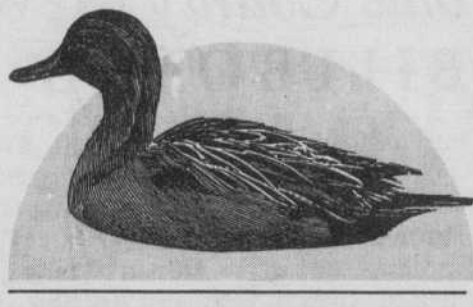


# Brome County NEWS



WEDNESDAY, OCTOBER 8, 1997



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THE LARGEST CIRCULATION WEEKLY IN BROME-MISSISQUOI

## Avante: New group gives women a say

By Caroline Kehne  
RECORD CORRESPONDENT  
BEDFORD

**W**omen in rural areas don't have to suffer from poverty or abuse to qualify for help, says a founding member of a new women's group.

Marianna Braganza, of Avante, said there are many women stuck in the middle, women who need help for other reasons, such as work or family problems.

"The women in the middle are told, 'Hey, you have a job, you have kids, a husband, what are you complaining about?'" she said in a recent interview.

"When they have work problems or family problems, they often don't have anyone that will listen."

Braganza, a psychotherapist at the Montreal Pastoral Institute, said these women often need a professional referral or a quiet place to come and have a cup of coffee.

They are women who want to re-enter the workplace, women who have just lost a job or others who are recently widowed or divorced.

"We're not a shelter," explained member Sheila Perry. "We're a place to go."

Avante, which means "forward" in Italian, wants to expand services for these women in the Eastern Townships.

According to Perry, it wants to take a new approach. The group wants to avoid dictating to its members, giving them a chance instead to voice their opinions.

"Women suffer a lot of from lack of self-esteem," she said. "In Avante, everything you say is valued."

Perry said the group is also thinking about providing day care services, educational workshops and computer training.

SEE AVANTE, PAGE 6

## HAPPY BIRTHDAY X 2



CAROLINE KEHNE/CORRESPONDENT

Betty Hayes presented a cake in the shape of a guitar to husband Ronnie during the sixth anniversary festivities of the Stanbridge East Coffee House, which Ronnie runs. For the story, see page 5.

## 25 antique dealers to gather in Knowlton

Staff  
KNOWLTON

**I**n the market for some antique jewellery, china or books? Head down to Knowlton Oct. 17 for the ninth annual Antique Show and Sale.

The sale, which runs all weekend, also features furniture, glassware and prints from across Eastern Canada and Europe.

About 25 antique dealers will be displaying their wares at the sale, which kicks off Friday, Oct. 17, with an opening gala.

Those who attend the gala will have a firsthand look at the antiques available. Food will be supplied by local restaurants and cafes. Admission to the opening gala is \$25.

The show will be held Saturday, Oct. 18, from 10 a.m. to 6 p.m., and Sunday, Oct. 19 from 11 a.m. to 5 p.m. Admission is \$5 for adults. Children under 12 are admitted free. There is no charge for parking.

The antique show coincides with the second annual International Brome Lake Duck Festival. Seventeen restaurants will be hosting special events for the festival, including some from Louisiana.

The Brome Lake Racquet Club is located at 584 Knowlton Road. For more information, contact the show's web site at: [www.cclacbrome.qc.ca/antiques](http://www.cclacbrome.qc.ca/antiques).

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# Brome County NEWS

## BILLBOARD

### COMMUNITY CALENDAR

**Oct. 10 & 11**  
**Fall Rummage Sale** at Grace Church, Sutton, Fri. 2 p.m., Sat., 9 a.m.

**Oct. 11**  
**Dances Of Universal Peace** at Sutton Yoga Centre, 111 Principale N., Sutton, 2-5 p.m. Dances based on sacred music from all spiritual traditions. No experience necessary. Bilingual. Suggested donation: \$10. Tel. Judith Avinger, 263-6685.

**Oct. 12**  
**Crib Tournament "doubles"** sponsored by the Sunday Softball League at the Royal Canadian Legion, 120 Davignon Blvd., Cowansville. \$500 divided purse, point system. Registration: 1 p.m. Starting time: 1:30 p.m. \$10 per person. Sandwiches & coffee. Bring boards

& cards. Door prize and half & half. Tel. Mike Lacroix 263-0173.

**Oct. 15**  
**Club de la Bonne Humeur**, 5 Mill Rd., Lac Brome will hold a Conference Lunch at 12:00 p.m. Info. J. Lafreniere 243-5175; Aimie Tremblay 539-1798.

**Oct. 16**  
**Huge Bag Sale** at the P.R.R.P. Abercorn and each following Thursday ending Nov. 13th at 11 Church St. West, Abercorn, 9 a.m.-4 p.m. All new assortment of good used clothing plus winter boots, skates etc.

**Oct. 17, 18 & 19**  
**1997 Antique Show Gala Opening**, at Raquettes Brome, 584 Knowlton Rd., Knowlton. Gala: Oct. 17, 7-10 p.m. Tel. 243-0058. Show and Sale, Sat. 10 a.m.-6 p.m., Sun. 11 a.m.-5 p.m.

**Oct. 18**  
**Rummage Sale** sponsored by the

U.C.W. in the Knowlton United Church basement from 10 a.m.-1 p.m. Please drop off all articles before noon Oct. 17th.

**Annual Lasagna Dinner, Book Fair and Auction** at Knowlton Academy, 5-7 p.m. Good food, door prizes, games and lots more. \$7 adults, \$3 children under 13, or \$20 maximum for a family. Tickets available at door. Thank you for your support!

**Oct. 21, 23, 25**  
**12-hour literacy workshop** sponsored by the Yamaska Literacy Council at Auberge West Brome featuring the Laubach method in teaching adults to read. Tues. & Thurs. evenings & Saturday. Tel. Donna Ross 263-7503 or evenings, 263-4521.

**Nov. 4**  
**Harvest tea** in the cafeteria of the BMP. Following a near centennial tradition, the Brome-Mis-

### ARTS CALENDAR

**Oct. 11 & 12**  
**Art Exhibition** at Manoir Lac Brome, 28 Mont Echo, Knowlton, 1-5 p.m. Have afternoon tea and enjoy the talents of Eastern Townships artists, Linda Hobbly Tannahill, Mary Martin, Katherine Chessar-Barrette, Lorraine Picard & Leon Larocque.

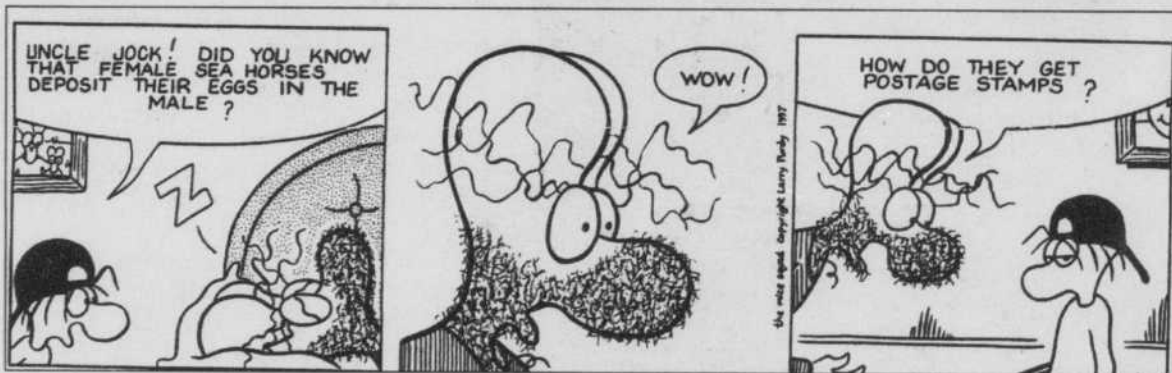
**1997 Arts & Crafts Fair**, sponsored by Brome County Historical Society at the I.O.O.F. (Oddfellows Hall), 476 Knowlton Rd., Knowlton. Sat. 10 a.m.-5 p.m., Sun., 10 a.m.-3:30 p.m. Art raffle tickets still available from the Society or at the sale on the weekend. Free admission. Refreshments available. Tel. 243-6782.

**Oct. 11, 12 & 13**  
**Brome County Museum** will hold an exhibition of paintings by Gordon Ladd at 130 Lakeside, Knowlton from 11 a.m.-5 p.m. Tel. 514-242-1133.

**Oct. 16, 17, 18, 23 & 25**  
**Knowlton Players** present the comedy "Play On!", by Rick Abbot, directed by Emma Stevens, at Theatre Lac Brome, Knowlton, 8 p.m. matinees, 2 p.m., Oct. 19 & 26. Tickets: \$7. (adults), \$5 (under 13) Group rates available. Tel. 514-263-1061.

**Oct. 25 & 26**  
**Quoi de Neuf?** Artists and Artisans Show and Sale at Auberge Lakeview Inn, 50 Victoria St., Knowlton, 9 a.m.-5 p.m. 20 participating artisans.

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 Fri., Sat., Sun., Mon., Tues.,  
 Wed., Thurs. - 9:10 p.m. **G**  
 October 10th to October 16th

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# Four cars, a washing machine and old sheds dragged away Montreal scouts clean up Brome Lake land

by Tanya Tkach  
RECORD CORRESPONDENT  
KNOWLTON

Two parcels of land belonging to the Brome Lake Land Foundation received an annual cleaning last weekend with the help of a group of Rovers from Scouts Canada.

The energetic young team from Montreal's West Island and South Shore came to Brome Lake on a service project.

Louisa Ayllon, assistant provincial commissioner of Scouts Canada and director of the Land Foundation, asked the Montreal district Rovers if they could help with this project. She said that the Scouts program is environmentally-friendly, with an emphasis on the outdoors.

"As a group, they choose projects that they feel are important to their province and country," Ayllon said. "This is one of the projects that they've chosen and we're very, very grateful."

Ayllon is appealing to the communities in the Townships to support the Scouts in any way possible.

"We need volunteers to give the program to the young people," she said.

The Rovers arrived Friday night and stayed at Camping des Erables, on the north shore of Brome Lake. Early Saturday morning the team met the other



Members of Montreal scouting troops came to Brome Lake last weekend to haul junk off of land owned by the Brome Lake Land Foundation, including the carcasses of four cars.

members of the Foundation on Brandy Road.

