

The Townships Sun

January 1994

Volume 21, No. 7

Reform in Action

Health System Changes

For the Regional Health Council, the 1992-93 year began under a double mandate of reform and continuity. Most of the effort was directed to four objectives: to contribute to developing a sense of individual and collective responsibility regarding the establishment of new administrative structures; to assure greater equity of access to services; to encourage development of human resources; and to propose objectives to improve health and well-being.

A report submitted to the Minister of Health and Social Services in June illustrates the importance of teamwork on the part of the Regional Health Council in accomplishing its many tasks.

It is interesting to note the collaboration of all the partners involved, including community organizations and the population as a whole.

In order to move towards reform, the Regional Health Council has set up new administrative councils and mechanisms to deal with

complaints from users of health care.

The 1992-93 year was also a year of re-organization of social services and new regional changes.

The year of reform allows 1993-94 to focus on two orientations: the establishment of values determined by the reform, and the use of new knowledge regarding regionalization.

With all the reform measures going on, it is important to remember that an important campaign of vaccination against meningitis was also conducted.

New Values and New Structures

Organizational changes resulting from the reform are numerous: the regrouping of several establishments under one administrative council; new structures for handling complaints; new sharing of roles at the provincial, regional and local levels; and the establishment of a new spirit and way of thinking.

The Regional Health Council must consistently encourage the development of an individual and collective sense of responsibility regarding health and well-being; reinforce protection of individual rights; and assure that changes in the system respect individuals.

The first concern was to establish a Regional Assembly, which has already been done. The members of the new administrative council have benefitted from support which has allowed them to carry out their new roles.

Even before assuming their responsibilities on October 1, 1992, the members participated in several information sessions on their new role and the new spirit of reform. The Regional Health Council permitted members to become familiar with some of

the major dossiers during these work sessions.

The Council provides support as part of their mandate to the unified administrative councils in charge of administering several establishments. The Council is available to help the councils in difficult matters, such as the process of selection of a director general.

The communications team assures, by publishing information, that the public and the personnel are well-informed regarding the progress in changes to the system in the Estrie.

Doctors Respond to the Call for Reform

A Regional Medical Commission was established according to the recommendations of a committee of doctors in the area. The elections to this Commission were held in March 1993, and 450 of the 700 eligible doctors voted. Thirteen candidates were nominated for the six posts

[three general practitioners and three specialists].

Public Health: A Third Revolution

During the fall of 1992, the Council began the adoption process for a public health plan, including the nomination of a Director of Public Health.

As a result of consultation with the Department of Community Health, the Association of Directors General of CLSC's, the CLSC Gaston-Lessard and the Faculty of Medicine, the administrative council of the Health Council adopted principles of orientation which must be respected in the final organization of public health resources in the Eastern Townships.

For Better Handling of Complaints

The law provides several new measures regarding complaints by users of the health care system. These measures apply to all establishments of the Regional Council and were

the object of an important study. The Council adopted its own procedure for handling complaints and designated the assistant to the Director General as the responsible administrator to assure correct application of the law.

Each of the health care establishments must adopt its own code of ethics, adopt and publish the procedures for complaint, assign personnel to handle the complaints, and form a committee of users.

Community Organizations

Community organizations occupy a growing place in the health care system, which is why the Council has published a document as a guide to these organizations.

The recognition of these organizations and their place in the system allows for better planning and co-ordination on the part of the Council. The document also details the financing and evaluation of these organizations.

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A daily miracle — Les Six Roses de la Vie Inc. in Melbourne is a drug and alcohol treatment centre also offering treatment to people with other dependences as well. Since its foundation in 1989, over 3,000 people have been helped.

For you — about you — but we can't do it without you

Editorial

Consultation, eh?

Even the definition of consultation is full of holes. Does anyone really believe there is power in consultation, or that to be consulted elevates one to lofty heights? 'To consult' is to seek advice; however, as dictionaries are likely to want it both ways, a 'consultant' gives 'professional' or 'expert' advice. So much for the much-touted, overdone process of consultation, especially in Quebec.

Within education or health or social services, the professional's advice is not greatly sought after. On the contrary, Quebec government ministries, where politicians and bureaucrats reign supreme, do their darndest to stifle doctors, teachers, nurses and other professionals who could actually provide 'expert' advice. These bloated ministries of education, health and social services prefer to 'consult' the public who, since they do not possess expertise, are less threatening to the politicians and bureaucrats who have already closed their minds and ears to anything but their own agendas and pronouncements.

But consultation is democracy at its grassroots best, is it not? Where else on earth do we get to elect ordinary citizens to assemblies and/or

councils of this or that? Where else are there local councils, regional councils, provincial councils, all being 'consulted' as to health care, social and education reform? Oh yes, and in Quebec, there is that Fourth Estate known as the 'national' level of consultation, which must mean that the 'provincial' has been relegated to inferior status. But be assured there are members sitting on councils and being 'consulted' at the provincial level too just to assure that all 'citizens' are made to feel they have the power. Quebec has taken the French system of bureaucracy to the extreme.

If all the 'people hours' used up in consultation could be channelled into real effort, could progress actually be realized? If those people went to work on real problems instead of sitting for hours in assembly halls, the results would be monumental.

When are we going to realize that consultation is an illusion? Where decision-making authority is absent, so is power. This leaves the 'professionals', doctors, teachers, health and social service people somewhere out in left field. Would you ask that the driver of a car steer from the dark recesses of a trunk while the passenger

gives instructions? The passenger risks life and limb while the guy with the licence is locked in the trunk. The poor guy sitting there being consulted as to direction might feel proud, but fearfully proud.

Consultation is circular, and understandably so. Do the same issues in education, health and social services continue to raise their ugly heads, never to be solved? That is because a new set of politicians and bureaucrats arrives on the scene and sets up yet another round of consultation on matters of great importance. The onus of responsibility for decisions is thereby placed on the shoulders of the 'citizen'. Since the latest crop of politicians too is feeling the insecurity of not being 'expert' in a field, they prefer not to risk losing their newly-found power by consulting the real professionals. Instead, they consult the ordinary citizen who is often fooled into feeling powerful and actually believes the process works.

