

Volume 14, No. 9

March 1987

The Townships Sun



Writers' Award Winner 1983 & 1985

\$1.50

**Heart
Disease**

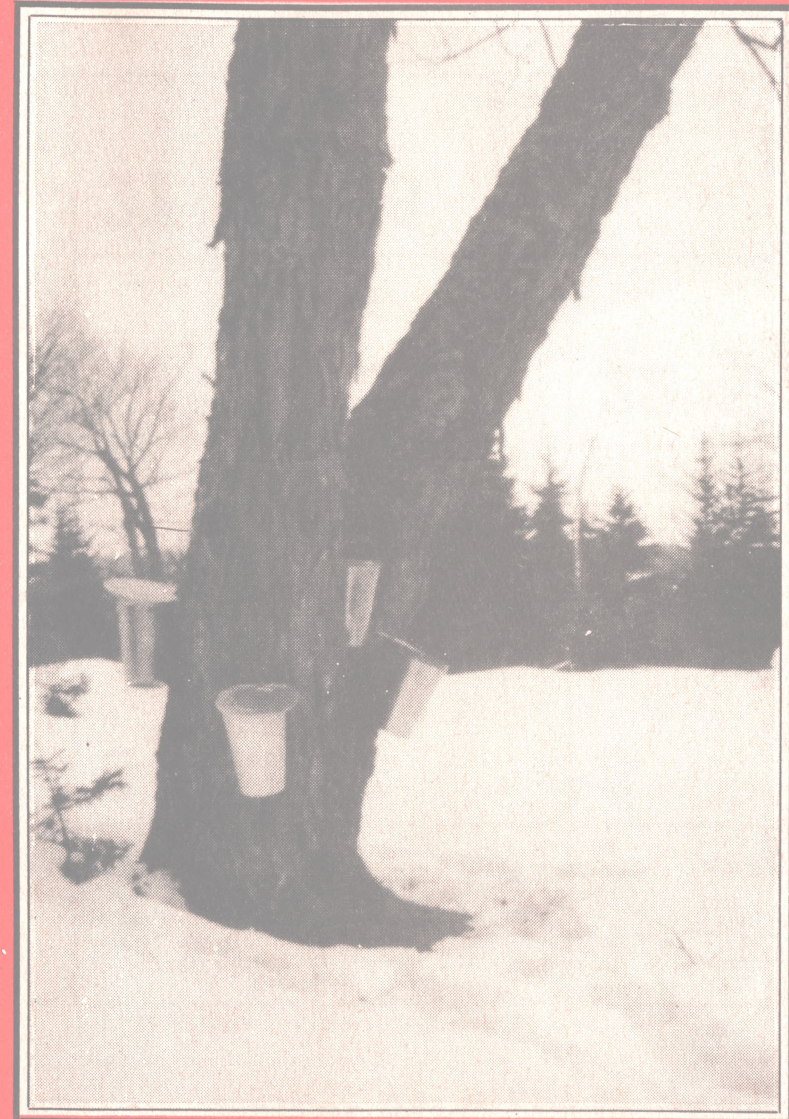
**Homemade
Bread**

**Rural
Posties
Threatened**

**Tax
Tips**

**What's
Going
On**

**Pruning
Tips**



Lennoxville Elementary School Choir. See page 2 for more information.

Calendar • March • Calendar

FEBRUARY

28



Bromont—Pack a Lunch—Hitch up your horse—or load your camera—and trot off to Bromont to fill your soul with the sights and sounds of sleighs, horses, buffalo robes and sleigh bells. This is the **Annual Winter Drive** sponsored by the Société d'attelage du Bas Canada. Information Donald Proteau, Cowansville. Office (514) 263-5561 or home (514) 263-4833.

MARCH

- 1 **Harpichord Recital**, with Mary O'Keefe, Richmond, phone 826-2488 for details.
- 1 **"La Journée de la Danse"**—a day of films, videos and workshops on different styles of dance, at city of Sherbrooke cultural centre, 1215 Kitchener St., from 10 a.m. to 4:30 p.m., info: 889-2940 or 563-2744.
- 1 **Plymouth-Trinity Concert Series**, classical and Baroque music with Cheryl Dutton, Tim Doherty and Annie Ledoux, Plymouth-Trinity Church, 380 Dufferin, Sherbrooke, 3 p.m., donation at door, info: 569-7023.
- 3 **St. Francis Valley Naturalists Club** meeting at Farm Pavillion Bishop's University 7:45. Bring your materials to build birdhouses!!
- 4 **Citizens for Nuclear Responsibility** meeting Wednesday 7 p.m. at CLSC Lennoxville.
- 4 The March meeting of the **Canadian Club of the Yamaska Valley** will be held Wednesday at 2 p.m. at the Auberge des Carrefours in Cowansville.
- 9 **Women's Day**. Mr. Robert Lamoureux, Director, and the Staff of the Canada Employment Centre invite you to celebrate International Women's Day with them at 299 Olivier St. (cor. Alexandre), Sherbrooke. Activities include films in both English and French, information on employment opportunities for women, refreshments and political officials. 9:45 a.m.-3:30 p.m. Everyone is welcome. For more information call Claire Lanteigne 565-4902.
- 10 **"D.E.S.—An Uncertain Legacy"**, film and discussion sponsored by Lennoxville & District Women's Centre, animator: Dollena Warren-Giguère, 7:30 p.m. at Lennoxville Elementary School, all welcome, 564-6626.
- 10 **"Writing Extended"**—a multi-media presentation by writer-poet Richard Kostelanetz, in Red Room of Mackinnon Hall, Bishop's University, Lennoxville, 7:30 p.m., info: 569-9551 (ext. 314)
- 11 **"Journey in Nicaragua"** with Peggy Donald, slide presentation, 7:30 p.m. Brome County Historical Society, 130 Lakeside, Knowlton. All welcome.
- 12 **The Humanities Lecture Series** at Bishop's University in Lennoxville continues with a talk by Dr. Tom Gordon on "The Musical Life of a Music Faculty in absentia". These lectures are free and open to the public. Time: 7:30 in the Red Room of MacKinnon Hall.
- 13 **Compton County Historical Association** presents an "Irish Evening" at 8 p.m. consisting of a variety show. Homemade Candy on sale. Coffee and donuts served. To be held at the Bulwer community center.
- 16 **Poetry reading** by Jan Conn, 8 p.m., Red Room of Mackinnon Hall, Bishop's University, Lennoxville.
- 16 **Montreal Symphony Orchestra**, directed by Charles Dutoit, at Salle Maurice O'Bready, Sherbrooke, 8 p.m., info: 821-7742.
- 19-21 **Thornton Wilder's Our Town**, presented by Bishop's University Drama Department, Lennoxville's Centennial Theatre, ticket info: 563-4966.
- 22 **The University Singers**, directed by Nancy Rahn, in a choral concert, at Plymouth-Trinity Church, 380 Dufferin, Sherbrooke, 3 p.m., donation at door, info: 569-7023.

MARCH

- 22 **Lennoxville Elementary School Choir** 10 a.m. St. George's Anglican Church, Lennoxville. Everyone welcome.
- 25 **"Megalithic Settlers in Potton: Sun and Stones Connection"**, a slide program presented by Dr. Gérard Leduc, Brome Historical Society's Archives Building. 130 Lakeside, Knowlton, 7:30 p.m. All welcome.
- 29 **International Supper**, organized by Bishop's-Champlain International Students Association, at Dewhurst Dining Hall, Lennoxville, 8 p.m., tickets: \$12.
- 31 **The National Tap Dance Company of Canada**, 10th Anniversary Tour, at Centennial Theatre in Lennoxville, info: 563-4966.
- 31 **Dr. Karl Wagert** of Bishop's University History Dept. will speak on "Intellectuals in Politics: The German Experience, 1789-1800". This lecture will be at 7:30 in the Red Room of MacKinnon Hall, and is open to the public, free of charge

APRIL

- 5 **Brunch by Compton County Historical Association**. 11 a.m. to 2 p.m.

Lennoxville School Choir: Twenty-eight students from the Lennoxville Elementary School have been working hard under the guidance of choir director, Nancy Rahn and accompanist, Pam Eby. They will be going to St. Mary's, Ontario (near Stratford) as part of a cultural exchange with the children's choir of St. Mary's who visited here last summer.

The Lennoxville students will travel by chartered bus to St. Mary's where they will be billeted with families from the area. The children will make several appearances as a choir and will take part in other activities in the area.

Lennoxville area groups have been generous in their support of the project and the students have held several fund raising activities. However, some funding is still needed. **Anyone interested should call the Lennoxville Elementary School at 819-569-5103.**

For research on **Stage Coach Roads** in the Eastern Townships: if you have any information, photos, or memories, please write or phone **Gladys M. Beattie**, R.R. 1, North Hatley, J0B 2C0. Telephone after 6 p.m. (819) 567-5301.

Our Kids Succeed

A child's first ski lesson is always a memorable event. But for Joshua, a member of The War Amps Child Amputee (CHAMP) Program, it means something extra special. He was born missing his hands and feet.

Your donations to The War Amps Key Tag Service help provide specially designed artificial limbs so child amputees can swim, ski, curl, skate, golf and even play baseball.



CHAMP Sports Consultant Karl Hixinger coaches 4-year-old child amputee Joshua Black.

Your support makes it all possible!
The War Amputations of Canada



The War Amputations of Canada
2827 Riverside Drive, Ottawa, Ontario K1V 0C4

The War Amputations of Canada is a registered charitable organization operated by amputees for amputees on a non-profit basis. The War Amps does not receive government funds. Should you wish further information please do not hesitate to contact us. Toronto (416) 488-0600; area codes 519, 613, 705 dial toll free 1-800-268-8821; all other area codes dial toll free 1-800-268-8917.

Charitable Registration Number: 0286831 09 10

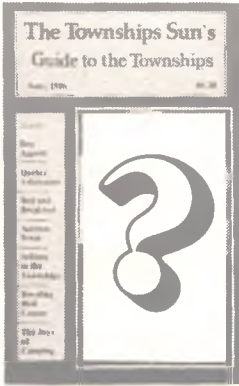
Full-Colour Cover?

This coming June, The Townships Sun has decided to venture into the world of a Full-Colour Cover. Since this is our Summer Guide and it finds its way into all sorts of special places, we want it to be special too.

We are now looking for suitable colour photos which have a summer theme and are typical of the Townships. They must be in a rectangular-vertical format (like the covers are now). They must be the property of whoever submits them and must not have been published before.

Look through your photo albums. Mail photos to: Colour Cover, Editorial Dept. The Townships Sun, Box 28, Lennoxville, Que. J1M 1Z3.

Be sure to mark your name and address clearly on the back of each photo.



No doubt you have noticed your favourite **Bon Appetit** column is missing in this month's paper. **Bijou Ardglass** is taking a well deserved rest in the sunny south but will be back with us next month.



Paul Camirand, information officer with Communication-Quebec will retire this February 1987. He is looking forward to golfing, golfing and then some more golfing. Mr. Camirand has always been a great help to the Townships Sun, a friend we could call upon for advise and council. What will we do without you Paul?



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J1M 1Z3 819-566-7424.

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The Townships Sun welcomes manuscripts, letters and anecdotes. Material should be typewritten, doublespaced, and addressed to The Editor, The Townships Sun, Box 28, Lennoxville, Que. J1M 1Z3. Material accepted is subject to our requirements for 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 self-addressed envelope and sufficient funds to cover return postage.

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The Townships Sun



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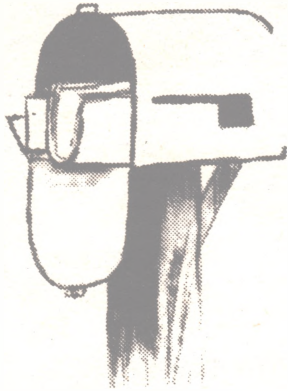
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...Letters ...Letters ...Letters



Dear Editor:

I enjoy *The Sun*, both stories of the past and of the present. I think you would get an interesting flood of stories if you should ask if the original land in their family was obtained through Mr. Heniker, agent for the British American Land Company. People are so interested in roots at this time.

Mrs. E. Abramski
Albion, B.C.

Dear Editor:

Enclosed please find \$9.00 for my (our) one year subscription to *The Sun*...it is one visitor to our house we do not want to miss out on.

We enjoy the varied topics, especially all about the local areas. Hope the right people—those who should be informed and warned—get the messages from "Drugs, drugs, drugs!" Was especially touched by the history of Russian Blue—Merritt Clifton's pet cat. We have 2 pet cats.

Thank you for great reading.

B. Nichols
Mansonville, Que.

Dear Editor:

I am a fairly new subscriber to *The Townships Sun* and enjoy reading it each month. I am presently thinking about the *Oral Histories* that I have read. The one about the Cushing family was of interest to me. It gave me the idea that something might be written about the Bucklands.

My great grand father Erastus Buckland of Barnston went to the California Gold Rush in the 1840s. He had many interesting experiences. I feel that some record should be made of them. Mr. John Buckland of Waterloo knows more about this History than I do. If you think that you might get suitable material for *The Sun*, you would likely be able to get an appointment with him.

Grandfather purchased a farm in Barnston Township when he returned from California. It is now operated by his great-grand son.

Clara Lowry [née Buckland]

Dear Editor:

I'm sorry you've dropped the short story contest. Why? It was fun and I enjoyed the stories.

M. Whatley

Sorry to disappoint you. There did not seem to be enough interest in the contest. However, we welcome short

stories. If you write short stories or know of anyone who does, tell them to send them in.

Editor

Dear Editor:

I look forward to every issue of *The Townships Sun*. There is something interesting in it for the whole family. Best wishes to all the staff for 1987.

Marjorie Keeley

Dear Editor:

Most of your stories concern the Townships surrounding Sherbrooke. I wondered if anyone would be interested in an article on the old His Majesty's Theatre—not when it was showing film but afterwards when it was rented out.

Anne Alesanski

Dear Editor:

After viewing the exhibition of watercolours by Kay Kinsman and Helen Austin at Galerie Canard du Bois in Sherbrooke, I wanted to put down on paper my impressions.

I am familiar with Kay Kinsman's paintings and am a dedicated fan. I would travel great distances to see some of Kay's watercolours of scenes from France to Spain to our own backyard here in Lennoxville. I was delighted to view some new paintings of France done last year and to view once again the local scenes like "Houses on Warren St." and "Lilies".

I am familiar with Helen Austin as a set designer, being a member of the Lennoxville Players. I have performed on several occasions with Helen Austin's artistry all around me. What I had not experienced was her watercolours of the Caribbean, guaranteed to warm the chill on even the coldest days. The paintings of Montreal and local scenes are certainly recognizable yet they have a different perspective. I particularly enjoyed "St. Michael's Cathedral".

The *Pièce de Résistance* was the work of the late Michael Jon Kinsman. Michael Jon Kinsman was a true artist. I say this because when viewing his work there is an unmistakable feeling of occupying the same space as the painting's subject. There is one particular painting of a dilapidated house where you can literally feel the holes left by peeling plaster. There are also, on display, excerpts of some of his picture letters to his mother, Kay Kinsman. The painting of Benedon Castle has to be seen to be appreciated.

I would like to take this opportunity to thank Kay and Helen for their exhibit and Kay for allowing us to view some of Michael Jon's work. I shall not soon forget.

Thanks also to Tom Vandermeulen, the author of *What's Going On* for providing so much information on the activities in the Townships and as the typesetter, also the clear and easy reading of his articles.

Kathleen Hanna
Lennoxville

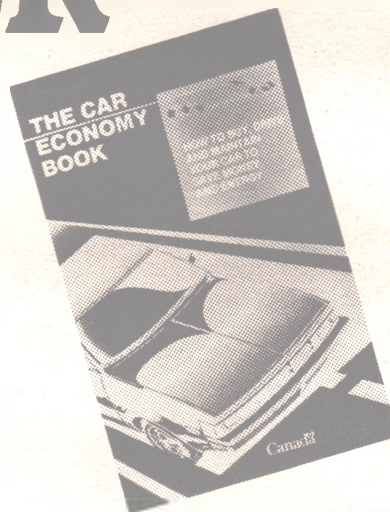
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Short Notes and Lengthy Graffiti

Wild Oats: From the Weed patch to your table.

Wild oats have caused many a farmer to mutter unprintable things, and despite all efforts to the contrary, more than 200,000 tonnes of wild oats are inadvertently harvested with other grain crops each year in the Canadian west.

But Frank Sosulski, a University of Saskatchewan crop scientist who has been working on this plague of the prairies for several years, has come up with a happy solution. Wild oats are good to eat. They are higher in protein than regular oats (which is higher in protein than corn, wheat or barley), have a richer oil content and have more crude fiber and essential vitamins and minerals. In addition, people like them. Volunteers who have been eating wild oats as a breakfast cereal (in the form of wild oat flakes) for the past two years are happy with them. They can also be ground into flour, and the bran has been shown to lower blood cholesterol levels in some people.

Marketing is being done on an experimental basis by Robin Hood Mills. □

On the Trail of Chinese Dinosaurs.

A group of Canadian scientists and palentologists were invited to look for dinosaur bones in the Gobi Desert of China last summer. The Canadian team was selected from among seven other groups from many other countries around the world. Directed by Philip Currie, Assistant Director of the Tyrell Museum of Palentology of Drumheller, Alberta, the Canadians worked with Chinese palentologists.

The Gobi Desert is very similar to the Canadian Badlands, and is very rich in fossils; but unlike the Canadian areas (where many researchers from all over the world are working) the Gobi has barely been touched. In a very short while the palentologists unearthed ten species of "Gobi" dinosaurs, four of which were previously unknown reptiles. The Canadian group is anxious to continue their search next summer. □

Olivine—An Asbestos by-product.

The Canadian government has contributed \$312,500. to help establish a new plant in Thetford Mines to manufacture synthetic olivine. The plant, Neoco Inc., will manufacture products developed by the Société Nationale de L'Amiante. The synthetic olivine will be sold for use as an abrasive material, refractory sand and foundry sand. Commercial production should start this Fall. □

To Save a Kakapo.

The Kakapo is a flightless large green parrot, native to New Zealand. It has the face of an owl, the posture of a penguin, a walk like a duck, and a very loving and loveable personality. It nests in holes in the ground, walks up trees, and eats grass, fruits, seeds and nuts. The Kakapo's only defense is remaining motionless and relying on its camouflage colour to be unseen.

It was thought to be a very rare bird, until scientists discovered that every bird they had seen was a male! Some quick, but quite thorough investigation proved that this was almost the case. Only a few females have been found. In 1981, scientists filmed the only Kakapo chick seen by humans this century. Since then, the New Zealand Wildlife Service is making every effort to preserve the species. Of the estimated 100 or so birds known to be in existence 4 are females. In 1984-85, one more chick was hatched. This one was practically hand raised, and has been moved with some others to a "predator-proof" island where it is hoped they will be safe. Every effort is being made to help them, and the New Zealand Wildlife Service is now spending more than \$100,000 a year on the Save the Kakapo Project. □

Trees and Flowers—medicine.

Dr. Roger S. Ulrich of the University of Delaware has ascertained that simply looking at trees or plants may help hospital patients recover more quickly. The results of a nine year study show that patients in rooms with views of trees or plants recovered in less time than patients whose rooms had no windows or no view of greenery. □

Dollar Dilemma.

A dollar is a dollar to most folks, but to the Sherbrooke Metropolitan Transport commission (CMTS), a dollar is a strain on the ticket box.

Since the recent price increase to one dollar, many people have started using one dollar bills to pay their fare. The ticket boxes are designed to take tokens, change or small tickets, and the bulky dollar bills jam in the mechanism of the boxes, ruining the cylinders. Each cylinder costs from \$100. to \$300. to repair, and the CMTS now has 13 damaged cylinders awaiting repairs.

