

# The Townships Sun

April 1994

Volume 21, No. 10

## Serving English-speaking Townshippers Youville Hospital

How many Townshippers' still think of Youville Hospital as a long-term care facility for francophones? As a place where there are few English-speaking patients?

This is no longer so — on both counts. The Youville has become THE rehabilitation hospital for those who have a physical disability - in the French or English language — victims of strokes, accidents or degenerative disability are here taught to once again be capable of as much physical activity as is possible for them. Today the hospital has a life-style designed to keep patients active and involved.

Mrs. Winslow of Sawyerville is one patient who has changed her lifestyle



Catherine (Mrs. Graydon) Winslow

here. An active member of Anglican Church Women and Rebeccas, who worked in Lowry's store, in the Post Office, and maintained a home, Mrs. Winslow has been in the hospital for three years after suffering a paralyzing stroke. Mrs. Winslow exemplifies the hospital motto "Life Goes On".

This right-handed woman has learned to use her left hand for everything that she does for herself. With determination and the help of the staff at Youville she has relearned to paint with her left hand and is an active participant in the patients' fundraising endeavor of painting greeting cards for sale at the hospital.

The objective of the Foundation of Youville Hospital this year is purchase up-to-the-minute electric beds for long-term patients. These are needed

to give patients even greater freedom. Mrs. Winslow occupies one of the older models. She is quick to point out that the bed makes it possible for her to sit herself up when she wants, or finds it hard to breathe, without calling for a nurse. She likes this sort of independence.

The newer model to be purchased this year has advantages over the present model — most importantly it will allow some wheelchair occupants to move from their bed to their chair without help.

Norris "Bunny" Wilson will tell you that life is good at the Hospital. A ten-year resident, Bunny operates an electric wheelchair, moving about the premises which he calls home. He is quick to tell anyone that he feels at home, that the staff is friendly and cheerful.

Bunny hasn't changed in the thirty years or so since I last knew him. He's still has a wide smile and a quick joke; but there is a serious side to him too. He tries to meet and help those coming to the hospital who speak English. He'll give guided tours, help with settling in, information about schedules and activities.

Asked about life at the Hospital Bunny smiles and tells one that he spends some time in his room, reading, listening to the radio, but he likes to be out and about the halls mingling. He's enjoying the new solariums, with the views out over the city, and in summer gets out into the garden where the vegetable and flower beds are raised to a height that makes it possible for a wheelchair occupant to do planting and weeding. He'll tell you about the visits to Carrefour and outings to restaurants and concerts and things, too. If you ask!

He'll tell you about the fact that visitors can share a meal in the dining room and have a chat in the activities room, too; and about the other services available on the premises.

Bunny will tell you about the good meals served, too. He'll tell you about the visits from staff that ask about patients' preferences, which are used to set up daily menus, tailor-made for each patient. He'll also tell you about the parties, Valentine,



The Youville Hospital is located on Belvedere Street South in Sherbrooke. It serves both French- and English-speaking residents of the Townships in the areas of rehabilitation and long-term care.

Christmas, almost any excuse will do.

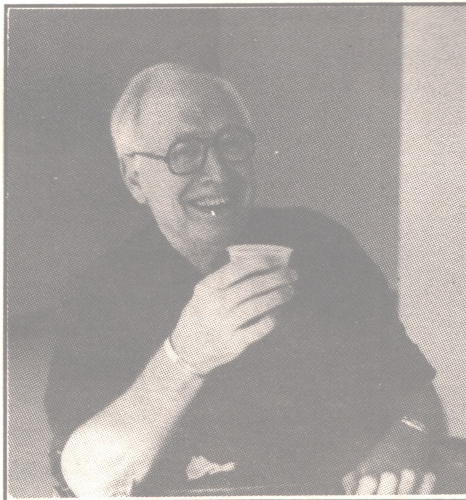
Nurse Jocelyn Couture started working at the Youville Hospital in 1972. Conditions were very different then. It was more like a hospital. It didn't have the homelike touches and atmosphere that it has now. When asked if she liked the changes, a big smile was the first answer, and perhaps the only one needed. She then goes on to say she likes the new mobility of the patients and the fact that everyone, except the ill, is dressed every day and has something to occupy their talents. She feels the pa-

lore designs, the plaques were chosen by each patient from samples. The colours are as different as each person's taste.

Another aspect of the Youville is the Day Care Hospital. This is a facility midway between outpatient therapy and hospitalization. This programme provides patients with in-hospital treatment during the day and a return home at night. Patients can receive treatment as often as two or three days a week over and they benefit from the complete range of hospital services offered.

Continued on Page 8

Also see "Stroke" on Page 4



Norris Wilson

tients are much happier now and that her work is easier and more pleasant.

Everyone pointed out the door plaques. Made by Mrs. Thouin of Lennoxville, with her characteristic folk-

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

## Editorial

As Townshippers, we think that we've been having problems surviving this hard winter with our good spirits still alive.

On the Gaspé coast, four families living on an isolated mountain road haven't had their road, which is a municipal one, ploughed all winter. They have been carrying on a long-standing battle with their municipality about the problem.

Once again this year the Townships Sun will have an Easter Egg Hunt. A one year subscription will be awarded to a name drawn from the correct answers received. Count the number of eggs in this issue of the size shown below. Do not include these. Send your answer to The Townships Sun, Box 28, Lennoxville, Quebec J1M 2Z3.

Our plight here, fortunately, is not as severe. The snow is melting fast, the days lengthening, and, best of all, the sap is running.

Around the corner is Easter, a time for celebration. As you gather with your families on this holiday weekend, the Board of Directors and staff of The Townships Sun wish you a happy and healthy Easter!



### Easter Bunnies and Easter Eggs

An ancient legend tells that Eostre, Teutonic goddess of spring, created the first hare from a bird. Grateful for this honour, the hare laid eggs once a year at the festival to its patron goddess. Thus, at Easter, which occurs within the season of spring, our folklore continues to use the symbols of eggs and rabbits, signifying fertility.

### Letters to the Editor



Dear Editor:

A year ago I had written an article to Memory Lane in which I had referred to three of my ancestors being noted clock makers in Suffolk, England, over 300 years ago.

That article prompted a reply from a Mr. W.H. Maslin of Lachute in which he kindly passed on some references he had discovered concerning my clock-making ancestors.

I must make my apologies at this point for not replying more promptly. In my zeal for retaining the clipping I had put it away "safely" and then

lost it!

These references are very much appreciated and are of great interest to me and the Mayhew family. My tenant, Ms. Susan Fletcher, often has business in Montreal. In October, 1993, she was in a book store and purchased a copy of "Britten's Old Clocks & Watches and Their Makers."

It is practically the same as the one Mr. Maslin has. A slight difference can be accounted for by the fact that mine is a ninth edition.

Thank-you for your kind attention. Needless to say, I, too enjoy the Townships Sun.

H. Carl Mayhew  
Ayer's Cliff

Dear Editor:

Have been reading your paper almost from the start. Always enjoy it. Especially the history of the Townships.

## Medicare can be bad medicine for Quebecois

Written by Bob Phillips, this editorial originally appeared in *The Post & Bulletin* of the west Quebec area where this is a particular problem because many must be treated in Ottawa. However it can become a problem for any of us who travel outside of our province. We felt you should be aware of the situation.

Whatever the horrendous financial problems, Medicare is universal and portable, wherever we go in Canada. Right? No, not for us in Quebec. Under the Canada Health Act, every province covers the full cost for the care of any Canadian patient, but Quebec violates that act. When one of us is ill in British Columbia or Nova Scotia, we are likely to get a bill which we must personally pay. It represents the difference between the fee set by the province where we get the care, and the lower fee that Quebec allows.

