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inside

The Townships Sun

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Community involvement shows encouraging membership numbers at Richmond Legion.

By: Julia Skikavich

Though many Royal Canadian Legions across the Eastern Townships are struggling to maintain their member numbers, Andre Berger, president of the Richmond Legion, says their branch is thriving.



Legion president Andre Berger and Gary Pollock are proud that the Richmond branch is just one of six in Quebec that now have a computer for their members' use. The computer, funded by Veterans Affairs, is part of a project to help veterans

"You can't go, 'Look at me, I'm good. I'm the only good one.' It doesn't work that way," says Berger.

Berger says the past attitude that the Legion was a secret and closed club in Richmond has been dispelled for the last ten years. The Legion has instead strived to become highly visible and active in the community.

"You've got to be involved in the community," says former president Gary Pollock.

The Richmond Legion has started several community efforts to make Richmond a better place to live for all its residents. Included in their functions are financial contributions to Meals on Wheels, sponsoring the boy scouts and providing their facilities free of charge to any charitable organization for use in fundraisers.

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Navigation and Orientation

By: Tom Moore



Birds of all sorts migrate thousands of kilometers to wintering grounds each fall and return unerringly in the following spring to the same woodlot or even the same backyard feeder. Ever since humans realized that birds didn't hibernate in hollow trees, scientists have tried to understand the mystery of how birds can find their way in long flights across land and water, often at night and in overcast conditions. Human travelers have navigated for centuries using the sun, stars and (most recently) Global Positioning Systems using satellite references. But birds have migrated for eons, finding their way

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Seniors urged to act now

Recently, I have had the privilege to attend many local community group meetings; sadly, most face the same crisis - their survival. Membership is at a critical level and they are questioning how to get young and old to join.

As a member of various community groups, I have often pondered on these questions and have written on the subject on occasion. As I was about to do so again I came upon an article written by Mr. Doug Menzies and published in The Sun back in 1974. The problems then were the same as now, with one exception, our English population has shrunk since then. Some articles keep ringing true no matter when they were originally written as

Continued page 2

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Seniors urged to act now

is the case with the following piece. For this reason and in keeping with The Sun's underlying mission to support community groups I decided to publish it again.

To note, we have been receiving more community groups news lately. We do not have the staff required to visit every community, but we encourage all volunteer community oriented groups to let us know what is going on and help us help them. Remember The Sun is your newspaper too!

Seniors urged to act now (SA)

By DOUG MENZIES

Its time to get involved with your Local Organization

The Eastern Townships and the Chateauguay Valley, like other non-urban areas of Quebec with a significant percentage of English, has a higher proportion of old people than normal for the country or the province.

It's not difficult to figure out why: a lot of young people leave to study or work in Montreal or outside the province; many not so young leave to join relatives when their spouse dies, or are transferred. And some who spend their working lives outside the Townships return to retirement homes to rejoin old friends and relatives.

All this has been said a thousand times; everyone knows it, everyone accepts the high percentage of old people and no one does anything about it.

In short, how much access do they have at any level in areas that vitally affect their income, health, housing, and the areas in which they have lived their lives?

SHOULD THEY BE CONSULTED?

If the answer on the English side is little or none, the logical next step is to figure out why they are not consulted.

The attitude of the government seems to suggest that they shouldn't be. Little encouragement is given to local groups either to help finance their operations or help them provide transportation for shut-ins or a place to meet.

Little encouragement is given to those local groups that neglect to send representatives to regular or special meetings of provincial or regional planning committees, even when the topic is directly related to their needs.

And no effect has been made to aid local clubs to

form regional or provincial federations, or to help them finance or print or distribute a newsletter that would serve to focus their attention and energies on issues common to all the elderly.

CALLOUS INDIFFERENCE

The attitude of the majority of North Americans to the elderly is callous indifference and happy ignorance of their special needs and problems. They have contributed all they can during their working life, they have served their turn as the movers and doers, as parents, and Church and Community Leaders.

All they have left to do now is grow older gracefully, enjoying their memories and whatever nest-egg they have individually

amassed towards their retirement. All we in society ask is that they not become too much of a burden on us, that they die as unobtrusively as they can decently manage.

And the golden-agers themselves must take a large share of the credit or blame for their isolation. Descendants of a long English tradition of self-reliance and reluctance to seek help from government or any source outside their immediate community, they are far more set in their ways, and unaware of how modern society functions than younger people.

A few are well enough off that they don't feel the pinch of inflation as much as those on fixed incomes like pensioners. Then too, there is the feeling of help-

Continued page 3

OPEN HOUSE

LENNOXVILLE'S ENGLISH-LANGUAGE COMMUNITY GROUPS

INVITE THE PUBLIC TO DROP IN AND SEE WHAT WE DO WE ARE:

The Townshippers Ass.

