off — you can get 20 or so copies for \$200 to \$300," she concluded. "Think of all the Christmas presents that will make."

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DAVID ANDERSON/SPECIAL

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Safety Sense gives \$17,500 to First Responders



MAURICE CROSSFIELD

Mayor Richard Wisdom, Heward Grafftey and Pierre Laplante, head of Brome Lake's First Responders.

By Maurice Crossfield

After some delays and confusion over the bookwork, Heward Grafftey's Safety Sense Institute has handed over a cheque for more than \$17,000 to Brome Lake's First Responders unit.

"There is no question, every month we give out a breakdown of all expenses and it is available to the First Responders," said Brome Lake Mayor Richard Wisdom. "The money is not put into a general fund, they have their own account and it is itemized down to the penny."

The money came from a fundraiser held this summer at the elegant home of Gérard Veilleux. Featured at the show were photographs from Russian photographer Dymytry Volgin. The money raised from the \$185 per ticket event was then turned over to the non-profit Safety Sense Institute, which in

turn gave out charitable tax receipts.

An initial plan had been for the money to be handled by a three-member steering committee, thereby bypassing the municipal structure. But after a couple of meetings with the mayor, Grafftey decided to hand the money directly to the municipality.

"It was done with good intention, but we had to clarify a few things," Wisdom said.

"Was I misinformed? Maybe, but I don't feel I was being used," Grafftey said. "Of course the town, by ledger entry or separate account, is segregating the money."

Grafftey said more money has come in since the cheque for \$17,500 was issued. Once Safety Sense has issued its tax receipts, a bit more money will be handed over to the town.

"I can assure you Mr. Mayor that you will have a full accounting," Grafftey said.

Wisdom said the town accepts donations to the First Responders, and donors are given receipts for tax purposes.

At Monday night's council meeting councillor Tom McGovern said some of the new money will be used to purchase jackets for all 28 First Responders. Though similar to jackets worn by ambulance attendants they will be a different color, and will have reflective stripes for better night visibility.

"This way they will be recognized as First Responders when they come to your door," McGovern said. "They will only be wearing them when they are on duty."

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West Brome

Interfaith celebration set for Nov. 10

By Wendy Denman
RECORD CORRESPONDENT

According to Rev. Wendy MacLean of Emmanuel United Church in Cowansville, although people of different faiths have different beliefs their hearts have the same longing for peace and compassion for the world.

"I feel we must come together and share that longing in prayer and celebration, to share our spirituality not caring about the differences," she said recently.

To that end Rev. MacLean, who has

been the incumbent at Emmanuel for a year now, is hosting an interfaith celebration on Nov. 10.

"We gather in the streams of the Spirit, in the beauty and wonder of the earth and in the longing for justice and peace for all people."

Sharing in leadership with Rev. MacLean during the two-hour celebration will be Munira Judith Avinger, dances for universal peace; Philippe Duchesne, Zen Buddhist; Shapur Pmoradi, Ba'hai and Michel Gadoury, link.

"I think it is the proper time to do

this, it is just before Remembrance Day, a time we naturally think about peace," she explained. "It is very beautiful here, a wonderful place to be close to nature and I think that the earth itself calls the different faiths to join spiritually in prayer and thanksgiving."

The event will be held in the church hall from 7 to 9 p.m. Each of the celebrants will share with the congregation.

"We will start with Christianity, then we will have some Zen chanting and Munira will lead us in dance. We all

come from a sense of brokenness, we are seeking the underground rivers of the Spirit, it is not hard to find the similarities among us," Rev. MacLean continued.

"We have to be a community for each other. There is a lot of spirituality in this region, but much of it is invisible. So many of the artists and poets and creative people in this region are very spiritual but they do not like organized religion.

"I believe it is time we put down our differences and preconceptions and gather together in prayer for a very hurt Earth. The world is in a terrible state, awful. We are all in need of spirituality.

"We are calling this a celebration because we are coming together in many ways, with many voices for peace and thanksgiving. We welcome anyone of any faith to come and join us."

BROME COUNTY SOCIAL NOTES

Larocque will be missed

The recent loss of Denise Larocque Duhamel has been a tremendous shock to everyone involved with the Stanbridge East Municipal Library. Denise has been a dedicated volunteer for over 11 years and became responsible for and involved in the overall operation in 1993.

From book exchanges, cataloguing, purchasing French and English books, organizing book sales, decorating and designing floor plans, to motivating and involving volunteers in the daily

operations, to applying for a grant to hire a person to organize story time activities, to raising funds Denise has done it all!

