

Holiday Greetings 1998

Brome County
NEWS 
— THE —
RECORD
Advertorial
Supplement
December 1998



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The Angel

(SOP) The stars came out and shone over the stable where baby Jesus lay. All the angels in heaven began to tell the world about the wonderful birth.

But amidst all the joy, someone was crying. It was the smallest angel, who could not join in the music for there was nothing left to play, not even a little hand-drum.

The cherubim and seraphim had given out the instruments: first the trumpets and harps, then the lutes' and the flutes, the chimes, the violins, the recorders, the cymbals and the triangles; and finally they had given out the little drums and handbells. The cherubim and seraphim were immensely tall and had many wings which blazed like fire. The smallest angel thought them very fierce and had not liked to ask them why there was not a single instrument left.

It was the happiest night of the world and all the angels began to sing and play. No one noticed the sad tear-stained face of the smallest angel. As the sound of many voices and instruments swelled, the music seemed to reach across the sky. The smallest angel stopped crying and began to hum. Gradually the hum turned into words and soon a high, clear voice could be heard soaring above the sound of the angel choir; above the fields where shepherds lay watching their sheep; above the stable where the baby had been born.

For though they looked very fierce and had wings that blazed like fire, the cherubim and seraphim had not meant to be unkind. They knew that the smallest angel needed no instrument other than the beautiful voice which sang out the news to the world.

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**Brome County
NEWS**

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TEL: (450) 242-1188 / 242-6892 FAX: (450) 243-5155

Published weekly by

2850 DELORME, SHERBROOKE,
QUEBEC, J1K 1A1
FAX: (819) 569-3945
NEWSROOM E-MAIL:
record@interlinx.qc.ca

THE RECORD
a division of
Communications Québec inc.

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MARK GUILLETTE PRESS. SUPERV. 800 463-9525
FRANCINE THIBAUT PROD. SUPERV. 800 463-9525

CIRCULATION

Distributed to all Record subscribers every Wednesday as an insert, and to all households and businesses in

Abercorn, Bedford, Brigham, Brome, Bromont, Cowansville, East Farnham, Foster, Fulford, Knowlton (Brome Lake), Sutton, Bolton Centre and West Brome

SUBSCRIPTIONS

	GST	PST	TOTAL
CANADA: 1 YEAR	104.00	7.28	8.35 \$119.63
6 MONTHS	53.50	3.75	4.29 \$61.54
3 MONTHS	27.00	1.89	2.17 \$31.06

Out of Quebec residents do not include PST. Rates for other services available on request.

The Record is published daily Monday to Friday. Back copies of The Record ordered one week after publication are available at \$3.00 per copy prepaid.

The Record was founded on February 7, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908.

Canadian Publications Mail Service Product Agreement No. 0479675.

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The natural Christmas tree

(SOP) The Christmas tree that will decorate your living room this season has its roots in ancient history. Egyptians brought palm branches into their homes in late December as a symbol of growth and life. Romans trimmed trees and topped them with an image of their sun god to celebrate Saturnalia. The use of evergreen trees for Christmas celebrations began only 400 years ago in Germany and didn't spread to Canada until 1781, when Baron Friederick von Riedesel of Sorel, Quebec cut down and decorated a balsam fir. Now, four million Christmas trees are sold in Canada every year.

THE REAL THING

For many Canadian families, there's no tree like a real tree. But with many different species to choose from, picking a good natural tree can be a confusing task. Fortunately, a few guidelines apply to all varieties. First, decide ahead of time where you will display your tree. This will help you tell, for example, whether all sides of the tree will be on view. If the tree is displayed in a corner, you may be able to buy a cheaper tree with only two good sides. In general, look for a tree with a straight stem that doesn't fork. Some species are naturally thicker than others but the density of foliage should be uniform all over the tree. If all sides of the tree will be viewed, there should be no holes or gaps in the foliage and no broken or damaged branches.