With the help of neighbors such as Mr. Roger Roux and his tractor, as well as two all-terrain vehicles, they started lugging the debris - including old

sheds, washing machines and scrap metal - out of the wooded 105 acres.

"That land contained 50 years of accumulation of metals and plastics," Ayllon said.

On Sunday morning the scouts cleaned up five acres of land surrounding Mill Pond.

"We found four old cars dating back to 1958," said André Gendreau, president of the Foundation. "There are six more cars, but we'll leave that to next year."

The young group of adults were very organized and worked quickly and efficiently, Ayllon said. More importantly, they learned an important lesson.

"My day was made yesterday when

one of the young men, dragging a huge piece of metal said 'I'll be more careful now where I throw my garbage,'" Ayllon said.

The Brome Lake Land Foundation celebrated its 10th anniversary with the acquisition of 80 acres of land dubbed Fisher Woods on Route 243, which has been donated by Sydney Duder and Martha Hallward, daughters of the late Philip and Margaret Fisher.

One of the main objectives of the Foundation is to acquire land through direct purchase, to receive it as gifts or to be given custodial rights and then manage it, keeping its natural state for the community forever, since the Foundation cannot sell acquired land.

Owners who donate land can give specific instructions as to how the land should be

used in the future.

The Foundation also strives to ensure the land and its flora and fauna are protected, and to increase its holding of land to be enjoyed by future generations.


The Foundation was founded in 1987 by a group of concerned citizens to conserve wetlands and other sites in the Brome Lake region deemed valuable for their ecological or scenic nature.

The wetlands - the Brandy and Mill Pond areas - preserve the purity of lakes by filtering out nutrients and sediments from lake inflows while providing a natural habitat for plants and wildlife.




TANYA TKACH/CORRESPONDENT

Wanna buy a used car? Cheap? André Gendreau, president of the Brome Lake Land Foundation, lends a hand in the annual clean-up.



**DENIS PARADIS, M.P.**  
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## A promise of our own

**A**ny time I want to hear my daughters doubled over in laughter, I take out my grandmother's 1891 book of ethics, a teaching text for high school and college students in the late 1800s.

Before she died at age 90, even my grandmother was getting a chuckle out of the beautifully bound little offering that was every woman's handbook to being a dutiful wife and devoted handmaiden.

In clear and precise terms, it takes the mystery out of such burning questions as 'What are a wife's duties?'

In case you're wondering: "The special duties of a wife are to revere her husband, to obey his commands and to be diligent in the management of the household."

Husbands were also instructed on their duties: "The special duties of a husband are to administer carefully the common property of the family, to direct the wife in the discharge of her duties, and when correction is necessary, to administer it with charity and justice as to one who is his companion and not his slave."

And to take the guesswork out of who wears the pants in the family... "To whom does the chief authority in the family belong?", the answer is unequivocal: "To the man, who along with the prerogative of sex has received from nature a larger share of intelligence and prudence" - I'm not kidding - "a greater aptitude for business and greater bodily strength. His authority, however, should be exercised with love and

OUT OF THE  
BROME CLOSET

SHARON  
McCULLY

not by tyrannical orders and brute force."

Oh. Thank goodness. What could be worse than having someone bigger and smarter pushing you around without love.

It's my theory that a copy of my grandmother's book was floating around Bill McCartney's house. He's the former Colorado football coach who started the Promise Keeper - a fraternity of St. Paul followers who believe spousal submission and male dominance have gone to the dogs - and it's time for men to engineer society back on the rails.

Here's how McCartney, and nearly a million of his followers, sees things, as he was recently quoted: "If there's a decision that needs to be made and it cannot be arrived at, the man should take responsibility for making that decision. God ordained that someone would make the final decision in every organization and team and it is in this spirit, the spirit of certainhood, that a man would humbly, tenderly gently arrive at the right decision with his wife."

Hmmm. Maybe that works for him.

But my daughters and I and millions of other progressive women have a promise of our own we intend to keep: We do not intend to allow men to be sent back to the dark ages where they were deprived the joy of having an equal partner as intelligent and as strong in many ways as they are.

And we promise to relieve them of their responsibility of exercising their authority over us. Immediately.

## L'ordinateur a changé notre manière de vivre

**P**our les jeunes, l'ordinateur n'est pas sorcier. Ils ont appris à pironner depuis leur très jeune âge et à jouer à toutes sortes de jeux. Les qualités extraordinaires

de l'informatique leur paraissent tout à fait normales, comme si elles avaient existé depuis toujours.

Des enfants de mon neveu, par exemple, posaient leurs petits doigts sur le clavier qu'ils pouvaient à peine rejoindre pour utiliser un programme que leur père avait préparé à leur intention. Ils pouvaient dessiner ou encore apprendre à écrire.

Ils ont continué à utiliser l'ordinateur pour préparer leurs travaux scolaires et universitaires sans se poser de question sur les possibilités de communications de l'informatique. Aussi, l'autoroute électronique est pour eux la progression normale de ce qui existait auparavant.

Pour les aînés, l'ordinateur apparaît plutôt formidable et compliqué à apprendre et à utiliser. Mais de plus en plus de gens âgés suivent des cours pour apprendre et en particulier pour pouvoir découvrir le monde fascinant de l'Internet.

Les possibilités actuelles dépassent l'imagination et sont très loin de la machine à écrire manuelle sur laquelle beaucoup d'entre nous avons appris au cours commercial ou de secrétariat. Le traitement de texte actuel où l'on peut

ENTRE NOUS

THÉRÈSE  
BERNARD

faire des changements à volonté et déplacer et changer des paragraphes ou corriger l'orthographe, est bien loin de cette machine manuelle sur le clavier duquel il fallait

peser bien fort pour sortir les lettres qui formaient les mots.

L'ordinateur est utilisé en médecine pour détecter des anomalies ou pour effectuer des interventions chirurgicales délicates et bien d'autres choses.

Les banques sont complètement informatisées, ce qui permet aux clients l'accès en tout temps à leur argent au moyen du guichet automatique. Les institutions bancaires peuvent communiquer entre elles à la vitesse de l'éclair et diminuer leur personnel que la formidable machine remplace dans de nombreuses fonctions.

Les architectes font maintenant des plans détaillés au moyen de l'ordinateur, les entreprises ont toujours leur inventaire "au bout des doigts", les policiers peuvent voir à l'écran les excès de vitesse ou faire des portraits approximatifs des malfaiteurs; les lignes de production d'usines sont informatisées; les vêtements sont dessinés et taillés par ordinateur.

Les satellites permettent la communication mondiale aussi rapidement que si l'on communiquait avec son voisin.

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Charles Franklin Kettering

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# Music fans gather for sixth anniversary Coffee House has come a long way

By Caroline Kehne  
RECORD CORRESPONDENT  
STANBRIDGE EAST

**M**usician Ronnie Hayes has to chuckle when he recalls the first time he and his band played at the Stanbridge East Coffee House.

"On the first night, we had three musicians and the crowd were mostly their relatives, he said during a break in a recent concert. "It just took off from there."

The coffee house, which celebrates its sixth season this year, has become a local institution to fans of country, folk and pop music. A concert to open the fall season last Sunday drew more than 75 people from all over the Eastern Townships and Montreal.

During the concert, held in the St. James Anglican Church, organizers were presented with a cheque by Linda Fry of Cafe Chez Moi. The money will be used to buy a new sound system.

Haynes, one of the founding members, said the coffee house has grown to include several charter members such as Dave Hebert, Darlene Bell, Tom Kilbride and Betty Piette. He said these performers have also attracted other musicians from Montreal's south shore, Montreal West, Brome Lake and Bedford to their monthly Sunday night concerts.

Rolly Berard, who performed with his partner Sabina Bittner, started a coffee house which bears the name "Our Grass is Blue" at the United Church hall in Greenfield Park.

The couple sang their unity song, "Canada", which they hope to perform in Ottawa next year as part of the national Canada Day celebrations. Other performers included Rick Riccardi, the musical director of the Brome Lake Theatre and Tom Kilbride of the Townships Bluegrass Association. More than ten musicians entertained the crowd, including newcomer Linda Wand of Henryville and John Lee, rector of St. James Anglican Church.

The group also celebrated Hayes' birthday and his wife Betty presented him with a birthday cake in the shape of a guitar.

The next concert will be held Sunday, Oct. 26 at 6:30 p.m.



CAROLINE KEHNE/  
CORRESPONDENT  
Musicians from the  
Townships and  
Montreal entertained.

## Learn to save lives in Bedford

Staff  
SHERBROOKE

Cardio Pulmonary Resuscitation - Life Saver courses have commenced in Bedford.

A local paramedic, Marc Rel, who works regularly for ambulances Bedford Inc., is the course supervisor.

Rel, an instructor certified by the Quebec Heart and Stroke Foundation, will be working with other certified instructors as they are required.

Mannequins are available for the courses, literature will be given to the participants, and Quebec Heart and Stroke Foundation certificates will be issued to successful candidates.

Basic Heart Saver Courses for C.P.R., applicable to adult, child, and baby are available. Six to 10 hours of instruction over two evenings is required.

Each instructor is assigned six to eight candidates.

Recently a "Basic Rescuer" course was given to 20 town of Bedford firemen.

Courses are available for all citizens of Bedford and surrounding communities. Classes are held at St. James Church on Rue du Pont, in French and English. Cost is \$25 or \$30, depending on the course selected. For additional information, please contact Jacques Bourdeau at 514-248-4342 or 514-248-7322.

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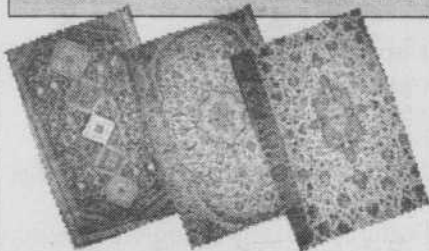
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# 'In Avante, we all learn from one another'



CAROLINE KEHNE/CORRESPONDENT

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## Avante:

CONTINUED FROM PAGE 1

The members, who include lawyers, musicians and nurses, come from all over the Townships, including Knowlton, Dunham, Cowansville and Granby.

Member Olwen Moyle said she really appreciates the group's distinct approach.

"In a church group you are immediately separated into preachers, healers and those who receive," she said. "In

Avante, we all learn from one another."

