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### MINUS FIVE CELSIUS

The first winter he remembers,  
When he was three years old,  
Mum told him he could play outside,  
And dressed him for the cold.

She started with long underwear,  
And a new shirt from a box,  
A pair of heavy pants came next,  
And at least two pairs of socks.

A warm hat put upon his head,  
And a scarf around his face,  
Another one around his neck,  
He cannot move a pace.

Undaunted, Mum attacks his hands  
With two warm pairs of mitts.  
"Good mothers keep their children warm."  
There's nothing she omits.

And now his mother has him dressed  
The way a kid should be.  
He looks at her and smiles  
And says, "I gotta have a pee."

SACHIE



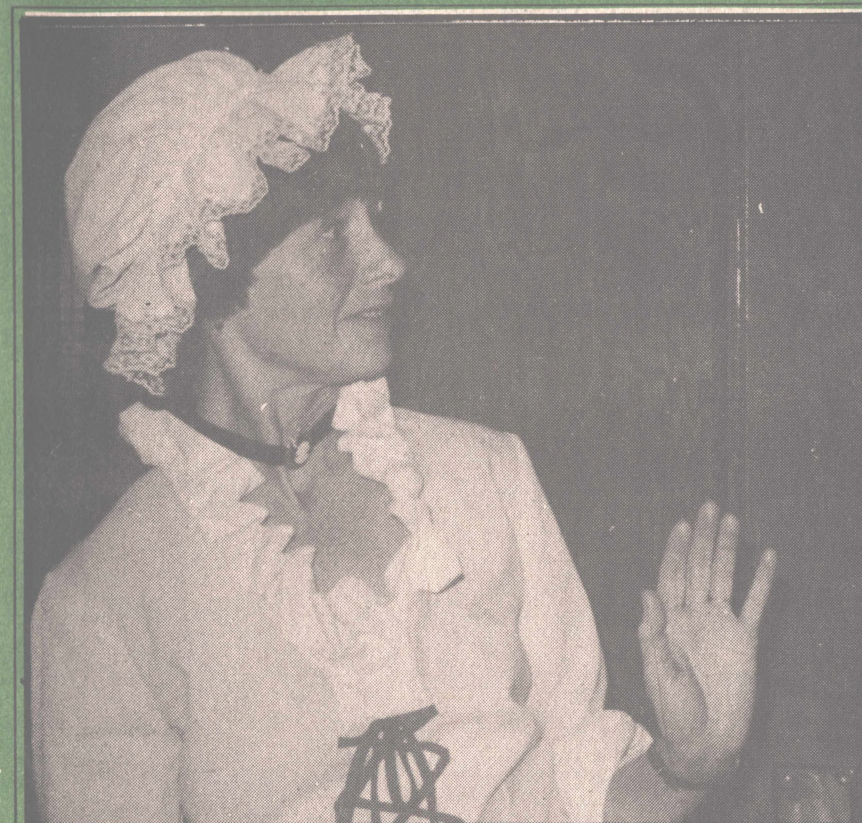
Volume 11, No. 7

January 1984

# The Townships Sun

\$1.50

*The Townships' only English monthly magazine*



Rosemary Cavanagh in "Patience"

**Inside:**

- Ethnic Politics
- Sleighing
- Cross-Country Skiing
- The Great Truffle Award
- James Bell Johnston, M.D.
- Winter Tracks
- Pen Delfin



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# Editorial

## PEACE ON EARTH

During the past few months we have all been stimulated, appalled and scared once again into thinking about the future of life on earth, through the news of super-power talks in Geneva breaking down, movies such as "If You Love This Planet", and TV programs like "War", "The Day After", and others. Peace. Is it a realistic hope that the wolf shall dwell with the lamb, or an idealistic dream? Peace - do we just mean a nuclear stalemate, partial disarmament, or peace among nations?

Even peace within nations would be of some comfort - within governments, cities, institutions, between industry and labour. Think how much talent would then be freed for more creative use. Within families peace is often pushed aside in favour of arguments, pride and greed.

So where does it start? When did you last have a feeling of being at peace with yourself and the world? Perhaps while absorbing the beauty of our Townships scenery, in widest vista or smallest flower, a hug from a loved one, achievement of a difficult task, or giving a compliment - goodwill towards men must be closely allied to peace.

If it is generally agreed that peace is a Good Thing then let's buy some - manufacture it - grow it - legislate it. Even through love this is difficult - people are so irritating, or their ideas so different, they are not easy to love.

This is why God sent His Son in all simplicity, as a baby in a manger, to show us the way - to start the ball rolling, in a path we can comprehend. He gives us a goal - **Peace on Earth, Goodwill Towards Men** - even if the road is often rough; we are also given the strength to achieve it, if we ask.

There is no peace without love. The verb 'to love' is a positive one, not just neutral. So this Christmas let us learn from Scrooge, the Grinch, and above all from the Christ Child to open our hearts in whatever way we can, within our families, communities, province, country and world; let us all pray and work for Peace on Earth, Goodwill Towards Men.

Gillian Lortie

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Front Cover: Of Rosemary Cavanagh who plays the title role in "Patience" photo by Janet Motyer.

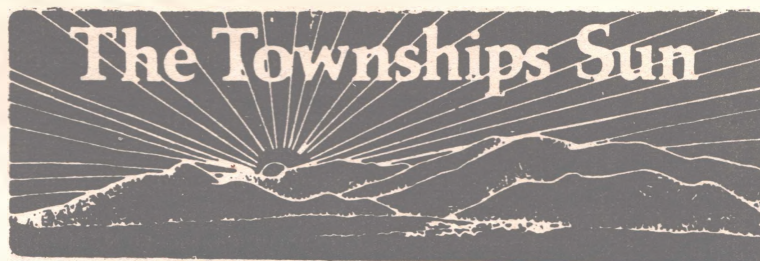
## — THE TOWNSHIPS SUN —

# Short Story Contest!

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3RD PRIZE—TWO TICKETS TO A CENTENNIAL THEATRE PRODUCTION.



### Rules:

- Short stories must be 1000 to 1500 words maximum
- Typed and double spaced
- May include pictures or accompanying sketches
- Entries must be in by January 1st 1984

The winners — will be announced in our February issue.

don't delay!!

If you wish your manuscript returned, please include a self-addressed, stamped envelope.  
This contest is only open to subscribers of the Sun.

## Short Notes & Lengthy Graffiti

### THE TOWNSHIPERS ASSOCIATION ANNOUNCES...

Cynthia Dow has accepted the position of Executive Director of the Townshippers Association. She has worked as a Program Director for the Gaspé's Committee for Anglophone Social Action. More recently she spent two years with the Official Language Communities Program of the Secretary of State.

As Executive Director of the Association, she works with both staff and volunteers in developing and carrying out programmes approved by the members of the Townshippers Association. For more information call Ann Louise Carson (819) 566-5717.

### PROTECT YOURSELF

The Quebec governments monthly English magazine *Protect Yourself* is in jeopardy of being discontinued by the end of March if their circulation doesn't double. The Consumer Protection Office originally distributed this magazine free of charge, but has had to ask for paid subscriptions the last couple of years because of increased production costs.

This magazine does a terrific job of evaluating consumer goods such as winter boots, appliances, children's toys, computers, glasses, to name just a few. It would be unfortunate for English readers to be without this publication 12,000 more subscribers are needed to insure monthly publication. The cost is only \$9.00 a year and it can be obtained by writing to: **Protect Yourself 385 Lebeau Blvd., Saint-Laurent, Quebec H4N 1S2.** Don't miss this opportunity to stay informed!! □

### NEW SAFETY DEVICE ALERTS SLEEPY DRIVERS

A new alarm device, called **Safex Drive Alert**, is designed to wake up sleepy drivers and warn them before a serious accident occurs.

Made of lightweight plastic, the Safex Drive Alert weighs less than an ounce and is contoured to fit comfortably behind the ear. It can be worn even if the driver wears eyeglasses. As soon as the driver's head begins to nod, an 86-decibel buzzing signal sounds -- enough to wake someone dozing off, according to the Canadian distributor Doverchem Limited.

The retail price is approximately \$29.95 and information is available from Doverchem Limited, P.O. Box 66, Agincourt, Ontario M1S 3B4. Or, you can phone (416) 487-7956. □

## Letters

### Dear Friends:

I was in Lennoxville a week ago about and when I told you I had a hobby of reading papers, you kindly gave me two copies of yours. I promised to comment so here goes.

I enjoyed the papers very much. I used to travel in your area but don't much now so I won't subscribe.

I think you are doing a fine job and the comments below are of a general nature on the entire media.

I think the biggest fault of the media is that they make the important people seem MUCH more important than they are and that makes ordinary people feel less important than they are. I see an awful lot of that but none in the SUN. (The fault of people when they get "big" is that they feel they have to shoot off their mouth on every subject under the sun and a lot they say is not worth reporting.)

My second comment is on the righteous indignation which preachers and politicians love to arouse in their listeners. I think it accomplishes nothing. To refer to one of your articles, I know it is terrible to be mean to rats in Belgium and it makes me feel righteous to read it but we have plenty wrong in our own areas and I think we should stick to that but I bet a nickel we never will — it is more fun to point out the evils in the rest of the world.

As you can see on the back of this, newspapers (daily) support me and maybe I don't sound grateful but you won't tell on me, will you?

Bailey R. Frank  
West Burke, Vermont

To Janet  
Thank you  
for the story  
I like it.  
When the  
Animals  
could talk.  
Love from  
Cara Curry

### Cher Editeur:

Je reçois gracieusement depuis deux mois votre excellent journal. The Townships Sun, et je tiens à vous remercier cordialement. Nous sommes particulièrement intéressés par les articles d'histoire régionale qui ne manquent pas dans votre journal et pour lesquels vous avez d'excellents collaborateurs. Nous les conservons précieusement dans les archives de l'Abbaye. A cela s'ajoute le profit et l'agrément d'une bonne lecture en langue anglaise.

Votre tout dévoué,  
Jean Rochon, o.s.b.  
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## Coming Soon

CANDLELIGHT SERVICE  
AT ST. GEORGE'S CHURCH  
LENNOXVILLE AT 4:00 PM  
DEC. 18, 1983

In this Festival of Words and Music the carols will be sung by the Senior and Junior Choirs of St. George's Church, directed by Choirmaster and Organist Morris Austin. The Prayers and Lessons will be read by Canon Awcock, Rev. Heather Thomson, members of the Choir and Lay Readers. The Organ Prelude "Sleepers: A Voice Is Calling (J.S. Bach) and the Postlude "Noel" (Daquin) will be played by Morris Austin.

THE LENNOXVILLE PLAYERS  
PRESENT "PATIENCE"  
JANUARY 19TH

The Lennoxville Players will open their production of "Patience" by Gilbert and Sullivan at the Centennial Theatre, Bishop's University, on January 19th for three nights. The show is being sponsored by the Lennoxville Volunteer Firefighters' Association. Tickets will be available at G.L. Beaulieu Inc. and The Addition in Lennoxville, Wilson Musique Inc. in Sherbrooke or by phoning the Box Office 563-4966. Curtain time is 8:00 p.m.

### DECEMBER 18

A special notice for those in the Lake Memphremagog area of the Eastern Townships: The Traditional Service of Nine Lessons and Carols will be presented Sunday, December 18th at 4 o'clock in the Georgeville United Church. Participants include Anglican and United Church clergy and laity, with Christmas carols and motets performed by "The Georgeville Occasional Choir" under the direction of Sarah Hoblyn. There will be a Freewill Offering. Contact Carolyn Roper 288-6421 or Sarah Hoblyn 819-843-0886. □



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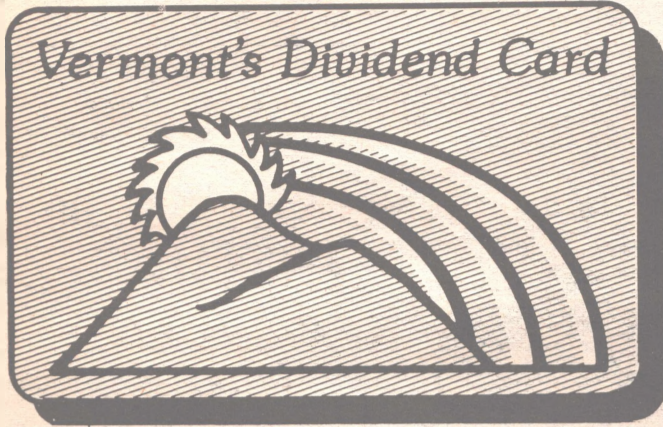
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**Our Guarantee:**

Vermont Dividends is a family-owned Vermont business, now in its third year of operation. We have a personal stake in your satisfaction, so we make this promise: If you're not delighted with the Vermont Dividends program, return your card and membership guide within 10 days, and we'll cheerfully refund your money.



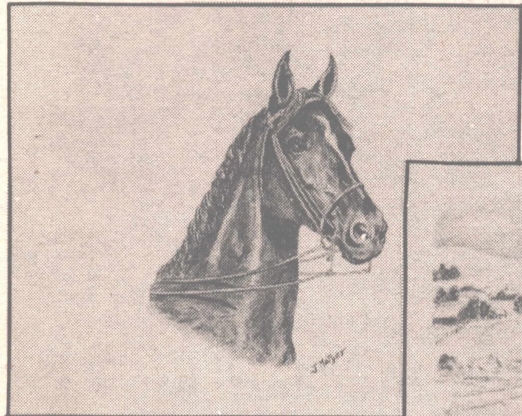
The two of you can dine as cheaply as one, with Vermont's Dividend Card—and enjoy two-for-the-price-of-one discounts at a multitude of other attractions, too! The list at right tells the story...and we're still adding new attractions, too.

- |  |   |   |  |
|--|---|---|--|
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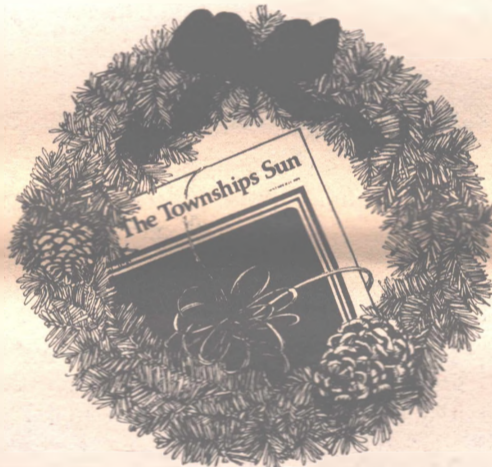
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# Ethnic Politics, Part 2

## Apologies to Povungnituk

by Bob Dawson

**Part 1, "The Expulsion of the Killiniq Inuit"**, examined the results of an ethnocentric government decision on one village.

**Part 2 and 3** describe the two major events in recent Inuit history: the arrival of the white man, and the loss of their land. Both are described in the context of ethnocentric misunderstanding between Inuit and white, and ethnic politics in which the majority rules even when it does not understand the minority.

Children of Povungnituk! Children of Ivujivik! Children of Sugluk! Today they call you "dissidents". Tomorrow they will call you something else. Listen now to the words your elders speak! This year's goose does not lead the flock.

Now the snow covers the land, now night covers day, and this is when the people gather together and make music and dance and listen to the stories of the elders.

The children listen to the stories, and when they in turn are elders, they tell the stories to their children and this is the living book of the people.

Inuit remember! In this way did Okioksilk tell every action of the white explorer Frobisher, who came 300 years before she was born. In this way the people remember every word that was said on the ice field near Greenland in 1870 when Minik stabbed Merqusaq and tried to kill him. The Inuit remember, for centuries, the words and deeds.

For four thousand years the people lived as nomads in this land where no trees make shadow. Some say ten thousand years. Some say forty thousand years. Many Inuit thought they were the only people in the world, because for thousands and thousands of years they had no contact with any other race.

From Siberia to Alaska to Canada to Greenland, around the top of the world, there was one people, Inuit, and one language, Inuktitut.

There was no government. No man would grant authority to another. Unlike the Indians, the Inuit did not form tribes. They did not even have a chief. Every family came and went as they pleased. Every man and woman did what he or she alone decided to do. Every family carried everything they had and travelled across the great, silent, magical wilderness.

There was total freedom among men,

but there was total restriction from nature. When there was no food, many died. And so there was a powerful tradition. If one man harpooned a seal, all Inuit would eat. Only in this way could the people survive. Alone, or fighting against each other, all would perish. Although they had murders, Inuit were one of the only people in world history who never had tribal wars. They never had tribes.

There were no permanent villages, no formal organisations, no police. No person had authority over another, and no person could claim possession of any product of nature.

There is no concept in the Inuktitut language for "ownership of land". White men have this concept because, to avoid starvation, white men learned to be farmers. They claimed the land, stayed in one place, built fences and villages, and then created lawyers to keep it all straight.

The Inuit never farmed the land. Their method of avoiding starvation was to follow the wild animals. They knew when and where to find the caribou, the seals, the whales and the fish. Inuktitut only has words for things that exist, and

ownership is not one of these. How could a man say that he owns the rocks and the mountains? The universe would laugh in his face. Could a man own the clouds? Could a man own the wind and the rain and the stars? The Inuit did not believe such nonsense.

The Inuit had only two rules about the land. Every person could use the land for his own life. But no one could stop anyone else from using it. The land, like the air you breathe, was the common heritage of all the people.

And like the wind and the water and the animals, the land was a living spirit. The spirits could kill you if you broke the taboos.

It happened one time, that a hunter found a caribou trapped in the snow. The man beat the caribou with a stick. The spirits punished the Inuit by making all animals refuse to be caught. Many Inuit died of starvation. So the people sentenced this man to death, and sent him walking alone on the snow. This was certain death because no man could survive alone. Only then did the animals return.

In such a land, living one step ahead of starvation, you did not mistreat caribou, you treated them as saviours. All of nature was a god that gave life. One false step and nature would kill you.

For the Inuit, the Arctic was the only world in the world. This world did not change and man could not change it. All you could do in a three-week blizzard was wait three weeks.

For thousands of years nothing changed, and then suddenly everything changed. The white men came from another world, as if they had dropped from outer space. This did not happen at the same time everywhere. The Labrador Inuit were trading with whites in the year 1500, but in 1910, the central Copper Inuit had not yet seen a white man, and still lived as they had for thousands of years.

When the first white men came to Hudson's Bay, the Inuit were shocked that so many of them were sick and in terrible physical condition. Truly these were pitiful people. And there were so few of them. And their idea of the world was so strange.

The Inuit, to their horror, witnessed British sailors being tied up and flogged for a minor offence, on the orders of a British captain. The Inuit had never had captains or flogging or jails.

For a minor offence, sometimes even for murder, the Inuit would collectively mock the offender's actions for several weeks, and then they would refuse to speak to him for several months. This was the most effective method of punishment and rehabilitation. To spend the dark cold Arctic months with all the people in the world refusing to speak to you, would bring the culprit begging to be allowed back into society. Clearly, these white men knew nothing about life.

### Englishmen froze

The Inuit were amazed that the white men did not even know how to make proper clothing. The English sailors wore cloth coats and silly hats, and they froze. Inuit women had perfected a method of making water-proof clothing from animal skins, and so they made clothing for the white men who were freezing.

The explorer Franklin and his men starved to death dragging heavy wooden boats across the land, while around them Inuit children played and Inuit men hunted food in their kayaks. One white man has said, "Every time I arrive in an Inuit village, they smile and say, 'Here is another poor lost white man we will have to take care of'."

By the year 1590, 350 whaling ships a year were visiting Arctic Canada. One day a whaling ship crashed on the islands and sank, not far from Povungnituk. The Inuit people went out to save these poor fools who were so far



Eskimo family about 1909.

photo: Quidlarsuaq

from home. The Inuit offered them the best food in the world, real delicacies, such as raw seal meat and fresh whale blubber. But the white men would not touch this food, and instead the white men fought among themselves and murdered their captain.

Instead of facing the winter in snow-houses or animal-skin tents as the Inuit showed them, the sailors tried to build a house out of timber from their wrecked ship. Of course all of them froze to death, except for one, Bob Stewart, who went to live with an Inuit family, learned their language, adopted their way of life, and refused to be "rescued" when the whites came the next year.

There was no war between whites and Inuit, as there was between whites and Indians. But sometimes there was fighting.

### tight family unit

An Inuit family always travel together, because a man and a woman could not survive without each other. Only a man could hunt caribou, but only a woman could make clothing and tents. A man lived in a woman's tent, and if they separated, she left with the tent. She had to quickly find another man to provide food, and he had to find another woman or be left out in the cold. Together they carried the children when they travelled.

But the white man came in sailing ships and there were no white women and no white children. If these people never had women in their species, then how were they born? They must have abandoned all their women and children somewhere else. What a horrible thing to do!

The white men arrived with no food, no warm clothing, no sense of direction, and no women. The Inuit could not imagine how such absurd people could survive on the face of the earth.

But these white men, who had refused Inuit food and houses because they were too "primitive", had no hesitation in kidnapping and raping Inuit women. This happened in Ungava Bay and when the men came back from hunting and found their women had been attacked by white men carrying guns, the Inuit men went out on the ocean in their kayaks, far from land, and armed only with spears, they attacked the sailing ship and killed the captain and over half of the crew.

The white men who survived became heroes of their day because they had escaped this attack by the "dangerous savages". So the white men sent missionaries to teach the Inuit a thing or two about proper moral conduct.

One thing the Christians ordered was that one man may have only one wife. If they did not obey, then they would suffer eternal pain and hellfire. This made Inuit afraid. An angry polar bear is one thing, but eternal hellfire is something else. And so some Inuit women and children starved to death, when their men followed Christian preachings.

Because when an Inuk had more than one wife, it was not because he was immoral, as the white man said. It was because men died hunting polar bears, men died when their kayaks were hit by waves, and so another man would take

their wives and children. If many men died in bad years then one man might have three or four wives and more children than he dared to count, and they lived together, huddled against the cold, hoping that no more hunters would die.

responsible for the survival of the group, received no thanks and were not even paid wages.

Tukkolertuk died soon after, from the effects of the ordeal on the ice. Ipilvik returned north and never went back to the white man's world again.