If someone from Ontario is treated in Quebec, there is no problem. But consider two patients sharing a room in, for example the Ottawa Civic Hospital. One, being an Ontario resident, has no financial cares. The Quebec visitor will usually be presented with a bill upon discharge, if not before.

The money may be significant. Appendicitis in Ontario will cost you \$53. A total hip displacement will carry a surcharge of \$181. Even a

bunion operation bears the added pain of \$271.

Since, by the nature of life, English-speaking Quebecois tend to visit friends and relatives in the rest of Canada more than francophones do, it is particular problem for us. Yet we have been extraordinarily meek and quiet about it. The one leader fighting our cause, though born in Montreal, is an Ontarion. Widely respected as a practitioner of internal medicine, Dr. Charles Shaver has been seeking to awake Quebecois and federal politicians to the inequity of the situation. The media have been listening, but apparently not the political decision-makers.

Earlier this year, tales of widespread fraud in medicare identification cards created some public and bureaucratic alarm. The desire of Quebecois to acquire Ontario cards is obviously related to the two-price system. The federal government insisted on leveling the playing field with cigarette taxes to cut off the smugglers at the knees, but on the

violation of the Canada Health Act, the silence is deafening.

The apparently good political relations between the Prime Minister of Canada and the Quebec Minister of Health gave hope that the federal government might move to make us medically equal Canadians. That phenomenon has as yet had no more visible effect than the propaganda gift this two-rate system gives the Parti Quebecois.

There are legal, political and moral reasons to allow Quebecois to travel anywhere in Canada as freely as other Canadians can. Isn't it time we demanded that right? How about pressing your M.P., your M.N.A.? How about letters to federal and Quebec ministers, as well as to the editor of your community newspaper?

And if you get sick of waiting, don't go outside Quebec for treatment. It will cost you money.

Keep up the good work.

Peggy Marshall  
Montreal, Quebec

Dear Editor:

Nice little paper. Keep it up. Especially historical topics and interviews.

Dorothy Pope  
Rock Forest, Quebec

Dear Editor:

I enjoy your paper. I read cover to cover and then pass it on to friends in U.S.A. I know the work you do. I formerly worked for the Sherbrooke Daily Record, also the Toronto Telegram. Best to you.

Thelma Dieckbrader

Mississauga, Ont.

Dear Editor:

Time sure flies since retirement so better go for two years. Wouldn't want to miss an issue. Keep up your interesting paper.

Andrey Frost  
Lennoxville, Quebec

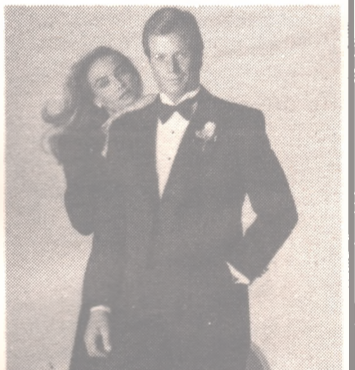
Dear Editor:

Keep up the good work. My husband enjoys the railroad writeups.

Mrs. Gregoire Gauvin  
South Bolton, Quebec

GB

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Objectives:

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

from The Townships Sun Constitution

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

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# Easter Memories

## Easter Customs I Remember

by Sigrid Wehr

Easter in regions where the Russian or Ukrainian influence had been predominant over many centuries is the holiest time of the year. Where I grew up, in pre-World War I Riga, we celebrated Easter in a much more elaborate manner than Christmas. Although my family is of Danish-German descent, and we belonged to the Lutheran Church of St. Petri, my favourite memories of Easter are solely linked to the eastern traditions we had adopted as our own: the incredible opulence of the Easter Table; the hardboiled coloured or decorated eggs placed in earthen bowls on grass seeded a few weeks before; the games we played with these eggs: knocking them 'head-to-head' or 'bottom-to-bottom', the owner of the non-cracked egg winning the cracked egg; or, rolling the coloured eggs down a sloping and 'blanketed' tabletop with those players winning all the eggs they managed to touch (Riga's long winters made lawn-rolling impossible); the Easter lamb roast on Easter Sunday; the yummy home-made chocolate and marzipan eggs, the hiding of eggs in the garden or in the house, depending on the weather, and searching for them (sometimes all year round!), and the endless stream of visitors coming to us, or our obligatory visits to old aunts and uncles who couldn't come to us. It was the most hectic time of the year!

A few more words about the traditional Easter Table. In its centre would always be a cold suckling pig. The table has to offer sustenance to all the expected and unexpected visitors arriving all day on Easter Sunday, Easter Monday and possibly on Tuesday as well. The higher the chatelaine's culinary reputation, the more plentiful the delicacies and accoutrements of the Easter Table had to be: besides the imperative cold suckling pig, the various Pas'chas and Baba's, the

hungry guests had a choice between dozens of other sakuska-styled cold dishes, piroshkis (canapes filled e.g. with bacon, or onions, or ground meat), relishes (small Neshinsky pickles, pearl onions, mixed pickles, and marinated mushrooms), and many cold sauces. 'Sprinkled' in between — and not only for colour!, were small carafes with ice-cold vodka, several kinds of fruit schnapps and liqueur, and big carafes of heavy crystal with porto and red wine. There was no sequence or protocol of how to help yourself from the Easter Table which never seemed to run out of food — for three days, family members and visitors had a free choice at any time of the day!

Pas'cha, the Russian word for Easter based on the Hebrew word for Passover, is an essential part of the Easter Table regardless of your religious affiliation — Lutheran, Catholic, or Greek Orthodox. It has its origins in ancient pagan traditions. Baking it is one of the year's most serious and solemn labours; which one began on Good Friday. In a very traditional orthodox family, the Pas'cha decorated with religious motifs including the cross, or the letters X.B., would be taken in a basket, which was also filled with a little ham, cheese, butter, horseradish, and krashanka (coloured eggs), to the Church and placed on the lawn before it. It joined all the other baskets brought by each family forming many rows and waiting to be blessed by the priest while the choir sings the traditional Easter hymn 'Christos voskres' ('X.B.' which means 'Christ is Risen'). Of course, a homemade Pas'cha, or Baba, could also be bought at the market or at the bakery.

Baba ('old little mother') is another festive Easter dish which has as many variations as there are housewives baking them.

*Mrs. Wehr's recipes are on Page 9.*

## Easter Snowstorm

by Kathy Longworth

Easter must have fallen early that year, or maybe we did have heavier snowfalls then. In any case, the winter of 1950 provided more snow than anyone really needed, so Easter weekend was awaited with great anticipation at our house. Mum, Dad and I were going to be spending the weekend with my Auntie Grace, Uncle Leonard and cousin, Rosemary, also one of my best friends.

What made that unusual was that prior to 1950 the road between Lachute and Lakefield was not kept open in the winter. There was always far too much snow on the road at Easter to even hope to get a car through. Consequently, no one even thought about attempting the 120-mile trip.

This year was going to be different. The morning of Good Friday, Mum and Dad packed the car with a variety of

goodies intended to be shared over the weekend. Last into the trunk of the car went a shovel and whatever else Dad thought we might need should we get stuck, and off we went.

Uncle Leonard, having been phoned before we left Lachute, was waiting at the bottom of their road with his horse, Pete, and a sleigh. We parked the car in a space my uncle had cleared, so we'd be off the main road, transferred our belongings to the sleigh, and proceeded the remaining half mile or so to the house.

Most of what I remember of Friday and Saturday was hours and hours spent outdoors. It seems to me the weather was quite sunny and mild, with veritable mountains of snow all around. I rather think that was the weekend Rosemary and I got into serious snow-sculpturing — well, as serious as a 10-

year-old and a 13-year-old can get. By the time Saturday afternoon had faded to a close, we had constructed a magnificent snow-horse, named after our model, Pete.

