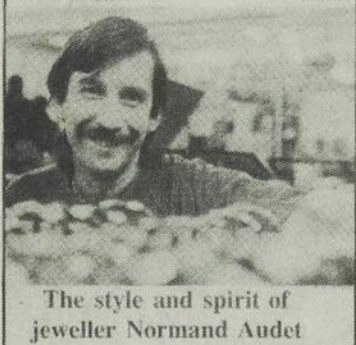




The style and spirit of jeweller Normand Audet

Inside Townships Week, the inspirational story of jeweller Normand Audet... time traveling with artist Marie Cuierrier Hébert... Michel Villeneuve's cows on canvas... *Matrix* magazine is a ray of hope... album reviews of Christmas extremes... and the powers of mistletoe.

Births, deaths
Classified
Comics
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Farm, Business
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Townships

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Inside

- Stanstead and Rock Island will soon have their long-awaited new water system. See Page 3.
- Magog is picking up the pieces after a frightening week. Details on Page 3.
- A Melbourne filly has been named Quebec's top two-year-old trotter. Turn to Page 14 for the whole story.

the Record

Season's Greetings
from
**Golden Lion Pub
and Brewery**
Merry Christmas
&
Happy New Year
to all.

Student was raped, strangled and dumped City suspect in Montreal murder

By Daniel Sanger

MONTREAL (CP) — A break in a two-year-old murder case may help police crack numerous other unsolved sexual assaults and sex slayings around Quebec. "We're looking at other persons that were raped and killed and not only on the Montreal territory," Pierre Sangolli, a Montreal police assistant director, said Thursday.

Robert Leblanc, a 37-year-old unemployed man from Sherbrooke, was charged Thursday with first-degree murder in the sex killing of Chantal Brochu in 1992.

When he was arrested, Leblanc was in the Sherbrooke provincial jail, facing 11 charges arising from three violent sexual assaults last fall.

The killing of Brochu on Sept.

19, 1992, shocked the public and led to a massive manhunt and reward posters plastered across the city.

The 22-year-old student was raped, strangled and dumped beside a gothic church in the upscale enclave of Outremont after last being seen alive in a University of Montreal pub.

Sangolli said her killing was carefully planned.

The investigation of the highly-publicized case had police checking hundreds of tips and more than 1,000 possible suspects, said Sangolli, in charge of major crimes investigations.

The break in the case came after a woman saw a photo on television in connection with a sex crime and told police she

See MURDER Page 2

PQ's Christmas present?

Housing grants welcome to some but not to others

By John Davidson

MONTREAL (CP) — Some real estate agents in Quebec were pouring the bubbly early as they celebrated the Christmas present given to them by the Parti Québécois government.

Others remained grumpy and doubted their industry would get much of a boost from the PQ plan.

Finance Minister Jean Campeau has announced tax credits of up to \$4,000 over two years for buyers of new homes and \$3,000 for buyers of existing homes which need renovations.

"This is a great gift for the real estate industry which could pull us out of the slump we've been in for three years," agent Real Lair, who works in east-end Montreal, said Thursday.

"These tax credits should stimulate home purchases and will finally get people into the marketplace where we can sell them something."

The tax credits come with strings attached, however.

They only apply to new houses with price tags of \$150,000 in Montreal and \$125,000 in the rest of Quebec.

In terms of resale houses, the ceiling is \$135,000 in Montreal and \$110,000 in the rest of the province. And the tax credit only applies to 10 per cent of the total renovation cost.

The credits can be written off against income taxes in 1995 and 1996, and in some cases 1997.

Campeau said these deductions would cost the government \$71 million over the next three years, but they could stimulate the purchase of 29,000 homes across the province.

See HOUSING Page 2

Sovereignty puzzle:

Quebec crazy to want Canadian currency?

By Clyde Graham

OTTAWA (CP) — Paul Martin says the idea of a sovereign Quebec using the Canadian dollar is nuts.

The federal finance minister argued this week that Quebec Premier Jacques Parizeau would give up control over Quebec's economy in return for the trappings of a sovereign nation if he kept the loonie.

"What that says in terms of the Canadian dollar is that he is prepared to trade Quebec's ability to participate in the control of its own economic future for a couple of embassies and a presidential palace," said Martin.

"To go from a full say in the monetary policy of the country to no say is just simply nuts," said the minister.

But what economic control would Quebec really lose?

Most economists agree there would be nothing to prevent a separate Quebec from continuing to use the loonie in its stores and banks.

In fact, countries such as Liberia and Panama have used the U.S. dollar as their currencies for years.

And many in Quebec, and other provinces for that matter, would argue that they've never had much control over the value of the currency or the level of interest rates anyway.

Provinces perennially complain they have no real say over the policies of the Bank of Canada.

During the late 1980s, for

See CURRENCY Page 2

School and medical supplies

Province sends small donation to Haiti

By Sue Montgomery

MONTREAL (CP) — Quebec will spend \$400,000 to help Haiti rebuild now that a democratic government has been installed in the poverty-stricken nation, deputy premier Bernard Landry announced Thursday.

Twelve containers full of school and medical supplies will be shipped to the Caribbean country in January and Quebec health and education experts will

be sent to the island for a period of six months.

The decision comes after the Parti Québécois government sent Dr. Réjean Thomas, a specialist in AIDS and a defeated PQ candidate in the September election, to Haiti to report on the situation.

Thomas painted a dreary picture of malnutrition, widespread disease and an infrastructure that has crumbled under three years of military rule.

"Only 14 per cent of the population has access to a hospital, a third of the children suffer from

malnutrition and two-thirds have never been vaccinated," he said at a news conference.

"The hospital in Port-au-Prince (the capital) is a dormitory of dying people, abandoned children, and children with AIDS. People have no money to buy medicine."

Haitian President Jean-Bertrand Aristide was restored to power by the U.S. military in October after being ousted in a bloody coup in 1991.

Aristide, a former priest who was educated in Montreal, lived in exile for three years in Was-

hington while the military wreaked havoc.

"The primary schools we visited had no supplies or furniture," Thomas said. "So a piece of chalk, a piece of paper or a school bench is worth so much."

He denied that the PQ "Christmas gift" was a way for the separatist party to win favor with Quebec's Haitian community, which numbers more than 50,000.

The PQ has promised a referendum on sovereignty next year and is working hard to improve support for their cause.

'We're being deluged'

Scouts honor peacekeepers as greetings come by the ton

By Dianne Rinehart

OTTAWA (CP) — Two hundred boys from the Fourth Kanata Scouts have a message for Canadian peacekeepers in the former Yugoslavia.

"Our motto is: Do your best." The boys sent that message along with Christmas greetings in cards they wrote for the peacekeepers and hand delivered to Brig.-Gen. Barry Ashton on Thursday.

"We're thinking of you always, everywhere we go," said Robert Scott, 9. "I hope you will be able to stop this war."

Anthony Near, 10, thanked the soldiers for, "trying to keep the peace."

"My Dad is in the army too, and I know what it is like when

he's away. It must be hard for you," he wrote.

"I hope you are safe. P.S. We hope you can come home soon." Kyle O'Keefe, 10, told the soldiers.

Capt. Jeff Wilson, who along with Maj. Bob Near, works with the scouts and organized the event, said the cards really mean a lot to peacekeepers separated from their families.

Both Wilson and Near have spent Christmas away from their families on overseas missions.

"You get really down at Christmas," said Wilson. "The cards help to take their minds off the job."

Wilson remembers Christmas celebrations in Somalia held by Canadian soldiers serving with

the UN Coalition.

The festivities happened in late February, 1993, when the peacekeepers received a Christmas tree in the mail.

"We decorated it with all the Christmas cards we'd received and celebrated."

Canadian peacekeepers serving in the former Yugoslavia can also expect an extended Christmas celebration as the military tries to deliver a backlog of greetings from Canadians, young and old.

"We're being deluged," says Defence Department spokeswoman Sheena Carrigan.

Peacekeepers in Croatia are receiving 400 bags of Christmas

See GREETINGS Page 2



On the brink: Frelighsburg fire chief André Lacroix and Assistant Fire Chief Stéphane Boily say unsafe conditions and a lack of support from the town may soon force their volunteers to refuse to answer emergency calls. For the full story, please turn the page.

RECORD/MAURICE CROSSFIELD

As an expression of thanks and good will,
we are extending at this time,
the Season's Greetings and our Best Wishes
for health and prosperity in the New Year!



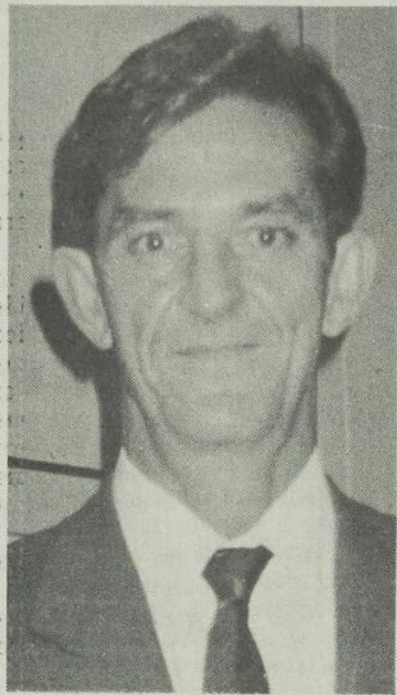
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CAISSE POPULAIRE
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SERVICE IS
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The Townships



Energy-saving thermostats to be made in E.T.

Hydro contract helps C-MAC hire a hundred

By Nancy Beattie

SHERBROOKE — A local company has won a \$13 million contract for electronic thermostats, creating 120 jobs over a 12 month period and saving consumers money on electricity bills. C-MAC, specializing in micro-electronics, won the Hydro-Québec contract for 400,000 of their square plastic thermostats after competition with a multitude of Canadian and multinational firms.

Mervyn Fitzgerald... 'It saves on energy bills.'

Interviewing for the job openings has already started, says C-MAC executive Mervyn Fitzgerald.

Following two weeks of quality training, new employees will be "on the shop floor," Fitzgerald added.

Limited production of the new thermostats began earlier this year when a preliminary contract worth \$2.4 million was signed with Hydro-Québec. Upon completion, C-MAC was given the new order which comprises the first phase of the power com-

pany's Econo-Comfort program.

The second phase entails a further 6 million thermostats, an order which C-MAC executives said they hope to receive.

Aldée Cabana, vice-president of corporate affairs, says C-MAC was awarded the contract because of its thermostat's durable design and performance. Hydro-Québec put the thermostats through 50 different tests before making their decision, he said.

The Hydro program's intention is to conserve energy and help residents save on electricity.

According to company executive Michel Noel, the thermostats will save consumers between 10 and 12 per cent on heating bills.

"A normal thermostat varies within a four degree range," said Noel. "For example, if it is set at 20 degrees, it could be anywhere between 18 and 22."

Some thermostats were installed earlier on a trial basis and although the goal of the program is to make energy consumption more efficient, Mervyn Fitzgerald says he doesn't think insta-

lation will be mandatory.

"I'm sure it won't be forced on people but it saves on energy bills and it (installation) is free," he said.

Louis Lasgassé, vice-chairman of C-MAC, says the average household has 6.7 thermostats many of which will eventually be replaced with electric ones.

The company is currently producing 3,000 to 4,000 electronic thermostats a week but Fitzgerald said production levels should increase to 10,000 a week.

'No way I can assure the safety of my men' — chief

Frelighsburg firefighters frustrated by low funding

By Maurice Crossfield

FRELIGHSBURG — Volunteer firefighters in Frelighsburg say that if things don't change soon the town can forget about getting their help in an emergency.

Citing a lack of funding, equipment, training, and a variety of related issues, Frelighsburg Fire Chief André Lacroix and Assistant Fire Chief Stéphane Boily say local conditions are becoming too dangerous for their volunteer

firefighters to handle emergencies. They say if the town doesn't do something before January 16, they may not respond to emergencies if things seem too dangerous.

The firefighters are responding to the municipality's latest budget cuts. While the fire department had been promised a \$29,000 operating budget and an additional \$18,000 to buy new equipment, when the budget came out they were given only

\$28,000 for 1995.

The 11-member fire department relies on three vehicles to handle fires in the municipality. The pump truck has two faulty valves, which make its 300-gallon tank inaccessible.

"This is a backup for us," explained Lacroix. "Now we don't even have that."

The ladder truck, a 1972 International, has a broken frame. When it went for inspection last year the frame was welded as a

temporary measure. Boily says that in order to make the truck pass inspection a large portion of the rear frame must be replaced.

The newest of the firefighting vehicles is a 1978 Chevy van used to transport safety equipment and a water pump. But Boily says that to drive it faster than 40 miles an hour is a dangerous thing to do. The brakes pull it all over the road when trying to stop. It also lacks a safety screen between the driver's compartment and the back, so in a sudden stop the heavy equipment would pile up on the driver.

The fire station too is in need of repairs. The uninsulated building built in 1970 is lit by a half dozen bare light bulbs, making it difficult to see. In the winter the water must be left running to avoid pipes freezing up. The building has not been painted in over 20 years.

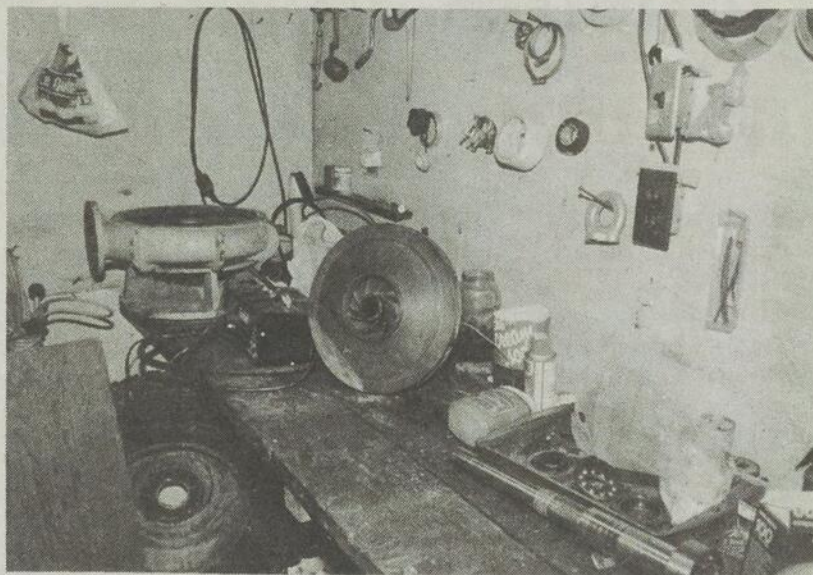
"We have explained the danger but they don't seem to understand," said Boily. He says firefighters' constant urging for new funding keeps falling on deaf ears.

Lacroix points out that the firefighters aren't in it for the money. They give their time without pay and even have to buy their own uniforms.

To save money the firefighters have also taken to repairing their equipment themselves. A tiny workshop in the back of the fire station is used to repair everything from water pumps to fireman's boots.

PATCHES

"You shouldn't have to put pat-



The firefighters have even set up a small workshop where they repair everything from water pumps to their boots. RECORD/MAURICE CROSSFIELD

ches on these boots," Lacroix said. He says when things get hot they just don't do the job properly.

Lacroix says the volunteers also lack money for proper training. Only four Frelighsburg firefighters have taken the basic-level training course. Many haven't been certified to give life-saving CPR.

"In an emergency there is no way I can assure the safety of my men if there is a fire," Lacroix said.

Both Lacroix and Boily say a lack of money is one problem Frelighsburg doesn't suffer from. The town has lowered its level of taxation this year, and is also expecting a budget surplus.

"It's one thing to freeze taxes

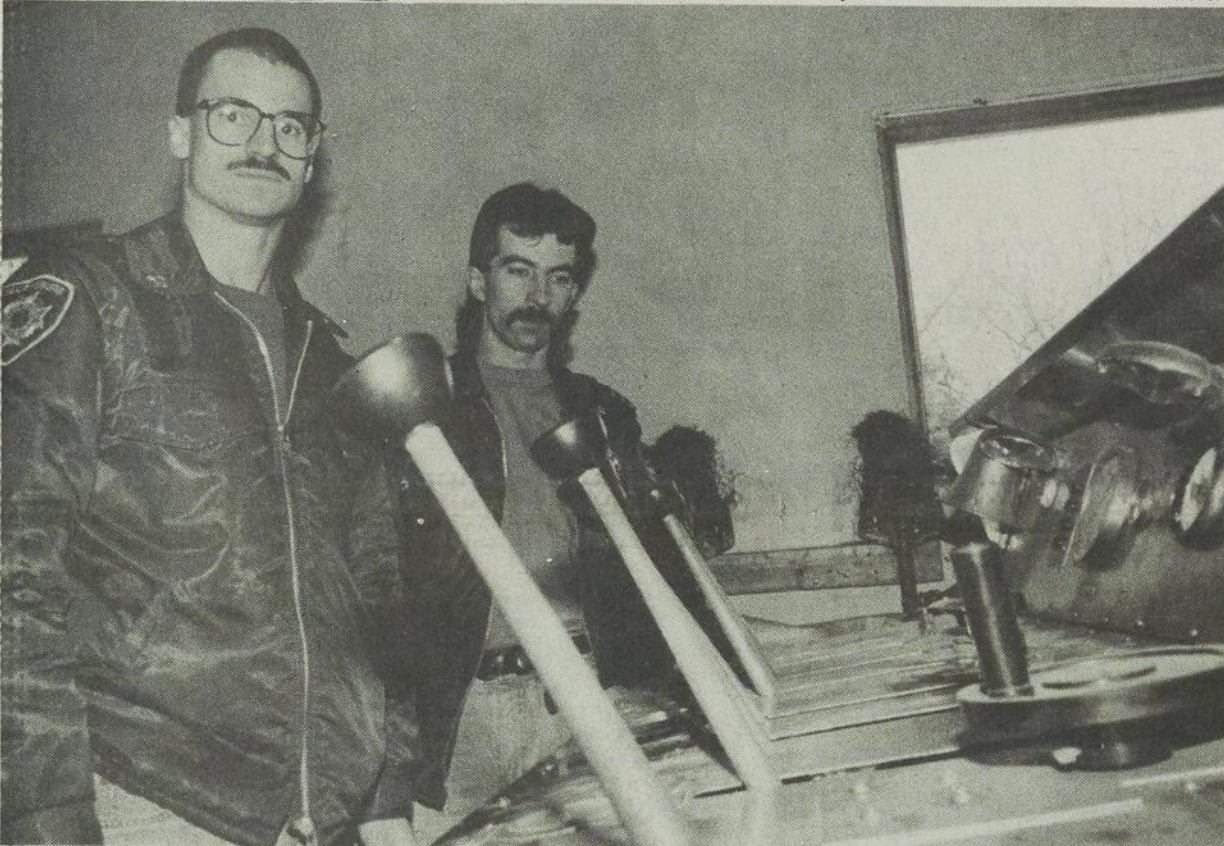
or cut back on services," said Lacroix. "But to cut taxes and cut services as well is very unusual."

