

The Townships Sun 1.50

November 1996

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Uncle James' Letter

by Margaret Stevenson

Early recollections of having my father read an adventure story narrated by his Uncle James one hundred and fifty years ago, have led me to re-read and relate my great uncle's adventures in his story of reaching the California gold fields by travelling three and a half years on a whaling voyage.

Uncle James was born in Sterling, Scotland in 1826. At the tender age of six years he migrated to Canada along with parents and siblings. They landed in Quebec after a long tedious journey by sailing ship. They came on to Montreal and after several years there, his father bought a farm at Granby South Ridge. Farming then, of course, meant long wearisome hours for men and animals, and in spare time even the housewife must keep the spinning wheel busy to weave warm material for the long cold winters. Here the adventurous nature of the eldest son, soon led him away

shipped on a whaling voyage to the South Pacific, July 6, 1846. The ship, named *Benjamin Tucker*, called at the Azores where shipmates had a run ashore, the last they would enjoy before their arrival in New Zealand.

To quote from his letters; "In the Azores, laid in a stock of fruit and vegetables, and steered for the Cape of Good Hope where we encountered a gale of wind — and it was a gale! Got the sail off the ship, close-reefed the main top sail and reefed the foresail. It was a fair wind; we scudded all day before the gale. In the first dog watch the order was to heave the ship to. Running before the gale it did not seem to be blowing so hard. We were stationed. The order was to starboard the helm as she came up in the wind. What a change! We greenhorns thought our last hour had come. We thought she was going over." "The wind howled and shrieked through

ing for whales. They seemed to be very scarce. Killed one at last, but in taking it alongside we ran the ship over it and sank it."

Off the coast of New Zealand, in the vicinity of the Snares, Uncle James had his first encounter with a whale.

"It came up near our boat and headed for it, not more than twenty feet off. Had no time for anything. The whale struck the boat amid-ships. We were slightly demoralized. There were some orders given, but no one paid any attention. When the whale sounded, it turned the boat over towards it! As the whale went down it left me in the water near the boat which I soon reached. The captain's boat quickly came to our assistance — a welcome help as there were sharks in the surrounding water."

Similar incidents took place over a period of three years and eight months as Uncle James and his shipmates pursued the whaling industry as it was car-



**LEST WE FORGET
NOVEMBER 11, 1996**

Benjamin Tucker.

Whenever possible certain crew members went ashore in places like Tahiti to shoot wild boars, goats and kids while others caught fish to supplement and replenish the supply of fresh meat. Failina a successful hunting or fishing expedition, crew members had to depend on such staples as salt horse or fat salt pork.

Over endless miles of open ocean, experiencing gales and spells of calm along strange shores the whalers visited the Sandwich Islands in early spring of 1848, headed for the North West Coast of America, back to the Sandwich Islands, then towards the South Pacific and Cape Horn. On January 1, 1849 the *Benjamin Tucker* was becalmed off the coast of Dieros del Fuego. This was an

Continued on Page



from the farm.

At the age of nineteen James left home to visit his uncle in New York City. There he spent a few months before leaving for New Bedford, Massachusetts, where he

the rigging, as if ten thousand devils were let loose, — had to tie our hair to keep it from blowing away."

"The second day it moderated and we were well into the Indian Ocean. We began cru-

ried out a century and a half ago. Locating these large mammals in the vast expanse of southern seas and also finding places in which to replenish their food supplies were priorities for the crew aboard the

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

Editorial

No new taxes, eh? Low inflation, eh?

Jean Chretien has spent the last several days waving a new 'red book'. His report card — which he says is not bad, any student should be proud of a mark of 78%.

Among the promises he is so proudly telling us he is keeping are no new taxes and a fiscal policy that does not fuel inflation.

Somehow we don't seem to be on the same wave-length as he is.

Each and every month for some time now we have been receiving faxes from various government departments which tell us how much they are saving by charging fees for services that they had beforehand supplied 'free'. Of course, they weren't free, but paid for by our tax dollars.

Now we must pay for these services and still the government keeps our tax dollars.

Somehow paying twice for something seems to us to be an increase in the cost of the service, and has the same effect as raising the taxes and still providing 'free' services would have.

Ergo, the charges now being paid for services that have traditionally been free is a hidden tax.

Low inflation? — just wait until all these costs have worked their way through the system. The price of everything affected by these government charges will have to go up. No business has the kind of profits that can absorb any costs. Not in an era when cost-cutting has been the order of the day for some years.

Then there's the other hidden inflation. The charges to the consumer for services that were previously included in a price or provided as a service,

the cost being spread over all customers. The most notable one is the cost of drugs here in Quebec.

Both the partial charge of 25% of the cost of a prescription for seniors and the forced drug insurance program for all Quebecers, regardless of their wishes, have added to the cost of living and likely will not show up in inflation figures because the total cost has not changed. Farther back and felt for the first time at different times by many, is the charge for eye examinations.

What can you think of in your financial picture that has meant a larger outlay of money that you previously made to live the same lifestyle?

We feel there are many.

Patricia Ball

Winners of the Cookbook Contest for Company's Coming Breads by Jean Paré

We had many entries and all had correct answers. "Thank You" to everyone who entered the contest.

The winners are: Audrey Williams, Lennoxville; Ruby Gallichon, St. Francis-Xavier; Gayle Bellows, Dixville; Laura Walker, Cleveland; Eunice Donnachie, Lennoxville; Fran Fisher, Waterville; Norma Humphrey, Sawyerville; Sherrell Matthews, Coaticook; Dorothy Gilchrist, Lennoxville; Evelyn Lewis, Cowansville; and Elizabeth Johnson, Mansonville.



Have a good 'een



Dear Editor,

Please extend my subscription for another two years. It is like an old friend popping in each month for a visit.

Lora Saunders
White Rock, BC

Dear Editor,

Keep up the good work — Enjoy the paper!

Mrs. Elva Glen
Cookshire, QC

Dear Editor,

Thank you for enjoyable reading.

Mrs. J. C. Wilkinson
Dunham, QC

Dear Editor,

You are doing a wonderful job with little thasnks. I thank you and the staff for trying so hard.

Milton Gokey
Gilford, NH

Dear Editor,



D.V. Knowles
St. Lambert, QC

THE TOWNSHIPS SUN

The Board of Directors invites applications for the position of an Editor

for the monthly publication of a community paper for the Eastern Townships. THE TOWNSHIPS SUN is just starting its twenty-fourth year. Our subscribers reside within the Townships as well as in the 'Rest of Canada - from Sea to Sea', in the United States and in Europe.