The group conducted a survey recently to find out what women would like to see in a women's centre. Avante members are evaluating the results and will present them to board members soon.

"The group is still very much in the formation stage," said Braganza.

"We must move slowly to build a strong base of local support."

Avante meets every second Monday at St. James Anglican Church in Bedford. For more information, contact June Harris at (514) 295-3566 or fax (514) 248-0886.



Brome County  
**NEWS**



**Lynda Bellavance**  
Advertising Consultant

**(514) 242-6892**

LETTERS TO THE EDITOR

Against motherhood and beautification

DEAR EDITOR,

I was amazed to find out that pressure was taken by someone in the beautification of Sutton's residential Mountain Street.

(Stopsigns, speed bumps, 30 km limit with frequent police presence.)

Whoever the nose-picking idiot may be, (imbecile heureux) en francais. He deserves a special reward, something like a batch of crabs, (morpions ou papillons d'amour) en francais. Together with two arms to short to scratch with! It may make him or her less smug with the achievement.

K. BENZ  
Sutton

Your committee, not mine

DEAR EDITOR,

An Open Letter to Sutton Township Residents:

"My" Citizens Committee is troubling me....

As a new resident (September 1996), taxpayer and citizen of the Township of Sutton, "my" citizens committee is troubling me.

In early September 1997, I learn that "my" citizens committee has forwarded a petition of more than 900 names to Quebec City asking, "The Township's municipal council to hold a consultative referendum on any proposed bylaw concerning an application to the government for the amalgamation of the Township with the City(sic) of Sutton."

At the monthly town meeting of September 5, the municipal council withdraws its proposal for amalgamating

the town of Sutton with the Township seeking wider public support before proceeding with the project. "My" citizen's committee congratulates them on a wise decision.

Two weeks ago, the municipal council announces a referendum, to be held in conjunction with the municipal elections of November 2, to resolve the amalgamation issue. One of the questions will be: Are you in favour of an amalgamation between the Town of Sutton and the Township of Sutton?

I am surprised to read on September 26 that "my" citizens committee is against, among other things, this referendum question. It is "out of context" and "ridiculous". It would also be "irresponsible on the part of the elected council members" (translation).

Even Messrs. Chrétien and Dion would be proud of such a clear question. Why send a petition to Quebec City at the beginning of September to force a referendum and oppose it three weeks later? Could this be a political opposition from a citizens committee that has

always presented itself as non-political?

Please enlighten me M. Champagne (secretary of the citizens committee), publicly if possible. At the same time could you remind me of the original objectives of the now famous petition and your citizens committee?

ANDRE FOREST,  
Township of Sutton.

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OCT. 10<sup>TH</sup> - NOV. 9<sup>TH</sup>  
**DUCK FESTIVAL**

FRENCH GASTRONOMIC MENU  
WITH CHEF MONIQUE LEBEAU &  
CAJUN GASTRONOMIC MENU  
WITH CHEF DON DOMANGUE  
*Open Everyday*

78 Lakeside, Knowlton  
**242-5801**

**THE INTERNATIONAL  
DUCK FESTIVAL**

**IN  
KNOWLTON**



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EARLY BREAKFAST 6:30 a.m.

LUNCH **\$6<sup>95</sup>** full course meals &  
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EVENING MEAL: Thursday, Fri. Sat. & Sun.

TABLE D'HÔTE **\$12<sup>95</sup> - \$19<sup>95</sup>**

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Duck Festival**

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**Featuring: Duck Trio on baguette**  
**En vedette: Trio de Canards sur baguette**

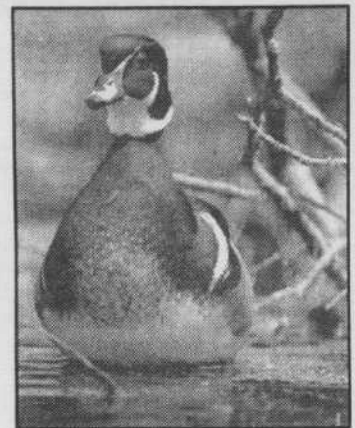
291-C ch. Knowlton Rd., Knowlton

**(514) 242-2996**



# THE INTERNATIONAL DUCK FESTIVAL

Come and join us in Knowlton during Thanksgiving week-end. There is fun for the whole family!



## ACTIVITIES OCTOBER 11-12-13

- Wine tasting
- Culinary demonstrations
- Cajun style duck, Jambalaya, Gumbo & other tasty dishes to try
- Auction
- Art and crafts, face painting & other activities for the kids
- Zydeco musicians
- Duck race

And continuing into the week-end of Oct 18 and 19th, we have the

## “ANTIQUÉ CAR SHOW”

There will also be: beer and wine tasting, cheese, and more, and more duck!

For more info call:

# 1-800-54-BROME

1997  
L'ANNÉE DES  
*cajuns*  
THE YEAR OF THE CAJUNS

*“Laisser les bons temps rouler!”*

*Le Resta*  
**Le Pélican**

**Special menu for the Duck Festival**  
Duck Paté - Pistachio  
Cajun Cream Soup  
Cognac Glazed Duck Breast  
Dessert: Délices du Pelican & Café  
**\$25.50**  
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**Knowlton '97 Antique Show & Sale**  
October 17, 18 & 19, 1997

25 leading dealers will be offering a fine selection of quality antiques

**SATURDAY, OCTOBER 18, 10 a.m.-6 p.m.**  
**SUNDAY, OCTOBER 19, 11 a.m.-5 p.m.**  
Admission: \$5.00

**RAQUETTES BROME**

Gala Preview Evening  
Friday, October 17  
7 p.m.-10 p.m.  
Tickets: \$25  
Call: 243-0058 or 243-0052

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**MAPLE WINE**

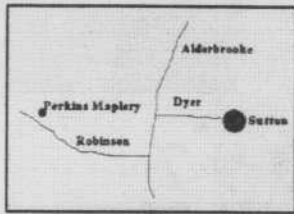


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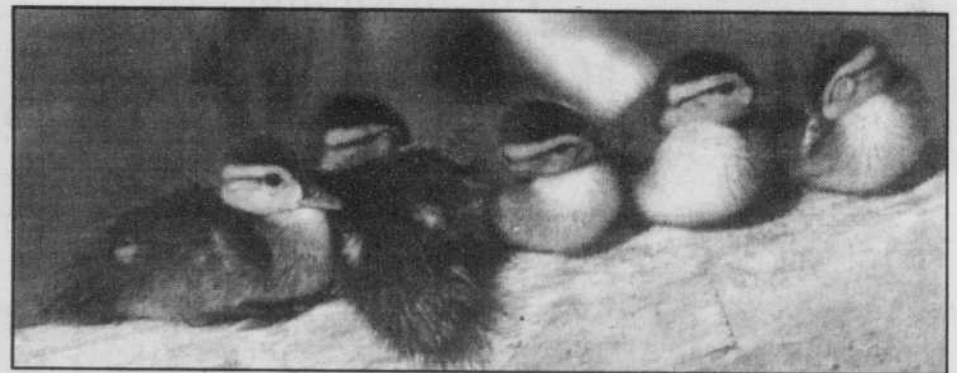
From oct 10th to  
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Restaurants.



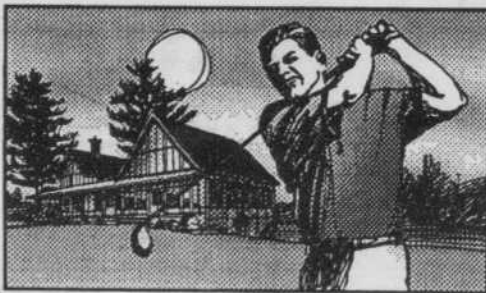
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Auberge WEST BROME  
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West Brome  
Réservations: 1(888)902.7663
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Restaurant le Mc HAFY  
351, rue Principale  
Cowansville  
Réservations: (514) 266.7700
- 3 CHEF JEAN-LUC MORIER  
Restaurant LA MÉTAIRIE  
145, rue de la Métairie  
Dunham  
Réservations: (514) 295.2141
- 4 CHEF MARIO MONTAMBAULT  
Restaurant LA PETITE AUBERGE  
360, boul. Pierre-Laporte  
Bromont  
Réservations: (514) 534.2707
- 5 CHEF GAÉTAN THERRIEN  
Auberge LA PAIMPOLAISE  
615, rue Maple,  
Sutton  
Réservations: (800) 263.3213
- 6 CHEF PIERRE WINGERTER  
Auberge LAKEVIEW INN  
50, rue Victoria  
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Réservations: (514) 243.4272
- 12 CHEF MARIO PATRY  
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Bromont  
Réservations: (800) 304.3433
- 13 CHEF MONIQUE LEBEAU  
Restaurant AU TROIS CANARDS  
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This Festival  
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**HAPPY FESTIVAL!**



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INVERNESS**



**FREE GOLF**

Play golf for free until the end of October by simply becoming right now a  
Member for the 1998 season.

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	BEFORE OCT. 31, 1997 (Taxes included)	AFTER FEB. 1, 1998 (Taxes included)
7 DAY MEMBER	\$1,120.00	\$1,400.00
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**FRESH or FROZEN**



## TRY YOUR OWN HAND AT BEING A CHEF Braised breast of duck with peaches

Categories: Duck, Poultry, Wild game  
Yield: 5 servings

- 1 tb Light vegetable oil
- 3 Medium-size firm mushrooms,
- 4 Half breasts of duck, boned
- 2 tb Grated orange rind
- 1 ts Meat flavoring
- 1/4 c Orange juice
- 1/4 c Pureed fresh peaches
- 1/3 c Heavy cream, whipped
- 2 tb Butter
- 2 Duck livers
- 1/2 ts Finely chopped fresh garlic
- 1 ts Tomato paste
- 1 c Strong chicken stock
- 1 tb Light honey
- 1 ts Guava or red currant jelly
- 4 Fresh peaches, quartered



### Directions:

In deep heavy pot, heat oil. Add 1 tbs butter. Let it melt and foam. Add mushrooms. Stir over high heat 2 minutes. Remove mushrooms with slotted spoon and set aside. Brown livers; remove and set aside. Lightly brown duck breasts on both sides and remove from pan. Reduce heat to low; add 1tbs butter and melt it. Add garlic and orange rind. Stir over low heat 2 minutes. Add tomato paste and meat flavoring. Blend. Add stick, orange juice and honey. Stir over moderate heat until mixture boils. Add peach puree and jelly. Bring to a boil. Place breasts in pot and coat with sauce. Cook over low heat about 20 minutes or until done. Arrange breasts on heat-proof serving platter or gratin dish. Whisk whipped cream into sauce. Add mushrooms and peaches. Spoon sauce mixture over breasts. Brown top lightly until broiler. Slice livers neatly and arrange as garnish on top of dish. Makes 5 to 6 servings.

