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## Contents

<i>Eustis covered bridge</i>	4
<i>Keeping a watch on time</i>	6
<i>Hiking with Gladys Marble Mountain and Lac Danger</i>	8
<i>Birding with Tom Crossbill encounter in the west</i>	12
<i>Lennoxville Street Festival</i>	14
<i>Highland cattle A labour of love</i>	16
<i>Cooking with Brenda Wild blackberries</i>	18

**COVER.** *Period costumes at the Lennoxville Street Festival. Photo by Al Barber.*

# Jack Layton

*On the way out,  
he gives me a tea towel  
with his picture printed on it*

*By Matthew Shepherd*

In 1993, I was in my second year of university in Toronto, living in the Ryerson residence on the 10th floor; one of those apartment-style spaces where five bedrooms shared a kitchenette, two bathrooms, and a living space. There was a federal election going on at the time, and one day there's a knock at the door and I answer it and it's a kid -- well, somebody around my age, so a "kid" from my perspective now -- asking how I'm going to vote.

So I tell him I don't know and he asks if I've considered voting NDP and I say not really, and he says I should, and we have a short conversation, and I wind up asking him I-don't-remember-what. I was being an ass at the time, I'm pretty damn sure, and probably just trying to stump this person for the sake of stumping them.

Whatever it was, I stumped him. And he says "Hang on a minute, I'll go get Jack." And he leaves.

Five minutes later, another knock on the door, and it's Jack Layton. He introduces himself and I invite him into my residence common space and he comes in and sits down and we have a ten-minute conversation. I'm 20, I'm a kid that doesn't know anything about anything, and he comes in and

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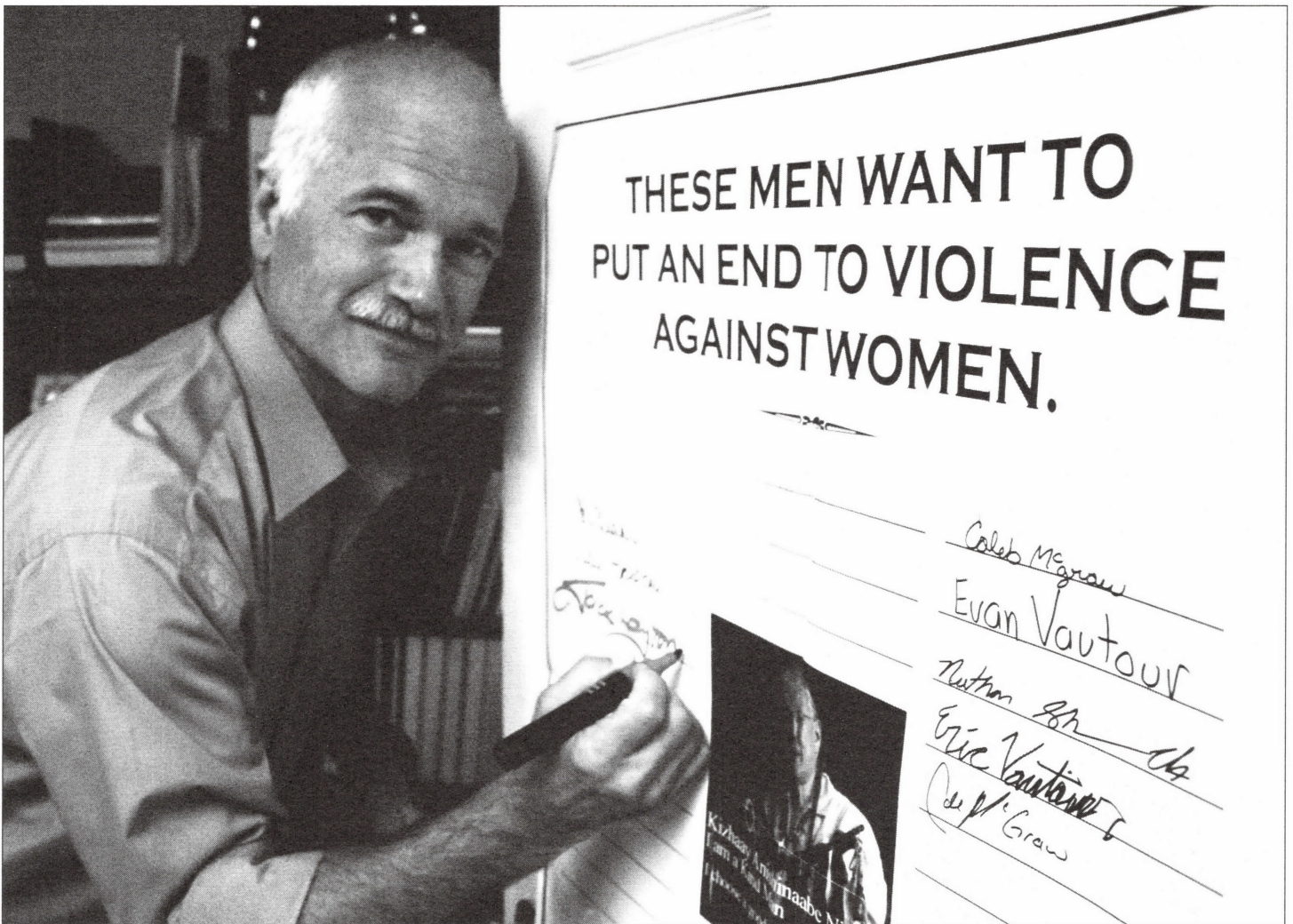
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Canada 



sits down and treats me as seriously as a Fortune 500 CEO or a labour leader or whoever the hell.

