



Volume 14, No. 3

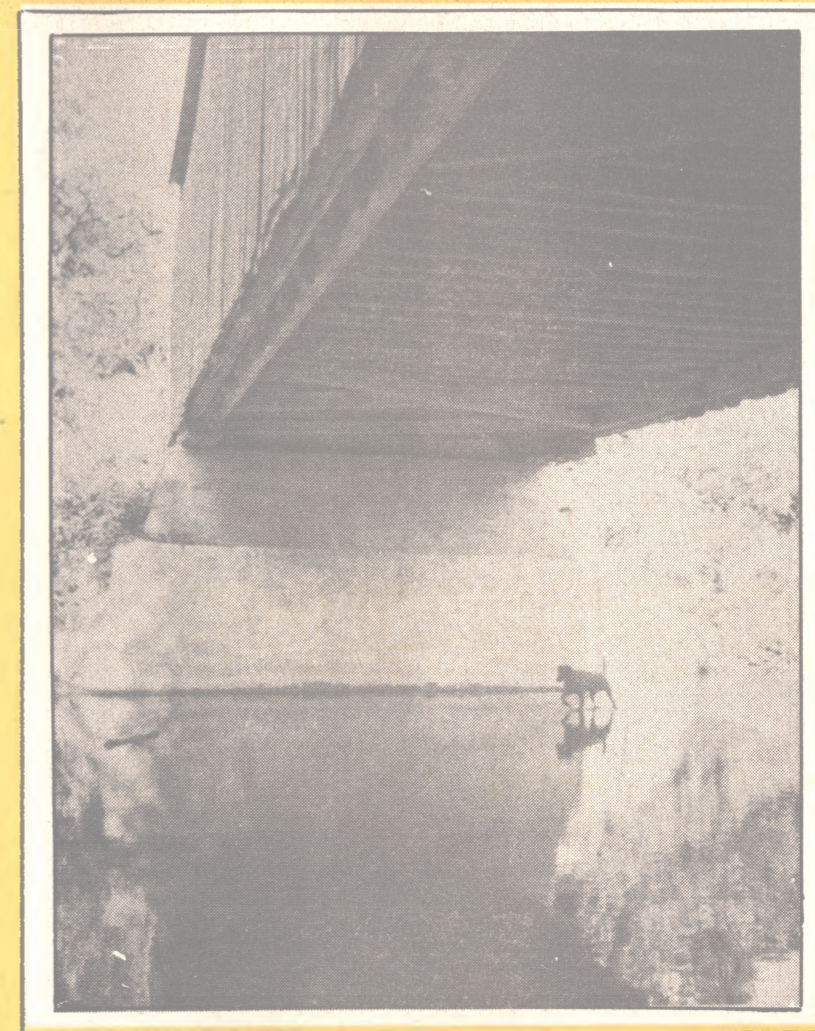
September, 1986

The Townships Sun



Writer's Award Winner 1983 & 1985

\$1.50



- Alzheimer's • The Quebec Women's Institute
- Townshippers' Association • Christine Marshall
- The Canadian Institute of Management
- Photographic tips...and much, much more!

Calendar · September · Calendar

FESTIVALS

- 4-7 **Richmond Fair.** Info: Bryan Lodge, (819) 839-3042.
- 13 **Sherbrooke County School Fair** sponsored by the Women's Institute at Lennoxville Elementary School.
- 20 **Townshippers' Association's Seventh Annual Townshippers' Day** at the Equestrian Centre in Bromont, from 10:00 a.m. to 5:00 p.m. Bring the kids, for the magic show and many other special kids' activities. Plenty of other activities and entertainments for all; good food; and a host of artisan & information booths. For further information call (819) 566-5717 (Sherbrooke) or (514) 263-4422 (Cowansville).
- 21 **Demi-marathon des Cantons [Half-marathon],** University of Sherbrooke. Info: (819) 821-7575.
- 25-28 **Festival of Colours** one last taste of summer fun...tractor pulls, craft booths, slow-pitch baseball, etc...Info. (819) 847-0034 or 843-2744.
- 30 **Brome Fair,** continuing until Sept. 2nd. Info: Diane Frizzle, (514) 243-6348.

THEATRE

- 13 **Centennial Theatre** in Lennoxville kicks off its '86-'87 season with the wildly funny & popular Canadian comedy group **The Frantics.** Curtain is at 8:30 p.m., tickets are \$10. for all and more information is available at (819) 563-4966.
- 17-18 **Maritime theatre troupe, The Mermaids,** will present **Flights of Fancy,** a family styled show geared towards children. Showtime is at 10:00 a.m. and 1:00 p.m. and tickets are \$5.00. Tel: (819) 563-4966.

EXHIBITIONS

- 14-28 In the foyer of Universite de Sherbrooke's cultural centre will be an exhibit of "**Dompierre, McMillan, Matthieu, Matton & More!**": 5 Canadian composers.
- 26-29 **Benoit Côté** will hold an exhibit of oil & acrylic paintings at 130 Lakeside Rd., Knowlton, Quebec (Archives Building of BCHS)
- 27-Oct 27 **Louis Muhlstock,** New Themes and Variations 1980-1985, Musée des beaux arts de Sherbrooke, 86 Wellington St. North. Tel: (819) 821-2115. Sunday to Friday 1:00 to 5:00.

MUSIC

- 22 **Moe Koffman's Jazz Quintet** will be playing at **Centennial Theatre** at 8:30 p.m. Tel: (819) 563-4966.

DANCE

- 6-7 **Les Grands Ballets Canadiens,** The Old Brick Church, West Brome. Sept. 6, Sat. at 8:00 p.m. and Sept. 7, Sun. at 3:00 p.m. Admission free. Tel: (514) 263-2346.
- Eighteen dancers from **Les Grands Ballets Canadiens** will present excerpts from **Square Dance** and **AGON** (two Balanchine ballets), **Raymonda,** **Les Sylphides** and **Don Quichote** (from the classical repertoire) and **Collisions, Passage** and **Avec Brahms** a.o. by contemporary choreographers Kudelka and Rabin.

SPECIAL EVENTS

- 29 **The Townships Sun's Annual General meeting** at the Lennoxville Townhall at 7:00 p.m. Refreshments will be served—be there!

AT
CENTENNIAL THEATRE

in September
Don't Miss

THE FRANTICS Sept. 13, 8:30 p.m.

-4 hilarious comics, stars of CBC radio and television

Flights of Fancy—Sept. 17 & 18
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-a lavish multi-media production for children

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THE CANADIAN
ARMED FORCES

Canada

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Editorial

Registration time! Mature students are flocking back to school and this fall educational institutions in the Townships are offering a smorgasbord of day and evening courses. Whether you are a recent college graduate, a mature student or hold no degree, but have a desire to make new friends and expand your horizons, then phone your nearest school board or university and find out about this fall's line up for learning.

Going back to school is a privilege anyone in our society can take advantage of, by signing up for a course, paying the fee and attending regular lessons. But, going back to school can be difficult. The thought of attending classes again can put panic in the hearts of even the best students. Images of tests, term papers and late assignments come rushing back, palms begin to sweat, the heart races and the idea is dropped until next year.

Stop procrastinating! The longer a person is away from a classroom learning situation, the more difficult it is to go back. It is easy to lose confidence when thinking about competing for grades, studying for finals or producing a twenty-five page paper on some obscure topic. By starting with a course or two and choosing areas of interest, there is less pressure, more study time and success is almost assured.

The pages of this month's **Townships Sun** have just a sampling of the courses in store for your this September. Through the Adult Education Services of the local school boards there are adult alternative courses available to help towards a high school leaving certificate. Most of the school boards offer evening classes for those wanting to learn a new skill or upgrade an old, with such classes as woodworking, introduction to computer, quilting, stained glass work and much more. The Cegeps offer two year degree programs, while those who are more ambitious may begin work on a Diploma Program at one of the area's universities. For instance, Bishop's University offers programs in Computer Science, Women's Studies, Canadian Institute of Management as well as a rapidly growing Fine Arts Department which is attracting would be artists from across the Townships.

If you are a recent college graduate, a mature student or hold no degree, and have a desire to make new friends and expand your horizons, phone the nearest school board, university or institution and find out about this fall's line up for learning. □

Christine Ljungkull



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.....LettersLettersLetters

Dear Editor:

Along with the Townshippers you sustained our morale during the ugly years of French nationalism. You encouraged us to participate with our French co-citizens to build a more just province. Thanks to your efforts Townshippers are now more confident, more informed and I hope more open and accepting of all Quebecers regardless of language or colour.

Lloyd MacKeen

Lieutenant Colonel Everette Denison died on July 15, 1986. He was 77 and a longtime resident of the Townships. The funeral was held at St. Martin's Chapel, Bishop's University on Monday, August 18, 1986. He was a staunch supporter of **The Townships Sun**.

Lieutenant Colonel Denison was a Hong Kong prisoner of war veteran and a major contributor to the book "The Royal Rifles of Canada in Hong Kong 1941-45". He is survived by his wife Murdeena MacAulay and children Elizabeth and Peter.

Dear Editor:

For me to write these words and for you to read them are such simple tasks that we hardly give these precious skills a thought. You and I have had the benefit of effective schooling. You and I can make our way through the applications, registration forms, leases, information pamphlets, etc. that keep popping up like weeds in a garden after a good rain. There are many people who find these papers to be real obstacles. They cannot read.

Monday, September 8, has been set aside as World Literacy Day to remind us that we have Canadians who are struggling with this problem. They are men and women who may not have been able to attend school at the right time, and if they did, did not receive the right kind of teaching. Now they need special help to begin again.

This year ABC and PBS have collaborated to make September Adult Literacy Awareness Month with PLUS (Project Literacy U.S.). There will be national coverage of the illiteracy problem in news and information programs, plus public service announce-

ments. Of particular interest to Quebecers will be a PBS DOCUMENTARY NARRATED BY Peter Jennings to be aired Wednesday, September 17, at 8 p.m. It will be followed by a panel discussion with a hot line for viewers to phone in their questions. This will be aimed at viewers on both sides of the border.

If you know an adult who needs help with reading, writing or arithmetic, tell them we have volunteer tutors who will teach them privately, at no charge, with materials provided by the Eastern Townships School Board and the St. Francis Literacy Council.

All a student needs to do is bring the will to learn and phone **821-9575**.

If you would like to be a volunteer tutor, come to our Tutor Training Workshop.

Marion J. Fear

Become a Volunteer Literacy Tutor: Tues. Sept. 23 & Thurs. Sept. 25, 9:00-3:30 p.m. at The Eastern Townships School Board Offices, 257 Queen St. Lennoxville. Information: 821-9575, Marion Fear.



Kathy Napier, age 12¼, from North Hatley is the 1986 winner of **The Townships Sun** photo contest in the children's category. Jenny Brigham from Milby was the winner in the adult category. Her winning photo is featured on this month's cover. Perry Beaton of **The Record** was the judge.

Dear Editor:

I was born Jan. 10, 1892, hard of hearing, vision quite dim but look forward to your paper coming and having it read to me. Think Mr. Moller's suggestions re rural maps a good one.

J.N. Mackenzie

Dear Editor:

We thank you for the opportunity to sell subscriptions and obtain renewals for **The Township Sun** on commission.

We have, to date, seventy-five (75) dollars, which we will give to U.N.I.C.E.F.

We thank all those who bought new subscriptions or renewed their subscriptions.

**Margaret Stalker, President
Denison Mills**

Dear Editor:

I would like to congratulate the **Town of Lennoxville** on their excellent summer day camp and **Red Cross** swimming programs. Both my children had an interesting, challenging & happy summer attending these programs. I think that **Valerie Rawlings** and **Kervin Moore** should be commended for a job well done!

J. Smillie

Call First.

Problems? Questions?

Canada Pension Plan

Old Age Security

Family Allowances

Call Health and Welfare Canada,

**listed under
the Government of Canada**



Health and Welfare
Canada

Santé et Bien-être social
Canada

Canada

ALZHEIMER'S:

The Most Difficult Experience of Your Life

In North America Alzheimer's Disease is estimated to afflict one in ten persons over the age of 65, and one in three over the age of 80. That's 1-1/2 million Americans and nearly 3 hundred thousand Canadians. Although A.D. can strike young adults and the middle-aged, it is primarily a disease of the elderly...

[Maclean's Ju 24'85]

Most Alzheimer's patients eventually need institutional care—authorities estimate that more than 50% of all residents of Canadian nursing homes suffer from the disease—yet many institutions will not accept patients who are violent, incontinent, unable to feed themselves or likely to wander.

[Maclean's Ju 24'85]

by Judy Green

Laura could not believe that this was happening to them. The doctors said that her husband, John, a professor of linguistics for thirty years, had Alzheimer's Disease. John's neurologist on the West Coast, where they had lived for most of their married lives, had been very firm and insistent in his advice. "Go home, go wherever you have family. You will need all the support and help they can give you. This is going to be the most difficult experience of your life." So with the help of their two adult sons, who would remain with their families and careers in the West, and her mother, alert and reasonably healthy at eighty-three, Laura packed to move with a lifetime of treasures and belongings.

Her husband had to be sedated during most of the 2700-mile trip across the country. He could be quite difficult at times now, stubborn, unreasonable and determined. It was becoming harder to reach him. The man she had known and loved for forty years was gone—replaced by a frightened, sometimes angry, bewildered man that she was committed to caring for at home as long as was possible.

In *Psychology Today*, January 1984, writer Joshua Fischman, describes Alzheimer's Disease, as a disease with an irreversible, progressive course which ends in complete mental and physical disability, and that the diagnosis is difficult and usually consists of exclud-

ing other diseases with similar symptoms. When all other diseases are eliminated Alzheimer's is assumed.

Ann Finlayson, writing in *Maclean's*, June 24, 1985, says, "There is no known cure or effective treatment for the malady Alzheimer's that damages the brain's nerve endings and cells and robs the mind of a lifetime of accumulated skills and memories—before ultimately destroying the body as well."

A social worker from a geriatric care centre in Toronto wrote a paper in 1981 in which he imagined himself a patient with chronic irreversible brain damage such as occurs in Alzheimer's Disease. This, in part, is what he had to say: "it narrows the portals of my brain; scrambling and distorting my communication with the things and people around me; depriving me of my ability to recall what has transpired a short time ago, but leaving intact my feelings, and affecting my other senses in ways that we do not always know."

A disease, not ageing

Dementia caused by Alzheimer's is not the result of natural aging. It is the result of a specific identifiable disease. In their book, *The 36-Hour Day*, authors Nancy L. Mace and Peter V. Rabins, M.D. have compiled a list of some of the symptoms and conditions which afflict the A.D. patient:—a gradual, almost imperceptible decline of intellectual abilities, difficulties learning new skills, no longer enjoys reading, personality changes, depression, motor and language skills become

impaired, increasing inability to express oneself and to understand explanations, handwriting may change, may walk with a stoop or shuffle, may get lost, uncharacteristic outburst of anger, unable to control bowel or bladder functions, incontinent, unable to walk steadily, unable to recognize anyone any longer, unable to feed oneself.

John's Story

John rushed into the living room where a few friends were talking quietly. He looked younger than his sixty-five years. He was an attractive man, slender with strong regular features and greying hair. His facial expression was blank. He walked in a stooped posture with a sort of shuffling sweep. As he passed the visitors he bent close to peer into their faces. He made his way around the entire room then retreated to a nearby chair where he spent an anxious, hand-wringing thirty seconds before repeating his circuitous route around the room. His wife greeted him and told him friends had come to visit. He did not answer, but repeated two, three, four, five times his shuffling movements around the room, back to the chair again, and on and on.

One of the visitors, a close relative who saw him frequently, hugged his unresponsive body and talked quietly with him. He did not reply. As the guests got up to leave, one patted his arm and said, "Good-by John, take care." A small smile flickered across his lips momentarily and disappeared. He said nothing.

In *Scientific America*, January 1985, Richard J. Wairtman writes, "Every year several thousand Americans begin to lose their ability to remember whether they have turned off the stove or locked the front door. It becomes hard for them to name familiar objects or balance a checkbook. They continue to look well, and they exhibit neither overt neurological deficits nor signs of serious depression, strokes, brain tumor, or any other specific disease likely to give rise to such symptoms. Yet these people are very sick, within 3 to 10 years they will be severely demented: in effect, deprived of reason. They will be unable to speak or think or take care of themselves, and in time they will die of some complication that afflicts bedridden patients."

When a close friend or family member is diagnosed as suffering from Alzheimer's Disease, the very fabric of that relationship is ripped forever. The patient will be forever dependent on the good will, kindness and sensitivity of others for his/her well being and security. Through no fault of their own, persons who suffer from A.D. can no longer hold up their end of a relationship.

The wife/husband realizes that they can no longer share the day-to-day decisions with their impaired spouse. They are inexplicably and irretrievably on their own from now on. Adult children will find themselves having to assume responsibility for personal and financial affairs of an afflicted parent. All of this may be made even more difficult and

poignant when the impaired person, aware of the changes but not truly cognizant of the need, expresses his/her feelings of embarrassment or anger at no longer having control of his/her life. It may help the care-giver to remember that the disease causes this unpleasant situation, and that the impaired loved-one needs reassurance, support and affection more than ever now.

A few weeks after Laura received the awful news that her husband was suffering from Alzheimer's Disease, John came to her flushed with excitement. He told her that he wasn't able to find his car keys, but that as soon as he located them he was off on a trip. He was going home. Nothing she said could persuade him to delay this trip. She suggested that he wait until the next morning when he could make a fresh start. No good. She offered to go with him, help him. No, the car was already packed, he was, and he was going to leave as soon as he found the keys. She was free to do whatever she wished.

Laura was able to find his car keys in his bureau drawer and put them safely away. When she checked John's car, she found no suitcase or clothes there, just a jumbled pile of his favourite books and records in the back seat. She wept bitter tears for him and for herself. Then she spent the rest of the day patiently helping him search the house for his "lost" keys. After a night's sleep he had forgotten his plans for the trip home and she breathed a sigh of relief.

Providing care for an A.D. patient is an enormous task that will usually involve and affect all family members and some close friends. The changing relationship will test both weaknesses and strengths of those involved, and challenge their most dearly held beliefs. The strain of this challenge often exposes old fears and rivalries among friends and relatives making life even more difficult at a time when they are at their most vulnerable.

Some family members will fail to do their share of the extra work involved in caring for the patient. Perhaps they are unable to assist because of time constraints, family obligations, or financial problems. Some people just can't accept the reality of this disease and the changes it can cause in a loved one. If they are not involved in the day-to-day care of the impaired patient, they may not understand what is required of the care-giver and be critical and unsympathetic.

The authors of the book **The 36-Hour Day** say that an effective way to deal with these family problems is with a family meeting. They suggest some ground rules for this meeting: "everyone comes (including children who will be affected by the decision), each person has his/her say uninterrupted, and everyone listens to what the others have to say (even if they don't agree)." Some families feel such a meeting will lead to a big fight with no agreements in the end. If this is your situation, you might seek the help of a social worker or family counselor to help work out the problems and help the family to reach fair solutions. The authors stress that a counselor can "listen objectively and help the family to keep the discussion on the problems you face and not drift aside into old arguments." In addition, they say, "Now is an excellent time to put old conflicts aside for the sake of the impaired person. Perhaps if your family cannot resolve all disagreements, you can, in a discussion, find one or two things upon which you agree. This will encourage everyone and the next discussion may be easier."

Elizabeth's story

Elizabeth waited nervously in an unoccupied room near the nurses' station. She was waiting for the nurses to bring her father to this room so that she could tell them that his wife, her mother, had passed away. It seemed a fool's errand to her. Her father had lived in this nursing home for three years already. He no longer knew who she was and he hadn't even recognized her mother over the past nine months. Why had she ever agreed to do this? It had to be done. Everyone said so. Her uncle, the minister, her mother's cousin, even the funeral director, had asked her if she had told her father yet. So here she was, the dutiful daughter, doing her duty.

Two plump nurses in crisp white uniforms led her father into the room. He was smaller than she remembered, with sharp features and dark eyes. He raised his head slightly and glanced nervously around the room. He looks like I feel, she thought. There was no light of recognition in her father's eyes as they slid quickly past her face. "Sit down please," one of the nurses said in a loud but pleasant voice. "Your daughter has something to tell you." "Daddy," she began hesitantly, "I'm sorry..." Her voice trailed off. This frail old man who was her father was fiercely resisting an attempt by the two nurses to lower him into the only chair in the room. He was also beginning to make a small desperate shrieking noise. He was terrified of having to sit down in the room with her. "Oh my God," she mumbled and fled past the nurses and the old man, out of the room. "Please let him go," she called back; "I didn't want to frighten him." Well-meaning friends and relatives continued to inquire if her father had been informed of her mother's death. She declined to reply.