Which species is best? It's most-

ly a matter of personal preference and family tradition. The chubby outline of pine, the resinous scent of fir and the prickly needles of spruce all bring back memories of Christmas past. Each species has advantages and drawbacks. Two varieties of pine are common: Scotch pine and Eastern white pine. The salesperson may suggest a lodgepole pine, but avoid that variety. Its sparse branches make it less ideal for Christmas than other trees. Firs, such as the Balsam, Douglas and Fraser varieties, make good Christmas trees. As well, three varieties of spruce are available as Christmas trees: white, black, and Norway spruce (the least common variety). The main disadvantage of this species is the tendency of the stiff, straight needles to drop off easily.

Prices for good, cut trees that are two metres high, range from \$15 for a wild, unpruned tree to \$60 for a hard-to-find variety that's grown and pruned on a plantation. Those figures depend not only on the number of trees available but also on how much the seller pays to truck the tree to the market. A tree that's grown just an hour's drive from the market will generally cost less than one that has to be freighted from, say, British Columbia to Quebec. For that reason, check for the regions in which the trees are commonly found. For example, the Balsam fir is especially popular in Nova Scotia, New Brunswick and Quebec where it's the traditional tree for many. You may be able to save money by buying a locally grown variety.



Merry Christmas!
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Holiday decorating tips

(SOP) Greenery, lighting, color. These are the cheapest and most festive transformers for holiday rooms.

• Pep up your room by adding a contrast border all around the walls just below the ceiling and above the baseboard—and even around the doors and windows, if you like.

All you need to buy is yards of ribbon or even upholsterer's gimp (much cheaper than any manufacturer's border) and stick it up with staples (these can be removed easily at the end of the season).

• Another trick with borders, which will also add instant distinction, is to buy yards of slim picture framing wood from a framer (it can be either polished or gilded) and stick it up

with staples. This is more expensive than the ribbon or gimp trim, but it's also more classy.

• Give each place setting at your dinner table its own candlestick surrounded by a small wreath of holly, ivy and Christmas roses.

• For a party, string Christmas tree lights all around the doorway and all around the top of the walls just below the ceiling.

• Give an instant (but not permanent) transformation to a room for a party by changing the wall color to, say, a festive red by using appropriately sized rolls of photographer's background paper. (This comes in about 20 assorted colors and different widths.)

Suspend the paper from tension rods the size of your wall, just under the

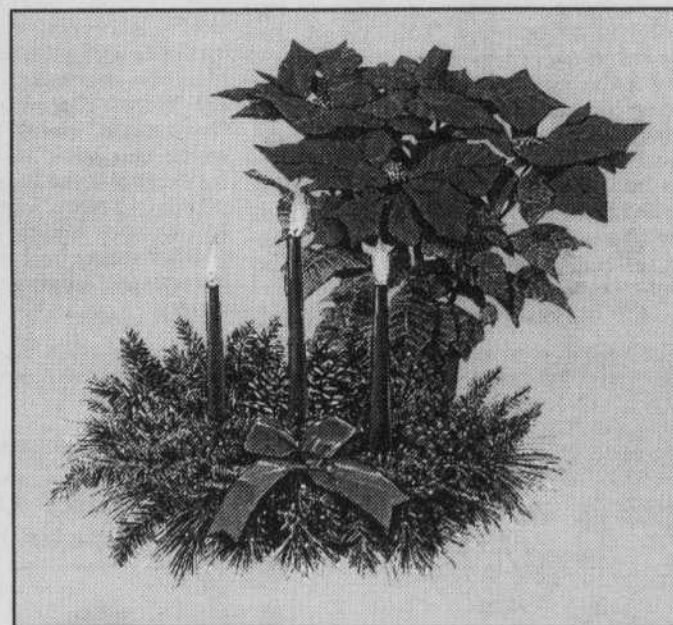
ceiling and pull down the roll.

• Give yourself a floor lift for the holidays by painting a floor cloth that you can use year after year. All you need is an unprimed or primed artist canvas of any size you want, water base interior paint and your own holiday design.

Finish with two or three coats of polyurethane and, when it is dry, fold under the borders and glue them down.

• Need instant chair revivers but don't have enough time to recover your chairs? Buy enough of the material you need, stretch it over the back and seat of the chair, then tightly knot the material on both sides of the chair. You can always have them recovered properly after the holidays.