Since it is illegal to refuse to accept the one dollar bills, because they are legal tender, the CMTS is asking the public to voluntarily refrain from using bills, and buy tokens or use change until they can solve

the problem. Some other companies have put a surcharge on dollar bill users, but the CMTS hopes this will not be necessary. They are considering installing boxes especially for the bills, but in the meantime they are asking the publics' co-operation in using only coins or tokens when paying their bus fare. □


Shovel It Smart.

Most Canadians are involved with snow shovelling to some extent. We are also noted for having weak lower backs. So, push the snow, instead of lifting it, doctors tell us. Scrapers and scoops are easier to use because they do not involve lifting or twisting. If you must shovel, use a long-handled shovel with a blade angle of 32° and throw the snow back over your shoulder. □

Firewood.

Between now and sugaring season is the second best time of the year to cut your winter firewood, researchers tell us. The best time is in the late summer, because the moisture in the tree is at its lowest point then. One cord of summer-cut maple contains about 200 gal. of water. Late winter and late summer-cut maple contains approximately half of that amount. To have the wood burn efficiently and safely, the moisture content should be less than 20%. It takes about one year of air drying to get the moisture content down to that level. □

Good News



The Canada and Quebec Pension Plans Closer ... stronger

When the Canada Pension Plan and the Quebec Pension Plan were introduced in 1966, they were identical. No matter where you lived or worked in Canada, your contributions and benefit rights were the same. Over time, however, some differences developed between the Plans in terms of benefits. But recent co-operation between the federal and provincial governments has resulted in some important changes being made to bring the benefits under the two Plans closer.


These changes in no way affect the Old Age Security Pension.

These changes, some of which are outlined below, have come into effect as of January 1st 1987, and assure continued pension protection for all Canadians.

- A wider choice of retirement options
- Increased disability benefits
- Survivor benefits continue upon remarriage
- Splitting pension credits
- Additional benefits for dependent children

In Quebec, these changes only affect Quebec residents who have contributed exclusively to the Canada Pension Plan, such as armed forces personnel, RCMP staff, federal judges, and Quebec residents who work outside Quebec.

The Canada and Quebec Pension Plans closer ... stronger

 Health and Welfare Canada Santé et Bien-être social Canada

Canada

If you want to know more . . .
For more information on the CPP changes, fill in the coupon, and mail to:
CPP - INFO
P. O. BOX 5400
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SCARBOROUGH, ONTARIO
M1R 5E8

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Name _____

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City _____

Province _____

Postal Code _____

03

Editorial

CAN WE CALL IT—THE FEDERAL SNOW PLOW JOB?

For several years now, the mutterings, mumblings and grumblings about the Canadian Postal System have been increasing in volume. Industries and big business have long given up on it. Company "mail drivers" beat a daily trail across the border to take advantage of a better and less expensive mail system. Commercial couriers and carriers specializing in small packets and parcels are doing a thriving business filling in where our postal service falls down. The recent announcement of the impending closures of the rural post offices, is bringing out the beast in many a tax payer. The mutterings are becoming loud and clear all across the country. All Canadians, and especially rural ones, need their post offices.

It is somewhat of a mystery why the Canadian Postal Service was allowed to become a crown corporation, anyway. Perhaps some over-zealous civil servant envisioned it becoming a profit-making business. The logic of it escapes me. Is the Department of Transport expected to make a profit? Does the Royal Canadian Mounted Police make a profit? What about Health and Welfare Canada? The Dept. of National Defense, the Consumer and Corporate Affairs Dept., or even the Department of External Affairs? Do they bring in an income in excess of their expenses? A national mail system is more important to most people than keeping an ambassador in Russia, or maintaining the Trans-Canada Highway. An efficient and adequate postal service is an essential service, a highly important one, and it should be treated as such.

Post offices are an intergral part of rural communities. They are the very essence of life in a small town. Businesses and individuals depend on them, unlike they do in the urban centres. The social life of a community evolves around the "comings and goings" of the mail. The Post Office is critical to a community's very survival.

More often than not, the employees in these small post offices give better service and work more efficiently than those in the urban centres. A welcome smile, quick and courteous service await the rural post office customer. His urban counterpart is quite another case. He can hardly condescend to drag himself over to the counter to stand beside his cup of coffee. It is an obvious infringement on his rights to serve customers. If there is any possible way he can send them to another wicket with a longer line-up, he will contrive to do so. However, if you are in the right line, he will eventually sell you that 34 cent stamp, fumble your change onto the counter and sourly advise you to lick your own stamp, and drop the letter into the mailbox on your way out. (This must be so that someone else will have a job carrying it back behind the counter again. I think this is called—efficiency! It could also be called "job-creation". I expect most people call it something else).

Canada Post seems to like these guys. They are strongly unionized. Canada Post cannot make them smile, lick stamps, or speed up. But Canada Post has to trim some off its deficit, so they look at the smaller rural post offices. They are more vulnerable. Their unions are not so strong, and they serve only about one million rural families. And there are some 5,000 of them across Canada. Shutting them down will surely be the easy answer to those budget woes.

But Rural Canadians are not second class citizens, and Canada Post is not like any other crown corporation. Its purpose is to provide equitable mail service to all Canadians. If the rural post offices are closed, millions of Canadians will be deprived of the mail service to which they are entitled, simply because the Conservative Government, the Minister of Finance, and the money mongers of Canada Post Corporation think it is too costly to treat rural Canadians as equals of urban Canadians.

In lieu of humanized post offices, they offer to establish "landscaped mini-parks" in convenient (to them) locations, equipped with "super mailboxes". These new "post office replacements" evidently will not cost a cent to build or to maintain, or else they have not thought about that, or have not the slightest intention of building them.

Let us attempt to construct one. First, they will need to buy some land to put this, "mini-park" on. Using nice round figures, we will say \$10,000 for a piece of land. You have to have a bit of space for parking, too. Then a contractor will have to dig up all the dirt that is there and truck it to someplace else. (They all do that. It must be in the building code!). Then they haul in some new dirt and make some cement footings and foundations to put the "super mailboxes" on. Then they will have to bulldoze that new dirt all nice and flat, plant some grass, make a parking area, install electricity, put up a flagpole, etc. That should be at least another \$30,000. Then they will have to buy the new mailboxes. I would hope they could get some that will not open with any old key. I have no idea

what space age outdoor mailboxes should cost. Considering the high cost of transportation from Taiwan, or wherever, I suppose \$10,000. should cover it, depending on the size of the former community. Of course, they will have to put up some lights, and a box to mail out-going letters in, and of course there will have to be a very large garbage pail. The neighbours will get very upset with all those grocery store flyers and junk mail blowing around in the bushes. That will be another \$5,000. or so. Then they will probably have to build some kind of roofs over the super mailboxes, so they will not leak in the rain, or collapse under the weight of snow. Add another \$5,000. to the tab. Let us see. That adds up to \$60,000. That's not bad for any kind of construction now-a-days. And they should be operational at this point.

So, "the mailman" puts everyone's mail in their little box, leaves notes about any parcels, that you will have to pick up at some remote "urban" centre, and each "customer" is given a key; his personal link to the "other world". Going to get the mail is kind of a drag, without any friendly postmaster to talk to, so send the kids. But society being what it is, and kids will be kids, lots of kids start hanging around the mailboxes—drinking, selling drugs, and doing lots of other things. Those little roofs make it a nice place to hang out. So you will not let your kids go. You take your German Shephard, and a baseball bat, and gang up with some of the other neighbours, and "go get the mail". That is, of course, if those kids have not figured out how to open those unguarded boxes and picked out all the good stuff—like pension cheques, etc.

So the community, or what is left of it, makes a big fuss, and Canada Post has to hire a guard. Not one, but three, because no one works more than 8 hours at a time now. (Small rural communities do not have their own police force—never needed them before). Now, that adds \$70,000. a year at least to the cost of those new "mini-park post offices". And we find out that guards cannot be expected to stand outdoors in all kinds of weather. They need a "guard house". Better add on another \$40,000. to build a heated shelter. We are now looking at a \$170,000. investment, and there is nobody there to sell you a stamp, give you a change of address form (there will be a big demand for those), mail a package, or sell a money order. And I almost forgot that someone will have to be paid to pick up the garbage, remove snow, trim the grass, etc... Let us see...the total must be somewhere around double the figure it costs to maintain and staff the present rural post office. I could be a little off on some of those estimates.

So the next time you go into your rural post office to buy a stamp, look around you at the smiling faces, the muddy floors and the Queen's portrait. Think ahead a year, maybe two, when you can hike down the road to your nameless, impersonal, rural, "landscaped mini-park super mailbox site", which is all that "Rural" Canadians are entitled to for mail service.

THINK ABOUT IT!

If the whole idea leaves your mouth dry, and gives you a sinking feeling in your stomach, **do something about it! NOW!** It is not too late to phone your M.P. and write him a letter. Get your neighbours to write too. Start a petition. Write to the Prime Minister as well, do not just stand there shaking. Do something!

**The Right Honourable Brian Mulroney
Prime Minister of Canada
Room 309, Central Building
House of Commons
Ottawa, Ontario
K1A 0A6**

...and you do not even have to put a stamp on it, if parliament is in session. Ask your friendly local postmaster!

Gladys Mackey Beattie



Ransom Hayes, president of the Quebec Association of Rural Route Mail Couriers of Canada.

Rural Posties Threatened By New Bid System



A Mainland Press Article
by Robert Fisher

In his 17-odd years of delivering rural mail, Ransom Hayes has travelled some pretty rough gravel-surfaced, snow-covered, and pot-hole-filled roads.

Those conditions, however, did not make the ride nearly as rough as the one he and his approximately 5,000 colleagues across Canada could be taking from Canada Post in the coming months.

Hayes, of East Angus, is president of the Quebec Association of Rural Route Mail Couriers of Canada.

He and his counterparts from around the country face the possibility of losing their jobs because of a Canada Post plan designed to chip away at the crown corporation's huge deficit. Canada Post management wants to wipe out all postal debts by March 31, 1988.

On April 1 of this year, all rural mail delivery contracts which have expired will automatically go up for public

tender. That is an about-face from past Canada Post policy, which automatically renewed its rural delivery contracts as long as the courier carried out his or her functions properly.

Quebec's couriers, needless to say, are eyeing the new developments warily. Quebec has had an association of rural postmen for at least 13 years, but it has only been in the past 20 months that a national group has been formed, spearheaded by current president Susan Eybel of Hannon, Ont., just south of Hamilton.

"We're going to lose our jobs because someone is going to undercut us," says Hayes. "Most people figure we're employees of Canada Post—which we're not—and that we're making a lot of money. We're not."

Indeed they are not. Eybel earns about \$15,000 every year before expenses, which include providing a vehicle and repairing it when it breaks down. Hayes figures his pay works out to about \$4.25 an hour, or roughly the same as minimum wage.

The rural posties, because of their independent contractor status, also are excluded from pension plans and unemployment insurance benefits. And they can not unionize to gain

leverage on Canada Post because federal law categorizes them as independent contractors, who are by definition not Canada Post employees.

The rural couriers claim that Canada Post's new plan to put the five-year contracts up for public bidding is going to disrupt service.

Human touch essential

The backbone of rural mail delivery over the years, its human touch, will be lost, Eybel and Hayes argue. Things like knowing which Smith family lives in which house on Rural Route 3, or helping the elderly or handicapped with errands in town, are likely to be lost.

"They say they are going to save money, but I cannot see how," Hayes says. "We are already cutting it close."

Canada Post, for the time being, cannot or will not say how much money it stands to save by putting the contracts up for bids.

"It is difficult to say how much would be saved, because the amounts vary from contract to contract," says Canada Post spokesperson Jacques Thivierge. "This action ensures that the Corporation will always get the best market price. That is only good business."

The rural couriers need not think their contracts are automatically lost because they are automatically up for bids, Thivierge says.

If Canada Post gets two similar bids and one is from the previous contractor, even if the latter's bid is slightly higher, he or she may still get the contract. That is out of respect for continuity and good service, says Thivierge.

"We do not want to jeopardize the service to the customer," he says. "We are trying to save money and we can tell if a bid is realistic or not. If people have a good relationship with their customers and they provide good service, there will basically be no changes in the rural routes in the next few years."

That does little to reassure the couriers, though.

"We know that all contracts that expire between now and March 31 will go up for tender as of April 1," says Hayes. "That will mean that the contract is going to go to the lowest bidder, whether the person has been delivering rural mail for 10 years or 5—it will not make any difference whatsoever." □

Robert Fisher is a Quebec City journalist.

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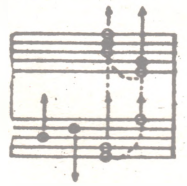
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Sherbrooke



What's Going On??



by Tom Vandermeulen

Music

★ A harpsichord recital by **Mary O'Keefe** featuring works by J.S. Bach, Scarlatti and Couperin will be presented in Richmond on Sunday evening, March 1st. The harpsichordist will be accompanied by flutist **Marie-Josée Couillard** on a work by C.P.E. Bach. For exact time and place phone Les Amis de la Musique at 826-2488.

★ On March 1, the Plymouth-Trinity Sunday afternoon concert series is presenting a Classical and Baroque program by a music trio composed of **Cheryl Dutton**, piano, **Tim Doherty**, flute, and **Annie Ledoux**, violin. They will perform works by Scarlatti, J.S. Bach and Haydn, among others. Later this month, on March 22, the concert series continues with the Bishop's University Singers, under the direction of **Nancy Rahn**, performing a Haydn Mass, a piece by John Ireland for organ and choir, and probably some Dvorac nature songs. The concerts begin at 3 p.m. and a \$3 donation at the door will go into the church's organ restoration fund. The Plymouth-Trinity Church is at 380 Dufferin St. in Sherbrooke. Info: 569-7023.

★ One of the major musical events of the season takes place on Monday, March 16, when **Charles Dutoit** and the **Orchestre Symphonique de Montreal** perform at the Salle Maurice O'Bready on the campus of the Université de Sherbrooke. The program for the evening concert, which begins at 8, will include Berlioz' Rob Roy overture, Mozart's Symphony No. 29, K201, and Bartok's Concerto for Orchestra. On Sunday, March 15, the **Orchestre Symphonique des Jeunes de Sherbrooke** will perform on the same stage at 8 p.m. Ticket information for both these shows may be had by phoning the box office at 821-7742 after 2 p.m. (open daily).

★ Persons wishing to pursue advanced studies in music at the **Orford Arts Centre** this summer are advised to register as soon as possible. Teachers and artists from across Canada and around the world will participate in this year's program which runs from June 21 to Aug. 23. Private lessons in the following will be offered: piano, voice, guitar, brass, violin, viola and cello. To obtain details on fees, accomodation, scholarships and auditions, contact Mrs. **Danièle Côté**, Dir. of Administration, Centre d'Arts Orford, P.O. Box 280, Magog, J1X 3W8 (tel. 843-3981). Final registration date is March 31 and confirmation of acceptance will be no later than May 1, 1987.

Theatre

★ On stage this month, Thornton Wilder's **Our Town** will be presented at the Centennial Theatre of Bishop's University in Lennoxville from March 19 to March 21. Written in 1938, the play is about life in a small American town and a classic in its genre. It will be performed by students in Acting I-II of the Bishop's Drama Department. (Director: **Greg Tuck**, Set Design: **Peter McHugh**). Performances will include a special matinée for school groups. Information, tickets and times may be obtained through the theatre box office (563-4966).

★ Incidentally, last month's student drama festival at Bishop's was well received by audiences. Centennial Theatre seats were sold out on three of the four nights. CBC morning radio show host **Royal Orr** attended the Saturday night program and described it as "one of the most enjoyable theatre evenings I've had in a long time."

Dance

★ The **National Tap Dance Company of Canada** will be in performance at Lennoxville's Centennial Theatre on Wednesday, March 31. It is the company's Tenth Anniversary Tour and a gala evening of entertainment is promised for this occasion. National Tap was the first to devote itself entirely to tap and, over the years, its dancers have elevated tap to the grand stage, strengthening it and complimenting it with other forms of dance and dance theatre. Versatile and original, the company will also present the popular "Hound of the Baskervilles" in the afternoon for school audiences. For more info: 563-4966.

★ The Centre Culturel de l'Université de Sherbrooke will present **Le Groupe Emile Dubois**, a professional dance troupe from Grenoble, France, in a program of modern dance, "European Version", on Tuesday, March 24. The show begins at 8 p.m. in the Salle Maurice O'Bready. Ticket info: 821-7742.

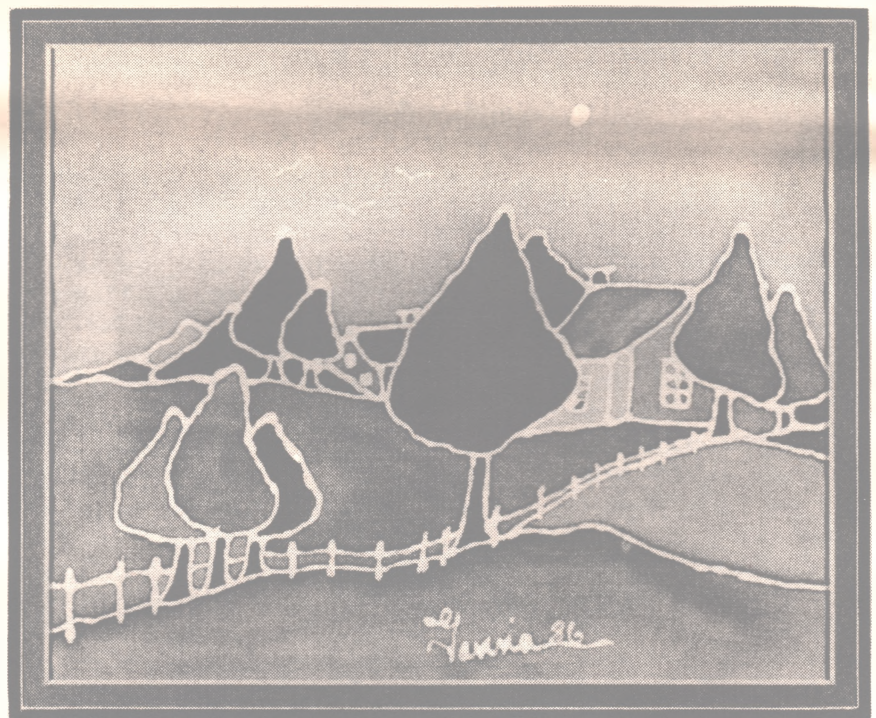
★ The Commission de la danse du Conseil de la Culture de l'Estrie, thanks to a government cultural grant, is presenting "**La Lournée de la Danse**" at the city of Sherbrooke's cultural centre, 1215 Kitchener St., on March 1, from 10 a.m. to 4:30 p.m. Various workshops representing the different styles of dance will be presented. Dance professionals in the Townships area will animate this event. Films and videos on dance will be shown throughout the day. More info: Ghislaine Phaneuf at 889-2940 or Réjean Côté at 563-2744.

Poetry

★ A poetry reading by **Jan Conn** will take place on March 16 at Bishop's University in Lennoxville. The poet, a native of the Eastern Townships, is a grad student in biology at the University of Toronto and has published two volumes of poetry. The reading will be in the Red Room of Mackinnon Hall on campus beginning at 8 p.m.

★ **Richard Kostelanetz** comes to Lennoxville on Tuesday, March 10, to present **Writing Extended**, a comprehensive mixed media survey of his work in poetry, fiction, audiotape, videotape, photography, holography and film. Mr. Kostelanetz has written on John Cage, Moholy-Nagy, Gertrude Stein, literary theory and literary politics. Recently he worked on the sixty minute radio composition, "Baseball: America's Game". He has lectured at universities, galleries and other cultural institutions in the United States, Canada and Europe. The program begins at 7:30 p.m. in the Red Room of Bishop's Mackinnon Hall. Everyone is invited. Refreshments will be served. Info: 569-9551, ext. 314.

