

The Townships Sun



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Table of Contents

Inflation and Investments: Risk to stay afloat <i>By Derek Heatherington</i>	<i>pg 4</i>
Young Townships Leaders 2012 Award Recipients Announced <i>By Corrinna Pole</i>	<i>pg 9</i>
<i>Calendar of Events</i>	<i>pg 12</i>
Third Year for Quebec Atlas Project <i>By Tom Moore</i>	<i>pg 14</i>
Truthdig: Drilling beneath the headlines in Sante Fe <i>By Rod Leggett</i>	<i>pg 16</i>
Everything's Coming Up Roses! <i>By Christine and John Hodge</i>	<i>pg 19</i>
Classified Ads	<i>pg 22</i>

COVER PHOTO courtesy of Christine and John Hodge

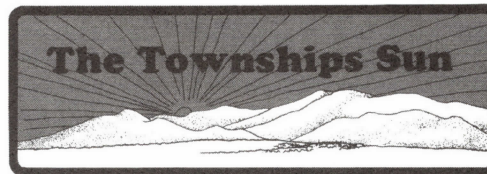
Letter to the Editor

I really enjoyed the article in the Sun about the local dance bands by Bruce Patton. It was wonderful to see this information in print. I know that there were many small bands around and it is easy to miss some. However, I would like you to know that you missed one quite popular one: Norman Mackey and The Rambling Playboys. Norman and his county-western group played a lot of clubs, hotels, barn dances and halls. He was probably best known for his Saturday evening programs on CKTS Radio, and later on TV. I believe this was in the early 1950's. The original musicians included, Louis Morel, Paul Cote, Bert Coutu, Pete Godbout, Rusty Walker, Jerry Robitaille, Maurice Roy, George Hebert, Tom Hebert and others. Some of his square dance callers were William Provis, Art Bennett and Roy Suito.

His group played regularly at Salmon Creek Pavillion, and the Abercorn Hotel and his musical career extended away from the Townships to the United States and to Western Canada. I am not sure if Normans musical group officially disbanded,(maybe in the early '70s) or if they simply drifted apart with other careers and interests.

Norman is alive and well and he and his wife, Frances are enjoying their retirement years.

His sister: Gladys Mackey Beattie



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Canada

Inflation and Investments:

Risk to stay afloat

By Derek Heatherington

Over the course of the last few months and years we have borne witness to a great deal of uncertainty on several levels: the ever present threat of a global energy shortage, turnover of political leadership in several European countries, civil unrest in places like Syria, Egypt, and Greece. Closer to home, debates on issues ranging from the environment to retirement age and pensions, and most recently the ongoing debate and unrest in Quebec over tuition fee hikes. Amid all of this turbulence it is understandable that many people might consider pouring their savings into safe harbours such as government bonds but before you do this you might want to consider that, when it comes to investing, the modest rewards of a safe bet are often vulnerable to the corroding effect of inflation. This article takes a look at how market securities and government bonds react to changes in the environment and why, in some cases, more risk isn't necessarily a bad thing in uncertain times.

One of the most important things to keep in mind when calculating returns on investment is that there are two sides to the equation: the change in income over time AND the change in inflation (the price of various goods) over time. The difference between the change in income and inflation can be called real income or inflation adjusted income. The income side is pretty straight forward, but inflation bears a little more discussion. Keep in mind that, while people often think that an increase in the price of gas constitutes inflation, it is actually calculated as the average change in prices of a broader group of products

and services measured from month to month or year to year. As a result, an increase of 10% in the price of gas very seldom results in a 10% increase in inflation because the cost of some things (computers for example) have been falling over time. In Canada inflation is calculated using the consumer price index (CPI) which tries to estimate the changes in the price of a constant shopping bag of goods and services that an average person would consume over the course of a year. For example, the basket might include a certain quantity of food, clothing, entertainment costs, and transportation costs. To calculate the change in the price index you would keep the quantity of each item constant and monitor the change in the total cost of the

basket from year to year. There are a number of additional adjustments that are made to try and compensate for variables such as substitution (when people switch from brand name products to no name products during a recession to save money) and changes in consumer behaviour (i.e. the move from relatively cheap typewriters to relatively more expensive computers) but these are of less interest for the moment.

Before getting into investments, consider the effect of inflation on income from employment. Let's say that your income in 2010 was \$40,000 and that it increased to \$40,400 in 2011. Assuming there was no inflation and other factors stayed the same (you didn't move from a lower cost of living area like the Eastern Townships into a higher cost of living area like Montreal) you would be able to say that you are 1% better off in 2011 than you

“Amid all of this turbulence it is understandable that many people might consider pouring their savings into safe harbours such as government bonds but before you do this you might want to consider that, when it comes to investing, the modest rewards of a safe bet are often vulnerable to the corroding effect of inflation.”

were in 2010. In other words, since the prices of things you buy stayed the same from 2010 to 2011, but you had more dollars to spend in 2011, it follows that you were able to either buy more things in 2011 (two vacations instead of one) or you could buy the same amount of things but could improve the quality of those things (still only one vacation, but at a five star resort instead of a three star resort). Unfortunately, using the Bank of Canada's inflation calculator it is easy to see that rising prices are somewhat a fact of life.