### *Before the white men came, the Inuit never had smallpox, measles, influenza, diphtheria, typhoid fever or venereal disease.*

The Christians said this was evil, so some men abandoned their extra wives and children and they starved.

One group of Inuit found a solution to this problem: they took all their extra wives and left them on the doorstep of the priest. After all, it was his idea!

The Inuit and the white men came from different worlds, and so in many things they did not understand each other. But the white men quickly learned that the Inuit knew something the white man did not: they knew how to navigate in the Arctic. The white men lost many ships and many lives to ice and rocks, to scurvy and starvation and storms. The Inuit were great navigators and geographers.

In 1904 one Inuit family, men, women and children, heard about the white men and his great ships. They had never seen this, so, they built themselves a boat and sailed from Baker Lake to Repulse Bay and back again — a voyage of one thousand miles — merely to see the white man's ships. They referred to the Scottish sailors they saw as "pauktut" meaning "greasies".

The whalers and explorers began to hire whole Inuit families to work on-board the ships — the men as navigators and hunters, the women to make clothing and food. Audlatnark, Augmarlik and many others became temporary skippers of many ships that came to the north. Some Inuit drew, from memory, accurate maps of the northern islands. These maps were much better than the maps of the British Admiralty, and they compare well with modern maps made by satellite photos.

### Death and Disease

Ouligbuck, and his son, born at Kuujjuac in northern Quebec, who learned to speak ten languages, led white explorers all across the Arctic, from the coast of Labrador to Point Barrow, Alaska. Albert One-Eye, born near James Bay, helped the white people explore the Mackenzie Delta, 2,000 miles away. In each case, the Inuit could speak their own language right around the Arctic. There were no national borders.

Ipilvik and his wife Tukkolertuk travelled to England where they dined with Queen Victoria. They led the white men on exploration expeditions all their lives.

One time, the explorer Tyson and nineteen of his men were stranded on an ice floe, adrift on the ocean. Ipilvik and Tukkolertuk hunted food to keep them alive. The white men refused to help in the hunting and spent their time quarrelling among themselves. Tukkolertuk's baby died on the ice. They drifted like this for 2,000 miles, during seven months. Finally they reached land, and Tyson went back to the U.S. a national hero. The two Inuit, who alone were

Some Inuit were kidnapped and used as slaves in southern Quebec. In 1880, eight Labrador Inuit were taken by a businessman on a circus tour of Europe. They all died of smallpox in Paris. In 1893, an American businessman kidnapped 57 Inuit men, women and children from northern Quebec and put them on display at the Chicago Exhibition. Half of them died there and the rest came back sick and broke. The same businessman took another 33 Inuit to Europe and Africa. All but six died, and these returned to Labrador with diphtheria and typhoid, which spread along the coast like an evil wind.

Before the white men came, the Inuit never had smallpox, measles, influenza, diphtheria, typhoid fever or venereal disease. So they had no immunity from these diseases. No one has kept a catalogue of the suffering of native people. Canada sent the Inuit policemen and missionaries, not doctors, so we know little.

But we do know that in 1842 influenza ravaged the Inuit of the Labrador coast. In 1852 scarlet fever reached the Yukon. In the winter of 1865, eighty percent of the Anderson River Inuit died of scarlet fever. In 1866 one thousand native people died of influenza between Fort Simpson and Peel River. In 1876 whooping cough killed over a hundred Labrador Inuit. Measles struck the Mackenzie in 1900 and 1902, killing 60 Inuit at Rae and more in the Delta. By 1910, of the two thousand Mackenzie Inuit, 200 were still alive, and these survivors were broken and bewildered people, no longer able to live without help.

In 1910, the Copper Inuit met white men for the first time. In 1911, thirty percent of the Copper Inuit died of influenza. In 1918, two-thirds of the Inuit at Hebron and Okak died of the infamous swine flu. In 1930 another wave of death carried off 800 Inuit in the northwest. In 1934, influenza stalked the Netsilik Inuit and that winter the Inuit of King William Island were decimated by starvation. The Sadliq Inuit, who wore polar bearskins and lived in houses made of whalebones and rock, were wiped out by disease. The last of the Sadliq died in 1948.

In the 1940's and 1950's there was diphtheria at Eskimo Point, typhoid at Cape Dorset, polio in Keewatin, measles in the Mackenzie, influenza and measles in northern Quebec and Frobisher, in 1960, influenza at Pelly Bay and in the 1970's, tuberculosis in northern Quebec. As recently as 1957, scores of Inuit died of starvation.

What had happened is this: it was no longer possible for the Inuit to live as they had in the past. The white man came, took everything he wanted, and left. The whaling ships took \$100 million worth of whales and then they stopped coming, because all the whales were dead. The white men got rich, the Inuit were left with disease and hunger.

Then the white men came to get furs. Both white men and Inuit hunted caribou, beaver, and fox for their skins, but then all the wild animals were gone and the white man left. In 1929, the number of beaver pelts taken at Rupert House dropped from 2,000 to 4. The coastal Crees and the Inuit died like flies. All of Katapaituk's 13 children died, and 10 out of 12 of Blackned's, in the winter of 1929.

By 1885, the great herds of caribou around Lake Mistassini were gone. By 1910, the great Ungava herd, which had ranged from James Bay to Hudson Strait, was gone. Starvation stalked the Quebec Inuit up into the 1950's. And yet Canada did nothing. And so now, for the first time, the stories of the Inuit changed from stories of hunting to stories of politics.



A Group of Baffin Island Eskimos on the whaling ship the Dundee at the end of the last century.

photo / Qitlarssuaq

By 1957, some white men such as Diamond Jenness, Farley Mowat and Richard Harrington called on world opinion. In 1957, Lester Pearson, for his work at the United Nations, received the Nobel Peace Prize. In 1957, scores of Inuit died of starvation in the Canadian north. But this time, writers and photographers were with them. Newspapers around the world received two sets of photographs: Lester Pearson smiling at the United Nations, and Canadian Inuit dying from lack of food.

Dr. Diamond Jenness, who had spent a lifetime living with native peoples and studying their ways, wrote a bitter message to world opinion:

"The chief obstacle..." he wrote, "has been the Canadian government, which in this respect has merely reflected the outlook of the mass of the Canadian people. In the United Nations, Canada has presented the image of a Knight Errant, a champion of undeveloped and oppressed peoples, and a builder of international peace and goodwill, but within Canada, half-hidden from the world's view, she has shown a different face. There she has secluded and confined the Indians and Eskimos on out-of-sight reservations, refusing to invite either race to unite with her in developing the common homeland, but clinging irrationally to the pre-Darwinian myth of the white man's superiority."

**Political awareness awakens**

Four things awoke political awareness among the Inuit: the realization that they could no longer survive in an Arctic wilderness that had been stripped by the white man of all means of survival, the establishment of Inuit co-ops that created a new generation of Inuit leaders skilled in management and community action, the observations and opinions of sympathetic white men such as Diamond Jenness, who understood both ethnic groups, and contact between the Inuit of Canada and Greenland.

In the 1850's Kridlak, a shaman from Baffin Island, led 50 men, women and children on a six-year mystical voyage to make contact with the Thule Inuit of northern Greenland. In the 1950's, Inuit from northern Quebec visited Greenland. Today there is regular contact, and Inuit from Canada, Alaska and Greenland get together and discuss their problems and compare their white men.

The Inuit of Canada discovered that, of the four white nations in which Inuit live, it is in Canada that they have been most exploited and most neglected.

By 1861 the Inuit of Greenland had their own newspaper in their own language. By 1900, the majority were literate. By 1910, tiny Denmark had declared that its aim was to smooth the way for Inuit independence in the modern world. By 1930, Inuit in Greenland were printing their own books on their own printing presses and electing their own representatives to their own government, while in Alaska Inuit were running small businesses and getting government contracts, and in the Soviet Union Inuit were operating a radio station and piloting aircraft.

By 1945, the Inuit in Greenland had achieved a one hundred percent literacy rate, and ninety percent of the teachers and clergy were Greenlanders. A steady stream of university-educated Inuit took

over administrative positions. By the 1970's, the Inuit majority in Greenland had achieved complete self-government and total control of land and resources. In sovereignty-association with Denmark, the Inuit control all of Greenland's affairs except defense and foreign embassies, with the exception of the United Nations, where the Inuit are represented.

In Canada, only three percent of the Inuit could speak, read or write English by 1952. In 1958, three-quarters of the Inuit in Canada were suffering from chronic malnutrition. Their average life expectancy was 24 years, lower than in many countries to which Canada was sending foreign aid. From 1950 to 1960, between one-quarter and one-third of all the Inuit children in Canada dies of starvation, exposure or disease.

**1962, Inuit get vote**

The Inuit of Canada's eastern Arctic were permitted to vote in the white man's elections for the first time in 1962, after South Africa had gleefully pointed out that Canada was in no position to sneer at apartheid. In 1964, some Inuit in Canada saw money for the first time and were trying to figure out how to use it. By the 1980's only half-a-dozen Inuit in northern Quebec had graduated from high school.

In 1966, co-op leaders at Povungnituk in Quebec decided that something had to be done. From 1966 to 1971, they held meetings with other Inuit villages.

On February 18, 1971, they met at Inukjuak and they invited Quebec's Minister of Natural Resources, Mr. Massé, to hear their proposal. They happily told him that they had a new plan that would eventually make things as good as in Greenland. They would expand their co-ops to cover all aspects of community life, and these village co-ops would join together to create a new government, a regional government for northern Quebec, a government run by the Inuit for the Inuit.

Mr. Massé did not answer. He took notes and returned to Quebec City, where at that very time, Robert Bourassa was preparing his announcement of the James Bay Project, by which the north would be run by the white man for the white man.

In the collision that followed, the Inuit lost ninety-nine percent of their land, for the first time in 10,000 years, and forevermore. In the words of Camille Laurin, ethnic politics in Canada is a matter of "un rapport de force". Everything is used to feed those who are already strong.

**Next: The Other referendum.**

Much of the information for Part 2 was adapted from Keith Crowe's book, **A History of the Original Peoples in Northern Canada** (Arctic Institute of North America). Ask your library to get it. Information was also taken from Diamond Jenness' 5-volume work on "Eskimo Administration", from the same Institute. Farley Mowat's book, **The Desperate People** (Little and Brown, 1959) is the most devastating description of the destruction of the Inuit. □

*Bob Dawson won first prize in the writer's contest sponsored by AQREM for the first installment of this series [Oct. '83].*

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**Cross-Country Skiing ••• One step at a time**

by Martin Visser

So there you go, to the sportshop to buy skis and all the gear that comes with it. You are convinced it is good for you. Participation has got you too. You'll lose at least 10 pounds a day. You wanna be out there, in the fresh air. You'll be singing Jingle Bells all the way. Yoho!

Hola, wait a minute. What to buy? Well first of all you want to be fast, faster than Harry. So we'll buy a pair of featherlight, 1½ inch wide, top of the line racers. Then Harry has about 12 different kind of waxes. You want them all. Plus flashy clothes and the works. Are you this type? Maybe you have enough perseverance to live up to your expectations and overcome your difficulties—maybe. Chances are that you will be dressed too warmly or not warmly enough on your first day out, going for that 10 km loop right away. Or getting stuck on your racers in the loose powder with too much wax of the wrong kind. Or desperately slipping all over the place. Discouraged? No reason, really. Only don't forget two things: 1. In cross-country skiing take one step at a time. 2. Put a little effort into what you are doing. It always pays!

**First Step:** Buy a book. Look for names like J.C. Caldwell, Ned Gillette or David Rees and you should also consider subscribing to the journal "Cross-Country Skier" P.O. Box 6600 Bergenfield, New Jersey 07621. The best cross-country ski magazine around. Don't read, but study (effort!), trying out whatever possible.

Buy waxless skis if you don't feel like waxing at all, but don't forget they compare under most conditions to a well-waxed ski like a "T.V. dinner" to a "gourmet delight". Buy waxless for your (small) kids and maybe for your other half if they are only so-so interested and for sure if you will be the waxing horse of the family for some time to come.

Buy wood skis if you want to wax but you don't want to "miss". Although slower, they are surer for giving satisfaction for starters: They have a greater tolerance for varying conditions. They are really fun for bushwacking (take the wide ones!). You can buy fiberglass waxable skis if you are sure about it, but start with a "two wax system".

You could perhaps buy normal touring skis, not those light ones, because you will not and you should not be in prepared tracks all the time. There is so

much minute to minute enjoyment of nature—peace and quiet—really being by yourself—skiing where nobody has been—with the ultimate thrill of going down the hills through the trees with powder flowing around your ankles.

Do not put on too much clothing. Clothing Example: If it's not windy and not too cold (-10 to -5 C) outside put on the same clothes as you would wear at 10 C inside. Please do not wear fat mittens. Stay away from pure cotton and nylon if you usually perspire more than just a little bit. Don't wear things that are too fancy, don't dress too warmly, don't spend too much the first time around. You'll find out step by step under different conditions what suits you best. Keep on trying again and pay special attention to toes, fingers and ears. Try old socks over the boots (cut out toes) and wool knit mittens over light cross-country gloves if it is very cold.



A pulka makes it easy to take baby along.

Illustrations / Cross-Country Skiing by M. Bennett



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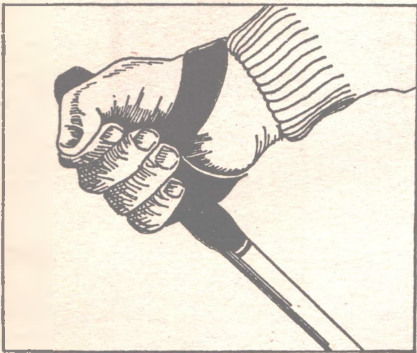
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Use a two-wax system. Wax at room temperature. Don't wax cold skis brought in from the cold right away (they condense). Warm a hard wax up a little bit (in your pocket). Keep a very soft wax cool (in the freezer). Put the fresh waxed skis outside, against a wall, base down and out of the sun 15 minutes before using. After that it takes a km or so before you can judge.

Try things out in or around your backyard if at all possible so that you can change clothes, wax or even skis.

**TECHNIQUE**

So, now you're skiing. Wow for heaven's sake don't just walk straight up with only the legs moving back and forth and the arms going somewhat up and down in front. Some effort please! Push one leg forward while really kicking the other one behind you. Keep on sliding while the hill becomes steeper until you have to step and then go like a cat until you have to herringbone.

Your arms should reach out in front with a slight bend at the elbow, and stretch out behind while loosening the grip on your pole. Your pole should come out not higher than horizontal behind you.

The grip on your pole should be not much more than between thumb and index finger. The "poling push" should transfer to your pole through the strap which should be tight enough so that the pole handle falls automatically back into your hand while moving your arm forward. While trying all this—with some effort—your body will automatically come forward and out of the "candlestick position".

On the flat: "double pole". Push with two poles, while keeping your legs together. Stretch out your body while tilting forward a bit. Stand on your toes (or almost) and reach out in front — plant your poles almost next to your skitips and push — bend down and move your hands past your knees or even lower—loosen grip behind you and let the poles come out horizontally.

**Two good training exercises:**

1. On a slight uphill: Keep your legs together while pushing forward with your poles alone, diagonally.

2. Leave poles on top of the hill, slide down and ski back up while swaying arms back and forth as if you had the poles in your hands.

Now that's enough for one winter at least. Before next winter train a little (or more). The best exercise is running up a mountain with poles, in a stretched out pace or run.

**Open up a new world**

Then read your book again. Buy some more waxes for colder temperatures and I recommend that you start with some klisters whenever possible. It may open up the wonderful world of spring skiing —I could write a book about that subject alone.

Progressively you'll gain in technique, endurance and knowledge. You may want to participate in a Citizen's Race, or a Marathon. This may become very rewarding especially at a more advanced age. Bushwack through fields and forests. You will discover places which you otherwise would never have thought of leaving only tracks in the snow. You may start dreaming of skiing around Mt. McKinley or Baffin Island or taking a skiing holiday in Scandinavia (that will teach you...!).

Step by step, with some continuous effort, you will open up a new world of enjoyment.

I started cross-country skiing in 1970, put more effort in it step by step and entered my first Marathon in 1979 at age 41. Last winter I skied 145 hours and succeeded in the 160 km Canadian Ski Marathon Coureur de Bois "gold" category. Placed 11th of all the participants over 40 years in the 55 km international "Gatineau 55". I also classified for the elite—B class in the 42 km Engadin in Switzerland and was awarded the revered silver pin in the 55 km Norwegian Birkebeiner. □

*Martin Visser is an avid cross-country skier living near Bromont.*



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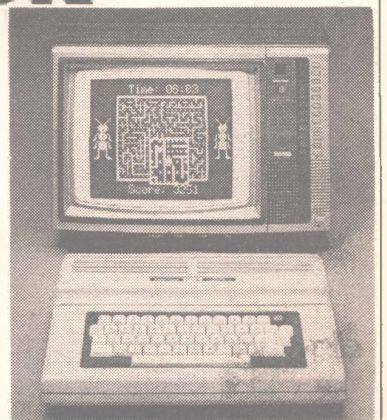
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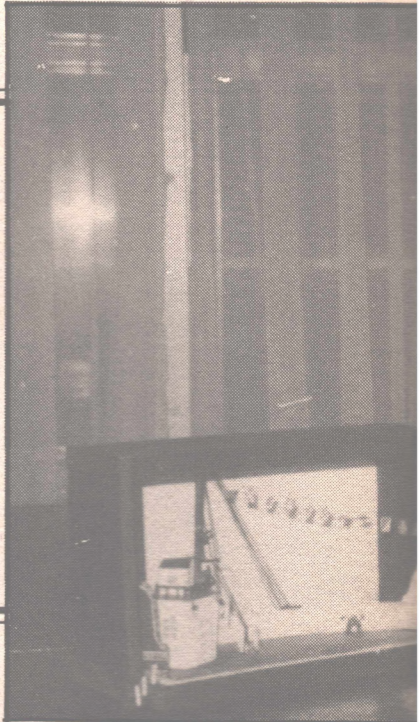
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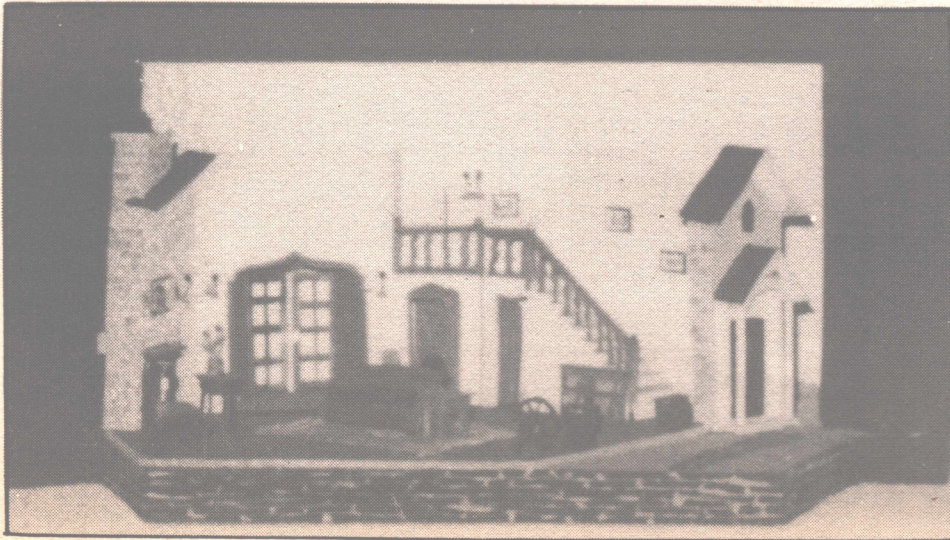


# Stage Sets in Miniature by Lennoxville Artist

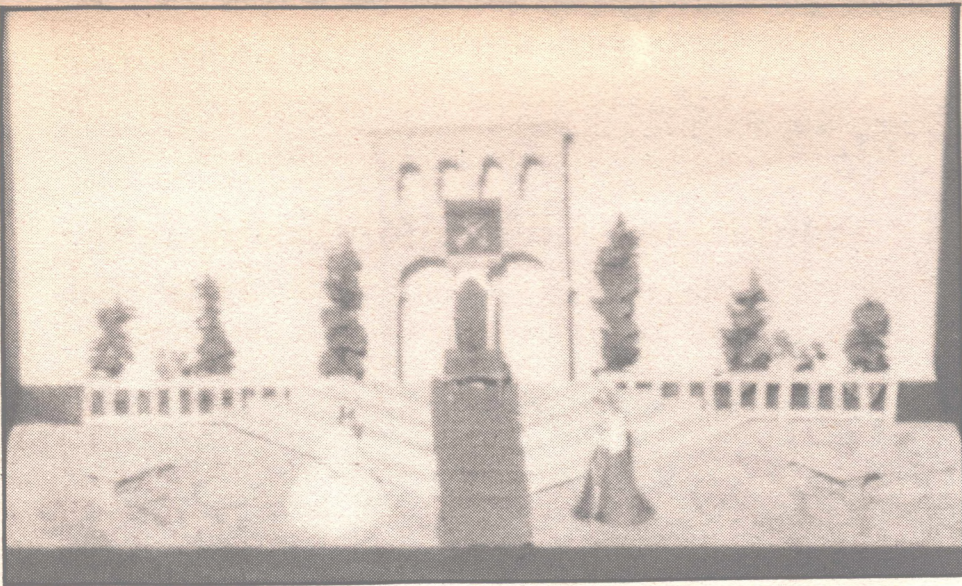


Helen Austin with her maquet

Photos and text by Janet Motyer



Close-up of scene from last year's show "Pools Paradise", with each piece of furniture in place.



Act II setting for "The Gondoliers".

