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Farewell Sebby Call

Closure to a child that the community embraced

By Ann Davidson

Someone said that it takes a community to grow a child. In TBL it has been a child who has lit the fire within the hearts of its entire community. And it is this community that has remained steadfast in its love and generosity over the past two years to a kind and decent family who were faced with the unimaginable, possibility of losing their precious ten-year old son after grueling battle with Acute Myeloma Leukemia.

Jen Wykes and Steven Call and their son Phillip were not alone on March 14 when Sebastian (Sebby) succumbed to his raging blood cancer. Their community was silenced in sorrow over their devastating news but remain steadfast to sharing their load. Hundreds of friends gathered last weekend to celebrate and honour the child who will always be remembered for his smile even during the darkest times. Conversely, the couple has been overwhelmed with everyone's outpouring and ever-grateful to their long-

term investment to reach out to them. Consequently they want to help the community have closure with them.

Sebby's parents have been heralded for heroic contribution of love, strength, and infinite hope in getting their son the best of care, in keeping the family together during the tumultuous and often unforeseen situations that the fight against cancer presents.

Ten years in a person's life seems like a mere flicker. But for Sebby Call, it was his lifetime. And in his short little life he faced it like a man and became the spirit within the hearts of the TBL community. From the moment that he was diagnosed with AML two years ago, he won the hearts of his entire community. It was his gentle, kind and generous being that bore an infectious smile along with his courageous acceptance and compliance while undergoing treatment to fight the devil that drew strangers to his friendship circle.

Reverend Tim Wiebe said of Sebby that he was a gift to everyone he

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COURTESY

The most cherished picture of two brothers. Phillip Call on the left wants the world to remember his brother Sebby, who tragically succumbed to a two-year courageous battle with leukemia on March 14.

KA Garden project prepares to break ground

Recruiting and building a volunteer base central to the program

By Ann Davidson

A couple of dozen enthusiastic members of the TBL community showed up at the first information meeting about the Knowlton Academy Green-

house and Garden project to learn more about the project and that the school plans to break ground within the next month.

Both principal of the elementary school, Renalee Gore and co-chair of the project, Shelley Mizener outlined the objectives of the program as well as this year's plan. In attendance to show support was Richard Gagnon, a commissioner representing the Eastern Township School Board. Many of the participants signed up as volunteers for different aspects of the program.

Under the premise that "A community that sows together, grows

CONT'D ON PAGE 8



ANN DAVIDSON

Principal of Knowlton Academy, Renalee Gore, and co-chair of the KA Greenhouse and Garden Project, Shelley Mizener welcomed more than two dozen members of the TBL community.



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Brome County Community Bulletin Board

March 29

Bingo every Wednesday at the Sutton Legion, 2 Curley St. Sutton. Starting at 6:30 p.m. Bring your friends and lucky charms. Information: 450-538-2864. Social night every Friday at the Sutton Legion. Come and play cribbage, and bridge. Donation of \$2. Come and have fun.

March 31

A movie and pizza evening will be held at the church hall of St. James Anglican Church, 40 rue du Pont, at 6 p.m. on March 31. The movie is *Amazing Grace*, the dramatized story of William Wilberforce, who worked for thirty years in the early 1800s to abolish slavery in England. Admission is free. Information: 450-248-7319, 450-248-7977. Everyone is welcome!

April 1

Spring craft sale! Great gift ideas for Easter and Mothers Day Saturday April 1 from 9 a.m.- 3 p.m. sponsored by the ladies auxiliary Legion br. 77. Location 77 Lewis street Waterloo, Canteen on the premise.

April 1

Township Toddlers annual benefit. Beef and pork supper and dance. April 1, 5-7 p.m. \$12 per person, under 12 \$8. Auction following. Salle chevalier de colomb de Cowansville 224 Christophe-Colombes. Dance at 9 p.m.- 1 a.m. (\$5 per person). Music Smokin Country and Friend. All profits go to equipment at the Mtl. Children and B.M.P community. Information: 450-263-5080 or 450-266-1716 (Ross)

April 1

The BCHS will host an **old-fashioned sugaring-off party and family fun day** on the museum grounds at 130 Lakeside in Knowlton from noon to 4 p.m. The special exhibit "The Sweetest Season" will be open in the Centennial Building and the Children's Museum will be open. Everyone is welcome! 450-243-6782 or bromemuseum.com

April 1

The Mental Health & Well-Being Support Group. Please phone Linda: 450-243-0928 or pleasantvalley001@gmail.com for the location of the meeting. Join us for an opportunity to share experiences in a safe environment and receive support, information, encouragement, and acceptance. Having support makes all the difference!

April 2

All you can eat brunch will be hosted at the Sutton Legion. Eggs your way (omelettes are our specialty). Donation of \$8. For adults, children 6 to 8 yrs \$4, little ones are always free. 9.30 a.m. to 12:30 p.m., everyone welcome. 2 Curly St Sutton Qc. Information: 450 538-2210.

April 2

Parish of Brome **sugar on snow outreach fundraiser** - Sunday April 2. Holy Trinity Church Hall, Iron Hill. Admission \$7 for adults, \$4 for kids 10 and under. Admission includes, taffy, sleigh rides, petting zoo, and coffee and doughnuts. From 12-3 p.m. Canteen on site. Music with Ralph Steiner. Information Judy 450-263-3025, Doug 450-263-2579, Val 450-204-7285.

April 3

The Canadian Club of the Yamaska Valley, monthly meeting: 2 p.m. April 3 at the Auberge, West Brome on Rte. 139. Speaker: Mari Hill Harpur photographer, author. Topic: "Sea Winter Salmon Chronicles of the St. John River." Non-members \$10. Information: 450-372-4562. Lunch reservations at the Auberge call 450-266-7552/1-888-902-7663. Please visit our web page <http://www.canadianclub-yamaskavalley.ca>

April 5

Wednesday, April 5 "**Quilting/Sewing**" 10 a.m. - noon, bring a project, with the materials needed and we'll git-r-done! Avante Women's Centre, 15 rue du Pont, Bedford, 450-248-0530, avantegayl@bellnet.ca.

April 7

Brome Hall rummage sale 330 Stagecoach Brome. Friday April 7 from 2-7 p.m. and Saturday April 8 from 8 a.m.- 12:30 p.m. Door open for donations. Monday April 3 to Friday April 7. Information: 450-242-1085, 450-243-5742, 450-522-6443.

April 8

Cowansville Lions Club **smoke meat supper.** Saturday April 8 at the Ste-Therese Church basement, 209 rue Ste-Therese, Cowansville From 4 p.m. to 7 p.m. \$15/adult

April 8

Chicken and biscuit supper - Memorial Hall 20 Academy Street Stanbridge East. Saturday April 8, from 5-7 p.m. Donation: \$12 Children 10 years and under \$6. Bake sale for Butler Elementary school. Maple Leaf Chapter No. 2 Order of the Eastern Star for more information 450-248-3460. Everyone melcome.

