

Vol. 9, No. 6

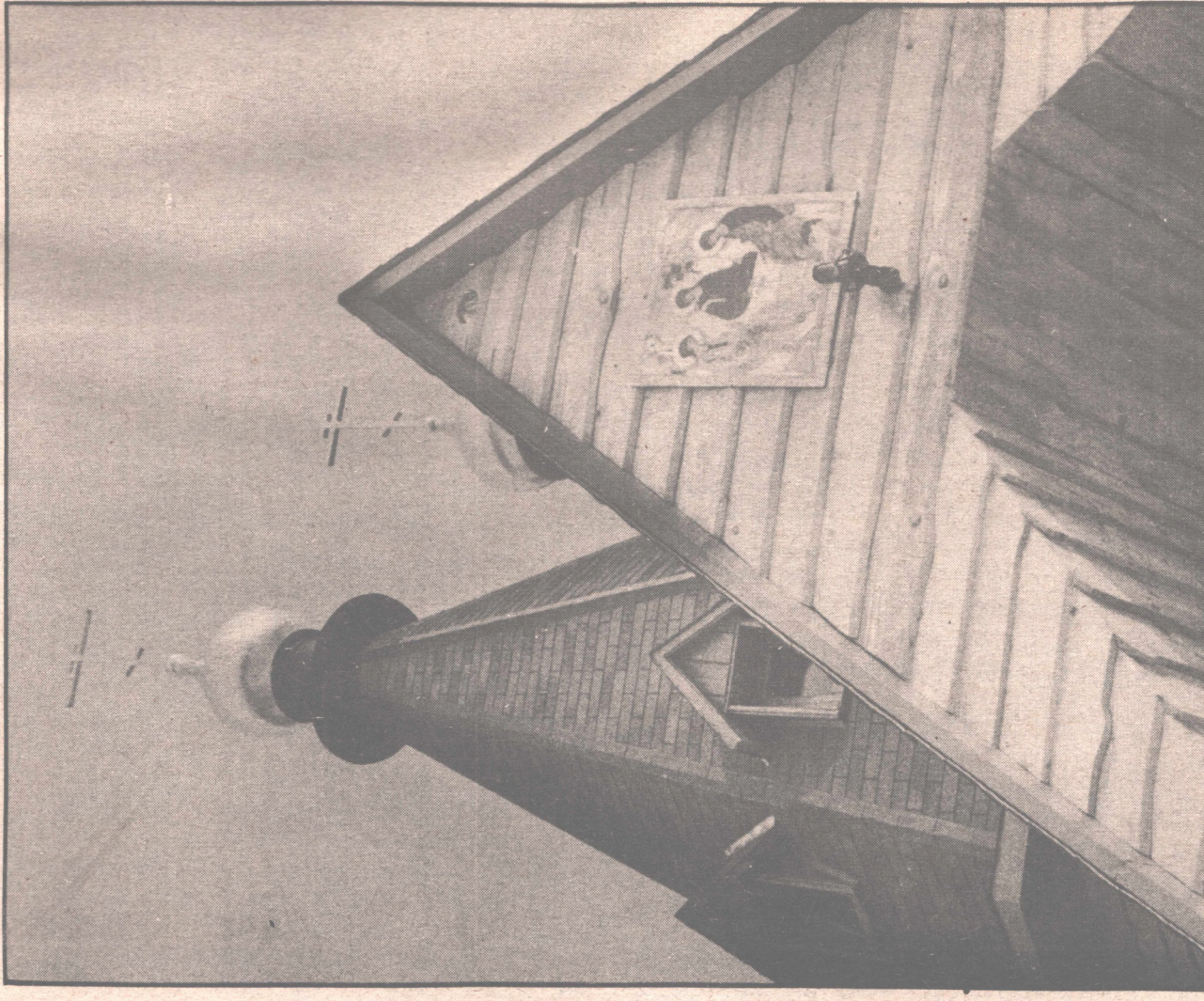


1981

December

95 cents

Lennoxville



Barbara Verity

### Bread & Board Issue

- ★ Boulangerie de Compagne ★ Croissanterie ★
- Futons ★ Brewing At Home
- ★ Breadbaker's Primer ★



Jessica Perkins

### Les Artisans en Fête

# Coming Soon

## Appeal at Christmas



Christmas is the season of bright, happy music, of family festivities, of warmth and laughter and fellowship, it's a harvest of happiness with enough for all to share.

"Many families and individuals in this region need extra help from the community," Major Fowler explained. Give a happy holiday to those who face a bleak Christmas this year.

Major Fowler suggests that those who wish to contribute or to purchase a Christmas War Cry may do so by mail to The Salvation Army, 1255 University Street, Suite 627, Montreal H3B 3V9.

## December

**The Hammer's Art: Blacksmiths and Tinsmiths at Work** a touring exhibit from the National Museum of Man, will be at the Centre d'exposition Leon Marcotte until December 31. A series of NFB films will be shown every Wednesday evening in conjunction with the exhibit.

l'Evidence presents **Sans Arret**, a 6 member band composed of "Demesure" and "Trigger" with Jean Gervais on trumpet. **Sans Arret** will be playing every Wednesday through Saturday for the month of December at l'Evidence, a dance bar in LaSalle Hotel on King St, downtown area in Sherbrooke. There will be no admission charge.

**Denise Goulet-Raymond** is the artist and her oils, watercolours and pastels can be seen at the Rothmans Building on Farwell St. in Sherbrooke until December 31. Viewing hours are Monday to Friday from 8:30 to noon and 1:30 to 4:30.

## December 1-22

**Boutique "Artisans du monde"** le Service d'entraide Internationale (S.E.I.) is a Sherbrooke based organization providing information, education and services on Third World countries. This year as in the past the S.E.I. will be holding a show and sale of the crafts and works of artisans from Africa, Asia and Latin America. UNICEF cards and calendars plus many other gift ideas will be available. The profits from the boutique this year will be forwarded to the people of Guatemala who are fighting in justice in their country. The boutique is open from December 1st -

22nd.

Mon., Wed., Thurs. 10 a.m.-6 p.m.  
Thurs., Fri. 10 a.m.-8 p.m.  
Sat. 10 a.m.-5 p.m.

## BOUTIQUE du TIERS-MONDE



## December 2-19

In the Bromont library (Cultural Centre, Church Street, Bromont), an Italian born artist, will show her paintings, from December 2, 1981 till December 19, 1981.

Tiziana Tabbia Plomteux was born in Turin, Italy, in 1938. Her first teacher was her grandfather, the fresco painter Giovanni Silvestro. In 1965 Tiziana emigrated to Canada. She is known for her water colours mainly and, more recently as a figure painter in oil. She participated in a great number of solo and group exhibitions in the Eastern Townships and elsewhere, Vermont, U.S. She works and teaches in her atelier "La ferme des étourneaux" in Dunham, P.Q. The opening hours of her exposition are those from the Bromont library: Tuesdays from 2 p.m. - 4 p.m., Wednesdays from 7 p.m. - 9 p.m., Fridays from 7 p.m. - 9 p.m. and Saturdays from 10 a.m. - 12 noon.

## December 5

A special benefit concert by the **Orchestre symphonique des jeunes de Sherbrooke** will be presented at Centennial Theatre on Saturday, December 5 at 8:30 p.m.

The performance is being sponsored by the Lennoxville Optimist Club. Proceeds from the concert will be shared by the Optimists and the youth orchestra. The latter hopes to raise money to finance the orchestra's trip to Banff next summer to participate in the Fifth Annual Canadian Festival of Youth Orchestras.

The concert, under the musical direction of Jacques Clement, will feature works by Rossini, Strauss, Neruda, Fauré, Bizet and Kelsey Jones.

Tickets are now on sale at the Centennial Theatre box office (563-4966) or from members of the Lennoxville Optimist Club.

## December 5

V'la l'bon Vend, an international choir, will perform on the stage of Salle Maurice O'Bready at 8:30 p.m. Tickets are \$5.00, \$6.00 and \$7.00.

## December 6

Ciné Famille presents "**Le martien de Noël**", a children's film which will be shown in the afternoon at 1:30 at Salle Maurice O'Bready. Tickets are \$1.50 for children and \$2.00 for adults.



## December 6-20

Vernissage of etchings and prints by Jeannine Bourret from 4:00 - 7:00 p.m. at Auberge Hatley. Cocktails will be served.

Originally from Weedon, P.Q. Jeannine graduated from Les Beaux Arts du Québec, studied art in Newport, Connecticut and has been teaching at Au Moulin des Arts under Albert Rousseau since 1976.

Your hosts at the vernissage will be Liliane and Robert Gagnon. The Galerie is open Fridays, Saturdays and Sundays.

## December 7

Kineart presents "**Trois hommes à abattre**", a detective film starring Alain Delon. There will be two showings at Salle Maurice O'Bready, one at 7:30 and the other at 9:30. Tickets are \$2.00.

## December 8

The National Film Board of Canada makes available to the public the controversial **Not A Love Story: A Film About Pornography**, to be shown on Tuesday December 8th at the Salle Maurice O'Bready, Sherbrooke University. There will be two showings; one at 7:30 p.m. and another at 9:30 p.m.

## December 8

Kineart presents "**Not A Love Story: A film about pornography**". The two presentations will be at 7:30 and at 9:30 in the evening at Salle Maurice O'Bready. Tickets are \$2.00.

## December 9

"**Boing Boing**", a comedy Play which stars Rejean Lefrançois will be presented at Salle Maurice O'Bready at 8:30 p.m. Tickets will be priced at \$5.00, \$7.00, and \$9.00.

## December 9-10

Café du Palais hosts the **Dixie Band**, a 6 member band entertaining you with Dixieland music starting at 9:30 p.m. Tickets are on sale now at the Café du Palais in downtown Sherbrooke on Wellington Street. Tickets are \$6.00 apiece.

## December 10 Human Rights Day



## December 11-20

**Salon Des Metiers d'Art.** Artisans from all over the Townships display their wares at the Armory, 64 Belvedere St. in Sherbrooke. Pottery, art, stained glass, handmade clothes, wooden toys, nice people and more. Buy local, give a handmade gift.

## December 12

The interpretive dancer **Margie Gillis** will perform at Salle Maurice O'Bready at 8:30 p.m. Tickets will be prices at \$5.00, \$7.00 and \$9.00.

## December 12

Gemenids meteor shower peaks. Two and a half days long with .5 meteors per hour. Watch Gemini after the moon sets.

## December 21

### Winter Solstice Hanukkah begins.

Winter officially begins at 5:51 p.m. eastern standard time.

## December 25 BINGLE JELLS!



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## The Odds on Civil Rights

At this writing, the odds are around seven-to-five that Canada will soon have a constitution to call its very own. The odds are around seven-to-six that this constitution will include a Bill of Rights—of sorts.

At this writing, Saskatchewan squirms under the glare of public recognition that she, and she alone, stands against applying that Bill of Rights equally to women. At this writing, Québec stands alone against guaranteeing minority language rights.

Lévesque painted himself in a corner on that one. As the head of a party devoted to separation, he can not agree to anything strengthening unity. As the leader of a linguistic minority that has finally achieved (sort of) rights throughout Canada, he can not disagree. Seeing no way out, he threw a temper tantrum and refused to talk about it.

On December 15th, the United States will celebrate the 190th anniversary of its Bill of Rights—the first ten amendments in a constitution that is the envy of people all over the globe. Governments—as our Brigham anarchist will surely agree—never really acquiesce to limitations on their power over people and even the American Bill of Rights, so proudly extolled and jealously guarded, is constantly under siege.

Our own patched and tattered constitution, with its poor pale Bill of Rights, will need a good deal of shoring up yet before individual Canadians can feel secure against governmental abuse. Quebeckers may never have that security. Lévesque and the Parti Québécois will not go away and they have never yet championed the individual against 'la collectivité.'

Odds are ten-to-one they never will.

**Bernard Epps**



CHRISTIANSON

"Diddle with this, Benson, until there's some truth in it."

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# Letters

Dear Editor,

We read with interest Bernard Epp's article "The End of The World in The Townships", in your September, 1981 issue, and would like to clarify some facts given.

While it is true that pioneer founders of the Seventh-day Adventist Church came out of the Millerite movement, our organization is not merely a continuation of it, especially since we have never set a date for the end of the world. We have continued in the truth of Christ's second coming and the spirit of preparation and sacrifice that motivated the Millerites before 1844. In addition to this belief, our organization has been enriched with Bible truths discovered by other denominational faiths before us, and by our own search for truth in the Scriptures. Some of these tenets are: salvation through faith in Jesus-Christ, the observance of the 4th-commandment sabbath (on the seventh day of the week), baptism by immersion, the state of the dead, and our bodies as the temple of the Holy Ghost. This last doctrine has prompted many of our members to follow a vegetarian diet, scientifically proven to be more healthful for the human body. We conduct 5-day plans to stop smoking, weight and stress-control programs. We operate 146 hospitals and 267 clinics world-wide to relieve human suffering. SAWS (Seventh-day Adventist World Service) comes to the aid of persons hit by natural disasters at home and abroad, and maintains feeding and agricultural programs in many developing countries of the world.

The date of October 22, 1844 proclaimed by the Millerite movement is exact according to the Bible prophecy of Daniel 8:14. Miller mistakenly interpreted the event to take place as Christ's second coming to this earth. The sanctuary which was to be cleansed is in heaven, not on this earth as Miller believed. The "cleansing" refers to an investigative judgement of the lives of all persons, starting in 1844 until the present. When this work shall be terminated, Christ will come back to this earth.

The Bible declares that "the day of the Lord will come as a thief in the night" (II Peter 3:10), and "of that day and hour knoweth no man" (Mat. 24:36). The people in Miller's day did well to be ready even if Christ did not come, but it is also true that when He will come, very few will be waiting for Him. Jesus considered this subject very important, and devoted the whole chapter of Matthew to the "signs of his coming and the end of the world."

J.V. Himes was mentioned as one who forsook the movement. There were other dedicated leaders who persevered, such as Joseph Bates, a retired sea captain who spent all his assets for the spreading of the

movement. James and Ellen White each gave a lifetime of tireless service to the organization.

With more than 3 million members in 190 countries of the world, the Seventh-day Adventist Church is alive and growing rapidly because it has a vital Bible-based message to tell to the world. You will never have to sing a requiem for it because it will go through to the end and meet its Lord very soon.

Carol and Pierre Zita  
St Denis de Brompton

Dear Editor,

Its a murky, rainy day when one gets all those much delayed notes and letters written.

Firstly your paper is thoroughly enjoyed. I've a strange feeling that it holds the Townships together.

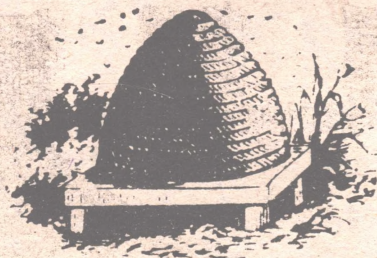
Secondly, something happens to the Sun in the "competent" hands of the Canadian post office. My copy consistantly turned up "missing." Since we have an American postal address, it now is directed there—no problem. I know of another subscriber who finally gave up, as there were so many copies missing. This might be a reason for dwindling subscribers.

Thirdly, members of the Townshippers Association should, if possible, get the Sun too. Its important—the paper continue to publish.

Fourthly, enclosed is a letter to the editor of the Conservation & Nature Notes page. I believe it will be forwarded to her.

Fifthly, the letter for Alice Lamoureux Gravel was prompted by one who wrote in your letters to the editor column. She may be a member of a family I knew many years ago and enjoyed visiting as a cyclist—in the Canadian Youth Hostels. It was a very happy time before the war and I thought I'd like to renew the contact. Perhaps you have her address and could forward it.

Dorothy C. Jobin  
Mansonville, P.Q.



Dear Editor,

As a beginner beekeeper, I have been particularly enjoying the articles by Walter Strapps that have been appearing in The Sun. I find his articles to be both practical and informative. His good sense of humour is evident in every article and if there is one lesson I have learnt from working with bees it is the need for a sense of humour!

My hive was demolished by bears this year but I don't plan on being deterred. In the meantime I am looking forward to more winter reading from Mr. Strapps.

Carolyn Boudreau  
Lennoxville, P.Q.

Dear Editor,

In response to a recent article in your newspaper on the proposed transmission intertie between Québec and New England, we would like to make the following observations.