Patient care

Caring for an Alzheimer's patient requires lots of energy, imagination and flexibility. Most care-givers agree that the daily rhythm of a household

routine seems to provide the stability and reassurance needed by these patients. Reality orientation, in the form of clocks, calendars, reminders and diagrams, helps too, but often instructions must be repeated over and over again before the patient can comply. Streamlining your daily routine will simplify your life. Moving to a home or apartment where everything is on one floor can make things easier.

A program of regular activities and exercise, as long as the patient is able, is helpful for a couple of reasons. Frequent walks, as well as other exercise and activities, are thought to help control the random wandering which is a constant source of worry and anxiety for many care-givers. Also patients who participate in regular physical activities may sleep more soundly and throughout the night.

Being the care-giver for an A.D. person is an increasingly demanding and difficult job under the best of circumstances. It is important for care-givers to assess how much they can do and not to lose sight of their own physical and emotional needs in the process. It is sometimes difficult to ask for help, but essential for the well-being of all concerned. At times feelings of resentment, guilt, frustration and sadness mingle to make the care-giving even more difficult. A care-giver must reach out for help and must sometimes be willing to accept less than perfection.

There are two basic ways to assist the primary care-giver of an Alzheimer's patient. There are people who can temporarily replace the care-giver. This can be someone who is hired, or a close friend or a relative who will stay with the patient while the care-giver goes shopping, to a concert or a ball game, to the barber or beauty shop, or out to dinner with friends. Another kind of assistance can be provided by those who can offer services to the care-giver such as preparing meals, cleaning the house, doing the laundry or running errands. This person could also be a relative or friend or someone hired for the job. In addition, there may be visiting

nurses, homemakers services, meals-on-wheels and other home care services available in the community. A physician, community health clinic, or department of social services should be able to provide more information.

Join a support group

Joining a support group for families and friends of Alzheimer's Disease patients is an excellent idea. It is helpful if a friend or relative can go along with the care-giver to the group. The group is a place where one can receive information about the disease as well as support and concern from the other members. An opportunity to share feelings and problems with others who have the same experiences can help to alleviate the fears and despair that sometimes seems overwhelming to the care-giver. It can also provide a network of people to turn to for support and advice when needed.

Because of the enormous emotional and physical effort made by those caring for loved ones at home, there will inevitably be feelings of ambivalence when the time comes for placement in a nursing home or chronic care facility. A sense of relief is often mixed with feelings of sadness, guilt and loss. A social worker or counselor can help one to sort out and alleviate these troubling feelings. In addition, she/he can assist by breaking up this momentous decision into manageable parts.

Rose's story

Rose approached the visit to her husband at the nursing home with mixed emotions. It was reassuring to see his physical presence. He still looked quite well. But the last few visits had been troubling. He hadn't seemed to remember who she was. He called her by their daughter's name, or that of some other relative. "No," she had said firmly, "I'm your wife, I'm Rose. Don't you remember me?" she asked anxiously. He had looked perplexed for a moment longer, but then it had been all right. She always brought him

"goodies" to eat; favourite candies, snack crackers, and chewing gum. Sometimes she wondered if he looked forward the most to seeing her or the "goodies".

Today she saw him walking down the corridor toward the entrance. Oh good, she thought, he's expecting me, everything will be okay. Then she noticed that he was walking with another patient—a woman she had seen sometimes during previous visits. They were holding hands. He stared at her blankly, without recognition, without shame or embarrassment. She gasped, and tears ran down her cheeks. A nurse bustled over making cheery conversation and gestures meant to be reassuring, but Rose's world had crumbled. She felt betrayed and hurt. She vowed to herself that she would never visit him again, and she didn't.

Lonely places

Nursing homes can be lonely places, and this is true for impaired persons as well as the rest of us. As the authors of **The 36-Hour Day** write, "Confused persons may become close friends with another resident, often without a sexual relationship. Friendship is an universal need that does not stop when one becomes demented...How you respond to such an incident depends on your attitudes and values and on the response of the nursing home."

Care available

There is a wide variety of care available for A.D. patients, but not every type will be available in every community. The kind which is best suited to your patient will depend on many factors. A social worker and doctor will be able to provide guidance when the time comes. Following is a list of some of the types of facilities available in most communities. You should investigate and ask for references from the specific facility so that you are satisfied that the place you select meets your criteria for good care.

continued next page



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Day Care Particularly for care-givers who are still employed. A safe, secure place where the patient can go each working day and be cared for. Usually offers some reality orientation and a recreation program.

Respite Care A facility that will care for the patient for a week or two at a time while the care-giver enjoys a relatively worry-free rest and vacation.

Church-run Homes A life-care community for the elderly that provides residential care, but no nursing/medical care.

Sheltered Housing for Seniors Apartments for the elderly where there is a multi-level program of care available: a nurse/doctor on call, communal meals and housekeeping services, a fully equipped infirmary. Primary care for the A.D. patient is provided by the spouse or other care-giver, with back-up services available

Adult Foster Care Private homes licensed by the government that take in and care for adults.

Nursing Homes/Long-Term Care Home A Government or private institution that provides nursing and medical care for the infirm elderly.

Mental Hospital, Geriatric Unit For patients whose behaviour is so difficult to manage that no nursing home will accept them. A consultation with a geriatric psychiatrist should be requested before this placement is made.

Each day the wife tries in some way to establish contact with her husband, who is inevitably slipping away from her. "Are you married?" she asks in a friendly voice. "Yes" he answers, quietly. "To whom?" she asks, keeping the tone light. "To you," he replies. "And who am I?" she asks,

hoping she hasn't gone too far. "Laura, my wife," he says with a shy smile.

Obviously this cannot be the definitive word on Alzheimer's Disease. A.D. is a complex neurological disease which still defies effective treatment or cure. Patients, their families and friends, social workers and counselors and doctors and nurses are all struggling together to understand and cope with the devastation caused by this disease. What can we do to help? We can lobby for more funds for medical research by writing to members of federal parliament. We can join, or help to create an Alzheimer's support group in our own community. We can personally reach out to friends or family members already afflicted with A.D. with sensitivity and support to try to make their lives and the lives of their care-givers a little easier. □

For Information

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Montreal, H2X 1P9
(514) 871-9944

Alzheimer's Society of Canada
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491 Lawrence Ave. West, Suite 501
Toronto, M3W 1C7

National Advisory Council on Aging
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BOOKS

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Alzheimer's Disease: A Family Information Handbook. By Mental Health Division in cooperation with the Alzheimer's Society of Canada. Health and Welfare Canada, 1985.

PERIODICALS

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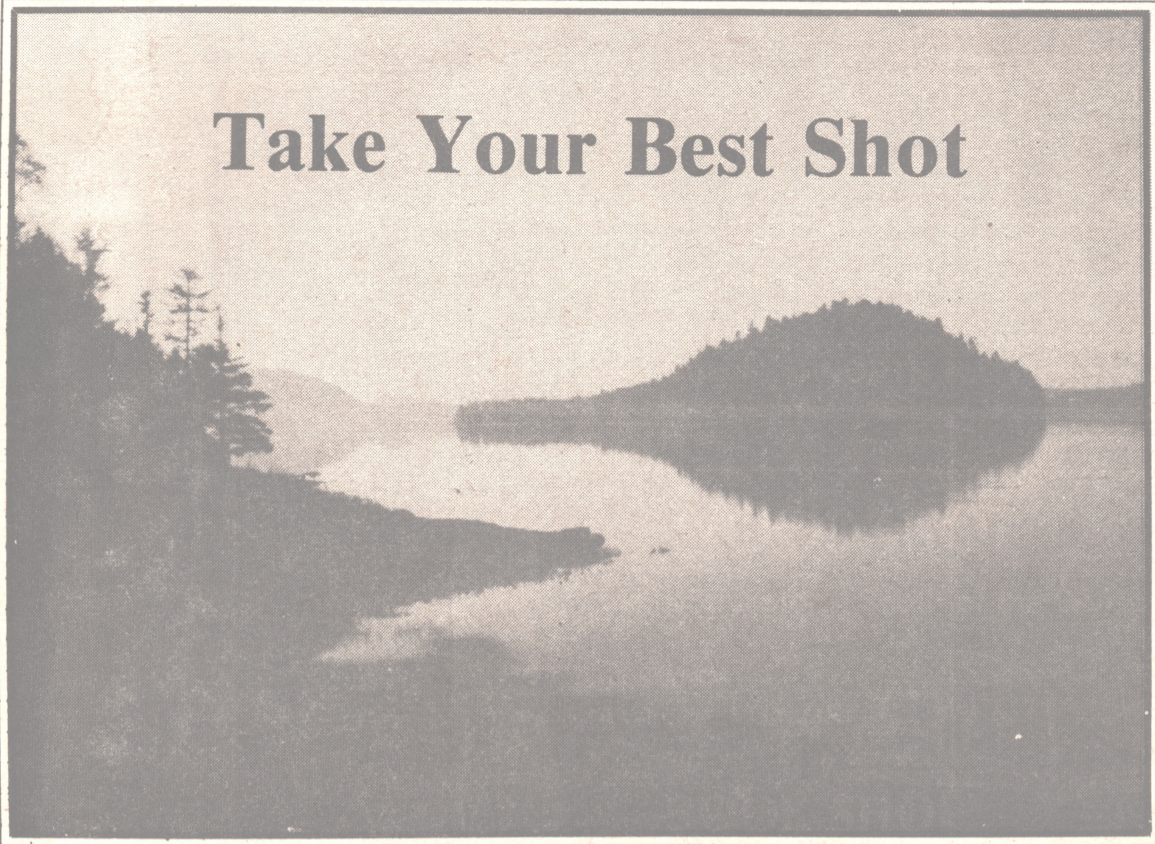
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Take Your Best Shot



"Sunrise, near St. Andrews, New Brunswick" :dark foreground silhouetted against a light sky.

by Jim Napier

Can you name the number one hobby in Canada? If you said stamp collecting you'd be wrong. Rooting for the Expos? Not even close. Waiting for the Canadian dollar to rise? Be serious! No, the most popular leisure activity among Canadians is photography. Each year Canadians spend an estimated \$500m. dollars taking an average of 700 million photographs—most of which are less than memorable records of the kids hanging their Christmas stockings or cousin Elmer standing alongside his '53 Buick on some unidentified stretch of the Trans Canada Highway. This in spite of the fact that photography can be an enjoyable pastime, can provide a lasting record of memorable family events, and can be a rewarding art form that, with a minimum of initial training and investment, allows us all to explore and develop our creative abilities.

The secret to good photos is to approach your subject actively, as if you are in command—for you are! Too many people think of their camera as if it were a tape recorder, indiscriminately recording whatever is going on in front of it. The truth is that in photography you have a wide range of creative choices, that begin when you select your subject, camera and film, and extend through the way you use light and colour, contrast and texture, perspective and a dozen other elements to produce a finished photograph. In fact, many of these elements are identical to those used by painters in creating

original and captivating works of art—only the materials are different.

Although it may seem complex at first, once you isolate the factors involved in making a photograph, it quickly becomes second nature to avoid the most common pitfalls, and to produce interesting and pleasing photos. The following examples show how a common subject—the rural landscape—can be revealed through the conscious control of the creative elements of photography. None of these examples involves the use of special lenses, films, or filters. All of these photographs could have been taken with most ordinary "box" cameras. They demonstrate that in photography, as in most other endeavours, the human element, rather than elaborate and expensive equipment, is the most important factor.

Colour

From the sombre greys of a threatening sky to the bright reds and yellows of a child's kite, colours influence a viewer's emotional response to a picture. There must be few people in the civilized world who haven't experienced the disappointment of retrieving their photos from the drugstore only to discover that they have immortalized blue faces and purple skies. While it is all too easy to blame the processor—and sometimes they deserve it—the truth is that often the problem lies in the type of film used. It's important to realize that there is no ideal, or all-purpose film: your choice should be guided by the subjects you plan to shoot (their

dominant colours, and whether they are stationary or in motion), and the lighting conditions you expect to encounter (whether strong, average, or low light levels, and outdoor or indoor light). Some films, such as Kodak's VRG, tend to accentuate the warm end of the spectrum—especially yellows, pinks and browns. These films generally render pleasing skin tones, but if you are photographing a backyard barbecue it can look as though your lawn is the victim of a protracted draught! Fujicolor gives exceptionally vivid (and accurate) reds and greens, and its thin-film emulsion produces extremely sharp images (an asset for many subjects, but not, for example, the best choice if you want a flattering soft-focus portrait of your favourite aunt). For black and white photos, the European films—especially Ilford—feature a high silver content in their emulsions, which gives crisp blacks, and extremely fine grain resolution.

Tone

"Tone" refers to the degree of contrast you want a particular photo to have—sharp (or high) contrast adds to the dramatic impact of your subject, while muted (or low) contrast produces a low-key, understated effect. Here again your choice of films will affect the tonal qualities of the finished photograph: a low-speed film—ASA 100 or less—registers sharply contrasting tones, while a high-speed film—ASA 400 or more—records more subtle gradations of contrast. The same photo can, of course, combine a range of



"Tree Trunk and Seedlings" :the rough texture of the decaying tree contrasting with the new growth.



"A Quiet Place" :exemplifies the rule of thirds.

tonal values. In "Sunrise, near St. Andrews, New Brunswick" the strongly dark foreground is silhouetted against a light sky, which gradually gives way to more neutral tones in keeping with the tranquil solitude of the scene.

Lighting

Manufacturers of film often advise their customers to "stand with the sun to your back." Don't you believe it! In almost all cases, this is guaranteed to give you a flat, lifeless photograph—and if your subject includes people facing the camera, they will reward you with the well-known "photographer's squint", as they are forced to look directly into the sun. Better to shoot them with the sun to one side, or even (if it is not too low) to shoot directly into the sun, using flash (yes, outside, during the daylight). This will eliminate squint and facial shadows, as well as giving much sharper definitions between the foreground and background. For nature photo-

graphy, strong sidelighting also can help bring out the textures of your subjects. In "Tree Trunk and Seedlings" the rough texture of the exposed, decaying tree is juxtaposed against the new growth replacing it: a simple subject is used to symbolize the eternal cycle of death and rebirth.

Balance

Most people feel uneasy about a composition in which the main subject is far off to one side. It seems disquieting or disturbing; the rest of the picture either seems empty or filled with unimportant distractions, or worse, the composition seems divided into two distinct and competing parts! Thus, instinctively many photographers go in the other direction, center their subject, and produce a photo which is so symmetrical that it's downright boring. The solution lies in avoiding both extremes: achieving balance among the major elements of the composition but avoiding a static symmetry. One way to do this



"Country Road, Vermont" :the converging patterns draw the viewer into the scene.

is to use what professionals call the "rule of thirds"—which simply means that you imagine your composition divided into three equal parts, both vertically and horizontally. Then position your camera (or subject) so that something of interest is in each horizontal third, and the main subject close to one or the other "edges" of the center third. If there are any horizon lines (eg. the far shore of a lake, or a tree line), these also should be placed slightly off of vertical center. "A Quiet Place" exemplifies the rule of thirds, both vertically and horizontally.

Perspective

Although a photograph is essentially a two-dimensional medium (having width and height, but no depth), it has been known since the Renaissance that the eye can be fooled into seeing converging lines as receding into the distance. Use of this effect can literally add a new dimension to your photographs and, by leading the viewer into a scene, lend an aura of realism to a composition. In "Country Road, Vermont", the converging pattern of the road and fence leads the viewer from left to right, and from foreground to background. The viewer is thus drawn into the scene and made to feel a part of it.

Rules: Absolutes or Guidelines

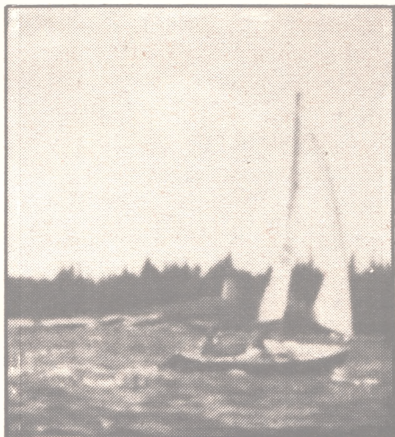
Many people have a tendency to resist rules in art. On the whole, this is healthy, for art is inherently personal, and when rules are treated as absolutes, the result is often a sterile and stultifying academic style. It is, then, perhaps more

useful to regard compositional rules as guidelines, rather than absolutes—to be used only when they help to achieve the purpose for which you are taking a specific photograph.

That having been said, there are three rules that are so widely useful—and whose violation is so often catastrophic—that they approach being absolutes. So a few words about them may be in order.

Steady The Camera

A blurred image drives photographers crazy and makes optometrists rich; it can, in fact, be due to faulty vision, and for the more expensive cameras it is possible to get an optically corrected eyepiece to solve the problem. More often, however, a fuzzy photo is due to camera movement or to photographing subjects which are moving too fast for the speed of your shutter. To avoid the former, practice squeezing the shutter button slowly, while holding your elbows against your body if need be. To avoid blurred images due to quickly moving subjects, either increase your shutter speed or, if that is not possible, change your camera



Steady the Camera!

A blurred image can be due to faulty vision. More often it is due to camera or subject movement. Increased shutter speed or shooting "head on" can help alleviate the problem.

position so that you are shooting your subject "head on", rather than from the side.

Move In Close

In most cases people could effectively cut their distance from their subjects by half with no appreciable loss of interest. Does anyone really care about the colour of Uncle Joe's socks? Does the crowd of people, trees, trash cans and other distractions at Disney World add to, or detract from, our interest in what's going on in the foreground? By moving in close you also avoid immortalizing such physiological improbabilities as telephone poles sprouting from the top of peoples' heads, or fences growing out of their ears.

Avoid Cutting Off Heads

Why is it that ordinary, God-fearing photo enthusiasts, who in everyday life would not dream of harming anyone, are prepared at the drop of a shutter, to decapitate their closest kin? One recalls the gentlemen who, on being informed that his acquaintance had just lost his second wife, observed that "to lose one wife is perhaps forgivable; to



Move in close! By moving in close you can avoid catching a jumble of background objects. In this case, the photographer zeroed in on the main focus even though it meant cutting off the legs.



Avoid cutting off heads! This photo would have been more successful if the whole head of the figure was showing. Watch out for decapitation!

lose two seems damned negligence". So it is with photographers who cut off peoples' heads: if you're quilty, practice, and spare your relatives a fate that only Marie Antoinette deserved!

Jim Napier teaches a course in art appreciation in the Humanities Program at Champlain Regional College, in Lennoxville, Quebec. He has juried several photo competitions in the US, and his own photographs have been published in a number of Canadian periodicals. His works also have been exhibited, and won prizes, in American and international competitions. □

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The Quebec Women's Institute.

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by Sun Staff

Does the mere mention of the name, "Women's Institute" bring to mind visions of little old ladies sitting around sipping tea and chatting?

They certainly had me fooled too.

Did you know that the Women's Institute pressured the Federal and Provincial governments for Women's right to vote? Or that they were among the first to ask for equal pay for equal work for men and women? And that the first Adult Education Experiment was founded in Lennoxville around 1938 with the help of the Women's Institute?

The first Women's Institute in the world was organized in Stoney Creek, Ontario in 1897. At first it was affiliated with the local Farmer's Institute which had its beginnings in that area a scant 13 years earlier. The reasoning was that, if a Farmer's Institute could help a farmer to grow better crops, then an institute for women would help in the very important job of "growing better families".

Quebec women

Quebec women soon heard of this rural women's movement in Ontario, and in 1911, the first Women's Institute in this province was formed in Dunham. The aims of the institutes were: "The dissemination of knowledge relating to domestic economy, including household architecture, with special attention to home sanitation, a better understanding of the economic and hygienic value of foods, clothing and fuel, and a more scientific knowledge of the care and training of children, with a view to raising the general standard of the health and morals of our people. The carrying on of any line of work which has for its object

the uplifting of the home, or the betterment of conditions surrounding rural life....All Institutes shall be strictly non-partisan and non-secretarian in every phase of their work and no Institute shall be operated in the interest of any party, sect, or society but for the equal good of all citizens."