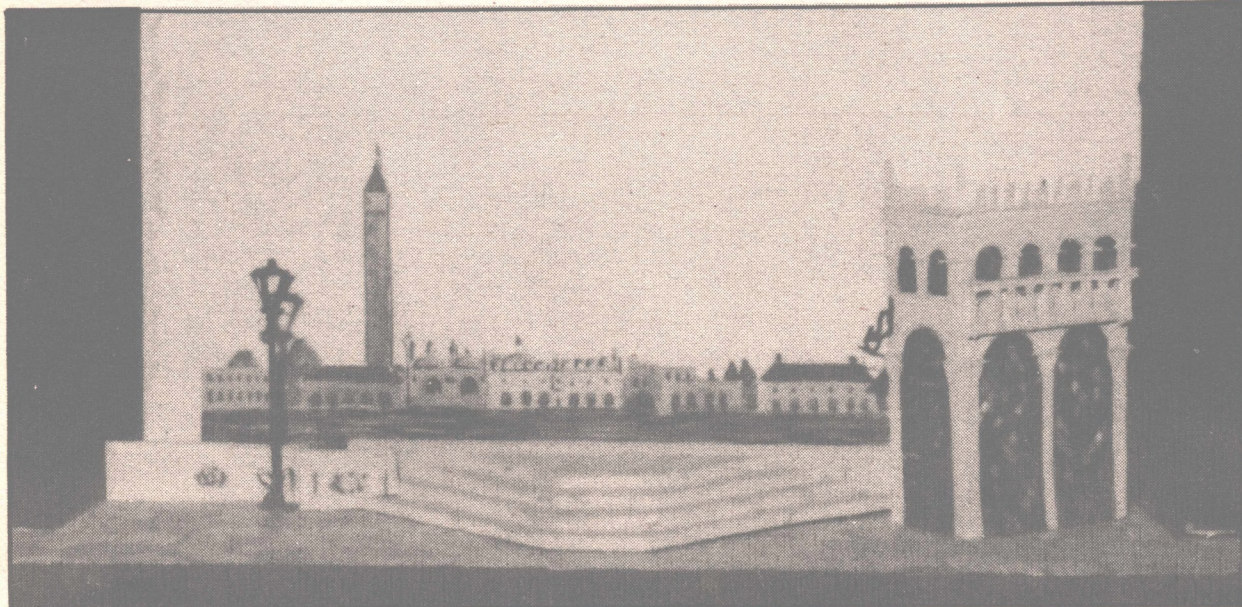
Helen Austin is a multi-talented artist who has been participating in theatrical productions in the Townships for a number of years as designer of sets and costumes, painter, carpenter and creator of many intricate and inventive pieces of scenery and props. She has even found time to sing in the chorus of many of the Gilbert and Sullivan musicals which have been produced by the Lennoxville Players. Since joining that group in 1978 she has mounted more than a dozen of their productions, the first of which was "The Gondoliers".

Designing and building sets is a highly specialised craft, and much time and effort go into the planning of an attractive and workable background to complement the performers in any drama or musical. At the end of the show's run the set is dismantled (or "struck" in theatre terms) and is all too often forgotten since work usually begins on the next one immediately. Not so for twelve of the sets which Mrs. Austin has designed for the Lennoxville Players, because she has painstakingly created a series of scale models which are enduring works of art in themselves. Smaller than dolls' houses, beautifully crafted in every detail, each one is a perfect stage in miniature. In some there are even tiny, one-inch figures, complete with costumes.

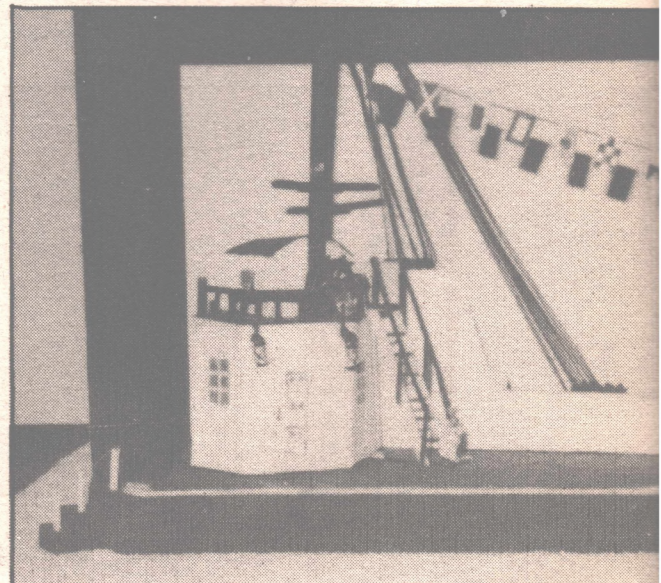
A particularly attractive one is from "Ruddigore" (Gilbert and Sullivan). The actual scene called for full-length,

life-size portraits of no less than nine of the actors—a task which might well make any set designer quail, but Helen Austin painted all nine herself, each an excellent likeness of the actor portrayed. In her set model she has created miniature replicas of the portraits in fine detail.

Mrs. Austin first became involved with the theatre when she joined the Trinity Players in Montreal as an actress for a time. Later she moved to Toronto where she worked as a free-lance commercial artist in addition to being a member of a small theatre group there. However, it was after she and her husband moved to the Townships in the 1950's and she became a member of the North Hatley Playhouse group that her interest and talents became focused on set and costume designing. For several years she not only designed their sets but built them as well; when the company enlarged its repertoire, she eventually acquired an assistant to help with the actual construction. After this group lost its Playhouse (a converted curling rink) there was a brief hiatus in summer theatre for two or three years until the Piggery Theatre was formed. Mrs. Austin was a member of the original Board and she designed the set for their opening play "The Middle of The Night" by Paddy Cheyevsky. The Piggery did not have its own company of players when it first started, but hosted different professional groups each sea-



A scene from "The Gondoliers" showing the city of Venice in the background.



Detail of the ship scene from "H.M.S. Pinafore". [th



of the set for "H.M.S. Pinafore".



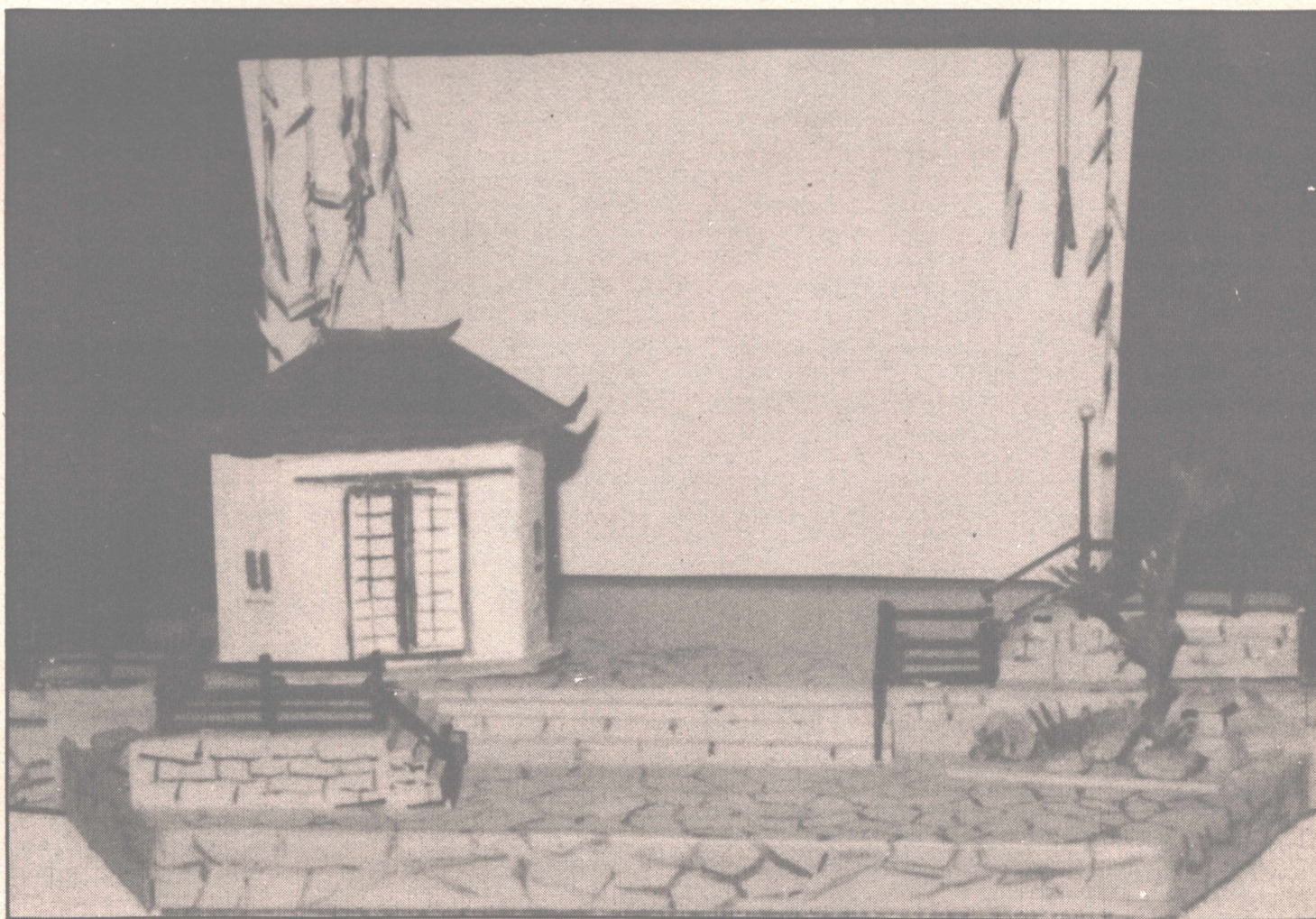
There are nine miniature portraits in this scene from Act II of "Ruddigore". The concealed doors which opened at one point in the opera to reveal the actual people portrayed in them.

during all of this period Helen Austin also designing sets and costumes for various dramatic and musical productions in the Sherbrooke and Lennoxville elementary and High Schools, Bishop's University and B.C.S. (one outstanding achievement was a beautifully mounted production of "Teahouse of the August Moon" in Bishop's Memorial Gymnasium. One scene called for a Japanese teahouse which could be quickly dismantled on stage and then, in a later scene, be rebuilt in sixty seconds before the eyes of the audience. It was as much a feat for the designer as to the actors for one performance they succeeded in doing it in 59 seconds—one second faster than the record of the professional New York company!)

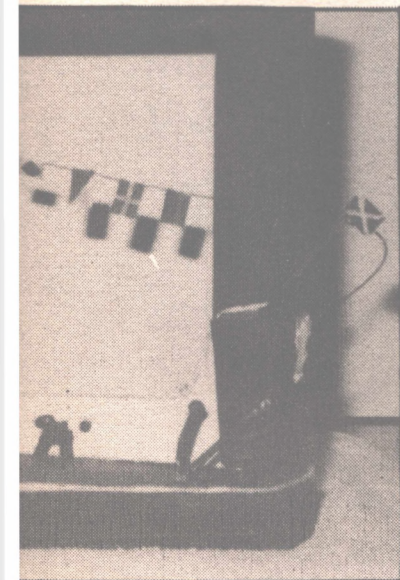
With the Lennoxville Players now in rehearsal for this year's performance of "Patience" by Gilbert and Sullivan, our hard-working designer will be busy backstage painting scenery, making repairs and overseeing the construction of the set on the stage of Centennial Theatre. She will also be putting the finishing touches to the costumes she designed for the show which is dated in the 1920's. If she can accomplish all these things and still find a minute to breathe, she may be able to complete the construction of her model sets so that they can be displayed for everyone to see—perhaps in time for one of this year's productions. □



The ruined chapel in Act II of "The Pirates of Penzance". Figures in foreground are about one inch high.



The beautiful pagoda scene with marble terrace from the highly successful production of "The Mikado" last year.



...gs spell the title of the opera!]



# Sleighbing

by Bernard Epps

*"Few who have enjoyed the merry winters, the hospitality and pleasant society, the sleigh rides and parties, the skating rink and the 'tobboggin', can easily forget them."*

**The Canadian Handbook and Tourist's Guide, 1867.**

A hoary old joke of northern climes speaks of eleven months winter and one month's poor sledding.

Poor sledding was a calamity for our early settlers. Winter was the only time they could travel comfortably for our rivers were shallow, rocky and fast and our roads notorious for mud and bone-jarring corduroy. This was a method of bridging swampy places with logs laid crosswise to rattle the teeth of anyone in wheeled vehicles. But in winter, when all the country was cushioned with snow and macadamized with ice, people went travelling for the sheer pleasure of it.

"Winter picnics were then in fashion," recalled an English officer of his days in the Montreal garrison in the 1830's. "We used to drive out in our sleighs, each taking a lady — commonly called a muffin — and a share of the dinner. A band was also sent out, and there were several good rooms in habitants' houses that we used for these parties. After dinner we danced for several hours, then drove home together on the snow roads, all in a long string of sleighs, by moonlight, which was often nearly as light as day."

The habitant most often used the simple jumper sled drawn by the tough little Canadian horse between the shafts, his hair matted and icicles hanging all over him, but pleasure trips were made in the carriole with room for two passengers and the driver, the back of the seat high enough to keep off the wind. It was usually drawn by one horse but if two were used, they were harnessed one behind the other because the snow roads were too narrow to permit horses abreast. They were fast and they were fun. Cornelius Kreighoff often

caught the joy of sleighing in his paintings and Philip Henry Gosse described it in the Townships in the winter of 1838-39;

"Sleighing-time is a season of general festivity: most farmers possess these vehicles; and as the agricultural operations have now ceased, and they are not immediately pressed with work, some time is devoted to excursions of friendship and pleasure; and even the travelling which business requires is made an agreeable operation."

## Winter was one long holiday

Not only did 'agricultural operations cease' in winter but the entire business of Montreal and Quebec, dependent upon the ports, virtually came to a standstill when the river froze. Winter was one long holiday.

"Winter in Canada is the season of general amusement," wrote Isaac Weld at the end of the 18th Century. "The clear frosty weather no sooner commences than all thoughts about business are laid aside, and everyone devotes himself to pleasure. The inhabitants meet in convivial parties at each other's houses, and pass the day with music, dancing, card playing, and every social entertainment that can beguile the time."

Almost a century later, another visitor added;

"Perhaps nowhere outside the Russian capital are to be seen better constructed or more comfortable sleighs than in Montreal. There is no end to the variety of shape, each according to its owner's fancy, while robes of the finest furs complete the outfit...and how our noble animals enjoy the winter season when the roads are hard and dry and the air bracing. You see them prancing along in their handsome harness trappings... There is no need for the whip, the music of the bells is inspiring to the animal as it is pleasing to the occupants of the sleighs who sit embowered in luxurious robes."

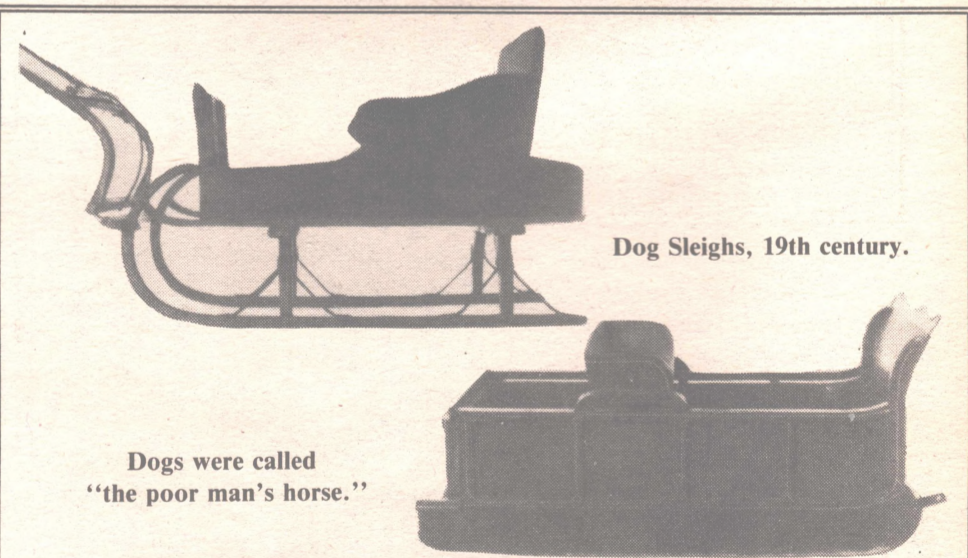
Around 1819, an Irish visitor, Edward Allen Talbot, wrote;

"On taking an excursion in this vehicle, the Canadians are very warmly clothed; for they wrap themselves up in bear and buffalo skins. Persons of both sexes draw coarse yarn hose over their shoes and stockings, and cover their hands with doeskin gloves lined with wool. They also wear fur caps and top-coats. The back of the sleigh is generally lined with bear skins; and a buffalo hide retaining its fur, covers the travellers from their feet to their waists. Thus equipped, they bid defiance to the most severe weather."

"I think there is no motion," concluded Philip Henry Gosse, "not even that

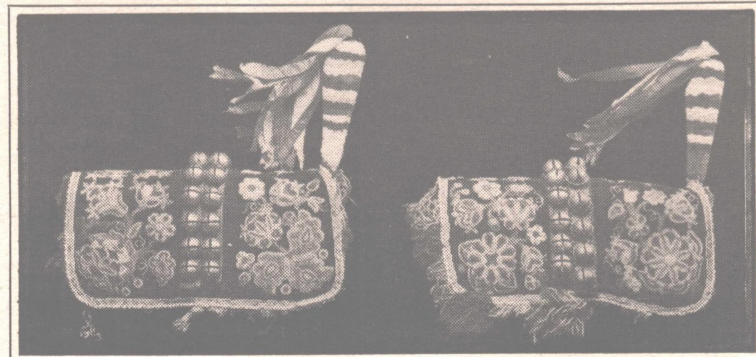
of a swift boat upon a smooth sea, so pleasant as the riding in a sleigh on a bright sunny day, or moonlight night. Protected from the cold by warm bear-skins, or buffalo robes, we glide noiselessly along, and see the fences and trees shoot by us without a jolt or shake to remind us that it is ourselves who are moving; while the tinkling of the bells on the horse's neck pleases the ear, and all is gratification! Oh, it is the beau ideal of travelling!"

"The rapidity of the motion and the sound of these bells and horns, appear to be very conducive to cheerfulness, added Isaac Weld, "for you seldom see a dull face." □



Dog Sleighs, 19th century.

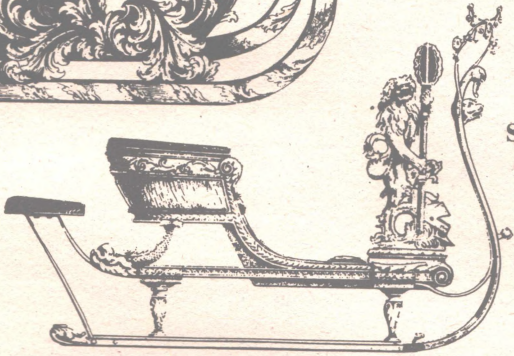
Dogs were called  
"the poor man's horse."



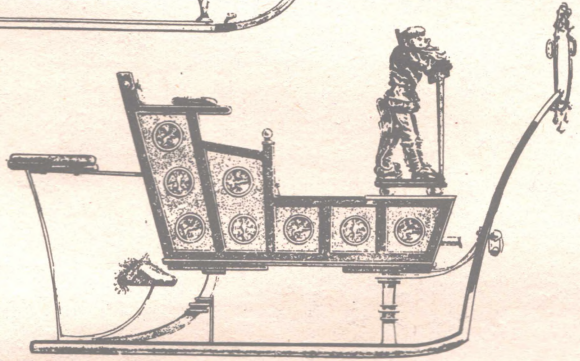
Dog blankets and bell harness, Mackenzie River Basin, Late 19th century.



Elaborate sleigh possibly used in royal processions.



Sleigh from the time of Louis XVI



German-style sleigh



print / Images of Sport by N. Dunbar

"A Sleigh Road on the Ice of the St. Lawrence," Illustrated London News 1888. Tracks on the ice were marked with trees at 50-yard intervals.



Sleighs were at one time commonly found in the townships.



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Robin Armstrong's

# Predictions for 1984

We are entering one of the most difficult and confronting years of the century. We have had 14 years of serious inflation and computerization, of rapidly changing lifestyles and prices. We are coming to an end of an inflationary period that has grown rapidly over the past 14 years and built up since 1892. We are about to witness the aftermath to inflation....we are about to enter into a major depression. By this I mean that unemployment will increase drastically as computers take over jobs. What happened to oil in the seventies will happen to food in the eighties. The increase in weather extremes and natural disasters will have an accumulating effect on crops. Many areas of the world are already hit by famine. Add to this the war ridden areas and it is easy to observe that we are not out of desolation row yet.

It will take many years to heal the earth and probably some form of world government. When we look around it is hard to imagine this happening without some form of world war. We are on the edge of an era. It is a catalistic year.

As jobs decrease so will the amount of money available for purchases. This will affect the entire fabric of the world economy. There are great injustices to repair. Billions of tons of wheat are destroyed to keep world prices competitive, while people elsewhere are starving. This year we will begin to see where we as humanity are heading over the next 20 years. It is not an easy time, nor one that warrants recklessness. The majority of people will have to retrain for new jobs or do without. This will not be easy for most people over forty-five.

In my personal predictions for the year ahead I have tried to express the general nature of the energies ahead for each sign of the Zodiac in 1984. Please understand that these are generalizations only. To make any important decision through the use of astrology requires the erection of a complete personal horoscope and more detailed study. It is possible however to see the general trends ahead. My approach is like the Boy Scout motto, "It helps to be prepared". We are fated to be the age that we are, but we can choose the attitude with which we meet each day, and the degree to which we strive to grow and dance to the rhythms of nature.



## CAPRICORN DECEMBER 22—JANUARY 20



This is one of the most opportune years in your life. It is the most positive in 12 years. The planet Jupiter enters your sign and brings with it good fortunes. This year you will begin to see what you will be doing for the next 12 years. Your patience and tribulation of the past three years is now about to pay off. This is the year when a raise could come your way, or you could get the home you always dreamed of. It is a time when you could move or travel, but the investment potential is the most potent area. Most of

the efforts you have made towards your career over the past many years are now about to pay off. If you have done the proper preparation, then fortune will smile on you and opportunity will knock. If it knocks do not wait. Take on new commitments and jobs if they come your way, as they will probably lead to great success over the next five to ten years. Capricorns also have a potent and highly sexed year ahead. You will not have any real setbacks or fights, and your most potent period will be from October 6 to November 16.