Exhibitions



Painting on silk [16 X 19cm] entitled "Douce Campagne" by Gavina Carboni Blais

★ Paintings on silk by the Cap Rouge artist **Gavina Carboni** will be on exhibit at the Beaulne Museum from March 1 to 31. The Museum is located at 96 Union St. in Coaticook and is open Wednesday through Sunday from 1 p.m. to 4 p.m. Info: 849-6560.

★ From March 6 to April 12, the Musée du Séminaire de Sherbrooke is presenting a major exhibition of works by **Ozias Leduc**, including the collection "**Les paysages d'Ozias Leduc, lieux de méditation**" on loan from the Musée des Beaux Arts de Montréal. The landscape paintings, completed mostly between 1913 and 1921, are characterized by a subtle mystical quality. They were done at Mont-St-Hilaire, Leduc's birthplace. The showing is at the Centre d'exposition Léon Marcotte, 222 Frontenac, in Sherbrooke, open daily from 12:30 to 5 p.m.

continued next page.....



What's Going On??



Exhibitions

★ La galerie d'art of the Université de Sherbrooke should be on every art lover's Townships itinerary. It is open afternoons from Sunday through Friday as well as on Tuesday, Wednesday and Saturday evenings.

On exhibition at the gallery until March 15 are the works of Belgium-born artist **Pierre Boogaerts** entitled "**Fleurs, plantes et paysages**". Boogaerts, who has lived in Montreal since 1973, makes extensive use of photographic images in his work. On March 22 the Galerie d'art begins a new exhibition entitled "**A-Ventures**". This is a multi-disciplinary collection of current works by 17 Québec artists. Paintings, drawings, three-dimensional art and video art from Anglophone and Francophone artists, across several generations, have been brought together by Montreal art critic **Jean Tourangeau** for this show. "**A-Ventures**" will be on exhibition until April 22. It was presented last year at Montreal's Saidye Bronfman Centre.

★ In the Hall of the central pavillion until March 15 are five large murals by **Paulette Tourangeau**, whose drawings are rich in philosophical symbolism. Opening on March 22 (until May 1) are recent works by **François Sullivan** under the heading "**Cycle Crétois**". Largely completed during the artist's stay on the isle of Crete, the Cycle Crétois makes use of an archaic period of western civilization. A talk on the work of Sullivan will be given, in French, by **Claude Gosselin** on April 1 at 8 p.m. at the Centre Culturel. Mr. Gosselin is the director of the Centre international d'art contemporain de Montreal.

★ Meanwhile, in the foyer of the Salle Maurice O'Bready until March 18 are twelve black & white photographs by **Joyan Saunders**. This series is on loan from the Canadian Museum of Contemporary Photography in Toronto.

★ The one and only public showing of works by students of the Bishop's University Fine Arts Department will take place at Galerie d'Art Bishop's in Lennoxville from March 11 to 27. The exhibition, which is sure to include surprises, can be seen daily from 11 a.m. to 3 p.m. The showing originally scheduled for March, "**Montréal-Toronto: Juxtaposition**", has been moved to April—more on that next month.

★ At the Horace Gallery in Sherbrooke you can view a painting-sculpture exhibition by German-born artist **Hannelore Storm** entitled "**Chrysalides et monuments à mes amies**". It is on from March 6 to 29. Also at the gallery during this same period will be the work of Sherbrooke artist **Suzanne Fortin**. Her exhibit will be a spatial arrangement which you can actually walk into. The Horace Gallery is located at 906 King St. West and is open every afternoon from Wednesday to Sunday. It was founded in 1983 by R.A.C.E., the Regroupement des Artistes des Cantons de l'Est, a non-profit organisation devoted to promoting the visual arts in the Townships and to providing a place where current art by area artists may be displayed. The gallery also sponsors a monthly art lecture. This month's talk, in French, is by Stanstead artist **Hélène Gagné** entitled, "**La mythologie dans l'art actuel**". That is on March 11 at 8 p.m. Admission is free at all times.

★ Due to unforeseen transportation disruptions in France, the "Exposition Canada-Europe" originally scheduled for March and April at the Musée des beaux-arts de Sherbrooke has been postponed until the Fall. Instead, the museum will present a collection of illustrations brought together under the heading "**A hundred painters pay homage to Maria Chapdelaine**". The works are part of the private collection of Mr. Clément Fortin of Alma, Québec. The show will run from March 1 to April 17. The museum is located on Wellington St. North in downtown Sherbrooke and is open Sunday through Friday from 1 to 5 p.m.

ENDQUOTE: "Most people are constantly concerned about the approval of others. They hesitate to reveal what they can do because they lack an independence of judgement. They judge the value of what they do by what others say.

To overcome this block, learn to be your own critic. You created the work or idea. Do you like it? That is all that matters. Let the opinions of others fade into insignificance."

Frank Hajcak

Expanding Creative Imagination

Education

★ Nicaragua. The word conjures up hope in some, fear in others. Hope for the Nicaraguan people struggling to build a country from the ashes of the ruthless Somoza dictatorship. Fear for ideologists like Ronald Reagan who see in that struggle a threat to their well-ordered and comfortable life-style. Canadians seeking the truth must go and see for themselves. The National Film Board in Sherbrooke (311 King St. W.) will present the film "**With Our Own Hands**" on Tuesday, March 24, at 2 p.m. and 8 p.m. The half-hour film documents the expectations and discoveries experienced by sixteen Canadian farmers during their eight-week work brigade in Nicaragua. Also on the bill: "**Kasper**" and "**To Set Our House In Order**". Admission is free. Info: 565-4915.

★ Nicaragua is also the subject of an evening program sponsored by the Brome County Historical Society on Wednesday, March 11 at 7:30 p.m. "**Journey in Nicaragua**" will be a slide presentation with an eyewitness commentary by Peggy Donald.

★ Do you remember D.E.S., the synthetic estrogen prescribed to millions of pregnant women between 1941 and 1971 to prevent miscarriage? The drug was finally banned when it became evident that it caused reproductive and genital abnormalities, possible sterility and cancer among the daughters and sons of women who took it. Also put at risk was the long-term health of the mothers themselves. On Tuesday, March 10, the Lennoxville & District Women's Centre will present "**D.E.S.: An Uncertain Legacy**". The film studies the development, the marketing and the medical consequences of D.E.S. (diethylstilbestrol). Through Montrealer Harriet Simard, who together with her mother began the first D.E.S. Action Group in Canada, the film focuses on the tragic legacy of D.E.S. A discussion will follow. Animator for the evening, which begins at 7:30 p.m. at Lennoxville Elementary School, will be nurse-activist Dollena Warren-Giguère. This program is free and open to all men and women. More info: 564-6626.

★ If you are bilingual and interested in **Third World issues**, you will not want to miss the Sherbrooke visit by two women who are part of a Quebec tour sponsored by the Comité Québécois femmes et développement. On Tuesday evening, March 10, the women—from Columbia and Haiti—will give personal testimonies and participate in an exchange of ideas with those in attendance. The conference, in French, is sponsored by the Carrefour de Solidarité International. For information regarding exact time & place, phone C.S.I. at 566-8595.

Founded in 1973, the Carrefour de Solidarité International is an umbrella body encompassing 16 member organizations and community action groups. They include branches of Amnesty International, the Ligue des droits et libertés and the Catholic organization Development and Peace, as well as Afrique-Estrie, Comité estrien pour l'Amérique Centrale, and the Conseil estrien pour la paix, among others. Earlier this year, CSI initiated steps to form the first anti-apartheid coalition in the Eastern Townships.

Third World development through international cooperation is a high priority at CSI. In order to promote greater global awareness in the Townships, CSI provides opportunities for intercultural exchange, educational resources, aid to immigrants, media campaigns, etc. The agency's slogan "People here and there in solidarity" aptly sums up what it is all about. Although now comprised mostly of Francophones and Third World immigrants, the Carrefour is actively seeking more Anglophone involvement. A fund-raising drive is currently underway. CSI is located at 555 Short St. in Sherbrooke.

★ Food can be an excellent way to promote intercultural awareness, n'est-ce pas? For almost a decade the Bishop's University-Champlain College International Students Association has been organising an annual **International Supper** to promote different cultures. This year's delectable event will take place on Sunday, March 29, at the Dewhurst Dining Hall on campus beginning at 8 p.m. The format for the evening will be designed to encourage people-to-people exchange of ideas and information. Display tables, slides and abundant conversation will whet many appetites for the coup de grace, a buffet-style feast with dishes from various countries including the Caribbean, Venezuela, China, Egypt, Iran and the Soviet Union. Your meal ticket is your passport for this delightful odyssey. Tickets (\$12) will be on sale at several points in the Lennoxville-Sherbrooke area. Info: 569-9551, ask for Marjorie Knight, the I.S.A. liaison.

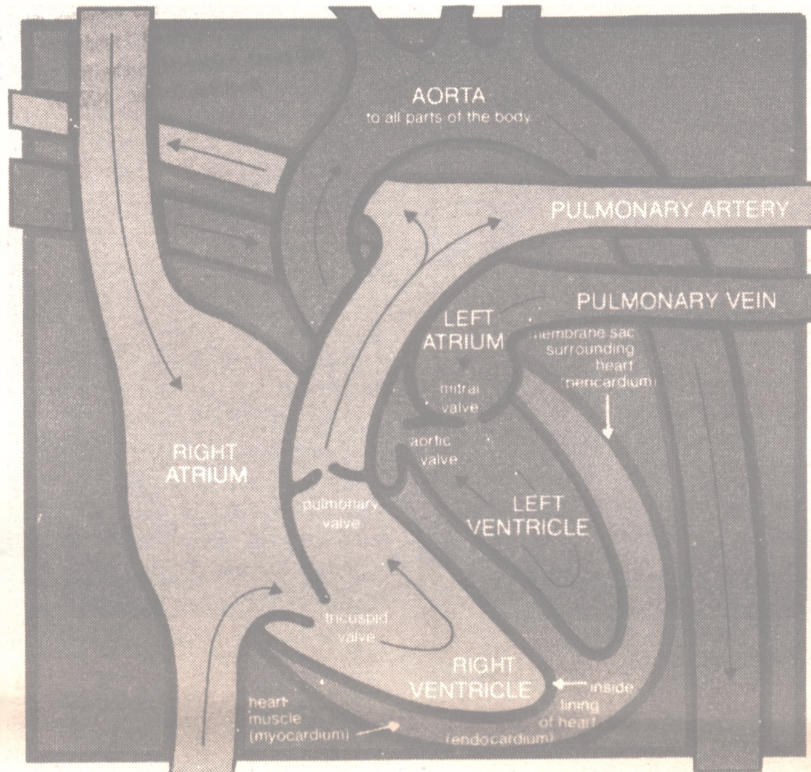
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Information for this column may be sent to **What's Going On**, The Townships Sun, Box 28, 1 Church St., Lennoxville, Que. J1M 1Z3

A Great Many Things You Wanted to Know About Heart Disease

Right Heart receives blood from the body and pumps it through the pulmonary artery to the lungs where it picks up fresh oxygen



Left Heart receives oxygen-full blood from the lungs and pumps it through the aorta to the body.

but Were Afraid to Ask.

by Dr. D. Echenberg

The commonest form of heart disease is coronary artery disease. This is also the most frequent cause of death in our society, responsible for 35 to 40 percent of all deaths in North America: in the USA alone one million people died of cardiovascular disease in 1984. Half of these deaths occurred outside the hospital, usually within the first two hours after the onset of symptoms. On a more optimistic note, mortality from coronary artery disease declined 39 percent between 1964 and 1984, due to improved treatment and better control of risk factors. With current knowledge of such factors, diagnostic tests, and developing treatment procedures, the outlook is even brighter for the coming years. With this in mind, I want to discuss the manifestations of coronary artery disease (C.A.D.), the tests used to diagnose it, and its prevention and treatment.

C.A.D. is a narrowing of

the coronary arteries; those arteries which supply blood (and therefore oxygen and nutrients) to the heart muscle. The function of the heart, as you probably know is to supply blood to all body organs, including itself via the coronary arteries. When the heart is sick, the whole organism is potentially affected.

By far the most common cause of C.A.D. is atherosclerosis, a thickening and hardening of the walls of the large arteries. This, of course, can affect arteries anywhere in the body, not only the coronary arteries. There is a build-up of fatty deposits in the artery walls, and these fatty streaks are then complicated by calcium deposits and blood clots, which gradually or sometimes suddenly block more and more of the artery. This process begins in extreme youth, long before the symptoms appear. Autopsies done on soldiers killed in the Korean and Vietnam wars revealed the presence of significant C.A.D.

in men whose average age was 22 years.

Manifestations of Coronary Artery Disease

There are three manifestations of C.A.D. The first is **angina pectoris**, caused by an inadequate supply of blood to the heart muscle. This is a transient condition that occurs when the heart muscle increases its workload (as in the case of increased physical or emotional stress). The coronary arteries may be able to supply the resting heart with enough blood, but the increased blood flow required under stress cannot be adequately supplied by the narrowed coronary arteries. The result is chest pain, which can take the form of a heaviness, squeezing, pressure, or smothering or choking sensation. This is often brought on by exertion and relieved by rest. It is important to realize, however, that not all chest pain is due to angina. There are many other

structures in the chest (skin, skeletal muscles, bones, joints, lungs, etc.), each of which can cause chest pain if diseased. Chest pain can be due to a minor problem such as arthritis of the ribcage joints or a much more serious problem such as a heart attack, pneumonia or blood clot in the lung. A person who experiences chest pain whose origin is not clear should consult his physician.

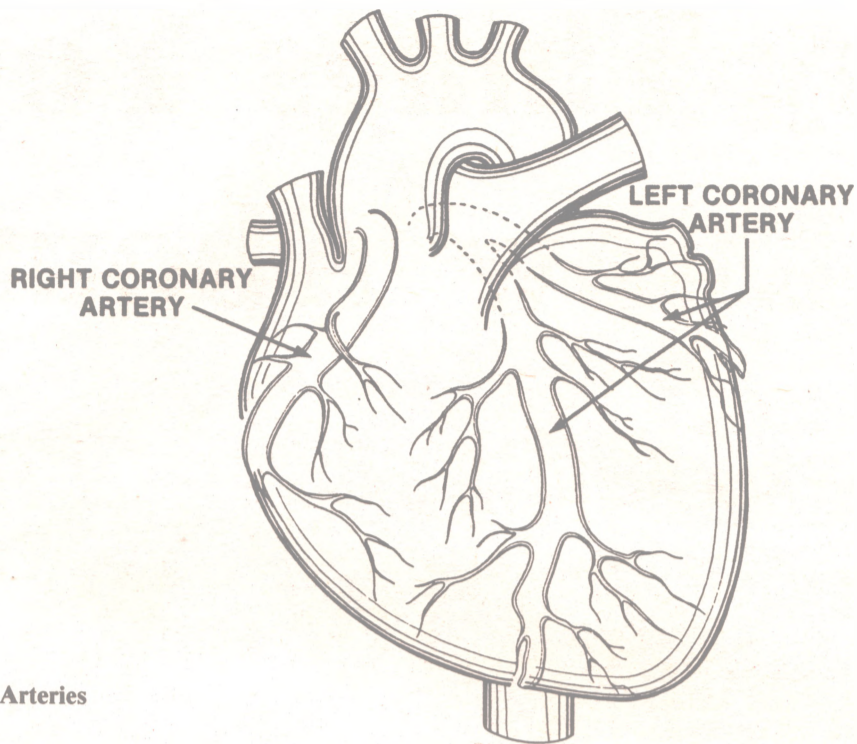
The second manifestation of C.A.D. is a **myocardial infarction**, commonly known as a heart attack. The mechanism is the same as in angina except that the blood supply to the heart is so severely impeded that a certain region of the heart muscle goes without blood for several hours and dies. The result is prolonged chest pain, more severe than angina pectoris. With the passage of two to three months, the rest of the heart strengthens and partially compensates for the region that has died, but the heart never fully re-

gains its former strength after a heart attack. Anyone who feels that he is experiencing such an attack should go to the nearest hospital immediately.

The third manifestation of C.A.D. is **sudden death**, which is defined as death occurring within one hour of the onset of symptoms in a subject with or without pre-existing heart disease. The most common cause is probably a myocardial infarction associated with an arrhythmia (disturbance of the heartbeat so that it is much too fast or too slow). Much work is being done in North America to lower the incidence of this problem. One of the solutions is more widespread knowledge of cardio-pulmonary resuscitation amongst the population at large.

Diagnostic Tests

As in all areas of medicine, the most powerful tools in diagnosing heart disease are the medical history and the



Coronary Arteries

physical examination. Following this, the electrocardiogram (ECG) is essential, but its indications can appear normal in 50 percent of patients with angina who have not had a previous heart attack.

The second test of importance is the stress test, in which the patient is asked to walk on

a moving carpet while his ECG and blood pressure are being continuously monitored. The speed of the carpet is gradually increased. By increasing the work load of the heart, we increase the chances of reproducing the patient's chest pain, at the same time documenting ECG changes which

may confirm the diagnosis of angina so that proper treatment can begin. Unfortunately this test is not infallible and has a 15 percent false positive rate (positive in a normal patient) and 15 percent false negative rate (negative in a patient with C.A.D.). In cases where this is suspected, we

repeat the stress test with thallium (a radio isotope which is injected into a vein just after the stress test so that pictures of the heart can be taken right after exercise and four hours later) or go on to order a cardiac catheterization with coronary angiography to confirm or rule out the presence of C.A.D.

In this examination a cardiac catheter is inserted into the femoral artery in the patient's groin and passed up through the aorta into the heart. Dye is then injected into the major coronary arteries so that they can be visualized by X-rays. This test is ordered if the diagnosis is in doubt or if the process is considered to be severe as in a case where surgery might be necessary for optimal treatment.

Risk Factors and Prevention

A number of conditions and habits have been found to occur more frequently in patients with C.A.D. (and atherosclerosis in general) than in the general population. These are termed risk factors. The patient with at least one risk factor is more likely to

develop atherosclerosis. The risk accelerates with the number of risk factors present. The four major such factors are smoking, hyperlipidemia (elevated cholesterol or triglyceride level in the blood), hypertension (high blood pressure), and diabetes mellitus. In my opinion, the identification and reduction of these risk factors is the most important aspect in reducing the incidence of C.A.D. "An ounce of protection is worth a pound of cure." These risk factors and their treatment are as follows:

Cigarette smoking is associated with a 70 percent increase in death rate and a three to five fold increase in the risk of C.A.D. in men who smoke one pack a day. The risk is somewhat lower in women. However, women who smoke and take the birth control pill over the age of 35 have a markedly increased risk of C.A.D. The risk of sudden death is also markedly increased in cigarette smokers. The risk of C.A.D. is also enlarged in pipe and cigar smokers but to a lesser extent.

continued next page.....



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continued

There has never been any scientific evidence proving that smoking cigarettes low in nicotine content is safer than smoking ordinary cigarettes. In fact, studies have shown that smokers involuntarily increase their intake of smoke from each cigarette to compensate for the lower nicotine yield, so that their total intake remains the same. A study published in the *New England Journal of Medicine* in 1986 showed that smokers who try to cut down the number of cigarettes they smoke also inhale more smoke from each cigarette to maintain the nicotine levels in their blood. It is probably better to quit smoking suddenly than to try to cut down gradually.

Fortunately the risk of C.A.D. due to smoking declines rapidly and may reach the level of the non-smoker as early as one year after abstinence. This is not true for the risk of lung cancer, however, which declines much more slowly.

Hyperlipidemia. The two major lipids in the blood are cholesterol and triglycerides. Cholesterol plays a more important role in the development of C.A.D. The risk of C.A.D. increases with a cholesterol level over 220 mg per cent, especially under the age of 50. Interestingly, the importance of cholesterol declines with age, and there is no evidence that it still functions as a risk factor over age 65.

The major causes of hyperlipidemia are heredity and improper diet. Certain diseases (such as thyroid disease) and some medication can also have a deleterious effect on the lipid levels in the blood.