Following the formation of the Dunham Branch many others were started in the same year: branches in Howick, Farnham Centre, Brigham, Cowansville, Noyan, and St. Armand all began. Interest in the institutes spread rapidly throughout the province until over 170 branches were in operation.

Support from Macdonald College

Macdonald College was very helpful and supportive of the Institutes, and in fact, branches of the Q.W.I. were originally formed as an independent enterprise of Macdonald College. This is partially because the mandate of the college was to train young men for agriculture and to train women in the art of home making. Macdonald College's assistance came in the form of technicians, demonstrators, superintendents, and even financial assistance for the first 25 years. The annual convention was always held at Macdonald College and the Macdonald Farm Journal carries Women's Institute news as well.

Each year, several different study topics were taken up by each group of women. The first year topics studied included vegetable and flower growing; care of incubator chicks; summer management of laying flocks; flies; canning; simplifying housework; the spirit of Christmas giving; tuberculosis; and home ventilation. Each branch could choose which subjects would be of greatest

benefit and interest to their members. In 1914, school fairs were started by some branches. Settings of eggs (to hatch your own chicks) were given out, sacks of seed potatoes and other seeds were distributed by Macdonald College. Richmond County groups promoted strawberry growing. "The care and beautification of homes" was studied in Argenteuil, Missisquoi, Pontiac and Richmond Counties, while Stanstead County planted out young trees in the village of Hatley.

Sanitation of homes and food handling were subjects that many branches studied. The government was petitioned to make the pasteurization of milk mandatory. Bakeries were asked to package bread before delivering it. Stores were urged to keep barrels and boxes of crackers and other foods covered and protected from flies, dogs, dust and germs.

Local health work

Health clinics were set up at some county fairs with a doctor and a nurse in attendance. One branch organized a medical clinic for the removal of tonsils and adenoids with two doctors in attendance, and a graduate nurse to provide post operative instruction and home visits. Much of the local health work was co-ordinated by the Women's Institutes until 1930 when provincial health units were set up. At this time, the government was asked to set up a protestant home for the "mentally deficient". And in 1944 they urged the government for the compulsory treatment of venereal disease.

During and after both World Wars, the Women's Institutes were responsible for many worthwhile projects both locally and abroad. During the First World War, the Institutes were still relatively new and



Mrs. George Beach, founder and first president of the first branch of the Women's Institute in the Province of Quebec.

small in number, and their efforts were directed towards knitting, sewing, the purchase of Victory Bonds, and making contributions to the various relief and patriotic appeals. By the time World War II was declared the Women's Institutes were a large, experienced and well-organized women's group. The record of their work is almost legend: 44,803 sewn articles and 39,344 knitted articles were made for the Red Cross. Home-made blankets, afghans, quilts, pillows and food stuffs were donated for the overseas effort. The Save the Children's Fund was among the variety of good causes which received large amounts of money from Women's Institutes. Seamen's leather vests were sewn for the Norwegian sailors who risked their lives to transport food

and munitions to Britain. Two electric heating units worth \$1,000.00 were donated to the Val Cartier Military Hospital, and contributions were made towards a mobile canteen and an ambulance sent to England by the Federated Women's Institutes of Canada.

Upgrading education

Their exhaustive efforts did not stop with the war. Money was spent on entertaining returning soldiers, gifts to war brides, military hospitals, soldiers' homes and support to the many "colonies" created for ex-soldiers. Clothing, food and money was sent to Britain to help those who had lost everything during the war.

In the meantime, a great deal of effort was being spent at home on bettering education



The 1919 Convention, when the Q.W.I. first came into being as a provincial organization with Miss S. Armstrong as first president.

especially for people in rural areas. The whole idea of adults continuing their education was practically unheard of in an age when many people remained illiterate, and students often finished their schooling with the fifth or sixth grade, if not sooner. "Short Courses", of one day, and later of two or three days, were offered with the help of Macdonald College. Speakers were invited to attend meetings and give educational talks. Dressmaking, millinery, canning, cooking, personal hygiene, voice training, and womens' rights were but a few of the topics covered. Money was donated to school building funds and projects. Bishop's University, McGill University, Macdonald College, and Lennoxville High School all received financial assistance from the Women's Institute. The McGill Travelling Library was conscientiously supported to make books available to rural students and adults.

Hot lunch program

In the form of direct aid to the students, books and eye glasses were purchased for the needy. Hot lunch programs were started. Scholarships were established for girls to go on to nursing or teaching. Bursaries were also given out. When the country schools were phased out and "consolidated" schools started, donations in the form of pianos, stage assessories, projectors and screens, maps, globes, and furniture were made.

All things considered, the Women's Institute has been and still is one of the most active service groups in Canada. With relatively few women left in rural areas, and improved transportation en-

ables even those women to benefit from more extensive urban services. Much of the social work previously undertaken by the Women's Institute has been assumed by governmental agencies in the areas of health and medical service and adult education. But governments have proven to be very fickle with their social services, and other organizations have to fill in where they leave off. Budget cuts in schools mean more volunteers and donations are needed to keep up a certain

standard of education. Worn and outdated playground equipment needs replacing. Similar cuts in hospital budgets and an aging population dictate that more volunteer hours and money be spent in helping the less fortunate.

The need for the Women's Institute continues to grow, but if the needs of women and the challenges of the next quarter century are to be met, anglophone women must step forward and support a group which met their needs for over 76 years. □

The Sherbrooke County School Fair

The "School Fair" was initiated in 1915 by the Quebec Dept. of Agriculture and was immediately given support by the Women's Institute because the "School Fair" encouraged children to learn the basic skills of growing food.

The School Fair has become a year long project. Early in the new year, the fair committee meets with representatives from the teaching staff and parents committee of the two schools which now participate in the fair, to assess the past year's fair and to draw up a new prize list.

The prize list has undergone many changes over the years. Added to the vegetable and flower sections are many crafts. Posters, art, printing, writing and creative writing are now featured, as well as cooking and cake decorating. To improve the quality of the gardens, a prize for the best garden was started in 1976. Another special prize was added for the best handmade wooden article. Two special memorial plaques are now

awarded: one in the vegetable class and one in the flower class.

In the spring, interested students apply for specific flower or vegetable seeds. These are distributed through the schools.

During the summer gardens are inspected and later judged. In September entry forms are sent home with the pupils, and the exhibitor tags are made up, packaged and sent back to each student.

When the day of the school fair arrives, the exhibitors bring in their flowers, vegetables and crafts for the competition. The judges announce the winners and explain what they looked for in judging the exhibits. Soon after the fair, the prize money is distributed, through the schools, to the winners.

This year, the School Fair will be held at the Lennoxville Elementary School on September 13 from 8:30 to 3:00 p.m. After the judging is completed, the fair is open to the public from 1:30 on. Everyone is welcome. □

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- ★REMAIN AS A MONTHLY MAGAZINE AND ADOPT A GLOSSIER FORMAT?
- ★BECOME BILINGUAL?
- ★MODERNIZE OUR OFFICE EQUIPMENT AND JOIN THE COMPUTER AGE?
- ★PAINT THE WALLS OF OUR OFFICE PINK WITH GREEN DOTS?
- ★FOCUS MORE ON LOCAL NEWS EVENTS AND PERSONALITIES AND FORGET THE HISTORY?
- ★MAKE ALL SUN STAFFERS WEAR FUNNY HATS AND GLASSES?

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Townshippers' Association:

Working for the Future of Our Community

by Rina Kampeas

Since the Townshippers' Association was founded in 1979 by a small group of people concerned about the survival of the English-speaking community of the Eastern Townships, it has grown into a broadly based organization proud of its volunteer spirit and its grass-roots membership of 8,000. Based in Sherbrooke and with an office in Cowansville, the Association serves a territory stretching from the Richelieu to the Chaudière Rivers and from the US border to the Drummondville region. It maintains some five distinct programmes of community activity: Economic Development, Youth Involvement and Job Opportunities, Health and Social Services, and Community Development and Membership.

Seven years old

In its work in these fields over the seven years of its existence, Townshippers' has never lost sight of the importance of creating building blocks for the secure future of the community it serves. Some of its most recently completed and current projects illustrate well this commitment to the future.

Della Goodsell, volunteer President of the Association, put it this way in a recent interview: "The future of the English-speaking community here is quite dependent on economic development and the community's participation in it. We want to promote an awareness of the community's ability to participate in economic life. For example, we are working on a brochure that will let the industrial commissioners in our region and outside the Province know we are prepared and well placed to make significant contributions to the future of Quebec. We encourage bilingualism among young people so they can feel comfortable in their milieu and secure in their search for work."

"But there are other aspects to our future too. In our lobbying work we keep alive at all levels of government the awareness that the English-speaking community has special needs that must be met. We presented briefs this year to the Provincial Commissions of inquiry on municipalities and on health and social services. Both were well received."

"And finally, we know that a vital part of our future must be our sense of community. We organize two big social

functions each year, the Spring Fling Dance and Townshippers' Day, that give members of the community a sense of togetherness, that give them a chance to see their neighbours from all over the Townships on a social level."

The brochure Goodsell refers to is the Welcome Brochure, being produced by the Association's Economic Development Programme. Claude Boulanger, Economic Development Coordinator, is the staff member responsible for support for this project, under the guidance of a volunteer committee. Boulanger explains the goal of the brochure is to inform people both within and outside the Eastern Townships of the English-speaking community's way of life, and to promote this way of life by describing the community's institutions and activities and by demonstrating the opportunities to go to school, receive health services, worship, and socialize in English in the Eastern Townships.

"The advantage of such promotion," says Boulanger, "is that it makes clear to firms outside the region and all over North America that they can do business here and guarantee to English-speaking employees who will settle in the area a community in which to put down roots. Many industrial commissioners in the Eastern Townships see it as an advantage that there is an English-speaking community here."

Service directory

The brochure is to be accompanied by a directory of services available to English-speaking people in the Eastern Townships. Since the preparation of such a directory is a large project requiring long-term work, the present plan is for a pilot launching of the brochure in Bromont, accompanied by a directory listing services in that area only. (The Bromont area includes Brome, Missisquoi, Granby and Cowansville.)

The Bromont Corporation for Economic Development has given seed money for the project. More funding is being sought from several private and public sources.

The future of a community is almost synonymous with coming generations, and this is an area in which Townshippers' has been very active through projects of the Small Business, Job



Della Goodsell is the volunteer President of the 8,000 member Townshippers' Association.

Opportunities, and Education Committees. Kevan Durrell, Youth Involvement and Job Opportunities Coordinator, provides the staff support for these projects. Some of the programmes he has worked on teach job-search techniques, encourage young people to start their own businesses ("Entrepreneurship Days" and "The Future Millionaires' Club") and promote bilingualism.

This year Durrell gathered information on English-speaking youth who were on the point of leaving high school. Working from tools used in a

survey project conducted last year, Durrell changed the questionnaire somewhat—rephrasing some questions and eliminating others—to obtain an objective questionnaire that was then administered in high schools. Durrell said he had extremely helpful cooperation from all the schools approached (namely all the English-language high schools in the Eastern Townships): they undertook to administer the questionnaire to the targeted students, and returned the res-

continued next page



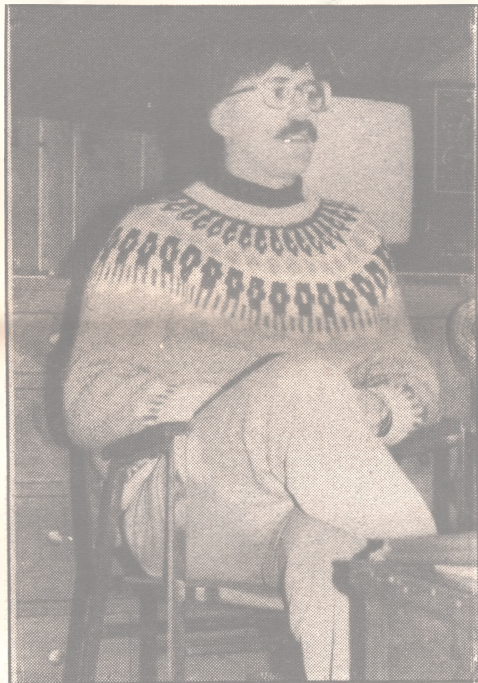
Kevan Durrell is the Youth Involvement and Job Opportunities Coordinator for the Association.

ponses to Durrell. About 600 students participated.

The questionnaire looks at the level of education, the French-language skills, and the plans of students. These data, says Durrell, "can be used as the basis for representations we make to the Government on youth and youth employment. For example, there are implications for claims we make regarding equal opportunities in the public service. The emphasis of the questionnaire is socio-economic."

Having tabulated the data, Durrell remarks he is struck by the high number of students who say they plan to go to college or university. The project results have been presented to the Board of Directors, who resolved to have information about the project, with the data obtained, circulated to Townshippers' Association sister organizations around the Province (Alliance Quebec, Voice of English Quebec, Committee for Anglophone Social Action, Chateauguay Valley English-speaking People's Ass. and Outaouais Alliance.) The Outaouais Alliance and Alliance Quebec have both decided to launch questionnaire research projects modeled on this one. At the Townshippers' Association, the information obtained as a result of this project remains available for use in lobbying as the need arises.

In the comments quoted at the outset of this article, Goodsell mentions lobbying activities and specifically two recently presented briefs. One of these, to the Commission on Health and Social Services, represented about a year of work by volunteer committees and Health and Social Services Coordinators, researching the needs of the Eastern Townships English-speaking community vis à vis health and social services. The brief included twenty specific recommendations on legislative changes and regional policies to ensure that all sectors of our



Bill Floch is the new executive director, replacing Cynthia Dow.

community have information about access to services in English. One of the special concerns of the brief was the fact that in our region young people in distress or in trouble often cannot receive the counselling or support they need in the English language. This, like other concerns, was carefully documented.

These then are some of the ways in which Townshippers' Association takes methodical and concrete steps to ensure the future of a healthy and cohesive English-speaking community in the Eastern Townships.

Why don't you help to build that future and have some fun at the same time, by coming to Townshippers' Day in Bromont on September 20th. □

Rina Kampeas is community development coordinator for the Townshippers Association.

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The Book Case FALL READING

by Pat Lepoidevin

Another Name for Madness—
Marian Roach [Houghton
Mifflin \$24.95]

When I was asked if I knew of a book about Alzheimer's disease, I went looking—not for just another medical book—but for something more personal. This is the story of two sisters struggling for their own survival as they try to deal with their mother's mental decline through Alzheimer's disease. Now named as the disease of this century, people are finally beginning to recognize the terrifying symptoms and having to accept the fact that there is no cure for their loved ones.

There are no solutions given in this book, no magic formulas or quick fixes for Alzheimer's disease. A cure is not known at this time and perhaps will not be available in this century. What this book offers is a message of hope for the survivors, maybe to help a husband or family feel that they are not alone in their struggle. For those who are not familiar with this disease, you might find the story of Allene and her daughters will lead you to a better understanding of the suffering of others.

Another Name for Madness



The dramatic story
of a family's struggle with Alzheimer's disease

Marion Roach

The Soul of Soil—A Guide to
Ecological Soil Management
[2nd ed.]—Grace Gershuny &
Joseph Smillie

First published in 1983 by Grace Gershuny, this book has now been expanded and improved with the assistance of a local ecological agriculturalist, Joseph Smillie. As the demand has increased for naturally

grown produce, farmers are now much more interested in organic farming. This book is a guide for the farmer to help him understand the soil ecosystem.

Starting from the beginning it explains what is needed to have a balanced soil condition. This is a fairly complex biological process, but is set out here with graphs and detailed information making it easier to understand.

Many good farmers are keen observers and can quickly analyze their soil by the texture and existing weed growth. This book tells you what to look for in your soil, explains soil testing procedure and soil management practices. At the back of the book there are tables, graphs and a glossary to help you understand this complete process.

While aimed at the farmer or market gardener, anyone who is seriously interested in improving his soil and increasing his crop yields should find this very helpful.



Available locally by writing to
J. Smillie, RR. 3 Weedon
JOB 3JO

The Orchard Almanac—A
Spraysaver Guide—Stephen
Page & Joseph Smillie \$11.95

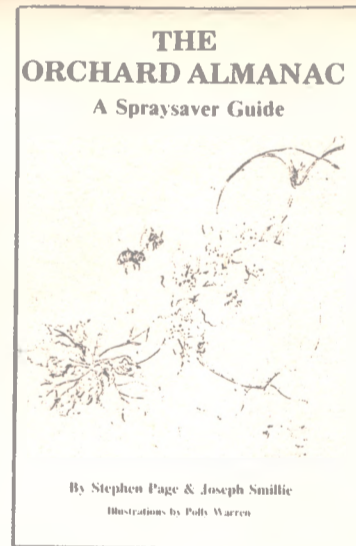
Whether you are a one apple tree owner or have a large orchard this book is written to help you design a spraying management system. Some spraying is necessary, but by taking an ecological approach it is possible to learn the patterns of the pests; limiting the amount of pesticides you use. Detailed information is given on identifying the vari-

ous insects and diseases. Once you realize your problems you can then monitor your trees and decide exactly what natural controls you need. When it is necessary to use chemical pesticides choose synthetics that are the least harmful to beneficial insects.

This book is called an Almanac as it follows the seasons, advising what must be done each month of the year. From January to December there is always work in an orchard. Careful attention to your trees all during the year will result in a healthy crop when harvest time arrives. An orchard that has been carefully controlled through the natural process will survive much better if it is ever left unattended for a season.

A list of suppliers, nurseries, organizations and periodicals are given at the back of the book if you wish to receive further information on ecological management.

Available locally by writing to
J. Smillie, R.R.3, Weedon
JOB 3JO



Inside Outside—Herman Wauk
[Avon \$6.50]

Author of best selling novels The Caine Mutiny, Winds of War, War and Remembrance and Marjorie Morningstar, Wauk is once again giving us a book that is very popular.

This fascinating and amusing book gives you a look at life in a Jewish community. It tells of the old ways and the new—the joining of two different cultures and the immigrant children weaving back and forth between the two. □

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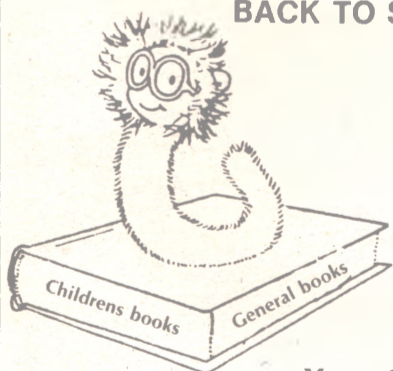
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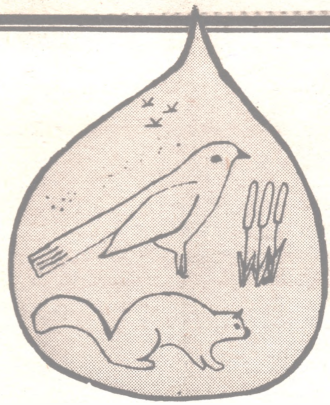
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Conservation & Nature Notes

by Gladys Mackey Beattie



MONARCH BUTTERFLY

Monarch Butterfly Migration

Soon we will see them dancing across the fields, singly or in pairs, and later in groups of a dozen or more. From flower to flower they skip, gliding, floating, and slipping along on each little breeze. They seem not to have a care in the world, these orange and brown papilionoidea. Theirs is the warm sun to enjoy, the sweet nectar of the autumn flowers to savour. They seem to have no sense of the passing of the seasons, nor to have any sense nor reason in their flight.

But look again. In fact, if you will watch a few of them very carefully, you will soon note that they are constantly travelling southwards. Not directly, unwaveringly as a bird flies, but gently, persistently, as befits a graceful butterfly. The fall migration of the famous Monarch Butterfly has begun.

Last autumn, I noticed the start of their migration on September 1st, and it continued for ten days or so. At first it was only small groups of four or five drifting along together. Later the groups numbers increased in size to a dozen or more, and then as many as twenty-five could be seen at once, with many groups all over the field. They seem to have no sense of urgency. They would all flit along together not high above the ground, then as if by some signal, they would drop to the clover blossoms below where they seemed to feed. Several butterflies would light on the same flower head. There seemed to be no disagreement over ownership of a particular flowerhead. Then by the same mysterious communication, they would all rise up into the air and sail off a few yards or more, then settle down again. Although they seemed to be feeding and travelling at a very leisurely pace, I wasn't able to walk quickly enough to keep up with any one group of them. Once they had crossed the open hayfields, and at the edge of the woods, they rose up in a cloud of silver and black undersided and disappeared above the tree tops.