## KNOWLTON ANTIQUE SHOW AND SALE

The ninth annual Knowlton Antique Show & Sale takes place October 17th to 19th, at Raquettes Brome, 584 Knowlton Rd. (route 104) in Knowlton, Quebec.

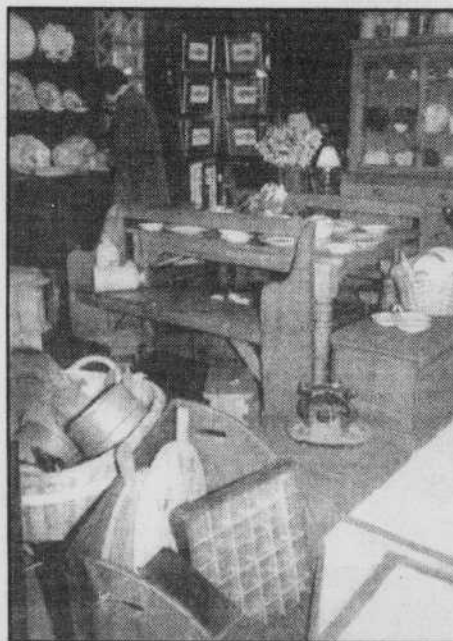
Festivities kick off Friday evening, October 17th at 7 p.m., with a Gala Opening Party, Preview and Sale. A mouthwatering selection of gourmet delicacies supplied by many of the wonderful local cafés and restaurants will be offered and wine and beer will be served. Admission to this opening evening is \$25. Opening night guests have a chance to win fabulous door prizes and can return to the show once again during the week-end. Tickets can be purchased at the Woolrich Store (243-0058) or the Polo Country Store (243-0052) or Raquettes Brome (243-6134).

A must for antique buffs, seasoned collectors or novices, this show offers something for everyone.

Twenty five leading dealers from Quebec, Ontario and the Maritimes will be displaying their wares. Featured for sale will be an impressive selection of Canadian, European and English furniture as well as folk art, jewellery, china, books, glassware, prints and collectibles.

Hours for the show are:  
Saturday, October 18th, 10 am - 6 pm  
Sunday, October 19th, 11 am - 5 pm  
Admission: \$5.00 for adult; children under 12 free.

Parking is free, and you will find a luncheon café overlooking the show for drinks and light lunches at reasonable prices. Weather is no problem, as all of this takes place inside the Raquettes Brome club. Funds raised by the event go to the club.



# IGA



Your IGA  
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Duck? Complicated? Silly goose. Come see the surprises we've got in store for you at your Knowlton IGA supermarkets - sampling, demonstrations, recipes... Thanks to our meat specialist's gourmet secrets... you'll have duck down.

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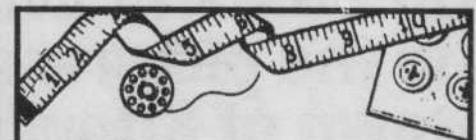
Meubles québécois,  
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## Art Exhibition

by Gordon Ladd

October 11 - 13 — 11:00 a.m. to 5:00 p.m.

B.C.H.S. MUSEUM

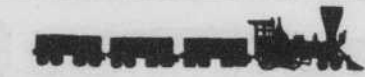
130 Lakeside, Knowlton, Que.

Tel.: (514) 242-1133

Come and see us during the Duck Festival!



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Station KNOWLTON Station

*True Country Store*

*Unique gift ideas  
at affordable prices*

Direct Mexican Imports  
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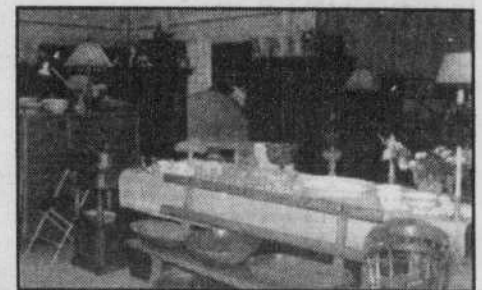
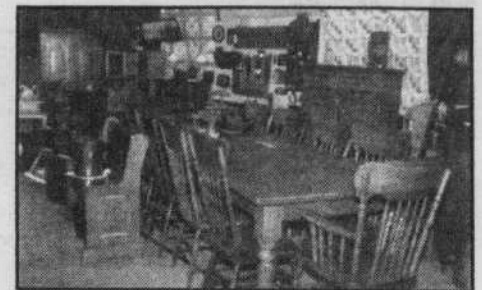
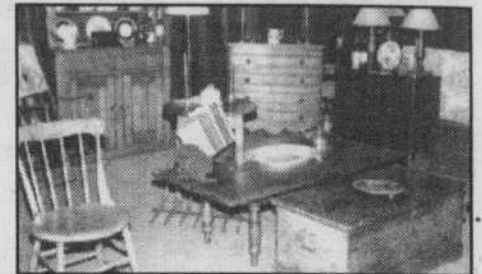
- *Relaxed atmosphere*
- *Browse throughout our used books*
- *Coffee & cakes*

**Closed Tuesday**

7 Mt. Echo • Knowlton  
(Old Bromewood Location)  
(514) 242-5862

The village of Knowlton, in the Town of Brome Lake offers a picturesque area for walking and shopping. A fine variety of cafés, and restaurants and boutiques are clustered around the lovely Mill Pond. The second annual international Brome Lake Duck Festival will be taking place at the same time, 17 gourmet establishments, some with visiting chefs from Louisiana will feature Cajun tables d'hôtes using local Brome Lake Duck. Hotels, motels and B & B's in the area offer a choice of good food and accommodation with a range of prices and many reasons to spend time in the area.

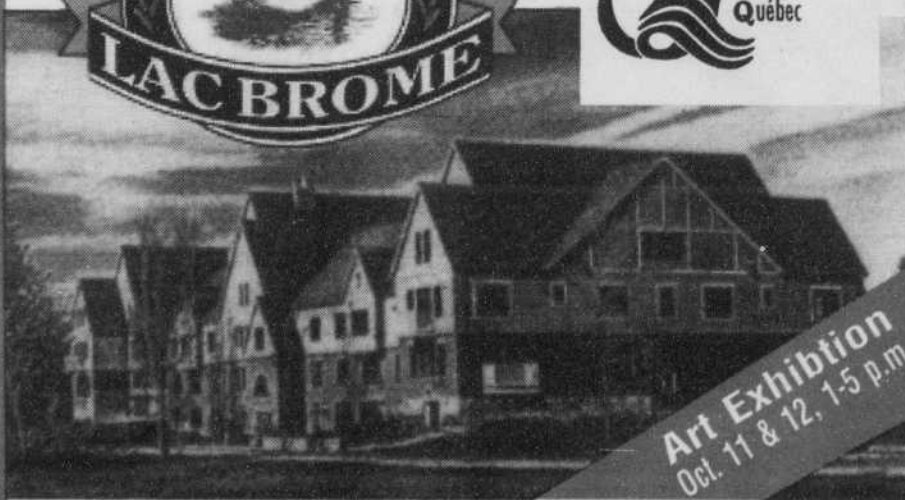
The week-end of the Antique Show, a selection of antique European cars will be as part of the Duck Festival. Theatre Lac Brome will be staging performances, on the Friday, Saturday and Sunday evening. Many walking and driving tours are available for viewing the region. Scenic mountains, lakes, valleys, old churches, early Canadian architecture, apple orchards, and neighbouring Dunham vineyards all offer attractions at this time of the year. For you Antique buffs, this is also one of Quebec's prime antique shops in the area. This year on the Internet: [www.cclacbrome.qc.ca/antiques/](http://www.cclacbrome.qc.ca/antiques/)



## Retirement living in the picturesque town of Knowlton



M E M B R E



**Art Exhibition**  
Oct. 11 & 12, 1-5 p.m.

- The best retirement location in the Eastern Townships.
- A brand new facility with all the comforts of home and more.
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For more information call or write:

28 Mount Echo, Knowlton, Québec J0E 1V0  
Tel. (514) 242-4663 or 1-800-453-3246

Manager: Denise Stiles



*Restaurant Le Nilsson Inc.  
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Come and experience the original  
Duck Brochette

**Specialty**  
**October 11, 12, 13**  
**Duck Brochette,  
& magret**

The Nilsson Menu:

- Sandwiches & Kaisers
- Swedish Meatballs
- Seafood
- Fresh Fish
- Duck Meat

Reservations for the Duck Festival, October 11 to November 9  
available now: 243-0621

**70 Lakeside Rd., Knowlton**

# Some Final Autumn Garden Chores

(CGC)—Just before you put away all your gardening tools until next spring, there are a number of autumn chores you may not yet have completed!

The Canadian Garden Council says that the fine sunny days of late October and early November are excellent for working and the more you accomplish now while you are in good physical condition, the less backaches you'll have in early spring. Digging the vegetable garden and working in lots of compost or decayed leaves is the number one task on the list. If your soil is heavy clay, this operation is all the more urgent, for autumn spading will ensure a much easier-to-work soil next spring.

Leave the ground as rough as possible. Do not break each clod of soil—let the winter frost and weather do this for you. Put a layer of hydrated lime over the top of heavy clay soils before digging; this also helps make it easier to work next spring.

Now is the time to begin winter pruning. Once the foliage has fallen from deciduous trees, you may start and keep right on until the end of March, if you should happen to have a great many misshapen, or badly neglected trees.

Right now, during warm sunny days, the pruning is much more amenable. To remove large branches of mature trees, first make an incision two-three centimetres (one-inch) deep on the underside of the branch, about 30 centimetres (one foot) from the trunk. Then saw from the top of the branch, about 30 centimetres farther along. Using this method, when you cut the branch, it will break off clean and not peel down the bark of the trunk, which, if it happens, often ruins the tree.