The Townshippers Research and Cultural Foundation

The Lennoxville District Women's Centre

The Community Economic Development and Employability Committee (CEDEC)

The St. Francis Literary Council

Job Links

Mental Health Estrie

The Townships Regional Union of Support Staff (TRUSS)

The Appalachian Teachers Union

The Quebec Anglophone Heritage Network

FIND OUT WHAT SERVICES WE OFFER TO THE PUBLIC AND WHAT WE MIGHT BE ABLE TO DO FOR YOU:

Language issues

Women's issues

Wellness

Employment counselling

Labour support

Economic development advice and assistance

Supporting the heritage community of English Quebec

Time: 4 p.m. to 7 p.m.

Date: November 24

Place: Marguerite Knapp Building

257 Queen Street

Lennoxville borough, Sherbrooke

Community involvement shows encouraging membership numbers at Richmond

The Legion has also arranged with J.H. Coles Inc. that anyone can borrow wheelchairs, crutches, canes or walkers on a monthly, renewable, loan basis. The Legion assumes the full cost of purchasing, maintaining and disturbing the equipment.

"You support the community," says Berger, "The community supports you."

Berger says people are always giving back to the Legion in return for their support of the community. He points to the flowers in front of the buildings, which were planted by the local Girl Guides.

"You can't say to people join the Legion, because it's good for you," says Pollock. "That doesn't work anymore."

Royal Canadian Legions, in Canada, started out as a veterans' private club and a lobby group. However, over the years it has changed. The Legion now accepts members who have past military service, are relatives of those who have served, or individuals that simply support the goals of the Legion. That is, today, any Canadian citizen is welcome to join.

Richmond's Branch 15 has 275 members; 73 of these members are ordinary members who have military service, 110 are associate members who are relatives of those in the service and 77 are affiliate members. The Ladies Auxiliary, which runs independently of the Legion, also has 85 members.

"Don't go crying in your beers about no members if you aren't going to make affiliate members feel welcome," says Pollock. He says that at the Richmond Legion, they want to make the whole community feel welcome.

The Legion hosts three open houses a year on Canada Day, St. Patrick's

Day, and Armistice Day. Pollock says they invite all community associations to get involved in these events and to return to the Legion after parades and ceremonies for a reception, which is family-oriented, having activities for children in the

program is to teach older people how to use the computer.

Pollock has run the first course where he taught 16 people, in 20 hours of class, the basics of using a computer as well as e-mailing and Internet access. The



The Richmond Legion believes the more you give to the community, the more the community gives to you. The flowers outside the Legion were planted by local Girl Guides. Photo by: Julia Skikavich

upper level of the building.

Pollock says over the years the Legion has realized that just become people are unable to attend every meeting does not mean they don't want to be involved. "People don't want to go to meetings," he says. "They're too busy." He adds that people are still interested in the Legion and are involved even if they can't come out to every event.

"You just have to call them and ask," says Berger.

The Richmond Legion has also become one of only six branches to be chosen to have a computer assistance program. This program is entirely funded by the Department of (Veterans) Affairs and provides a computer for use at the Legion and courses to individuals. The aim of the

next course will be taught in the fall and will teach individuals how to use the computer to access health information.

"The aim is to give them rapid access to more information," says Berger.

The computer is available for use in the lounge at the Legion. Berger says it is not only a great opportunity for members to use the computer for e-mailing to keep in touch with family members and friends, but a way for them to be aware of the rights and services available to veterans and their families. He says all the information about the programs veterans and their families are eligible for is available on the Veterans Affairs website.

"You can stay in the 1920s," says Berger, "Or you can move ahead.

Seniors urged to act now

lessness that paralyzes action; the greatest enemies of this class of society - disease, senility, and death - are implacable; they cannot be consulted, petitioned, or negotiated with.

And there's the attitude, "you can't teach an old dog new tricks" - the age-old inertia that keeps old organizations going and makes it an uphill battle to start new ones.

QUESTION OF INVOLVING SENIOR CITIZENS

Assuming that everyone who has read this far now has a sketchy idea of why the senior citizens are not involved in making the decisions that affect their lives, the next logical question is should they be. After all, they've worked and saved all their life, they own their homes and cars, they're out of debt, with no children or mortgages to support; they're on top of the world, right?

Wrong. The majority have worked and saved to get out of debt, and accumulated enough to buy an annuity paying a fixed amount per year. Trouble is they earned and saved when a dollar was worth more than now, and inflation has eaten big holes in the buying power of all but the most affluent among them.

They have no children, but are still paying school tax; they own their car, but must buy maintenance and replace it now and then; they own their house but property taxes go up every year, and heating and maintenance costs drive many to sell a house too large for just the two of them, and move closer to services they depend on more and more.

They move to the city or town and watch their rents climb yearly. They get free medical care, but pay

dearly for medication of which many of them need more and more.

As their health or facilities fail, they need care and nursing attention; for all but the very rich, this means going into a nursing home or hospital and becoming, for all their careful plans and life-long pride, wards of the state.