From now until January 16 the fire department will be on call to respond to emergencies. After that, Lacroix says it will depend on the municipal government. If town council moves to help the ailing department, he says they will continue to operate.

Frelighsburg mayor Jean-Paul Riel and two councillors have agreed to look into the situation and make a decision before the deadline.

Lacroix says it is unfortunate that the citizens of Frelighsburg are being penalized for a problem which could have been avoided.

"But in our present situation we have no other alternative."



Stéphane Boily and André Lacroix are concerned for the safety of their fellow firefighters using broken down equipment.

CURRENCY:

Continued from page one

example, the Western provinces complained bitterly that the central bank was boosting interest rates to fight inflation in robust Ontario and Quebec.

That was crippling for provinces such as Saskatchewan, which was being battered by low grain prices and was hurt even more by high interest rates.

But some economists, such as Andrew Pyle at MMS International market analysts, say that, practically speaking, Quebec wouldn't be able to hold on to the Canadian dollar as its

currency for long.

"The hardship that you would endure by trying to hold on to the Canadian dollar would ultimately lead Quebec to adopt its own currency anyway," said Pyle.

Without its own currency, for example, it would be hard for Quebec to deal with a trade deficit.

If a country imports more than it exports, it normally allows its currency to fall in value to correct that imbalance.

Pyle said that while the Bank of Canada can't have a separate

policy for Quebec and every other province, the governor at least has to take regional interests into account.

Quebecers can currently vote for or against a federal party based on its economic policies.

And the federal government can offset the impact of high interest rates on a region by the way it spends money there or through tax cuts.

Martin and others will argue that Parizeau could find it hard to deliver on the economic demands from the citizens of a separate Quebec without those kind of levers.

HOUSING:

Continued from page one

"Most potential buyers start looking for new houses in January and sales begin to come in by early spring, so the government is right on with this program," said Bernard Thibault.

The real bah-humbag com-

GREETINGS:

Continued from page one

cards and letters and care packages a week, Capt. Jamie Robertson said Thursday from the Canadian base in Rastevic.

At CFB Trenton, there's a bac-

ment on the real-estate announcement came from André Bourbeau, finance minister in the former Liberal government of Daniel Johnson.

"It's just a goodie designed to win Yes votes in next year's referendum," Bourbeau argued.

klog of 1,000 bags of mail, spokeswoman Nancy Fournier said.

"There's only so many dedicated flights going over and so much room in the payload. There are literally tons of Christmas cards from kids across Canada."

MURDER:

Continued from page one

thought she recognized the man who assaulted her in 1991.

"In some respects it was a lucky break," said Sangollo.

"In other respects it was the result of hard work and just a matter of time."

Sangollo would not say what tied Leblanc to the Brochu case.

Leblanc had never been a suspect in the Brochu case before November, Sangollo added.

"We investigated 703 tips beforehand and at no time — never — was he part of our investigation."

Whether or not they agree

Minorities urged to join Quebec debate

MONTREAL (CP) — Ethnic and visible minorities should take part in Quebec's planned consultations on the sovereignty bill — whether or not they agree with sovereignty, says a Montreal-based think-tank active in minority-rights issues.

The position, announced Thursday by the Centre for Research-Action on Race Relations, runs

counter to the joint policy of the Canadian Jewish Congress, Italo-Canadian Congress and Hellenic Congress of Quebec, who are boycotting the consultations.

The centre also said Quebec's ethno-cultural and visible minorities should be reflected in the composition of the 15 commis-

sions that will hear views on the shape of a sovereign Quebec.

About 30 per cent of the Montreal region and 10 per cent of the Quebec population is composed of people from ethnocultural communities, or those whose origins are neither British nor French.

Fo Niemi, the centre's founding executive director, said the

centre has no comment on the boycott by the major groups representing older cultural communities.

But he pointed out that associations representing Quebecers of Arabic, Lebanese and Latin-American origins have yet to announce whether they will participate in the consultations.

the Record

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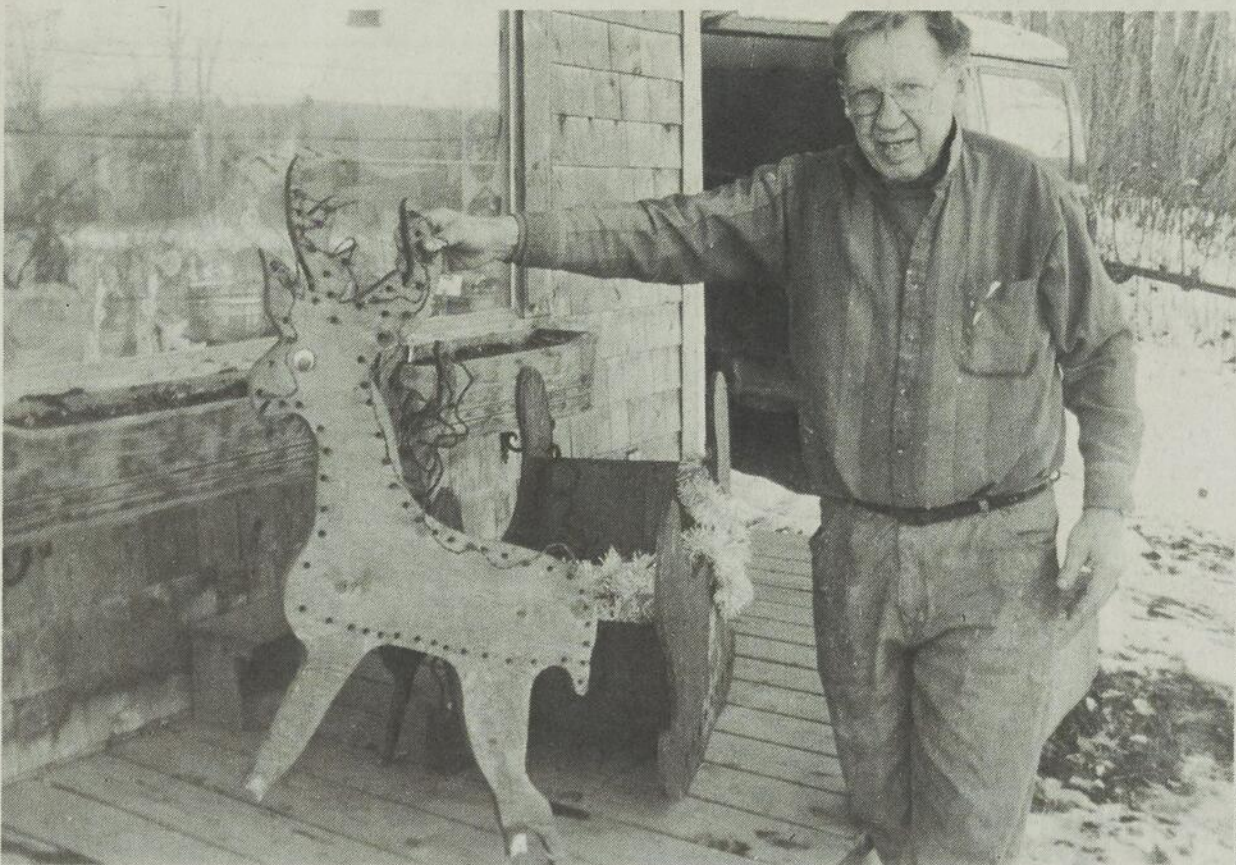
WEATHER Doonesbury

Expect fog early on turning to sun with cloudy patches and a high of 6. 60 per cent chance of rain Saturday with a high of 4 degrees.



BY GARRY TRUDEAU

Knowlton vandals trash Christmas display



More grinch on the loose

KNOWLTON (SM)—Vandals have demonstrated once again that nothing is sacred when it comes to wanton destruction.

One or more thieves stole a lighted Santa and a snowman this week from the picturesque display at Ken and Carmen McKinnon's residence on Knowlton Road.

The brightly lit Christmas scene was an attraction for local children and caught the attention of passersby, including undesirable ones.

The vandals overturned Santa's sled, broke the legs of his wooden reindeer and pulled out the electric wires which lit the display.

McKinnon said the incident was a disappointment to the couple and particularly to his wife Carmen who had worked many hours creating the display.



Ken McKinnon contemplates the damage after vandals wrecked the Christmas display his wife Carmen had labored to create. Santa's sled was overturned.

Stolen goods:

Coulombe charges dropped

KNOWLTON (MC)—Citing a lack of evidence, charges against Raymond Coulombe of possessing stolen truck parts were dropped Monday.

The charges were laid in connection with a series of raids staged by the Quebec Police Force last July 6. The raids turned up some \$500,000 worth of stolen truck parts at various locations throughout the Eastern Townships. Coulombe and Louis Pelletier were arrested as a result.

However the prosecution says despite a two-month investigation prior to the raids, there was not enough evidence to convince a jury of Coulombe's guilt.

Coulombe is scheduled to appear in court again on January 19 to face a charge of illegal possession of a firearm in connection with an argument with Pelletier two days before the raids. Pelletier alleges that Coulombe pulled a gun on him and threatened his life.

'Still a good, safe town for kids' — school principal

Magog ponders grim reality after boy's murder

By Roy MacLaren

MAGOG — "I feel relieved," Andrée Lagimanière summed up emotions in Magog Thursday as the town finally began returning to normal after the arrest Tuesday of brothers Serge and Camille Noël for the murder of nine-year-old Eric Arpin.

The strangled boy's body was found last Friday in a pedestrian underpass directly in front of Lagimanière's apartment.

Camille Noël was her backyard neighbor.

"It could have been my kids."

They were always playing in the yard in front of his place," Lagimanière said.

"He scared me. I was uncomfortable when I saw him. He didn't look normal."

Lagimanière said that even though police think they have found the murderers, life hasn't returned to normal for Magog children.

"The kids didn't sleep for three nights in a row until they caught them. Now they don't go out any more after dark."

Maxime Métivier is a 10-year-old who lives near the tunnel

where police found his schoolmate's dead body.

He said local kids have not been playing together as much since the murder. Their moms won't let them.

"I'm not allowed out of the house at night. It's too bad. We can't get together anymore," Métivier said.

Carole Moisan lives next door to Camille Noël's apartment and is the mother of an 18-month old baby.

She said she won't be afraid to raise her daughter in Magog and that the murder doesn't reflect

the community in general.

"What happened here could have happened anywhere," Moisan said.

Princess Elizabeth Elementary School principal John Retchless agrees.

"These are the times we live in," Retchless said. "But I don't think there is more of a sense of danger in Magog than in any other place. It's still a good, safe town for kids to grow up in."

As far as sexual assault, Retchless said that the school has no plans to change its approach to the issue.

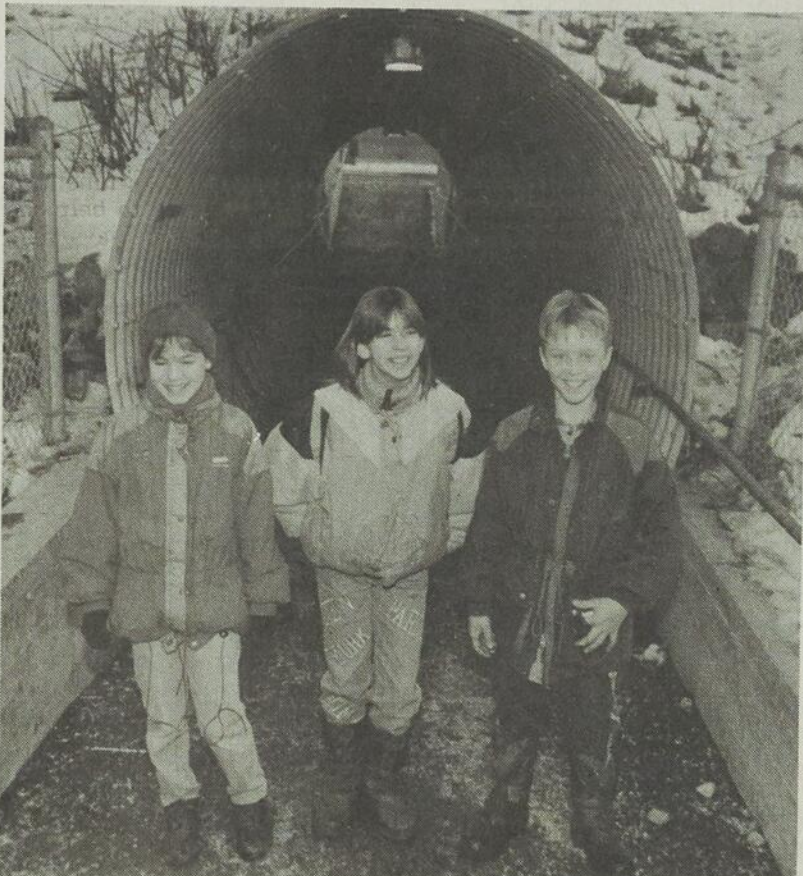
"This is something we took seriously a long time ago," he said. "It's not something we're unprepared for. We have a very good program in place and we work at it all the time."

Mothers Moisan and Lagimanière said the tunnel itself was

known locally as a dangerous spot and was part of the problem.

"We knew that something would happen there," Lagimanière said. "Just not to a child."

Lagimanière has started a petition to have the underpass closed at night.



These 10-year-olds used to play in the tunnel where Éric Arpin was murdered. Now their parents won't let them out after dark. Annik Bergeron, Marilyn Bergeron and friend Maxime Métivier.



Andrée Lagimanière and her seven-year-old Vanessa: "It could have been my kids."



Carole Moisan said the murder hasn't made her afraid to raise her baby Joannie in Magog.

RECORD PHOTOS/PERRY BEATON

Stanstead, Rock Island get waterworks at last

International agreement includes Derby Line, Vt.

By Roy MacLaren

STANSTEAD — Longstanding water quality problems in Stanstead and Rock Island should finally be coming to an end.

At a town hall news conference Thursday Stanstead mayor and International Water Company president Renald Demers announced that the two towns will be constructing a new water filtration plant on Notre Dame Blvd. east of the highway 55 customs office.

Stanstead and Rock Island have received major grants under the federal-provincial infrastructure program to pay for renovations to the existing water system and for the new installation.

Demers said the entire project will cost about \$6 million, a third of it to be paid for by Derby Line, Vt.

The neighboring American village is the third community served by the water company and is slated to receive a new reservoir as part of the project.

"Water has been a big cloud

hanging over the Three Villages for too long," said Orford MNA Robert Benoit. "Finally it's gone."

"This is a big amount of money. It's been a long time in Quebec since a small community got that much money," Benoit said. "Thank god it's finally here."

The project has taken several years to organize, mainly because

the federal and provincial governments were hesitant to fund construction in Vermont.

"It was difficult to come up with something that governments on both sides of the border could agree to under existing guidelines," said Vermont state engineer Mike Shaw.

The water originates in Hol-

land Pond Vt. and will cross the border three times before finally being used in Canada — travelling from the Notre Dame Blvd filtration plant in Quebec to the Derby Line reservoir, then back across the border one final time for consumption by Canadians.

"Water doesn't have to go through customs," joked Demers.

In order to receive U.S. federal funding for the plan, homeowners in Derby Line will have to install water meters. Water consumers on the Canadian side of the line will have to follow suit.

"It's part of the project. If Derby Line has to have meters, so will Rock Island and Stanstead," said Rock Island mayor Albert Simoneau.

According to Renald Demers, the meters are supposed to result in a 20 per cent reduction in overall water use.

Rock Island and Stanstead will invest about \$800,000 each in the project while Ottawa and Quebec will chip in a million apiece. Derby Line's share is \$1.7 million.



Rock Island Mayor Albert Simoneau: "If Derby Line has to have meters, so will Rock Island and Stanstead."

RECORD PHOTOS/PERRY BEATON



Stanstead Mayor Renald Demers with plans for the new international waterworks.

Is society so lacking?

You know it's been a bad year when Middle East warmongers win the Nobel prize and Pope John Paul is named Time magazine's Man of the Year. Is society so lacking in do-gooders that these are the people selected to be honored?

After years of battling it out in the Middle East, PLO chairman Yasser Arafat, Israeli Prime Minister Yitzhak Rabin and Foreign Minister Shimon Peres shared the Nobel Peace Prize. A bizarre choice by the Nobel prize jury? Yes it sure was.

Although the former enemies finally made a move toward peace, they have been partly responsible for the reign of terror which has lasted far too long, and, despite the trio's world-class honor, Middle East peace is still far too tenuous.

Now, Time has made its own strange selection by naming John Paul II the publication's 1994 Man of the Year. Time writes that "In a year when so many people lamented the decline in moral values or made excuses for bad behavior, Pope John Paul II forcefully set forth his vision of the good life and urged the world to follow it."