April 9

St Paul's in Concert. Music for the Great Week with St. Paul's Praise Tea - Sunday, April 9 at 4 p.m. St. Paul's Knowlton, 24 St. Paul's Road. A freewill offering (\$10 suggested) will be received to finance the upgrade of our Hauptwerk system.

CHURCH BULLETINS

ALL SAINTS ANGLICAN CHURCH - DUNHAM
Sunday services at 10 a.m. - all wel-

come! The Reverend Sinpoh Han. Information: 450-295-2045.

ANGLICAN PARISH OF BROME

Services are at 9 a.m. First Sunday of the month - no service; second Sunday of the month - St. John the Evangelist, Brome; third Sunday of the month - Church of the Ascension, West Brome; fourth Sunday of the month - St John the Evangelist, Brome; fifth Sunday - Holy Trinity, Iron Hill. Canon Tim Smart, rector. Information: 450-538-8108.

BEDFORD PASTORAL CHARGE OF THE UNITED CHURCH OF CANADA

You are warmly welcomed to join us each Sunday for an uplifting spiritual experience. We welcome you and your ideas as we provide a safe place where individually we seek out a greater purpose for our lives. Every Sunday at 10 a.m. join our community in either Bedford, Stanbridge East, or Mystic. Services in Bedford and Stanbridge East are followed by coffee and snacks. The address for each church can be found on our website bedfordpastoral.org. For more information please contact Wendy Near at the church office on Thursday and Friday from 9 - 11 a.m. by phone 450-248-3044 or call 450-248-2739, or by e-mail at Bedford.pastoral@yahoo.ca.

CALVARY UNITED CHURCH SUTTON

A warm welcome awaits you at our Sunday worship service in Sutton at Grace Anglican Church at 9 a.m. followed by a coffee hour at 10 a.m. in the church hall. Information: 450-538-0530.

COWANSVILLE COMMUNITY BAPTIST CHURCH

Cowansville Community Baptist Church meets Sundays at 11:30 a.m., 137 rue John, Cowansville. Everyone is welcome.

CREEK/WATERLOO PASTORAL CHARGE

Thursday, March 30 - Lenten Study of RUTH at Creek Church: 10:30 a.m.-noon. Fifth Sunday of Lent, April 2 - worship and music Sacrament of Holy Communion at both worship services. Creek United, 278 Brill Rd., West Bolton, service and Sunday school at 9 a.m.; St. Paul's United, 4929 Foster, Waterloo, service at 10:30 a.m. Reverend Dave Lambie, minister. For information or to leave a message call: 450-539-2129

EMMANUEL UNITED CHURCH

Come together for a thoughtful and spiritual experience and give yourself a good start to the week. Sunday worship is at 203 rue Principale, Cowansville, at 10:30 a.m. Sunday school is every third Sunday of the month. We serve the United Church communities of Brigham, East Farnham, Farnham, and Cowansville...but really anyone can find a home here. Give it a try and sample a Sunday. Wheelchair accessible. Worship

leader: Frances Jones. Church office: 450-263-0204. Website: emmanuelcowansville.ca.

ÉGLISE CATHOLIQUE ST. ÉDOUARD CATHOLIC CHURCH

366 Knowlton Road, Knowlton. You are invited to participate in a bilingual Mass Sundays at 10:30 a.m. Christian meditation is now on Wednesday afternoons 2:30 p.m. to 3:30 p.m. (side door). The group is now bilingual and has been formed to introduce meditation to newcomers. We welcome beginners and experienced meditators. Regular attendance not required. Information call Clare at 450-243-5590.

GRACE ANGLICAN CHURCH

52 Principale sud, Sutton, welcomes everyone for Sunday services at 10:30 a.m. All welcome. Canon Tim Smart, rector. Information: 450-538-8108 or visit our website at www.gracechurchsutton.org.

GRANBY UNITED CHURCH

Where God Unites all Children. Be a part of the family. 101 rue Principale, Granby. Please call 450-372-1417 for information and to confirm time of our services. guc-eug@bellnet.ca.

KNOWLTON-MOUNTAIN VALLEY PASTORAL CHARGE

Serving the regions of Knowlton, Bolton Centre, Mansonville, and Vale Perkins. Weekly Worship services will resume at Knowlton United Church, 234 Knowlton Road (450-243-6078) on Sunday, April 9 at 11 a.m. A warm welcome is extended to all. Handicapped access available.

ST. GEORGE'S ANGLICAN CHURCH

130 Principale, Granby, welcomes everyone for Sunday service at 11 a.m. All welcome. Bienvenue a tous. Reverend Richard Gauthier, rector. Information: 450-372-2197.

ST. PAUL'S ANGLICAN CHURCH

24 St. Paul's Road, Knowlton. St. Paul's - a dynamic, diverse community pursuing and serving Jesus in the Eastern Townships 8 a.m. and 10 a.m. Sunday services (traditional, contemporary and modern music and format). Please check out our new website: www.stpaulsknowlton.ca. Messy Church every third Wednesday of the month from 5 - 7 p.m. Everyone welcome! Telephone: 450-242-2885. Easter services and concert: Sunday of the Passion (Palm Sunday) - Sunday, April 9, at 8-10 a.m. St. Paul's in Concert - music for the great week on Palm Sunday, April 9 at 4 p.m. with St. Paul's Praise Team. Goodwill offering of \$10 is suggested. Maundy Thursday, April 13 at 7 p.m. Good Friday, April 14 at 11 a.m. Easter Sunday, April 16 at 8 a.m. and 10 a.m.

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ACNSS: Looking back — reaching forward

By Ann Davidson

The organization maintains that harmonization of conservation is the best practice with spatial planning in order to better reconcile the notion of sustainable development with environmental protection and ecosystem services for the future

This past year the group has had many meetings with citizens and related groups such as Appalachian Corridor (ACA) who serve as consultants in their quest to advance steps with the municipality for the formation of a municipal nature reserve. The meetings with ACA have served to plan projects, identify common challenges and find strategies to protect the vulnerable areas of the municipality. The organization has also collaborated with Renaissance Lac Brome to improve water quality in streams flowing from Stukely South to Brome Lake.

In terms of raising awareness to citizens the organization created a Facebook page that is administrated by Mélanie Roy and Ngaio Richards. As well, chronicles have been published in “La Diligence,” which is circulated six times a year.

Keynote speakers Cynthia Patry from Appalachian Corridor and Pierre Beaudoin spoke in concert about the importance of the wetlands in general that form the watersheds of larger bodies of water. Of specific interest is the work that Renaissance Lac Brome undertakes to ensure optimum water quality of Brome Lake while Patry highlighted the value in economic terms of the services that the wetlands give to our environment.