The politicians stay in office; the professionals stay in the trunk; and consultation continues ad infinitum.

Betty Greer



Dear Editor,

Always enjoy your paper, especially articles of an historical nature.

Keep up the good work.

Hilda Archer

Cowansville, Quebec

P. S. I also like the restaurant reviews.

Dear Editor,

Keep up the good work. This is a good paper.

Graydon True

South Bolton, Quebec

ED. Note. Would love to have someone send us the occasional one from over on the 'west' side.



THE BEST
OF TIMES

10 Wise Ways to Wonderful

Is "Avoid Stress" one of your New Year's Resolutions? Perhaps these hints will help.

Ever notice how some people are more wonderful than others? Wonderful people — the unstressed, peaceful and rare — often have common traits or, at the very least, common habits. If you would like to have less stress in your life and enjoy more peace of mind, consider these 10 points:

1. Do nothing you have to lie about later.
2. Practice preventive maintenance on your car, appliances, home, teeth and personal relationships.
3. Do it now. Procrastination is stressful. Hard work is often just the accumulation of easy things you didn't do when you could have.
4. Take brisk, 30-minute walks. They're an instant cure for stress and a great way to think.
5. Make friends with non-worriers.
6. Simplify. Then simplify. And finally, simplify.
7. Before speaking your mind, ask yourself: Is it true? Is it necessary? Is it kind?
8. Do at least one thing you enjoy every day.
9. Don't sweat the small stuff. Laugh!
10. Learn to live one day at a time.

For a quick route to wonderful, focus on understanding rather than being understood and on loving rather than being loved. It's never too late to start.

This column is provided by the Investors Group Inc. in collaboration with the Canadian Fitness and Lifestyle Research Institute.

January 1994

Volume 21, No. 7

Published by

The Townships Sun (1982) Ltd.
7 Conley Street
P.O. Box 28
Lennoxville, QC J1M 1Z3

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Member of QCNA, Quebec Community Newspaper Association
CARD, Canadian Advertising Rates & Data and CCNA, Canadian Community Newspapers Association.

Registered with La Bibliothèque Nationale de Québec.
Publications Mail Registration No. 3764.

Objectives:

To publish The Townships Sun, and provide support to the English community of the Eastern Townships through publication of information in the form of feature stories, interviews, and in-depth articles, etcetera.

from The Townships Sun Constitution

The Townships Sun welcomes manuscripts, letters, and anecdotes. Material should be double-spaced, have a telephone number included and be 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.

On a wing and a prayer to save lives
The Happy New Year Mission

by Marsha Boulton

What Canadian bush pilot flew a windowless airplane on a mission of mercy in the dead of winter to deliver anti-toxin which prevented an epidemic of diphtheria in Northern Alberta?

There are many legendary bush pilots in the annals of Canadian aviation, and among them Wilfred Reid 'Wop' May is a classic example of the skill and bravery of these winged coureurs de



victim of the Red Baron.

After the war, May settled in Edmonton and started a commercial aviation business, along with daring 'barnstorming' exhibitions. He was one of the founding members of the Edmonton and Northern Alberta Aero Club.

The nearest radio station was at Peace River, and Louis Bourassa the postal courier set out on a 14-day dog sled trip to send the urgent request.

In Edmonton, May and his co-pilot Vic Horner prepared to make the trip while emergency workers gathered the life-saving serum.

The only airplane available to them was a small Avro biplane with open cockpits, and no skis for winter land-

congealing, but he did not have a container. Undaunted, he siphoned the oil onto the crusty snow where it froze immediately. May carried the 'oilsicle' to the village, where it thawed overnight.

May and Horner arrived in Fort Vermilion the following day. Their precious cargo was protected, but the fliers were so frost-bitten that they had to be physically removed from the cockpit.

The serum was dispersed by dog sled to the anxious community and the epidemic was checked.

A crowd of 5,000 was on hand to greet the heroes when

they returned to Edmonton and May was awarded the prestigious McKee Trophy for his efforts.

May received the Order of the British Empire in 1935. He pioneered aerial search and rescue techniques and helped set up the British Commonwealth Air Training Plan during WWII.

The bush pilots of Canada's North helped the nation enter into a new era of transportation and communication. Wilfred Reid May, who was nicknamed 'Wop' by a baby cousin who could not pronounce Wilfred, was one of the best.



bois. From the beginning, flying was an adventure for May. On his first World War One combat mission, he shot down an enemy aircraft. As he returned, May's guns jammed and he was chased by the German ace, Baron Manfred von Richthofen. Captain Roy Brown, one of May's Alberta school chums, shot down Richthofen and saved his friend from becoming the 81st

All of May's skill and ingenuity were called on when he was asked to fly a mercy mission on the bitterly cold New Year's Day of 1929.

On December 15, a Hudson Bay Company employee in Little Red River, north of Fort Vermilion, died of diphtheria. Other cases were breaking out and vaccine was desperately needed to prevent an epidemic in the community of about 300 people.

To protect the vaccine from freezing, it was placed in a improvised thermal unit consisting of heated containers balanced on a portable charcoal stove and covered with blankets.

Blizzard conditions forced them to land on a frozen lake at McLennan Junction, almost halfway to Fort Vermilion. May realized that he would have to remove the plane's oil to prevent it from

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Townships Tidings



A CHILD IS BORN

The Angels Sang

The angels sang the Christmas song
How Christ came down to earth,
For He was born at Bethlehem,
A strange but Holy birth.

They clearly told how He had brought
His lasting love divine.
The Wisemen sought and worshipped Him
Beneath the starlit sign.

The shepherds heard the message come
As echoes from the sky.
They left their sheep and went at once
And heard the Newborn cry.