When each large branch has been removed, finish by cutting the jagged stub of each back even, just at the collar; i.e., not quite flush with the trunk. Leaving the collar of the cut branch intact is important to quick healing of the cut. Most arborists now recommend not treating the cut further, but in any case, it should not be painted. If you wish, a tree wound dressing available at your local garden centre may be used, according to the label directions.

As long as there is not more than a slight surface frost in the ground, it is not too late to plant deciduous hedges, trees and shrubs. It is, however, too late for junipers, cedars and other similar evergreens unless these are being planted by professionals using modern equipment and they are willing to supply a guarantee as to survival. It is likewise rather late for planting daffodils, crocus, snowdrops and most other spring-flowering bulbs, except for tulips, which may be successfully planted as late as Christmas provided the frost is only a shallow layer and you are able to set the bulbs at their proper depth.

If you are planting late, regard-

less of whether it's a tree or a large group of tulips, buy a bale of straw and cover the planted area right after planting. Remove it a month later to let the frost penetrate. This will give the plants/bulbs an opportunity to make some roots before frost stops the growth process. Leaves piled loosely may be used in the same way.

Over winter protection for roses should be undertaken only just before the ground is about to freeze solid for the winter. Then, prune back the canes about 30 centimetres, no more. This is done to allow easy access between the bushes and to stop the canes from twisting excessively in the wind.

All leaves on the ground should be removed and any remaining on bushes removed and these should go in the garbage, unless you are sure that your compost pile reaches a temperature of 65-90°C (150-200°F), which will destroy the organisms of disease such as black spot and powdery mildew.

Spraying with an all-purpose or rose insecticide/fungicide, available from your garden centre, is also carried out by many avid growers.

Move some loose, crumbly soil from another part of your garden to the rose bed and build a mound of soil at the base of each bush. The mound should be about 20 centimetres (eight inches) high. Then, after the ground has frozen hard, cover the mounded bushes with at least seven centimetres (three inches) of leaves or use evergreen boughs from Christmas trees!

If you should have a dry autumn season in your area, it is very important to water the evergreens in your foundation planting, or any cedar hedging, etc., very well prior to freezing. Usually Mother Nature takes care of this task with autumn rains, but occasionally it may be dry. In any case, evergreens beneath wide overhangs on some modern houses will have to be watered. This watering should not be just a sprinkling, but several really good soakings to prevent burning of the bushes during the winter.

Late autumn is also the time for a final garden clean up. Any newly fallen leaves should be raked and dead tops of perennials removed, unless they're in an area that is badly windswept, the same "stubble" can be left to catch the snow as protection for the plant crowns and roots. If the grass has grown again since what you thought was the last clipping a couple of weeks ago, it might as well be cut again. Do not leave your lawn any longer than four-five centimetres (two inches) through the winter, as the growth of harmful turf disease is encouraged and rodents may also find a comfortable habitat later in the winter.

Once all the autumn garden chores are done, it will be time to put your feet up and read some good gardening books and soon to begin planning next year's garden.

Canadian Garden Council

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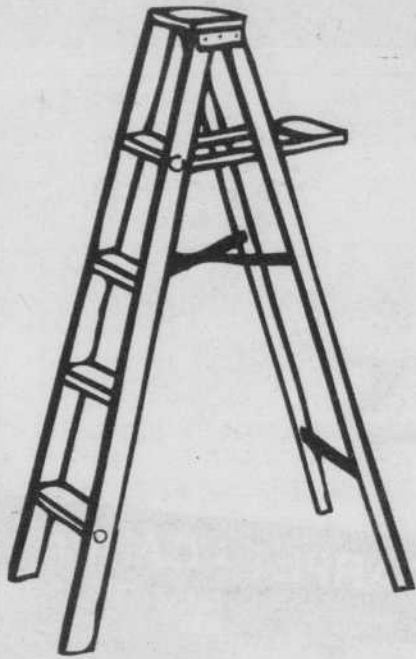
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# How To Avoid A Fall



(CSC)—Canada does not keep statistics on ladder-related injuries. However, in the United States, the Consumer Product Safety Commission estimates that 97,000 ladder-related injuries requiring hospital treatment were suffered in that country in 1989.

Fully a third of all injuries resulted from ascending or descending the ladder, while the remaining two-thirds of mishaps involve the activities performed while on the ladder. This means that what you do while on the ladder deserves as much care as the choice and placement of the ladder you use.

Make sure your ladder is long enough to let you work comfortably close to what you are doing. Consider the last three rungs of an extension ladder as unusable; likewise for the top

step and top cap of a step ladder. If you can't reach your work from the last safe step, get a longer ladder.

For indoor work in a house with regular ceilings, a two-metre step ladder should allow safe and comfortable access to any area. For outdoor work below roof level, you should be able to reach to the eaves from the fourth rung from the top of an extension ladder. For access to the roof, use a ladder that reaches one metre above the roof so you can step onto it from the same fourth step.

the ladder in your hands—hang them from a belt or haul them up on a rope.

Another problem is stretching and reaching. The centre of gravity of your body should not leave the vertical plane of the side rails of the ladder. Manufacturers of ladders suggest not allowing your belt buckle to pass beyond either side rail.

You may want to paint that extra few centimetres, or wash the far corner of the window, without having to get down and move the ladder. But, the few minutes you might save are negligible when compared to the time you could spend off work with a broken arm or leg.

Always keep one hand available to hold onto the ladder, and don't attempt any job that requires prolonged use of both hands. If your task is major and requires two hand (e.g. roofing, changing upper storey windows or installing eaves troughs) use a scaffold instead of a ladder. Not only will you be safer, you will also be able to do a better job from a larger work surface.

Ladders are necessary in most Canadian households. They are needed for many everyday tasks, such as painting, reaching boxes stored in high cupboards, changing burned-out light bulbs and clearing rain gutters filled with leaves in the fall. Properly used, ladders allow you to perform these tasks safely.



Falls often result from losing footing on the rung or step of the ladder. Make sure your shoes are clean: mud, grease or moisture can cause you to slip. Also choose rubber-soled over leather-soled footwear. Never allow more than one person on the ladder at a time. Don't carry tools or materials up

Canada Safety Council

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# Light Up The Night With Motion Lights

(IBOC)—Unless you're living in the Land of the midnight sun, you house needs some form of outdoor lights in both summer and winter.

For the standard needs of outdoor lighting—letting you get from the driveway to your door without tripping into the hedges, or lighting up the porch when you're calling the cat in—the lights the house came with are usually adequate. But for more serious questions of visibility, there are steps you can take to shed a little more light on the subject to help deter burglars, and to protect the lights themselves.

Motion sensor lights used to be expensive. Not any more, especially

to-dawn.)

Illumination is a tremendous deterrent to burglars, as the light startles them, puts them squarely in the spotlight, and alerts people nearby. They're also convenient when you come home after dark, safely lighting your way inside, and alerting you to any possible intruders lurking in the shadows.

Remember to place lights at all points of entry, even the ones you rarely use. That side door that's obscured by the shadows might be very tempting to a burglar.

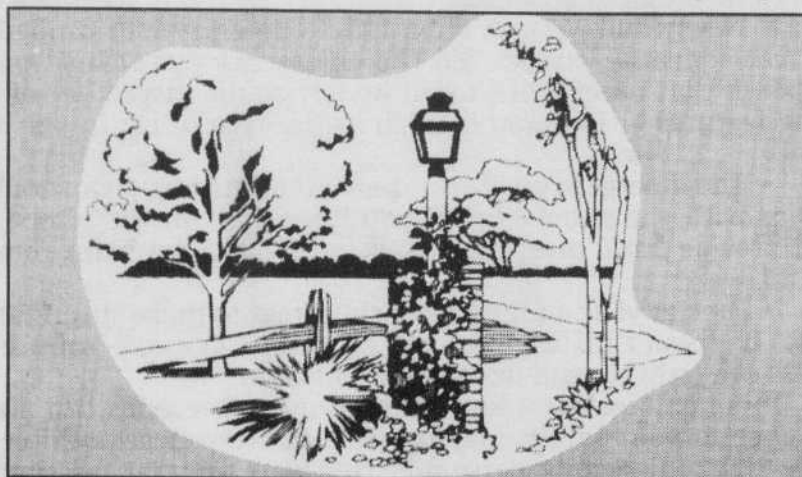
When you're putting up motion sensor or standard outdoor lights, place them high—higher than

also prevents a lurking intruder from slipping the bulb out and circumventing your systems.

Another unconsidered danger with outdoor lighting is accidentally irking your neighbours. Avoid an unwanted battle with your neighbour by making sure a sensor light doesn't point through his windows. Otherwise, he might be the one who's liable to yank out the fixture.

Make sure the light is bright enough. You want to avoid fumbling with your keys in the dark, and to be able to see who is at the door if you're peering through the peephole. You don't need an intensely bright light, just one that minimizes shadows.

If you can, put your outdoor lights (inside ones too) on automatic timers when you're away. It gives the illusion that someone's at home. With motion sensitive lights, you have added peace of mind that the lights go on and off anyway...all of which makes your safety worries a little, well, lighter.



when the cost is weighed against the benefits. An inexpensive motion sensor allows lights to go on automatically at any sign of movement within their field of response. You can direct the sensor field so something like passing traffic or falling leaves doesn't trigger them. (You can also set them to stay on dusk-

you normally would with an interior light fixture. You can even attach sensor lights under the eaves. You get a wider spread of light, and keep the fixtures out of the reach of vandals.

If you're worried about damage, you can also get inexpensive protective cages that fit around the glass. That

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IBOC)—When you call emergency personnel such as the police, an ambulance, or the fire department, they should be able to identify your home as quickly as possible. Don't make the job more difficult by obscuring your street address.

- Keep your address well lit. If your outside light is next to the door, but your address is over the garage, install a second light. To deter robbers, you should always keep your outside lights on at night in any cast.

- To ensure visibility, you can install illuminated numbers.
- During the holiday season, many people cover their street addresses with Christmas decorations or wreaths. While there's nothing wrong with sprucing up the outside of your house, make sure that the address is visible.

- At any time of year, move or trim shrubbery that covers up your street number, and move other obstacles such as construction material that interferes with the address visibility.

- Try to keep your address numbers a contrasting colour from the background. A brown painted number against a brown wall can be tough to pick out.