## AQUARIUS JANUARY 20—FEBRUARY 19



1984 will be a serious and harsh year for most Aquarians. There will be increasing responsibilities and less and less patience. Many demands will be made of you as those in authority put the pressure on. You will also run into problems when exercising your own authority, especially with your children. This is a year of forced cutbacks and restraints. You will not have much time for fun and sexual energy will be forced. The first eight months of the year will provide the harshest obstacles. This year you will grow

through struggles. You will have to watch that negative thoughts do not get out to affect the lives of those around you. You must also prevent jealousy from blinding you. There is no shortcut to hard work this year, and the sooner you get it done, the better it will be. The harder you work, the faster time will pass. This is a year of growing pains and increased responsibilities. Act accordingly. By November you will find that your sex life picks up dramatically along with your energy level. By then you will still be working hard, but will have more strength.

## PISCES FEBRUARY 19—MARCH 21



1984 will be a year of harvest for many Pisceans, but for some it will be a time of disenchantment. The chaos and confusion of last year is lifting. At least the tendency to exaggerate your reaction will diminish. There are still many anxieties and changes surrounding your life and career, but it looks like you will weather the storm. This will be a productive year but you may have one person whom you want to assist but cannot. On the whole the year brings a growing stability to you. You will take mature initiatives. You

need to take on more responsibility. This will bring greater power and more effective use of your potentials. This will be one of the most effective years of your life, however it is not without worries and vulnerability. The most dangerous period for you will be between August 18 and October 6. In this time you will be accident prone and temperamental. It is the one phase of the year when your plans could get seriously upset. This is the time to try and schedule a holiday if you can, or at least to keep well rested and silent.

## ARIES MARCH 21—APRIL 20



1984 will prove to be a much more enjoyable year for most Aries. Many of the restrictions and depressions of the past two years are now lifting. You have bottomed out and are now emerging into a new world. You are humbler and fairly realistic. This year you need to expand and reach out. Unfortunately it seems as if many of your attempts to broaden your horizons will peter out short of fulfillment. You have a marked tendency to waste energy and to get a little lazy. You could even put on extra weight this year.

## TAURUS APRIL 20—MAY 21



1984 will be a most serious year for Taureans. You will encounter setbacks at every turn. This is a time when you must learn through adversity and set your desires to a minimum. Self restraint will be preferable to limitations imposed on you by outer circumstances. You will feel held back and unsatisfied at work. You will not feel appreciated for your role at home. In fact with the increasing insecurity in the world you will be somewhat depressed about potential investments. There is of course the chance of a good

investment being made, but it will have to be weighed carefully. The bottom line is that you are not doing what you want to do and that you are as far away from your goals and life purpose as you can be. It is a year to reassess your priorities. You might have to make a job change, or cut back on some of your responsibilities. As a parent you will get caught in problems around discipline.

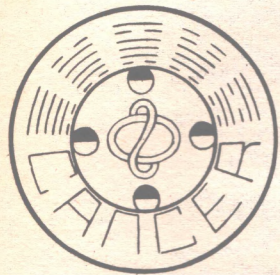
## GEMINI MAY 21—JUNE 21



At least some of the restlessness of 1983 will be lifting. You will still be vulnerable and somewhat unstable this year, but not as dramatically as last year. You will still be confined to success in small matters and will have to let go when challenged, however some progress is being made. More likely than not you are still not in a job situation that you want. Neither are you in a position to confront anyone. There are still many diversions in your life and a greater than ever need to change your life goals,

if you haven't already done so in 1983. The problem is that so much has been happening that you do not know how to slow the hectic pace down to a comfortable rhythm. The worst and most explosive period of the year will be from August 18 to October 6, while the best period of initiative will last from November 16 to December 26.

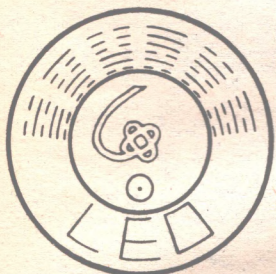
**CANCER**  
JUNE 21—JULY 23



1984, for Cancereans will be a year of effective initiative and cautious investment. Sexuality will be expressed sincerely and responsibly. You will find a greater degree of satisfaction than you have for many years. You will be able to act on your desires without precipitating any confrontations. Finally you will have left the bad moods of the past two years behind. Your work situation will improve as will all attempts to take responsibility for yourself. You will expect commitment from relationships and will get it. The

weakest factor this year is a marked tendency to overindulge and put the weight on. You have a need to be physical and must fight any tendency to relax and waste away. The first eight months will be the most positive ones with the least amount of stress. The most irritable period will come between October 6 and November 16 when you are likely to over react to stimulus. You will likely lose your patience and become very demanding. This will not do much for your sex life.

**LEO**  
JULY 23—AUGUST 23



Leo's will find that 1984 becomes a very serious and confronting year. There will be an increase of responsibilities at every turn. It will seem as though there is little time for yourself. Every time you attempt to force your will upon others, you will encounter significant resistance. You must not let your pride overreact or it will only make matters worse. The first eight months of 1984 will be the most pressured. In this period you will be quite edgy and quick to anger. Needless to say, this will not do much

for your sex life, unless you maintain a positive attitude. Even though the pressure is on, 1984 is a year when you have much to accomplish. Achievements will come through sustained effort and hard work. They will not be easy as you will have to carry on in the face of adversity. You will need some outlet for quick excitement and I would suggest getting outside as much as possible. Once you are past August, your patience level should improve.

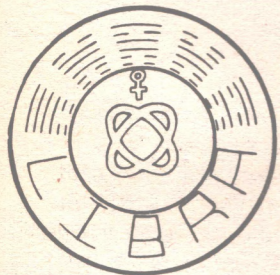
**VIRGO**  
AUGUST 23—SEPTEMBER 23



1984 should prove to be a productive but somewhat unstable year. There are many good opportunities for advancement around you, but you could take on too much and encounter many disruptions to your plans. Expect the unexpected this year. Be prepared to change and adapt as the need arises. You are not in a position to make any major commitments, but should make every effort possible to improve yourself and keep busy. Because of your high anxiety level this year, you will continue to be difficult to get along

with and vulnerable to sudden shocks. Do not expect your plans to unfold easily. It is more likely a year when you have to adjust to the plans of others. At least much of the exaggeration of last year will be lifting. You should be able to see the light at the end of the tunnel. The big question is....will you be able to keep up with the demands being made upon you? From January to August, and from October 6 to November 16 you will be able to take the initiative fairly well, however you can expect trouble from August 18 to October 6. In this latter period you could get laid off, or take a loss because of explosive impatience.

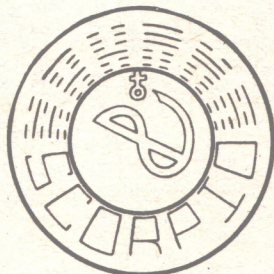
**LIBRA**  
SEPTEMBER 23—OCTOBER 23



Librans will have to exercise more caution in their investments in 1984. There will not be the same extreme momentum or hectic rush to keep up with all the opportunities. This is your year to consolidate your gains and solidify your most positive relationships. There is a tendency to get overworked. It is basically another fortunate year but there is a growing need to be cautious in assessing who to get involved with. It seems as if it is more of a business oriented year than one of personal indulgence, however you

could put on some excess weight through lack of strenuous exercise. Most of the year your energies will be positively activated. You will run into some excessive aggravation between October 6 and November 16, but for the most part 1984 will continue to be one of smooth sailing.

**SCORPIO**  
OCTOBER 23—NOVEMBER 22



1984 will be a most potent year for Scorpions. It will be a year of great commitment and serious confrontation. The Force is with you. The question remains... for what purpose do you wield your power. There is a need for an increase of power in your life. You need more challenge and more status. It will bring out powerful ambitions and resources that have been unused for years. The only difficulty that you might have is if you allow fear to guide your actions. This is not the time to live in fear.

It is a time to break through old habit patterns and find the real depths within yourself. Many Scorpio women will move out into the work force. Others will take control of the office and the home. Direct action is the call. Courage and concern is the motive. This year will be one of the most passionate of your life. Anyone who tries to stop you will encounter more than he or she bargained for. My advice is to not look back, but to keep your eyes and will on the task to be achieved. One step at a time you will accomplish much throughout the year. The only adverse or harshly angry period will come between November 16 and December 26 when your energy begins to wane a little and someone starts to hinder you.

**SAGITTARIUS**  
NOVEMBER 22—DECEMBER 22



1984 will prove to be another progressive and exciting year for Sagittarians. The excessive opportunities of last year ease off somewhat but the momentum of your new life direction continues to build. There are still some fears and anxieties because your life is changing so much, however these must be laughed at. It is a year to reach out for the new and unknown. Once again this is something you may have to do on your own, especially if those around are not advancing at a similar pace in their lives. Those who

are weak of heart may fall apart in anxiety, but this is beneath you. You will fight restrictions and any temporary setbacks. The biggest problem is that those around you may not be able to keep up with you, and you will not be able to slow down. You will not encounter any direct opposition this year, nor will you find anyone really squaring off with you. You have a positive year of assertive energy.

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# James Bell Johnston, M.D.

## One of Sherbrooke's First Doctors

by Beatrice Johnston

Soon after the fall of New France to the British, James Johnston, of Scotland, came, like so many others, to the New World to seek his fortune. He was related to the Johnstons of Annandale, a formerly freebooting West Border clan, (and, as such, entitled to a family tartan, but, as Lowlanders, not to wear the kilt). A miller by trade, he bought part, including the mill, of the seigneurie at Yamachiche (then called Machiche Mill), somewhat west of Quebec City, from one Guky (either Louis or Conrad), of Swiss origin and connected with the entourage of Governor Haldimand, himself a Swiss soldier of fortune. Johnston married the seigneur's daughter, Amelia Guky. His son, James Bell Johnston, ("Bell" after a prominent citizen of Trois-Rivières) was born at Yamachiche in August, 1810, and presumably went to school there. Subsequently, he went to Edinburgh, where he was the first Canadian to graduate in Medicine. His thesis was on "Delirium Tremens", and shows quite surprisingly modern psychology in the application of his treatments. (One wonders how often he had to apply them.) After the custom of the day, his thesis was presented in Latin, with relevant authorities quoted in English. — If the student's Latin was weak, it was customary to hire a translator (probably an impecunious theological student). — In view of the disturbed state of Lower Canada in the eighteen-thirties, it is a little surprising to find it dedicated to Dr. Wolfred Nelson, of Montreal, so soon to be a rebel in arms with Louis-Joseph Papineau. Furthermore, a brother of young Johnston's married Dr. Nelson's daughter, and went to live in Sorel. There is no evidence of later contact between the families, but no evidence either whether this was due to politics or to mere lack of communication.

While in Scotland, it occurred to young Johnston to visit, as a friendly gesture, some unknown cousins living within walking distance of Edinburgh, and he set forth one Sunday, doubtless his only free day. The cousins, however, turned out to belong to a particularly strict group of Presbyterians, and were deeply shocked that he should have broken the Sabbath by such an unnecessary frivolity as a hike from Edinburgh. Instead of welcoming a young Colonial visitor, lest he sin no more, they allowed him to come in and rest and gave him a drink of water (evidently no food). He is reputed to have had a hot temper (the miniature of him painted in Scotland suggests it), so, thus rebuffed in his friendly intentions, when adequately rested, he stalked out. But, to show that he, too, "kenned the scriptures," he paused at the gate, knocked his boots, left and right, against the gate posts to shake off their dust, and tramped back to Edinburgh. In good Scots tradition, it is not surprising that there has been no word between the families since that day.



Dr. J.B. Johnston

In Montreal, on his return, young Johnston was seeking a practice when he received a letter from the City Council of Sherbrooke inviting him to come and act as doctor for that city and an area of roughly forty miles around it, undertaking that if he would accept they would guarantee that in no week would he "take" less than \$25.00. He accepted, and went to Sherbrooke in 1839. There is no record of the guarantee ever being invoked (though perhaps part of the payment may have been in haunches of venison, etc.)—It must be one of the earliest examples of community medicine in Canada.

It is amusing to note that either by his doctorate from Edinburgh, or perhaps through his licence to practice in Lower Canada, he was entitled to be a "man-midwife", a term which must have been long obsolete and goes back to the seventeenth century.

James Bell Johnston evidently continued to practice in the region for the rest of his days. As late as the 1940's, his grandson, on business in Windsor Mills, met a man who remembered the old doctor driving up to the house.

*The doctor was not "rich", but presumably could be considered a notable.*

On November 14, 1861, he was married in Quebec, by the Lord Bishop, to Mary Anne Frances Wyatt, second daughter of Charles Wyatt, of London, who had come to Canada to keep house for her brother. She belonged to a rather extreme (almost "heretical") Anglican group, and she remembered, as a child, sitting on the knee of Thomas Carlyle, when her family went to tea there.

On August 22, 1862, the Johnstons had a son, Wyatt Galt Johnston, at whose baptism at St. Peter's Church in Sherbrooke, on December 7, one of the sponsors was Hon. (Later Sir) Alexander Tilloch Galt, M.P. for Sherbrooke, much interested

in the Eastern Townships and soon after one of the "Fathers of Confederation". He presented his godson with an immense elaborate christening mug.

On April 14, 1865, was born another son, Henry James Guky Johnston, privately baptised, who unhappily died in February 1870, at four years and nine months, after a three days' illness of scarlet fever, believed to have been contracted while playing in the doctor's fur coat, normally kept in the stable. In 1867 another son was born, who died at just under three months old of what was described as "congestion of the lungs" (presumably pneumonia). After that there were no more children.

In the Directory of the City of Sherbrooke of 1864 Dr. Johnston is reported as living in a house on Melbourne Street (now Prospect) at the corner of Moore Street. This was (and is) in the part called the North End, and was "said inhabited by the rich professionals and notables of the city". The doctor was not "rich", but presumably could then be considered a "notable". It is possible that he had moved from a smaller to a larger house at the time of his marriage.

The Johnstons continued to live in Sherbrooke, and Wyatt Galt was educated at Bishop's College, Lennoxville. In 1880 he entered the Medical School at McGill University. There exists a letter from Dr. James Bell Johnston to Montreal's well-known Dr. Francis Shepherd, whom he had not then met personally but hoped to do so shortly, requesting his good offices in helping the young student with whatever he might need. "He writes that he has procured a portion of a subject for dissection, to wit, two arms and a leg. Is this necessary? Does he want two? (arms). Just how are these to be paid for, to whom, and what is the rate?". (With reference to the question of the student "wanting" the specimens, we should doubtless rather understand "lacking" or "needing"). "I wish", writes the somewhat worried father, "you would kindly inform me, what he requires for his first session". He goes on to state that

he is "an old medical man, a graduate of Edinburgh", and mentions "my very particular friend, Sir Alexander Galt (who by the way is my son's godfather)". Then he becomes practical.—"I do not wish Wyatt to get anything that may not be necessary to his studies at present, and at the same time whatever is necessary I wish him to have. He wrote to me today to send him some anatomical bones. If you write to me that he wants these, and tell me what bones are necessary at present I will send them to him out of those in my collection. But perhaps they would be only in the way and get lost. He tells me he has provided himself with a case of dissecting instruments rather in haste. I could have supplied him had he first written to me". He goes on, "Doctors Howard and Osler, both well known to me, have promised to look after him in his studies." After giving the student's address, the obviously anxious father adds "By the way he says he also wants to have a microscope—If this is necessary please let me know. He has got all the text books that Professor Osler recommended him to procure." He finishes by trusting Dr. Shepherd "will not think I am over troublesome".

#### Son a distinguished pathologist

However his undergraduate needs were met, Wyatt Johnston did consistently well in his medical studies, earning both the praise and the friendship of William Osler (later Sir William). He soon became a distinguished pathologist. He was the first "Health Officer" in Québec, the first Professor of Hygiene at McGill, pathologist at the Montreal General Hospital, where there is a tablet to his memory; he did a good deal of medico-legal work, and found time to pursue studies in Europe.

In these days of linguistic wrangling, it is worth noting that Dr. Maude Abbott in her "History of Medicine in Quebec" states that he made specific efforts to promote cooperation between French and English medical practice, and his name is still remembered by civil service health officials in Quebec.

In 1895 Wyatt Johnston married, at St. George's Anglican Church, Lennoxville, Elizabeth Julia ("Lizette") Turnor, of Lennoxville, whom he had known for some years. She was the youngest and much the prettiest daughter of Michael Turnor, of Staffordshire, who had come to Canada as secretary to Lord Elgin and stayed on as secretary to several succeeding Governors General until he retired to Lennoxville. Her mother was Mary Elizabeth Hill, fifth daughter and ninth child of Joseph Hill, who had been, at sixteen, a lieutenant at the Battle of Waterloo and who had emigrated to Upper Canada with his family in 1835. It was an extremely happy marriage, but of tragically short duration, as he died, at thirty-nine, of an embolism due to

septicaemia, the special bane of pathologists before the days of antibiotics. He left one son, who, though born and brought up in Montreal, was always strongly aware of his Townships and Canadian roots.

The quotations from James Bell Johnston's letter, which in its entirety is an engaging mixture of correct 19th century manners with a Scots wariness of extravagance are proof of the then aging doctor's deep concern for the success of his only son. It is sad to realize that he lived for less than three years after Wyatt Johnston's graduation. He had, how-

ever, been already reassured of the young pathologist's brilliant future, as it was noted that he "showed special aptitude for pathology. and was a constant associate of Dr. Osler".

Unfortunately, there remain few sidelights on old Dr. Johnston's private personality. According to "Lizette" Turnor's rather prim and humourless elder sister, he was "a bit of a tease", from which one can infer a not too serious fortune, and he was evidently content to stay in Sherbrooke. He died there in January, 1887, and was buried at the Anglican Church. □

#### ● SHERBROOKE'S FIRST PHYSICIANS ●

The question of who was first with anything is always interesting - and almost always controversial. The first Sherbrooke doctor is a case in point.

According to the **History of Lennoxville**, Vol. I, a letter from William Bowman Felton of 'Belvedere', dated in 1821, said; "No doctors for the sick and no roads to go for one." Yet the same article mentions Captain Moses Nichols came to Ascot in 1802, was licensed to practice 'Physic and Surgery' in 1804, and was still living in the Townships forty years later.

Jesse Pennoyer's 1824 map of Sherbrooke shows 'Dr. Nichols' lot' about where the municipal library stands today and a special anniversary edition of **The Sherbrooke Daily Record** (Dec. 17, 1898, Sherbrooke's Centennial) states quite plainly "Dr. Nichols who lived on the Lennoxville road, was the first physician in Sherbrooke."

The earliest drawing we have of Sherbrooke is dated 1834 and includes "Dr. Barnard's residence, frame clapboard." This was Dr. Joseph Henry Barnard who began practicing in Lennoxville in 1829 when he was 25, moved to Sherbrooke after 1831 and to Chicago in 1835, a year after this drawing was published. In Chicago, he joined Sam Houston's army, became a hero at the battle of Goliad and, a prisoner of Santa Anna, attended Mexican wounded after the latter and more famous battle of The Alamo.

In 1860, Dr. Joseph Henry Barnard died of a heart attack while visiting relatives in Richmond (George, Henry, Theodore and James Barnard were among Elmer Cushing's associates in settling Shipton Township while William Barnard led the associates in Brompton) and readers there will recall that the State of Texas dug his remains from the Richmond cemetery in 1981 and carried them back to Texas for a hero's funeral.

On December 12, 1836, Mrs. Eliza Stacey wrote a letter from Sherbrooke to her sister in London;

"We have one friend here who delights to talk of

London. It is Doctor Watson our medical attendant. It is two years since he left London for a most extensive practice here. He also has a salary from the British American Land Company to attend the hospital and the immigrants."

The B.A.L. Co. established headquarters in Sherbrooke in 1834 but we know of no hospital operated by them then or later. It may have been another of the Company's grandiose schemes that never materialized and Dr. Watson may not have established a general practice in Sherbrooke. We do know, however, that 30-year-old Eliza Stacey had a girlish crush on Dr. Watson because she went on;

"He is quite the most handsome man I know, his age is about twenty-four, well made, black eyes, beautiful teeth and altogether a very elegant gentleman. I am thus particular in his description as I think if you were to come out here you might make up a match! There's nothing I would like better!"

We are not sure just when Dr. Ed. D. Worthington came to Sherbrooke but we know he performed the first operation in Canada using ether and chloroform at Eaton Corner on March 14th, 1847. He amputated the leg of a man named Stone in the presence of "Dr. Rogers of Eaton, Dr. Andrews of Cookshire, Rev. Sherrill and, I think, Mr. Samuel Hurd."

In his memoirs, Dr. Worthington mentions Sherbrooke had four doctors about this time; "One was a very old man, the second many years my senior, and the third only a few years older than myself, so that the greater share of the night work fell on me."

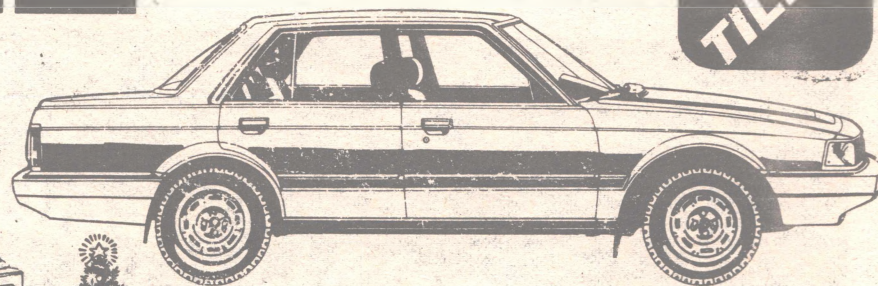
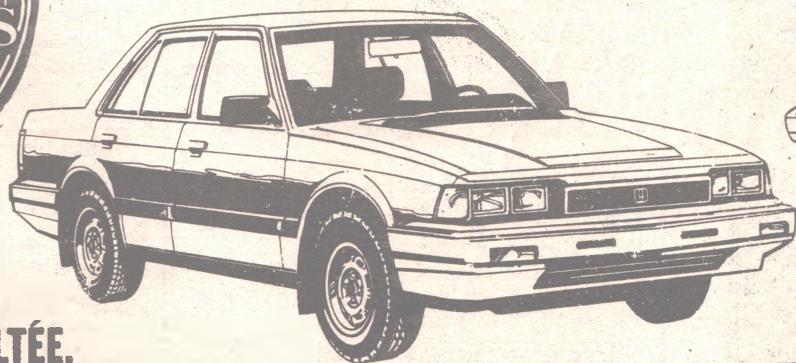
Dr. Worthington was born in 1820 so Dr. Johnston may have been the third doctor mentioned - "only a few years older than myself".