And what happens to them in home? Some adapt well; the Wales Home and London Residence seems a model of the best of such institutions. But many sicken and die of nothing more than loneliness, or alienation, or heartsickness, and they just give-up.

GOVERNMENT INTERVENTION NOT THE ANSWER

The answer to these problems is not massive government intervention. We have seen the results of their well-meaning bungling in the regional high schools and giant hospitals.

Nobody denies you can get the best treatment for the most unlikely ailment; but it's no place for the average guy with a broken toe or a head cold.

Especially for the old people. What gives them a reason for living? For many it's their friends and relatives and community; cut them off from these and with the best care in the world, they wither away.

Possibly the answer is smaller centers wherein the senior citizens have a say concerning the administering and help staff, that would provide medication and treatment for those needing daily care but not hospitalization.

If the elderly cannot depend on the charitable concern of a society that has largely forgotten them, nor on government master plans, where can they turn for help in solving their very real and very urgent problems?

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Seniors urged to act now

Where else but themselves? Who else in the final analysis, cares as much?

TWO CHOICES AVAILABLE

They've two choices of means to their ends. They can fight for recognition of their rights and needs individually or through organizations, in groups, in associations, federations, whatever.

The first is haphazard; success may crown the efforts of most capable, best organized, wealthiest or best connected, but the vast majority will get nowhere with businesses and landlords and governments used to dealing with far more powerful forces.

So group action. Groups have two fundamental advantages; division of labour and the leverage of numbers.

Senior citizens groups might include a retired accountant or lawyer who could contribute to figuring out how to take advantage of tax laws, groups annuities, special groups rates on car or house insurance or co-operative buying of food, medication or nursing services.

They might include gardeners, nurses, doctors, government workers, teachers, historians, community workers, all with years of experience which could be tapped for the benefit of all members. And the problems of a few, if backed by the full weight of the whole group (and that means work, not merely signing petitions) have that much better chance of solution.

PROBLEMS ARE LOCALIZED

Some of the problems that afflict other voluntary organizations don't affect senior citizens: lack of experience in working in groups, no time, fragmentation of interest groups, inability to attract young

members (everyone wants to live past 65)

I'm not really trying to convince anyone to rush out and form a senior citizens club, because they exist, formally or informally, already and fill a genuine need.

I'm aiming this long-winded argument at the general attitude on the part of everyone - government, the elderly, you and I - that these clubs can be nothing more to give to society at large, or their communities.

I strongly suggest that they have the motivation, the experience, the knowledge, the capacity to at the least contribute to the solution of their own problems and their communities.

Customs surrounding the Christmas pudding

Christmas puddings should be made by the 25th Sunday after Trinity.

They should be prepared with 13 ingredients (to represent Jesus and his Disciples).

Every member of the family should take turns to stir the pudding from east to west with a wooden spoon, in honour of the three Kings. While stirring every member of the family should make a wish on Stir Up Sunday, the Sunday before Advent.

Another custom is for silver coins to be put into the pudding mixture before it is baked. Whoever finds it will have health, wealth and happiness for the coming year.

Christmas Pudding - An English tradition

Like a fine wine, puddings need to age in order to develop flavor. Two to three months are usually enough time, although some people make them one year ahead of time. Looks like there isn't any more time left to loose.

Ingredients for 2 x 2 pint basins

8	oz	Chopped suet
1	tsp	Mixed spice (allspice)
1/2	tsp	Grated nutmeg
1/4	tsp	Ground cinnamon
4	oz	Self raising flour
1	lb	Light brown sugar
8	oz	White bread crumbs
8	oz	Sultanas
8	oz	Raisins
20	oz	Currants
2	oz	Chopped almonds
2	oz	Mixed chopped peel (candied fruits)
		Zest of 1 orange and 1 lemon
1		Apple peeled, cored and finely chopped
4		Standard eggs
10 fl. oz		Stout
4	tbsp	Dark Rum



Earthly Pleasures

In a very large bowl mix thoroughly the suet, flour, bread crumbs, spices and sugar. Mix in the fruits, mixed peel, nuts, chopped apple then the zest. It is easier to do this with your hands.

Cover the bowl and leave overnight in a cool, dry place.

Grease 2, 2 pint pudding basins and pack the mixture into them. Do not fill the pudding bowls up to the top - it tends to expand when it cooks.

Stretch a layer of cooking paper and aluminum foil over the rim of the bowl (making a center pleat to allow for swelling) and secure with string.

Place each pudding basin into a large saucepan and fill with enough boiling water to come 2/3 of the way up the sides of the basin- cover the saucepan and steam or simmer steadily for 8 hours.

(Make sure you don't get water in the pudding!). Keep checking the water level to prevent burning. As the water evaporates replace with more boiling water.

TIP: Steaming the pudding into a slow cooker (crock pot) works very well. Place the basin into the slow cooker, fill with boiling water to about 1 inch from the top of the pudding basin and cook on medium or high heat, checking water level from time to time. Set the cooked pudding, still in its mold, aside until completely cold.