Over the past sixty years inflation has averaged 3.65% annually, with an average high of 9.47% per year from 1972 - 1982 (OPEC crisis) and an average low of 1.01% per year from 1952 - 1962 with the inflation rate for 2011 calculated at 1.92% for the year. Taking the example above and applying the inflation for 2011 the sad conclusion is that you would actually be able to buy less stuff in 2011 than you did the previous year or at the very least buy the same things but decrease the quality. The increase in prices in 2011 has wiped out all of the increased purchasing power you got from your raise and in fact reduced your real income for 2011 by 0.92%. You might be eager to brush this issue off, I mean after all, the decrease is less than 1% and it is a hypothetical situation, right? Well, it's hypothetical to a point although the inflation figures are real and wage increase mentioned is not far off the general 1.9% increase forecasted by the Hay Consulting Group for Canada in 2011. In fact, in the case of teachers in Quebec, the last salary negotiation resulted in a pay increase of only 0.5% for 2011 which means teachers (and other civil servants negotiating in tight budgetary times) will effectively face pay decreases.

Turning back to the subject of investing, it's possible to see the same ideas coming up again. Remember that real income is basically like a bathtub full of water; the rate at which water is coming into the tub from the faucet represents the amount of money going into your account, water level in the tub at a point in time represents the amount of money in your account and the amount of water going out the drain represents your expenses. Changes in your income would be the equivalent of turning the faucet to increase or decrease the rate of flow, and changes in inflation would be like changing the size of the drain so that water leaves the tub faster or slower. The big difference to look at when turning from income made while working and income from investments really comes down to how quickly you can respond to changes in the environment.



While you are working you tend to have a very good idea of what's going on (you probably have an idea of whether the company you work for is doing well or not) as well as some control over your future (you can take steps to maximize your chances of keeping your job and being promoted) and are therefore able make adjustments to your plans as frequently as necessary. In addition, there are safety nets in place, such as employment insurance (EI) and loss of income insurance, to help respond to bumps in the road. When you are earning income from investments on the other hand, especially if you have retired and are using this as your main income, you not only lack the social safety nets like EI, it's also more likely that you aren't aware of everything that is happening and your ability to affect change is essentially limited to changing the composition of your investment portfolio. The former

is not unusual, but can lead one to compensate by putting their faith in a financial advisor or “playing it safe” by sticking to government backed GICs, and the latter is often costly as it triggers brokerage fees and can also result in taxable capital gains.

“In order to continue to live comfortably you need to beat inflation in the long run and this is not so easy to do with GICs for the simple reason that governments are not generally able to respond quickly to changes in the market and therefore have more trouble taking advantage of opportunities..”

So why take on the risk and uncertainty of investing in stocks when GICs are available and safe? The answer comes right back to the idea of real income we discussed at the on-set. In order to continue to live comfortably you need to beat inflation in the long run and this is not so easy to do with GICs for the simple reason that governments are not generally able to respond quickly to changes in the market and therefore have more trouble taking advantage of opportunities.

To illustrate this idea, assume that you had \$1,000 to invest in 2001. If you had invested in a GIC you would have received an average payment of 2.8% each year with no appreciation in the value of your investment. In other words, at the end of 2011 you would have collected \$280 (2.8% X \$1,000 for ten years) in interest payments and at the end of 2011 you would receive a cheque for the original \$1,000. If, on the other hand, you had risked your money in the stock market with a portfolio of big banks (\$200 each of CIBC, TD, BNS, BMO, Royal) the growth in the value of your investment would have been 44.56%. In other words, if you sold your portfolio at the end of 2011 you would have gotten back \$1,445.60 compared to the \$1,000 with the GIC. And this is aside from the dividends you would have earned over the ten year period.

With \$1,000 you would have been able to buy a total of roughly 30 shares which would have paid out an average of \$13.98/ share and would have resulted in dividends of \$419.40 over the course of ten years. The difference between GIC investing and stock investing (even with a very conservative portfolio) is very evident; stocks would have earned \$139.40 more in dividends (the after tax effect is also less with stocks since only 50% of dividend income is taxed whereas 100% of GIC income is taxed, and would have resulted in an appreciation of capital of \$445.60 compared to a \$0 increase in the value of capital with GICs. Assuming an average rate of inflation of 3.65% per year (calculated above) it can be said that in 2011 you would need an extra \$36.50 for every \$1,000 to live the way you did in 2011. Your GIC would give you an extra \$28 and mean that you would have to reduce your standard of living to make up the difference. Your bank portfolio would give you an extra \$41.94, meaning you could live a little better than in 2001, plus the increase in the value of your investment that could be sold for a profit if you wished.

So while there is surely risk involved in putting your money in the stock market it is fair to say that risk does not need to be avoided at all costs. The key is really in making sure that the flow of water into your bathtub is increasing as fast, if not faster than, the flow of water running out of your bathtub. Sometimes in investing, as in life, the safest route doesn't always get you where you want to be.



Young Townships Leaders 2012 Award Recipients Announced

By Corrinna Pole

Townshippers' Association has the great pleasure of announcing the four winners of the 2012 Young Townships Leaders award. Each year, Townshippers' Association shines a spotlight on three young community members between ages 15-35 whose actions and initiatives have demonstrated leadership within the Eastern Townships English-speaking community over the past two years.

This year's highly deserving recipients are Sherbrooke residents Michael Durrant, Jessica Wilson and co-winners James Lamarre and Madhiha Taseen. The laureates will be recognized for their achievements at the Association's Annual General Meeting in Richmond on Friday, June 1, 2012.