The 1867 Eastern Townships Directory lists four doctors in Sherbrooke who may, or may not, have been the same four mentioned in Worthington's memoirs. These are; Dr. J.B. Johnston, Dr. Worthington, Dr. F.J. Austin and Dr. Frederic Paré. □



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**Town of Lennoxville** 

Mayor: C.W. Dougherty

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 of Christmas  
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Aldermen:

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Robert N. Passmore	Robert W. Nichol
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## Earthy Pleasures



# M-M-M-M

by Joanne Flanagan and by Bernice Black

### M-M-M-MILLET

A Swiss-born neighbour of ours always orders a few pounds of millet from our food co-op. I once asked what she used it for, as all we ever did with it was feed it to our cattle-leaf, stalk and flower.

"Oh, it's our favourite grain," she said. "You can cook it like porridge for a hot cereal in the mornings, or you could prepare it with vegetables for dinner, like rice. You can also bake it into a cake with fruit and nuts — that's my favourite."

Then she explained the following methods of preparing millet, and its sweet, nutty flavour has made it a favourite of anyone who has ever tasted it here as well. It's also rich in calcium, inexpensive, and locally grown. All good reasons for its growing popularity.

### Millet Pilaf:

Heat about 1 tablespoon oil (15 mL) in frying pan. Sauté 1 chopped onion until transparent, and stir-fry chopped carrots, broccoli, cabbage — any other vegetables you like along with the onion. Add 1 cup (250 mL) millet and stir until coated in oil. Add 4 cups liquid (1L) — any combination of water, milk, and/or broth. Season with salt and pepper (and maybe some herbs). Bring to a boil and simmer, covered, for about 20 minutes, or until all liquid has been absorbed. Serve as is, or covered with grated cheese and baked for 5 minutes at 350 F (180 C). Serves 4 to 6.

### Millet Porridge:

In a medium-sized pot, combine 1 cup millet (250 mL) and 4 cups liquid (1L) — usually half milk/half water. Bring to a boil and simmer, covered, for about 20 minutes, or until all liquid is absorbed, stirring occasionally. Serve as you would oatmeal porridge. For an extra treat, add a handful of raisins or chopped apple before boiling.

Leftovers can be eaten cold, added to your next batch of cookies, or used in the following recipe.

### Millet Pudding Cake:

Prepare 1 cup millet (250 mL) with 4 cups liquid (1 L) as in preceding recipe. In a large bowl, combine ¼ cup sugar (60 mL) with 2 tablespoons butter or margarine (30 mL). Beat in 2 or 3 eggs. Add 1 teaspoon vanilla (5 mL) and ½ teaspoon salt (2 mL). Beat well. Add

cooked millet and combine well. Stir in a few handfuls of fruit — chopped apples, berries, or raisins, and perhaps some chopped nuts. Place in a greased square cake pan and bake at 375 F (190 C) for 45 to 55 minutes. Serve warm or cold.

### MELISSAS' COOKIES

1 cup flour  
 ½ cup sugar  
 1 tsp baking soda  
 1 tsp baking powder  
 ½ cup brown sugar  
 ½ cup butter, softened  
 2 eggs  
 4 tbsp plain yoghurt  
 ½ tsp vanilla  
 2 cups rolled oats

Add:

½ cup raisins  
 ½ cup sunflower seeds

Mix flour, sugar, baking soda and baking powder, and salt. Add brown sugar, butter, egg, yoghurt and vanilla. Beat well. Stir in oats, raisins and sunflower seeds. Drop on to greased pan. Bake 375 F about 8 minutes.

### APPLE WALNUT SUPREME CAKE

4 cups coarsely chopped & peeled apple  
 1 3/4 cup sugar  
 2 eggs  
 ½ cup oil  
 2 tsp vanilla  
 2 cups flour  
 2 tsp baking soda  
 1 tsp salt  
 2 tsp cinnamon  
 ½ cup chopped walnuts [opt]  
 ½ cup chocolate chips

Preheat oven 350 F.

Combine apple and sugar—set aside. In large bowl mix eggs, oil, and vanilla then beat 1 minute at medium speed. Add dry ingredients alternately with apple mixture. Stir in walnuts and chocolate chips. Bake in greased and floured bundt pan or angel food pan for 45-50 minutes. Do not underbake keeps well, if you can.

by B. Black

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illustration / Julie Maas

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THE VIKING DINING ROOM IS OPEN FOR:  
Breakfast from 7:30  
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SPECIAL—If you have a season's pass at any of the Ski East Centres as well as the Farmers Rest and presented at the Auberge Lac Brome before December 24, 1983 will receive a courtesy card for use at the Auberge Lac Brome. It will allow you a 5% discount in the restaurant and on room rentals.

ALSO

If you have been skiing at Glen Mountain or the Farmers Rest on a day ticket—it is worth \$1.00 at the end of the day at the Auberge.(only one per person)

**Sunday Brunch** Special two for the price of one  
Sunday, Dec. 18

Please call for reservations.] 400 Lakeside Rd.,  
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Your hosts:  
Irene and Preben Mohr



On the Rocks. Montgomery Center, Vt. Open for dinner every day except Monday, from 6:00-9:00. Takes Visa/MC.  
Reservations requested: [802] 326-4500. Price Range: Expensive

by Bijou Ardglass

If you are skiing near Montgomery Center, for example at or near Jay Peak, On The Rocks is definitely worth a visit, if for no other reason than to see the decor, which owner Zach (who has a penchant for lavender) describes as "eclectic".

The restaurant is actually located just outside of Montgomery Center on route 58 on the left hand side about a mile outside the village. Since we went at the very end of the summer, it was still light enough to see the surroundings. The restaurant is attached to the owner's house, a very attractive white stucco building with a weathered shingle roof. Beside the house, on the left, is a pond, and on one of the two large rocks in the pond is a caftan-clad department store mannequin complete with sunglasses. I hope they've brought her in for the winter.

#### All the world is a stage

We were met at the door by Zach himself, wearing a lavender caftan with purple fringe and a silver, bobbly necklace. I warn you, at Zach's, all the world is a stage. We were served large drinks in a low-ceilinged Tudor-style living room off the bar. It was filled with some nice antique furniture and a number of gewgaws and had a sunken fireplace with lavender seats around it. Someone bumped into a birdcage on the way to the bar. Luckily there was no bird in it. With our drinks, the waitress brought us a tray with crackers and a generous crock of cheese on it. In addition, she handed us the menu, an enormous (21 X 25 inch) sheet of thick brown wrapping paper that had been burnt about the edges. Attention, ladies, there will be no prices on your menu unless, presumably, you are not accompanied by a man. The waitress was not terribly knowledgeable about how some of the dishes were prepared, and had to return to the kitchen several times to find out what we wanted to know.

The appetizers on the menu were pretty standard for the most part: fruit, French onion soup, shrimp cocktail, herring and so on. However, our waitress reeled off a series of more interesting things that were also available. After several gentle proddings from her, we finally got around to deciding what to order so we could have some uninterrupted conversation. A bit later, a dinner bell was rung and Zach shouted out: "Yer on" meaning, of course, that it was our turn to step down into the multi-leveled dining room with flagstone floors. Here, I can't pass up the

opportunity of a brief description. Ceiling and walls are painted black and there are candelabra over the tables for four, hung with plastic flowers. Tablecloths are lavender (what else?). The dining room seats about thirty. Everything is served sous cloche. Now to our meal. I would like to say at the outset that the food here is very good, and quantities are generous.

#### White bread or pecan?

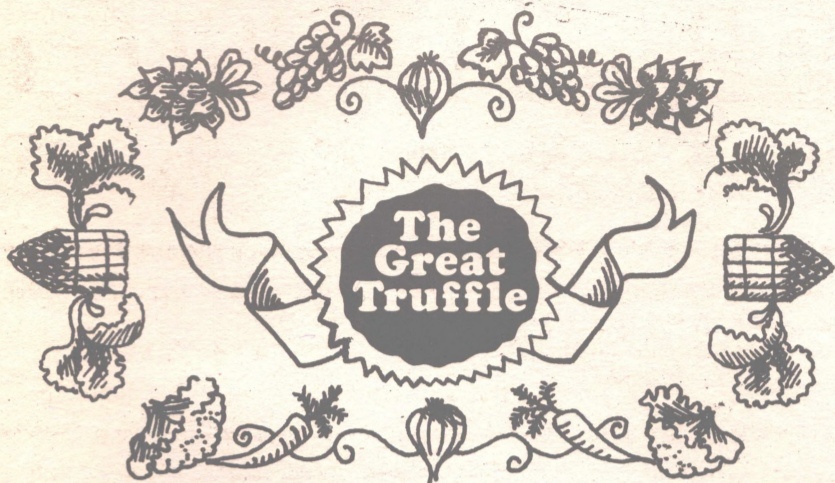
For openers (as we say in show biz) I had mushrooms Monkey Center (\$5.00). Mushrooms in a sour cream sauce with tarragon were served on garlic toast. My friend had onion pie (\$5.00). Both hors d'oeuvres were extremely good. Between the hors d'oeuvres and the main course, we were served a raspberry sorbet. We were then offered a choice of white or pecan bread, served with a crock of unsalted butter.

For the main course, my friend had veal au gratin (\$13.50) and I had chicken banana (\$13.50). Again, both were delicious. The veal was fork-tender and the chicken was an unusual and very good combination: a boned chicken breast was wrapped around a banana and this was lightly breaded and sautéed in butter. It was served liberally sprinkled with sliced almonds. With dinner the waitress brought serving dishes from which she offered us corn on the cob and potatoes Anna. My only comment here would be that I would not have expected two starchy vegetables and was surprised that the corn was served on the cob, considering that it is rather messy to eat this way.

After dinner we were served a pot of coffee (\$1.50) that provided one and a half cups per person and it was excellent. The sugar served with the coffee was tinted lavender. A bit too much. For dessert, I had a mammoth hot fudge sundae (\$5.00), while my friend had chocolate mousse (\$5.00). It was good, but not sinfully so.

En passant, the ladies' room had a picture of Michaelangelo's David on the door. What, we wondered, was on the men's room door—a photo of Venus de Milo? My friend says no. In any case, there wasn't enough room in there to adjust your kimono. Dinner for two, excluding drinks, wine, tax and tip: \$48.50 U.S.

NOTE: Tasso, of Le Village Grec has relocated. He is now in that little shopping center on Belvedere between Lennoxville and Le Tuque Rouge and still has souvlaki. Yum yum. □



Once again it is that time of the year which food fanciers of the Townships have been waiting for; the distribution of The Great Truffle Awards for 1983!

These awards are based on our opinion, our taste, and are judged by our standards. The quality of the food must be impeccable, the preparation must be innovative and interesting and the presentation appealing. In addition the atmosphere must be pleasant. In short, winners must be truly special.

This year, we have decided on a change in policy; The Great Truffle Award will no longer be given to the same house for two consecutive years.

This year we are happy to announce the following winners:

**Service and Hospitality**  
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**The Highest Possible Quality of Ingredients**  
*Michael's*  
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**The Best Brunch**  
*Auberge Lac Brome*  
Foster, Que.

**The Best Bar**  
*The Landing*  
Newport, Vt.

**The Best Chef**  
Guy Bohec at: *The Hatley Inn*  
North Hatley, Que.

**The Budget Gourmet**  
*The Café Mocador*  
Sutton, Que.

And finally,  
**The Order of The Great Truffle**  
for the best overall restaurant goes to:

*Les Mèlèzes*  
Eastman, Que.

**Congratulations!!**



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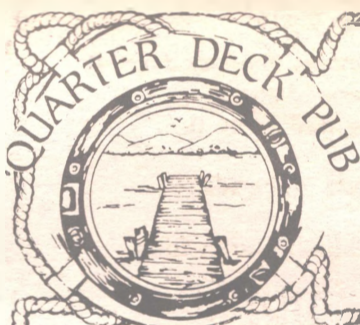
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*the Landing*



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# Bishop's University Evening



## Credit Courses

CODE	WINTER TERM COURSES 1984 [JANUARY 10 TO APRIL 28, 1984] ON-CAMPUS COURSES	TEACHER	DATE OF FIRST CLASS
ADM 102 b*	Introduction aux affaires	V. Odstrcil	lundi, le 16 janvier
BUS 103b	Commercial Law	J. Kouri	Monday, January 16
ADM 104b*	Théorie et pratique de la gestion	V. Odstrcil	mardi, le 10 janvier
BUS 115b	Introductory Financial Accounting II	R. Schenk	Monday, January 16
ADM 216b*	Gestion du Marketing	T.B.A.	mercredi, le 11 janvier
BUS 217b	Consumer Behaviour	R. MacGregor	Thursday, January 12
BUS 248b	Organizational Behaviour	W. Robson	Wednesday, January 11
BUS 318b	Organizational Development	W. Robson	Tuesday, January 10
BUS 328b	Advanced Accounting	R. Schenk	Wednesday, January 11
CSC 111b	Introduction to Computer Science I	R. Srivastava	Wednesday, January 11
CSC 112b	Introduction to Computer Science II	C. Carman	Thursday, January 12
CSC 203b	COBOL Programming	P. Kaeser	Monday, January 16
ECO 102b*	Principes d'économie: micro- économique	à être annoncé	mardi, le 10 janvier
ECO 103b	Principles of Economics: Macroeconomics	K. Baxter	Thursday, January 12
ENG 092b	English as a Second Language: Elementary II	D. Nelson R. Whatley M. Lapointe	Monday, January 16 Tuesday, January 10 Wednesday, January 11
ENG 094b	English as a Second Language: Intermediate II	D. Sturge, N. Gilday M. Redding, I. Garneau R. Brown	Monday, January 16 Tuesday, January 10
ENG 191b	Advanced Communicative Skills II	J. Larin, A. Carlone R. Edwards C. Connors, S. Ward S. Ward, H. Lanthier R. Brown, M. Bandrauk C. Beauchamp	Wednesday, January 11 Thursday, January 12 Monday, January 16 Tuesday, January 10 Wednesday, January 11 Thursday, January 12
ENG 238b	British Women Writers II	R. Kampeas	Tuesday, January 10
ENG 335b	The 18th Century Novel	G. Retzleff	Wednesday, January 11
FIN 250b	Women in Art	A.M. Holcomb	Tuesday, January 10
FRA 092b	Pre-University Level French	D. Potvin	Tuesday & Thursday, January 10
FRA 102b	Cours de français, premier degré II	B. Boutin	Tuesday, January 10
FRA 202b	Français intermédiaire II	B. Boutin	Monday, January 16
FRA 302b	Stylistique et traduction II	M. Parmentier	Tuesday, January 10
HIS 228b	French Canada Since 1867	B. O'Byrne	Monday, January 16
LAT L01	Beginners' Latin—continuation	P. Coyne	Wednesday, January 11
PHI 205b	Ethics I	T. Skeats	Wednesday, January 11
POL 216b	Canadian Provincial Politics	A.F. Johnson	Wednesday, January 11
PSY 102b	Introduction Psychology II	S.J. McKelvie	Monday, January 16
PSY 116	Child Psychology—continuation	S.L. Black	Wednesday, January 11
PSY 341	Abnormal Psychology—continuation	A.F. de Man	Monday, January 16
SOC 210b	Analyzing Everyday Life	M. Lustigman	Tuesday, January 10
SOC 321b	Industrial Sociologie II	M.H. Clark	Wednesday, January 11
SPA 102b	Introductory Spanish II	M. Farias-Pitt	Thursday, January 12

\*Ce cours est donné en français

### ADMISSION / NEW APPLICANTS

All new applicants intending to register in any course must complete the admission application form and supply the required documentation. Application forms can be obtained from the Records Office of the University. Students with difficulties should contact the Continuing Education Office.

### REGISTRATION PROCEDURES

All part-time evening students should register by mail prior to January 3, 1984.

Part-time day students can register at the regular day registration session on Monday, January 9th, 1984 from 9:00 a.m. to 4:00 p.m. at the Memorial House [old gymnasium].

Part-time registration may also be completed at the Continuing Education Office. Hamilton Building, January 10th to 12th and January 16th from 8:30 a.m. to 8:00 p.m.

### GENERAL INFORMATION



*Happy Holidays  
and all good wishes  
for the  
New Year*

### Fees

Admission application fee (new students only) . . . . \$ 15.00  
Tuition fee — per 3-credit course  
(for Canadian students and landed immigrants) . . \$ 65.00  
(for foreign students) . . . . . \$435.00  
Part-time student service fee . . . . . \$ 5.00  
Late registration fee (after January 23, 1984) . . . . \$ 10.00  
*Senior citizens may register free of charge in any University programme following application to the University.*

### INQUIRIES

Letters of inquiry concerning the Extension Programme in general should be addressed to: **Mrs. H. B. Taylor,**

Coordinator of Continuing Education  
BISHOP'S UNIVERSITY  
Lennoxville, Quebec J1M 1Z7  
Telephone: (819) 569-9551, ext. 222



*Second Section*

Eileen Littlejohn Drew

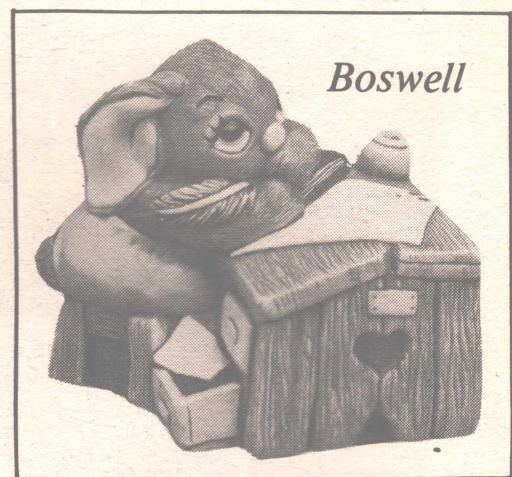


**"Fraser's Farm"**  
16 X 20"  
[oil]



# Insight On Collectibles

by Beverly Musty



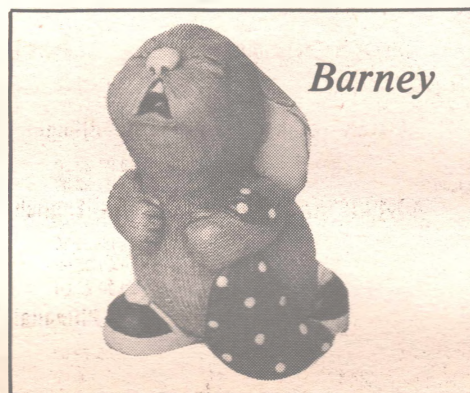
## Pen Delfin

Pen Delfin Village is the home of the Rabbit Family. It lies at the foot of old Pendle, the legendary witch-hill, in the wild but beautiful northern part of England. It was founded on June 2, 1953, the day that Queen Elizabeth was crowned, (but not even the smallest rabbit would dream of boasting of this royal connection).

The first little house was modelled for fun in a wooden hut in a garden. The village, like the Rabbit Family grew and grew.

Over the years, the founders of Pen Delfin have seen a delightful hobby grow into one of Britain's leading studios, whose creations are cherished by discriminating collectors all over the world.

Pen Delfin models are made of a durable stone-based compound, an excellent medium for reproducing their exquisite detail. They are painted in finest quality colours, which are guaranteed changeless and fadeless under all normal temperatures. Each model is produced entirely by hand by a highly skilled and trained artist.

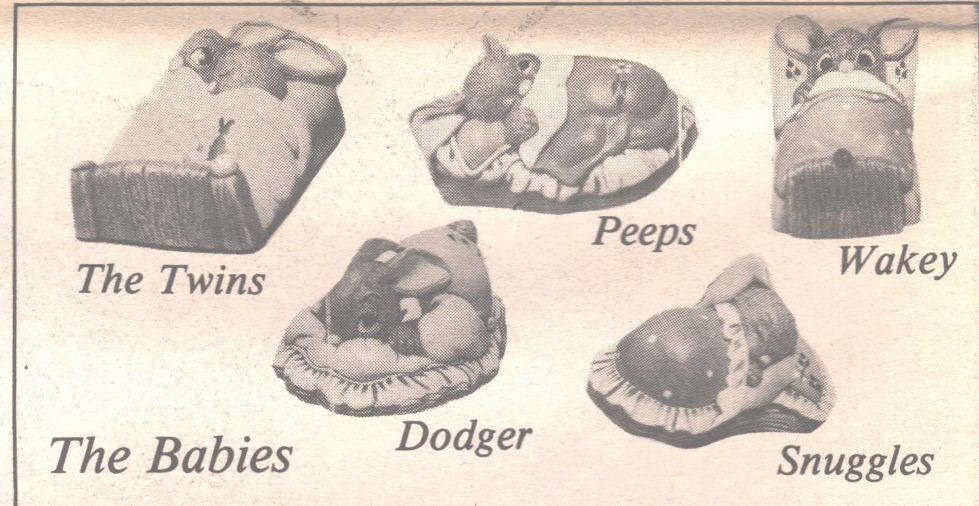


Like all collectibles, certain Pen Delfin models are discontinued and become

highly in demand. For example, anyone wishing to sell "Barney's Bathtub" should contact us as one of our club members has Barney but is missing the bathtub.

Pen Delfins are divided into series which makes collecting considerably easier. Music lovers could collect just the Rabbit Band Series, which consists of only 8 individual pieces. The prices range from \$17.00 to \$45.00 each, which is very reasonable for a collectible.

