



# Brome County News

THE LARGEST CIRCULATION WEEKLY IN BROME-MISSISQUOI.



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Wednesday, March 13, 1996

## Students stage Dickens drama *Nicholas Nickleby*

By Sharon McCully

COWANSVILLE — Heroes Memorial's sterling reputation for high-calibre dramatic theatrical productions will remain untarnished thanks to a talented cast and the overwhelming support of parents and volunteers.

As an impressive cast of characters prepares to take the stage for the elementary school's 1996 spring production of *Nicholas Nickleby*, a full-length adaptation of the Charles Dickens novel, director Dan Lapointe enthusiastically reported, "They're ready!"

"This play has been the result of a real community effort," said Lapointe, on his own to stage the production for the first time in a decade following last year's retirement of Tony Whittall.

For years, Whittall and Lapointe have co-produced and directed the plays at the school, among them *The Miracle Worker*, *Pinnochio*, *Barnaby, Our Town* and *The Tinderbox*.

Lapointe said parents moved in quickly to fill the void. Mothers are busy making costumes and painting sets while at least one father, an electrician, has spent hours behind the curtain building sets, checking equipment and working on the stage lighting.

Materials needed to stage the show were either donated by local merchants or purchased with funds raised by parents, Lapointe added.

"There's a real wealth and talent in the community that people seem willing to share," the teacher and drama coach said.

Lapointe said it's rewarding to see the self-confidence and feeling of accomplishment students have while staging a good show. And he's gratified to see their response to one of his favorite playwrights.

"I love Dickens and this is the most theatrical of all his works," Lapointe said. "It has a theatre troupe in it and lots of melodrama and wacky characters for the kids to latch onto."

*Nicholas Nickleby* leads a parade of colorful characters including wicked Uncle Ralph, stylish Madam Mantalini, decayed Arthur Gride, pitiable orphan Smike, the winsome Cheeryble



The cast and crew (in no particular order) are Julie Perkins, Christina Piette, Joshua Bleser, Jenny Lee Bromby, Lacey Forster, Tania Guidon, Amanda Rocheleau, Carrie Ann O'Brien, Jennifer Brunton, Emily Sharples, Emily Dover, Stephanie Campbell, Julie Bazinet, Samantha Jenne, Erin Burnham, Laura Collini, Jennifer Tevyaw, Tyson Troutman, Leigh Ann Davis, D.J. Brock, Jessie Faucher, Makisha Page, Kaylah Jenne, Rikki Bowles, Emily Sharples, Adam Goddhue, John Waterhouse, Nathalie Raouzon and Elliot Kerr, and extras Angela Jette, Chris Patterson and Kim Kerr.

brothers, lovely Madelaine Bray, scheming Lady Hawk and the amazing Crummles with their seedy theatre troupe.

Lapointe has assembled a 38-member cast comprised mainly of girls, some of them playing double roles, in this delightful blend of comedy, mystery and melodrama.

Megan Pompeil, who made her memorable debut as the witch in last year's production of *The Tinderbox*, plays the young and adventurous Nicholas Nickleby.

Sara Beth Fava, another experienced actress, has a major role as theatrical producer Vincent Crummles. Kendra Whynot will don an Italian accent

for her role as Miss Snellicci, the Italian actress, then drop it to become the unscrupulous Lady Hawk. Kasha Mohr will also be challenged in her role as Nicholas' uncle, the miserly Ralph Nickelby.

"They're all working very hard these final days," said Lapointe. "I can't say enough about the effort they've all put forth."

Lapointe has the advantage of having worked with many of the cast in the school's Christmas production, *The Best Christmas Pageant Ever*.

"I know what they're capable of, but they still surprise me," he said.

"If I learned anything from Tony, it is the importance of being well organi-

zed," he adding, flipping through a work schedule that began in January and is right on the money for next week's performance.

"The scripts were handed out in January and the cast had just so many days to memorize their lines," he said.

By February 22, the entire cast was comfortable with their new characters and ready for the first weekend rehearsal.

Matinees will be held for students March 19, 20 and 21 with an evening performance for the public on Friday, March 22. Curtain rises at 7 sharp and admission is \$3. For more information, call Heroes Memorial at (514) 263-1612.