Remove it from the mold and wrap in wax paper and then foil and store in a dark, cool, DRY cupboard until Christmas.

To reheat on Christmas day, unwrap and re-steam it in the pudding mold for 2 hours in a saucepan of water on low heat, being careful not to let any water enter the pudding or not to let the saucepan boil dry. DO NOT MICROWAVE.

Tilt it out of the mold and serve with cream, ice cream, custard or brandy sauce or lemon sauce.



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Food For Thought - The Workplace

By: Kathleen Y. Rattigan

In September of this year, CTV conducted a survey asking: "What is the main cause of stress in your life?" To my astonishment, 40% of the respondents stated that it was their work.

How and where we earn our money is almost as important as our home life. In fact, I call my daily job with Canada Post my home away from home. We spend much of our waking hours taking care of business, and it seems only natural to have as pleasant an experience as possible while we are there. Yet, there are many who obviously do not find this to be so. Why is this? In my Tarot reading sessions, we deal with "The Workplace". This area is more often than not difficult for the majority of people. A frown appears and there are deep sighs of discontent. Then, a surprised look – because the question I always ask them is: "What lesson is your workplace providing you?" I believe we place ourselves in situations that provide us with the necessary learning opportunities that cause us to evolve, whether we want to or not! Ask yourself now – what do you think your area of employment is teaching you? I am not necessarily referring to specific job skills, though that is certainly a bonus, I am asking you to look within and see what life skills you are attaining. Does your job teach you patience or tact, have you learned greater communication skills, or perhaps you have gained in confidence and self worth? "Always you have been told that work is a curse and labour a misfortune. But I say to you that when you work you fulfill a part of earth's furthest dream, assigned to you when that

dream was born. And in keeping yourself with labour, you are in truth loving life. And to love life through labour is to be intimate with life's innermost secret." Kahlil Gibran, from his book "The Prophet" I know it is not always a joy or pleasure to get up early in the morning, get dressed and go face the elements on our daily commute to work. Even though I like my job, many are the mornings when I sigh and look forward wistfully to my retirement. I resent that it is necessary to sell the hours of my day to another in order to make money to pay my bills. How do I overcome this feeling? First of all, I remind myself to be grate-

ful that I have this good job and that I am very well paid to be there. Then, I think of the good people who are my co-workers and how much I enjoy their company. The daily contact I have with the folks of my village is heart warming and nurturing, as many of them have known me since I was very young. The point is to reassure ourselves of all the good things we experience at our place of employment and concentrate our energies there. Each morning, before I leave the house, I take a few minutes to ask for a daily blessing. This can be done anywhere in your home, but I feel it is good to do it in front of a mirror as that way you can really

connect with yourself. In this daily ritual, you may ask for a good and prosperous day, or ask that your day run smoothly and productively, and it is always beneficial to invite your guardian angel along for the ride, if your beliefs run that way. The important fact of the matter is – that taking these few moments to center and balance yourself before heading out to the "rat race" will ensure that your day will start off on a more positive note than if you dash out the door already frazzled and stressed. It boils down to the choice we make in our attitude towards work. We choose the negative or the positive to concentrate upon. Both are always available and it is you who select the path you will walk. We must work if we

are to live a life of abundance and achievement, so we may as well enjoy it. In my "Creative Abundance & Prosperity" seminar, we examine the issues that prevent us from being prosperous. The poverty mentality is often associated with doing as little as possible, or expecting to win a large amount of money through games of chance, and, unfortunately, laziness. To work, to earn our daily bread, is both an honour and a sign of success in our lives. We can hold our heads high, knowing that we contribute to society and that we earn our place in the sun. "Opportunities are usually disguised as hard work, so most people don't recognize them." Ann Landers, Columnist .

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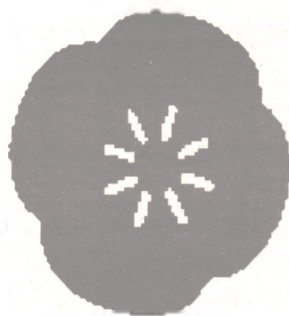
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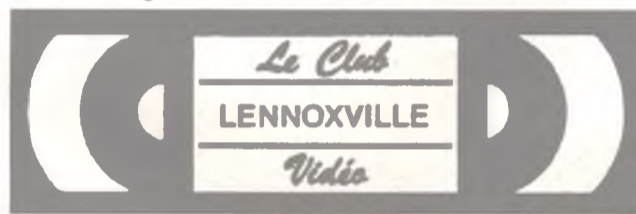
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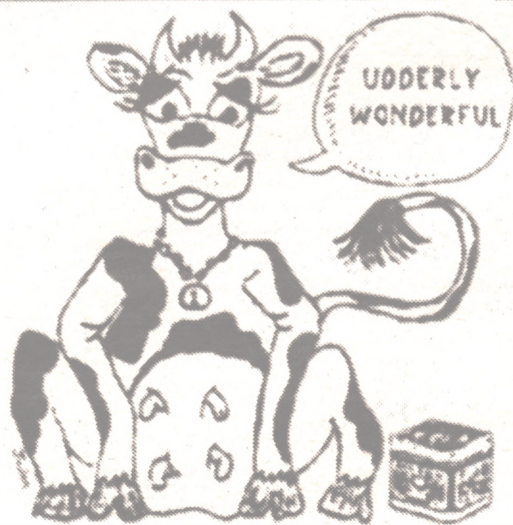
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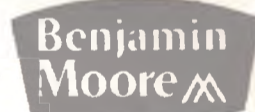
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History o