Other series are The Picnic Series, Fisherman Series, The Babies, The Jetty Set and of course The Rabbit Family. □



### Collector's Corner



The above two mugs, Beverly Musty and W.C. Fields

#### NEW ARRIVALS

"TERRY AND TEDDY" pair by Sue Etem

"NIGHT OPERATOR" by Ted Xaras

"PEN DELFIN" figurines have arrived and will be treated as all collectibles are at the Homestead. (They are issued in series, are discontinued etc.)

#### REMINDERS

1. Club memberships is due for many of you. Renew at the Homestead!

2. The shop will be open by appointment only from Dec. 26-Jan. 4!

3. Merry Christmas and Happy New Year!

# CHAMPLAIN College

## TODAY'S WOMAN

JANUARY 17 - MAY 15

"TODAY'S WOMAN" is a program of collegial studies designed to enable women to pursue one or more courses in a warm and friendly atmosphere. It is open to women of all ages and has been planned specifically to encourage them to study at a pace compatible with their family responsibilities. Men are also welcomed to register in these courses. Classes are held at the Sherbrooke Primary School located at 242 Ontario Street. No classes are scheduled during the Catholic and Protestant Elementary and Secondary Holidays and Planning Days. A High School Leaving Certificate is not required.

### 070.00 EXPLORATION — Personal Development Bilingual

Contemporary World Geographical Problems	Tue/Thu	13:00-15:00
Creative Writing	Tues	13:00-16:00
Fabrication of Tiffany Lamps and Stained Glass Objects	Tues	09:00-12:00
French Second Language Speaking Out	Mon/Wed/Fri Mon/Wed	13:00-14:30 09:00-11:30

### 420.00 DATA PROCESSING — BASIC LANGUAGE Bilingual

Data Processing & Programming	Group A	Mon/Wed	13:00-15:30
	Group B	Tue/Thu	09:00-11:30
Microcomputer Applications	Group A	Mon	09:00-12:00
Microcomputer Applications	Group B	Wed	09:00-12:00

## ON-CAMPUS EVENING COURSES

January 16 to April 30

### 147.01 Outdoor Activities & Wildlife Technology Bilingual

Outdoor activities (snowshoeing, cross country skiing, hiking, etc.)		09:00-12:00
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### 280.00 Pilot Training Bilingual

Instrument Navigation	Mon	19:00-22:00
Visual Navigation I	Wed	19:00-22:00

### 322.00 Daycare Techniques English

Musical Education I (Theory/Feb. 21-Mar. 27)	Tues.	19:00-21:30
(Lab with children/Feb. 25-Apr. 28)	Sat	09:00-12:00

### 393.00 Library Techniques Bilingual

Intro. to Documentation	Mon	19:00-22:00
Audio-Visual Documentation	Wed	19:00-22:00

### 410.00 ADMINISTRATION Bilingual/English

Accounting II	Mon/Wed	19:00-21:30
Promotion	Tues	19:00-22:00
Purchasing	Mon/Wed	19:00-22:00

### 414.00 Tourism Bilingual

Tourist Attractions of the World I, plus intensive sessions; Friday evening and Saturday morning.)		19:00-22:00
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### 420.00 Data Processing — BASIC Language Bilingual

Data Processing & Programming	Group A	Mon/Wed	19:00-21:30
	Group B	Mon/Wed	19:00-21:30
Micro-computer Applications	Group A	Tues	19:00-22:00
	Group B	Thur	19:00-22:00

### 420.51 Data Processing Technician (programmer Analyst) English

Programming Logic	Tue/Thu	19:00-21:30
Programming Techniques	Mon/Wed	19:00-22:30

### 430.00 Techniques of Hotel Trade English

Bartending Technology (wines)	Tues	19:00-22:00
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### 511.01 Fine Arts English

Drawing I & II (Nature & Wildlife)	Sat	09:00-12:00
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### 570.00 Applied Arts Bilingual/English

Fabrication of Tiffany Lamps and other Stained Glass Objects	Wed	19:00-22:00
Pottery I & II	Mon	19:00-22:00
Pottery III & IV	Wed	19:00-22:00

### REGISTRATION SCHEDULE

Today's Woman Program  
 Sherbrooke Primary  
 Jan. 9, 10, 11 18:00-14:00  
 On-Campus Evening Courses  
 Lennoxville  
 McGreer Hall, Staff Lounge  
 Jan. 9, 10, 11 18:30-20:30  
 Jan. 12, 13 14:00-16:00

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 Registration: 26,00\$  
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### OFF-CAMPUS CENTERS

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**Knowlton**  
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 Data Processing & Programming  
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 at (514) 243-

## CONTINUING EDUCATION SERVICES

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## The Far Eastern Townships Phrase Book

by Lewis Poteet

As a new Canadian, a teacher of literature and writing at Concordia University since 1967, I early began to try to understand my new land by reading its literature. Both in the novels and in the speech of the people around me, I have begun to get a sense of the ways in which this place is different from other places I have lived—South Africa, the American southwest, Minnesota—of its essential cultural differences, its uniqueness.

I first attempted to communicate what I have learned by publishing, this last summer, a small dictionary of original, odd words and phrases used on the South Shore of Nova Scotia. Printed by Lancelot Press, a small enterprise in the Annapolis Valley, it has been selling well, especially in the Maritimes, and was the subject of a news story in *Maclean's* magazine, the issue of November 14, 1983, under the headline "A Museum of Dead Words." Though it is always good to have one's work noticed, the headline (and the story) only reported half of my discovery. For the book provides evidence not only that Nova Scotians use a number of very old expressions, some of them of Elizabethan origin, but also that they have made up many new ones, just as colorful and entertaining as the old. A fisherman will listen for the "rout", the noise of the waves on the sandy or rocky shore, to find his position in the fog, just as Henry Hudson did in the early 1600s; but he may also "go out with the Captain," a polite way of saying he has a date with Captain Morgan Rum.

Since 1968 I have spent a lot of time in the Lennoxville-Megantic area, and what I have heard of the local ways of talking has convinced me that a similar rich oral tradition exists here. Around Bury, a cow in heat is called "breachy," a term I have found elsewhere only in Maine, where it is defined (in the recent *Maine Lingo* by John Gould) as "a cow that jumps fences." Around Scotstown, people say that when crows begin to go about together in large numbers in the fall, it is a "crow storm," and "you've got to have a few crow storms before you can have a snow storm." Here the phrase provides a memorable weather predictor.

*A remarkable thing about this original way of talking is that it is available to everyone, regardless of education, training, or self-confidence.*

In a Lennoxville hardware store, the owner advised buying one hinge rather than another because "you'd have to be a lot more **tickey** if you use that hinge." "Tickey" means "precise," perhaps deriving from the "tick" of a watch, and it joins a number of words I have heard that represent Canadians' humorous attempts to deal with an increasingly specialized mechanical world. In Cumberland County, Nova Scotia, for example, a man showing how to put up a piece of weatherstrip on a door said, "It looks more **mechanical** that way," giving a word which everywhere else means "lifeless" a positive twist. In Shelburne, Nova Scotia, the final stages of bargaining, over, say, the price of fish or a labor contract, are known as "getting down to the fine shims."

If any of these phrases sound familiar, we may quickly see that much of their interest lies in their common, ordinary, day-to-day usefulness and enjoyment. For language, like song and good food, bridges gaps. For it to work, it must be shared. For it to be shared, it must be effective: it must communicate. And what it communicates is complex. Information—what time it is, what you call that, and so forth—may be primary in language, but it is by no means all that we communicate. Feelings come with words. And in the country, where people have more time and inclination to enjoy inventive language, it is more elaborate and colorful. As I have written elsewhere:

Tough  
as a boiled  
Owl.....



*In the city, people talk to get the point across quickly and get on to the next appointment. The language of the city shows the homogenizing, neutralizing effect of radio, television, and the natural accommodation of millions of strangers to each other when they are thrown together and have to be quickly intelligible to one another. It's what sociologists call "deracination," the loss of roots. An older way of seeing this process would say we've been disinherited; we've sold our birthright for a mess of pottage; we're all exiles. Some say home was the old country, from which our ancestors made more or less forced moves, long ago; some say it goes right back to the Garden of Eden, from which we all were expelled by an angel with a two-edged flaming sword; what we all have in common is a feeling of dispossession. But people in the country have generally been dispossessed less recently, and they hang on longer to old ways, of living, and especially of speaking.\**

And a remarkable thing about this original way of talking is that it is available to everybody, regardless of education, training, or self-confidence. We learn to talk before we go to school, and if we grow up in an area like this one where there is a rich pool of common linguistic treasure, we are more likely to use it in our own speech and almost certain to enjoy hearing it.

Often the speaker plays with the language by making a pun, a word with two meanings. A "breachy" cow, my friend said, acts oddly and makes a lot of noise because of her "horny-mones." Sometimes the distinctive speech habit is a recurrent rhythmic punctuation with a phrase like "Mister Man" or "my boy": "You drive like that, Mister Man, and you'll end up in the ditch." These two phrases, from Eaton Corner and Cookshire, give emphasis and feeling, and they reflect a pattern long in use in Yorkshire and Lancashire, England, where the rhythm word is "you." Often, too, it is the comparisons which catch our ear: Charlie Martin, of the Lawrence Colony, used to say, "he knows as much about that as a goose knows about heaven," a metaphor that is very close to one from Maine, "He don't know more than a goose knows God."\*\*\*

I am keeping track of these expressions from this area and plan to print them in a little book, called "The Far Eastern Townships Phrase Book," together with such research as I can do about their origins. Readers who would like to contribute items they have heard are welcome to send them to me at 1113 Greene

Avenue, Westmount, Quebec, H3Z 2A1. If possible, please give an example of the way the word or phrase is used in a sentence, and where—the town or area—it was used. I expect that many will reveal that original settlers brought words which have persisted in particular places, the Scots around Scotstown, the Irish in Richmond and Danville, Loyalists from the States, East Anglians, perhaps even Baltimorean summer people in North Hatley.

Maybe a few more examples will make it easier to see what I'm looking for. We seem to be inspired to use original language in particular contexts. In Nova Scotia, there are unusual ways to say "faster than...", "hotter than...", "colder than..." There must be ways that are typical of this area. To say, "I won't do that," people often reflect local weather: in Nova Scotia, "it'll be a foggy Friday when I do that," while in Montreal "it'll be a frosty Monday...", and elsewhere, "there'll be two moons in the sky..." Sometimes a phrase grows out of traditional beliefs and practices, as with a woman in this area who is said to be able to "draw fire," or take the pain out of a burn by her presence or even over the telephone! And a phrase may be transferred from a particular source in work or play to a similar but more abstract use: a "jag," among loggers around here, is a big truckload or wagon-load of wood, but it is also used to mean "a big effort" of any kind, like moving a big rock or doing a big wash.

These examples give us a glimpse of a living tradition of inventive speech which is both original and respectful of the past.

\*The South Shore Phrase Book (Hantsport, N.S.: Lancelot Press, 1983), pages 7-8.

\*\*John Gould, *Maine Lingo: Boiled Owls, Billdads, & Wazzats* (Camden, Me.: Down East Magazine, 1975).

### Far Eastern Townships Phrases

Here are some examples of township phrases, maybe you can add some of your own and send them along to Lewis.

- \* **Baw-Baw Brook**—Name of a brook near Canterbury, after the "side-name" or nickname of the Scots blacksmith, John "Baw-Baw" MacLeod, who built the bridge.
- \* I let him have it **both chambers**—Cookshire way to describe a forceful verbal attack, a variation on the more common "both barrels".
- \* As tough as a **boiled owl**—used in Lawrence Colony to describe, not food, but someone's attitude.
- \* **Breachy**—a cow in heat.—Bury.
- \* **Crow storm**—weather predictor based on observation of fall grouping up of crows—"You've got to have a few crow storms before you can have a snow storm." This phrase is interesting to compare with the Quebecois tradition of the "petit hiver," or "little winter," a name for the sudden sharply cold, windy reversals of the spring warm-up which send crows flying the wrong way again. By legend, it is a punishment for the crows' having failed to bring back news of the receding Flood to Noah in the Ark.
- \* **Draw fire**—take pain out of a burn. In Mississippi, known as "eating fire." As much as a **goose knows about God**—Lawrence Colony expression to describe great ignorance.
- \* **Hooter**—The telephone, from the old days when there was so much noise on the line you had to yell to be heard. Used by Michael McDevitt, "What's On," *The Record*, November 18, 1983.
- \* **Horny-mones**—What makes a cow "breachy".—Bury.
- \* **Jag**—A big load of wood, on a truck or trailer. Also, a big effort. According to John Gould, *Maine Lingo*, this word originated in the shift from selling wood by the cord (a precise quantity about which disputes could arise) to by the load, "whatever the wagon would hold."
- \* **Knicky-Knocky Road**—A road between Lawrence Colony and Canterbury. Why the name?
- \* **Megantic fever**—An affliction described by Bernard Epps in "A Winter Guide," *Townships Sun*, November 1983. Among Highland Scots, "those who lived in the shadow of this mountain were made to do strange things on moonlit nights and this was 'Megantic fever', brought on primarily by sudden and severe changes in temperature."
- \* **Mister Man**—Rhythmic punctuation phrase from Eaton Corner. Like "bucky" in Nova Scotia, not necessarily friendly. "You'd better listen good, Mister Man, if you want to get there."
- \* **My boy**—Rhythmic punctuation phrase from Cookshire. Like "old son" in Nova Scotia, not confined to a boy but may be addressed to any man younger than the speaker.
- \* **St. Gapour**—A non-existent saint, like "St. Tib" in England and Nova Scotia. As saying it aloud makes clear, this entry on the list of drinks available at a bar in Sawyerville refers to "Singapore Sling." Are there other words which record the interface of French and English here? Say, "semicuré," used to describe the smoked ham and pork chops at Nichols in Lennoxville?
- \* **Tickey**—Precise. "You'd have to be a lot more tickey to use that hinge."—Lennoxville.

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# Entertainment

by Janet Motyer



Sara Parker, one of the "lovesick maidens" in "Patience", and her brother, Mark Jervis - Read who plays one of the thwarted Dragoons.

## LENNOXVILLE PLAYERS TO PERFORM 1920'S VERSION OF GILBERT & SULLIVAN'S "PATIENCE"

The comic opera "Patience" has been called one of the most perfect operas on which Gilbert and Sullivan collaborated, and it contains some of the best music although perhaps not the most familiar. The opera has not been performed in Lennoxville since the 1950's when it was done by the students at Bishop's University, so it will be a must-see event. It has all the usual ingredients one associates with Gilbert and Sullivan—a preposterous plot and witty satirical lines set to Sullivan's lovely music.

The plot this time revolves around an aesthetic pseudo-poet named Bunthorne who is adored by twenty lovesick maidens, all of whom desert their fiancées who are tough, heroic members of the 35th Dragoon Guards. Bunthorne has his heart set on Patience, a simple village girl who is totally unimpressed by either his aestheticism or his poetry, none of which she can understand. She much prefers his handsome rival Grosvenor—also posing as a poet. The Dragoons in desperation decide to follow this line in order to win back their ladies—everyone winds up eventually as part of a happy couple except Bun-

thorne—left alone and "crushed".

For a new twist, the Players are setting the opera in the 1920's—the era of flappers, the Charleston and the pursuit of all things aesthetic as exemplified at that time by Oscar Wilde. It suits the amorous, languid ladies who are competing with Patience for the attention of the two poets.

The music is again under the able direction of Morris Austin while Jeremy Dutton is in charge of the action. It promises to be a good evening's entertainment.

The Lennoxville Volunteer Firefighters' Association is sponsoring the show, proceeds of which will go towards the many social welfare projects to which this well-known group of local businessmen is dedicated and for which they give freely of their time.

The show opens on Thursday, January 19th, and runs for three nights so plan to take the whole family. Curtain time is 8:00 p.m. Tickets are available at G.L. Beaulieu Inc. and The Addition in Lennoxville, Wilson Musique Inc. in Sherbrooke, or by phoning the Centennial Box Office 563-4966. □

### ON THE COVER OF THE SECOND SECTION

The picturesque Fraser Farm in Cookshire was built in 1898, the same year the present owner Donald Fraser was born. The land has been in the Fraser family since 1828.

Mr. and Mrs. Donald Fraser celebrated their 50th wedding anniversary on December 6th. They had 12 children and 7 of them are still living in the Eastern Townships!



## CENTENNIAL THEATRE WELCOMES TORONTO DANCE THEATRE

Deemed "the elder statesman" of Canadian contemporary dance by Mac - Leans, the **TORONTO DANCE THEATRE** will perform at Lennoxville's Centennial Theatre on **Wednesday, January 25**, as part of the group's 1984 tour to Québec.

The **TORONTO DANCE THEATRE's** beginnings go back to 1968. From the first modest studio above an auto-body shop, the group developed into a touring company which, in 1978, was able to relocate to the specially renovated St. Enoch Church in downtown Toronto.

Critics applaud the Toronto Dance Theatre as "brilliant" (Toronto Star) and "polished and energetic" (Globe & Mail). In 1983 they won the prestigious Chalmers Award in choreography.

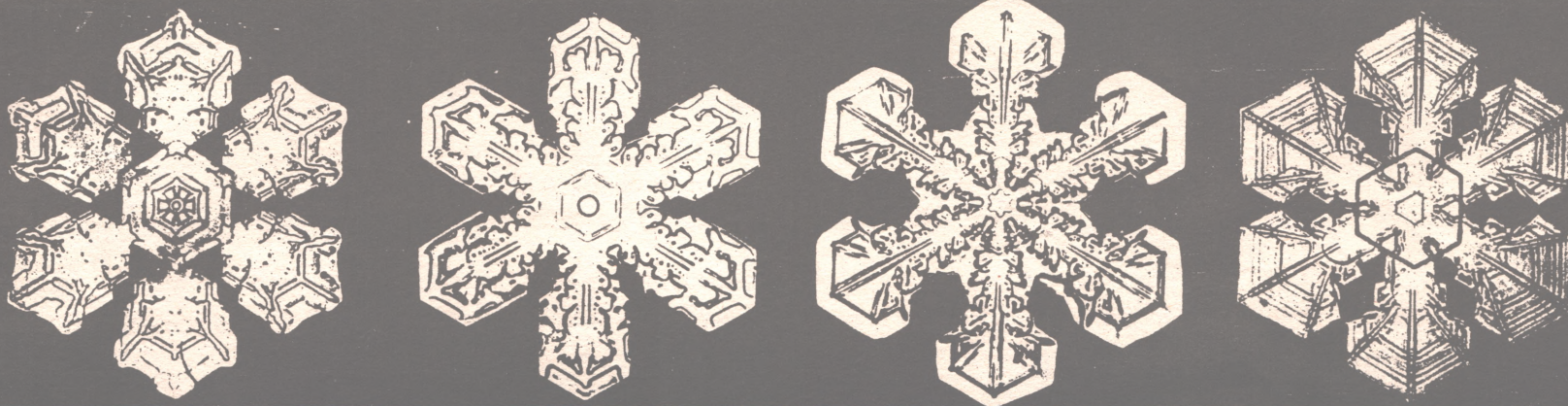
The Toronto Dance Theatre is noted for its continuing fidelity to the principles of famed choreographer Martha

Graham. A lot of what is happening now isn't dance, but imagination gone wild.

Martha Graham's techniques of modern dance derived from earlier work by dance pioneer, Isadora Duncan. Graham developed an organized and unique vocabulary of abstract movement based on muscle contraction and release. The result: an economy of movement with abstract decor and use of fabric to highlight the dances.

A workshop will be taught by present Artistic Director Kenny Pearl at 4 pm, January 25, in which the essentials of the Graham method will be reviewed.

Information on the workshop and tickets for the 8:30 pm evening performance can be obtained at the Centennial Theatre Box Office, open daily 2:30 pm to 5:30 pm. Tickets are \$8.00, regular and \$4.00, students. □



There once was a little Snowflake. The little Snowflake was not very happy because he did not have any friends. The little Snowflake Twisted and turned around falling to the ground. When he came to the ground he found Plain ~~is~~ Snow lying on The ground. Then the little Snowflake jumped high into the sky. Then what a surprise. when he was falling to the ground he saw twelve Snowflakes falling to the ground holding hands. When the snowflake saw this, he went and held hands and then he had some friends to Play with. When the Snowflake fell to the ground he looked up at the sky and saw many more snowflakes falling to <sup>the ground</sup> and then he was so happy that he flew in the sky because he had so many friends.

The end Jill Gr.2



# An Essay on Snow

*"The first fall of snow is not only an event but it is a magical event. You go to bed in one kind of world and wake up to find yourself in another quite different, and if this is not enchantment, then where is it to be found? The very stealth, the eerie quietness, of the thing makes it more magical. If all the snow fell at once in one shattering crash, awakening us in the middle of the night, the event would be robbed of its wonder. But it flutters down, soundlessly, hour after hour while we are asleep. Outside the closed curtains of the bedroom, a vast transformation scene is taking place."*

J.B. Priestley

Snow is a complicated business. The Eskimo's are rumoured to have fifty different words for the thing we call snow and they aren't far off because scientists have classified eighty different types of snow crystals. That list is simplified into ten basic types yet they admit that, of the countless numbers that fall from the sky, no two snowflakes are exactly alike.

People have written entire books about snowflakes. Wilson W. Bentley, a Vermont farmer, spent half his life photographing them and published nearly half of his 5,000 plates in 1931 in a book called *Snow Crystals*. Dubrowsky of Poland and Nakaya of Japan are just two scientists who have published authoritative tomes on the subject, and once the snowflake touches down, so many changes are affected by temperature, time and pressure that an entirely new field of study opens up.

Basically, when the temperature of the air is above 40 below—Fahrenheit or Celsius, the figures converge at that point—water vapour collects about microscopic particles of dust to form raindrops or snowflakes. Below that temperature, ice crystals form spontaneously but the amount of water molecules available determines just how those crystals will grow. Since air is usually layered with different temperatures the falling snowflake takes on different shapes as it passes through different layers and this accounts for the great variety in the shape of snowflakes.

