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October, 1986

The Townships Sun



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- Water Quality•The Agony of Sri Lanka
 - Students Against Drunk Driving
 - Covered Bridges•Houseplant Help-Line
 - Christa Kotiesen: Townships Artist
- ...and much much more!

townships

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The September issue cover featured Alain George ploughing with Knight George's team.

Editorial

The SPA (Société Protectrice d'Animaux) in Sherbrooke is having a fund raising campaign in October. They serve many communities and they do a highly commendable job of picking up abandoned or injured animals, inspecting possible animal abuse situations, finding new homes for some of the "unwants", and "doing away with" the surplus. I think they should also get a pet-neutering clinic started, and stop the pet over-population problem at the source.

The cost of neutering a cat or dog at a veterinarian's varies from \$65 to over \$100, depending on the size and sex of the animal. This high fee is a major deterrent to many people who feel that although their pet is an important part of their household, they cannot afford to spend that much on their animal.

If the SPA would set up a Special Fund or Foundation to get a clinic started, I believe people would be more generous towards such a project, rather than their donation going towards a general fund—used perhaps for dog food or salaries.

Gladys Mackey Beattie

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Calendar • October • Calendar

This calendar is a free service for our readers. If your club or church is having a meeting, dinner or special event, we will be glad to list it here. Our deadline is the 15th of each month. Please mail it to us—attention of "The Calendar".

SPECIAL EVENTS



- Oct. 1 Citizens for Nuclear Responsibility will hold their Oct. meeting at 7 p.m. at the CLSC Building at 219 Queen St. Lennoxville. All Information (819) 567-5745
- Oct. 7 The St. Francis Valley Naturalists Club will meet at the Farm Pavillion, Bishop's University Lennoxville.
- Oct. 5 The Société Protectrice des Animaux (SPA) of Sherbrooke will hold an open house as part of its fund raising campaign. Visitors will be treated to a tour of the whole SPA facility. For more information call (819) 821-4727
The Lennoxville Runners Ass'n. will hold its 7th annual Terry Fox Run starting at Bishop's University. The 5Km race starts at 12 noon and the 10Km run starts at 1p.m. Information call after 6 p.m. at (819) 563-0437.
- Oct 7 Red Cross Blood Donor Clinic of Sherbrooke CEGEP Pavillion 2, Local 55-364, snack bar facing cafeteria. 9:30 to 17:00.
- Oct. 8 Red Cross Blood Donor Clinic at Lennoxville, Bishop's University in the Pub. 10:00 to 16:30.
- Oct. 13 Compton County Historical Ass'n Annual Meeting and Banquet at Sawyerville Community Centre. Starting off with an antique car show at 3 p.m. followed by a banquet at 6 p.m. with business meeting after. For more information (819) 889-2621.
- Oct. 14 The Quebec Family History Society will meet at 7:30 p.m. at La Maison du Basseur, 2901 St. Joseph, Lachine, Que. (514) 488-7798 Guest speaker will be Mr. James R. Hay, GRS(c) whose topic is Roots, Branches & Stumps, or the Trials and Triumphs of Tracing your Family Tree.
- Oct. 11 & 12 Brome County Historical Society will hold its annual arts & crafts fair at the Brome Lake County Inn on route 243.
- Oct. 15 A.G.R.H.S. (Galt) school committee meeting will be held in the school auditorium at 7:30 p.m.
- Oct. 21 & 23 Take a 2-day Basic Tutor Training Workshop at The Eastern Townships School Board Offices, 257 Queen St., Lennoxville. Hours are 8:45 a.m. to 3:30 p.m. For more information and/or registration, call 821-9575.
- Oct. 26 The Unitarian Universalist Church of North Hatley will be celebrating their Centenary at the Sunday service at 2 p.m. All are welcome.
- Nov. 1 Pre-Christmas bazaar and handicraft sale at the Granby United Church Hall at 101 Main St. 10:30-3:00.

Last Minute Additions:

- Oct. 4 "The Annual Fall Turkey Supper will be held in the Mansonville Elementary School, beginning at 5:00 p.m.
- Oct. 19 The Sir John Johnson Centennial branch of the United Empire Loyalists will meet at the Granby United Church, 101 Main St. Church service is at 11:00 a.m. followed by a pot luck lunch with guest speaker Ms. Marion Phelps.

MUSIC

- Oct. 10 Centennial Theatre, Bishop's University 8:30 p.m. Carmen Lasky Mehta in a lecture-recital on song settings of Goethe's poetry.
- Oct. 12 Centennial Theatre welcomes back Montreal's Jubilation Gospel Choir. Founded in 1982, The Jubilation Gospel Choir grew out of the Montreal Black Community Youth Choir.

THEATRE

- Oct. 1-4 Le Theatre du Sang Neuf (Au Vieux Clocher), Magog. "Les Celebrations" with Yves Labbe, Louise Dussault and Michel Cote. Information (819) 847-0470.

EXHIBITIONS

- Oct. 1-27 Musée des beaux-arts de Sherbrooke will present a collection of oil paintings by Louis Mohlstock. The museum is located at 86 Wellington St. North, 2nd Floor. Open daily 1 to 5 p.m. Sunday through Friday. Information (819) 821-2115.
- Oct. 1-3 Bishop's-Champlain Art Gallery, Marjorie Donald Building, Bishop's University, Lennoxville, presents an exhibition of the "Parataxe" series—drawings by Graham Cantieni. Open daily Monday to Friday from 11 a.m. to 3 p.m.
- Oct. 1-9 University of Sherbrooke—Centre Cultural—Art Gallery presents La Magie de L'Image, a collection of photographs by 15 different artists. Information (819) 821-7748.
- Oct. 1-5 University of Sherbrooke—Centre Cultural—Art Gallery presents "Tapisseries-Polanaises" from the National Museums of Canada. These tapestries have been exhibited across Canada and we are fortunate that they are now here in the Townships. Information (819) 821-7748.
- Oct. 4-12 The Homestead Gallery, Lennoxville, is presenting an exhibition of paintings by Eileen T. Drew. This local artist specializes in Townships Landscapes, covered bridges, rail fences, old churches and winding roads. An exhibition not to be missed. Information (819) 569-2671.
- Oct. 3-26 The Galerie Horace presents two Montreal artists, Laurent Bouchard and Lorraine Fontaine. The gallery is located at 906 King St. West, Sherbrooke. Information (819) 821-2326.



centennial theatre

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Horseshoe Corner

by Gladys Beattie

- Oct. 11: Non-competitive trail drive sponsored by the Société d'Attelage du Bas Canada, Cowansville. A fun time for all. Information (514) 263-4833 or (514) 263-5561.

Plowing Matches

- Oct. 4: Sherbrooke County Plowing Match at Alan Suitors farm, Suitor Road Milby.
- Oct. 11: Stanstead County Plowing Match at Philip Bowen Farm, Stanstead Highway. Just south of Ayer's Cliff turn.
- Oct. 13: Eastern Townships Draft Horse Ass'n, horses only plowing match, in Upper Melbourne, at Harry Bloom's farm.

The official opening of the North Hatley to Rock Forest section of Riding Trails by L'Estrie à Cheval was held Sept. 20th. People wishing to become members and use these trails should contact Michel Poulin (819) 842-4313. □

.....Letters.....Letters.....Letters

Dear Mrs. Beattie:

I hear that you are now mainly responsible for the content of *The Sun*. Many times I have read and enjoyed your nature notes.

I am sending you, at Katherine's suggestion, the latest newsletter which the Townships Peace Group has sent out to our membership. Whether you will want, or have space, to print it I do not know, but it seems to me a matter of importance that Canadians know how devious the government and bureaucracy is about nuclear matters.

Thank you for Peter Weldon's article on George Ignatieff and Rubin's article also. I rather wish they had not been on consecutive pages because I file these things (and a lot of others) and I don't know which file to choose!

We have other articles of Gordon Edwards which we may send out later. We just don't want to swamp our members. Sincerely and with best wishes.

Kathleen Leslie
[Pres. T.P.G.]

Editor's Note:

Peter Weldon will be the speaker at the Townships Peace Group meeting Wed. Oct. 22nd at 7 p.m. at St. Lukes Church Hall in Magog. For more info. call 843-3239.

Gladys Mackey Beattie

Dear Editor:

There is always much of interest, someday I must really think whether there is anything lacking—after all it has to appeal to a diverse readership—and succeeds admirably. Thank you.

Mrs. Nancy Pacaud
Magog, Que.

Dear Editor:

I want to congratulate you on your many interesting articles in *The Sun*. The *Earthly Pleasures* Section by Marge Heggison is just great. I have tried several of her recipes and they have always turned out really well. Please keep them coming.

Shirley Audit
Erle, Que.

Dear Editor:

The article on Alzheimer's disease which appeared in the September issue was one of the best you have ever run. It was informative and down-to-earth and I'm sure will be of use to those families which must cope with the devastating effects of this disease. I think that further articles along this line would be a great service to your readers.

Janet E. Smith-Draper

Dear Editor:

I write you this short letter, just to tell you, that I've had the opportunity to read your newspaper last month. I found it very interesting and easy to read.

M. Benoit Girouard
Drummondville, Que.

Happy Thanksgiving



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Each year in Canada, about 70 young children are killed and 4000 are injured in car crashes.

The latest national survey showed that almost 80% of children under 5 are not being protected adequately in motor vehicles. Transport Canada sets tough safety

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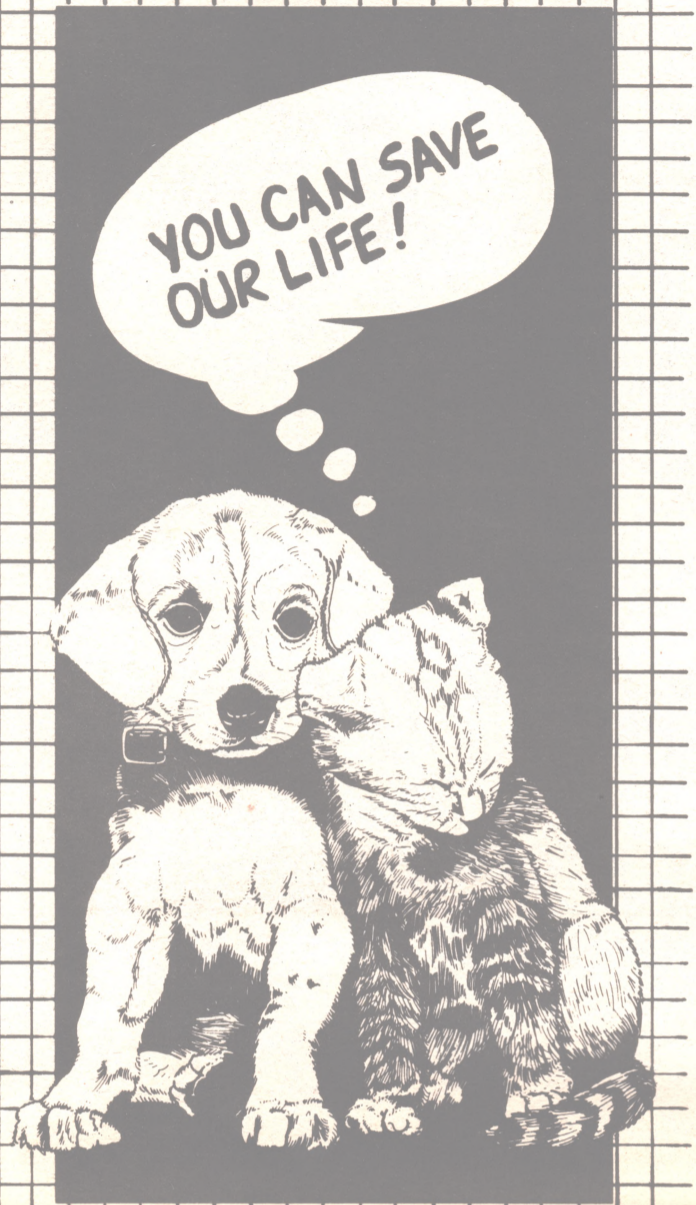
You can provide the best protection for your children by securing them in a properly installed seat, anchored to your vehicle by a top tether strap.

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Short Notes and Lengthy Graffiti

Mineral Exploration Permits were very much in demand this summer. Twenty-one were issued in the Townships. Cache-Somerville is hot on the trail of gold in the Mont-Megantic region. Mineral Lac is active in the regions of Ascot, Stoke, Hatley, Duds-well, Westbury and Stukley. Bitton Canada can be found around Weedon, Adstock, Thetford, Coleraine and Bolton. Cheminée de Cuivre Ltée. is active near Ascot. Roger Desbiens is also investigating in the same area, but near Compton. Resources Nokomis Inc. centres their efforts at Cleveland, Exploration Rio Algam at Potton and Philippe Maheux near Whitton. "Good Luck fellas—but I hope you don't find anything. Mining makes such a mess of everything. I like to see grass and trees growing on top of the ground and the stones and rocks left underneath where they belong."

Monique Gagnon-Tremblay, MNA for St. Francis District and Minister for the Status of Women is holding office hours in Lennoxville on the first Saturday of each month from 9-12 a.m. For an appointment, call (819) 565-5895.

Agriculture Canada recently opened a new office laboratory building at the Lennoxville Research Station. This cost the tax-payers \$11,087,000 or \$11,400,000. (depending on which official press release you read). The Lennoxville station is the most important animal-research centre in Quebec with their emphasis being on dairy and beef cattle, swine, forage crops and soils. Founded in 1914, the Lennoxville station is of the the 46 major research establishments operated by Agriculture Canada to support the agri-food industry.

Don't Plow that Riverbank says Clifford Lincoln, Quebec Minister of Environment. Quebeckers will be obliged to leave a 3 metre wide (approx. 10 feet) strip of uncultivated land between their lands and any watercourse. This is not only to prevent soil erosion, and keep soil and nutrients in the fields, but it will also help to clean up waterways, from suspended solids, leached fertilizers and chemicals. Our government estimates that one hectare of topsoil is lost each day to erosion.

Ellesmere Island National Park was officially created last month. This is Canada's most northerly park. Its 40,000 square kilometers of spectacular scenery contains mountain ranges, glaciers, fiords, musk oxen and Peary caribou, among other things.

Lennoxville is building a cycling path along the St. Francis River. Utilizing the roadway made during the recent installation of new sewage pipes in the area, it should serve x-country skiers and walkers also.

Montreal's Jubilation Gospel Choir Returns to Centennial

On Sunday, October 12 at 7:30 p.m., Centennial Theatre welcomes back Montreal's Jubilation Gospel Choir, who performed three years ago to wildly enthusiastic audiences in the Theatre. Under the direction of **Trevor Payne**, this group of more than fifty talented singers has continued to enlarge its following among lovers of gospel music with its powerful blend of jazz, blues and religion.

Engineering Opportunities

If you are a graduate electrical or mechanical engineer, or are approaching graduation, we'd like to talk to you about the challenge of a career in the Canadian Armed Forces. Whether you're in the army, navy or air force, you will be expected to lead a team of top flight technicians testing new devices and keeping various installations at combat readiness. You may also be involved in new equipment design and development. We offer an attractive starting salary, fringe benefits and secure future.

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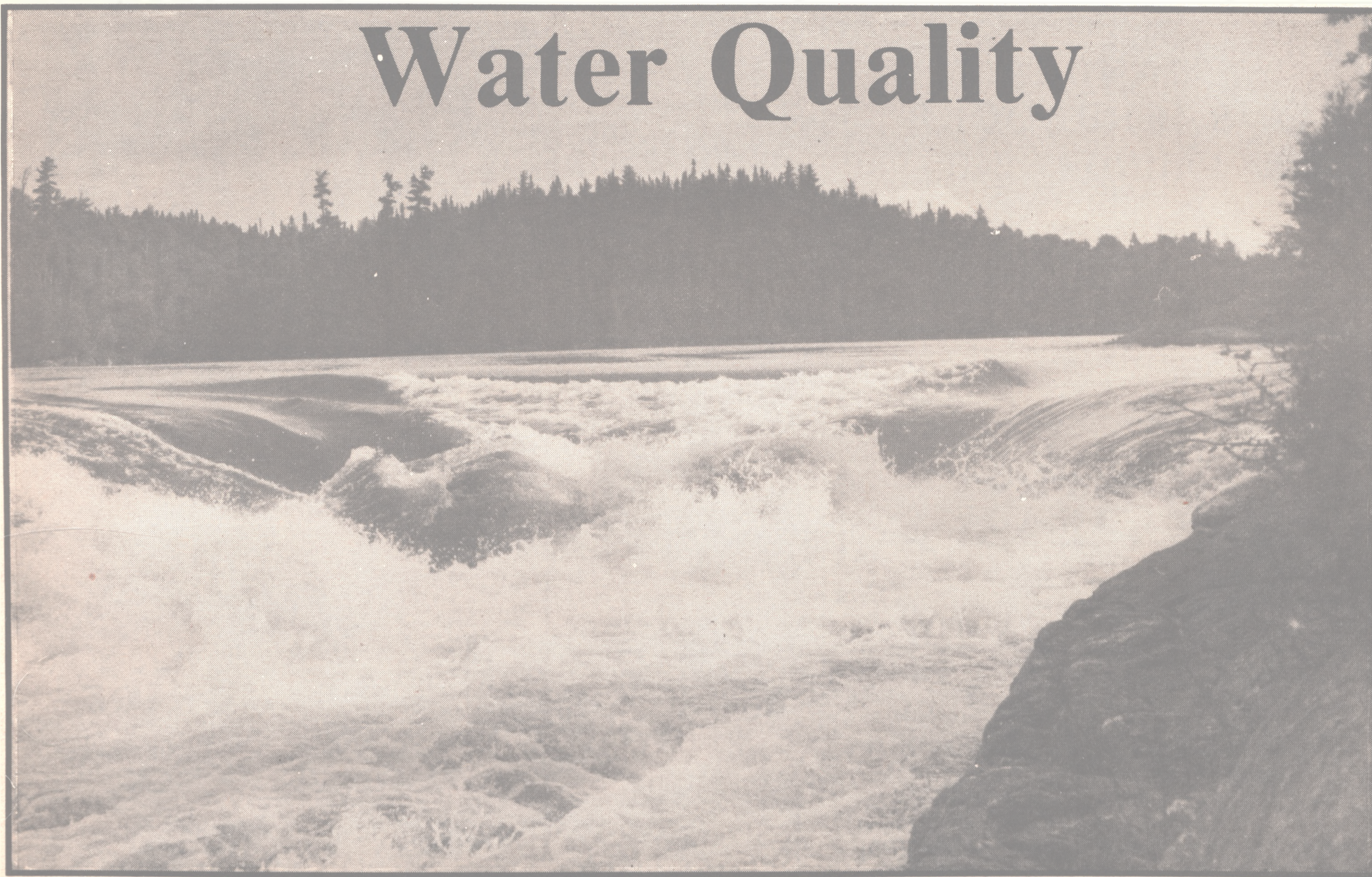
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**THE CANADIAN
ARMED FORCES**

Canada

Water Quality



by Joseph Smillie

The recent water-boiling ritual in *The Sun's* home town of Lennoxville has served to remind us of the fragile nature of one of life's essentials. Lennoxville had been proud of its pure water supply from municipal wells, but a new waterpipe installation led to bacterial contamination. This, in turn, necessitated the installation, hopefully temporary, of a chlorination system. This experience is not unique. In Lennoxville the contaminant was bacterial, not one of the more insidious wastes of our industrial society.