The Monarch or Milkweed

Butterfly, *Danaus Plexippus*, has long been of special interest to man. It excels as a long distance flyer, often travelling up to 2,000 miles to spend the winter in California, Florida and Mexico and even in South America. They are the champions of long distance travel in the butterfly family. Some other species do migrate, like the painted lady, the cabbage butterfly, the red admiral and the clouded yellow; but none travel the distance the Monarch does.

Each autumn, great swarms of thousands of Monarchs gather up for that special night when their mass migration southward begins. Flying mainly at night and feeding during the day, their migration can easily go unnoticed at this latitude. The northward migration in the spring is a more individual and leisurely affair and is less remarkable. The adults winter in their chosen area, and then fly part way back, lay their eggs and die. Their offspring hatch, go through their larvae and pupa stages, and then fly north to continue the cycle.

Monarchs have very few natural enemies. In the larvae stage they feed on Milkweeds and plants of the Nightshade family which have milky, acrid, often poisonous juices. These juices are then stored in the tissues of the butterfly, making them distasteful to their enemies. This is such an effective protection, that other butterflies, such as the Viceroy, have evolved a colouration similar to the Monarch. Although unprotected by any nasty taste, the Viceroy is avoided by birds because it looks like the Monarch.

Butterflies are not the only winged creature migrating now. The Hawks are starting their southward movement. Broad-winged hawks, Red-shouldered hawks, red-tailed and many others including the occasional turkey vulture can be seen at this time of the year migrating. Unlike the small song birds, the hawks migrate during the day time to take advantage of rising currents of air to help carry them along.

They also prefer to take advantage of a good brisk north wind for the same reason.

The best way to watch the raptor migration is to observe them as they pass over a southfacing side of a mountain or cliff and are silhouetted against the sky. (You must, of course, face north).

We have some interesting bird reports this month. One of these is of an albino (white) crow near St. Hyacinthe. It has been seen several times near the same area, and clearly identified as a crow.

If you have any interesting bird sightings, or other nature observations, send them along to my attention at **The Sun**. I will pass them along to our readers.

□

CHRYSALIS



CATERPILLAR



Horseshoe Corner

by Gladys Beattie

Sept. 1 **PLEASURE COMPETITION**—Cowansville, sponsored by Société d'Attelage du Bas Canada. Information: (514) 263-4833 or (514) 263-5561.

Sept. 5-6-7 **PROVINCIAL HUNTER-JUMPER CHAMPIONSHIPS**, Bromont Olympic Sit. Information: (514) 252-3053.

Sept. 7 **CONCOURS COMPLET** at Ecurie Rouleau, Rock Forest. Information: [819] 864-9819.

Sept. 11 **A NON-COMPETITIVE TRAIL DRIVE**, Cowansville. Spectators and participants welcome. Information: (514) 263-4833 or (514) 263-5561.

Would-be horse shoers will no longer have to leave the province to study to become a Farrier. The Institut de technologie agro-alimentaire, in La Pocatière, (401, rue Poire, La Pocatière, Que. G0R 1Z0, Tel: (418) 856-1110), is now offering a fifteen week training course in normal and corrective horse shoeing. This is part of the adult education service, and classes are limited to ten students per session.

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Kidstuff

These poems were written by students of **Mansenville Elementary School** and **Sherbrooke Elementary School**. They were assisted and encouraged by students from **Champlain College** who held writing workshops at both these schools. A one-day workshop was held at Mansenville. At Sherbrooke several hour-long sessions took place. Both were fun for all participants.

You will notice that some of these poems don't rhyme. Rhyme isn't absolutely necessary. Some of the world's best poems don't rhyme. Some of the world's best poems do rhyme. It all depends on what the poet wants to say. These poems use images (descriptions of things that we can hear, see, taste, touch, or smell) or describe emotions. They use language imaginatively. That's what makes them poems.

Summer

Fish swimming in the water shine like silver dollars. Swimming in a pool is cool. Birds are hard at work building nests. I like picking flowers on sunny days.

Trevor Coté
Mansenville

Miss Cho from China

There walks the girl too tiny to compare her small, fragile figure and her long, black hair are so different, so out of place.

She looks way up at the Christmas decorations so big, bright, so different from her family's small rice plantation huge, gaudy, ugly decorations.

She sits down to write her family in China in her one-room apartment in North Carolina to tell them of her journey to America.

She sits, trying to find the words to describe this foreign land this dirty, smelly poor man's land. Trying to fit it into her haiku.

You write things down in familiar, Chinese scrawl counting all the syllables. Your head falls in dismay. One too many.

You gaze up once more at the ugly decorations trying desperately to gain inspiration. Then suddenly you do.

And the words pour out, words just right to tell your family of your new life.

Kathy Napier grade 6
Sherbrooke

I slurp up my lasagna
It looks like a roller coaster.
It tastes yummy. It feels slippery.
It's good.

Joyce Wilson grade 4
Mansenville

Summer Poem

Never go horseback riding while canoeing. If you do, you'll soon be swimming.

Kimberly Ling
Mansenville

Swimming
splashing and playing
stroking smoothly
diving swiftly
drowning easily
bubbling softly
choking rapidly
being saved quickly

Kara Needham
Mansenville

Dancing around a room
with a duster in my hand
The Mrs. wants me to dust up the room
I sneak a peak in her closet
I sigh
She has such nice clothes
I am a maid
I don't get paid much
But I get to live in a palace
with a Prince and Princess
It's not true but don't tell anyone
Mum says I just like to imagine things.

Meg Steele grade 6
Sherbrooke



Hey Kids [and adults]

Tell us a story about **Hallowe'en** in 500 words or less. We'll publish the best on our Super Spooky Kids Page of the October issue. We will take jokes and drawings too—about Hallowe'en!!

They must be written clearly (or typed) and arrive at **The Sun** office (Box 28, Lennoxville, P.Q. J1M 1Z3) before midnight Sept. 15th. **DON'T FORGET!**

Our panel of Creepy Ghosts and Goolish Goblins is waiting to hear from you!!

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

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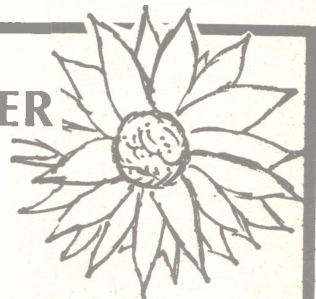
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FAIR

DAYS



SEPT. 4 TO SEPT. 7

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7:00 P.M. Inter-club—Calf show

Sept. 5, 1986 Friday:

10:00 A.M. Judging of honey, maple, horticultural, poultry

11:00 A.M. GASTONI ATTRACTIONS

1:00 P.M. Sheep judging

8:00 P.M. Opening of the fair orchestra in the tent
Horse Show in the arena Ladies lead class for sheep



Sept. 6, 1986 Saturday:

9:00 A.M. Herefords and Ayrshire judging

10:00 A.M. Rabbit judging

11:00 A.M. Holstein judging

1:00 P.M. Music gala in the tent

2:00 P.M. GASTONI ATTRACTIONS

7:00 P.M. Horse Show in the arena

GASTONI ATTRACTIONS

8:00 P.M. Orchestra in the tent

Sept. 7, 1986 Sunday:

9:00 A.M. Halter classes for horses.

10:00 A.M. Orchestra in the tent.

Registration tractor pull

11:00 A.M. Pet show

GASTONI ATTRACTIONS

12:30 P.M. GASTONI ATTRACTIONS

1:00 P.M. Tractor pull

Horse show in the arena

3:30 P.M. GASTONI ATTRACTIONS

4:00 P.M. Cattle and horse parade

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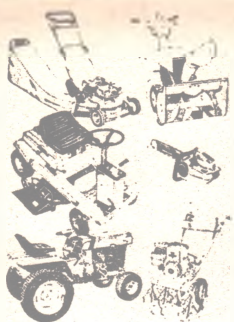
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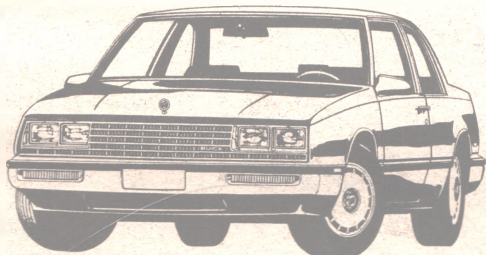
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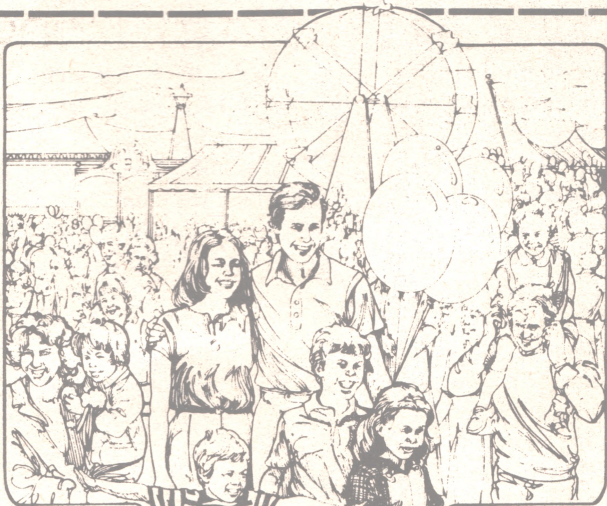
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Earthly Pleasures

Pickling The Harvest

by Marge Heggison

As September arrives, the garden seems to supply a bounty of food. Pickling offers a solution for dealing with the abundance of fresh vegetables.

Pickle products are either fermented in brine [salt] or packed in vinegar to aid preservation. Many older recipes called for pickles to be packed into jars and sealed without processing. This method is no longer recommended. There is always a danger of harmful microorganisms entering the food when it is transferred from pickling container to jar. Processing destroys organisms that can cause spoilage and inactivates enzymes that may affect flavour, colour and texture.

Successful pickling is ensured if you follow a few simple rules. The first rule is to use fresh produce, preferably no more than 24 hrs. after gathering from the garden. Fruits and vegetables should be washed thoroughly in cold water. Use a brush if possible, and scrub under running water. Soil may contain bacteria that are hard to destroy.

Use the right proportions of sugar, salt, vinegar and spices. Brine solutions should be carefully prepared. Weak brine will produce soft pickles, while strong brine produces shriveled pickles. Use pure, granulated salt. Iodized salt will cause pickles to darken. Salt acts as a preservative and adds flavour and crispness to pickles.

Use a high grade vinegar of 4-6% acidity. Vinegar should not be diluted unless the recipe so specifies.

The usual procedure of cleaning the jars before use must be followed.

And now, some recipes:

BREAD AND BUTTER PICKLES

- 4 qts. sliced cucumbers
- 4-6 med. onions
- 1 green pepper
- 1 sweet red pepper
- 2-3 cloves garlic
- 1/3c. pickling spice
- 3c. white vinegar
- 5c. sugar
- 1 1/2 tsp. turmeric
- 1 1/2 tsp. celery salt
- 2 TBsp. mustard seed
- 2 trays ice cubes

Wash all vegetables. Slice cucumbers thin. Remove seeds and stems from peppers. Slice onions. Layer all vegetables and ice cubes, sprinkling salt between vegetables. Add chopped garlic. Cover with another tray of ice and let stand 3 hrs. Drain well.

Combine other ingredients and pour over drained pickles. Heat until they reach boiling point. Remove from heat and pack into hot sterile jars, leaving 1/4" headspace. Adjust seals and process 10 minutes in a boiling water bath. Yield: 6 qts.

PICKLED BEETS

- 3 qts. peeled, cooked small beets
- 2c. sugar
- 2 sticks cinnamon
- 1 TBsp whole allspice
- 1 1/2 tsp. salt
- 3 1/2c. vinegar
- 1 1/2c. water

To cook beets: wash and drain beets. Leave 2" of stems and the tap roots. Cover with boiling water and cook until tender. Combine all ingredients, except beets; simmer 15 min. Pack beets into hot jars, leaving 1/4" headspace. (Cut larger beets in chunks, if necessary.) Remove cinnamon. Bring liquid to boiling. Pour, boiling hot, over beets leaving 1/4" headspace. Adjust caps. Process 30 min. in boiling water bath. Yield: about 6 pints.

PICKLED PEPPERS

- 4 qts. hot peppers
- 1 1/2c. salt
- 4 qts. plus 2c. water
- 1/4c. honey
- 2 TBsp. prepared horseradish [optional]
- 2 garlic cloves [optional]
- 10c. vinegar
- vegetable oil

Cut two small slits in each pepper. (You may want to wear gloves.) Dissolve salt in 4 quarts water. Pour over peppers and let stand 12-18 hrs. in a cool place. Drain, rinse, and drain thoroughly. Combine 2c. water and all remaining ingredients except honey; simmer 15 min., then add honey. Remove garlic.

Pack peppers into hot jars, leaving 1/4" headspace. Pour boiling hot pickling liquid over peppers, add about 1 TBsp vegetable oil to each jar, leaving 1/4" headspace. Adjust caps. Process 10 min. in a boiling water bath. Yield: 8 pints.

The recipe also makes a nice mixed pickle; use a combination of vegetables and peppers, cauliflower, carrots, beans, etc. Jalapeno peppers and sliced carrots is also a nice mixture.

ZUCCHINI RELISH

- Grind up or grate:
- 10c. zucchini
- 4c. onion
- [a food processor works well]
- 1 red pepper
- 1 green pepper
- 5 TBsp salt
- 6c. sugar
- 1 tsp. dry mustard
- 1 tsp. turmeric
- 1 tsp. cornstarch
- 2 tsp. celery seed
- 2 tsp. mustard seed
- 1/2 tsp. black pepper
- 2 1/2c. vinegar

Combine all ingredients and bring to a boil. Reduce heat and simmer 30 minutes. Fill hot jars, leaving 1/8" headspace. Adjust caps. Process 10 min. in boiling water bath. Yield: about 6 pints.

HORSERADISH RELISH

- 1c. horseradish
- 1/2c. white vinegar
- 1/4 tsp. salt

Thoroughly clean horseradish roots. Wash in cool water; scrape with a vegetable peeler to remove brown, outer skin. Grate roots, or dice and put through a food chopper. Then mix all ingredients. Pack into sterilized jars. Adjust caps. Refrigerate until used.

DILLED GREEN BEANS

- 4 qts. whole green beans
- 1/4 tsp. crushed red pepper [per pint jar]
- 1/2 tsp. mustard seed [per pint jar]
- 1/2 tsp. dill seed per pint jar
- 1 garlic clove per pint jar
- 5c. vinegar
- 5c. water
- 1/2c. salt

Wash beans thoroughly; drain and cut into lengths to fill pint jars. Pack beans into clean, hot jars; add pepper, mustard seed, dill seed, and garlic.

Combine vinegar, water, and salt; heat to boiling. Pour boiling liquid over the beans, filling jars but leaving 1/4" headspace. Seal and process in a boiling water bath for 5 minutes. Yield: 7 pints

DILL PICKLES

- 4 lbs. small cucumbers, [3-5" long]
- Fresh dill or dill seed, 1 TBsp per quart
- 8c. water
- 4c. vinegar
- 5/8c. coarse pickling salt

Scrub cucumbers well. Soak overnight in cold water; drain. Pack cucumbers in hot sterilized jars with sprigs of dill on bottom and top. Combine water, vinegar and salt; heat to boiling. Pour hot vinegar over cucumbers in jars, leaving 1/4" headspace. Seal. Process 10 min., counting as soon as filled jars are placed in the actively boiling water. This prevents a loss of crispness. Store 4-6 weeks before using. Yield: about 4 quarts. □

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Ever since Michael's closed last December, Stanley and I have been yearning for a good place to eat in the States, just to have a change of pace. It had been a long time since we'd tried the Heermansmith Farm, and since that time the chef had changed. Thus, we thought it appropriate to go again for a review, especially in view of the excellent 20% exchange rate they give Canadians.

When we arrived, we ordered drinks while we perused the menu. Stanley remarked that since there aren't a whole lot of choices, he hoped that everything would be good. By the time our appetizers arrived, we had not yet been brought a wine list or bread either, and had to ask for them.

Sherried cream sauce

Stanley began with mushrooms in sherried cream sauce in puff pastry (\$3.00). The

sauce was excellent and the pastry was very good. I selected the escargots du chef (\$4.00). The snails had been baked in herb butter and each was topped with a mushroom and mozzarella. Actually, this unlikely combination was quite good, as the cheese is so mild that it allows the flavour of the snails to come through.

Salad included

Our salads, included in the price of the main course, came

next. Stanley, who had selected Italian dressing on his, came out ahead. It was good, but mine, with Green Goddess dressing, had little flavour. To clear the palate, we were brought some lime sherbert between this and the main course, a very nice touch. At this time our wine, a Château St. Michèle (\$14.00), a fumé blanc from Washington State, arrived. It was crisp and dry and would have been very good with the appetizers.

Main course

For the main course I had chicken breast stuffed with artichokes and spinach, napped with a very good tarragon sauce (\$11.95). The sauce was very good, but the chicken was pretty tasteless and seemed to be somewhat undercooked. Not only that, although it was a suprême (a boned breast), the skin had been left on it, and since it had merely been poached and not crisp fried, a good part of the sauce went by the wayside with it.

For his main course, Stanley had ordered sole stuffed with crab (\$13.95) which was passable, but I am really sorry to say that the stuffing tasted predominately of bread crumbs, and this was a disappointment. It was served with herbed rice and both main courses were also served with steamed broccoli which was nicely done.

For dessert we both had Amaretto cheesecake (\$3.50). It arrived in a pool of chocolate sauce. We both felt the almond flavour was far too pronounced—nothing delicate or subtle about it.

Dinner for two excluding drinks, tax and tip: \$US 32.90, just about \$Cdn 40.

by Bijou Ardglass

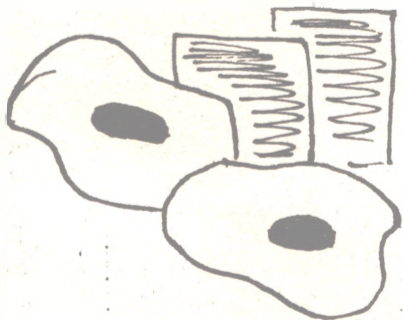
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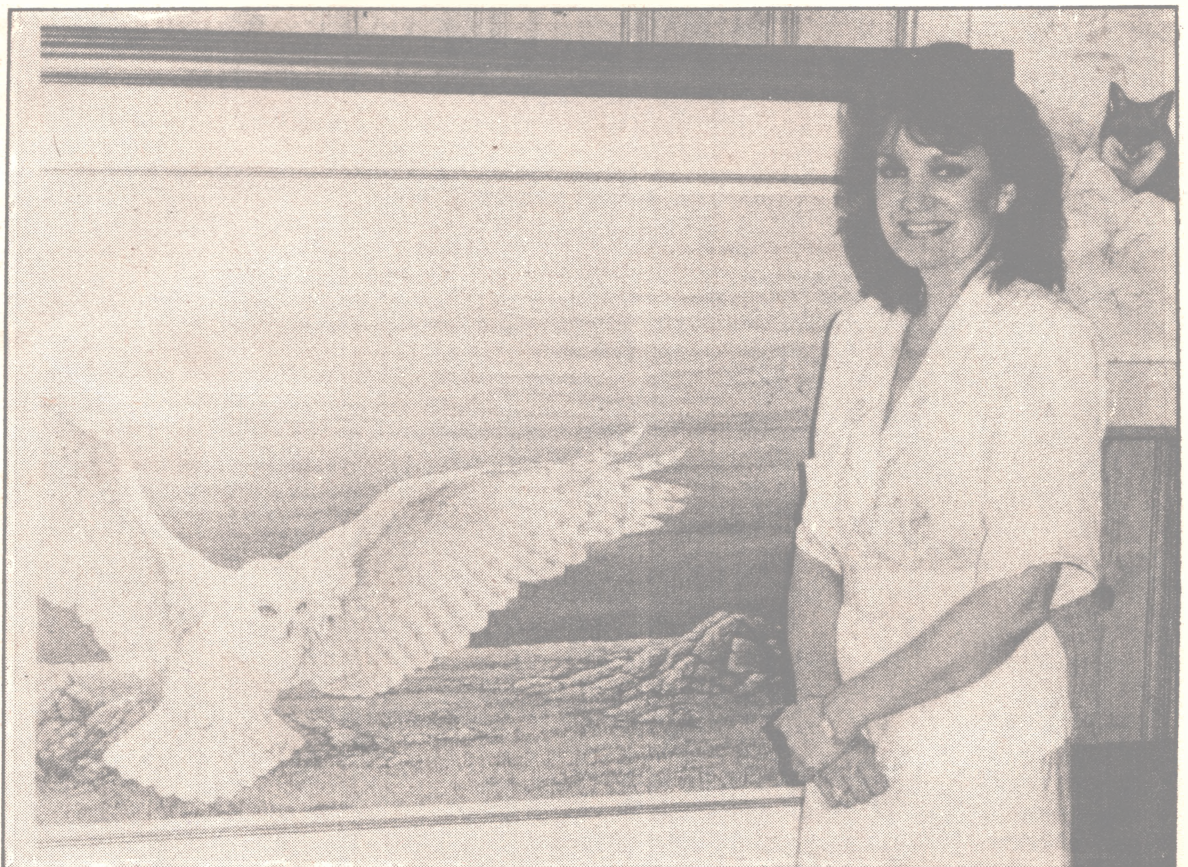
Misty Morning Moose

Christine Marshall: Wildlife Artist

by Penny Nutbrown

"I sort of evolved into wildlife painting," said Christine Marshall, Canada's foremost female wildlife artist, and a recent guest at the Homestead Gallery in Lennoxville. "Though I'd worked in many genres and styles, my first real

success was a realistic painting of mushrooms done in rich colours against a black background. The mushrooms were something new, people were fascinated. I received commissions for more wildlife paintings. Suddenly I was in wildlife."