Again the news is told to us
As by an angel voice
We pray that we shall give our thanks
And all the world rejoice.

by Iva Duboyce

Day Centre Services for the English-Speaking Elderly

Last June, the Regional Board's Board of Directors passed a resolution enabling new day centre services to be put in place for English-speaking people.

These services will be set up in specific MRC's in the sequence recommended by the Advisory Committee on Access to Services for English-speaking people, as follows: Sherbrooke, Memphremagog, Haut-Saint-Francois, Val-Saint-Francois. Services will be integrated into offerings at existing day centres; they will be managed by the institutions.

As well, provision of additional specific services is planned for the English-speaking clientele in Memphremagog MRC and the portion of Sherbrooke MRC covered by Lennoxville and surrounding area. Insofar as possible, services will be provided in locations that the English-speaking elderly are familiar and comfortable with.

The Regional Board will ensure that the implementation of these services respects the cultural distinctness of the clientele in question.

Local Writer Wins

Four young Canadian writers have been named winners in a writing competition sponsored by the University of Guelph's alumni magazine, the *Guelph Alumnus*. They share \$1,000 in prizes and will see their work published in the next issue.

The \$500 first prize was awarded to Catherine Dean of Lennoxville, Quebec. She is a full-time writer and mother of two young children. Her short story *Matrilineal* describes the relationship between a woman and her cancer-stricken mother. Dean also writes poetry and is just finishing her second novel.

Submissions for the 1994 competition will be accepted between May 1 and July 31, 1994. For information, call Mary Dickieson, editor of the *Guelph Alumnus*, at [519] 824-4120, Ext. 8706.

New Career Service for Anglophones

The Career Information & Counselling Services of the Eastern Townships has been established to assist anglophones of the Eastern Townships with making career choices. This is a joint project between the Societe quebecoise de developpement de la main d'oeuvre de l'Estrie and the Adult Education Services of the Eastern Townships School Board.

Michel Beauchamp, Director of Adult Education Services, co-ordinated the establishment of this service, which is housed at the ETSB Adult Education Centre, 2365 Galt West in Sherbrooke.

Those eligible to receive services are individuals collecting unemployment insurance benefits, social assistance, those who have never worked or who have only had one job in their lives, women who have been out of the work force for a period of time raising their children, those who already have a job but due to injury or other factors must or would like to change jobs or careers.

The Career Counsellor handles all referrals in the strictest confidence. There is no fee for the service.

For information, call [819] 566-2422 between 8:30 a.m. to 4:00 p.m., Monday to Friday.

Five Local Artists Receive Grants

The Minister of Culture has announced a second round of grants totalling \$8,482 to local artists for 1993-94.

Two juries decided on the requests from professional artists working in visual arts, theatre, literature and crafts. A jury of Ophra Benazon, Yvon Proulx and George Rideout evaluated requests in crafts, visual art and literature; Luce Couture, Jacques Langevin and Dave Lapp, in dance, music and variety.

In visual art, Jacques Raby of Sherbrooke received \$1,200 and will create an ensemble of three large dipthyques based on the theme of 'Identity Crisis'.

In crafts, Caroline M. R. Curtin of Ayer's Cliff received \$800 and will participate in an exposition of Canadian artists in Fontenay-aux-Roses in France. Monique Trottier of Magog received \$3,000 and will create a work in paper entitled 'Memory of Places'.

In the music category, Mary O'Keefe of Lennoxville received \$1,482 and will study with Hank Knox in order to create in the Townships a music ensemble in the baroque style.

In variety, Josee Beliveau of Sherbrooke received \$2,000 to write four original songs and record a demo of these songs.

More Tidings on Page 6

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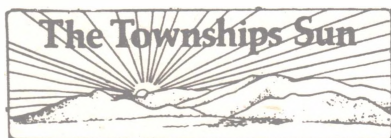
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Visit the Outaouais

Dreaming of hiking over miles of one of Canada's most extensive networks of outdoor trails, cross-country skiing, or visiting historic monuments and world-famous galleries — then considered a vacation in Canada's Capital Region.

Just two hours from Montreal, the area boasts scenic Gatineau Park and offers sports enthusiasts and nature lovers an unrivaled number of activities and at-

tractations within easy reach of urban centres. building, features charming rooms and suites complete with private kitchens and bathrooms. It features original paintings by Quebec artists which lend a unique touch.

Day trips in the area include an unforgettable excursion to the village of Wakefield on an old-fashioned steam train or a tour of the MacKenzie King Estate in nearby Kingsmere, where you can

catch a glimpse of early 20th century life in the area.

If you want to explore Canada's history in more detail, a walk or shuttle bus ride along Confederation Boulevard, "Canada's Discovery Route", will take you from the heart of Ottawa to Hull where the region's French Canadian heritage is reflected in the city's architecture, culture and cuisine.

Hull is also home to the world-famous Museum of Civilization. A wide variety of special interest collections can be seen in the Museum of Science and Technology, the Canadian Museum of Nature, the Canadian Air Museum, the Canadian War Museum, Canadian Museum of Contemporary Photography and the Currency Museum, among others. Art lovers can enjoy the numerous galleries in Hull and Ottawa as well as the National Gallery of Canada which has a respected permanent collection and also hosts travelling exhibits of world importance.

After sundown the area's theatres and restaurants come alive and offer visitors a choice of local and international pleasures. The National Arts Centre features dance, music, theatre and variety performances for all tastes, and Hull's Théâtre de l'Île presents plays and reviews with a French flavour.



There are a number of nature walks where hikers can explore the magnificently wooded terrain. Cyclists can enjoy the 200 km of bicycle paths which follow the Ottawa River and link Gatineau Park, Hull, Gatineau and Ottawa. 80 km of trails are designed for mountain bikes.

In winter there's an unbeatable 700 km of cross-country trails in the region as well as several downhill ski areas and a 3000 km network of well-kept snowmobile trails. The whole family can enjoy skating on the Rideau Canal and the Ruisseau-de-la-Brasserie, one of the world's longest outdoor skating rinks, as well as snowshoeing on the Gatineau Park trails.