While the Pope has his good sides, with pronouncements against divorce and abortion he is working to keep the church in the dark ages. Other outdated ideas such as his opposition to condoms, are downright dangerous in a time when AIDS is spreading at an alarming rate.

Rather than moralizing, the Pope could be using his tremendous influence to work for peace and against social injustice. But for the man who now lives in the lap of luxury, surrounded by the world's most beautiful art treasures, his concerns are less about poverty than about influence.

Oh well, it seems Time is more impressed by the Pope's stature and world travels than by the real message he is sending to his dwindling flock.

But it's good news for John Paul II, who may be in line for a Nobel prize. Last year, Time's Men of the Year included Arafat and Rabin, honored as "The Peacemakers" along with F. W. de Klerk and Nelson Mandela.

RITA LEGAULT

This Weekend in History

By The Canadian Press
Dec. 25, 1994

Isabella Valancy Crawford, first woman poet of distinction in Canada, was born 144 years ago today — in 1850 — in Ireland. The family immigrated to Canada in 1858 and Crawford finally settled in Toronto. Between 1873 and her death in 1887, her poems, short stories and serialized novels appeared in Canadian and U.S. publications. Only one volume of Crawford's work was published — at her own expense — during her lifetime, *Old Spookses' Pass*, Malcolm's Katie and Other Poems. The *Collected Poems of Isabella Valancy Crawford*, issued in 1905, established her reputation.

Also on this day in:

1066 — William the Conqueror was crowned king of England after defeating Harold, Earl of Wessex, in the Battle of Hastings.

1855 — The first recorded game of ice hockey was played in Kingston, Ont., by members of the Royal Canadian Rifles.

1977 — Silent-screen legend Charlie Chaplin died in Switzerland at age 88.

Dec. 26, 1994

British legislation creating Upper and Lower Canada came into effect 203 years ago today — in 1791. Known as The Canada Act, it established elected assemblies in the new provinces. Executive and financial power remained with the governor and an executive council appointed by the Crown.

Also on this day in:

1791 — John Reeves was appointed the first chief justice of Newfoundland.

1823 — A chamber of commerce was established at St. John's, Nfld.

1959 — A 16-member Soviet expedition reached the South Pole in three tractor sleds after a three-month trip.

Did you know that?

HIT CANADA

French explorer Jacques Cartier reached Canada in 1534, while seeking a northwest passage to the Spice Islands.

IVY IN EAST

The American Ivy League schools are Brown University, Columbia, Cornell, Dartmouth College, Harvard, Princeton, the University of Pennsylvania and Yale.

Letters to the Editor

With a little help, faith, and effort

Dear Editor,

Yesterday evening some of our children gathered to help decorate our Christmas tree. It is my very favorite time of the holidays, as their laughter and happy chatter bring back a flood of memories of their younger years, as well as adding new ones.

Since the tree was too large for the stand, my husband improvised by nailing a round piece of board onto the tree and standing it up in a large plastic pail which he then filled with sand two gallons of water. Soon the tree was beautifully decorated with lights and delicate, fragile ornaments collected over the past 35 years, some gifts from

friends and loved ones, many now deceased, whom we recall with joy and gratitude each year. The old familiar star at the top has been battered by time and eager little fingers, but still serves its purpose with majesty and brilliance.

All too soon the house slipped into quietness, and my husband and I surveyed the tree once more, drinking in its gift of familiarity and promise, before we pulled the plug on the lights and retired for the night. It is my opinion that each year the tree becomes more beautiful, perhaps because of the additional memories it holds.

You can imagine my horror when I came down the stairs this mor-

ning to find the tree lying face down on the floor in a pool of mud and water and broken glass. We had neglected to secure the top of the tree to the wall, and now it and all its precious memories lay in ruin.

One can become very reflective down on one's knees at 5:30 in the morning, and as I was mopping up the mess I pointed out to my husband that far too many beautiful, promising marriages end up in ruin today simply because someone has overlooked the little things, and like our Christmas tree, are destined for the garbage dump. He nodded his head in agreement, and we finished our task in silence.

As we raised the tree onto its feet again, we were overjoyed to disco-

ver that many of our precious, irreplaceable possessions had been spared, and that the damage was not nearly as devastating as it first appeared. The empty strings hanging sadly on the branches reminded us that some things would be lost to us forever, but when the mud had dried it was easily brushed away, and with very little rearranging the tree was beautiful once more.

As he placed his arm around my shoulders, my husband quietly suggested that there was yet another lesson to be learned from our misfortune — that and that, although some scars may remain forever, often something wonderful and worthwhile can be salvaged with a little help, faith, and effort.

Mery Christmas to all.

ROBERTA SYLVESTER
Sawyerville

Not unscared, but certainly not corrupted

Dear Sir,

I would like to express my gratitude to Sunil Mahtani for his excellent article on my exhibition "Un voyage à Birkenau", published in the December 9th, 1994 Townships Week edition.

However, the assertion that "this war (WWII) has corrupted everyone", is a quotation from a B grade war movie.

As the son of a man who gave five years of his youth to that war, I would like to be the first to disagree with such an overall statement. My father (who went through North Africa, Sicily and Italy campaigns) came back, maybe not unscared, but certainly not corrupted.

This correction gives me the opportunity to say that all the men who fought that bloody war deserve honor and our deepest gratitude. Without their hard won victory, which finally put an end to the Nazi order, the days of today could be indeed much darker.

MICHEL ROY CORBEIL
Sherbrooke



Chrétien starts to shape federalist strategy

OTTAWA (CP) — For those who were starting to wonder whether Prime Minister Jean Chrétien had a strategy to combat Quebec separatism, this week has been a revelation.

Chrétien, in a series of year-end media interviews, laid out a comprehensive critique of the independence plan proposed by Premier Jacques Parizeau and his Parti Québécois.

In the prime minister's view: —Parizeau's plan to pass a provincial law declaring sovereignty, to be ratified later by referendum, is illegal and unconstitutional.

CP News Analysis

By Jim Brown

—The PQ is promising things it can't deliver in holding out the prospect of dual citizenship, economic union with Canada, trouble-free use of the Canadian dollar and membership in the North American Free Trade Agreement.

—Ottawa wouldn't be compelled

to negotiate such matters even if a majority of Quebecers vote Yes in next year's referendum.

PANDORA'S BOX

The bottom-line message to the Quebec electorate: Choose sovereignty and you open Pandora's box. Who knows what will fly out?

To many English-Canadians the only wonder was that it took Chrétien so long to say what he did.

"I've been waiting for it," says Paul Tennant, a political scientist at the University of British Columbia.

He welcomes the comments as a wake-up call for those — outside

Quebec as well as within — who have been lulled by the PQ's insistence that separation would be easy and painless.

"All the examples in the world suggest that separation is rarely an amicable, co-operative process," says Tennant. "We're keeping our heads in the sand if we don't discuss that."

Chrétien is challenging an article of political faith in his home province — that no matter what the legal and constitutional niceties, Quebecers have a political right to shape their own destiny.

Park area development creates conflict

By Joanne Helmer
Lethbridge Herald

PINCHER CREEK, Alta. (CP) — A log cabin in the mountains on a piece of land with good fishing. It's an impossible dream for most Canadians.

In parts of Alberta, it's taken for granted.

This desire for small private landholdings is heating up a classic confrontation between developers and preservationists in southwestern Alberta, an area long considered part of Canada's natural heritage.

If the preservationists win, large tracts of ranching and farmland will continue as the economic base, while eco-tourism, small logging operations and other environmentally sensitive industries will provide secondary income.

If the preservationists win, Waterton National Park — which has more unique features and diversity than Banff and Jasper together — will live on as an example of a biogeographic area found nowhere else on Earth.

RARE WILDLIFE

Small, environmentally significant natural areas outside the park that also nurture rare and distinctive plants and animals would remain as special protected zones.

If the pro-development view is successful, much of the Pincher

Creek and Cardston municipal districts, on either side of the national park, would be broken up over the next few years to meet the demand for those small landholdings.

Hotels and other tourist facilities would blanket the landscape, say critics. The ecological integrity of the national park and the dozens of environmentally significant places outside the park might be eroded.

Several recent decisions by the Pincher Creek council have raised the red flag among environmentalists:

—Council backtracked on its tough logging restrictions despite clear instruction to the contrary from a public meeting. Logging has

legally begun on the giant, habitat-rich MX Ranch. No public hearing was required.

—Council gave first reading to a bylaw to lift the boundaries around the special protected zone in the municipal district.

—Council approved expansion of the Homestead campground just outside the national park gates, opening the way to subdividing the land into dozens of lots for long-term lease to RV owners.

"We're up against the use of tourism to justify some very damaging moves," says noted environmentalist and historian Andy Russell, who lives in the Pincher Creek area.

Wildlands can bring in big bucks

PINCHER CREEK, Alta. (CP) — Two recent studies suggest conservation of wildlife and wildlands can bring in big dollars.

The World Wildlife Fund says expenditures on Parks Canada activities in Alberta totalled about \$458 million in 1989.

WWF also used a 20-year study conducted in Colorado to value wildland benefits. It says migratory waterfowl hunting can generate \$33 a day; salmon fishing \$185 a day; picnicking \$27 a day; non-motorized boating \$75 a day.

"Total preservation benefits of existing wilderness were estimated to be \$260 per acre," says the study. "The value of preserving an additional 10 million acres (15 per cent of Colorado) was \$700 million."

A 1991 Environment Canada study found that 90.2

per cent of the population took part in one or more wildlife related activities, devoting a total of 1.3 billion days and \$5.6 billion to these activities. This is an increase over 1981 and 1987.

In Alberta, the Canadian survey said, 94.7 per cent of the population participated in a wide range of wildlife-related activities in 1991, spending about \$834.7 million.

Furthermore, about 1.8 million Americans visited Canada for its fish and wildlife during 1991, spending a total of about \$842 million.

The flow of visitors into Canada for fish- and wildlife-based tourism was three times greater than the flow out and U.S. tourists in Canada spent over five times more than Canadians travelling in the United States.

The Townships

the
Record

MD rounds out life by joining Church

As if delivering 8000 babies wasn't enough

By Sharon McCully

MAGOG — When Father Alexandre Mignault stands at the altar to celebrate mass on Christmas Eve, the event will be noteworthy for several reasons.

First because Mignault probably attended the births of many of the white-haired faithful in the pews, and second because the odds were against Alexandre Mignault ever fulfilling his dream of becoming a priest.

After a 61-year career as an obstetrician, devoted husband, and father of four, Alexandre Mignault was finally ordained a Roman Catholic priest just 51 days short of his 90th birthday. He will turn 95 in August.

The angels have smiled on Mignault since his birth.

He was born with a cerebral disease his parents were told their infant son would not sur-
vive more than a few months.

When the toddler showed no signs of relinquishing his hold on life, doctors revised their prognosis and told the worried parents their son would not live to be seven — and if he did, he would be "a fool".

"Of course, I fooled them," Mignault said with a chuckle. "I come from strong stock."

Proud of his French-Canadian roots, Mignault says his grandfather, a Montreal doctor, left Quebec to practise medicine in the United States. He returned to Montreal late in the 19th century when his son, Mignault's father, was only seven.

"Until then, my father and his two brothers had not spoken a word of French. But their mother, a clever woman named O'Callaghan, insisted they learn French, Latin and Greek.

Mignault said his father and two uncles easily took up important places in Quebec society. "My uncle Pierre-Basil (P.B.) became a judge in the Supreme Court of Canada. The other taught anatomy to medical students for 50 years at Laval University, and my father, a civil engineer, became the city of Sherbrooke's first French-speaking land surveyor."

Mignault said French was his first language, and he learned to speak English "by reading the Sherbrooke Record every day."

When he completed high school in Sherbrooke, Mignault entered the seminary in Quebec City hoping to become a priest.

"I was sick all the time, and finally after three years, I had to leave. It seems I caught everything except syphilis."

Mignault switched his studies to medicine at Laval, and later studied in France, specializing in obstetrics and gynecology. He returned to Sherbrooke in 1926 with his new bride to set up his medical practice on Sanborne Street. It lasted 61 years.

"Once I got married, I was never sick again," he chuckled.

For the next half century, Mignault delivered babies in Sherbrooke and for miles around. "I used to keep a record and when I got to 6000, I was too busy to count further," he said. "I suppose I delivered another 2000 babies after that."

He says he never lost his sense of wonder over the miracle of birth. "Every time I held a new infant in my hands and examined the perfection of the fingers and each tiny vein in the hands, it was a mystery for me. I never tired of it. I loved it."

In the early years of his practice, Mignault spent most of his days and nights travelling to distant homes by horse and buggy. "I could be in Stoke in the morning, and in St. Elie d'Orford at night for another delivery."

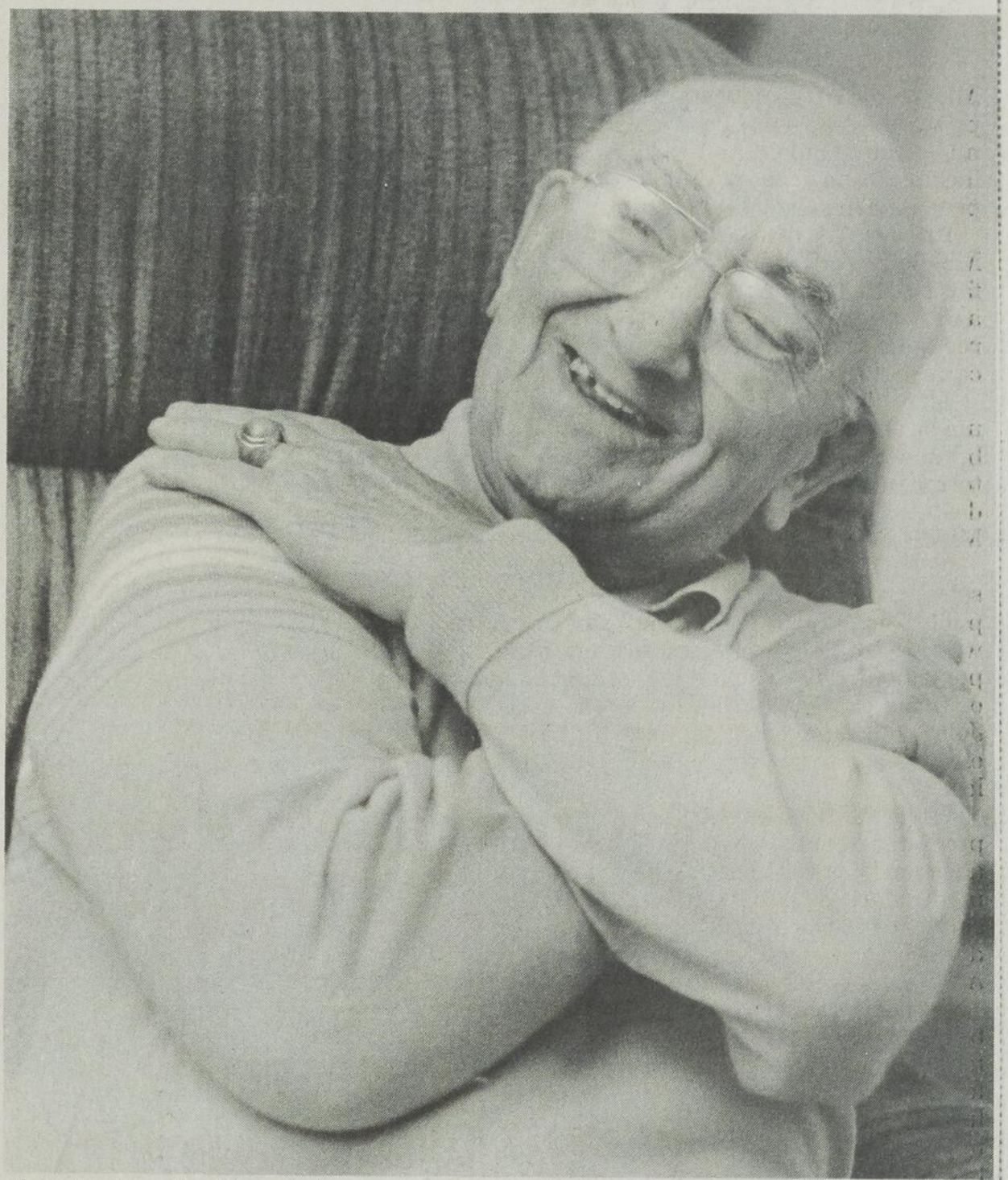
Despite the long and treacherous hours on remote roads, Mignault says he never had an accident. Nor did he always get paid for his trouble — even in kind.

"There were many people without jobs and we used to say if a third of the patients paid, a doctor could make a living." Like most country doctors, he was often paid in wood or vegetables.

Mignault says the demands on early country doctors had no limit. He recalls collapsing from exhaustion during one delivery. "I knew I couldn't continue, so I told the sister of the woman to call Dr. Bertrand."

"There was only one bed in the small house and the pregnant woman was in it. When Dr. Bertrand arrived, he found me lying next to the woman in bed."

Mignault scoffed at a New York specialist's advice that he take one month off in every three to recuperate from the fatigue. "It was impossible. What would I



Alexandre Mignault... 'I'm a lucky man to have such a life.'

tell the expectant women?"

After nearly 50 years of practicing medicine, Mignault's cherished wife and companion became ill with Alzheimer's disease.

"I would not allow her to be taken from me to an institution, so I took a room on the same floor of the institute," he said. For the next 15 years Mignault fed his wife puréed food, three times a day through a large plastic syringe, and held her hand while he read aloud.

"After, I would take her down to my room and put my arms around her and hold her and hug her," he remembered, a teenage twinkle in his eye. Mignault said his wife spoke only once in the last five years of her life and it was to ask for him.

"I had left her for several days to undergo surgery. She said 'I want to see my husband'."

"She was such a lovely woman," he added, inspecting a black-and-white photo on the table. "We were always together — always touching hands."