The Editor works as a volunteer with an honorarium as determined by the Board of Directors. The Editor will be supported in his/her work by the Assistant Editor who will be responsible for the layout, by an Editorial Committee, and by the Financial Manager. Our equipment is state-of-the-art with scanning capabilities.

This position should be of interest to anyone who wants to participate in a challenging journalistic undertaking which has a very loyal and appreciative readership.

Please submit your application with your c.v. to:

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Editor, Patricia Ball
Financial Manager,
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Cynthia Nichol & Ramona Garrett

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Betty Greer, Lennoxville
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Office Hours:

Monday to Friday
9:00 a.m. to 12:00 noon
7 Conley Street
Lennoxville
(819) 566-7424

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 charter.

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.

The opinions expressed by the writers are not necessarily the opinions of the Editor or The Board.

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The Tale of Bunker Hill

by Melissa Fortin

Every Hallows Eve, out on Bunker Hill, (for those who don't know where that is, perhaps it is better that way) terrible things happen. All those who witnessed these events were not able to tell the story of the monstrosities they saw. Only one man returned, at the peril of his life, with the story I am about to tell you.

Jebidiah Clinton, his name was and he was a good man. Well, at least as good as one could be in those harsh times. He had a farm somewhere out on Bunker and minded his own business.

Alone to raise two boys and a lovely daughter, he worked day and night to provide them with everything they needed. He had heard of the "Bunker" stories on Halloween but had never paid close attention to them, being a grounded and logical man.

"People disappear on Hallows Eve, Jebidiah. I'm tellin' ya'. Me thinks it's the devil," Conrad, his childhood friend had once told him.

"Conrad, be quiet and get to work. We've got to finish this before it gets dark," he had grumbled in response.

Then one night he saw for himself. October 31, 19—. It was a clear night, one of those nights that appear to be so serene and yet which hide so many dark secrets. The moon was silver and hung silent in the night. Not a single cloud dared whisk by. A few stars glowed shyly, afraid to witness yet another Halloween night out on Bunker.

A fire was crackling in Jebidiah's fireplace, creating menacing shadows on the walls. On his rocking chair, smoking his pipe, he stared outside. Warm memories of his wife filled his heavy heart. The old hound by his feet grumbled in its sleep. Putting the pipe aside, Jebidiah rose and grabbed his coat.

"Fresh air ought to do me some good," he thought as he fought back the choking tears.

Outside, the air was crisp. He took in a deep breath and sighed. His faithful mutt sniffed the air, attentive to any sign of danger. The night was inviting so he decided to walk down the street. In no hurry, Jebidiah slowly strolled past neighboring houses all warm and lit up. If there was one man who was not afraid of the dark, it was Jebidiah Clinton. He had once been lost in the woods as a young child, yet that had not stopped his love of the forest and the night.

Bored with the familiar route, he decided to cut through the woods. He knew them well. Better than any other man, I say.

Fallen twigs snapped beneath the pressure of his foot, and leaves rattled in his passage. The smell of the fallen leaves was fresh. An owl broke the silence by hooting as it took to flight, ready to catch its prey. Jebidiah paid no attention. A flock of bats whizzed by his head, eager to start their hunt. Jebidiah paid no heed. He was lost in his thoughts.

Suddenly he heard a noise behind him. Quickly he awoke from his daydream and hid behind a tree. His heart was beating fast, and a constant drumming rang in his ears. Thump thump. Thump thump. He could feel pearls of sweat dribbling down his forehead. His head was pounding and every breath felt like the last.

glanced around. "Where is Duke?" he thought as he searched frantically around him. Then a feeling of dread overwhelmed him.

"Damn that stupid dog," he grumbled, "it followed those people into the woods."

Now don't you go thinking that Jebidiah was a cowardly man. There wasn't a braver man alive. Jebidiah couldn't leave his dog in the woods so he decided to go after him. After all, he knew everyone in the village and whoever it was that was in the woods, he figured he would probably know them. Besides it was Halloween night, a night for teenagers to play stupid pranks.

Jebidiah followed the distant voices. Finally they got more audible and he even heard Duke bark once. He was a little anxious and apprehensive. He knew how the youngsters around the area were and he was in no mood to have to deal with childish behav-

to see, he immediately regretted his venture in the woods. It took all his strength and reserves to restrain himself from vomiting. His eyes were aghast and what he saw horrified and revolted him. The dark figures were strange creatures clothed in black stringy robes. Their hair was a tangled mess of burrs and leaves. Their faces were disgusting. They were horrible. They were a pale sickly colour and ghastly cankers and huge hairy warts covered their faces. In their eyes, Jebidiah saw pure malice and evil. Then the monstrous figures moved away and he saw the screaming woman. He fell to his knees.

"Sweet Jesu, where am I? Tell me that I am dreaming and that I will soon wake up from this nightmare," he said as a solemn tear trickled down his cheek. The woman's eyes seemed to beg for his help. Her look haunted him for the rest of his life. He was incapable of helping without suffering the same fate as her. He had no choice but to watch si-

lently, as the young woman slowly gave up fighting and died. Her agonizing screams of pain tore at his heart. How he wished he could have saved her. He let out a soft whimper of despair.

Then, out of nowhere a hand reached out of the darkness and seized his throat.

"An intruder!" the voice exclaimed.

Quickly Jebidiah released himself from the tight grip and ran. He ran faster than any man has ever run or ever will run. Hell, Jebidiah flew right by. They never did catch up with him. Jebidiah lived, but as for his dog, that's a different story.

Jebidiah never did tell anyone what he saw, or what they did to the young woman. All I know is that whenever someone pronounced the word Halloween, he shivered and grew silent. From that day on, he never returned to the woods at night.

As for the secret of Bunker Hill, Jebidiah Clinton took it with him to his grave.



"Do you think anyone heard us?" muffled a strange voice.

"Don't be silly. Now let's be off to our temple of doom," cackled the other as both began to chortle hysterically.

Jebidiah winced. There was something that he did not like about these voices. Something in them gave him a chill down his spine. The voices slowly died down as they ventured deeper into the woods. Jebidiah stood still.

"What should I do?" he asked himself aloud. He

Just as he was about to go trudge up to the small gathered group, he heard a scream. Quickly he hid in the shadows and was still. Again, a feeling of dread enveloped him like fog at a sea port. Now the scream was getting shrill and it soon turned to sobs and pleas.

"Please, let me go. Please. I won't tell anyone who you are," beseeched the feminine voice. Jebidiah grew more curious and quietly approached the group of dark figures.

When he got near enough



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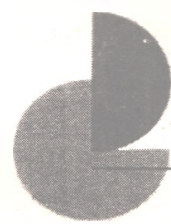
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Have a Party for the Unmarrieds Celebrate Ste. Catherine's Day

When St. Marguerite Bourgeoys founded Csnada's first religious order in 1671 in Montreal, she was determined that young girls would go to school and find suitable husbands.