The identification of this risk factor requires a simple blood test for cholesterol and triglyceride levels while fasting. This test should be done at a fairly early age (in the 20's or 30's) for anyone who is potentially at risk for the development of C.A.D. because of a positive family history, the presence of other risk factors, or obesity. In fact, a case can be made for measuring these levels in almost anyone who desires it. Screening for hyperlipidemia after a heart attack, however, is probably several decades too late.

There is one form of cholesterol called HDL cholesterol, which functions as an "anti-risk factor" and actually protects us from C.A.D., probably by transporting cholesterol away from the arterial wall.

This makes up about 20 percent of the total cholesterol and it can be measured in the blood. Cigarette smoking decreases and regular exercise increases the HDL cholesterol level.

The treatment for hyperlipidemia is a change in diet. If the subject is obese, his or her weight should be decreased to the ideal body weight calculated on the basis of height and body build. Total cholesterol intake should be reduced to 300 mg per day or less. (This is the amount of cholesterol in one egg yolk). No more than 30 percent of one's total calories should be taken as fat, with a decrease intake of saturated fat (as in butter) and increased intake of polyunsaturated fat (as in margarine). In fact, the American Heart Association recommends such a diet for the population at large. Patients with more severe hyperlipidemia should follow an even stricter diet. If even this is not effective, there are many drugs available which can lower elevated lipid levels.

Hypertension is a risk factor for heart disease and stroke and this risk increases with increasing blood pressure (BP) at any age. This risk can also be decreased by treatment. Everyone should have his or her BP measured at least every one or two years during a routine physical examination. Those with a tendency to hypertension or those who are already under treatment should have this done much more often.

The BP reading is made up of two figures: the systolic BP (upper figure) and the diastolic BP. For example; 120/80 is considered to be the "normal" BP but even lower BP's can be found in many normal people. This in no way indicates disease (except in certain rare cases). Hypertension is diagnosed when the diastolic BP is consistently over 90. In the presence of a normal diastolic pressure, a systolic pressure over 160 represents systolic hypertension.

The decision to treat hypertension is based on many factors, including age, the presence of other risk factors, and the actual BP level. The treatment consists of dietary changes (weight reduction, decreased alcohol intake, lowered salt intake), reduction of stress, and increased physical exercise. If this fails, then medication is needed.

Diabetes mellitus (elevated blood sugar due to insufficient insulin produced by the

pancreas or due to the failure of the body to respond adequately to the insulin that is produced) is a fourth risk factor. There are two major types of diabetes. Type I diabetes usually occurs at a young age, is associated with insufficient insulin, and requires a strict diet and lifelong insulin injections. Type II diabetes occurs in older people is often associated with obesity and is often due to insulin resistance (the muscle and fat cells cannot properly use the insulin, which is often present in above-normal quantities). Type II diabetes is much more common and can be treated with diet to reduce body weight, with pills to reduce blood sugar or as a last resort with insulin. Often weight reduction alone will restore the body's responsiveness to insulin and control the diabetes.

Other risk factors for C.A.D. can be categorized as reversible or irreversible. The four factors mentioned already are at least partly reversible. Other reversible risk factors include obesity (especially the abdominal type with increased waist/hip circumference ratio) emotional stress and/or personality type, and physical inactivity. The irreversible risk factors include ageing, male sex, and genetic factors.

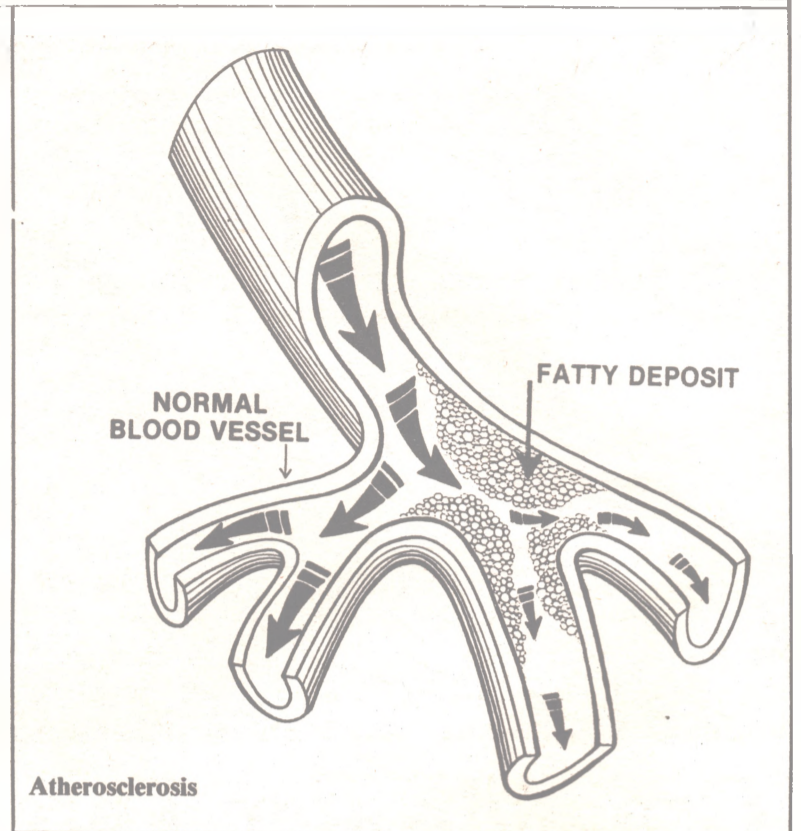
Treatment

Prevention. I believe that prevention is the best form of treatment and have tried to emphasize this in this article. However, once a patient has C.A.D., there are numerous treatment options. In fact, the improvement in therapy has been amazing even in the seven years since I finished my residency training in internal medicine. There are three forms of treatment.

Medication. This is the mainstay of treatment for C.A.D. Three classes of medication are used: the nitrates, the beta-blockers, and the calcium antagonists.

The nitrates dilate the coronary arteries to allow more blood to reach the heart muscle. They also relax the heart muscle and decrease its workload. They can be taken to relieve an attack of angina. (Nitroglycerin for example, can be placed under the tongue and works within five to ten minutes) or taken in a longer acting form three or four times a day to prevent angina. The side-effects are lowered BP, flushing, and headache. This usually improves within a few days.

The beta-blockers relax the



Atherosclerosis

heart muscle, slow the pulse, and lower the BP. They cannot be used in asthmatic patients or in patients with very weak hearts (e.g. due to a previous heart attack).

The calcium antagonists (the newest class of drugs for C.A.D.) dilate the coronary arteries and relax the heart. They are very useful for patients who cannot tolerate the beta-blockers.

Within each of these classes of drugs, there are many individual agents with different properties. Often the side-effects of one drug can be counter balanced by a second drug from a different class. Thus therapy can be tailored to the individual patient.

Coronary Artery Bypass Graft. A section of a vein (usually the suphenous vein in the leg) is used to form a connection between the aorta and the obstructed coronary artery, thus bypassing (or allowing blood to flow beyond) the obstruction. This is an extremely effective treatment for angina in that it improves or abolishes symptoms in 85 percent of cases. The incidence of mortality due to C.A.D. is reduced in certain severe cases where all three major coronary arteries are blocked. This operation, however, does not in itself represent a true cure, since, if afterwards the risk factors are inadequately controlled, atherosclerosis can develop in the vein graft within ten years.

Coronary Angioplasty. In this newer technique, a balloon catheter is passed over a flexible guidewire into the obstructed coronary artery via the femoral artery in the groin.

The balloon is repeatedly inflated until the obstruction is relieved. This technique is less invasive and less expensive than bypass surgery and requires only three days in hospital. It also allows an earlier return to work. The obstruction can recur but the procedure can then be repeated with an increased success rate. Not all patients are candidates for this procedure though, and the more severe cases still require bypass surgery.

And So...

I have tried to cover some basic concepts in the understanding of C.A.D. In my opinion, the solution to the problem will come mainly from prevention: widespread adoption of a low-cholesterol diet, curtailed smoking, and the identification and treatment of hypertension and diabetes.

If you have further questions, if you feel you might be affected by C.A.D., or if you would like to find out what your own risk factors are and how to reduce them, you should see your physician. □

Dr. Donald Echenberg, C.S.P.Q.—F.R.C.P.C. is a Doctor of internal medicine living and practising in Sherbrooke.

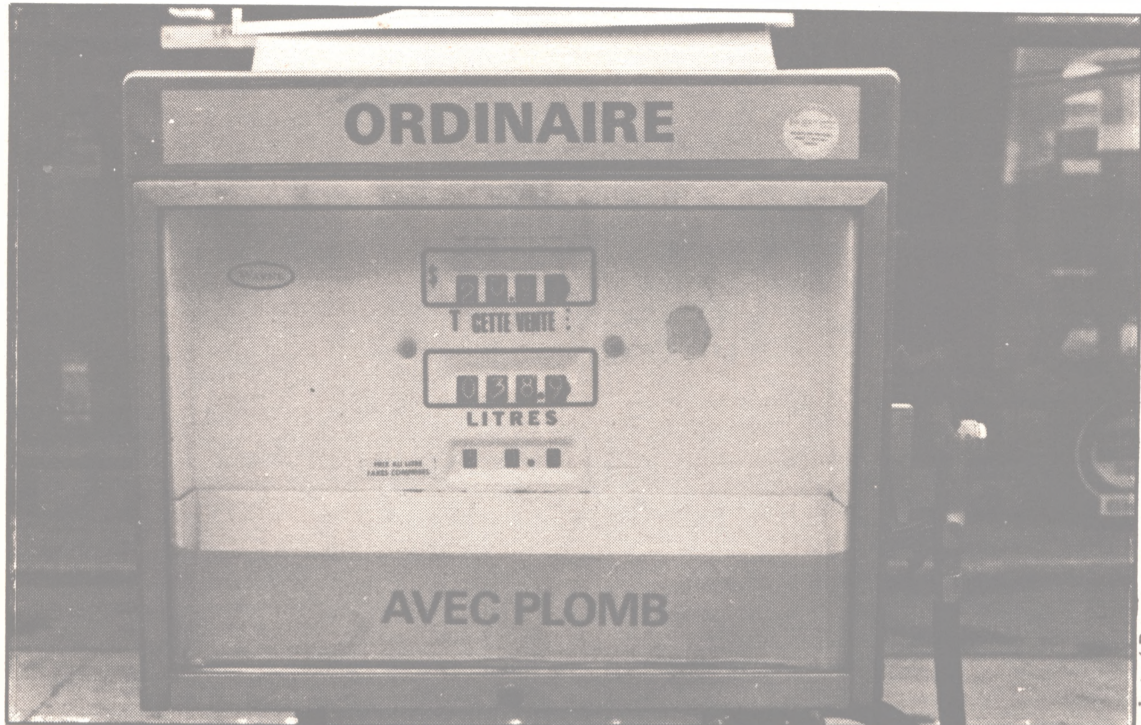


photo / Boyer

Groundwater Threatened by Leaking Underground Tanks

by Infoetox Magazine

Gasoline leaking from rusted or punctured underground tanks can lead to substantial groundwater contamination. The U.S. E.P.A. estimates that one gallon of gasoline a day

Leaking underground storage tanks (LUST) are increasingly being recognized as a major environmental problem. Underground explosions in Neepawa, Manitoba; Timmins, Ontario; and St. John, New Brunswick; in 1984 and 1986 were caused by leaking underground gasoline tanks. Benzene found in wells in Caledon Ontario, in 1985 is suspected to have come from underground storage tanks. Numerous examples of drinking water contaminated by leaking gasoline tanks can be found all across Canada.

The U.S. Environmental Protection Agency estimates that 35 percent of underground gasoline storage tanks are now leaking and that 75 percent of those tanks now in the ground will be leaking within the next decade unless remedial action is taken. There are approximately 200,000 underground storage tanks in Canada; one can expect that the leakage rates here are similar to those cited for the U.S. About half of these are below operating or abandoned gasoline stations, the others belong to farmers, trucking companies, and other businesses as well as governments.

leaking into an underground water supply can cause significant pollution in the water supplies of a community of 50,000 people. The hazardous chemicals commonly contained in gasoline include benzene (a proven human carcinogen), toluene, ethylene dibromide, xylene, ethylene dichloride, tetraethyllead and ethylbenzene.

In addition to groundwater contamination, leaking tanks can damage sewer lines and buried cables, poison crops and lead to fires and explosions.

Regulation of these tanks in Canada is generally seen as too limited to adequately address the serious nature of these problems. In June, Environment Canada announced a two-year pilot project on underground gasoline storage tanks. The \$135,000 project is intended to evaluate methods for identifying leaking tanks, develop standards for underground storage tanks and develop inventory and control mechanisms.

The oil industry has also undertaken some activities through PACE, an industry environmental association to which most of the big oil companies belong. They are producing information for tank owners, developing methods to test for leaks and clean them up, and promoting preventative measures.

Finally, attention is being turned to addressing the problems caused by gasoline in underground storage tanks. But the problems caused by industrial chemicals stored in underground tanks is still largely being ignored. Communities rarely realize that underground industrial storage tanks exist in their communities; abandoned ones are often unknown even to government officials.

Two Canadian environmental organizations have recently released reports on underground gasoline storage tanks: **Petroleum on Tap—The Legacy of Leaking Underground Storage Tanks** by Jane Edgett, 1985, 45 pages, \$8. Available from Conservation Council of New Brunswick, 180 St. John Street, Fredericton, N.B. E3B 4A9. **Underground Storage Tanks: A Legal Review** by Donna Tingley, 1985, \$25. Available from Environmental Law Centre, 202, 10110-124 Street, Edmonton, Alberta T5N 1P6. □

This article is courtesy of Infoetox Magazine Dec. 1986 issue published in Ottawa by Friends of the Earth. If this article interested you, why not subscribe. Write to Friends of the Earth, 53 Queen St., Suite 16, Ottawa, Ontario. K1P 5C5. The cost is \$10.00 for 4 issues.

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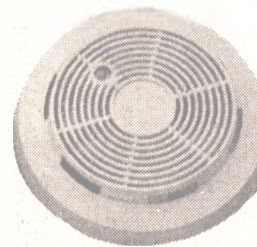
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A Mess of What...?

Pease

Kelp

Albacore

by Linda H. Gabris

Have you ever taken time out from eating a luscious bowl of creamy **tapioca** pudding to wonder where the transparent little gelatinous-like balls of tapioca come from? Do they grow on tapioca trees in Tahiti as my daughter, Ava, declared during dinner last night? Or are they pearly seeds from the pods of tapioca plants? My son, Sam, the aspiring scientist observed that tapioca was of semblance to the roe of the female tarpon fish! Lolly, the youngest member of our family stated that, "'pioca is pease porridge 'cause you can eat it hot or cold...'"

Although my family has dossed-upon tapioca countless times, none of us were sure of its origin until last night when we summoned our faithful old Funk and Wagnall to the dinner table to settle a family squabble. According to the tattered dictionary, "tapioca is a nutritious starchy substance having irregular grains, obtained by drying cassava starch. Cassava starch is made



KH

out of the roots of the tropical American cassava shrub..."

The interesting tidbit had whetted our appetites for a good, home-made round of 'Trivial Pursuit'—food category. We eagerly armed ourselves with encyclopedia, dictionary and cook books.

"What is **pease porridge**?", asked the devoted little Mother Goose fan, "you know the rhyme about some like it hot, some like it cold, some like it in the pot, nine days old. If it is not 'pioca, then what is it?"

We jotted down our answers then set forth to determine who had guessed closest to the correct answer.

Pease, we learned, is the alternate plural of pea. Investigating further we found that pease porridge was a common food among the early settlers. Pease porridge was made by boiling peas down to a pulp. This pulp or porridge saved very well so it was usually eaten hot when it was fresh and served cold second, third and ninth time around!

"What are **codlins**?", Lolly asked curiously, reciting another Mother Goose classic, "now this little woman, her living got, by selling codlins, hot, hot, hot..."

We sniffed out two definitions of codlins. We figured that if the ambitious little woman lived by the sea then she was no doubt selling codlins number one—small hot fish-cakes made out of minced cod. But if the woman was a farmer or lived inland she was probably selling codlins number two—small, sour-apple dumplings flavoured with cinnamon. Since the rhyme does not tell us much about the woman, we could only guess as to what

kind of codlins she sold for her living! In any case, Ava scored a point with her answer of battered baby cods.

"What about **Miss Muffet**?", Lolly questioned, "what are **curds and whey**?". It was startling how many times we had read those familiar poems at bedtime without ever questioning their alien ingredients! And what on earth is a tuffet?

Curds are the coagulated portion of milk and whey is the clear, watery part left over after the curds separate so Miss Muffet was eating a crude version of cottage cheese. My husband, Sam senior, who dates back to the curds and whey era scored on that one! A tuffet, well...we could not find a clue as to what it was that she sat on!

Our excitement brewed as we hunted questions and searched for answers.

"What is **tripe**?", I asked with a snicker as I thumbed through the pages of a seldom used cook book. I knew that my family had never sampled it in my kitchen! "What are **sweetbreads**. And what are **hominy grits**?"

None of my family knew that tripe was the lining of the stomach of beef. Plain tripe is the outside stomach while the preferred variety which is honeycomb tripe comes from the lining of the animal's second stomach. Sweetbreads, I was surprised to learn, are the thymus gland of young beef. As the animal matures this gland disappears so sweetbreads of an older animal are really the pancreas gland. Hominy grits, a little more appetizing than stomach lining and thymus glands, is kernals of dried, hulled white corn.

"**Kelp**?" "**Kohlrabi**?" "**Kale**?" "**Kipper**?" "**Caper**?". We sang in turn.

Our answers made a hodge-podge out of these items! Kelp, we discovered, is a course brown algae. We also learned that iodine (our families favourite antiseptic) is made out of the ashes of kelp. Kohlrabi is a variety of cabbage which has a turnip shaped stem, whereas Kale is a headless cabbage. A kipper is a fish which has been cured by kippering. Kipper-ing means that a fish, usually salmon or herring, is split, salted, dried or smoked. Capers are the pickled flower bud of the caper shrub which grows in Mediterranean countries. Those little green pellets that garnish so many dishes are capers.

"**Alewife**?" "**Aioli**?" "**Annatto**?" "**Angelica**?" We fired at one another.

Alewife is a boney, fat-bellied fish of the herring family. Aioli is a French mayonnaise-type of sauce which is strongly flavoured with garlic. Annatto is a vegetable dye which is used to give cheese, especially cheddar, its colour. It is also used to colour butter and margarine. An angelica is an aromatic herb which means 'heavenly' in Latin. It was once used to ward off witches and evil spirits. In England it was used as an antidote for the plague.

"What's a **trepang**?", Sam fished from the inner depths of a Chinese cook book. We all frowned as he explained that trepang is the dried flesh of a worm-like sea animal belonging to the sea cucumber family. In China these wormy creatures are used to make soup!

continued next page.....



courtesy Science Dimension

Canola is an oil seed, closely related to mustard. It is a common crop in Western Canada.

"What are scallops?"
 "Shallots?" "Scallions?"
 "Truffles?" "Dulse?"

Scallops, shallots and scallions were all familiar items to us but defining them was confusing! Scallops is a mollusk which has a rounded shell. Shallots are an onion-like vegetable similar to garlic but having a milder flavour. Scallions are young, tender onions with tiny white bulbs. Truffles is a fungi which grows underground. Specially trained dogs are used to sniff out these delectable mushrooms. Dulse is another seaweed which is reddish brown and eaten as a vegetable.

"What is albacore?", Sam senior asked. "And how about Abalone?" I knew that albacore was a fish but I had no idea that it belonged to the tuna family and that the very finest canned tuna, the lovely white, solid-packed tuna is albacore! Abalone is a delicate flavoured shellfish. The ear-shaped shell of the abalone is lined with mother-of-pearl and is used in jewelry and button making.

"What's a prune?", Sam asked, drawing-up a horrible face at his older sister, Ava.

"It's a dried-up plum!", she shot back, "you wouldn't have a clue as to where 'dates' come from though, would you?"