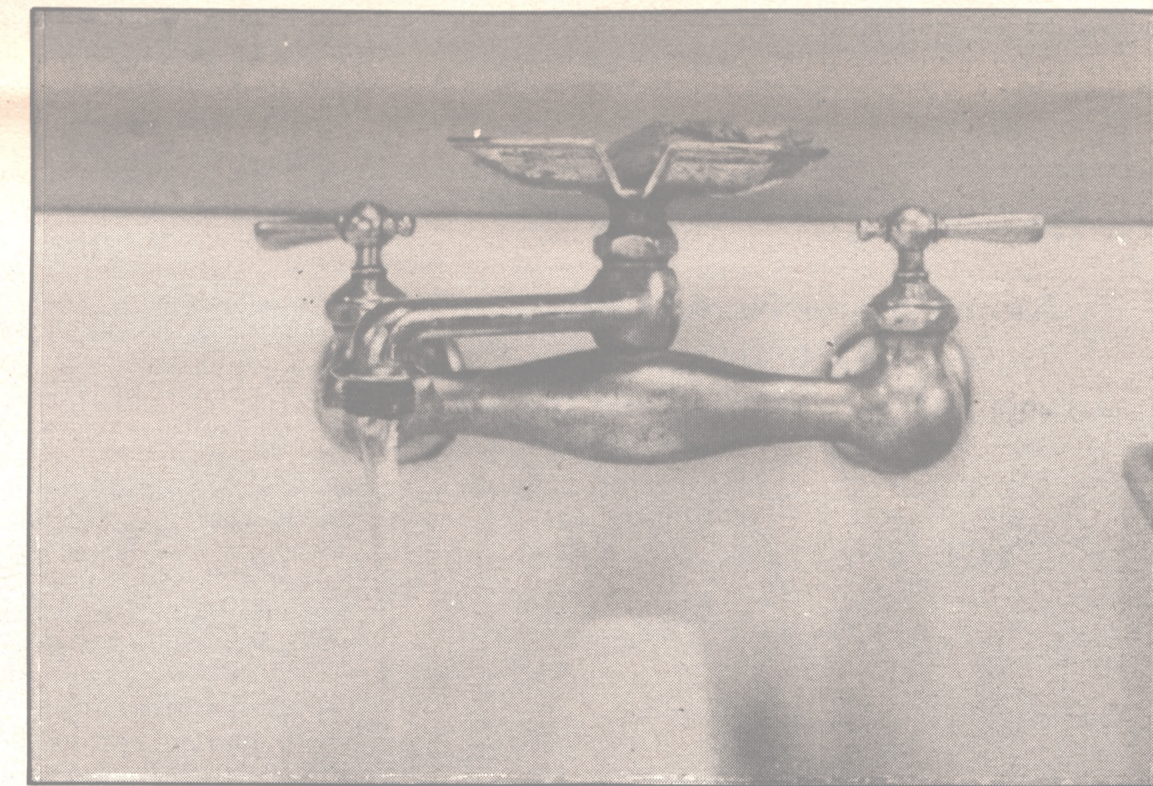
Most urban centres treat their water supply in some way (usually by chlorination) in order to reduce levels of harmful organisms. Although chlorination accomplishes this task, its long-term side-effects are not fully understood.

Some water treatment systems also attempt, by physical or chemical means, to screen out a wide range of chemical pollutants. The list includes P.C.B. collants from transformers, gasoline from leaking tanks, industrial solvents like the perchlorethylene (cause of the St. Clair River blob) and heavy metals such as

lead, cadmium, and mercury. Unfortunately, even when an attempt is made to eliminate these residues, it is rarely successful.

Many rural wells have also become contaminated with agricultural pollutants such as pesticide residues and nitrates from manure and synthetic fertilizers. Pure water has become a rare commodity in our world. Those who have resorted to purchasing bottled water as their escape from this ecological breakdown have been dismayed by recent reports that bottled water is often more contaminated than city tap water.

The contamination of our water supply has proceeded at an astonishing rate. Environmentalists have been pointing out this fact in detail for the last 30 years, to no avail. The general populace, concerned with their own personal problems, have largely turned a deaf ear on these 'tales of doom and gloom' in spite of the steady stream of news reports. The Love Canal seepage into the Niagara River; the combination of forest and potato pesticide residues and gasoline leaks in New Bruns-



Most urban centres treat their water supply in some way [usually by chlorination] in order to reduce levels of harmful organisms.

wick; and mercury poisoning from Ontario and Quebec pulp and paper operations are some of the more spectacular examples. But it seems that the slow but steady deterioration of our water supply is no longer headline material. As a local newspaper editor phrased it "it's not news anymore—people don't want to hear it".

The pollution issue is not totally ignored, there is public

pressure on governments to clean up waterways. The first governmental action was to step up chlorination and sewage treatment methods. (Montreal's water intake pipes are slowly being approached by untreated sewage beds in the St. Lawrence River). Recently there has been some commitment to stop pollution at its source and put some teeth into the laws prohibiting the dump-

ing of wastes. This is an encouraging sign but it will require world-wide co-operation. The flow of water (known as the hydrological cycle) knows no political boundaries or even regional watersheds. Last year's irrigation water from New Mexico may be next year's groundwater in the Eastern Townships. Groundwater eventually

continued on next page...



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Sherbrooke, Que.

becomes well water, and nature's ability to filter out the increasingly broad range of contaminants is limited. Many households have turned to water distillers and charcoal filters in an attempt to screen out some of the harmful residues. Distillers do take out many mineral contaminants, but not chemical residues, while charcoal filters quickly become breeding grounds for bacterial colonies.

A change in ecological consciousness.

Cleaning up our water supply does not just involve international government cooperation, high-tech filtration systems, environmental jurisprudence but a general change in ecological consciousness. This broad term applied to our water supply, requires the widespread recognition that water is the circulatory system of our planet organism.

That we lack this consciousness is illustrated by our response to the "protected pollutant" fluoride. Fluoridation actively introduced into our water supply, is a clear example of wrong thinking. Once industrial and agricultural pollution is accepted in the name of "progress" the use of chlorination to deal with this pollution can be vaguely rationalized. Fluoridation, in the name of dental health, is indefensible. The role of fluoride in dental health is well-established as is its poisonous nature. A law of biology is that "small" amounts of a substance may be helpful to an organism, but after a certain level is reached the effect is detrimental. A number of studies have shown that fluoride helps reduce dental cavities. The leap from this fact to the practice of fluoridating entire water supplies is "highly questionable". Most minerals found on this planet have some role, at some level, in the human organism, but we don't add them to our water supply. Those who believe supplemental fluoride is beneficial can easily avail themselves of fluoride toothpaste, mouth-rinses, high fluoride water, pills and even baby vitamin drops. People who are truly concerned about dental health would do better to concentrate on their diet, eliminating sugar and practicing modern dental hygiene aids such as flossing, water-piking, regular examinations and brushing. There is no need to fluoridate a community's entire water supply. Fluoride is a cumulative poison that slowly builds up in our bodies until it begins to show its destructive effects.

The fluoride poisoning of



Recent tests indicate that bottled water may not be so pure.



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Aluminum and phosphate industries market their waste.

land, cattle and humans is well documented. The Akwesasne Journal of the Mohawk Community, downwind from the aluminum processing industry in Cornwall, has reported the biocidal results of fluoride. That this fluoride by-product (specifically hydrofluorsillicic acid) of the phosphate and aluminum industry has been marketed to municipalities for fluoridation in a remarkably "creative" solution to its waste problems. While fluoride may be beneficial for dental health it is not necessarily good for other parts of the body. The Burk/Yiamouyiannis study for the National Cancer Institute compared cancer levels in similar communities with fluoridated and non-fluoridated water supplies. A positive correlation between cancer and fluoridation was discovered. Fluoride has also been found harmful to kidney functions, and non-fluoridated water is mandated for dialysis treatment. Dr. J.P. Summer, winner of the Nobel Prize for Enzyme Chemistry, stated that fluoride poisons many enzymes. A 1981 abstract in the New Scientist pointed out

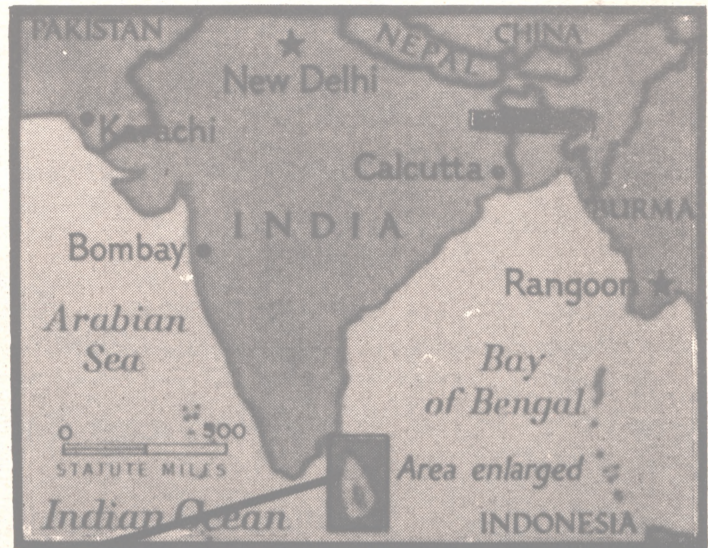
that fluoride interfered with human enzyme systems and DNA systems.

Needless to say, scientists and their reports can be called upon to support either side of the fluoride issue, but in my view, the fluoridation of an entire water supply is neither necessary nor desirable.

We cannot take water for granted anymore. We must support government attempts to punish polluters, construct more sewage treatment facilities, treat manure as a valuable resource rather than as a waste, implement biological controls for pests, and find less poisonous alternatives to PCB and other industrial contaminants. The list is long, but the international pollution of public tap water supplies with fluoride should stop. □

Joseph Smillie is an agricultural consultant living in Erle, Quebec.

Next month's issue will feature another water quality article: Asbestos contamination in water pipes.



The Agony of Sri Lanka

by Carl Pfluger

This August, the arrival off the coast of Newfoundland of two lifeboats filled with Tamil refugees from Sri Lanka suddenly seized the attention of all Canada. While that attention is still fresh, I would like to say a few words about the problems of Sri Lanka, and to make a couple of suggestions about what Canadians, in particular, might do to help improve things there.

Known through the centuries by the names of Ceylon, Taprobane, and Serendip (whence Horace Walpole coined the word "serendipity" for the process of discovery by fortunate accidents), the island nation now called Sri Lanka, just off the southern tip of

India, is by all reports one of the most exquisitely beautiful places on Earth. It has also been, until very recently, one of the most economically fortunate and politically well-governed countries of the Third World.

Sri Lanka—much to be proud of

Since independence from Britain in 1948, a series of democratically elected governments have generally maintained (with the normal quota of zigs and zags) consistently sensible, humane and effective policies of social and economic development, combining a mild degree of genuinely democratic socialism with one

of the highest rates of economic growth in Asia. They have done this without oil or mineral wealth, in an economy still basically dependent on agriculture, especially on tea. Compare this with the misery of so many "developing" countries, impoverished and brutalized by their own governments (whether military juntas or "people's democracies") and one must say that Sri Lanka has much to be thankful for—and perhaps even more to be proud of.

Two distinct peoples: Sinhalese and Tamils

But there is one great problem which now threatens, tragically, to undo all this

good work, a problem of language, religion, and ethnicity. Sri Lanka is inhabited by two distinct peoples. The majority are the Sinhalese, who arrived from northern India about 2,500 years ago. They speak a language descended from Sanskrit, and generally follow the Theravada form of the Buddhist religion. The minority Tamils began coming from southern India some centuries later; their language is Dravidian, and most of them are Hindus by religion. As must be expected with two peoples sharing one country, there has always been some degree of tension between them, but the current conflict became acute only in mid-1983, when constitutional talks between the (mostly Sinhalese) government and moderate leaders of the Tamil parliamentary opposition broke down, race riots broke out in which many Tamils were killed, and several more radical Tamil groups—some of whom had been operating on a small scale for years previously—began an intensive guerrilla-

terrorist campaign for an independent Tamil state in the northern and eastern parts of the island. Since then Sri Lanka, at least in large parts of the country, has endured the agonies of civil war, with a mounting toll of casualties and atrocities on both sides.

Official and unofficial discrimination

I am not urging anyone in our part of the world to take sides in this conflict. It is genuinely tragic in that both sides have strong reasons for sympathy. The Tamils have all the usual apprehensions of a racial minority: in the years since independence, they have been increasingly subject to both official and unofficial discrimination, especially against the use of their language. (The Sinhalese tend to argue that this is a kind of "affirmative action" to compensate for privileges bestowed on the Tamils by the British during the colonial period. And so it goes...)

continued on next page...

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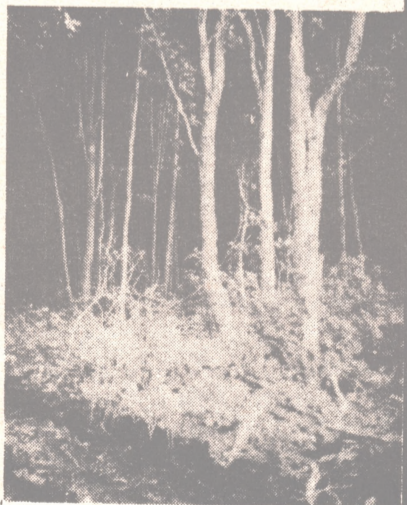
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There is no question that, for whatever reason, life in Sri Lanka has become much more difficult and dangerous for Tamils in recent years; hence the stream of refugees now coming to Canada, among other places.

On the other hand, the Sinhalese have legitimate apprehensions of their own. Although a majority on the island, they also see themselves as a beleaguered minority in the world at large. Their language is unique; their country is one of the last refuges of Buddhist culture in a century which has seen most of the great historic centres of Buddhism—China, Tibet, Vietnam, Laos, Cambodia—fall under Marxist regimes, all repressive of Buddhism, some of them savagely so, until now, besides Sri Lanka itself, Burma and Thailand are the only countries left in which Theravada Buddhism still flourishes freely. Most worrisome of all, only a few miles of ocean separate Sri Lanka from southern India, where about 50 million Tamils—three or four times the total population of Sri Lanka—live as citizens of the regional superpower. The ultimate Sinhalese nightmare is that an independent Tamil state would open the doors to a flood of new immigrants from India, changing the balance of population in Sri Lanka and obliterating, or at least submerging, the Sinhalese and their Buddhist culture on the island which has been their only home for millenia.

Give more power to Tamil provinces

Probably the best solution would be some kind of federalism, in which Sri Lanka would remain one country, but with considerable powers of self-government for the Tamil provinces. There are strong moderate forces on both sides who favour such a constitutional compromise, and negotiations aimed at achieving it have been going on for more than a year. But of course there are also, on both sides, uncompromising extremists, thriving on the violence they create, who can and will do a lot to sabotage any progress toward such a peaceful solution. They are the ones who have been keeping the civil war hot and nasty.

This brings me to my first suggestion. Canadians should want to help Sri Lanka (a fellow Commonwealth member with which Canada has co-operated closely in the past, as a trading partner and as a



Tea an important export of Sri Lanka is sampled for taste, colour and aroma.

provider of development aid) to solve its problems peacefully and constitutionally. And Canada seems uniquely qualified to provide just the kind of political expertise which Sri Lanka will need most in setting up a bilingual, bi-national, and democratic federal state. (Yes, I know some people will be quick to point out all the imperfections in this country, all the tensions between English and French, etc.—but compared to a civil war in which 4,000 people have already died? By world standards, Canadian federalism really has been a brilliant success story.) Many Canadians have a strong, but ill-focused, desire to “do something” about promoting peace in the world. Well, here is an opportunity, and one which looks well within Canada’s capacities. Go for it, Canadians! I would like to see everyone urge the Federal Government to explore ways in which Canada’s experience as a bi-national federation can be made helpful to the Sri Lankans in their efforts to negotiate a settlement of their own.

Innocent civilians killed in crossfire

In the meantime, while the violence continues, there is also something we all can do as individuals to ameliorate its effects. Like most guerrilla wars, this one in Sri Lanka has taken its most gruesome toll on innocent civilians. They

have been killed in crossfires between army and guerrillas, killed in reprisal raids, killed by army troops frustrated by not finding the guerrillas, killed by guerrillas for cooperating with the government. Or they have been killed (on both sides) simply for being in the “wrong” area for their ethnic group.