Why was the poppy chosen
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The poppy, an international
also had international origins:

A writer first made the con-
battlefield deaths during the 19
century, remarking that fields
exploded with the blood-red f

Prior to the First World War
During the tremendous bomb
soils became rich in lime from
rhocas' to thrive. When the w
absorbed, and the poppy bega

Lieut-Col. John McCrae, th
poem IN FLANDERS FIELD
years, during the First World
became the symbol for soldie

Three years later an Americ
in a New York City YMCA ca
poppy in memory of the milli
During a 1920 visit to United
Guerin, learned of the custom
decided to use handmade pop
tute children in war-torn areas
1921, the first poppies were d

Thanks to the million of Can
November, the little red plant
Canadian's memories for 116
in battle.

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the Poppy

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connection between the poppy and
the Boer wars of the early 19th
century were barren before battle
ended. Poppies grew in Flanders.
The poppies of that war the chalk
poppies, allowing 'popover'
the lime was quickly
to disappear again.

A Canadian doctor who wrote the
made the same connection 100
years later, and the scarlet poppy quickly
who died in battle.

In 1918, Inez Moina Michail, was working
in England when she started wearing a
poppy who died on the battlefield.
Inspired by a French woman, Madame
Jeane Boiteux, on her return to France she
started to raise money for the desti-
tute of the country. In November
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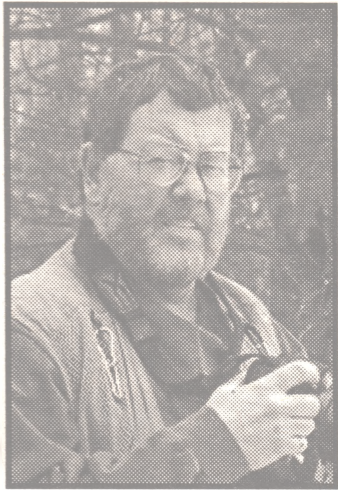
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Navigation and Orientation

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Two distinct abilities combine to enable birds (and some animals and insects) to find their way over great distances. Navigation is the ability to find a destination from a defined starting point. Orientation is the ability to use sensors to align the direction of travel appropriately when in unfamiliar surroundings (an internal compass).

Studies indicate that birds inherit the ability to

navigate in a given direction for a set distance so as to be able to fly by dead reckoning from one point to another. Experiments with certain species of both immature and adult birds have shown that both adults and juveniles will migrate in one direction for a set distance. However, when both young and adult birds are displaced from their usual starting point, only the adults had the ability to recognize the displacement and change direction to arrive at the customary wintering grounds. The immature birds flew their inherited direction and distance and without the benefit of some environmental input that the adults had acquired, ended up at an atypical wintering area. Navigation may involve learned landmarks, but most juvenile songbirds migrate separately from the adults: how do they find the way?

Orientation has been

shown to be achieved from a "sun compass", which gives birds the ability to recognize direction from the sun's position at different times of day. Similarly the pattern of stars in the night sky provides the same directional guidance. The earth's magnetic field, prevailing wind direction and unique local odors may also be sensed by some species and used for either navigation or orientation.

So what does all this mean? Ornithologists believe that birds use a number of inherited and learned techniques to guide them on their long journeys and that the different species have different means of finding their way. There is no simple answer and the differences between species serve to further complicate the situation. As we watch the long vees of Canada Geese going south, it is sobering to think that they have



Tree Swallow

Moore Nature Photo

been doing this for uncounted years but human intellect has yet to fathom the mystery of migration.

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About the Coyote..

By: John A. Viau

The coyote is one of North America's most controversial animals. It is intelligent and playful like many domestic dogs, but it also has a reputation for killing small farm animals and deer. Smaller than a wolf and more adaptable, it is one of the few mammals whose range is increasing, despite extensive persecution by people.

The coyote, *Canis Latrans*, is one of the several representatives of the Canidae family found in Canada. Other members of the family are the wolf, red fox, Artic fox, grey fox, swift fox and the domestic dog.