On the way out, he gives me a tea towel with his picture printed on it, riding information, all that. I'm a bit baffled, and he says "I was thinking before the election of how wasteful all those posters are, and thought it might be a good idea if I gave people something useful for a change."

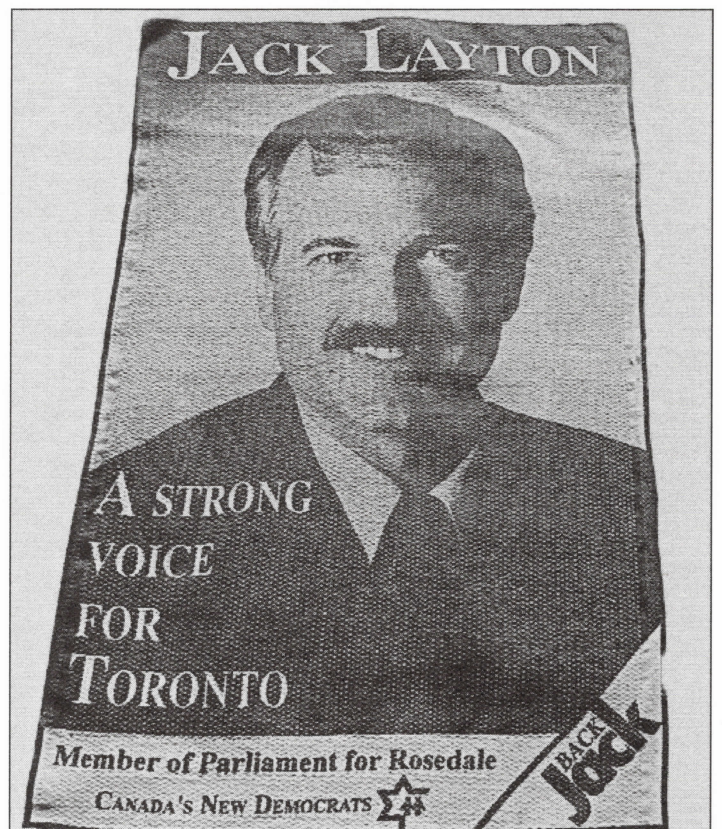
I ask him if he's aware -- this I do remember -- that people all over the riding are going to be wiping dishes with his face. He laughs and says that's a risk he's willing to take.

I voted for Jack. I've been voting NDP ever since that day. And now I live in a riding with the youngest MP in the history of the nation, a 19-year-old that never expected to get elected and who is, I imagine, more than a little overwhelmed and probably a bit scared and was probably relying on Jack to give him good advice and sound counsel.

To treat him seriously.

I need to get out there and volunteer for this kid; to try to figure out how I can help make politics in this country better.

Godspeed, Jack Layton. Thanks for everything.



# Eustis Covered Bridge

*Going, going, and gone!*

*A commentary*

**W**hat is happening to the Eustis Covered Bridge? Built in 1908, this bridge was in constant use until... a few years ago, it needed some repairs due to aging. These were done on site and the

bridge was reopened to cars and people, but the roof now had a sag in it. It never had a sag before, but shortly after the repairs, it had a sag. The following winter, some ice reportedly struck it and then it was deemed unsafe to use and was closed.

Huge cement blocks appeared on the road at either end of it. This was about five years ago. A parking area was created on the north side of it so that cars and busses could stop and people could walk the 500 metres or so to admire the historic structure.

This summer, work was again started on the span and to everyone's amazement, it was completely torn down and taken





waters. They were built on high ground and a low area was deliberately left in the roads leading to them so that when the river rose, it would wash around the bridge, maybe damaging the road, but protecting the bridge itself. If my memory serves me correctly, this road was rebuilt and raised, forcing high water to push against the bridge itself instead of flowing over the deliberately created low spot in the road leading to it.

This spring a small quantity of floodwater crossed the road, but before it did, the bridge was flooded and trees and water were pushing against the structure. This low area in the road should be restored.

This project seems to be just on the edge of common sense. But I hope the structure will soon return to its rightful place and still be a historic covered bridge. I also hope that the other non-structural problems with the surrounding land will be addressed at the same time.