"They come off those four dollar bricks that mom buys at the delicatessen, you dunce..."

"What's a quava?", I intervened. "And what fruit is used to flavour grenadine?"

My husband knew that a guava was a fruit but since he had not actually eaten one he could not describe its taste. We learned that it grows on a shrub of the myrtle family and that it is small and pear-shaped. We were all surprised to learn that pomegranates are

used to flavour grenadine.

"What is pemmican pie?", Ava asked paging through a pioneer handbook. Lolly, wide-eyed and worried, exclaimed that what-ever-it-was people shouldn't dare eat those cute, friendly birds with the webbed-feet and flapper-like wings...

Actually, pemmican is made out of pounded strips of lean venison which has been thoroughly dried then mixed to a paste with fat and wild berries. It saved very well and the pie was made out of pemmican and whatever vegetables that were on hand or in season.

Our game had just about wound down to a halt when Sam senior sent us soaring on another pursuit. "Hey, you guys!", he quizzed with a puzzled look as he poured some cooking oil into the popping corn kettle. "What in thearnation is this here canola oil derived from?". The label read, "100% canola oil".

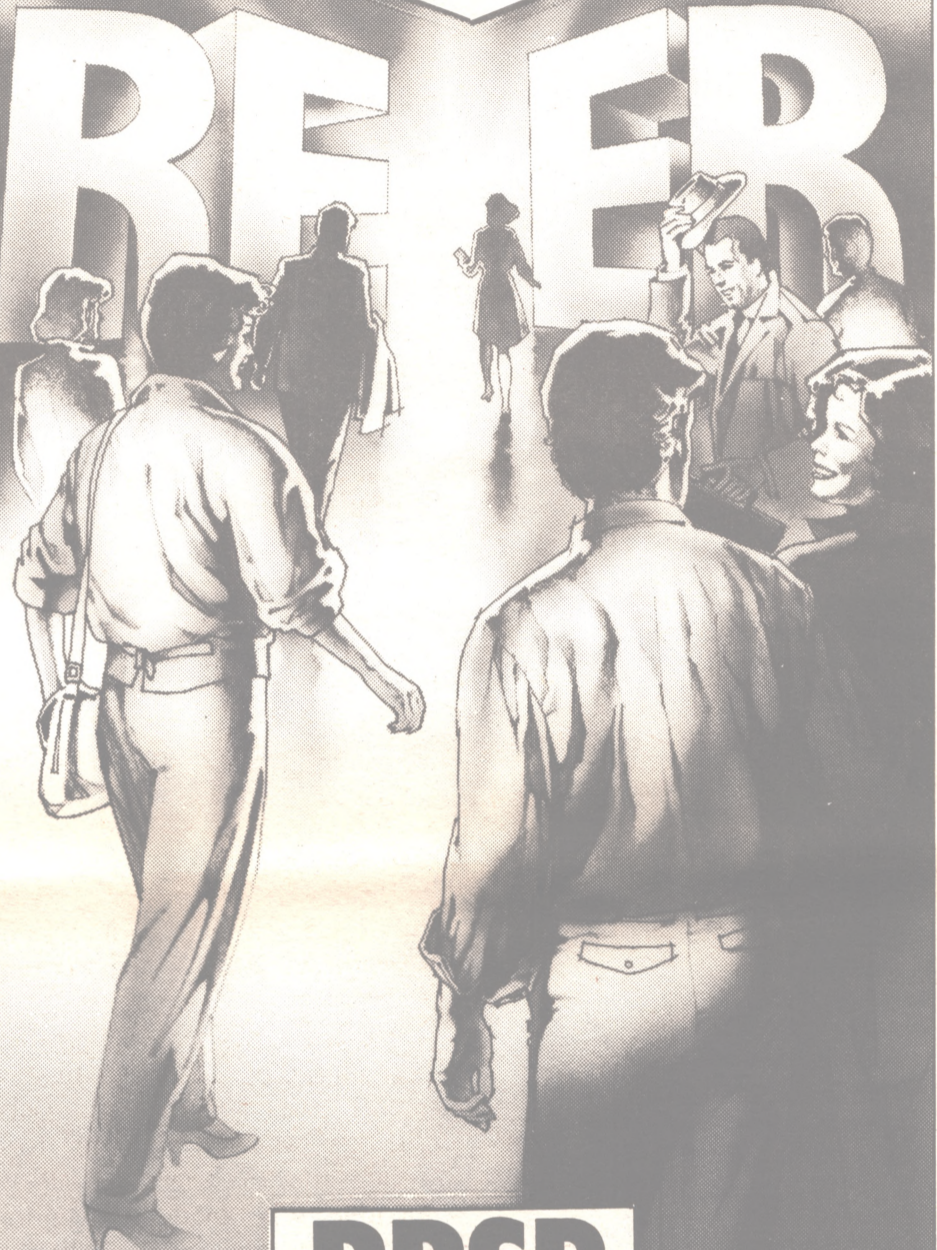
We searched through our encyclopedia sets but we could not find any mention of a plant, animal or mineral even mildly related in name to canola...

At the time of the writing of this article we still had not a clue as to what canola oil is made from! □

Linda H. Gabris is a regular contributor and supporter of The Townships Sun living in Prince George, British Columbia.

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Earthly Pleasures

Homemade Bread

by Marge Heggison

This month I would like to talk about homemade bread. If you have not tried it, you really should. It is very satisfying. And so good...

The prospect of making a yeast bread may frighten you, it need not. There are several basic techniques to making good bread, but they can easily be mastered. Armed with the following information you may proceed.

The first thing you need to know is that flours differ greatly from one another. Therefore, it is impossible to give an exact measure of flour needed in any bread recipe. You will quickly recognize a good dough by feel and sight. With sufficient kneading it will become smooth and supple and very elastic.

Secondly, yeast is a living organism. It comes in two forms: dry and compressed. Dry yeast is most readily available and has a longer shelf life than compressed [or cake] yeast. Compressed yeast can be bought in one-pound blocks from commercial bakeries. Many people believe it has a nicer flavour than dry yeast. Since it will only keep for 10 days-2 weeks, I recommend cutting it into recipe-size pieces, wrapping each in plastic, and storing it in the freezer. This will extend its life to about 3-6 months.

To activate the yeast requires a combination of air, food and moisture. The yeast is crumbled in a glass or cup; add about 1/2c liquid at about 80-95°F. [Dry yeast can tolerate higher temperatures 100-115°F]. A small amount of sweetener is added [sugar, honey, molasses]. Then stir and let stand. In 5-10 min. the mixture will start to bubble and rise. Too much heat will kill yeast; too cold and the yeast will slow down. There is some flexibility; yeast becomes active at 78°F and is killed at 140°F.

Primarily, the purpose of the liquid is to moisten the dough and then to develop the gluten. Remember to have all ingredients at room temperature.

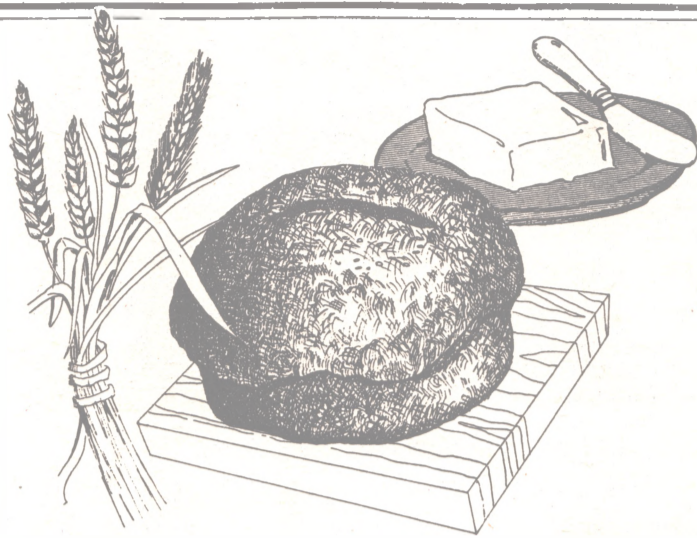
When the yeast is dissolved and combined with flour, liquid, and other ingredients, attaining the right consistency is the next consideration.

When the dough is too stiff to stir with a spoon, a little more flour can be added to the bowl and worked in with the hand. The dough is then ready for kneading.

To knead the dough, spread at least 1/2c flour on the counter or breadboard and turn the dough out onto it. Sprinkle more flour over the dough and some on your hands; then begin kneading. The dough will be sticky at first and will need constant dredging in flour. Press down on it with the heels of your hands and fold it over; press down again, pushing away a little, and then fold over from the other side, and repeat. This is the basic kneading movement and you will soon find the variation which suits you best. The amount of flour to be added depends on the individual bread dough. Add flour as long as the dough continues to be sticky. Use enough flour to keep the dough from sticking and work the dough until it is absolutely smooth, elastic, and does not stick with light handling. [This may take 10-15 min. kneading develops the gluten in the flour and gives the bread lightness and texture].

Place the dough in a greased bowl, turn it to grease the top, and let it rise until double in bulk. [Cover the bowl with a towel and leave in a warm place to rise]. After the dough has risen, punch it down and shape it into a loaf. Press out the dough into an oblong and roll it tightly, pinching the seam to seal. Pat into the right size and place in greased loaf pans, seam side down. Let the loaves rise again until almost doubled. [The bread will rise still more as it bakes]. Bake in a preheated oven until the loaves are deep golden brown.

These are some of my favourite bread recipes:



ANADAMA BREAD

1/2c cornmeal
2c boiling water
1/2c molasses
6c flour [approx.]
1 tsp. salt
1 TBsp dry yeast
1/2c warm water
2 TBsp butter or shortening

Stir cornmeal slowly into boiling water and mix well. Add butter, molasses, and salt and cool to lukewarm. Dissolve yeast in warm water and add to cornmeal mixture. Add flour and knead. Let dough rise (about 1 hour). Punch down and shape into 2 loaves. Let rise again (45 min.-1 hour) and bake at 350°F for 1 hour. □

HONEY WHEAT BREAD

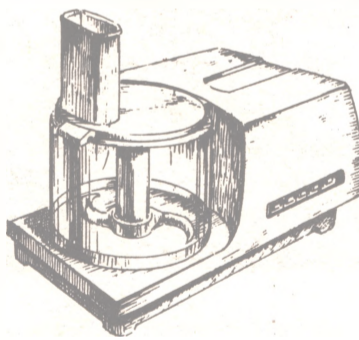
2c milk, scalded
1 TBsp salt
1/2c honey
3 TBsp oil
2 TBsp yeast
1 / 3c lukewarm water
3 1/2c flour
1c whole wheat flour
1/2c wheat germ
1/4c soy flour [optional]

Place milk in a large bowl. Add salt, honey and oil. Mix well and let cool to lukewarm. Dissolve the yeast in warm water with 1 tsp. honey. Set aside for 10 min. Add yeast mixture to cooled milk mixture. Beat in 3c flour and beat until smooth. Add wheat germ, soy flour, and enough of the remaining flour to make a dough that can be kneaded. Knead until smooth and elastic. Place the dough in an oiled bowl to rise, about 1 hour. Punch down, cover and let rise again, about 45 min. Punch down and divide in two. Shape into 2 loaves and place in greased pans (8X4 1/2X2 1/2"). Let rise about 45 min. Bake in preheated 375°F oven for 45 min. Brush tops with butter, oil or heavy cream for a soft top. □

FOOD PROCESSOR BREAD

1 TBsp yeast
1 / 3c water
2 tsp sugar
4c flour
3 TBsp butter, cut into pieces
1 1/2 tsp. salt
1 1/4c ice water

Dissolve yeast in warm water with sugar. Let double. Insert dough blade in food processor. Add flour, butter and salt and process 20 seconds. Remove cover and add yeast mixture. With machine running, pour ice water through feed tube in a steady stream. Continue processing until dough begins to form a ball. Add more flour if necessary, then let machine run for 45-60 seconds to knead dough. Remove dough from bowl, place in oiled bowl and let rise about 1-1 1/2 hours. Punch down and shape into 2 loaves. (You may add 1c cooked cereal at this point. Use lots of flour to knead it in.) Let rise in pans about 1 hour. Bake at 375°F for 35 min. (This recipe makes 2 small loaves or 1 french loaf or 9 1/2X5" loaf). □



OATMEAL MOLASSES BREAD

1 1/2c boiling water
1c rolled oats
3 / 4c molasses
3 TBsp butter
2 tsp. salt
1 TBsp yeast
2c lukewarm water
8c flour

Pour the boiling water over

the oats. Add butter and let stand 30 min. Add molasses and salt. Dissolve the yeast in the warm water and add to the oat mixture.

Work in enough of the flour to make a medium-soft dough. Knead about 10 min. Place the dough in a greased bowl, turn to grease top, cover and let rise about 1 hour. Punch down and shape into 3 loaves (8X4 1/2"). Cover and let rise about 45 min. Bake at 350°F for 40-50 min. □



SWEDISH RYE BREAD

2 TBsp yeast
1c warm water
2 / 3c hot water
2 TBsp butter
1 / 3c molasses
cornmeal
1 1/2 TBsp salt
1 TBsp caraway seeds
1 TBsp anise seeds
1 TBsp dried orange peel or
2-3 TBsp fresh orange peel

Dissolve the yeast in the warm water. In a large bowl, melt the butter in the hot water and add the other ingredients, and finally the yeast mixture. Sift together:

2 1/2c rye flour
1c whole wheat flour
2 1/2c flour (gluten or white)

Add most of the flour to the liquid, stirring it well to make a stiff dough. Knead the dough until smooth and elastic. Place in a greased bowl, cover and let rise until double, 1 1/2-2 hours. Punch down. Form into 2 loaves, place on a baking sheet which you have greased and dusted with cornmeal. Let rise again until almost double. Bake at 350°F for about 45-50 min. □

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East Angus—A Paper Mill and a Town

A Glimpse into the Past



View of the pulp and saw mills of the Royal Paper Mills, around 1896.

by Gladys Mackey Beattie

historic photos courtesy of D. Sarrasin.

The history of East Angus is the history of a paper mill. In March 1882 Wm. Angus, past president of the Canada Paper Company of Windsor Mills, purchased a densely forested tract of land in Westbury Township, in southern Quebec. The land was located on both sides of the St. Francis River, and included the rights and the use of the river for waterpower.

In that same year land clearing began. A pulp mill, a saw mill, a dam and a bridge were built, along with a railway siding on the Quebec Central Railroad. The building of a company bridge resolved at least partially, some of the problems of the Township of Westbury. Previously the only way of crossing the St. Francis River in the township was by ferry, and at certain seasons of the year this became dangerous or impossible. The residents knew well that a bridge was needed, but they could not decide whether it should be at Westbury or at Westbury Basin.

In 1891, the firm of Wm. Angus and Co. sold out to the Royal Pulp and Paper Company. Mr. Angus remained with the new owners as Vice-President, and that same year a larger paper mill was erected on the south side of the river. In 1893 this company went into liquidation, and was purchased by Mr. R.H. Pope, M.P., and was then re-named the Royal Paper Mills Company. Three years later an application was made to the provincial government to allow the owners to increase their capital stock from \$400,000. to \$800,000. This enabled them to purchase the property of the St. Francis Lumber Company, which was situated at the head and along side the St. Francis River and its branches. At the time of its acquisition, this company had owned 80,000 acres of forest and controlled about 185,000 acres of government timber limits. Following this acquisition, in 1895, a new saw mill was erected, with a capacity of sawing about 70,000 board feet per day, and the slabs and scrap were used for fuel for both the pulp and the paper mills.



The mill as it stands today. Note how the level of the bridge was changed. Previously the trip down the steep hill into the covered bridge and out onto the busy railway siding was often hair raising.

The buildings connected with the company were impressive. The saw mill was two stories high, and measured 36 X 120 feet. The paper mill was three stories high and measured 69 X 168 feet, in addition to a three story machine and finishing room which was 56 X 204 feet. The engine and boiler room measured 48 X 72 feet. The pulp mill was two and one half stories high, and measured 100 X 150 feet. In addition to their timber limits, the company owned 120 acres in and around the village of Angus, and had 35 houses which they rented to their employees.

The company also owned a huge stable of horses used to work in the woods, and they tried to raise most of their own stock. They were among the first to import top quality Percheron stallions, which they made available to the local farmers as well, to encourage them to breed quality horses. Their huge round barn and extensive pastures occupied a large part of the present town area.

In 1895 they constructed a large reservoir, bringing water into it from distant springs through iron pipes. They added more railroad sidings as well as increasing the length of the town siding more than 3/4 of a mile. They also improved their electric plant, which provided lighting for all their own buildings. At that time, they also owned and operated the Clark Mills at Brompton Falls, and had large warehouses at East Angus, Montreal and Toronto. There was a ready sale for all the paper they could produce.

An 1891 census of East Angus showed that it had a population of 600 people, a post office, two schools, three churches (Episcopalian, Methodist, and Catholic), a station on the Quebec Central Railway, and was served by the Great North-Western Telegraph, American Express. The nearest bank was in Cookshire. In that same year the Angus House was built. This was a very fine hotel, and in a remodeled form is still standing today.



Angus House was an elegant hotel in its day. Built in 1891 by James Bryant, owner of a local boarding house, it was sold to L.R. Willard of Sawyerville.



The Angus House as it stands today. Note the Catholic Church in the background in the 1896 photo also.