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# Brome County Community Billboard

## Community Calendar

March 16

**Attention Skiers!** Fifth Annual Owl's Head Challenge with all proceeds going to the Brome-Missisquoi-Perkins Hospital in Cowansville to help support the purchase of equipment. Our goal is to obtain \$10,000. Events will include: Day lift ticket for each participant who does not have a pass, an opportunity to participate in a Giant Slalom event with Men's and Women's divisions (six age categories in each division), B.B.Q. lunch of hot dogs and soft drinks, door prizes including a trip for two to Whistler Ski Resort, a golf membership at Owl's Head, etc. Following the event, tax receipts are issued from the B.M.P. Foundation. Tel: Isabelle Daoust at the B.M.P. Foundation at (514) 266-5548, or Richard Clinton at Owl's Head Ski Area at (514) 292-3342.

March 17

**Luck of the Irish Supper** at Cafe Chez Moi, 9 Maple St., Stanbridge East, from 4:30 to 7:30 p.m. Supper menu includes, Blarney Stone stew, salad, Irish soda bread, desert, tea/

coffee. Reservations: 514-248-7038.

**St. Patrick's Day Family Breakfast** at the Waterloo Legion, Lewis St., from 10 a.m. to 1 p.m. Admission: adults \$3.75, children under 12 \$2. Everyone welcome! For further information, call (514) 539-0005.

March 18

**Card Party** at the Oddfellows Hall, Knowlton Road, Knowlton, at 7:30 p.m. Proceeds to help Knowlton Scouting Movement. Door prizes.

March 20

**Dessert Card Party and Penny Fair** to be held at Knowlton United Church at 12 noon. Sponsored by the Knowlton U.C.W. Admission: \$4.

March 23

**Sugar on Snow Fundraiser** for the Bolton, Potton Cadet Core No. 3022, to be held at the Bolton Center Town Hall at 2 p.m. Admission: \$3. There will be music, a clogging demonstration and a bake sale. Everyone welcome!

**Hot Dish Supper** at the United Church Hall, 234 Knowlton Road, Knowlton, from 5 to 7 p.m. Admission: \$6.50 adults, \$4 children 12 and under. Tickets available at the door.

## Arts Calendar

March 16, 17

**Saint-Jean-Baptiste Gregorian Chant**, presented by Brome Beaux Arts, with Vincent Boucher, organist. To be held at the Old Brick Church in West Brome on Saturday at 8 p.m. and Sunday at 3 p.m. On the program: Gregorian chant and organ music. Free admission. Tel: (514) 263-2346.

March 22

**Nicholas Nickleby**, presented by Heroes' Players, at Heroes' Memorial School at 7 p.m. Admission: \$3. A full-length adaptation of the Charles Dickens' novel by Tim Kelly, with permission from the Dramatic Publishing Company.

March 22 to April 14

**Sleeping Beauty**, presented by Mandragore Productions, adapted by Richard Theriault, at Theatre Lac Brome, Knowlton. A light-hearted comedy sure to warm the hearts of

young and old. Presented in English and French. English performances are: March 22, 23, 29 and 30 at 7 p.m. and March 23, 24, 30 and 31 at 2 p.m. French performances are April 5, 6, 12 and 13 at 7 p.m. and April 6, 7, 13 and 14 at 2 p.m. Tickets are \$7 adults, \$5 children 12 and younger. Call for reservations: 266-4246.

## Community Notes

**Snap Flap:** Brome County News, 88 Lakeside, Knowlton, still has a supply of the snaphappy spelling game for children and adults. The game pits players against one another in a race to turn letters into words. Games are \$25 plus postage. A portion of the proceeds will go to the Words for Women Literacy Program. Tel: (514) 242-1188.

**Please note that all bulletins for the Brome County News calendar will cost \$5. Send or bring your submissions with payment to 88 Lakeside, Knowlton, JOE 1V0.**

## Golden Age Club news

MANSONVILLE — Golden Agers met at the town hall on Tuesday, February 27. Dinner of baked beans, hot dogs and tossed salad was supplied by the club, George Hamelin made a johnny cake, Kathleen Bailey made tarts and Irene Carrier brought fruit squares. Verlie Aiken gave jello and Huguette Levoy made jello on behalf of the club. She furnished the whipped cream. Alfred Vintinner gave the afternoon fruit drink.