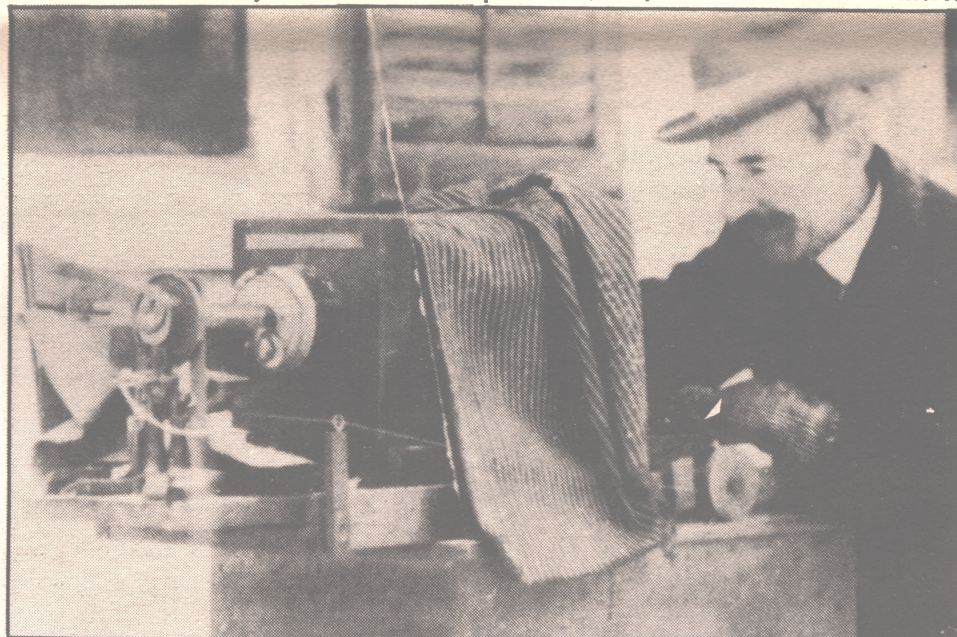
In the early years of the Townships, snowfall was considered a great blessing because it provided the only easy transportation of the year. "We generally have snow sufficient for sleighing," boasted Samuel Brooks of Lennoxville to the British American Land Company in London, "from the 20th of November to the 15th of March". People waited for winter to travel to Montreal or Three Rivers or Boston.

And all Townships' farmers and gardeners know of the insulating properties of snow. Because layers of air are

trapped between layers of ice in the snowflake, snow preserves heat in the ground and temperatures below the snow may be as much as forty degrees warmer than above. Only areas in fields and lawns swept free of snow by winds are likely to suffer 'winter kill'.

The average annual snowfall around Sherbrooke is 322.6 centimeters or ten feet seven inches. Hilly areas have more.

Maine averages 8 feet a year, New York State 7 feet and parts of the Sierra Nevadas as much as 30 feet but two thirds of the land area of the globe have no snow at all. The greatest recorded snowfall in Canada—for those interested in such things—was at a hydroelectric station in Kemano, B.C., 400 miles north of Vancouver. In the winter of 1956-57, sixty-six feet of snow fell there.



W. Bentley's "Snow Crystals", McGraw Hill 1931

Wilson ["Snowflake"] Bentley took the world's first photomicrograph of a snow crystal on January 15, 1885, when he was twenty. Working with the homemade camera shown above, Bentley photographed more than 4,500 different crystals before his death in 1931. He gained a worldwide reputation as the Snowflake Man.

## JANUARY THAW

*A thaw in the middle of winter is the most disagreeable change that can be imagined. After several weeks of clear, bright, bracing, frosty weather, with a serene atmosphere and cloudless sky, you awake one morning surprised at the change in the temperature; and, looking out of the window, behold the woods obscured by a murky haze — not so dense as an English November fog, but more black and lowering — and the heavens shrouded in a uniform covering of leaden-coloured clouds, deepening into a livid indigo at the edge of the horizon. The snow, no longer hard and glittering, has become soft and spongy, and the foot slips into a wet and insidiously-yielding mass at every step. From the roof pours down a continuous stream of water, and the branches of the trees, collecting the moisture of the reeking atmosphere, shower it upon the earth from every dripping twig.*

Susanna Moodie; *Roughing it in the Bush.*



# Conservation & Nature Notes

by Gladys Mackey Beattie

# Winte



Following and identifying animals by their tracks is an age-old art. Some of man's earliest recorded writings depict bird and animal tracks. The only "scientific" evidence that we can claim as evidence of mysterious "snowmen" living in isolated mountain areas is through tracks. Many bird and mammals are nocturnal, and tracks are the only testimony we have of their presence. Squirrel tracks bouncing across the snow may be the first indication of unwanted visitors at your bird feeder. Bears sometimes climb beech trees in search of nuts. Scars form on each claw mark and that climb is recorded for the life of the tree.

Identifying tracks in summer may prove very challenging, depending on the presence of soft earth, sand or mud. Winter is quite the opposite. Snow affords us an excellent medium for recording footprints. An early morning walk may show a surprising amount of night-time traffic in an apparently deserted spot. A new fall of snow provides a fresh page for recording and reading animal travels.

Through reading tracks in the snow I can see that one large, one medium and one quite small deer regularly travel across our pasture to the woods beyond. The small tracks stay quite close to the medium track and often run in a circle around it. Obviously an exuberant youngster (a late born one) with its mother. The other much larger tracks travel far from the other tracks but parallel to

them. Possibly a buck's. We have more than twenty common mammals we can track throughout snow season. Although some of these hibernate most of the winter, and many hibernate part of it, there are still lots of tracks to find and follow.

Tracks can tell us a great deal about an animal. Obviously small tracks are made by small animals and vice versa, but there are other indications as well. Porcupines, for example, lead a relatively sedentary life. Like Skunks, they have a special defense system and do not need to run or fight for protection. They can afford to poke along, on short legs, and their evenly spaced little foot prints plainly say so. A Skunk was not designed to hurry.

A Snowshoe Rabbit, on the other hand, is a much hunted creature. He is nervous, quick and alert to danger. Speed is his defence. His large hind feet keep him on top of deep snow and his strong hind quarters enable him to duck, dodge and run quickly. His front paw tracks are tiny when compared with the hind ones.

A fox must travel great distances to find his supper. His stride is smooth, regular and effortless. His tracks often follow smaller animal trails.

Habitat is all important when finding and identifying tracks. Each animal has its own life style and food requirements. You would not expect to find a River Otter checking out garbage cans. This would be a Skunk's or a Raccoon's domain. If the animal that raided the

garbage climbed a tree to sleep off its feast, it would not have been a Skunk!

A Porcupine literally plows a road through deep snow to reach his feeding trees and his sleeping tree. Often his quills leave little drag marks in the snow on either side of his roadways. Raccoons, Otters, Mink, Weasel and Beaver like to stay within reasonable distances of water. The Otters' winter slide across the ice may often be found. A Snowshoe Rabbit prefers a clump of softwood trees bordering a meadow. Chipmunks need cones and seeds. The dense root system of a large old spruce tree provides easy digging and safe tunnels for Chipmunks, while the tree itself provides seeds and buds. Squirrels too need trees. Usually large old hardwood trees with nuts and seeds for food,

cavities for nesting or tall thick tops to build leafy food caches in. A moose requires shallow, spring fed ponds and lakes that don't freeze over easily. Mice prefer open meadows or woodland edges where they can scamper about on the snowy surface on moonlight nights and travel and feed safely by day in tunnels under the snow.

### Stories in the Snow

Deer trails lead from wintering yards to browsing areas in young hardwoods. They do not usually yard up until snow gets too deep to travel easily. Until then their tracks may be seen almost anywhere as they wander across the country visiting apple trees, raspberry patches and anything else that catches their

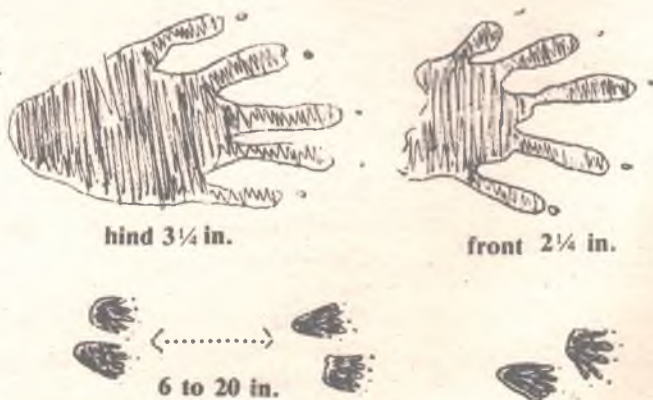
fanc too, show Of Squi acro way wing track sudd leaps awar read than but end! So track winte you c



## Skunk



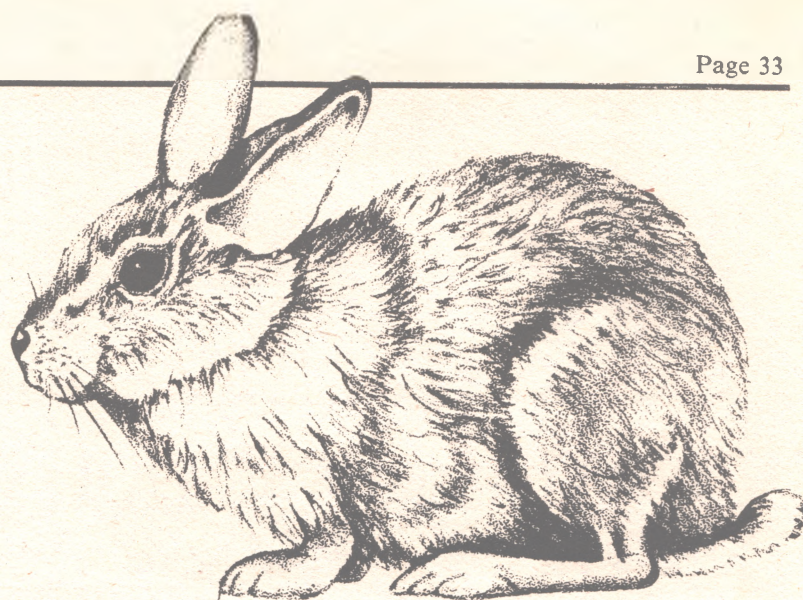
## Raccoon



## Chipmunk



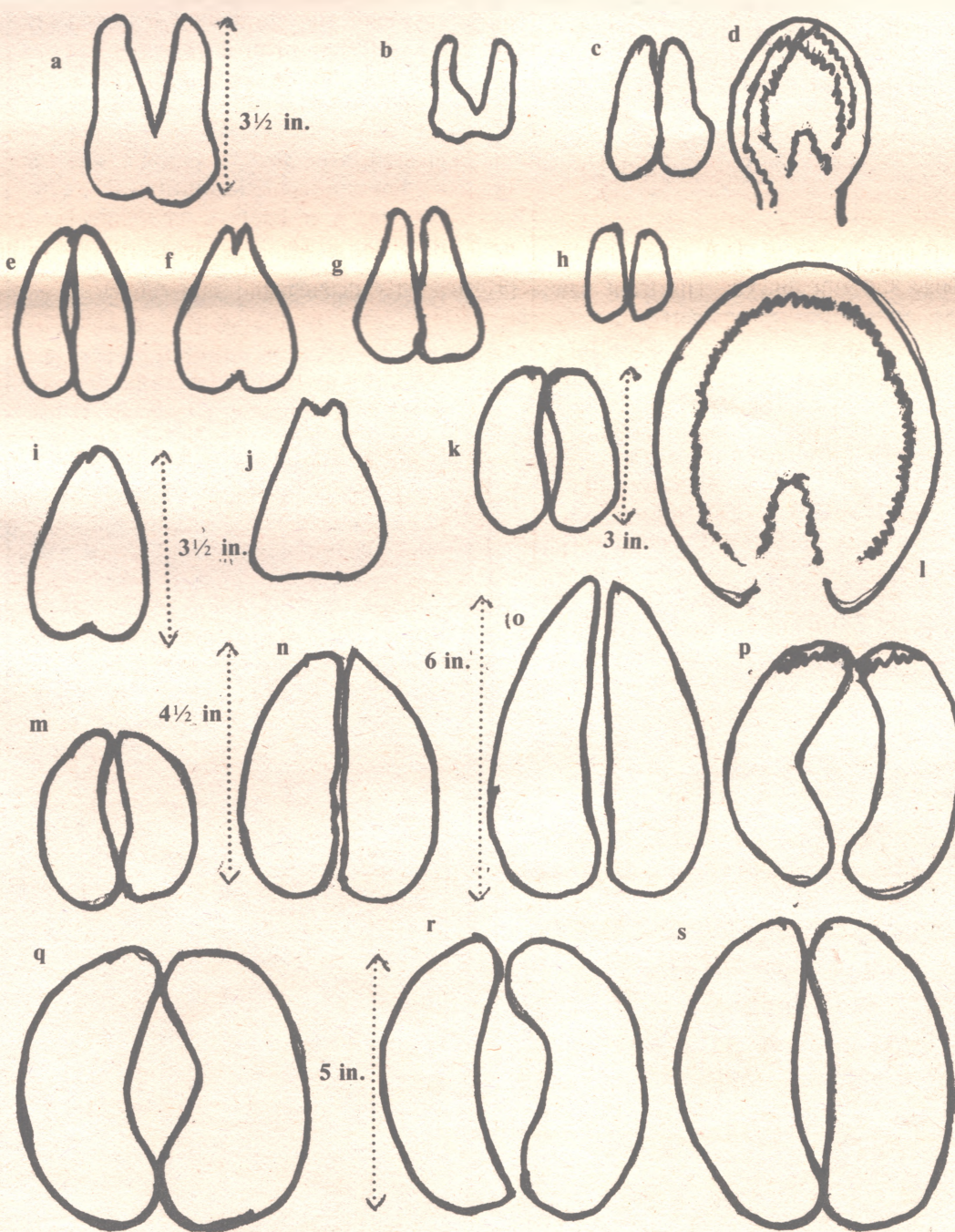
# Tracks



Perhaps they do this in summer  
 t we do not have the tracks to  
 where they have been.  
 stories can be read in the snow.  
 tracks scamper from tree to tree  
 ne snow. They stop abruptly half  
 ween two trees. There are two  
 arks and nothing more. Fox  
 ollow a rabbit track and then  
 y the rabbit starts to make great  
 Obviously the rabbit became  
 f his pursuer. It is interesting to  
 tales the snow tells. More often  
 t, we have to guess the ending,  
 t that how the best of stories

re are some animals and their  
 o help you read the snows this  
 See how many different kinds  
 identify. □

## Hoofed Animals



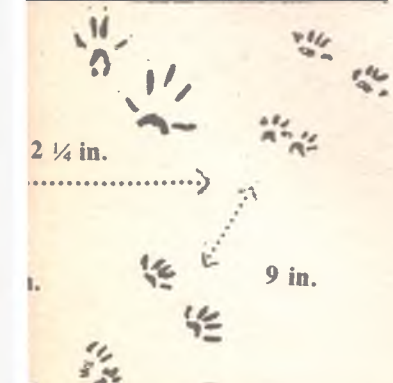
- a. Mountain goat.
- b. Domestic goat.
- c. Domestic sheep.
- d. Burro.
- e. Mule deer.
- f. Black-tailed deer.
- g. Mountain sheep.
- h. Peccary.
- i. White-tailed deer.
- j. Antelope.
- k. Pig.
- l. Horse.
- m. Domestic calf.
- n. Elk.
- o. Moose.
- p. Caribou.
- q. Domestic cow.
- r. Muskox.
- s. Bison.


Animal tracks / A Field Guide to Animal Tracks



"If I were to make a study of  
 the tracks of animals and repre-  
 sent them by plates, I should  
 conclude with the tracks of  
 man."

Henry David Thoreau





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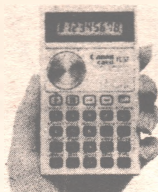

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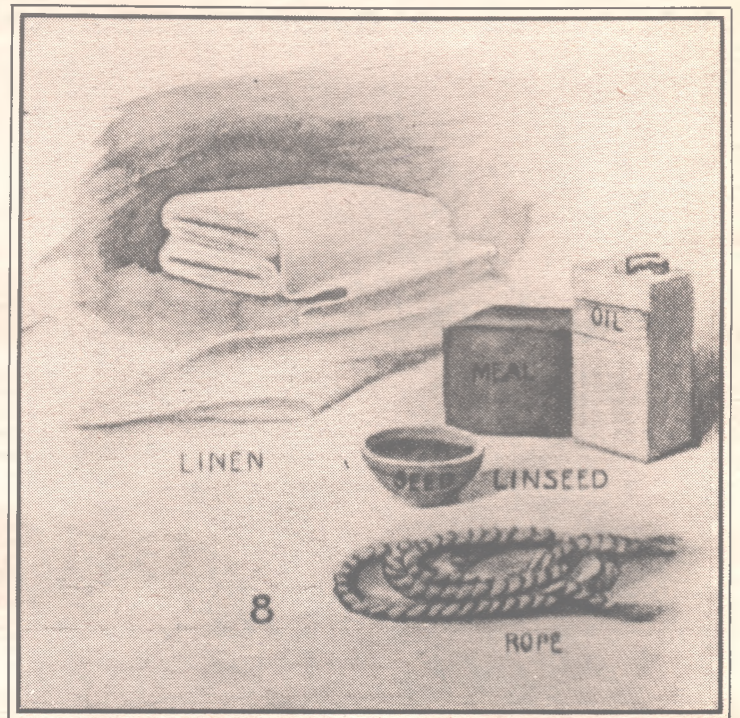


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## Growing and Processing Flax

by Lavina French

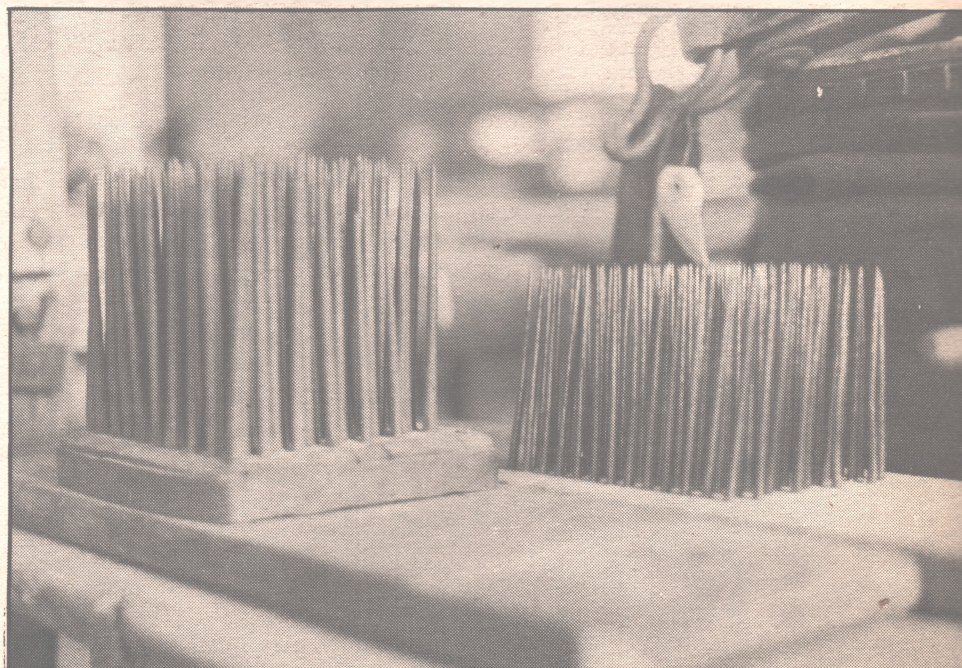
One of the first items of commercial value produced locally was bed cord. On entering a store in the last century there were very few items displayed as compared with today's Super Markets. There would be hanging from the overlays a roll of ecru-coloured cord. It was in great demand and its purpose was for holding up bed ticks filled with straw, corn-husks or feathers on the beds of the more prosperous. Have you been to a sale of antiques and seen wooden bed frames with holes bored along the sides and ends? It was through these holes that the cord was threaded back and forth and across. It was replaced when metal bed springs were invented. It had to be of a long strong fiber. Flax was grown to furnish this product as well as having many other uses. The trade value it has could supply a household with salt, saleratus, square hand-forged nails or a clay pipe.

When the Irish people came to the Eastern Townships to make homes they brought along their spinning wheels and the knowledge of how to grow and process flax into cord, thread, the finest of white linen, linsey woolsey and a

coarser unbleached ecru-coloured fabric with a more durable quality.

Flax or *Linum Usitatissimum* was used as a long fiber in the production of linen. It was first planted similar to a grain crop, 80 pounds to the acre recommended. Flowers can be white, pink, or blue. It was a heavy feeder. Its chemical components were carbon, hydrogen, nitrogen, oxygen and ash. At harvest time its seed-pods or bolls turned yellow. The crop was cut with a sickle and left in piles or set in gails or wigwams. A rainy season was desired to commence the process of retting or loosening the long fibers from the bark and seeds. If not, manual wetting or retting in vats had to take the place of damp weather. Next it was crushed or scutched into pieces called shives, run through a large comb with many long teeth called a heckle, then carded into a sliver. The long fibers, one foot, were called a line and the shorter fibers were called tow. Better results were had if the material was dampened.