She spent many, many hours in our small library giving freely of her time and energy so that others could benefit. We are thankful to Denise for her generosity.

During the funeral service Irene Bernier honored Denise with heartfelt words while Constance DeKinder, represented the general public, Jeremie Robert represented the children and

Beverly Hebert represented the volunteers from the library, placing a basket of books and a rose on the Alter in the Church. We all extend our sincere condolences to Jacques, Frederick, Guillaume and Olivier Duhamel.

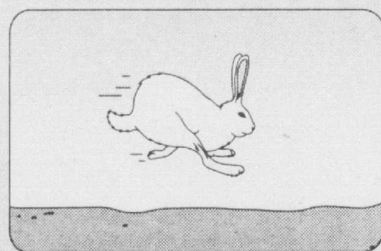
The Stanbridge East Library will of course continue to provide an important service to the community. The hours are: Saturday 10 a.m. to noon, and Wednesday from 6:30 to 8:30 p.m.

There is also story time twice a month, as advertised in the community.

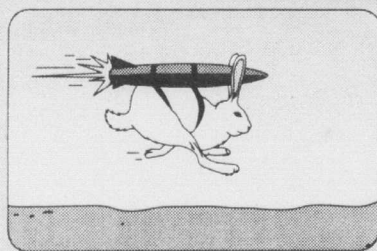
—Submitted by Beverly Hebert



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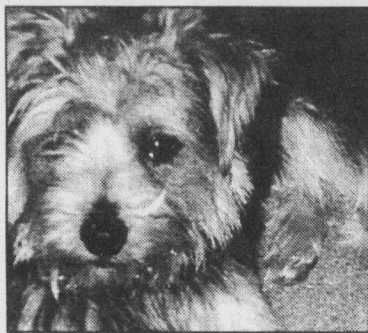
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PEACE auction takes flight next weekend



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She is incredibly friendly, intelligent and loved...

She is desperately missed by her family...

She is microchipped for Identification purposes.

Any information which leads to the return of this dog will be **generously rewarded - \$1,500.**

Please do not hesitate to contact us at 450-263-7111.

PEACE School's annual auction at Prouty Hall (5 Mill Street) in Bondville will be held Nov. 6 beginning at 4:30 p.m. with a home-made dinner and music. Bidding begins at 5:30 p.m.

Here's a sample of some of the items that will be available: A romantic ride for two in a hot air balloon; 2 VIP tickets to a Just for Laughs Gala Night; a family pass for Arbore Adventure, an exciting obstacle course in the treetops; two-day ski passes for Owl's Head; full-colour hardcover books; yoga classes at the Sutton Yoga Centre; a

session with physiotherapist Louis LaHaye, gift baskets filled with local products, a pottery piece by local potter Stanley Lake; a five-foot tall jelly cupboard made at the Pine Shop in Lac Brome and dinner for two at the Auberge St. Amour in Sutton.

The most generous buyers will be awarded a gift from the children of the PEACE School. Reserve a table for 10 and benefit from a group discount.

Call Melanie now for reservations at 450-243-1182. Tickets will also be available at the door.

LETTER TO THE EDITOR

Theatre is to be cherished

DEAR EDITOR,

Being a frequent visitor to the Lac Brome area since the summer of 2001, I would like to provide an outsiders' viewpoint on the Arts Knowlton Theatre and its performances.

My first visit to Arts Knowlton was to see the presentation of Hank Williams — The Show He Never Gave with a fantastic performance by Ralph Steiner.

Since that time, I have always made a point of coinciding my visits with performances at the theatre.

I have seen many performances and after each one I would always come away amazed at the incredible talents displayed by all the performers from the smallest tot to the most elderly adult.

Some of the performances I attended did not always have a full house and I was disappointed at a lack of support from the residents. This theatre should be full for every performance. Once you've attended a performance at A.K. you'll be hooked like a fish caught in Brome Lake.

These performers work their hearts out and should get the support of everyone in the area. They deserve it!

Don't let what almost happened (closure) to the The Piggery in North Hatley threaten this wonderful theatre. This theatre deserves to be cherished and supported by everyone.

MIKE MOZIAR
Toronto

BRIEF

Correction

Please note that Knowlton's Armistice Day Church Service will be held on Sunday, Nov. 7 at the Knowl-

ton United Church at 11 a.m. and not on Nov. 17 as was published Oct. 27 in the Brome County News. The Record regrets the error.