Wildlife artist Christine Marshall standing beside her painting, Tundra Snowy Owl.



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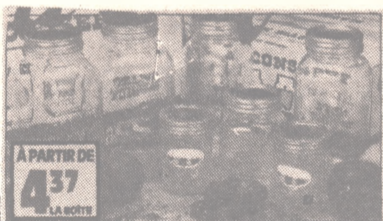
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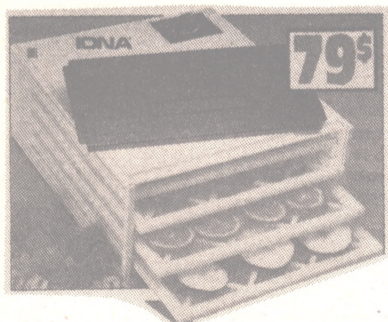
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Born in England in 1946, Miss Marshall began painting at the age of fourteen under the guidance of her artist-father, John Flaxman. The young Christine was strongly influenced by the styles of Cornelieus Krieghoff and the first naturalist painter, John James Audubon. After returning to Canada, she received her B.A. in Fine Arts from York University, and settled in the town of Albion, Ontario. While she experimented with abstract painting early in her career, Miss Marshall soon returned to her true vocation; realistic painting. "Once you've painted life; created something alive that people want to touch...well, it's very hard to go back. I find realism to be most challenging. One never runs out of possible ideas."

Miss Marshall produces six to eight paintings a year, and has commissions for the next five and a half years: "I'm set for life." She admits the cost of a Christine Marshall original is anywhere from forty thousand to fifty thousand dollars. Limited edition prints vary in price from two hundred and fifty dollars to seven hundred dollars.

"I have a manager and a team working with me. My husband handles all of the financial matters. This frees me to paint and gives me added strength in the art market. Few artists achieve this."

The devotion of Miss Marshall's following is apparent: customers will sign up to purchase paintings before they are even painted. As she produces only a very limited number of prints of each original, the value of Miss Marshall's prints rises rapidly. As she notes, "Price is not a deterrent for our clients, they realize what a good investment they're making."

Rev and Henry Musty of the Homestead Gallery are responsible for introducing the Townships to Miss Marshall and vice-versa.

"This is my second visit. The Mustys are good people; they really were the ones who began my program of showing in Quebec. I'm enjoying my second visit to the Townships very much. The countryside is just beautiful."

We can all look forward to the day when we will see familiar Townships flora and fauna appearing in a Christine Marshall original.

Penny Nutbrown is a freelance writer living in Lennoxville.



With original works costing anywhere from 40 to 50 thousand dollars, Christine Marshall's works are collector's items. Don't despair though, you can buy a limited print for less than 750 dollars[!]



Another example of Christine Marshall's strongly realistic artistic technique is exemplified in the work, Canadian Blue Jays. Two blue jays are perched on a snow covered fence and branches.

photos by Jim DeCiccio

Cookshire, P. Q.

Cookshire Academy



Our special thanks to Anna Grant at the Special Collections Rooms, Bishop's University.

The Cookshire Academy

A Message from Claude Ryan, Minister of Education

At the beginning of a new school year, it is my pleasure to personally adopt three important themes resulting from the Estates General on the Quality of Education: Quality, Stability, and Dialogue.

All education systems require updating of their structures. We are well aware of the work which remains to be done in this area. For the time being, however, we must focus our attention upon a major concern: the quality of work in the world of education. Québec demands an optimal effort from each and every one of us, regardless of the nature of our contribution. We must always endeavour to improve, even in carrying out our humblest daily tasks. Through increased personal input and more exacting personal standards, we will produce work of greater depth and quality. Ensure that the education sector is considered amongst the very best. These are the objectives that should inspire us in our quest for quality.

Stability should not be overlooked when considering the conditions necessary to an education of quality. For twenty years, there have been constant changes within the education system. Our citizens hope that things will

change from now on. Educational work is profound and lengthy, and it demands patience and continuity. It takes time to bear the fruit of our endeavours; our work must be nurtured in an environment of peace and tranquility. While accepting the adaptations necessary to the improvement of education, we must also strive towards a greater stability.

Why have we been so slow in realizing that dialogue is vital to the success of our actions? In education, as elsewhere, everything is a group endeavour. Individual work should remain indispensable, for it is at the heart of all worthwhile action. Yet it should not be synonymous with individualism and isolation. Rather, the work of the individual ought to be carried out in an atmosphere of cooperation and friendship.

Our normal differences aside, I hope that we will all be able to work together this year to serve the public who honour us with their confidence. We must strive to serve our fellow citizens, both young people and adults, in a spirit of dialogue and unity befitting of our noble mandate.

To all, I wish a fruitful school year.

Le ministre de l'Éducation,
Claude Ryan

1986—International Year of Peace

As part of the celebrations for the International Year of Peace, next **October 24** will be the occasion for all Québec schools to make known their concerns and actions related to peace. Under the theme "Peace without Boundaries", preschool, elementary and secondary educational institutions will organize activities designed to heighten student awareness regarding peace issues.

Partners for Peace

To help organize the special activities to be held on National Peace Day, the ministère de l'Éducation, the Centrale de l'enseignement du Québec and seven other educational agencies have united their efforts in the preparation of pedagogical material on various subjects related to peace, such as violence, disarmament, racism, etc.

The theme of peace will thus give rise to much discussion in the entire educational network, thanks to close cooperation from the following: The Association des cadres scolaires du Québec, the Association des directeurs d'écoles de Montréal, the Association des directeurs généraux, the Centrale de l'enseignement du Québec, the Commission des écoles catholiques de Montréal, the Fédération des comités de parents de la province de Québec, the Fédération des commissions scolaires du Québec, the Fédération québécoise des directeurs d'écoles, and the ministère de l'Éducation.

Each partner is responsible for having its members informed, sensitized and adequately prepared for the setting up of activities in the schools and for the continuation of plans and initiatives already under way.

Through this association of partners from the world of education, a pedagogical kit was prepared that contains an activity guide for teachers, a poster and a thematic folder on violence. This material should help the team of school professionals make the National Peace Day a complete success.

Plan of Action

The ministère de l'Éducation has developed a plan of action whose major thrust is learning how to live in peace. Its aim is to get students used to settling conflicts in a non-violent manner, to develop their capacity to take a stand and act in favour of peace and, finally, to help them acquire a better understanding of the international situation.

In concrete terms, above and beyond its involvement in the preparation of the pedagogical activity kit and the holding of the National Peace Day in the schools, the ministère de l'Éducation will provide educators with:

- a special dossier on the International Year of Peace;
- a special edition of **Education Express**;
- columns on the International Year of Peace in various media;

and young people with:

- one 45 record single;
- two videos accompanying the 45 record; (Only available in French)
- one long-play cassette.

Anne Thibault
Information Officer
Direction des communications

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INTENSIVE COURSES

LOCATION:
Eastern Townships School Board
Adult Education Center
2365 Galt Ouest
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STARTING DATE:
September 15th, 1986

FORMAT:
5 afternoons per week
from 1 to 4

DURATION:
90 hours
[6 weeks x 15 hours]

LEVELS:
Beginner—Intermediate—
Advanced

FEE:
\$60 for the first session [90 hours]
\$10 for any subsequent session during
school year 86-87.

REGULAR COURSES

LOCATION:
1. Lennoxville Elementary
2. Richmond Regional High School
3. Sunnyside Elementary

STARTING DATE:
September 8th, 1986

FORMAT:
2 nights per week,
from 7 to 10

DURATION:
90 hours
[6 hours x 15 weeks]

LEVELS:
Beginner—Intermediate—
Advanced

FEE:
\$60 for the first session
\$10 for any subsequent session
during the school year 86-87.

REGISTRATION AND PLACEMENT TEST

1. Lennoxville area: Eastern Townships School Board, Adult Education Center—2365 Galt Ouest, Sherbrooke.
2. Richmond area: Richmond Regional High School
3. Stanstead-Rock Island: Sunnyside Elementary School.

DATE: September 4th 1986, between 7 and 9.

For more information

Call Michel Beauchamp

[819] 821-9572

Advances in Adult Education

Created in 1966, the Direction générale de l'éducation des adultes, then called the Direction générale de l'éducation permanente, is now twenty years old. And at that age, all hopes are permitted, are they not?

Two decades ago, the challenge was considerable, and remains so today. Rooted in the vital needs of each person—those of acquiring a basic education and learning a trade—this challenge is primarily based on the reasons and the goals that motivate an adult to seek schooling. The desire for personal growth, combined with the demands of the labour market, are the most important motives for most.

In 1985-1986, close to 300,000 adults signed up for courses in 79 regional adult education services and 350 training centres. In addition, some 200,000 people registered in community education courses dispensed by the 960 community education volunteer agencies.

Today, a secondary school diploma is being perceived more and more as the minimum level of education needed to attain a relatively stable economic integration into society. It would there-

fore be inappropriate to abandon the aims of continuing education, since two million Québec adults have not graduated from high school. Although it is the adult who is primarily responsible for his own education, there are also welcoming, information, counselling and support services which take into account his individual profile.

Bearing this situation in mind, the ministère de l'Éducation is firmly committed to eliminating the difficulties experienced by adults in the school system, especially as regards accessibility, admission requirements, pedagogical adaptation, evaluation and recognition of past experience. The stakes are worth it, since the growing presence of adults at school has proven to be a positive phenomenon not only for those most directly involved but for the community as a whole.

It seems clear, from whatever vantage point one wishes to look at the situation, that current trends point to a society in which continuing education is a reality for everyone. □

Danielle Bouchard
Information Officer
Direction des communications

What Makes School a Place to Grow?

What does your child think of his school and how does he feel there? Is school a place where children can live an enriching experience? What makes a child feel good at school?

In the same line of thought, here are two examples that illustrate the collective and individual aspects of auxiliary services:

"Boy, is school boring! Besides Math and English, school has nothing to offer," complains Mark. As for Christine, she cannot concentrate and is having difficulties that may jeopardize her school year.

Nathalie and Eric, on the other hand, find school Fantastic! Nathalie is a member of the volleyball team and Eric is on the student council.

What makes the difference between these two pairs, and between the experiences that each student has? The key word is participation! Of course, it is not only a question of wanting to participate; there is also the role of the numerous educators in school. It is their responsibility to encourage active student participation in school life.

Some students have other needs, often more personal in nature. It may happen that a student needs special guidance or that he requires counselling on which trade or profession to choose. Schools must provide these services to all students.

Services Offered

The expression "auxiliary services" covers both group and individualized

services for students. They are divided into thirteen fields of intervention:

- Participation in educational life
- Educating students about rights and responsibilities
- Organizing sports, and cultural and social activities
- Supervising students
- Catholic pastoral animation
- Protestant religious animation
- Academic and career counselling
- Job placement
- School psychology
- Psychoeducation
- Speech therapy
- School health services
- School social services

The role of parents and others

We have already stated that active student participation is essential to make school a real living environment.

But it is also up to the school and its educators to show leadership. Together, teachers, principals and professionals must take the necessary steps to ensure that the school provides solutions to individual problems; they must also help create a climate that is receptive and understanding, and that promotes dialogue with students.

The parental role has various aspects: parents can promote auxiliary services by encouraging their children to participate; they can also take an active role by participating in, and even creating, certain activities that will help make school an enriching environment for all concerned! □

Bishop's University Evening Credit Courses Fall 1986

COURSE CODE SECTION NO. TITLE TEACHER DATE OF FIRST CLASS

COURSES ARE OFFERED ONE NIGHT A WEEK FROM 7:00 TO 10:00 P.M.

COURSE CODE	SECTION NO.	TITLE	TEACHER	DATE OF FIRST CLASS
BUS 103a	9	Commercial Law 1	J. Hackett	Tues. Sept. 9th
BUS 104a	8	Théorie et pratique de la gestion	V. Odstrcil	Tues. Sept. 9th
BUS 105a	9	Organizational Communications	W. Robson	Mon. Sept. 8th
BUS 113a	9	Introductory Financial Accounting 1	T.B.A.	Thurs. Sept. 11th
BUS 216a	9	Marketing Management	T.B.A.	Wed. Sept. 10th
BUS 248a	5	Organizational Behaviour	V. Odstrcil	Mon. Sept. 8th
BUS 300a	9	Politique d'adm. et gestion stratégique	T.B.A.	Tues. Sept. 9th
BUS 330a	5	Management Control	P. Cunningham	Thurs. Sept. 11th
BUS 341a	5	International Business	S. Béquet	Tues. Sept. 9th
BUS 347a	5	Marketing Channels	R. Drolet	Tues. Sept. 9th
BUS 349a	5	International Marketing	M. Michaud	Mon. Sept. 8th
BUS 357a	5	Survey of Optimization Techniques	R.S. Jain	Wed. Sept. 10th
CLA 207a	5	Roman Art and Architecture 1	P. Coyne	Wed. Sept. 10th
CSC 111a	9	Introduction to Computer Science 1	N. Khouam	Wed. Sept. 10th
CSC 113a	9	Introduction to Information Processing	T.B.A.	Tues. Sept. 9th
CSC 209a	9	FORTRAN Programming	D. Vouliouris	Mon. Sept. 8th
ECO 104a	9	Principles of Economics: Microeconomics	T.B.A.	Thurs. Sept. 11th
ECO 120a	5	Canadian Economic Development	A. Lallier	Thurs. Sept. 11th
ENG 070a	9	English as a Second Language: Elementary 1	M. Redding	Mon. Sept. 8th
	8		D. Sturge	Wed. Sept. 10th
ENG 071a	9	English as a Second Language: Elementary 11	N. Gilday	Mon. Sept. 8th
	8		L. Garneau	Tues. Sept. 9th
	7		C. Connors	Wed. Sept. 10th
ENG 080a	9	English as a Second Language: Intermediate 1	S. Ward	Mon. Sept. 8th
	8		D. Nelson	Tues. Sept. 9th
	7		S. Sheeran	Wed. Sept. 10th
ENG 081a	9	English as a Second Language: Intermediate 11	R. Edwards	Mon. Sept. 8th
	8		H. Lanthier	Tues. Sept. 9th
	7		A. Carlone	Wed. Sept. 10th
ENG 100a	9	English as a Second Language: Advanced 1	C. Beauchamp	Mon. Sept. 8th
	8		R. Brown	Tues. Sept. 9th
	7		R. Brown	Wed. Sept. 10th
ENG 101a	9	English as a Second Language: Advanced 11	S. Ward	Tues. Sept. 9th
ENG 072a	9	English as a Second Language: Creative Drama	C. Connors	Tues. Sept. 9th
ENG 076a	9	English as a Second Language: English Grammar 1 Pronunciation	A. Carlone	Thurs. Sept. 11th
ENG 083a	9	English as a Second Language: Business Eng.	N. Gilday	Wed. Sept. 10th
ENG 087a	9	English as a Second Language: Oral Discourse	S. Sheeran	Mon. Sept. 8th
ENG 230a	5	Commonwealth Literature 1	C.A. Abrahams	Wed. Sept. 10th
FIN 160a	5	Beginning Drawing	J. Benson	Tues. Sept. 9th
FIN 170a	9	Three-dimensional Design	J. Benson	Thurs. Sept. 11th
FIN 214a	5	Baroque Art	G. Trottein	Mon. Sept. 8th
FRA 091a	9	Pre-University Level French 1	D. Potvin	Mon. Sept. 8th
FRA 101a	9	Cours de français, premier degré 1	B. Boutin	Mon. Sept. 8th
FRA 301a	5	Stylistique et traduction 1	M. Parmentier	Wed. Sept. 10th
ITA 101a	9	Elementary Italian 1	G. Di Lullo	Mon. Sept. 8th
MUS 101	5	The Art of Listening	J. Hby	Wed. Sept. 10th
MUS 104a	9	Keyboard Literature	M. O'Keefe	Mon. Sept. 8th
MUS 150	5	Choral Ensemble 1	N. Rahn	Tues. Sept. 9th
POL 237a	5	Politics of American Business Civilization	G. Tucker	Wed. Sept. 10th
PSY 107	5	Personality	A. de Man	Tues. Sept. 9th
PSY 341	5	Abnormal Psychology	A. de Man	Thurs. Sept. 11th
REL 128a	5	The Fundamentals of the Christian Religion 1	R. Reeve	Mon. Sept. 8th
SOC 220a	5	Industrial Sociology 1	R. Wright	Wed. Sept. 10th
SPA 101a	9	Spanish for Beginner 1	C. Dudemaine	Mon. Sept. 8th
SPA 201a	9	Intermediate Spanish 1	C. Dudemaine	Tues. Sept. 9th
SPA 303a	5	Language and Peninsular Literature	C. Dudemaine	Mon. Sept. 8th
WOM 120a	5	Women and the Law	M. Peluso	M-W. 16:30-18:00 Tues. Sept. 9th

ADMISSION / NEW APPLICANTS

All new applicants intending to register in any course must complete the admission application form and supply the required documentation. Application forms can be obtained from the Records Office of the University. Students with difficulties should contact the Continuing Education Office.

REGISTRATION PROCEDURES

All part-time evening students should register by mail prior to September 8th, 1986.

Part-time day students can register at the regular day registration session on Tuesday or Wednesday, September 2nd and 3rd from 9:00 a.m. to 4:00 p.m. at the Memorial House (OLD Gymnasium).

Part-time registration may also be completed at the Continuing Education Office Hamilton Building, September 8th to 11th inclusive from 8:30 a.m. to 12:00 and 1:30 to 4:00 p.m. and in Nicholls from 5:30 to 7:00 p.m.

Admission application fee (new students).....25.00
Admission application fee: English as a Second Language (new students only).....15.00
(for Canadian students and landed immigrants).....65.00
(for foreign students).....585.00
Part-time student service fee.....5.00
Late registration fee.....10.00
Senior citizens may register free of charge in any University program following application to the University.

INQUIRIES

Letters of inquiry concerning the Extension Program in general should be addressed to:

The Office of Continuing Education
BISHOP'S UNIVERSITY
Lennoxville, Quebec J1M 1Z7
Tel: [819] 569-9551, ext. 222, 234
or 569-7878



The Canadian Institute of Management

by Maria Bandrauk

A number of prominent Eastern Townships' managers have been sporting proud initials behind their names in the last few years. C.I.M., which stands for Certificate in Management, also represents a nation-wide organization, the Canadian Institute of Management—a non-profit educational institute teaching advanced skills to managers and administrators in manufacturing, transportation, retailing, service industries, and public service. More than 30,000 Canadian business people have upgraded their skills with C.I.M. and now hold this professional designation.