This proposal is presently at the preliminary of feasibility studies stage. We are re-examining previous data and incorporating new information on technical, economic and environmental aspects of the transmission tie. This includes preliminary design of the transmission equipment, cost analysis and the identification of major environmental implications.

"The Hydro-Québec - New England 2,000 MW transmission tie study" to which you refer is part of this preliminary phase. It goes into greater detail on some data and establishes various intertie alternatives. The one it examines most closely is the completion by 1988 of a DC line between the 735-kV Des Cantons substation to be built in the Sherbrooke region, and a point in the U.S.

As our technical, economic and environmental impact studies are still incomplete, there has been no decision on the choice of a transmission corridor and the precise location of the Des Cantons substation.

Before it can proceed any further, Hydro-Québec has to inform the Québec cabinet of its desire to carry out planning studies on a transmission tie between Québec and New England and obtain a government decree authorizing any such studies. If this planning stage does materialize we will follow our usual program of information and consultation with government departments and agencies and the general public. We will start with a program of information in which we will provide a description and basic data on the project, its proposed schedule and a list of those studies yet to be completed. The findings of our program of information and public consultation will be incorporated into the decision-making process.

Thank you for your interest in our projects. Please do not hesitate to contact us if you need further details.

Jean-Marie Pelletier  
Conseiller en communication  
Relations publiques  
Région Richelieu  
Saint-Hyacinthe, P.Q.

**Both the Sherbrooke Record and The Townships Sun received the above form type letter from Hydro-Québec. The following is a reader's reply.**

There is nothing like platitudes from clones in high places to set rural landowners at ease. The mimeographed nature of Mr. Pelletier's response to The Sun's articles only emphasizes the lack of personal communication that Hydro has with beings in the real world. Naturally, a crown corporation doesn't have to win elections or popularity contests.

Mr. Pelletier says that "the findings of public consultation" will be incorporated into the decision-making process. If past experience is a reliable indicator, public consultation has never been the forte of Hydro. There are cases on record where transmission corridors were being slashed before the property owners had even received their expropriation notices...then again, the mail is sometimes slow. We'd call this "consultation-after-the-fact."

We might ask, if Mr. Pelletier's mention of public consultation could be interpreted as Hydro's turning over a new leaf, at what stage in the planning process would the public be consulted? Indeed, what effect could consultation have when the preliminary reports suggest that the entire amount budgeted for rights of way amounts to less than the cost of an additional half-mile of transmission line? With such weight on the side of economics, could the proposed route be altered? Unlikely. Mind you we're not even discussing consultation on the advisability of the project, exporting electricity or whatever, these subjects wouldn't even come up for discussion. So, Mr. Pelletier your public consultation would likely be an exercise in allowing people to blow off steam, and nothing else.

It's strange that The Sun was able to obtain, even the most preliminary studies from south of the border. Why were they not available in Quebec, if public consultation is such an important element in Hydro's planning?

As a rule, a rural property owner has invested in, worked on and improved his land holding. He has paid interest on loans to buy it, paid taxes on his land and buildings and he'll probably pay taxes once again when he sells it. To many rural people, the dream of having their own corner of peace and beauty is sufficient to offset inconveniences such as distance from employment or a lower standard of living due to a narrower choice of employment opportunities—full time farmers are getting fewer. Yet, it seems that this right to own rural property is subject to the whims of governments and crown corporations. If they don't need it, we can own the land until they do. Then, the property will be expropriated, devastated and devalued as required. Compensation is never at the fair market value.

Politically, rural property owners will never have much clout. Statistically, they're insignificant. Yet, when people loose their perceived rights and become frustrated from a lack of dialogue and respect, strange things can happen.

D.S.

**Share your thoughts. Letters to The Townships Sun should be addressed to the editor, C.P. 28, Lennoxville, Quebec, J1M 1Z3.**

Dear Readers –



"Christmas Curtain," By Thomas Nast, 1890

May The Night Visitor Make A Stop  
At Your House

— The Sun Staff

# Boulangerie de Compagne



## Meat Without Bone For The Townships

Text and photos by John Boudreau

Whole grain, stone ground, sourdough, brown, health bread—it's a revolution on the rise! Nothing new. If you are a partaker, fear not, you are still in the fashionable minority. Seventy to eighty percent of us still consume that white plastic froth, otherwise known as our daily bread, at an astonishing rate.

But more people today are starting to have a hankering for the real thing. And fortunately for us real bread can be found right here in the Townships.

On a small farm just outside of Bury, at the Boulangerie de Compagne, Monique and Bernard Guay bake and sell whole grain natural sourdough bread otherwise known to our ancestors as just plain bread. The grain is freshly stone ground daily and the bread is baked in a traditional wood fired brick oven.

A native of St.-Jean, Québec, Bernard travelled to Europe learning his trade in the small bakeries of

Holland, Belgium and France, terminating his apprenticeship in a village in the Alps with a master baker. Europeans are also victims of the industrialized bread factories but they have still managed to preserve and support the traditional small bakery.

Boulangerie de Campagne offers fifteen different kinds of natural sourdough breads using the basic ingredients of whole grain flour, sea salt and water—no sugar, honey, milk or oil.

### Natural Sourdough

The term 'natural sourdough' is used to differentiate between sourdough and dry yeast breads. (Other bakeries make a sourdough bread by using a dry yeast dough mixture and letting it sit overnight to 'sour' before baking the next day).

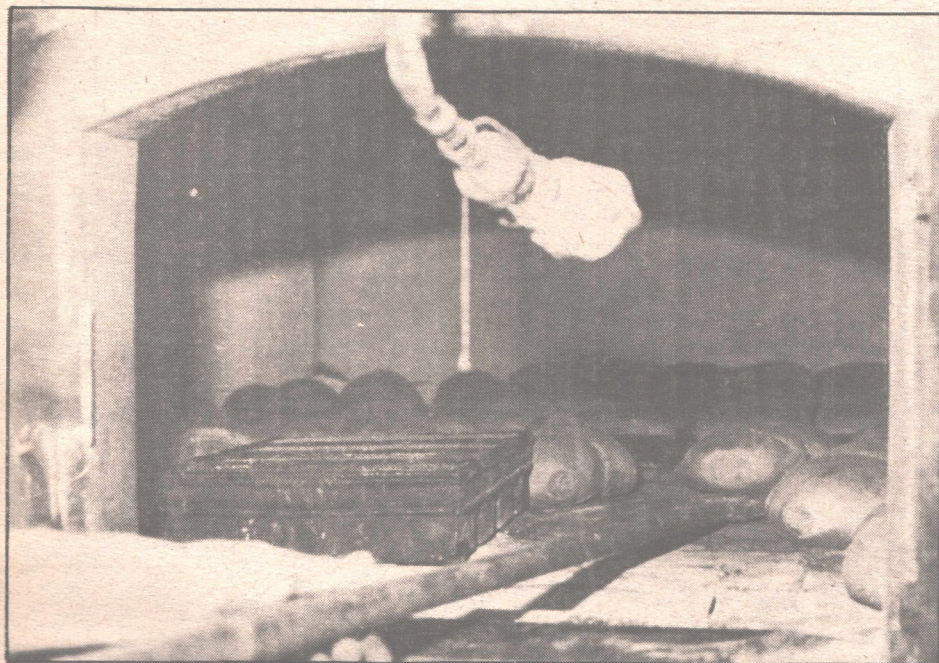
Natural sourdough is made by letting a mixture of flour and water

stand for three days at 20°C (see recipe). This mixture ferments as yeasts in the starter components or wild yeasts in the air react with the

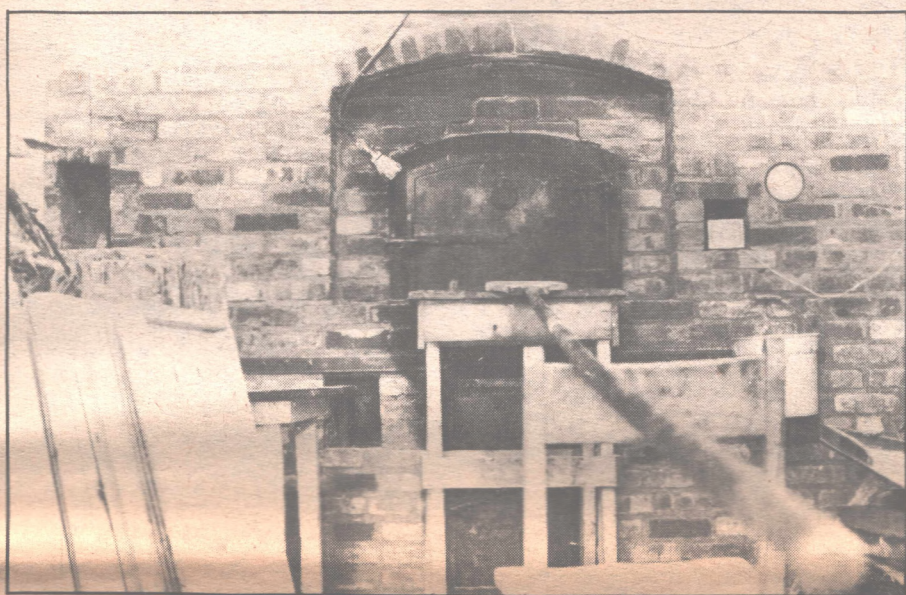
flour, and bubbles of carbon dioxide are released. If the mixture is stored in a cool place (3°C), the yeasts will become dormant, but will still be



The Guays [right] and helper Michelle. Making bread satifies.



Baking bread directly on the bricks.



The oven.

alive. When the starter reaches room temperature, it again bubbles and ferments.

Unlike baker's dried yeast natural sourdough arises from the essence of the flour. Natural sourdough has beneficial enzymes that help in digestion, bringing pre-digestion to the intestinal flora thereby strengthening the intestines. But besides making organic sense, it also makes economic sense. As long as the baker sets a bit of dough aside, he will have his leavening for the Future! Many European pioneers who explored these Townships carried their precious batch of sourdough starter in a jar suspended around their necks.

**Whole Grains**

The key to making a good quality sourdough bread is using quality whole grains, something that is increasingly hard to find. All the wheat, rye, barley, millet, rice and corn for Boulangerie de Campagne is purchased through Co-op d'Allentours, a natural foods Co-operative in Lennoxville. The biologically grown grain is more than twice the cost of the regular kind but the Guays feel

that the consumer is paying for the quality of the products and not for inflated wages, fancy machines or unnecessary chemicals. Also, inferior whole grains make good sourdough bread difficult to achieve.

Bernard remarks that most of the grains they use originate from the U.S. Non hybrid varieties are preferred, ones bred for good bread making qualities such as high gluten and protein content, rather than for harvest, transport and storage qualities. The wheat grown here in Québec for human consumption according to Bernard has a bran content that is too high to make natural sourdough bread, and is suited more for cattle feed. The Guays are planning an experimental crop of wheat on their own land called l'Épautre, a two thousand year old high protein grain originally from Asia and currently grown in the less fertile and colder French Alps.

The centre of the Guay's bakery operation is the oven. "The best bread is baked in a wood fired oven" declares Bernard. "And the very best" he elaborates "is when it is baked directly on the bricks, with no molds—this is the traditional way."

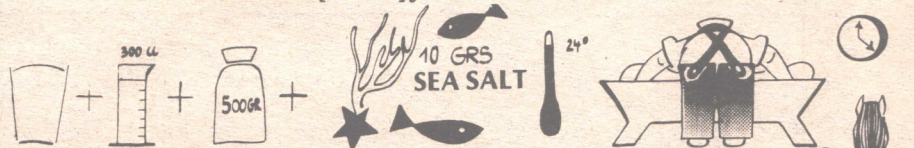
*Le Pain Maison au Levain Naturel*



Mix 25 GRS. of whole wheat flour\* with 2 tablespoons of water and let the mixture sit for 3 days at 20°C. It should have risen to twice its size. Mix it with 250 GRS of flour and 150 cc of water, let rise 12 hours at 20°C. The sourdough is ready. Keep 40 GRS aside for the next baking.



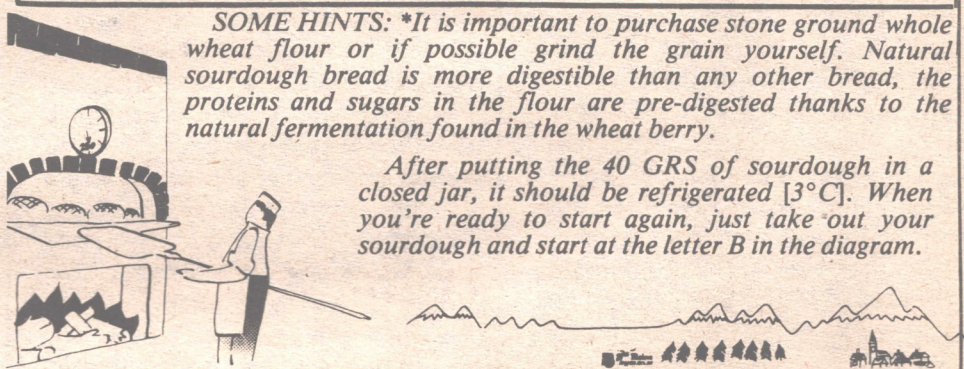
Dissolve the sourdough in 300 cc of warm water, then add 500 GRS of flour and 10 GRS of salt [1%]. Knead vigorously for 20 minutes. Let the dough rest under a cloth for 1 hour at 24°C. Cut the dough in 2 pieces, knead it a bit before putting it in 2 oiled moulds. Let rise again at 24°C for 3 hours. Put in a hot oven [250°C] for 45 minutes...



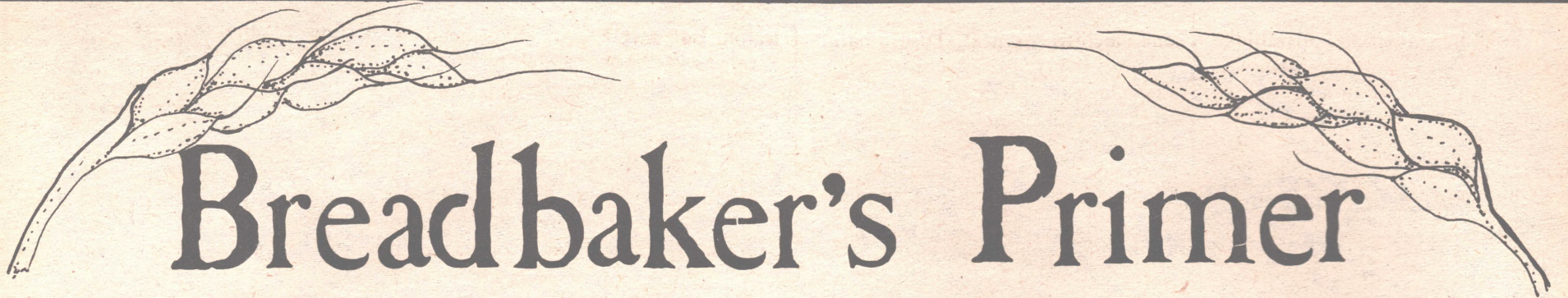
PATRICK LEPORT

**SOME HINTS:** \*It is important to purchase stone ground whole wheat flour or if possible grind the grain yourself. Natural sourdough bread is more digestible than any other bread, the proteins and sugars in the flour are pre-digested thanks to the natural fermentation found in the wheat berry.

After putting the 40 GRS of sourdough in a closed jar, it should be refrigerated [3°C]. When you're ready to start again, just take out your sourdough and start at the letter B in the diagram.



Bernard au travail, a la maison.



# Breadbaker's Primer

by rebecca greenwood

How might we develop ourselves as cooks so that our food bursts with energizing nourishment? Experience, good intention, orderliness, and right livelihood are part of the answer. I have found that a peaceful, loving person who is not necessarily the most skilled or gourmet cook but who is happy in the kitchen often creates the best food. Also, repeating one simple food—like a pot of rice, or a loaf of bread—is useful. Through endless repetition of one dish we have infinite potential for refinement. It is here that the art of cooking emerges. This repetition, rather than becoming drudgery, provides an ongoing opportunity to cultivate our craft. My experience is that the more I work with the basic tools of grain, fire, salt, and water the more attuned to and appreciative of them I become.