Slimmer and smaller than the wolf, the male coyote weighs from 20 to 50 pounds (9 - 23 kg), has an overall length of 45 to 60 inches (120 - 150 cm), including a 12 to 15 in. (30 - 40 cm) tail, and stands 23 to 26 inches (58 - 66 cm) high at the shoulder. The female is usually four-fifths the size of the male.

The coyote's ears are wide, pointed and erect. It has a tapering muzzle and a black nose. Unlike most dogs, the top of the muzzle on coyotes forms an almost continuous line with the forehead. The yellow slightly-slanting eyes, with their black round pupils, give the coyote a characteristic expression of cunning. The canine teeth are remarkably long and can inflict serious wounds. The neck is well furred and looks oversize for the body. The long tongue often hangs down between the teeth, as the coyote regulates its body temperature by panting.

The paw, more elon-

gated than that of a dog the same size, has four toes with non-retractable claws. The forepaws show a rudimentary thumb, reduced to a claw, located high on the inner side. The claws are not used in attack or defense; they are typically blunted from constant contact with the ground and do not leave deep marks.

The fur is generally a tawny grey but there are numerous color variations even from the same litter. The fur is long and soft and well suited to providing protection from the cold.

Coyotes first became established in Quebec in the early 1940's and are now to be found throughout our area. The reasons for the coyote's expansion are not fully understood but probably include several conditions created by humans; the clearing of forests, provision of carrion from domestic livestock and the removal of the wolf.

Although primarily a flesh eater, the coyote will eat just about anything. Rabbits and hares are typical dietary staples, as are small rodents. Blueberries and other wild fruits are commonly eaten, in quantity, during summer and fall. Coyotes also eat insects such as grasshoppers. Coyotes commonly prey on deer fawns in spring and summer; however may also prey on adult-size deer and other large hoofed mammals during some snow conditions in winter. Coyotes prey on domestic sheep when they are available and may take beef calves

and domestic poultry also.

Coyote have flexible social behavior and adjust their hunting methods to the prey size and food sources available. They often hunt singly for small-prey animals, whereas they hunt in groups for large prey and to defend large carcasses.

The coyote has numerous foes. Chief among these are people; in some areas, 90% of the deaths of coyotes older than five months are caused by people, whether purposefully, or accidentally with vehicles and farm machinery.

Parasites and diseases are also a major cause of death. Common are outbreaks of sarcoptic mange, an infestation by microscopic mites that cause thickening of the skin, loss of hair and itching. Heartworm and hookworm are other common parasites of coyotes. Coyotes may also suffer from diseases such as distemper, canine hepatitis, rabies and parvo virus.

Although it sometimes causes problems, the coyote has its rightful place in the fauna: more and more people, including farmers, appreciate its value as a scavenger and a predator of rodents. The coyote's economic importance and its role in nature should be considered in any evaluation of the animal.

SUGGESTED READING LIST

1. Wild furbearer in North America, Ontario Ministry of Natural

Resources, Toronto, Ont.

2. Coyotes: biology, behavior and management, Academic Press, New York, N.Y. by M.L. Beckoff.

3. Cases of coyote attacks on children in Western North America, Wildlife Society Bulletin Vol. 17, No. 4, by L.N. Carbyn

4. God's dog; a celebration of the American Coyote, Penguin Books Canada Ltd, Markham, Ont. by H. Ryden

5. The coyote: Defiant Songdog of the West, University of Oklahoma Press by Francois Leydet.

6. Coyote, Environment Canada - Canada Wildlife Service Publication..

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It's Gourmet Cookie & Muffin Dough Time - till November 15th

By: When Bailey

Members of the United Church Women will be selling Gourmet Cookie and Muffin dough again for the 5th year, just in time for Christmas!

These batters are made fresh and "flash-frozen" to lock in flavour and old-fashioned goodness. No preservatives or additives are added.

The dough comes in tubs, enough for 6 dozen cookies or 3 dozen muffins. No defrosting or mixing is necessary. Just scoop and bake! Your cookies or muffins are ready in just 20 minutes.

In bridge, cookie dough stays fresh for 6 weeks; muffin batter for 3 weeks. It can be refrozen for up to 1 year.

All Gourmet Cookies and Gourmet Muffins are still \$10. Premium Cookies (those containing extra chocolate) and Lite Muffins will now be \$12. The profit for the Lennoxville United Church will be approximately \$3.50 on each tub sold.

30 flavours are available, some of which are:

Cookies: Chocolate Chunk-Pecan, Chocolate Chocolate Chink, White Chocolate Macadamia, Peanut Butter-Chocolate, Oatmeal-Raisin, Coc-n-Oat Crispies, Rainbow-Chip, Lemon White Chocolate.

Muffins: Apple Cinnamon, Carrot-Pineapple, Raspberry Yogurt, Morning Glory, Lemon-Cranberry Lite, Blackberry-Lemon Lite, Blueberry Lite.

Sales begin October 5th through to the Christmas Bazaar on November 15th.