To interest the girls in her programs, she held a taffy-pulling party every November 25 to celebrate the feast day of St. Catherine, the patron saint of unmarried girls. The girls came to enjoy the fun and, by the way, learned about her school and her marriage bureau.

The Congregation de Notre Dame, which Bourgeoys founded, still carries on the tradition of teaching candy making on November 25. Even if you're not looking for a husband, making pulled taffy on that day is a sweet delight.

Molasses Pulled Taffy

- 1 1/4 cups 300mL packed brown sugar
- 1/3 cup 75 mL fancy molasses
- 1/4 cup 50 mL water
- 2 Tbsp 25 mL cider vinegar
- 2 tsp 10 mL butter
- 1/4 tsp 1 mL baking soda

In a large heavy saucepan, combine sugar, molasses, water, vinegar and butter, bring to a boil, stirring until sugar is dissolved. Boil, without stirring, until candy thermometer



reaches 270°F (132°C) or until syrup dropped into cold water forms a hard ball that cracks easily. Remove from heat. Immediately stir in baking soda. Pour into greased rimmed baking sheet; let cool for 3 minutes. With metal spatula, fold over edges until cool enough to handle. Candy is ready to pull when hole poked in centre holds its shape.

With buttered hands, gather taffy into ball and pull, folding ends together. Continue pulling and folding until taffy is golden and satiny. Between two people, twist and pull until taffy is evenly stretched to about 1/2 inch (1 cm) thickness. Cut into pieces while still supple. Wrap in waxed paper. Makes 45 to 50 pieces.

Birds

by Robert Hall

There has been very little activity at the bird feeders of the people I called, with the exception of those at Kingsbury, Martinville, and Waterville. Marion and Dufferin Annesley, Lorne Bogie, Isabelle and Eddie Echenberg, and Gertrude Gagnon reported seeing many flocks of geese. There is nothing to report from Melbourne this month because Vivian Pollock has not put up her feeders yet. Melbourne will be included in next month's report. I take this opportunity to thank the people who have given me the following information about birds at their feeders. I appreciate having them keeping track of the birds.

Brompton

Black-capped chickadees.

Georgeville

Black-Capped Chickadees



and Mourning Doves.

North Hatley

Black-Capped Chickadees, Mourning Doves and Tree sparrows. Gertrude Gagnon also reported seeing robins in her yard. The robins were feeding on the berries from mountain ash trees and then they became intoxicated. One of them flew into the wall of the house but was not injured.

Huntingville

Black-Capped Chickadees and House Sparrows.

Kingsbury

Black-Capped Chickadees, Crows, Mourning Doves, American Goldfinches, White Breasted Nuthatches and Blue Jays. Terry McMorine also reported seeing Robins,

Bluebirds and a American Bittern in her yard.

Lennoxville

Cardinals, Black-Capped Chickadees, Mourning Doves, Blue Jays and Downy Woodpeckers.

Martinville

Black-Capped Chickadees, Purple Finches, Myrtle Warbler (Yellow-rumped Warbler) and White-Crowned Sparrows. Isabelle and Eddie Echenberg also reported seeing Robins, Ducks and Partridges. They also saw 300-400 Geese on a pond nearby.

Sherbrooke

Lorne Bogie said that he had nothing to report. However he did see an unidentified bird in a tree near his home. He described the bird to me and I think it must have been a Cedar Waxwing.

Birds Need Water, Too

Many of us enjoy having birds visit our yards throughout the year. We provide food religiously. But one thing that's often overlooked is water. Birds need water in all seasons, including the coldest winter days.

You can buy several different styles of bird baths or easily make your own. Something as simple as a garbage can lid supported by bricks or a tree stump with a chiseled-out depression are easy ways to provide water.

No matter what type of birdbath you choose, make sure to provide plenty of clean, fresh water. It's important to be consistent. Birds will con-

tinue to come to your bath if they can count on water being there.

Natural water sources may go dry, become dirty or freeze, but you can always provide a good place for a drink or bath.

The birdbath's surface should be rough to provide sure footing. The water container should be fairly shallow. Most garden birds don't like water more than two to three inches deep.

Don't make or buy a birdbath that's more than three inches deep, and make sure it has a gradual slope. Ideally, the basin should be twenty-four to thirty-six

inches in diameter.

It's also a good idea to make a small lip or edge so the birds have some place dry to land or sit.

Place your birdbath about three feet above the ground and in the open away from shrubs. It's nice if there's a high perch or some dense, shrubby cover about fifteen feet away. This gives birds a place where they can watch for predators or escape if there's danger.

Put the bath where it's easy for you to see. It's also a good idea, for the sake of convenience, to locate the bath near a water source so you don't have far to haul water.

Birds are also attracted to fine mists of water. You can place a hose with a spray nozzle in a tree or suspend it from a deck or some other high spot to create a bird "shower." Birds can then clean and cool themselves on hot, summer days.

If you haven't tried water in your bird-attracting program, give it a try this year. Not many birds will turn down the chance for a clean, fresh drink — summer or winter.

by Mike King, Associate Professor, Forestry, Wildlife, and Fisheries (UnivTenn: On the Environment) Provided by House and Garden

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Look for these features in "The Sun"

- Stories about
 - our villages, towns and cities
 - our heritage, history of the Townships
 - interesting Townshippers
 - Townships artists and artisans
 - and much more.

- Photographs of
 - our historic buildings
 - our beautiful landscape
 - our wonderful people.



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Townships Tidings



Get Your Flu Shots Now

The Lung Association has issued a flu alert urging seniors and others in high risk groups to get the flu vaccine.

The flu is a highly contagious respiratory disease caused by a virus. Many people experience symptoms similar to a common cold, but the flu symptoms are far more serious.

The real dangers of the flu are the complications that can arise from it. True Influenza leaves people weak and at risk of other infections.

The vaccine will be available through to December. It is 75% effective in those vaccinated, has little or no side effects, and reduces the severity of the disease.

High Risk Groups: 65 years of age or older; those with asthma, chronic bronchitis or other lung disease; those with diabetes, cancer, a heart condition or other serious medical condition; those who provide care to anyone in the above groups.

See your doctor or health professional for more information about the flu and getting your flu shot.

Handicapped Still Victims of System

There is concern about the way the Ministry of Health and Social Services plans to change the system of pay for employees of the handicapped who receive home care.

In order to counter black market employment, the new proposed formula of Cheque Emploi Service would work as follows: the handicapped person would pay his employee the net salary on one part of the cheque and fill in a second part to be sent to a financial institution which would calculate the employer part of the stub as well as the social benefits.