A sympathy card was signed for Deneiges Privé and family and we paid for

a mass to be said in memory of her mother Mrs. Rose Anna Poulin.

We were happy to welcome Mildred Atyeo back today. Mildred had spent some time with her son and daughter-in-law, Mr. and Mrs. John Atyeo of Kingston, Ont. Also Kathleen Bailey brought a guest whom we were happy to see. Noella Coutu, a former resident and member of the club. She seems to be doing well, and was pleased to be here today.

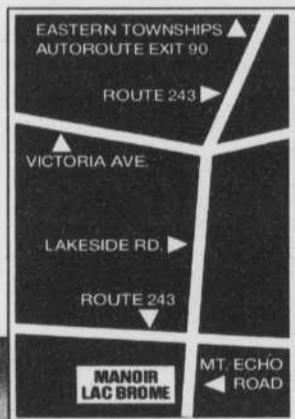
Also Toni Lamothe had a message from Alice Drouin (a former member also) wishing to be remembered to her many friends. Alice had been visiting Toni, and she too was in good spirits.

Door prizes were given by Kathleen Bailey, Verlie Aiken, Reginald Landry, Dorothy Woodard, Huguette Levoy, Judy and Gerry Gaboriault, Ida MacKay and Alfred Vintinner. Prizes were won by 13 lucky recipients.

Game winners: Irene Carrier, Rita Mossa, Huguette Levoy, Juliette Laliberté, Ida MacKay, Mildred Atyeo, Dorothy Woodard, George Hamelin, Alfred Vintinner and Steven St. Onge.

500 winners: Toni Lamothe and Gerry Gaboriault.

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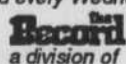
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# M-V girls basketball season ends with a bang

COWANSVILLE (SM) — It was a heart-breaking end to a spectacular season for Massey-Vanier's senior girls basketball team, and one likely to remain etched in the minds of the players.

With four seconds to go in provincial play-offs, a called foul left the team stunned as the opposing team sunk the ball in a foul shot.

It was a teary finale for the Massey-Vanier girls, but one that will provide a lasting memory for years to come.

Such is the nature of high school sports, and the reason parents have rallied to ensure students continue to have the opportunity to experience team play and good sportsmanship.

Last year, coaches were forced to cancel spring sports when the cash-

strapped school ran out of money in the sports budget to pay for team registrations and tournament buses.

This year, a parent's committee was determined that wouldn't happen again.

Through a series of fundraisers, they've amassed close to \$20,000.

Some 200 students at the high school participated in fall and winter team sports while dozens of others played at the intramural level. Six basketball teams, six soccer teams, hockey, wres-

ting and swim teams filled afterschool hours and weekends.

Physical education director Bob Kay said there is money left over to offer a full range of spring sports to many more.

Beginning this month, practises will begin for badminton, followed by rugby, track and field, tennis and softball.

Kay said without the participation of parents, hundreds of students would have missed out on the opportunity to grow and excel in sports.

# PRRP: Recycling the way to success

ABERCORN (SM) — You have to love a group whose by-laws insist: No executive council, bookkeeping kept to a minimum, no big boss, and two directing heads — each with a right arm.

As though that weren't enough to guarantee its success, the group also refuses to accept government subsidies and has zero tolerance for talk of politics, religion or petty gossip.

"Our group welcomes everyone, French and English, old and young," said Jocelyne Meunier, who co-founded the five-year-old "Projet Recuperation-Recycling Project".

"We are self-sufficient and full of good sense for the environment," Meunier added, describing the Abercorn-based organization to a group of women at a Women's Day luncheon in Sutton last week.

Meunier was being honored for her work with the group and for the contribution it has made to the community.

The non-profit group brings together women of all ages to create marketable

crafts from recyclable materials.

Since the group began five years ago, more than \$18,000 has been raised through the sale of crafts created from discarded swatches of material, yarn and other recyclable materials.

Proceeds from the sales go towards charitable causes such as Horizon Pour Elles, the women's shelter in Cowansville.

Meunier said the group also accepts used clothing to sell at rummage sales.

"What is wearable is sold to raise money for worthwhile causes and the rest is recycled into crafts," Meunier said.

Women also have an opportunity to learn new crafts and experience the joy of creating toys, knick-knacks and clothing out of buttons, twine, yarn and remnants that were destined for the garbage bin.

