

# Armoires préfabriquées ou sur mesure : comment choisir ?

Lorsqu'il s'agit de choisir des armoires de cuisine, un dilemme s'impose chez la

plupart des consommateurs : opter pour des modèles préfabriqués ou sur mesure ? Pour

vous aider à y voir plus clair, découvrez les avantages de chaque solution !

## Armoires préfabriquées

Il existe aujourd'hui une variété intéressante d'armoires préfabriquées en divers matériaux, couleurs, finis, etc. Leur principal avantage ? Nul besoin d'attendre une éternité pour les dénicher et les poser ! Vous n'avez qu'à les sélectionner et à les acheter telles quelles en magasin avant de procéder à leur installation (par des professionnels ou vous-même). Simple comme bonjour !

Si vous êtes pressé de

rénover, que votre cuisine possède une configuration simple et que votre budget est limité, les armoires préfabriquées sont à envisager.

## Armoires sur mesure

Les armoires conçues sur mesure par un professionnel ont l'avantage indéniable d'optimiser l'espace disponible dans votre cuisine et de répondre à vos préférences en termes de style. Vous pouvez notamment choisir le matériau, le fini, la couleur, les poignées, etc. Rien n'est laissé au hasard pour créer les armoires de vos rêves !

Vous avez un échancier flexible et un budget plutôt généreux ? Cette option pres-

tigieuse garantit généralement des résultats supérieurs, à condition que la fabrication et l'installation s'effectuent selon les règles de l'art !

Alors, à quoi ressembleront vos futures armoires de cuisine ?

### Le saviez-vous ?

Rénover sa cuisine apporte un rendement de l'investissement entre 75 et 100 %. Que vous choisissiez des armoires usinées ou personnalisées, ne lésinez pas sur leur qualité !



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by Rachel GARBER

# Rachel WRITES

## FACING CUCUMBERS

One way I face big things such as a pandemic is to focus down on an immediate detail in the here and now. Facing about 50 cucumbers in my kitchen, for example.

That's about the size of things Facebook can worthily help us face. And that's where I happened upon a listicle of fruitful facts about cucumbers.

But oops, as so often happens on social media, no source is given. Google generously located several previous Facebook posts, and a similar listicle by Kathy Hullén on [www.paeats.com](http://www.paeats.com) (the PA stands for Pennsylvania). Hullén does not date her article, but she credits her facts to other websites: The World's Healthiest Foods, Cucumber Marketing Inc., WebMD, and ThriftyFun.com.

And so, based on all those sources, here's to the courtly cucumber!

1. Cucumbers are one of nature's multivitamins. They contain Vitamins B1, B2, B3, B5 and B6, folic acid, Vitamin C, calcium, iron, magnesium, phosphorus, potassium and zinc. So eat up!

2. Cucumber can cool the temperature of your blood and ease swelling. Hence their use in facials. Be "cool as a cucumber" by applying cucumber slices or swollen areas.

3. Don't have breath mints handy? Press a slice of cucumber to the roof of your mouth for 30 seconds. Its phytochemicals will kill the bacteria that cause bad breath.

4. Stressed? Cut up an entire cucumber and place it in boiling water. The chemicals in the cucumber will be released in the steam, creating a relaxing aroma.

5. Does your bathroom mirror fog up after your shower? Rub a cucumber slice along the mirror to eliminate the fog and provide a soothing fragrance.

6. Cucumbers contain 95% water; if you're not drinking enough, or if you're eating too much, have a cucumber.

7. To erase writing made with a pen or marker, slowly rub the marks with the waxy outside skin of a cucumber.

8. For streak-free stainless steel surfaces (faucets, sink), without using harsh chemicals, wipe them with slices of cucumber.

9. To prevent a hangover, eat a few slices before going to bed. Cucumbers contain enough sugar, B vitamins and electrolytes to head off a headache.

