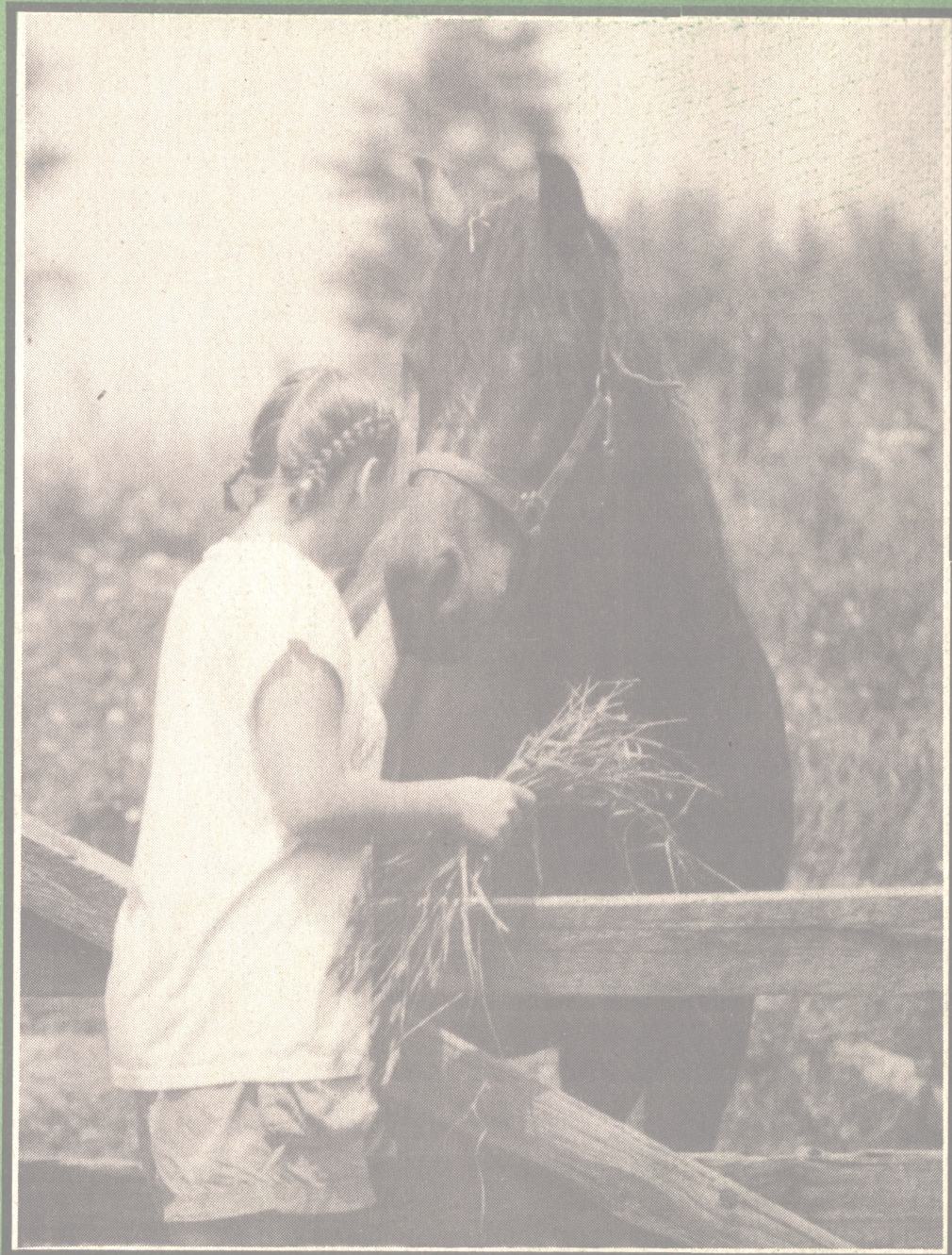


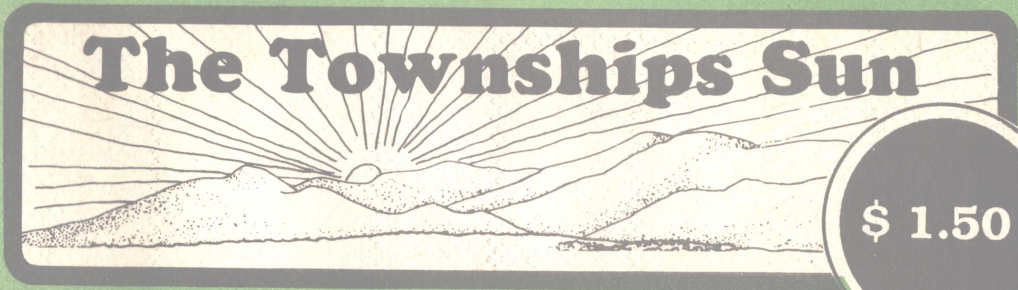
# The Townships Sun



*"the Sun is rising!"*



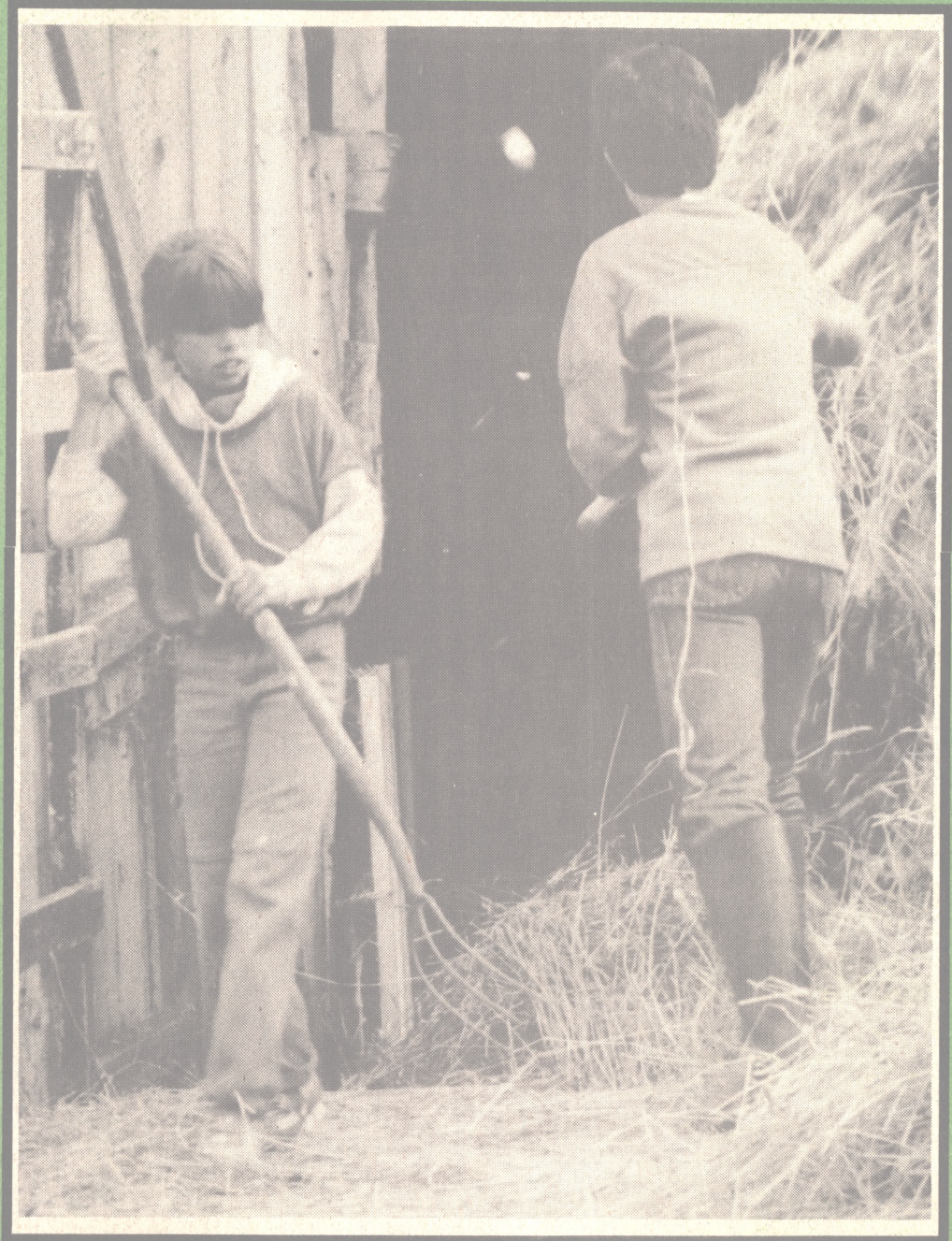
# The Townships Sun



\$ 1.50

Volume 18, No. 2

August 1990



Writer's award winner 1983, 1985, 1987  
Feature photography award winner 1988



## Editorial

We have a very welcome addition to our staff for the next eight weeks. Dominique Villeneuve is our "summer student". She will write stories, sell ads, do computer work and generally make herself useful. In exchange, we will help her to perfect her English, teach her the fine points of desktop publishing and newspaper layout. Welcome, Dominique!

I always seem to have an excuse for not writing a really serious editorial. This month, I just can't seem to get away from a vacation mentality. I can, though, thank those of you who sent in the corrections and comments on our last several issues. Thank You.

Happy Vacation !!!

Patricia Ball

## Letters

Dear Pat:

Today the July issue of "The Townships Sun" arrived mentioning Rev. Dr. Lovelace's new book "Memories of an Outport Son" which Kathleen Hanna gives an interesting account of. I am enclosing my cheque to the amount of Thirteen dollars (\$13.00) as stated in your "ad."

Beebe and Graniteville will be looking forward to having the same gentleman with them for the upcoming 50th anniversary of their congregations. The same gentleman has done a great work in the Townships over the years, as has Rev. Carl Gustafson.

We do enjoy your "Sun" and wish you continued success in the years ahead. By the way where are you "set up" at 7 Conley Street?

Thank-you for your co-operation.

Sincerely,  
Thelma J. Crawford

Ed. Note

We have the top floor of the old Quebec Maple Products office building. It's a really old, nice looking house.

Dear Editor:

The Sun is a great paper — we would hate to be without it!

I particularly enjoyed the write-up about my cousin Reg Conner and Doris and the excellent review of his book

**The Vine and the Branches.** It is indeed a most interesting and worthwhile book.

All the best to the Sun's staff. Keep it coming!  
Phyllis Wilson



Dear Editor:

I have nothing but praise for your paper. I enjoy it so much I pass it on to my friends in the United States. I am from Sawyerville, later Sherbrooke. I worked many years for the Sherbrooke Record, moved to Toronto and worked for Mr J. Bassett, Toronto Telegram. I hope to be returning to Quebec. My mother is Mrs. M.C. McKeage, now 83 from Sawyerville.