For more information about the group or to donate clothing for the rummage sales, call Jocelyne Meunier at 538-5222 or Pat Lahue at 538-1529.



**A book signing, eh?** Sharon McCully and Heather Keith-Ryan will be at the Book Nook in Sutton this Sunday, March 17, from 1-3 to launch their new book, *Quebec: Bonjour, eh?* The book offers unique insights into the culture, history and language of Quebec while packing in helpful information on tourist and social services as well as a lexicon of French words and phrases. The book sells for \$12.95, plus GST.

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# I don't have the reflexes to be a drug dealer

Stop me if I ever decide to grow pot in the basement.

Last week's police and pusher raid organized by Brome Lake police chief Peter Stone convinced me I do not have the complexion or reflexes required to be a drug dealer.

Law-abiding citizens tend to react differently to police intervention.

One of the role-playing drug-peddlers, a middle-aged Knowlton man plucked from the country club to be handcuffed and spread-eagled over a bed at the Lakeview, insisted on speaking with a lawyer before telling arresting officers if he were armed.

Not a good idea, suggested crown prosecutor Michel St-Cyr, who was observing the exercise. When several policemen are standing over you with guns pointed at your head demanding to know if there's a 45 tucked in your belt, best to immediately relieve their curiosity, he advised, lest they assume you do and act accordingly.

Another pseudo bad guy had planned to flush the illegal stash when police arrived, but stood frozen in front of the toilet with a constipated look on his face.

I would also have difficulty being a biker's old lady. In my life, when someone throws their arms around me, it's usually for a hug, or perhaps to protect

## Out of the Brome Closet

By Sharon McCully

me from falling ice. Being unaccustomed to physical aggression of any description, it was second nature for me to offer resistance when a burly cop came up behind me, grabbed me by the arms and pushed me over the bed. I realize now it would have been less painful to go peacefully.

Police have these new-fangled handcuffs that tighten automatically when you struggle. And it's probably best not to further antagonize officers who already have a real attitude about people who pilfer local homes for drug money and sell dope to their kids at school.

If last week's mock raid was a deterrent for those who have never contemplated a career in crime, it should also serve as a warning to those already engaged. This is serious business with serious consequences. And there's a gang of law enforcement agents out there more pumped than Elliot Ness' prohibitionists with their sights aimed squarely at drug dealers in these parts.

# Homélie pour mon frère

*C'est de nouveau l'anniversaire du décès de mon frère Henri qui était horticulteur et le premier de notre génération à quitter notre famille. Voici l'homélie écrite lors de son départ.*

Nous voulons rendre hommage à notre frère Henri, l'homme qui plantait des arbres.

Il était au centre, au coeur même de notre famille

Il avait exactement autant d'aînés que de cadets.

Henri était un homme simple mais combien passionné pour les plantes, en particulier les arbres, et surtout les arbres fruitiers.

On dit que pour réussir sa vie, on doit laisser le monde un peu meilleur parce que l'on a vécu. On dit aussi que de planter un seul arbre à l'ombre duquel on ne s'assoira jamais, mais de le planter pour le bénéfice de ceux qui suivront, est un acte d'amour pour l'humanité.

Henri qui a planté ou aidé à planter des milliers d'arbres et qui a transmis son amour des plantes à tant de personnes, a certainement, dans ce sens, réussi sa vie.

## Knowlton Golden Age Club news

A sleigh ride and lunch at Brome Hotel was planned for the February 22 meeting of the Knowlton Golden Age Club, but the morning of February 22 was foggy and rainy so the sleigh ride was cancelled, however 24 members drove to Brome to enjoy lunch served at the hotel.

After lunch, we returned to the Knowlton Community Centre for our regular meeting at 1:30 p.m. President Jim Eaton called the meeting to order. Adeline Jones thanked the members who had attended the party held to honour her 80th birthday on February 17. Get well cards were signed for Bernadette Foster, who has not been well recently.

Five hundred was played at seven tables and there were four at the game tables. Geraldine Wheeler was the winner at the game tables. At 500 the spe-

## Entre Nous

Par Thérèse Bernard

Et que dire des milliers de greffes d'arbres qu'il a faites pour la forte production de pommes et d'autres fruits, dont certaines variétés qu'il a lui-même créées feront le plaisir de générations à venir.