Easter Sunday was to be the highlight of the weekend. Auntie Grace had promised us French toast for breakfast, a real treat, and we knew there would be a chocolate egg or two to find, all lovingly made by this same Aunt. We also knew that, following breakfast, we would attend Easter service at Trinity Anglican Church, and then would return to the house for a special Easter dinner.

When Rosemary and I awoke Easter morning, there was something wrong and sort of scary. We knew it should be daylight, but even from Rosemary's room, we could see new snow piled up over the

*Continued on Page 6*

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# Townships Tidings

## Lending An Ear

École Sancta-Maria Dixville has set up a program to help students learn better and establish more positive relations with those around them. Three volunteer parents have been trained by the school to meet with children wishing to talk over their problems. Children can talk in confidence to the person of their choice. In most cases a solution is found, but the volunteer "listener" can also call on a specialist if necessary, via the school administration. The program has been a resounding success: discipline and behaviour problems requiring the administration's direct intervention have been cut in half.

## Royal Bank Rides for Easter Seals in Drummondville

A 34-seat cycle, believed to be the world's largest, will visit Drummondville on June 7 as part of a nationwide Easter Seals fundraiser sponsored by Royal Bank.

The Royal Bank Rides for Easter Seals, being held nationally to celebrate the bank's 125th anniversary, are expected to raise \$1,250,000 for Easter Seals. Funds raised through the rides will remain in the community to help local children with disabilities.

## Noble, Duke Associates Now in Lennoxville

With 30 years of experience in public practice accounting, A. Jackson Noble, C.A., in association with W. D. Duke Associates, has opened offices at 164 Queen Street in Lennoxville.

A full range of professional services is offered: auditing, financial statements, corporate and personal income tax preparation and consulting, business valuation, farm consulting, estate planning and settlement, powers of attorney, and retirement planning. The Official Opening on March 11 was attended by the media, representatives of various community groups, and Mr. Kimball Smith on behalf of the Town of Lennoxville.

## Stroke: Confessions of a Hemiplegic

by Bernard Epps

There are many different kinds of stroke and the same kinds can have very different effects on different people.

In my case, the word itself was misleading because it implies a single dramatic event - A bolt from the blue - Zap! - You're it! All I felt was a gathering perplexity. It was like nothing so much as a bad Monday morning. One of those days when you can't shake the cobwebs and get your act together. I got up as usual, dressed as usual, went down stairs as usual and put the kettle on for tea, as usual; but when the water boiled, I reached into the cupboard above the sink for teabags and emptied the jarful over my head.

I now believe that happened because my hand was already paralyzed and I was just too groggy to notice. At

the time, I thought I was just a little more clumsy than usual. Same when I began bumping into furniture. Having a bit of a headache at the base of my skull, I lay down on the living-room couch for a couple of minutes — and couldn't stand up again. Couldn't concentrate enough to get my feet under me. Went out to the verandah to see if fresh air would clear the cobwebs, sat in a chair — and couldn't stand up again. Found myself on the floor with my fingers in the cracks between the boards like a shipwrecked mariner clinging to a liferaft in high seas. It was then I decided I needed help.

I lived alone in the country some fifty miles east of Sherbrooke in the Eastern Townships of Quebec. Like most, I knew nothing about stroke because it did not con-

cern me. No friends or family had suffered a stroke. At 57 I was still relatively young, watched my diet, had no high blood pressure, got plenty of exercise, and was generally as healthy as a horse. When I called a neighbour to drive me to hospital, however, even I couldn't understand what I was saying!

Sherbrooke Hospital's emergency department took charge, rushed me by ambulance to another hospital for a CATscan and diagnosed a massive right cerebrovascular accident. It seems that some of the blood vessels in the brain are thinner than a human hair and consequently easily clogged or broken when they harden with age. Deprived of oxygen, brain cells die within minutes.

Back at Sherbrooke Hospital, I was quickly settled into the Intensive Care Unit with tubes feeding stuff into my left arm - the one that felt as heavy as a log and bigger than my leg. Next of kin were notified and told, 'There's very little hope'; and friends who called to see if they might visit were told, 'Don't leave it too long; he may not last until morning!' I knew nothing of that, of course, and was too busy trying to understand my situation to worry.

Doctors and nurses periodically ordered, 'Open your eye, Mr. Epps. Open your eye!' I could open my right lid with my thumb for a quick look round, but the two on the left seemed stuck in the down position and the halyards that raised them were missing. People also grabbed my hands and told me to squeeze their fingers as hard as I could.

I know now they were estimating the paralysis by comparing left with right. But at the time, it was just a stupid game they played. They grabbed my feet and told me to push against their hands.

They kept asking silly questions such as my mother's maiden name and did I have any allergies and what day of the week it was, and did I know where I was and why I was there. I did the

best I could at first, but when that didn't seem to satisfy them, told them whatever I thought they wanted to hear, just so they'd go away and leave me in peace. Each patient, I noticed, had their own way of coping. One old gent in my ward had devised an enviable method for handling all intrusions. 'Good morning, My name's Helen, what's yours?' 'I don't know!' 'Where are you from? I don't know! Do you speak mostly French or English?' 'I don't know!' Others constantly complained and pressed their buzzers to summon nurses every few minutes. I tried to be cheerful and stoical until I noticed the complainers were monopolizing all the attention of some very attractive nurses. I decided then that a little judicious whining and whimpering had its place.

Friends, relatives, students and strangers showed up with concern on their faces and stood around trying to think of something to say. One young friend with brain damage of his own since birth simply offered his strong right arm to me and held tight as if trying to infuse me with some of his own strength. If I'd held on, he'd have lifted me right off the bed.

Clergy of various persuasions offered prayers and even asked their congregations to pray for me. Something worked besides the medical attention because doctors and nurses were amazed at the speed of my recovery.

There were some setbacks. In intensive care, I had gone into convulsions, my left arm and leg jerking uncontrollably while I kept time with strange noises from the back of my throat: 'ungh, hingh, hunh, ungh.' Another tube was added to my collection and the convulsions stopped. Then I began twitching. 'We'll treat that as if it's epilepsy,' said the doctor and prescribed Dilantin and a day trip to another hospital for an electroencephalograph. That involved getting wires glued all over my scalp (and one on my left earlobe which I took to be

a ground). Nothing interesting was found, but next I had a bad headache over my right ear which they said was a potentially fatal swelling of the brain caused by an edema. An anti-inflammatory agent was added to the IV's and the pain removed with a Tylenol suppository (a little like curing hemorrhoids with eyedrops).

The longer I spent in hospital, the younger my doctors. Those in the beginning were middle-aged, but then came interns and finally students, each appearing younger than the one before until the last looked barely out of her teens. She might have been Doogie Howser's little sister and did little to allay my qualms by confiding at our first meeting that I was the first C.V.A. she'd ever seen. I tried not to frighten her, but it was difficult treating medical consultation with appropriate gravity when you wanted to take your doctor on your knee and play "This is the way the gentlemen ride"!

Six months later I have learned that few doctors know much about stroke and have no time to discuss it. Damage to the right brain often brings trouble dressing; and, when for fifty years and more, I hopped out of bed, threw my clothes on and was away. I now must study each garment carefully and even then sometimes manage to get my shirt inside-out, my pants backwards, my shoes on the wrong feet; but when I tell a doctor I have trouble getting dressed, they immediately assume I mean doing up buttons one-handed.

It is also very common for those with damage to the right hemisphere to have trouble with perception on the left. It's not that we don't see things on the left, but we don't notice them. Mention that to your doctor and he'll check your eyesight every time.

But that's little enough to complain about when among paraplegics and quadruplegics, I'm merely a hemiplegic - and since the leg works pretty good, only semi-hemiplegic.