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Celebrating Panama

As November arrives, Avante Women's Centre moves into full swing with several activities scheduled throughout the month. On Nov. 4 Panama will be featured as Avante's last international supper.

Evelyn Giguere, an environment intern, spent five months in the jungles of Panama and will talk about her adventures, with photos and video, while Avante volunteers serve up a full course meal including Sancocho, patacones, ensalada de col and dulce de crema de mango, native foods of Panama.

The presentation starts at 6 p.m. at the St. James Anglican church hall in Bedford. The cost for the evening is \$15. Reservations are required, but there's still room if you call now. Info: 450-248-0530.

The Sunshine Players will be performing *The Cripple of Inishmaan* at the Knowlton Theatre and Avante is organizing a group trip for opening night, Thursday, Nov. 18.

Written by Martin McDonagh, Inish-

maan is a biting comedy about a small island community where residents exchange insults as a method of communication. When a movie producer appears in town, a crippled teenager sees it as an opportunity to climb out of the rut his life has offered him.

For anyone wanting to join our group, a bus will be leaving Bedford at 7 p.m. and will make a stop in Stanbridge East 10 minutes later. Tickets, including admission, transportation and refreshments are \$15. Call the Centre to reserve your seat at 450-248-0530.

November's evening workshop will be 'How To Avoid Burnout,' with Ilze Epners, a life skills speaker. With the holiday season coming up quickly and so much to do, an insight into how we inadvertently overwhelm ourselves and tips on how to prevent it may be very useful. This workshop will take place Nov. 16 from 6:30 to 8:30 p.m. All workshops, with refreshments, are free.

As a follow-up to this theme, the November morning coffee break on Nov.

IN THE COMMUNITY

AVANTE
WOMEN'S
CENTRE

23 will provide an opportunity to explore some of the recommendations for avoiding burnout. How do you recharge? What forms of relaxation work for you? Drop in for a light breakfast and

coffee and exchange some fun ideas from 9:30 to 11:30 a.m.

Last month's workshop and coffee break focused on cancer and its symptoms, in keeping with Breast Cancer awareness month. Jo-Anne Jones, symptom management specialist with St. Mary's Hospital, spoke with a record crowd of participants about chronic fatigue. To prevent fatigue, Jones recommended exercise, even minimal, every day. Fatigue can be relieved and prevented with various techniques, including eating well, drinking lots of water and following what Jones calls her 3P formula: Plan, Prioritize, Pace.

To find out exactly what Avante is, and who we are, we will be participating in the Salon Communautaire in Cowansville on Nov. 11. Sponsored by the Corporation de Développement de Brome-Missisquoi, many community organizations will have an opportunity to present information about all kinds of services available to the public in a one-stop shopping environment. An open house will be held at St-Leon's elementary school on Davignon in Cowansville, Thursday, Nov. 11 from 2 to 8 p.m.

Lastly, Avante will be selling crafts and homemade goods donated by members and friends at the Christmas Tea and Sale on Dec. 2 from 2 to 4 p.m. at the Anglican Church Hall in Stanbridge East. Proceeds from the sales will be used for future Avante programs.

If anyone would like to contribute items to add to our selection, contact us. Avante Women's Centre, 2 Adhemar-Cusson Street, Bedford. For information, call 450-248-0530.

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Nouveaux guides nature

Les Éditions Michel Quintin ont récemment publié deux guides nature: Oiseaux du Québec et des Maritimes, et Mammifères du Québec et de l'Est du Canada.

Ces deux guides exceptionnels se retrouveront sans doute sous le sapin de Noël dans bien des foyers. En effet, pour les aimants de la nature, l'hiver leur permettra de bien se documenter et de connaître une foule de choses sur les oiseaux ou sur les mammifères de chez-nous.

Le guide sur les Oiseaux du Québec comprend un livre de 224 pages sur l'identification visuelle des oiseaux et un CD d'enregistrements sonores pour l'identification des chants et des cris des plus de 250 espèces qui fréquentent nos régions.

Le texte de Jean Paquin renseigne sur tous les éléments d'identification, les comportements, la voix et l'habitat en été, en migration et en hiver. Les illustrations de Ghislain Caron mettent en valeur les caractéristiques spécifiques de chaque espèce.

Le disque réunit des enregistrements sonores effectués par des ornithologues connus, particulièrement Lang Elliott. Pierre Verville en est le narrateur.

Guide et CD se complètent merveilleusement pour devenir un outil exceptionnel pour les amateurs ainsi que pour les ornithologues chevronnés.