The present system provides the handicapped person with an amount which permits them to pay employees directly \$6.00 an hour.

There is concern about the implementation of the new program as well as about the availability of employees to work at \$6.00 an hour, all of which threatens home care in general.

Reduce Average Cholesterol Levels, Please!

A recent five-year study published in the New England Journal of Medicine indicates that heart attack victims benefit from

the reduction of cholesterol levels. The CARE study, carried out by researchers of Brigham and Women's Hospital and Harvard Medical School in Boston, show improvement in 20% of men and 46% of women who have suffered a heart attack.

One-third of the 4,159 men and women in the study were Canadian. 259 were patients in Townships hospital

centres attached to the Centre universitaire de sante de l'Estrie. The Sherbrooke group was awarded the Exceptional Performance Award for its research within the larger study.

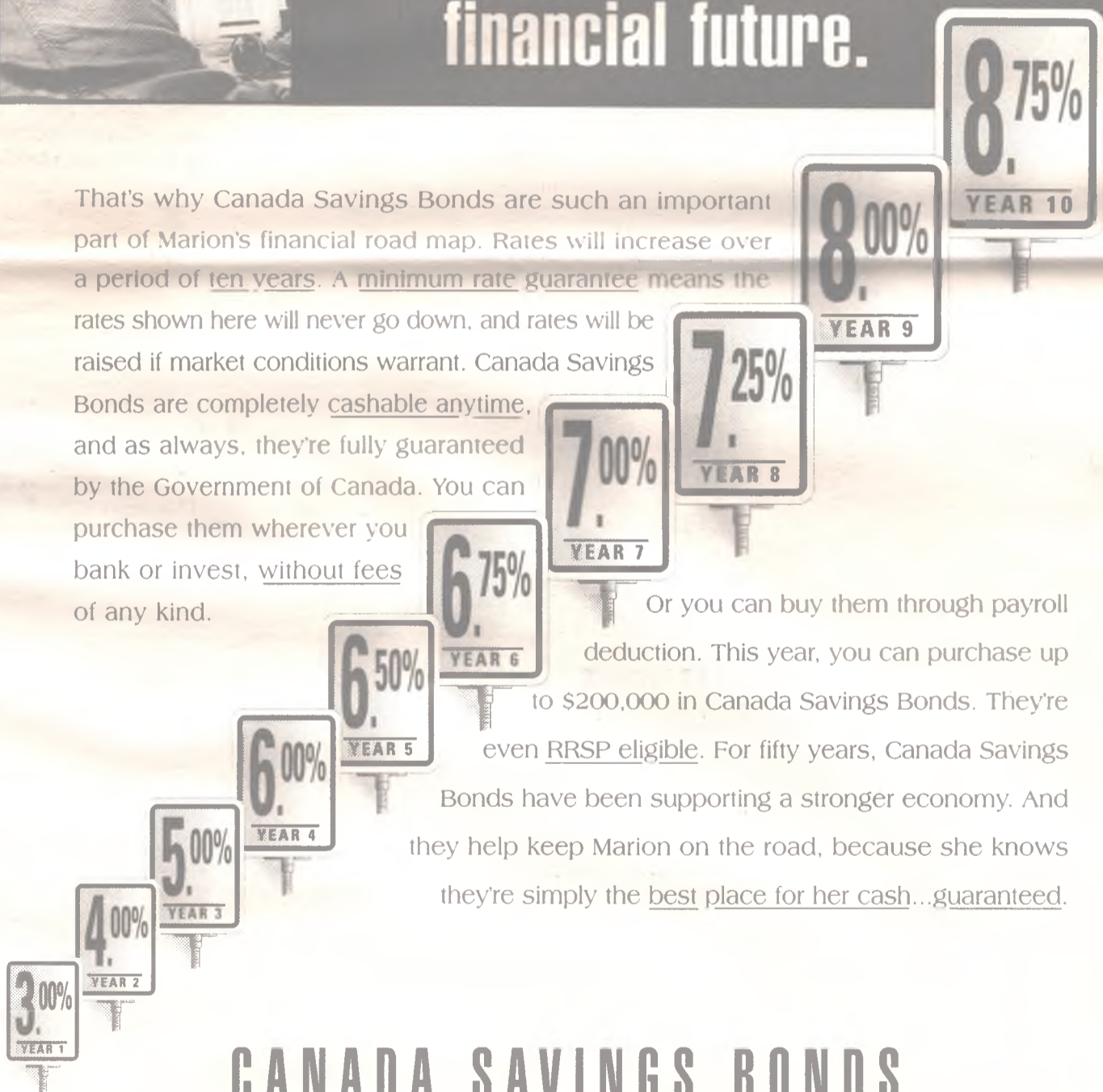
The importance of this study is that it indicates how important it is in preventing future heart attacks to reduce cholesterol levels even in patients with normal cholesterol rates.



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Canada

Remembrance Day

November 11, 1996

National War Memorial

Story and photo by News Canada

It took fourteen years from the time the call was made for the creation of the National War Memorial to the time it was actually unveiled at its current location in Ottawa — and its creator never got to see the final product. The National War Memorial stands at the junction of Wellington and Elgin Streets in Ottawa and is the center of attention in Canada for national commemorations to those who died in two world wars and the Korean War. It is probably most widely viewed by Canadians on television during the The Royal Canadian Legion organized National Remem-

brance Day Ceremony held on 11 November each year, even though hundreds of thousands of tourists see it all year round. But it took a long time to get to its current location.

According to John Gardham's and Patricia Giesler's booklet produced for Veterans Affairs Canada, the first call for designs went out world-wide in 1925 when there was strong sentiment in the country to have such a memorial erected. In the terms of the day, the government wished to keep alive "the spirit of heroism, the spirit of self-sacrifice, the spirit of all that is noble and great that

was exemplified in the lives of those sacrificed in the Great War, and the services rendered by the men and women who went overseas"

Of the one hundred and twenty-seven submissions received, seven were chosen as finalists and submitted as scale models. Vernon March

of Farnborough, Kent, England was chosen in January 1926 for his design "The Great Response of Canada". March died in 1930 before the bronze and granite combination that exists today was completed. His six brothers and a sister completed the work in July 1932, but the site in Ottawa wasn't ready.

Consequently, the bronze figures were displayed in London's Hyde Park mounted on a plaster base for six months and then stored in March's studio before they were finally shipped to Ottawa in 1937. The E.G.M. Cape and Company from Montreal took on the job of constructing the granite arch and pedestal. The work started in 1938 and was completed on its current site in October of the same year. The only thing that remained was to ready the surrounding area in time for the Royal Visit scheduled for 1939. This was completed by A.W. Robertson Ltd. of Toronto using seven types of Canadian granite.