*Young Townships Leaders Award Michael Durrant and Jessica Wilson.
Photo Credit: Townshippers' Association*

“In response to the call for nomination for this year’s Young Townships Leaders Awards, I am once again overwhelmed by the talent, engagement and leadership of the nominees that have been put forward,” said Gerald Cutting, President of the Association. “On behalf of our Association it is truly an honour for me to acknowledge the exceptional contribution these young people are making to the advancement of our community. The public recognition that they receive for participation in this event is most deserving and a celebration of what is possible through hard work and dedication.”

Take a look at the Young Townships Leaders of 2012

MICHAEL DURRANT

Although he had been involved in activities at school and work, Michael Durrant admits he wasn’t one for public advocacy. But when the future of a historic hydro electric dam on Ascot river was in question, the 30 year old Champlain College biology professor stepped out of his comfort zone and stood up for his community.

Growing up in Huntingville, Michael and many of his neighbours saw the over 160 year old dam as a fixture leaving them anxious over rumours that power company and site owner Boralex was looking at altering or removing the fixture. Not convinced that a letter writing campaign would be effective, Michael organized the first citizens meeting in summer 2011 that led to the formation of a coalition of concerned citizens who labelled themselves Friends of the Huntingville Dam.

The coalition grew and Michael was elected to lead the group, along with three other community members, advocating preservation of the dam to Borolax, the City of Sherbrooke, and English and French media. He also drafted and presented a proposal to the Sherbrooke city council and by Christmas 2011, Borolex agreed to halt any major alterations and instead reinforced the structure. Although Michael says there is still work to be done, he’s happy to see the result of community action.

“It really shows how someone can throw themselves headlong into something new and awkward that they are unfamiliar with, like public advocacy, and get involved and get something done,” said Michael. “This is what the average individual Townshipper can do when they put their minds to it.”

JESSICA WILSON

Community involvement is a family tradition for 32 year old Jessica Wilson. Born and bred in the townships, Jessica grew up seeing her parents and grandparents get involved in school committees and community events.

“I’m one of those who left and decided to come back to the area to stay and build a life. But I realized if you want to have a strong and vibrant community you have to be part of it,” Jessica explained. “You’ve gotta give back, too many people sit back and take things for granted, you have to get involved.”

Jessica has involved herself in helping local youth and serving as an active community leader though Lennoxville Elementary School’s Governing Board and the Lennoxville Youth Centre where she serves as vice-president on the Board of Directors.

Through the Lennoxville Tri-Us, which she owns with her family, and the Lennoxville Merchants Committee that she serves on, Jessica has been an active participant in the Borough’s Street Fest and Friendship Day festivals. She is also known for regularly lending her support to local schools, organizations and charitable events.

That giving spirit turned physical when Jessica formed the “Granny’s Girls” women’s team to participate in the 2010 Canadian Breast Cancer Foundation CIBC Run for the Cure event when it was held for the first time in Sherbrooke. In 2011, their second year of involvement, the team of Anglophone women were recognized by the event organizers with an award for their contributions.

JAMES LAMARRE & MADHIHA TASEEN

Champlain College students James Lamarre, 20, and Madhiha Taseen, 18, nominated each other for the Young Townships Leader in hopes of having their volunteer and leadership efforts within the school community recognized. Just as they share a passion to improve college life through tutoring, helping new students adjust to college life as Cougar Ambassadors, and their involvement with the Champlain Students’ Association (CSA), they will also share the award.