Furthermore, the emergency has eroded Sri Lanka’s traditional democratic processes and legal safeguards for human rights. People have been arrested without charge or trial, and many have been severely tortured. Amnesty International, the world-wide human rights organization, has been investigating these and other abuses, and is conducting a campaign to bring public opinion to bear on the Sri Lankan authorities, in an effort to improve their respect for human rights in this tragic time. Anyone who would like to participate in this campaign may contact me, or my wife, Sylvia Wilson, Piopolis, PQ GOY 1H0 (819) 583-4736.

But the ultimate hope must be for reconciliation between Tamils and Sinhalese. Sri Lanka still has a chance to recover, to become once again “the jewel of the Indian Ocean”, as it has been known in the past; but it has need of help, and Canadians are in a position to offer some of that help. □

Carl Pfluger is a member of Amnesty International and lives in Piopolis, Que.

Quebec Archaeological Find



Historians and archeologists alike have been baffled by the eerie discovery of human remains inside the wall, directly facing the National Assembly in Quebec City. Work crews came upon the skeletons while repairing the walls.



A Mainland Press Article

by Robert Fisher

Were they French Protestants or victims of an epidemic? Prisoners of war or native prisoners? Suicide victims or...?

Theories and unanswered questions have been as prominent as historic buildings in the provincial capital since the recent discovery of 22 skeletons in the soon-to-be 240 year-old wall around Quebec City.

Historians and archaeologists alike have been baffled by the eerie discovery of human remains inside the wall, directly facing the National Assembly. Work crews have been toiling since early this spring to repair the stones and mortar which make up the ancient fortifications. They came upon the skeletons while digging out the earth centre of the three-meter thick wall.

Several Theories

Since then, experts have been brandishing theories left and right, and there has been very little consensus, but there are some solid facts about the discovery:

- ◆The bodies were placed in the mass grave in an orderly fashion, and were not simply tossed into the ground and then hastily covered up;

- ◆They were buried sometime

during the construction of the wall (1745-47) because they were found about five meters from both the ground and the top of the wall;

- ◆They were not buried in clothes or with any kind of artifacts.

The last factor is what perplexes authorities the most, for if there were swords or guns or even buttons for clothing, a reasonably accurate assessment of who the people were and why they were buried there could be deduced.

Educated Guesswork

Instead, educated guesswork is a tool of the trade until a thorough examination of the bones has been conducted by a physical anthropologist from the Museum of Man in Ottawa. His findings are expected to be made known sometime near the end of September.

In the meantime, two theories stand out above the others.

One has the bodies as victims of one of the many epidemics common to that era.

Pierre Beaudet, the Assistant Chief of History and Archaeology for Parks Canada, points out that the bodies were buried away from what was, in the 1700s, the core of the city.

"It was not a burial ground per se," says Beaudet, who

estimates that, when the final count is in, as many as 30-35 skeletons will have been found.

"We think it was a single incident in history and that the people were buried very quickly.

"Usually during that era, people who died of epidemics were buried quite far away from the rest of the population."

Beaudet, who is overseeing the excavation of the skeletons, says the only physical characteristics that have been determined so far show that all the bodies belonged to adults. He says that one was exceptionally tall for that period, measuring about 1.8 meters or six feet in length. As well, all the bodies were buried facing upwards, with the exception of one.

Opposing Theory

The other theory of note belongs to a member of the Société historique de Québec. Gérard Lepine dismisses the epidemic theory because, even given the distance of the burial site from the main settlement, "They were still too close".

Lepine feels modern day construction workers have stumbled upon one of the secret burial sites, of an early Quebec religious minority. He says the people involved were probably French Protestants, better known as Huguenots.

Huguenots and other Protestant sects were persecuted in many parts of Europe during that period of time, and in France not long before had been burned at the stake. In

New France, however, there was a lesser degree of persecution, possibly due to the fact that the man who founded Quebec City, Samuel de Champlain, was himself a Huguenot.

A degree of tolerance, however, did not extend to out-and-out acceptance. Because the Huguenots were not allowed to be interred in consecrated (Roman Catholic) cemeteries, their people were forced to establish secret burial grounds.

Grave Robbing not Unknown

There were two main reasons for this. There were a number of people in the city who adhered to the beliefs and practices of their bigotted European cousins, and who would dig up the corpses of "heretics" and burn them on religious grounds. Also, medical students of the era needed bodies for their anatomical studies, and could not take them from consecrated cemeteries, so they would resort to stealing the bodies of the Huguenots and of suicide victims, who were also barred from a religious burial.

"The Huguenot graves would never be marked with stones, because they did not want their dead to be disturbed by rioters or by people too far to the right to accept the existence of different types of people in this colony," says Lepine. "They were secretive and quiet, yet respectful of their dead."

Lepine also believes that the

remains of Samuel de Champlain may also be found in the future, not necessarily inside the structure of the wall itself, but within its confines. Champlain died almost a century before the people whose bodies were discovered recently.

Lepine says that the present-day wall is not in the same place as its 17th century predecessor, but if researchers concentrate their efforts more toward the centre of the old part of the city, they just might find Champlain.

Significant Implications

That, however, is another hypothesis, and there are many of them being tossed around.

But, while the experts cannot yet agree on the identity of the skeletons, they do agree on the importance of the find.


"It's an exceptional discovery," says Beaudet, "one we can relate to the activities on people in Quebec City in an emergency situation in the mid-18th century."

"You know, they never found the Huguenot cemeteries. We don't know where they are," says Lepine. "They've been looking for Champlain for years and they've never found him." □

Editor's Note: Robert Fisher is a researcher for the CBC public affairs program "Breakaway" in Quebec City.

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S A D D

STUDENTS AGAINST DRIVING DRUNK

- One quarter of a million N. Americans have lost their lives in alcohol-related auto crashes over the past decade—an average of 25,000 traffic fatalities each year.
- 700,000 N. Americans are injured each year by intoxicated drivers.
- The DWI problem creates an estimated economic cost to society of over \$5 billion annually.
- Thousands of teenagers and young adults lose their lives each year in drunk driving incidents and 40,000 are injured.

I am only one, but I am one. I cannot do everything, but I can do something. What I can do, I ought to do. And what I ought to do, by God's grace, I will do.

Anonymous

by Constance Peacock

Every year as graduation time rolls around, parents, educators and students close their eyes in silent prayer, "Please God, let us make it through the celebration without death or injury". If any one of you has ever known the tragedy of losing a colleague, friend or someone you love to the senseless practice of drinking and driving, then you will understand the value of setting up a S.A.D.D. Chapter in your school community.

The purpose of the S.A.D.D. Program is to organize students from all walks of life to combat the number one killer of their age group—death due to drinking and driving. S.A.D.D. educates students about the problem of drinking and driving while helping each student to become aware of the alcohol problem as it exists on the local, provincial, and national levels.

S.A.D.D. has Four Goals:

- 1-To help eliminate the drunk driver and save lives.
- 2-To alert high school students to the dangers of drinking and driving.
- 3-To conduct community alcohol awareness programs.
- 4-To organize peer counselling programs to help students who may have concerns about alcohol.

(Taken from the S.A.D.D. Curriculum Handbook, 1985)

Founded in Marlboro, Mass. in 1981 by Mr. Robert Anastas, an alcohol counsellor and educator, S.A.D.D. has gradually expanded across the United States and more recently into Canada.

One major tool of the program is the "Contract for Life"; this is a mutual agreement signed between friends which states that all parties involved will agree to avoid taking unnecessary risks regarding operating or riding in a vehicle while under the influence of alcohol.

In the Spring of 1985, Mr. Anthony Barker of Cowansville, Québec approached the local School Board with a recommendation to establish a S.A.D.D. Chapter in the province. Recognizing that, in Canada, one teenager is injured every ten minutes in an alcohol-related accident, he felt that the problem should be one of local and national con-

cern. With the assistance of the Canadian Federal Government, and sponsorship by the Commission Scolaire Régionale Protestante District of Bedford, a group of high school students established the first official S.A.D.D. Chapter in the province of Québec. As it was International Youth Year, their efforts were encouraged with an \$8,000 grant awarded by the Honourable Minister Andrée Champagne.

Organizing a S.A.D.D. Chapter in this part of the province held particular significance for the students involved. Since 1975, approximately 7 high school students from the immediate area have died in alcohol-related accidents during grad festivities. In researching the need for a student organization, statistics suddenly became very real. Drinking and driving began to appear as a death threat to their generation. As Robert Anastas has noted from his experience with teenagers, they began to feel that the problem was their problem—a challenge to them—and that they should be able to do something about it. (Student Curriculum Handbook 1985).

continued on next page...

A Contract for Life Between Parent and Teenager

The SADD Drinking-Driver Contract

Teenager I agree to call you for advice and/or transportation at any hour, from any place, if I am ever in a situation where I have been drinking or a friend or date who is driving me has been drinking.

Signature _____

Parent I agree to come and get you at any hour, any place, no questions asked and no argument at that time, or I will pay for a taxi to bring you home safely. I expect we would discuss this issue at a later time.

I agree to seek safe, sober transportation home if I am ever in a situation where I have had too much to drink or a friend who is driving me has had too much to drink.

Signature _____

Date _____

S.A.D.D. does not condone drinking by those below the legal drinking age. S.A.D.D. encourages all young people to obey the laws of their state, including laws relating to the legal drinking age.

Distributed by S.A.D.D., "Students Against Driving Drunk"

continued

Thus began a campaign to sensitize the student population and public to the reality of a life-threatening situation. Press conferences were held, the local community was surveyed, and keynote speakers were invited to address the public on the legalities and hazards of drinking and driving. As the group formed, the list of participants expanded to include doctors, lawyers, educators, parents and most of all, the teenagers themselves.

In a telephone survey of 516 anglophone and francophone students, 51.6% of all participants indicated that they felt it was criminally irresponsible to drive while intoxicated and 74.2% felt that laws governing alcohol-related accidents should be more severe. Results? Graduation in our high school was accident-free this year.

What are the benefits of having a S.A.D.D. Chapter in your school community? Primarily, you may succeed in saving lives; lives of our greatest national resource—Youth. Secondly, S.A.D.D. offers today's Youth an opportunity to make a solid commitment to their generation; to watch out for each other and ensure that they each

lead full and productive lives unmarred by the tragedy of wasted life due to drinking and driving.

Finally, you may approach next year's graduation exercises with a more solemn prayer: "Dear God, Thank you for keeping our children safe."



Constance Peacock is the S.A.D.D. Faculty Advisor at Massey Vanier High School in Cowansville.



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Short Stories...

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For the past two years the Townshippers Association has sponsored the Heritage Interview Contest. The 1986 contest was based on the theme of Ghost Stories and Legends of the Townships. There were over 400 entries from schools across the Townships.

Surprisingly, the elementary school winners were all from Miss Carol Anto's grade six class at the Sherbrooke Primary School. Kathryn Napier won first prize, Jennifer Rancourt second prize, and Meg Steele and Lois Strout tied for third prize. Secondary school winners were from Massey Vanier High School, Joanne Croghan with first prize, Catherine Lawrence second prize and Nancy Martel third prize. Shelly Saffin and Jason Wheeler from Richmond High School received honourable mention.

Blood Money

by Kathryn Napier

This story took place in Marsborough (present day Megantic) during the Civil War. All dates and names are unknown and entirely fictitious. The story is based on fact.

Between 1861 and 1865 the United States was torn apart by the Civil War. The South struggled to preserve its way of life that was based on plantations run on cheap slave labour. The North, led by President Abraham Lincoln, believed slavery was wrong and should be abolished.

The South had little trouble gathering an army because their way of life was threatened. But the North had trouble getting enough volunteers so they paid people to go out and get people to enlist in the Union (Northern) Army.

The story is told that in Marsborough there lived a man, paid by the North, to bring back soldiers, a man by the name of Robert Shaw. Marsborough was perfect for his swindle, for the townspeople spoke only Gaelic, but he spoke Gaelic and English.

Mr. Shaw visited local residents and told them of the hard times America was going through. "None of the log camps are cared for," he told them, "because there are no strong men to work in them. If you sign these papers you can go to a logging camp in Maine and help America until the men come home from the war. You will, of course, be paid."

The men signed the forms, completely trusting this Yankee. Many could not even sign their own names, and had to make a

mark. If they could have read the English form, Mr. Shaw would have wound up on the seat of his pants outside their doors, for when these men arrived at the "logging camp" they found out their tragic mistake. They were placed in a stockade, then later sent to fight in the war.

One night Mr. Shaw was in his parlour with his wife Amelia. Before them, on the coffee table, was all the gold he had been paid for enlisting Canadians into the Union Army. They were counting their money.

Suddenly they heard a noise at their window. Looking up, they saw a man wearing the uniform of the Northern Army. The man vanished before their eyes. Frightened, the couple put their gold in an iron pot and buried it.

There have been many attempts to find this gold, and people who think they know where it is buried have been out to Marsborough to look for it. After locating the spot, they found they could not break the ground. They felt such a strong supernatural power that they fled in terror. People say this is because the "shades" of Civil War soldiers are protecting it. It is still believed to be buried near where the house once stood.

As told by Mrs. William Younge with extra information given by Ian Tait. □

Kathryn Napier won first prize in the elementary level with her story Blood Money.



The Old Inn

by Jennifer Rancourt

In the early 1800's, there was an old road which used to run between Quebec City and Cookshire. It was a rough and very crude road cut into the forest. It was a deep, dark, mysterious and terrifying forest. Gosford Road, as people called it, was mostly a rugged horse trail.

Along the wayside was a very old inn, handed down from generation to generation. The people who owned it were the McCullough family.

These people were mean, cold-hearted, and selfish. They despised many people and did many terrible things.

When people came to the inn, the McCullough family would get them drunk, then steal their belongings. Sometimes they would even go so low as to kill the guests in their sleep.

Here is one incident that happened. One day a rich and very well known man came to the inn. The inn keepers treated him with kindness and respect until nightfall.

They said it was time to play "the games". The first game was "dare". The guest had to drink five glasses of scotch, rum, beer and whiskey all mixed up together.

The man, of course, objected but the inn keepers opened the man's mouth and made him drink it.

The second game was "drink and shoot". The guest had to drink a big glass of whiskey then throw the empty glass behind his back, turn around, and shoot it before it touched the ground.

This seemed like a reasonable game so the man tried it. The first ten glasses he shot without a problem. After that he was seeing two glasses and didn't know

which one to shoot.

The McCulloughs' grinned among themselves. The man finally said that his head was spinning and that he'd better turn in for the night. Again the McCulloughs grinned among themselves.

After an hour the McCulloughs decided that the man would be sound asleep. They went up to his room. They opened the creaky door, but no movements were made from inside. Silently they went into the room and opened all the cupboards and drawers. They put everything that belonged to the man in bags which they stashed in the cellar.

All of a sudden the McCullough family heard some grunting and moaning. It was the man trying to wake up, but he was so drunk he couldn't lift his head. This didn't stop the inn keepers. One of them took out a very sharp and shiny knife and threw it at the man. They heard a long moan and that was the end of the man. They swung the man over their shoulders and threw him out the window.

After that when the sheriff or different people came to question them about the missing man, they would say that he left one afternoon and never returned.

The next generation of the McCullough family decided they were going to try to live decent lives so when they inherited the inn, they went into the woods and burned it down. They wanted people to forget all the evil things their ancestors had done.

This was the end of all the stories about the inn on Gosford Road.

Jennifer Rancourt won second prize in the elementary level with her story The Old Inn.

A Ghost Story

by Joanne Croghan

Mr. Gordon Fuller was born in 1901 and has lived in South Bolton all his life. A blacksmith by trade, he served overseas during World War I, and perhaps it was there that he learned to tell such interesting stories. The following is a tale which Mr. Fuller heard from his father many years ago. It is still told today around cozy fires at night and taken as the truth.

Solon Greene was, without a doubt, the lowest form of human life that ever inhabited South Bolton, or so folks said. Vulgarity was his way of life and he thrived on it, gambling, thieving, drinking, and spitting his days away as if they were as numerous as blades of grass. He was every local mother's horror, as ninety percent of the town's adolescent male population wanted to grow up to be "jes like Ole Sol", and the town itself regarded him as a member of the devil's own family. His notorious reputation stretched for miles beyond the Bolton boundaries, and several small jails served as homes away from home for Sol Greene.

Just as the best of men go forward to lead the less good men, Solon Greene arose as the leader of a group of scandalous hooligans and derelicts who emulated his filth. These reprobates, some local and some out-of-town pack-peddlers, although disgusting themselves, looked to him for guidance in vile matters. They met regularly, but not in any organized or official manner. Usually, however, their reunions took place in one of two ways.

The first and most innocent of the two was a gathering in Solon

Greene's only valuable possession and investment, his hotel. The sole one for miles, Greene's Hotel housed both slimes and patricians, who arrived on the stage coach from out of town. The latter rarely rested in peace as Sol and company often socialized downstairs. Drunk, they sat around a table laden with several decks of marked cards while they cheated one another out of money and valuables, cussed, smoked, spat, and spoke of their exploits with women.

The second type of gathering of the Solon Greene clan was that which familiarized him with the law of the Townships. On dark and eerie nights he and a companion or two would slink about the pastures of neighbouring farms and steal horses. After painting them with a homemade dye he sold them for a good price as very different looking animals. These dishonest acts, coupled with occasional night muggings, paid for the upkeep of Greene's Hotel.

Several years before the beginning of the twentieth century, Solon Greene was found dead, to the relief of many, the grief of few. Some said he was murdered in a drunken brawl, while others argued that he was killed accidentally by a pursuing farmer whose horse Sol was trying to steal. The church members felt that he had been the victim of his own lifestyle—too much sin and not enough religion was bound to kill him in the end and it did. Whatever the means, old Solon had kicked the bucket and, after a short funeral service, was buried in the South Bolton Cemetery.