After his beloved wife died, Mignault wrote to the bishop of Sherbrooke, asking what steps

he should take to become a priest.

"The bishop didn't respond to my letter, so I wrote another," he said. "He believed I was distraught at the loss of my wife and I was not 'all there'."

Frustrated at not receiving a reply, the 88-year old hopped in his car and went to see the bishop.

Plans were subsequently made for him to complete his studies in theology at the Grand Seminaire in Montreal. "I had to study the rules of the church, but I was given credit for my three years of study at the seminary when I was a boy."

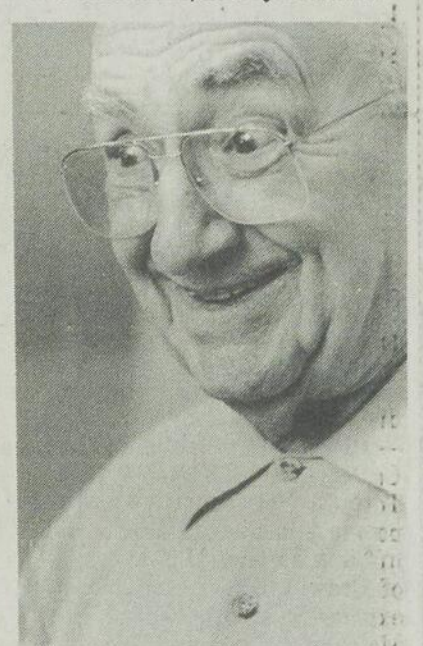
Eighteen months after his wife's death and 51 days before his 90th birthday, Alexandre Mignault was ordained a priest, his four adult children looking on.

Son Daniel teased his father about earning a spot in the *Guinness Book of Records*. As a seasoned obstetrician, "My father is probably the only priest who has seen so many women from that angle."

For the past four years, Father Mignault has been saying mass

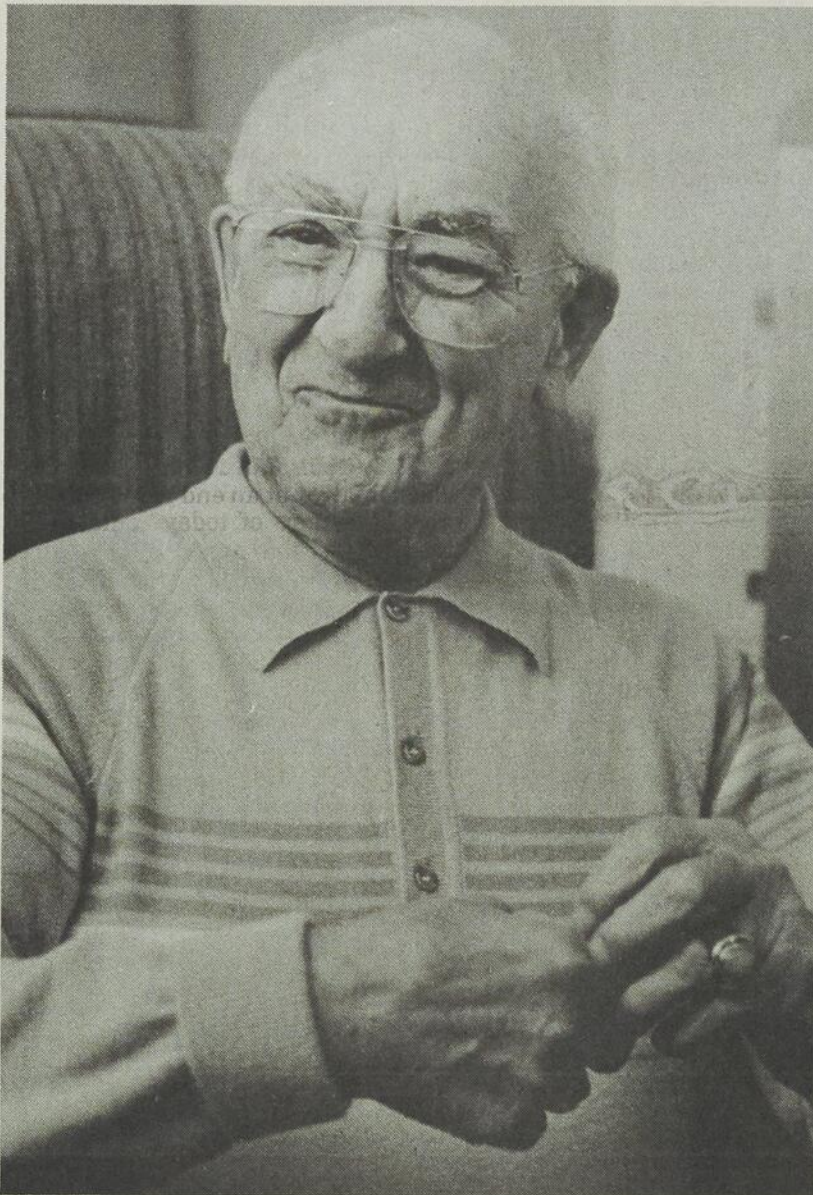
in the chapel of the seniors' residence where he lives in Magog. That's where he'll be on Saturday.

"On Christmas Eve I will celebrate mass at 7 o'clock, so I can go to *reveillon* at my daughter's in Deauville. I'm a lucky man to have such a life, don't you think?"



Alexandre Mignault.

'We used to say if a third of the patients paid, a doctor could make a living'



Dr. Alexandre Mignault: Even in the horse-and-buggy days, 'I could be in Stoke in the morning, and in St. Elie d'Orford at night for another delivery.'

RECORD PHOTOS/PERRY BEATON

At Sherbrooke's Foyer St-Joseph:

New centre gets ready for anglo old folks

By Rita Legault

SHERBROOKE — After two years of controversy and delays, a long-awaited day centre for elderly English-speaking residents of the Sherbrooke area is looking for clients.

The centre, located at Sherbrooke's Foyer St-Joseph, will be up in running by mid to late January depending on how recruiting goes, said co-ordinator Eileen Curran.

Curran, a registered nurse who was hired to run the English-language program at St-

Joseph, said the centre is still in the planning stages and will adapt its program to the needs of the people who express interest.

Curran has been visiting CLSCs, hospitals, volunteer organizations and community groups, but so far fewer than a half dozen have registered for the day centre program, which will include a variety of activities from light exercises to health talks and informal social exchanges.

IMPROVED QUALITY

The centre is intended to

improve the quality of life for seniors through various rehabilitation and social activities. It aims to ease the isolation of the elderly and postpone placing them in seniors' homes for as long as possible.

The centre also offers respite to families by ensuring services are provided for their loved ones who are becoming less physically, mentally or socially independent.

The centre will provide clients with basic nursing care to help patients meet their essential

needs. This includes foot care, general hygiene, and improving basic health through help with diet, exercise and relaxation.

It also provides occupational therapy to help patients carry out daily activities, stimulation for patients with cognitive deficiencies and activities and exercise for those suffering from arthritis.

Psychological counselling to deal with problems such as bereavement, depression and difficult family relationships is also available through support

groups and individual help.

60 AND OVER

Activities of the centre are open to seniors over the age of 65 and to those over 60 having adaptation problems due to illness, Curran said.

The foyer has received a one-time grant of \$150,000 to develop the centre. It will be used to train staff and develop services to encourage anglophones to come to the foyer. After that, the foyer will be forced to run the service within its own budget.

The day centre is open to all

English-speaking seniors in the Sherbrooke regional municipality (MRC) including Lennoxville, Ascot, St-Elie d'Orford, Fleuri-mont, Rock Forest and Waterville.

The centre runs its own adapted mini-bus transportation service which picks up and brings patients back home.

For more information, contact Eileen Curran at the day centre at 564-6655, ext. 19.



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Living

the
Record

Christmas holidays stressful on household pets

From Midwest Living magazine

(CP) — This year, try imagining the holidays from your pet's point of view: parties, neighbors and friends stopping by, trees, decorations and lights everywhere — even strangers singing carols outside the door.

Veterinarians say dogs and cats crave routine, so almost everything we love about the season creates stress for pets. In addition, the holidays can bring special hazards.

Midwest Living magazine asked three veterinarians for their advice to help ensure a safe, happy holiday for the family pet.

—Be careful with all that glitters. Cats love playing with tree tinsel, says Dr. John Kuenzi of Waukesha, Wis. If your pet swallows a strand or two, internal injuries may result. Switch to a different decoration if you have rambunctious cats.

—Both dogs and cats, Kuenzi says, may try nibbling on tree lights. To protect everyone from possible electrical shock, install a circuit breaker at the plug-in outlet.

—Holiday visitors to your house can unleash deep insecurities in your dog. "Dogs are pack animals," explains Dr. Loren Will, who teaches veterinary medicine at Iowa State University. "They're continually attempting to understand their place in

the pack."

When Aunt Ruth shows up for a few days, Fido tries to figure out how his place in the pack (your family) changes. Some dogs snarl or bark before guests even reach the front door. You can help curb this behavior by properly introducing each newcomer to your pet.

One way, Will says, is simply to hold your house guest's arm as he or she pets your dog. To Fido that signals your acceptance of the new arrival. As a loyal member of your pack, your dog is likely to accept the newcomer too.

—Guard that garbage. Holiday cooking can prove an irresistible temptation to your dog or cat, says Dr. Russ Chapin of Wheaton, Ill. Around the holi-

days, he says, he treats lots of pets that have swallowed everything from string used to tie roasts to the foil that tops turkeys in the oven.

When you have finished cooking, take out the garbage right away, he advises, and batten down the container to ward off neighborhood scavengers.

—Pets also can be very accomplished beggars," Chapin says, and feeding from the table typically encourages bad habits.

Be particularly on guard that your pet's persistence isn't rewarded with chocolate. It can be deadly to dogs, which can't eliminate one of the active ingredients in chocolate from their kidneys. If your dog "overdoses," it will become hyperactive and

its heart rate will increase in about three hours.

—Recent research confirms that poinsettias aren't poisonous to dogs or cats, as once was believed. But pets can become seriously ill if they nibble on holly or mistletoe. Keep both out of reach.

—Respect your pet's privacy. Sometimes, all the commotion can be too much, particularly for older pets. Visiting youngsters who play rough with your pets add to the problem. When your dog or cat heads for its "den" beneath the bed or in the basement, veterinarians agree it's important to respect your pet's privacy.

—If you want your cat to seek a safe spot that you — not your

feline — chooses, veterinarians advise placing a blanket and a couple of toys in an out-of-the-way location, such as a closet. Your cat will get the idea.

—Give gifts to pets, but don't give pets as gifts. Present a new toy to your pet and it's likely to act as excited as a child. But the reason, most veterinarians agree, probably is because of the attention being lavished on your pet, rather than the gift itself.

—Veterinarians emphasize that the holidays are a bad time to get or give a new pet. Pets acclimate themselves better to new surroundings during a less harried time of year, when you'll also have more time to devote to a new pet's needs.

Santa pays more

By Gary Norris

MILWAUKEE (Reuter) — Santa Claus would have to pay extra premiums for life insurance because of his weight and aerial lifestyle, an insurance company says.

But unlike cigarette smokers, he wouldn't be penalized for pipe smoking, Northwestern Mutual Life Insurance Co. said.

While pilots are acceptable risks, "Santa might pay a hefty extra premium for those rooftop drops" and his dives down chimneys would likely draw "a modest extra charge."

But exactly what Santa's premium would be can't be calculated since insurance costs are based on age and Santa "after all, is ageless."

Cookbook raises money for elder abuse

By Judy Creighton

(CP) — A bitter family feud in northern New Brunswick over the estate of an elderly woman has culminated in a project to set up a national elder-abuse hotline.

And to raise funds for the project, a cookbook of the late Annie Poirier's recipes is being sold across Canada.

The Memory Lane Cookbook

(\$21.95, Key Porter) was compiled by her son, Etienne Poirier, 64, of Toronto.

But it's the story behind the cookbook that has caught the imagination of those who are spearheading the hotline, says Etienne.

Annie Poirier, 90, died in poverty in 1988. Etienne and another one of Annie's four children alleged that the other two

had forced their mother to sign over her home in Balmoral, N.B., as well as a power of attorney relinquishing all her rights. Police investigated but no charges were ever laid.

The story received media coverage, especially in the Maritimes. A mini-documentary produced in 1990 by the CBC entitled All My Children added to interest in the case.

The same year, a petition in Annie Poirier's name was signed by over one million Canadians across the country asking for legislation to curtail financial, physical and psychological abuse of the elderly.

"Out of the petition, committees were formed in various communities to create a foundation in the name of my mother," explains Etienne.

The foundation, registered as a federal charitable organization, began searching for a way to raise funds to establish a hotline that would refer callers to agencies that can help.

Etienne says his mother came to Canada from England as a war bride after the First World War. "She had married my father, Etienne, a French-Canadian."

He says that after the initial culture shock of arriving in a new country unable to speak French and living in a log cabin, his mother settled down, put down roots and became well-known for her fine cooking.

"She missed the cuisine of home, so set about collecting and creating recipes," her son says. "And she also wrote to famous people including Eleanor Roosevelt and Mackenzie King asking

for their favorite recipes."

Because of this passion for cooking, it was decided that Annie and her legacy be remembered through a cookbook.

"We wanted it to be special," says Etienne, also an accomplished cook.

The foundation held a Canada-wide contest and invited the public to contribute heritage recipes — dishes that emphasized traditional, nostalgic, affordable, readily accessible fresh ingredients.

"We then asked for volunteer help from chefs who adapted the recipes to reduce fats, sugar and salt to meet today's interest in healthy living," he says.

Once the recipes were approved for use in the cookbook, he says, the problem of what to name them came up.

"Why not name them after famous personalities like the movie stars, artists and places that were familiar to our parents and grandparents?"

"We contacted as many descendants (of celebrities) as we could locate and they all approved that their names be used," says Etienne. "In fact, when they learned of the foundation, some even mailed donations to help the cause."

As a result, the book is peppered with titles on recipes such as Bea Lillie Peach Sorbet, Andy Warhol's Cream of Tomato Soup and Calgary Stampede Beef and Sauce.

For information on the Annie and Etienne Poirier Foundation, the elder abuse hotline or the *Memory Lane Cookbook*, write 513-121 Scadding Ave., Toronto, Ont. M5A 4J2.

'Government agencies useless'

Dear Ann Landers: I appreciated your column about how people can protect themselves against scams. You gave some good advice about what to do before one takes the bait, but I can tell you that absolutely nothing gets accomplished by calling the local or state attorney general, the Better Business Bureau, a local consumer protection agency or even the FBI after you've been ripped off. All they do is "register" the complaint (write it down somewhere) so other people can find out about it.

These agencies do nothing once you've been had. I learned this the hard way. I was taken by a travel scam that promised rock-bottom cheap tickets to Florida. I wrote and called all these agencies and complained. Each agency referred me to another agency, which referred me to yet another agency. The final stop was the FBI, which said it was "investigating." It has been four years now, and all they say is that they are compiling information. Meanwhile, the company that cheated me is still in business, ripping off Lord only knows how many others.

It would be nice if there was an agency that helped you get your money back or at least went after these crooks and put them in jail where they belong. If any options exist for people like me, I would sure like to know about it, and I'll bet other readers would, too. — A TRUSTING FOOL ON LONG ISLAND

DEAR TRUSTING: You are right. Most of the agencies only keep records. They do not have the

authority to go after and nail the shifty operators. Also, the wording on most of those sleazy offers is carefully (and cleverly) crafted in a way that keeps the operators one step ahead of the sheriff. I find this indefensible and outrageous.

Ann Landers

Again, I suggest that people who feel gyped write to Call for Action for help with consumer problems. Send a long, self-addressed, stamped envelope and Call for Action will send back instructions on how to get in touch with the nearest affiliate. The address is: Call for Action, 3400 Idaho Ave., N.W., Suite 101, Dept. AL, Washington, D.C. 20016. (P.S. If this suggestion yields any positive results, I want to hear about it.)

Dear Ann Landers: My father was very abusive to my mother and me when he was drunk, which was most of the time.

When I graduated from high school, I left home. My mother left soon after. My father said he wanted

nothing more to do with me even though I'd never gotten into any kind of trouble. I sent him occasional birthday cards but was afraid to visit him. He never contacted me.

Recently, he died, and I went back to attend his funeral. My mother attended, also. The problem is that my brother, "Len," is furious that we showed up after staying away for so many years. Granted, our father wasn't quite as cruel to Len. But Len saw enough to understand why we left.

Other relatives have tried talking with Len. He now says if we attended the funeral, we should not have sat with the family. Actually, Ann, we took our instructions from the funeral director. Did we do the wrong thing?

—TORN UP
DEAR TU.: Not in my opinion. I see no reason for you or your mother to be concerned about what Len thinks. Who gave him the right to tell you and your mother where you should sit? Write it off to frayed nerves and let it go at that.



100th birthday greetings

Congratulations and best wishes to Mrs. Mary Frances Smith of Waterloo, Que., who celebrates her 100th birthday on December 24. With love from your children, grandchildren, great-grandchildren and many friends.



Amanda Gautrey, daughter of Jeffrey and Lori, would like to wish all of her family and friends a very Merry Christmas and a Happy New Year.

Au temps des Fêtes

Le programme d'Arthur et son Oeuvre Inc. comprend:

- Dîner de Noël pour les personnes dans le besoin
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When Christmas comes

"Arthur et son Oeuvre Inc." will include:

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A taxpayer can claim a refundable tax credit for each direct ascendant who ordinarily lived with him in a separate domestic establishment owned or leased by him or his spouse.

In order for the taxpayer to be eligible to receive this tax credit, the direct ascendant must be his or his spouse's father, mother, grandfather or grandmother, must be aged 70 or over and must live with the taxpayer for 12 consecutive months, including 6 months during the taxation year. This credit is also available where the direct ascendant is over 60 years of age and suffers from a prolonged, severe mental or physical disability.