- *Gladys Mackey Beattie*

away. At the time of this writing the graffiti-covered cement base is there and some wood pieces of frame. It has been like that for weeks, months it seems. Maybe there is some surface work being done on the cement – maybe. The bridge is reportedly supposed to be rebuilt, maybe restored (?) and put back into use for light traffic. But look carefully at the photo above showing the base of the cement support. To the right of the cement, erosion is already occurring and the water will soon be sneaking around behind the supporting cement... Is this the same kind of problem which caused the Capelton Bridge on Route 108 to drop down and be closed to traffic? The full dismantling and removal of the bridge seems to be a strange procedure. And it is taking a long time. Why is it necessary to completely demolish and take away the equivalent of a small timber-frame barn? In addition to the mysterious method of restoring (?) or repairing the wooden structure, someone should look at the old methods of safeguarding these bridges from flood



# Keeping a watch on time

## *The finest micro-mechanical achievement of mankind*

*By Manfred Starhemberg*

Where I come from it is tradition to receive your first wrist watch as a confirmation gift from your Catholic sponsor. Mine was my grandfather, and my gift was a 16-jewel wind-up Omega. I was eight years old and for the next 54 years mechanical and later electro-mechanical watches have held a great fascination for me, so much so that I now own approximately 300 of them. I have been able to maintain all but about two dozen in well-oiled, cleaned condition, and I wear one of them every day.

To this day the mechanical watch, either pocket or wrist, remains the finest micro-mechanical achievement of mankind, which explains the renewed fascination of the affluent with names like Rolex, Omega, I.W.C, Vacheron & Constantin, Jaeger-LeCoultre, Breitling, and TAG Heuer. Some timepieces take a group of master craftsmen a year or more to create, and every year improvements are made in a form called 'complications'. Complications are moon faces, additional dials, even musical movements, all in a machine the size of an Oreo cookie...

A wind-up watch or its 'automatic' brother will have somewhere in the neighbourhood of 150 parts, driven by a mainspring which transmits its power through a train of gears to the hands. It is regulated by a balance spring (or hairspring) which oscillates and activates a lever with two pallets which will engage and disengage the power train in precise intervals to control the amount of power allowed to flow through the gear train.

A modern balance will oscillate at 18,000 beats per hour. Many upscale watches have movements that will almost double this. Rolex and Omega have movements with 28,000 beats per hour. But even the lowly 18,000 beat per hour Timex will beat 432,000 times every day, or 12.96 million times per month. The tiny balance wheel travels in an average year the distance of 2.3 times to the moon, and therein is the fascination to collectors.

There are two kinds of collectors: the affluent who purchase rare vintage watches mainly as an investment (some specialize



in just one brand of watch, or only collect military watches, for example), or people like me who buy the inexpensive watches most people do not want anymore because they now have a reliable Quartz watch and cannot be bothered to wind up the thing every day.

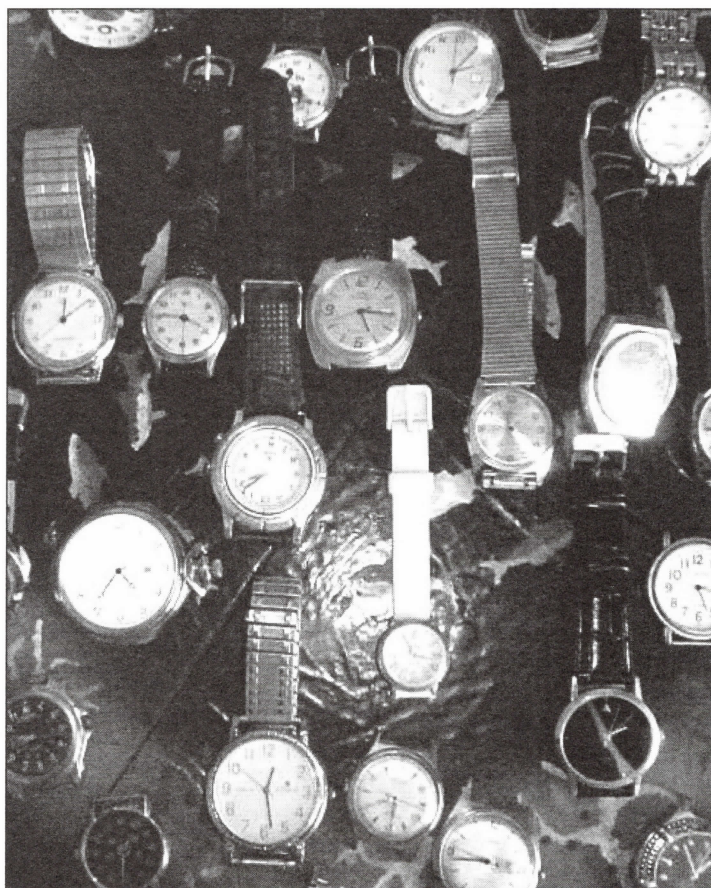
Watches can be found in flea markets, in the glass vitrines of Church jumble sales, or on eBay. Collectors will often buy 'a box of watches' and then find out that three out of 25 work, nine have broken springs, three have busted balance staffs, and at least one has the stem missing or the crystal is so scratched that you cannot see the dial anymore. It's all right. If the price was right, clean up the good ones, put new bands on them, and enjoy.