- Newly built homes often have temporary lot numbers but no street addresses posted. Tell the emergency dispatcher your lot number. If that number isn't well lit, advise the dispatcher of identifying features or landmarks, such as the type of car in the driveway.

- The emergency services personnel in your area should be familiar with the streets. But if you have time on the phone, you could provide basic directions, such as the nearest main intersection.

- Look at your address from the street to make sure that it is visible. It doesn't do a police car or ambulance any good if the address can only be read from a few feet away.

In an emergency, a few minutes or even seconds can make a difference to your safety. Making your address clearly visible can ensure that emergency personnel find you without wasting any time.

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# Save Time And Money On Lawn Care

(CSPMA)—If it seems lawn care is requiring more of your free time and money than you're willing to give consider "gardening from the ground up." You can cut lawn care chores in half and avoid unnecessary expenses by improving your soil with organic matter.

A soil that is high in organic matter is ideal for growing healthy lawns and one of the best organic materials available is Canadian sphagnum peat moss, a natural soil conditioner that helps regulate moisture and air surrounding plant roots.

"The more you improve your soil, the less time you'll have to spend maintaining your lawn," says Jeff Ball, NBC-TV "Today" program garden expert and Lawn Care in the Smart Yard, author. "That means adding organic matter, like sphagnum peat moss, that keep moisture and nutrients close to thirsty roots."

Peat moss creates ideal growing conditions in these ways.

- Aerates plant roots by loosening heavy soil and adding body to sandy soil.
- Saves water by absorbing and holding moisture.
- Reduces leaching of nutrients present in or added to the soil, releasing them over time.

By not having to water and fertilize your lawn as often you not only

spend less time caring for your lawn, but you also cut back on your water bill and fertilizer costs. In addition, a healthy lawn requires less costly maintenance and repair for major problems, such as disease and thatch.

### Top-Dress Existing Lawn With Peat Moss

By top dressing your existing lawn with sphagnum peat moss, you can reduce disease, thatch and the amount of water your lawn requires.

Anstace Esmonde-White, co-



host of the PBS television series, "From A Country Garden," recommends top-dressing existing lawns once every year or two, anytime during the warm weather growing season. "We've found that peat moss helps build up the soil so that in dry weather, the lawn holds

moisture better," she says. "If your lawn is sparse, mix in seed with the peat moss, and spread with a rake."

To get the maximum benefits of peat moss, aerate the lawn first. Aeration removes plugs of sod from the lawn, loosening compacted areas and promoting deeper grass root growth. Once the lawn is aerated, simply spread a 1/4 inch to 1/2 inch layer of peat over the entire lawn with a leaf rake.

### Prepare Soil For New Lawn Growth

Whether seeding or sodding, always prepare the soil first to ensure a healthy lawn and future growth. Dig or rototill two inches of peat moss into the top six inches of soil.

If seeding, spread high-quality grass seeds, about three pounds per 1,000 square feet. Fertilize and water with a fine spray, then top-dress with a 1/4 inch to 1/2 inch layer of peat moss over the seeds.

If sodding, lay the sod over the prepared soil, then fill the cracks around the sod with peat moss.

For more information on lawn care and other gardening activities gardeners can write for a free copy of "How To" brochures by sending a self-addressed, stamped envelope to Canadian Sphagnum Peat

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## Caring for Indoor Foliage During Winter

(CGC)—The days of November, December and January are the shortest of the year and while many house plants put themselves in an almost dormant state, they do still need light. Common indoor foliage plants such as Areca palm, Fan-tail palm and many forms of Dracaena (Corn plant, for example) prefer to have a maximum level of light equivalent to a south- or west-facing window with nothing more than sheer curtains at this time of year.

The Canadian Garden Council notes that such windows may well prove too bright for these plants and particularly for the Norfolk Island pine (now popularly sold for Christmas) when the hours of sunshine increase, but most foliage plants (exceptions are Chinese evergreen and Peace Lily) prefer as much light as you can supply from mid-November to mid-March.

One of the ways light levels may be increased for foliage plants during this darkest time of the year, is to open curtains that ordinarily remain closed in the daytime hours. Moving your foliage plants nearer the windows from other parts of the rooms will also help. Do remember, however, it's likely not a good idea to close drapes around any house

plants on window sills or large foliage plants on the floor near the windows. If the windows are only of single glazing and often even with double or triple glazing, on very cold nights the temperatures may drop to below the freezing point and some foliage or entire plants could be damaged or killed.

The Canadian Garden Council advises that most of your foliage and/or flowering house plants will not be actively growing during the winter period when light levels are low, so it's wise to reduce the amount of water you apply. It's likely best to apply the water at about the same intervals as you did during the spring/summer/autumn growing season but just apply less—as little as one-third each time.

Another method of ensuring better maintenance of your house plants during the low-light period, is the use of artificial light sources. The most common and popular of these are fluorescent fixtures, but these are generally only suitable for smaller pot plants which may be placed directly under or just to the side of a standard two-tube (or for high-light-demanding plants such as Cattleya orchids, four-tube) fixtures.

It is possible to build special lighting units for large floor plants such as palms, scheffleras and various dracaenas, using tube fluorescent fixtures mounted on their ends to light one or two individual plants. Unfortunately, there is little commercial availability of such units.

Still another form of artificial lighting for plants, which is usually more suited to larger floor plants, is special incandescent (screw-in) bulbs. Ordinary 60, 100 and even 150 watt household bulbs are not good for plant growth, but specially designed plant lights have a different spectrum. Some of these special bulbs are similar to fluorescent tubes and even contain their own ballast as does a fluorescent fixture. The Canadian Garden Council advises you to explore the market of available lighting for plants carefully before making a purchase. Ask friends and neighbours or employees at garden centres, if they have used artificial lighting for their plants and what bulbs have been the most successful in their experience.

Canadian Garden Council

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# Brome County News

## Horoscopes

Horoscopes for the week of Oct. 5-11

### ARIES

March 21-April 20

Remember that practice makes perfect and keep working at problems or situations that are bothering you. Your breakthrough will come when you least expect it. Making a quick decision will pay unexpected dividends. Use your imagination to balance home and work.

### TAURUS

April 21-May 21

Finish current jobs or duties before taking on any new ones. Friends and family will offer many ideas and suggestions. Your hardest job will be to sift through them and find the good ones. A favorite place is calling you back. Don't delay the trip too long or a great opportunity could be lost.

### GEMINI

May 22-June 21

Relax and take stock of your situation. You'll see that things really aren't that bad. There will be some loose ends to tie up, but things are resolved in your favor rather quickly. Romance or friendship may intensify. Now could be the time to start making travel or vacation plans.

### CANCER

June 22-July 22

What you have been seeking is just beyond your reach. Keep moving ahead, though, because you could be closing in on success. Take your time and study all options and opportunities before making

a choice. Finishing one thing may lead you right into another. Go with the flow.

### LEO

July 23-Aug. 23

Take a deep breath and dive into that overdue project at work or at home. It won't be as bad as you're expecting. Study the fine print and get outside advice before putting anything in writing. A long-time friend is keeping tabs on you from a distance and offers valuable information that's worth listening to.

### VIRGO

Aug. 24-Sept. 22

Clean up small tasks that you just haven't been able to finish before starting on grand plans or elaborate projects. Making the most of what you have keeps you from a potential financial setback. You'll discover the identity of an unexpected, but welcome, ally who is working on your behalf.

### LIBRA

Sept. 23-Oct. 23

Now is a time to review and revise for the best results in the future. Stepping back from a problem situation can give you a clearer idea of how to solve it. Ask questions and get the answers you want when money is on the line. You may want to take a calculated risk for a bigger payoff.

### SCORPIO

Oct. 24-Nov. 22

Keeping a close watch on finances and budgets could allow you to spot a mistake before anyone else does and claim the credit due you. Take some time to practice a new skill or one that you allowed to lapse. Profitable ideas come to you when you least expect it.

### SAGITTARIUS

Nov. 23-Dec. 21

Don't rush into major purchases or decisions. Take time to study all sides and get the most information you possibly can. Be alert for opportunities outside your usual routine. A roadblock to your plans is temporary. Now is the time to catch up on all the little things that need to be done.

### CAPRICORN

Dec. 22-Jan. 20

Home front takes center stage. Take care of small problems before they turn into major hassles. Refuse to be drawn into gossip or backbiting at work or socially. Taking the high ground will pay off in the long run. A night out with family or friends could be just what you need.

### AQUARIUS

Jan. 21-Feb. 18

Test the water before plunging into anything. Refuse to let others push you into acting without all the facts. There may be things happening behind the scenes that will change the situation dramatically. You also may have to serve as the brake on someone else's impulses. They'll thank you later.

### PISCES

Feb. 19-March 20

Staying low and working behind the scenes gets the best results for you now. Don't draw attention to yourself. You'll learn more that way than by blowing your own horn. Putting your plans on hold now to aid another will benefit you many times over in the future.

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1984 FORD TEMPO 2.3 L  
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P165/80R13	\$42.25	P185/70R14	\$95.25
P175/80R13	\$45.00	P195/70R14	\$99.00
P185/80R14	\$47.95	P205/70R14	\$103.50
P185/75R14	\$59.95	P215/70R14	\$108.00
P195/75R14	\$50.95	P205/70R15	\$105.75
P205/75R14	\$53.95	P205/65R15	\$109.50
P215/75R14	\$56.95	P215/65R15	\$111.75
P205/75R15	\$56.95	P215/60R16	\$118.50
P215/75R15	\$59.95	P235/70R15	\$131.25
P225/75R15	\$61.95		
P235/75R15	\$63.95		

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## Saluting our Friends



Paulette and Alcide Allard are proud of their first golfing season and would like to take this opportunity to thank all their golfing clients for a very successful summer '97 and look forward to seeing them and new clients in the coming season '98. Resto-Golf will be open for the coming winter season and will be serving a full table d'hôte menu. They are also participating in the Duck Festival and look forward to seeing all. Reservations appreciated.