One of the best exercises for developing a sense of your own power as a cook is bread-making. Because it is tended throughout the day, composed of a few basic ingredients, and responds to your kneading and shaping, you fill it with your intention and vibration. The finished loaf reflects your physical, emotional, and mental state of being. Making bread satisfies. It is one of my children's favorite activities. Sometimes they cut their piece of dough with cookie cutters, another time they decorate it with raisins and seeds or shape it into a menagerie. Afterwards they're so proud of their baked masterpieces that they relish them to the last crumb. What a paltry substitute Play Dough is!

The more we make bread, the easier it becomes. My mother, for example, makes crescent rolls for festivities and family gatherings as effortlessly as she makes a bed. After forty years she's so familiar with this recipe that the crescents perform for her. Have we tired of their taste? Watching how fast the crescents disappear from the roll basket answers that question.

Of all the people I've ever known who have a touch for bread, Irish Tom takes the loaf. I once worked with Tom in Ceres, a London bakery. An oversized man with a huge paw-like hand, Tom had lost several

digits to heavy duty kitchen equipment. Yet, those hands would mold two loaves at a time, one loaf per hand. With a single slice he would cut precisely a one-pound lump of dough from the batch, cut another, and then slap them on the board, punch, turn, knead, and shape, and within moments there would be two perfectly formed loaves sitting in the pans and he'd be starting on two more. Tom worked from 1 a.m. to 10 a.m. and singlehandedly produced over 600 loaves plus countless rolls and pastries. He'd banter nonstop, tell less-than-proper jokes, and laugh hardest at them. Temperamental as well, Tom often threatened to quit. But he never would—for he worked in the only unautomated London bakery, the one place where he could keep his hands in the dough. For Tom, making bread was more than a paycheck, it was his craft.

To become a bread-maker, I suggest you start with a basic all-wheat, yeasted loaf and work it again and again until you are satisfied with your method and product. Next start experimenting with different flours, oils, and ingredients, and then you'll be ready to master any yeasted variation and move on to unleavened and sourdough loaves. But let's first prepare by familiarizing ourselves with the tools and staples of bread-making.

## Flour

Some people are convinced that a whole wheat loaf needs a little white flour; others claim that a good loaf tolerates only a bit of whole wheat. Different opinions are a prevailing as wild yeasts in the winds. I personally prefer 100 percent whole wheat. The flavorful parts in a wheat berry (as with all whole foods) are richest in vitamins, minerals, and other micro-nutrients. A refined food is stripped of flavor in addition to nutrition. A whole wheat loaf is also dense, more filling, and smaller than a loaf made from the same volume of white flour. This is due to the coarse bran particles which cut the gluten during fermenta-

tion and thus limit its expansion.

Gluten (the protein factor) is the key to a well risen loaf. Hard spring wheat has the strongest gluten. Hard winter wheat is a close second. The most important thing about any whole grain flour is freshness. A grain of what is alive—plant it and it will grow—but as soon as it is milled oxidation sets in. The nutrients start to ebb away, and it is on its way to rancidity. While white flour under a week old is still vital, whereas unrefrigerated flour several months old is best composted. White flour, with its indefinite shelf life, needs no refrigeration because it's already dead.

In making bread, it's convenient to home-mill the quantity of flour you wish, from whatever grain you desire, and to determine the precise degree of coarseness of fineness which will best complement your recipe. Too finely-milled flour won't leaven properly because of underdeveloped gluten. The best texture of flour for bread is slightly finer than cornmeal.

Quality electric stone mills for home use are as low as \$300. I've used several kinds and my favorite is the air-cooled, All Grain Mill. Some prefer a handmill and use it regularly for all their flour needs, whereas others who have a handmill still rely on storebought flour because the energy expended to hand-grind enough flour for bread leaves them with no extra oomph to knead.

If you buy your flour, insist that the package is dated and refrigerated. Once home, keep all your whole grain flours refrigerated until use. If you have an option, favor stone-ground flours. A stone mill shaves the grain layer by layer and yields flour particles with a top and a bottom that produce a more workable dough and a bread that is more digestible. Inferior types of mills include hammer mills which smash the grain into flour or gigantic blender-type mills which chop the grain.

*This article originally appeared as Sculpt A Harvest Loaf, © East West Journal. Reprinted with permission. Thanks.*

## Liquor

By volume the next largest bread ingredient is liquor, i.e., the liquid for mixing flour into dough. Plain water is most often used. Water in which noodles were cooked also works well. The sweeter your water, the better your bread. Artesian well or spring water is preferred, and filtered tap water is acceptable. Try to avoid distilled or tap water.

The mineral content of your water affects your bread. A water between hard and soft best provides the essential minerals necessary to activate and yet control the yeast in dough. Soft water—low in minerals—yields a soft and sticky dough. To compensate you may use additional sea salt which will give mineral supplementation. Excessively hard water toughens the gluten and retards the progress of fermentation. To soften overly hard water you may boil it prior to use. Alkaline water may neutralize the slightly acid condition needed for a dough's fermentation. If your water is alkaline, add a little lemon juice or vinegar to neutralize it.

It is water which imparts the "fresh" characteristic of bread. Commercial bread contains a higher percentage of water than homemade and nets a more profitable loaf with a longer shelf life. To keep your bread fresh, remove it from the pan after baking and cool it thoroughly on a rack; then wrap it in a fresh tea towel and keep it in your bread box. If it does stale you may freshen it by steaming for a few minutes.

## Salt

In addition to flour and water, the only other mandatory ingredient for bread is salt. Salt accentuates the taste of wheat, controls fermentation, helps produce a good crust and crumb, and aids moisture retention. Without salt, bread would not be

bread at all but rather an indigestible clay. Use only sea salt. Ordinary table salt is a highly refined product that's full of additives. Sea salts vary greatly in their saltiness as well as their mineral content so select the best available. Salt is not an item to budget on.

Each person tolerates salt differently according to his or her age, activity, and condition. The salt needed in any batch of bread depends on the age of the flour—new flour absorbs more salt than old flour—the kind of dough, and the length of fermentation. The way to determine what amount of salt works best for you is to start with the minimum—one-quarter teaspoon salt per cup of flour—then, if necessary, to increase this amount accordingly.

## Oil

A good loaf of bread may be made without oil, but it is most often included for it adds flavor and richness, gives a more tender crumb, a thinner crust, and keeps the bread from drying out so quickly. You need only a few tablespoons per loaf, but as with salt, it is amazing how such a small amount so greatly affects the quality of the finished product.

Corn oil is the preferred oil because of its almost buttery flavour and corny aroma. There are some people who favor sesame because of its lighter taste. I recommend using either corn or sesame, but for a special occasion olive oil is unbeatable. It gives the dough a particular lightness and imparts a superb bouquet and taste. I do not recommend using safflower, peanut, or soy oil, or shortening, butter, or margarine.

## Yeast

Bakers from Egyptian times through the early nineteenth century most often depended upon the brewer's byproduct, barm, for leavening. In courtyards the brewhouses and bakehouses were under one roof and in households the prudent wife was expected to be as skilled a brewer as a baker. Beer and bread were staples, and they shared the same ingredients—grain, water, salt, and yeast. Each relied upon the mysteriously magical process of fermentation which transforms the basics into a product that is greater than the sum of its parts.

A home brewer myself, I've used barm to leaven and it gives a slightly bitter, yet pleasing, hop flavor. The biggest problem with using barm is its inconsistency, for beer varies so from

one batch to the next. To use barm skim off the cooled wort and refrigerate. One cup of barm is very roughly equivalent to one teaspoon granulated yeast.

Commercial yeast, available for 100 years now, is a real gift to breadmakers, for it performs consistently and predictably—unlike barm or the wild yeasts in unleavened bread or sourdough bread. Two types of baking yeast are available. One, compressed yeast, contains about 70 percent water; dried, granulated yeast contains 8 percent water and is good up to a year. Read your yeast label carefully; some contain the antioxidant BHA. At your natural foods store you may buy dried natural yeast in bulk and avoid paying for the expensive nitrogen-flushed foil packets.

The most important rule about yeast is to use a small quantity. In the following recipe you may increase the yeast to one tablespoon which is normal for today's impatient bakers, and your bread can be fully baked within two hours from mixing your dough. However, fermentation is what brings out the wheat's character. If you don't rush your bread it will taste superior and be more digestible. Therefore, I strongly advise using a minimum amount of yeast.

## Yeast Energizers

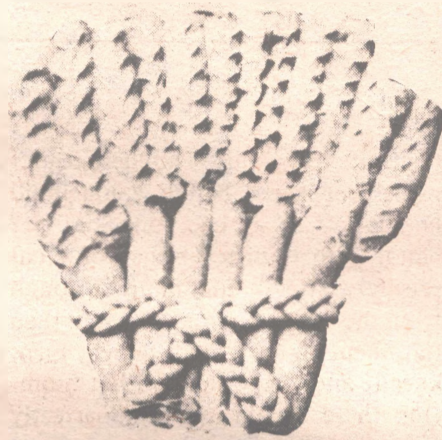
The prevalent idea that yeasted doughs need sugar is erroneous. All the nourishment needed by the yeast is found in the flour itself as you may easily discover by making a yeasted bread with no sweetener. Daily bread is more nourishing and "bread-like" if not adulterated with a sweetener. However, if you wish you can improve your loaf by adding a yeast energizer of diastatic malt which assists in converting the starch into fermentable sugar through its enzymatic action. As its name implies, a yeast energizer complements the fermenting process. Diastatic malt adds a delicate nutty flavor and gives a bloom to the crust. European and professional bakers use diastatic malt in their breads. Ginger juice (1 teaspoon for 3 loaves) was also traditionally used as a yeast energizer and provides a pleasing flavor.

You may purchase diastatic malt—request a light one—from a brewing supply store, or you may make it by sprouting your own barley, then drying and pulverizing it. Two cups of grain once sprouted yield 1 cup of malt flour which will energize over 100 loaves of bread. So even though it may take some special effort to obtain or make diastatic malt, a small amount will be a year's supply.

From apples to zucchini, the other items that can go into bread are

legion. But once again I recommend keeping with the basics while developing your touch for bread.

In celebration of wheat, I make an "offering loaf" that I saw Tom make for the English harvest. Tom's splendid loaf stood three feet high. It's easy to make, will delight your family and guests, and will grace your table as an edible centerpiece. Here is a recipe for a bread that is low-yeasted and long-fermented plus instructions for shaping an offering loaf. May you find the baking as nourishing and as satisfying as the eating.



## Harvest Loaf

3 medium-sized loaves  
5 cups water  
1 teaspoon granulated yeast  
1 teaspoon diastatic malt (optional)  
4 teaspoons sea salt  
12-14 cups fresh whole wheat flour  
¼ cup of corn oil

Start with ingredients at room temperature. Heat one cup water to lukewarm, add yeast and the diastatic malt (optional), and set aside. Add salt to the remaining water and stir to dissolve. Place 6 cups flour in a large bowl. Add oil and liquid ingredients and stir 100 times. Add 6 additional cups of flour and work into a dough. Use remaining flour if necessary to form a soft, yet not sticky, dough. Place on an oiled board and knead for 5 to 10 minutes or until it has the pliable firmness of a baby's bottom. Return to the cleaned and dried bowl and cover with a damp cloth. Place in a draft-free place or in your oven with just the pilot light on and allow to sit until the dough has nearly doubled in volume. This will take from 6 to 10 hours depending upon many factors including temperature, age of flour, moon cycle, and ingredients. Be patient, for an unhurried fermentation will develop more fully the fine flavor of the bread.

Knead and form into loaves that will fill your oiled pans two-thirds full. Cover with a damp cloth, set in a draft-free place, and allow to proof about 1½ hours or until the bread fills the pan. Cut design in top, place in a 350-degree oven, and bake for 1½ hours or until the bread pulls away from the sides of the pan. Turn out of the pan and place on a rack for cooling. A further test is to thump the

bottom of the loaf. If it sounds hollow, the bread is done; if it sounds heavy it is not fully cooked. Rub oil into the top to give luster to the crust.

## Offering Loaf

To make a harvest loaf follow the above recipe, but instead of forming into loaves, take out one cup of dough and set aside. Divide the remainder into 6 equal portions. Using one of the six pieces at a time, roll it with both hands to form a 21-inch strand. Place it on a 15-inch-long oiled cookie sheet and fold over the top so that the top third of the strand is doubled. Repeat with the 5 remaining pieces, placing each on the cookie sheet to form a sheaf of wheat. Now divide the 1 cup dough into three equal portions. Roll each to the thickness of a pencil. Braid and decorate the loaf as illustrated. To make the grainlike design, pinch ridges into the dough using your forefinger and thumb. Allow to proof under a covered, damp cloth for 1 hour and bake for 1 hour. Remove from cookie sheet, rub oil in the top crust, and cool on a rack. □

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## Croissanterie



John Boudreau

George Demytruk, satisfaction guaranteed.

### by John Boudreau

Passing through the quiet village of Abercorn you will notice an unassuming bakery sign in front of a typical turn of the century clapboard house. Here George Dmytruk makes the delectable and decadent croissant.

Seeking a rural lifestyle George and Irmela moved to Sutton seven years ago from Montreal. Their belief in the value of natural foods surprisingly found them work in the area. George got a job at Paramount Farms Bakery (natural whole wheat breads) and Irmela minded the local health food store making *baclava* on

the side. While working his way up to head baker at the now closed Paramount Bakeries, George was experimenting with a few specialty breads and croissants at home in his spare time. A few stores in the area were glad to stock these hard-to-get sourdough breads and croissants for their tourist and European clientele—and they were fresh! The croissants were a hit. Local residents, realizing what they have been missing in life, left the shelves empty and George very busy.

From the demise of some comes the fortune of others and so, particularly for the local market, with Paramount Bakery out of business the Abercorn

Bakery-Croissanterie became a reality. It now offers a nice variety of home style natural breads such as sourdough dark and light rye, yeasted whole grain, french breads and of course their specialty, all butter croissants.

Crescent shaped breads (*croissant fr.*, meaning crescent, as in moon) are recorded as far back as the fifth century, where they were associated primarily with religious functions. The croissants of today resemble only in shape the unleavened breads of that period. When the French bakers got a hold of the basic recipe from the Austrians around 1900 they transformed it into the exquisite light and flaky croissant of today. Croissants have inspired poets and musicians alike, one local writer of some fame is said to have been rescued out of severe depression while in Paris, by a hot morning croissant.

Croissants are not fancy cakes that you should feel guilty about eating—well not entirely—especially George's. He uses whole wheat flour, milk powder, salt, yeast, some raw sugar and of course butter, one pound per 45 croissants (forget the calculator!) New additions are al-

mond and chocolate filled, which you definitely should feel guilty about. Of course one should eat them hot out of the oven to appreciate their full flavour, even stale ones regain life when hot.

The trick in getting that flaky pastry is in the rolling. The lean dough is rolled out at least four times with butter added at each roll. Acknowledging my interest, George began to elaborate on the fine art of croissant making but I wanted to hear no more. I'll chop my own wood, make my own bread or build my own house but I will not give up the joy of simply buying my favourite treat—*Panem Lunatum*. □



The Abercorn Bakery - a one man operation.

### Down With Arms! Up With Croissants!

It was 1529, Vienna (Austria) was under siege by the Turks who were trying to reach the inner city by digging tunnels under the ramparts..

According to the story it was the bakers working late at night in their caverns who heard the enemy's pick axes and gave the alert.

The city was saved and the bakers were warmly congratulated and wanted to create something in remembrance of the event. They made a

small leavened bread in the shape of a crescent (*croissant*) after the Turkish flag.

Many Viennese bakers came to Paris for the exhibition in 1900 and initiated the French bakers to the making of croissants. The recipe was expounded upon by the French using two procedures simultaneously: a "*feuilletage*" with a yeast mixture. This is the croissant we know today.

After Patrick Leport.