Mrs. R. Dieckbrader  
Mississauga, Ontario

Dear Editor:

I enjoy your paper so much, wouldn't want to be without it. It is thrilling to me to see names and pictures of places that are familiar and where I have visited many times. My ancestry was from that area. Keep up your good work in putting out your paper each month.

Dorothy Capp Holmes  
Rome, New York

## Alliance Quebec Deplores Cancellation of Canada Day Festivities

Alliance Quebec must express its regret and its fundamental disagreement with the cancellation of a number of Canada Day activities across the province last week. Quebecers showed their strong sense of pride and democracy in the very peaceful celebrations of St-Jean Baptiste Day last week. All Quebecers deserve the opportunity to do so again on Canada Day.

By cancelling Canada Day activities, a number of public officials in Quebec have sent the unfortunate message that due to recent constitutional developments, it is necessary to restrict valid expressions of affection for Canada — expressions shared by many Quebecers, be they English- or French-speaking, Black, White or Aboriginal. Such a suggestion demonstrates a lack of confidence in the traditional goodwill of Quebecers.

Some have said that the

recent failure of the Meech Lake Accord makes it inappropriate to publicly acknowledge Canada's Birthday in this province. The failure of the accord was not the rejection of Quebec and it was not the rejection of the multicultural and linguistic diversity of which so many Canadians are so proud.

When Canadians join together to celebrate the country's birthday, they will be demonstrating their attachment to a country of which Quebec is a welcome partner. Many Quebecers wish to express their attachment to that very same sentiment. Above all, they will be exercising their freedom to celebrate together, warmly and openly with others. Many will choose not to attend the celebrations. They too, however, deserve the opportunity to celebrate the fact that there is the complete and secure freedom to make that choice.

Robert Keaton,  
President

## Oral rabies vaccine created

by Carolyn Hoskins

An oral vaccine may soon help to control the spread of rabies among wildlife.

Researchers at the University of Toronto and McMaster University hope their discovery will eventually allow the use of vaccine-laced bait. Animals eating the baits would be immunized and the spread of the dread disease prevented.

Dr. James Campbell, of the University of Toronto, and McMaster colleagues Dr. Ludvik Prevec and Dr. Frank Graham used new genetic techniques involving the use of 'recombinant' DNA to produce their special vaccine.

The researchers had

been studying the human virus, as a model of how to use a similar, but far less known, dog virus for the vaccine. But in their studies they discovered the human virus would serve as a vaccine 'base' for animals too. This simplified matters.

When the new recombinant vaccine was given to typical rabies carriers like skunks or foxes the animals developed antibodies against the rabies virus and were protected from getting the disease.

A side benefit of the scientists' initial decision to try to link a human virus with the rabies gene is that the oral vaccine could perhaps be

used in humans. However, Campbell says it would first have to go through the usual testing procedure to make sure it doesn't produce some kind of reaction or variant of the human virus disease.

The researchers have applied to Agriculture Canada for permission to do a limited field trial with vaccine-laced baits. Campbell stresses that it would be impossible for the vaccine to actually cause rabies, as only a fraction of the virus' genetic material is present — enough to provoke an immune response, but not enough to cause rabies. So if domestic animals or children accidentally ate the baits, they would not get rabies.

(Canadian Science News)



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The Townships Sun

welcomes manuscripts, letters, and anecdotes. Material should be typewritten, double-spaced, and addressed to the Editor. Material accepted is subject to editing and revision. While all reasonable care is taken, we accept no responsibility for loss or damage to unsolicited material. Unsolicited manuscripts will not be returned unless accompanied by a stamped, self-addressed envelope.

# Bread, Wonderful Bread *Short Notes*

by Dominique-Esther Villeneuve.

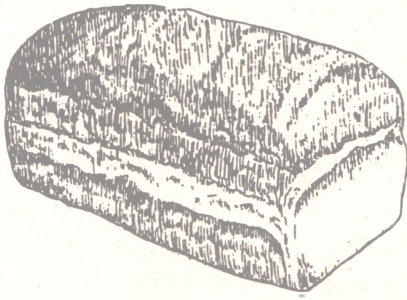
How should we describe that small, back of the home, bakery? A traditional bakery! The Bakery Quivit of Waterville is such a bakery. There are also others in the Townships. Some are the Abercorn Bakery at Abercorn, the Perkins Bakery at Vale Perkins, the Maligali Bakery at North Hatley and The General Store at Georgeville.

Nils Bird, of the Quivit Bakery of Waterville, built a home-made oven eight years ago. It's large and long, about twelve feet long. It is made of brick, and there is only one door. The fire is made in the oven to heat the mass of bricks and then raked out. The bread is placed in the oven by the same door and cooked by the heat released from the bricks. At first, Nils heated with wood. He finally realized that it was pretty hard to keep the heat even, so he changed to electrical heating. If you want to see how your bread is doing, you can have a look inside by the small window.

Authentic and productive, the oven makes the best pitas you've ever tasted! It has a heavenly smell, too!

Nils and Lucie have a twenty year old recipe that is unique for their bread. Nil explains that all his breads, pita and bagels, are made with leaven (sourdough starter), organic flour, water and, for the bagels, honey. The most important ingredients for the breads are flour and water. There is no sugar or oil. Only the good taste of fresh products. That's an experience, when we wonder about all the ingredients in some commercial breads!

They bake all the breads, bagels, and pita at night, so they can deliver them fresh and tasty in the morning. They deliver all day long, so they close the bakery during the day.



Every Saturday morning, 10:00 a.m. to 12:30 p.m. in North Hatley, you can meet Nils at the market. Plenty of bagels, pitas and breads: rye, whole wheat and French, are on the large table. You almost can't see him, there is so much bread, mountains of it!

You can see him, or Lucie, in the Ayer's Cliff market square, open Saturday morning at 10:30 a.m. to 2:00 p.m. You can smell fresh breads for free! Naturally!

If you can't join them at the market, you can find their products at these places, too: Le Vegetarien of Sherbrooke and Magog; Aux Sources of Sherbrooke and Lennoxville; and the Co-op of Sherbrooke.

For special orders, please call Nils Bird or Lucie Craft at [819] 837 2006.

All of these small bakeries make home-style breads, many make specialities. The specialities at Perkins Bakery in Vale Perkins are: Raisin bread, whole wheat loaves, pies and cookies. Croissants are the speciality of the Abercorn Bakery in Abercorn. In Georgeville, you have The General Store that can sell you good raisin bread, cheese bread, French and whole wheat ...

There are a lot more bakeries in the Townships! You can discover one of them, because there is one near you!

## Forum Energie Estrie

The Ministry of Energy and Resources together with the Sherbrooke Chamber of Commerce have launched "Forum Energie Estrie".

The organization will encourage the reduction of energy use and interior pollution in major buildings in this area.

Hospitals, universities

(including Bishop's) heating oil, gas companies, architects, engineers, municipalities, electricians in conditioning firms and construction companies are all represented in this effort.

## Public Beaches

Quebec's Ministry of the Environment monitors water quality at public beaches. To check out your favourite

beach call 1-800-463-6202 from 8:00 a.m. to 5:00 p.m. seven days a week. The service is available until August 24th this year.

## Safe Boating

Be sure your boat is legal call 1-800-463-6868 for a free copy of Transport Canada's "State Boating Guide". Then be sure to follow the rules.



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Nils Bird and his brother at the North Hatley Market.



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# The Genealogical Research Directory

## — How to Participate

by  
Marjorie  
Goodfellow



The **Genealogical Research Directory** has been appearing annually since 1982. The bulk of its content is made up of enquiries requesting information on the history of specific families, although there is a section for those seeking information on subjects as well. Subject categories include migration, occu-

constitutes the "entry fee" for up to fifteen entries.

Entries, or research queries, from an individual appear in one edition only. Nonetheless, the directory continues to grow in size. The 1990 edition, now on sale, consists of 936 pages. Contents include more than 100,000 requests for information from 5,500 individuals, a feature article entitled "When You Write To Ireland", maps, and other sections of interest to the family historian.

ing to share their knowledge.

Those of you who are members of the Quebec Family History Society have received a copy of the 1991 entry form recently. This is the form which must be used to submit enquiries for publication in the next edition. Why not participate? If you do not have access to an entry form, please send a stamped, self-addressed, 4 X 9 envelope to me at P.O. Box 1135, Sherbrooke, Quebec J1H 5L5. I will do my best to send you a



## Genealogical Research Directory

A Key Reference Work For Worldwide Family History Research

Editors: Keith A. Johnson & Malcolm R. Sainy.

pations, religion, the military, places, ships and shipping. In addition to the query section, each edition contains informative articles written by experts.

Enquiries come from a variety of countries. Indeed, advertising literature describes the directory as "international". Agents in various geographic areas sell copies of the volume and receive submissions for publication in next year's edition. Those who contribute must purchase a copy of the edition containing their entries; this

Last year, I consulted back issues of the **Genealogical Research Directory** at the Quebec Family History Society premises in Pointe Claire. I found several entries for family names in which I have a personal interest. I wrote to the contributors, using the names and addresses provided in the directory and have had some interesting exchanges as a result. Therefore, I can recommend this as a useful means of getting in touch with others who are knowledgeable about a specific family and will-

copy. Publication deadline for the next edition is November 30, 1990.

I would appreciate it, if you could publish the following letter:

On my maternal side, I am a descendant of Simeon Martin (d. 1865 m. Mary Goddard) via Sylvester Martin (d. 1907 m. Amanda Spencer). Am also a descendant of Richard Savage (d. 1866 m. Relief Horner) via George Savage (d. 1893 m. Jane Blampin).

Would like to share or exchange information with other descendants.  
Doris S. Gauvin  
P.O. Box 696  
Montour Falls  
New York, U.S.A.  
14865

# Short Notes

### Used Book Sale

The 17th Annual Book Sale of second hand books for the benefit of the Memphremagog Library, Magog, will be held at St. Luke's Church Hall, Corner Pine & St. Patrick Streets, Magog, on August 23, 24 and 25. A very large selection of books of all kinds in English and French is available. There will be hardcovers and paper-backs; fiction and non-fiction, and books for adults and children. All at bargain prices!

### An Artistic Wood Lover

The Memphremagog Library, 61 Merry Street North, Magog, will present an exhibit of wood carvings by Léo Perreault until July 31. Library hours are: Tuesday, Wednesday, Thursday 10:00 a.m. to 5:00 p.m.; Friday 10:00 a.m. to 8:30 p.m.; Saturday 10:00 a.m. to 2:00 p.m. was born in Montréal, January 25, 1948.

Perreault is a self-taught man. It was on a trip to Vancouver that he fell in love with wood-carving. Then, he travelled across Quebec to learn about this art and to get inspiration.

In 1977 he met the Bour-gault brothers from St.-Jean-Port-Joli. It was a new step, a different way to carve. In 1979, Guy Mailloux gave him the idea of working with bronze. Finally, in 1983 he decided to return to St.-Jean-Port-Joli to continue his "already started training". He learned how to do the curves of the human body. Since 1980 he teaches woodcarving at his home.