Toutes les connaissances qu'il a accumulées et toutes les recherches qu'il a faites, passeront, nous l'espérons, à ceux qui continuent dans ce domaine.

Henri n'était pas intéressé aux luxes de la vie, mais il a laissé sa marque et le monde est un peu meilleur parce qu'il a vécu.

Et je planterai au printemps le magnolia que nous devons planter ensemble.

HENRI, nous te disons adieu mais nous ne sommes pas tristes pour toi car nous savons que tu es dans une autre dimension, que tu es dans la lumière, dans la lumière éclatante du GRAND VERGER ÉTERNEL.

AU REVOIR

cial prize for 10 hearts, bid and made, was not won.

Other prizes were won by: 1st — Irene Boyce 4580, 2nd — Carleton Ladd 4300, 3rd — Elvia Johnson 4180, 4th — Helen Arlington 4040, and 5th — Olive Lancaster 4020.

Members came forward to claim door prizes as their names were drawn. Elvia Johnson poured tea and coffee and a pot-luck lunch and social time was enjoyed, ending a busy and enjoyable day.

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# Letters to the Editor

## Innocent party penalized

Having been fortunate enough never to have been involved in an automobile accident, I was aghast upon learning how the No Fault Insurance system works.

For the benefit of your readers unfamiliar with the system, I would like to relate my personal experience.

The facts: My truck was parked in a private residential parking area. Another party accidentally backed into the door on the passenger side causing a pretty fair indentation. I am nowhere on the scene. Now in order to have the damage repaired (estimated at \$634) I must file a claim with my insurance company. My company pays for repairs and in so doing I lose for three consecutive years the \$20 bonus granted to me

for an accident-free record and there is a pretty fair chance my actual premium will be increased.

It is not enough that I have to experience the inconvenience and deprivation of my truck while repairs are undertaken but that I suffer financial loss and my record is tarnished. What kind of sense does this make when the party responsible for the accident accepts responsibility and is fully insured, yet possibly simply walks away? And I, the absolutely innocent party, am penalized by such a damn stupid Quebec Law.

I am reminded of a slogan several years ago, "Quebec Knows How" — it sure as hell does!

Roy Lowry

## The little guys can come out on top

Thank you so much for covering our woes with the bureaucrats at the lottery office. Without your intervention (and Mr. Paradis'), I'm sure we would not have been noticed by the "big boys" and would never have been able to fundraise for much needed equipment and activities in the school.

I with more people would publicize their plights and persevere — our case just goes to show that it can be done and the little guys can come out on top.

Edwina Garrick  
Secretary  
Butler School Committee

## PLEASE PATRONIZE OUR ADVERTISERS

# Glaucoma: The pressure increasing inside your eye

Even if its origin goes back as far as antiquity (Hippocrates first roughly described this disease), little is known concerning the cause of glaucoma.

Most people suffering from it had no problems until they went for a routine eye exam and surprise, they were told that they probably have glaucoma and might have to take drops for the rest of their life.

Glaucoma affects one to two per cent of the population over 40, and is responsible for about 15 per cent of all the cases of blindness in the United States.

As we get older, as you would guess, the risk of developing glaucoma increases.

We often refer to glaucoma as an increased pressure in the eye, but it's not only that. Most of the time, the intraocular pressure (IOP) increases, but glaucoma also involves a gradual loss in the field of vision and of the quality of the vision.

The normal IOP ranges from 10 to 20 mm Hg. People suffering from glaucoma will have IOP of more than 21, often from 25 to 35.

But where is all that pressure coming from? Anatomically, the structure of the eye is not very complex for such an important organ. Through the cornea and the pupil the light touches the lens, which focuses the image on the retina. Inside the eye bulb, a semi-liquid solution — the humour — fills most of the space. In the back of the lens, it is called the vitreous humour, and is of very little concern in glaucoma. From the lens to the cornea, the aqueous humour helps to keep the integrity of the eye bulb, bringing nutrients

## The Health Beat

By Jean-François Richard

to the different parts of the eye and cleans away their metabolic wastes. An excessive amount of this aqueous humour in the front part of the eye bulb, obviously creates an increase in IOP.

This accumulation can come from an increased production but much more often from a decrease in the elimination.