According to Beaudoin, there 469 ponds within the watershed of Brome



ANN DAVIDSON

South Stukely Mayor Eutiquio Alvarez; Dr. Michel Delorme, biologist and president of Renaissance Lac-Brome (RLB); Pierre Beaudoin, secretary of RLB; Cynthia Patry, liason for Appalachian Corridor (ACA); and Gary Richards, president of Association de conservation de la nature de Stukely-sud (ASNSS) at the annual general meeting of the ACNSS last Saturday.

Lake, 21 per cent of them being located in South Stukely with median of 929 square metres. Of the 97 ponds that have been evaluated, only 13 of them appear to be natural. The rest are man-made. Only 45 per cent are considered as having proper vegetation to keep them healthy. He says that a lot of work has to be done to make these little waterways healthy. Beaudoin also reported that most of the artificial ponds have not

been authorized nor conform to environmental regulations. Many have not been dug deep enough. In particular it is very important that there be shoreline restoration. Plants along the waters' edges serve to keep the temperature cooler during the summer hence preventing the emergence of blue-green algae

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Township Toddlers benefit dinner celebrates 24th year

April 1 at Knights of Columbus hall in Cowansville

By Louise Smith

Ross Cote, along with a large group of volunteers and businesses offering services, is about to host another Township Toddlers benefit dinner this Saturday, April 1, in Cowansville.

The all-you-can-eat meal is from 5 p.m. to 7 p.m. It is \$12 for adults and teenagers, and \$8 for children aged 8 to 12, and free for those under 8 years old. There will be a drawing for one of many door prizes and an auction of many lovely articles. Following the feast and auction, Smokin' Country and Guests will provide dance music. It is bound to be a worthwhile evening all around.

The guest of honour will be Michelle Lefebvre, who is from the Montreal Children's Hospital Foundation. This year's dinner will go towards purchasing equipment for the Neurology Department at the Montreal Children's Hospital. This is the first time that a spokesperson from the foundation has come to the benefit dinner since it has been held in Cowansville.



COURTESY OF LOUISE SMITH

Once again Ross Cote will the auctioneer supreme at the Township Toddlers Benefit Supper.

This is a great opportunity to support the health of young people and being able to have a good social evening at the same time. Hope to see you there!

Church Bulletins

CONT'D FROM PAGE 2

TRINITY ANGLICAN CHURCH

409 South Street, Cowansville. All Sunday services are at 10:30 a.m. Come and join us as we endeavor to learn and practice God's loving will. We'd love to welcome you. Reverend George Campbell and Reverend William Blizzard. Information: 450-955-3325 (leave message).

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The sweetest season, then and now

Brome County Historical Society

1888 was a special year for Malcolm and Ida (Latty) Lawrence, for it was the first of their 52 together as husband and wife. Married on December 13, 1887, the young newlyweds (21 and 18 years old respectively) settled on the Lawrence farm in West Shefford, which had been sold to them by Malcolm's parents, Harvey and Amelia (Cooley) Lawrence, who took up residence nearby. The Lawrence family were among the earliest pioneers of West Shefford.

During their honeymoon year, "Mack" and Ida each kept a diary. Many of their entries between late March and early May, "the sweetest season" of 1888, reveal just how labour intensive sugaring off was, demanding countless hours of dedication from family, friends, and neighbours. Even as they toiled, however, the farming community of West Shefford found time for faith and goodwill, and even a little bit of fun!

March 27 (Mack) — ...Went to woods & tapped 400 trees. Sap ran splendidly.

March 27 (Ida) — Sugaring commenced today.

March 29 (Mack) — Tapped 660. John Labonty helped me, also Mr. Gladden. Gathered 109 buckets of sap.

March 29 (Ida) — Got the meals for three extra men. Made brown bread. Got around by just the skin of my teeth. Am awfully tired.

March 30 (Mack) — Finished tapping, making 2,111 in all. Made 13 cans of syrup.

March 30 (Ida) — Mack's Mother came down and stayed all day. Got on first rate. Seven extra men came to supper 7 o'clock.

March 31 (Mack) — Churned and went down to Uncle A's & made some syrup cans. Got in 400 buckets of sap. Made 70 lbs. sugar.

March 31 (Ida) — Girl came to wash & mop floors. I baked 7 loaves of wheat bread & made brown bread.

April 1 (Mack) — Went to church. Ida and I went to bush. Sap running away.

April 2 (Mack) — ... Got in 550 buckets of sap. Made syrup. Boiled all night.

April 2 (Ida) — Had 3 extra men. Mack boiled all night at the bush.

April 3 (Mack) — Came home about 7. Went to Uncle A's & made 75 cans. Pa and Isaiah are going to boil all night.

April 3 (Ida) — Mack came home from bush about 7. I got supper for 6 men.

April 5 (Ida) — Minnie came out this afternoon.

April 6 (Mack) — Pa helped me in shop. Made 91 cans. Took them to bush. Minnie went over with us.

April 8 (Mack) — Went to church alone. Had dinner. Took nap. Did up chores. Ida read a poem. All hands went to bed. Beautiful night.

April 9 (Ida) — Mack went to Granby. Patsy churned and broke the dash. Filled the reservoir and spilt the water.

April 10 (Ida) — ... Had some sugar on snow.

April 11 (Mack) — Peter came to bush & took fires and ran them till 12. Uncle Z and I finished 100 cans.

April 12 (Ida) — Mack & Minnie went for a drive.

April 13 (Mack) — Minnie & I boiled till 3 o'clock. Made 37 gallon cans of syrup.

April 14 (Ida) — Skimmed a lot of milk. Patsy worked & packed butter. Had some sugar in the evening.

April 17 (Ida) — Went to bush & got some toad stools.

April 19 (Mack) — Minnie and I went around to invite folks to sugar party. Went over and got Ma and children. Had quite a crowd.

April 19 (Ida) — Minnie washed my head. Went to our general sugar party in the afternoon.

April 20 (Mack) — Made 224 lbs. of sugar.

April 20 (Ida) — Did some fooling around. {!}

April 21 (Ida) — Minnie went home on train. 9:20 Mack still at bush.

April 22 (Ida) — No {church} service. W. Boright came down. Had some sugar. David and Emma came up. Had some sugar.

April 24 (Mack) — Gathered 250 buckets of sap & boiled all day.

April 28 (Mack) — Packed 100 cans of syrup & took them to Boright & Buller... Took syrup to Couture & Messier.

April 28 (Ida) — Frosted a cake. Made 2 batches of ginger snaps. Sent one to Mrs. Lawrence. She is sick.

April 29 (Ida) — Went to church.

May 2 (Mack) — All hands went to bush & gathered and washed quite a lot of buckets.

May 3 (Mack) — Finished up work in

bush. Started to plow this afternoon...