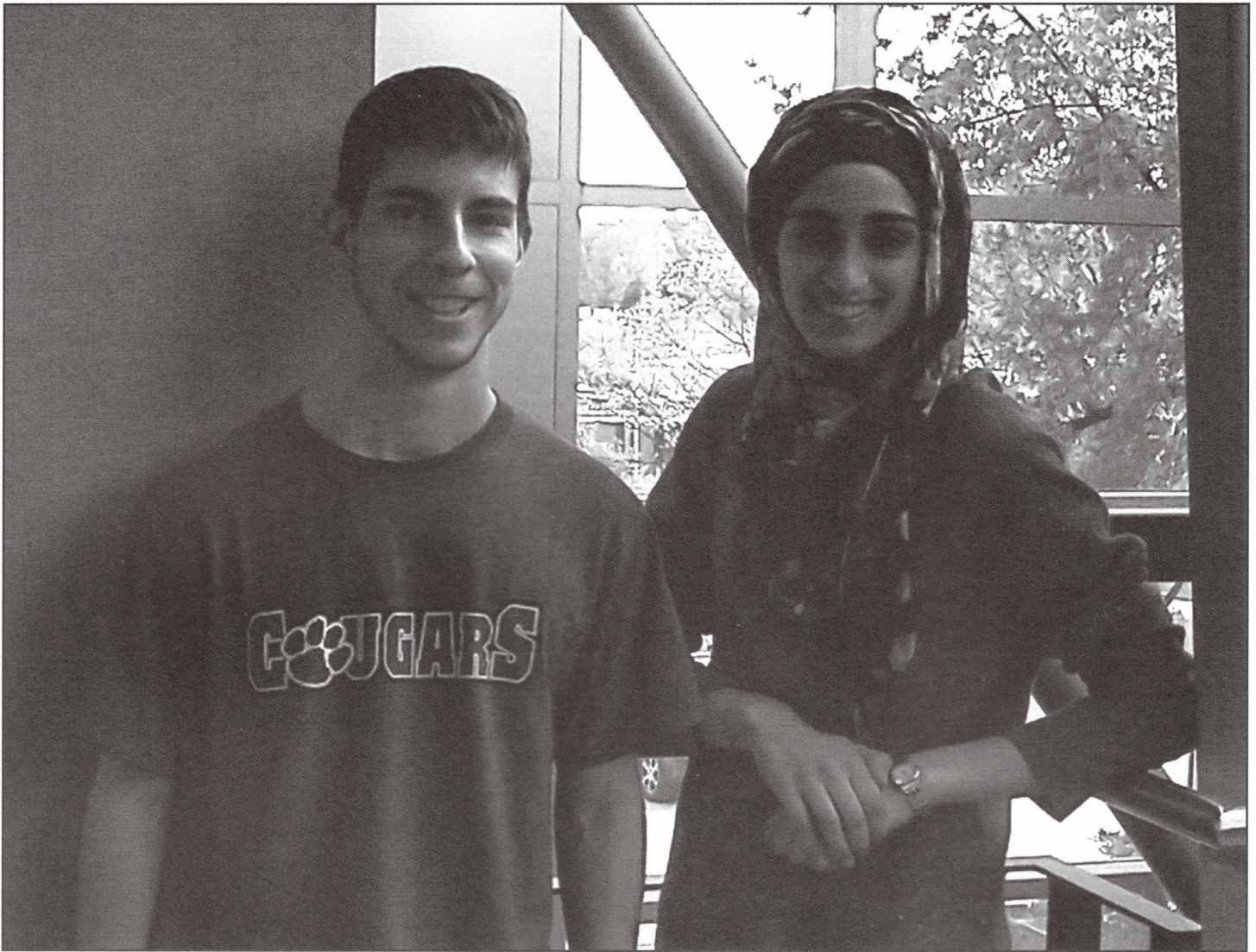


Photo Credit: Townshippers' Association

Co-winners of the third Young Townships Leaders Award James Lamarre and Madhiha Taseen.

One of the top students in the health science program, James has a reputation for getting things done. Back home in Quebec City, he served as member of his high schools' student government and is active member of his church community. When he came to college in Sherbrooke he tried to get involved in the CSA to "give back" to the community but he was unsuccessful. James persevered and the next year won a seat serving as the CSA vice president internal affairs over the 2011-2012 school year, while also working for Student Safety Services.

Between his studies, James arranged and deployed various activities from the orientation week barbeques and movie nights to the two day long hunt for 2,002 Easter Eggs hidden around campus. Along with the fun events, James also organized and executed information meetings

on tuition raises and supported the president during the strike.

A lifelong Townshipper, Madhiha was born and raised on Bishop's campus, attending Lennoxville Elementary and then Alexander Galt Regional High school where she served on student council. She participated in public speaking competitions, even winning an award for her oratory skills from the Sherbrooke District Canadian Federation of University Women, and served as a diplomat for a day on behalf of her school for the 2009 Model United Nations conference held by the Carrefour de solidarité internationale de Sherbrooke (CSI).

Outside of her social science studies at Champlain, Madhiha's interest in helping others and pursuing issues on campus and internationally prompted her to join the CSA

as vice president academic, sit on the Academic Advisory Council and participate with Amnesty International.

Madhiha has spent countless hours attending board meetings out of town and as the year winds down, she has been working hard to plan the graduation day events. The team worker plans to put her bilingual skills and positive attitude to work next summer as a volunteer when the 2013 Canada Games are hosted in Sherbrooke.

James and Madhiha will continue their studies in business administration at Bishop's University this fall. James hasn't decided on his future career but would like to pursue a master while Madhihi hopes to open her own business providing a line of stylish but modest ware for Muslim women.

The 2012 Young Townships Leaders award's will be presented, accompanied by three \$1,000 cash prizes, at the Association's Annual General Meeting in Richmond, on Friday, June 1, 2012 at the Richmond Arts Centre. The cash awards were made possible by the generous financial contributions of Canadian Heritage, NAV Canada, BRP and other supporting partners.

Townshippers' Association is a non-partisan, non-profit community organization serving the Eastern Townships English-speaking community. Contact www.townshippers.qc.ca; ta@townshippers.qc.ca; 257 Queen, Sherbrooke (819 566-5717; 1-866-566-5717) or 584 Knowlton Road, Lac Brome (450 242-4421; 1-877-242-4421).

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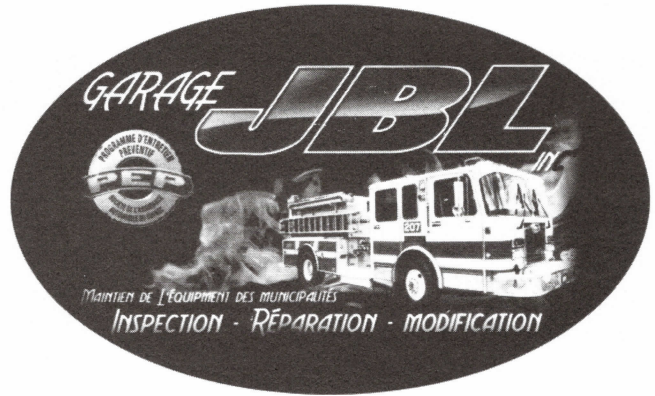
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Sundav	Monday	Tuesday	Wedr
<p>3 Jacques-Cartier Borough Family Day At Park du Marquis-de-Montcalm. Info: 819-822-6043</p>	<p>4</p>	<p>5 Jacques-Cartier Borough Outdoor Seniors' Festival</p>	<p>6</p>
<p>10 Crêpe tasting, Maison des Grands-Parents. Armand-Nadeau Pavillion, Jacques-Cartier Park. 9 a.m. -2 p.m.</p>	<p>11</p>	<p>12</p>	<p>13</p>
<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>
<p>24 Saint-Jean Baptist</p>	<p>25</p>	<p>26</p>	<p>27</p>