Drug therapy of glaucoma involves the usage of one or more kinds of drops put each day into the eye, to try to pre-

vent the development of the disease. So, in most cases, it's a preventive treatment that people have to take for a lifetime. Laser therapy or surgery can control complicated cases that don't respond well to the medicated treatment.

Among other risk factors in developing glaucoma besides age are diabetes, genetics, race and certain visual problems.

If you want to learn a little more about glaucoma, come to the presentation on Monday, March 18, from 7:30 to 9 p.m. at the Community Center. Coffee and cookies will be served and I will gladly try to answer your questions.

Jean-François Richard  
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## St. Luke's Church Women meet

**WATERLOO** — On Monday afternoon, February 19th, St. Luke's Church Women met in the church hall at 2 p.m. with an attendance of 10. The president, Nellie Darling opened the meeting with the Lord's Prayer. She welcomed those present and then thanked Jean Davidson for being the hostess for the afternoon.

The business meeting proceeded in the usual manner. The minutes of the January meeting were read by the secretary and approved and signed. A thank you note from Shirley Russell was also read. The financial report was given by Doris Wilson. Nellie thanked all who helped with the deanery supper and the reception after Eddy Cadorette's funeral.

Nellie spoke about the World Day of Prayer service. It will be held in St. Bernardin's Catholic Church on March 1. Margaret Wright, Edith Sharp and Jean Davison will take part to represent St. Luke's Church. There was a discussion about selling tickets for a drawing on a Roxton lamp at card parties and at the rummage sale. The group agreed that once or twice (the second time being shortly before the drawing) someone could sit at a table to sell such tickets before the card playing started, but not to bother people when they were at the tables playing cards. Concerning the rummage sale, it was doubtful if there would be sufficient workers for one to sit at a table selling tickets. The drawing on the Roxton lamp is to take place at the St. Luke's Church Women's meeting in June.

The next meeting will be at 2 p.m. in the church hall on March 18 with Dot deSolla as hostess. As there was no further business, Rita McKerrell adjourned the meeting.

A valentine contest was conducted by Jean. The prize went to Edith Sharp who made 33 words out of the letters in 'valentine' in 10 minutes. Refreshments were served by Jean, assisted by Rita and Nellie.

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# Fear of weight gain prevents smokers from quitting

By Marilyn Chase  
Wall Street Journal

Smoke and mirrors have a lethal chemistry. The link between tobacco use and our obsession with thinness is one reason medicine is losing the war on smoking.

Although 32 million of the estimated 46 million American smokers say they want to quit, only about three per cent successfully kick the habit each year.

In Canada, almost 5.9 million people describe themselves as former smokers. Another 4.9 million smoke but have made a serious attempt to quit by giving up smoking for at least one week, and 1.6 million Canadians smoke and have never attempted to quit.

Health Canada says that among those Canadians who are still smoking, almost three quarters have attempted to quit at some point.

More North American females are taking up smoking, and are projected to outnumber male smokers by 2000. Why this backslide, even after lung cancer has topped breast cancer as a killer of women?

The answer in part is that women are dying for a smaller dress size. The five-pound to 10-pound weight gain that accompanies quitting is seen by some as too high a price to pay in our fat-phobic culture.

From earliest cigarette advertising ("Reach for a Lucky instead of a sweet") to today's slinky magazine ads for Virginia Slims and Capri Superslims, tobacco companies seem to have long exploited the link with thinness.

While the appeal is targeted primari-

ly to women, men also fear softening their hard bodies.

"Using cigarettes is like using an anorectic (appetite suppressing) drug," says Janet Gross, a psychologist at Johns Hopkins University School of Medicine.

Psychologist Bob Klesges of the University of Memphis argues that cigarettes are "a crummy weight-control strategy," offering an average eight-pound weight difference, at a high cost of heart, lung, cancer and reproductive risk.

To a smoker, current health messages cancel each other out.

Smoking and obesity are denounced as the No. 1 and No. 2 causes of preventable disease and death, but the American Lung Association is trying to clear the air by restoring smoking cessation as priority No. 1.

Nicotine touches off complex biochemical reactions in the body, including stimulation of the central nervous system and acceleration of the body's basal metabolism, causing smokers to burn more calories at rest than nonsmokers do.