He shows a few of his favourites at this exhibition: Voyage historique — (The Historic Journey); Vieilles maisons Québécoises — (Old Quebec houses); Paysages historiques — (Historical Landscapes); Personnage tires de notre patrimoine — (People from History)

### Sherbrooke Frontenac Street Power Station

Interested in electrical power stations? The Sherbrooke Frontenac Street Central will be open to the public Wednesday to Sunday from 1:00 to 4:00 p.m. until the 18 of August next. These visits are free. The Frontenac Central is the oldest hydro-electric site still in operation in Quebec.

### Historical Society of Sherbrooke Mills and Men

We could not imagine the development of a country without a mill; a sawmill or a flour mill. This economic activity is a must for a village. In the middle of the 21st century, every village of Lower Canada had one or two mills, and the Eastern Township too!

The Historical Society of Sherbrooke invites you to discover these water mills; to explore the world of the flour mills, woollen mills and the sawmills.

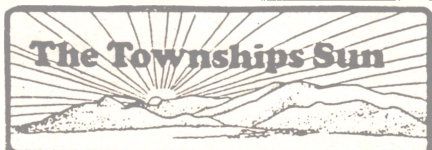
The exhibition: **Mills and Men** is in the third pavilion of Domaine Howard, in Sherbrooke. A special animation is previewed for groups.

Schedule: Monday to Friday: 9:00 a.m. to 5:00 p.m.; Saturday to Sunday: 1:00 p.m. to 5:00 p.m.; June 26 to October 8, 1990.

### Henley Royal Regatta

Did you hear about the Quebec team from Laval who realized a historical performance? They won the first round in the oldest rowing competition — the Henley Royal Regatta in England. However, in the next round the quartet lost by two seconds. The London team won. London did the race in 7 minutes 14 seconds eliminating the four Quebecers.

The Quebec team is composed of Pierrick Absolonne, 19 years old; Daniel Aucoin, 25 years old; Martin Chayer, 19 years old; and the leader, Ross Lizée, 25 years old.



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# Summer Memories

## My Grandfather's Garden

by Kathy Longworth

Our summer cottage, when I was child, was one of a cluster of houses built on a rocky hill near the village of Lakefield, Quebec. My grandfather, Rev. Allan Mount, named this small area, in which he lived year 'round, "Rosemount."

It is my understanding that, during the depression, when jobs were almost non-existent, and a roof over one's head and food on the table tantamount to luxuries, "Papa" rented these houses to boarders. Their rent and board was paid for with labour. Among other projects, those who lived there built what I lovingly refer to as My Grandfather's Garden.

The landscape, with rocky outcroppings interspersed with small flat areas for vegetable gardens and lawns is a gardener's dream (or perhaps nightmare, depending on one's point of view). Every conceivable style of gardening is possible there, from rock gardens, through perennial beds and shrub borders, cutting gardens, to even a pond where water lilies and other flowering native plants flourished. Each little area was planted with flowers, shrubs and trees suited to that particular location. No matter how hot the day, there was always a cool, shady spot complete with garden benches to rest the weary. Often the shade was provided by vine-covered arbors, where planting a suitable tree proved impractical.

Memories of the many hours spent in those gardens come flooding back from time to time: the delicate perfume of the mauve daphne flowers, appearing often before the last snow was gone; great clumps of yellow daffodils and white narcissi nodding in strong spring breezes. These were followed by the heady scent of lilacs, and then the lovely double syringa (mock orange) and great masses of mauve, pink and white ground phlox tumbling over stones in the rock gardens. Then came the soft-hued iris, and the roses — all the old fashioned varieties that spread their wonderful perfume for hundreds of yards and were protected by thorns sharper than any needle. Mid-summer brought cascades of misty baby's breath, patches of brilliant yellow anthemis, and every colour of perennial

phlox you could imagine. As fall approached, chrysanthemums, rudbeckia and fall asters combined to provide masses of colour. The display continued long after Labour Day and our return to town for the start of the new school year.

Fortunately, there were still the autumn week-ends, and I seem to remember going up to Lakefield nearly every Friday evening until the maples had shed their leaves and the colder weather made nights too chilly for comfort, even with our trusty box-stove fired up for warmth. The last colour was provided by the Engelmann's ivy covering the numerous archways by which one entered many of these wonderful garden spaces.

Most of these gardens are gone now. My elderly aunt, who is the only year 'round resident of Rosemount, has found it impossible to care for the roughly two acres of gardens. My relatives who now own the cottages all live considerable distances away, and have sought to streamline the maintenance of their summer homes, eliminating many of the overgrown flower beds in favour of small lawns.

The memory of my grandfather's garden lives on, though, in the few photographs we have. Our flower garden here in Bishopton contains many plants rescued from Papa's garden. These cherished perennials further serve to keep alive my memories of summers past.



## Summer Storm

by Angel Smith

It was during the summer of '52, a very warm and beautiful day in July.

We were a family of three children and it was my father's summer holidays. We had spent one week in the north part of Abitibi visiting an uncle who was working in the mines. The second week of his holidays he wanted to take us visiting relatives and sight-seeing closer to home (the Eastern Townships).

So that morning he had decided to go spend the day on a farm located between Magog and Fitchbay. My aunt and uncle, who lived there, had

four children and three other cousins from the city who spent their summers there also. My grandparents were also present.

So for us who lived in Sherbrooke, it was a real treat to spend a day in the great outdoors.

What we did not know was that it was going to be one of the scariest experiences of our lives!

In the middle of the afternoon, the children were all outdoors having a great time. The sky was getting dark, the wind was lifting the sand, and the temperature was getting cooler when my grandfather came and told us to pick up toys and any objects that could be swept up by the wind. He said there was a real bad storm coming or maybe worse.

Well, in no time, we found out what he meant. It was indeed more than a storm, it was a hurricane!

The next 15 minutes were the longest of our lives. Nine children and 6 adults were in a small corner of that big country house holding hands and praying to the Lord to spare our lives because for a few minutes, we thought it was the end for us.

Everything was cracking, dishes were breaking in the cupboards. The wind was so strong that what was once a barn became a pile of lumber and some of that barn damaged my father's new car.

A silo lifted and landed about a foot from the house which had lifted from its foundation and its second story had collapsed.

There was a lot of material damages and a few dead animals but with the help of good neighbours and relatives everything was back to normal within a couple of months.

My uncle who worked at a mine in Eastman had heard about the tragedy through the grapevine. He got in his car and partway had to change to horseback because of trees on the road. He was never so relieved to see his family unharmed and well.

The good Lord did look after us and protected us because most of us are still around to talk about it.

So you see, this could have been a very bad memory but I assure you, we had a lot to be grateful for in our evening prayers that day.

## Les Sentiers Massawippi Trails

will be at the Sherbrooke Exhibition.

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Faculté des lettres et sciences humaines  
UNIVERSITÉ DE SHERBROOKE

# A Place I Once Lived

by Linda H. Gabris

Back in the days when I was small  
I lived in a house that was missing a wall  
my three-sided house had a one-way door  
it had one half of a roof where there should have been a floor!  
My house was inside-out and upside-down  
the basement was upstairs and the upstairs was down  
when I wanted to go out and play, I had to go in  
and when I came in, I had to go outside again!  
I would sit on my ceiling and stare at my floor  
and do you know what would happen when someone knocked on my door?  
I would holler "come out" and they would step in  
then they would rub their eyes and scratch their chin  
They would look at my pictures that hung upside-down in the sun  
and when they found themselves standing on my roof, they would turn away and run...  
You know when I think back of that unusual place  
that completely disappeared without a trace  
I can't help but to wonder where it went  
or for that matter ... from where it came!



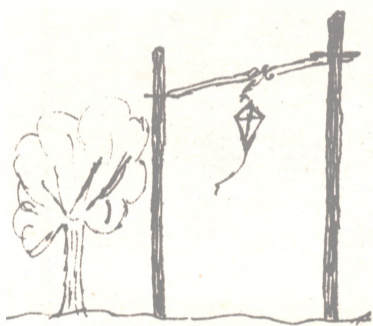
## Are you and your family prepared for the woods? Test your knowledge of Woods Safety

Outdoors recreation is a favourite Canadian pastime. Every year millions of Canadians canoe, camp, hike or hunt in Canada's wilderness areas. In 1988-89, Canada's national parks alone, were visited by more than 12.5 million people. Given these types of numbers, perhaps its not surprising that each year brings a new crop of media

stories about adults and children getting lost in the woods, sometimes with tragic results. What is surprising is that with a little care and pre-planning many of these incidents might have been avoided.

No one intends to get lost and yet it happens every year, even to experienced campers. The best way to ensure that you enjoy a safe and happy

wilderness vacation is to make sure you and your family know the rules of wilderness safety and survival. Test your knowledge of woods safety by answering True or False to the following statements. You never know, the answer you give today may save your life, or that of your child, tomorrow.



## Outdoor Wax Torches Present Burn Hazard

### Beware of Electrocution !

Who hasn't been captivated by the magic of kites sailing gracefully through the air? Sooner or later, all children are sure to want to fly a kite. But be careful, because it's an activity that does have risks.

When you fly a kite, you may serve as a pathway between a power line and the ground. Parents must warn their children of this danger, and ensure that they follow certain basic safety rules before allowing them to handle kites and metallized balloons.

First, ensure that the kite or balloon string is not made of a material that conducts electricity, like metal, for example. Nylon strings are recommended, but they can also be dangerous when wet.

Even with a nylon string, parents must warn their children not to play near power lines. Kites and metallized balloons may produce dangerous arcing if they short-circuit live wires.

Of course, never try to climb an electric pole to retrieve a kite that's gotten tangled in the wires: that would really be an invitation to electrocution.

Hydro-Québec wishes you a great — and safe — vacation.

Consumer and Corporate Affairs Canada advises consumers to take extreme care when using open flame outdoor wax torches, also known as "lawn candles" and "torchlights." The very high temperature of the accumulated liquid wax in these products can cause severe burns if the wax is accidentally spilled or splashed. As well, flame heights can reach up to 22 cm (9 inches).

Keep these points in mind to avoid injuries: Read and follow the manufacturer's instructions for use; Do not place torches near flammable objects; Ensure that torches are firmly placed in the ground before using; Maintain a safe distance from torches during use, always keep children and pets away from torches; Burning torches should not be moved — the very hot melted wax can result in burns; Burning torches, or any flame, should never be left unattended; Do not use water to put out the flame, extinguish the burning torch by covering the flame with a large metal can that will fit easily over the end of the torch.

Remember, always give products with open flames, such as outdoor wax torches, proper care and attention during use.