Wednesday	Thursday	Friday	Saturday
		<p>1 International Radio-Controlled Jets 2012, Sherbrooke Airport. Info: www.RCRallies.com/Jets2012</p>	<p>2 Scouting soapbox derby, Brompton. Location TBA. Info: 819-346-1278</p>
	<p>7</p>	<p>8 Fête de la Pêche (Association de la Rivière Magog Inc.) June 8-10</p>	<p>9 Friendship Day, Lennoxville Borough June 9-10</p>
	<p>14</p>	<p>15</p>	<p>16</p>
	<p>21</p>	<p>22</p>	<p>23 Fête Nationale célébrations: just about everywhere!</p>
	<p>28</p>	<p>29</p>	<p>30</p>

Third Year For Quebec Atlas Project

By Tom Moore



More than 1800 volunteers with the Quebec Breeding Bird Atlas project (QBBA) are about to enter the most active period of the year. The first two years of the project have been very successful (check www.atlas-oiseaux.qc.ca) and instructions and procedural information have been refined and simplified based on the first two years experience.

The QBBA project duration is 5 years, ending in 2014. The objective is to update the knowledge of Quebec's bird population, the first census having been published in 1996

on data gathered between 1984 and 1989. Obviously many changes to habitat and bird populations have occurred over a quarter century. (Where are all the swallows, for example?).

Early June until mid-July is the best period for collecting breeding evidence. Bird activity in May is confused by migratory species moving through the region as they proceed to the northern forests. Most songbirds' eggs have hatched and the young birds fledged by mid-July, resulting in a 6-week period of maximum visibility.

To conduct the survey, the province is divided into thousands of 10kmx10km squares; 5509 in total for southern Quebec alone. About 1000 squares in the southern part of the province have been classed as "priority". In addition, the province's squares are grouped



Moore Nature Photo



Moore Nature Photo

into 47 regions, each with a coordinator. The three main regions of interest to Townships Sun readers are:

- Number 12 is Brome-Mississquoi, which includes Cowansville, Lac Brome, Granby, Farnham
- Number 14 is L'Estrie, which includes Sherbrooke, Magog, Lennoxville, Coaticook
- Number 10 is Monteregie, which includes Huntingdon, Hemmingford and Ormstown

By going to the Atlas website www.atlas-oiseaux.qc.ca you can register as an atlas participant and enter observations from any region in the province. In fact, a new simplified guide is available on the website to encourage casual participation. The data from years one and two is online and can be searched for a vast amount of information concerning bird species distribution, including comparisons between this survey and the first atlas results published in 1996. (Although field work on the first atlas was completed in 1989, it took an additional 7 years of effort before the massive book was published: it weighs over 12 pounds! Check your local library if you're interested in seeing the end result).

The way is never far
to the home of a
friend.



Truthdig:

Drilling beneath the headlines in Sante Fe

By Rod Leggett

America's the younger sister you wish would just grow up... yet you secretly admire her provocations. She talks trash, but you admire her pugnacity. You deride her short skirts but mutter to yourself "why can't I show my legs too". She's a shameless flirt, yet you envy how she gets what she wants. Lately however we can agree that she's been hanging with a bad crowd and we become who we mix with.

Truthdig is an online news source based out of Los Angeles. Founded by Zuade Kauffman and Bob Scheer,

they have been publishing honest reporters for 7 years. Last week I joined them in Santa Fe to discuss the plight of our little sister, America. A hundred or so people from Canada and America made their way to New Mexico to learn from each other and listen to three speakers stimulate a week of engaging conversation on American politics.

Dennis Kucinich was the first invitee to address us. Kucinich has represented the Democratic party for 16 years in Congress and has been at the forefront of peace initiatives and social justice reform. Representative



Above: Chris Hedges

Kucinich is one of the few congressmen who denounced the war in Iraq and has been struggling to keep the Democratic Party democratic, that is, free from the savage fangs of corporate capitalism and the bloody talons of war-hawks. He will not run for Congress in the upcoming election but will continue to participate in US politics as a voice of reason by writing and public speaking. I was struck by Kucinich's political vision. Beyond division, he saw middle-ground, the only ground upon which civility can be restored. For example, Kucinich, a left leaning Democrat, was able to team-up with Tea Partiers, far-right Republicans, in an attempt to stop the recent NATO intervention in Libya. America needs more Kucinichs, more sensible middle-grounders...Canada too.

Col. Anne Wright addressed us on the second night. Col. Anne quit her job with the Department of State in opposition to the war in Iraq. Ever since she has been primarily involved in anti-war and military related activism. For instance, she was instrumental in securing more decent pre-trial conditions for Bradley Manning. Col. Anne spoke of the abuses against women in the military. One out of three women have been sexually assaulted or raped; not harassed but physically abused. Col. Anne also reminded her audience that democratic participation involves taking to the streets and preparing for jail time if necessary. Over supper she explained to me how she appreciated the opportunity to meet the people behind bars as it helped her understand how America's underclass suffers.