**Boulangerie de Compagne**



**Boulangerie**

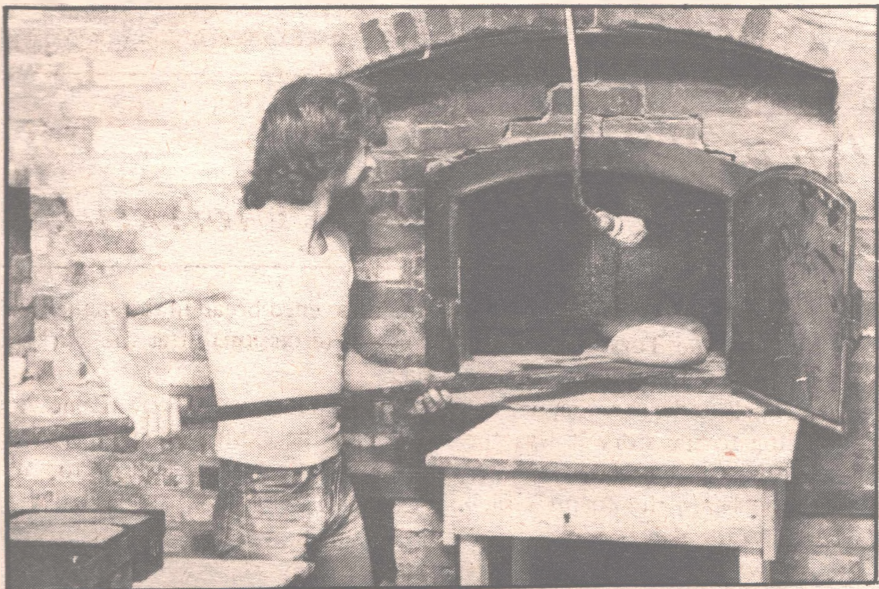
Accompanying the Guays and their three children when they moved to Bury a year and a half ago were fifteen thousand clay bricks from an old wood fired oven. It was carefully dismantled brick by brick in St-Vale-rien near St-Hyacinthe. Along with some new modifications Bernard rebuilt the oven complete with arch and new chimney at his new location in Bury.

Instead of burning the wood directly in this oven as our forefathers did, the fire is burned in a firebox underneath the oven. With a strong draught the flame is siphoned up through a hole in the oven floor at the front by means of the 'gueulard.' The gueulard is a cast iron elbow affair approximately ten inches in diameter which fits in the hole and enables the flame to shoot around the oven like a dragon's breath simulating the traditional fire-in-the-oven method. When the temperature reaches seven hundred degrees, the oven door is opened and the gueulard is replaced by a cast iron pot filled with water, which fits snugly in the

hole. The oven has now cooled down to 250°C, the dough is put in and forty five minutes later—bread, the staff of life.

Bernard and Monique's bakery is an extension of their own particular dietary belief, Macrobiotics, which they have been practicing for ten years. For others whose meat consumption is limited the Guays offer tofu (soy cheese) and wheat gluten, a wonderful tasting wheat substitute of which they also make tourtière. Their viability as a small business is already established (the local demand is more than they can handle) and their success is a result of perseverance in doing what they believe in—right livelihood. There were times, remembers Monique, when they were afraid to walk into stores with their 'strange' bread, now people are coming to them.

If the return to the breadline prophecies of the future are fulfilled and we have to live on bread alone, let's hope it's this 'meat without bone.' □



Jean-Marc learning the trade.

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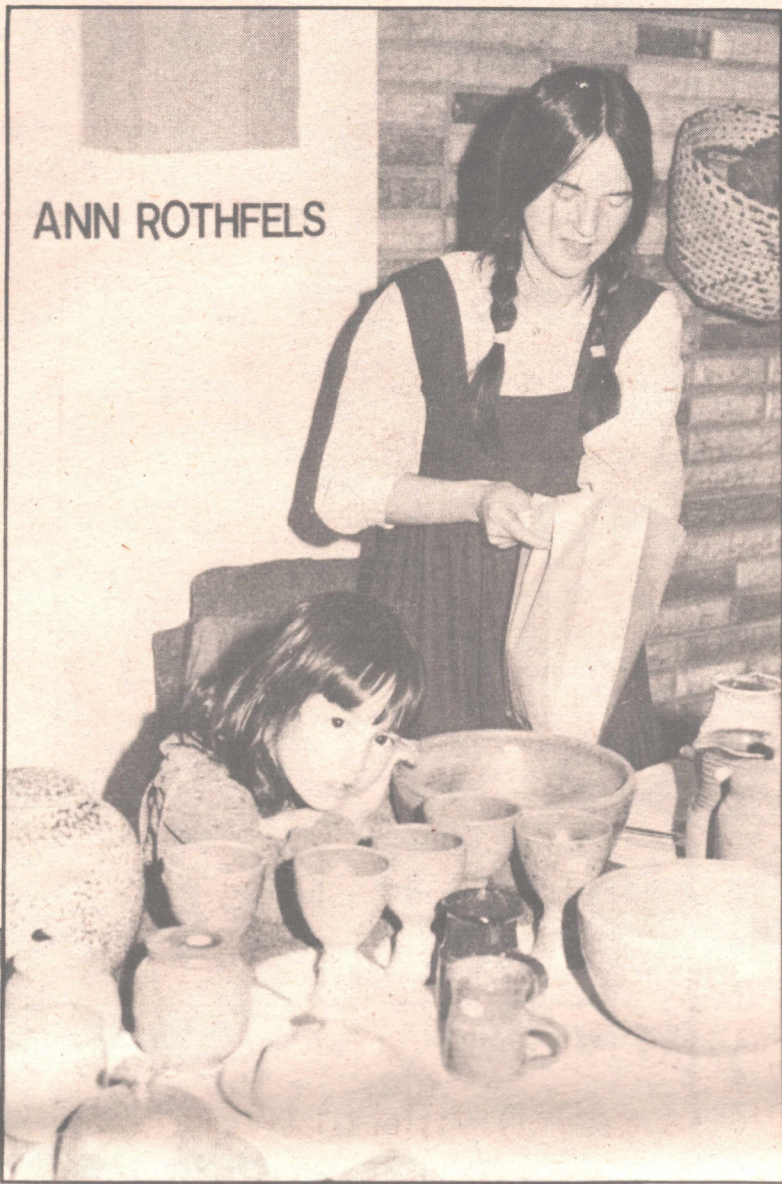
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Jessica Perkins





## Les Artisans en Fête

"The Sawyerville Hotel is a meeting house." (*Sun*: October '79). And in two years it has only become more so. Les Artisans en Fête was the epitome of local community enterprise, bringing out artists whose work was as good as any to be found in professional urban circles. And the spirit of festivity and goodwill certainly far surpassed that of such official organizations. Organizers and participants are to be congratulated. Hats off to the Crête family and friends of Sawyerville.





# Futons

by Jane Paige

She dreams of a room made of futons but for now she'll settle for teaching others how to make them on a farm in the Eastern Townships.

Forest Farm, an alternative community near Mansonville, Quebec, has gone into the futon making business and Jennifer Scott, who came to the farm in the summer, is heading up the operation.

Jennifer started making futons four years ago when she was living in Boston and was desperate for work.

She was hired by a futon factory in China Town on the edge of the Red Light district and learned how to make a futon in 32 minutes. She claims now to be the fastest futon maker in the West (as opposed to the East meaning Japan where futons have been used to sleep on for centuries).

In case you don't know what a futon is it's a traditional one-to-two-inch sleeping mattress first made in Japan and still being made and used there and in many countries of the East.

Originally a futon was made of one or two thick padded quilts stuffed with rice husks. Later for emperors and emperesses and for those who were of the aristocracy they were made and stuffed with silk. Futons were rolled up and put away when not in use.

The Futons being made at the farm and in the West have been adapted

for western use and are six inches thick instead of the traditional one or two inches and are used on a floor without the usual tatami covering.

Between working in Boston and coming to the farm Jennifer started a futon business with another young woman in Montreal. She left the business, well established and thriving, because she wanted to share an alternative life style with other like-minded people in a country setting.

About 12 people live permanently at the farm with the numbers swelling to 20 at times.

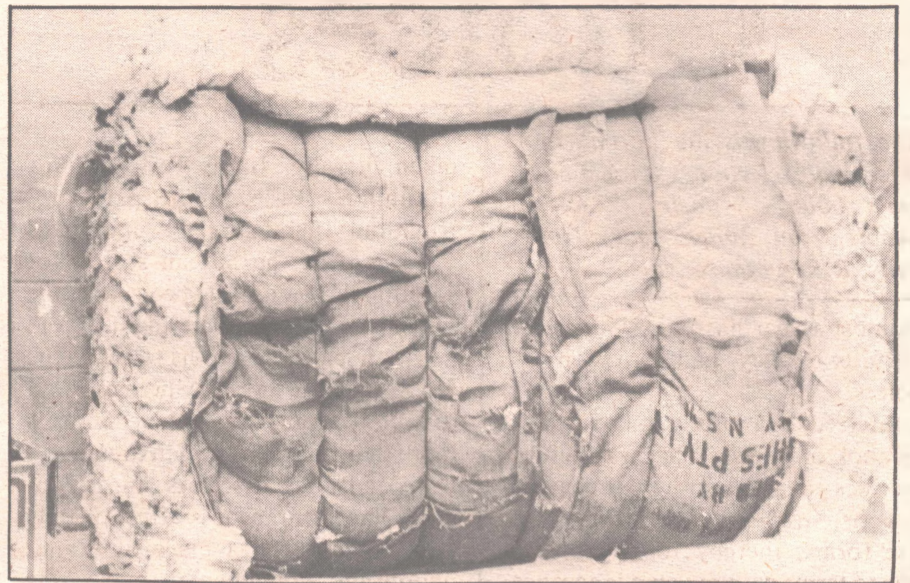
She's lost count of the exact number of futons she's made but she thinks it must be somewhere between four and five thousand. She says making futons is therapeutic and for her it's like a meditation.

"It's healthier and more restful to sleep on a mattress made of all natural fibres," she says. "The natural fibres allow for better air circulation and allow cosmic energy to flow more easily through you. Foam blocks energy."

Futons at the farm are made entirely of natural fibres. Only the thread to sew up the shells has some polyester in it to give strength.

The shells are made of 100% unbleached cotton muslin and the futon is stuffed with 100% cotton batting. The tacking which is done to prevent the cotton from moving around is done with cotton string.

Dr. R. Shepherd, who lives at the



Cotton batting the way it comes.

farm is a founder of the community, says he's had the best sleep he's ever had on a futon.

He says, "the support of the spine provided by the cotton throughout the night allows the muscles of the back to relax and so relieves the strain suffered by people with lower back pain."

Jennifer feels the futon is good for all kinds of back problems because it's soft but stays firm.

"It's also economical," she says, "It can be used as a sofa during the day or rolled up and stored in a cupboard."

Another advantage of the futon is

that it can be made in any size. A cradle-size one is now waiting for the newest member of the community, Dorothy Spevack's and Keith Willcock's baby.

Protective covers for futons are also made at the farm. They are recommended, as futons are not washable. The mattress cover can be easily removed and washed so the futon remains clean.

The farm also plans to make zabutons (pillows) and possibly wooden frames for futons.



John Boudreau

# Choices

The following is the introduction and several selections from Forest Farm's book of poetry, Choices, available from Ruiter Valley Community, R.R. 4 Mansonville.

Almost a year has passed since we at Ruiter Valley had a vision of Choices.

I referred to it naively in those days as a book of poetry. That was before the critics got at me with their charges of poor structure and incoherent verse forms, thereby forcing me to come to terms with my own ignorance when it comes to poetry, its forms, its style, its type of verse.

As the project has rolled on, the critics have grown more visible, the practical difficulties of producing any kind of publication have been indelibly etched on my mind and I, in my thirty-sixth year, have grown wiser.

I know now that this book is much more than it seems. From the point of view of the literary critic, it may be sadly lacking. I don't know. In fact, I don't give a damn.

Choices has become more than just a poetry book. In addition to containing some technically fine poetry, it does at least two things well.

First of all, it speaks a truth which is clear, simple, and at all times to be

taken literally. In its five sections, Hesitation - Reflection - Separation - Isolation - Direction, the book runs the gamut of the human search for emotional freedom. It speaks with the raw guts of despair and anguish, and it rises from these depths to catch the vision of a new world where equality can be a reality and where hope is more than a long forgotten dream.

Secondly, it describes an experience. The Farm, as it is affectionately known, has been a place of examination and fundamental re-choosing for many, since its inception as a therapeutic and mystical community some three and a half years ago. It has not been a safe retreat for those who have called it 'home'. Rather, it has thrown into question their traditional values and their selfish investments in life. It has challenged their creativity and demanded of them a commitment to co-operative living which has not been easy. Choices - Poetry Book I - speaks of that experience from sixteen widely divergent points of view.

It is here in the speaking, if anywhere, that the book fails. For in this verse, it is an inadequate substitute for speech; speech itself being but a poor excuse for experience. So, if in

the reading, you fail to catch the depth of meaning, it may be that words in fact cannot capture the reality of the experience.

If you can get beyond the words and the 'should have beens' and the 'why's' and the 'what's', there is in fact a truth which is as vibrant and universal as life itself.

That's what Choices is about.

Keith Willcock  
November, 1981.-

## I Am Living In The City

I am living in the city  
Where I make the money fly  
And I hold a big position.  
In an office near the sky  
But from out my office window  
In the blue haze there's a hill.  
And a cabin neath the big spruce.  
On a lake called Lac-a-l'isle.

Lac-a-lisle, Lac-a-l'isle  
In my memories dark and still.  
Where the red trout spins his circles.  
And the Loon calls sad and shrill.  
Where a man can gaze in wonder.  
At the milky-way on high  
Straighten out his muddled thinking.  
Melt his soul with stars and sky.

There's fast living in the city.  
There's fast living in the city  
If fast living's what you crave  
To some you are authority.

To others you're a slave.  
I have sold my days for money.  
Sold my best years for success  
But now I dream to get it back  
To regain the wilderness.

George Cumine

## Je suis venu de loin

Je suis venu de loin  
Avec bien peu de bagages  
Faire ma maison  
Sur la terre de Cain  
Avec ceux qui l'avaient défrichée.

Je lui ai cherché un nom  
Je lui ai cherché un visage  
Ce que je ne savais pas.

C'est que je cherchais le mien  
Je cherchais ma terre promise  
Et en marchant un jour  
Je l'ai trouvée  
Elle était sous mes pieds.

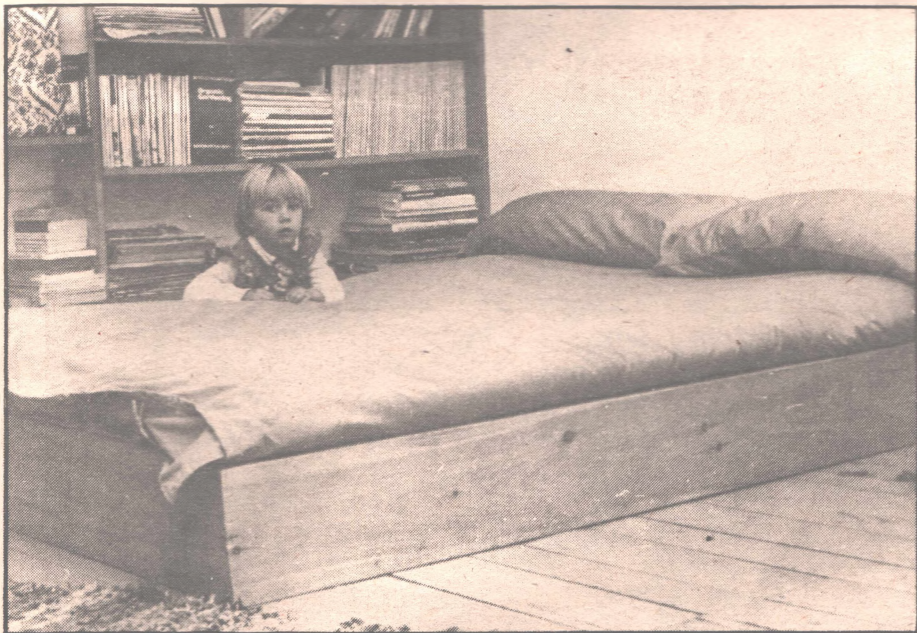
Richard Bonchoux

## Vanity Reversed

and she said  
in feigned annoyance

'there is a limit  
as to how close  
I will let you hold  
that camera.'

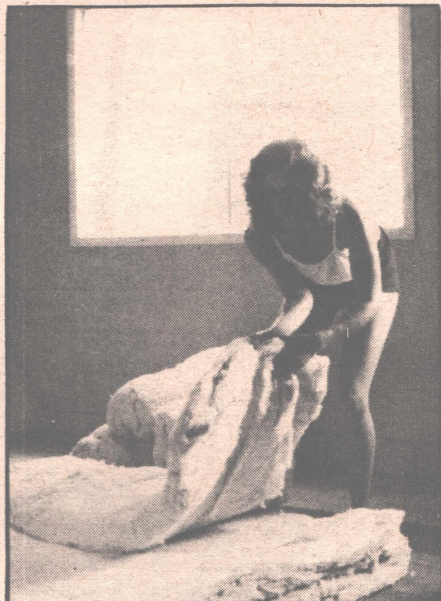
Jerry Wexler



## Futons

Anyone wanting to challenge Jennifer's record of making a futon in 32 minutes is welcome to visit the farm and have a try. He or she will find Jennifer and members of the community furiously stuffing futons in the farm house basement.