(Consumer and Corporate Affairs Canada)

1. If you're lost in the woods, food is more important than water to ensure your survival.
2. Fear can be your worst enemy when lost in the bush.
3. A tree can be a friend to a lost child.
4. Threatening to punish your children if they get lost is a good way of ensuring their safety on a camping trip.
5. If you meet a bear on a trail, just keep walking. The bear will ignore you.
6. If you are lost in the woods, your best chance of survival is to try and walk to safety.
7. A whistle can be an essential item of camping equipment.
8. Hypothermia is over-rated as a danger to campers.
9. More body heat is lost through your head than any other part of your body.
10. On a camping trip garbage bags can be used for more than just storing garbage.


Answers on Page 8

## Take No Vacation Behind the Wheel!

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# A Year in the Iris Quilter's Guild

by Cora Lane

A year starts with our Quilt Show. The show catered by the St. George's — St. Monica's Guilds of St. George's Church is quite a challenge for a small group. Last year we were very pleased to receive over 500 people who came from many parts of Canada and the U.S.A. One of the exhibits was a Quilter's Challenge. The challenge was open to all of our guild and eleven of us took part. Four pieces of material of the same patterns were handed to the quilters and we had to make up a wall hanging using our own ideas and it was amazing to see the results. Adaire Schlatter of Montreal came out to judge the pieces and passed out many good pointers on the ideas, sewing and patterns.

At the quilter's show many people viewed the hangings and Mrs. Villeneuve, owner and manager of Chateau Versailles in Westmount asked to have the hangings for display in her hotel lobby. They were loaned to her for a month and at the end of the month we were all invited to come to Montreal and see them at the hotel and stay for lunch as her guests. We were

Toohey on "stencilling" (handbags, shirts, lampshades, etc.); Sheila Wintle of Richmond came for a whole day and gave a great workshop on a pattern called "A Mariner's Compass".

Heather Stewart, our President, who is also the Quebec representative of the Canadian Quilter's Association went to Calgary and there she found out what the C.Q.A. has to offer to the many clubs throughout the provinces. She met the representatives from across Canada and got a job description on what C.Q.A. expects from Provincial delegates.

At Christmas time we closed out 1989 with a catered Christmas luncheon. We and our invited guests really enjoyed the day.

During our quilting year we have worked on three quilts and a wall hanging. They will be in our Fall Show.

Four of our quilters went to the Canadian Quilting Conference in Kitchener-Waterloo and attended Workshops and Lectures for five days. What we learned will help the whole club. The four will give workshops in the coming fall and winter.

spent years in India and showed us slides of the court yards, temples, terraces all designed in geometrics and beautiful colours. We think some of these designs are new, but her slides prove otherwise.

Lorna Jones, Heather Stewart and Margaret Littler attended a workshop on **Mandalas** at the South Shore Quilters given by Evelyn Montague of Ireland. The resulting pieces will be shown in September.

Many of us attended the show at College Mont Notre Dame in Sherbrooke, where we had the opportunity to display some of our quilts.

Several of our quilters went to Northfield, Vermont, in July. Margaret Littler took some of the workshops and this past spring gave us a workshop on "Designing your own Geometric Blocks".

Our Guild had a booth at Townshippers Day at the Lennoxville Elementary School and received many compliments on the work shown.

M. Littler had a booth at Friendship Day in Lennoxville and the Steam meet in Rock Island.

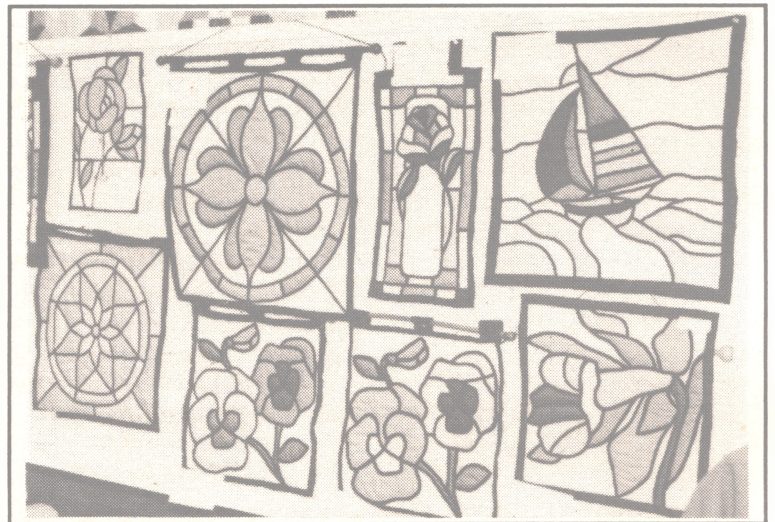
We closed our year by going on a shopping trip and out to a luncheon. Thirteen of us went down to Meredith, New Hampshire. It was such a pleasant trip, and the meal was delicious. We went to a quilting shop that was eye boggling. There were so many colours that it was a good thing we had plans for what we want to do this fall.

Speaking of this fall! Our Annual Quilt show will be on September 7 and 8 at St. George's Church Hall, 84 Queen Street, Lennoxville. Our Show this year is called **A Touch of Tradition**. We will be showing in the main hall all hand pieced, hand quilted articles. Some of our quilters do other pieces that have printed panels (cheater quilting) but they are only in the sales room. If they are machine worked they are marked as such.

During the show we will have people who will take names of guests who would like to do workshops and take quilting lessons.

We will also have demonstrations during the quilt show.

Friday: 1:30 to 3:00 Norma Smith and Myrtle Allen will be showing how to set up a quilt on a frame.



Stained Glass

Friday: 3:00 to 4:00 Irene Gary will demonstrate Crazy Quilting.

Friday: 4:00 to 5:00 p.m. Dorothy and Frances Smith will demonstrate quilt piecing. Saturday: 11 to 12 noon Edna Allen will demonstrate Applique.

Saturday: 1 to 2 p.m. Margaret Littler will demonstrate Cathedral Windows.

Saturday: 2 to 4 p.m. Roseanne Toohey will demonstrate Stencilling.

Saturday: 3 to 4 p.m. Irene

Gary will demonstrate Crazy quilting.

All this and refreshments too! The day will be catered by the St. George's — St. Monica's Guild. In September, La Courtepointe d'Asbestos Club will be having their show on the 22nd.

Some of our quilters are going to Richmond in October to a Class by the Wintle Quilt Works. And away we go again! Happy quilting. and Good Luck!



A Child's Flower Garden

very well received and spent a pleasant couple of hours lunching and talking quilting. After lunch we went over to St. Lambert to see a quilt show being put on by the South Shore Quilter's Guild; then on to a quilting store to see what we could find for the next project.

During October and November we had workshops by Margaret Littler, one of our quilters, who taught "Being Creative with Applique"; two workshops by Roseanne

In May, a bus load of quilters from this area went to Kingston, Ontario to a quilt show; stayed overnight in Kingston and saw an excellent display of workmanship. This show has a really good reputation and is put on every three years.

Five quilters went to St. Lambert to hear Giny Beyer give an evening lecture and slide show on **Design**. She told us our best designs do not come from quilting books but from our surroundings. She

## NOTICE TO THE PUBLIC

### Did you hold a household or automobile policy with Northumberland General Insurance Company in 1985?

On December 15, 1989, a partial payment was made on approved claims to personal lines policyholders. Many cheques that were sent to policyholders were returned undelivered because of unknown or incomplete address information.

Policyholders who have approved claims but have not received the December 15, 1989 payment should advise us, in writing, of their current address so that they can receive the December 15, 1989 and any potential future payments.

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## Answers to questionnaire about woods safety

1. **False:** you can survive several weeks without food but only a matter of days without water.

2. **True:** Fear can override common sense and may cause even experienced campers to injure or kill themselves.

3. **True:** Today, search and rescue organizations across Canada are teaching children to "hug a tree". Children are told that if they are lost to select a tree and stay by it until someone finds them. If frightened, they can talk to the tree. This serves the dual purpose of calming fears and keeping children in one place, thereby making it easier for searchers to find them.

4. **False:** There have been cases where lost children have hidden from searchers because they were afraid of being punished. Reassure your children that no one will be angry with them if they get lost and teach them the principles of wilderness safety and survival.

5. **False:** Don't count on it. The best thing to do if you meet a bear is to freeze. Talk in a quiet calm monotone. If the bear refuses to move, continue to talk quietly and slowly back away avoiding abrupt movements. Remember, bears will usually leave you alone if you leave them alone.

6. **False:** It is far safer to stay in one place and wait to be rescued. Never try and walk to safety unless: you know approximately where you are and where you want to go; you have a means of setting and maintaining direction; you have clothing that will stand up to any type of weather conditions you may run into; and you have sufficient food, fuel and shelter that you can carry with you.

7. **True:** This is particularly true for children. Hang a whistle around their neck or pin one to their T-shirt. If lost the child can blow the whistle and direct searchers to his or her location. Also teach your child that three blasts on the whistle are recognized as a distress signal (as are three fires, three gunshots etc.).

8. **False:** Hypothermia is the number one killer of outdoor recreationists. If you are unsure of what hypothermia is, check out some books on wilderness safety from your local library and learn more about it. Other good sources of information are your provincial recreational organizations or parks department.

9. **True:** It has been estimated that a person can lose as much as 60 per cent of their

body heat through their head. When camping, canoeing or hiking, always make sure you have some form of head covering appropriate to the weather conditions you expect to encounter.

10. **True:** Garbage bags are compact, easily carried and can protect both adults and children from the effects of hypothermia. With holes cut in the bottom and sides, bags can be worn as ponchos in wet or cold weather. Orange or yellow bags are best. They can help searchers see you better if you are lost in dense bush.

### Woodsproofing your children

For most kids Canada's wilderness areas represent a giant playground. But every year a few children will fall victim to wilderness hazards — some with tragic consequences. However, with a little forethought and common sense many such incidents can be avoided.

Here is a list of common-sense tips assembled by Emergency Preparedness Canada to help parents 'woodsproof' their children and ensure they enjoy Canada's great outdoors in safety.

### Safety tips

• **Clothing** — Make sure your children wear clothes and footwear appropriate for the terrain and weather conditions you expect to encounter. Remember: weather and temperatures can change with frightening speed.

• **Garbage Bags** — Garbage bags are compact, easily carried and can protect both children and adults from the effects of hypothermia. Cut holes for the arms and head and wear the bag as a poncho. Orange or yellow bags are best. They can help searchers see you if you are lost in the bush. Make sure your child knows how to wear the bag.

• **Footprinting** — Footprint your children before they set out on a wilderness trip. Place a sheet of tinfoil on a piece of soft material such as a towel. Have the child put on shoes and step on the tinfoil and then mark it with the child's name. If your child is taking more than one pair of shoes make sure you repeat the procedure for each change of footwear. This way, if your child is ever lost, searchers will be able to distinguish his or her tracks from others in the search area. This will give searchers a clue to the child's direction of travel.

• **Wildlife** — Teach your chil-

dren to avoid wild animals that come too near or that seem too friendly.