Downtown Hull, located just minutes away from the centre of Ottawa and ideally situated on the edge of Gatineau Park, is the perfect place to find reasonably priced accommodations. *Le Quatre Lanternes* Bed and Breakfast, a newly renovated Heritage

Hiking

by Robert W. Hall

I haven't done any hiking since October 19 because of the hunting season and other activities.

I am not planning any more hikes before next spring. At that time, I will be hiking on The Eastern Townships Trail between Highway 112 and the Vermont Border. I will make reports of these hikes for *The Townships Sun* as soon as I complete each section.

This is a list of the birds I have seen since my last report: Blue Jay, Canada Geese, Black Capped Chickadee, Red Winged Blackbird.

If anyone is interested in becoming a member of The St. Francis Valley Naturalist Club, please call Frances Whittle at 562-8068. Mem-



bership fees are five dollars for an individual and eight dollars for a family.

The Georgeville Audubon Christmas Bird Count is December 28. For further information, call Katherine Mackenzie at 843-6755.

This will be my last article before Christmas and the New Year. I take this opportunity to wish our readers a Merry Christmas and a Happy New Year. May you have a happy holiday with your family and friends.

Greetings at Christmastime

William A. Lyon

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Notes ... Notes ... Notes ...

Deadline for HASI Program for the Elderly

December 31 is the deadline for financial assistance for carrying out minor adaptations in dwellings for people 65 years of age or over with low incomes.

The Home Adaptations for Seniors' Independence [HASI] program offers up to \$2,500 to cover the cost of adaptations such as installing a bath handrail, taps that are easier to turn and anti-slip floor coverings, and installing a railing along a corridor or staircase. For more information, obtain a free copy of the brochure from Communication-Quebec.

Logirente Rejuvenated

Since October 1, 1994, people 58 years of age and over have been eligible for the Logirente program. This year, the eligible age has been lowered by one year, and will gradually decrease for the next three years until it reaches 55. People with low incomes, whether tenants, owners or roomers, are granted monthly assistance equal to 75 percent of the portion of the rent [to a maximum], that exceeds 30 percent of the total household income. For more information, contact the Ministère du Revenu du Québec in Sherbrooke at 563-3034 or 1-800-567-3531.

Changes in Surviving Spouse's Pension

On January 1, 1994, the eligibility criteria for the surviving spouse's pension will become more flexible, giving more people entitlement to it. The pension will be payable to the spouse regardless of age, and if there are dependent children or the spouse is disabled, the minimum benefit will be higher.

New age requirements will apply as well in cases where death occurred prior to January 1994. For more information about the changes in the surviving spouse's pension, obtain a free copy of the folder entitled *Changes in the Quebec Pension Plan* from Communication-Quebec.

Changes in the Hearing Aids Program

On July 29 this year, the Hearing Aids Program of the Régie de l'assurance-maladie was extended to any person, regardless of age, with a hearing loss in the better ear of at least 35 decibels. Students and children are eligible even if the hearing loss is less than 35 decibels. For more information, obtain a leaflet from Communication-Quebec.

IODE Doctoral Scholarships

Of 224 applications for IODE War Memorial Doctoral Scholarships for the 1993-94 academic year, four graduate students from Ontario and one from each of the following Provinces, Manitoba, Alberta, and Quebec were successful.

The winner from Quebec is Genevieve Dominique Saumier of Montreal. She is presently in her second year at Darwin College, Cambridge University, studying for her Ph.D. in the Faculty of Law. Her research subject is 'Public Policy in the Conflicts of Laws'. Upon completion of her doctorate, Ms. Saumier plans to pursue an academic career in law.

Townships Tidings

Budget Service for Those in Need

The Service budgétaire populaire de l'Estrie is a non-profit organization founded in 1981 to assist people with financial difficulties in finding solutions to these problems through budget counselling.

The organization is presently recruiting volunteers for the 7th annual free tax clinics to be held in March. Training will be given by Revenue Canada and Revenue Québec. They are particularly interested in recruiting bilingual individuals to assist with English-speaking clients. For information, call [819] 346-8017.

Leadership in Education Awards of Reader's Digest

Reader's Digest has launched this year's competition for awards in leadership in education for teachers who distinguish themselves in elementary and secondary schools across Canada. This year, eight teachers will receive \$5,000 each. Their schools will receive the same amount. One of the eight will be singled out for Exceptional Leadership in Education. This winner and the school will share \$20,000.

Over the past four years, more than \$290,000 has been awarded to teachers and their schools under the program. Last year, eight winners were chosen from among 300 candidates who had made contributions in various ways. Integration of immigrant children, the creation of an educational television station within a school, and the establishment of a secondary school library are examples of winning awards.

For information, contact Reader's Digest, Leadership Awards in Education, c/o Bonnie Venton Ross, 215 Redfern Avenue, Westmount, Québec H3Z 2V9. Phone [514] 934-7328.

Famili-Prix in Lennoxville

A new pharmacy has opened in Lennoxville, representing an investment of a quarter of a million dollars and the creation of six jobs. This medium-sized business and its two young proprietor-investor pharmacists, Roxane Fournier and Remi Gosselin, aim to provide a redesigned traditional pharmacy, a homeopathic centre and health and beauty items.



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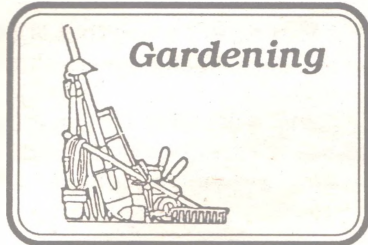
Caring for Christmas Plants

by Kathy Longworth

The following are good general rules for most house-plants.

Generally, a flowering plant, or one with highly coloured foliage needs several hours of sun per day, or the equivalent kinds of rays provided by some fluorescent lights. The exceptions are African violets and pots of forced bulbs, both of which need good strong light, but not direct sunlight. A large number of green plants do quite well with indirect sun for part of the day, and shade for the balance.