Most attendees made their way to Santa Fe to hear Chris Hedges speak. According to Bob Scheer, Hedges is America's most important political commentator. I agree. Ever since his denouncing of the war in Iraq at a college graduation where he was booed off stage, an event that resulted in his leaving the NY Times as a war correspondent, Hedges has been holding up a mirror to America: the image is rather ugly. Egregious poverty, the suspension of civil liberties, war mongering...it's hard to accept but it's true: our little sister has become a lying tramp. I had had the opportunity to read the bulk of Hedges' corpus prior to attending, so I was familiar with his critique, but nonetheless it was refreshing to hear that his tenor had as much corporeal resonance as did his print. Hedges didn't offer his audience a step-guide to recover America, but his sheer honesty, his palpable struggling with what is truthful was an exemplary act of compassion. Truth is a foundation upon which we can all build. He's the son of a Presbyterian pastor and studied at

seminary but does not preach. However, when I imagine early Christians struggling against empire and read the politics of the Gospels, Hedges has a home; he resounds the subterranean familiarity of what's right and just, a familiarity we all share but often fail to embody inside out.

America's ugly war on terror, its ugly corporate capitalism, its idolatrous celebrity culture is accompanied by the beauties of hope, faith and truth I found congregated in New Mexico. It was endearing to be surrounded by folks who care, who in their own way struggle to live in truth, be he a Coloradoan envisioning eco-architecture, a parent or grand-parent worrying about the fate and the political convictions of their children, or a young Canadian studying in America, regrettably still a misguided Maple Leafs fan though, wondering why his peers are perpetuating a destructive status quo. Each in their own way they are re-shaping America. I thank them for the conversations and wish them luck in recovering something beautiful, something we are reminded of in the fair figured gal we call Lady Liberty.

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Quotes from Chris Hedges:

"The greatest danger that besets us does not come from believers or atheists; it comes from those who, under the guise of religion, science or reason, imagine that we can free ourselves from the limitations of human nature and perfect the human species."
I Don't Believe in Atheists

"Sadism dominates the culture. It runs like an electric current through reality television and trash-talk programs, is at the core of pornography, and fuels the compliant, corporate collective. Corporatism is about crushing the capacity for moral choice and diminishing the individual to force him or her into an ostensibly harmonious collective. This hypermasculinity has its logical fruition in Abu Ghraib, the wars in Iraq and Afghanistan, and our lack of compassion for our homeless, our poor, the mentally ill, the unemployed, and the sick. ... We accept the system handed to us and

seek to find a comfortable place within it. We retreat into the narrow, confined ghettos created for us and shut our eyes to the deadly superstructure of the corporate state.”
Empire of Illusion: The End of Literacy and the Triumph of Spectacle

“If we really saw war, what war does to young minds and bodies, it would be impossible to embrace the myth of war. If we had to stand over the mangled corpses of schoolchildren killed in Afghanistan and listen to the wails of their parents, we would not be able to repeat clichés we use to justify war. This is why war is carefully sanitized. This is why we are given war’s perverse and dark thrill but are spared from seeing war’s consequences. The mythic visions of war keep it heroic and entertaining

The wounded, the crippled, and the dead are, in this great charade, swiftly carted offstage. They are war’s refuse. We do not see them. We do not hear them. They are doomed, like wandering spirits, to float around the edges of our consciousness, ignored, even reviled. The message they tell is too painful for us to hear. We prefer to celebrate ourselves and our nation by imbibing the myths of glory, honor, patriotism, and heroism, words that in combat become empty and meaningless”
The Death of the Liberal Class

“The commercial media ... help citizens feel as if they are successful and have met these aspirations, even if they have not. They tend to neglect reality (they don’t run stories about how life is hard, fame and fortune elusive, hopes disappointed) and instead celebrate idealized identities – those that, in a commodity culture, revolve around the acquisition of status, money, fame and power, or at least the illusion of these things. The media, in other words, assist the commercial culture in “need creation”, prompting consumers to want things they don’t need or have never really considered wanting. And catering to these needs, largely implanted by advertisers and the corporate culture, is a very profitable business. A major part of the commercial media revolves around selling consumers images and techniques to “actualize” themselves, or offering seductive forms of escape through entertainment and spectacle. News is filtered into the mix, but actual news is not the predominant concern of the commercial media.”
The Death of the Liberal Class

Chris Hedges Biography

Chris Hedges, the son of a Presbyterian minister, was born on September 18, 1956 in St. Johnsbury Vt. He graduated from Colgate University with a BA in English Literature and went on to receive a Master of Divinity from Harvard. He has an honorary doctorate from Starr King School for the Ministry in Berkeley, California.