• **Set boundaries** — If you stay at a camp site, make sure your children are familiar with the camping area. Show them where and how far they can go. Do the same for swimming areas.

• **Swimming** — Make sure you or your children check for hidden obstacles under the surface of the water (e.g. logs and rocks). Avoid water with fast or strong currents. Never let your children swim alone.

• **Whistle** — Pin a whistle to your child's shirt or hang it around the neck. Make sure your child knows that three blasts on a whistle or three shouts are recognized as a distress call.

### Survival tips for children

• **Hug-A-Tree** — Teach your children that a tree can be a friend. Tell them if they ever get lost to select a tree near a clearing and stay there. If they are frightened they can hug and talk to the tree. This will help prevent panic and keep the child in one place, increasing chances of discovery.

• **Shelter** — A variety of shelters can be fashioned using materials found in the woods and using natural formations such as caves or fallen trees. Show your children how they can use tree branches to provide shelter and warmth. Wilderness survival books from your local library will give more information on emergency shelters.

• **Night noises** — Tell children to yell at noises that scare them. If it is an animal, they will frighten it away. If it is a searcher they will be found.

• **Look big** — Teach a child how they can 'look big' to attract the attention of a search plane passing overhead by lying down in clearing wearing a brightly coloured garbage bag or jacket.

• **No punishment** — Reassure your children that no one will be angry with them if they get lost.

For further information, contact your local parks or recreation organizations or Emergency Preparedness Canada. Mike Theilmann [613] 991-7038



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To become a volunteer, you must be 16 years old or more, dynamic and have spare time.

Information: [819] 663-5555, ext 4509; Madame France Lacroix, Responsable; Volunteers Service, CHUS

### Townshippers' Association Has Lively Exchange With Members of an Italian Minority Community

Townshippers' Association had a lively exchange on minority issues with a 10 member delegation from South Tyrol, a majority German-speaking Italian province.

The delegation was on a fact-finding visit to Canada. It consisted of several members of the government of South Tyrol, including Dr. Franz Pahl, President of the First Legislative Committee, and Mrs. Rosa Franzelin, President of the Provincial Parliament.

Townshippers' Association was represented by Interim Vice-President Karl Kuepper, Past President Marjorie Goodfellow, Executive member Marisa Tessier and Interim Executive Director Helen Taylor.

During the five hour meeting with Townshippers', the German-Italians were particularly interested in learning about French second language instruction in elementary and secondary schools, legislation affecting the English-speaking minority, Meech Lake, the Notwithstanding Clause in the Canadian Constitution and toponymy policies.

Townshippers' Association gained helpful information about increasing the number of English-speaking Quebecers in public service jobs. In less than 20 years, the German Italians have successfully brought their share of public service jobs from 1% to 45%, nearly equal to their proportion of the total population.

The two groups found much in common to discuss, with issues being of similar concern but seen from a different perspective.

### Old Age Groups in Sherbrooke Area Get Grants

Grants have been awarded to five Senior Citizen groups in the Sherbrooke area. The Hon. Jean Charest announced the grants to Le Regroupement des aînés(es) actifs(ves) de L'Est, le Comité des bénéficiaires de la Résidence Brooks, le Regroupement des aînés en santé, Les Corillonneurs du Club d'âge d'or Mena "Sen and the group, Le Goût de vivre inc. for various activities.

### Drug Program Receives Support

Tele-Direct (Publications) Inc. supported Canada's national drug strategy through \$3 Million donation

### Historic Wall For Knowlton Landmark

When the Lakeview Inn reopened in October 1986, it had restored the ambience and charm of a bygone era. Now its colourful history has been captured in a commemorative display which will be unveiled at the Inn.

"This town landmark was witness to the arrival of the railway, silent movies and town meetings," says Ron Blair, who bought the Inn in 1986 and was responsible for its rebirth. "Its story touches many of our lives and the historical wall is testament to that."

Working with historical documents and photographs, the Lakeview's historical wall transports visitors to the days of horsedrawn carriages and lazy summer afternoons when the "summer people" would enjoy leisurely games of croquet and outdoor concerts on the Inn's front lawn.

Formerly Lake View House, the Inn was built in 1874, just in time for the first train arrivals. It played host to town meetings, parties, and banquets. By the early 1900's the House had begun its decline and in 1979 it closed its doors until 1986, when it was purchased and renovated by Blair.

With an elegant dining room, community hall, theatre and reception facilities, Lakeview Inn is once more the place to gather in Knowlton.

The unveiling of the Lakeview Inn memorial wall took place July 14.

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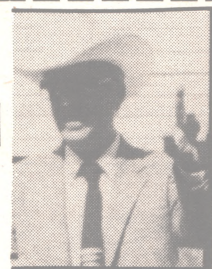
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## Caring for new and old spruce trees

Many homeowners often plant young spruce trees with little or no regard for how large the trees will be in just a few short decades. It doesn't matter whether it be one of the much sought after blue spruce, or one of the lesser-known white, Norway or Siberian spruce. All of these (which are hardy in virtually all of Canada) will easily attain 12 to 25 metres (40-80 ft.) in height, with a spread approaching three metres (10 ft.).

The popularity and beauty of the blue spruce seems to cause inexperienced homeowners to plant the small trees in areas where their growth will be restricted after only a few years. The difficulty comes in that there is almost no way that the growth can be restricted, unless the homeowner is willing to undertake a severe clipping regimen on the new growth each and every year. Since the latter does not happen, the most common scenario is for the larger lower branches to be chopped off in order to regain access to a walkway, driveway, or the entrance to the house itself! This is where the trouble for the trees begins.

It is most important when planting not only spruce trees, but other large trees — whether evergreens such as fir and pine, or deciduous trees such as maples and oaks — that sufficient room be allowed for the trees to achieve their full growth. The Canadian Garden Council advises that an inquiry to your garden centre should bring a close estimate as to just what ultimate size the tree you have chosen may be expected to

achieve in your area.

By the way, if you are presently considering planting a blue spruce tree, there are several types available. The most common is the Colorado blue spruce (*Picea pungens* 'Glauca'). These vary in colour considerably, and through the winter months, retain more of a green than blue colour. It is generally the most economical variety to purchase. The oldest of the 'real blue' blue spruces is Koster (*Picea pungens* 'Koster'). Its major drawback has been a tendency to have a crooked main stem that needs to be staked upright for the first few years.

The Koster spruce though still very much available, has now been superseded by at least two other varieties you may want to check out at your favourite garden centres: Hoopsi blue spruce (*Picea pungens* 'Hoopsi') and Moerheim blue spruce (P.p. 'Moerheimi'). Both of these have a much better conical shape, straight main stem, and excellent silver blue needle colour, throughout the entire year, although the colour is at its best in June.

A common habit of homeowners, once a spruce achieves a large size, is to remove the lower branches. Often this is done to accommodate access around the tree because it was planted too close to a walk or driveway. But sometimes, it's done just because it's thought to be the "thing to do." Even many professional 'landscapers' are guilty of this 'sin'. If this 'pruning up' sin can be avoided, it should be at whatever the cost!

According to the Canadian Garden Council, one of the problems that affect older spruce trees is a canker disease known as *Cytospora*. It occurs generally on older branches at the interior of the trees. One of the best methods of avoiding the disease is to keep older trees in a healthy state. An important way of doing this is to ensure that all of the lower branches remain on the tree, removing only dead or dying limbs. It is likewise important to leave all of the old needles, which annually fall from the tree, beneath the branches. This material acts as a natural mulch both keeping the surface roots cool and moist, and maintaining an acid soil condition which the trees prefer.

Though the aforementioned care is the optimum, most homeowners do just the opposite by cutting away the lower limbs and removing all the valuable old needle mulch. The Canadian Garden Council says "Do your spruce trees a favour: leave the needle mulch intact and don't remove the lower branches from the trees either!"

The canker disease is most easily noted on the interior branches near the trunk where exudations of sap with a white cottony appearance are evident. The only solution is the sterile removal of all dead branches exhibiting this appearance. After each cut dip the saw or pruners in alcohol to prevent spreading the disease. Some even recommend treating each cut on the tree with a sterilant such as wood alcohol. The removed branches should either be burned or disposed of as garbage — and not composted.

## Be careful when using your string trimmer!

String trimmers are used by gardeners to trim around lawns, flower beds and individual trees and shrubs in gardens both large and small. Most people, including professionals, use them incorrectly.

For years garden communicators have been advising, that during the summer months at least, lawn mowers should be set so the grass is at least two inches high after cutting. This is a deterrent to weeds and helps drought-proof a lawn. While some gardeners have caught on to this technique with the lawn mower, the same cannot be said about string trimmers. The Canadian Garden Council says most homeowners, as well as professionals, use these machines to cut the grass to within a millimetre of its life. Often these closely cut edges turn brown due to the scalping.

It's around trees that the Canadian Garden Council is emphasizing care. Use of any type of string trimmer around any young or newly-planted trees, and even around some thinner-bark mature trees can cause severe damage to the bark. This can be so bad that in just a couple of years the trees die. It is most important, therefore, *absolutely* not to have the fast spinning cord of any string trimmer touch the bark of any tree.

The best way to prevent this is to cut a small circle of sod away from the base of each tree, and trim that edge rather than around the bark of the trees themselves. The results of weekly bombardment of thin tree bark by string trimmers should not be under-emphasized, as many

gardeners do. Once you notice damage, it's usually too late, as the bruising is around the entire circumference.

Damage to the bark itself while not good, is not the cause of death to the trees. What does cause a quick death is damage to the xylem and phloem tissues through which the trees conduct water up and down the trunk. Without these vessels, always located just below the bark surface, the trees are unable to survive.

Older, thin-barked trees can be affected, as can mature trees with thick bark. The Canadian Garden Council urges you to keep the apparently harmless string trimmers away from your trees. The same applies to their use for trimming the edge of your lawn, along sidewalks or garden beds. While you'll not likely kill the turf, you certainly will scalp it, which means it will need additional moisture just to keep it green, and there will be a greater chance of crabgrass and/or broadleaf weeds gaining a foothold in that part of the lawn.

As with all other tools, the string trimmer can be a great worksaving aid to gardeners. But, used incorrectly, it can also cause a great deal of damage. Do not necessarily be guided by how you see the tool being used by professional gardeners. Many such companies, or individuals are not aware of the damage they can cause with these tools.

## Short Notes

### Bill 15

The Quebec government has passed Bill 15 updating the marketing laws for agriculture, food and fishing. The powers of the *Regie des marchés agricole et alimentaires* (Food and Agricultural Marketing Board) have been strengthened. The Bill extends the power to form marketing boards to the commercial fishing industry and to some aspects of beekeeping.

In addition, the law provides for the creation of councils to co-ordinate the activi-

ties of producers, processors, transporters and retailers of food and produce.