All this means you should remember to move your plants as the seasons pass, from one exposure to another, in order to maintain the right quality of light for them. That is, a plant which does well in a south



dendrons and ferns hate to be repotted, and will protest by looking sickly for months. African violets do not bloom well unless pot-bound and geraniums won't bloom unless their pots have filled with roots.

One of the chief contributions to the death of house-plants is over-watering. With very few exceptions it's better to err on the side of dryness, than the other way around. I shall use my own method, heartless as it may sound, because it works well and

week and that's it!

You see, if the plant is in the right kind of soil for its needs, that, to a large degree, takes care of the water problem. A larger percentage of absorbent material in the soil, peat moss, for example, means more moisture is held around the roots of those plants. I skid around the



humidity problem by standing my plants in trays or saucers containing anywhere from 1/2 to 1 1/2 inches of clay litter, alias "Kitty Litter" in the stores. During this weekly watering, I allow the excess water to be absorbed by the litter. During the week, this allows a constant veil of humidity to surround the plant, making the one thorough watering per week sufficient. For some plants that I know from experience need higher-than-usual humidity, I actually soak the clay litter as well as the earth in the pot. Since the pots stand on top of, and not in, the litter, there is no danger of the plants sitting for days with soggy roots.

Not only is this watering method a great-time saver, but the result is healthy plants and as an added bonus, a better humidity level is



achieved in the home.

If you're still in doubt about this method, here's an outline of the tremendous variety of plants that respond well to this watering system. They range through geraniums, begonias, parsley, rosemary, chives, African violets,

several types of succulents, Christmas cactus, Orchid cactus, cyclamen, chrysanthemums, several types of ivies, and others.

This variety alone should give you enough confidence to try it.



window in winter might cook there in summer, so move it to an east or south-east exposure for the summer season.

Hopefully, your gift plants are already living in the right kind of soil mix for their type. Once flowering has ceased, it would be a good idea to check the plants. Roots hanging from the pots' drainage holes, or heavily packed roots in the pot might indicate that the plant should be put into one size larger pot. Never pot up more than one size at a time. As with all general rules, there are exceptions. Philo-

friends who have tried it seem to agree.

Briefly, everything gets watered thoroughly once a

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Sweet Talker

reviewed
by Kathleen Hanna

Once in a while a movie comes around that has no blood, guts or gore and can be enjoyed by both children and their parents. Unfortunately, we never hear of them as they are relegated to the back shelves behind the terminators, predators and lethal weapons. This month I shall review *Sweet Talker*, a movie with Bryan Brown and Karen Allen.

The story revolves around Harry, who has spent the last couple of years in prison. As he is leaving, he steals the research information compiled by his cellmate. It seems there is a myth that a Portuguese ship was run aground near a sleepy coastal village in Australia, and the scam devised by Harry and his roommate is to convince the townsfolk to invest their money in a scheme to build an amusement park based on this Portuguese ship myth. First, they have to find the ship.

Harry arrives in the village and starts his con on the curator of the local museum, who has written a book on the subject, who in turn tells the mayor and the other councillors. Before long, they are begging Harry to let them invest. Shortly thereafter, the rest of the townsfolk are scam-



mering to join in the group. The one person who remains skeptical is the young hotel owner whose ex-husband was a con artist, and she recognizes the signs.

Unfortunately, her son has taken to Harry instantly and they are spending a lot of time fishing, swimming and generally goofing off together. When she tries to stop Harry from corrupting the boy, he turns away from his mother and sides with Harry. When tourists start coming into town by the busload, she finally trusts Harry and gives him her life's savings to invest. Harry now starts to think twice about his plan.

To further complicate matters, a drug dealer delicately persuades Harry to launder his ill-gotten gains and then suddenly Harry's cellmate turns up and wants his share of the money. Well, what's a guy to do? Tune in and find out.

There is enough action to keep adolescents interested, and even with a predictable storyline will still not bore parents to kingdom come. The



young actor who plays the boy is excellent and Bryan Brown puts in a solid performance along with Karen Allen [best known for her role in the first *Indiana Jones* movie]. So, if you are sick and tired of the constant bombardment of high action films, give this a try; you will not be disappointed.

Some reminders of past reviews:

The House on Carroll Street: suspense murder mystery, shortly after World War II, Nazis, brief nudity and dynamite finish. Kelly McGinnis, Jeff Daniels and Mandy Patinkin.

The Playboys: rural Ireland, young girl has child out of wedlock, meets young man in travelling theatre group but child's father [the local policeman] tries to stop the union. Robin Wright, Adrian Quinn and Albert Finney.

Cinema Paradiso: English subtitled Italian movie, shortly after World War II, young boy idolizes the projectionist at the local cinema house, ends up as famous movie director coming home for the funeral of his lifelong friend. Wonderful, wonderful, wonderful.

Leningrad Cowboys Go America: terribly offbeat journey of Russian musicians travelling from New York to Mexico to play a gig, an hour and a half of jolly good entertainment.

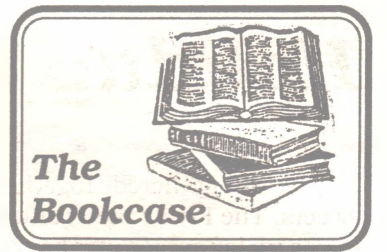
The Men and the Girls
by Joanna Trollope
Black Swan edition
reprinted 1993
by Lillian Echenberg

It was a pleasure to read a novel in which the writer had considered older characters to be human beings capable of living and loving, but also managed to develop teenagers and young adults in a lifelike manner. *The Men and the Girls* live in England and, while it takes a few minutes to realize that the bonnet of a car is more familiar to us as its hood, the British background gives additional appeal to the story.