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A classic look when out for the evening

(SOP) By day, your look is casual, finished without being overdone. By evening, in time for a holiday party perhaps, you can change your image subtly but dramatically.

Achieve evening allure by using the same products you would by day, but enhancing them with lip gloss, more eye shadow and a "powdered crème" foundation.

By day, matte charcoal-gray shadow is applied lightly to the outer corner of the lid. Use brush (or finger) to blend in shadow softly, leaving the centre lid almost bare. Always blend shadow softly into the crease, working from outer to inner corner.

Brush light beige semi-pearled eye shadow under the eyebrow, sweeping from just under the arch to the end of the brow. A thin line of black or dark brown eyeliner defines the eye along the lash base. Complete the look by applying mascara only to the top lashes.

After dark, softer incandescent lighting and evening apparel call for smokier, more seductive eyes. Use the same daytime products, but now dramatize with some changes in technique and extra eye shadow for sparkle.

Before applying evening eye makeup, blend in concealer to mask dark circles under the eyes. Next, apply

the foundation. "Powdered crème" foundation is easy to apply and provides excellent coverage without a heavy finish.

Evening eyes are sultry, made sensational by intensifying the same charcoal eye shadow and eyeliner. The difference when applying nighttime eye makeup lies in the technique. With your brush, apply the charcoal eye shadow starting at the outside corner, working upward into the crease and blending inward. Sweeping back and forth with your brush, smudge shadow over the entire lid. Leave the outside corner slightly darker to give the illusion of larger, more open eyes.

On the top lid, apply black or dark brown eyeliner, following the natural lash line with a thicker line. Apply a thin line under the bottom lashes. Emphasize eyeliner, top and bottom, at the corner of the eye.

For a sexier look, use eyeliner on the lower inside rim. Finish with mascara on the top and bottom lashes. For an extra dash of glamor, lightly dust shimmering gold powder on the centre of the eyelid.

Lips are lined with brownish-red lip liner, complementing a long-lasting yet creamy, coral-red lipstick. For a more even, long-lasting coverage,

apply lipstick with a lip brush. for a more seductive look, add a touche of clear or red lip gloss to the bottom lip only.

Classic, sultry, sensuous and

glamorous—this look is becoming on any woman. To customize the look, replace red lipstick with your favorite color. Darker browns and beiges will also complete the look.



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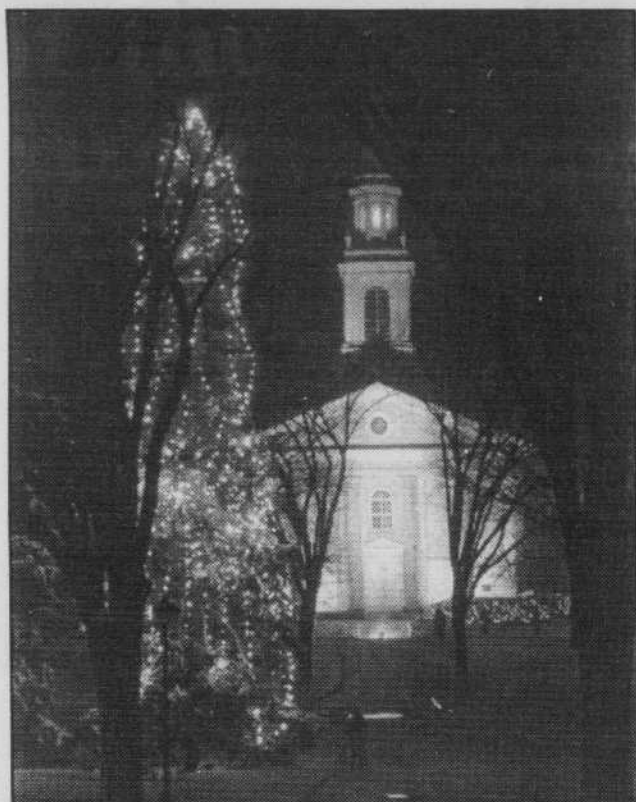
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Mead Memorial Chapel on the campus of Middlebury College is the setting for CHRISTMAS IN VERMONT... A CELEBRATION OF LESSONS AND CAROLS, airing on Vermont ETV Wednesday, Dec. 19 at 8:00 p.m. (Repeats 12/22 at 11 p.m. on Ch. 33 and 12/25 at 3:00 p.m. on all ETV channels.) The 60-voice college choir sings traditional hymns and carols. The carillon in the steeple of the chapel joins with organ, harp and brass solos during the festive hour. Woven with the music are Advent and Christmas readings from the Bible.