Soon the futon making operation will be moved to the newly built community centre where most of the furniture will be made from futons. It looks like Jennifer may yet get her wish for a room made of futons. □

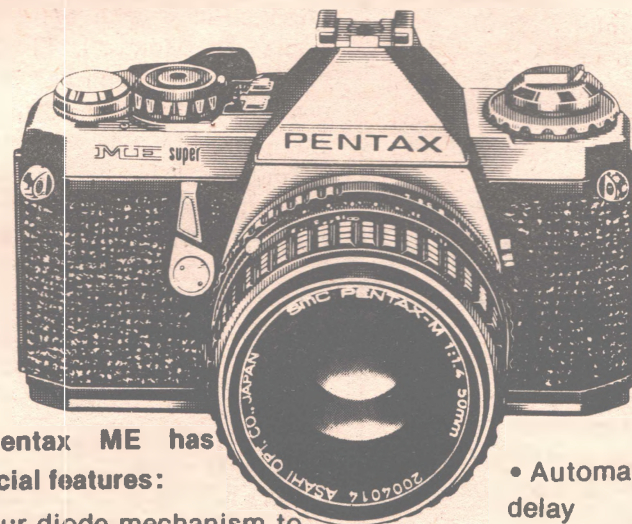


Putting it together.

Forest Farm

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# Brewing At Home

by Joe Smillie



A purist at work cracking the grain.

Two recent events have provided an impetus for the revival of the cottage art of home brewing. The first involves economics. As long as money is easy to come by it doesn't hurt to let Molsons and Labatts do your brewing for you. When you feel the pain of paying \$5.75 or more plus deposit for a case of 12 the desire to brew your own can then overcome laziness and trepidation. M. Parizeau has recently added his own promotion for home brewing.

The second motivating event involves raw materials. Previously it was necessary to go to Montreal to obtain supplies at the Wine-Art shops in Laval or on the West Island or better still downtown at the Cave au Vin on McKay St. Now l'Atelier du Vin at 2750 Galt St. O. has opened in Sherbrooke and handles all the necessary ingredients for home brewing.

There are, of course, many other reasons to brew. It does not take many attempts before your own product tastes better than the commercial ones. After drinking home brew only for about two weeks one is shocked at the poor taste and similarity of commercial beers. At home you can have your choice of English bitters, German lagers, or hearty ales.

Brewing then becomes an enjoyable hobby as well as an economic necessity. **There is no easier or more pleasant way to trim your budget.**

If you have well or spring water available you will also be brewing a chemical-free beer. The commercial variety contains a wide assortment of preservatives, foaming stabilizers, etc. Once could stretch a point and say that, in moderation, home brew is good for you. (B vitamins you know!)

I will not dictate detailed recipes, leaving that task to one of the many fine books available, but will rough

out the concepts and general steps in home-brewing.

It will cost some money to purchase your equipment but this capital expenditure will be amortized after gallons and gallons of inexpensive beer. A brewing container is your first purchase. It is probably best to start with a 5 or 6 gallon container but you will find that eventually (once you are sure of your work and your friends discover a great place to visit) that it is more efficient with a 17-20 gallon container. A diaper pail is about 5-6 gallons and a garbage pail is about 17-20 gallons. Buy a quality pail, like Rubbermaid, of hard plastic. You will also need a bottle capper; the 2 handle Italian type is cheaper and easier to use than the traditional, English stand. A hydrometer is your essential monitoring tool. It marks the specific gravity of liquid. This will enable you to pre-determine the alcoholic content of your finished product and even more important when to bottle. I would advise sticking close to the 5% alcohol figure (initial mix would be 1.048 on the hydrometer scale) and bottling at

about 1.002 on the hydrometer scale. A stronger beer can be made but, speaking from personal experience, can be dangerous especially to unsuspecting friends.

I would suggest the use of 30 oz pop bottles or 22 oz beer bottles (so-called quarts) for bottling. It is less work and should be poured into a glass pitcher before serving. Also needed are a plastic siphon hose (to place beer from container to bottles) nylon bags, (to hold hops), bottle brushes (to clean out bottles that were not rinsed out after use) and bottle caps.

One should also stock certain ingredients that are used in small

quantities rather than buy small packets for each brew. These include potassium meta-bisulfite, acid blend, yeast nutrient, and hops. Potassium meta-bisulfite is used to sterilize the container and bottles. I used to use boiling water to avoid this chemical but scalded hands and broken bottles led me to compromise; the bottle is rinsed out after. Acid blend is a mixture of tartaric citric and malic and is used for inverting the sugar making it more digestible by the yeast. Yeast nutrient is a mineral

supplement enabling the yeasty beasts to get a good start. Some table salt is also used to balance the taste.

Each brew will also need the main ingredients. For example 18 gallons of Ale is made from:

4 - 2½ lb tins of John Bull Malt Extract - \$24.00  
8 lb - sugar - \$3.50  
3 pkts - ale yeast - \$1.80  
10 tsp - yeast nutrient, salt, acid blend - \$1.00  
2 pkts - Hops - \$3.50  
All totalling to the amount of \$33.80.

## Why Brew At Home?

Good ingredients are the key to good beer. The reason why most American beer produced by the giant companies tastes like effervescent Kool Aid is not because the brewer was negligent in sanitation or careless in ferment; U.S. breweries are spotless and run like precision machines with the aid of computers. Rather, it is due to compromising the ingredients department. Rice and/or corn are almost always added to stretch the costly barley malt resulting in a lighter, weaker-bodied product with a distinct corn or rice aftertaste. As fresh hops are expensive, hop extracts are often used which further degrade the already impoverished taste of the beer. Add to this the artificial heading agents, preservatives, and even color and flavoring added by many (but not all) of the large U.S. breweries, and it is easy to see how most American beer is not noted for its taste and quality.

Even the costly imported beers, though usually faultless in their ingredients, have been altered for

shipment to the United States. Most imported and domestic beers have been pasteurized with 140 degree heat for 10 minutes. This allows the beer to survive long periods of storage without refrigeration but kills the fresh, on-tap flavor. Besides being pasteurized, many European imports have been "stabilized" with various preserving chemicals to keep the delicate liquid food from deteriorating in the rocking hold of a freighter slowly plowing its way across the Atlantic.

When you drink your first bottle of home brewed beer, it will be with the satisfaction of knowing what it contains, how it was made, and how old it is. If your beer was brewed with pure barley malt and without sugar, it will be wholly superior to the average commercial beer. Besides brewing (and drinking) outstanding beer, you will also save a great deal of money.

from Williams Brewing



The grain goes into a nylon bag.

## The Brewing Process Expounded

After the sweet wort has been reconstituted from powder or syrup it must be boiled for at least 1 hour with the hops to flavor and sterilize the beer. Besides imparting hop flavor and killing stray bacteria, a vigorous rolling boil is necessary to fully degrade the nitrogenous substances in the malt, which otherwise would remain in suspension in the finished beer, reducing its clarity and increasing the likelihood of chill haze formation.

For the ultimate in efficient boils, 5 gallons of water should be boiled with the malt and hops when making 5 gallons of beer. For those with only a 2 gallon pot, however, a good boil can still be obtained, although the danger of a sticky boilover of the concentrated malt solution is much greater.

The malt solution should be allowed to boil for 5 minutes before the hops are added to make sure it has become fully homogenized with the brewing water. Approximately three-fourths of the total hops used are added at this point to flavor the beer. Unfortunately, the hop aroma from these flavoring hops is boiled away in the 50 minutes it takes to extract all the sharp flavor. The simplest way to replenish the lost hop aroma is to add the remaining ¼ of the hops during the last 10 minutes of the boil. To achieve an almost intoxicating level of hop aroma, the dry hopping method should be employed, which involves adding fresh unboiled pelletized or compressed hops to the beer after boiling.

Crushed crystal malt and-or whole black patent malt (depending on the recipe) are added to the boiling beer to give it a fuller-bodied malt flavor and darker color. Boiling for 20 minutes extracts virtually all the desirable flavors and sugars from the grain.

After boiling the raw beer should be cooled as rapidly as possible

(ideally 4 hours or less) to 75 degrees F. or less in the fermenter so the yeast can be added as soon as possible, reducing the risk of bacterial infection in the non-fermenting beer. The yeast could die if added when the beer is warmer than 75 degrees F. Rapid cooling can be accomplished by adding cold water to the concentrated beer to make 5 gallons or by putting the fermenter in a tub of cold water.

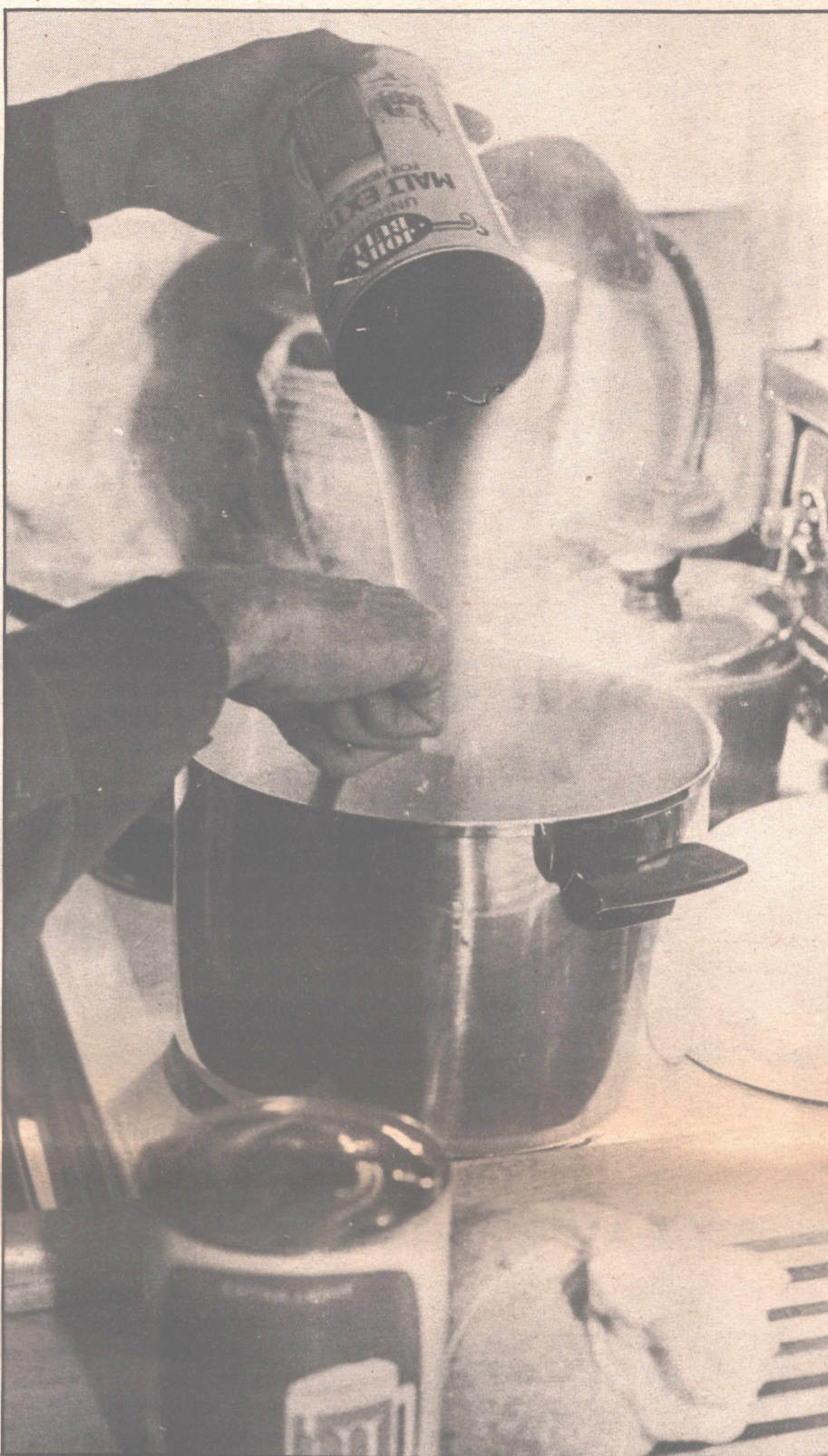
The yeast is then stirred in and fermentation begins. During the first vigorous stage of fermentation, a large amount of carbon dioxide is produced, giving rise to a foam on the surface of the brew. After the foam had subsided the beer must be sealed with an airlock (use a secondary or single-stage fermenter) because carbon dioxide gas is no longer being emitted at a sufficient rate to protect the beer from the oxidizing effect of air contact.

When the beer has fermented completely out, it is alcoholic but flat. Depending on the temperature, the beer usually completes its ferment in 5 to 8 days.

Immediately before bottling, a process known as priming, which evokes a gentle renewed fermentation from the small amount of yeast left in the beer, is employed; a half-teaspoon or so of corn sugar is added to the beer bottles, giving the yeast more food to digest into carbon dioxide and alcohol. As this fermentation occurs when the beer is bottled and capped, the carbon dioxide pressure carbonates the beer instead of escaping. The priming process adds about ½% of alcohol to the finished beer.

Although the beer is fully carbonated after about 3 weeks and fermentation has ended, the beer is still raw and needs aging to mellow and blend the hop and malt flavors. Aging times and temperatures vary widely for ales and lagers of varying strengths.

from Williams Brewing



Pouring the malt extract into the rolling boil.

## Brewing At Home

Twelve bottles or 144 oz of commercial beer costs about \$5.75 or 5 cents per ounce. Eighteen gallons or 2880 ounces of home brew costs \$33.80 or about 1 cent per ounce.

The brewing process is simple. Yeast cells multiply rapidly in a warm sugar-rich solution, they gobble up sugar and excrete alcohol and carbon dioxide. They will eventually die in their own effluent (alcohol). One simply bottles this waste just before all the yeast cells die leaving just enough action left to carbonate the bottle. The hydrometer tells you when this critical time occurs (about 1.002-1.004).

It seems then, that beer is just another sugar fix except that the sugar is transmuted or de-natured. A "true" beer is made with only malt extract and no sugar but this is expensive and requires more care.

The best brewing is done at a temperature of 45°-55°F. Lager

yeasts are fussy and prefer 43°-45°F. You can brew faster at higher temperatures but it will not taste as good.

Practically speaking, it is just a question of boiling large quantities of water. A roasting pan is a good vessel because of its large stove surface area. Malt extract is mixed into the first 2 containers and boiled up, then sugar in the next. When the sugar water is boiling the acid blend is added to invert the sugar. Leave some room in the brewing container for more water. Let the mixture cool overnight and the next morning check with the hydrometer. It should be about 1.045-1.048 for 5% beer. If it is lower add boiled sugar water, if too high just water. It is important.

It is best to carry the water to the basement or place where you can keep the brewing vessel at 45°-55°F rather than try to move the container.

cont'd.

## Brewing At Home

Take a sample of this mix (now called wort) of about 1½ cups in a 2 cup Pyrex measuring cup. When it is at room temperature add your yeast pockets. Cover it loosely and leave for 12 hours. Add this to the brewing vessel and stand back.

The key point now is sanitation. Just one microscopic wild yeast cell or 1 miniscule vinegar fly can ruin the batch. Keep everything very clean and put a new garbage bag (un-opened) over the container and clamped down with the lid. There will be excess foam to skim off the first few days. Do this with a sterilized ladle and change the garbage bag if it becomes fouled. Keep the whole operation clean.

When it is ready (1.002-1.004) it is siphoned into bottles. This will take some practice and a few initial spills. It takes about 2 weeks to carbonate in the bottles and tastes best after 6 weeks after which it improves only slowly until 4 months, or so I am told, until it starts to degrade. As the saying goes; it keeps but it does not last. Now go out and buy one of these books. Happy brewing!