Joanna Trollope features two couples who consist of a young woman and a much older man. Although their relationships start out in a somewhat parallel manner, they diverge in many ways. Their lives are intertwined through friendship, and their families are very real people. Trollope has introduced such currently important social issues as poverty, abused women, and the disadvantage of getting old, but reveals her views strictly through the plot of the novel. There is no preaching.

The reader might easily identify with one or more of the characters because they are so cleverly developed. However, you must read to the very last line to find out how it ends. There is little or no predictability about Joanna Trollope's writing, but the surprises all fit logically into her plan.

I would recommend it highly.



Selected Titles 1993-1994
Canada Communication Group
Ottawa
by Lillian Echenberg

Selected Titles has a list of nearly four hundred of the latest publications produced by the Government of Canada. These books are works by respected scientists, scholars, and researchers, and are available in both English and French, as is the catalogue.

Even the table of contents is impressive. Each category listing is illustrated with an appropriate logo, and covers a wide range of items. Literally, the subject matters range from Aeronautical Publications to Weather/Climatology, with twenty-one other categories in between.

Each of the listings gives the reader a capsulated version of the contents, and other details such as length of book, registration number, and price. The organizers of this book have made it an extremely useful tool for researchers and government staff, as well as browsers. Addresses for further information are clear and precise, and available for comments and complaints. You will most certainly find something to your liking in this thorough sampling of the array of government publications.

Make bedtime story time.



After you have dressed, fed, played, scolded, consoled and cared for your child, remember to do just one more thing. Read together. to help ensure your child's future

in a world dictated by words. When you tuck your child under the covers, take the time to open a cover. It just might be the most important part of the day.

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Holiday Sweets and Treats

We've gathered together some palate pleasing sweets. The Fruitcake Truffles are a delicious new way to use up leftover fruitcake. The Coconut Orange chews are satisfying low fat treats packed with the goodness of dates, dried apricots and coconut. Chocolate Peanut Mounds are delicious morsels that are extra-easy to make and even easier to eat. The Caramel Crunch popcorn and nuts is addictive, and one batch makes several gift bags of this home-made confection.



Fruitcake Truffles

In a saucepan, melt 6 oz [175 g] chopped semisweet chocolate, 3 Tbsp [50 mL] whipping cream and 3 Tbsp [50 mL] butter over very low heat until smooth.

Stir in 2 Tbsp [25 mL] orange liqueur or orange juice and 1 cup [250 mL] fruitcake crumbs. Chill for 2 hours or until firm.

Shape into 1-inch [2.5 cm] balls. Chill for at least 20 minutes. Truffles can be prepared to this point, wrapped well and refrigerated or frozen for up to 3 weeks.

Roll in icing sugar and chill for at least 20 minutes. Makes about 30 truffles.

Sears Canada's Charity Book:
The Canadian Living Christmas Book

Coconut Orange Chews

- | | | |
|-----------|--------|--|
| 3 cups | 750 mL | flaked coconut |
| 1/2 cup | 125 mL | all-purpose flour |
| 1 | 1 | can [300 mL] Carnation Sweetened Condensed Skim Milk |
| 3/4 cup | 175 mL | flaked cereal |
| 1/2 cup | 125 mL | chopped dates |
| 1/2 cup | 125 mL | chopped dried apricots |
| 1 1/2 tsp | 7 mL | grated orange peel |

In large bowl, combine coconut and flour. Stir in Carnation Sweetened Condensed Skim Milk, cereal, dates, apricots, and orange peel. Spread evenly into foil-lined greased 8-inch [21 cm] square pan. Bake in 350°F [180°C] oven 25 to 30 minutes, until light golden brown.

Makes sixty-four 1-inch [2.5 cm] squares.

Per square: 45 Calories, 1 g Protein, 1 g Fat, 8 g Carbohydrate.

Carnation

Caramel Crunch

- | | | |
|-----------|--------|----------------------------|
| 6 cups | 1.5 L | unbuttered popped corn |
| 1 cup | 250 mL | salted nuts, optional |
| 1/3 cup | 75 mL | Golden Crisco |
| 1/3 cup | 75 mL | granulated sugar |
| 1/3 cup | 75 mL | lightly packed brown sugar |
| 1/3 cup | 75 mL | corn syrup |
| 1 1/2 tsp | 7 mL | vanilla |
| 1/4 tsp | 1 mL | baking soda |

Preheat oven to 250°F [120°C].

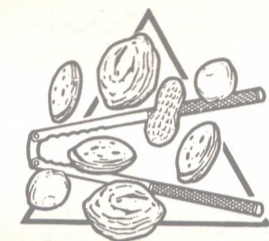
Combine popcorn and nuts in large shallow baking pan.

Melt Golden Crisco in saucepan. Stir in sugars and syrup. Bring to a boil, stirring constantly, then boil gently, on medium heat for 4-5 minutes or until golden brown. Watch carefully — mixture burns quickly. Don't overcook. Remove from heat; stir in vanilla and baking soda. Pour over popcorn mixture. Toss to coat well.

Bake at 250°F [120°C] for 30-40 minutes, or until crisp and golden. Stir occasionally during baking. Turn out immediately onto waxed paper-lined tray. Cool, break into pieces. Store in tightly-covered container. Do not refrigerate. Makes about 7 cups [1.75L]

Hint: If nuts are omitted, add an extra cup of popcorn.

Crisco Shortening



Chocolate Peanut Mounds

- | | | |
|---------|--------|---------------------------|
| 1 cup | 250 mL | semisweet chocolate chips |
| 1/2 cup | 125 mL | butterscotch chips |
| 1 tsp | 5 mL | butter |
| 2 cups | 500 mL | Spanish peanuts |

In top of double boiler over hot [not boiling] water, melt together chocolate and butterscotch chips and butter; remove from heat.

With wooden spoon, stir until smooth and blended. Stir in peanuts to coat completely.

Drop rounded teaspoonfuls [5mL] onto waxed paper-lined baking sheets. Refrigerate until firm. [Mounds can be layered between waxed paper in airtight container and refrigerated for up to 3 weeks.] Makes 48 pieces.