Most collectors are self-taught watch cleaners and will have a series of case openers to get inside to the movement, and they will know how to finely oil the watch. It takes only approximately 1 cubic mm of oil to completely oil a wristwatch. Over-lubricating will only attract dirt. Even a tiny amount of oil in the gear train will travel through the train and, eventually, one gear will lubricate another. This is a simplification but often it's enough.

Other than the purely mechanical watches, many will collect electro-mechanical watches. These were actually nothing more than quality gear-driven timepieces, but, instead of a spring, a battery-driven tuning fork does the timing. The finest was the Bulova Accutron.

Bulova's Accutron watches, first sold in October 1960, use a tuning fork of 360 hertz (cycles per second) to drive a mechanical gear train to turn the hands. The inventor, Max Hetzel, joined the Bulova Watch Company of Bienne, Switzerland, in 1948. The tuning fork was powered by a single transistor-driven circuit, so the Accutron qualifies as the first real electronic watch. More than 4 million were sold until production stopped in 1977, and today a functioning one will go for approximately \$300 at auction.

Timex was not far behind and started aggressively marketing their Timex Electric series through National Geographic and similar magazines. I am very fond of these early Electrics and own many of them. The problem is that the first series Electric



had a protruding battery housing on the rear of the watch which can become annoying. (The ladies series was better designed and the batteries were integrated flush.) I own dozens of the cheap old Timex watches which bore the famous advertising slogan 'It takes a licking but keeps on ticking'. And they do. Available on the E-Bay auction site for a few bucks, some of these old Timexes are truly astonishing works of art.

The movement is all steel, there are no jewels, the mainspring is hardened and the cases are well sealed. It is (was) a simple time machine but to prove the point, a few weeks ago, I wound one up and put it in a pot of water which I heated to about 120 degrees. It kept ticking. I then put it in my freezer for two hours, took it out and it was still running, although it had slowed some, probably because of the oil losing its properties in the cold. Yet, it never stopped. I tried this with my Rolex and it stopped ten minutes into the freezer...

The other watches I have started to collect now are early quartz pieces. Many of them require at most a new battery or a clean-up at the battery terminals but they come in such a lovely array of colors, sizes and designs, I cannot help myself from getting them at every church, garage or jumble sale where I might find them.

So, if this interests you, go start collecting. You may find that part of the joy of this hobby is that you can look up your particular make and model on the Internet, research the history of the watchmakers, and learn about the place where it was made and by whom.

This is truly a timeless hobby — collecting time.



# Hiking with Gladys

## *Marble Mountain and Lac Danger*

*By Gladys Mackey Beattie*

If you want to visit a remote little lake, Lac Danger is the place to go. It is located at the base of Marble Mountain, near Notre Dame des Bois. Marble Mountain is not a high peak, but the views from it are outstanding. It ranks 137th in height in Quebec at 920 metres (2,736 feet), and is the 8,257th highest mountain in Canada. I guess that makes it officially a mountain! To appreciate the beauty of the lake and the mountain, it is not necessary to climb to the peak itself. The trail is part of Les Sentiers Frontaliers hiking clubs' network. This can be a long or a short hike depending on which parking area you start from and how brave you are about driving your car on some very rough and rocky roads. Since this is a very large forested area without a lot of roads and houses nearby, you should always carry a compass (and know how to use it)

and a trail map of the area. Cell phone coverage in this area is just about nil.

Les Sentiers Frontaliers has excellent maps which are calibrated for both compass and GPS use and they are very user friendly. They cost \$5 from Sentiers Frontaliers, cp 23, Lac Megantic, G6B 2S5, or can be downloaded from their website at: [www.sentiersfrontaliers.qc.ca](http://www.sentiersfrontaliers.qc.ca). A club membership is \$20 and comes with a free map. I have even seen people taking photos of the maps on the large signs at the trail heads. Those maps have the little red arrows on them showing, 'you are here', which may be of help. With maps in hand, or on your camera, you can check them at any time.