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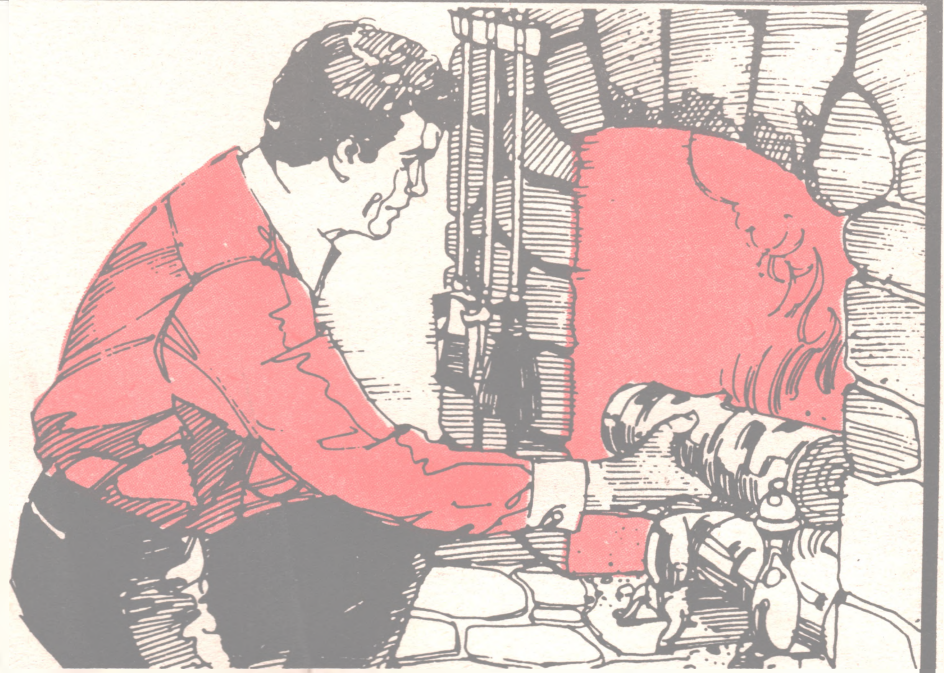
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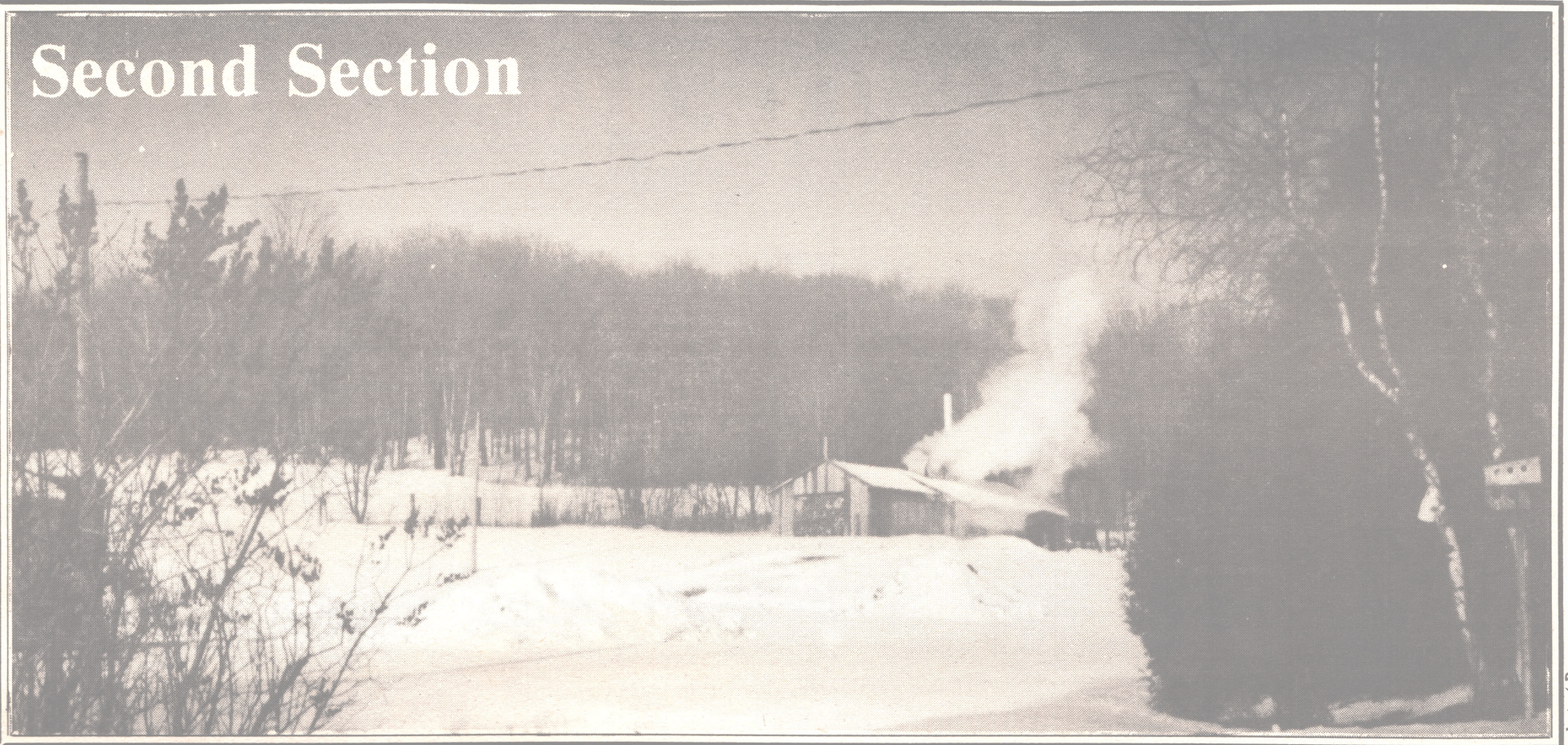


photo / Boyer

Joe Mackay's sugar cabin in Marbleton Quebec.

Maple Syrup and A Maple Syrup King

A large print article for easy reading



photo / R. Mackey

This photo, taken in 1953 shows Dennis Robinson and Edwin Mackey, making syrup like the pioneers.

by Susan Boyer

North Eastern Indians were the first sugar-makers. The Algonquins, Ojibway and Iroquois Indians, each had specific names in their languages for maple syrup and told stories about

sugaring. One such legend tells that originally the maple tree gave forth a sap that was almost pure syrup. But when the Indian god Ne-Naw-Bo-Zhoo tasted it, he found it too good and too easy to obtain. So he diluted the maple trees' syrup until the sweetness

was barely discernible. Now man would have to work harder to make syrup from the sap and so would value it more.

The first settlers in New France learned to make syrup from the Indians, calling this new condiment—Indian Molasses.

For hundreds of years, townshippers have been keeping the tradition alive, tapping maple trees and waiting for the sap to run.

“The best maple syrup in the world is made in the Eastern Townships”, says Joe Mackay, many time champion sugar maker. Mr. Mackay, who has sugared all his life, began by collecting sap from the buckets on his parents farm in Erle, in the Eastern Townships of southern Quebec. Back then maple sugar was the same price as white sugar, so the Mackays made just enough syrup and sugar for their own use. Later, when Joe bought a farm of his own, he chose one with a good stand of hard maples. He

has now sugared for the past thirty-eight springs on his farm “Maple Ridge”.

In the beginning, he used buckets and collected the sap with a team of horses. Later he changed to a more modern method using a gravity fed pipeline and in 1978 he changed to a vacuum system.

“The Eastern Townships is the perfect location for making good quality syrup” he insists. “We get just the right temperatures at night for a good freeze and enough sun the next day to stimulate a good flow of sap. A 20°F night followed by midday temperatures of 45°F make for ideal sugaring weather. We have long cold winters when the frost gets well down to the root level of the trees. The mountains tend to give us extremes of day and night temperatures and the snow cover delays budding. These conditions give us a longer sap season than other areas.”

continued next page.....



photo / Boyer



photo / Boyer

Fresh hot syrup coming from the finishing pan.



photo / J. Mackay

Mollie Mackay driving the team of horses to gather sap from the buckets. The Mackays used horses until they switched to gravity feed.

Joe Mackay taps 1200 trees each spring and, depending on the season, makes between 200 to 400 gallons of syrup. 1981 was an excellent year. He made 404 gallons of maple syrup—371 gallons of which were grade AA, extra fancy. His reputation for making good syrup is well known. Joe's wife, Molly, puts about half of their syrup into pint cans for direct sale at the farm. This usually pays better than the sugar co-ops, but last season the Granby Co-op paid \$33.15 a gallon in the bulk drums, while the Mackays charged only \$28. to customers at the farm.

Joe and Molly have stopped entering their syrup at the various

fairs. They have had their share of wins. In 1966, '67, '68 and '70 Joe won high marks for syrup, maple butter and sugar, to give him the title of Maple Sugar King of Quebec. After winning 3 years in a row, he was not eligible to enter in 1969. Joe is the only man in the history of this contest to be Quebec's Sugar King four times.

Knowing what makes a maple product good is important. Good quality maple syrup is judged by having good maple flavour, a golden colour, high sugar density and cleanliness. Maple sugar is judged in a similar manner with attention paid to uniform cakes lacking white heat marks. Maple butter must have good colour,

flavour and an absence of a grainy texture. It takes a lot of preparation to show sugar products and win.

Selection of trees is important also. All maples yield a sweet sap, but it is the hard, or sugar maple, that tends to give a greater quantity of sweeter sap with a lighter colour. Joe only taps the hard maple trees in his bush. "You do not just come by good syrup", he says. "You have got to work at it." Maple sap is very perishable, even more so than milk. In order to produce the light golden colour and good flavour, the sap must be boiled when it is fresh. Boiling sap that has been in storage tanks too long and cooking it in deep pans will make a darker, strong flavoured syrup. Boiling sap in low pans, ensures a lighter colour. All equipment must be spotlessly clean. During the later part of the season the syrup gets darker. This syrup is called "bud-run", because it is made when the leaf buds start to open on the trees.

Joe Mackay is now passing on his sixty years of experience and sugaring expertise to a young farmer, Steve Heggison. By the first of March, Joe and Steve have the pipelines up and are finishing tapping. Leaving the pipeline up all year around invites damage by hunters, rodents and the sun.

The most serious damage that Townships' sugar-makers encounter however is maple dieback.

The crowns on top of the trees simply stop growing and die. Acid rain may be the main cause, but there are additional problems. In the past ten years Joe has lost 150 taps due to dieback. That is an average of fifteen taps a year.

In the early '70's, he asked for help from the Quebec government, but as the problem of acid rain was yet unrecognized, they insisted it was only natural to have some trees die. A careful observer, Joe feels the problem is due to more than acid rain. For two consecutive summers, caterpillars defoliated many of the forests in the Townships leaving trees in a weakened state. Abnormal winter and summer weather conditions have added more stress to the already weakened trees.

Some critics blame the vacuum system that most sugar makers use, claiming that they "milk" the trees of an unnatural amount of sap, thus weakening the tree.

Over a fifteen year period, Mr. Mackay has kept records that compare the three methods of sugaring he has used. These records give five year averages of the number of pounds of syrup per tap.

Year	Method	Lbs. of Syrup
1968-1972	Buckets	2.66
1973-1977	Gravity fed pipeline	3
1978-1982	vacuum system	3.48



photo / Boyer

"Sugaring is the best part of agriculture there is today" believes Joe Mackay.



photo / J. Mackay

Take a close look at the crowns of these maples. Maple dieback is occurring in forests throughout the Townships.

Allowing for the spillage and ice loss when using buckets, these figures show little difference, certainly not enough to kill a tree.

In spite of maple dieback and some bad seasons, Mr. Mackay has encouraging words to would-

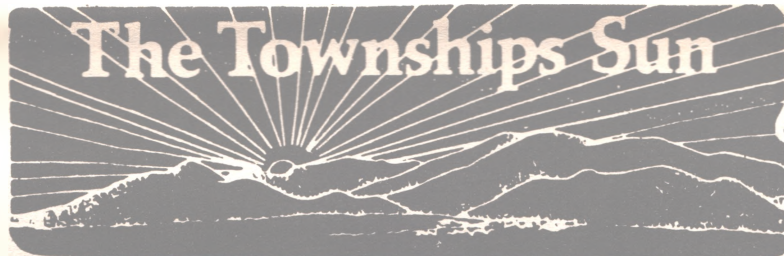
be sugar-makers. He believes it is possible to get started in the sugar business, invest in used, or new equipment, pay off a loan and still make a living.

If you have ever visited a sugar house on a beautiful spring day,

inhaled the sweet maple vapour and tasted the fresh syrup, you will understand why Joe Mackay insists that "sugaring is the best part of agriculture there is today". □



International Maple Syrup Institute



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What's New With Your Income Tax Form This Year?

by Janet Draper & Bette Napier

Now that you have received all your T4's, Releve 1's and receipts of various kinds, it is time to sit down and complete your income tax returns. Even those of you who have your returns completed by a tax-preparer must realise that they can only take all the deductions to which you are entitled—they cannot arrange your affairs for you. This is up to you and generally it must be done earlier in the year. So look over your returns, ask questions, make sure that you have taken advantage of all available deductions and try to find out if there are any different ways you can arrange things so that you pay less tax next year.

What changes will you find on this year's forms?

Federal and Provincial

The new alternative minimum tax may have you completing four returns this year. However, unless your taxable income is over \$40,000 you probably will not be required to file. If you must, then request the forms early—Federal T691 and Quebec TP750V—since they are not included in your package. Check carefully the conditions listed in your guides since failure to include the form when you should have may slow the process of your return even though you have no alternative minimum tax to pay.

The capital gains exemption both federally and provincially is now \$25,000 (that means you may have up to \$50,000 in capital gains since only half is taxable) less any exemption already claimed in 1985. Request form T657 from Revenue Canada and Form TP235V from Revenu Quebec.

Federal

The sales tax credit of \$50 for persons 18 and over and \$25 for children under 18 will benefit low income families and single persons. A married couple may make only one claim. To claim this you must complete Schedule 11 and file a tax return even though you have no taxable income. Senior

citizens who receive the Old Age Security and Guaranteed Income Supplements should check carefully their eligibility for this credit.

Similarly, the child tax credit requires the completion of Schedule 10 and you must include welfare and other social assistance payments, guaranteed income supplements, spouse's allowance and workers compensation in your calculation of family income.

If you are only filing a return to obtain the Federal Sales Tax Credit or Child Tax Credit you can just complete your forms and leave the calculation to Revenue Canada. Be sure to fill in Schedules 10 and 11 and tick the box on page 4, line 469 of your return.

Quebec

There are even more changes provincially than there are federally. Read the inside front cover of your tax guide and make a note of those which apply to you.

New personal exemptions include one for dependents aged 21 and over who are suffering from a physical or mental infirmity. Complete Attachment A and line 87. You will need form TPL-22CMV if you have not filed one before. The maximum exemption of \$4560 is reduced by the dependent's net income. If you have dependents 21 and over attending an educational institution or under 21 also complete Attachment A and line 88.

If you are a single parent and have a dependent in full-time post-secondary studies you may wish to skip the exemption of line 88 and instead use line 89 and 92. You may not claim an exemption for the same dependent on lines 88, 89 and 92. You may have to spend some time on calculations to work out which is most advantageous for you but it will be time well spent. Any exemption may be split between supporting individuals. Just show your calculations and how you have divided it.

Child care expenses, with a maximum of \$3,510 if the child is under six and \$1,755 for six and over, may be claimed by either spouse or split between them.

A new Consumers Tax Credit is available. Complete Attachment D and line 30. Senior citizens on Guaranteed Income Supplement and other low income families who have low taxable income and who normally complete the form only to claim the Real Estate Tax Refund (Attachment B) should also check Attachment D and fill in line 30.

The standard \$100 deduction for medical and charitable expenses is no more (it disappeared earlier from your federal return) so you will need receipts for all your claims now.

The maximum investment income deduction is reduced to \$500 from \$1000 unless you are considered retired in which case the \$1000 still applies. On your federal form the maximum remains at \$1000.

These are the most common of numerous changes to watch out for this year. Start preparing your return early in case you find you need to get forms which are not included with your guide, do it slowly in pencil (!) over a few days then re-check your calculations. Send it in early if you are due for a refund and on April 30 if you still have to pay. □

Janet Draper is a Chartered Financial Planner with an M.B.A. degree from Queen's University. Bette Napier has a B.A. in business and is manager of The Townships Sun. Together they form D-N Financial Consultants, a company specialising in personal financial planning, tax preparation and accounting for small business[es].



Conservation & Nature Notes

by Gladys Mackey Beattie

THIS IS MARCH

Outside the wind is howling, sweeping the long empty birds' nests from the trees and bushes, plucking the last stubborn leaves from the oaks and beeches, and pruning the dead and weak branches from the trees. It is not a very colourful time of the year, but it is not entirely colourless either.

March is considered to be part of the "black and white" season, which is usually from November to May, in this part of the country. At first glance the scenery will appear to be rather drab, but a little closer look will show otherwise. The lichen creeping up the north side of the fir tree is soft green, the grey birch has some bright orange lichen on its bark. The gently peeling bark of the paper birch is pinkish in colour, and the poplar trees have green bark, not grey as it first appeared. Tree buds and twigs show considerable variation in colour. The red maples sport a definitely reddish twig, even though no sign of a bud is showing. The paper birches also have very reddish twigs. The willows have their own special touch. White pussy willows are peeking from polished bud casings. Some have much redder twigs even than those with whole pussy willows out, braving the elements. The willow catkins will soon be covered with yellow pollen, and become precious and very important food for hungry bees out foraging on first spring flights.

Down on the ground where the snow is thin, or springs have melted it away, there are green things growing, oblivious that it is winter. And they are neither black nor white. Tiny round leaves of twinberry cling to the ground. Their leaves are very green, and they still have some tiny two-eyed red berries missed by scavengers last fall. The Christmas fern pays no attention to winter's woes. With or without a blanket of snow or leaves it keeps its green year around. The club mosses stay green under the snow, but freeze brown where they are exposed. A few days

of spring sun exposes their tendrils to the elements.

Nothing can be said about the evergreen trees. They are as their name implies "evergreen", but if you look closely at the firs, you can see that they have even grown some over the winter. Their fresh brown buds are sticky with sap.

On closely looking at a ridge of not too distant deciduous trees, it is easy to see that they are not really grey, but a shade of green. Some will even have tinges of pink, white or yellow, depending on what kind of trees they are. Don't denounce the whole of nature in winter as being a black and white season. Look again!

WHAT TO DO WHEN YOU FIND A BANDED BIRD?

Occasionally, I get phone calls from people who have (dead) birds with bands on their legs, and I always have to scramble to find the address of the bird banding office. Now, I would like everyone to clip out this information and put it in the front of your bird book.

When you find a band, straighten it out and attach it securely to a piece of cardboard or heavy writing paper, and send it to Bird Banding Office, Patuxent Wildlife Research Center, U.S. Fish and Wildlife Service, Lauren, Maryland. Include your name and address (plainly printed). State the date you found the band, as well as the place where you found it (nearest town, with county and province). Also report how you found the band (on a bird found dead, shot, trapped, or some other way). Place it in an envelope sturdy enough to survive Canada Post's mechanical sorters. Then mail it. Later you will receive a letter from the Bird Banding Office telling you where the bird was banded, what kind it was, and who banded it. The person who banded it will also learn that you found the band. Each year more than 40,000 reports are processed and acknowledged by the Bird Banding Office. □

Environmental Hearings

Anyone concerned about the environment or the use of pesticides should not waste the opportunity to have a say in our new environmental protection laws. It is rare that the public has an opportunity to voice their concerns and opinions on new laws. The Canadian Environmental Network, a non-governmental organization has set up a special steering committee to help out groups or individuals in this respect,

and contact persons in each province have been appointed. The Quebec representative is from Sherbrooke. She is Lynnae Dudley, and may be reached at 819-566-0173 or 569-0925. Let us use this opportunity to its fullest. □

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Woman of the Year—1987

by Judy Green

The third annual Salon de la femme de l'Estrie took place at Centre Expo-Sherbrooke from February 11-15 this year. Visitors to the Salon had an opportunity to peruse nearly 200 booths and exhibits presented by local merchants and service providers. Bridal boutiques, travel agencies, auto dealers, real estate companies and tanning salons were mixed with the Y.W.C.A. Boutique Sante 2000, the Cancer Society and Golden Agers, among many others.

One of the highlights of the Salon each year is the election of the Woman of the Year (Personnalité féminine de l'année en Estrie). A selection committee chose four finalists. Each candidate selected had made a significant contribution toward improving the status of women through their work or volunteer efforts. This year for the first time, one of the four finalists named by the committee was from the English-speaking community. The winner was selected by popular vote of those who attended the 1987 Salon de la femme de l'Estrie. This year's winner was Lise Drouin-Paquette. The other finalists were Denise Marquis, Laurette Giguère de Montigny and Bette Napier.



photos courtesy of La Tribune

Lise Drouin-Paquette

Ms. Drouin-Paquette was educated at Mont Notre-Dame de Sherbrooke and at the University of Sherbrooke. She was formerly co-ordinator of the Women's Education Centre and an animator with the Commission Scolaire Regionale de l'Estrie. Since 1985 she has been a political aide with Monique Gagnon-Tremblay, MNA for St. François and Minister for the Status of Women. In addition, she has been actively involved with several community groups and committees, such as, school

committees, AFEAS, and a savings club for women. She was a delegate for women's groups to the economic summit, Decisions '85, and a member of the Canadian delegation of non-government groups to the Forum marking the end of the Decade of Women in Nairobi, Kenya.



Denise Marquis

Ms. Marquis has a B.A. from the University of Sherbrooke and an advanced degree in Career and Professional Counselling from the same institution. She has worked as an English teacher, research technician and counsellor for various women's and community groups. Since 1984 she has been director of the Club de Placement, a centre concerned with youth employment.

She has been involved in promoting and improving the status of women since 1971. In this capacity she has served on a variety of committees concerned with women and work, including C.I.A.F.T. (conseil d'intervention pour l'accès des femmes au travail), C.R.E.E. (le conseil d'administration du conseil régional de l'emploi), C.A.F.P.E. (centre d'aide et de formation préparation à l'emploi) and the Beaudry Commission in 1984.