Le guide sur les Mammifères du Québec et de l'est du Canada offre au

lecteur une information détaillée et une mise à jour sur près d'une centaine d'espèces vivant dans nos régions.

Il s'agit d'un guide de 400 pages très bien conçu et superbement illustré de photos des espèces que nous connaissons ainsi que d'autres moins connues du public ainsi que des cartes de répartition du nord-est américain et du monde.

Ce répertoire nous place en parallèle avec les animaux les plus proches de nous. Il permet de suivre les animaux, de connaître leurs comportements et leurs habitats.

De quoi occuper de longues soirées

d'hiver et d'en savoir plus sur les animaux fascinants qui nous entourent tout en nous donnant le goût de les découvrir en chair et en os lors de randonnées en forêt, près des rivières et lacs ou encore dans les champs ou le long des routes.

En annexe à la fin du livre on trouve des illustrations d'empreintes de nombreux mammifères terrestres. Peut-être pourrions-nous en identifier dans la neige au cours de l'hiver.

Guide et CD sur les oiseaux: 34.95 \$

Guide sur les mammifères: 29.95 \$

Disponibles entre autres, à la Librairie Le Livre d'Or, 12-B, principale, Sutton. Info: 450-538-0022, lelivredor@primus.ca.

ENTRE
NOUS

THÉRÈSE
BERNARD

BROME COUNTY SOCIAL NOTES

Fulford

Sympathy to Liana and Elyn on the untimely death of their father, Erik Kohlap, who is also survived by their mother, Bonnie Banks. Condolences to James Baillie and family on the death of his father. Get well wishes to Marie Lefebvre who is recuperating from surgery. Wild turkeys have been sighted — the male with his tail fanned out.

—Submitted by Margaret Fordham

Interesting presentations

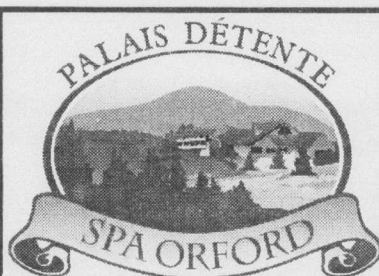
Fulford United Church observed its 140th anniversary with a service conducted by Rev. David Lambie and Rev. Susan Tilleman, attended by members of congregations in the zone and other visitors.

Two interesting presentations were made — the first by Lois Badger on the history of Fulford United Church, the other by Clayton Brunton on the history of St. Stephen's Anglican Church, across the road, now a private residence. Both buildings date back to 1864. Both presentations were read from the lectern donated by the family in memory of Elizabeth Neil MacKenzie Stewart and Ernest Herbert George Banks.

Communion was served from the table donated in memory of Charles Stewart. A new addition to the church is a very attractive wall hanging made by Bev Quilliams, Pat Neil and Betty Wright.

Many thanks to those who contributed to the smorgashbord of refreshments served at Fulford Hall, following the service. Old and new photographs of both churches were on exhibit there.

—Submitted by Margaret Fordham



Stephanie's tips and tricks

To come to terms with our last column about preparing ourselves for winter, I'll be writing about the Lymphatic Drainage.

You're all probably asking yourselves what that is and to be honest I wasn't too sure myself. It's a good thing Mélanie, one of the massage therapists at the Spa, enlightened me on the subject. Here's what she had to say:

The lymphatic system, which is found above our blood circulation, contains the lymph which plays a crucial role in transporting substances in our blood system such as vitamins, minerals, proteins, lipids and hormones. With the temperatures changing rapidly comes the cold and flu season which highly affects our immune system. In order to keep it healthy and strong the lymphatic drainage is the recommended therapy. It uses a special technique that consists in draining the lymph towards the lymphatic glands 10 to 20 times faster. It's a powerful therapeutic tool against cold and flu symptoms, heavy and tired legs, poor blood circulation, chronic fatigue and headaches. In other words, it does a spring cleaning in our body and like they say «out with the old and in with the new». The lymphatic drainage remains the best way to start the season on the right foot.

So until next time, remember to take the care and the time to make your next appointment...with yourself.