Before he was stiff in his grave, bizarre and frightening things began to happen. Valuable horses went missing without a trace, and, frequently, kegs of whiskey disappeared mysteriously from locked cellars. Pedestrians were robbed regularly, yet none could identify the attacker. Worst of all, however, were the numerous reports of an ominous figure which loomed about back roads moaning and cussing loudly as if in pain. The same figure was also spotted on several occasions sneaking about the newly purchased Greene's Hotel. It soon became clear to the local folks that Solon Greene was not eight feet under the ground where he belonged.

These extraordinary occurrences, as frightening as they were, went on for days and then weeks. As time progressed slowly, the townspeople became so terrified that they refused to go out, even during the daytime. The heads of justice, refusing to accept that Solon Greene was back from the dead, decided to dig up the coffin and publicly reveal his rotting corpse.

The turnout to witness this event was surprisingly large considering the fear which people were experiencing. Men, women, and children alike gathered around as the still partially bare rectangle of earth was once again hacked and chopped at until a shovel hit against solid wood. As dozens of pairs of eyes looked on, the coffin was hauled from its snug hole and placed on the ground. Within seconds the lid was flung open to reveal absolutely nothing. The body had disappeared!

There are no records which say that the haunting of Solon Greene stopped with the disturbing of his grave. Even tales do not deny that he may or may not still lurk in the fields of South Bolton. Before you decide whether or not this story is true, however, why not visit Solon Greene's tombstone in the South Bolton Cemetery one dark and scary night? You may just learn something! □

Joanne Croghan won first prize in the secondary level for A Ghost Story.



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Legend of Lake Memphremagog

Balance Rock

by Catherine Lawrence

Prologue

Long Island is about half a mile long and three hundred yards wide. It is situated about midway down Lake Memphremagog, a twenty-eight mile lake that spans the Canadian-United States border. From Magog, Quebec, at the extreme northern end to Newport, Vermont, at the south, Memphremagog is alive even today with fresh water game fish and vacationers from Canada and the States.

Manitou Island, or Long Island, is one of the largest islands in the lake and is a favourite picnic and camping site. To walk the cedar and pine clad nooks and crannies of the island is an adventure into the past. It is easy to imagine the exciting history of the lake and the island as it occurred many years ago. Great stories of smugglers, monsters and treasures are deeply hidden within Long Island's history. This is an excavation into the heart of Manitou Island's mysterious nomadic rock.

BALANCE ROCK

For many generations, the Abenaki tribe had believed that the entrance to heaven was found on Manitou Island, an island now known as Long Island in Lake Memphremagog. This entrance was guarded by an enormous rock on the end of the island. If anyone was courageous enough to approach this rock and try to visit heaven, it would move menacingly as if it were going to attack. Any Indians who were too curious were quickly scared away.

The Abenaki tribe came to think that it was a very special sacred place and no one was allowed to venture near.

Across the lake at the foot of the Blue Leges, the Abenakis had established their encampment. One beautiful morning, the chief was travelling on the lake gathering all the people in his tribe together to witness his marriage. He was marrying Winiona, one of the most beautiful Indian girls in the country. For six months, he had been patiently awaiting the arrival of June. The Abenakis considered June to be the sacred month of love and marriage. The tribe gathered together that afternoon for the long awaited ritual. They looked forward to the celebrations afterwards when each family would sacrifice an animal in honour of the marriage. Just as Winiona and the chief were about to be wed, a high priestess from the Manitou arrived at the encampment and said, "Manitou wants the maiden". She snatched up Winiona and took her away. The Abenakis had never seen anything like this before, but they could do nothing. The powerful Manitou had spoken and they were forced to obey.

The chief was horribly upset. He became so full of rage that the tribe couldn't do anything with him. He sat at the water's edge throwing large stones and yelling: "Winiona! Winiona!". Finally, he took off into the woods and left. The Abenakis continued their daily rituals and brought offerings to the chief's domain hoping that the gods would bring him back to all the luxuries. Each day the camp grew sadder and sadder until the entire

tribe had completely lost hope. Then one day, late in the fall, the chief returned. He stumbled out of the woods during lunch and collapsed on the ground beside the fire. He was very thin and ragged. He had a mad look in his eyes that no one had ever seen in him before. He was insane. The Indians were very good to anyone who was mentally deranged, especially so in this case because he was their chief. They tried everything to get him back to his own senses, but nothing worked. They spent days in the woods searching for the best food for him, but he refused to eat. Beautiful women from other tribes were offered to him, but he only longed for Winiona. The chief spent all his days imitating the sounds he heard around him. Indians who walked past his tent might hear him howling and barking like a wolf, singing like a bird or even growling like a bear. Every night just after sunset, he could be heard for miles yelling, "Winiona come home!", one hundred times.

One night a very bad storm came up on the lake. The waves were very high, the wind howled, the thunder roared and the lightning flashed, but no rain came. The Indians were quite frightened by the storm, but the chief seemed to be exhilarated by it. It really pepped him up. For the first time in six weeks, he left his tent. He ran down to the lake, jumped into his canoe and took off towards Manitou Island. The other Abenakis gathered at the shore but no one dared venture out on the lake in the hellish storm. They watched as their chief got further and further

away from them. The madman paddled as fast as he could until ahead of him, in his madness, he saw his beautiful Winiona standing on the island with her arms outstretched towards him. Finally, the rain came. It was a torrential downpour. The chief struggled against the waves and the wind but it was a losing battle. The canoe overturned and the chief never resurfaced.

That night, the rock which guarded the entrance to heaven moved mysteriously to the other end of the island. It was perfectly balanced and would rock back and fourth. Consequently it came to be known as 'Balance Rock'.

The Indians found the canoe, but they never found the body of their grief-stricken chief. Since that night, the "Gateway to Heaven" that the Abenakis had always believed was protected by the rock, disappeared. Many people have tried to locate the entrance, with no luck.

The rock is still on Long Island today, but it no longer balances. In the early 1920's a group of Yale students from the United States, dynamited the rock and unbalanced it. But it is still a mystery as to how the rock got there in the first place.

Mr. David Perkins remembers hearing the legend of "Balance Rock" when he was young. He also remembers watching the rock balance itself. Mr. Perkins has lived on Lake Memphremagog for most of his 70 years and I thank him very much for sharing the legend with me.

Catherine Lawrence won second prize in the secondary level for her story Balance Rock.



The Book Case

Best Selling Paperbacks

by Pat Lepoidevin

This month we are going to look at some of the best selling paperbacks—both fiction and non-fiction.

Bunny—The Real Story of Playboy—Russel Miller (Corgi Books \$5.50)

This is the story of the rise and fall of the Playboy Empire and of Hugh Hefner, the man who made it all happen.

Raised in Chicago by strict Methodist parents of modest means, Hefner spent most of his childhood drawing cartoons and writing. He realized his boyhood dream of publishing his own magazine in Nov. 1953, when the first issue of Playboy Magazine hit the newsstands. Success followed success when his famous "Bunny Girls" made their appearance in Chicago in 1960 at the first of many Playboy Clubs.

For many of his readers, to read Playboy was to join an imaginary smart set of guys who lived in penthouses, drove sports cars and were sophisticated. Hefner lived in this fantasy world. He wanted to be a worldly man about town, irresistible to women.

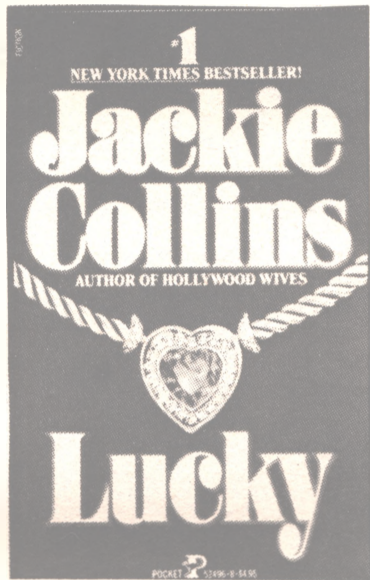
What led to the closing of many of these clubs and ultimately to the sale of Playboy Magazine? This book will give you all the inside information.

Lucky—Jackie Collins (Pocket Books \$5.95)

"Chances", Jackie Collins' previous novel, was the story of the rise and fortunes of Gino Santangelo. "Lucky" is the tale of his hot-tempered, beautiful daughter, a woman who knows what she wants and is determined to get it.

This story begins with Lucky standing trial for murder, then

looks back on the events that lead up to this courtroom scene.



Gino Santangelo started life as a poor Italian immigrant's son, a true street kid with big ambitions. His rise to the top was long and hard, but eventually paid off. Falsely accused of his father's murder, Gino spent seven years in prison, and when he was finally pardoned, looked for a new and better life.

High finance, mob intervention, drugs, gambling, murder and steamy sex scenes are intertwined with Lucky's struggle to realize her ambitions.

If you have enjoyed Collins' previous works you will know what to expect from this fast moving story.

Hold The Dream—Barbara Taylor Bradford (Bantam \$5.95)

Those of you who enjoyed "A Woman of Substance" will definitely want to read this equally engrossing sequel.

The first novel described

Emily's early life and final rise to power, owning a vast business empire that stretches half-way around the world. The story ended with Emily's discovery that her own four children are plotting against her. Shocked and angry, she manages to outwit all of them and turns to her grandchildren to carry on Harte Enterprises.



This novel includes the same cast of characters—only older: Emily, the matriarch of the family, Blackie O'Neal, her son Shaine, and her granddaughter Paula and her husband, Jim Fairley. It is a family saga involving love and hate; their lives are constantly interwoven in business and romance.

In other titles that are on the best seller list this month are; **Lake Wobegon Days—Garrison Keillor** (Penguin \$3.95), **The Accidental Tourist—Ann Tyler** (Berkley \$4.50), **Yeager—Chuck Yeager** (Bantam \$4.95), **Iacocca—Lee Iacocca** (Bantam \$4.95), **The Trail to Crazy Man—Louis L'Amour** (Bantam \$2.95). □

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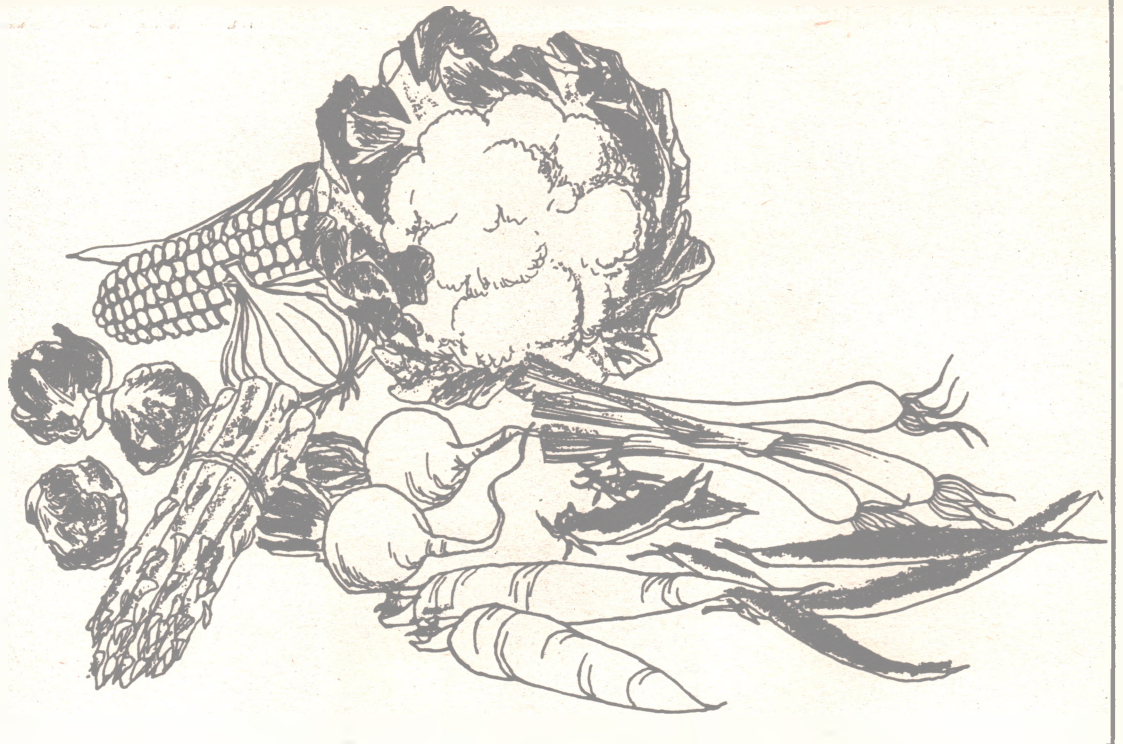
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Earthly Pleasures

Quick and Easy Meals

by Marge Heggison



We can all appreciate recipes that are quickly and easily prepared. The sheer routine of making supper can make it a chore; more so, when we're pressed for time. Job, school, and/or family demands may not leave you much time to yourself.

To simplify matters, you can rely on meals that require little preparation time. Or, you can prepare, or partially prepare, meals in advance, freezing them for later use. Fish, pasta, and stir-fried recipes generally fall into the category of speedily-prepared. Casseroles are the best bet for freezing. Pastry is another handy item to have in your freezer. By planning ahead for the week, meal time can be considerably less demanding.

Here are a few recipes you can freeze; as well as a few quickies:

STUFFED PEPPERS

2 TBsp shortening
 1/4c. flour
 8 oz. can tomato paste
 2 cups stock
 Salt
 2 small onions, chopped
 Celery leaves
 1/4c. raw rice
 8 green peppers
 1 lb. minced pork
 small bunch fresh parsley
 1 egg
 salt & pepper
 Marjoram

Heat 1 TBsp. shortening in a deep saucepan and stir in flour until light brown. Add tomato paste and stir until smooth. Add stock, salt, 1 onion and celery leaves, and bring to a boil. Cook over medium heat, stirring occasionally to keep from burning.

In the meantime, cook rice in boiling water until half done, and cool. Seed and core peppers and wash them thoroughly. Sauté remaining onion in the rest of the shortening. Combine meat, onion, parsley, rice and egg in a bowl. Add salt, pepper and marjoram to taste. Mix well and stuff into peppers.

Place peppers in a large saucepan and pour sauce over them. Bring to a boil, cover and cook over medium heat until done—25-30 minutes. Or, freeze instead of cooking. Remove from freezer and bake for 35 to 45 minutes at 375°
 Serves 4.

BEEF WITH HOT PEPPER SAUCE

1/2 lb. beef tenderloin
 2 TBsp. cornstarch
 2 TBsp water
 1/4c. soya sauce or tamari
 2 TBsp. rice wine or white wine
 1/4c. vegetable oil
 2 TBsp. hot oil or
 5 pieces dried hot chili*
 2 green peppers, sliced
 1 1/2 TBsp. candied ginger, chopped
 1 onion, sliced
 2 cloves garlic, minced
 1 head broccoli or cauliflower, in small pieces
 1/4c. blanched peanuts [optional]
 1 tsp. sugar

Cut beef in long, thin strips. Moisten cornstarch with water. Combine cornstarch mixture with soya sauce and rice wine. Marinate beef in this mixture for 30 minutes.

Heat wok until hot, add oils and heat until smoke appears. Mix ginger, onion and garlic. Stir-fry garlic mixture (with chili) for one minute. Add green peppers and broccoli or cauliflower and stir-fry until tender-crisp. Add beef, peanuts and sugar. Stir-fry for several minutes until beef is cooked. Add marinating liquid and cook until thickened.

*Hot oil is a condiment found in specialty stores. It gives a nice heat to your food. Dried hot chili will do the same thing. If your family does not like hot or spicy foods you may omit this ingredient.

BROCCOLI RICE CASSEROLE

1 1/2c. brown rice
 dash of salt
 2 TBsp. oil
 1 large onion, chopped
 2 large cloves garlic, minced
 1/2 tsp. dillweed
 1 tsp. thyme
 1 tsp. oregano
 1/2 bunch parsley, chopped
 1/2 lb. mushrooms, sliced
 1 green pepper, sliced
 2 lbs. broccoli, tough stalks removed, remainder sliced thin
 1/2c. unsalted cashews [or other nuts]
 1/2 lb. Gruyere cheese, grated
 1/4c. grated Parmesan cheese
 1/2 pint sour cream

In heavy saucepan with tight-fitting lid combine rice with 3 cups water and a dash of salt. Bring to boil; reduce heat and simmer for about 45 minutes, until all water is absorbed. Do not stir rice while it cooks.

Heat oil in large frying pan. Sauté onion, garlic, dill, thyme and oregano until onion starts to wilt. Then add parsley, mushrooms and green pepper. Stir 1 or 2 minutes and add broccoli. Stir often. As soon as broccoli changes colour and becomes tender, but is still crisp, add nuts and remove from heat.

Spread cooked rice in 9 x 13-inch baking dish. Cover with vegetable-nut mixture, then with cheeses, and finally with sour cream. Bake for 20 minutes at 350°F, until mixture is bubbly and cheese has melted. (If frozen, bake 30-40 minutes.) Serves 8-10

JAMAICA STEW

1 kg. stewing beef [2 lbs.]
 30 ml flour [2 TBsp]
 2 ml freshly ground pepper [1/2 tsp]
 30 ml cooking oil [2 TBsp]
 2 garlic cloves, [crushed & peeled]
 2 onions, chopped
 15-30 ml ginger root, minced [1-2 TBsp]
 2 to 4 star anise
 125 ml cooking sherry [1/2 cup]
 5 ml red pepper flakes [1 tsp]
 15 ml brown sugar [1 TBsp.], optional
 75 ml raisins [1/3 cup]
 500 ml beef stock [2 cups, or 2 beef cubes dissolved in 500 ml water]
 2 firm bananas, sliced
 4 green onions, chopped

Cut meat into one-inch cubes; dust with flour and pepper.

In a large heavy skillet, over high heat, brown meat well on all sides. Remove meat from pan and set aside.