Order forms will be available from U.C.W. members after church on October 5, 12, 19, 26 and November 2 & 9. As well, you may contact any of the undersigned members to arrange an order.

Please encourage neighbours, friends and relatives to take part in this fund raiser.

Payment must be made when you place your order, as we must pay before delivery.

The tentative dates, for pick-up at the church hall will be December 5 & 6. Specific details will follow.

We wish to thank all those who contributed to last year's Cookie and Muffin fund raiser sale. We sold over 1075 tubs of dough, yielding \$3,464 for the church. Total profit in the last 4 years is now \$11,006.

We hope you will take advantage of this fund raising project and have your Christmas baking or gift-giving taken care of at the same time.

Thank you for your support.

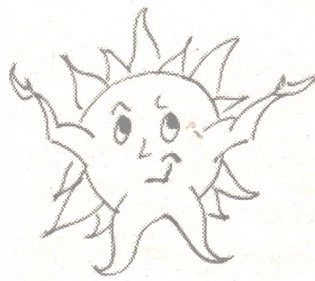
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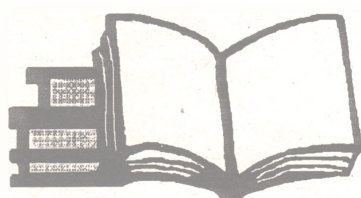
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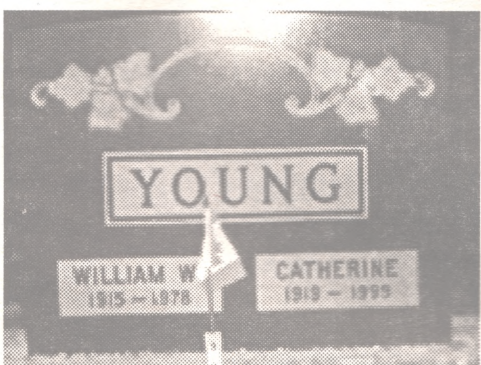
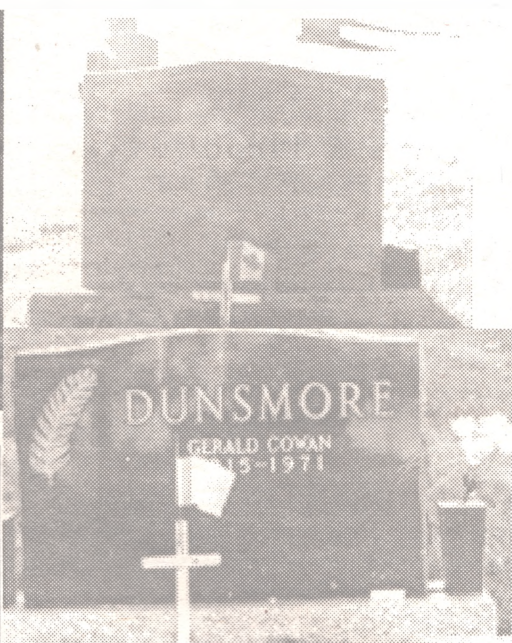
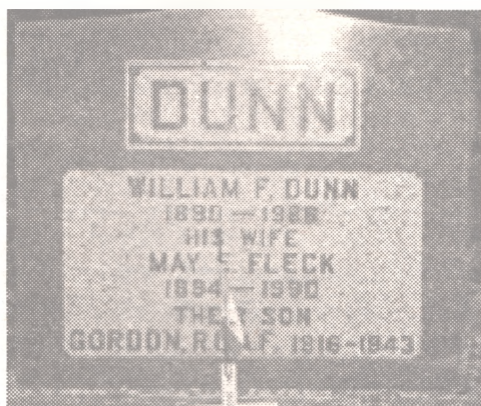
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The Townships Sun EVENTS CALENDAR