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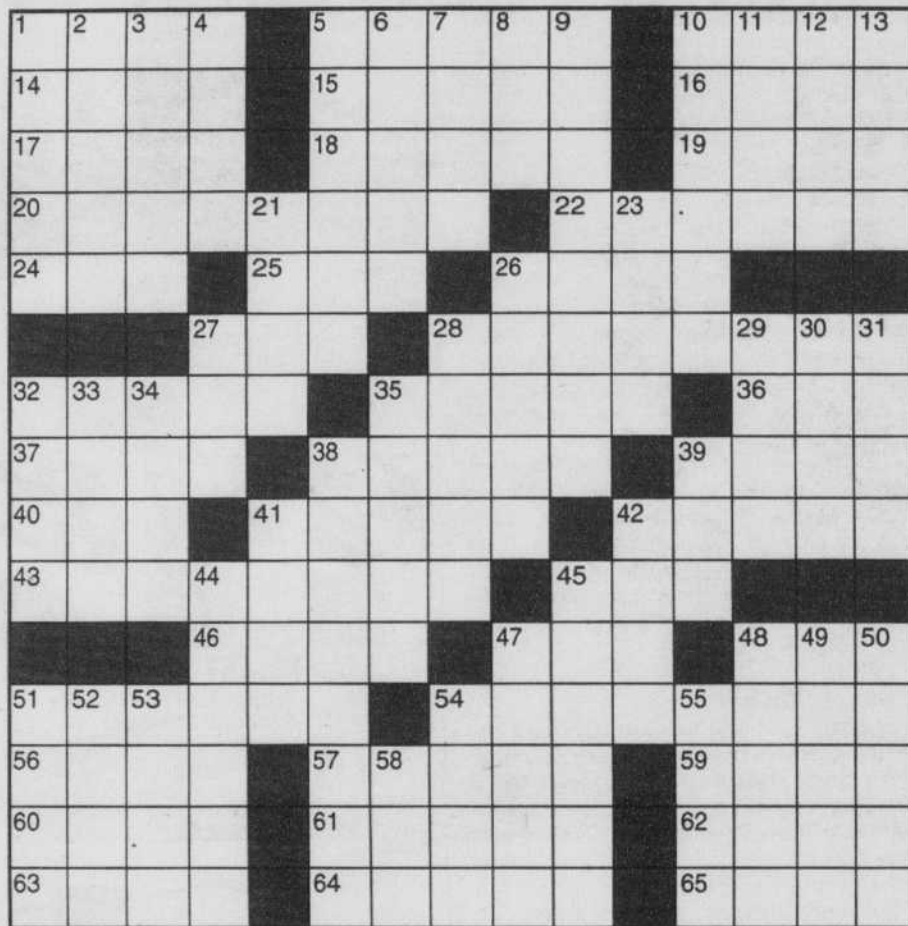
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565-4222

4310 Industrial Blvd. Sherbrooke  
820-8912

617 Principale Granby  
777-4833

# Crossword



**ACROSS**

- 1. Horde
- 5. Questioner
- 10. Vacillate
- 14. \_\_\_ boy!
- 15. Orated
- 16. Rickey ingredient
- 17. Newspaper paragraph
- 18. Vigor
- 19. Diva Gluck
- 20. Continuing a subscription
- 22. Clergyman
- 24. Sold-out sign
- 25. Ending for Brooklyn or Vietnam
- 26. Hosiery fiber, once
- 27. Tom or bob follower
- 28. Abhorred
- 32. Lawbreaker
- 35. Irrigation ridge
- 36. Fish delicacy
- 37. Imitated
- 38. Schleps
- 39. Thomas or Horace
- 40. Even the score
- 41. Ottoman's weapon
- 42. Squiffed
- 43. Feisty fighter
- 45. Take on Sugar Ray Leonard
- 46. Professional charges
- 47. Made a hole
- 48. *Peggy Sue* \_\_\_ Married

- 51. Bronze medals
- 54. Dover's state
- 56. Icicle holder
- 57. Type of bikini
- 59. Heron's kin
- 60. Preholiday nights
- 61. Poet Lizette Woodworth
- 62. Mass
- 63. Interlock
- 64. Affirmative votes
- 65. Howard and Follett

**DOWN**

- 1. What nitpickers split
- 2. Water animal
- 3. Shorthand, for short
- 4. Like Shakespeare's Katharina, eventually
- 5. Hockey point
- 6. Porcupine quill
- 7. Hong \_\_\_
- 8. Squeeze by
- 9. Works on the second draft
- 10. Trousers
- 11. Droop
- 12. Shooting needs, for short
- 13. *My Favorite* \_\_\_ (O'Toole film)
- 21. Withdraw gradually
- 23. Part of a Civil War signature
- 26. Disjoint
- 27. Fishcake fish

- 28. Hold back
- 29. Golfer's bane
- 30. Geologic time divisions
- 31. Say no to
- 32. Dietary taboos
- 33. Monumental
- 34. Villain's look
- 35. Sites for studs
- 38. Needlework hanging
- 39. Baker's shortcut
- 41. Went fast
- 42. Titus's threads
- 44. From scratch
- 45. Protrusions
- 47. Dim-witted
- 48. Lombard's spouse
- 49. Pursuer of the Pleiades
- 50. Exams
- 51. Pour
- 52. Own
- 53. Currier and \_\_\_
- 54. Bucks' mates
- 55. Candle part
- 58. Before haw

For answers, see page 21

# Happy 190th birthday

A celebration of Thanksgiving for the 190th Anniversary of the Parish of Saint Armand East, (Frelighsburg), Holy Trinity Church, took place on Sunday, Sept. 28, at 4:30 p.m. at Bishop Stewart Memorial Church of the Holy Trinity on Garagona Road in Frelighsburg.

The Holy Trinity Church was the first church of England in this part of Lower Canada.

The life of the Hon. and Rev. Charles James Stewart, a young Scottish priest who left his family's comfortable home in Scotland to become a missionary overseas, was also remembered.


Rev. Charles Stewart, later Bishop Stewart, left Quebec City on Oct. 7, 1807 to begin his work in this area. He performed Divine Service for the first time in a little school house about one mile from the village of Frelighsburg.

A brief history was presented at the service, presided over by the Lord Bishop of Montreal. A reception followed the service in the parish hall. The church was open from noon on that day for those who wanted to see some historical documentation of the founding of the parish.


Holy Trinity Church

## Food for thought!

Along with eating right, daily physical activity is one of the best ways of reducing the risk of cardiovascular disease.



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*Pars, à sec ou passe tes clés*

**"Be sober or be a passenger"**

## Drinking and driving: more road blocks

Public health officials and police services are relaunching the "be sober or be a passenger" campaign. Five regions, Montérégie, Laval, Lanaudière, Chaudière-Appalaches and Lower St-Laurence are putting together another huge road block operation which will run from the 2nd to the 24th October. Nearly 150 road-blocks will be put up on roads outside bars and in other strategic places to check for drunk drivers.

Police manning the road blocks will give out cards reminding drivers of the consequences of driving with a blood alcohol level above .08mg and asking them to consider the alternatives before drinking.


Unfortunately, news about roads traffic accidents and alcohol is never far away. Every Monday sees more tragic week-end statistics. "Motorcyclist hit by drunk driver", "Two people were killed and 5 others injured in two traffic accidents which police say were caused by alcohol".

These are the results of the criminal negligence of people who drive while drunk. Young people, parents and whole families are the victims. No region is spared.

It is a myth to believe that only heavy drinkers risk getting caught above the legal limit of .08mg. A few glasses of wine, a few beers are enough to affect driving ability.

Driving is not a right! It is a privilege which can be removed if you break the law. Stopping drunk driving means stopping about 400 new victims a year in Quebec being added to the statistics of premature avoidable deaths.

Fatal accidents happen most often during the summer season when the roads are open and inviting. Fall prolongs the pleasures of "la belle saison" but also its risks. Police will continue the summer surveillance activities and road-blocks. Drivers beware, during October, the police will be watching you, for your and your family's safety.



RÉGIE RÉGIONALE DE LA SANTÉ ET DES SERVICES SOCIAUX  
MONTÉRÉGIE

DIRECTION DE LA SANTÉ PUBLIQUE

# A brief history of throwing stones and sweeping ice Celebrating 50 years of curling in Sutton

The idea for a curling club in Sutton probably started with a thought presented to a group of local leaders of the Sutton area by Mr. C.E. Curley late in 1946. The suggestion caught on and by March 1947 the formalities had been met with a set of by-laws, and a board of directors was established which included president C.E. Curley, vice president F.A. Sutcliffe, H. Despres, A.T. Darrah, Dr. E. Gatenby, H.F. Archibald and secretary Dr. D. Gruer.

With the paper work out of the way, it was on to the building phase. Land was rented for the present site from the C.P.R. who originally had a spur line running to the gravel pit at the back of

the current Legion building. With rent at \$10 per year it is hard to imagine how these directors eventually agreed to purchase the land for \$1,000.00 three years later.

The club started out with two natural ice sheets and a very small club room. By 1954, it was clear that the vagaries of temperature demanded that artificial ice be installed. The secondhand ice plant purchased then is still running in 1997.

As interest in the sport increased through the years, the building required upgrading to meet the demand. A changing room was added to the north side, followed by a club room

lounge on the south side in 1961. Repairs to the 1961 addition were required and in 1978 the club room was enlarged to provide a new bar, walk-in cooler and additional storage. The mansard front entrance had been added in the mid sixties and this with the other additions provide the club with its current facilities. The most recent improvement has been to insulate the ice shed and to install a new ceiling which has raised the comfort level on bitter cold nights to pleasant. The club operates five nights a



SUTTON CURLING CLUB

The Sutton Curling Club... secondhand ice plant from 1954 is still in use.

week and four days. With nearly 200 members in 1996-1997, the club serves members from Knowlton, Mansonville, Brome, West Brome, Sutton and the surrounding areas. The mix of francophone and anglophone members is a reflection of our communities. The membership of the Sutton Curling Club is truly a friendly, happy group of people.

Anniversary chairman Grant Lewis and his committee have scheduled the following celebrations to make our 50th anniversary year a memorable one:

October 14-19, Member and Guest Bonspiel; Oct. 25, Opening Dinner & Dance; Nov. 16-22, Mixed Invitational

Bonspiel; Dec. 13, Christmas Dinner & Dance; Dec. 26, Family Fun Night; Dec. 31, New Years Eve Party; Jan. 3-10, Men's Invitational Bonspiel; Jan. 23-25, Championship Bonspiel for Men and women; Feb. 4-7, Ladies Invitational Bonspiel; Feb. 13-15, Carnival of Hearts (Open House and Curling); Apr. 1-5, Spring Sugaring-off Bonspiel; Apr. 18, Closing Dinner & Dance.