To read more about the life and times of Mack and Ida Lawrence and their family, friends, and neighbours, pick up a copy of "The Story of West Shefford (Bromont), Quebec; 1792-1966" by Winona Lawrence Matthews (1913-2011) who was Mack and Ida's daughter. Available at the BCHS gift shop, the thoroughly researched and well written and illustrated book is infused with warmth and charm, qualities for which teacher and writer Matthews was well known and beloved. Her book is a must-read for enthusiasts of local and Eastern Townships History and Canadian social history in general!

To learn more about Quebec's maple sugar industry of yesterday and today, come by the BCHS Museum (130 Lakeside, Knowlton) on Saturday, April 1, between noon and 4 p.m., for our sugaring-off event and family fun day! We will have sugar-on-snow courtesy of the Mason family; baked beans and other foodstuff; horse and wagon rides; crafting, stories, and play time in the Children's Museum; and an exhibit called "The Sweetest Season" in the main building. All activities are free, but donations are greatly appreciated and there will be paid raffle of a well-known print of a sugar shack by esteemed local artist Gordon Ladd. Everyone is welcome. Information: 450-243-6782, or bromemuseum.com, or find us and like us on Facebook!

CIDI-99.1 FM moves into the future with a new program schedule

Appealing to the community for program ideas and volunteers



COURTESY OF CIDI

Checking out the programming schedule for the new On-Air, Nick Stahl is a volunteer at CIDI 99.1 FM radio, serving the Brome-Missisquoi region.

CIDI-99.1 FM announced a brand-new program schedule which will debut on March 31, 2017. The schedule will bring new programs as well as many past favourites for our listening audience enjoyment.

Favourites like Hall of Flame will bring "Bushy's" (Ralph Bushenbaum) unique blend of nostalgia and contemporary music. "Townshippers, a very popular program will provide the latest of what's happening in the Townships." For country music lovers Les Campagnards will bring the best of Quebec's unique country music. Returning are show hosts like Jim Ferrier and his Bulletin Board to keep Townshippers abreast of upcoming Community events.

CIDI's new schedule will feature a variety of programs produced by community radio stations from Canada and around the world. Over the next few months, as we hear from

listeners, we will add additional programs and refine our schedule. A printable program schedule is available at www.cidi991.com

To support CIDI's goal of providing uninterrupted programming 24/7 required significant investment in "ON-AIR" software and computers. This investment is but a first step that will permit us to better serve our valuable listeners and advertisers.

This very significant upgrade in our in-house technology was funded by generous grants from L'Association des Radios Communautaires du Québec and Ministère de la Culture et des Communications de Québec. It should also be noted that it was the hard work of many dedicated volunteers, which permitted us to substantially improve CIDI's radio program production capability.

This is just the first of many steps that CIDI is taking towards improving a better on-air experience for our listeners. We are currently working on improving the reception of our signal. We are striving to find the right mix of technology that will permit us to reach a much wider audience of Townshippers. A major barrier to a quick fix is the lack of FM broadcast channels and the significant interference from stations that occupy frequencies adjacent to 99.1 FM or the same frequency.

CIDI is looking for program ideas and

Brome County
NEWS



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BCN RATES & DEADLINES COMMUNITY CALENDAR

Brome County News Community Calendar is reserved for non-profit organizations only. **Deadline is noon on Fridays.** Must be pre-paid. Up to 40 words: **\$8**, 41-70 words: **\$12**, 71-100 words: **\$15**, all prices include taxes. **Special rates:** \$2 off for 2 insertions, 1 BCN and 1 in the Friday Record "What's On" section. Please forward notices to 5-b Victoria St., Knowlton, QC JOE 1V0, email: bcnnews@qc.aibn.com, or fax: (450) 243-5155. Visa and Mastercard accepted.

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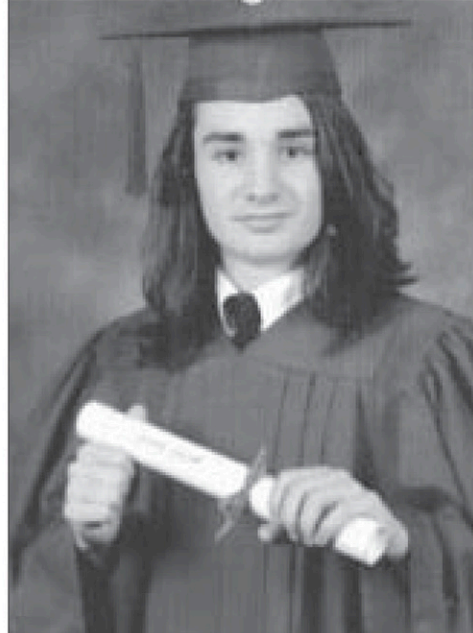
The Fisher Trust Fund

Pet Of The Week — Bella

(Bella is the one in the upper left — long beige fur)



Tattianna Boreau



Blake Chesbro



Fisher Trust Fund trustees are pleased to announce the recipients of the financial grants to assist them in their post-secondary education.

trustees are local residents who have managed and disbursed the fund's assets for the past 92 years.

Established in 1919 by the late Sydney Arthur Fisher of Foster, Quebec, the mandate of the trustees of this fund has been and continues to be the improvement of the state of agriculture and education in the Brome County, The

Students who have successfully completed Secondary V at Massey Vanier High School and who are residents of Brome County may apply to the Fisher Trust Fund for consideration. Detailed application information is contained in the Massey Vanier Course Guide.

Hello everyone! I am a sweet, nice, loving and friendly 8-year-old lady — my coat is beige — and I need a new home! My "parents" got divorced.

fed but a home is where we should be! SPCA Montérégie, 178, ch. du Vide, Ste-Angele-de-Monnoir (exit 37 on autoroute 10). Adoption hours are 2 - 4 p.m. on Thursdays and Saturdays. Hope to see you...Bigger dogs and cats also here waiting for their real home.

This is the week for small dogs here where I am living — there's Molly, Maggie, Moka, Melon, Bentley, Margot, and a few very nice beagles also! Come and find out! We are all warm, dry, and well

450-460-3075
www.spcamonteregie.com
www.facebook.com/SPCAMonteregie

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www.santecourville.com



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01 The Power of Storytelling and Body Language

\$20 | March 28: 6:30 PM – 8:30 PM

Craft your message so that it's understood, remembered and creates an impact!

02 Understanding Social Entrepreneurship

\$20 | April 11: 6:30 PM – 8:30 PM

Learn about what social entrepreneurship is from legal structures to its implications.



PLUS, GET FREE ONE-ON-ONE BUSINESS COACHING*

03 A Business Coach will be Near You on April 5 & 6

April 5: 9:00 AM – 5:00 PM

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The Second Coming at Emmanuel United in Cowansville

Artistic Quilts by Irma Cote on permanent display

By Louise Smith

Irma Cote is an artist in many fields. She came to Canada from Bavaria in 1953. She wants there to be meaning in all forms of her art. She is always trying to express a message. She has an eye for design and colour in collage work, carving, needlework, stained glass, and artistic quilting.