**The Penguin Book of Home Brewing and Winemaking.** W.H.T. Taylor - Penguin Books.

**Home Made Brews and Wines** - Ken Shales.

**The Art of Home Brewing and Wine Making** - C.J.J. Berry.



### Pale Ale

This traditional English pale ale, with its dry malt base, will bring out all the flavor and aroma of the best European hops. Ideal fermentation temperature is 60 to 65 degrees F.

- 5 pounds light English dry malt or 6 pounds English light malt extract syrup
- three-quarters of a pound of crushed crystal grain
- 3½ ounces English Goldings, Styrian Goldings, or German Hallertau hops
- 1 packet ale yeast
- 2 teaspoons gypsum
- ¼ teaspoon citric acid
- 4 ounces corn sugar (for carbonation)

Starting gravity 43, finishes at 14 or less. Alcohol 3.8%.



Syphoning a small batch into the bottles.



Capping.

### Why Not Use Sugar?

The use of large amounts of corn or cane sugar as a malt stretcher in home brewing has given "home brew" a somewhat poor reputation in some quarters. Large amounts of sugar produce a beer with a malt flavor distorted by the cidery taste of fermented sugar. Virtually all home beermaking recipes surviving from Prohibition (there are quite a few) advocate the use of 3 to 10 pounds of sugar when using just one 3-pound can of hopped malt syrup.

To produce an outstanding beer, only barley malt should be used as the source of fermentable sugar, leaving sugar for carbonation (the ½ teaspoon per bottle does not affect the flavor) and making lemonade. The reason many suppliers still promote the use of sugar as a malt stretcher is because pure barley malt is expensive. The difference in flavor between a sugar and a 100% barley malt beer is

very noticeable, however, and a pure malt beer can be brewed for less than the price of a bargain six-pack. This does not mean that a sugar beer cannot be good—only that beer brewed with pure barley malt is far superior.

*from Williams Brewing*

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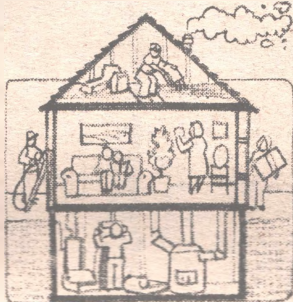


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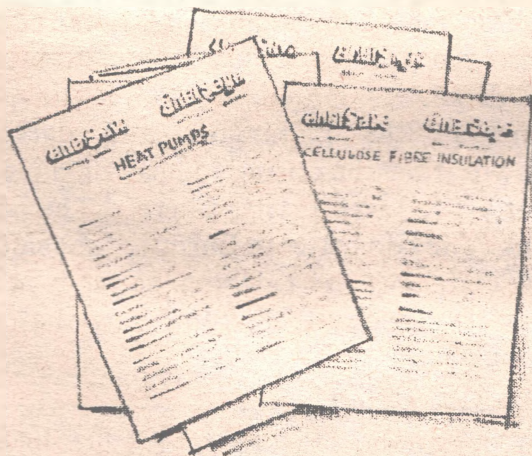
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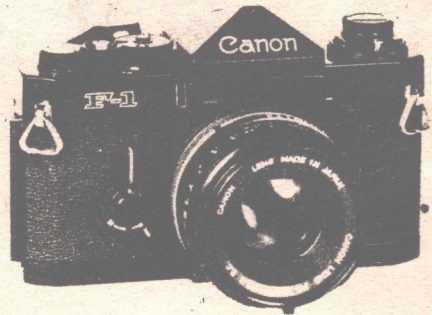
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## More Bread

Originally from Switzerland, Lilianne Bolthouser, her husband Reiner and two children first bought a dairy farm near Drummondville. They now farm in Bishopton and produce organic vegetables for local markets, including Sherbrooke restaurants.

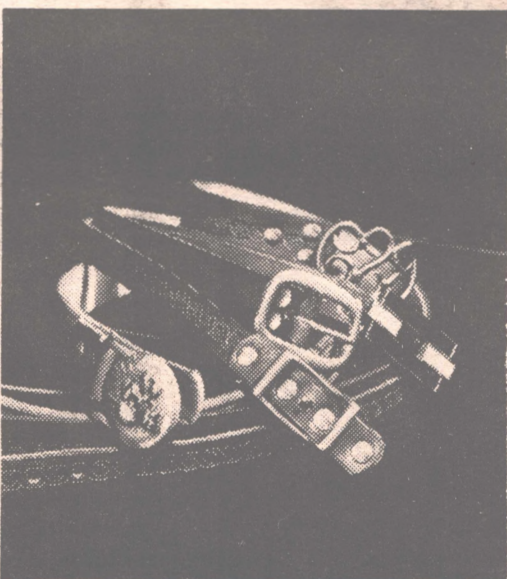
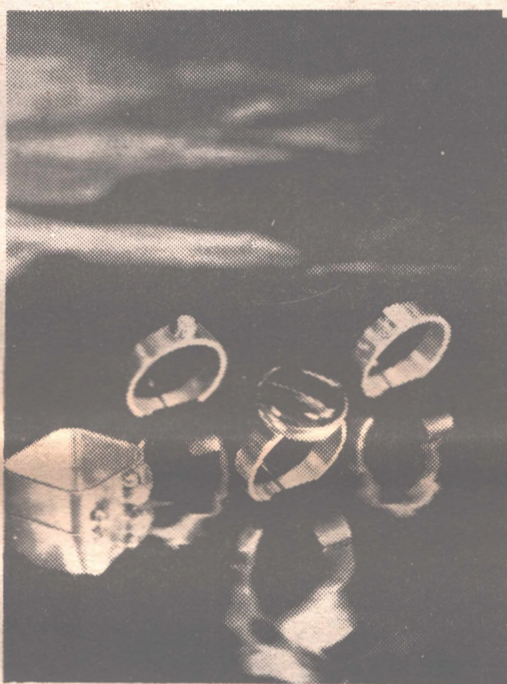
Lilianne also produces what is commonly known as "bread" or baker's clay, a versatile folk art found in Europe and Mexico. Her style includes little flat ornaments such as are seen on holiday trees, miniature theatre and tableaux. One piece presents a chubby slumbering figure beneath a hanging lamp, that lights, in a bedroom alcove all mounted inside a beautiful darkwood clock with brass trim.

Other handsomely framed "pictures" depict fantasy scenes in vivid Mediterranean or dream-like colors. Most convey a tropical allure but include a more industrial concern with structure and detail.

Considering all the flamingoes and darkies on our Townships lawns it was surprising to hear Lilianne say that her work was not yet too well received here. "The colors are too strong, I think. They do better in Europe," she said.

But, she added, they are catching on; they're just new to Quebec. They're also beautiful, something that will soon be extremely popular. □





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## Down Home

by Helen Jamieson

There is an area between the Sherbrooke Region and Quebec City, known to many people as "down home".

Nestled neatly amongst the hills, the County of Megantic, (not to be confused with the Lake Megantic region) was officially surveyed in the late 1700's. In 1802 concessions of Crown Land (over 45,000 acres) were granted to the Townships of Halifax, Inverness, Leeds and Ireland. In order to establish a link between Quebec City and the United States, a road, surveyed and started in 1805, was completed by the militia with a contingent of 200 men, under the command of General Sir James Henry Craig in 1810. The Craig's road, as it was named can still be traced today although it would necessitate moving on foot through certain areas. Despite the inaccessibility and inconveniences the area had been settled by a few hardy Scots, Irish and English, but after the completion of the road the number of settlers in this region greatly increased.

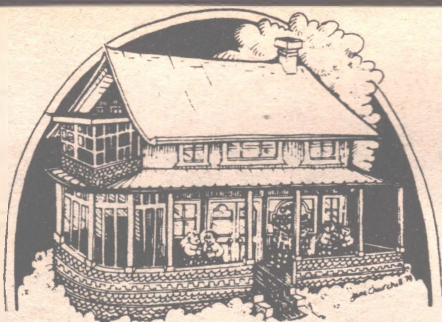
The names of the places often indicated the native origins of the ancestors of today's diminished English-speaking population. However, change has wreaked havoc with these names. Upper Ireland is now known as St. Adrien d'Irlande, Halifax as St. Ferdinand de Halifax, Leeds Village settled in 1809, is St. Jacques de Leeds, whilst Lower Ireland settled in 1818 has become St. Jean de Brébeuf. However, New Ireland just changed to Maple Grove, this was one of the

first places settled in 1807. Inverness in 1829, is still Inverness today, and Kinnears Mills from 1855 has also retained the name derived from its English origins.

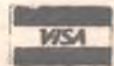
It would be impossible to estimate how many people have their origins in and around this area, so many have moved away, although with today's growing interest in ancestry the villages are inundated every year with people searching for names dates and records; churches and cemeteries being a focal point.

In addition to the English speaking population in the villages of Inverness and Kinnears Mills, places such as St. Agathe, St. Jean-de-Brébeuf, St. Sylvestre, St. Pierre-de-Broughton, St. Pierre-Baptiste, Leeds and Pontbriand all have a smattering of "les anglais." Thetford Mines has approximately 700 English-speaking albeit with a population of over 20,000 they are a distinct minority. This town is typical of any mining town with a rather transient population, although a few families have been there for a considerable number of years.

Asbestos was discovered in the region in 1876 by Joseph Fecteau, and the town was named Kingsville, after a Mr. William King, officially changing in 1905 to its present day name. Further change took place in 1964, when Asbestos Corporation bought the Johnson Mines, and with the newsworthy plans of the Quebec Government to take over the industry, and lack of employment outside



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of the Mines, it is with some trepidation that the population of Thetford faces the immediate future.

Buses bring children from the surrounding areas to the two English schools in the town, either St. Patrick's or the Andrew Stuart Johnson Memorial High School, both the Inverness Academy and the Kinnear's Mills Consolidated School, having been closed some years ago. Inverness, settled by the proud and hardy Scots in 1829, is today a busy little village with a population of 375, a little over 10% of which are English-speaking. (The first French-speaking people having arrived in the early 1900's). There are 3 churches a French school, a hotel, restaurant, 2 banks, 2 garages, a post office, hardware feed store and several small businesses besides the 2 general stores common to most villages, and 2 halls one of which was formerly the Academy. A new fire station has recently been erected, and the playground, skating rink, ball park, and Golden Age Croquet and Lawn Bowling area provide recreation facilities for people of all ages. Although it is not difficult to fathom out why Inverness was given it's name, in Kinnear's Mills this question is inevitably asked by all strangers. Mr. James Kinnear had water-powered mills on the west branch of the Osgoode River, although they were formerly owned by his uncle John Lambie, destroyed by fire and rebuilt in 1852, and purchased by Mr. Kinnear in 1855. Smaller even than Inverness Kinnear's Mills boasts a population of approximately 100 with about 40% English, higher in comparison than any other place in this immediate area. (The first French speaking people came in the 1930's). In the pursuits of the children in the village it is not uncommon to hear English spoken, as the English speaking youngsters in the village are a majority. "Village aux quatre clochers" it has been called, churches being prevalent no matter which way one enters the village. This pretty and peaceful village can boast little in the way of amenities, but 2 general stores, a restaurant, some small businesses and camping grounds, but despite this it attracts attention from many sources. During the summer months both Inverness and Kinnear's Mills team with visitors and especially for the annual 12th of July Picnic.

Not only do the people in this area have a heritage to look up to but they have retained their culture, notable in their way of life, speech and music, and despite the fact that many have left when they return all agree it's good to be "down home." □



## Second Thoughts

Remember Christmas Parmalee of the Waterloo Parmalees, Canada's Greatest Bank Swindler?

His tale was told in the February 1981 edition of *The Sun* and now, through the kindness of Ernest Mc Callum of Sawyerville, we have a letter from George Morgan, Ottawa, which sheds new light on Parmalee's last swindle. Mr. Morgan was an accountant in an Ottawa Bank at the time of Christmas Parmalee's final caper.

It was 1947. Parmalee had been going straight for three years since his release from Kingston Penitentiary, J.S. Macdonald of Macdonald Metals Ltd., gave him a job in Waterloo but Christmas Parmalee could not settle down. He was fifty-eight and determined on one last big score.

He stole a few blank cheques from the company, made up a duplicate of the certification stamp of the Waterloo branch of the Bank of Montreal and went to Ottawa. Under a variety of borrowed letterheads, he wrote to several banks and the replies gave him samples of the managers' signatures. A few preliminary transactions to learn the lie of his selected banks and Lucious Parmalee was ready.

He left a change of clothing behind a radiator in the second floor rest room of the Bank of Toronto. A quick call to the police about a suspicious car outside the Bank of Nova Scotia in Ottawa East, sent most patrol cars out of the district and he calmly walked in one bank after another, cashing his certified cheques approved by the managers who'd answered his letters.

"A teller at the Bank of Montreal," Mr. Morgan writes, "considered her accountant so tight that he wouldn't initial a cheque for anyone, not even his grandmother. She cashed the cheque presented to her and didn't question it. When going to lunch and passing his desk, she flippantly remarked that that must have been a real good friend of yours.

He questioned her and they realized they had been taken."

Meanwhile, Parmalee had changed his appearance by changing his clothes and hailed a cab—with \$17,400 not his own. He planned to take the taxi to Coteau Junction and meet a train from there to Valleyfield where his hideout was prepared.

But, as luck would have it, the cabbie had been hired about a month before to carry a couple to Pembroke. Once in the country, they'd pulled a gun, tied his hands with fence-wire and made off with his car. He swore he'd make no more long journeys.

In his memoirs, Lucius claimed the road was flooded and that was why his taxi driver could not take him to Coteau Junction. That may well have been the cabbie's excuse. Instead, he took him to Kars, just a few miles south, and left him in the railway station. Back in Ottawa, the alarm had been given, taxi drivers questioned, and this one told the police exactly where to find Christmas Parmalee—still waiting for a train.

He drew another twelve years in Kingston Pen.

Remember Joe Knowles?

Back in March of 1980, we told the tale of the Boston artist and outdoorsman who went into the Maine woods without tool or weapon, food or clothing, and emerged at Lake Megantic two months later, hale and hearty, wearing deerhide leggings and a bearskin shirt. We included his story in *Tales of the Townships*.

Now it appears that this wasn't Knowles's only such adventure. His exploit so boosted the circulation of the *Boston Post*, which arranged it, that it caught the attention of William Randolph Hearst who'd do almost anything to boost circulation of his own papers. He hired Joe to come west and pull the same stunt in the Siskiyou Mountains of Oregon of the *San Francisco Examiner*.

It was July 20th, 1914, when he once more said goodbye to civilization and walked naked and defenseless into the wilderness. He had arranged to leave messages at predetermined places for the *Examiner's* reporters to find and publish day by day—but he was upstaged by history. On July 28th, an Austrian Archduke was assassinated and World War I grabbed all the headlines. Joe Knowles gave up.

He tried once more when Hearst sent him to New York in 1916 to live in the wilds of Essex County. This time, a naked and utterly defenceless female—the newspapers called them the Dawn Man and the Dawn Woman—went into the woods at the same time but at a different place. Joe was supposed to have trained her in woodcraft and survival techniques but he was not to have contact with her in the wilderness. She was entirely alone.

She couldn't stand it. Inside a week, she gave up and Joe, seeing nearly all the stunt's publicity value given up with her, could see no point in continuing. He moved to Washington State, lived in a remote area and steadfastly refused to reveal what really went on in the woods. He died on October 21st, 1942.

by Bernard Epps

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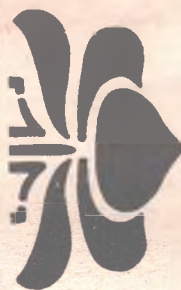
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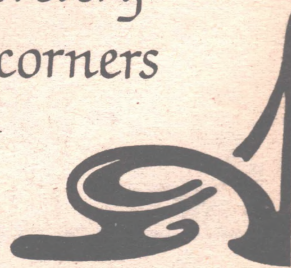
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# *Second Section*



*Attributed to Katsushika Hokusai*

# Hunting Clubs

## Civil Rights For Creatures, Farmers And Householders

by Nelson Wyatt

It used to be a pretty common sight. Every fall, back roads around the Townships would be choked off with carloads of hunters. Squads of men and boys would sweep through the forests with an eye cocked to bag a buck to fill that empty spot above the mantelpiece at home.

Many were good sportsmen and would obey provincially-legislated game laws. Many, however, were not. They would litter the land with beer cans and whiskey bottles and the blasts from their rifles riddled road signs, ripped through barns, felled dogs and cows and, occasionally, people.