This credit has been increased to \$550 per direct ascendant in 1994 and is available to all taxpayers irrespective of their income or that of their direct ascendant.

Season's Greetings and
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Ryan-Shetlar marriage

Heather Keith-Ryan of Mansonville, Que. and D'Arcy Ryan of North Hatley announce the marriage of their son, Thomas Desmond Ryan to Shannon Luann Shetlar, daughter of Harry and Sharon Shetlar of Winfield, Kansas. The marriage was celebrated in Kansas on October 8, 1994. After their extended honeymoon in New Zealand, the couple will be residing in Perth, Australia.

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'We can't get our product to market'

Lobsters flooding Halifax International Airport

By Tom McDougall

HALIFAX (CP) — Live lobsters waiting to fly to festive-season tables in Europe are running into a serious traffic jam at the Halifax International Airport.

The king of seafood has become a holiday tradition in Europe in recent years, particularly in France. They must be flown because they are alive, protected in styrofoam-lined cases cooled with gel cooling packs.

Finding air-cargo space for a sudden flood of lobsters in the midst of the regular Christmas

rush is an annual problem, but this year it's worse, several operators said.

"We can't get our product to market," said Rick Murphy, owner-operator of Classic Seafoods of Oyster Pond on Nova Scotia's eastern shore.

"We could triple our business if we could get it there."

That doesn't mean the lobsters go to waste, but it does mean lower prices. Dealers like Murphy simply truck the grounded lobster south to the American market — but it cuts profit margins by 10 to 20 per cent.

The traffic jam has been relieved somewhat. Air Canada and Air France have co-operated to bring in a Boeing 747 freighter to make six charter flights directly to Paris over the holiday season. The jumbo will handle a total of 50 tonnes of the overload.

But it won't be enough.

There are no set figures, but Janis Raymond, marketing director for the Nova Scotia Department of Fisheries, estimates the capacity shortage could still be somewhere around 30 to 40 per cent. Without the Air France charter, it could have

been as high as 80 per cent.

"What is a difficult situation would have been a disaster."

Nova Scotia, predominant producer of yuletide lobster, ships about 360 tonnes each December to France alone, with smaller amounts going to countries like Belgium, the Netherlands, Germany and Britain. That is only a small portion of the total lobster catch, most of which is trucked to the United States.

Alan Baker, executive-director of the Canadian Atlantic

Lobster Promotions association, said part of the problem this year was that European buyers were reluctant to place their orders early enough for shippers to book airplane space well in advance.

Last year, he said prices dropped late in the season, so the European buyers waited this year anticipating a similar drop. It didn't happen. And by the time they placed their orders it was too late.

There are other factors.

Renewed prosperity is increasing the demand for luxury foods and air space, but airlines

haven't caught up.

"It's actually a worldwide problem," said Air Canada spokesman Nicole Couture-Simard.

Cargo had been a soft product for airlines, she said, "and when this happens airlines try to use their resources somewhere else."

Air Canada sold its fleet of ancient DC-8s about a year ago, leaving only "combies" — combined passenger and cargo planes — for cargo.

Couture-Simard said things should improve in 1995 when Air Canada buys new airliners with increased cargo capabilities.

Air Canada accuses Chretien of scuttling Hong Kong deal

MONTREAL (CP) — Air Canada chairman Hollis Harris has accused Prime Minister Jean Chretien of personally quashing a deal that would have allowed the airline to fly to Hong Kong.

Harris said he reached a "gentleman's agreement" with Ottawa earlier this year that Air Canada would receive permission to fly to Hong Kong in exchange for dropping its legal challenge to American Airlines' investment in Canadian Airlines International.

On Tuesday, the federal government announced it was denying Air Canada access to

Hong Kong for the "near future."

That prompted Harris on Wednesday to blast Ottawa in general and Chretien in particular for bowing to pressure from Calgary-based Canadian, which serves Hong Kong.

"We think this is a political policy decision that was made by Mr. Chretien himself," Harris said before addressing a business group.

"We're being punished because Canadian is refusing to accept competition. It appears we are the victims of an East-West (in Canada) political situation."

Harris did not say who at the federal level made the verbal

commitment but said Transport Minister Doug Young "went to bat" for Air Canada.

In a statement released Wednesday evening, Young said there was never any move to give Air Canada permission to fly to Hong Kong.

"There is no undertaking with Mr. Harris," Young said.

"As the minister of transport, I have at no time given Mr. Harris, on behalf of the government of Canada, any undertaking regarding service to Hong Kong by Air Canada."

Despite Tuesday's setback, Harris predicted that Air Canada will fly to Hong Kong by July

1. "We're optimistic that the government will, by the spring, give us approval to fly to Hong Kong."

"We're saying to Mr. Chretien, 'if you want to be fair, you have to give us Hong Kong'."

Air Canada has second carrier rights to Hong Kong but Ottawa consistently refuses to let it exercise the right and compete with Canadian.

"They're trying to protect the guys in the West, which is unfair," said Harris.

Harris noted that Canadian recently got the right to fly to Delhi, where Air Canada just re-

opened its own service.

"How can they give them a designation to (New) Delhi, which we are already serving, and not give us a second designation to Hong Kong which is a market four-and-a-half times greater?"

About 450,000 passengers a year travel between Hong Kong and Canada, compared with 100,000 to New Delhi.

Young invited Canadian carriers to apply by April 1 to serve routes that are designated and not used, or which are underutilized.

He said more than half the air agreements between Canada

and other countries are not being fully used.

Besides Hong Kong, Harris said, Air Canada will also apply to serve Israel and the Philippines.

Peso plunge hits Labatt's Mexican investments

TORONTO (CP) — John Labatt Ltd., already reeling from disruptions in professional sports and stalled in its plans to sell its entertainment assets, has taken a \$90-million hit to its Mexican holding with the 15 per cent devaluation of the peso.

A major investor in Mexico through its July purchase of 22 per cent of brewer Femsa Cerveza, Labatt did not hedge its \$510 million US stake against the prospect of fluctuations in the value of the peso.

The rationale: such instruments "were just too expensive."

One analyst estimated Wednesday the cost of hedging Labatt's Mexican exposure

would have been about \$21 million.

On Tuesday, the Mexican government loosened the band in which the peso trades with the American dollar. Its value quickly fell by 15 per cent.

If this situation persists, Labatt will have to write down the value of its assets by about \$85 million at its April year-end and could expect lower earnings from Mexico.

"It is not great news for Labatt," said Michael Palmer of Equity Research Associates. "It is not just a long-term thing — it will have an impact on earnings and it will have an impact on their stock."

"That is part of the difficulty when you go and invest money in a quasi-Third World nation."

Labatt spokesman Lorne Stephenson downplayed the impact of the peso devaluation.

"This is certainly something that is disappointing, but it is not going to have a material impact on us in the short-term," he said.

Stephenson confirmed the falling peso has reduced the value of the Femsa asset by \$85 million to \$90 million. However, he added "we would not look at it that way because the only time you would do that is if you are getting ready to sell the asset and that is certainly nothing we

are contemplating."

The plunge of the peso is the last thing Labatt needs right now.

Labatt's efforts to spin off \$1 billion in sports and entertainment assets have also gone flat. It now says it is searching for strategic partners, particularly in its broadcasting holdings.

And, earlier this month, Labatt reported a \$13-million hit on earnings from the major league baseball strike.

In the second quarter ended Oct. 31, it earned \$45 million, down from \$47 million a year earlier.

Sales jumped to \$845 million, from \$637 million a year ago,

because of higher concert revenue and better-performing European operations.

Sharing annuity can split tax burden

Since January 1, 1994, spouses who have reached retirement age can ask to share their QPP retirement annuity. This measure was already provided for under the Canada Pension Plan.

In addition to the potential economic benefits, sharing a retirement annuity favors splitting income which could reduce the couple's tax burden. Such an application can be made where only one spouse receives a retirement annuity or where both spouses receive an annuity, but their retirement or other income varies significantly. There is no absolute rule for determining whether it is appropriate to

apply to have the amounts split.

The Quebec Pension Board will split a beneficiary's annuity upon receipt of a written request by the beneficiary or his or her spouse. The beneficiary and spouse must be married and not legally separated. Moreover, the spouse must also receive a retirement annuity or have reached 60 years of age and must not contribute to the Quebec Pension Plan.

SPOUSE'S PORTION

The formula for computing the spouse's portion is quite complex. However, the portion is generally equal to 50 per cent of the beneficiary's annuity in pro-

portion to the number of months during which the spouses were married compared to the number of months that the beneficiary contributed to the pension plan.

The effective date for sharing a retirement annuity is the month following that in which the Board approves the application. When this approval is acquired, the Board advises the two spouses and informs them of their right to have this decision reviewed.

The annuities will cease to be

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14 WETK PBS Pittsburgh	15 NBN New Country Network	16 WPTZ NBC Pittsburgh	17 MétéoMedia	18 Annonces/ Immobilier	19 RDI Le réseau de l'information	20 Musique Plus	21 CFTM TVA Montréal	22 CBFT SRC Montréal	23 CFTU Télé enseignement	24 YTV Youth Channel	25 ROS Le Réseau des sports
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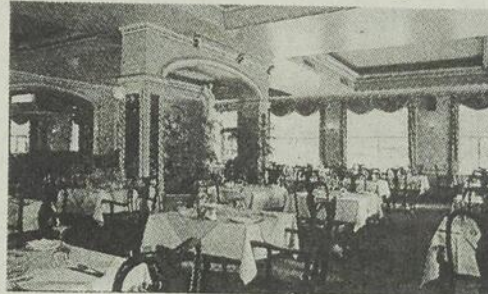
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'93 Nissan Axxess 5 pass, 4c, A, OD 38 K
'93 Ford Aerostar XL, 7 pass, V6, A, AC, 48 K
'93 Ford F-150 Pick up 4 x 2, 6c, A, 22 K
'93 Ford E-350 Cube 16 ft., Diesel, A, OD, 70 K
'93 Mercury Villager GS 7 pass., V6, A, 70 K
'91 Ford Econoline F-150 4 seater, V8, A, 66 K
'91 Ford Ranger Pick up, 4x, 2, V6, stan., 56 K
'89 Ford F-250 Pick up Diesel Stand, 114 K
'89 Ford F-150 Econoline Cargo, V8, A, OD, 41 K
'89 Ford Aerostar XL, V6, A, OD, 76 K
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53 Cameras

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59 Western Apparel

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60 Articles for Sale

ANTIQUE HORSE SLEIGH for racing on ice, excellent condition, \$375. Also lots of antiques suitable for gifts. Open 9 a.m. to 9 p.m. Antiques Rosalie, 336 Principale, Eastman. (514) 297-4475. 16041

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CHRISTMAS RUSH! Too busy to cook? How about a freshly baked tourtière or chicken pot pie from Green's Bakery? Order yours early. Quantity discounts. (819) 569-5038. 127 Queen Street, Lennoxville. 15918

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NEW IN LENNOXVILLE — S.F.M. Sports and Crafts, 251F Queen Street. Tel. (819) 821-1099. Sports cards, T-shirts, caps, etc. Handmade socks, sweaters, Christmas decorations, etc. 16042

(NOS) New old stock of the old vinyl seat covers, mostly plaid, for antique cars. New but 25 to 30 years old. \$150-\$200 set. Fax car year, model, color, your name, address and phone number. If we have what you need, will contact you around end of March 1995. Offer good only until December 31, 1994. Fax (604) 291-2369 in care of local 403. 16065

61 Articles Wanted

DEDICATED TO DECOYS — Wanted: old decoys in any condition. Will pay top \$\$\$\$. Call (819) 346-0035, ask for Warren. 15962

65 Horses

I HAVE A very quiet pony to find a home for 3 or 4 months, January to April 1995. I am willing to pay for board or in exchange have a child give this pony loving care and exercise while I am away. Call (514) 242-2330. 16070

68 Pets

OBEDIENCE COURSES — Basic and intense courses and canine club. Starts January 3 at 7 p.m. in the basement of Eglise Ste. Jeanne d'Arc. Call (819) 562-9316 or 846-6377. 2 experienced instructors, English/French. 16062

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89 Personal

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96 Astrology

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VILLE DE COOKSHIRE
PUBLIC NOTICE RESULTS OF VOTE HELD ON DECEMBER 11, 1994
After acknowledgement of the complete results of the vote, I, André Croisetière, elections president, give the following public notice:
Mr. Jacques Bégin was declared elected to the position of councillor for seat no. 2.
Given in Cookshire this 16th day of December 1994.
André Croisetière,
Elections president

MAYOR'S REPORT MUNICIPALITY OF BISHOPTON
Mayor's report on the financial situation of the Municipality of Bishopton as stipulated in Article 955 of the Municipal Code.
The auditors of Samson, Bélair, Deloitte & Touche have examined the financial statements of the municipality of Bishopton for the year ending on December 31, 1993.
In 1993, there were revenues in the amount of \$220,248 and expenses of \$193,907, an affection in the immobilization expenses of \$776 leaving a surplus of \$25,565.
As stated in the auditor's report, the financial statements are precise and accurately present the financial situation of the municipality as at December 31, 1993.
The non affected surplus stated above allowed the municipality to apply for the infrastructure program and realize the repairs on the waterline, drainage system and road structure on Gilbert Street. Amongst the other activities, an eminent priority was given to the reopening of the Bishopton industry, the hiring of a municipal inspector having knowledge in civil engineering to ensure the expertise necessary for futur municipal orientations.
The present financial year shows revenues exceeding the expenses, thus, a surplus will be affected to the paving of Gilbert Street and also to continue the improvement of our roads.
The general trends for 1995 are the following:
- continuation of improvement of roads
- promotion of municipal attractions
- improve our program inciting new constructions
- improve the support to social and leisure committees
- analyze and change our zoning plan so that it will represent the needs of our population.
- begin the last stage of the control of septic systems
- conclude the amalgamation project between Bishopton, Marleton and the Township of Dudswell.
REMUNERATION OF THE COUNCIL FOR 1994
Mayor's remuneration: \$2,431.01
Expense allowance: 1,215.51
Each councillor's remuneration: 810.34
Expense allowance: 405.17
Marc Latulippe, Mayor

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SEARS CORRECTION
For our 8 page flyer Dec. 26-31, 1994
The After Christmas, Sale & Clearance
The Beat the GST offer on the front page and page 7 incorrectly states: Offer ends December 31, '94, It should read:
The GST offer ends Tuesday, December 27, 1994
Also, on page 7, under the heading Beat the GST on almost everything in the store, the list of exclusions is incomplete. The following departments are not included in the GST offer:
The Beat the GST offer excludes Home Electronics, Furniture, Major Appliances, Vacuums, Sewing Machines and Sleep Sets
We sincerely apologize for any inconvenience this may have caused our customers.
Sears Canada Inc.

Friday, Dec. 23, 1994

NORTH 12-23-94			
♠ A 7 5 2			
♥ A K J 8			
♦ 3			
♣ K Q J 9			
WEST EAST			
♠ K Q J	♠ 9 4 3		
♥ 10 7 4	♥ 6 5		
♦ K Q J 9 6 5 2	♦ 10 4		
♣ - - -	♣ 10 8 7 6 3 2		
SOUTH			
♠ 10 8 6			
♥ Q 9 3 2			
♦ A 8 7			
♣ A 5 4			
Vulnerable: North-South			
Dealer: North			
South	West	North	East
1 ♥	2 ♦	4 ♠	Pass
5 ♠	5 ♥	5 ♠	Pass
6 ♥	Pass	Pass	Pass
Opening lead: ♠ Q			

The one and only

By Phillip Alder

The former British Prime Minister Benjamin Disraeli said, "There are three kinds of lies: lies, damned lies, and statistics." However, although it is a statistic, I can avow that the only declarer to make six hearts on this deal from the final of the World Women's Pairs was Tobi Deutsch, of Austin, Texas.

North (Mildred Breed, also of Austin) made a splinter bid of four diamonds, showing at least game values in hearts and at most one diamond. After that, a couple of cue-bids saw the Americans in the popular six-heart slam.

West opened with the spade queen, a Rusinow lead that promised the king (or a short suit). Perhaps some declarers won this, played a diamond to the ace, ruffed a diamond in the dummy and played a club to the ace, suffering an immediate ruff and a two-trick defeat. (Of course, even if the club ace isn't ruffed and another diamond is ruffed in the dummy, declarer isn't home.)

Deutsch foresaw these problems, aided by West's opening lead. Needing hearts to be 3-2 and therefore judging West to be very short in clubs, Deutsch ducked the spade queen. West continued with the spade king. Declarer won with dummy's ace, drew three rounds of trumps and ran her four club tricks, discarding her last spade. A spade ruff in hand brought the good news of a 3-3 split. Declarer immediately claimed 12 tricks: two spades, five hearts, one diamond and four clubs.

Saturday, Dec. 24, 1994

NORTH 12-24-94			
♠ K 10 9 5 3			
♥ 9 2			
♦ K Q 10			
♠ 9 8 7			
WEST EAST			
♠ 8 2	♠ 6		
♥ 7 4	♥ Q J 10		
♦ J 9 7 6 4	♦ A 8 3 2		
♠ A K Q 10	♠ J 6 5 4 3		
SOUTH			
♠ A Q J 7 4			
♥ A K 8 6 5 3			
♦ 5			
♠ 2			
Vulnerable: Neither			
Dealer: South			
South	West	North	East
1 ♠	Pass	3 ♠	Pass
4 NT	Pass	5 ♠	Pass
6 ♠	Pass	Pass	Pass
Opening lead: ♠ K			

Don't bid a slam missing two aces

By Phillip Alder

You can probably guess the profession of the person who said this: "I wouldn't want to mislead you by doing other than saying however easy it would be for me to answer the question you have asked, it is not fair for me to go further than I have. And I would not read too much into that."