Laurette Giguère de Montigny

Ms. Giguère de Montigny completed her formal education in 1935 although she has continued to study and learn as her work demanded. She was co-ordinator of the Association of Single Parents of the Eastern Townships from 1973-77. She has also been actively involved in several community

groups such as, le congrès Teach-In Sherbrooke, the Human Rights League and a coalition of women's shelters in Québec. In addition, she has served on the boards of Sherbrooke Legal Aide and the C.S.S.E.

In 1977 Ms. Giguère de Montigny founded L'Escale de L'Estrie, the area shelter for women victims of domestic violence and their children. In an active life, full of good work, she considers this her greatest achievement.



Bette Napier

Ms. Napier is the first finalist of the Salon de la femme's Woman of the Year contest to represent the English-speaking women of the Eastern Townships. She is a founding member of the Lennoxville & District Women's Centre and its co-ordinator for six of its seven years of its existence. A graduate of Bishop's University, she has been actively involved with women's issues since 1979.

In 1983, she worked on a federally funded project at the Women's Centre which surveyed educational, employment and social services available to English-speaking women in the Townships. She was instrumental in a second project at the Women's Centre in 1985 which resulted in the establishment of an Information and Referral Service that is available to all English-speaking township's residents. In addition to her work at the Lennoxville & District Women's Centre, Ms. Napier is the Business Manager of the Townships Sun, and a partner in D-N Financial Consultants, a tax preparation and financial planning firm. □

Charest Visits Women's Centre



photo / Boyer

On a frigid Friday the 13th in February, a group of women gathered in the third floor Queen Street apartment which is home to the Lennoxville & District Women's Centre. Some of them had brought cake and punch which was served. A couple of local newspaper photographers had been summoned and climbed the stairs to the Centre.

Finally, Jean Charest, M.P. for Sherbrooke and Minister of State for Youth arrived (slightly out of breath) to present a cheque for \$7,000. to the Women's Centre for a project grant from the Secretary of State's programs for Women and Minorities. Charest shook hands all around and chatted with the women genially. The cheque was presented, photos were snapped, cake was eaten, punch sipped and Mr. Charest was hurried on his way by his aide.

The women stayed a little longer to enjoy the "goodies" and savour their moment of success. This money will be used to research and establish a Mainland English-speaking Women's Network. Judy Green and Bette Napier, the Assistant Co-ordinator and Co-ordinator of the Women's Centre respectively, have been discussing, researching and finally nagging and cajoling various project officers to find funding for the project for nearly three years now. They are very pleased to have finally received their grant. Both women feel strongly that it has been a worthwhile effort and are eager to get started.

Initially they will contact English-speaking women and women's groups throughout the province of Québec, located off the island of Montréal, to survey them about their concerns regarding the social, educational, and employment situations of women in their communities. Subsequently, a weekend conference is planned to bring representatives of the various communities together to discuss their common and individual concerns and to form a network for on-going support and exchange of information.

This is the third project grant received by the Lennoxville & District Women's Centre since its beginning in 1981. The Centre is located at 109 Queen St., Apt. 7 in Lennoxville. They have a small lending library and many pamphlets (in English) on services available to women. Everyone is welcome to drop by Monday-Friday, 9-12 and 1-4. The telephone number is (819) 564-6626. □



photo / Boyer

From Eyesore to Oil Source: Old Tires Can be Reclaimed.



A Mainland Press Article

by Robert Fisher

How many times have you been out driving in the country and seen hundreds, maybe thousands, of old tires lying around?

You have probably mused to yourself that there must be some use for them. Well, a Laval University professor and the oil company Petro-Sun have developed a process which not only rids the landscape of these eyesores—it turns a profit as well.

In 1980, Dr. Christian Roy, while working at the University of Sherbrooke developed a method of extracting oil from old tires. The process is called 'pyrolysis', and Dr. Roy has been fine-tuning it at Laval in Quebec City, with financial help from the federal and provincial governments.

Pilot Plant Soon

In December, Ottawa and Quebec contributed over \$300,000 to construct a pilot plant where laboratory findings will be put to a practical and larger-scale test.

Jacques Sicotte, the president and board chairman of Petro-Sun, a company in St-Amable, just east and south of Montreal, calls pyrolysis "the degradation of a material under the absence of air".

What that means, basically, is that the tires are cooked in a vacuum until they are broken down into their base materials. Sicotte likens it to "the starved-air combustion that has been used in high-efficiency wood stoves for years".

"What we have done here is push the process one step further: instead of just taking the air out, we have pushed it to a vacuum. We are able to decompose the rubber back to its original constituents, which are oil and carbon black." (And steel, if the tires happen to be belted radials.)

Little Rubber Lost

A surprising thing about tires is how little rubber is worn away during their first life on a vehicle: only about five or six per cent, according to Sicotte. It takes about 10 litres of oil to produce one standard 15-inch tire.

Sicotte says pyrolysis recovers about 6.2 litres of that oil, which in turn can be used at pulp and paper mills, cement or asphalt companies, or any other industry which requires large amounts of heating energy. The steel can be sold to scrapyards, and the carbon black used for low-quality rubber products such as conveyor belts or even automobile motor mounts.

The technique, according to Sicotte, is a first anywhere in the world.

"With our process, we have been able to reclaim 62 per cent of the oil consistently in the lab at Laval," he says.

Environmental Boon

The idea also has environmental benefits.

In St-Amable, there is a tire dump which has collected some five to six million worn-out tires over the past 10 years. In Quebec, four million

tires are discarded each year. They present a great ecological threat, because:

1. They do not degrade easily, and keep working their way to the surface of landfill dumps; and,

2. If they ever catch fire, air pollution from smoke and water, and soil pollution from melting rubber would be devastating.

Sicotte says that with pyrolysis, because there is no fire, there is no smoke.

"Nothing is easy," Sicotte says. "We have what we think is a better mousetrap, a better process. We have done it consistently in the lab."

"Instead of hundreds of illegal dumps in Quebec, like we have right now, we hope to be able to have three or four accredited or legally accepted sites, and the collectors will be able to bring their tires there to be reprocessed."

Sicotte's vision is of a system similar to that now used in garbage disposal. He hopes collectors and reprocessors would be paid a minimal fee, perhaps 15 cents a tire, to take them away.

"Let us face it—the tire business has been a really unmanaged and uncontrolled mess. There are dumps all around the country. They are illegal but they are tolerated because nobody found a way to do anything with the tires."

If all goes as planned with the pilot plant, a large-scale operation with a capacity of 3,000 tonnes per hour, or 1.5 million tonnes per year, is projected for the end of 1987.

Robert Fisher is a Quebec City journalist.

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How Suite It Is

Timesharing Replaces the Family Cottage



courtesy Muskoka Sands

by Jim Napier

Chaucer said it best: "Sumer is acumin in". With Winter grudgingly but surely surrendering its icy grip to Spring, its time once again for snow-bound Canadians to turn their thoughts away from such mundane concerns as the supply of firewood, shovelling driveways, and dealing with damp mittens and runny noses, and to contemplate instead the more pleasant visage of that annual trek to sunnier climes known as the summer vacation.

Unfortunately, for many of us this flight of fancy is tempered by visions of a harsher reality: vacation time means two weeks at a modest family cottage, on an equally unprepossessing lake, the lack of facilities of which are compensated for only by the abundance of black flies and adolescent offspring whose plaintive cries can be heard echoing across the land: "Aw gee, do we have to go back there again?" The spectre of long periods of boredom punctuated only by breakdowns of a temperamental water pump or an unexpected visit from Aunt Edna and her

unruly kids has been known to dampen the enthusiasm of the most ardent vacationer, who longs to bask—however briefly—in the lifestyles of the rich and famous.

For an increasing number of fortunate families this vision represents more than a vain hope, as vacationers turn to interval ownership, or "timesharing" to enjoy a slice of The Good Life.

Timesharing: What it is

Timesharing is a type of vacation home ownership in which individual units in a resort property are divided into periods of time (usually weeks) which are then sold (or less frequently, leased) to individual purchasers. This arrangement allows families the use of a fully-furnished luxury home in a resort complex, without having to ante up the six-figure price often required for the outright purchase of such properties.

How it started

Timesharing is a recent Canadian phenomenon, having made its appearance here only

in the last decade. It began in Europe in the 1960's, and spread to the U.S. in the 70's, initially by converting hotel rooms and suites into efficiency and one-bedroom apartments. Some of these properties acquired chequered reputations, as absentee landlords and limited recreational facilities led many early investors to question the wisdom of their venture. By the late 1970's, however, a new generation of built-for-the purpose timesharing resorts were constructed, often staffed by professional management teams, and boasting a full range of resort amenities, including swimming pools, tennis courts, bars and restaurants, and situated conveniently to golf courses, shopping and sightseeing.

Advantages of Timesharing

For people tired of trekking off to the family cottage, hotel room vacations have been the traditional alternative. However, this approach is not without its drawbacks. First, finding space available at the time you want it may not be that easy—especially if your

vacation time coincides with peak travel periods. Secondly, hotel rooms are not cheap these days: accommodation for a family of four in moderate comfort at many resorts can exceed \$200 per day—and that is not including meals, which can add another \$100 per day (or more) for a family of four. Finally, there is the question of comfort. Four people sharing one room and a single bath for a week is not an arrangement calculated to make for the most compatible interpersonal relationships!

In contrast, timesharing a vacation villa is simpler, more certain, less expensive—and a whole lot more comfortable. First, you (the timesharer) have purchased a week (or more) of a unit at a specific resort: no need to write, phone or wire to see if it is available; you own it. Second, the cost of that week compares favourably with most hotel-room accommodation: spread out over 25-40 years of use, and including annual maintenance fees, a \$15,000 timesharing unit, which will accommodate four to six persons, costs about \$650 per year. Very accommodating! Third, con-

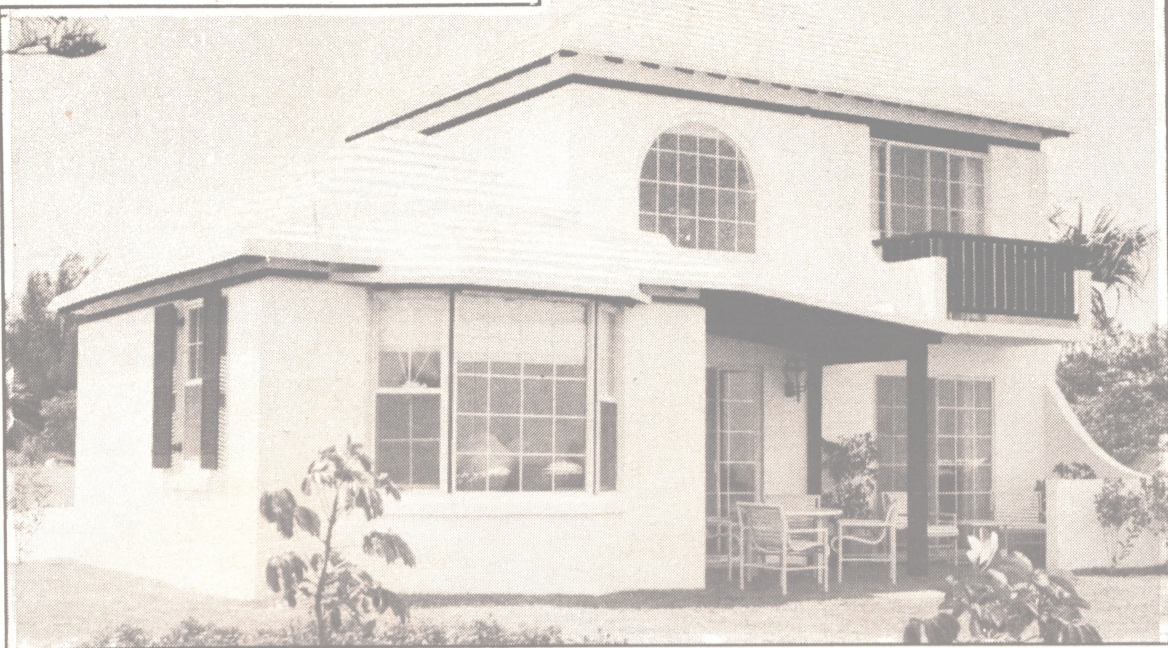
sider what you are getting for your money: use of a one, two, or even three-bedroom apartment, townhouse, or villa often with two baths, living room, dining area, and a fully-equipped kitchen to help cut down the cost of eating out.

Finally, there is an opportunity of "capital gain" ('profits' to you and me) if one buys early into a soundly-managed resort, and sells later, as the facilities become more fully developed.

How it works

As noted above, timesharing simply involves dividing vacation condominiums into weeks for individual sale. The actual cost of such units depends on their location, size, and the season of use desired. For example, a one-bedroom/one bath unit of 666 square feet at the Muskoka Sands Resort north of Toronto during the low or "off" season (October) costs approximately \$6490; a prime week at the same resort in the 1,176 square foot Presidential Plus model (two bedrooms/two baths) goes for \$17,490. In addition you must

courtesy Bermuda tourism



add an annual maintenance fee, which presently averages about \$250, and which is adjusted to the official rate of inflation.

There are a few variations on these arrangements. In "fee simple", or direct-interest ownership (the most common type), the purchasers buy outright a specified week in a particular unit, for perpetuity: they can then use, rent, sell or bequeath that week as they wish. However, under a "right to use" agreement, one leases a unit for a set number of years; after the contract expires the right of use reverts to the developer or owners. In addition, such contracts may not specify which particular unit one has access to—only the type (eg. "two bedroom, with fireplace").

Another variation concerns whether one purchases "fixed" or "floating" time: in fixed time agreements each week in the year is numbered, and the buyer has the use of the unit for that week. In floating time, weeks are grouped within certain seasons, and with 60-90 days advance notice, the buyer can choose the week they want each year.

Exchanges

A major aspect of timesharing which appeals to many people is the possibility of swapping their week at one resort for use of a similar unit at other resorts around the world. Two large exchange "clubs", Interval International and Resort Condominiums International, between them offer access to over 1,500 vacation properties world wide. For an annual membership fee (currently \$200 US at RCI) plus an exchange fee ranging between \$29-89 US these organizations will "bank" one's week in their computer,

and exchange it for one at another time, or place, or both. There are, however, limitations on such exchanges: there must be space available at the time you want at the other resort; trades must be made between similar units in similar seasons; and some resorts have relatively few units which are in constant demand. Still, an audit of RCI's 1985 operations revealed that over 185,000 such exchanges were made that year—fully 98% of properly submitted requests.

Some people in the industry tend to downplay buying into timesharing simply in order to exchange elsewhere, suggesting that one should pick a resort property they are comfortable with—and that makes sense. Still, for many people the lure of swapping one's unit for a week in a more exotic locale is tempting. Among RCI's current listings: the See-hotel Alpenhose in the Bavarian Alps; the Schoss Grubhoff, Austria—a restored 14th century castle; thatched cottages in Ireland; Broome Park, a lavish country estate in Kent; and the Sloane Gardens Club, a Victorian townhouse in the fashionable Chelsea district of London. Add to these beach clubs in Greece, the Carribean and Hawaii, golf and tennis resorts at Hilton Head and Myrtle Beach-front properties in Florida and ski resorts in New England, and it becomes clear that timesharing offers something for almost everyone.

The Canadian Connection

Although the Canadian experience with timesharing has been relatively recent, several provinces boast such properties and the list is growing. In Quebec it includes the O'berge du Village Magog, the Domaine St. Laurent at

Compton, Le Tournesol at Bromont, and the Valensole at St. Adele. In Ontario resort properties offering timesharing units include the Harbour Inn and Resort Club at Brechin (north of Toronto), the Horseshoe Valley Resort at Barrie, the Deerhurst Inn and Country Club, and the Muskoka Sands Resort Hotel, both north of Toronto. As well, there are timesharing resort properties in Manitoba and B.C.

Is it for you?

As with most things, timesharing may not be for everyone. It does require one to commit what, for most of us, is a fairly sizeable chunk of capital toward buying a vacation property. But if having guaranteed access to a comfortable—if not downright sumptuous—vacation home is a high priority, then you may want to look further into this burgeoning form of second home ownership!

For more information

Vantage Travel, 1650 Lincoln St., Suite 211, Montreal H3H 1H1 advises consumers on making exchanges, and acts as an agent for the resale of timeshare weeks. The Resort Timesharing Council of Canada, 48 Hayden St. Toronto, M4Y 1V8 offers a useful free pamphlet, "Resort Timesharing, a Consumer's Introduction". And good advice can also be found in Michael Coltman's book, **Resort Condos and Timesharing Buyers Beware!** available from International Self-Counsel Press, 306 W. 25th St. N. Vancouver V7N 2G1 for \$5.00, which includes postage and handling. □

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

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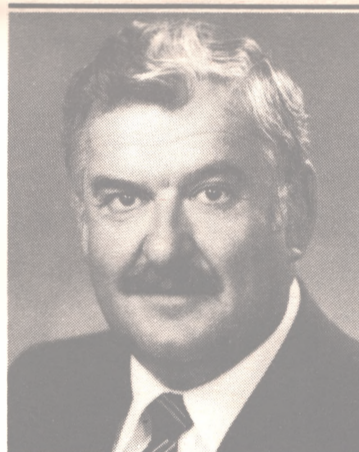
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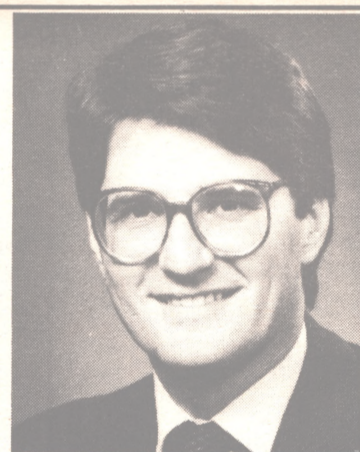
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Mr. Robert J. Dunn received his Business Administration Degree from Bishop's University, and since has been Vice-President of Dunn Parizeau Inc.

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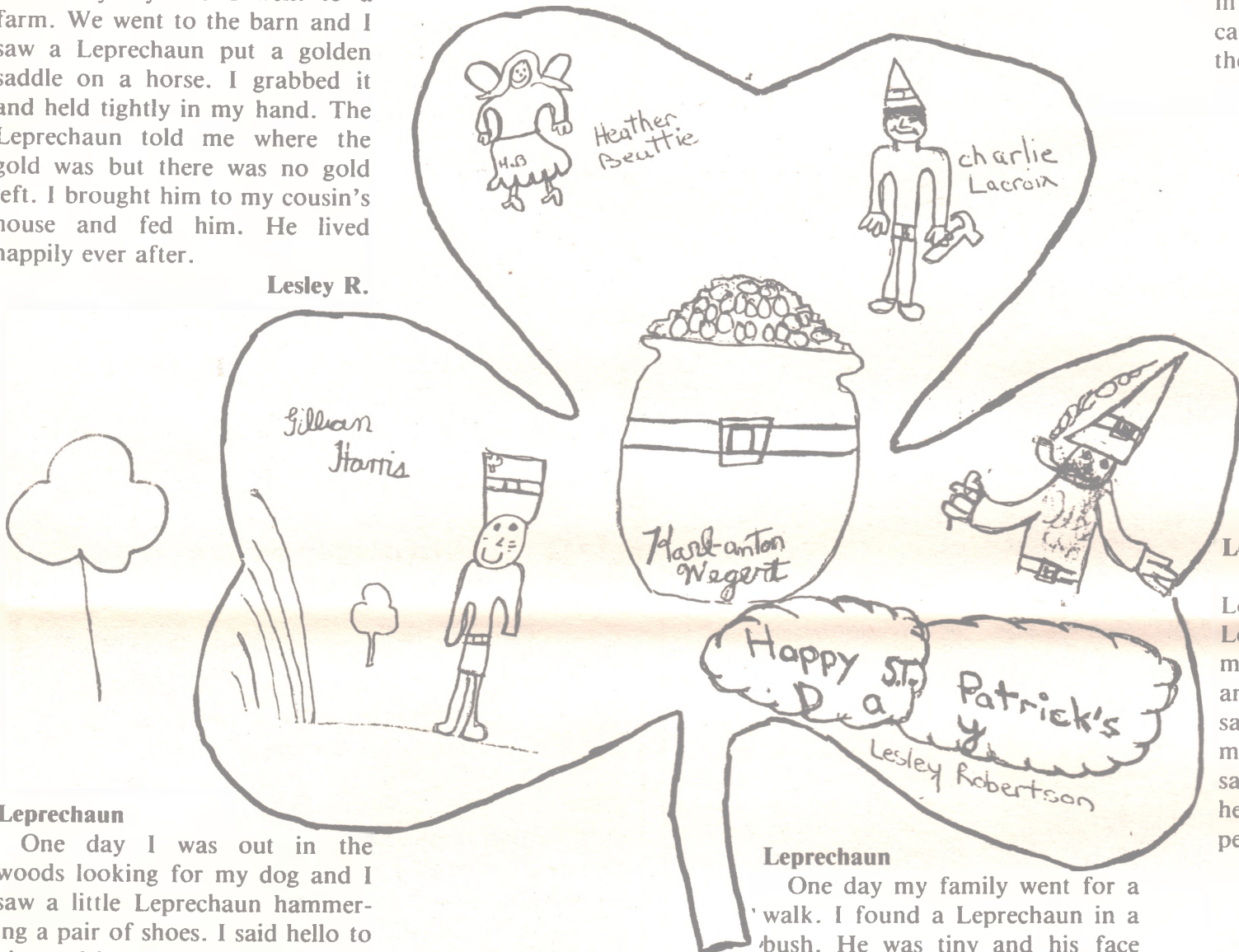


We welcome childrens' short stories, drawings, poems and ideas. Please send them to The Townships Sun, C.P. 28, Lennoxville, Que. J1M 1Z3

Leprechaun

One day I went to my cousin's house in Ireland. That day my cousin Lynsey and I went to a farm. We went to the barn and I saw a Leprechaun put a golden saddle on a horse. I grabbed it and held tightly in my hand. The Leprechaun told me where the gold was but there was no gold left. I brought him to my cousin's house and fed him. He lived happily ever after.