The slivers or line were then twisted on the flax wheels (small spinning wheels) and wound on bobbins. A measure of tread-a-lea was three hundred yards. This could then be sized by



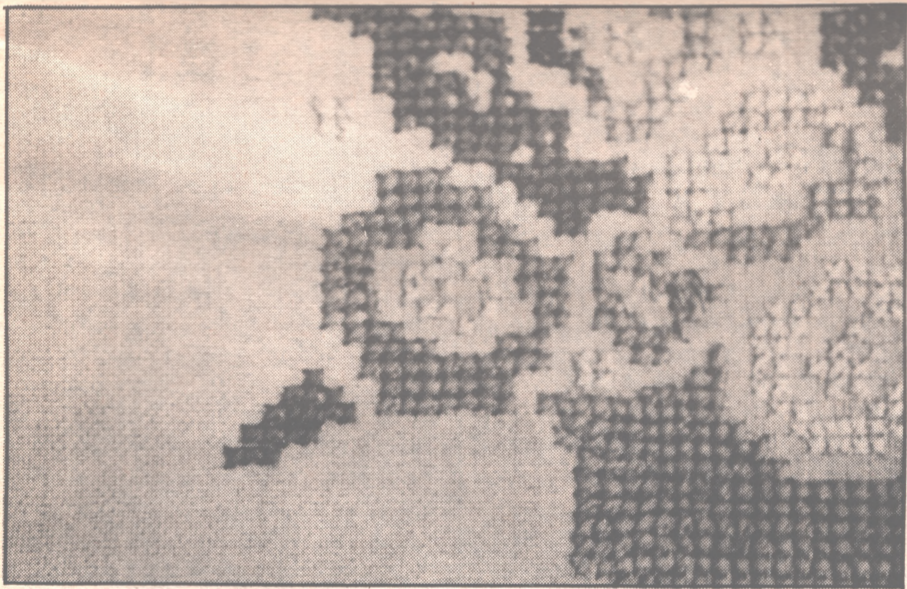
These heckles, used to comb the shives, are on display at the Compton County Museum in Eaton Corner.



Fancifully embroidered cover from about 1875.

using zinc sulphate, suet, yellow wax, glycerine and water. Then many strands were twisted together on the large spinning-wheels to make the hanks of bed-cord that was a trade item in those days.

crop to Ireland? Queen Victoria's household was supplied with linen sheets and towels while today a Linen Shower given a Bride contains little linen. Its use in the home began to phase out when American cotton could be bought for



Detail of the texture of hand woven linen.

The remaining fibers now in a thread form were brought to the looms. Now all was ready and the ladies passed the winters throwing the shuttle back and forth on the looms and watching the rolls of cloth grow, dreaming of the fine white linen they would bleach for lace edged underclothes, aprons, pillow-slips or (in the case of the item shown) a tick or mattress cover for a trousseau-era 1875-80.

The seeds of the flax plant were rich in oil and would add yellow to the winter's butter when fed to the milking cow. Its medicinal value—flax seed applied to eye would cure a stye.

Linen cloth is the material the oldest of mummies are found to be wrapped in. It is of such ancient usage that its origin is unknown. Roman priests were robed in it. Did Saint Patrick take the

.04 and .05 cents per yard in the early days of this century.

The finest of writing paper is made from flax or part flax and wood-pulp. Linen paper means just that—made from flax—though the rag-man comes no more calling out "Rags to buy, Rags, Rags." as there are very few rags of linen to be found today.

Linen thread is the best with which to sew on a button. Linen twine and towelling have no substitute which is as good. One sign of changing times is that our best Irish linen comes from Belgium. In recent years little flax has been raised in Quebec. Ontario still produces some but possibly the oil content of the seeds is in more demand than the fiber of the plant. □

*Lavina French lives on a farm outside of Sawyerville.*

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## AGRI-CULTURE:

# Winter Reading

by Joe Smillie

Winter is traditionally the farmer's time for thoughtful introspection. As the climate forces most of us to a slower pace the time, for evaluation of the past year and planning for the next growing season, arrives. Part of this process usually involves catching up on some magazines and articles we didn't have time for in the summer or fall or to pick up that book we have heard about. Radio and T.V. still offer only brief limited access to in depth reports. We are, at the beginning of the electronic mail age, still dependent on magazines and books for detailed information on the new ideas in agriculture. The following periodicals and books are this biased critic's choices for 1984 winter reading. Information for ordering by mail is included but most bookstores will procure them if asked.

### Computers in Farming

If you have been wondering whether a computer would be cost effective in your farming enterprise this is the book for you. The book gets down to the details immediately. The ground rules are laid; 1) identify specific information needs 2) evaluate software which meets those needs 3) select appropriate hardware. The author, a professor of agricultural economics, postulates that the 3rd agricultural revolution (after animal power and mechanical/chemical techniques) is the emphasis on financial management for farm growth and/or survival. Since profit margins are so small all decisions become critical: since decisions are based on information at hand and computers store and organize information par excellence therefore....The book is divided into 3 sections; Background, Farm Computer Systems, Farm Computer Applications. The second section guides the farmer through the evaluation of his information needs and necessary software programs. The third section tackles financial accounting, maintaining production records, operational and financial planning, marketing, annual financial statements etc. If the days of farming as accounting are upon us this book, as the first step into computerization, is essential.

**Computers in Farming**  
Steven T. Sonka  
McGraw-Hill  
P.O. Box 400  
Hightstown, NJ 08520

### Algeny

A blockbuster of the year! This book investigates the revolution in biological engineering involving such techniques of genetic manipulation as recombinant

D.N.A. Rifkin is no Luddite—he does feel that agricultural genetic engineering has a place in our future. His fear is that our view of nature (to be manipulated not harmonized) and our greed (multi-national corporate control of agricultural future) will doom this technology. He points out that with the computer as our central technology and chief metaphor we are in danger of seeing a plant as an information flow, or series of genetic programs existing in a temporal relationship, not as a species with structure function and a varietal right to exist. Life, in this view becomes a genetic pool with the 'algenist' as creator of life-forms. We now have the tools to cross the nuclear boundaries of plant and animal species. We can now accomplish Hitler's wildest dreams. Awakening from this air-conditioned nightmare the author poses an alternative: a reconceptualization of nature, technology and civilization and development of sophisticated technology that will work within nature's own productive tempo.

**Algeny**  
Jeremy Rifkin,  
Viking Press

### The Rest of the Story...

A great new synopsis of agriculture to-day. Written in a learned but simple style this book covers it all; from soil, plants and animals to fertilizers, pest control, and politics. The author was an agriculture professor who became an agricultural consultant. Dr. Willis takes an ecological approach to his material with inputs from various schools of thought such as Rheams-Show, biodynamics, Acres, and Rodale. The 221 page book is well laid-out and blends complex technical data with the basics.

\$7.75 U.S.  
Dr. Harold Willis  
Box 692  
Wisconsin Dells  
WI 53965

### The Soul of Soil

More appropriately sub-titled 'A Guide to Ecological Soil Management' this 60 page handbook was sponsored by the Vermont State Extension Service. Lavishly illustrated with diagrams and pictures the author has compacted numerous soil reference works into one readable guide. The emphasis, in the author's words "is on Vermont and the Northeast—to limit its scope because ecological agriculture must be regionally focused." Soil chemistry and soil biology are well explained and the numerous charts and appendices are extremely



useful. The only weakness of the handbook is the scant information on tillage equipment and its effect on soil management.

**Soul of Soil—Grace Gershuny**  
The Extension Service  
University of Vermont  
Morrill Hall, Burlington 05405

**Ecological Fruit Production in the North**

Since the authors of this 270 page book are Québec residents their information is especially useful control is as complete as it can be at this stage in the evolution of ecological techniques. This book contains useful colour plates and numerous diagrams.

**\$13.50 Canadian**  
**Ecological Fruit Production**  
in the North  
B. Hall-Beyer & J. Richard  
R.R. 3 Scotstown, Que.

**The New England Farmer**

This monthly newspaper is a sound product of progressive agricultural thought. While leaning in the direction of the Vermont dairy farmer this paper covers all facets of agriculture in New England. Still, much of the milk pricing, federal and state loan structures, income tax, etc. information may not be applicable for Townships residents. All aspects of fruit production are covered although the information on site planning and planting is scanty. The

chapter on climate and hardiness is the most scientifically-sound information available. The presentation of numerous cold-hardy apple, pear, cherry, plum etc. varieties is unsurpassed. The information on pruning is not a compilation and discussion of the various methods but on elaborate presentation of one particular style. With pruning, as with many subjects, perhaps it is best to learn one method and stick with it. Fertility management is only briefly covered but in the section on pests most of the details apply in our similar climate.

12 issues \$7.50 U.S. per year  
New England Farmer  
St.-Johnsbury, Vermont 05819

**The New Farm**

Rejecting its past insistence on theoretical organic purism this magazine now concentrates on practical, ecological, scientific, farm information. The Nov.-Dec. 1983 issue did a complete cost analysis of a diversified Pennsylvania farm which rents land from the Rodale organization (New Farm publishers) but uses minimal chemical inputs on its own land. The analysis points out that net profits are greater than most high production conventional farms. This magazine is directed at farmers not onlookers. The subscription includes an answering service and discounts on books and special reports.

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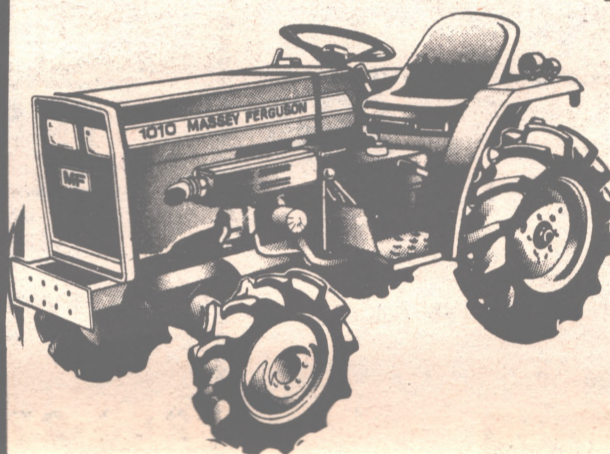
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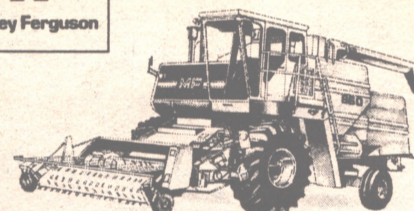
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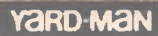
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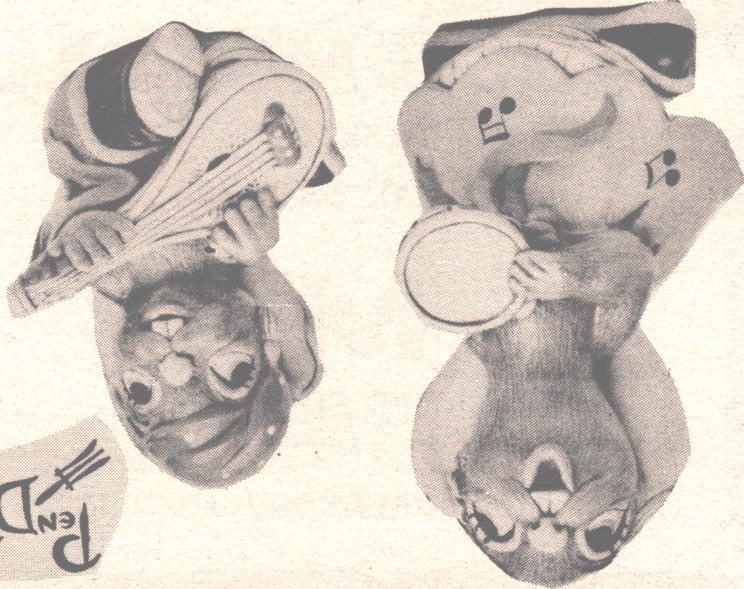
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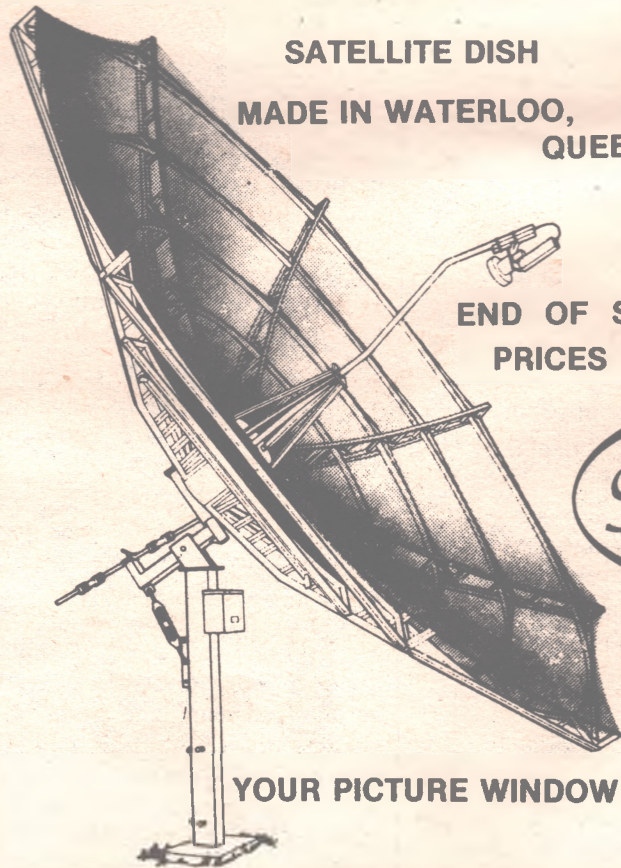
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Reg Darbyson  
Mansonville, Quebec

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Mtl. 514/861-7604

## DOWN

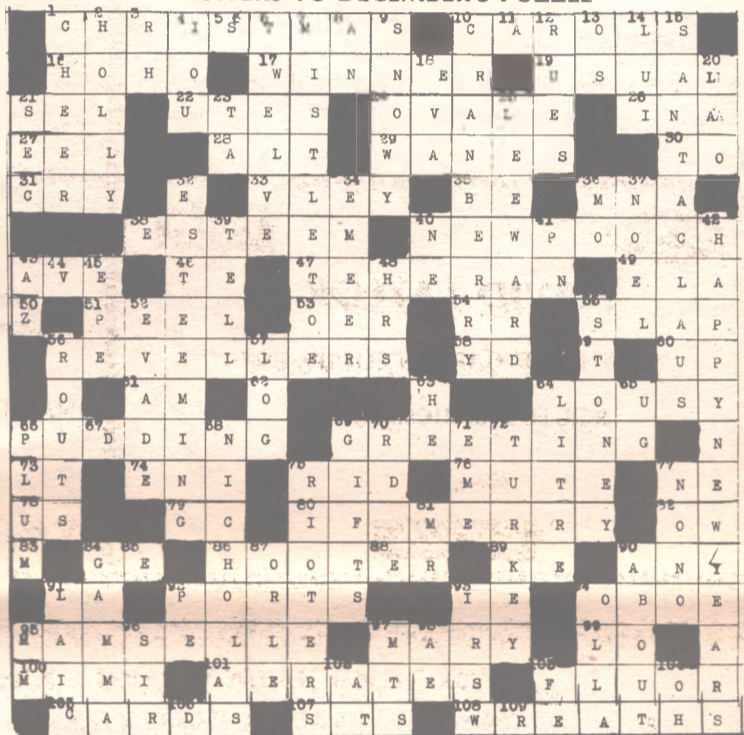
1. A Tshps winter sport
2. I had many wives
3. Tshps attractions makes me one
4. Salmon \_\_\_\_\_e
5. Well-known Tshp's University
6. Highway abb.
7. I start a loved southern song
8. A city in N.Y.
9. Sort
10. Salad ingredient
11. Tshps \_\_\_\_\_ & crafts are well-known
12. A Yamaska River town
13. My coat turns each year
14. Bible Book (ab.)
17. Flower of the Tshps
18. Cattle auction site
21. Stanstead Co. mineral
23. Nor
25. The Gatekeeper (ab.)
26. A misspelled few
33. The Tshps Neighbour (ab.)
34. \_\_\_\_\_ Stanley Gardner (pl.)
36. The most important letter
38. Pierre's key
40. Fits to a \_\_\_\_\_
41. One of the Tshps oldest towns
43. Avenues (ab.)
45. A Townships county & town
47. In the past
48. Metallic ore veins

49. Tshps Teaching Inst.s
51. I fish on Lake \_\_\_\_\_
52. Bad tempered
53. A real friend
55. A spring money tree?
61. The 15th letter
63. Prefix meaning well
67. ---the greatest of \_\_\_\_\_
68. Opposite to verse
69. Goal
70. Town near Brome Lake
72. I \_\_\_\_\_ove the Townships
76. Fast plane
77. Penn. State U.
78. One-half Qt.
79. Formerly mined near East-man
81. One who bawls
82. The 5th letter
83. Log site for many Tshppers
84. The Nile lady's nickname (pl.)
86. One of the Tshps Hospitals
87. To make scholarly correct
88. Short for Simon
90. A measure of land
94. Poetic contraction
98. A gypsy is par h---
101. We-objective
102. An older member
103. Learn you --C's
105. Belongs to
106. Newspaper financing

# C R O S S W O R D S P U Z Z L E

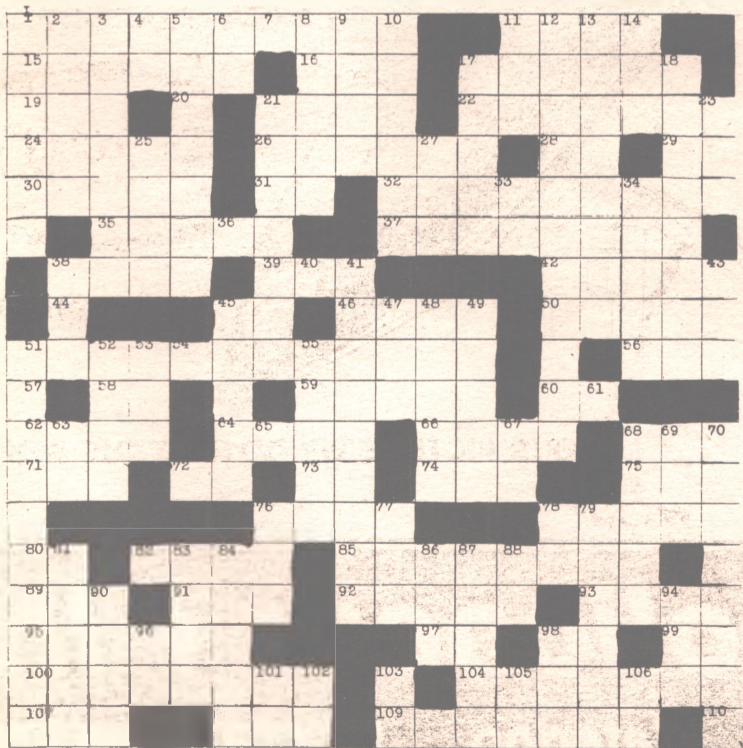
by Doris McKelvey

## ANSWERS TO DECEMBER'S PUZZLE



## ACROSS

1. The queen city
11. Peak
15. An adjective for a gambler
16. Abbreviated girl's nickname
17. Sags
19. Man's bad friends-taxes & -(ab).
20. A sexy letter (curves)
21. Man is male-what----er are you?
22. An eastern city
24. You must be---or foolish
26. Vegetable of early summer
28. An article
29. \_\_\_\_\_ and behold
30. Of or at night
31. Same as 28A
32. The Lenn. Community Aid worker
35. B. \_\_\_\_\_s is a well-known writer for Sun
37. Secret agent
38. An abbreviated full moon
39. \_\_\_\_\_ a long way to ---
42. A Townships' furniture maker
44. 50-Roman style
45. The sun- "\_\_\_\_\_etter \_\_\_\_\_han ever"
46. A mineral of Highwater
50. Motionless
51. Beautiful waters (Lake)
56. South of N.D.-plural
57. The beginning
58. A piece -(ab.)
59. Positive electrode
60. Look!
62. A controversial animal
64. The Tshps. are found on Que. \_\_\_\_\_
66. French sword
68. A country of India (ab.)
71. This paper's fine-it always shines
72. French article
73. Army off
74. Direction (ab.)
75. \_\_\_\_\_ Tin Tin
76. A rugged motor vehicle
78. A famous singer
80. \_\_\_\_\_ Bryant
82. A shortened slang word for talker
84. A town named for a mineral
89. Common older surname
91. Scottie wore a k \_\_\_\_\_
92. A dumb bunny
93. Plum pudding ingredient
95. A vegetable's final home
97. \_\_\_\_\_ Island
98. Activity in Tshp's hospitals
99. And, says Pierre
100. Dangerous
103. Learn your \_\_\_\_\_ C's
104. No bingo tonight, mother
107. Anger
108. Russian Rep.
109. One site of the famous Tshps. Fairs
110. If you enjoyed this puzzle, to the \_\_\_\_\_th degree, write us a note and more there will be.





the townships sun  
and these friends  
unite to wish you

# A HAPPY HOLIDAY SEASON

**LA CAISSE POPULAIRE  
DE LENNOXVILLE**  
117 Queen St. - 564-5128  
Many thanks to all our members

**THE WOOL SHOP**  
The shop with a difference  
159 Queen St., Lennoxville

**COOKSHIRE TEX**  
390 Principale  
Cookshire - 875-3338 JOB 1M0

**LENNOXVILLE PROVIGO**  
110 Queen St.  
Best wishes to our customers

**NETTOYEUR LENNOX**  
123 Queen St.  
Many thanks to all our customers

**BEATTIE'S BARBER SHOP**  
Terry wishes you a Merry Christmas  
127, Queen St., Lennoxville

**LES INDUSTRIES BOWN INC.**  
28 Conley St., Lennoxville  
Best Wishes to our customers

**RONA  
LENNOXVILLE BUILDING SUPPLIES**  
Merry Christmas  
Queen St., Lennoxville

**LA BANQUE ROYALE DU CANADA**  
131 Queen St., Lennoxville  
569-9219

**CENTRE AGRICOLE CO-OP DE L'ESTRIE**  
Grain and Feed  
Lennoxville - 567-8400

**PERRETTE**  
Open 24 hours  
96 Queen St., Lennoxville

**MIKE TEXACO SERVICE**  
89 Queen St., Lenn. - 562-8247  
Many thanks to all our customers

**L.O. CASS & SON LTD.**  
Lennoxville, Sherbrooke  
562-2685

**BETON AIME COTE LTD.**  
334 Queen St., Lennoxville  
569-9916

**STANDISH BROTHERS**  
Weed control & Fertilizers  
35 Craig St., Cookshire

**FLEURISTE LENNOXVILLE ENR.**  
163 Queen St.  
564-1441

**LITTLE FORKS NATURAL FOODS  
AND SPECIALITIES**  
115 Queen St., Lennoxville  
Many thanks to all our customers