In bridge, you can occasionally use the answer to a question to mislead the opponents. The declarer in today's deal was John Collings, a mercurial player with an enormous talent for the game. His lack of discipline, however, sometimes results in his not doing as well as he should.

After North had made a limit raise of three spades, Collings launched into Blackwood. Hearing of no aces opposite, most players would sign off in five spades. But Collings decided that if the missing aces were split, he might be able to engineer a coup. He bid six spades!

West led a top club, under which East signaled with the three. Not anticipating the danger, West continued with the club ace. Gleefully, Collings ruffed, drew trumps and played three

rounds of hearts, ruffing the last in the dummy. Returning to hand with a club ruff, Collings discarded dummy's three diamond losers on his three heart winners.

East was not so amused. "Did you see my club three?" he demanded.

"Did you hear the bidding?" replied West.

Yes, the opening statement was made by a politician. Ian McDonald, a British Ministry of Defense spokesman, uttered it in 1982.

I wish all my readers a happy and healthy holiday season.

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Monday, Dec. 26, 1994

NORTH 12-26-94			
♠ A 10 3			
♥ 10 4			
♦ 10 6 5			
♠ A J 9 7 5			
WEST EAST			
♠ K Q 8 7 3	♠ 8 6		
♥ Q 7 4 3 2	♥ A J 6 2		
♦ 6 4 2	♦ K J 9		
	♠ K Q 10 8		
SOUTH			
♠ K Q J 9 7 5 4 2			
♥ 9 5			
♦ A 8			
♠ 3			
Vulnerable: Both			
Dealer: South			
South	West	North	East
4 ♠	Pass	Pass	Dbl.
Pass	5 ♥	5 ♠	All pass
Opening lead: ♥ K			

Wisdom advises caution

By Phillip Alder

In the British Commonwealth, today is called Boxing Day because lords of the manor traditionally gave their serfs gifts in boxes. Nevertheless, one automatically conjures up a picture of pugilists in the ring. And as the Israeli statesman Abba Eban said, "History teaches us that men and nations behave wisely once they have exhausted all other alternatives."

At the bridge table, sometimes the right play is the last one you consider. However, if you make a habit of analyzing all the alternatives, you will eventually realize which is best and make the winning play. Today's deal is like that.

South opened four spades, of course. East doubled to show cards and West bid his best suit. After North's five spades, West was tempted to go to six diamonds but rightly resisted the temptation.

West cashed the heart king, then played a heart to his partner. What should East lead now?

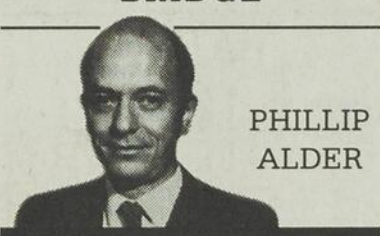
Under different circumstances, the diamond jack would work well but it is clearly useless here. How about the club king? That can also achieve nothing. If South has a club loser, it isn't going anywhere. Here, this defense just helps South establish dummy's fifth club for a discard, using all three of dummy's trump entries in the process.

The killing defense is a trump switch, which uses up one of dummy's entries prematurely. South must lose a diamond at trick 13, for one down.

Phillip Alder's new book, "Get Smarter at Bridge," is available, autographed upon request, for \$14.95 from P.O. Box 169, Roslyn Hts., NY 11577-0169.

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BRIDGE



PHILLIP
ALDER

Friday, Dec. 23, 1994



Friday, Dec. 23, 1994

Progressive projects or enterprises could prove quite lucky for you in the year ahead. Collaborate with individuals who are inventive and ambitious.

CAPRICORN (Dec. 22-Jan. 19) Situations you manage personally should work out well for you today. Conversely, if others become too deeply involved in your endeavors, complications will arise. Get a jump on life by understanding the influences which govern you in the year ahead. Send for your Astro-Graph predictions today by mailing \$1.25 to Astro-Graph, c/o this newspaper, P.O. Box 4465, New York, NY 10163. Be sure to state your zodiac sign.

AQUARIUS (Jan. 20-Feb. 19) It might seem like everything you do today helps others more than yourself. Conditions could suddenly change, however, making you the primary beneficiary.

PISCES (Feb. 20-March 20) Those you try hardest to please are invariably the ones who are the least appreciative of your gestures. Bite the bullet today and keep trying, though.

ARIES (March 21-April 19) Strive to be industrious today, but don't bite off more than you can chew. Endeavors outside your area of expertise could frustrate you.

TAURUS (April 20-May 20) Take extra measures today to protect your prized possessions from loss or theft. If you leave valuables in your car, make sure you've locked all the doors and the trunk.

GEMINI (May 21-June 20) Harmony on the home front will be impossible to maintain today if everyone is stubbornly set upon having his/her way. Try not to be the principal culprit.

CANCER (June 21-July 22) Your compassion and generosity might be in short supply today. It may seem pointless for you to assist others if it isn't to your ultimate benefit.

LEO (July 23-Aug. 22) Being cognizant of all the factors affecting your financial security will lead you to discover effective methods of shoring up your position.

VIRGO (Aug. 23-Sept. 22) Achieving everything on your agenda today might not be feasible. However, this is no excuse to call it quits prematurely.

LIBRA (Sept. 23-Oct. 23) Do not expect others to react enthusiastically to ideas you're obviously doubtful about yourself. Promote only the things you firmly believe in today.

SCORPIO (Oct. 24-Nov. 22) An involvement with a friend might get off to a rough start today, but don't get discouraged. It will work out well if you both maintain positive attitudes.

SAGITTARIUS (Nov. 23-Dec. 21) Your associates might be less perceptive than you today in financial matters. Rely on your own assessments.

Saturday, Dec. 24, 1994



Saturday, Dec. 24, 1994

Your chart indicates that you might be unusually restless in the coming year. Travel is a strong probability; perhaps several short trips and one of long duration.

CAPRICORN (Dec. 22-Jan. 19) Your associates might be lethargic today, so it will be up to you to motivate them to take action in a collective project. Know where to look for romance and you'll find it. The Astro-Graph Matchmaker instantly reveals which signs are romantically perfect for you. Mail \$2 to Matchmaker, c/o this newspaper, P.O. Box 4465, New York, NY 10163.

AQUARIUS (Jan. 20-Feb. 19) You will be successful in what you set out to do today as long as you do not hope to substitute hard work for luck.

PISCES (Feb. 20-March 20) Avoid making snap judgments today because you might overlook pertinent facts at first glance. You won't miss a trick after a second inspection, however.

ARIES (March 21-April 19) Try not to presume that your ideas are superior to others today. The key to group success is to allow everyone involved to make a contribution.

TAURUS (April 20-May 20) Make it a point to haggle and bargain today in a business arrangement or if you purchase a costly item. A little negotiating will produce better terms.

GEMINI (May 21-June 20) You will make remarkable progress today toward one of your ambitious objectives. However, do not take your good luck for granted.

CANCER (June 21-July 22) You might start off feeling indifferent today, but once you engage in a competition, your motivation and enthusiasm will surface and you'll play to win.

LEO (July 23-Aug. 22) Personal gain is indicated today in arrangements you manage personally. In situations others control, you might not do as well.

VIRGO (Aug. 23-Sept. 22) If you need to ask a favor today from a person you barely know, have a friend who is better acquainted with this individual intercede on your behalf.

LIBRA (Sept. 23-Oct. 23) Stand up for yourself today if you haven't received what you are due. Remember: The squeaky wheel gets the grease.

SCORPIO (Oct. 24-Nov. 22) An arrangement with two friends might require a little reworking today. If handled properly, all will benefit in different ways of equal value.

SAGITTARIUS (Nov. 23-Dec. 21) Although you might prefer to remain in the background today, the course of events may force you to publicly deal with a situation affecting your reputation.

Sunday, Dec. 25, 1994



Sunday, Dec. 25, 1994

Your chart indicates that good fortune might visit your home in the coming year. Do not take your luck for granted, though; it won't last forever.

CAPRICORN (Dec. 22-Jan. 19) If you are involved in an activity today that everyone seems to be enjoying, don't let a bossy individual spoil the fun. Capricorn, treat yourself to a birthday gift. Send for your Astro-Graph predictions for the year ahead by mailing \$1.25 to Astro-Graph, c/o this newspaper, P.O. Box 4465, New York, NY 10163. Be sure to state your zodiac sign.

AQUARIUS (Jan. 20-Feb. 19) Dealing with intangible things might seem exceptionally difficult today. You will have more fun if you focus on concrete reality today.

PISCES (Feb. 20-March 20) Conditions in general will be pleasant today with the exception of one overcomplicated project. Remember the old adage: Too many cooks spoil the broth.

ARIES (March 21-April 19) It is unfair to judge everyone else today by the standards you set for yourself. Just because you feel like cooperating doesn't mean others will follow suit.

TAURUS (April 20-May 20) If you offer encouragement and express enthusiasm today, others will, too. If you walk away, they might do that instead.

GEMINI (May 21-June 20) Someone in a position to help you significantly might extend him/herself on your behalf today. Keep your greed in check.

CANCER (June 21-July 22) You may lavish your wit and charm on almost everyone you encounter today. Certain family members, however, might not be privy to this treatment.

LEO (July 23-Aug. 22) You are apt to offer assistance today as long as it is your idea. If someone asks for your assistance, however, you may feel it is an imposition.

VIRGO (Aug. 23-Sept. 22) You might extend your friendship to someone today only to find him/her unresponsive. Before you take offense, consider why this individual is withdrawn.

LIBRA (Sept. 23-Oct. 23) Your protective instincts will be aroused today in ways that many will admire. The object of your concern, however, might be indifferent to your gestures.

SCORPIO (Oct. 24-Nov. 22) Keep your agenda flexible today. Adhering to a rigid schedule could become irritating and take the pleasure out of socializing.

SAGITTARIUS (Nov. 23-Dec. 21) You might be reserved today around strangers, but your family is likely to make you feel like king of the mountain. Spend your day with the ones you love you.

Monday, Dec. 26, 1994



Monday, Dec. 26, 1994

Acts of kindness and compassion could pay extra dividends in the year ahead. Situations in which you do things for others, without seeking benefits for yourself, will not go unrewarded.

CAPRICORN (Dec. 22-Jan. 19) Define

your objectives realistically today. If you go off on an unproductive tangent, you will have little or nothing to show for your efforts. Major changes are ahead for Capricorn in the coming year. Send for your Astro-Graph predictions today. Mail \$1.25 to Astro-Graph, c/o this newspaper, P.O. Box 4465, New York, NY 10163. Be sure to state your zodiac sign.

AQUARIUS (Jan. 20-Feb. 19) You won't be too convincing today trying to sell ideas in which you don't truly believe. Only sincerity instills the support of others.

PISCES (Feb. 20-March 20) If you ask a friend for an honest opinion today, make sure it's a person who will tell the truth, even if it hurts.

ARIES (March 21-April 19) Companions may get miffed at you today if you say one thing and do another. Clearly define your motives.

TAURUS (April 20-May 20) Keep your mind on what you're doing today if your work requires an eye for detail. A lack of attention could ruin your endeavor.

GEMINI (May 21-June 20) Be content with what you do today and with whom you share your time. If you start wishing you were elsewhere with others, you'll lose what the moment has to offer.

CANCER (June 21-July 22) It is marvelous when we can take others at their word, but unfortunately, today several persons might promise you things they

have no intention of fulfilling.

LEO (July 23-Aug. 22) Usually you're pretty good at clarifying your objectives, especially if they can enhance your prestige. Today, however, this mechanism might misfire.

VIRGO (Aug. 23-Sept. 22) It's best you leave your checkbook and credit cards home today if you plan to visit stores or shops offering tantalizing merchandise your budget can't handle.

LIBRA (Sept. 23-Oct. 23) Do not pursue any project or endeavor that does not have your wholehearted support today. Shelve them until you're in a more favorable mood.

SCORPIO (Oct. 24-Nov. 22) Acknowledge the efforts of those worthy of compliments today, but do not use insincerity or flattery to manipulate them.

SAGITTARIUS (Nov. 23-Dec. 21) You are generous and giving, but today someone may try to take advantage of your kindness. Be careful.

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SHERBROOKE SNOW SHOE CLUB INC.

New Members Night and Ladies Night make for a great night at the Club

December 7 and it seemed that winter had come, but the members came in vast numbers to see who the New Members are this year. New Members Night is also a Ladies Night and Janice Graham did her usual good turn by providing us with music 'till supper was ready, President Cec remembered to say thanks. By 6:30 the tables were all full except the head table, Irving's horn blew loud and clear and Mac Juby called in the head table two by two.

At the request of the President, Russ Hopkins said grace and the White Knights were right there with the steaming hot soup. This was the first course of their last night on duty and they were anxious to finish things with a flourish. The ham was excellent and very soothing to scorched tongues (that was good hot soup).

Bill Lyon, don't know if he was Red or Blue Party, he has both emblems on his jacket, made a presentation to President Cec of a hunting trophy from the Blue Party. There was some discussion as to whether it was a Jackalope (cross between a jack rabbit and pronghorn antelope) from the western prairies, or a deer-abbit (cross between a whitetail deer and snowshoe rabbit) from the Gaspé. Both are in the class of endangered species, but it is legal to shoot bucks and this particular specimen has a full rack of horns. It will look well on the wall of Cec's trophy room.

Hawkeye and Irving proposed the Governor General's toast and Mac Juby, all by himself, proposed the toast to the ladies. The ladies were

doing pretty good, Phil Kerwin drew the ticket for the half-and-half and Mrs. Poulin came up to collect and while she was there drew the ladies name for the floral centerpiece and Louise Hopkins had flowers to take home if she can get them to the car without freezing. Tonight there were only three guests which is small for this type of meeting. At the other extreme, Bill Lyon claims that those empty dinner plates in front of him were eaten by someone else. Mentioning Bill reminds us that he reminded the Club to prepare for the Blue Party Auction to be held on February 11, Ladies Night.

The Choristers Grant and Basil, with a little help from Irving had a nearly Christmas sing-song, however Jingle Bells came through loud and clear.

The new members and their wives were called up to be inducted (whatever that means). The men had a name tag pinned on them and signed the Book, Mac Juby had the pleasant job of pinning the corsages on the ladies (under the watchful eye of Bea). Don Lyon (this year's Honorary President), delivered the charge and turned the men over to Mel Bryant to be fitted with white jackets and instructed in the art of getting food on the table and not on the members. The new members as part of their initiation must provide a service to the Club for their first year (this is pronounced 'serve us' by the older members). This year's new chums are Ross Beattie, Earl Gould, John Keenan, Rick Lapointe, Mac McLeod and Gilbert Wintle.

It was very apparent that the Red Party are still around when Fred Barton-Slater got up to make a Red Party presentation to George and Elma Nobel in recognition of their work decorating the Club for every special event for more years that most members can remember. The applause was loud and long.

Bruce Patton will introduce the guest speaker (that's what it said on the agenda) who turned out to be Lana Poulin and she told us about her trip to Russia to take part in a Marital Arts Competition. She was joined by Jonathan Fortin who had also been to Russia and they put on a demonstration. Hands and feet the way those two used them are deadly weapons. With that kind of fast activity they should have been all out of puff. They weren't even breathing hard which speaks well for their condition. Roger Teatreault said "Thanks" very politely to our Martial Arts demonstrators.

Bingo cards were handed out and everyone settled down for a free (Bingo) (that's the best kind). There must have been 100 prizes on that table, but it's not fair, Basil got three of them. Bruce came up with a new kind of Bingo, everyone stands with their card and if a number called is on your card you sit down, last one standing wins. Your secretary got five of the first six numbers called and was so low he had to be helped back up.

The last item on the program was three items to be raffled off and the ladies were still making sure it was a Ladies Night because three members' wives came up to claim their prize, Mrs. Currier, Mrs. Burczyk and Mrs. Juby.