Keep in mind whenever you are hiking in these border areas that the very obvious wide strip cut through the woods is the





boundary between Canada and the U.S.A. This is part of our wonderful supposedly unguarded border. These mountains are called simply the White Mountains or Montagnes Blancs in Canada and more specifically the Boundary Range of the Longfellow Mountains on the American side. In this area the border runs along the height of land between the Saint Lawrence River watershed (Eaton, Salmon and Chaudière rivers) and the Atlantic watershed (Connecticut and Androscoggin rivers). Here the border is at its highest altitude east of Alberta. Special cement posts called monuments mark the boundary here and there, in the centre of the cut line, but they are far apart and not always obvious. Be sure to stay on the Canadian side of the cut line, or you may find yourself being transported to the jail in Colebrook, New Hampshire by the U.S. Border Patrol. Also keep in mind that these trails are not the well-trodden, very obvious foot paths we are accustomed to in Orford Park or along the Sentiers de l'Estrie trails. Only the moose have well trodden trails here. Keep a close watch on the trail markers and allow more time to cover the same distance. On the plus side, if you plan an overnight hike this club has many shelters and tenting platforms which are free to hikers. To reach the Marble Mountain trail head from the Sherbrooke

area, take Route 108 toward Cookshire. At the bottom of the hill in Cookshire turn right onto Route 212, heading east through Island Brook and La Patrie to Notre Dame des Bois. Turn right on the north-south Route du 10<sup>i</sup>ème Rang immediately after the huge Catholic church on your right. The large cross on the front lawn is more immediately visible. Drive south up the steep hill past the church, the park and other municipal buildings. Continue straight on this gravel side road for several kilometres until you come to a T. This will be the junction with the east-west chemin du 10<sup>i</sup>ème Rang. Yes, the north-south and east-west range roads have the same number – 10.

Turn left onto 10<sup>i</sup>ème Rang Est and continue slowly, watching for a large sign with a map for the Sentiers Frontaliers. This is the first parking area. If you have chosen to use your camera for recording the map, here is the spot to do it. You may start hiking here if you want a long hike. It will be 4.7 km to the lake. There are two more parking areas on the same road which gets rougher and rougher. If you choose to park at area two, the trail will be 3.5 km to the lake. We planned to stop at parking area three, but missed it and continued to the end of the road



*The author's daughter Nancy looking a tad overloaded, although Ada is still a relative lightweight.*

– which did not get worse as it progressed. And we did not leave any car parts hanging on the rocks. With a pick-up truck or 4-wheel drive vehicle, this road would be more pleasant. Consequently we had only couple of kilometres to walk. This was fortunate because we had two very young hikers with us! The walk then started, on a 4-wheeler track which meandered in and out and across a shallow brook. The walking child loved this. We managed to rock-hop and splash our way along the well-marked trail as it gradually wended its way uphill, with our hiking boots keeping our feet dry the whole way. This is trail number two. It is well marked. There is a junction in the woods with trail number three, but be sure to stay on number two, which at this point leads away from the brook and into the woods. In about 20 minutes you will see some tent platforms and the lake will be right in front of you. Look up and you will see the cliffs on Marble Mountain right above the lake. If you want to climb the mountain, continue on past the lake watching for a trail-marker junction with trail number one. Turn left. If you come out into the border cut line you have

gone too far. Back track about 100 feet and watch closely for number one trail. Turn right. The climb up to the cliff is very steep but worth the extra effort.

I have no idea where the name of the mountain or the lake came from. Lake Danger sounds a little ominous but maybe 'Danger' was a family name. Your guess is as good as mine as to the name of the mountain. The rock in this area does not seem like a marble formation, but who knows? (Editor's note – there were once several quarries in this area.) The trail past the lake is obviously an old road which crossed the border. From the top of the mountain, you can see cottages or hunting camps there. It looks tempting to explore and it looks used, maybe by the U.S. Border Patrol, so best to stay in Canada and check out that area from the north side of the border.

It is important to remember that is a very busy area in hunting season. So plan any hikes before or after moose and deer hunting seasons in Quebec, New Hampshire and Maine, which all meet here.

Happy Trails.



*Our regular readers may remember Everett from our 'where's Everett' feature we ran a year or two back. Everett is seen here with his mom Nancy and grandmom Gladys.*

Mountain Under Snow – 10ième Rang. By François Fournier, Canadian Impressionist T Marble his painting depicts Marble Mountain during winter season. This mountain is situated in Notre-Dame-des-Bois, Quebec, Canada. The summit of this mountain is half way between Quebec, Canada and Maine, USA border. Nature varies itself relentlessly. It is this contact with a persistently changing environment that inspires his creations. By observing the constantly shifting seasons, days, hours, or moods, he interprets the same area differently every time he returns to it. Each time he revisits a location, nature has renewed itself because light and atmosphere may have changed various physical features and modified curves, colours and textures. It is a 16" x 20" original oil painting executed on a stretched canvas. François is a graduate of Bishop's University with a Bachelor of Studio Fine Art degree. His work is shown in a number of galleries throughout the Eastern Townships of Quebec and a variety of art shows and exhibitions. His work is also part of private and public collections such as the Loto-Quebec Collection. Check out my other items! Be sure to add me to your favorites list! Price: \$550 + \$30(shipping and handling)



# Birding with Tom

## *Crossbill encounter in the West*



By Tom Moore

During a recent weeklong visit to friends in southwestern Vancouver Island, I dragged myself out of bed just after dawn on most days and went down to the mouth of a small creek which flows into the Strait of Juan de Fuca. This area of Vancouver Island often experiences near-drought conditions in late July and August and every day I was there was bright and sunny, contrary to what you might expect of B.C. weather.