Two of her artistic quilts were donated to Emmanuel United Church in Cowansville. One is entitled *The Second Coming* and the other is *Sacrifice: Man and God*.

In *The Second Coming* the figure of Jesus is stitched into the top right hand circle of light. A row of angels, to the left, are on hand. There are fish in the quilt representing the disciples being fishers of men. There is an element of confusion in the quilt, as there would be when the Second Coming happens. There are waves and turbulence in the center of the quilt. The triangles represent plants. The water is overflowing. The more you look at the quilt, the more you see. This quilt is hanging at the back of the sanc-

tuary upstairs in the church.

The second quilt is on a wall that you pass as you climb the stairs. *Sacrifice: Man and God* is a combination of two designs. Irma took it on as a challenge. It is very abstract. The yellow represents the cross. The energy is coming from above. The tomb is in the bottom left corner. There is a rock at the right. The black around it speaks about the distance we have from a higher power. We are cut off, in a way. But the energy from above comes down to where the sacrifice of the son has happened. There are two sacrifices represented in this quilt, when Abraham was willing to sacrifice his son, Isaac, and when God sacrificed his son, Jesus.

Both these quilts will be available to the general public during the quilt show at Emmanuel United on Friday, April 7, and Saturday, April 8.

Irma and her husband have run a stained glass workshop for many years. She is now retiring and all her last pieces are available. If you wish to contact her, call at 450-243-5522 or go to her website www.irmart.ca.



PHOTOS COURTESY OF LOUISE SMITH

Sacrifice: Man and God - an artistic quilt donated to Emmanuel United.

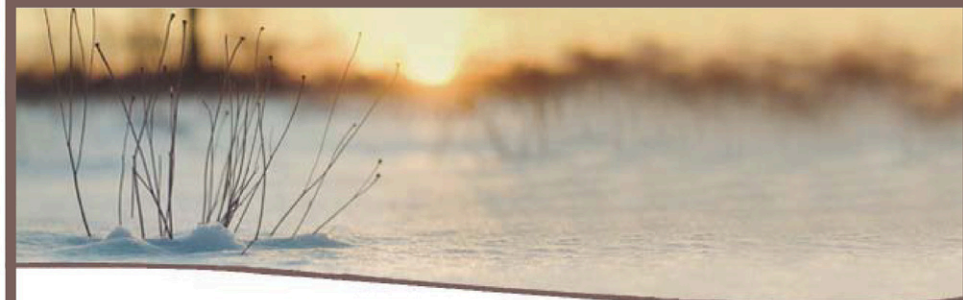


The Second Coming - another thought-provoking quilt made by Irma Cote.

Right, Irma Cote at home, in front of a quilt entitled *Jacob's Ladder*.



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Hoot 2017 attracted droves

Good timing for the sun to come out!

By Ann Davidson

the Hoot.

The annual tradition of ushering in spring was once again a big splash for the crowds as they cheered on a dozen brave skiers and boarders dressed up in silliness only to schuss down a slope to catapult into the ice water of the artificial pond and drenching the onlookers. It's always the

highlight of this event but the day is packed with activities from the Hammerhead slalom race, a costume parade, lots of games, a penguin race, BBQs on the deck.

It's an occasion to celebrate the end of winter and serves as a homecoming for loyal skiers who made Owl's Head their home base over the years.



PHOTOS BY J.F. RAVENELLE



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Farewell Sebby Call

CONT'D FROM PAGE 1

touched. Sebby has brought out the best in this community, from donations of time and money and energy and just recently The Meal Train, the setting up of live-streaming his funeral so that those living afar could feel a part of his farewell. It is too bad that it often takes an enemy like cancer to bring out the best in people.

First grandchild on both sides of the family, Sebby leaves to mourn his brother, Phil, his grandparents: Christina Langraf (late Charles Wykes), and June and Murray Call, his great grandmother, Nancy Wykes, his aunts and uncles: Adam, Daniel (Sarah), Samantha (Keith) and Nancy, his cousins, Kadie and Dylan, as well as many other relatives and a lot of good friends.

His tousled-curly locks, beautiful open smile, and twinkling chocolate eyes are trademarks of the spirited, welcoming child. According to Knowlton Academy Principal Renalee Gore, who polled his classmates, they remember Sebby for being the go-to guy with new students at school, his love for hockey and soccer, hand-crafted greeting cards he made for everyone, his sportsmanship conduct, his playful silliness, his infectious laugh, his love for animals, his friends and family, and his brother Phil. He was always the first person to console another student. Apparently Sebby also loved to hang out with a friend on a certain roof and was always asking for ex-



COURTESY

Judy McKinnon-Martin, founder of The Bell Fund honoured Sebby Call by making him the first patient at the Montreal Children's Hospital to ring The Bell of celebration symbolizing luck, gratefulness, and hope on completion of chemotherapy treatment. Young Sebby soon afterward became an ambassador for Martin's Bell Fund.

tended time to be up there. She added that he loved school, not the work per se, but being with all his friends, doing art and singing in the choir. In speaking to all in attendance at Sebby's funeral, many who were his friends and classmates, Gore reminded, "The best and most beautiful things in the world cannot be seen or touched but are felt in the heart."

Speaking from first-hand experience, Judy McKinnon-Martin delivered the eulogy. "Cancer is an unwelcome curse for most people. It often strikes when you least expect it. It's painful. It's brutally unfair, especially when it strikes a child. But, I also like to say that cancer can be a gift because of the people you meet that inspire and amaze you with their positive attitude and their resilience. Sebby was a cancer gift weaving himself into the hearts of hockey players P.K. Suban and Max Pacioretti, as well as wrestling champion Sami Zayne and all who cared for him."

Martin is eternally grateful to his parents for allowing Sebby to become an ambassador and honouring her project. The Bell Fund aims to give patients support, inspiration, and hopefully a little comfort on this journey, provide comfort kits containing a fleece blanket to keep the patient warm because chemotherapy patients often feel cold, with a foot pocket and a lap pocket to store a book or phone; a reusable water bottle to help patients swallow medication and quench their thirst; a note pad and pen to take notes during doctors' visits; mints to soothe throats and remove the metal taste that some patients have during treatment; and a magazine to help pass the time. School children from the Knowlton Academy are also assisting The Bell Fund by writing notes to patients that wish them well, and will be included in the kits.

Martin, though she hasn't known Sebby for long, grew to be close friends with him and his family over this two-year period. She spoke about how he always managed a smile no matter how heartbreaking and unfair life had been with him.

It's a harsh lesson for young children when a friend is lost. Yet somehow they were empowered to be part of the program. The children of the Knowlton Academy choir led by Lucy Hoblyn sang Cindy Lauper's "True Colors" and Rachel Patten's "Its A Better Place Since You Came Along." Allie Woodard courageously shared her own memories in the farewell.