The government reserved the right to set conditions of sale in the dairy industry for the next three years. The government claims that the dairy industry is so important that it will be necessary to have the right to interfere if the industry cannot agree on marketing terms.

(Ministry of Agriculture, Fisheries and Food)

### Quebec Legislature and Three Bills

The last session of the Quebec Legislature passed three Bills affecting the Environment.

Bill 65 gives to the government the right to charge polluters of land and ground water the costs of a cleanup.

Bill 60 creates a government agency named *La Société Québécoise de Récupération et de recyclage* (RECYC). The agency will deal with the reduction, reuse and, recuperation and recycling of

containers and packaging material. It also gives the government the authority to create a "green tax" by not reimbursing the full price of a container. The agency will also help in developing and maintaining markets for material recuperated and recycled in this sector of industry.

Bill 59 modifies the law on the *Société Québécoise d'Assainement des eau* (SQAE) so as to give to that agency the powers to assist the newly-created municipalities of Blanc-Sablon and

Bonne Esperance on the North Shore, in constructing sewer and water treatment facilities.

### Divorce

The Ministry of Justice has prepared a new brochure outlining steps to be taken by a couple seeking a divorce without the aid of a lawyer. It is available at court houses, CLSC's, at offices of Communications-Quebec and those of the Justice Ministry.

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# Summer Foods

## It's a BOY!

*Marge Heggison will be away for awhile caring for her new baby. We dug into the files to come up with some quick summer foods.*

Hot summer weather leads to big thirsts. Today's trend to non-alcoholic beverages to provide cool refreshing relief has made iced tea a popular choice. Iced tea is naturally refreshing, low in calories and has a clean taste. So, keep a pitcher in the fridge for a quick, cooling sip.

Follow these easy directions from the Tea Council of Canada.



### Earthly Pleasures

#### Classic Iced Tea

The traditional way to make iced tea begins with double strength hot tea. Be sure to use fresh cold water brought to a full boil. Cover, and brew 3 to 5 minutes. Strain or remove tea bags and pour tea over ice in tall glasses. Note, the reverse — adding ice to hot tea — can cause the beverage to be cloudy. Sweeten to taste and garnish with lemon slices and mint leaves.

#### Iced Tea Concentrate

1 Lemon  
1/2 c tea leaves  
1-1/2 c boiling water

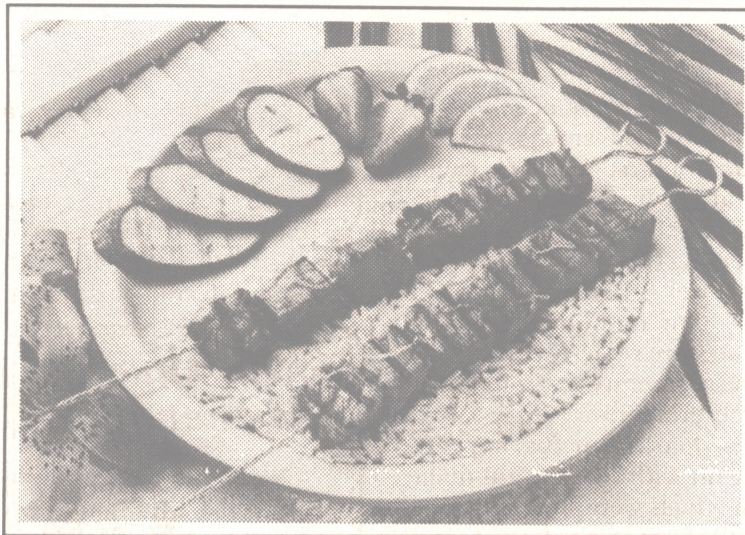
Wash lemon and remove peel thinly. Combine lemon peel and tea leaves. Pour boiling water over; cover, and let steep 5 minutes. Strain, pressing leaves as dry as possible. Squeeze juice from lemon into tea liquid, cool, cover and store in refrigerator. Keeps well and can be used whenever you want for a glass of refreshing iced tea.

Use 1 TBsp (or to taste) of tea concentrate per 8-ounce glass. Add ice and cold water. Sweeten to taste, stir and serve. Makes about 1 c concentrate.

#### Tea Tips

**Sugar Syrup** — A sugar syrup is the best way to sweeten cold drinks as it dissolves easier than granulated sugar. Combine equal portions of water and sugar in a saucepan. Bring to a boil; reduce heat and simmer 5 minutes. Let cool, and store in a covered jar in refrigerator.

**Tea Cubes** — Pour any leftover tea into ice cube trays. Freeze, then pop into a freezer bag. Use these in your iced tea drinks without diluting the flavour. Alternately, freeze fruit juice in freezer trays and add to iced tea for a delicious addition.



The fresh lime juice and peel provides a flavour of the tropics. Serve with rice, grilled zucchini and sliced mango or papaya for desert.

#### Caribbean Kebobs

1-1/2 lbs round, sirloin tip or blade steak  
1 c pineapple juice  
1 lime, peel and juice  
1 small onion, finely chopped  
2 cloves garlic, minced  
1 tsp chopped fresh ginger.  
1/4 tsp Tabasco or hot red pepper flakes

Cut beef into 1 inch cubes. Combine all ingredients in dish. Cover or seal and refrigerate at least 4 hours or overnight.

Thread beef onto skewers, leaving a small space between each cube for even cooking. Grill on preheated barbecue over medium heat for 10 to 15 minutes or until desired doneness. Turn often to brown evenly.

(Beef Information Centre)

#### Hot Sea Dogs

1 c cooked, flaked seafood  
1/2 c mild cheddar cheese cut in 1/4 inch cubes  
3 hard-cooked eggs, coarsely chopped  
1/3 c mayonnaise or salad dressing  
1/4 cup relish  
2 TBsp finely chopped green onion  
dash salt and pepper  
8 hot dog rolls

In a medium bowl, combine all ingredients except rolls; mix well. Chill until serving time.

To serve: Spoon seafood mixture into rolls; wrap each in foil and heat at 400°F 10 minutes. Serve hot in foil packages.

Serves 8

(Canadian Seafood Advisory Council)

#### Lemon Chantilly Sauce

1/2 c sugar  
2 tsp corn starch  
2 eggs, separated  
2/3 c 2% Carnation Evaporated Milk  
1/2 c water  
1 tsp grated lemon rind  
2 TBsp Lemon Juice  
Yellow food colour (optional)  
2 TBsp sugar  
Fresh fruit  
Icing sugar

Combine 1/2 c sugar and corn starch in small saucepan. Beat egg yolks; gradually stir in evaporated milk and water. Add to corn starch mixture; blend well. Cook and stir over medium heat until mixture boils and thickens. Cool slightly. Stir in lemon rind and juice. Tint with food colouring if desired. Cover surface with plastic wrap; chill. In small mixer bowl beat egg whites until frothy. Gradually beat in 2 TBsp sugar until stiff peaks form. Fold into chilled lemon mixture. Serve with fresh fruit. Dust each serving with icing sugar. Makes about 3 cups sauce.

**Lime Chantilly Sauce:** Omit grated lemon rind and lemon juice. Substitute 1 tsp grated lime rind and 2 TBsp lime juice.

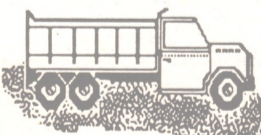
**Almond Chantilly Sauce:** Omit grated lemon rind and lemon juice. Substitute 1/4 tsp almond extract and sprinkle each serving with sliced toasted almonds.

(Carnation)

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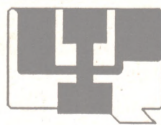
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# Border Restaurants

by Joan Stephenson

## The Heermansmith Farm Inn

Heermansmith Farm Inn is tucked away near the sleepy little village of Coventry, Vermont, 5 miles from Newport, 25 miles from Jay Peak, and slightly less to the Canadian border.

The structure dates back to 1807. It has been in the family since present owner, Jack Smith's great great grandfather came from Leipzig, Germany, and settled here.

Jack Smith, with wife Louise, have been running the inn and restaurant for 14 years. There are six rooms, three with private bath, for their guests. The restaurant seats 45.

The setting of Heermansmith is idyllic, with rolling hay fields and pastures of grazing sheep. The Black River, where the trout abound in the spring skirts these fields. Within walking distance of the Inn is one of Vermont's remaining covered bridges.

The dining room carries its air of elegant simplicity with grace. We were seated by a window allowing us to feast our eyes at nature's bounty as we perused the menu. For appetizers we chose Smoked salmon from 'Down East'

rather than copious, with eye appeal, and served on sparkling china by our waiter, Mark, who by now is almost part of the family. He has been serving Heermansmith guests for over 8 years!

We both ate every bite and were replete with the feeling of serenity that a full stomach brings.

Mark quietly appeared again with two crystal dishes in which were nested a small ball of lemon sherbert, to 'redo the mouth and clean the palate,' he explained.

After a while as we watched our candles glisten against the white tablecloths and looked outside as the night was approaching, our thoughts once more turned to thoughts of food. Suggested desserts strawberry and rhubarb pie, New York lemon cheese cake with chocolate pudding, and raisin bread pudding at \$3.50. We chose the pie and the pudding which suited our taste buds perfectly.

Throughout we sipped a very dry white Californian wine, a Mirassou Fumé Blanc at \$12.00 a bottle.

The service was quiet and efficient. The price of the food alone, excluding wine, was \$43.50.

the Inn quickly became a popular spot.

There have been eleven proprietors of the Inn since the old days. The current owner is Peter Fogden, with his lovely wife and chef, Alma.



Peter, was well schooled in the world of food and drink when he bought the Inn five years ago. He had been managing and working in pubs and restaurants in Montreal. While on holiday in Costa Rica, he met native born, and future wife, Alma. They decided the beauty and simplicity of the border area was attractive to them.

It was getting late the night my friend and I were there. It was a Wednesday in July and the place was packed. The terrace, which seats 25, was bulging, and we were settled in one of the six booths in the dining room. The large pink menu brought to us was 80% Mexican dishes, listing entrées of Burritos, Enchiladas, Chimichangas, Carnitas, Chili Rellinos and Huevos Rancheros and many others, but a 14 oz. rib steak, filet of sole and hamburger were listed for pure North American tastes.

The special appetizer that night was Cerviche. We ordered one for the two of us (Price \$4.25). Cerviche is made from raw white fish (in this instance, grouper) marinated with spices, lots of fresh lime juice, and liberal chunks of garlic. It was delectable.

I ordered, for the main course, Chimichangas, mainly because the name intrigued me. It consisted of a tortilla, wrapped around ground beef, with a creamy sour topping, served with Mexican rice and jalapeño cornbread. There was also a little crisp green lettuce on the plate for eye appeal (price \$12.50). My friend chose seafood Burritos, which included the tortilla again, filled with crab meat and sole, with the rice and corn bread (price \$10.25).