The small creek usually has something to photograph at any time of year, and this trip was no exception. Kingfishers, sharp-shinned hawks, a resident (?) eagle, sandpipers, barn swallows, ravens, fish crows, gulls and the ever-present Canada geese were all seen on most days.

Mid-week I noticed small groups of little yellowish-green birds flitting amongst the brush and small trees, but didn't pay much attention, thinking they were immature or female goldfinches. A closer check revealed that these were red crossbills, a bird seen occasionally in our region during winter, classed as 'uncommon' and 'irregular' by my Peterson guide.

The red crossbill is a nomadic bird which needs large tracts of mature, coniferous forests in which to find the cone seeds that are the major part of their diet. Their crossed bill is essential to extract the seeds from the cones. Mature (60 years plus) tree stands are required because they produce the biggest cone crops. Crossbills also occasionally consume insects, larvae and



a few other types of seeds when available in summer.

The crossbill species is made up of at least 8 distinct populations of birds: each population has a different bill size and favours specific types of trees which produce cones for which its bill is best adapted. (the Sibley Bird Guide has a detailed dissertation on crossbill identification p531 but it's not of much practical use unless you're a very serious ornithologist).

To further complicate matters, each sub-species of crossbill has a specific flight call and studies indicate that there is little or no interbreeding between the different populations.

Their demanding diet requirements force crossbills to travel erratically in search of the key seed they prefer: they don't migrate regularly but can turn up anywhere where mature evergreen growth can be found which satisfies their tastes.



# Lennoxville Street Festival

*A warm sunny day for this event*

*Photos by Al Barber*



*Queen Street with some of the vendors and crowd.*



*The ever popular Gaitors mascot.*



*LAHMS President Lillian Rider in period costume.*



*The master of the airwaves Ted Silver was at the CJMQ studio as usual. This is becoming an annual event for Ted.*



*Bishops student Megan McDevitt gave out samples of Bull's Head ginger ale.*



*Vendors and customers had a great day.*

# Highland cattle — a labour of love for the Bastiens

By *Manfried H. Starhemberg*

**T**his gentle animal shown below with yours truly is one of a herd of 17 currently grazing on the 150+ acre farm of Yvon and Mildred Bastien on Alderbrooke road in Sutton. The Bastiens are professional people and world

travellers, but when they are home in Sutton, their 'pets' occupy all their time. "We fell in love with those animals and have had them since 2003", explains Yvonne. They are amazingly self sufficient, even at calving time. The mother cow gives birth right in the field and makes very little fuss about it, as long as



the calf starts sucking the milk. Sometimes, as happened this spring, the calf does not get the program and then one of the Bastiens is there with the nipples bottle, to get the little things going, but they have not lost any, and the current generation looks incredibly healthy and happy.

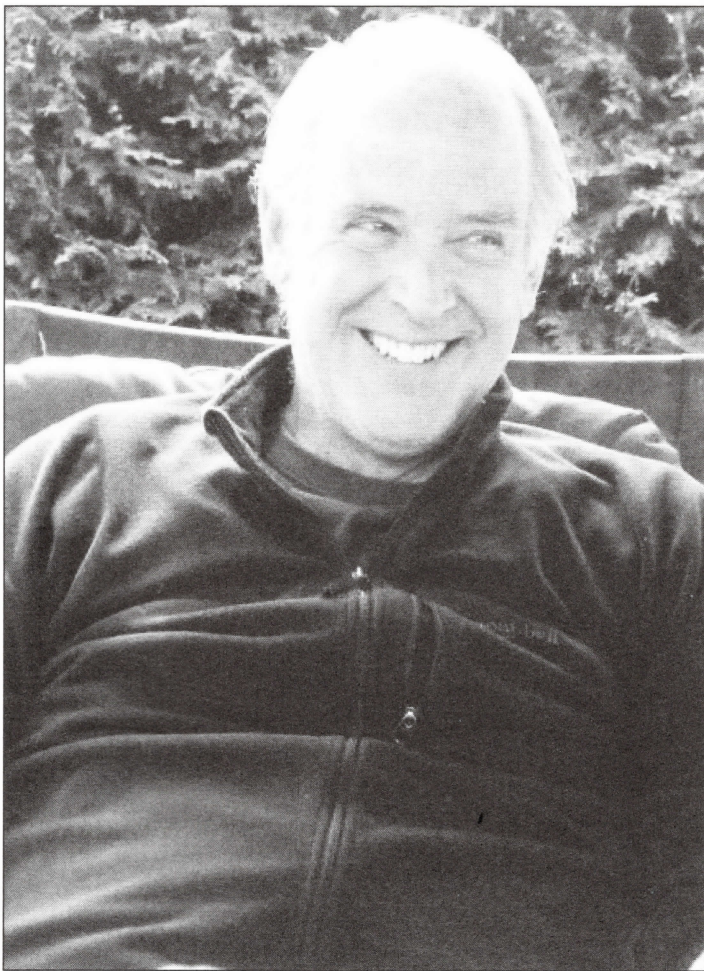
Proud daddy of a bunch of little cows, Yvon Bastien invited me to tour the grounds with him. What amazed me is how gentle these cattle are. I was able to get up to the older cows, swat the flies away from their faces and was rewarded with that nice low rumble of satisfaction. The cows actually like to be patted on their noses and head and allowed me to play with their magnificent horns. I can truly see the attraction a hobby farmer would find in having a herd of these creatures. "They are semi-wild" explained Mr. Bastien. "They stay out all winter and do not mind the snow and the cold. However, my little herd costs me about \$ 2,500 – in hay bills during the cold months when there is no natural grazing.