Origins of the festive season

(SOP) Undoubtedly, the existence of festivities go back to ancient times. In bygone days, it was the celebration of nature, of the planets, of divinity. Nowadays, Christmas is more a celebration of our relationship with others. Gathering for the festivities, we are all reminded of our origins, our common beliefs.

We celebrate together because we are all on the same boat that takes us from birth to death. We share pleasure, food, drinks, gifts and also the same feelings that bring us together. We give our presence to a group who, in exchange, welcomes whoever graciously accepted to come.

In ancient times, it was the gathering of a clan, or a tribe coming together for a feast. Over the centuries, gigantic feasts have disappeared, making way for smaller gatherings: family or friends getting together. But isn't the spirit the same?

We all have the feeling of sharing but a few moments in a lifetime.

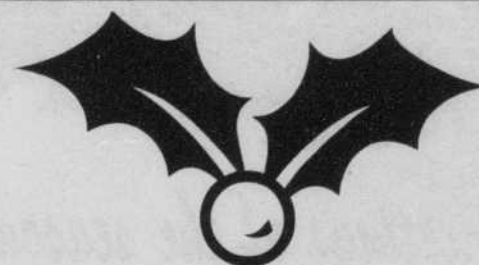
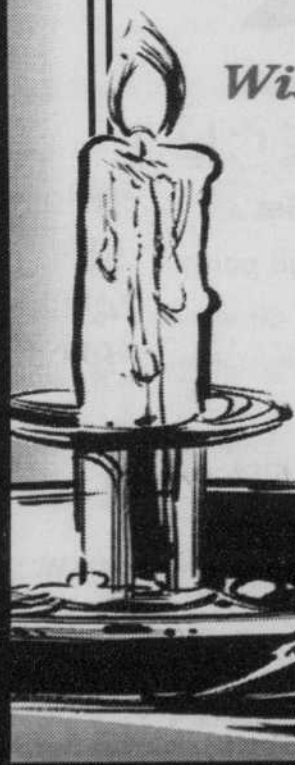
One thing hasn't changed though. When we get together for the Holidays, we share the pleasures of good food and even archaeologists agree on that. As a matter of fact, discoveries of remains of prehistoric feasts proving that our ancestors didn't hesitate to savour one of their contemporaries during a feast. The bottom line is that whenever we think celebration, we think food. No host would even think of inviting guests without having some food to offer them. And with great celebrations comes great food.. Oysters, foie gras, cheese and fine wines, champagne and of course, the unavoidable log. It's not only a question of celebrating a very special occasion, but it is also an opportunity for the hostess to prove her culinary talents and her entertaining know-how.

Courville Geriatric Centre and Residence



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Courville Gerontology Foundation Season's Greeting

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Holidays can be hazardous to health

(SOP) It's more fun spending the holidays with family and friends than in the emergency room. Physicians want you to remember that.

Some folks don't, and they're the ones who account for the sharp rise in bone fractures, muscle strains and sprains in adults 18 through 55 during the winter holiday period from Dec. 21 through to New Year's Day.

So says a study compiled by an expert on adult injuries, Dr. Christine Faulkner.

She found that in the last week and a half of 1990 and 1991, hospital emergency rooms throughout the U.S. reported a 33-percent increase in bone fractures to adults.

Muscle sprains and strains rose 34 per cent from a two-week average any other time of the year. And there was a nearly 30-per-cent increase in emergency-room treatment of burns caused by hot liquids, fires and other sources.

Sports and other winter activities contribute to the jump in statistics, but alcohol plays a big role.

Accidents we're most likely to

see associated with the holidays are caused from people drinking more than usual, which generates car accident injuries, assaults in bars, injuries from domestic quarrels and falls down stairs resulting in broken arms or legs—or worse.