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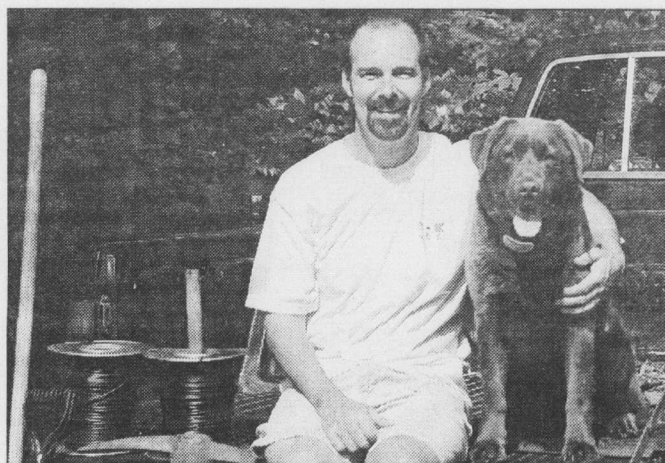
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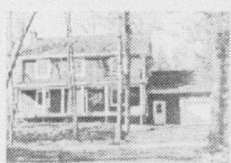
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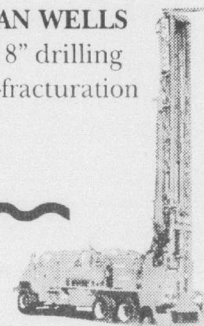
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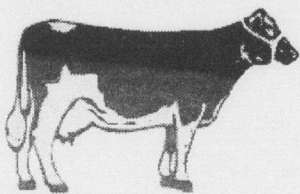
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Group related facts in the same sentence.

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In Memoriam

A Spirit Sent From Heaven

'In memory of Lacey'

A Spirit sent from heaven
at some time must return,
God calls one when He needs one,
and when angel wings she's earned.

Soon an angel sent from heaven
will to work on earth descend,
to guide those left behind,
and to help their sorrows mend.

So it be with Lacey,
the Lord needed her most.
He called her up to heaven,
that she take on her post.

But, she has left many memories,
that we forget her never;
she will be right here amongst us,
forever and forever.

Soon an angel sent from heaven
Lacey will to earth descend,
to guide those left behind,
and to help their sorrow mend.



bodies pass away,
but spirits are forever,
living through our memories,
we forget them never.

© 6/91

Memorial Service

Card of Thanks

VALLIERES, Jeanne (Marenger) - The family wish to express their heartfelt thanks to the staff of the B.M.P. Hospital as well as Manoir Lac Brome for their dedicated care. Thank you also to friends and family for their expressions of sympathy and donations to B.M.P. Hospital Foundation in her memory. A Memorial Service is planned for November 6 at 3 p.m. at Manoir Lac Brome, 28 Mt. Echo, Knowlton.

Card of Thanks

O'BRIEN - A special thanks to our son Erin, his wife Denise, for giving us a nice 50th Wedding Anniversary party. Thanks to all who gave cards, greetings, etc. A day we will never forget.
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Please, no gifts.
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Date: November 6, 2004
RSVP Appreciated
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BOARD:

CONT'D FROM P. 2

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

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

COMMUNITY NOTES

AU DIAPASON is offering a Loss and Bereavement Group. Are you having difficulty dealing with a loss of a loved one? Au Diapason is now offering support groups in English addressing living with loss in a non judgemental, educational and confidential atmosphere. English language sessions, Tuesdays, 6 to 7:30 p.m. There is no charge to join this group. A preliminary interview is required before the registration. If you wish to participate, please call: Au Diapason, 450-266-4342, ext. 4322.

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

ALCOHOLICS FOR CHRIST CANADA: Did you know there is an Alcoholics for Christ chapter in your area? Alcoholics for Christ Canada serves Substance Abusers, Family Members and Adult children. Come, be a part of our Christian 12-step fellowship: Every Thursday at 7:30 p.m., 525 Simonds South, Granby (450) 378-1125. For more information contact Jim or Susan at 450-263-6580. There is hope!



Saluting our Friends

With the fall season in its full splendor of exotic colours, it is no wonder manager Chantal Bruyere and her staff of The Manoir Lac Brome got into the spirit of the season by giving the seniors an Oktoberfest party they won't soon forget. Dining room and lounge colourfully decorated in the vibrant flavour of the season set the scene for a four-hour party. The residence and family members attending in large numbers was the main reason that this party was such a big hit. Contests were held for the best costumes, best and most exotic hats with prizes going to the winners. The Manoir's kitchen staff outdid themselves by serving at the very least ninety mid day meals in the flavour of this Oktoberfest party topped off with superb home made pumpkin pies. Tables elaborately decorated with flowers, colourful leaves, and not to forget pumpkins. Pretzels and beer with a good dose of lively Polka music filling the air, added to the festivities. A visit from Mayor Richard Wisdom was greatly appreciated by residence and relatives and friends alike. All raised their glasses high in a toast to the happy seniors. The residence is now looking forward to the next event some time in the near future.

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