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# The Music Echos at Galt

Familiar tunes and questions that all start with "Do you remember when ..." are heard at Alexander Galt Regional High School as a cast and crew of approximately eighty people prepare to present Rogers and Hammerstein's "Sound of Music". Written in 1960, it was staged at Alexander Galt in March of 1971. It returns as part of Galt's 25th Anniver-

sary year celebrations. Many who originally took part are also returning.

From April 23 to 30 it will be possible to once again hear the strains of well remembered tunes and watch the story of the Von Trapp family's adventures unfold.

This time the show is a joint production of the Townships Theatre and the Galt Drama Department. Nelson

Gonyer will once again direct. Rosemary Cavanaugh will coordinate the music. The show is produced by Elaine Green-Salter, costumes have been designed by Julie Gonyer, the sets by Bruce Giddings and Michael Waterman and Paul Millard designed the posters and program.

Karen Robinson of Ayer's Cliff will play the part of Maria, who becomes the wife of Captain George Von Trapp, played by Eldon Mullin of Lennoxville. Gina Campbell, Ayer's Cliff; Jonah Kirkwood, Ayer's Cliff; Karen Black, Lennoxville; Bryan Marshall, Lennoxville; Corie-Anne Gonyer, Lennoxville; Fiona McKelvie, Lennoxville; and Cora Loomis, Lennoxville will play the Von Trapp children, Liesl, Friedrich, Louisa, Kurt, Brigitta, Marta and Gretl. The orchestra is a group of local volunteers.

Cast and crew are from North Hatley, Ayer's Cliff, Cherry River, Austin, Magog, Coaticook, St. Mattine de Dixville, St. Elie, Huntingville, Lennoxville, Sherbrooke, and points in between. They had to make a total commitment for the months of January



through April.

The original cast has been invited to return for the performance. Mary Van Gaulin, David Raine, Gail Falconer, Kevin Boushel, Wendy Stuart, William Visser, Robin Heilig, Sandy Stuart, Pamela Knapp, and Richard Dion,

played the principal roles in the original production, with a cameo appearance by John Pille as Admiral von Schreiber.

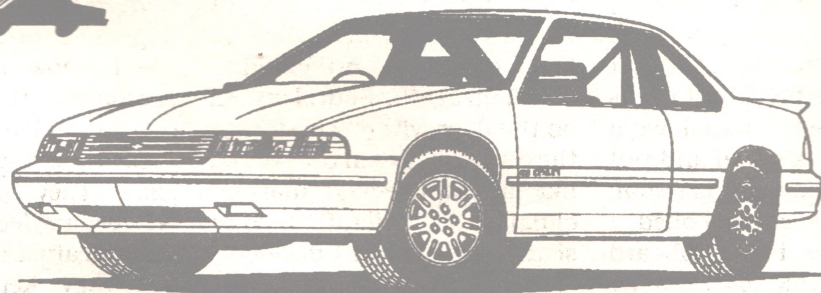
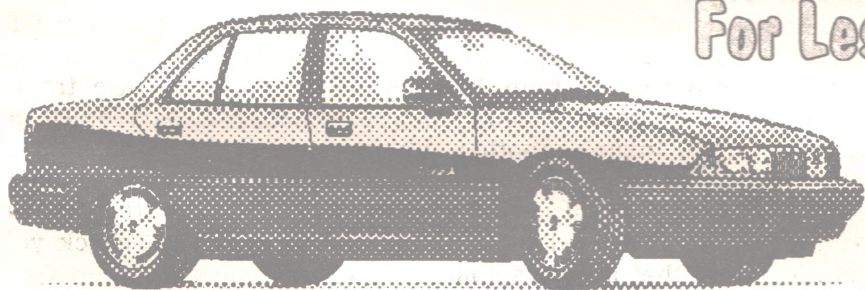
The Box Office, staffed by Shirley Patton, is open from April 5 — 8:30 a.m. to 3:30 p.m. for ticket reservations.

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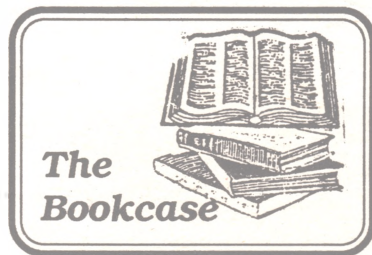
  
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Reviews by  
Lillian Echenberg

**Dawson City Seven**  
Don Reddick  
Published by Goose Lane Editions, with the assistance of Canada Council, 1993

*Dawson City Seven* has a lot to offer. It is intended for sports fans, for adventurers, and for students of human nature. Unfortunately for this reader, the huge banquet gave me literary indigestion. It would have made at least two, maybe even three novels more easily absorbed. Besides the above, the reader gets a lot more knowledge of the American Civil War than is found in history books, and a travelogue of Canada and Alaska.

The title is the name of an actual hockey team who played an actual play-off game for the Stanley Cup. The story

is told in the first person, which makes it seem more immediate to the reader. Perhaps the frequent use of slang and poor grammar is intended to reveal the personality of the narrator, but I found his folksy style less admirable than his memory of everyone he met during his lifetime and everything they said to each other. If you can follow several story lines at one time, you will enjoy this book. Otherwise, make a chart so you will remember which characters he knew, and in what connection.

This philosophy is sprinkled throughout the novel. The example I liked best was, "Tears is just something you lose from the inside when you've lost something on the outside."



**The Fugitive**  
Reviews by  
Kathleen Hanna

I have endeavoured, with my reviews, to provide an alternative choice for a video when the most popular movies are out.

This month is a bit different because with fifteen copies of the recently released video of *The Fugitive*, chances are good you will be able to rent a copy. My other choice is 'first-come first-served', as there is only one copy.

*The Fugitive* surprised everyone by being nominated for an Academy Award this year instead of *The Age of Innocence*. If your criteria for a good movie is great acting, characters you really care about or thoroughly detest, and breathtaking action, they do not come any better.

The movie works because it focuses on human emotion. There is one scene in particular I remember where, after surviving a train crash, Richard Kimble [Harrison Ford] must sew up a gaping hole in his side. He injects himself and then proceeds to sew up the wound. Scenes like that draw you in and allow you to feel his pain.

Kimble and Girard both want the same thing, justice. They come at it from different directions, but ultimately end up in the same place. This movie guarantees satisfaction.

**Strictly Ballroom**

My second choice is a truly wonderful movie from Australia called *Strictly Ballroom*. As the title indicates, this is a movie about ballroom dancing. Scott and Liz are partners who are expected to win the regional championships when disaster strikes. It seems they are 'boxed in' by another couple and the judges view is obscured. Scott suddenly leaps over the other couple and starts dancing unauthorized steps. He lifts Liz up and over the other couple and they both start twisting and leaping and doing all sorts of illegal steps. Of course, they do not win and everyone is crushed.

Scott's mother was a champion ballroom dancer, and she and her partner Les operate a dance studio where Scott and Liz practice. The next day Scott and Liz have a terrible fight because Liz wants no part in performing illegal steps, so they break up. Enter the picture Fran, a clumsy first year student at the school and she wants to dance with Scott — what nerve! She does convince Scott to give her a chance because she is willing to indulge his dream to incorporate his steps into their routines. So the two start practising at night.


After trying out every available partner and with only one week to go before the tryouts for the championship

contest, it seems that Scott will not find a partner. The night of the competition when Scott and Fran intend to announce their pairing, fate steps in. It seems that the reigning champions are about to split up and Tina will need another partner. Everyone just assumes that partner will be Scott. When Fran hears about this she runs away, but Scott goes after her and finally meets her parents. Fran is Spanish. Her father and mother teach Scott how to feel the dance and he and Fran practice the Latin rhythms.