Add onions and garlic to skillet and sauté until onions are translucent. Return meat to pan and add ginger root, star anise, sherry, red pepper flakes, brown sugar, raisins and beef stock (to cover).

Over medium heat, bring mixture to a slow simmer. Cover skillet with well-fitting lid and reduce heat to low. Let mixture simmer for about 2 hours or until beef is tender. Add water if sauce becomes too thick. Mixture may be frozen at this point.

Remove mixture from the freezer at the beginning of the day to allow to thaw. Just before serving, add bananas to beef mixture. Heat through. Garnish with green onions. Serve with fluffy rice. Serves 6.

ENCHILADA PIE

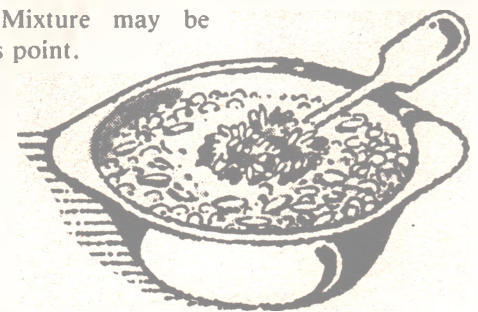
2 lbs. ground chuck
 1 medium onion, chopped
 2 cloves garlic
 1/2c. flour
 1 tsp. oregano
 1/2 tsp. salt
 2-4 tsp. chilli powder
 4c. water
 1c. sliced ripe olives
 8 oz. sharp cheddar cheese, [grated]
 1 doz. corn tortillas

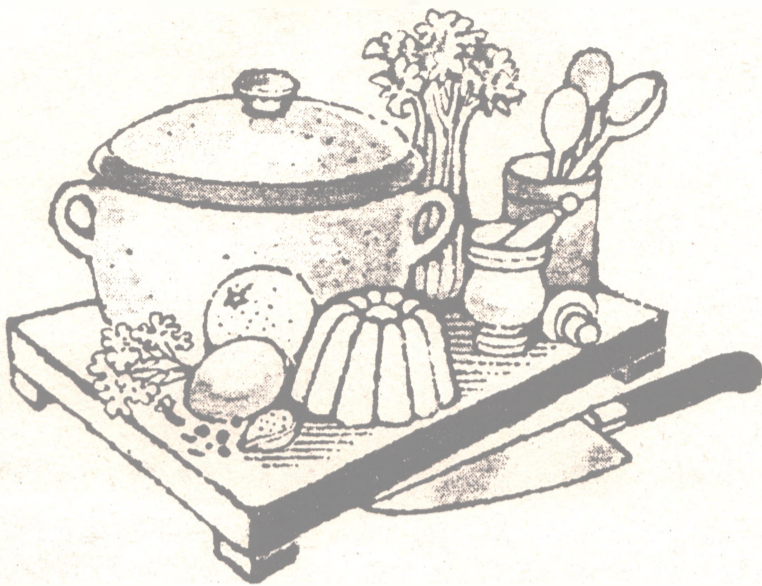
Brown 2 lbs. ground beef in large fry pan, add 1 minced onion, 2 cloves crushed garlic. Spoon off excess fat.

Mix together 1/2 cup flour, 1 tsp. oregano, 1/2 tsp. salt and 2-4 tsp. chilli powder, and sprinkle over meat mixture when it is evenly browned. Stir well.

Add 4 cups water, stir thoroughly and simmer for about 20 minutes. In a large baking pan (13" x 9" x 2") place 3 corn tortillas, a layer of meat sauce, sprinkle with sliced riped olives and grated sharp cheddar cheese. Repeat 3 more times.

Bake at 300°F for about 20 min.





ITALIAN SAUSAGE 'N CHEESE DINNER PIE

- Single crust pastry
- 3/4 to 1 lb. lean pork sausage or ground beef
- 1/2 c. chopped onion
- 1/2 c. sliced olives, if desired
- 1/2 tsp. Italian seasoning or oregano leaves
- 1 c. spaghetti or pizza sauce
- 1 c. sliced mushrooms, or canned pieces
- 1 c. shredded mozzarella or monterey jack cheese
- chopped fresh parsley, [if desired]

Heat oven to 425°F. Line pie plate with pastry. In skillet, brown ground beef and onion; drain. Stir in remaining ingredients except cheese and parsley. Simmer 5 to 10 minutes until thoroughly heated. Spoon into pastry-lined pan. Bake at 425°F for 18 to 28 minutes or until crust is golden brown. (Place pan on foil or cookie sheet during baking to guard against spillage.) Sprinkle with cheese; return to oven until cheese is melted. Sprinkle with parsley. Serve with a tossed salad. Serves 6.

SPAGHETTI CARBONARA

- Spaghetti Carbonara
- 1/2 lb. bacon, diced
- 3 TBsp. olive oil
- 2 cloves garlic, minced
- 1/4 tsp. hot red pepper flakes
- 3/4 c. whipping cream
- 1 lb. spaghetti
- 2 eggs
- 1 c. freshly grated parmesan
- 1/2 tsp. freshly ground pepper

Place diced bacon in skillet with olive oil, garlic and red pepper flakes. Cook over medium heat until fat is rendered from bacon and garlic is lightly browned. Drain off all but 3 to 5 TBsp. fat from pan.

Cook spaghetti in large pot of boiling salted water until

tender, but firm, 10 to 12 minutes, stirring often. Meanwhile, add cream to bacon mixture and heat gently. When spaghetti is done, drain well.

In pasta bowl or on large platter, beat eggs. Add spaghetti, cream mixture and cheese; toss well. Add salt, if necessary, and sprinkle with pepper. Serves 4.

SALMON CROWN

- 2 cans [213g. each] salmon [or 1 can salmon, 439 g.]
- 1/2 c. finely chopped celery
- 1/4 c. finely chopped green pepper
- 1/2 c. grated cheddar cheese
- 1 tsp. dillweed
- 1/2 tsp. tarragon dash of pepper
- 3 TBsp mayonnaise
- pastry for a double crust pie
- salmon juice or milk

Drain salmon and mix with remaining ingredients, except pastry. Roll out pastry in a long rectangle about 18 x 5 inch. Spread with salmon mixture to within 1/4 inch of one long end. Roll starting from wider side and seal seam with water. Form a ring and place on a cookie sheet seam side down. Slit pastry and brush with salmon juice or milk. Bake at 375°F for 30 to 40 minutes or until pastry is golden brown and flaky. Let stand 5 minutes before serving. Serve with one or two vegetable side dishes. Serves 6.



Here is a recipe you can prepare in advance and freeze.

TURKEY DINNER PIE

- Double crust pastry
- 1 tsp. flour
- FILLING
- 1/2 c. chopped onion
- 1/4 c. margarine or butter
- 2 TBsp flour
- 3 1/4 c. hot water
- 1 tsp. instant chicken bouillon or 1 chicken bouillon cube
- 1/2 tsp. poultry seasoning
- 2 c. frozen green beans, thawed, drained
- 2 c. cubed, cooked turkey or chicken
- 3 1/4 c. whole cranberry sauce
- 4 oz. [1 cup] shredded Swiss or cheddar cheese

Prepare and roll out crust. Heat over to 425°F.

In medium saucepan, sauté onion in margarine until tender. Stir in flour; cook until mixture is smooth and bubbly. Gradually add water and bouillon; cook until mixture boils and thickens, stirring constantly. Add poultry seasoning; mix well. Remove from heat; stir in green beans and turkey. Spoon turkey-vegetable mixture into pie crust-lined pan. Spoon cranberry sauce evenly over turkey mixture; sprinkle with cheese. Top with second crust and flute; cut slits in several places. Bake at 425°F. for 40 to 50 minutes or until golden brown.

TIP: Cover edge of pie crust with strip of foil during last 10 to 15 minutes of baking if necessary to prevent excessive browning.

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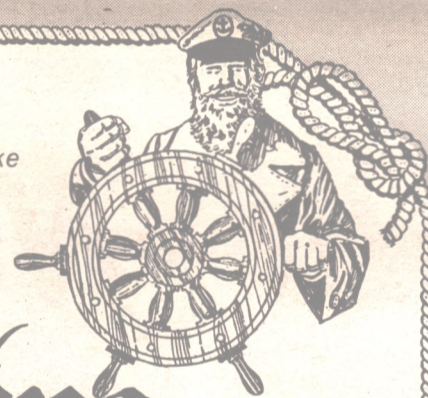
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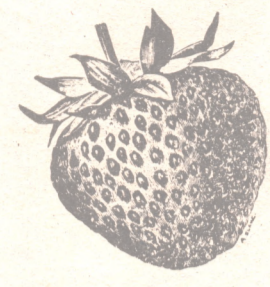
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by Bijou Ardglass

It's no secret to anyone who lives in or near North Hatley that this little village has undergone a startling change. Since the Arabs have left, this virtual renaissance has produced a thriving marina, yet another gift shop, four B&Bs, a real hardware store and a plethora of eateries. One of these was our destination as Stanley and I set out one fine Saturday afternoon to see for ourselves just what everyone had been talking about.

And it was true—like the proverbial phoenix rising from

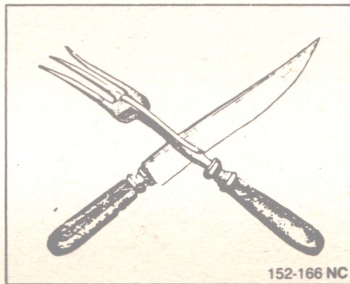
the ashes, North Hatley has, if anything, improved vastly from pre-Gabr days. The bridge railings sport brilliant flower boxes, and barrels of flowers are to be found in the park and passim. The poor old Hob Nob, which was a greasy spoon until it fell into the hands of "foreigners" (in every sense of the word) and fleetingly after that a soft ice cream joint with plastic cones on the front, is no longer poor, even if it is "old".

Although the inside has been spruced up and redecorated, the money has obviously mainly gone to produce excellent food and pay experienced personnel. The decoration is

clean and spare, understated black and white. White tablecloths have black and white houndstooth napkins whimsically folded in the shape of a tuxedo with a bow tie. Even the plates are a sophisticated white with black trim. The menu is handwritten and is all table d'hôte at a prix fixe of \$14.95. Since there is no licence, you may bring your own wine. The unobtrusive background music is excellent—a mixture of classical and blues. The ambiance in general is pleasant and relaxing.

Fresh fish, poached in court bouillon and served on a creamy lobster sauce

We had brought a good white Chablis (chilled) which was immediately put in the refrigerator for us. After looking at the menu and making our choices, we were brought an excellent baguette with lots of butter.



I began my dinner with vichyssoise, which was cool,

refreshing and perfectly seasoned. Stanley chose crème du Barry, a cream of cauliflower soup that was indeed creamy, smooth and delicious.

As a main course I had sole à l'Américaine. The fish, which was fresh, had been poached in court bouillon and was served on a smooth, creamy lobster sauce with a shrimp and caviar garnish. It was perfectly cooked and was moist and firm. Accompanying it were new potatoes and asparagus. Stanley chose lamb-chops. Three chops, tender and perfectly seasoned, were served with steamed potatoes and with fresh green beans tied up in a little bundle with a red pepper strip. Portions here are very generous.

For dessert I had blueberries and cream: a large wine glass must have contained a cup and a half of berries with whipping cream. My old friend had a big scoop of raspberry sorbet on strawberry sauce garnished with an enormous strawberry. Coffee, also included, was excellent.

For a restaurant that has been open only about a month, Le Vieux Hob Nob certainly has it all together. And deservedly, it is very popular—people were still coming in as late as 10:00, so reserve. Dinner for two excluding tax and tip: \$29.90.

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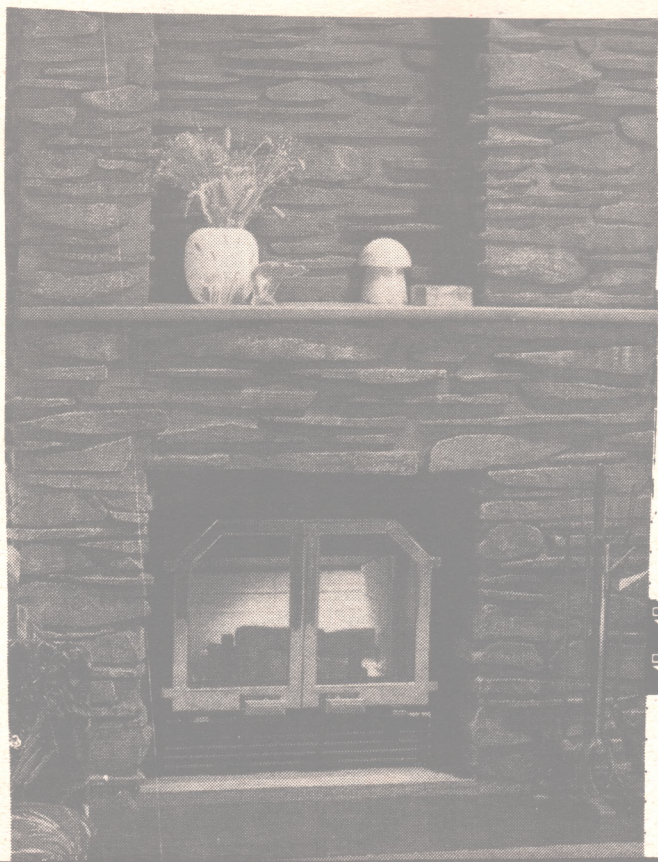


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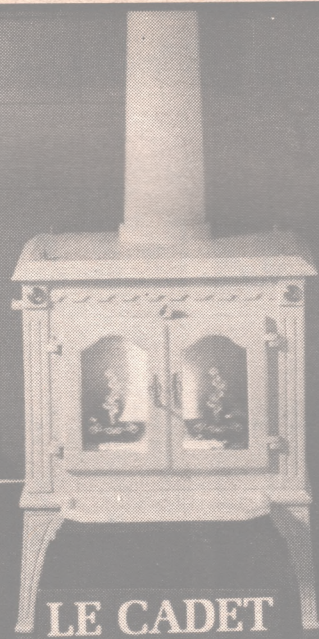
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photos / Jim Napier

"In Transit"

Christa Kotiesen:

Townships Artist with a Difference

by Jim Napier

For an artist, living in the Townships can be a mixed blessing. Graced with numerous quaint villages and picturesque rural settings, the region offers ample opportunities for the landscape painter; but the very richness of natural subjects can distract a promising artist from more universal themes—statements that have more to do with inward experiences than external appearances. The result can be a narrow provincialism in art, a uniformity in style and subject

which reduces the artist to illustrator, and makes of their work mere imitations of nature.

Happily, that need not be so. There are, in every age, a few artists who eschew the easy and familiar in favour of subjects and themes which challenge themselves and their public, and in so doing force us all to grow. One such Townships artist whose work is gaining increasing critical attention is Christa Kotiesen. Born in what was formerly Estonia (now Poland) during

the Nazi occupation, she spent the first nine years of her life in the tall forests of Northern Germany. Moving to Canada with her parents, she completed her B.A. and B.Ed. degrees in Toronto, and made her home in Sawyerville in 1975.

Growing Public Attention

For the next seven years she taught in both public and private secondary schools, and enjoyed a secure and comfortable lifestyle. But her creative

interests took on increasing importance, and she left teaching to pursue artistic studies on a full time basis. In 1982 she graduated with a degree in Fine Arts from Bishop's University, winning the Fine Arts Prize in the process. Since then she has enjoyed growing public attention through exhibitions at Bishop's University in 1983, and at the Galerie Horace in Sherbrooke—where she had a one person show in 1984, and participated in group exhibitions in 1985 and 1986. As well,

Ms. Kotiesen has shown her work at the Centre d'Art Orford (1984), Art '84 Laval, the Festival Lac Massawippi in Hatley, Quebec (1985 and 86) and in Montreal (1985).

In viewing Ms. Kotiesen's work, and from conversations with her, one is struck by her technical self-discipline and clear sense of purpose. She rejects pretence and artifice, and opposes elitism in art—believing that every style has something to say. Thus she is

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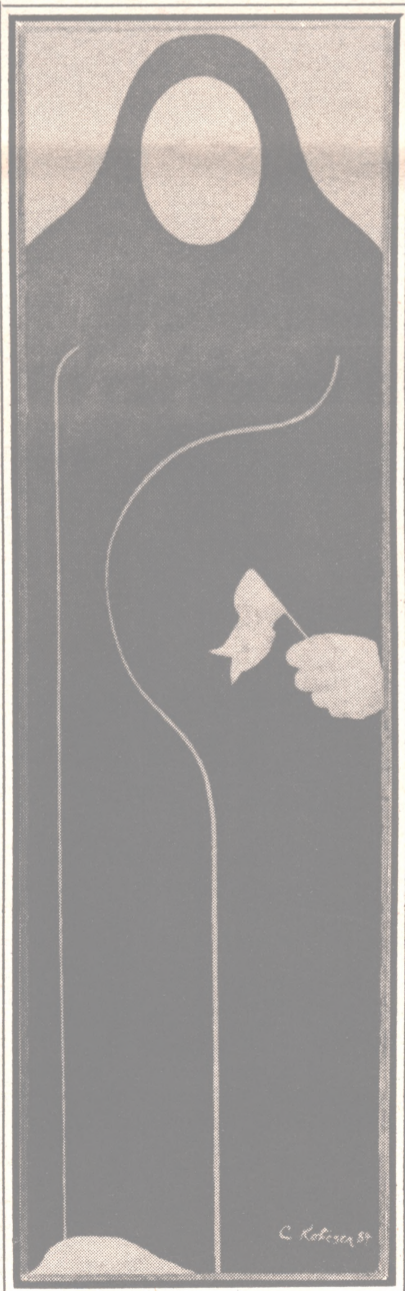
equally open to naive (primitive) art, realism, expressionism, and nonfigurative (abstract) art.