Do the Bastiens sell their big pets? "Yes of course. They are a superb meat, far superior to regular beef as they are high in Omega-3 and other nutrients and a lot of my calves are sold to breeders. The gestation period of a cow is about the same as a human female – nine months. So, every year one prize bull is brought in to have his fun and create the spring crop of new highland cattle. And a lot of trading goes on among Highland breeders in the townships.

"Why do we do this? I just love to go out there in the morning

and watch them," muses Mr. Bastien. "They are magnificent, stately, gentle and a never ending joy to us." Asked if there is any money in raising this breed he just smiles, and the smile says it all. It probably costs a bundle, but he has his hobby, which he and his lovely wife and friend of ours, Millie, have enjoyed for quite a while and are not about to give up.

"Everyone in the Sutton area is building tennis courts and bigger swimming pools" says Yvon Bastien. "I want this town to be the farming community it used to be, and I shall do my utmost to keep it this way. When the tourists drive by my place, they can see a little slice of Sutton that has been lost to the developers – 150 pristine acres and a nice herd of lovely animals. And if someone cares to stop and talk to us, we are happy to give them a tour." Thank you Yvon and Millie!



*Yvon Bastien*





Blackberry Jelly. It is delicious for breakfast served on toast, scones or Scottish Oat Cakes. It is also my jelly of choice for the centre of our family's traditional Christmas Thimble Cookies. Jars of this jelly are also a lovely hostess gift, a handmade token of your appreciation for the invitation. I gladly share this recipe, which has never failed me yet.

### Wild Blackberry Jelly

(Makes about 1 quart)  
5 pounds wild blackberries  
Juice of 2 lemons  
3 2/3 cups water  
Sugar

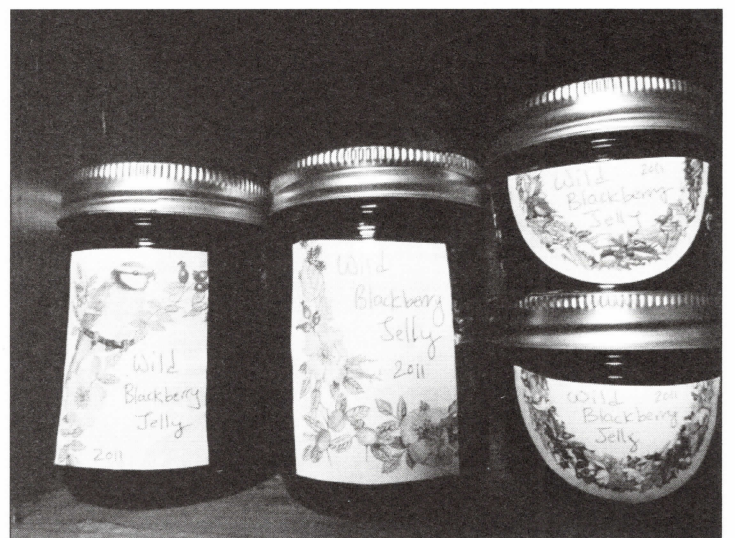
Put the blackberries into a preserving pan with the lemon juice and water. Bring to a boil and simmer for 30 minutes or until the fruit is very soft and pulpy. While the berries are cooking, you can mash with a potato masher to release more juice, if you are so inclined.

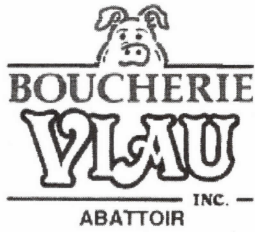
While the berries are cooking, prepare the jelly bag for straining the fruit by scalding it with boiling water. Squeeze out excess water and then pour fruit pulp into the jelly bag and leave the blackberry pulp to strain into a container for a few hours or overnight, but not more than 24 hours.

Measure the strained juice. For each 2 1/3 cups juice, measure 2 1/4 cup sugar. Pour the juice and the sugar into a clean preserving

pan. Stir over low heat until the sugar has completely dissolved. Increase the heat and boil the mixture rapidly, without stirring until it reaches the setting point (220 degrees F.). Remove from heat, skim off froth, and immediately pour the jelly into warmed sterilized jars. Seal the jars and label.