But though the problem still exists, the establishment of local fish and game clubs has made an autumn stroll in the woods a less chancey affair than in the past. Nowadays, from the end of haying season until just before Christmas, teams from the clubs ride the range in radio-equipped trucks, declaring an open season on trespassers and poachers who invade club-leased land.

### Townships Clubs

Several clubs exist in the Townships, with the oldest and biggest groups headquartered in the area west of Lac Memphremagog. They cover about 85 percent of Brome-Missisquoi county, encompassing nearly 1600 square kilometres. The clubs are made up of hunters and landowners who patrol for trespassers and poachers and spread the word, that if you're not on the up-and-up you had better find another place to hunt.

Jim Lawrence, president of the region's oldest hunting and fishing club, in Brome County, says the club was established when pressures from so-called "slob hunters" got too great. Sherman Young, of the Sutton Valley Club, cites the same reason and says the impetus came for them when a Frelighsburg man, clad in a bright orange vest, was shot dead through the chest as he rose up after drinking from a stream.

Fish and game clubs, explains Lawrence, are incorporated in the same way as any business, by provincial charter. In Brome County, the 29-year-old club is located in Potton and based on privately-owned, club-leased land. About 800 landowners have leased their hunting and fishing rights to the club for a nominal fee and they are classified into three categories.

Class "A" members are landow-

ners with 15 or more acres and they pay no fee to hunt and fish. Residents of the municipality with less than 15 acres are classified as "B" members and pay \$7.50 for hunting and fishing privileges.

region is not spent on Kojak-style busts. "Most of the time, it involves a lot of waiting," says Sherman Young.

"At night, it doesn't do much good to run the roads. You do that to a certain extent but mostly it's waiting

one pair even trying to run down his wife with their car as they attempted to escape.

### Jacklighter's Tricks

The jacklighters have a number of tricks to their trade as interviews with Sherman Young and Jim Lawrence reveal. A favorite tool is a panel van with a sliding door. This vehicle enables the poacher to whip open the door when his quarry has been located, blast off a few rounds and then disappear back into the cover of the van before being seen. The van is also an easier way to transport the deer.

Another method involves the use of two cars, with one car running in front with a high-powered light and the other bringing up the rear with a rifleman. Lawrence added that when spotted, the pair usually splits up and even if they are caught, the system makes it difficult for the wardens to make their case. This is because game laws in Quebec state that jacklighters must be grabbed with both the light and the gun in their possession.

A third and probably the simplest and most popular method is just spotting the deer with car headlights and shooting over the vehicle's hood.

Young agreed with Lawrence that nailing jacklighters is a tricky business. "You can't just yell for help and have everyone converge on them with lights and flashers," he said. "You've got to get them with the goods on them so you can make your case in court."

### Government Headaches

But the late-night stake-out and chase isn't the only way to trap a lawbreaker, points out the Frelighsburg school bus driver. He recounted the story of a gang of professional poachers who shot a number of deer in the area and then mailed the animals' tails and photos of their catch to a provincial game warden to taunt him. The gang had scrawled expletives and challenges on the backs of the pictures but rather than anger the warden, the words closed the snare on the poachers. Handwriting analysis and some timely search warrants brought them to justice and a \$2,100 fine.

But Jim Lawrence will tell you that the club's biggest headache is not



Eadward Muybridge

Non-residents that pass muster by a special club committee may become non-voting Class "C" members, after paying a \$40 fee. Class "C" memberships are limited to 100 persons and their fees go towards club operating expenses.

Only club members can hunt on the land and both hunters and landowners serve on the board of directors. Currently, there are 180 "A" members and 350 "B" members in Brome County.

### Wardens and Jacklighters

Club wardens are all volunteers and auxiliary wardens have the same powers as a provincial game warden. Wardens are members in good standing that are approved by a club committee. Though their main objective is to keep the peace on club lands, their duties often don't end there. Members point out that wardens have recovered stolen goods during their patrols and have prevented burglaries in remote areas rarely covered by thinly stretched police patrols.

On a regular night, five club members are on patrol, with that number tripling on Saturday—"our busiest night", according to Lawrence. But the time spent cruising the

somewhere in the brush."

Often, that brings results. Young remembers the first night the Sutton Valley Club went on patrol. About five carloads turned out, with provincial game warden Gilles Choquette along to see how the first night transpired.

They hadn't been out more than a half-hour before they encountered a jacklighter—an illegal hunter who prowls the fields at night using powerful lights to stalk his prey. "he went down the road once and then came back up with his lights on, brightening up the area like it was daytime," said Young. "We had one car behind him and four in front. It was then that Gilles took over and co-ordinated everyone with the CB radio."

The club members blocked off the road, cutting short the jacklighter's attempted escape. Even when apprehended, the man tried to evade capture by discarding his light, rifle and spent shells. It did him little good—all were recovered.

But Young was no stranger to jacklighters or "slob hunters" when he joined the club as a founding member. He's nabbed several who tried their dirty deeds in the meadows around his Frelighsburg farm, with

poachers, even though this has been a particularly bad year for that violation. He says the biggest problem "is the stupidity of the provincial government."

Lawrence summed up the Quebec game laws as being rife with loopholes and asserted hunting regulations should be clearly laid out as they are in Vermont and the other provinces. He said an already backlogged court system makes it even harder to bring offenders to trial.

involved unless a criminal act has occurred.

The columnist added the trespass problem existed to a degree because government controlled hunting zones (ZECs) are too expensive and are largely depleted of game. He noted as well that landowners acting alone to protect their property were often ignored by the hunters.

Landowners agree there is strength in numbers and say hunters who scoff at individuals are less likely to ridicule

*"...I would tell the farmers in the Townships who couldn't afford an indoor swimming pool they should go to Montreal, stop at the first nice apartment building they see and go in and use the swimming pool...It's the same thing with the hunting situation."*

*- Real Hebert*

"Last fall, an auxiliary warden and I caught a fellow jacklighting and it still hasn't come to court," he said. "He had his hunting license again this fall and he was caught recently jacklighting once again—and he still hasn't yet come to trial for the first time!"

"When he does come to court," Lawrence concluded, "the fines are usually so small it won't bother him a bit." Fines vary but can be levied as high as \$300.

Attempts to get the laws tightened and special courts to handle hunting infractions have so far fallen on deaf ears. "Our current government seems to feel that the easier you make it for the populace to get their deer, the more votes they are going to get," says Lawrence.

But Real Hebert, the widely read outdoorsman—columnist for the *Sherbrooke Record* grimly reports the government just wants to make it easier for urban dwellers to sample the great outdoors.

"I met (Hunting and Fishing Minister Lucien) Lessard last year at a function hosted by the Quebec Wildlife Federation and I asked him why we haven't toughened our trespassing laws like the other provinces. In reply, he asked me what would happen to the hunter who lives in an apartment in Montreal—what would he do for hunting?"

"I told him in that case, I would tell the farmers in the Townships who couldn't afford an indoor swimming pool they should go to Montreal, stop at the first nice apartment building they see and go in and use the swimming pool. I said, by the way, I can't afford a big limousine—maybe I'll use yours. It's the same thing with the hunting situation."

Hebert, a long-time sportsman, said the clubs were the best protection for landowners. He explained provincial wardens can't act on private lands except to request to see the hunter's license and the QPF won't become

10 officially-sanctioned club wardens.

Royce Dustin, a West Brome farm manager, said he liked the club system because only members could hunt on the leased territory and "you know who is hunting on your land." John Chapman, a Dunham landowner who belongs to the Sutton Valley club, agrees.

"I used to live in Sutton Junction and before the clubs were formed, you couldn't drive down the road past my place because there was a deer crossing there and the area was full of hunters' cars," he remembers. "After the first prosecutions by the Brome-Bolton club, that sort of thing was largely eliminated."

Some problems do exist near Chapman's new home. About two years ago, a number of his tame ducks were shotgunned and during the last week of hunting season this year, neighbour Wayne Bates had three cows shot by a hunter who said he mistook them for deer.

The cows, a Jersey, a Holstein and a Hereford, were shot as they roamed a densely wooded area after breaking through a fence. Newspaper reports say the hunter, who turned himself in to provincial police and offered to pay for the animals, had apparently fired a volley of shots from the hip with his scoped rifle.

Chapman says as long as people are licensed to carry guns, incidents will occur. He used to hunt but gave it up and now has "more signs posted on my land than trees." He complained as well that the game laws were too vague but praised the clubs for their efforts.

"Many people don't like to accost hunters for fear of retaliation," he said. "It's nice to have these people who will intercede in an official capacity and, to a degree, remove the personal aspect from the incident."

But like others, Chapman is not going to tempt fate during the hunting season. "I wouldn't live anywhere else the rest of the year," the

Apple orchardists in the Frelighsburg-Dunham area have been plagued in the last few years more than ever with deer damaging their trees. The growers have repeatedly demanded that their association get the government to do something about it. Deer love to eat new fruit tree growth and buds. This can be particularly damaging in late summer and fall when the trees are hardening up for winter. Young dwarf and semi-dwarf trees can be literally wiped out in their first years of growth by a herd of deer grazing in this fashion.

This season some Frelighsburg growers decided to do something about it. Rejecting a request by the Sutton Fish and Game Club to close their land to hunters on the government, "Kill Does and Fawns Day" the orchardists 'opened' their property for hunting. Numerous hunters descended upon the orchards, at least twelve deer were killed, mostly fawns, and some hunters just missed the happy hunting grounds, themselves. Things got out of control at the end and the Fish and Game Club had to be called in to re-establish some kind of order.

Rod Riordon of Dunham has held off planting new trees, hoping a solution would come along. "A government biologist told me there was nothing to worry about, that the deer were pruning the trees for me," he said. Some solution. "I used to go out with my gun and try to keep the deer out" says Riordon, "but I was wasting valuable pruning time and gave up. Besides I really don't like shooting them and you can't kill them all off."

Riordon's orchard is now fenced with an 8 ft. high fence with 9 ft. stakes, "in case I have to go higher."

The solution is expensive but viable and ecological in this area where the majority of Québec's deer population is concentrated.

It's called co-existence, 1981.

**John Boudreau**

former high school math teacher says of his rural home. "I walk in the woods every day of the year, except for that one week during hunting season."

Abercorn landowner Aurelien Guillory told reporters at a recent meeting of the Sutton Valley Fish and Game Club he didn't like the idea of outside hunters wandering around in unfamiliar territory.

"I remember once I mistook my cat for a raccoon on my land," he said. "I'm pretty familiar with my land and I'm pretty familiar with my cat and if I can make that kind of mistake, it makes me wonder about the guy who knows nothing about my land."

And always, when you talk to landowners about the hunting season, the name Walter Freud comes up. Freud, of North Hatley, was a gun-hating pacifist who was cut down while working on his woodlot during the first day of the 1980 hunting season. The hunter who shot him said he mistook Freud for a bear but admitted to a Coroner's Inquest he had only seen bears in pictures and movies, prior to the incident.

Freud's death spurred the creation of fish and game clubs in the area east of Lac Memphremagog. Some landowners want them to be anti-hunting clubs but most people agree the idea is

impractical because hunting is a provincial matter and a united effort to control the sport is needed between landowners and hunters.

In the area west of the lake, the cooperation has resulted mainly in success. The clubs' best day may have been last October 31 when three clubs banded together to effectively derail a government-sanctioned one day open season on does and fawns. About 600 members, wardens and auxiliary wardens took to the fields and succeeded in preventing wholesale slaughter of the deer.

Wildlife protection is not the only concern of the clubs, though. They're looking out for people as well, stresses Sherman Young, because where hunters used to be able to wander through the woods and be certain of solitude, new houses and families are springing up.

"More and more clubs are organizing," says Real Hebert, "because since the government won't change the trespass laws, the landowners are really on their own. The clubs, with their wardens, can provide them with the protection they need."

"I wouldn't say the clubs are 100 percent foolproof," Hebert said in summing them up, "but they're the best protection a landowner has right now." □



Reflections

# A Land Logged

by Kathleen Serley Abrams

**A feeling of serenity and understanding comes with the hope of restoring a destroyed woodland for the benefit of future generations.**

Selective logging began on our land this week. Although we had been expecting it, we were startled by the discovery. After purchasing the land one year ago from a lumber company which reserved the right to remove the standing and down timber 11 inches in diameter 12 inches from the ground, we had indulged in a favorite fantasy. We imagined that the lumber company forgot about our 80 acres or found cutting the timber financially unattractive. That their three year contract had expired, and we legally acquired the right to protect the giant maples, oaks and evergreens which

loomed impressively across the land.

Although we realized that such hopes were unrealistic, we were free of the nagging reality of our agreement with the loggers as we walked up the road to our land on the last day of our summer vacation. We expected the land would greet us as it always had...with an absolutely awesome sense of peace; instead we sense a tension throughout our land. My husband examined a scrape mark on one of the boulders embedded in the road and wondered if the litterers who had recently dumped a pile of broken concrete deep within the woods had returned with another load.

We stood for a moment at the edge of our land, listening to the silence; then we began to walk slowly down to the old logging trail. The huge trees

towering over us seemed subtly changed. We found a place where a ditch had been dug to drain the road, and we hurried on, still expecting to find a litterer at the end of the trail. Then, deep within the woods, we heard the persistent drone of a motor. Had a litterer driven that far to dump his garbage? We hurried toward the sound until we could see the blue, diesel smoke filtering through the trees. An unpleasant, oily smell invaded the area where before there had been only the pungent, sweet odor of wild leeks, and we knew they had come for their trees.

As we rounded a bend in the trail, we saw the crawler moving slowly across the woodland floor and we heard another motor start, that unmistakable buzz of a chain saw. We stood for a time watching the three men. Seen from a distance through the foliage, dwarfed by the massive timber and surrounded by blue smoke clouds, they appeared to be moving in slow motion...our fantasy grotesquely reversed. We stood mesmerized as a tiny man approached a giant tree. The irritating buzz of his toy saw interrupted the stillness for a few seconds. Then (appearing to caress the giant) he lay his hand against the tree's trunk, and the huge tree toppled with a ripping sound that tore into our consciousness leaving a deep and permanent scar.

The first crash of a great tree must be, even for those who hear it daily, a monumental experience; for us it was a shock which sent us hurrying resolutely from the land.

When we returned a week later, the loggers had left their work for the day, the machines were quiet, but the deceptively sweet smell of fresh sawdust told of the destruction awaiting us as clearly as the oily odor of diesel fuel had warned us earlier. What does one experience when he first witnesses a precious wild area destroyed; despair for the loss of his peaceful refuge, disgust for this necessity of progress, fear that he will never again know the wonder and peace of wildness? Resolutely, I followed my husband as he stepped onto our land and began, as we walked hesitantly down the trail, to experience each of these emotions in turn.

The first thing we noticed was what I had come to think of as my woodpecker tree. A huge, old basswood riddled by pileated woodpeckers, the tree had loomed crookedly over the rutted path for many years. I had often spied a large pileated woodpecker hammering purposefully on the barkless trunk, and I was especially proud to provide the mature forest habitat this impressive bird requires. Now our tree, deemed a hazard to the efficiency of a logging operation, lay on its side, uprooted by a crawler and left as insignificant to finish decaying. Somehow, lying on its side with its stumplike roots exposed, it looked more pitiable than venerable; for the first time I saw the tree as it must have appeared to those

who uprooted it, an unsightly stump leaning precariously over the path. Feeling suddenly as though I were suffocating, I turned deliberately and hurried deeper into the woods.

Huge fallen trees were everywhere, their green leaves withering at wrong angles to the ground. My husband fitted his hand into a groove of one of the largest trees and wondered aloud how all the animals who used that indentation as storage, hiding or home would manage this winter. Damp, black earth, the fall resting place for countless wild plants, was rutted and disturbed, left drying in the sun.

I let my glance follow the straight, spindly lines of the few trees which remained. Most were maimed, broken branches dangling in the quiet breeze. The most heart-rending of these trees, our hope for a future forest, was a frail maple about eight feet tall. It must have sprouted in a patch of humus which collected in a groove of a large boulder. The seedling sent out roots which worked their way around the sides of the boulder and finally, after much searching, reached the earth beneath. I stared at the toughened roots hugging the boulder and suddenly in the midst of chaos I was hopeful. If that tree was prospering, surely our woodland would restore itself rapidly.

Then I noticed the accident. About halfway up, the trunk had been broken by the branch of a falling tree. The splintered wood stood out starkly against the blue sky. After its years of struggling for a secure footing and constant food supply, it was doomed to die...one of the numerous and overlooked victims of a logging operation.