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

	<p>Oct. 29 LENNOXVILLE Lecture "Road Stories". First event in Spanish for academic year 2003-2004 at Bishop's University. Speaker Jean Michel Hernandez. Bandeen Hall at 8 p.m. FREE, everyone is invited.</p>	<p>Nov. 1 SHERBROOKE 3rd pre-Christmas Buffet Supper and Sale. Plymouth-Trinity United Church hall, 380 Dufferin St. Menu : ham, assorted salads, baked beans, rolls & squares. There will also be sales tables of home baking, handicrafts, novelties, jams and pickles. 3-6 p.m.</p>	<p>Nov. 1, 2 COWANSVILLE Handicraft Show: Held by the AFEAS Basement of Ste. Therese's Church. Sat. 10 a.m. to 5 p.m. Sun. 9 a.m. to 4 p.m.</p>
<p>TILL Nov. 2 LENNOXVILLE Exhibition Uplands Cultural and Heritage. Celebrating the 125th anniversary of the "Sherbrooke Snow Show Club". Thursda, Fridays and Sunday -. 1 -4:30 p.m.</p>	<p>Nov. 2 KNOWLTON Live theatre on tour "Mary's Wedding" by Stephen Massicotte, presented by Geordie Productions at Arts Knowlton, 267 ch. Knowlton. 2 p.m. and 7:30 p.m. For tickets/info (514) 845-9810. E-mail to maryswedding@geordie.ca</p>	<p>Nov. 2 STANSTEAD Craft Sale. Centenary United Church, 479 Dufferin. 25 tables. 10 a.m. to 2 p.m.</p>	<p>Nov. 3 The Canadian Club of the Yamaska Valley will meet at 2 p.m. at Auberge West Brome. Guest speaker Janet Matthews. Topic "Chicken Soup for the Canadian Soul: History, Heritage, Heroes and Heart". Non-members \$10. Info. Thelma Rhicard (450) 248-4168.</p>
<p>Nov. 6 LENNOXVILLE Remembrance Day Supper: Army, Navy, Air Force Veterans Unit 318. 6 p.m. Everyone welcome!</p>	<p>Nov. 8,9 KNOWLTON Christmas Arts & Craft Sale. Odd Fellows Hall, 476 ch. Knowlton Rd. Sat. 10 a.m. to 5 p.m. Sun. 10 a.m. to 3:30 p.m.</p>	<p>Nov. 9 ARMISTICE DAY <i>We Will Remember!</i> </p>	<p>We have a great CHRISTMAS GIFT SUGGESTION Why not offer a subscription to <i>The Townships Sun</i> see our ordering form in this issue</p>
<p>TILL Nov. 9 SHERBROOKE 49th Floral Exhibition: Visit the municipal greenhouses and theme gardens.</p>	<p>Oct. 28 LENNOXVILLE Centennial Theatre presents at 8 p.m. "Scenes d'interieur" by Sylvain Emard Danse. Informal conversation with Sylvain Emard at 7 p.m. and opportunity to meet the dances after the show.</p>	<p>Nov. 13 BUS TRIP TO QUEBEC CITY organized by the Parish Guild. 7 a.m. departure from St. George's Church. Info. call Kay Hartwell (819) 822-2242.</p>	<p>Nov. 15 SUTTON Craft Sale. Sutton Legion Hall. 9 a.m. to 5 p.m.</p>
<p>Nov. 15 & 22 NORTH HATLEY Christmas Market. Community Centre, 3127 Capelton Rd. 10 a.m. to 4 p.m. Info (819) 823-2059 or 842-4342.</p>	<p>Nov. 15,16 COATICOOK Craftspeople's Salon. Pavillon des Arts. A festive atmosphere with the exhibition and sale of craftspeople's products. A great chance to pick up unique gifts! Info. (819) 849-6371.</p>	<p>Nov. 15, 16 EAST HEREFORD Feerie de Noel. Exhibition and sale of crafts; visit a crafter's workshop and watch Christmas wreaths and other ornaments being created from evergreen branches; horse-drawn wagon rides through evergreen tree plantations. Info. (819) 844-2220/2463.</p>	<p>Nov. 26 to 30 SHERBROOKE 14th edition of Salon des metiers d'art en Estrie. Universite de Sherbrooke. In a festive Christmas season atmosphere, this exhibit introduces you to the arts and crafts of over 50 original creators.</p>
<p>Nov. 27-29 GRANBY Christmas Choir Festival. A Christmas concert featuring choirs from a variety of regions. Info. (450) 375-2262/1-800-387-2262.</p>	<p>Nov. 29 WATERLOO Christmas Bazaar. St. Paul's United Church. Wreaths, decorations, knitting, candy, homebaking, nearly new and much more. Don't forget our giant silent auction. Luncheon \$5. 10 a.m. - 2 p.m.</p>	<p>Nov. 31 <i>Halloween</i> </p>	<p>Nov. 2003 Jan. 2004 Exhibition: Winter Sports. Sherbrooke Historical Society. Info. (819) 821-5417.</p>
<p>Nov. 2003 to Jan. 2004 Victorian Christmas tea. Colby-Curtis Museum, STANSTEAD. Carrolcroft, decorated in the spirit of Christmas past. Adm. \$7 for a guided tour of the house, Christmas ornament exhibition and tea. Wednesdays to Sundays. Reservation (819) 876-7322.</p>	<p>Dec. 1-31 SUTTON A Country Christmas. Activities include sleigh rides, storytelling, concerts, craft shows and shopping, all in a holiday atmosphere.</p>	<p>Dec 1-31 KNOWLTON Winter Lights Festival. The magic of Christmas manifested in this town of a thousand lights. Music in Mill Pond Park. Choirs, sleigh rides, evening shopping every week-end.. Info. (450) 243-0123.</p>	<p>St. Peter's A.C.W. THRIFT SHOP 200 Montreal St. Sherbrooke New and nearly new clothing as well as housewares, books and many other items. Wed. from 9 to 1</p>