Emergency-room personnel also treat pains from overeating, food poisoning from improper food-handling, and chest pains related to stress. And, in the extreme, suicide attempts because the season doesn't live up to expectations.

Everyone thinks the holiday season is a happy family time when in reality it actually is an extremely stressful, emotional time, especially for those who don't have family.

FOR AVOIDING HOLIDAY INJURIES

- When shifting sofas and other heavy furniture, protect your back by keeping it straight and lifting from bent knees.

- Luggage carts, hand trucks or lifting devices will help avoid sprains

and strains when moving large or heavy objects.

- Sand or salt sidewalks and outside stairs, even if it's only raining and not snowing. Moisture of any kind creates a slick surface just waiting for someone to slip and fracture something. It's particularly hazardous for the elderly, who sometimes can't get up on their own and lie for hours on the damp ground, risking hypothermia.

- Light inside stairs when you've got overnight visitors. You might be able to make it to the bathroom in the dark without falling down a flight of stairs, but your company is in strange surroundings and can get hurt easily.

- Don't burn your tree trimmings or the tree in the fireplace. The trees produce an intense fire that burns surprisingly quickly and can get out of control, causing a chimney fire or even burning through a mesh screen.

- After prodding wood in the fireplace, watch where you put the hot poker or shovel. When you reach for it again, grab it by the handle. The tip on a poker can stay red-hot.

- Issue a "stay out of the kitchen" order and enforce it. Pets, children and other adults get underfoot and create a hazard when you're carrying hot things. Use potholders or kitchen towels when picking up hot dishes. And make sure pot handles don't hang off stoves.

- Most adults know better than to eat glass ornaments, but children or pets might not. Use Styrofoam ornaments covered with ribbons or make sure anything glass is way out of reach. Keep small twinkling lights out of reach; youngsters like to put the hot lights in their mouths and hands.

- After Christmas, take the tree outside and cover it with a tarp until it is picked up. That discourages arsonists.

- Watch alcohol use. Drinking and driving over the holidays is one tradition that wouldn't be missed. Drinking and decorating is another. Drinking and arguing is yet another.

- When it's time to put the decorations away, make extra trips going up or downstairs rather than juggling a half-dozen boxes.



(Marché Jimmy)

At
*This Time
Of Year...*

*Wishing you a holiday shining
with happiness, joy and hope
at this time of year.*

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Decorations for the Holiday Season



(SOP) During the Holiday Season, flowers contribute the most to our decor. All the more reason to offer them to your family and friends.

First of all, the traditional Christmas tree, despite its increasing price, has its place in every home, especially if you have children or grandchildren. Young and old enjoy decorating more and more flashy ornaments and brightly colored lights. Cover it with "snow" and tinsel, top it with a bright star and set up a Christmas crib or small

village at its foot.

If you live in a small apartment, you may prefer a smaller Christmas tree placed in a planter and standing on a small table; or a miniature flowered Christmas tree to enhance your table without taking up too much room. Christmas wreaths for the front door or your living-room window or any other place you want to decorate, the fireplace, the kitchen door can be made of fir or pine, dried flower, pine cones, holly, mistletoe, etc. All of these natural decorations are all too often replaced by plastic ones.

Besides decorations, wreaths and other ornaments for doors you have a choice of a wide variety of seasonal flowers: Poinsettias, azaleas, cyclamens, kalanchoes, Christmas cactuses, solanums; whichever you choose to give they are sure to please. Holly and mistletoe set the colors. Mistletoe with its thick leaves and small yellowish flowers, not to mention its reputation as an aphrodisiac and holly with its bright red berries and glossy dark green leaves perfectly enhance any basket, table centerpiece or floral arrangement. Set a few candles nearby and the effect is amazing.

The Christmas or New Year's Eve dinner table decorated with seasonal flower arrangements and candles speak of the true spirit of family gatherings. And the possibilities are endless. This year, the fashionable trend is to decorate in pure white and silver, but other combinations of colors that better suit your home decor can also be quite chic.