Lesley R.



Leprechaun

One day I was out in the woods looking for my dog and I saw a little Leprechaun hammering a pair of shoes. I said hello to him and he said, "I suppose you want my gold". I told him I did. He said "Well, if you want it's right behind you". I almost turned around but I said "Oh you're just going to disappear". He told me that it was over the bridge and in the meadow. I took him with me so he could show me where the gold was. I dug and found the pot. He quickly disappeared. I opened the pot but there was nothing in it.

Jon Yellin



Leprechaun

One day my friend and I decided to go for a walk. When we were walking we found a Leprechaun. We tried to catch him but he always got away. Then we caught him. He tried to get away but he didn't. He said if we let him go we could have a wish. So we let him go and we got a wish.

Melissa Oakley

Leprechaun

One day I went to Ireland and I was walking in the woods. I heard a noise. It was a Leprechaun! He had some gold, and shared it with me. He gave me 50 big pieces of gold. He showed me all his friends, sisters, brothers, uncles, aunts, cousins, nieces and nephews. Then he became my friend.

Lisa Raymond

Leprechaun

It was a holiday so my family and I were going to Ireland. When we got there it was St. Patrick's Day. So we rented a cottage and unpacked our clothes. I asked if I could go out for a walk. My mother said I could so I went out and followed a path behind the house. As I walked along I heard a grumpy voice saying that the flowers were in his way. Just then my mother called me so I never knew who the voice belonged to.

Heather Beattie



Leprechaun

One day in Ireland I saw a Leprechaun. It was small. The Leprechaun saw me and tricked me. The next day I went outside and saw the Leprechaun again. I saw him when I was looking for my penny. He came up to me and said, "I will help you". So he helped me and we found my penny.

Melissa Dass

Leprechaun

One day my family went for a walk. I found a Leprechaun in a bush. He was tiny and his face was wrinkled. He was making a pair of shoes. I was about to grab him. Just then he vanished. In a week I saw him and he told me where his pot of gold was.

Charlie L.



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ANSWER: Saint Patrick's Day

Video Reviews

by Ron Romanado

Sweet Liberty

In Sweet Liberty writer Alan Alda takes an affectionate jab at moviemaking and the characters that make up Hollywood. Writer-director Alda also stars as Michael Burgess, a history professor in a small North Carolina college town.

When film rights to his best-selling history of the American Revolution are brought by Hollywood and moviemakers descend on the town, it becomes clear that they have no intention of sticking to the book. As the director, Bob Fosse (Saul Rubinek), tells Burgess, movies must do three things to appeal to young audiences; "Defy authority, destroy property and take people's clothes off". By the time the movie is finished, Burgess' book has been turned inside out, and his personal life has been turned around by a brief affair with the leading lady. So smitten is he when they meet that he forgets he is encountering an actress. Imagine his surprise when he arrives at her room for a more intimate encounter and finds her on the telephone, obscenely screaming at her agent!

For the most part, the movie is fast-paced and the acting is often superb. The movie slows down when Alda attempts to deal with ordinary life. As usual, Alda plays a likeable, but slightly boring character. Michelle Pfeiffer, Michael Caine, and Bob Hoskins round out the cast.

Despite its occasional flaws, Sweet Liberty is a lively family film which everyone should enjoy. I recommend it wholeheartedly! □

The Money Pit

Fans of Shelly Long and Tom Hanks will thoroughly enjoy the Money Pit. A young couple, Walter and Anna, evicted from their apartment, have bought their "dream home" only to find out the deal was too good and too fast. They neglect to check the neighbourhood. Nobody tells them their property is located in the middle of nowhere, where anything that can go wrong will.

The problems which unravel are humorous, especially for those who have had similar experiences. One thing after another goes wrong with the house. At first they are just little do-it-yourself tasks: a rotted stair and a front door

lock that sticks. Working on them, Walter somehow causes both the stairway and the entranceway to collapse. But that is only the beginning. In an attempt to salvage the house, Walter and Anna must employ at least 100 men to totally "rebuild" their home. Much to their dismay they realize that the repairmen are either incompetent or corrupt.

The failings of their home slowly erode Walter and Anna's relationship. But eventually the house is finished, and although they suffered through rough times, the young couple come to realize that what they really have is each other.

Shelly Long is excellent in her portrayal of the common sense Anna. Hanks is at his best as the exasperated and panic-stricken Walter.

Laughs are in great abundance in Money Pit. It's "must viewing" for everyone—especially for all potential do-it-yourselfers! □

These videos are available at Club Video in Lennoxville.

Ron Romanado is an academic counsellor at Bishop's College School. He studied film history at Concordia University and is an avid film viewer.

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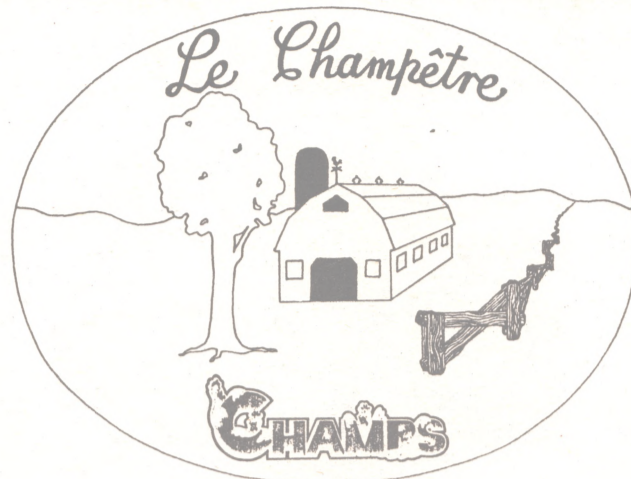
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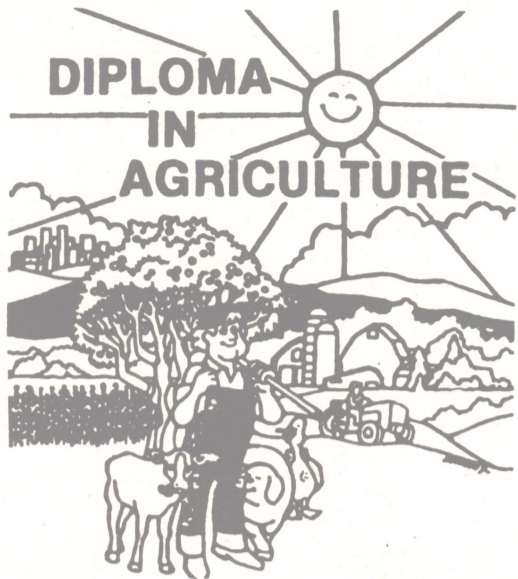
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Do you have a houseplant that looks droopy, sick or ready for the compost pile? Don't despair, now you can consult our plant expert—Kathy Longworth. Just send your questions to the Townships Sun and Kathy will advise you on how to get your houseplants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

by Kathy Longworth



another plus to the porous nature of these pots. Have you ever felt how hot a flower pot gets sitting on a sunny window sill? The process of evaporation causes cooling. Hence the water evaporating through the walls of the porous clay tends to greatly modify the temperature of the flower pot and thus the roots of the plants.

The disadvantages of clay pots are that they break easily and, to some, the colour is objectionable.

Plastic pots are much less inclined to break than clay pots. Their biggest advantage is that they are now made in a huge variety of styles and colours—something to suit any decor.

They are, however, not porous. It therefore follows that, unless you have adequate drainage in the bottom of the pot, there is no other way, except for some surface evaporation, for excess water to get out. You run a much greater risk of over-watering your plants. Since over-watering is probably the number one enemy of houseplants, this is a point worth considering.

My personal preference is clay pots. If you do choose plastic, try to choose light-coloured pots. The dark ones absorb the sun's heat much more and, if by chance, your plant's roots are wet as well, they will simply sit there and steam in the sun. If you follow this through: intensely hot, steamy roots in day-time, combined with the chill of a winter night-time windowsill, it is not much wonder so many houseplants look miserable at this time of the year!

Q. Which type of flower pots are better for houseplants: clay or plastic?

A. I will give you the advantages and disadvantages of both kinds of flower pots, and you can then decide which are better for your particular needs.

Clay pots are porous. This means that if you have any tendency to over-water your plants, clay pots are safer to use. In addition to the drainage hole in the bottom, some water evaporates through the walls of the pot. And there is

Q. Is it time to begin starting seedlings indoors for later transplanting to the garden?

A. Space does not permit a truly complete answer in this column, because planting dates

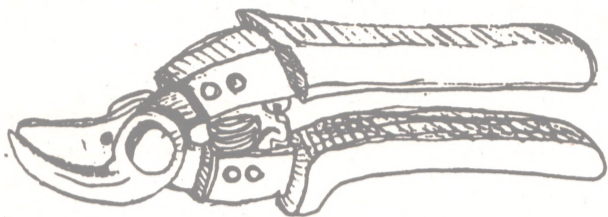
vary so widely. If you are talking about flowers for use as bedding plants, there are even a few of which you are already too late. Pansies and Fibrous-rooted Begonias should be started in late November—early December in order to reach blooming size by transplanting time. Ageratum, Alyssum, Impatiens, Petunias, Portulaca, Salvia and Snapdragons, for example, could be started any time now. You would do best to wait until the end of April or even early May to start such flowers as Asters, Cosmos and Marigolds. As you can see, there is a huge range of "ideal" planting dates!

Where vegetables are concerned, generally, the slower-growing ones like peppers and celery should be started immediately. Tomatoes, for early crops, should be started February 15th, and for mid-season or main crops, March 15 to April 1st.

An excellent source of seed starting dates is Stokes catalogue, available free from Stokes Seeds Ltd., 39 James St., Box 10, St. Catharines, Ont., L2R 6R6. Stokes seems to include this information for every type of seed they sell, presumably because they also deal with commercial growers and greenhouse operators to whom this information would be invaluable. □



Pruning Tips For Fruit Trees



by Steve Page & Joe Smillie
illustrations by Polly Warren

Rather than write about our personal approach to pruning, we recommend spending a winter reading about pruning and looking at the trees. You might know of an orchardist who would let you watch him prune. There are many teachers and we are still learning. Libraries are full of pruning books. **Ecological Fruit Production in the North** has an excellent study by Jean Richard. Hilltop Nurseries in Hartford, Michigan, has a detailed young tree training program in their catalogue. You should learn what is best for your trees.

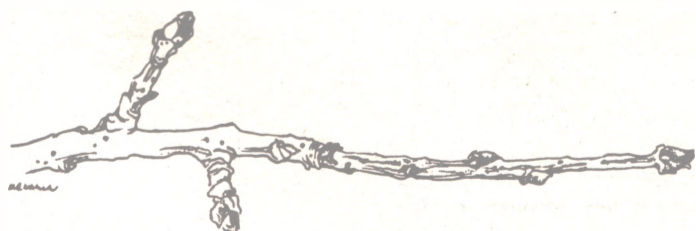
Healthy fruit trees tend to grow more vegetative growth than fruit if left untended. With a life span of many decades, the tree's biological imperative is to grow large in its youth, then seed and reproduce later.

Pruning is the art of removing unwanted tree structure, and the conscientious grower will discover that the art is rewarding. Every tree is a unique sculpture and once the growing process is understood growth can be directed for the health of the tree and the pruner.

- It is better to remove a whole branch than to leave a stub.

- Leave a clean cut from which water will drain.

- Do not prune fruit trees in the fall or early winter. Chances of winterkill are drastically increased by fall pruning.



Terminal growth of an apple twig showing fruiting spurs.

- Never prune off more than a third of new growth on a branch or a third of the new wood in a tree. For beginners, a quarter would be more appropriate.

- Prune branches that rub against each other or those so close together that one completely shades the other.

- A branch with a vertical fork is likely to split if loaded with fruit or ice. Select one or the other to keep, favouring the lower branch if the object is to keep the tree's height down.

- Some people use pruning paint, some do not. There are more opinions as to its efficacy than varieties of apples. On my young trees, when a cut is exposed to the sun I use white interior latex to cover the wound. The white reflects sunlight which otherwise can split the bark.

- Cherry trees need little pruning after the first five years. Limit pruning to removal of dead wood, excess growth, and interfering branches. Allow sunlight into the tree.

- Pear trees should be pruned lightly. The growth habit of pears is upright, with naturally narrow crotches. Thin out the top of the tree to allow light in, and remove all suckers and dead wood. If fire blight is a problem, pruning tools must be sterilized in alcohol or 1:10 bleach solution between making the next cut.

- Plum trees bear fruit on spurs, usually in the interior of the tree. If these spurs have become unfruitful they should be removed, favouring the healthy, bearing spurs. If an old plum tree is bearing many small inferior fruit, remove one third of the spurs. Nip back one-fourth to one-third of the new growth to encourage spur production.

- Peach trees need more pruning than other fruits. They also have a much shorter life expectancy, and little can be done to restore an old peach tree so that it bears well. All fruit of the peach tree is borne on new (last season's) wood. Always favour new wood, removing older branches which will not bear again. Thin where necessary to allow maximum penetration of the sun; favour new, vigorous branches rising from the trunk; nip back one-third of all new growth. Peach wood is more brittle than other fruitwood, and peaches tend to overbear, so thinning the fruit is especially important to prevent branches from breaking. Thinning also prevents the possibility of winter damage from depleted carbohydrate reserves.

- Observe where the flower buds are formed on the tree, noting where and on what age wood these buds are found. Attempt to distribute the flower buds and new shoot growth evenly throughout the tree, making sure each bud is as open to the sunlight as possible. This can be accomplished by proper pruning and training of the tree, with renewal of fruiting branches from time to time. □

This article is reprinted from a recently published book by Stephen Page and Joseph Smillie entitled The Orchard Almanac—A Spraysaver Guide. It is available through Harrowsmith Books, or locally by sending \$11.95 to J. Smillie, RR 3 Weedon, Que. JOB 3J0.



Never prune off more than a third of new growth on a branch or a third of the new wood in a tree. For beginners a quarter would be more appropriate.

MARCH

One of the reasons I chose orcharding over another kind of farming is that I enjoy the way that the work load is spread out over the year. There is always something to do! Although I start pruning in February when the weather is agreeable, I save the bulk of this work for March. When the sun is out and the wind is still it is a glorious time to be in the orchard.

Every tree I walk by has its own characteristics and I chuckle when I think of how, when I first started pruning, I tried to reconcile the peculiarities of my trees with the diagrams and photographs in the literature on pruning. This reminds me of the articles I have seen on building stone walls in which there are nice drawings of finished stone walls in which every stone fits perfectly. I have seen few trees that fit any perfect mold, and it is only through experience that I have learned to adapt the ideal to the reality.

I have learned to accept that when there are hundreds of trees to prune, every tree will not be perfect. I work through the orchard quickly, then go back over and touch up where necessary. Some old trees that I have worked on for years need very little work except thinning. I can do four of these an hour. Other trees that have been neglected for years can take several hours per tree.

I do most of my pruning with a short (six foot) pole saw, hand pruners, and a

sharp knife. When these tools have good edges they are a pleasure to use. There is nothing that they will not cut, although I sometimes crank up the chain saw for the major limbs. I have found that the hand saw makes a much cleaner cut than heavy loppers which tend to mutilate the wood no matter how sharp they are. Everyone finds his own favourite tools and I would not trade mine for the world.

I used to see a lot of tent caterpillar egg masses in the trees while pruning, although I have nearly eradicated them now. I would peel them off the twigs and put them in my pocket to dispose of in the fire. Once I forgot to clean out my pockets, only to find hundreds of caterpillars crawling through the laundry basket several days later having hatched in the warmth of the house. □



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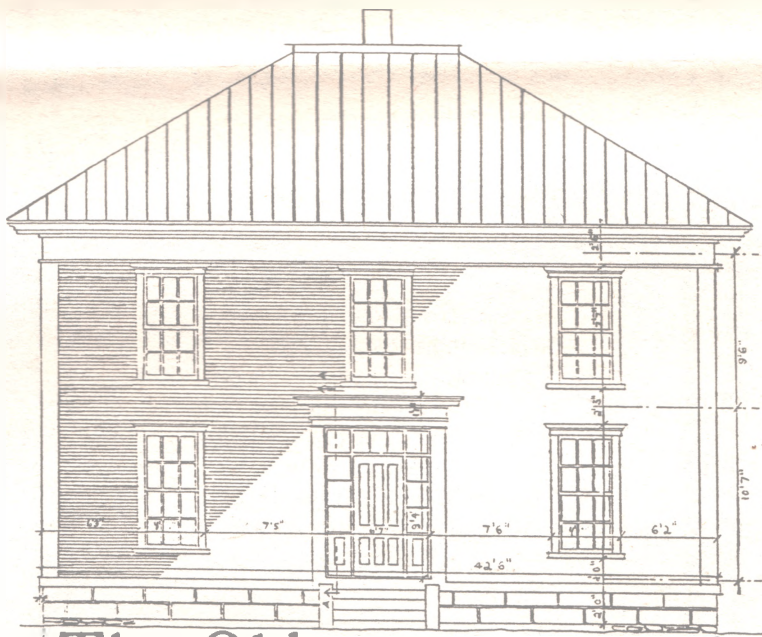
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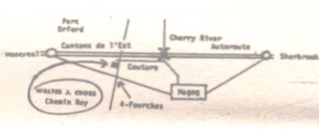
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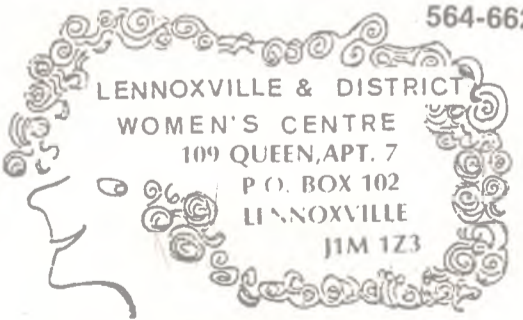
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