Her subjects range from serious & metaphysical to slyly humorous social commentary

Consistent with this attitude, Ms. Kotiesen rejects the cliché that to be successful one must choose a single theme or style and develop ones' work around it. Her paintings reflect that view, and although an intellectual element is always present, her subjects range from serious and metaphysical to slyly humorous social commentary. As an example of the latter, several of her recent works portray individuals juxtaposed against the background of a rigidly conformist society: "Escape Artist" (silk-screen, 1985) shows a wildly exuberant dancer in the midst of a crowd of automaton-like businessmen garbed in identical grey suits and hats; and in "Going UP, Going Down", groups of businessmen passively awaiting elevators are seen in the reflection of a high rise office building. These subjects might easily seem trite or dated; but Ms. Kotiesen's treatment is technically polished and engaging.

In a series titled "Reflections" (Acrylic on board and canvas, 1985), Ms. Kotiesen employs a monastery setting as the backdrop for a metaphor on the human condition: monks, simplified in line and detail to almost abstract forms, and isolated from one another by the column and arches of their cloistered existence, are reflected in a pool below. They seem unapproachable, and unaware of each others' existence. The result is a compelling study of human beings alienated from one another. These, in this writer's view, are among Ms. Kotiesen's most successful works. The strong, simple images are united by a highly disciplined sense of line, form and colour, which gives them a direct and continuing visual interest; and the cloaked figures and eccentric perspectives impart a surreal quality that invites the viewer to respond imaginatively as well as intellectually. Although vestiges of influence are evident—the compositions of de Chirico and Frank Stella come to mind—the series is unmistakably original and evocative, a successful marriage of content and form.

"The Warrior"



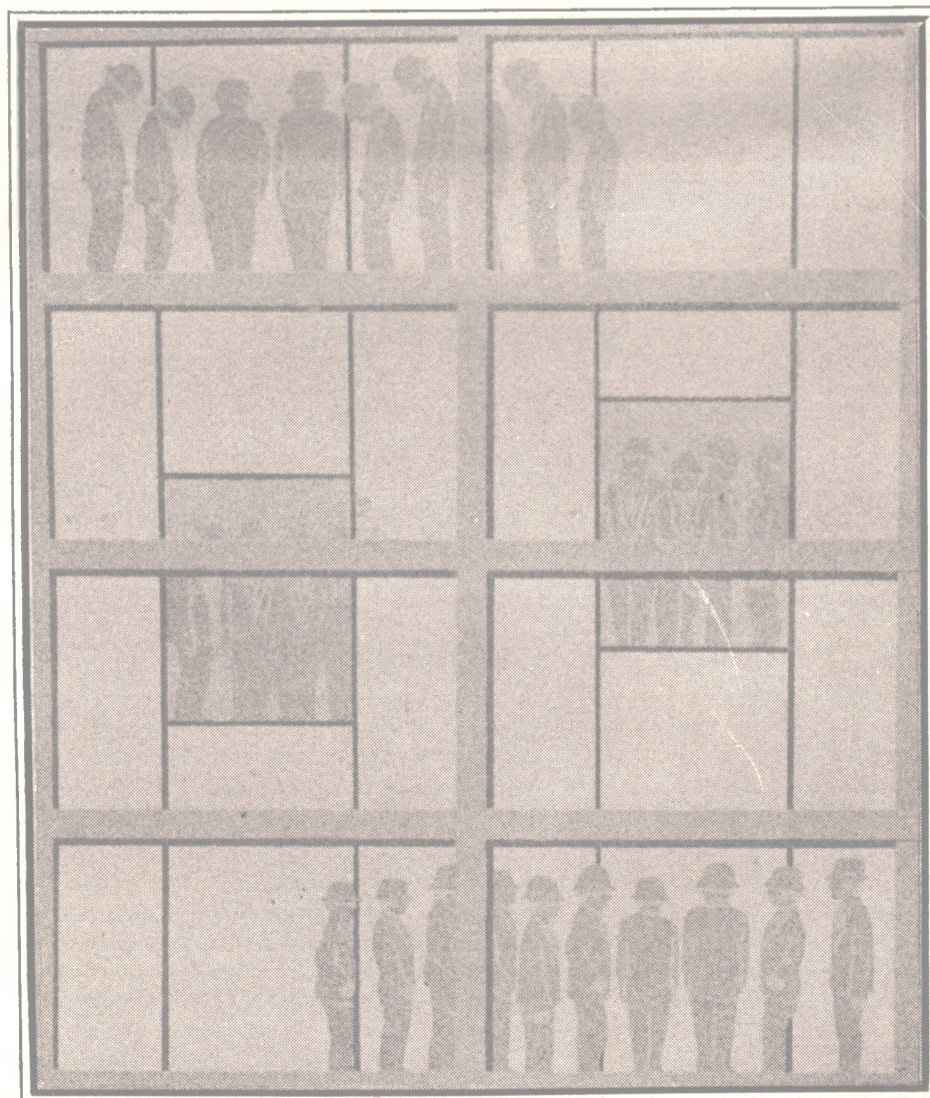
With her most recent showing behind her (an exhibition at Hovey Manor in North Hatley, Ms. Kotiesen is turning her attention to her next major project, a series of stylized studies of women's faces—perhaps then in all—to be done in silkscreen. We look forward to watching the progress of this original and increasingly accomplished Townships artist. □

Christa Kotiesen is a member of the Regroupement des Artistes des Cantons de l'Est [RACE]. Those persons who would like to view her work should contact the Gallerie Horace, located at 900 King West, Sherbrooke, or phone [819] 821-2326.

Jim Napier is a professor of philosophy at Champlain Regional College.



"Boxed In"



"Going Up, Going Down"



Conservation & Nature Notes

Wildlife Consumers and Non Consumers

by Gladys Mackey Beattie

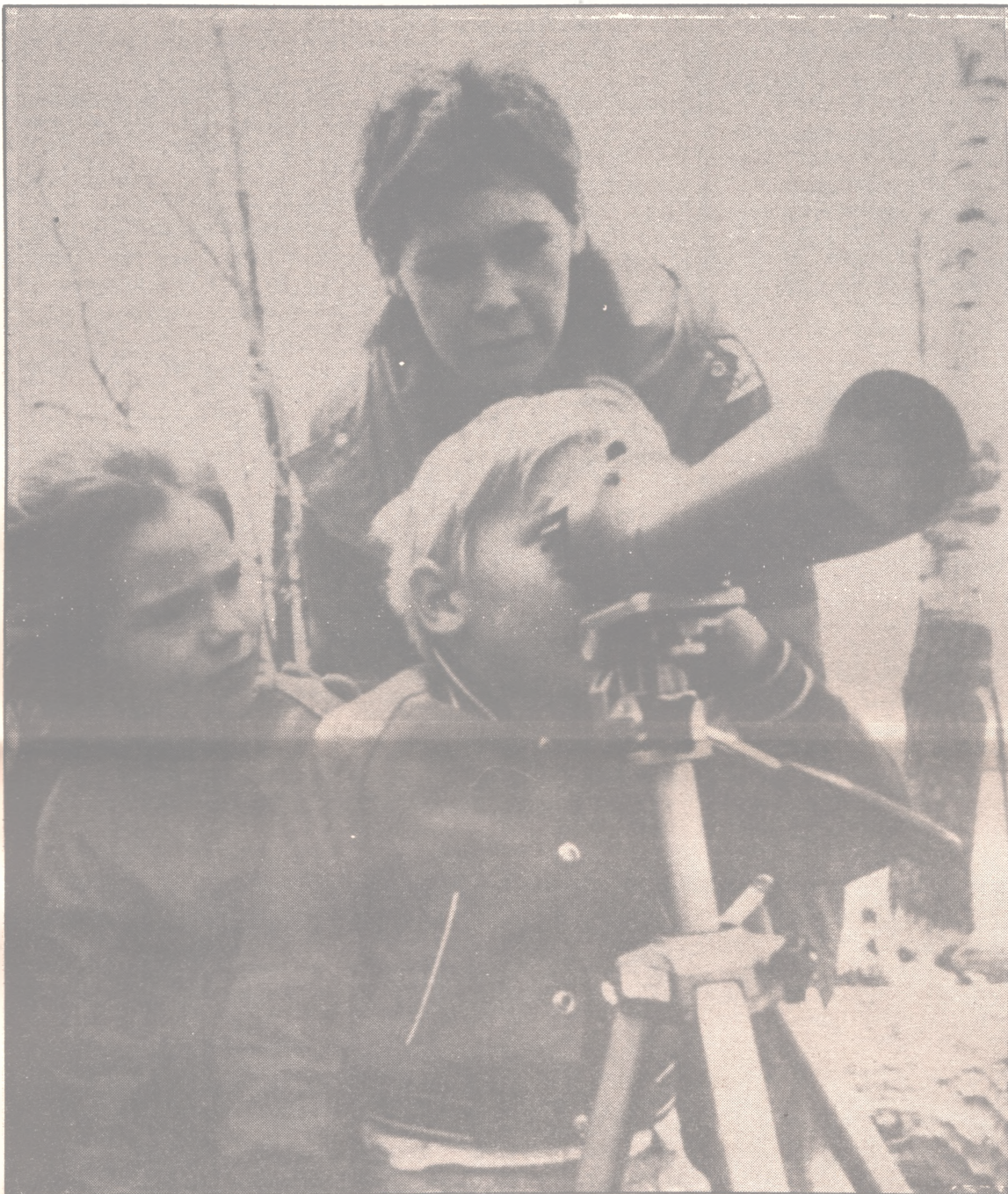
Wildlife is important to Canadians. In a recently published report by the Canadian Wildlife Service and Environment Canada, 15.5 million people (84% of the population over 14 years old) participate in wildlife related activities. They declare these activities to be worth 800 million dollars annually. (These figures do not include commercial or subsistence use of wildlife resources, nor recreational use by non-Canadian residents, nor do the figures include any aspect of fishing or trapping.) The study divides participants into two categories: consumptive and non-consumptive users. The non-consumptive's uses of wildlife are: trips taken to find wildlife and to watch, feed, photograph or study them either at home or away. Also reading, watching films about wildlife, purchasing wildlife art or crafts, visiting zoos, game farms or museums of natural history.

Wildlife consumers are basically the "harvesters" the recreational hunters. In this province, the value of the non-consumptive use of wildlife was 60 million dollars and the "hunters" valued their benefits at 61 million dollars. In Canada, as a whole, the non-consumers spent 2.1 billion dollars enjoying wildlife, and the recreational hunters spent 1.2 billion dollars.

Although this report was designed to show only the economic importance of wildlife to Canadians and not necessarily to indicate who liked their wildlife alive or who liked it dead, it does show that for every hunter there are two non-hunters who prefer to enjoy their wildlife alive.

With hunting season at hand, it is good to keep in mind that the hiker, bird-watcher, photographer and naturalists also have the right to enjoy wildlife, and it puts a very heavy responsibility on the shoulders of the hunter not to harvest one of his fellow men.

This would also be a good time of the year for the



"hunter" to do a little soul searching. Why do I hunt, he should ask himself? Do I hunt because I enjoy killing things? Do I hunt because I enjoy eating wild game? Do I hunt for an excuse to go for long walks in the woods, at this pleasant time of the year? Do I enjoy the challenge of playing hide-and-seek with wild animals? Do I hunt because all of my friends hunt? Do I hunt just for an excuse to get away from it all and have a good time with the gang at the hunting camp? Do I hunt to keep the wildlife population down?

The answers to these questions might be quite revealing and possibly some alternatives could be considered. "Shooting" wildlife with a camera

can be a challenging undertaking. No licence is required and it is "open season" all year round. A glance through any hunting or nature publication will show that there is a ready market if you want to sell some of your wildlife photos. The pleasure of a long hike through the autumn woods will be greater if you don't have to carry a gun or worry that you are on non-hunting territory. If your pleasure goes towards eating wild game, there are many shops where most kinds of wild meat can be purchased all ready for the table—sans feathers, fur, entrails or lead pellets.

As the population of our urban and rural areas continues to increase, there is less

space for wildlife of all kinds. There are also more people outdoors enjoying their wildlife in a non-consumptive way, and the danger of accidentally shooting someone proportionately increases with the number of people in the same woodland. It is an unfair assumption that non-hunters should stay out of the woods or wear red vests just because it is hunting season.

Wildlife is important to Canadians—all Canadians. For every hunter, there are two non-hunters using the same woodlands. For several weeks each fall, the non-hunters using the woods are at the mercy of the hunter's judgement. In a democratic society this should not be. □

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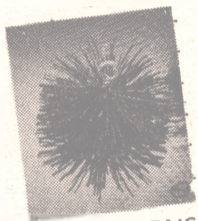
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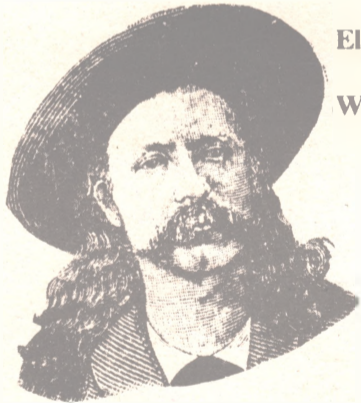
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by Bernard Epps



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Houseplant Help•Line

by Kathy Longworth

Do you have a houseplant that looks droopy, sick or ready for the compost pile? Don't despair, now you can consult our plant expert—Kathy Longworth. Just send your questions to the Townships Sun and Kathy will advise you on how to get your houseplants thriving again.

Q. How do you trim a Split-leaf Philodendron and how do you trim the roots?

A. Trimming a Split-leaf Philodendron should be done when the plant is still fairly young and vigorous. Older specimens do not lend themselves well to this sort of treatment. Even when very young, this type of Philodendron is notoriously slow-growing, so be prepared to wait quite some time for any results to become evident.

If it is a younger plant with which you are concerned, simply snip off the growing tips of the vines and this should convince it to start producing branches. If, on the other hand, you are looking for a smaller version of your present plant, or if you're dealing with an older, well-established specimen, I recommend air-layering. Do either of these only when the plant has started showing signs of active growth.

To do air-layering, pick a time when the plant is resuming active growth. Choose the point on the stem where you want it to form new roots, and

make an incision with a sharp knife half to two-thirds of the way through the stalk, directly below a leaf-node. Insert a toothpick or other small sliver of wood into the cut to keep it open. If you're really worried about the plant's rooting abilities, you might poke a bit of rooting hormone powder into the open cut before proceeding. (STIM-ROOT is a readily available brand.) Pack the wound with thoroughly damp (not dripping wet) sphagnum moss, and continue packing moss around the cut until you have a ball about large fist-size. Enclose this ball of moss completely in plastic wrap, securing to the stem at top and bottom with twist-ties.

As a general rule-of-thumb, Philodendrons really hate having their roots messed with. They even protest at being repotted, though you may be convinced all that top growth can't possibly be sustained in such a small pot. I wouldn't recommend trimming the roots if it can possibly be avoided.

When you see through the plastic that roots have formed, remove the plastic, cut the newly rooted portion off the main stem and plant it.

Q. What can I do with a Kalanchoe that's 2½ feet tall? I have to stand it in a corner to keep it from falling over.

A. I would recommend drastic surgery to bring your week-kneed plant down to size! The simplest means would be to lop off the top at whatever height suits your needs, and treat it as a cutting. Kalanchoes root very easily in water, damp sand or vermiculite. A Kalanchoe of the size you mention would also be a good subject for air-layering (see answer to previous question). Any of these methods should provide you with a rejuvenated, sturdier plant.

To help ensure that your plant remains stocky and strong, you might keep in mind that this plant takes standard potting soil, allowed to dry out between waterings, and moderate sun. □

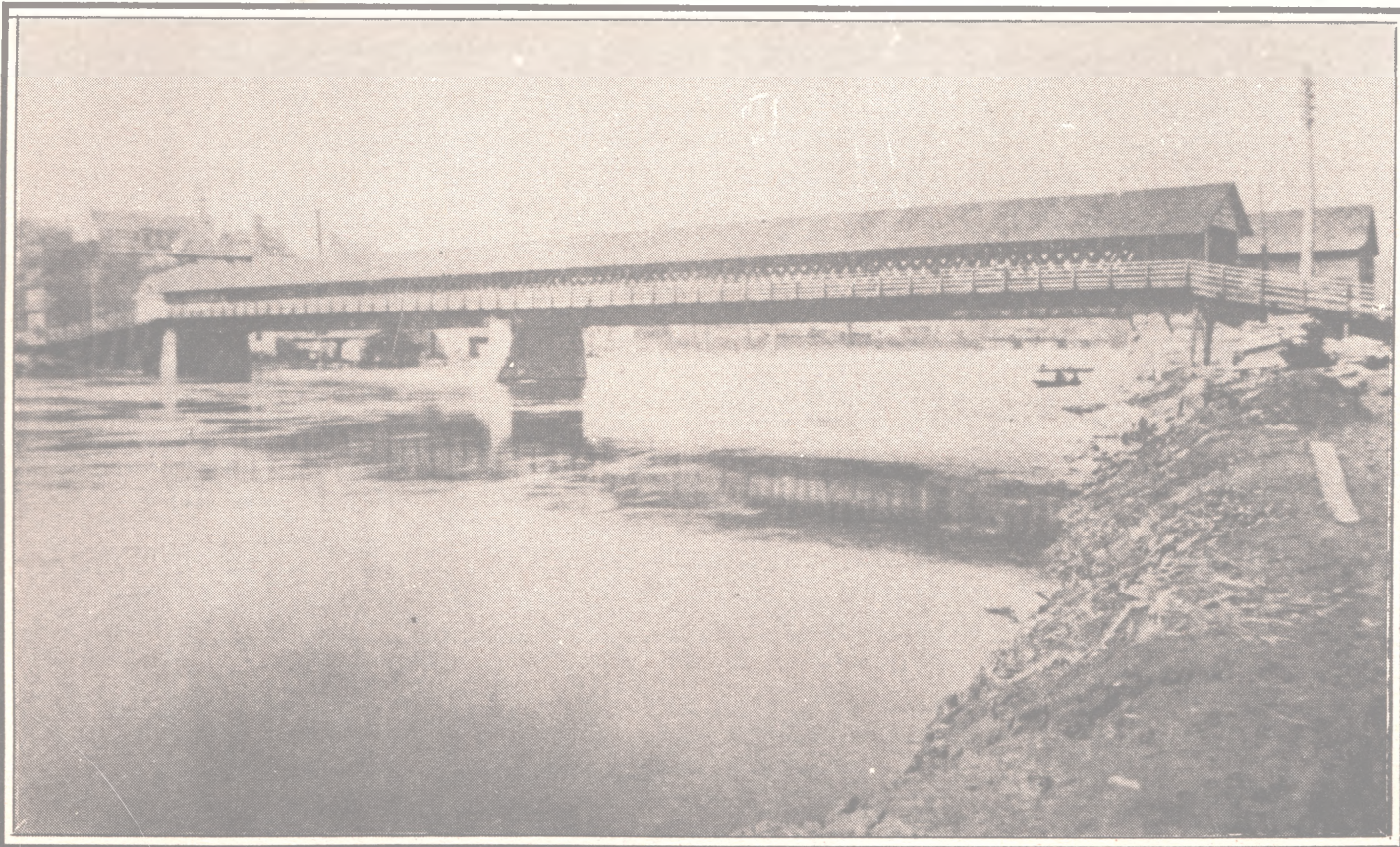
Kathy Longworth lives on a Farm in Bishopton and is a regular contributor to The Sun



photo / G. Mackay Beattie



While most of us struggled more or less unsuccessfully with a garden this summer, this tomato plant grew out of a crack in the sidewalk in Lennoxville. It not only seeded itself, but produced tomatoes as well.