Over the last 10 years, 120 Eastern Townships members from hospitals, banks, educational institutions, school boards, and especially from area industries (such as Waterville Cellular Products, IBM in Bromont, Clairol in Knowlton, Santana, and Lowney's in Sherbrooke, Dominion Textile in Magog, Bombardier in Valcourt, and Domtar in Windsor) have graduated from the C.I.M. program. In effect, C.I.M. has provided professional and social fellowship in a management fraternity. Members have established contacts with colleagues in other industries which are often isolated by their small town settings.

The focus of C.I.M. activities is the credit course work at Bishop's University. To obtain certification, eight three credit courses are required, covering topics such as Management, Business, Law, Financial Accounting, Marketing, Economics, Organizational Behaviour, and Business Policy. The advantage the Eastern Townships' branch has in its courses being offered at Bishop's University is that all the credits may be transferred to the Bachelor of Business Administration degree. A good number of C.I.M. graduates have gone on to their BBA at Bishop's. The testimonials of the students themselves are perhaps the best indication of the benefits of the program.

Branch president for the past two years, Barbara Stewart is a successful C.I.M. graduate who has completed more than half her courses for the BBA while taking on greater management challenges. Before receiving her C.I.M. cer-



C.I.M. faculty advisor, Prof. Robert MacGregor.

tificate, she had been working as an accountant. With her educational upgrading she was asked to join the company as a shareholder and is now Vice-President and Secretary-Treasurer of Bolton Industries. Her company has just built another plant and set up a new division specializing in the grinding of computer components for the high-tech industry.

"C.I.M. gave me the fundamentals to take on the responsibilities of an executive position", says Barbara. "If I had not done the C.I.M. certificate first I would have never had the courage to start my degree, and be where I am today. Besides I've met a lot of dynamic people in different industries through C.I.M. classes and activities".

Ronald Drew, owner of two Petro Canada gas stations, sees the C.I.M. experience as "primarily a confidence builder. I originally joined C.I.M. to acquire the educational upgrading needed to advance in the industrial setting where I had worked for 17 years, but discovered that the new knowledge and skills gave me the incentive to leave the relative security of a job in industry and start my own business." Ron feels that the C.I.M. courses are a balanced introduction to management and are useful to everyone desiring better understanding of how any business operates.

Ginette Baker, trust officer at Sherbrooke Trust, is a francophone member who feels that C.I.M. has been an excellent way to complete her edu-

cation and develop national contacts. Since the C.I.M. certificate is a national accreditation recognized by major corporations, Ginette feels that she now has job mobility across Canada. The Law and Accounting courses were particularly useful in her work. But she considers the social aspects of C.I.M. very important in enabling her to make contacts with managers in other industries.

C.I.M. is not all work and no play. Social activities include an annual golf tournament, a Christmas dinner and a graduation banquet.

Future activities of the C.I.M. Eastern Townships Branch will include more interaction with the community. In 1986-87 the Branch plans to introduce seminars at Bishop's University on such current topics as Stress Management, Investment Portfolio and Management and Decision Making. These seminars will be open to the public as well as to members. Another proposed venture for youth is job-shadowing: students will have the opportunity to accompany C.I.M. members at work and thus gain experience and insight into job possibilities.

The Townships Branch of the Canadian Institute of Management will be accepting new members at the beginning of September to coincide with the start of classes at Bishop's University. More information about the C.I.M. programme may be obtained by calling Bishop's University, Office of Continuing Education at 569-7878. □

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The following courses, offered in 1987, will complete the certificate program:

Propagation, Botany, Perennials, Annuals, Foliar Tropical Plants, Greenhouse Structures, Pesticides, Fertilizers and Growth Regulations, Greenhouse Vegetables, Greenhouse Management.

For more information, or to register, call Adult Education as soon as possible at 821-9575. Class size is limited.

ADULT EDUCATION SERVICES EASTERN TOWNSHIPS SCHOOL BOARD

See our insert in this issue of
The Townships Sun
for information on fall courses.

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CHAMPLAIN College

FALL 1986 DAY COURSES - Sept. 8 - Dec. 18

Bilingual Courses

410.00	Administrative Techniques	Tue & Thur	Sherbrooke	English	415.31	Management with a Micro-Computer Certificate	Sherbrooke	Bilingual
410-110-79	Accounting I		9:00 - 12:00		415-701-80	Using a Micro-Computer	Mon	9:00 - 12:00
570.00	Applied Arts		Sherbrooke	Bilingual	415-702-80	Programming the Micro-Computer	Tue	9:00 - 12:00
570-704-83	Painting in Watercolor	Tue	9:00 - 12:00		415-707-80	Data Base Management	Wed	9:00 - 12:00
570-303-79	Techniques of Interior Decorating I	Mon	13:00 - 16:00		571.00	Fashion Industry		Sherbrooke
	Techniques of Interior Decorating II	Mon	9:00 - 12:00		571-380-81	Knitting I	Thur	9:00 - 12:00
570-403-79	Techniques of Interior Decorating II	Wed	9:00 - 12:00		571-580-81	Knitting III	Thur	13:00 - 16:00
		Wed	13:00 - 16:00		603.00	Creative Writing		Sherbrooke
570-447-79	Fabrication of Tiffany Lamps & other stained glass objects	Tue	13:00 - 16:00		603-209-84	Creative Writing	Tue	13:00 - 16:00
					604.00	English Second Language		Sherbrooke
						Elementary, Intermediate, Advanced	Mon - Wed	Tue - Thur 9:00 - 11:30

EVENING COURSES - 19h00 - 22h00

280.00	Pilot Training	Mon	Lennoxville	8 Sept - 15 Dec	415.31	Management with a Micro-Computer Certificate	Sherbrooke	Bilingual
280-202-77	Pilot Training I	Wed	10 Sept - 17 Dec		415-701-80	Using a Micro-Computer	Mon	8 Sept - 15 Dec
280-322-78	Visual Navigation		English				Mon	8 Sept - 15 Dec
310.00	Police Technology	Wed	Lennoxville	10 Sept - 17 Dec	415-702-80	Programming the Micro-Computer	Thur	11 Sept - 18 Dec
310-110-77	Criminology		English		415-704-80	Management with a Micro-Computer	Tue	9 Sept - 16 Dec
351.00	Special Care Counselling	Tue	Lennoxville	9 Sept - 16 Dec	415-707-80	Data Base Management	Wed	10 Sept - 17 Dec
350-305-77	Adolescence		Bilingual		415.46	Real Estate Agent	Tue & Thur	9 Sept - 2 Dec
393.51	Library Techniques	Certificate	Sherbrooke	8 Sept - 12 Nov	415-774-81	Real Estate Mathematics	Wed	10 Sept - 17 Dec
393-430-82	Acquisitions	Mon & Wed	17 Nov - 26 Jan		415-775-81	Communication Principles in Real Estate I	Mon & Wed	10 Sept - 17 Dec
393-620-82	Publicity, Animation & Distribution	Mon & Wed	English		430.00	Techniques of Hotel Trade	Mon	Lennoxville
410.00	Administrative Techniques		Lennoxville	18:30 - 22:30	430-221-77	Introduction of Bartending		English
410-110-79	Accounting I (Lennoxville)	Mon	8 Sept - 15 Dec		570.00	Applied Arts		Bilingual
410-527-79	Principles of Transportation (Sherbrooke)	Tue	9 Sept - 16 Dec		510-704-83	Painting in Watercolor	Tue	Lennoxville
410.92	Supervisor Certificate		Sherbrooke	8 Sept - 10 Nov	511-111-78	Introduction to Etching	Thur	9 Sept - 16 Dec
410-748-78	Interviewing Techniques	Mon	8 Sept - 10 Nov		570-303-79	Techniques of Interior Decorating I	Mon	11 Sept - 18 Dec
410-746-78	Personal Development	Mon	9 Sept - 16 Dec		570-403-79	Techniques of Interior Decorating II	Mon	8 Sept - 15 Dec
410-749-78	How to write Industrial Reports	Tue	10 Sept - 12 Nov		570-447-79	Fabrication of Tiffany Lamps and other Stained Glass Objects	Wed	10 Sept - 17 Dec
410-740-78	The Role of the Supervisor	Wed	Bilingual		570-269-82	Pottery I	Mon	8 Sept - 15 Dec
412.00	Office Management Techniques	Mon & Wed	Sherbrooke	8 Sept - 12 Nov	570-369-82	Pottery II	Mon	8 Sept - 15 Dec
412-201-85	Wordprocessing		English		570-469-82	Pottery III	Mon	8 Sept - 15 Dec
414.00	Tourism	Certificate	Lennoxville	9 Sept - 16 Dec	571.00	Fashion Industry		Lennoxville
414-501-77	Travel Agency	Tue	9 Sept - 16 Dec		571-380-81	Knitting I	Mon	Bilingual
414-521-80	Tourist Attractions of the World I	Wed	10 Sept - 17 Dec		571-580-81	Knitting III	Wed	8 Sept - 15 Dec
414-561-80	Tarifcation I	Tue	9 Sept - 16 Dec		589.00	Photography		Lennoxville
414-211-80	Regional Tourism in Quebec	Mon	8 Sept - 15 Dec		589-301-75	Photography I	Thur	11 Sept - 18 Dec
414-351-80	Great Destinations of the World I	Mon	8 Sept - 20 Oct					English
414-451-80	Great Destinations of the World II	Mon	27 Oct - 15 Dec					
414-521-80	Tourist Legislation	Tue	9 Sept - 16 Dec					
604.00	English Second Language	Mon-Tue-Wed	8 Sept - 17 Dec					
	Elementary, Intermediate, Advanced							

WEEKEND SESSIONS

420.00	Data Processing	Software Packages	Certificate	LOTUS FR.	FRAMEWORK FR.	WORDPROCESSING ENG.	LOTUS ENG.	FRAMEWORK FR.	604.00	Anglais Langue Seconde a Lennoxville	Vendredi 19:00 - 22:00 Samedi et Dimanche 9:00 - 16:30
				Sept. 12, 13	Oct. 3, 4	Oct. 24, 25	Nov. 14, 15	Dec. 5, 6	604-102-82	Session I	19, 20, 21 Sept
				19, 20	10, 11	31, Nov. 1	21, 22	12, 13	604-103-82		3, 4, 5 Oct
				26, 27	17, 18	Nov. 7, 8	28, 29	19, 20	604-104-82		17, 18, 19 Oct
											604-301-82
											Session II
											14, 15, 16 Nov
											28, 29, 30 Nov
											12, 13, 14 Dec

REGISTRATION - SHERBROOKE
 Sherbrooke Primary School
 242, Ontario, Sherbrooke
 11:00 - 14:30
 Monday, August 25
 Tuesday, August 26
 Wednesday, August 27
 Thursday, August 28
 18:30 - 20:30
 Thursday, August 28

FEES
 Admission: 10,00\$
 Registration: 30,00\$
 Free Tuition!
 Call
 563-9574

REGISTRATION - LENNOXVILLE
 Champlain College
 McGreer Building, Lennoxville
 18:30 - 20:30
 Tuesday, August 26
 Wednesday, August 27
 14:00 - 16:00
 Tuesday, Sept. 2
 Wednesday, Sept. 3
 Thursday, Sept. 4

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EASTERN TOWNSHIPS SCHOOL BOARD

EASTERN TOWNSHIPS SCHOOL BOARD

Announces the opening of classes at all elementary and secondary schools for a regular school day on Tuesday, September 2nd, 1986, for the 1986 / 87 school year. The regular school opening and closing times for these schools are as follows:

SECONDARY SCHOOLS	TELEPHONE	OPENING	CLOSING
Alexander Galt Regional HS	563-0770	9:00	3:15
Richmond Regional HS	826-3704	9:00	3:10
ELEMENTARY SCHOOLS			
Ayer's Cliff Elementary	838-4983	8:20	2:30
Cookshire Elementary	875-3785	8:45	3:15
Lennoxville Elementary	569-5103	8:50	3:30
North Hatley Elementary	842-2491	8:35	3:20
Pope Memorial ES, Bury	872-3771	8:35	3:05
Princess Elizabeth ES, Magog	843-4847	8:00	2:15
Sawyer'sville Elementary	889-2263	8:35	3:00
Sherbrooke Elementary	562-3515	8:35	3:35
Sunnyside ES, Rock Island	876-2469	8:10	2:15
Asbestos-Danville-Shipton ES	839-2352	8:45	3:30
St. Francis ES, Richmond	826-3737	8:50	3:00

School buses will be in operation. If you have any questions pertaining to transportation, please call Mr. Austin Bailey at 821-9566 in the Sherbrooke-Lennoxville area or Mr. Grant Watson at 826-3702 in the Richmond-Danville area between 8:30 a.m. and 3:00 p.m.



The Mystic Model School



The Mansonville Public School



The Coaticook Academy



STUDENTS!

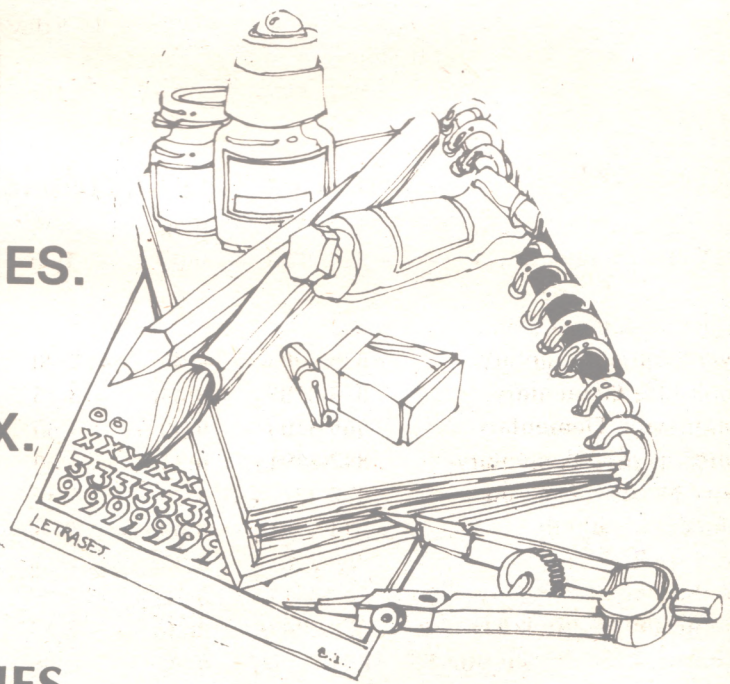
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To all, best wishes for a successful school year.

 Gouvernement du Québec
Ministère
de l'Éducation

Québec 



Farmyard News

by Moose

As the fall fair season winds down, with only Brome and Richmond left on the E.T. schedule, a different kind of competition takes over in the farming community for the next month or so. I'm talking, of course, of the plowing matches. The actual sites have not all been chosen, but the dates are as follows:

E.T. Draft Horse Assoc.	Sept. 13
Compton County	Sept. 20
Stanstead County	Sept. 27
Stanstead County	Oct. 4
Sherbrooke County	Oct. 11
Plowing Clinic	Sept. 4

Watch your daily newspaper for name of farm where each match will be held. (Horses only)

The cooler weather gives the pastures and after-grass a chance to recover after a very difficult spring and summer. A good idea is to clip any pasture that will permit safe use of the machinery. This is especially helpful for natural pastures as there is always some areas that have not been grazed.

Fall is also a good time to check your lime requirement (soil P.H.) and make the necessary additions. See your local Agronomer. □

★

The Quebec Minister of Agriculture has announced that it will invest more than \$320,000 in maple production research in 1986-1987. Part of this money will go towards the creation of a maple production research center (\$150,000). Its focus will be on maple dieback. \$76,782 will be awarded as grants to university researchers who wish to study dieback, and the balance will be set aside for research on maple product processing.

Editors note:—In true government fashion, no money is apparently being budgeted for developing better markets for this product.

★

AGRICULTURE CANADA SUSPENDS REGISTRATION OF 12 PESTICIDES

On January 1st, 1986, Agriculture Canada cancelled the registration of twelve active ingredients used in pesticide formulations. The twelve ingredients are 2,4,5-T and four related pesticides, tri-chlorophenol, sodium trichlorophenolate, ronnel, and phenoprop; five fumigants including ethylene di-bromide :EDB; ethylene di-chloride, carbon tetrachloride, carbon di-sulphide and alcohol; and two pesticides whose safety data had been falsified by the Industrial Bio-Test (IBT) Laboratories—barban andalachlor.

In addition, a number of formulations of pentachlorophenols were discontinued, although this chemical is still registered—as long as it is not used on items such as picnic tables or children's playground structures.

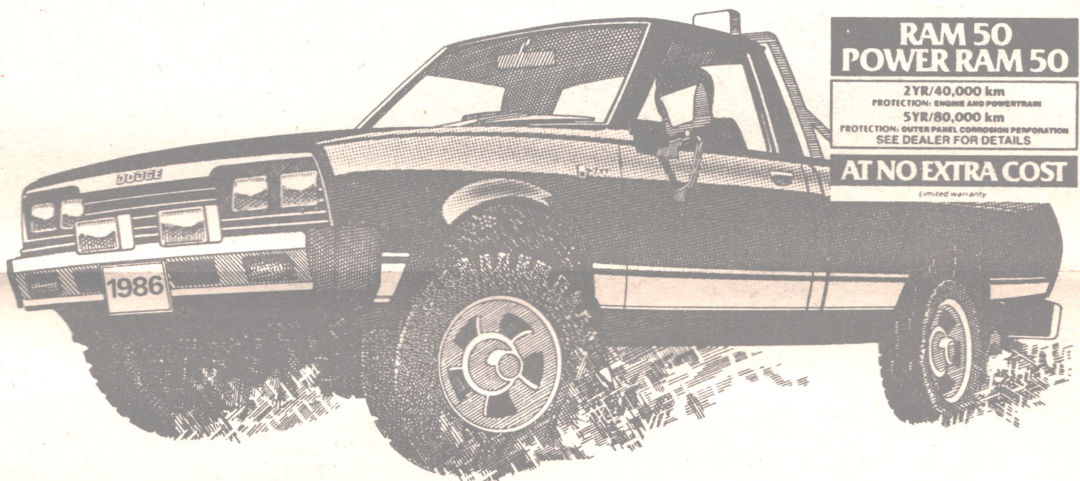
For many of these pesticides, the manufacturers had either discontinued production or not wished to renew their registration. The major exception to this isalachlor, whose manufacturer, Monsanto, is contesting Agriculture Canada's action in front of a review board. Friends of the Earth and Pollution Probe are being represented at the hearings by Elizabeth May of the Public Interest Advocacy Centre, to press the case for the maintenance of the ban onalachlor. □

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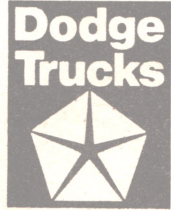
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†Based on 1986 Transport Canada Fuel Consumption Guide.



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Baby articles: Car seat, stroller, playpen, baby seat, toys. Lawn sweeper, wooden desk—3 drawers, 10 speed bicycle, portable humidifier, Franklin Stove. Call 567-1798.

Rare Breed-White Indian Runner ducklings. Various ages. Only interested parties call. Phone after 6:00 (819) 832-3961.

Large round baler, excellent condition, with hydrostatic drive, and automatic twine attachment. Call evenings 838-4859.

Stereo sound system, record player, radio, 2 speakers, \$200. Also antique bureau with mirror, \$300. Phone 562-1717.

Mobile Canteen trailer for sale. Fully equipped. Good price. 292-5522.

Free Want Ads

Purebred Collie pup, male, 10 months old. Can be registered. Good with children. Healthy. Price negociable. Call (819) 832-3961.

Elmira "Oval" wood-burning cook-stove. 24" X 36" cooking surface, large oven plus full-width warming oven, & hot water preheater. Call 842-4273 evenings.

Antique 4 wheel horse buggy. Seats two (has 5 model "A" wheels). Good condition. For more information phone (819) 832-3961.

Roll-away bed, 3 pairs ladies shoes, size 10, never worn; red, navy and grey dress shoes. Call. 821-2256.

General Electric Stove, in good condition. 30"—\$200. 54" ironing board, like new \$25. Rubber carpet underlay for averaged sized room. Call after 4:30 p.m. (819) 563-1418.