Now, the night before the big day and a last ditch effort to stop Scott from performing his illegal steps has him believing that his father would be destroyed if he does not return to his former partner and dance the required steps. What's a guy to do?


This is a wonderful movie, part caricature and part pure delight. The difference between the artificial world of the very restrictive ballroom dancing and the freedom of the Spanish rhythms is done with such a delicate touch. If you can get your hands on this movie, do not miss the opportunity.

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## Winter Birds

by Robert W. Hall

Since my last report in February, Common Redpolls are still appearing on my feeders although their numbers have diminished somewhat. Their numbers have varied between one and twenty. Black Capped Chickadees, American Goldfinches, and White Breasted Nuthatches have also visited my feeders. I have not seen the White Winged Crossbill since February 10th.

In addition to the above mentioned birds the following birds have visited feeders in the communities listed below.

### Lennoxville

Black Capped Chickadees, Blue Jays, Cardinals, White Breasted Nuthatches, Purple Finch, and Mourning Doves.

### Huntingville

Common Redpolls and Black Capped Chickadees. Marion and Dufferin Annesley also reported that a Merlin (a small compact falcon) took a small bird near their feeders and made a meal out of it. The Merlin was also seen by a neighbour living near the Annesleys.

### Brompton

Black Capped Chickadees, House Sparrow, Blue Jays, Common Redpolls, Starlings, Mourning Doves.

### Georgeville

Blue Jays, Black Capped Chickadees, White Breasted Nuthatch, Hairy Woodpecker, Common Redpolls, and Purple Finch.

### Sherbrooke

Common Redpolls, Rock Doves (Pigeons), Hairy Woodpecker, Downy Woodpecker, Blue Jays, Black Capped

Chickadees, Cardinals, House Finch, House Sparrow, Crows, Mourning Doves, and Starlings.

While in Waterville recently Jean Dillon also saw Horned Larks and Snow Buntings.

### Melbourne

Common Redpolls, Evening Grosbeaks, Black Capped Chickadees, Snow Buntings, Crows, Starlings, Downy Woodpecker.

### North Hatley

White Breasted Nuthatch

**Martinville**  
I am very pleased to be able to add Isabelle Echenberg to our list of people to give reports on birds.

Gray Partridges, Blue Jays, Common Redpolls, Red Breasted Nuthatch, White Breasted Nuthatch, Tree Sparrows, House Sparrows, Starlings, Snow Buntings, Black Capped Chickadees, Crows, Hairy Woodpecker, Downy Woodpecker, Mourning Doves, Evening Grosbeaks.

Today (March 16) Isabelle saw Horned Larks between Martinville and Johnville.

I thank the following for supplying the above information, Marion and Dufferin Annesley, John Boynton, Ed Caron, Dolly Dobbs, Jean Dillon, Isabelle Echenberg, Marion Greenlay, Hywell Griffiths, Vivian Pollack and Al Whittier.

### St. Francis Valley Naturalist Club

The next meeting of The Club will be held on March 30th at 7:45 p.m. at the CLSC at 219 Queen Street in Lennoxville. The guest speaker will be Dr. J. Derek Booth. Dr. Booth will be speaking about Landscapes of the Townships.

If anyone would like to have more information about The St. Francis Valley Naturalist Club please call Frances Whittle at [819] 562-8068.

## National Wildlife Week

April 10 to 16

It's that time of year again when the Canadian Wildlife Federation (CWF), Canada's largest non-profit conservation organization, joins hands with federal, provincial, and territorial wildlife agencies to celebrate National Wildlife Week across Canada.

In 1989, during National Wildlife Week, CWF launched Habitat 2000, a wildlife habitat improvement action program for young people. It involves students accomplishing wonders for wildlife through projects that are helping to improve as much

habitat as possible for wildlife by the year 2000.

The CWF and Canadian Wildlife Service have a special Habitat 2000 fund in place to help finance some of the projects. Modest grants of up to \$200 per class are available and enable Habitat 2000 groups to purchase supplies such as seedlings, soil, and lumber for their projects.

The magic of Wildlife Week is that there are no limits to what you can do. You may decide to start feeding birds in your backyard or gather the family together for a

nature hike in the woods. Others might get together with friends and neighbours to plant butterfly gardens or create mini wildlife refuges throughout your community. Just use your WILD imagination!

CWF encourages people to get involved in the action whether it be planting trees, building birdfeeders, visiting wildlife exhibits or taking in a wildlife film festival.

If you need help getting started on a project, just call the National Wildlife Week Hotline at 1-800-563-9453.

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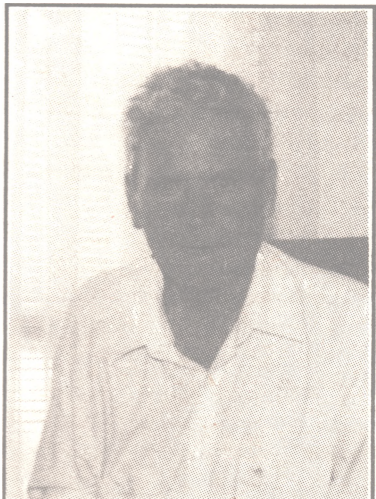



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### Serving English-speaking Townshippers

Continued from Page 1

After a stroke and a stay at both The Sherbrooke Hospital and Youville Hospital,



Darrel Wilson

Darrell Wilson is now receiving treatment at the Daycare Hospital. It's another step on the road to recovery.

He goes in for therapy designed to improve the use of his right leg, and regain the use of his right arm. The leg once would not support any of his weight, now with the help of a cane, he walks very well. He's pleased to be able to be at home while continuing to benefit from the work that increases his mobility.

Darrell says it is important to get as quick a start on therapy as possible and that he has benefitted a great deal from the treatments at the Daycare Hospital.

### Easter Snowstorm

Continued from Page 3

windowsill for a good foot or more. As we left Rosemary's room to enter the living room on our way to the kitchen and breakfast, we realized that the house was not as well-lit as it should be, and what light there was had an odd, blueish cast.

What a shock! It had snowed so much during the night that all the windows were completely covered-in along one whole side of the ground floor! We stumbled our way to the kitchen where my aunt had the lamps lit (no electricity up there at that time). There, my uncle and my Dad were warming up with a hot cup of coffee. It seems

that when my uncle had tried to go outside to do his morning chores at the barn, he had opened the inward-swinging door to be faced with a solid wall of snow — right up to the roof! First things first: shovel a path. That path looked like a canyon, with walls towering 'way over our heads.

Needless to say, the heavy snowfall somewhat altered the adults' master plan for the day. Shovelling out was a priority. We did still have our Easter treats, though, and from my point of view, an extra bonus: we got to stay an extra night in Lakefield! There was no way to get a car through to Lachute until late the next day!



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## Notes Notes Notes

#### Truckers Reduce Loads

As the thaw begins, truckers are advised by the Ministry of Transport to reduce their loads in order to prevent devastating damage to the roads.

From March 13 to May 25, all transporters using Quebec roads must conform to the regulations governing the roads during the thawing period. In terms of pressure on the roads, a semi-trailer at its legal load limit, is the equivalent of the passage of 40,000 cars.

Fines for infraction range from \$150 to \$2,500. Transporters must, in addition, download their vehicles before being allowed back on the road.

#### Canada and Quebec Help Quebec Children At Risk

The Community Action Program for Children is a program to combat child violence and neglect by assisting those children most at risk and their parents. In making this joint announcement, federal Health Minister Diane Marleau said that the projects will improve the outlook for these children's development.

Health Canada will provide a total of \$14,843,985 for 119 projects over a three-year period.

In Quebec, each of the regional boards has been involved in selecting the projects for this program, which is managed by committees made up of Health Canada, the Quebec Department of Health and Social Services and the regional boards.