Hedges spent nearly two decades as a foreign correspondent in Central America, the Middle East, Africa and the Balkans. He was an early and outspoken critic of the US plan to invade and occupy Iraq and called the press coverage at the time “shameful cheerleading.” In 2002, he was part of a team of reporters for The New York Times who won a Pulitzer Prize for the paper’s coverage of global terrorism and that same year he won an Amnesty International Global Award for Human Rights Journalism. In 2003, shortly after the war in Iraq began, Hedges was asked to give the commencement address at Rockford College in Rockford, Ill. He told the graduating class “...we are embarking on an occupation that, if history is any guide, will be as damaging to our souls as it will be to our prestige, power and security.” He went on to state that “This is a war of liberation in Iraq, but it is a war of liberation by Iraqis from American occupation.” As he spoke several hundred members of the audience began jeering and booing. His microphone was cut twice. Two young men rushed the stage to try to prevent him from speaking and Hedges had to cut short his address. He was escorted off campus by security officials before the awarding of diplomas. This event made national news and he became a lightning rod not only for right wing pundits and commentators, but also mainstream newspapers. The Wall Street Journal ran an editorial which denounced his anti-war stance and the New York Times issued a formal reprimand which required that Hedges cease speaking about the war. The reprimand condemned his remarks as undermining the paper’s impartiality. Hedges resigned not long afterwards and became a senior fellow at the Nation Institute.

Hedges now writes a weekly column for Truthdig.com and is married to Eunice Wong, an actor. Together they have one child, Konrad, and he has two children Noelle and Thomas from a previous marriage. He lives in Princeton, New Jersey.

Everything's Coming Up Roses!

By Christine and John Hodge

Oh, my love is like a red, red rose, that's newly sprung in June.

Oh, my love is like the melody, that's sweetly played in tune.-

Robert Burns

Many songs and poems have been written about Roses. The love of the Rose is ageless and timeless!

Last issue we talked about Dormant Oil and planting. Now we will talk about trimming and feeding.

Trimming roses is a vital part of growing a healthy

flower. As we said last month, trimming is important for two reasons. One, because when you trim a rose you encourage it to grow and two because you get rid of the old dead wood that has died off during the winter. Dead wood is an ideal place for bugs and disease to take up residence.

You will need a pair of pruning shears to trim. Make sure they are sharp! A dull pair will not make a clean cut. A ragged cut is like an open wound on the rose leaving it subject to disease. The most important thing to do when trimming, clean your pruning shears after each time you finish trimming a plant. Why? Because you may trim a plant that has a disease and pass it on to the next one. Get



yourself a spray bottle and fill up half way with rubbing alcohol then top it off with water. This is a good practice to get in the habit of doing. You should do this when trimming anything in your garden, flowers, trees etc. to prevent the spread of disease.

The next most important thing to do is identify the type of rose you are trimming. Not all roses are trimmed the same. You can go to the website, Helpmefind.com, choose roses and go from there.

The first type of roses we trim are, Hybrid Teas, Floribunda and Grandifolia. These roses are “hard trimmed”, which means they are cut back to a height of about 6 inches. You should leave three to five flowering canes on a recently planted rose and more on an older plant

which can support more canes. The canes will have brown stems due to the winter. Cut the brown off, cut down till you see green on the inside of the cane. If it is lower than 6 inches do not worry, it is important to cut off all the dead to encourage the rose to grow. Cut back to an

outward facing bud. Your bud determines the direction which your canes will grow. You want them growing outwards, away from the center of the rose. Make your cut at an angle going away from the bud. This allows the rain to go down the opposite side of the cane so it won't damage the bud. Cut out any canes that cross. Take out the one that is the weakest. When your canes cross each other, it causes wounds on the stems from the thorns. The healthier canes are thicker and usually bright green. Rule of thumb is trim off any canes smaller than a pencil. This type of trimming can be used on the majority of roses with a few exceptions.

Miniature roses and Polyanthas are lightly trimmed. Take off only the dead stems. Don't worry about “bud direction” this doesn't apply to these roses. These little ones grow in all directions. These are the easiest to trim.

Some things to think about. Try to trim uniformly. If your rose has all low growth and one long cane a foot tall,

trim back the long cane to the length of the others. You want your rose to have a nice shape when it grows.

Trimming is on going throughout the season. You will have canes that die, trim them off. If your rose gets out of bounds, don't be afraid to trim it back. Just don't take off more than a third at a time. A bad trimming job is akin to a bad hair cut, be patient it will grow back! The roses that don't require trimming are the Rugosa family. A lot of people refer to Rugosas as wild roses. You only cut out dead canes from these, otherwise you leave them alone.

You can go online, to ask.com -put in “how to trim a rose” and you will be able to watch an instruction video on trimming.

“Most roses need frequent applications of fertilizer to keep them growing vigorously and blooming repeatedly. If that's all you want to know about fertilizers then go to your local nursery and ask about an all purpose Rose food and follow the directions on the box . Keep in mind that no fertilizer on earth will help your roses if the pH of your soil is too high or too low.”

Another vital part of growing a healthy rose is feeding them. Most roses need frequent applications of fertilizer to keep them growing vigorously and blooming repeatedly. If that's all you want to know about fertilizers then go to your local nursery and ask about

an all purpose Rose food and follow the directions on the box . Keep in mind that no fertilizer on earth will help your roses if the pH of your soil is too high or too low. When the pH is off, important nutrients already in the soil are unavailable to plants. When the pH is right, your roses' roots can interact with the bacteria and enzymes in the soil and get full benefit of natural nutrients and those you add. When you need to lower the pH of your soil you add sulphur. When you need to increase the pH you add lime. For the curious, we will go into a bit more detail. Roses need these three main elements in their food, nitrogen (N), phosphoric acid (P) and potash (K). Nitrogen is the element that is needed most, it



supplies nutrients to produce strong stems and healthy leaves. Phosphoric acid increases the root mass. Potash strengthens your rose against disease. The trace mineral magnesium increases the production of new flowering canes and intensifies flower color. It is readily available in Epsom Salts, which you can buy at your local pharmacy. Just take a handful and sprinkle it around the base of your Rose or any flowering bush you have in your garden. You can do this once a month till August. Bone meal supplies phosphorus. It is put around the plants in the fall. It is slow acting and will start working in early spring. When you are planting a rose you can throw a handful of Epsom salts and some bone meal into the hole.