Football game and race-car sets. Also hot-wheels tracks, etc. Tel. 562-9506, A.M. only.

4 dinette chairs, brown with green and orange flowered pattern; casement window with hardwood frame, screen and storm window. No reasonable offer refused. Tel. 562-9506, A.M. only.

TO GIVE AWAY
4 cute kittens to give away. Three black & white, one grey. Call 849-7873.

Several North Light and Palette magazines, of interest to art teachers or students. 562-1717.

WANTED
Sewing and alterations, baby sitting, tutoring and lessons for French persons learning English, telephone answering services for private or small business. Done in my home. 821-2256.

MISCELLANEOUS
Needed desperately for needy families, sheets, pillow cases, blankets, pillows, curtains and drapes, dishes, pots and pans, everyday silverware. Also, Christmas is on its way, we need toys, Christmas lights and trimmings, artificial Christmas trees and anything that can be used as gifts to the needy or elderly shut-ins. Thank you for your help in the past. Call Peggy 821-2256.

Fall Program • 1986 • Programme d'Automne

Learning - A lifelong process

You never stop learning, and at Adult Education Services of the Eastern Townships School Board we try to provide learning opportunities for every taste and every interest. Adults are coming "back to school" for many reasons: to finish their high school education, to learn job skills and explore career options, to learn basic reading, writing, or math skills, to learn and practice a second language, or simply to have fun and meet people in a relaxed and congenial atmosphere. From algebra to creative writing, and dance to welding, from secretarial practice to the art of pastry making - we try to make lifelong learning a reality for adults in the Eastern Townships.



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Second languages (english, french, other)	6

Registration information: Consult each program area.



Cours d'anglais: Voir page 6

D'excellents cours de langue seconde...

Des frais minimum...

La première session: 60,00\$ (90 heures de cours)

Toutes les sessions subséquentes: 10,00\$ par session

Vous pourrez donc vous réinscrire autant de fois que vous le désirez, durant l'année scolaire 1986-1987, et il ne vous en coûtera que 10,00\$ pour poursuivre votre apprentissage de l'anglais.

Une 1ère session: 60,00\$ pour 90 heures d'apprentissage

Une 2ème session: 10,00\$ pour 90 heures d'apprentissage

Une 3ème session: 10,00\$ pour 90 heures d'apprentissage

Une 4ème session: 10,00\$ pour 90 heures d'apprentissage
90,00\$ pour 360 heures d'apprentissage!!!

J'ai suivi le cours d'anglais de Eastern Townships School Board et j'ai trouvé cette expérience concluante. Ce n'est pas seulement pour les crédits mais c'est surtout la conversation et l'atmosphère de tout le groupe qui fût formidable. Les professeurs sont consciencieux et très professionnels. Avec ce genre de cours, on apprend ce qu'on veut et ce qu'il faut apprendre pour s'améliorer et dialoguer en anglais.

André Caouette

He seguido mis cursos de Inglés, en la Escuela Gagnon, Calle Galt-Oeste, de Sherbrooke. He apreciado mucho la manera de enseñar, los temas a desarrollar, y la forma de exponer. Los profesores son excelentes, y cada uno de ellos trata de motivar su clase, dándole un dinamismo y una efectividad consciente. Por tanto, puedo decir, que dichos cursos son pedagógicos, formativos, culturales y dinámicos.

Sherbrooke, 9 de Junio de 1986.

Sabino Alas Gómez

Popular Education Courses

Popular Education at-a-glance

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ALEXANDER GALT REGIONAL HIGH SCHOOL	<ul style="list-style-type: none"> Houseplants Microwave Cooking Woodworking 	<ul style="list-style-type: none"> Ballroom Dancing I-II Principles of Pastry I-II Entertaining for Christmas 	<ul style="list-style-type: none"> Indian Cooking 			<ul style="list-style-type: none"> How to buy or sell your home Saturday, November 1
LENNOXVILLE ELEMENTARY SCHOOL	<ul style="list-style-type: none"> Art Eastern Townships History French* 	<ul style="list-style-type: none"> Bridge II Yoga 	<ul style="list-style-type: none"> Bridge I French* 			
C.L.S.C. GASTON LESSARD, LENNOXVILLE		<ul style="list-style-type: none"> Prenatal 				
SHERBROOKE ELEMENTARY SCHOOL		<ul style="list-style-type: none"> Creative Writing (1-4 p.m.) 				
RICHMOND REGIONAL HIGH SCHOOL	<ul style="list-style-type: none"> Woodworking French* 	<ul style="list-style-type: none"> Aerobic Fitness 	<ul style="list-style-type: none"> French* 	<ul style="list-style-type: none"> Parent Effectiveness Training 		
BISHOP'S UNIVERSITY SPORTS CENTRE		<ul style="list-style-type: none"> Dancercise Low-impact Aerobics 	<ul style="list-style-type: none"> Fitness 	<ul style="list-style-type: none"> Dancercise Low-impact Aerobics 		
SUNNYSIDE SCHOOL, ROCK ISLAND	<ul style="list-style-type: none"> Tae Kwon Do 	<ul style="list-style-type: none"> Eastern Townships History 	<ul style="list-style-type: none"> Tae Kwon Do 			<ul style="list-style-type: none"> Personal financial management Saturday, October 25

Registration

- Mail the form below, along with your cheque or money order to: Adult Education Services, ETSB, 257 Queen, Lennoxville, J1M 1K7
- Or, call to register at 821-9575 (and mail fees)
- Or, register in person at 257 Queen, Lennoxville, Mon.-Fri. 8:30-12, 1-4 p.m.

Seniors

- Adults 60 years of age or over pay only \$10.00 per course plus the cost of materials or food.

Registration deadline:

One week before first class (see course descriptions for dates)

Registration-by-mail: (Popular Education only)

Name: _____

Telephone: _____
(home)

Address: _____

(office)

(postal code)

Please register me in: _____
course — location

Please enclose cheque payable to E.T.S.B.

* New courses

Aerobic Fitness

A one-hour aerobic workout that helps to tone body muscles and improve cardiovascular endurance.

Tuesdays, 7:00 - 8:00 p.m., 5 weeks
Richmond Regional H.S., Sept. 29 - Oct. 27, \$10

Art

This course in drawing and painting is open to all, regardless of experience. With a great deal of individual attention students learn composition, perspective and the use of various techniques. Students should bring paper and pencils to first class.

Mondays, 7:00 - 9:30 p.m., 12 weeks
Lennoxville E.S., Sept. 29 - Dec. 15, \$60

Ballroom Dancing I

An introduction to steps like the foxtrot, waltz, rumba, and cha-cha. Never sit on the sidelines again!

Tuesdays, 7:00 - 8:00 p.m., 10 weeks
Alexander Galt R.H.S., Sept. 30 - Dec. 2, \$20

Ballroom Dancing II*

For dancers who know the basic steps but want to perfect their style. Learn to float across the floor like a real pro.

Tuesdays, 8:15 - 9:15 p.m., 10 weeks
Alexander Galt R.H.S., Sept. 30 - Dec. 2, \$20

Bridge I

Learn to play the interesting and social game of bridge. Master the basics and before you know it you'll be bidding, trumping, and rebidding with ease!

Wednesdays, 7:00 - 10:00 p.m., 10 weeks
Lennoxville Elem. S., Oct. 1 - Dec. 3, \$60

Bridge II*

For players with a certain amount of experience, this course will deal with the complexities and strategies of advanced bridgeplaying.

Tuesdays, 7:00 - 10:00 p.m., 10 weeks
Lennoxville Elem. S., Sept. 30 - Dec. 2, \$60

Creative Writing

A workshop style course designed to help you hone your writing skills. Whatever your interest: poetry, non-fiction, fiction; share your talents in a relaxed and friendly atmosphere while receiving positive criticism and comments.

Tuesdays, 1:00 - 4:00 p.m., 10 weeks
Sherbrooke Elem. S., Sept. 30 - Dec. 2, \$30

Course Descriptions

Dancercise

A lively and fun way to stay in shape. Exercise to popular music in a state-of-the-art dance studio.

Tuesdays & Thursdays, 7:00 - 8:00 p.m., 10 weeks
B.U. Sports Centre, Sept. 16 - Nov. 20, \$40

Eastern Townships History

A popular course that takes a look at the human side of history in the region; starting with its geological formation, to native tribes and early explorers. You will learn about life on the frontier, local railroads, mining, and farming. You'll even hear about some of this area's more interesting criminals, poets, and painters!

Mondays, 7:00 - 9:00 p.m., 10 weeks
Lennoxville Elem. S., Sept. 29 - Dec. 1, \$20
Tuesdays, 7:00 - 9:00 p.m., 10 weeks
Sunnyside School, Rock Isl., Sept. 30 - Dec. 2, \$20

Entertaining for Christmas*

These three classes will show you how to make gifts from your kitchen, hord d'oeuvre for parties and holiday dinners and fabulous holiday desserts such as Bûche de Noël, other fancy cakes and buttercreams and chocolate decorations. (Fees include cost of food).

Tuesdays, 7:00 - 10:00 p.m., 3 weeks
Alexander Galt R.H.S., Nov. 25 - Dec. 9, \$25

Fitness

A well rounded approach to physical fitness; including an aerobic workout and a different sport each week. The class will have a chance to try out such sports as squash, badminton, volleyball; and then after class a refreshing dip in the pool or a muscle soothing sauna!

Wednesdays, 7:00 - 9:00 p.m., 8 weeks
B.U. Sports Centre, Oct. 1 - Nov. 19, \$30

Houseplants*

Everything you need to know to grow beautiful, healthy plants at home - names, types, optimal conditions for each variety.

Mondays, 7:00 - 9:00 p.m., 10 weeks
Alexander Galt R.H.S., Sept. 29 - Dec. 1, \$40

One Day Workshop

How to buy or sell your home

- Learn how to avoid costly mistakes!
- Learn about: making an offer, negotiating price, getting the most from your agent or lawyer.
- Understand how property evaluation, insurance and new homes versus resale affects you.
- Learn about mortgage and financing options.

Saturday, November 8

9:00 a.m. - 12:00 p.m.

1:00 p.m. - 3:00 p.m.

Alexander Galt High School

Cost: \$15

Call to register 821-9575

Indian Cooking*

With a focus mainly on foods from Northern India, students will be introduced to the main ingredients of Indian cuisine: spices, flours, rice, etc. The teacher, who spent 7 years as a chef, will then show students the techniques needed to prepare delicious vegetarian dishes, meat dishes, Indian bread (chapatis), rice, yoghurt dishes, and desserts. (Fees do not include cost of food)

Wednesdays, 7:00-9:30, 6 weeks
Alexander Galt, R.H.S., Oct. 1-Nov. 5, \$30.

Low-impact aerobics*

Get the same benefits as with regular aerobics without all the jumping! Aimed at those with special problems (back injuries, knee problems), this class will help you keep fit without making you miserable!

Tuesdays & Thursdays, 8:00 - 9:00 p.m., 10 weeks
B.U. Sports Centre, Sept. 16 - Nov. 20, \$40

Microwave Cooking

Learn how to make the most of your time-saving microwave. Everything from snacks to soups to main dishes and desserts. Each week several recipes will be demonstrated and students will try the delicious results. (Fees include cost of food).

Mondays, 7:00 - 10:00 p.m., 5 weeks
Alexander Galt R.H.S., Sept. 29 - Oct. 20, \$45

Parent Effectiveness Training

This eight session course is based on principles developed by Dr. Thomas Gordon, and taught to over 600,000 parents during the past twenty years. Parents learn communication skills that are effective with children of all ages, from toddler to teenager. Learn how to resolve family conflicts in a spirit of co-operation and caring. (Fees include cost of required materials; additional books may be purchased if student wishes).

Thursdays, 7:00 - 10:00 p.m., 8 weeks
Richmond R.H.S., Oct. 2 - Nov. 20, \$35

Prenatal

A series of seven classes designed to prepare expectant parents for a satisfying birth experience. Topics will include prenatal and postnatal health and nutrition, labour and delivery, breathing exercises. Classes will include films,

discussions, and a hospital visit.

Tuesdays, 7:00 - 9:00 p.m., 7 weeks
CLSC - Lennoxville, Sept. 30 - Nov. 11, \$25/couple

Principles of Pastry I* Students will learn to approach pastry making without fear. The mystery and guesswork is taken out of making short pastry, nut crusts (as for Linzertorte), cookie crusts (pâte brisée sucrée), meringue crusts (Dacquoise and Vacheron), chocolate shells and puff pastry and its variations. Selected items will be made from these pastries and students will eat the results. (Fees include cost of food).

Tuesdays, 7:00 - 10:00 p.m., 4 weeks
Alexander Galt R.H.S., Sept. 30 - Oct. 21, \$35

Principles of Pastry II*

Students will learn yeast work (plain and filled croissants, brioche, savarin and babas), choux pastry (cream puffs, cocktail puffs, éclairs and St. Honoré) and both savory and dessert crêpes. (Fees include cost of food).

Tuesdays, 7:00 - 10:00 p.m., 4 weeks
Alexander Galt R.H.S., Oct. 28 - Nov. 18, \$35

Tae Kwon Do (Karate)

Learn the principles of self defence using this ancient martial art which stresses self discipline and control. Students will be able to take tests to progress through various levels. (Fees do not include testing.)

Mondays & Wednesdays, 7:00 - 8:30 p.m., 10 weeks
Sunnyside School, Rock Isl., \$30

Woodworking

Learn the use and care of woodworking tools, how to plan and execute your own woodworking project. (Fees do not include materials).

Mondays, 7:00 - 9:30 p.m., 8 weeks
R.R.H.S. & A.G.R.H.S., Sept. 29 - Nov. 17, \$40

Yoga

An introduction to the relaxation techniques of Hatha Yoga. A good way to keep the body supple and flexible and to work away the stresses of everyday life.

Tuesdays, 7:30 - 9:00 p.m., 10 weeks
Lennoxville Elem. S., Sept. 30 - Dec. 2, \$30

One Day Workshop

Personal financial management

- Budgeting
- Long-term financial planning
- Tax planning

Saturday, October 25

9:00 a.m. - 12:00 p.m.

1:00 p.m. - 3:00 p.m.

Sunnyside School, Rock Island

Cost: \$15

Call to register 821-9575

Academic Programs



"Adult Ed. saved my life!"

"That call saved my life", says Linda Campbell about the telephone call she received from Adult Education Services in the Fall of '84, informing her that she had been accepted into the Adult High School Program.

Linda had dropped out of school in Montreal at the age of fourteen because she wanted to travel and experience life. "I was a rambunctious, rebellious and stubborn teenager", admits Linda. "However, I promised my mother that one day I would go back to school".

Linda spent the next few years travelling and working in various cities across North America. "I've been everywhere - New York, Chicago, Jamaica... You name it," claims Linda, "but

when my daughter started school, I realized it was time to settle down."

Linda moved to Sherbrooke with the hope of finding work. "I couldn't find any job because I had lost my French over the years. I decided that if I couldn't work, I would get an education."

Returning to school was not easy. After registering with Manpower for the academic upgrading program in Magog, Linda waited for a reply that never came. "Fortunately, I found out about the Eastern Townships School Board through a friend of a friend."

True to her promise, Linda Campbell returned to school and completed her high school education. "I'll never forget the sup-

port and encouragement of the teachers", says Linda about the staff. "It wasn't easy. I'm 31 and a single mother. Sometimes I had to wait until my daughter went to sleep so that I could do my homework. But if you apply yourself you can accomplish anything."

Linda Campbell's positive outlook on life has also rubbed off on her daughter, Alicia age 9, who emphatically states, "I'm luckier than the other kids, because my mom has all the education in the world, and she can help me more."

Today, Linda has already completed her first year in college, in business administration with marks in the 80's. Says Linda, "I'm going for my DEC, and nothing can stop me now!"

Academic Program Services

- Evaluation of past schooling
- Home-study courses
- Secondary studies equivalence tests
- Adult high school in Sherbrooke and Magog*
- Evening courses in Lennoxville

* Programs may also be offered in Stanstead and Richmond depending on registrations.

What do you need in order to get your high school leaving?

Situation "A"

Linda has no credits from her previous high school. She needed 54 credits to get her Secondary V Diploma.

Situation "B"

Michael had dropped out of school in grade 10. He had 24 credits from his studies at Galt. He needed 30 credits to get his high school diploma.

In order to get your diploma through adult education you need:

	Credits
English	12
French	6
Other	36
Total	54

What are missing?

You can complete your education by taking any one of these courses!

Course	Credits
Human Relations GHS-245	3
History (Canada) GHS-255	3
Geography GHS-241	3
MATH	
GMA-211 (MA-211)	3
GMA-212 (MA-222)	3
GMA-221 (MA-223)	3
GMA-241 (MA-241)	3
GMA-242 (MA-242)	3
GMA-243 (MA-243)	3
GMA-251 (MA-*251)	3
GMA-252 (MA-*252)	3
GMA-253 (MA-*253)	3
GMA-254 (MA-*254)	3
GMA-255 (MA-*255)	3
ENGLISH	
GEN-211 (EN-211)	3
GEN-212 (EN-212)	3
GEN-221 (EN-221)	3
GEN-222 (EN-222)	3
GEN-232 (EN-232)	3
GEN-233 (EN-233)	3
GEN-251 (EN-244)	3
GEN-252 (EN-245)	3
GEN-253 (EN-253)	3
GEN-254 (EN-254)	3
GCL-251 (CL-251)	3
FRENCH	
GFS-211 (FS-202)	6
GFS-221 (FS-212)	6
GFS-231 (FS-222)	6
GFS-241 (FS-232)	6
GFS-251 (FS-242)	6
GFS-252 (FS-252)	6

FUNCTIONS (MATH 522)

LEVEL 4 ENGLISH COMP. & ENGLISH LIT.
LEVEL 5 ENGLISH COMP. & ENGLISH LIT.

Adult High School

Level	Centre	Duration	Starting Date
Sec. I-V	Sherbrooke	40 weeks	September 2, 1986
Sec. II-III-IV	Magog	14 weeks	August 25, 1986
Sec. I-V	Richmond	40 weeks	To be determined
Sec. I-V	Stanstead	40 weeks	To be determined

If you wish to attend any centre, please contact Adult Education Services as soon as possible.

Earn while you learn

Financial assistance is also available to some adult students. If you are on welfare or on unemployment, you may qualify for a special learning supplement in addition to your regular allocation. A special training and travel allocation is also available for adult students who are neither on welfare or unemployment. For more information on financial assistance please contact the Eastern Townships School Board and ask for Adult Education.

Interested?

Here's what to do if you want to get back into school

1. Make a copy of your school records (if any)
2. Make a copy of your birth certificate
3. Contact Adult Education Services at 821-9575

Adult Education Services **821-9575**

Academic Programs

Assisted Home Study

Students enrolled in a Home Study program receive study materials from Adult Education Services and work at their own pace. They may receive, if necessary, tutorial help up to a **maximum of 10 hours per course**. A tutor will be assigned by Adult Education Services.

Exams must be taken at the offices of Adult Education Ser-

vices. These can be done at any time during office hours by making an appointment at least one week in advance.

Students will be accepted into a Home Study program if they cannot attend regular adult education classes and are capable of working independently.