A large pot of Salsa Pi-quante was on the table. We used it with gusto and desert proved out of the question for two sated customers. We did

order regular coffee at \$1.25 but Mexican, Spanish, Irish and Brazilian coffees are on the menu for \$6.00 and up.

The decor in the dining room is pleasant, with lots of barn wood and bright red tablecloths.

The service was a bit erratic, but this could be accounted for by the large unexpected crowd appearing on a usually moderate Wednesday night.

The cost of the meal was

\$36.00 for two. House wine by the glass was \$3.00. Auberge Glen Sutton is half way between Sutton and Mansonsville, it virtually straddles the border. The Richford, Vermont, Customs is about 7 minutes away, and Highwater is 12 minutes.

Owner — Peter Fogden, Auberge Glen Sutton, [514] 538-2000. Closed Monday and Tuesday and the month of January.



Maine at \$5.50 and Whlie Hill Farm Quail, marinated and grilled, served with a warm beet salad and parsnip chips at \$6.75, both utterly delectable. Other appetizers include soupe du jour at \$2.75, Canyon Brook Fingerling trout with roast red pepper mayonnaise at \$5.75 and Mushroom Encassoulette with sherry cream sauce at \$3.75.

Our entrées were Grilled Sea Scallops with saffron stewed tomatoes and Rhode Island Johnnycake Polenta at \$14.95 and Roast Veal Loin with a natural sauce flavoured with sage and served with a potato-rutabaga gratin at \$15.95.

The portions were ample

Heermansmith Farm Inn, Coventry, Vermont [802] 754-8866. Hosts Jack and Louise Smith.

Closed Tuesdays and the months of November and April.

## The Auberge Glen Sutton

The Auberge Glen Sutton was not always an inn. At the turn of the century it was a simple farm house on the road. In the 1920's it became a full fledged watering hole and eatery. The United States was ensconced in the prohibition era with private stills and bathtub gin at its disposal. The hotel in Glen Sutton, just minutes away from the border, provided a special appeal to those with daring ideas, so

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## New World (1990) of Travel

by  
Kathleen  
Hanna



This month I went to the Lennoxville Library with the intention of reviewing books written about the history of the Eastern Townships. At a time when we are agonizing about our future, it sometimes helps to get acquainted with our past.

However, I came across **New World (1990) of Travel** by Arthur Frommer and decided we should do a little travelling.

Arthur Frommer has helped prepare all our trips for the past eleven years. We manage somehow to fit his guide book to the country we are visiting into our luggage whenever we travel. This particular book is quite different from the usual travel books as Arthur Frommer explains in the forward; "After 30 years of writing standard guidebooks, I began to see that most of the vacation journeys undertaken by Americans

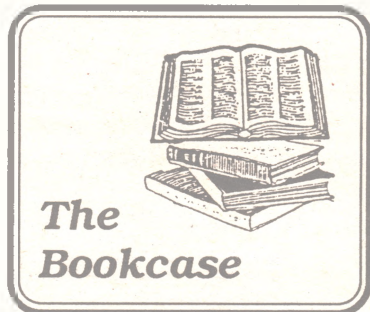
where trivial and bland, devoid of important content, cheaply commercial, and unworthy of our better instincts and ideals.

Those travels, for most Americans, consist almost

entirely of "sight-seeing", an activity as vapid as the words imply. We rove the world, in most cases, to look at lifeless physical structures of the sort already familiar from a thousand picture books and films. We gaze at the Eiffel Tower or the Golden Gate Bridge, enjoy a brief thrill of recognition, return home, and think we have travelled."

What this book does is compile and categorize the

names and address of travel agencies which offer something completely different. For instance, vacationing at a folkdance camp where you learn how different cultures express themselves in dance. There is a brief introduction to the type of activities which are involved and then a list of



what to expect from each camp. This particular type of holiday comes with a warning: "Be sure you can take the pace. Sessions involve as many as nine hours of movement per day — the most protracted "aerobic exercise" in America — beginning with up to six hours daily of workshops, followed frequently by three hours of "partying" (continual dancing) at night. Be sure you can move in rhythm to music. Some retirees looking for a new vacation



experience, but physically awkward or unable to last on the floor for more than an hour, have had a miserable time at dance camp. Try looking up a local teacher before you leave."

Here is a sample of the types of holidays listed in this book: Vacation "Resorts" That Stretch Your Mind and Change Your Life. Political Travel, to See for Yourself, to Widen Your View; Cerebral

Vacations, in the Summer-time; Volunteer Vacations, for Free or Almost-for-Free; Living with a Private Family, Both Here and Abroad, etc., etc.

This book is designed for the person who wants to come back from vacation with more than a tan. It should be used as a reference guide. To my way of thinking, this type of book is long overdue. It is not necessary to be in the planning stages of a vacation to read this book, it is enjoyable to just learn about all the possibilities.

## The Fabulous Baker Boys

by  
Ron  
Romanado



You see them at the Holiday Inn or the Sheraton; Murray and the Mellotones, or the smooth stylings of Bobby Ray and the Twinkles. That group of musicians who have so often been parodied that everyone has their own little joke about them. Mine is Bill Murray's version from Saturday Night Live. The lounge or night club musician — the smarmy, we'll do anything to make you feel good showmen.

The Fabulous Baker Boys are just that animal. Jeff and Beau Bridges star as Jack and Frank Baker, brothers with a cocktail-lounge piano act they've been flogging around an increasingly tatty Seattle circuit for what Frank describes as "31 years". The two are as opposite as day and night. Frank is the business man, the family man, who uses the act as a way of putting food on the table. He's the smooth, stereotypical lounge piano player. Jack, the frustrated jazz musician, who is too much in a rut to try something different and whose only solace is a series of unrewarding one-night stands.

But the boys have fallen on hard times. Desperate to keep their act alive, Frank persuades his brother to hire a female singer. After countless auditions, the proverbial last one is a winner. And is she ever! Susie, a smart-mouthed, gum chewing girl in a mini-skirt knocks their socks off with her voice. Her only experience has been with the Triple-A Escort Service.

Not only does she keep the act alive, she revives it with her Marilyn Monroesque

singing. She also attracts the attention of Jack. Though it's predictable, the inevitable happens. The two hardened, lonely people find each other after a particularly sensuous show on New Year's Eve. Still, it's questionable if he will let her into his life.

Yet Susie is only the spark to ignite the smouldering conflict between Jack and Frank. They come to resolve their differences. I wasn't entirely thrilled with this scene.

Both Beau and Jeff Bridges are very good in their respective roles. Though sometimes you wonder how much to real life their roles were. The real star of the movie is Michelle Pfeiffer. Her portrayal of the tough, sultry Susie Diamond was one of her best roles yet. Indeed, she was nominated for an Academy award for it! Her singing, while not great, was passable and oh so well delivered. In a par-



ticularly seductive scene, she slithers across Jack's piano in a silky, red dress while breathlessly singing **Making Whoopie**.

Both the comedic parts at the beginning and the drama at the end are so well done because of the excellent and credible dialogue that comes from the actors; though, the language is at times a little earthy. This movie reminds one of the old steamy romance flicks and does it without showing so much as a breast. It's a must see!

## BUSINESS CLASSIFIEDS

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# Wilvaken Riding Camp

by  
Catherine  
Campbell



The Eastern Townships has room for more riding schools, according to Judy Michailiuk, head instructor at Wilvaken. Instead of fearing competition, she welcomes it. She says that the area's involvement in the English hunter style of riding she

of achieving what all riding schools dream of — reaching the break-even point. The high cost of operating a stable frequently makes this a difficult goal. While she readily admits that owning horses is very expensive, she maintains that as a pastime riding is no

travelling from show to show all over the United States with Pierre Jolicoeur and seventeen show horses.

She left Jolicoeur to join Ian Millar on what is called the Florida Sunshine Circuit. Her praise of Millar is high. She says it is not just skill, but intelligence, that makes him a master of the sport. Millar's habit of asking the opinion of others on his performance was a constant surprise to her. Michailiuk concludes that he is smart enough to know the danger of complacency and secure enough to admit someone may have caught something he missed. She spent about a year with him. She purchased her own horse, Coco, from Millar.

Following a circuit is as expensive as it is educational. It is also physically and emotionally exhausting. When she ran out of money she worked for a while as a stable manager in Rhode Island. Michailiuk says the horse business is high in stress and low in stability. The work is long and demanding and the rewards, at least in a monetary sense, are low. This is especially true in Canada. Top riders, Pierre Jolicoeur and Mario Deslauriers, both live in Virginia. After Rhode Island she decided to take a break from horses. For two years her greatest involvement with the business was showing her own horse and doing some judging. She then took a job as head instructor and stable manager in Verchères. Coco's health forced her to retire him from competition and life in the country began to look attractive. Coco arrived first at Wilvaken as a boarder. Michailiuk later accepted a job offer

there.

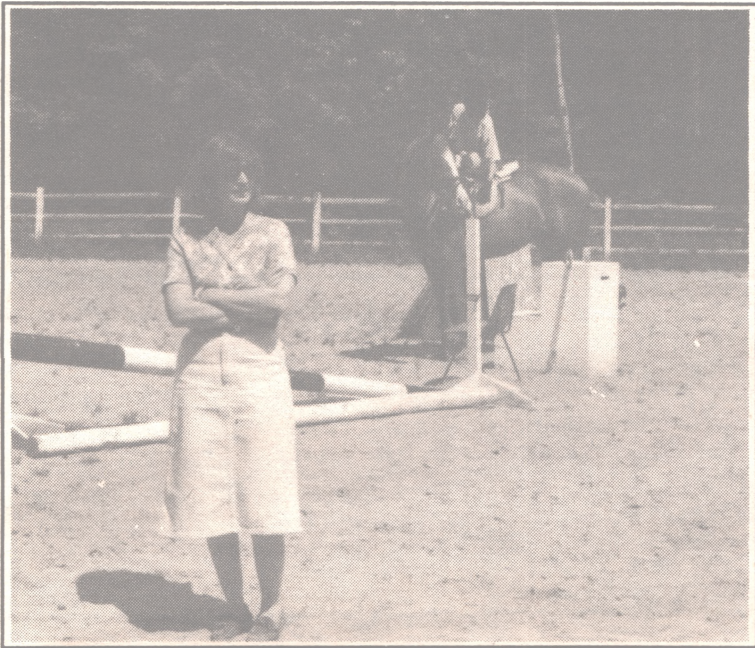
Teaching offers a different form of challenge than riding. Michailiuk says the best rider does not necessarily make a good instructor. Nor are the best instructors necessarily good riders. The key to instructing is communication. There is an adage among some instructors that a rider cannot be good until he or she has fallen off a hundred times. Michailiuk calls this nonsense. She says that anybody who cannot stop falling off a horse should probably take up golf. Millar once told her, as she was picking herself up, that there is only one reason for falling; bad riding. With this and the youth of many of her students in mind, her aim as an instructor is to keep the tumbling to a minimum. She says fear is a very real element

One of the perks of the job is watching the development of young riders. Michailiuk is justifiably proud of the progress her students are making. Wilvaken now participates in CEPSI, the local circuit. In a recent show her riders placed first in five of the ten classes they entered. As pleased as she was with the ribbons, she was even more pleased to see the sportsman-like way they conducted themselves. Riders who started with her four years ago are now learning to be competent instructors. She says seeing the interest sparked in others is highly rewarding.