The National War Memorial was unveiled by His Majesty King George VI at 11:00 a.m. on Sunday 21 May, 1939 in front of one hundred thousand spectators. Since then it has come to symbolize the sacrifice of all Canadians who have served Canada in time of war. To meet that symbolism it was rededicated in 1982 and the dates of the Second World War and the Korean War were added to the sides of the structure. The night lighting was donated by The Royal Canadian Legion.

It may have taken a long time to get here, but the National War Memorial is the singular most recognizable memorial in Canada to those who fought and died for freedom world-wide. It was worth the wait.



The Mayor and Councillors of
Lennoxville invite you to join us

Sunday, Nov.10 at 12:00 NOON

At the War Memorial, for this
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295 Principale, Richmond
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**Activities Marking Remembrance Day
Richmond Area**


Saturday	Nov 2	10:00 a.m.	Door to door Poppy sales, Richmond & Melbourne
Sunday	Nov 3	9:15 a.m.	Service at South Durham United Church
		10:30 a.m.	Parade and Service at Monument, South Durham
Thursday	Nov 7	9:30 a.m.	Remembrance Service, Richmond, Saint Francis School
Saturday	Nov 9	7:00 p.m.	Banquet at Richmond Legion
Sunday	Nov 10	9:30 a.m.	Service at Richmond Holy Family Church
		2:00 p.m.	Parade and Remembrance Service at both cenotaphs Richmond
Monday	Nov 11	9:15 a.m.	Remembrance Service at Richmond Regional High School
		11:00 a.m.	Remembrance Service at The Wales Home

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Activities Marking Remembrance Day

- Lennoxville Nov 10
- North Hatley Nov 10
- Sawyerville Nov 11
- East Clifton Nov 11
- Island Brook Nov 11
- Cookshire Nov 11



A remembrance to those veterans, past and present, who served their country in the First World War, Second World War, Korean War, and U. N. Peacekeeping Missions



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Nov. 10: Lennoxville & North Hatley
Nov. 11: Sawyerville, East Clifton, Island Brook, Cookshire in cooperation with Sawyerville Legion

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Fall Fare

With Sweet & Sour Skillet Turkey, in less than 15 minutes you can have a tasty, economical entree on the table. A spirited blend of sugar, vinegar, soy sauce, tomato paste, pineapple, onion, green bell pepper, garlic and spicy red pepper, bottled sweet & sour sauce gives the turkey an appetizing color and zesty flavor.

Easy Cornbread is a traditional favourite with a popular new twist, finely chopped jalapeno peppers for a light and spicy kick of flavour. Easy Cornbread is appealing served with a flavored spread or as a unique addition to the bread basket.

Enjoy our fall bounty of apples; try the Country Apple Muffin recipe. This recipe was a first prize winner for Mirium Anderson of Nampa, Idaho, at the Western Idaho State Fair. Cranberry Pear Pudding is a healthy and tasty dish that makes a welcome addition to a weekend meal with family or friends.

Dessert Gingerbread is an old fashioned recipe, first created over fifty years ago and now updated for today's time pressed and value-conscious cooks. Dessert Gingerbread is an easy to make spiced cake that tastes even better with a dollop of fresh whipped cream.

Sweet & Sour Skillet Turkey

1 lb.	turkey breast slices
1/4 tsp	salt
1/4 tsp	black pepper
	Cornstarch
4 Tbsps	vegetable oil, divided
1/2 cup	diced red bell pepper
1/2 cup	Kikkoman Sweet & Sour Sauce
2 Tbsps	brown sugar, packed

Sprinkle both sides of turkey slices with salt and black pepper. Coat half of slices lightly with cornstarch. Heat 2 Tbsp. oil in hot large skillet over medium-high heat. Add coated turkey slices; cook 1 minute on each side, or until golden brown. Remove from skillet; keep warm. Repeat procedure with remaining turkey and oil. Reduce heat to medium. Add bell pepper to skillet and cook, stirring, 1 minute. Remove skillet from heat; stir in 1/2 cup water, sweet & sour sauce and brown sugar. Bring sauce to boil; add turkey slices, turning over to coat both sides with sauce. Cook until turkey is heated through, about 1 minute.

Makes 4 servings. Each serving: 328 calories, 16g fat, 50mg choles., 372mg sodium, 24g carb., 22g protein.

Derus Media Service Inc.

Country Apple Muffin

1 1/2 cups	all-purpose flour
1 cup	uncooked quick rolled oats
1/3 cup	firmly packed brown sugar
2 1/2 tsp	baking powder
1/2 tsp	baking soda
1/2 tsp	salt
1 tsp	ground cinnamon
1 tsp	ground nutmeg
2/3 cup	apple juice
1/3 cup	milk
1	egg
1 tsp	vanilla extract
1/4 cup plus 1 Tbsp	Shedd's Spread Country Crock Sticks, melted
1 1/2	large peeled apples, chopped fine
1/2 cup	currants

Combine dry ingredients in bowl. Add apple juice, milk, melted Country Crock Sticks, egg and vanilla. Mix thoroughly. Stir in apples and currants. Fill paper muffin cups 3/4 full and top with the streusel topping (recipe below) and bake at 400° 18 to 20 minutes.

Country Streusel Topping

1/3 cup	uncooked quick rolled oats
1/4 cup	all-purpose flour
1/4 cup	firmly packed brown sugar
1 tsp	ground cinnamon
1 tsp	ground nutmeg
1/4 cup	finely chopped walnuts
1/4 cup	Shedd's Spread Country Crock Sticks

Combine dry ingredients; cut in Country Crock Sticks until crumbly. Put on top of muffins before baking.

North American Precip Syndicate, Inc.

Free recipe brochure

A colorful brochure, filled with recipes and tips about baking soda, is available free from Church & Dwight Ltd. Ltee. Simply mail your request to: Helpful Baking Soda Tips Church & Dwight Ltd. Ltee., 1090 Don Mills Rd., Suite 500, Don Mills, Ontario M3C 3R6. The mailing address is also listed on all boxes of Arm & Hammer Baking Soda.