This old photo is of the King Street bridge in Sherbrooke built in 1837.

Covered Bridges—

An Endangered Species

by Jenny Brigham

Picture a covered bridge, and you'll probably place it among green hills and trees, and spanning a rocky stream or river here in the Eastern Townships or in New England. But the earliest covered bridges were in no such place. The first, in fact, was built nearly three thousand years ago on the Euphrates River in Asia. Bridges were covered not to protect travellers but to protect the structural foundations from the elements. In our climate an uncovered wooden bridge will last only ten or fifteen years without major repairs, but with a roof to protect it from sun, rain, and snow, a bridge can remain sturdy for nearly a century.

In North America, bridge-building was part of the vast colonization effort of the early nineteenth century. In Quebec it was the Department of Colonization that was responsible for the building of new roads and what are known even to this day, especially in Abitibi, as "colonization bridges". Quebec once had about 750 covered bridges, of which 110 were in Stanstead, Compton, Brome, Richmond,

Sherbrooke, Missisquoi and Megantic counties. Today there are only about twenty remaining in the same area, and among these is the oldest known Townships covered bridge, a 133-foot structure built in 1835 over the Eaton River near Cookshire.

None of these early bridges were alike. Varying terrain, materials, skills, and budgets saw to that. In the Milby, Capelton, and Eaton bridges, for example, one can see what are called "ships' knees". Tree roots have been cut and shaped to fit the arch of the roof to add strength to the frame.

Many of the Eastern Townships bridges had two traffic lanes divided by a wall, with a separate pedestrian walkway. Despite cheap local labour, building bridges could be expensive. Often entrepreneurs would build them as toll bridges for potential profit to shareholders—not always successfully. A typical toll table for crossing a bridge in the 1890s is interesting:

Pedestrian	1 cent
Cow	2 cents
Horse	2½ cents

2-wheeled cart & horse 5 cents
4-wheeled cart & horse 7½ cents



In addition there were heavy fines for those who risked causing structural damage by crossing at a pace faster than a horse's walk.

Although most of the covered bridges are gone now, their memory is kept current by those who take pictures and collect information about them, such as



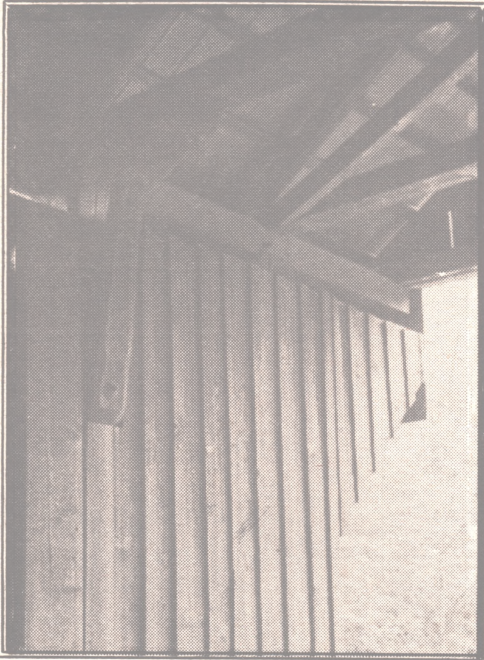
This bridge, built in 1835 still stands outside of Cookshire.

Harold Worster of Lennoxville. "I don't make a big to-do about it," says Harold, but whenever he is travelling to an area with a covered bridge he takes a picture of it. "It gives me something to do when I go someplace," he remarks wryly. The sturdiness of the bridges is something to marvel at even today. The farmers were good carpenters, and with good lumber "they could build a bridge with joints that were water-tight. Engineers today wonder how they did it."

If these rickety-looking old bridges are really so sound, why are they disappearing so fast? Half of the twenty remaining in Quebec have been closed to cars and trucks, for which they were never meant. The major cause for their disappearance, though, says Harold, is vandalism. "That's the way we're losing bridges. We lost the Ayer's Cliff Bridge last year. A bunch of drunks burnt it down one night." And he adds, "people take the boards off for their houses. They want an 'instant rustic' look. We lose three or four bridges a year. That's a lot of bridges."

While covered bridges may seem to be quaint and romantic, fun or risky—or simply a nuisance because of weight, height, and speed limits—ordinary cars have no trouble going through those that remain open. This was not always the case, as Harold recalls. When younger he worked in Mark Bennett's store near the Lennoxville covered bridge, since replaced by an arched steel structure. "We'd be at work," says Harold, "and we would hear this big noise...sometimes cars wouldn't make the

continued on next page...



This photo of the Eaton Bridge shows the tree "knees".

corner, so four or five of us would go out and tip the car back up. The Fords, they were easy to tip on their sides." Sharp corners were quite effective at reducing speeds on a bridge!

Harold also recalls an incident told him by a friend in Huntingville. During a big flood around 1940, Mr. Hunting and some friends were standing near the covered bridge there, watching the water rise. "Suddenly the old bridge just lifted off its foundations and went floating downstream." As it reached the railroad bridge it was sucked under and demolished. They felt as if they had lost a friend.

Covered bridges also used to be attractive to the local young folk. Sometimes they would hide in the rafters and "haunt" the meek or try to embarrass romantic young couples taking advantage of what seemed to be a private spot. The Capelton bridge once had an "inhabitant" who, when fishing was bad, would drop birds' nests on the people below.

With fewer bridges remaining each year, nostalgia for them grows. "Some places," says Harold, "now build new ones as an access to their campgrounds or tourist shops, but they're not the same. These imitation bridges were built for tourists who want to stay on paved roads, while the originals were built for people who considered themselves lucky to have a road and a bridge." More effort is also being made to preserve the old bridges. Many American states have clubs or societies for this purpose. According to Harold, "They make a big to-do about it. It's nice.. there's always someone doing

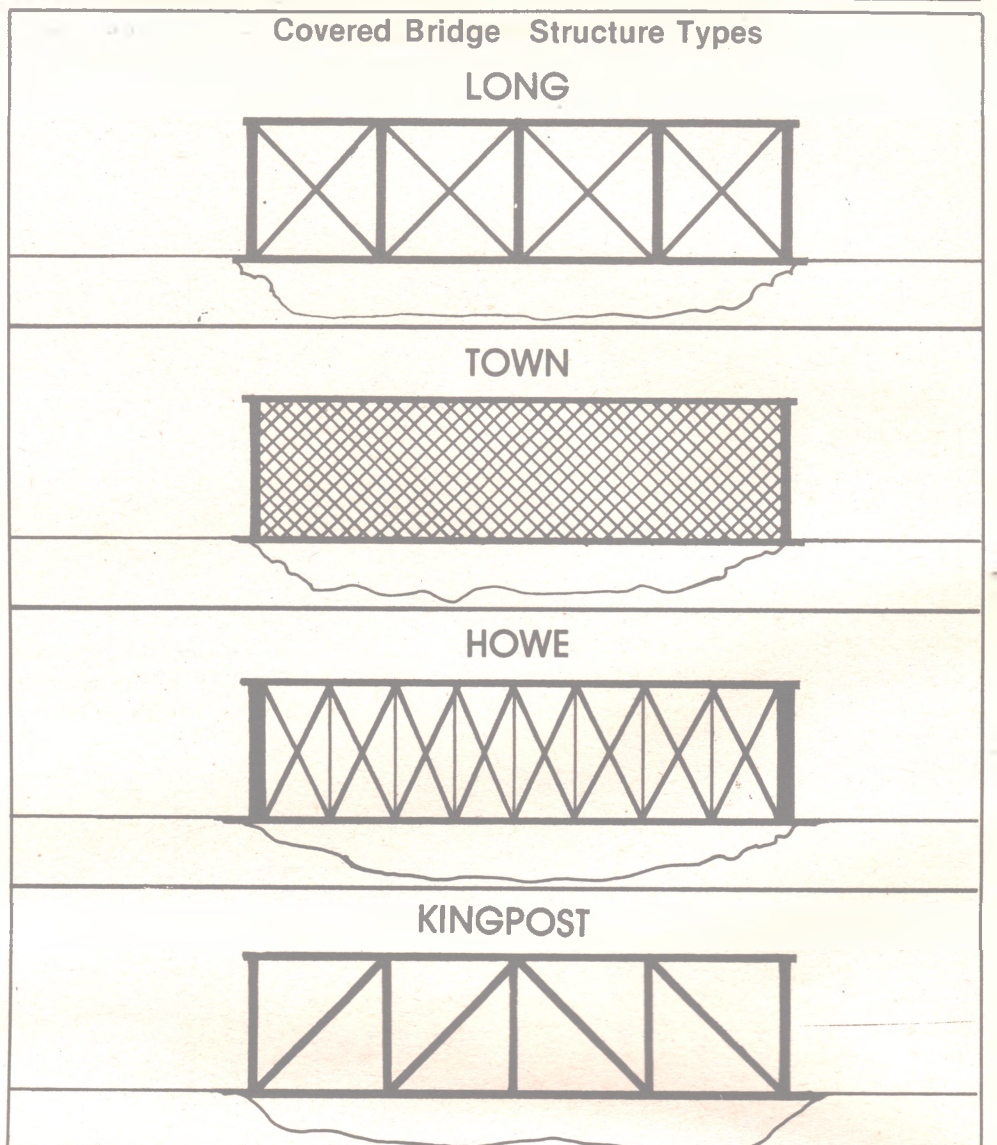


Interior shot showing Howe style.

covered bridges and mapping their locations. In Canada these efforts are pursued by the historical societies. In Quebec the task is handled by La Société des Ponts Couverts du Québec. This group, which publishes only in French has computerized all the available information about each covered bridge in Quebec. The material, available at Bishop's University's Library, covers every such bridge known to have existed in the province. They are arranged by county. Given are the name of the bridge, the nearest town, the waterway spanned, the length and structure type, and the dates of building and destruction when these are known. The Society also provides a map number and the bridge's co-ordinates on it.

Efforts to save the covered bridges have been successful. When a new road and bridge were built, the Stanbridge Historical Society moved their old covered bridge downstream. In Ayer's Cliff the old covered bridge was preserved in place when a new bridge and road were constructed in a nearby location. Despite these efforts, though, there is no national covered bridge society. Among the other provinces, New Brunswick has many covered bridges, while Ontario, which never had many, is alleged to have only two left. As new technologies replace old, more effort must be made to slow the decay and destruction of the covered bridges—a newcomer to the endangered species list. □

Jenny Brigham is a recent Bishop's University graduate now living in Boston



This photo was taken outside of Gould.



This covered bridge is situated near Mansonville.



Despite the heavy sag in the Capelton Bridge, the "town" style lattice structure remains strong. As discovered in Vermont the only way to remove it is piece by piece—a wrecking ball is useless.



The old Huntingville Bridge, painted by Eileen Drew

Locations of Eastern Townships Covered Bridges

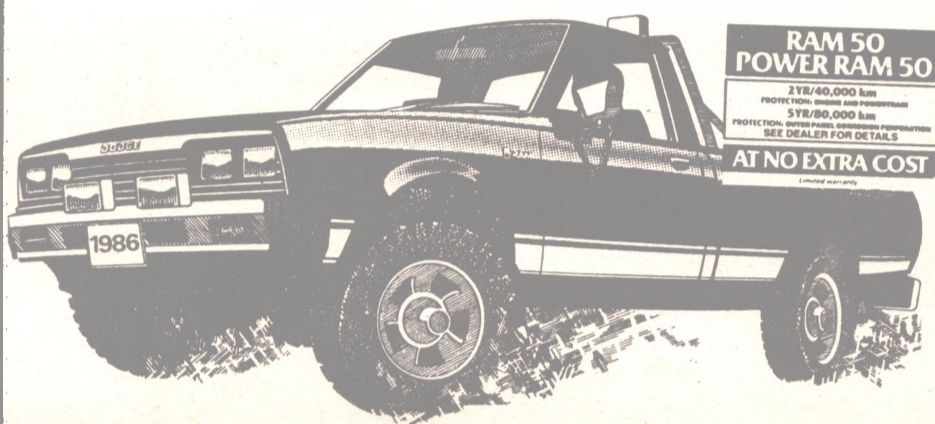
municipality	river	types	
1. Adamsville	Yamaska	Town	27m.
2. Adamsville	Yamaska	Town	32m.
3. Coaticook (F)	Coaticook	Kingpost	18.5
4. Compton Station (F)	Coaticook	Kingpost	30m.
5. Coaticook (F)	Eaton	Town	40.5m.
6. Cowansville (D) (F)	Yamaska	Town	28.5m.
7. Eaton (D)	Eaton Nord	Kingpost	34m.
8. Fitch Bay	Lac Fitch Bay	Town	28m.
9. Gould (Lingwick) (A-D-F-G)	Au Saumon	Town	63m.
10. Huntingville (Milby)	Moe	Town	24m.
11. Lennoxville (Capelton) (E-F)	Massawippi	Town	35m.
12. Lennoxville	Massawippi	Kingpost	29m.
13. Mansonville	Mud Creek	Town	31m.
14. Mansonville	Missisquoi	Town	22.5m.
15. Melbourne Canton (B-F)	Au Saumon	Town	16m.
16. N.-D. de Stanbridge (F)	Aux Brochets	Howe	41.5m.
17. St-Armand (C)	Groat Creek	Town	15m.
18. St-Camille	Nicholet Centre	Town	19m.
19. Ste-Catherine de Hatley (F)	Misseau	Town	20m.
20. Sawyerville (St-Isidore)	Eaton	Town	29.5m.
21. Stanbridge-East (F)	Aux Brochets	Howe	16m.
22. Warwick	Des Pins	Town	29.5m.

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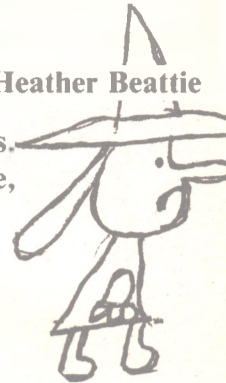


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Kidstuff

by Heather Beattie

We welcome childrens' short stories, drawings, poems and ideas. Please send them to The Townships Sun, C.P. 28, Lennoxville, Que. JIM 1Z3



ghost story

by Nancy Martel

One night, about forty years ago, in the village of East Farnham, a man by the name of Stanley Horner first noticed a strange light dancing on his window pane. The light only lasted for a few moments, but long enough to give Stanley Horner a cold chill. Mr. Horner then rushed outside to see if some prankster was at work. His hair raised along his neck when he found no one about. Stanley then dismissed the incident as a thing of his imagination and he went to bed.

The next night, at the same time, the ghostly apparition showed itself again. Stanley was present to see the flickering light. He ran for his wife, but when he returned with her, the light had disappeared.

The following afternoon, over a beer and a game of cards, Stanley Horner related his story to his friends. They dismissed Stanley's tale as a joke, ignoring his protests that it was the truth.

Finally, Lawrence Horner, Stanley's brother, suggested that the group go and surprise the 'ghost'.

So, that night, the gang lay in wait in the living room. Everyone had hidden behind chairs and low tables, but with a clear view of the 'haunted' site.

As the old clock ticked away the minutes, muscles cramped and patience grew thin. Finally, as the clock hands neared eight-thirty, a yellowish light flashed upon the window pane. As it expanded, its sides flickered and glowed. Startled gasps escaped from the stunned men, and as in a reaction to the soft noise, the light disappeared. Shakily, the men rose from their places, the moment's fright passing.

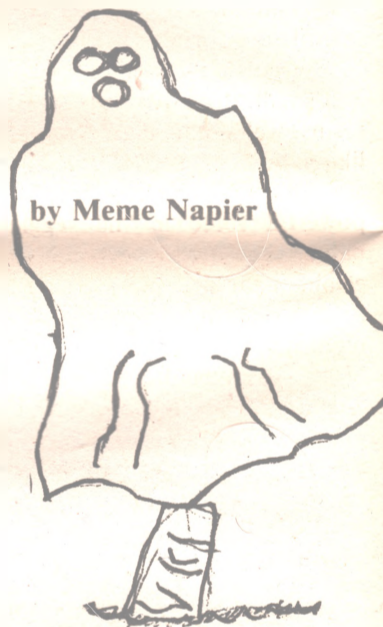
"Told you so," Stanley managed, weakly.