Another of Michailiuk's innovations at Wilvaken is the three day clinic. She times these to coincide with school holidays and covers everything from basic riding to stable management. The clinics feature videos and guest speakers. Eve Mannering, an associate of Millar, from Brockville, Ontario, recently appeared.

She would like to see the Wilvaken trails hooked up to Estrie à Cheval, trails which are presently about 20 minutes away. She has this tentatively scheduled as a fall project, but says it is hard to plan that far ahead. With camp in progress her days are fully occupied.

For herself, she would someday like to work for her level III. At the moment, however, she is happy right where she is. Wilvaken provides her with a perfect opportunity to put everything she has learned into practice.



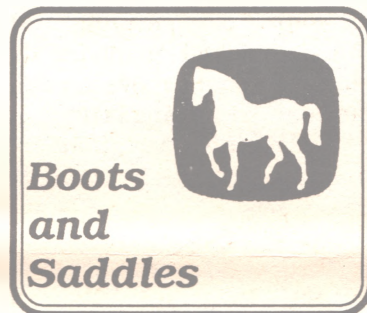
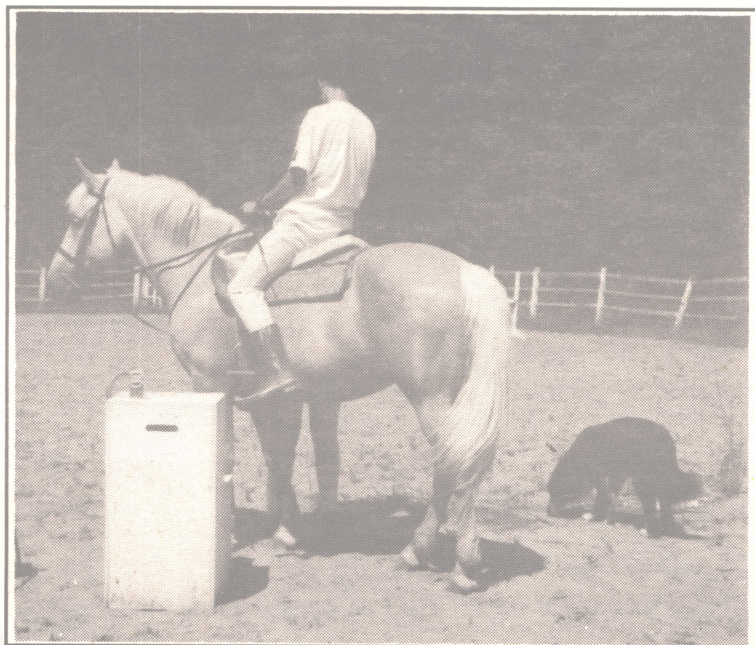
Judy Michailiuk

teaches is coming along but this has not always been the case. Quebec as a whole is just beginning to catch up with western Canada in competitive jumping. Each new school is capable of generating interest where there was none before. Michailiuk feels any increase in interest can only benefit her sport.

Coming along nicely is also the way she describes the stable in Fitch Bay. Wilvaken was founded as a summer camp on the shore of Lake Memphremagog, in 1958. The stable has existed for 12 years. The camp provides it with more financial stability than most stables enjoy. Michailiuk has the luxury of refusing troublesome customers because it is not completely dependent on its own revenue. This, she says, makes the job at Wilvaken more pleasant than it would otherwise be. Originally the stable was used only in conjunction with the camp. When Michailiuk took over as stable manager four years ago the horses were idle all winter. She has worked steadily to change that situation. The riding school is now open year round and counts among its regular customers Université de Sherbrooke, Bishop's University, Bishop's College School, and Stanstead College. Wilvaken is on the verge

more expensive than any other sport. She says to compare the price to that of a day of skiing.

Michailiuk comes to the job at Wilvaken highly qualified. She is a level II coach certified by the Canadian Equestrian Federation. Government regulations require an instructor to hold at least a level I certificate. She spent several years working the A circuit in the United States with some of Canada's top riders. She refers to this form of education as "graduate school for riders". Her first "term" was done under the supervision of a fellow Quebecer. She spent six months



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in riding. If a child cannot overcome his fear of the horse, he is not going to learn. She has to be able to assure the parents that their child is safe. She rarely has any trouble convincing parents that their child would probably be happier and safer in another sport. Well schooled horses are essential. Last summer in 1200 hours of lessons at Wilvaken there were only two falls.

## BOOTS AND SADDLES CLASSIFIEDS

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### Events

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The competition will start at 11:00 a.m.

No inscription after 10:00 a.m.

An obligatory pass is \$15. for 2 days.

Open to public — included in the gate price.

# Events Calendar

# August 1990

<p><b>Until July 28</b></p> <p>Watercolours by Sandra McLean. North Hatley Library, North Hatley.</p>	<p><b>Until July 29</b></p> <p>Art Exhibit — paintings by Michèle Drouin. Arts Sutton Gallery, 7 Academy St., Sutton.</p>	<p><b>Until July 31</b></p> <p>Art Exhibit — Bas-reliefs by Leo Perreault, Sculptor. Memphremagog Library, 61 Merry North, Magog. Info: [819] 843-1330.</p>	<p><b>Until Aug 2</b></p> <p>Lennoxville-Ascot Historical and Museum Society presents "Threads of our Past" at Uplands.</p>
<p><b>Until Aug 11</b></p> <p>Theatre Lac Brome. "The Sneeze" a collection of short stories and plays by Anton Chekhov. Evenings 8:30 p.m. Tuesday and Thursday matinees 2:00 p.m. Info: [514] 243-0361.</p>	<p><b>Until Aug 18</b></p> <p>Power Station — The Sherbrooke Frontenac Street Central will be open to the public Wednesday to Sunday from 1:00 p.m. to 4:00 p.m.</p>	<p><b>Until Aug 25</b></p> <p>International Summer Show II: Painting &amp; Sculpture. EquiPax Gallery, Newport, Vermont. Gallery hours: Thurs. - Fri. 10 to 8:30; Sat. 10 to 3; Sun. through Wed. by appointment. The Hood Building, 30 Coventry St. [802] 334-8054.</p>	<p><b>Until Aug 31</b></p> <p>Photograph Exhibit "Quebec Nature in Pictures" Le Musée du Séminaire de Sherbrooke, Le Centre d'Exposition Léon Marcotte, 222 Frontenac, Sherbrooke. Info: [819] 563-2050.</p>
<p><b>Until Sept 9</b></p> <p>Art Exhibit Selections from the permanent collection. Musée des Beaux-arts de Sherbrooke, 174 Palais Sherbrooke. Info: [819] 821-2115.</p>	<p><b>Until Oct 8</b></p> <p>Exhibit — "Mills of Men" is in the third Pavilion of Domaine Howard, in Sherbrooke. Monday to Friday 9:00 a.m. to 5:00 p.m.; Saturday to Sunday 1:00 p.m. to 5:00 p.m.</p>	<p><b>July 27</b></p> <p>Concert — Pianist Anton Kuertin Salle Gilles-Lefebvre, Centre d'Arts, Orford Park, Rte 141, North, Magog. 8:00 p.m. Reservations: 1-800-567-6155 or [819] 843-3981.</p>	<p><b>July 28</b></p> <p>Concert — I Musici, Salle Gilles-Lefebvre, Centre d'Arts, Orford Park, Rte 141 North, Magog. 8:00 p.m. Reservations: 1-800-567-6155 or [819] 843-3981.</p>
<p><b>July 29</b></p> <p>Concert — Jazz with Oliver Jones and Trio. Outside, Centre d'Arts Orford, Orford Park, Rte 141 North, Magog. 4:00 p.m. Buffet served after. Reservations: 1-800-567-6155 or [819] 843-3981.</p>	<p><b>July 29</b></p> <p>Foster Horse Show Brome Fairgrounds Howlton</p>	<p><b>July 29 — Aug 11</b></p> <p>Oil Paintings by Renée Christie. North Hatley Library, North Hatley. Aug 12 - 25 Change dates.</p>	<p><b>July 31 — Aug 5</b></p> <p>Sherbrooke Fair, Sherbrooke, Que.</p>
<p><b>Aug 10</b></p> <p>Fats Domino in concert at the Centre Recreatif, Asbestos. Info: [819] 879-7171</p>	<p><b>Aug 11</b></p> <p>Georgeville Community Association will hold a Flea Market in Murray Hall on Saturday from 9:00 a.m. to 1:00 p.m. Information: 847-0590 or 843-0124.</p>	<p><b>Aug 17, 18, 19</b></p> <p>Farmer's Market at Richmond Fair Grounds. Information: [819] 845-3416.</p>	<p><b>Aug 17 — 19</b></p> <p>Cookshire Fair, Cookshire, Que.</p>
<p><b>Aug 17 — Sept 1</b></p> <p>Theatre Lac Brome. Two one-act plays. "Eleemosynary" by Lee Blessing and "Beatrice" by Geraldine Farrell. Evenings 8:30 p.m. Tuesday and Thursday matinees 2:00 p.m.</p>	<p><b>Aug 23</b></p> <p>Missisquoi County Women's Institute is holding a salad and dessert card party in All Saint's Anglican Church Hall, Dunham Quebec at 12 p.m. Admission charged.</p>	<p><b>Aug 23</b></p> <p>17th Annual Book Sale. Benefit Memphremagog Library, Magog St. Luke's Church Hall Pine and St. Patrick, Magog. 2:00 to 8:30 p.m.</p>	<p><b>Aug 23 — 26</b></p> <p>Ayer's Cliff Fair, Ayer's Cliff, Que.</p>
<p><b>Aug 24</b></p> <p>17th Annual Book Sale. Benefit Memphremagog Library, Magog St. Luke's Church Hall Pine and St. Patrick, Magog. 9:30 a.m. to 8:30 p.m.</p>	<p><b>Aug 25</b></p> <p>17th Annual Book Sale. Benefit Memphremagog Library, Magog St. Luke's Church Hall Pine and St. Patrick, Magog. 9:30 a.m. to 1:00 p.m.</p>	<p><b>Aug 26 — Sept 8</b></p> <p>Drawings and water colours from the turn of the century by? Satterthwaite. North Hatley Library, North Hatley.</p>	<p><b>Aug 31 — Sept 3</b></p> <p>Brome Fair, Brome, Que.</p>

**Cut out this calendar and hang it up so you won't miss any of these exciting events.**

**If you would like your organization's upcoming event included in our calendar, drop us a note before the 15th of the previous month.**