#### National Funding For Literacy Restored

The Liberal government has taken leadership on the literacy issue in Canada in its Throne Speech: "Job creation and sustained economic growth require an investment in people. The Government will propose measures to improve job training as well as the literacy skills of Canadians. Funding for the National Literacy Program will be restored to its original level."

#### Sensor for Ice on Airplane Wings

The Clean Wing Detection System being jointly developed by AlliedSignal Aerospace Canada Inc. of Etobicoke, Ontario and INSTRUMAR Ltd. of St. John's, Newfoundland, detects and measures the amounts of ice, snow, and de-icing or anti-icing fluids on aircraft wings. With the device, a pilot can determine instantly the condition of the aircraft's wings at takeoff.

#### 1994 Governor General's Awards In Commemoration of the Persons Case

Nominations are being accepted for the 1994 Governor General's Awards in Commemoration of the Persons Case. The annual Awards recognize longstanding and substantial contributions made by individuals towards promoting the equality of women in Canada. They commemorate the lengthy political and legal effort waged by Canadian women, which culminated in the decision rendered by the British Privy Council on October 18, 1929, declaring Canadian women to be persons and thus eligible for appointment to the Senate.

Nominations for the awards may be submitted by individuals, women's groups, community and business groups, and others. The deadline for nominations is May 15, 1994. For information contact: Governor General's Awards in Commemoration of the Persons Case, Communications Directorate, Status of Women Canada, Suite 700, 360 Albert Street, Ottawa, Ontario K1A 1C3. Call [613] 995-7835, TDD [613] 996-1322.

#### Increase in Income Security Benefits

As of March 1, most single parent families will receive increased benefits in income security of approximately \$25 to \$40 a month. For people with severe physical or mental disabilities, there will also be increased benefits by March 1. Families of two adults and one child presently receiving financial support of \$1,103 per month will see an increase of \$26 per month. For mothers on income security who are nursing young babies, the allowance will go up from \$20 per month to \$50. Pregnant women will receive an additional \$40 per month for food.

#### More Child Daycare Places

The Quebec government has decreed 342 new places in daycare for 1993-94 in the Estrie region. Those places must be spoken for within 30 days, for the allocation will go to another region.

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## Easter Specialties

### Pas'cha

The basic recipe would ask for 750g cottage cheese (which has to be absolutely fresh) and should be tightly wrapped by a cloth napkin and placed then on a sloping board. Another board would be put on top of the cottage cheese and weighted down with, perhaps, an iron. After 10 to 12 hours, the cottage cheese is dry enough to be ready for the next step. You put it through a sieve and add the following ingredients: 50 g butter, 1 Tbsp of sugar, a dash of salt, 2 eggs, and 1/4 L of cream (mixed with raisins, skinned sweet almonds, and vanilla sugar). After everything has been stirred and mixed, the Pas'cha will be filled into a wooden Pas'cha form or, if one doesn't have one, a new ceramic flower pot which one has lined smoothly and without wrinkles with another cloth napkin. The napkin's four ends will cover the Pas'cha. A weighted board will be placed on the Pas'cha which one leaves in a cold room (but not on ice!) for 24 hours. Then the Pas'cha will be carefully turned over on a plate, the napkin removed, and a red paper rose put on top. There are many 'enriched' and extremely tasty variations.

### Baba

30 g baking yeast is dissolved in lukewarm milk and a little bit of sugar and mixed into 250 g pastry flour. Then one adds 50 g sugar, 3 eggs, 70 g melted butter and a dash of salt. The dough has to be firm. After being given a thorough kneading, the dough will be covered. Once it has risen, it will be put in a well-greased high tin form. The Baba requires about 50 to 60 minutes of baking in the pre-heated oven at 325 degrees F. The Baba's colour should be golden brown when ready. After being turned over on a plate, the Baba could be covered with a sugar glaze; or pour over it very slowly a mix of arrak or rum, water and sugar until the liquid has been fully absorbed. Finish the Baba's preparation by putting a heavy layer of powdery sugar all over it.

### Pas'cha and Baba recipes by Mrs. Sigrid Wehr.

Read Mrs. Wehr's Memories of Easter on Page 3

Many North Americans serve ham for Easter, so we have,

### About Ham

A ham is, correctly, a leg of pork, but that meaning has faded, and the word 'ham' (unless labeled 'fresh ham') is now used to describe any cut of pork that has been through a preserving process. Although refrigeration has made it unnecessary to preserve pork this way, our palates have learned to enjoy the salty, smoked flavour of ham.

Salt curing destroys the organisms that cause meat to spoil. There are two methods of salt curing: salt brining and dry curing. Brined pork is soaked in or, more often, injected with a brine solution. Dry-cured pork is rubbed all over with salt and then aged in a cool place. The most famous hams are dry-cured, such as Smithfield and Virginia hams and imported Parma ham or prosciutto.

Smoking is the next step in curing, although not all ham is smoked. Smoked ham has a robust, country character, and many people prefer the milder flavour of salt curing. Smoking is done over wood in airtight containers or rooms, where a low fire of beechwood or hickory provides a constant cloud of aromatic smoke.

Country-style hams, usually ordered by mail or bought in specialty shops, have been dry-salted and rubbed with black pepper, then smoked and aged for about a year. Most of them arrive with detailed directions for their preparation, which involves soaking, blanching, boiling, scrubbing, peeling, glazing, and baking.

Among the many cuts of ham that are available in supermarkets, the best are those that have the bone left in. Water is sometimes injected into these hams, but it must be noted on the label and cannot exceed 10 percent of the fresh meat weight. A whole ham is usually 10-14 pounds in weight, but you can also buy the meaty butt end or the flavourful shank end of the ham. The loin of pork - not, strictly speaking, ham - has an excellent flavour. Picnic ham is the smoked pork shoulder, which has very good flavour but a great deal of waste, and the smoked or Boston butt is also good but extremely fatty. Boned hams are less flavourful, but have little waste and are easy to carve.

Most of these hams are available either partially or fully cooked. If they are fully cooked, they have been kept at an internal temperature of 160°F for at least half an hour, destroying any possibility of trichinosis. But almost all hams on the market today have been held at 137°F for half an hour, and need only heating through to be safe. Canned hams tend to be bland and dull and coated with gelatin.

Read the label on the ham: some are precooked, some partially cooked. If the ham has not been precooked at all, allow 20 minutes per pound in a 350°F oven, then use a meat thermometer to be sure that the internal temperature is 160°F. If the ham is precooked, you must still allow 10 minutes per pound to warm the meat and melt the glaze.

The Fanny Farmer Cookbook



## Easter in Greece

by Kathleen Hanna

Easter in Greece is mourning the death and celebrating the resurrection of Christ, and what better way to do both but with food.

The Greeks do not smother their food with heavy sauces, but prefer to enhance the natural flavours with herbs, lemon and yogourt. No one does it better, in my opinion.

Lamb is the traditional meal, roasted over an open flame after being marinated in lemon and herbs.

Here is a recipe for Greek Easter which can be kept for several weeks if it lasts that long.

Prep time: 30 min. plus resting  
Cooking time: 20 min.  
Oven Temp.: 350° F  
6 1/2 cups all purpose flour  
1 Tbsp baking powder  
pinch salt  
3/4 cup butter, softened  
heaped 1 3/4 cup superfine sugar  
2 eggs  
1/2 cup milk  
finely grated zest of 1/2 orange  
finely grated zest 1/2 lemon  
few drops vanilla extract  
1 egg yolk mixed with 1 Tbsp freshly squeezed orange juice to glaze  
sesame seeds, to decorate

Preheat oven to 350° F. Sift together flour, baking powder and pinch salt in medium bowl.