A nervous laugh scraped out, then grew as if something was outrageously funny. The group turned to see Frank Hall

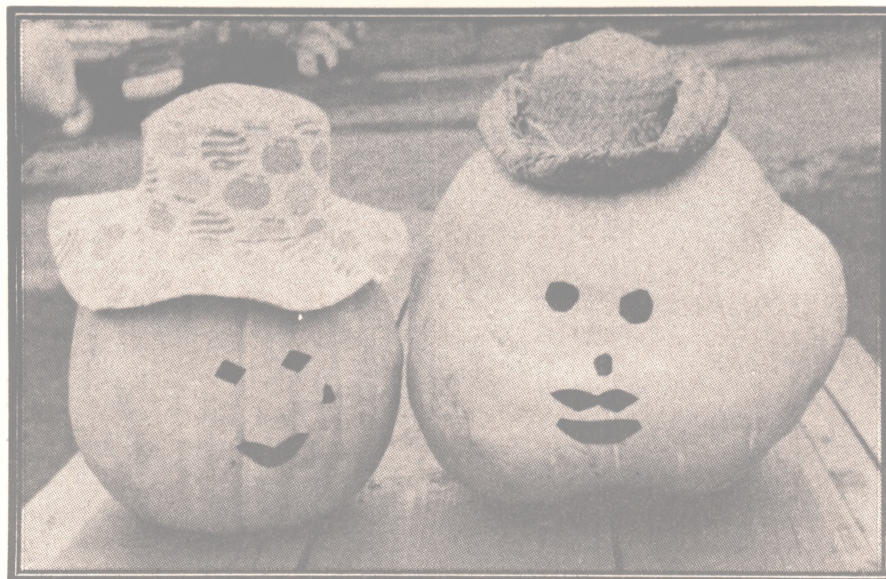
choking from laughter. Between gasps of breath, Mr. Hall explained what had really happened.

"It was the light from the freight train coming around the bend! Didn't it ever occur to you, you lived by the tracks? Stanley, old boy, you never did look beyond your own nose!" □

Nancy Martel won third prize in the Secondary level of the Heritage Interview Contest.



by Meme Napier



Mama and Papa Pumpkin weighing in at 35 lb. and 55 lbs. respectively. "Do you think these disguises will save us from becoming just another Pumpkin Pie?"

Glady's M. Beattie

Gad Zukes!

by Elizabeth Hearn Milner

It's October, and likely you are now munching the last of your Zucchini without much relish. Late in May, or early in June, the tale begins so innocently. Small, ivory-coloured seeds, the size of your little fingernail, are happily tamped into the earth. A half dozen are planted and then, the overzealous gardener (lulled into a sense of power) plants a half dozen more teeny-weeny seeds. Thus begins the problem.

By mid to late June delicate tendrils are forming a network of succulent zucchini stalks and small attractive leaves. All seems well, but alas, later—like a horror-movie monster—the zucchini changes into a powerful force in the veggie patch. The leaves expand to elephant-ear size and the stalks resemble sturdy doweling. The plant marches into the rows of beans, swamps the tender lettuce and fights for space with the tomatoes and potatoes. Literally every available inch of earth is hogged by the "ZUCCHINI".

One midsummer day, as if by magic, the first zucchini fingerling appears. You greet the occasion with intense pleasure. You forgive the plant for engulfing the beets and carrots, and you feel confident that this is the year when you will catch each zucchini while small and delicious and controllable.

You slice the tender morsels into your salads, you fry them golden brown with onions, peppers and garlic. You tell yourself that you're on top of the situation.

Then comes the fatal error. You accept an invite for a weekend away, or possibly two dinner invitations in a row, or you buy a dozen or two of corn that must be consumed while fresh; and you've had it. The three tiny zucchini you spotted before your carelessness have somehow tripled, and in the space of three to four days they have become zeppelins or at very least foot-balls.

Each day you do your best. You slice them, dice them, sauté and rice them. You squeeze them, freeze them, make soup, cakes, bread and even attempt a Zucchini taco (God forbid it works!).

At this point the zucchini are not only taking over the garden, they are filling your frig and freezer. Not only that, there are stacks of them on your back stoop and kitchen counter.

You begin giving them away to relatives, friends and neighbours. You're polite about it at the outset asking, "Would you like a zucchini or two?" Then as August rolls on you're giving them to mere acquaintances and even people you have never met. You're leaving them secretly on doorsteps and car seats after dark. You're giving them to kids soliciting a promise from them not to tell where they came from. "Hey kid want a zucchini?" Anyone foolish enough to thank you or show the slightest interest in the veggie freebee, gets three more on the following day.

Certainly, here is a plant to be shared with the starving nations of the earth. Although rather tasteless itself, it takes on other flavours and adds bulk to any dish. It's a good source of fiber, vitamins and minerals. Maybe we could trade zucchini. How about Canadian zucchini for Russian caviar or Vodka. A quantity for quality trade. Canada's generosity might put Canada and U.S.S.R. relationships on a whole new basis.

Perhaps Lennoxville should put itself on the map by having the Canadian Zucchini Festival. Visualize the festival entry gate formed from two large, green zucchini. The hosts and hostesses are dressed in dark green outfits with cute yellow hats shaped like the zucchini flower. The first event of the day could be the great zucchini weigh in. People from all over the nation could parade around the event field bearing their zucchini. In front of each entrant could be a child waving the provincial flag of the contestant. Then there could be zucchini races, zucchini relays and a slippery zucchini toss in which partners throw a vegetable oiled zucchini back and forth as many times as possible without dropping it. Even more imaginative would be the rocket launch. The zucchini catapulted over the greatest distance would win. Picture also the zucchini parachute contest. Gigantic zucchini fitted with parachutes would be dropped from a specified height. The zucchini spreading over the greatest area would be declared the winner. Kids could compete by jumping over stacks of zucchini of increasing size. An amusing alternative event might involve bicycles.

In the evening, or even the next day, there could be the zucchini eating contest, a great zucchini bake-off and maybe a sculpturing contest. Imagine, if you will, a zucchini sculptured into the profile of Brian Mulroney, or the Bluenose, or even the C.N. Tower. The ideas are endless. This event could put Lennoxville on the tourist list of Canadian musts. Like the small zucchini seed of spring, this could be the start of something BIG!



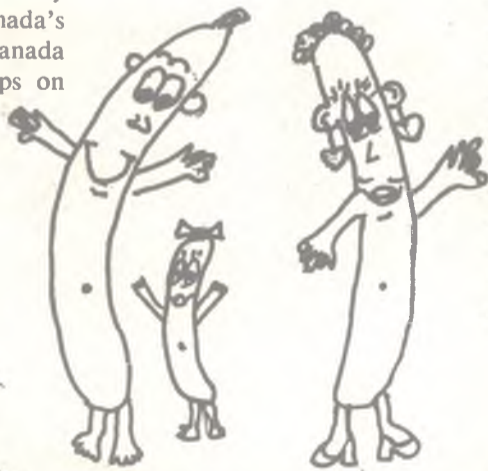
drawings by Adrienne Milner [age 12]

For a final sobering thought, now don't forget this past summer of zucchini madness. Remember the friends that you have lost through over-kill of zucchini giving. Keep in mind the freezer space you should have devoted to strawberries. Recall clearly the kids complaints, "Not zucchini again, mom!" Remember your husbands heart-wrenching plea when he saw zucchini on his plate the fifth night in a row,

"Can't we go out for Chinese?" Make the memories live and plant next spring with moderation in mind. A mere six seeds will be plenty or even too many. The best thing to do would be to keep this article in a special place and read it again in May of 1987. □

Elizabeth H. Milner works at the Sedbergh School in Montebello Quebec. Her previous contributions to THE SUN was an article on the Bishop's Medical Faculty.

The Great Slippery Zucchini Toss



Keep health and safety in mind at work.

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Keep health and safety in mind, especially at work...

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October 20 to 25 is Health and Safety Week at Work.





Farmyard News

by Moose

The Canadian Rural Transition Program (CRTP) is a new federal government program designed to help people who, for financial reasons, must cease farming.

It will provide funding, job counselling and training opportunities to assist farm families in making the transition out of farming and in finding new employment. Farmers, because of their self-employed status, have not usually qualified for this kind of federal government assistance in the past.

The CRTP was developed by Agriculture Canada and Employment and Immigration Canada following consultations with the provincial governments and farm organizations. Canada Employment Centres will operate the program.

Who is Eligible?

You are eligible if:

- you are or have been operating a farm business;
- you have, for financial reasons such as foreclosure, seizure of assets or inability to obtain credit to maintain a viable farming business, left farming since February 26, 1986, or are about to do so;
- you have no permanent full-time employment;
- you are legally entitled to work in Canada;
- you are seeking employment; and
- you are not receiving unemployment insurance benefits.

The Program Provides Assistance in Six Ways

- 1 Transition Grant
- 2 Training Assistance
- 3 Travel and Relocation Assistance
- 4 Self-Employment Grant
- 5 Job and Related Personal Counselling
- 6 Wage Reimbursement

When to Apply

Farmers who have ceased farming between February 26, 1986 and September 1, 1986 must apply for assistance before March 1, 1987. Those ceasing farming after September 1, 1986 may apply up to 6 months after ceasing farming, or wind down their operation no later than 3 months after filing an application. The final date for application is March 31, 1988.

For further information or assistance in completing your application, you may contact:

- offices of the Farm Credit Corporation;
- Agriculture Canada's Agriculture Development office in Quebec City;
- offices of the Canada Farm Labour Pool; and
- local Canada Employment Centres.

Note: The mailing addresses and telephone numbers of these offices are available by dialing "0" and asking for Zenith Communication-Quebec. □

Compton County Ploughing Match Results

Sept. 20, 1986 10:00 a.m.

Held at Albert Sylvester's Farm—Sawyerville, Que.

Highest Points on field: Michael Naylor

2 Furrow Plough: Peter Kirby—Lennoxville

3 Furrow Plough: Kent Lowry—Sawyerville

2 Furrow Utility: Mac MacLeod—Birchton

Foreign Plough: Mac Ross—Eaton Road

Horses: Willie Nelson—Richmond County

Albert Sylvester—Sawyerville

Gordon French—Sawyerville

Best Plough Team: Willie Nelson

Gordon French

Best Heavy Draft

Team:

Gerard Bessant-Wotton

Willie Nelson—Richmond County

Albert MacAuley—Sawyerville

Best Light Draft

Team:

Gerry Decauteau—Cookshire

Gordon French—Sawyerville

Albert Sylvester—Sawyerville

Best Teamster: Gordon French

Albert Sylvester

Oldest Ploughman: Charles Cruickshank—Cookshire

Plenty of Nothing

Farm wives as co-workers and co-owners...
the right to a fair share in the family business



A film by Dagmar Guelssaz
Produced by the National Film Board of Canada

National Film Board of Canada
Office national du film du Canada

presented by the N.F.B. and Lennoxville & District Women's Centre

Oct. 21, 1986 LENNOXVILLE PRIMARY SCHOOL 7:30 p.m.

This documentary, filmed in Québec's Richelieu Valley, encourages farm women to recognize the economic value of their work.



Ronald and Cynthia Drew, Props.

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*78 Plymouth Volare 6-auto station wgn.	\$2650.—
*78 Chev. Impala 305 2 Door	\$2450.—
*77 Mercury Cougar 351 2 Door	\$1595.—
*75 Lincoln Mark IV fully equipped A-1	\$2500.—
*73 Chev Monte Carol 454 auto	\$2195.—
*73 Ford Gran Torino 302 2 Door	\$1000.—
*73 Volks Beetle Rebuilt engine	\$1000.—
*68 Olds Delta 455 4 Door	\$1995.—

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2 Holstein Heifers due to freshen in Nov. and Dec. Call (819) 837-2680.

1973 Plymouth Satellite for parts only. Frame not solid, some of body okay, but many sound parts (some quite new), including good Slant-6 engine. \$250.00 Tel. (819) 884-5918.

Wish to sell in one lot: 2 base reflex speakers in unfinished plywood cabinets; 1 Heathkit tape deck; 1 Panasonic portable tape deck; 1 R.C.A. black & white television. All the above need some repairs, but we have replaced them with other equipment and therefore have no further need of them. Price \$70.00 or best offer received by **October 10th**. Call (819) 884-5918.

I have two **church plates** left depicting St. Matthew's Anglican Church, Lemesurier, and 45 plates of St. James' Anglican Church, Leeds, Quebec. \$5.50 each. Please contact Rev. Harold Brazel, P.O. Box 742, Thetford Mines, Quebec G6G 5V1 or 1-418-335-6820.

Bathroom Sink (Crane) very good condition. Make offer. Snow Pusher 20" wide, \$10.00. Call (819) 562-1635.

Mink Coat, beautiful pastel, full back, practically new, size 12-14. Price \$600. Also mink jacket \$400. Call (819) 826-6217.

Wooden corral for horses, 52' X 100' could be added on to. Call for info. (819) 569-5218.

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[Commercial ads excepted]

want ads

Thousands of used paperback books for sale, all types, such as best sellers, western, science fiction, harlequin, mystery, etc. Also, buy books at 20% off my selling price or will trade 2 for 1 in same category.

I also have thousands of **Marvel Comics** 1968-1979 for sale to collectors. Come and visit my bookshelf in Magog (819) 843-7307 (ask for Monty).

Cabbage Patch dolls clothes—dresses, pyjamas, jogging suits, housecoats, overalls, also costumes such as Clown, Santa Claus, Astronaut, Nurse, Indian, Western, etc. Accessories for sale also, boots, shoes, slippers, jewellery, bikes, as well as fur coats and snow suits. I have other crafts for sale, oven mitts, door stops, place mats, fridge magnets, etc. Doreen, (819) 843-7307.

Two burner 110 volt **Electric floor stove** with oven, Simplicity compact washer—spins dry; portable sewing machine; white sewing table for portable machine; odds & ends of brightly-coloured fake-fur suitable for making stuffed animals. Please call 567-4444 mealtimes and after 8 p.m.

Wood & Coal furnace—in good condition—dismantled. (819) 562-5857.

30" four-burner 'G.E. Electric stove with Bar-B-Que in oven; Findlay combination wood and 4 burner electric stove; stainless steel sink with taps; crane water storage tank for pump; white toilet; 12" attic ventilator; metal double bed with good mattress; 3/4 continental bed in good condition; extra 3/4 inner-spring mattress; lazy boy recliner with heat and vibrator; large gas heater; kindling wood. Above located in Ayer's Cliff. Call 567-4444.

3 winter coats, children's size 12, 10 AND 8. 2 all weather coats, children's size 8, 10. One baby carriage. Call after six, 832-2530.

Items for cottage or camp; adjustable lounge chair, electric stove, tank for water pump, Findlay wood & electric stove and kindling wood. Call (819) 567-4444.

MISCELLANEOUS

Typing done in my home, 15 minutes walk from Bishop's University. Call (819) 821-2256.

Want to be Slim!! Join Canadian Calorie Counters, a non-profit organization. Meetings at Lennoxville Town Hall 3rd floor Monday evenings at 6:45-8:00 p.m. 569-1991 or Thursday mornings 9:30-10:30 a.m. 565-9327.

WANTED

To purchase: A copy of "Pioneers of the Eastern Townships" by C.M. Day. Tel (819) 826-5204 or (514) 534-2673.

1 bunk bed and 1 chicken plucker (819) 884-5501, after 6:00 p.m.

Elmira "Oval" wood-burning cook-stove. 24" X 36" cooking surface, large oven plus full-width warming oven, & hot water preheater. Call 842-4273 evenings.

Piano for a senior citizens home. If you need a place to store a piano or would like to donate one please call after 6:00 at (819) 565-8882 or (819) 564-0810.

Small white 220 volt **Electric stove** with 3-4 burners and oven; 40 gallon electric water heater; kitchen cupboards—preferably with louvered doors; old metal clothes dryer to hang over bathrubb; 28-30" metal cots with good mattresses or good 36" continental beds, garden cart; snow fence; 40' eavestrough; chickenwire; fibreglass insulation; chain fire escape ladder; fire extinguisher; wood stepladder; rocking chairs; 100' or 30" high latticework; outside stair railing; louvered door; beautiful hand fan to put in frame. The above **wanted** in Ayer's Cliff or Sherbrooke and must be in good condition. 567-4444.

FOR RENT

2 rooms at 11 Little Forks Street. See Leonard Laroche after 3 p.m. Price 150.00 each, no phone.

TO GIVE AWAY

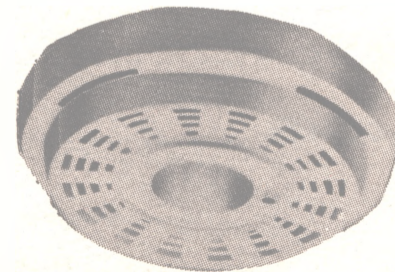
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To Dianna Hamilton, Ruby Robinson, and Lorna Casgrain the Sun Staff sends wishes for a speedy recovery.

Hoping that reading **The Sun** will put you back in the pink very soon, from everyone

 here at **The Sun**. 

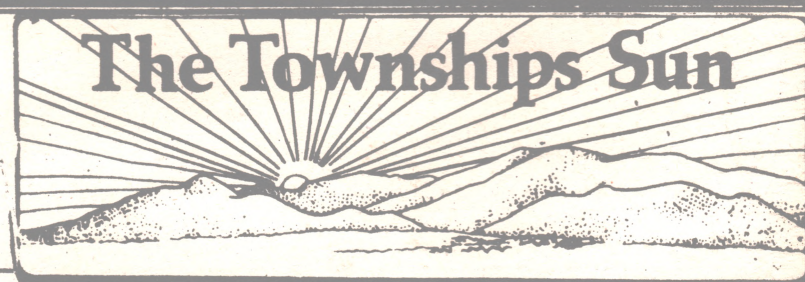
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