For your living-room, one or two well lit flower arrangements will do

a lot more than several smaller ones spread here and there. A sophisticated bouquet with bright colors in your entrance will greet your guests and speak highly of your good taste. The traditional Advent wreath with its four red candles is still quite alive. Hang it with ribbons or place it on the table.

But don't stop here: decorate with fir branches, garlands around doors and windows or the fireplace, appliques or door ornaments, holly or mistletoe adorned with ribbon and hanging from a chandelier are all ways of bringing color and cheerfulness to your home and making your guests feel welcomed and loved. A simple and fun project for the Happy Season.



AUBERGE WEST BROME

Christmas Menu

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or
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Pear tart with cream sauce

- 3 ounces sweet butter
- 1 1/2 ounces sugar
- 1 1/2 ounces pecans ground to powder
- 1 large egg
- 2 to 3 pears
- 7 ounces puff-pastry dough
- 2 tablespoons honey
- Caramel cream sauce (recipe follows)

Place the sugar in a small heavy saucepan with the water. Cook over medium to low heat until the sugar syrup turns light brown. Remove from the heat and add the cream very gradually. Return to the heat and bring to a boil. Remove from the stove and cool the pot in a pan of cold water.

1. To make the pecan cream, place one and a half ounces of butter in the bowl of a food processor. Process until the butter is white and smooth. Add the sugar and process for another twenty seconds. Add the pecan powder and blend well. Add the egg and continue processing until the mixture is homogeneous. Set aside.

2. Heat the oven to 375 degrees. Peel and core the pears and slice into thin wedges.

3. On a lightly floured surface, roll the dough to a thickness of one-eighth inch. With a pie cutter (five and a half inches) cut four circles and put them on a cookie sheet lined with parchment paper. Spread the pecan cream lightly on top of the puff pastry. Arrange the pear slices in overlapping, concentric circles on top of the cream. Dot with the remaining butter and the honey.

4. Bake for twenty to twenty-five minutes. Pour caramel cream sauce on each plate, and place a tart on top. Serve immediately. Makes four servings.

CARAMEL CREAM SAUCE

- 1 cup granulated sugar
- 2 tablespoons water
- 1 cup cream

BYE-BYE 1998

New Year's Eve Party

December 31, 1998 • 7:30 p.m.

Pierre Phaneuf's orchestra for continuous dance music

Cocktails • 7:30 p.m.

8 course gala dinner • 8:00 p.m.

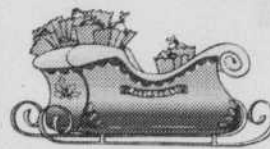
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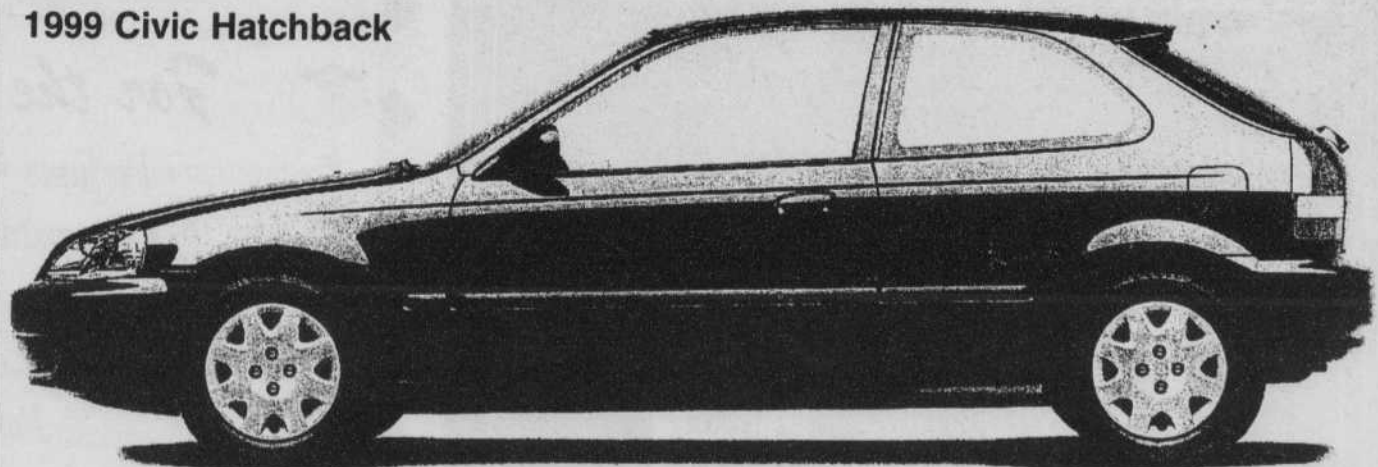
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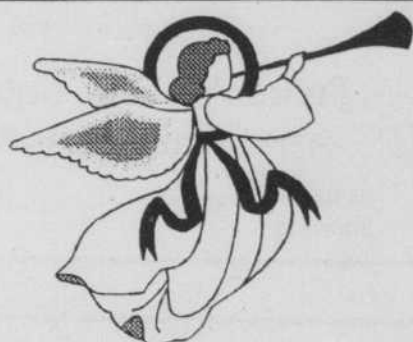
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Carol Krainyk