With Sebby's brother by her side, Aunt Valerie Godue spoke about the young boy wanting to help everyone. He wanted to help the homeless and find ways to feed starving children around the world. He had intense curiosity for religion. And he faced a monster like a man, a little boy that lit a fire in the entire community. He gave so much and took so little, leaving us with memories that will last a lifetime. Sebby Call was the true meaning of a gift to all he crossed paths with.

In his memory, a donation to The Bell Fund (Cedars Cancer Foundation) would be appreciated by the family. www.cedars.ca/cedars/en/funds_and_fellowships/bell_fund

Condolences may also be expressed via the website www.complexebm.com

KA Garden project

CONT'D FROM PAGE 1

together," Mizener is determined that this kind of project is needed everywhere and will make a difference to sustaining a healthy community. "In general," she said, "it is about cultivating positive change, developing local sustainability while reconnecting generations and all learning in the process."

Principal Renalee Gore emphasized that this project has been met at the ETSB level with great enthusiasm and support. The board is prepared to support the project, which would serve as a model for other schools under the board's umbrella. However, for now, this is solely a Knowlton Academy adventure.

CIDI-99.1 FM

CONT'D FROM PAGE 4

volunteers to help us to better serve our Townshippers community. If you have a program idea, or would like to test your talents as an on-air host, drop into the station on Monday or Friday mornings, alternatively drop us a line. We are looking for volunteers to host our morning, late afternoon, and mid-day programs. We have jobs aplenty for behind the scenes' volunteers who want to

The idea is for it to become a community-inclusive, inter-generational program featuring a garden to table element that serves as a platform to integrate the basic curriculum. For example, it is a living science lab facilitating writing, reading, art, socialization, cooperation amongst many other learning skills.

To better understand the concept of the project, a 20-minute film that was produced by Jane Churchill and Potton's Gwynne Basen called, "A Crack in the Pavement: Digging In" is a must-see and can be found online.

The organizing committee strongly wants to facilitate youngsters to connect

discover the exciting world of radio broadcasting. No experience necessary; however enthusiasm and commitment to your community are definite requirements!

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with the natural environment while developing skills that will ensure healthy eating from local produce. According to Gore, already a volunteer in the community is offering to work with the students in the Bistro program in making preserves with their harvest in the autumn of 2017. This ties into the existing Bistro program. Of course the group is undergoing a recruitment process for volunteers to help prepare the necessary infrastructure, planting with the children, harvesting, and food preparation. Other tasks and skills needed would be building an inventory of resources, marketing, community liason, etc. The list is long. As Mizener says, "There is something for everyone in this program, if they want to get involved. Your skill is adding to our strength."

As the funds to cover the initial budget of over \$66,000.00 are being amassed the school is eager to go ahead with the project this year by building raised beds in April and planting soon thereafter. Muir says that they plan to set up a simple rainwater catchment system that will serve to maintain the gardens and not burden the local water supply. A location for composting will be determined within the next couple of weeks.



ANN DAVIDSON

Susan Muir is an architect technician who has designed a number of school playgrounds and is now directly involved with the development of the infrastructure needed for the Knowlton Academy Greenhouse and Garden Project.

Already several composting units have been ordered.

That many of the plants going into the raised beds could be started soon, the school is reaching out to the wide community for donations of pots and garden tools. They can be dropped off at the school at 81 Victoria St. in Knowlton during school hours.

POETRY

How Do You Say Farewell

By David Edmond

There comes a time in life
when a pending death
will pull together friends and families.
For one among us
is facing the reality
that tomorrows are few.

And just how should we react
at that very point in time,
in the presence of our friends or kin,
close or distant?
Each knowing, that the moment
will be one, never to be repeated.

We cannot know the inner thoughts
of the patient there before us.
A brave face may be there,

re-assuring words be spoken,
a voice of no regrets for past exploits
nor fear of what's ahead.

Can we be accepting of the moment?
Are we adept at sharing stories,
knowing full well that this is not
just another conversation?
The pressures of the moment
unleash torrents of emotion within us.

Are we capable of being calm,
can we be detached from the solemnness of the moment?
Or will our emotions spill over?
Will we be in denial or aware
of the present situation?

Rational thought says, what is,
is how things will play out.
An inner hope would much prefer
that what lies ahead,
be put off, until another day.

How we react will not be known
until we face the situation.
A hug, a handshake,
a show of inner strength and of acceptance
will reassure that all is well.

And when that moment's over
and we are all alone,
these memories will occupy our mind,
and thoughts of things omitted
will surely come to the fore.
But rest assured, our patient is at peace.

Leadership hopefuls pull out stops soliciting support as deadline looms

By Terry Pedwell
THE CANADIAN PRESS

Conservative leadership hopefuls made some last-ditch pitches for support Monday in advance of a key campaign deadline — and stanching the flow of illegal migrants across the Canada-U.S. border played a prominent role.

Candidates only have until Tuesday to sign up new party members in order to buttress support for their leadership bids, so several — Kevin O’Leary, Maxime Bernier and Steven Blaney were doing their best to grab some Tory-friendly headlines.

In an early e-mail blast, businessman and reality-TV star Kevin O’Leary suggested using the Constitution’s veto power, known as the notwithstanding clause, to block refugee claims from people who enter Canada

illegally.

It’s a response to a recent spike in illegal border-crossings from the U.S. into Canada, in many cases by people apprehensive about a Trump administration that’s limiting immigration and stepping up deportations.

Under the Canada-U.S. Safe Third Country agreement, migrants who seek to cross at official border crossings are turned back if they have already made a refugee claims in the U.S.

Ottawa could act unilaterally if the U.S. doesn’t agree to amend that agreement, O’Leary suggested.

“If the U.S. won’t agree to closing the loophole so that those crossing into Canada illegally are returned to the U.S. where they are entitled to a fair hearing before an independent court, then Canada must act on its own,” said the e-mail.

Earlier Monday, former cabinet minister Bernier sent a basic solicitation, urging would-be supporters to sign up before 5 p.m. ET Tuesday.

But he later doubled down on O’Leary’s message, saying not only would he use the notwithstanding clause, but he’d deploy the military as a “temporary” measure to back-stop existing police and border resources.

“If it takes too long to put that additional manpower in place, I will look at additional temporary measures — including deploying Canadian Forces in troubled border areas,” Bernier said in a statement.

Steven Blaney sent out an eyebrow-raising fundraising e-mail of his own on the weekend, denouncing alleged anti-Semitic remarks by some Muslim leaders.

The e-mail, containing the

subject line “Should Allah kill all the Jews?”, referenced individuals including an imam and former Ryerson University teaching assistant who was recently removed from his position over alleged anti-jewish remarks.

Leadership hopeful Michael Chong was also making headlines Monday — but not for his campaign efforts.