**WARNING:** Picking and eating wild blackberries can be highly addictive. Proceed at your own risk!

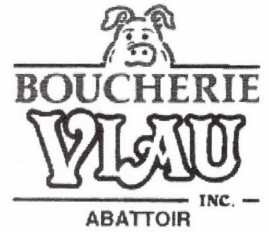




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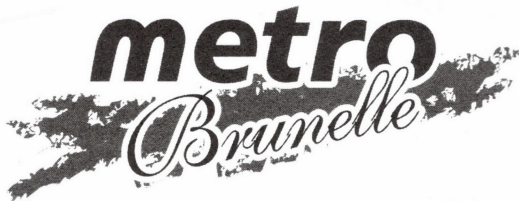
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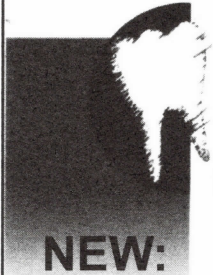


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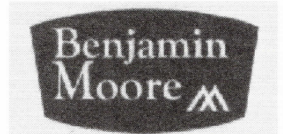


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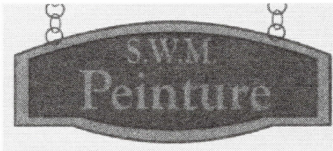


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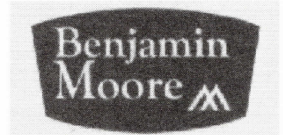


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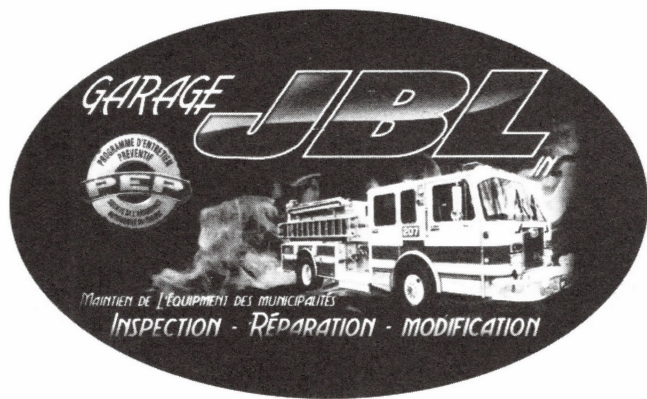
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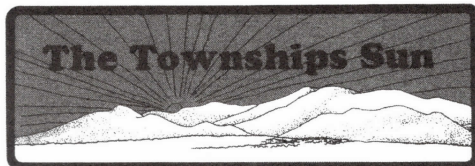
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# Richmond Fair Program

## Thursday September 8

- 6 p.m. Registration for amateur dog competition
- 7 p.m. Amateur Dog Competition, costume & race classes
- Obstacle course demonstrations by canine clubs

## Friday September 9

- 9 a.m. Opening of the Petting Zoo
- Draft horse Judging
- 9:30 a.m. Youth Fair Judging
- 10 a.m. Horticulture & Ladies Building Judging
- Beef Judging
- 1 p.m. Sheep Judging
- 5 p.m. Midway opens
- 7 p.m. Street Truck Pull
- Horse Show
- 9 p.m. Country Band: Bad Boys

## Saturday September 10

- 9 a.m. Pony Show
- Opening of the Petting Zoo
- 9:30 a.m. Holstein, Ayrshire & Jersey Judging
- 10 a.m. Rabbit & Poultry Judging
- 11 a.m. Youth Talent Show
- 12 noon Midway opens
- 1 p.m. Irish Dancers
- 1:30 p.m. Magillusion
- 2 p.m. Line Dancing with Nicole and the Country Les Perdus
- ASTTQ Truck Pulls
- 3:30 p.m. Magillusion
- 4 p.m. Band: 'Lucky Boy (Luc)'
- 4:30 p.m. Shepherd & Shepherdess Lead Class
- 5 p.m. Billy Show André Fontaine: A smart horse show
- 6 p.m. ASTTQ Truck & Tractor Pull
- Horse Show
- 6:30 p.m. Magillusion
- 9:30 p.m. Country Band: Slightly Haggard

## Sunday September 11

- 9 a.m. Pony & light horse Judging
- Opening of the Petting Zoo
- 4-H & Young Farmers Interclub Competition
- 11:30 a.m. ASTTQ Tractor Pull
- 12 p.m. Midway opens
- 2 p.m. Band: Mystic Road
- 4-H Turkey & Meat Chicken Auction
- Horse Show
- 6 p.m. End of Richmond Fair



Photos by Claudia Villemaire





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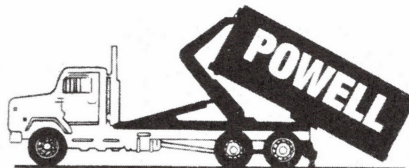
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