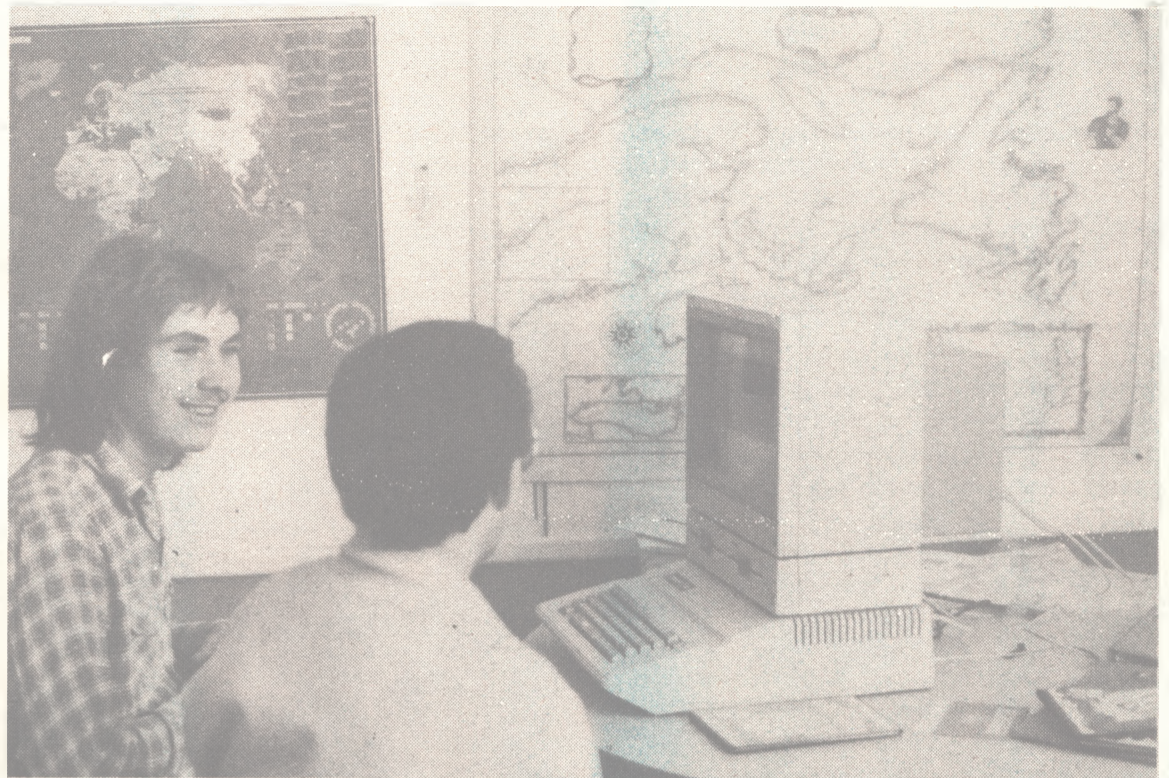
The following courses are available through Home Study:

COURSE	CODE	Average # of hours required to complete
Level IV:		
English Literature	GEN-252	45
English Composition	GEN-251	45
Mathematics	GMA-241	45
Mathematics	GMA-242	45
Mathematics	GMA-243	45
Level V:		
English Literature	GEN-254	45
English Composition	GEN-253	45

COST: - Students pay \$25.00 per course.

- There may be a deposit charged on reusable text books.

REGISTRATION: Students must register at Adult Education office for each course.



Secondary Studies Equivalence Tests (SSET)

If you did not complete your High School education and are at least 23 years of age you are eligible to write the Secondary Studies Equivalence Tests.

If you pass the Secondary Studies Equivalence Tests you will obtain an official certificate of secondary studies equivalence which may be used when applying for a job or promotion.

Although most secondary students obtain their high school leaving diploma known as "Diplôme d'études secondaires" (DES), there are a substantial number that either drop out of high school or fail the final ministry exams. As a result, there are many adults who are presently working without a high school diploma. In our highly technological society this diploma is fast becoming the minimal education requirement for a job applicant of for someone wishing a promo-

tion.

Unfortunately, many adults feel that they do not have the time to pursue evening courses and yet many of them often require, on short notice, an official high school equivalency certificate for their job.

In 1976, the Ministry of Education of Quebec (MEQ) developed a battery of tests specifically designed to evaluate adults wishing to have their experiential learning officially recognized by the ministry. If a candidate successfully completes these tests, he or she is awarded a document known as "l'attestation d'équivalence de scolarité" or **Secondary Studies Equivalence Certificate**. Presently, the Secondary Studies Equivalence Tests (SSET) are offered through the Adult Education Services of the Eastern Townships School Board.

Basic skills program

If you have difficulty in reading, writing and counting, you may be interested in the Basic Skills Program for adults. Through small classes and individualized attention, students improve their reading and writing skills. Special emphasis on life skills such as budgeting and banking complete the program. If you know of someone who could benefit from this program, please contact Adult Education Services.

CHOICES

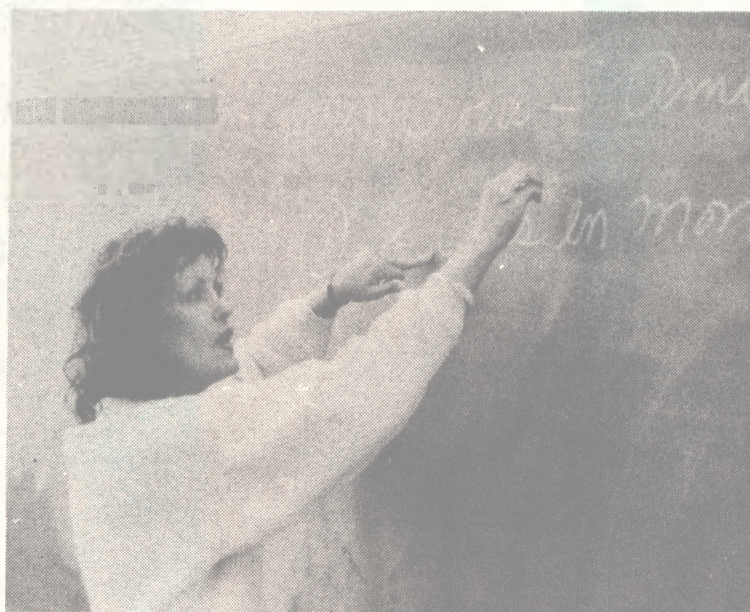
Since it was first introduced to counsellors, CHOICES has always stood for superior career education, using state-of-the-art computerized formats. A career exploration program available through Adult Education Services, CHOICES allows adults to explore over 800 occupations with a view to helping them make informed decisions. The CHOICES program allows the adult to:

- Explore various occupations and determine which ones match their own interests and aptitudes.

- Examine the kinds of skills and training needed in over 800 different jobs.
- Find the careers which have the best future outlook.

Working with a counsellor, the adult goes through the CHOICES program on a micro-computer. No previous computer experience is required. CHOICES is not only a helpful decision-making tool, it's fun!

For more information about trying CHOICES call Adult Education Services at 821-9575. The cost per adult is \$10.00.



Counselling: Career, personal

Are you at a stage in your life where you're trying to make decisions about your future? Perhaps you are thinking of returning to school, returning to the job market, or changing careers. Career and personal counselling is available to help you evaluate your goals, interests, skills and aptitudes. This service is free for adults and an appointment can be made by calling Marlyn Ajami at 566-0250.

Anglais langue seconde

Renseignements

Le Service de l'éducation des adultes de la Commission scolaire Eastern Townships œuvre en formation linguistique depuis 18 ans. Cette formation est assurée tant auprès d'adultes qui s'inscrivent aux cours de langues offerts au Centre d'Éducation des adultes, E.T.S.B., qu'auprès du personnel des entreprises et institutions, groupes sociaux ou professionnels où nos formateurs peuvent se rendre pour dispenser leur enseignement.

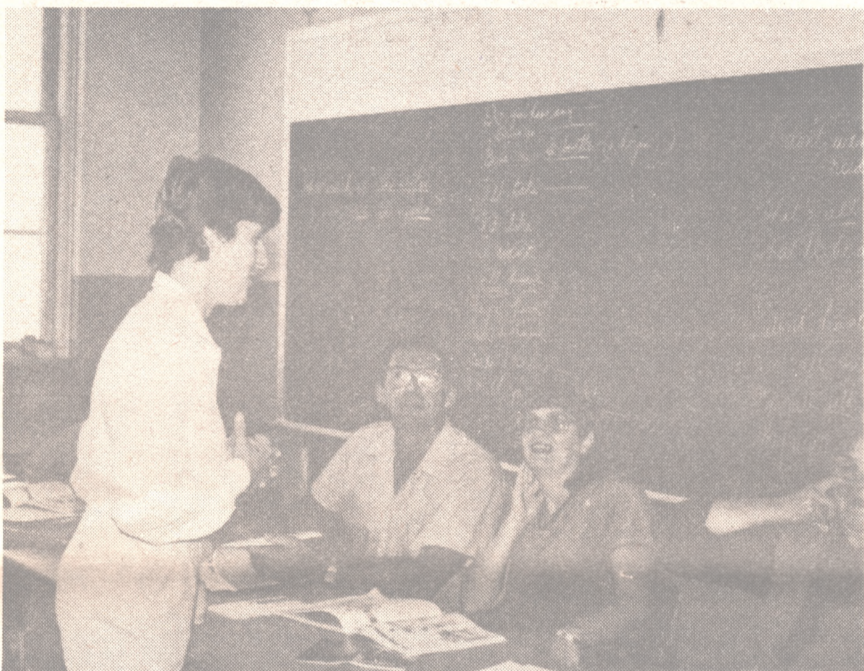
Dans le but de répondre aux besoins des adultes qui désirent acquérir une connaissance de base de l'anglais ou perfectionner leur habileté à communiquer dans cette langue, notre commission scolaire offre différentes formules d'apprentissage des langues. Ces formules vont des cours intensifs à raison de 15 heures par semaine aux sessions régulières de 6 heures par semaine.

L'approche pédagogique (andragogique) s'inspire des dernières découvertes en didactique des langues et favorise l'apprentissage de la langue axée sur des situations et des besoins langagiers réels. L'élément culturel rattaché à la langue est également considéré comme important et occupe une place plus grande à mesure que l'on progresse dans la maîtrise de la langue.

L'enseignement de la langue, basé sur une approche communicative, est dispensé par un groupe d'enseignants et enseignantes qualifié(e)s, enthousiastes et désireux de répondre aux besoins spécifiques de leurs étudiants.

Pour tout renseignement communiquer avec:

Michel Beauchamp
Conseiller en formation linguistique
Service de l'éducation des adultes
Tél.: 821-9575



FRAIS

La première session:

60,00 \$

Les sessions
subséquentes:

10,00 \$
par session

French as a second language

We have very attractive programs to offer adults who are seriously thinking of undertaking or continuing their study of French. Our programs are designed to ensure a sound improvement in your knowledge of French.

Six levels of French (from beginner to advanced) are being offered during the school year 86-87.

Our courses are based on a communicative approach and deal with the needs and interests of the students through situations where role play and simulations are emphasized.

Stanstead Area

We may be able to offer French courses in the Stanstead area if demand is sufficient. If interested, please call 821-9575.

Fees

First session (90 hours) **\$60.00**

Any session of 90 hours thereafter **\$10.00**

You can register as often as you wish, during the school year 86-87, and it will cost you only \$10.00 per session to follow-up on your initial French course.

Other languages? Autres langues?

Spanish?

German?

We will offer courses in German and Spanish if there is a sufficient number of students interested. We will keep an open registration and offer a course as soon as we have enough students to do so.

Call now and register:

Michel Beauchamp
821-9575

Calendrier 86/87 Cours d'anglais

Sessions intensives de jour: (15 heures/semaine)

Les sessions intensives se donnent tous les jours de la semaine, du lundi au vendredi de 9 heures à midi. Chaque session est répartie sur 6 semaines. Les inscriptions ainsi que tous nos cours sont donnés au Centre d'éducation des adultes, E.T.S.B., au 2365 Galt ouest à Sherbrooke.

Dates des inscriptions, tests de placement et des cours

Première session

Inscription et test de placement: Les 2 et 3 septembre 1986, de 19 à 21 heures.

Dates des cours: Du 15 septembre 1986 au 24 octobre 1986.

Deuxième session

Inscription et test de placement: Les 27 et 28 octobre 1986, de 19 à 21 heures.

Dates des cours: Du 3 novembre 1986 au 12 décembre 1986.

Troisième session

Inscription et test de placement: Les 12 et 13 janvier 1987, de 19 à 21 heures.

Dates des cours: Du 19 janvier 1987 au 27 février 1987.

Quatrième session

Inscription et test de placement: Le 10 mars 1987, de 19 à 21 heures.

Dates des cours: Du 16 mars 1987 au 28 avril 1987.

Sessions régulières en soirée: (6 heures/semaine)

Les sessions régulières en anglais se donnent en soirée, les lundi et mercredi soir de 19 heures à 22 heures. Chacune des sessions est répartie sur 15 semaines. Les inscriptions et les cours se donnent au Centre d'éducation des adultes, E.T.S.B., 2365 Galt ouest à Sherbrooke.

Dates des inscriptions, tests de placement et des cours

Première session

Inscription et test de placement: Les 2 et 3 septembre 1986, de 19 à 21 heures.

Dates des cours: Du 8 septembre 1986 au 17 décembre 1986.

Deuxième session

Inscription et test de placement: Les 12 et 13 janvier 1987, de 19 à 21 heures.

Dates des cours: Du 19 janvier 1987 au 29 avril 1987.

86-87 Calendar French courses

Regular courses (evenings, 6 hours/week)

Location: 1. Lennoxville Elementary School
2. Richmond Regional High School

Starting Dates: First session: September 8 to December 17, 1986
Second session: January 19 to April 29, 1987

Format: 2 nights/week, Monday and Wednesday
7:00 p.m. to 10:00 p.m.

Duration: Each session is 90 hours of instruction. 15 weeks, 6 hours/week.

Registration and placement test:

1. For **Richmond area**, at Richmond Regional High School, September 4, 1986 and January 14, 1987, between 7:00 and 9:00 p.m.

2. For **Lennoxville** at The Adult Education Centre, 2365 Galt Ouest, Sherbrooke, September 4, 1986 and January 14, 1987, between 7:00 and 9:00 p.m.

Intensive courses (day, 15 hours/week)

Location: Eastern Townships Adult Education Centre
2365 Galt Ouest, Sherbrooke

Starting Dates: First session: September 15 to October 24, 1986
Second session: November 3 to December 12, 1986

Third session: January 19 to February 27, 1987
Fourth session: March 16 to April 28, 1987

Format: 5 afternoons/week, from Monday to Friday, from 1:00 p.m. to 4:00 p.m.

Registration and placement test:

To be held as follows at the Adult Education Centre, 2365 Galt Ouest, Sherbrooke, between 7:00 and 9:00 p.m.

First session: September 4, 1986
Second session: October 29, 1986

Third session: January 14, 1987
Fourth session: March 11, 1987

Professional programs — Job training

Full-time:

Sponsored jointly by Eastern Townships School Board, Canada Employment & Immigration, and The Centre de Formation Professionnel. Eligible candidates receive training, travel and child care expenses. Transportation is available on school buses if space permits.

STENO-TYPIST: October 6, 1986 - June 5, 1987
Alexander Galt Regional High School
9:00 a.m. - 3:30 p.m.

Curriculum:

Common Core:

Filing; Introduction to Typing; Typing Tables; English I and II; Professional Life-Labour Relations.

Typist Certificate:

Typing Letters; Typing Reports; Typing 30, 40 and 50 WPM; Office Organization.

Steno-Typist Certificate:

Shorthand 60, 80 and 100 WPM; Commercial English Expression and Letters; Typing 60 WPM; Word Processing; Professional Life-Job Market.

ARC WELDING ON PLATE*:

October 6, 1986 - January 23, 1987
Alexander Galt Regional High School
4:00 p.m. - 10:30 p.m.

* some previous welding experience is required

Curriculum

Blueprint reading; Tools and equipment; Basic oxy-acetylene welding; Oxy-acetylene cutting; Arc welding on flat, horizontal, vertical, roof; Theoretical aspects of arc welding.



For more information, call Adult Education Services, 821-9575. To register, go to your local Canada Employment Office (Manpower).

Part-time:

Introduction to computers	30 hrs	Alexander Galt H.S.	Mon/Wed	\$16
		Richmond Reg. H.S.	Mon/Wed	\$16
Numerical control for machinists	60 hrs	Alexander Galt H.S.	Mon/Wed	\$32
		Richmond Reg. H.S.	Mon/Wed	\$32
Word processing I	75 hrs	Alexander Galt H.S.	Mon/Wed	\$40
		Richmond Reg. H.S.	Mon/Wed	\$40
Word Processing II	45 hrs	Alexander Galt H.S.	Tues/Thurs	\$24

Starting dates to be determined. For more information or to register, call Adult Education at 821-9575 as soon as possible.

T.E.A.S.

Townships Educational Agricultural Services (T.E.A.S.), a joint project with Champlain College, Eastern Townships School Board and Fer de Lance, will once again operate in 86/87. It is anticipated that one-day conferences, workshops and part-time courses will be offered to the agricultural community of the Townships. If you have any suggestions concerning topics that should be dealt with, contact your local Q.F.A. representative or Adult Education at 821-9575.

Basic Reading and Writing for Adults

Adults can learn to read...

A volunteer program available in any community, tutors meet with adults on a one-to-one basis to help with basic reading, writing and math skills.

Volunteer Tutors are needed! The next tutor-training workshop will be held:

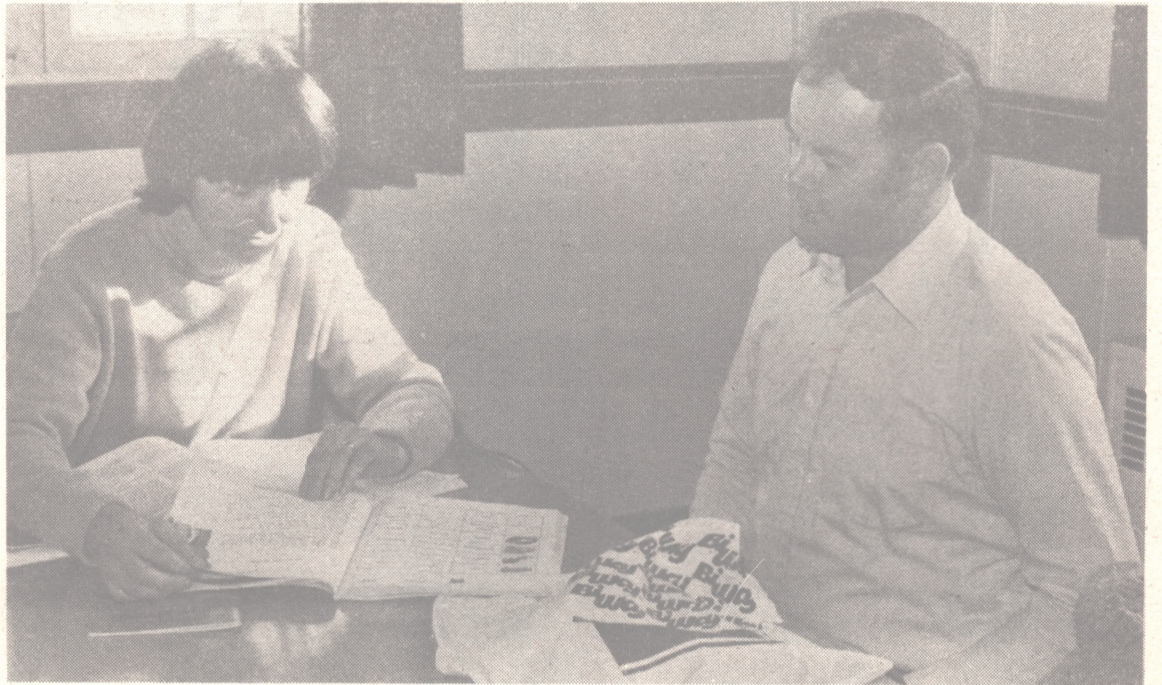
Tuesday, September 23, 9:00 a.m. - 3:30 p.m.
and

Thursday, September 25, 9:00 a.m. - 3:30 p.m.
(Attendance at both days is required. Call Adult Education Services **before September 20 to register.**)

Help an adult in your community learn how to read and write. If you know someone with a reading problem, **encourage them to call us.** Lessons are free and private.

Volunteer tutors are members of:

St. Francis Literacy Council, and Laubach Literacy of Canada



Reading tutor with student

General Information

Adult Ed. Services

E.T.S.B.

257 Queen
Lennoxville, QC
J1M 1K7
821-9575

Office hours:

Monday - Friday
8:30 a.m. - 12:00 p.m.
1:00 p.m. - 4:00 p.m.

Adult Education Centre

(Centre Gagnon)

2365 Galt ouest
Sherbrooke, QC
J1H 1K1
566-0250

Office hours:

Monday - Friday
8:30 a.m. - 3:00 p.m.

Co-Ordinator of Adult Education: Louise Orr

Consultants: Academic programs: Paulina Grant
Basic Reading and Writing program: Marion Fear
Second Language programs: Michel Beauchamp

Counsellor: Marilyn Ajami

Secretaries: Yoland Chabot
Lucie Taylor
Camille Boisvert (Adult Ed. Centre)