Dessert Gingerbread

1 1/2 cups	375 mL	all-purpose flour
1 tsp	5 mL	Arm & Hammer Baking Soda
1 tsp	5 mL	ground ginger
1/4 tsp	1 mL	salt
1/3 cup	75 mL	vegetable shortening, at room temperature
1/2 cup	125 mL	granulated sugar
1	1	egg
1/2 cup	125 mL	light molasses
3/4 cup	175 mL	boiling water

In a small bowl, sift together flour, baking soda, ginger and salt. In a separate large bowl, beat shortening until creamy. Beat in sugar until light and fluffy. Beat in egg, then molasses. Gradually beat in flour mixture until combined. Stir in water. Turn into a greased and floured 8 in (20 cm) square baking pan. Bake in preheated 350°F (180°C) oven for about 35 to 40 minutes or until a toothpick inserted in centre of cake comes out clean. Cool cake in pan 5 minutes. Remove from pan and cool on a rack. Serve with applesauce or whipped cream and garnish with curled orange rind. Makes 1 cake.

Church & Dwight Ltd.

Cranberry Pear Pudding

1 Tbsp	15 mL	Becel margarine
1	1	pear, peeled, cored, chopped
1 cup	250 mL	cranberries — fresh or frozen or use 1 cup (250 mL) fresh or frozen raspberries
		sugar, divided
1/2 cup	125 mL	eggs
2	2	or 1/2 cup (125 mL) Fleischmann's Egg Beaters
		all-purpose flour
2 Tbsp	25 mL	vanilla
1 tsp	5 mL	evaporated skim milk
1/3 cup	75 mL	icing sugar
1 tsp	5 mL	

Preheat oven to 375°F (190°C). Grease an 8-inch (750 mL) pie plate with Becel margarine. Toss pears and cranberries with 1/4 cup (50 mL) sugar in prepared pie plate. Bake for 20 minutes or until fruit is tender. Meanwhile, beat together eggs, flour, vanilla, evaporated skim milk and remaining sugar. Drain the juice from the fruit and set it aside; redistribute the fruit on the bottom and pour in the egg mixture. Bake for 12 to 15 minutes or until puffed and set. Dust with sifted icing sugar and serve warm with reserved juice.

Preparation time: 15 minutes Cooking time: 35 minutes Makes: 6 servings

Nutrition (per serving): 156 calories, 3.6 g protein, 3.8 g fat (1.1 g polyunsaturates, 1.5 g monounsaturates, 0.8 g saturates, 72 mg cholesterol), 1.2 g dietary fibre, 56 mg sodium, 110 mg potassium.

Becel

More recipes and tips for heart healthy eating can be obtained by writing: Becel Heart Health Information Bureau P.O. Box 9622 661 Millidge Avenue Saint John, New Brunswick E2L 4P1

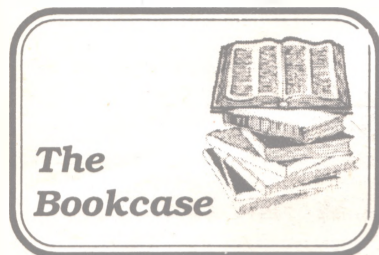
Easy Corn Bread

1 cup	250 mL	all-purpose flour
3/4 tsp	3 mL	Arm & Hammer Baking Soda
		salt
1/2 tsp	2 mL	commeal
1 1/2 cups	375 mL	eggs, lightly beaten
2	2	buttermilk or sour milk*
1 1/2 cups	375 mL	shortening, melted and cooled
3 Tbsps	45 mL	chopped jalapeno peppers or well-drained canned corn (optional)
1/4 cup		

In a large bowl, sift flour with baking soda and salt. Stir in cornmeal. In a medium bowl, whisk together eggs, buttermilk and shortening. (**Mix in chopped peppers or canned corn if adding). Add buttermilk or sour milk to corn meal mixture, stirring only until smooth. Turn into a well greased 8 x 4 in (20 x 10 cm) loaf pan. Bake in preheated 425°F (220°C) oven for 25 to 30 minutes or until a cake tester inserted in centre of loaf comes out clean. Cool loaf in pan 5 minutes. Remove from pan and cool on a rack. Makes 1 loaf.

*[1/3 cup (75 mL) white vinegar plus skim milk to make 1 1/2 cups (375 mL) sour milk]

Church & Dwight Ltd.



by Cynthia Nichol

Dancing the Spiral
by Ian Tait
Atlantic Coast Press

As one reads this collection of poems by Ian Tait, the interlocking of east, west and far east, one can see how the poems give an insight to the man himself.

As I spoke with Ian about these poems, I was very intrigued by how he had written them. The author has drawn upon personal experiences and incorporated Indian beliefs and proverbs. The poems leave the reader with a sense of being able to visualize the picture that has been set in words before you.

The poem "The Trapper" left me with this feeling as I have known many a trapper and also many of our ancestors lived by this form of work. The poems may not look to be interrelated on the surface but many share an underlying current. Mr. Tait has written poetry for many years and his involvement in teaching native courses at the local college and research into local Indian sites helps to reveal why he wrote about certain things.

Mr Tait has also taken an Indian legend and incorporated this into everyday activities that everyone can relate to. The "The Trickster" is one of the poems which I enjoyed immensely for I have seen this occur at local establishments.

The section of Far East poems; the two line Haikus (Japanese types of poetry) leaves the reader to be able to visualize the objects. Ian believes that man and animal are inter-connected and what man does effects not only himself but the world around him. The poem "Prayer for the Sauk-ai" shows what and how we do affects the animal world. Ian's philosophy about poetry is not for it to be intellectual, but to be accessible to all.

The title perhaps sums up the contents of the book and also as people live in a continuous motion of spiralling up or down.

I recommend this book as easy reading as you can pick it up any time and enjoy these wonderful poems.

Available by sending a self addressed stamped envelope and \$6.00 or \$7.00 to Ian Tait Champlain College, Box 80, Lennoxville Que. J1M 2A3



by Kathleen Hanna

It is sometimes difficult to choose a movie for this review because though I may find one to my liking that does not make it a candidate for this review. This month I am having difficulty deciding what to review so I will go with Halloween and review several titles. The commonality amongst of them is they are all suspense/thrillers.

The Fourth Protocol stars Michael Caine and Pierce Brosnan as two spies working on opposite sides of the cold war. Michael Caine must find and disarm a nuclear bomb that has been smuggled in pieces into England. Pierce Brosnan is the agent assigned to assemble the jigsaw bomb and set the timer. Whereas Pierce Brosnan tolerates no interruptions, Michael Caine is frustrated at every turn by small minded politicians. The suspense lasts until the end.

Deathtrap again stars Michael Caine but this time with Christopher Reeves and Dyan Cannon. Caine is a playwright suffering from recent flops who happens onto a brilliant play written by novice Reeves. Reeves idolizes Caine and they decide to kill Caine's wife. The reason is not particularly clear until later when the play takes a detour into a test of survival. You can never predict where it will end.