Place butter and sugar in another

### Glazes for Baked Ham

(for the last 45 minutes of baking time)

One cup brown sugar, juice and grated rind of 1 orange.

One cup brown or white sugar and 1/2 cup maraschino cherry juice, cider or sweet pickle juice from pickled fruit.

One cup honey, or one glass currant jelly, melted.

One cup brown sugar, 1 tablespoon mustard.

One cup pureed apricots, rhubarb or applesauce.

Use maraschino cherries and mint cherries fastened with pieces of toothpicks instead of cloves.

Three-fourths cup pineapple juice, 3/4 cup strained honey and 1/2 teaspoon mustard cooked until thick.

One-half cup maple syrup, 1/2 cup cider or apple juice and 2 tablespoons mustard.

One-half cup orange marmalade.

Cook 1/2 pound fresh cranberries with 1 cup maple syrup until skins pop open. Press mixture through sieve and spread over ham.

Instead of using cloves, make a flower on top of glaze, using pineapple rings and apricot halves.

The American Woman's Cook Book

## Passover Treat

### Matzoh Brie

### Passover French Toast

Allow 2 pieces of Matzoh per person. Break up matzoh into a colander. Pour boiling water over to soften. In a separate bowl, beat eggs [1 egg to 2 slices] until foamy. Pour two tablespoons of oil or shortening into frypan and heat until bubbling. Empty colander into frypan, brown matzoh a little, add beaten eggs and mix thoroughly with spatula for about three to five minutes.

Serve with sour cream, maple syrup, or any other topping suitable for French Toast.

Lillian Echenberg

mixing bowl and beat until light and fluffy. Beat in eggs, one at a time, then beat in milk. Add orange and lemon zests and vanilla extract and beat well.

Gradually add flour mixture, a little at a time, to form a thick smooth dough. Turn out onto a lightly floured surface and gently knead the dough until soft. Allow dough to rest 10 minutes.

Divide dough into pieces the size of walnuts and shape however you want, S-shapes, twists, rings, etc., making sure all are the same size.

Arrange cooking on lightly greased cookie sheet and brush with egg yolk and orange mixture to glaze. Sprinkle with sesame seeds and bake 15 to 20 minutes or until golden. Transfer to wire rack to cool.

Source: Greek Easter Cookies by Sarah Maxwell

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## Events ... Events ... Events ...

### Fundraiser for Brome-Missisquoi-Perkins Hospital

Sugaring-off Party on April 9, at Rhicard's, 85 Ross Road, Stanbridge East. 1:00 to 4:00 p.m. Syrup on snow, beverages, bake sale, free horse rides. Undercover if raining. Admission - \$5.00 for adults; \$3.00 for children from 4 to 10 years. For information call [514] 248-3616.

### Maple Festival of Missisquoi Historical Society

The Maple Festival in Stanbridge East on April 23 includes events at the Memorial Hall, the Community Centre, the Anglican Church Hall and the United Church Hall, from 10:00 a.m. to 4:00 p.m.

At the Memorial Hall begin at 10:00 a.m. and include maple product judging, sale of maple products, sugar on snow, maple products judging contest, a focus on forestry, coloring contest, cooking competition, bake sale, refreshments, live entertainment. At 3:00 p.m. there will be the presentation of the Small Brothers Award and prizes by Mayor Marcel Rocheleau.

At the Community Centre, there are arts, crafts and antiques for sale. At 1:00 p.m., the Woodsman Competition will be held. Refreshments available.

At the Anglican Church Hall, Ham Dinner will be served from 11:00 a.m. to 1:00 p.m.

At the United Church Hall, Light Lunch will be served from 11:00 a.m. to 1:00 p.m. There will be a Hay Ride around the town square. Info: [514] 248-3153.

### BCS International Marathon Sponsored Walk

On Saturday, April 9, Bishop's College School students will be walking from the American border at Beebe to Lennoxville in order to raise funds for the activities of the Round Square. Students of the Round Square from affiliated schools around the world come together to work on projects in India, Africa, and other parts of the world where they build schools and roads, and help with other village needs. The students pay for their own transportation to and from the work projects. The BCS Round Square also sponsors the education of a child in Kenya, and raises money through various small fundraising efforts.

The International Walk, a distance of 44 kilometres, mainly on the old railway line and side roads, has the added incentive of winning a BMW which would then be auctioned off to raise even more money for Round Square. One of the governors of Salem School in Germany has offered a BMW to the Round Square school which can raise the most money. The auctioning of the car will then bring the winning school more funds for Round Square work.

The Round Square is hoping to raise enough funds to increase the work it does throughout the world and to offer greater opportunities to students to become involved.

### Galt Reunion

July 1 weekend — Friday night — registration; Saturday — picnic and children's activities buffet and dance with Midnight Desert and K-900 Disco. Galt 25, Box 5002, Lennoxville, Quebec J1M 1Z9.

### May Fair at Bishop's College School

The tradition of a May Fair at Bishop's College School is being revived this year with booths pony rides, refreshments, tours of the school and all the other fun of a fair. Local organizations have been invited to participate and everyone is welcome.

The May Fair will be held Sunday, May 29, from approximately 1 p.m. to 5 p.m. Proceeds of the day will be split equally between the Lennoxville Library and the Round Square.

### Coaticook High School Reunion

A reunion of Coaticook High School students, teachers, support staff and spouses will be held July 15 - 17, 1994, at Salle l'Epervier, 80 St. Jacques Street South in Coaticook.

Registration costs \$35.00 per person for registration, dinner/dance and brunch. Replies must be received by April 15, 1994. For information, call Marguerite Waldron Luce [819] 849-4513.

### Giant Pumpkins Anyone?

At the Ottawa-Carleton Centre, an all day giant pumpkin growers (beginners and elite) seminar on April 10, 1994. Info: [613] 838-5435.

## TOWNSHIPS CLASSIFIEDS

### For Sale

**St. Peter's A.C.W. Thrift Shop**, 200 Montreal, Sherbrooke, will be open the first Saturday of each month, from 9:00 a.m. to 1:00 p.m. The Thrift Shop will be open as usual every Wednesday from 9:00 to 1:00 p.m.

**Crochet Items** — Doilies, tableclothes, afghans, studded animals, etc. Call [819] 564-0221

**Knitted Goods** — baby sets, baby sweaters, mittens in all sizes, tuques, cushions and coat hangers. Call [819] 564-1231

**Quilts** — hand quilted, also baby quilts. Call 1-819-657-4473.

### For Rent

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

**Canadian Calorie Counters** meet at C.L.S.C. in Lennoxville Monday from 6:30 to 7:30 p.m. Thursday from 9:30 to 10:30 a.m. Info: [819] 823-4322 or 562-8683