Social media was abuzz all day about a Globe and Mail item from March 22 by columnist Leah McLaren, since taken offline, in which she describes trying to breastfeed Chong’s infant baby during a house party more than 10 years ago.

On Twitter, Chong shrugged it off as “no doubt odd, but of no real consequence.”

As the deadline loomed, other would-be Tory leaders opted for the straightforward approach, highlighting the support they’ve already drummed up through new memberships or from within the party’s office holder ranks.

Pierre Lemieux reinforced his opposition to legalizing marijuana amid news that

the Trudeau Liberals planned to introduce legislation this spring to legalize pot by July 2018.

Lisa Raitt posted a video on her social media accounts, urging Canadians to join her under a “big blue tent.”

And Erin O’Toole’s campaign sent out separate e-mails announcing more endorsements, including a pack-leading 26 sitting MPs who were publicly backing his leadership bid.

Divergent messages, but all with the same goal, said Mainstreet Research president and CEO Quito Maggi.

“These are all attempts to differentiate themselves from the other candidates,” said Maggi.

While the party said it doesn’t expect to release official numbers until some time in April, Maggi said he anticipated roughly 175,000 individuals paid the required \$15 membership fee to become eligible to vote for a new leader, with that number likely to approach 200,000 by the deadline.

Just over 251,000 people took out memberships in 2004 before Stephen Harper was elected to lead the party.

ACNSS: Looking back

CONT'D FROM PAGE 3

Patry explained that ACA’s mission is to protect the natural environments of the Appalachian region of southern Québec and to date has succeeded in guarding 12,700 hectares. Explaining that ecological services refers to the benefits obtained by humans from nature, she spoke of man’s dependence on the land and comparison of cost to fix it when it has been damaged — a better understanding that modification of natural environments and not preserving nature generates costs. Calculating the market price lost from potential produce

along with replacement cost, Patry spoke about the value of the wetlands. By understanding the monetary value of the work the wetlands do, it is easier for people to realize how important it is to protect them. In terms of climate control, purification of water, habitat for biodiversity, and extreme events prevention, they see that the services would cost \$14,030 per hectare annually. When there are 1,200 hectares of wetland in South Stukely there is a value of a staggering \$ 16.8 million per year in ecological services

Richards says that the organization will work on three fundamental tracks for the future and the sustainability in nature conservation. They will advance the concept of reconciling conservation and spatial planning in the context of sustainable development. They endeavour to protect the 1,200 hectares of sensitive wetlands in South Stukely and they want to continue to build their endowment fund so that their investment income is sufficient to protect the land for which ACNSS provides life stewardship.

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Wayne Hunt and Barbara Thompson are happy to announce their upcoming Wedding. They will be celebrating their love on May 27, 2017.

Fulford news

St. Patrick's "jammed" at Bromont with Leslie Duke on guitar, Serge Laverdure on penny whistle and Norm Lloyd on keyboard. Everything was decorated, including the guests with feathers, sparkles, lights, etc. The feast included Father Real's home baked beans. Transition to new committee went smoothly. Best Wishes to Aleda (nee Lace) and Art Wright on their 60th wedding anniversary. Condolences on the death of Laurent Belcher, to his wife, Sheila Sharman, and family, Cynthia (Donald Lemaire) and Christopher. Will Hunkin, on Stanstead College Prep Hockey Spartans, winners of the ETIAC championship. Congratulations! We wish a good recovery to Mark Baird, a policeman in Ottawa, injured in a training accident. Mark is the son of Pat (nee Graves), formerly of Waterloo, and of Harold Baird, formerly of Fulford. Jimmy Mason's lectures to the BCHS included the subject of Southern Canada Power, well-remembered by long-time residents. One recalls many anecdotes, such as the housewife being dismayed to find the refrigerator unplugged; "No sense having that light on all the time," said her husband. Margaret Fordham

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Springtime salads that eat like a meal

(NC) There's no time like springtime to fill up on farm-fresh greens and crisp vegetables. Take advantage of nature's peak season by eating easy dinner salads all week.

Add protein. Protein transforms a boring side salad into a satisfying main course. Marinated steak, grilled chicken, boiled eggs and seafood are all hearty options, but don't overlook plant-based protein sources such as chickpeas, black beans, tempeh and tofu.

Toss in grains. A true main course borrows from all the food groups, grains included. Grains, such as bulgur and quinoa, not only add extra texture to your dish (they also pack another punch of protein, which will keep you from sneaking dessert or a midnight snack later.

Experiment with toppings and bases. Who said fruit can't be invited to the party? Crisp apples or nectarines add a welcome tartness that can be lacking in your salad. Dried cranberries and grilled peaches add a complimentary sweetness to an otherwise savoury dish. Experiment with other toppings, such as creamy goat cheese, avocado, fried Asian noodles or bacon. Remember that lettuce isn't the only acceptable base. Ready-to-make cauliflower rice, such as Mann's Cauliflower Cauliettes, can make a hearty substitute for plain spinach.

Dress it up. Ditch bottled dressing and start making your own (it's easy and way healthier. One of most basic and versatile types of salad dressings to make is a vinaigrette. Just mix one part vinegar/acid to two to three parts oil. You can experiment with different oils, such as walnut or grapeseed, as well as acid in options like balsamic vinegar, lemon juice or sherry. A

bit of Dijon mustard or tahini can help make it a bit creamy. Once your basic mix is ready, you can add other flavour components like herbs, seasonings, Worcestershire sauce, soy sauce, nuts or whatever you fancy.

Moroccan Cauliflower "Couscous" Salad

Prep time: 15 minutes
Cook time: 40 minutes
Serves: 6

Ingredients:

- 1 bag (14 oz) Mann's Cauliflower Cauliettes
- 1 tbsp coconut oil
- 1 clove garlic, minced
- 1 tsp ground cumin and paprika
- 1/2 tsp each ground coriander and salt
- 1/4 tsp each ground cinnamon and pepper
- 1/4 cup water
- 1/4 cup lemon juice
- 1 can (19 oz/540 mL) chickpeas, drained and rinsed
- 1 red pepper, chopped
- 1/3 cup red onion, chopped
- 1/4 cup orange juice
- 1/4 cup dried apricots, chopped
- 1/4 cup toasted almonds, slivered
- 3 tbsp fresh cilantro, finely chopped and divided
- 1/3 cup pomegranate seeds
- 1 tbsp fresh mint, finely chopped

Directions:

1. Heat coconut oil in large skillet set over medium heat; cook Cauliettes, garlic, cumin, paprika, corian-



der, salt, cinnamon and pepper for about 5 minutes or until well coated and Cauliettes start to soften. Stir in water; cook for 3 to 5 minutes or until no liquid remains and Cauliettes are tender. Stir in lemon juice. Remove from heat and let cool completely.

2. Toss together cooled Cauliettes, chickpeas, red pepper, red onion, orange juice, apricots, almonds and 2 tbsp cilantro. Cover and refrigerate for about 30 minutes or until chilled. Sprinkle with remaining cilantro, pomegranate seeds and mint.