The Name of the Rose stars Sean Connery, F. Murray Abraham and a young Christian Slater. This story is set in the 13th century during the time of the inquisition. Connery plays a monk at an Italian abbey trying solve some mysterious deaths which are occurring at the abbey. The common thread is a blackened finger. This was truly the time of evil, when man was caught between heaven and hell, and had to fight temptation until his final and ultimate absolution.

Uncle James' Letter

Continued from Page 1

opportunity for Uncle James to change to another ship in which he sailed around the Horn to the Falkland Islands. At Port Stanley he spent six months before sailing once again around Cape Horn, this time during fierce gales of wind and rough and stormy seas. Again in Pacific waters they sailed to South Shetland Island and thence to Falquahana, Chile. There whale oil was discharged and flour and seven passengers were taken aboard.

They sailed away for the "land of gold", a place in California where the precious metal had been discovered. Along the west coast of South America stops were made at the Island of Masafuera, Goat Island and Crusoe Bay. At Callao in Peru Stevenson was left with others to be picked up later by a bark named *Sarah* from Martha's Vineyard, MA. *Sarah* was bound for California with a company of prospectors who were headed for California to search for gold. At Callao and Paita in Peru, tanned goat skins were available for making purses. One skin was required to make one purse. The more optimistic gold-seekers wanted two!

"Called at Callao and Paita in Peru. On the passage up, I

This movie will have you hiding under the bedcovers.

Gotham stars Tommy Lee Jones and Virginia Madsen. Jones is a shamus, or private eye, finding it difficult to rub two nickels together when he is hired by a wealthy financier to get his wife to stop harassing him. The major difficulty in carrying out this task is that the wife is deceased, but then again is she really? She most certainly looks and sounds and feels alive. Be prepared for anything in this movie, nudity included.

What these films provide is taut suspense and little or no special effects to complicate or confuse the story, but they will give you a jolt and perhaps even stay with you a while — for a while anyway. Happy Halloween!

was much amused. While in Paita nearly everyone bought a tanned goat skin to make purses to hold the gold they were going to dig. Some of the purses contained a whole skin. Sorry they did not buy two."

"Landed in San Francisco on the 16th day of March 1850. The bark we had deserted from, was laying in the harbor, having arrived the day previous. Met the Captain on the street; he looked black as a thunder cloud. All the money I had upon my arrival was \$2.50. Went to work the next day unloading a bark from Baltimore at one dollar an hour. Did not have steady work. In about three weeks I had saved \$100.00. Heard such glowing accounts from the mines, that I determined to go."

From 1849 to 1876 Uncle James was a more or less successful prospector leading a harsh life, often travelling by shanks mare over rough mountainous terrain, sleeping on the ground and frequently going without adequate food. While going from one prospecting site to another, camping at night was a necessity which required a sheltered location, water, and a grazing site for the horses. Not easy to find at the required time in undeveloped territory! After an absence of thirty years from his home and family James Stevenson's "letter" continues; "In 1876 paid a visit to my old home in Canada, after being absent thirty years. Found a great many changes; very few of those left whom I had known in my young days. Some were married, others scattered, and a good many had crossed the river and gone to be angels in the happy hunting grounds. Mother was still alive. I reached my brother's house in the evening and asked for accommodation for the night. A man sitting there, said he was


only a visitor, his brother would be in shortly, and would tell me — he was my youngest brother.

"Mother was sitting there and got up to go into another room to tell another brother that I was a hard looking ticket, and not to let me stay. When my brother entered the room, he seemed to suspect something, for the first thing he said was "Are you not brother James!" I acknowledged the relationship and all of the family that were left were once more united.

"The Union Pacific was terrible rough. I have been through a great many hardships, but the shaking on the R.R. affected me more than all I had gone through. It took a week or more before I got over it. Next day there were a lot of visitors. I felt dull and stupid — and wished myself back on Puget Sound. Protracted to stay until February 1877 when I returned to the Sound, my younger brother accompanying me with his family."

After visiting his relatives and friends for a few months, the lure and call of Puget Sound and its proximity to the gold fields of California and Washington State were stronger than pioneer life on a farm in Quebec's Eastern Townships. Consequently the outcome was that James once again left home. By that time in February 1877 James had persuaded his younger brother William and his family to accompany him on his return journey to "the west". They travelled by train to places in Montana and Washington State where he left his brother's family to make a life of their own. James continued to live as a single man resuming the strenuous life of hardship and mediocre reward as he searched for gold among the mountains of the west. He is buried in Tacoma Wa. beside the Sound he loved.

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

Flu Immunization Clinics — CLSC du Val Saint-François

An entirely free service of vaccination against the flu will be available to the following categories of people: all those aged 65 and over; those aged 13 and over with chronic heart or pulmonary disease, diabetes, severe anemia, kidney disease, cancer, asthma, immune deficiency, or AIDS.

Flu immunization clinics will be held over the whole district served by the CLSC, as follows: Valcourt — November 5th and 12th — 1:00 to 4:00 p.m., CLSC Offices, Racine Street; Windsor — November 6th and 13th — 1:00 to 4:00 p.m., CLSC Offices, Allen Street; Richmond — November 7th and 14th, —1:00 to 4:00 p.m., Community Centre, Gouin Street; Stoke — November 11th, 1:00 to 4:00 p.m., Community Centre, Main Street.

Please note these clinics are held without appointment. Simply come directly to the clinic scheduled in your area. Parents are advised to consult a doctor if they wish to have a child aged 12 or younger vaccinated.

Sherbrooke Shows its Flowers

The 42nd exposition of flowers at the municipal greenhouses in Sherbrooke is on and will run until November 3rd. The hours are 9:00 a.m. to 5:00 p.m. and 7:00 to 9:00 p.m. from Monday to Friday and from 11:00 a.m. to 5:00 p.m. on Saturday and Sunday. Admission for adults is \$3.00, for seniors and students with i.d. cards it is \$1.50. Children 12 and under are admitted free. This year there will be an oriental garden, a Mexican garden and a tropical garden on display. Plants for the tropical garden are rare specimens on loan from the Montreal Botanical Garden. The Autumn Show also features decorations with squash and pumpkins arranged by volunteers. There are twenty-nine cultivars of chrysanthemums to enjoy as well as many vegetables.

Townships Classified

FOR SALE

St. Peter's A.C.W. Thrift Shop, 200 Montreal, Sherbrooke. We offer new and nearly new clothing for men, women and children, as well as housewares, books, and many other items. Open every Wednesday, from 9:00 a.m. to 1:00 p.m.

1 double woolen blanket, brand new. 4 double woolen blankets with whipped binding. Please call after 6:00 p.m. [819] 346-3314.