### Travel



### Randmar Adventures Tours

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# Events Calendar

# April 1994

<p><b>Also</b> <b>See Events on</b> <b>Page 10</b></p> 	<p><b>'til Apr 3</b> Le Musée Beaulne presents Paintings by Sylvia Betolini. Info: [819] 849-6560.</p>	<p><b>'til Apr 24</b> Le Musée des beaux-arts de Sherbrooke. Écritures sur bois. Monsieur Normand Biron. L'exposition. 174 rue du Palais, Sherbrooke.</p>	<p><b>Apr 1</b> Concert — University Singers present Good Friday 'Passion' concert featuring a work with the new chapel organ at 8:00 p.m., St. Mark's Chapel, Bishop's University, Lennoxville, Quebec. Info: [819] 822-9642.</p>
<p><b>Apr 1</b> Good Friday - 12:00 noon to 3:00 p.m. Conducted by the Rector and others. St. Georges Church Lennoxville, Quebec. Info: [819] 346-5564.</p>	<p><b>Apr 2 - 24</b> Art Exhibit - works of painter and sculptor Marek Latzmann - insects and animals. At Arts Sutton, 7 Academy, Sutton. Info: [514] 538-2563</p>	<p><b>Apr 3</b> Easter Day - 8:00 and 10:00 a.m. Holy Communion. Breakfast in between. St. Georges Church Lennoxville, Quebec. Info: [819] 346-5564.</p>	<p><b>Apr 4</b> Meeting — Yamaska Valley Canadian Club with speaker Garth Coffin on 'The Legacy of Sir William MacDonald' at Chateau Bromont. Info: [514] 295-2500.</p>
<p><b>Apr 6</b> Bishop's University Drama Presents Macbeth by William Shakespeare. Studio Theatre at 8 p.m. Info: [819] 822-9692.</p>	<p><b>Apr 8</b> Concert — Cellist Michele Seto and Julie Trudeau, cello and Nicholas Tremblay, clarinet, pianist Brigitte Poulin in Quatuor, and Debussy with soprano Eleanor Gang at 8:00 p.m., Bandeen Hall, Bishop's University, Lennoxville, Quebec. Info: [819] 822-9642.</p>	<p><b>Apr 8</b> Meeting - Afternoon A.C.W. in Church Hall. St. George's Church, Lennoxville, Quebec. 2:00 to 4:00 p.m. Ladies of other groups invited.</p>	<p><b>Apr 8</b> Celebration of Christian Fellowship - 7:30 to 9:30 p.m. Prayer, praise, ministry of sharing and caring followed by refreshments. Church &amp; Upper Room. St. George's Lennoxville, Quebec. Info: [819] 346-5564.</p>
<p><b>Apr 8 to 10</b> The Rt. Rev. Bruce Stavert will be visiting: St. Georges Lennoxville and St. Barnabas, Milby.</p>	<p><b>Apr 8 - 23</b> Art Exhibit — "Les Quatre saisons" — oil paintings by Bill Schmutgen, at the Dunham Public Library, 3638 Principale, Dunham. Info: [514] 295-2621.</p>	<p><b>Apr 9</b> Parish Pot Luck Supper (Halls). St. George's Church Lennoxville, Quebec. 5:30 to 7:30 p.m.</p>	<p><b>Apr 9</b> Hymn Sing in Church. St. George's Church Lennoxville, Quebec. 7:30 to 8:30 p.m.</p>
<p><b>Apr 9</b> Bishop's College School International Marathon Sponsored Walk from Beebe at 8:00 a.m. to Lennoxville, 44 km. to raise money for Round Square projects in India, Africa and round the world. To contribute: please call Charles Peacock, BCS, [819] 566-0227.</p>	<p><b>Apr 9</b> Sugaring-off Party - Rhicard's, 85 Ross Road, Stanbridge East, Quebec. Benefit of the Brome-Missisquoi-Perkins Hospital. 1 to 4 p.m. Info: 248-3616.</p>	<p><b>Apr 10</b> Sunday - 8:00 and 10:00 a.m. Holy Communion. The Rt. Rev. Bruce Stavert presiding. Coffee reception to follow. Info: [819] 346-5564.</p>	<p><b>Apr 10</b> "Sugaring Off" in the barn at Uplands, 50 Park Street, Lennoxville, from 2:00 to 4:00 p.m. Sugar-on-snow, homemade doughnuts, pickles and coffee. Adults: \$5.00; Children - 10 years and under - \$2.50.</p>
<p><b>Apr 12</b> Meeting - Quebec Family History Society. La Maison du Brasseur, 2901 St. Joseph, Lachine, Quebec. 7:30 p.m. Info: 738-6604</p>	<p><b>Apr 12</b> Meeting - 7:30 p.m. Société Des Roses Du Québec Rose Society. St. Lambert Community Centre, 31 Lorne Avenue, St. Lambert, Quebec. Info: 678-9989.</p>	<p><b>Apr 14 - 16</b> Concert — A new multimedia creation by composer Andrew MacDonald for Bishop's Sesquicentennial, at 8:00 p.m., Bandeen Hall, Bishop's University, Lennoxville, Quebec. Info: [819] 822-9642.</p>	<p><b>Apr 23</b> Maple Festival of Missisquoi Historical Society including lunch, dinner, hay ride, from 10:00 a.m. to 4:00 p.m. at Stanbridge East.</p>
<p><b>Apr 23</b> Cours de massage at Le P'tit Bonheur de St-Camille, 162 Miquelon, St-Camille, Quebec. Info: [819] 828-2664.</p>	<p><b>Apr 24</b> Frederike Knabe, USC - Seeds for Growth at 10:30 a.m., at the Unitarian Universalist Church, North Hatley.</p>	<p><b>Apr 30</b> Concert — Orchestre de Chambre de l'Estrie, Marc David conducting, at St. Andrews Presbyterian Church, Sherbrooke, at 8:00 p.m. Featured soloist: Johanne Pothier, violin.</p>	<p><b>Apr 29</b> Concert — Richard Raymond, pianist, at 8:00 p.m., Centennial Theatre, Bishop's University, Lennoxville, Quebec. Info: [819] 822-9692.</p>

 **Cut out this calendar and hang it up so you won't miss any of these exciting events.**  
If you would like your organization's upcoming event included in our calendar, drop us a note before the 15th of the previous month.

## Community Aid Services

Lennoxville and District Community Aid provides services to seniors and handicapped people, which are not available through the C.L.S.C. in the Lennoxville, Waterville, North Hatley and Ayer's Cliff areas.

During its 1992-1993 year, it was able to count on the continuous support and extreme dedication of 203 volunteers available to offer a variety of services to 397 clients. There was an overall 10% increase in the number of clients, even though many left their homes during the year to move to long term care facilities.

Three bus trips were organized, two to Carrefour in the summer and one to Bromont to see the fall foliage. These were very popular events and more are planned for the future. The purpose of these trips is to help break the isolation we often find in the elderly population.

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

A volunteer Board of Directors, composed of President - Thérèse Poulin, 1st Vice President - Marina Tracy, 2nd

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

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


What do you do if you are aged 65 and over, or handicapped, live in the Lennoxville, Waterville, North Hatley, or Ayer's Cliff area, and need a driver to take you to a medical, legal or banking appointment? Could you use a tasty meal delivered to your home on a regular basis? Do you live alone? Perhaps you would like an occasional friendly visit, or a regular phone call?

If you live in these areas, are a senior, or handicapped, citizen and you need some of these services which are not provided by the CLSC, or if you are someone who would like to have the fulfilling experience of helping others, do call the Lennoxville and District Community Aid and ask for our Coordinator, Sylvie Gilbert Fowlis at [819] 821-4779.

### Lennoxville and District Community Aid Report of Services September 1, 1992 to August 31, 1993

SERVICES PERFORMED:	NO. OF CLIENTS	NO. OF VOLUNTEERS	NO. OF EVENTS	AREAS ***	NO. OF VOLUNTEER HOURS
Transports to Medical, legal or bank appointments	178	67	773 Trips	L.,W., N.H.,A.C.	2126
Meals-on-Wheels	134	154	6890 Meals	L.,W., N.H.,A.C.	2604
Friendly Visits or Phone Calls		12		L.,W.,N.H.	1700
Blood Pressure Clinics		18	43 Clinics	L.,W.,N.H.	285
Office Work		5			61

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



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Saturday, April 23, 8:00 p.m.  
Sunday, April 24, 2:00 p.m.  
Monday, April 25, 8:00 p.m.  
Wednesday, April 27, 8:00 p.m.  
Friday, April 29, 8:00 p.m.  
Saturday, April 30, 8:00 p.m.

Evenings: \$ 10.00 (adults)  
\$8.00 (students & seniors)

Matinee: \$8:00 (adults)  
\$6:00 (students & seniors)

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