For information call Sutton Curling Club 538-3226 or C.A. Dempsey 538-3618.

Bob Douglas  
Sutton Curling Club

## Crossword answers

For puzzle, see page 20

H	O	S	T		A	S	K	E	R		S	W	A	Y	
A	T	T	A		S	P	O	K	E		L	I	M	E	
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F	E	L	O	N		L	E	V	E	E		R	O	E	
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T	I	E		S	A	B	E	R		T	I	P	S	Y	
S	C	R	A	P	P	E	R		B	O	X				
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E	V	E	S		R	E	E	S	E		C	L	O	T	
M	E	S	H		Y	E	S	E	S		K	E	N	S	

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**Alison Steel**  
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
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**160 Music**  
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**190 Cars For Sale**  
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**275 Antiques**  
ANTIQUA DEALER with 20 years experience will purchase dishes, linens, wooden articles and furniture, estates or farm sales, or fewer items. Call Cameron Brown (514) 243-5785 at Camlen's.

**ANTIQUA SHOW and Sale.** Saturday and Sunday, October 18 and 19, 10 a.m. to 5 p.m. 25 quality dealers. Autoroute 10, exit 90. Route 243 South, Knowlton (Lac Brome). (514) 243-6134.

**BRAY BARN, KNOWLTON.** Elizabeth Bray seeking to buy small estates, nautical, moorcroft, armoires, instruments etc. etc. Call (514) 243-0606.

**290 Articles For Sale**  
WEDDING DRESS (includes veil), size 12-14, good condition. Asking \$150 negotiable. Call (514) 266-2467.

**290 Articles For Sale**  
G.E. washer/dryer, hot water tank, water pump, 3 mirrored wooden vanity, 2 low E windows 24x48 and 20x48, weight set, various tables. (514) 243-5198.

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12 Maple. Saturday, October 11, 9 a.m. to 5 p.m. Household items, toys, etc. Rain date: Sunday, October 12.

**SUTTON**  
88 Academy St., Saturday, October 11, 11 a.m. to 4 p.m. 2 couches, some antiques (pine bureau, walnut table, rocking chair, etc.), and miscellaneous.

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**Lunch** on guests of Ellen Lightfoot on September 23 were Maria Bec and Ruth Bergeron. Ruth was celebrating her 88th birthday. She had just returned home after spending a few days with her sister and brother-in-law, Mr. and Mrs. R. Miles in Waterville.

Eddy and Virginia Clifford have had a very busy summer travelling to many I.O.O.F. Lodge happenings. They have been to St. Elie d'Orford to attend a corn roast at the home of the Grand Master, James Barton, Liberty, Maine for the annual meeting for Camp N.E.O.F.A., a District meeting in Bishopton, an I.O.O.F. church service in Richmond. Eddy has been appointed as acting Grand Warden of the Grand Lodge of Quebec I.O.O.F. for this year.

Mr. and Mrs. Guy Fisher of Magog were afternoon callers recently at the home of Judy Arnott.

**Brome County WI convention**

The semi-annual meeting of the Brome County Women's Institutes was held on Wednesday, September 17, at the South Bolton W.I. Hall. Members from four branches were welcomed along with guests from Missisquoi County and served coffee and doughnuts.

The meeting was opened by Vice-President Jean Lee.

The Mary Stewart Collect was repeated followed by the Salute to the Flag. Tributes in memory of Lilo Bidner and Lou Bryant were given by Ruby Sherrer (Dunham) and Betty Needham (South Bolton) respectively.

Minutes were read by the new County secretary, Doris Wallet, and then the roll call was held; Abercorn 3, Austin 7, South Bolton 3, Sutton 3, and 11 guests for a total of 27 dedicated WI members!

Members were informed that a very successful sales table was held at McDonald College which this year was the responsibility of Brome County W.I., and next year Brome County has been asked to bring 15 dozen muffins for May '98 convention.

Brome County W.I. had a very enjoyable time being part of the 100th anniversary celebration held by the Record at Townshippers' Day. QWI Provincial President Sheila Needham, dressed in period costume, was pleased to be a part of the cake cutting ceremony and to see the publicity write-up and pictures in the Record.

Once again Brome County W.I. gave a plaque and cheque to the winner of the baking and a cheque to the handicraft winner at Brome Fair. The winners were Marie Foster, baking, and Norma Sherrer, crafts. Congratulations to you both!

After many years, Betty Needham resigned her presidency of Brome County W.I. Her President Pin was passed over to Jean Lee who accepted it gracefully after thinking she was only chairing for the day.

Provincial President Sheila Needham spoke about her recent visit to Pontiac County and the Area Rally that was held there and included information about the workshops dealing with finance and publicity. She also mentioned her upcoming trip to Pretoria, South Africa where the next ACWW Triennial Conference is to be held in April 1998.

Several members took part in the fun competition, which was a Halloween Hat and these hats were judged by all the members present. First prize went to Beatrice Royea and second to Pat Lahue.

Spring competition can be any item from the McDonald Convention Handicraft List and for Fall, it will be a pair of potholders. The new President Jean Lee thanked everyone for coming and participating and then adjourned the meeting.

Pearle Yates took the floor and held an auction which was not only lots of fun but netted a fair amount of proceeds for Brome County W.I.

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**Notice of a change of name**  
"NOTICE is given that Joanna, Rose, Dylong, domiciled and residing at 901, Jackson Road in Sutton, will present to the Directeur de l'état civil, a request to change her name to JENNIFER, Rose, Dylong."

**SUTTON SATURDAY MARKET**  
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## Golden Agers meet

KNOWLTON  
Members of the Club were pleased to welcome two guests at the Sept. 18 meeting at the Community Centre. President Lawrence Marsh welcomed everyone and mentioned that he hoped to organize a foliage tour again this year and suggested that we go to St. Hubert's in Magog for lunch. He then asked for the minutes of the last meeting which were seconded by Lillian MacLellan.

A sympathy card was sent to Irene Boyce and family for the death of her sister, Eva Westcott, a former member.

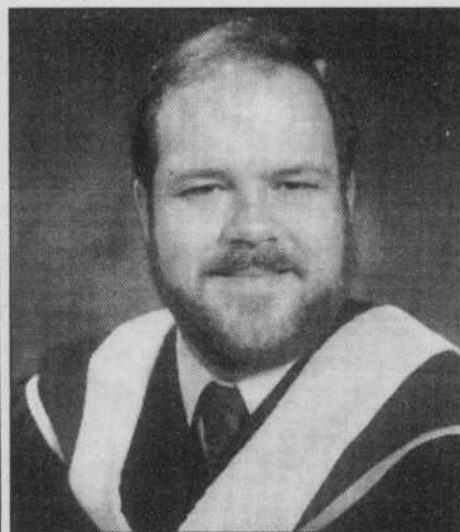
As this was the third Thursday of the month, Jim Eaton had sold tickets for a half and half drawing. It was decided that since there was a good amount in the kitty, that we would have two winners, Bill Ardington and Marjorie Falle.

500 was played at six tables. Jim Eaton announced that the special prize would be for bidding and making 10 spades. Prizes for high scores were won by Doris Smith, Lawrence Marsh, Mary Thomas, Mabel Fry, Mary Marleau. The 10 spades prize was won by Lillian Brown and Jim Eaton.

While door prizes were given out, Phoebe Eaton poured tea and coffee and a social time was enjoyed.

## Graduation

Sean Patrick Maguire graduated in June 1997 from Carleton University with a Masters Degree in public administration. A former student at M.V.H.S., he received a B.A. in Economics from Concordia University and went on to complete his Masters Degree in Economics at McMaster University. He is the son of Teresa and Mike Maguire of Bromont, Que. Sean is employed as a program officer at the department of Indian and Northern Affairs in Ottawa.



## Notary



**Lussier & Gagné**  
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35 Victoria St., Knowlton Tel.: 242-1555  
297 Principale St., Mansonville Tel.: 292-3401

## Waterloo Judy Arnott 539-2169

Ellen Lightfoot, Everett Arnott and Gladys Cook attended the funeral for the late Beatrice Thompson at the East Clifton United Church on Sunday, September 21st.

Ben Fortin of Cowansville and Mr. and Mrs. E. Brousseau of Granby were recent callers at the Arnott home.

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Brome County NEWS



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# Brome County NEWS

## Sit back or jump in the van Busy days at the reirement home

Kim Redmile is the new activity co-ordinator at Manoir Lac Brome. She would like to let the community know what goes on at the Manoir.

Do you think quiet, lazy days when you hear retirement home? Well most people do, but see how we at Manoir Lac Brome spend just some of our days.

In September, we visited one of the oldest fairs in the Eastern Townships, Big Brome Fair. All those who went enjoyed their day. Shopping in some unique stores in Sutton was another outing. We have monthly entertainment, church services, weekly movies, card games and every Friday evening we have a Wine & Cheese before supper.

In October, we have planned an outing to one of the wineries in Dunham, a tour that should end up tasting very interesting. An apple orchard outing, which the cooks will like since we plan to bring some delicious apples to cook into great desserts. The colors are splendid and several scenic drives are planned. Local talent will be coming to

entertain our residents.

The Duck Festival will be enjoyed by many and we will be opening our doors to the community to see some local artists, Linda Hopley Tannahill, Mary Martin, Katherine Chessar-Barrette, Lorraine Picard and Leon Larocque. Afternoon tea will be served to those who come to browse on Saturday and Sunday, Oct. 11th & 12th.

Halloween will be a new experience at the Manoir, we have invited the kindergarten from Knowlton Academy for a party. Games, food and fun are planned. A costume parade to delight the residents will be a colorful and interesting event.

So you see, at the Manoir you have two choices, sit back and take the quiet days of retirement or climb into our van and who knows where you're off to. You can also stay in and have the outside come to you. Keep your ears open to hear more news from The Manoir.

Kim Redmile  
Activity Co-ordinator

## Food for thought!

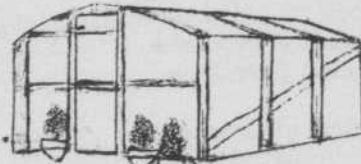
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