10. No time to nap? Have a cucumber. Its B vitamins and carbohydrates will provide an afternoon pick-me-up.

11. Grubs and slugs invading your garden? Chase them away by putting a few cucumber slices in a small pie tin strategically placed among the plants. The cucumber's chemicals react with the aluminum to produce a scent that repels these pests.

12. Shoes need a quick polish? Rub a piece of cucumber over them to give a quick shine and to also repel water.

13. Squeaky hinge? Forget WD-40. Rub a cucumber slice along the hinge, and the squeak is gone.

### MEDICINE WHEEL

For a little jaunt on foot, the Tomifobia Nature Trail has opened a unique new rest area. It's a Land Art project created by Paul-Conrad Carignan. Entitled Medicine Wheel and the Four Directions, a circle of rocks has four large engraved steles at the North, South, East and West positions. The engravings depict a moose, a coyote, an eagle, and a bear respectively, with explanations about their significance in Indigenous beliefs of Unity and Healing. Other stones provide seating, and the whole is in the shape of a turtle.

Carignan is a Metis Algonquin-Anishnabe Elder who lives in the Eastern Townships. He will be making a special presentation at the site, and sharing drum songs, on Wednesday, September 30, from 2 to 3:30 p.m. The Medicine Wheel is situated at the Km 168 point of the Tomifobia Trail, going south from Ayer's Cliff. The nearest parking lot is at the Stanstead Road crossing, just 1 km north of the Medicine Wheel rest area.

### YOGA CLASSES

Myrna Lowry is to begin her yoga classes at the Sawyerville Community Centre on Tuesday, September 22, at 10 a.m. The number of participants will be limited in order to respect the recommended distancing. Registration is required in advance by phone: 819-875-5393.

### FARMERS' MARKET

Two more Saturdays! Sawyerville Farmers' Market continues, 10:30 a.m. to 1 p.m., till September 26, at the Sawyerville Community Garden.

### CHURCHES

**Baptist.** In-person Sunday services began August 23, with Covid-19 protocols in place (wash hands at the entrance, maintain 6-foot distance from others, use assigned seating, wear masks, do not sing, do not shake hands, and leave via the exit door). The service in French is at 9 a.m., and in English at 11 a.m.

Pastor Michel Houle said a mask is provided for persons needing one, and can be removed while people are seated at a safe distance from each other. Alternate pews are used for the French and English services. Music is played and people can hum along, wearing masks. Persons with flu symptoms are asked not to attend services.

So far, approximately 25 people have been attending the services in French, and 14, in English; some older persons are not yet attending in person. The pastor's message is also available on YouTube, by invitation only. To get the link, contact Pastor Houle: 819-239-8818.

**Anglican.** Bishop Bruce Myers continues to offer Home Prayers on Sunday mornings at 10:30 a.m. on Facebook, and at [quebec.anglican.ca](http://quebec.anglican.ca) (see Worship Videos). Info: 819-887-6802, or [quebec.anglican.ca](http://quebec.anglican.ca).

**United.** Home worship services continue, and will be available for pickup at Sawyerville United Church (box on top of freezer in porch), at Trinity United Church (bag on ramp door at the back of the church), by email, and by regular post.

To be added to the worship service mailing list, please contact the Church Office at 819-889-2838 and leave your contact information on the answering machine, or email Rev Tami Spires at [spiresta@hotmail.com](mailto:spiresta@hotmail.com). Pastoral care: Rev. Tami, 819-452-3685. Info: 819-889-2838 (listen to the message).

Do you have news to share? Call 819-300-2374 or email [rawrites@yahoo.com](mailto:rawrites@yahoo.com) by September 21 for publication **September 30**, and by October 5 for **October 14**.

## Thank you

We would like to extend our sincere gratitude to all the people that help us after the fire of our home. It has been very heart warming to have had so much support surrounding us. We can't thank you enough for everything. Having all this support around us has made it easier to get through this very difficult time. THANK YOU again from the bottom of our hearts. It truly has meant a lot to us.

Sincerely  
Jean-Marc et Diane Castonguay