At Rose des Champs we give our roses their first feeding in the beginning of May. We give them an application of Crab Dust which supplies the three main elements plus trace minerals (calcium, iron, manganese, copper, magnesium, zinc and boron) Crab dust is ground up crab shells. It is applied, the beginning of May and again in Mid July. We also use a solution made from Powdered Seaweed (1 teaspoon per liter of water). This we apply once a month starting the beginning of May until the month of August. Don't feed your plants after August as you encourage new growth. New growth will be killed by frost and shock the plant. We want to encourage the roses to go dormant naturally for the coming winter season.

After our first big "Blooming" in the month of June, we start picking rose petals and taking the rosehips off. By doing so we are encouraging the rose to re-bloom. What is a rosehip? The rosehip is the fruit of the rose which forms after the petals fall. The same thing happens to an apple tree, after the flower is finished the apple forms. Rosehips come in various sizes depending on the type of rose. The rugosas have the biggest hips, some are as large

as a cherry tomato if left to mature. Rosehips are very high in vitamin C. They have 60 times more vitamin C than an orange. There are on going studies on the benefits of the rosehip. They seem to help alleviate the symptoms of the common cold and joint pain. They have a flavour which tastes like a cross between an apple and a tomato. So if you want to encourage your roses to re-bloom, pick petals and take off the rosehips. Our petals are used to

"Our petals are used to make rosewater, rose jelly, rose jam and they can be added fresh to salads. Our rose water is produced in a distiller. Equal amounts of petals and water are boiled and the steam is condensed into rosewater. You can make your own rosewater by filling a pot with fresh petals adding water bringing it to a boil. Taking it off the heat and letting it steep for several hours."

make rosewater, rose jelly, rose jam and they can be added fresh to salads. Our rose water is produced in a distiller. Equal amounts of petals and water are boiled and the steam is condensed into rosewater. You can make your own rosewater by filling a pot with fresh petals adding water bringing it to a boil. Taking it off the heat and letting it

steep for several hours. Your rosewater will have a brown colour and a wonderful fragrance. Use it on your skin, or add it to your cooking for a special flavor.

Next month we will talk about disease and pest control. We will share with you our homemade remedies to control diseases like, blackspot and mildew and insects such as aphids and leafhoppers.

If you have any questions about Roses please email us at crisjon74@hotmail.com or norman@rosedeschamps.com.

Till next time "Happy Gardening"



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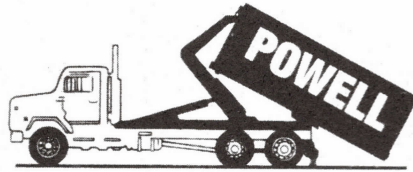
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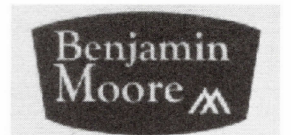
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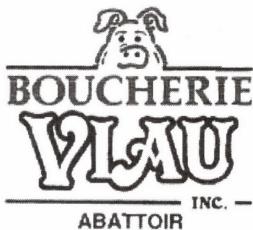
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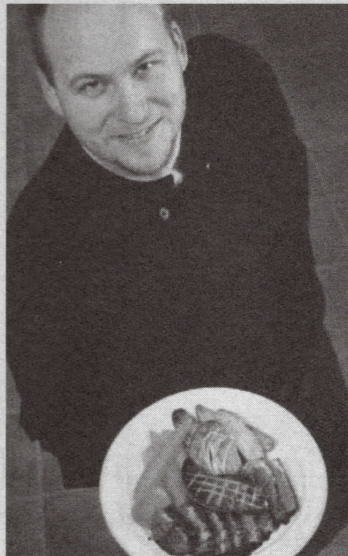
Bistro Kapzak



COMME À LA MAISON

Kapzak, c'est un chef qui cuisine pour ses invités comme s'il était à la maison, mais aussi un bistro qui fait de la cuisine européenne moderne une de ses spécialités. Perogies, soupe Borscht, osso bucco, stew à la bière et foie gras poêlé, Jason Kacprzak puise dans ses racines polonaises et dans le terroir des Cantons-de-l'Est pour créer des plats tout en saveurs.

Des marinades aux sauces en passant par les terrines et les desserts, tout y est préparé à la main comme la maison. Et ça se goûte dans chaque bouchée!



HOME COOKING WITH FLARE

Kapzak may be a bistro that specializes in modern European cuisine but its chef creates each dish as if he were serving guests in his own home. Perogies, Borscht soup, osso bucco, beer stew with pan seared foie gras, Chef Jason Kacprzak draws from his Polish roots and the Eastern Townships soil to create flavourful dishes. From marinades and

sauces through to terrines and desserts, just like at home, everything is prepared from scratch and it can be tasted in every bite!

BISTRO KAPZAK

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