Sears Canada's Charity Book:
The Canadian Living Christmas Book

Nut Creams

A great hostess gift or added little treat for anyone on your list.

- | | | |
|------------|----------|--------------------------------------|
| 3/4 cup | 175 mL | Golden Crisco |
| 1 can | 300 mL | Eagle Brand Sweetened Condensed Milk |
| 1 Tbsp | 15 mL | vanilla |
| 8-9 cups | 2-2.25 L | icing sugar |
| 1 1/4 cups | 300 mL | chopped pecans |
| 1 cup | 250 mL | ground pecans |

Cream Golden Crisco, sweetened condensed milk and vanilla until smooth. Gradually add 8 cups [3L] icing sugar, mixing until smooth. Add chopped nuts and enough extra icing sugar to make a stiff, non-sticky mixture. Work with hands to mix well.

Shape mixture into small balls and then roll in ground nuts to coat evenly. Chill balls until firm [2 hours], then store in airtight container in refrigerator.

Makes 125 balls.

Hint: This is just the beginning. The variety is endless. Try different nuts and flavouring in the filling. Roll balls in Fry's Cocoa, coconut, icing sugar, etcetera. Press coating gently into all for an even covering.

Crisco Shortening



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Events ... Events ... Events ...

Reunion for Prince of Wales College, PEI

The Prince of Wales College of Charlottetown, Prince Edward Island, is planning a reunion for all former students and staff on August 4, 5, 6 and 7, 1994. Those wishing to attend are urged to contact the Reunion Committee as soon as possible. For more information, please contact Gloria Large, 15 Wendy Drive, Charlottetown, PE C1A 2R5, or phone [902] 566-0615, or fax [902] 566-0782.

AGRHS Reunion

The Alexander Galt Regional High School's 25th Anniversary Committee in Lennoxville sent out newsletters to more than 4,000 former students and staff members in early November.

If you did not receive this latest newsletter, you are not on their mailing list. You have only a short time to add your name to the list before they send out the invitations. To correct this situation, please send your name and address to the following address: Galt 25, Box 5002, Lennoxville, Quebec J1M 1Z9.

Holiday Season Schedule for Richmond CLSC

In the Richmond area, please note the holiday schedule at the CLSC Val St. Francois Medical Clinic.

- Friday, December 24 - morning walk-in clinic
- Friday, December 24 - closed at noon
- Monday, December 27 - walk-in clinic from 1 p.m. to 4 p.m. only
- Tuesday, December 28 - morning by appointment only
- Wednesday, December 29 - morning by appointment only
- Wednesday, December 29 - walk-in clinic from 1 p.m. to 4 p.m. only
- Thursday, December 30 - morning by appointment only
- Friday, December 31 - walk-in clinic from 9 a.m. til noon only
- Monday, January 3 - from 1 p.m. to 4 p.m. only [no evening clinic]
- Regular schedule resumes Tuesday, January 4, 1994.
- For more information, contact the CLSC at 826-3781.

Nova Scotia 'Village Fair'

This summer, 66 towns and villages in Nova Scotia will take part in 'Village Fair' which offers a variety of attractions and events such as concerts, craft fairs, walking tours, community teas, lobster suppers, highland games, and other great summer fun.

Village Fair places: Sanford, Church Point, Tiverton, Wolfville, Noel, Clark's Harbour, Lunenburg, Lawrencetown, Larry's River, Canso, Economy, Apple River, Malagash, Pomquet, Sand Point, Whycomomagh, Meat Cove, Cheticamp, Dunvegan, Glencoe Mills, and Trout River.



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A Watkins representative. I will be in Sherbrooke and Lennoxville once a week. Call [819] 826-2832

St. Peter's A.C.W. Thrift Shop — will be closed for the Holidays on December 22 and 29, and January 5.

Geneology

Information on the Barber — Farnham — Young — Harran — Lowd — Chase families. Any help will be greatly appreciated [Uldene] Peggy Barber, 32 Downs, Lennoxville, Que. J1M 1 X9 [819] 821-2256.

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Melbourne, near Richmond, **Hall for rent.** Newly renovated, large parking area — any occasion. Call [819] 826-2832. Leave message and telephone number on answering machine.

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Looking for a **small cage** for a cat or a dog. Mona [819] 826-2132.

Do you have any of these to give away? Baby clothes, baby furniture, children's toys for Christmas, decorations and artificial trees, linens and bedding, curtains, dishes — to be given away. Call [819] 821-2256.

Educational

Free Career Opportunities' Guide. Train at home for careers in: Accounting; Airconditioning; Bookkeeping; Business; Electronics; Law Enforcement; Medical Secretary; Paralegal; Travel; etc. P. O. Box 523 [6A], Place Bonaventure, Montreal, Quebec [514] 861-1974.