Further, nicotine suppresses the appetite, and studies suggest its withdrawal may spark a specific craving for carbohydrates, says Phyllis Pirie of the University of Minnesota.

The Lung Association tells those wanting to quit smoking that quitting is far more important to your health than a 10-pound weight gain and encourages them not to start a diet until they can restrict food intake without experiencing the urge to smoke.

The association says that if dieting triggers cigarette cravings, former smokers should realize it's more important to quit than it is to lose weight.

Janet Gross, a professor of behavioral biology at Johns Hopkins School of Medicine, believes while either gum or a nicotine patch will help you quit smoking, it's the gum that helps fend off weight gain, at least temporarily because it offers oral gratification.

Take your time, adds Gross.

"We don't advise smokers to change too many things at once — especially if it involves deprivation."

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# On frozen pond: Some approaches to wintering well

A nuclear family skates on a cleared pond, imprinting perfect circles upon the mirror ice. Red is the color of choice for tuques and happy faces and extra-long scarves that hang just a bit unnaturally in the weak sunlight.

Oil lamps glow in the windows of a cabin at the edge of a stand of spruce; a curl of smoke departs the fireplace chimney and bends towards the mountains in the background.

The scene is a Kreighoff painting, reproduced on coffee cups and greeting cards, place mats and dinner plates, though not the ones we got in the Texaco Starburst of Bonuses a while back. It's enough to soften, at least for a moment, the hardest anti-winter heart.

Yet while memory may conjure up any number of romantic winter images, we are all too familiar with those other times when the season chooses to remind us that we are here entirely at its discretion.

Those who are not part of the annual snowbird migration, then, must undergo a major mindset adjustment as December 21 looms. More than a few reluctant year-round residents have felt a powerful desire to hibernate, looking wistfully at the old dog curled up on his mat by the stove. A serious medical study is underway in the U.S. to determine if we have any genetic or metabolic tendency towards hibernation. Of course, these are the same people who spent several hundred thousand dollars studying the effects of rock music on the reproductive cycle of tube worms.

Most of us just bite the frozen bullet, make the usual half-hearted preparations (maybe it won't come this year, like 1979), and accept our fate: Going to work and coming home in the dark, kicking the snow and ice off the wood that didn't quite get piled before the storm and having a mean wind blow up your back when you bend over to pick up that wood and your shirt pulls out of

## The Country Squire

By Brian Eddington



your pants.

Or the car won't start, and after the initial helpless, sinking feeling, you open the hood. With gloves off, fingers go red and stiff and useless but it doesn't really matter; with electronic ignition and fuel injection, you can't do anything anyway.

So, faced with all this, we have come up with a number of curious inventions to lighten the heavy heart and make bolder the flagging spirit. Ottawa has something called Winterlude, during which Ontario people work very hard at having fun, a prospect that can be quite scary to outsiders.

Montreal's idea is a recent invention called Festival des Neiges, so named because "Carnaval" was already taken by the great grand-daddy of winter celebrations down the river in Quebec City.

Any number of smaller places stage their own versions of cold-weather fun. Sometimes the vision exceeds the grasp, however, and when the first waves of enthusiasm pass, the would-be annual event is history, itself a victim of that which it was supposed to help cure.

On the matter of needing a cure, those with the strongest aversions to the dark season suffer, we are now told, from Seasonal Adjustment Disorder, or SAD.

Once again though, it might be wise to be wary. If you're depressed, will it really help to pay \$90 a session to be told that you're probably down for the

count? A recent *Harrowsmith* article discussed suggestions for self help. One idea is that SAD sufferers surround themselves with bright lights for an extra few hours a day. Another is to begin a hobby, sign up for an interest course, join a club and do it now instead of waiting.

A while back, in North Hatley, a friend decided to take the initiative in rousing a particularly inert group out of a mid-February slump. On short notice and shorter budget, he organized the first Lake Massawippi Winter Games, on a few acres south of town by the east shore. There was downhill and cross-country skiing, a snow canoe race, an obstacle course, etc. It worked.

As always, a good leader is important when things go a bit flat. One thinks back to Samuel de Champlain and his first winter in the New World. He was quick to realize that something beyond the daily routine would be needed to sustain group morale past October. So he came up with his Order of Good Cheer. With a couple of sweeps of his great feathered pen he first invented Happy Hour and then made it

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