Find more springtime salads and seasonal meal ideas at www.culinarycutsclub.com.

How to use veggies as carb alternatives

(NC) Love carbs but hate what it does to your mid-section? Consider trying a trendy substitute to the typical comfort foods. Vegetables like zucchini, carrots, spaghetti squash and cauliflower are tasty ways to continue enjoying your favourite foods. This yummy recipe uses cauliflower to thicken the sauce for a lighter version gratin.

Cauliettes Mushroom Gratin

Prep time: 15 minutes
Cooking time: 20 minutes
Serves: 4

Ingredients:

For the skinny "Alfredo" sauce:

- 1/2 (14 oz) package Mann's Cauliflower Cauliettes
- 3/4 cup milk or vegetable broth
- 1/4 cup grated Parmesan cheese • 1/4 tsp salt
- 1/4 tsp garlic powder
- Dash cayenne pepper

For the Gratin:

- 1/2 (14 oz) Mann's Cauliflower Cauliettes
- 1/4 cup onion, diced
- 2 tsp olive oil, divided
- 1 1/2 cup sliced mushrooms

- 1/2 cup shredded mozzarella cheese

Directions:

1. Microwave Cauliettes covered for 6 minutes, until very soft. Split the Cauliettes in half and use half for the sauce and half for the main ingredients. Sauté onion until soft, then set aside. Sauté mushrooms in olive oil until slightly brown, then set aside.

2. Pre-heat oven to 350°F. Purée all the sauce ingredients in food processor or blender until very smooth. Set aside.

3. Mix cooked Cauliettes, cooked onions, and cooked mushrooms with sauce. Spread in shallow baking dish (8" to 10" diameter).

4. Sprinkle cheese on top. Bake for 20 minutes, until bubbling at edges and starting to turn golden brown on top.

For freeze ahead: Prepare as above using two 2-quart casserole dishes. Allow dish to cool to room temperature. Cover tightly with plastic wrap, then with aluminum foil; freeze for up to two months. Thaw overnight in refrigerator. Uncover. Preheat oven to 350° F. Bake for 60 minutes or until warmed. Sprinkle with extra cheese before serving if desired.

Find more recipes online at culinarycutsclub.com.





Brome County
NEWS 

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Sales Manager

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Avante's April Newsletter

Barbara Bellingham
Program Director
Avante Women's Centre



COURTESY OF AVANTE WOMEN'S CENTRE

Kayla Chamberlin

Now that daylight is here a little longer each day, we have adopted our regular scheduling with Tuesday evening workshops, for those unavailable during the day. Kayla Chamberlin is now working with Avante, and is helping us develop new programs that would interest a younger group of women, such as stress management, mindfulness, and healthy lifestyles; workshops geared specifically to their reality. If you are under 40, and looking for information or resources on a particular topic, please don't hesitate to contact Kayla, either at our centre 450-248-0530, or by e-mail avante-outreach@outlook.com.

So our first Tuesday evening on April 4 is Kayla's group, then on the following Tuesday, April 11, anyone is welcome to join Barb and her invited guest, Nancy Coderre, who will be treating us to some pampering! Learn the hows and whys of self care using Nancy's line of products for a lovely evening of relaxation and learning, from 6-8 p.m. Please bring a bowl, towel and facecloth. Tuesday, April 18 is Nancy's travel night, featuring a visit to Ireland. Dawn Sparling will be sharing her photos and experience from her recent trip there. Kayla's group meets again on the 25th.

In Knowlton, Barb's first workshop of the month will be "Write On"; a creative writing exercise with Sandra Reed, freelance writer, editor, and publisher, on Monday April 10. This is a fun introduction to unleashing our creative powers of the pen, discovering the many ways to find joy, peace of mind, and even make money! Starts at 1:30 at the Lac Brome Community Centre, 270 Victoria. Our second workshop in Knowlton will be on Monday, April 24, for the Health Matters/revisited session. "Taking the Pressure Off: High Blood Pressure" will be the topic explored through a pre-recorded teleconference presentation by speaker Christina Weiss. Understand what your systolic and diastolic numbers mean, how to prevent and control high blood pressure. The program starts at 1:30.

"Health Matters - Know Your Rights" will be shown on Friday, April 21 at the Cowansville CLSC with guest speaker Sarah Doherty from Educaloï, a live presentation. Sarah would like to inform us of the updates and changes to legal documentation concerning power of attorney and estate planning. Program starts at 10 a.m., followed by a free soup lunch. Everyone welcome.

Thursday, April 13 will be a great day to visit our centre, as we start at noon with our monthly Soup Café. This is a social event that includes visiting friends over a bowl of homemade soup, bread, and dessert. Then at 2 p.m., Terry Lynn will guide us through the steps to creating a unique Easter ornament. All materials are provided, but we ask for a \$2 donation.

Our monthly creative activities continue with Quilting and Sewing on April 5 from 10 a.m.-noon, and on April 20 from 3-5. Bring a sewing project and get the guidance and encouragement you need to get the task done! Crystal continues to help with crocheting projects on April 19 from 6-8 p.m.

"13 Hands" is a recent production by Mary Harvey and Laura Teasdale, and from their generosity and thoughtful donation from Knowlton Players, Avante is excited to announce another Theatre in the Barn fundraising event! Join us for an "in-house" play reading on Saturday, May 27 at the Baker Barn in Stanbridge East. The play starts at 7 p.m. with refreshments on site, all for an admission of \$15. Call our centre 450-248-0530 for tickets.

Our spring newsletter has been mailed to all our members, so if you don't receive it soon, please contact us to verify your address. Avante Women's Centre has been operating since 1997 with the mandate to reach out to anglophone women in the Brome-Missisquoi area. Our services include monthly workshops and coffee breaks, popular education programs, and special activities aimed at encouraging women to expand their limits of experience. In a largely rural community, Avante offers an opportunity to meet other women, and discuss issues that concern them, where they can feel comfortable socializing in their own language. We aim to assist English women reach their fullest potential, empowering themselves to become all they wish to be.

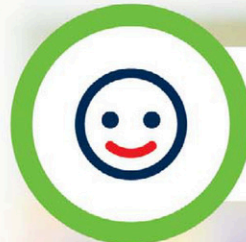
Our centre is located at 15 rue du Pont in Bedford. Please drop in or call at 450-248-0530 to keep in touch with our services being offered. You can also visit our webpage - www.avantewomenscentre.org, or find us on Facebook.

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OPENING HOURS

MONDAY TO WEDNESDAY 9:00 A.M. TO 8:00 P.M.
THURSDAY TO FRIDAY 9:00 A.M. TO 9:00 P.M.
SATURDAY 9:00 A.M. TO 5:00 P.M.
SUNDAY 10:00 A.M. TO 5:00 P.M.