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Events Calendar

January 1994

<p>Also See Events on Page 10</p>	<p>'til Dec 23 'Child's Play', toy exhibit by Brome County Historical Society, at the Archives, 130 Lakeside Road, Knowlton, Quebec, from 10 a.m. to 4 p.m. Mon-Fri. Free Admission. Info: [514] 243-6782.</p>	<p>'til Dec 30 The Township of Hatley's 'The Story' — display of stories and photographs at North Hatley Library, 165 Main Street, North Hatley, Quebec. Tues-Fri: 10:00 a.m to 12:30 p.m., Wed: 10:00 a.m. to 12:30 p.m. and 6:30 p.m. to 8:30 p.m., Sat: 10:00 a.m. to 3:00 p.m.</p>	<p>'til Jan 10 Creches from different countries at Eva Senecal Municipal Library, 450 Marquette, Sherbrooke, Mon Thurs Fri 12:00 p.m. to 8:30 p.m., Tues Wed 10:00 a.m. to 5:00 p.m., Sat 10 a.m. to 4:30 p.m., Sun 12:00 p.m. to 4:30 p.m. \$3 for non-members. Info: [819] 821-5597.</p>
<p>'til Jan 16 Twenty Years of RACE presented by Musee des beaux-arts de Sherbrooke and Galerie Horace at 174 Palais, Sherbrooke. Info: [819] 821-2115.</p>	<p>'til Jan 16 Suzanne Parent, sculptor, at Espace Hortense, 162 Miquelon, St-Camille from 1:00 p.m. to 4:30 p.m. Info: [819] 828-2664.</p>	<p>Dec 27 Puppet Show 'Le Rocher de la route' at Eva Senecal Municipal Library, 450 Marquette, Sherbrooke, from 2:30 to 5:30 p.m. \$3 non-member. Info: [819] 821-5597.</p>	<p>Dec 27-30 Art Sutton exhibit of miniature works, 'La folie des grandeurs'. Vernissage Sat. Dec 4 from 2:00 to 5:00 p.m. Open Thurs, Fri, Sun from 1:00 to 5:00 p.m.</p>
<p>Dec 28 Magic Shows at Eva Senecal Municipal Library, 450 Marquette, Sherbrooke, 8-13 years from 10:00 a.m. to 11:30 a.m.; 5 and up 2:30 p.m. to 3:30 p.m. \$3 for non-members. Info: [819] 821-5597.</p>	<p>Dec 29 Story Hour and Puppet Theatre at Eva Senecal Municipal Library, 450 Marquette, Sherbrooke. \$3 for non-members. Info: [819] 821-5597.</p>	<p>Dec 30 Puppet Theatre at Eva Senecal Municipal Library, 450 Marquette, Sherbrooke. \$3 for non-members. Info: [819] 832-5597.</p>	<p>Dec 31 Magic Shows at Eva Senecal Municipal Library, 450 Marquette, Sherbrooke. \$3 for non-members. Info: [819] 832-5597.</p>



<p>Jan 6 Concert — Yale University's Society of Orpheus and Baccus - rockin' a cappella harmonies. Jazz to Blues to Gospel. Centennial Theatre, Bishop's University, Lennoxville. Box Office [819] 822-9692</p>	<p>Jan 8 Le Trio Amici, clarinet, piano, cello, at 8:00 p.m., Centennial Theatre, Bishop's University, Lennoxville, Quebec. Info: [819] 822-9692.</p>	<p>Jan 13 — 23 Montreal International Auto Show at Olympic Stadium. Theme is "To Discover".</p>	<p>Jan 14-15 Canadian Sheep Federation workshop on Sheep Commodity Strategy at R. R. 2, Mountain, Ontario KOE 1S0. Info: Tel and Fax [613] 989-3801.</p>
<p>Jan 21 Montreal Symphony Orchestra members violinist Sophie Dugas, cellist Carole Bogenez, pianist Re-jean Coallier, at 8:00 p.m., Bandeen Hall, Bishop's University, Lennoxville, Quebec. Info: [819] 822-9642.</p>	<p>Jan 22 Cours de massage at Le P'tit Bonheur de St-Camille, 162 Miquelon, St-Camille, Quebec. Info: [819] 828-2664.</p>	<p>Jan 22 DUOS with Montreal Dance at 8:00 p.m., Centennial Theatre, Bishop's University, Lennoxville, Quebec. Info: [819] 822-9692.</p>	<p>Jan 28 Guitarist Ioano Gandrabur at 12:30 p.m. in free one-hour noon concert, Bandeen Hall, Bishop's University, Lennoxville, Quebec. Info: [819] 822-9642.</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.

Clients and Volunteers Profit from Lennoxville and District Community Aid Services

Lennoxville and District Community Aid recently held its Annual General Meeting, and would like to share some very interesting figures with you.

This organization can count on the continuous support and extreme dedication of 203 volunteers available to offer a variety of services to 397 clients. We are pleased to

Funding for Lennoxville and District Community Aid's work comes from government grants which are very efficiently handled by the Coordinator, Sylvie Gilbert Fowlis, and audited by our accounting firm, Raymond, Chabot, Martin, Pare.

A volunteer Board of Directors, composed of President Therese Poulin, 1st Vice-

Lennoxville, Waterville, North Hatley, or Ayer's Cliff area, and need a driver to take you to a medical, legal or banking appointment? Or could you use a tasty meal delivered to your home on a regular basis? Do you live alone? Perhaps you would like an occasional friendly visit or a regular phone call?

If you live in these areas,

September 1, 1992 — August 31, 1993

Services Performed:	No. of Client	No. of Volunteers	No. of Events	Areas ***	No. of Volunteer Hours
Transports to Medical, Legal or Bank Appointments	178	67	773 Trips	L., W., N.H., A.C.	2126
Meals-on-Wheels	134	154	6890 Meals	L., W., N.H., A.C.	2604
Friendly Visits or Phone Calls		12		L., W., N.H.	1700
Blood Pressure Clinics		18	43 Clinic	L., W., N.H.	285
Office Work		5			61

*** L: Lennoxville, W: Waterville, N.H.: North Hatley, A.C.: Ayer's Cliff

report an overall 10% increase in the number of clients, even though many of our former clients left their homes during the 1992-1993 year to move to long-term care facilities.

Besides Meals on Wheels, Escort Transport, Friendly Contacts, Blood Pressure Clinics, and the Information Centre, we also organized three bus trips, two to Carrefour in the summer and one to Bromont to see the fall foliage. These were very popular events and more are planned for the future. The purpose of these trips is to help break the isolation we often find in the elderly population.

President Marina Tracy, 2nd Vice-President Barbara Smith, Secretary Dinah Duffield, Treasurer Yvonne Wera and fourteen other members-at-large meet regularly to oversee every aspect of Lennoxville and District Community Aid's activities.

It is not only the clients who profit from the activities of this twelve-year-old organization. The volunteers find that their lives are enriched also by having regular contact with elderly people who have so much to share from their lifetime experiences.

What do you do if you are aged 65 and over or handicapped, live in the Len-

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and

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