"Merry Christmas to All...
and to all a good year of
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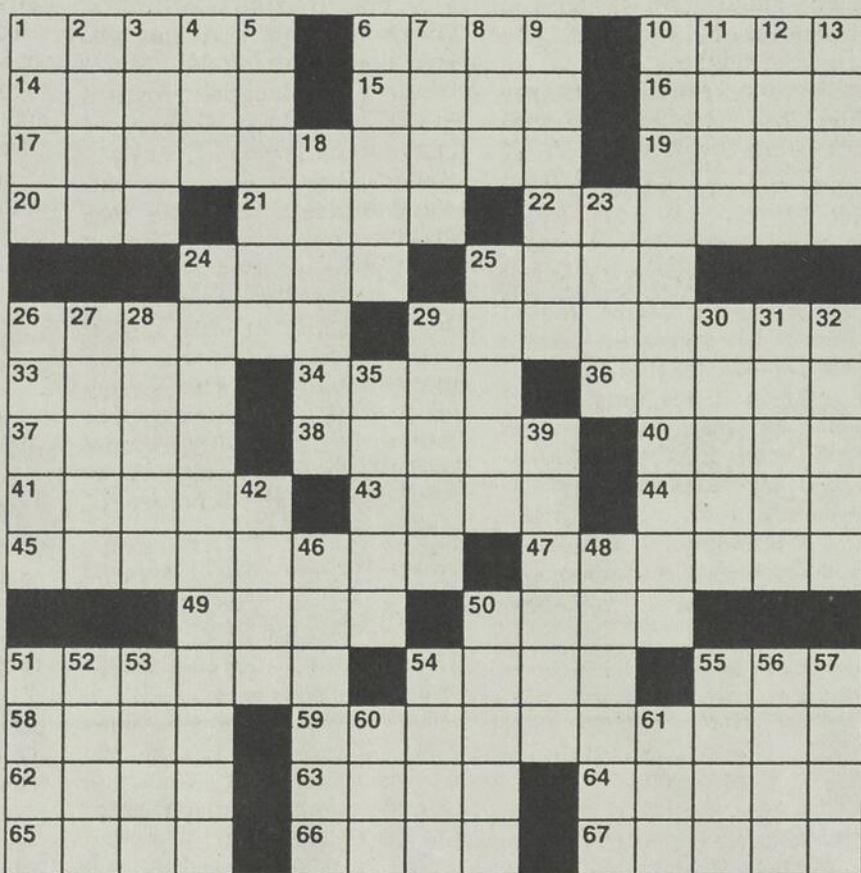
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243-0088



Crosswords

- ACROSS**
- 1 Fissile rock
 - 6 Crazes
 - 10 Edge
 - 14 Desert green spot
 - 15 "— a song go..."
 - 16 Nautical call
 - 17 Composer's fee?
 - 19 Penny
 - 20 Table scrap
 - 21 Lioness of note
 - 22 Cover old material again
 - 24 Warmth
 - 25 Precious stones
 - 26 Torrid
 - 29 Advanced in rank
 - 33 Assess
 - 34 Out of work
 - 36 Blazing
 - 37 Like the Mohave
 - 38 Aligned
 - 40 Bambi, for one
 - 41 Hoisting device
 - 43 Bismarck goddess
 - 44 Rainbow
 - 45 Marsupial
 - 47 Cryptic
 - 49 Race track
 - 50 "—'s Irish Rose"
 - 51 Beginning
 - 54 Chasm
 - 55 Misfortune
 - 58 Melancholy
 - 59 Fragments of composer's work?
 - 62 Concerning
 - 63 Sewing case
 - 64 Santa's helpers
 - 65 Armored vehicle
 - 66 Take five
 - 67 Fashion

- DOWN**
- 1 Alone
 - 2 Tresses
 - 3 Aide: abbr.
 - 4 Ms Taylor, to friends
 - 5 Regard highly
 - 6 Initial
 - 7 Inter



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12/23/94

Thursday's Puzzle solved:



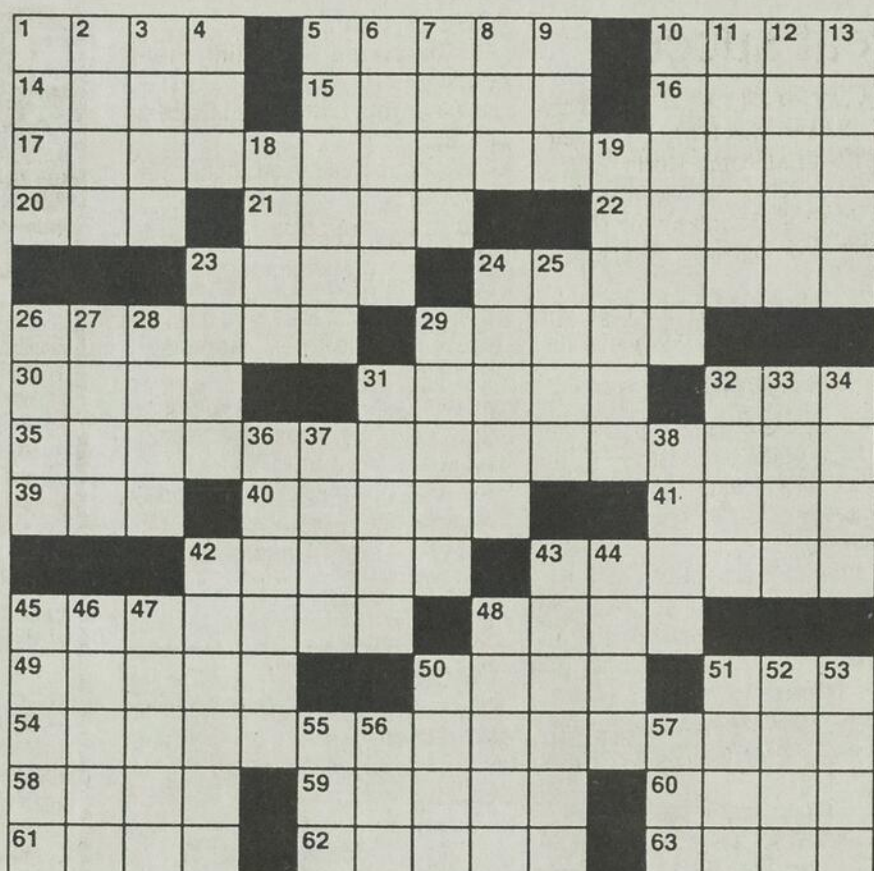
12/23/94

- 8 Winter mo.
- 9 Sound system
- 10 Composer's workplace?
- 11 Perlman of "Cheers"
- 12 Charged particles
- 13 Fable
- 18 "— again, Sam"
- 23 Thompson or Samms
- 24 Composer in a child's game?
- 25 Welcome
- 26 Far from taut
- 27 — cotta
- 28 French spa
- 29 Planet
- 30 Jeweled headress
- 31 Field marshal, — Rommel
- 32 Far from bright
- 35 Slobber
- 39 Capable of being achieved

- 42 Roof overhang
- 46 Newsman Dan
- 48 Firearms
- 50 Taxpayer's dread
- 51 Sad notice
- 52 Forearm bone
- 53 Revolve
- 54 Wildebeests
- 55 Undulating
- 56 Pitcher
- 57 Hersher
- 58 Being: Lat.
- 60 Had dinner
- 61 Deli sandwich, briefly

- ACROSS**
- 1 Hit hard
 - 5 Basketball team
 - 10 Dash
 - 14 Wild blue yonder letters
 - 15 Keep — to the ground
 - 16 Pudding starch
 - 17 Season's greetings
 - 20 Course norm
 - 21 Tusked pig
 - 22 Hoist
 - 23 Papal name
 - 24 Took the lead
 - 26 Bug
 - 29 Shirt fasteners
 - 30 QED word
 - 31 Pool member
 - 32 Charlemagne's domain: abbr.
 - 35 More season's greetings
 - 39 — Gatos, CA
 - 40 Posts
 - 41 Descended
 - 42 Balm
 - 43 Bounce on one's knee
 - 45 Resolves
 - 48 Vaccine name
 - 49 Poetry Muse
 - 50 Flying prefix
 - 51 Tiny bit
 - 54 Seasonal song words
 - 58 Smell
 - 59 Angry
 - 60 A Fountain
 - 61 Elvers
 - 62 Alpine region
 - 63 Flanders river

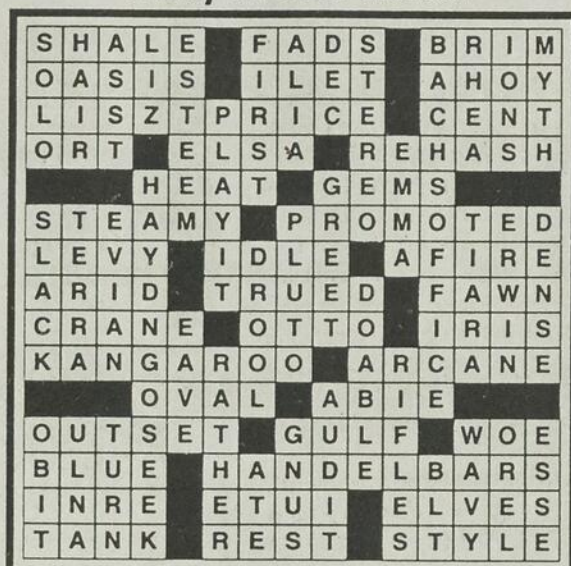
- DOWN**
- 1 Cookie
 - 2 Tibetan monk
 - 3 Consumer
 - 4 Needlefish
 - 5 Sluggish bodies of water
 - 6 Last of the Mohicans
 - 7 Oven used to anneal glass
 - 8 Roman household god



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12/24/94

Friday's Puzzle solved:



12/24/94

- 9 — Lanka
- 10 Chemical compounds
- 11 Truman's birthplace
- 12 Century plant
- 13 Snooped
- 18 Baseball stats
- 19 Follow closely
- 23 Pedestrian way
- 24 British guns
- 25 Melody
- 26 Mend
- 27 Florence's river
- 28 Some energy units
- 29 Flair
- 31 Petty thieves, in England
- 32 Retained
- 33 Marsh bird
- 34 Art deco name
- 36 Fireworks punk
- 37 Ashen
- 38 American
- 42 Indian lutes

- 43 Perennial grass
- 44 Like a bump on —
- 45 Friday creator
- 46 Wear gradually
- 47 Noel
- 48 Alliance acronym
- 50 Winglike
- 51 Changes color
- 52 Poker money
- 53 Stein contents
- 55 Kindled
- 56 Parched
- 57 Sneak a peek

A CHRISTMAS ON SANTA STREET by Delaine Rasmussen



ALLEY OOP® by Dave Graue



KIT 'N' CARLYLE® by Larry Wright



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Church Directory

Anglican Church of Canada

PARISH OF NORTH HATLEY - WATERVILLE - EUSTIS

Rector: Canon Keith Perry-Gore (842-2686)

CHRISTMAS SERVICES

SATURDAY, DECEMBER 24 - CHRISTMAS EVE
North Hatley - St. Barnabas
7:00 p.m. Family Christmas Service with Pageant
11:30 p.m. Candlelight Choral Communion
Waterville - St. John's
9:00 p.m. Candlelight Choral Communion
Eustis - Christ Church
4:00 p.m. Candlelight Choral Communion

SUNDAY, DECEMBER 25 - CHRISTMAS DAY
North Hatley - St. Barnabas
10:00 a.m. Holy Communion

"The People That Walked in Darkness Have Seen A Great Light."

Anglican Church of Canada

ST. GEORGE'S CHURCH LENNOXVILLE

84 Queen St.
Rector: Rev. Keith Dickerson, B.A., B.D.

Saturday, Dec. 24 7:00 p.m.
St. Barnabas, Milby
Saturday, Dec. 24 11:15 p.m.
Carols & Holy Communion.
Sunday, Dec. 25 10:00 a.m.
Holy Communion

Anglican Church of Canada

THE PARISH OF THE ADVENT & ST. PAUL, SHERBROOKE WITH THE CHAPEL OF ST. MARY

Rector: Rev. D.E. Ross

Christmas Eve
7:00 p.m. St. Mary's, St. Elie
9:00 p.m. Church of the Advent
Holy Eucharist

Anglican Church of Canada

ST. PETER'S CHURCH

355 Dufferin Street, Sherbrooke
(819) 564-0279
Founded 1822

Christmas Eve, December 24, 1994
11:30 p.m. MIDNIGHT MASS
CHRISTMAS DAY,
December 25th, 1994
9:00 a.m. The Eucharist
Rector: The Venerable Alan Fairbairn
Organist: Anthony J. Davidson

United Church of Canada

Magog and Georgeville Pastoral Charge

Office: 211 des Pins, Magog
(819) 843-3778

Friday, December 23
5:00 p.m. Stable Service in the Adams' Barn
Saturday, December 24
7:00 p.m. Christmas Eve Service
St. Paul's, Magog
No services Christmas Day
Minister: Rev. Marilyn Richardson
Everyone Welcome

Focus on Feeding

Read: John 13:1-15

PUT ON YOUR APRON

Yes, all of you be submissive to one another, and be clothed with humility. — 1 Peter 5:5

Pride is the most subtle of sins. It sneaks up on us when we least expect it. In fact, it's dangerous because it feeds on the good things we do. If we are generous, we can't help feeling pretty good about it. If we help someone, we pat ourselves on the back. We can even be proud that we are conquering pride!

Peter gave the antidote to pride in today's verse. He told us to "be clothed with humility." Literally, this means "put on the servant's apron." Our attitude should be a desire to serve.

I saw this illustrated in the life of the pastor of the church where I was saved as a young man. He so identified with and

served his congregation that some people in the community were surprised to learn that he was a pastor. If there was building to be done, he put on his carpenter's apron and swung a hammer. If painting, he donned his paint clothes and slung a brush. If cement work, he put on boots and grabbed a trowel. If dirt was being shoveled, he pulled on his gloves and did his part.

My pastor had a lot to be proud of, but he didn't know it. That's because he was too busy serving his congregation. He taught us what it means to be clothed with humility. And I'm sure he learned it from Christ, who washed His disciples' feet. — David C. Egner

*When Jesus took a servant's towel —
His honor set aside —
He humbly showed us how to serve,
And how to conquer pride. — Sपर*

NO GARMENT IS MORE BECOMING TO A CHRISTIAN THAN THE CLOAK OF HUMILITY.

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United Church of Canada

LAKES & STREAMS PASTORAL CHARGE

serving Ayer's Cliff, Way's Mills and Coaticook

December 24, Christmas Eve

Ayer's Cliff - Beulah United
7:00 p.m.

Way's Mills - Ephigany Anglican
7:00 p.m.

Coaticook - St. Stephen's Anglican
11:00 p.m.

December 25, Christmas Day

Ayer's Cliff - Beulah United
Joint Anglican - United Service for the Parish & Charge
7:00 p.m.

January 1, New Year's Day
Ayer's Cliff - St. George's Anglican
Joint Anglican - United Service
7:00 p.m.

Regular Anglican Service in Coaticook:
11:15

Minister: Kent Chown 838-5589

All Welcome

Assemblies of Christian Brethren

Grace Chapel

267 Montreal St., Sherbrooke

Pastor: Mr. Mark Strout
(819) 562-5703

Sunday
9:30 a.m. to 11 a.m.
combined Christmas service
Speaker: Mr. Richard Strout
Sunday School & Nursery
Wednesday
7:30 p.m. Prayer & Bible Study

A warm welcome extended to all

Presbyterian

ST. ANDREW'S PRESBYTERIAN CHURCH

280 Frontenac, Sherbrooke
(346-5840)

Minister: Rev. Blake Walker

Organist: Irving Richards

Celebrating 130 years of Witness

December 24, 7:30 p.m.

Christmas Eve Carol Service

Christmas Sunday Family Service
10:30 a.m. Morning Worship

A cordial welcome to all!

Assemblies of Christian Brethren

Huntingville Community Church
1399 Campbell Avenue,
Huntingville, Quebec

10:00 a.m. The Lord's Supper
11:00 a.m. Family Bible Hour
11:00 a.m. Sunday School
Nursery for all services

December 24

7:00-8:15 p.m. Candlelight Service
PHONE: 822-2627 EVERYONE WELCOME

ATTEND THE CHURCH OF YOUR CHOICE!

Birchton Muriel Prescott

While on a week's holiday, Nick and Heather Turchyn spent two days with Nick's father, Mr. Louis Turchyn in Montreal, were overnight guests of the Stewart Leiths in Cornwall and again with the Robinsons in Johnstown where they had a good visit with Heather's uncle, Charlie Moore. They attended the wedding of Jimmie Brophy and Karen Gaul in Toronto and visited Jim Moore in a hospital in Kingston on their return journey.

Connie Little attended the party at the Connaught Home in North Hatley to celebrate the 100th birthday of her aunt, Miss Eva Taylor. With her were daughter Karen and husband Alain Verlinden, her granddaughter Emily Verlinden and her daughter Kathy and husband Steven Harvey. Other members of the family of the late Edith Taylor and Edward McCrea present were Marion McCrea, Kenneth McCrea, John and Helen Lowry, Robert and Donna Lowry, Bob and Eva Leith,

Births

MACKEY — Brandon and Devon are pleased to announce the safe arrival of their brother, Jaden Chandler. He was born on December 5, 1994 at the C.H.U.S., weighing 8 lbs. 13 oz. Proud parents are Christine (nee Wiley) and Peter. Proud grandparents are Ursula Wiley, Violet and Edwin Mackey, all from Lennoxville.

PATCH-ANDERSON — Mariah Phyllis would like to announce her arrival on December 9, 1994 at the B.M.P. Hospital at 1:30 p.m. weighing 5 lbs. 7 oz. and measuring 17½ inches. Mariah is the daughter of Amanda and Jerry. She is the 13th grandchild of Eric and Phyllis Patch of Mansonville. Thank you to all the visitors and nurses. A special thank you to Dr. Robert S. Pincott.

Island Brook

Mrs. Garfield Spaulding
875-3671

Mrs. Malcolm Burns returned home after having surgery at the Hotel-Dieu Hospital in Sherbrooke. Hope you are feeling better and have a speedy recovery.

Mrs. Mae Wood has sold her property in Lawrence and moved to Ottawa, Ont. to be closer to her family. The community wishes you the best in your new area.

The community was saddened when they heard the news of Mrs. Agnes Morrison's passing. Mrs. Morrison was well known in this area as she had many of the children as her pupils at Pope School in Bury. Mrs. Morrison lived in Gould many years, and drove from there to school in Bury, until Mr. Morrison wasn't that well and they moved to Bury village. Mrs. Morrison was a fine teacher. After retirement she was active in all the organizations and in church work until she wasn't able. She was always interested in seeing all her old pupils such as on July 1st day. Much sympathy is extended to her son Garnet and his family, who live in Bury. Garnet had many of the same pupils as his mother when teaching in Bury. When he moved to Galt School, he was getting the children of those he taught.

School concert is a great success

SAWYERVILLE — The Christmas Concert was a big hit. It started off with Madame Morin leading the French Kindergarten in singing Noël, Noël, followed by the rest of the school doing their French program.

Then the English Kindergarten acted out the story of Mary and Joseph. Grade 2 recited the poem, "We have to get there", then Grade one recited the poem, "Christmas Candles". Grades 3 and 4 recited the well-known poem, "A visit from St. Nicholas".

To finish up the concert, grades 5 and 6 recited the poems, "A Christmas Rose, Christmas Bells, Christmas is Happiness and A Christmas Wish".

Afterwards there was a raffle and a very successful bake sale which raised \$979.

We want to thank the teachers for organizing such a great concert.