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May this Holiday
Season be filled with
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for a Happy, Healthy & Prosperous
Holiday Season & New Year.
Merry Christmas and Happy New Year!
Municipality of
the Township of Potton

A Country Christmas

Sutton

*Come and celebrate
with us*

ACTIVITIES

Saturday, December 19th

- WAGON RIDES 11 a.m. to 1 p.m.
- SUPPER CHRISTMAS CONCERT
Auberge des Appalaches 6:30 p.m.
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- COME PLAY WITH SANTA
Sunday, December 20th
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11 a.m. to 3 p.m.
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Sunday, December 27th

- MUSICAL BRUNCH 11 a.m. to 3 p.m.
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The allure of caviar

(SOP) The allure of glistening caviar casts its spell. Even when bereft of opulent surroundings, this exotic appetizer still beckons and intrigues. Even if you can't afford the extravagance, it's fun to know about such things.

Starkly phrased, caviar is simply fish eggs (roe). And the reigning queen of caviars is the roe of the beluga sturgeon from the Caspian Sea. Beluga caviar, traditionally the finest, can vary in color from inky black to deep steel-gray, because the eggs become paler just before spawning. Its eggs are plump, separate and unbroken with the lustre of polished ebony and a texture that's both granular and velvety.

There are other Caspian Sea sturgeon, however. The ossetra and the sevruga—each with a fine reputation, unique in their color, flavor and texture—are less expensive than beluga caviar.

There's a very careful journey from roe sac to crystal dish. After the

roe is removed from the sturgeon, the eggs are separated, washed and drained. Because roe deteriorates quickly, it's preserved by adding salt to draw away the extra liquid and discourage spoiling. In this process the texture of the delicate eggs becomes firmer. The roe is drained in fine sieves, then stored in non-reactive tins between 28 and 32 degrees F (minus 2 to 0 °C).

The term malossol is used to describe eggs of any of the Caspian Sea sturgeon that have been only "lightly salted." In essence it's a sign of quality—eggs in such superior condition that only a minimum amount of salt is required to preserve them (no more than 5 percent). Malossol caviar is not pasteurized and is considered the finest and best-tasting.

Fresh caviar is highly perishable and should be kept chilled even on the way home from the store. It deteriorates quickly at room temperature, which is why caviar is often presented

cradled in ice. Handle it as little as possible and enjoy it within two to three days of purchase. And as a general rule, the better the quality, the less embellishment caviar needs.

Pasteurized caviar keeps longer and is sold in vacuum-sealed tins or jars. Because pasteurization involves heating, it partly cooks the eggs, making them firmer than the unpasteurized varieties. Unopened containers can be kept in cool, dark surroundings for two to four months. Caviar should be constantly refrigerated once opened; the container should be stored tightly closed and the contents used within two weeks.

Roe sold as payasanaya, or pressed caviar, consists of eggs that are immature, too fragile or damaged during processing. It might contain a blend of eggs from the various Caspian Sea sturgeon. It's less costly and is useful in dishes where flavor is more important than appearance.



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for the happiest

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