Second-hand shop — We take clothes, toys and furniture. 171 Winder Street, Lennoxville [819] 823-1767 or 829-1355.

Watkins products, delivered in Sherbrooke and Lennoxville, once a week. [819] 826-2832.

WORK WANTED

2 ladies looking for work — baby-sitting, housework, sitting with the elderly. One has nurses training. [819] 821-2256.

Experienced man looking for maintenance work. Available day or night, full or part-time. Jimmy, [819] 566-1560 or leave message [819] 821-2256.

PERSONAL

Want to lose weight? Canadian Calorie Counters — Tues and Wed 9:00 to 10:00 a.m.; Wed 6:30 to 7:30 p.m. CLSC, 8 Speid, Lennoxville. Info: [819] 562-8683, 823-4322.

WANTED

Clothing — boys size 5 and 8; girls size 3 and 6; men's shoes and boots size 11 and 12; bureaux, single bed, bedding, small appliances, cutlery, curtains and rods, lamps, small tables, Christmas decorations, toys and dolls, craft supplies, stocking stuffers for needy families.

Thank you to everyone who has helped in the past. God Bless you all and "Happy holidays to all" Peggy.



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The Townships Sun

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EVENTS CALENDAR

November 1996

See Events
on
Page 14

Oct 31
HALLOWEEN



'til Nov 10

Festival — The Brome Lake Duck Festival allows visitors to sample duck specialties in 12 restaurants. The festival will also feature face-painting, arts and crafts. Info: 1-800-54-BROME.

'til Nov 24

Art Exhibit — Paul Clouthier works in Room 1; Tatiana Demidoff-Séguin works in room 2 at galerie Horace, 74 Albert St., Sherbrooke. Info: [819] 821-2326.

Nov - Dec

Art Exhibit — Town of Lennoxville: 125 years — historical paintings. Free admission. Bishop's University Artists' Centre, Centennial Theatre entrance, Bishop's University, Lennoxville.

Nov 1

Music — The Phoenix Trio will perform in Bandeen Hall at 8:00 p.m. Info: [819] 822-9692.

Nov 1 - 3

Weekend of Murder and Mystery at Gite Touristique Tapioca, North Hatley. Info: [819] 842-2743.

Nov 2

Annual pre-Christmas Buffet Tea & Sale sponsored by Plymouth-Trinity United Church Women will be held in the Church Hall, 380 Dufferin St., Sherbrooke, from 3 to 6 P.M. Everyone welcome. Info: [819] 562-4456.

Nov 2

Christmas Bazaar — Sherlenn 50 Plus Club, various tables and cafeteria, from 10:00 a.m. to 2:00 p.m. in St. Peter's Church Hall, 200 Montreal, Sherbrooke.

Nov 2

Concert — The Sherbrooke Symphony Orchestra will perform Schubert compositions at 8:00 p.m. at the Salle Maurice O'Bready, Centre Cultural, Université de Sherbrooke. \$35. Info: [819] 820-1000.

Nov 2 - Dec 1

Art Exhibit — Giuseppe Di Leo, Design Assemblages, and Dominique Morazain, Mixed media. Arts Sutton, 7 Academy, Sutton. Info: [514] 538-2563.

Nov 4

Meeting — The Canadian Club of the Yamaska Valley at 2:00 p.m. at Auberge West Brome, 128 Route 139, West Brome. The guest speaker will be Ms. Merle H. Gobin - Valadez of Gems. Everyone is welcome to attend; \$5.00 fee for non-members.

Nov 5

Comedy — Mump & Smoot, two clowns, will perform at Centennial Theatre at 8:00 p.m. Info: [819] 822-9692.

Nov 7 - Dec 22

Art Exhibit — About thirty artists, members of Arts Sutton, exhibit works at less than \$200.00. Arts Sutton, 7 Academy, Sutton. Info: [514] 538-2563.

Nov 8

Harvest Luncheon — Lennoxville Women's Institute will serve soup, sandwiches and assorted desserts. Also sales tables. 11:00 a.m. to 1:30 p.m. Adults \$6.00, children \$3.00. St. Antoine's Church Hall, at the lights, Lennoxville.

Nov 8, 9

Concert — Le Groupe Show, a benefit concert for the Musical Academy of the Eastern Townships, will take place at Centennial Theatre. Info: [819] 822-9692.

Nov 15

Show — The closing show of intercultural week in the Eastern Townships will take place at Centennial Theatre. Info: [819] 822-9692.

Nov 15

Music — Mary Ann Hart, a mezzo-soprano, will perform at 8:00 p.m. in Bandeen Hall. Info: [819] 822-9692.

Nov 15, 16

Concert — Singer Daniel Lavoie will perform. Info: [819] 820-1000.

Nov 16

Christmas Bazaar and Turkey Dinner, UCW, Lennoxville United Church, from 3:00 to 7:00 p.m., 6 Church Street, Lennoxville. "Santa's Treasures". Dinner reservations: 4:30 p.m. Audrey Beach 562-9902; 5:30 p.m./6:30 p.m. Edna Evans 563-5681.

Nov 20

Dance — "The Holy Body Tattoo" will perform a gymnastic type dance at Centennial Theatre at 8:00 p.m. Info: [819] 822-9692.

Nov 23

Music — Ensemble Musica Nova will perform opera from the jazz age at Centennial Theatre at 8:00 p.m. Info: [819] 822-9692.

Nov 29 - Dec 20

Art Exhibit — Marie-Josée Perreault, a painter, will present her work in room 1 of galerie Horace, 74 Albert St., Sherbrooke. In room 2, François Cormier, a

Nov 30

Christmas Bazaar — St. Paul's United Church, Waterloo. 10:00 a.m. to 2:00 p.m.. Home baking, crafts, decorations, wreaths. Lunch \$4.00. Huge Silent Auction of goods, services, and talents.

Nov 30

Christmas Bazaar — "Going Home for the Holidays" at St. George's Church, 84 Queen, Lennoxville. 1:30 to 5:00 p.m. Tea at \$4.00. Kids' Shop, Christmas decoration, woodcraft, aprons, candy — silent auction. Wheelchair accessible.

Nov 30

Comedy — The Second City Touring Company will perform at Centennial Theatre at 8:00 p.m. Info: [819] 822-9692.

Nov 30

Concert — The Sherbrooke Symphony Orchestra will perform at 8:00 p.m. in St. Andrew's Presbyterian Church. Info: [819] 820-1000.

Nov 30

Concert — The University Singers and Chamber Choir Christmas Concert will be performed at 8:00 p.m. in Bandeen Hall. Info: [819] 822-9692.

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

If you would like your organization's upcoming event included in this calendar, drop us a note before the 18th of the previous month.

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