By Kaila Palmer

Grade 6
Sawyerville Elementary School

Deaths

ADAMS, Phyllis Marguerite — Aged 101. Died peacefully in her sleep December 5, 1994, in Victoria, British Columbia. Widow of Robert V. Adams who predeceased her in 1960. She is survived by a daughter, Joyce, a son-in-law, John Guerin, 4 grandchildren, 7 great-grandchildren and 4 great great-grandchildren. Her only son, Flight-Lieutenant Victor Adams, was reported missing in action overseas in 1945. Born in Devon, England in 1893, Phyllis Adams came to Canada in 1933 and lived many years in Sawyer-ville and Fitch Bay; she moved to Ottawa in 1964. Mrs. Adams lived in England from 1976 to 1979 and spent the remainder of her life in Victoria.

SMITH, Emerson James — Peacefully at the Grace Christian Home on Wednesday, December 21, 1994. Emerson James Smith in his 98th year, veteran of W.W. I. Beloved husband of the late Lillian Crawford. Dear father of Geraldine (Clifford) Spaulding, Catherine (Gerald) Lowd, Edythe (Bruce) Bradley, the late Bryce (Dorothy) Smith, the late John and the late Annie. Cherished grandfather of several grandchildren, great-grandchildren and great-great-grandchildren. He is also survived by his brother Colin (Pearl) Smith. Resting at Cass Funeral Home, 6 Belvidere St., Lennoxville, where friends may call on Friday from 2 to 4 p.m. and 7 to 9 p.m. Funeral service will be held at St. Andrew's Presbyterian Church, Sherbrooke on Saturday, December 24, 1994 at 11 a.m., the Rev. Blake Walker officiating. Interment in Elmwood Cemetery. As memorial tributes, donations to the charity of your choice would be gratefully acknowledged by the family.

In Memoriam

DANFORTH — In loving memory of dad (Richard) who passed away December 26, 1992.

There's always a lonely heartache,
Often a silent tear,
And always precious memories
Of days when you were here.
Always remembered and sadly missed by

MOM
CHILDREN
GRANDCHILDREN
and sister
ELIZA LOWELL

INGALLS, Allan.

As Christmas is getting near again,
I think of your birthday on December 23,
Though you've been gone 2½ years
And even though we cannot be together
You are always in my heart.
I miss you and love you still.
My heart aches with sadness
And secret tears still flow.
My thoughts are always with you.
They say time heals everything
But we know it isn't so,
Because it hurts as much today
As it did 2½ years ago.
Happy Birthday 'till we meet again,
from your wife
ANNA

MANSON, Jerry — In loving memory of a dear husband, father and father-in-law who passed away December 24, 1985. Sadly missed and always remembered by the family.

MERVA
JIMMY & DOROTHY
BRUCE

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In Memoriam

WARD — In loving memory of our dear daughter, sister and aunt, Marilyn May Ward, who passed away December 26, 1993.

No one knows the silent heartaches

Only those who have loved can tell

The grief we bear in silence

For the one we loved so well.

Sadly missed by

MUM & DAD
BRUCE & CINDY
MICHAEL & MARILYN
(brothers)
SUSAN & ROBERT
PENNY & MARK
(sisters)
AND
NIECES & NEPHEWS

WRIGHT, Arthur — In loving memory of a dear husband, father and grandfather who passed away two years ago, December 25, 1992.

Time may help to ease the bitter pain

Of the loss of one held dear,
But only few know how we miss him

And the loneliness of this year.

We try to be brave and remember

He now is free from all pain,

And at the road's end, God willing

We, too, shall meet again.

Dearly missed by his wife

THELMA

daughters

CINDY & JANE

sons

SKIPPER & SHAWN

AND GRANDCHILDREN

WRIGHT, Arthur Guy — In loving memory of a dear brother and uncle.

Two years have passed,

We miss you, love and memories

forever.

Love

CHRIS

(sister)

SHIRLEY & JOYCE

(nieces)

Cards of Thanks

HOY — I wish to express my sincere appreciation and thanks to all my friends who, in so many ways, showed their concern during my recent health problems. Your cards, flowers, gifts and thoughts were appreciated.
Sincerely,
ELLA HOY

BE PREPARED

Get Involved
PREPARING FOR LIFE IS WHAT WE'RE ALL ABOUT

PLEASE NOTE

ALL — Births, Card of Thanks, In Memoriams, Brieflets, and Items for the Townships Crier should be sent in typewritten or printed in block letters. All of the following must be sent to The Record typewritten or neatly printed. They will not be accepted by phone. Please include a telephone number where you can be reached during the day.
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For death notices to appear in Monday editions:
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Death notices may be called in to The Record between 9 a.m. and 9 p.m. the day previous to the day the notice is to appear. To place a death notice in the paper, call (819) 569-4856 or fax to (819) 569-1187 (please call 569-4856 to confirm transmission of notice). If any other Record number is called, The Record cannot guarantee publication the next day.

Sports

the
Record

Winter fishing season underway

But avoid upper Magog

SHERBROOKE — Eager fishermen swarmed over the lakes and rivers of the Eastern Townships this week as the winter season opened, but some were wetting their lines where they shouldn't.

Conservation Ministry spokesman Paul Jeannotte said Thursday many fishermen were seen fishing off bridges over the Magog River between Lakes Memphremagog and Magog — an area where fish are particularly vulnerable and winter fishing is forbidden.

"There is no fishing allowed in this section, which runs from the tip of Ile Charest in Magog to

where the river enters the little lake," Jeannotte said.

The so-called ice-fishing season runs from December 20 to March 31 and includes fishing on most open water. Many fishermen were using boats as well as bridges this week, Jeannotte said.

"We didn't see any out on the ice," he added with a laugh, referring to the late freeze-up which has left most surfaces unfrozen so far this winter.

Jeannotte invites anyone not sure about where they may fish to consult the provincial guide, which includes all the ice-fishing rules and restrictions.

NBA clubs to help pick national coach

By Doug Smith

TORONTO (CP) — The Vancouver Grizzlies and Toronto Raptors have taken a hands-on approach to the selection of the next coach of Canada's national men's basketball team.

Grizzlies general manager Stu Jackson and Glen Grunwald, the assistant to Raptors vice-president Isiah Thomas, are on the six-person committee that will begin immediately to try and find a replacement for Ken Shields, who resigned earlier this month.

Mike Smrek, a veteran of the national program and a two-time NBA champion with the Los Angeles Lakers, is the players' representative on the panel, which is chaired by Basketball Canada executive-director Rick Traer. Ernie Armstrong, the long-time coach of the Seneca college basketball team and the school's director of athletics, is an at-large member of the committee while a representative of the Canadian Interuniversity

Athletic Union is still to be named.

BEST CANDIDATE

"The idea is to get the best possible candidate available and get on with developing a winning program and qualify for the Olympics," Grunwald said in a telephone interview.

Smrek, a native of Port Robinson, Ont., has the widest array of basketball experience of any Canadian player. He was been with the national program at some level since 1981, played on two NBA championship teams with the Los Angeles Lakers and has played in Italy and Greece.

The selection process is wide open, Traer said from his Ottawa office. The candidate will not necessarily be a Canadian, nor will he or she necessarily be available early in 1995. The selection committee could decide on its coach in February but hires someone on a contract covering the crucial summer months.

Emilie Cas El wins another honor

Melbourne filly Quebec's top trotter

SHERBROOKE (NB) — A Melbourne filly was named the Quebec's two-year-old trotter of the year after finishing the racing season undefeated.

The title was bestowed on Emilie Cas El by the Quebec Standardbred Association at the annual breeder and owner congress Saturday in Montreal.

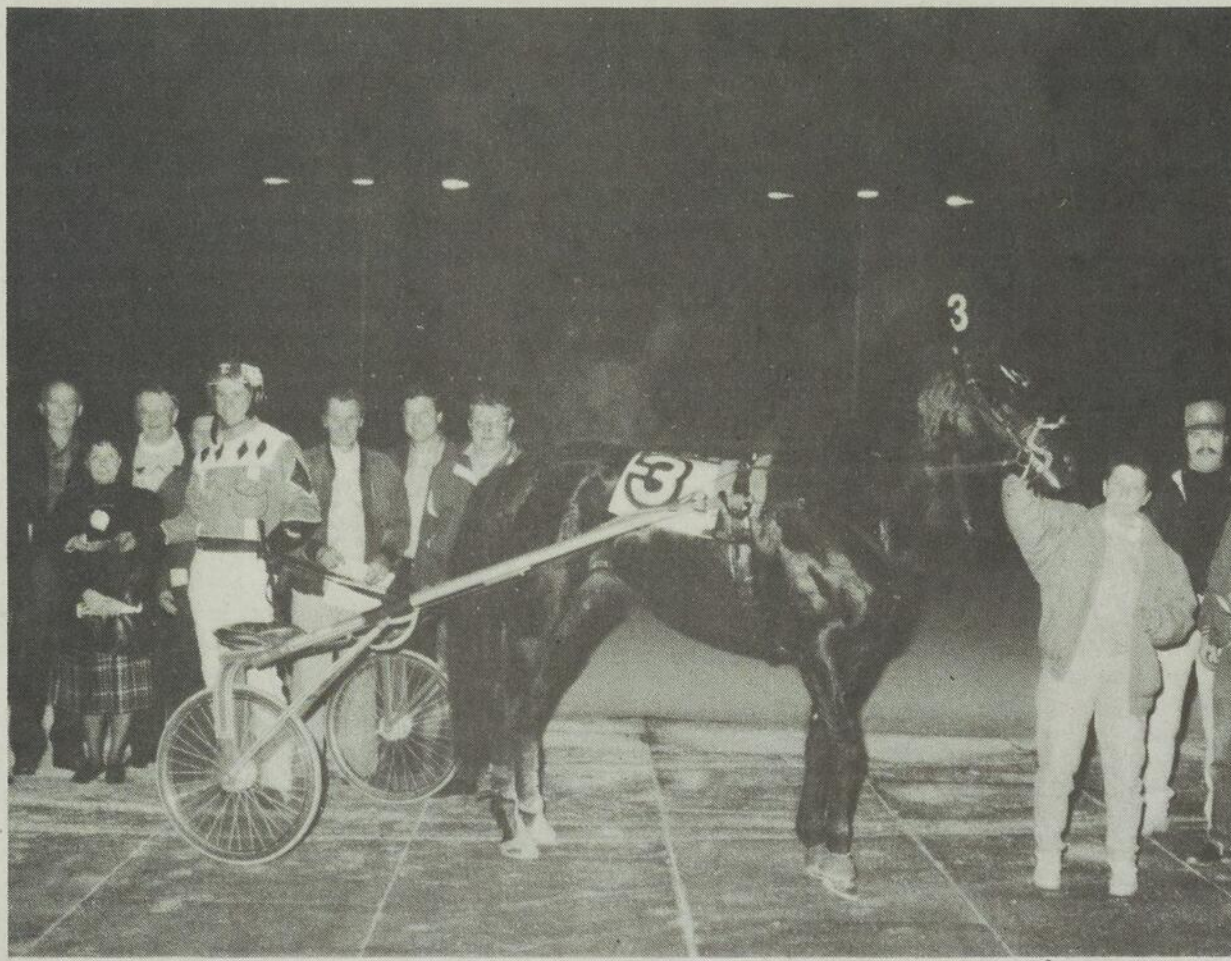
Co-owned by Wendell Cass and driver Dustin Jones, Emilie Cas El most recently won the Canadian Breeder Championship in Milton, Ontario, outrunning Ontario's top two-year-old, Byrlin Glory.

Jones, currently training 20 other horses, said the successful season with the filly is helping him to gain recognition outside the province.

Jones also has his eye on the two-year-old trotting filly of Canada title saying Byrlin Glory is the horse to beat. The winner of that title won't be announced until the New Year.

Plans for the next season include 10 or 11 races in the province and possibly eight or nine in Ontario.

"She should do well again next year," said Jones. "She'll be racing against the same horses."



Two-year-old Emilie Cas El after her victory over Ontario's top-ranked Byrlin Glory in the Canadian Breeders Championship on November 13 at the Mohawk Raceway in Milton, Ontario.

Selection arouses little venom

Little controversy with junior team

Time Out

By Bill Beacon
The Canadian Press

such top Quebec prospects as defenceman Christian Laflamme and forward Daniel Gougeon unavailable. In addition, eight players from last year's team, some of whom would probably have been with NHL clubs had it not been for the lockout, were occupying training camp roster spots.

Hay showed he was not afraid to make tough decisions. He cut Brett Lindros, who in normal circumstances would probably be playing now for the New York Islanders, because he wasn't suited for international hockey.

Fichaud, a Toronto Maple Leafs draft pick who some say was the best goaltender in camp, was livid at being cut. The Quebec Nordiques' Jocelyn Thibault,

another netminder, was disappointed that a bad shoulder cost him his chance to make the team.

But when final cuts were made Monday, even Daigle said: "I believe they picked the 22 best players in Canada. This is not a popularity or language contest. If you were the best, you got picked."

It was grudging acceptance, however.

FLIMSY EXCUSES

Too often in the past, excellent players from the Quebec league have been passed up for flimsy reasons. Goaltenders Patrick Roy of the Montreal Canadiens and Martin Brodeur of the New Jersey Devils are among those who have been deemed not good enough.

It is widely perceived that coaches from Ontario and western Canada have a jaundiced view of Quebec players as being lazy and overly individualistic, although even Quebecers joke that there is no French word for backcheck.

But as recently as 1993, three

of the six first-team NHL all-stars were graduates of the Quebec league. The same year, the Canadiens — with half their roster from Quebec — won the Stanley Cup.

The success of players like Roy, Mario Lemieux and Raymond Bourque at the NHL level is why many Quebecers boil over when their players are cut year after year from national junior and Olympic squads.

But that and the fact the QMJHL lags far behind Ontario and the West in having players drafted by NHL clubs are things the Quebec league could probably remedy.

All it would take is to win the Memorial Cup — the annual junior hockey championship — to gain instant respect.

A Quebec team has not won since 1971, when Guy Lafleur led the Quebec Remparts.

Until a QMJHL club wins it all, it's hard to argue with the national coaches' selections. Canada has won the world junior championship five of the last seven years.

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Two types of muscle fiber at work

Twitching through the game

The Sunday morning hockey crowd is now a firmly established sub-culture in the Townships.

Rising at 5:30 a.m. with a minimum of rest, they risk life and limb hurtling through snow qualls in the predawn darkness. They fumble with trunk latches and drag bags overloaded with dank equipment through unforgiving hydraulic doors that slap them on the shoulder as they move slowly through.

TRANSFORMATION

The poisons and byproducts of Saturday night still circulating in their veins, they treat their foggy heads to that first refreshing view of the silent virgin surface, brilliantly lit by banks of mercury suns in the rafters of the arena. In the next few minutes, pleasantries are exchanged while frozen Long Johns and skates causes groans of discomfort. The transformation occurs. A few pounding steps in the corridor give way to the smooth cut of blades on ice. All is well with the world. Let the game begin!

Although the mental aspects of this situation are analysed regularly by nearly all of the participants' spouses, little attention has been paid to the physiologic implications.

Hockey is a game of short bursts of intense speed followed by rest periods of similar duration. Players are encouraged to, "Go hard and get off." The effects of such repetitive maximal efforts are well known to all players. The rapid heart rate, shortness

of breath and burning fatigue in the legs are all signs of oxygen debt or anaerobic stress.

Aerobic Sports

By Bill Williams

Better players go faster but not longer. It is impossible to continue at such intensity for more than about a minute. Energy output is based more on muscle glycogen use than on oxygen utilization. As the season progresses, players become better adapted to this form of exercise. They show increasing ability to skate faster and to recover more completely during rest intervals.

MUSCLE FIBER

The cellular anatomy of the muscles themselves holds some clues to this type of conditioning. Work done over the last two decades has shown that there are two principal types of muscle fiber. The first, which takes about 110ms to contract in a completely aerobic manner, is known as a Slow Twitch or ST fiber. The second contracts rapidly in about 50msec in progressively anaerobic fashion and is known as a Fast Twitch or FT fiber.

The FT fibers have been further divided into FTa, FTb and FTc according to their increasing

rates of contraction and subsequently more anaerobic natures. ST fibers are associated with endurance type activity of low intensity where an adequate supply of oxygen can be maintained to the tissues. Increasing intensity of exercise, beyond the oxygen supply, demands the use of first FTa, then FTb, and then FTc type fibers.

The initial quantities of each type of fiber present in the major limb muscles seem to be genetically determined. However, research has shown there is some potential for conversion of FTa fibers to slower ST fibers or to faster FTb fibers depending on the type of training and on the presence of cross innervation between the motor neurons that supply these groups of fibers. The strength and thus the speed of the muscle contraction is based mainly on the number of fibers contracting at any one time and not on the size of individual fibers. ST motor units tend to have relatively few fibers per motor neuron (10-180), while FT motor units have more (300-800). Thus, FT dominated muscles contract faster with greater strength.

Highly trained sprinters and hockey players have up to 75 per cent FT fibers and 25 per cent ST fibers. World Champion marathoners have as little as one per cent to seven per cent FT fibers; their biopsies showing up to 99 per cent ST fibers.

NOT SO SIMPLE

All FT hockey players and

sprinters should have explosive speed while ST distance runners should have unending endurance. Unfortunately, it's not quite that simple. Recreational athletes are not elite. Most have a mixture of fibers very similar to the 50 per cent ST - 50 per cent FT balance seen in sedentary people ... and weight lifters!

This allows for the presence, among us, of some fine combination athletes, playing hockey, nordic skiing, canoeing, running the marathon and tackling day-long triathlons. At times, even downhill skiing and curling may round out the portfolios of these active individuals. Conversion from one class of fiber to the other under repetitive stress shifts the balance one way or the other. This probably accounts for the "sport specific" improvement noted with continuous year round training in certain competitors who are not genetically favoured.

So, back out at the rink Sunday morning, the veterans are chugging up and down the ice and leaping over the boards with great gusto. Believe it or not, they are improving. Even the 60+ veterans are factors to be reckoned with. Like the old Timex watches, "They take a licking and keep on ticking."

Or is it FT twitching.

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