As I despaired over the tree, my husband assured me that our land would restore itself; but I could not share his optimism. I brushed the sawdust from a maple stump and counted the rings...68. My husband will be 99 years old before a tree of equal stature has replaced this fallen maple. I hope he is able to see that tree, but statistics indicate that as unlikely. Dazed, I counted the rings in other stumps. One freshly cut tree revealed 120 rings. Respectfully, we sat beside it for a minute trying to collect our thoughts. That fallen elm was almost 100 years old when I was born. The rings spun a tale of prosperity and drought. At times I could hardly fit my finger nail between the rings; at other times the rings were almost a quarter-of-an-inch thick. I imagined that tree, increasing steadily in girth for over a century while humankind struggled through wars, economic collapse, social unrest, assassinations and numerous minor upheavals, and I understood clearly for the first time why we can experience such peace from wilderness. In a shocked and transient world, trees continue to grow much the same as they have for millions of years. They do not move unaided from the places of their creation, and they can be depended

on to lend a solid backrest, provide for small animals and change predictably with the seasons.

As I ran my hand slowly across the unblemished wood of the ancient elm, I searched for that optimism my husband professed. Where should I find it? Perhaps it was evident in the two spiders continuing life on the fallen log or in the foot-high seedling sprouted near the great trunk with its two leaves already turned reddish in a brazen show of carrying on naturally.

I am reminded, however, of the tales told about the old Russian who owned the land before us. People in the area still shake their heads in bewilderment because he refused to log his land. "Think of all the money he might have had," they say with awe. But I wonder what more he would have had with all that money. His one room cabin still stands, an indication of his simple life. A giant Jack-in-the-pulpit bloomed by his door this spring and a pileated woodpecker hatched her brood in a hollow tree near his window. I'm certain that on this land he had everything he even needed and much more than he might have bought with the \$60,000 which destruction of this wilderness would have paid him.

My husband and I have returned to our land many times since that first week. The loggers continue to cut roads across the land and we wander the maze, lamenting the continuing destruction of our beloved wild place. Glancing at the maimed woods, my husband quietly curses the day we bought the land. A flawless white birch, eight inches in diameter and, therefore, one of our trees, stretches its 30 feet along the forest floor; a willowy maple (another one of our trees) forms a perfect bow as it lies wedged between rocks and trees. Both the birch and the maple are victims of a drainage ditch. They are trees we did not expect to lose, and I am tempted to join my husband in bemoaning the days when we allowed ourselves to become so attached to this land.

But we will not abandon this land, now that it no longer supports the giant trees. We are most grateful for the serenity we achieved here. We hope to sustain that serenity even as we witness destruction of its source. We continue to savor our commitment to the land. Through restoration of this land, we hope to know a joy even more special than that year of fantasizing when we dreamed that the trees were ours.

Then, I remember the growth rings and know that the greatest grief is the realization that regardless of what we do, in our lifetimes we can never again experience the majesty of a mature woodlot on this land; that precious experience is forever lost to us. □

*This article originally appeared in Snowy Egret.*



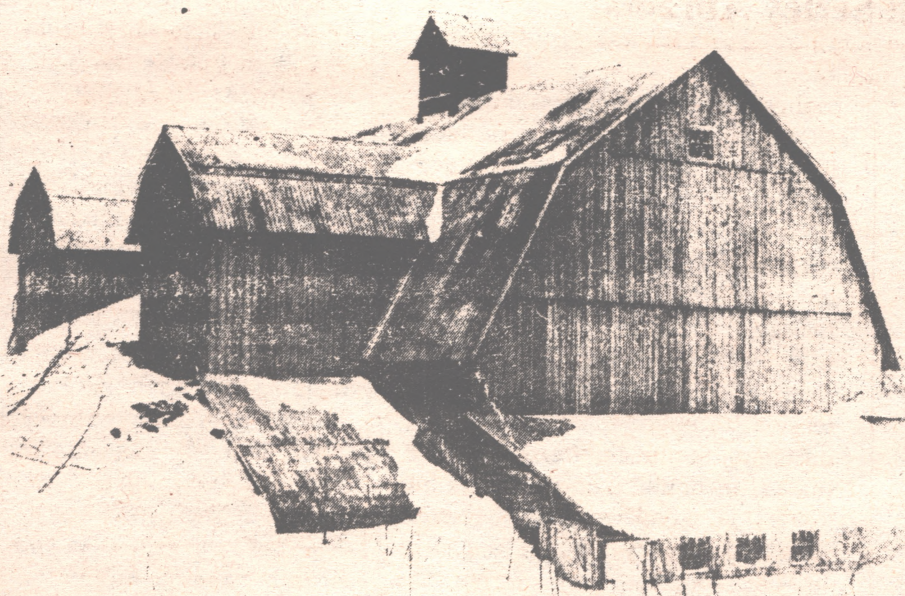
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But the real changes in our industry have mostly taken place in the last two decades and some of them have been most dramatic, such as the appearance of the quartz regulated watch or the near-perfect diamond simulants.

All of these changes have made it necessary for us to acquire new knowledge and expertise, and we take pride in the fact that we have always been at the vanguard in acquiring the knowledge necessary to cope with these new challenges.

One thing, however, has never changed through all these years. It is our dedication to quality and service, and guarantee that all our customers, which we would like to consider as faithful friends of the firm, will always receive complete satisfaction.

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# How To RAISE HELL

by Merritt Clifton

You've seen the river turn fluorescent green. Or you've seen surveyors on your land, or a Hydro Quebec crew with chainsaws in your woods. Or maybe you've come up behind a tank-truck that was discharging a load of something into the middle of a highway during the rainstorm. Perhaps the Canadian Pacific Railroad is laying ballast near your home that looks like more asbestos.

What do you do? How do you do it?

The following is your jawbone of an ass, a point-by-point plan of action. I know it works because I've been whacking governmental and corporate environmental Philistines with it for over a decade.

## Act Now

1) **Act Now!** It's always easiest to draw attention to a problem—environmental or otherwise—while it's most obvious and visible. In addition, it's easier to kill young dragons than the full-grown, fire-eating variety. By the time you've discussed an unusual or alarming situation with all your friends and neighbors, it may no longer seem unusual or alarming to those who can rectify it—especially if they're the ones responsible for creating it in the first place. Ecodisasters are like fires: better to call in a well-intentioned false alarm than to let them spread beyond control.

## Document Your Complaint

2) **Document your complaint!** Almost everyone owns a camera: photograph anything suspicious, no matter what it is. Even if no one else sees the strange green tint to the river, a few color photographs will prove that it was green on such-and-such a date at such-and-such an hour, that surveyors or a chainsaw crew were there.

In addition, photographs often reveal details of activity that escape the eye. If you catch a truck dumping sewage

or chemicals, for instance, the camera may capture the license number even if you yourself don't manage to remember it.

Photographs are the most important form of evidence, because pictures are often worth a thousand words. But obtaining samples of suspicious substances is equally important in making a case against pollution, because only actual samples can be positively identified and traced to a source. Don't wait for outside experts to come do your sampling; if they work for the government, they might not arrive for days, while many pollutants dissipate into untraceable but still dangerous sub-components within a matter of minutes. Sample-taking isn't difficult, and again, most households already contain the necessary equipment. Liquid samples can be contained safely in sterilized glass jars. Avoid plastic containers, however, as some chemical pollutants can dissolve them. Also avoid metal containers, since acids can rapidly corrode them. Even if a metal container doesn't leak, moreover, it may contaminate the sample with bits of itself, confusing subsequent chemical analysis. As a safety precaution, wear rubber gloves when taking samples of unidentified liquids.

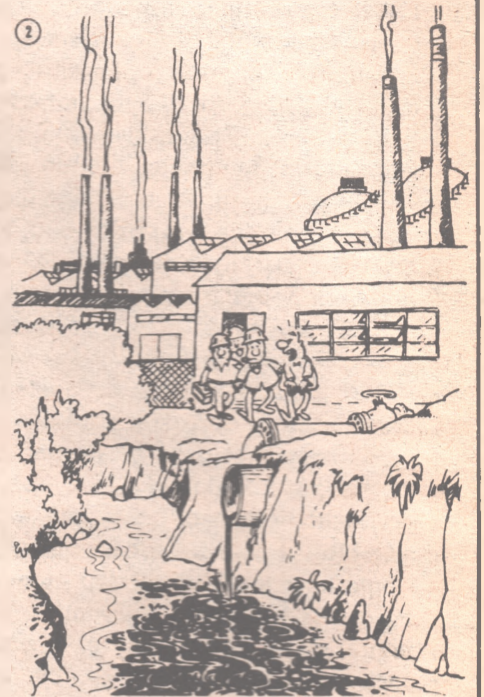
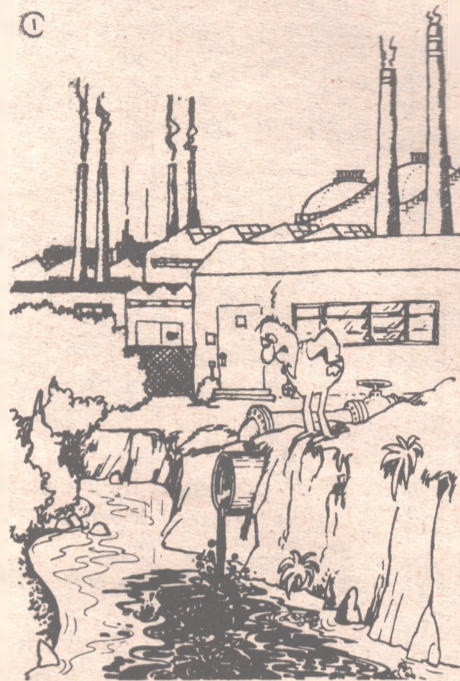
Air sampling for dust and smoke can be accomplished with nothing more than a roll of double-sided masking tape. Cut off pieces with a surface area equal to one square inch. Stick the pieces to something that won't blow away, in a variety of locations surrounding the suspected pollution point-source. Number each piece and note the location for future reference.

Collect the pieces after a uniform number of hours. You now have an accurate record of what was in the air during this time, and how much of it there was.

## Witnesses

In addition to photographs and samples, witness and expert testimony

## Service de l'environnement [sans commentaire]



Sergio Aragones

carry clout. A witness is any individual who sees, smells, hears, or tastes something similar to what you have. An expert is anyone who can issue an informed opinion as to what it means.

The more people verify a situation from first-hand knowledge, the less guilty parties will be able to deny it exists. Later, as a step toward obtaining political action, you may wish to draw up a petition, describing the situation, and collect your witnesses' signatures. Or, if contemplating a lawsuit, you'll want your witnesses to sign individual descriptions of the situation, called affidavits.

A witness doesn't need to know anything more than that the river was fluorescent green, the surveyors were there, the truck was dumping something, etcetera. An expert doesn't necessarily need to know any of this—but an expert should know, through working experience, education, or both, that if the river was fluorescent green, the problem was probably algal bloom, probably stimulated by certain types of pollutants. An expert, in short, has special

knowledge of the substances, technical methods, and-or consequences involved in the situation at hand. Locating experts is usually as easy as telephoning the science department of the nearest college or university. Also consult your family doctor about anything that might pose a direct threat to human health. As with witnesses, make sure your experts are willing to tell others what they tell you, and provide other investigators with your list of experts.

## Scrapbook

Finally, when an environmental problem attracts your concern, start a scrapbook about it. If worried about something in the river, collect everything you see in newspapers and magazines that is about the river, the industries along it, the fish in it, the towns and farms in the watershed area, or similar-sounding problems in other rivers. Gradually you will assemble a comprehensive description of everything that might be happening. Meanwhile, note the names of people discussing the river, studying it, or writing about it. Contact them. They are also potential witnesses, experts, and expert witnesses.

cont'd.

**How To**

**Contact The Authorities**

3) **Contact the authorities!** As soon as you can prove that something unusual or alarming is happening in your environment—as soon as someone else can readily see what you see—call the appropriate investigators from each branch of government. Keep a record of whom you call, when, to document any subsequent complaints about negligence (an all-too-common occurrence). If something alarming is floating down the river, call the police and water filtration plant in the next downstream town first. An alert citizen who did exactly this prevented complete disaster in Farnham two years ago. Coronet Carpet had spilled 30,000 gallons of liquid rubber into the Yamaska River. Had it entered the filtration plant, the whole city water system could have been clogged beyond repair. Warned that it was coming, the plant shut down and the rubber washed on by.

Follow up all telephone calls with letters putting your complaint into writing. This insures that the recipients will open a file on your case. Refer to your telephone call in your opening paragraph:

Sirs: This to follow up on our conversation of (date), concerning (summarize problem).

Make two carbons or photocopies of each of these letters. One is for your own future reference. The other should be sent with an appropriate covering note to your local Member of the National Assembly, or, in the problem falls under federal jurisdiction, to your local Member of Parliament. An appropriate covering note reads something like this:

Dear (name of politician): As representative of our district, we hope you will assist us in our effort to rectify (state problem). As you see by the attached, we have already contacted the responsible authorities. Trusting that your involvement can expedite finding a solution (signature).

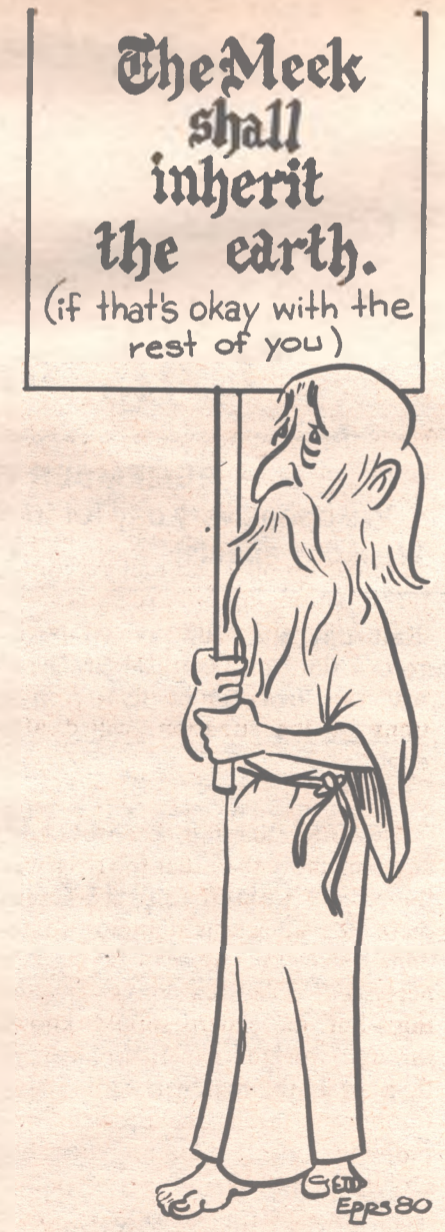
Don't be subservient to politicians: We employ **them**, not the other way around, and they know it. Be polite, but firm. Servility doesn't get results. Quiet authority will.

Later, if the responsible authorities fail to produce acceptable results, contact your political representatives again, explaining developments or lack thereof since this initial contact. Do this by letter first, and then call a week later to verify that the letter has been received. If action still isn't forthcoming, address the next letter to the next level of authority—Quebec environment minister Marcel Leger, care of National Assembly, Quebec City, or federal environment minister John Roberts, care of House of Commons, Ottawa. By the time a

problem goes to this level, you will probably also wish to contact the ministers responsible for other departments that may also be involved, such as Energy, Mines, and Resources, Transport, Fisheries, and Health and Welfare.

A problem detected soon enough will rarely need to be raised at this level. However, for example, the Canadian Pacific Railroad would probably never have laid asbestos ballast if someone had raised hell about the potential long-term health hazard back when the ballasting program was first begun, in early 1978. By the time I woke up and got started, in September '78, the ballasting was almost finished. CPR and the various branches of government involved now had a vested interest in leaving the ballast there, since removing it would cost money, embarrass the Quebec government in their efforts to promote the asbestos industry, and further embarrass Environment Canada, Transport Canada, and Health and Welfare Canada, all of whom let a major eco-disaster take place right in front of their noses, without even asking questions.

This brings up another important point. If an environmental problem is clearly being caused by a particular private business, of any size, contact the top management of that business first, as a concerned individual. Find



**Now You've Got Their Numbers**

**Service protection de l'environnement du Quebec**

Sherbrooke 209 Belvedere N. (819) 566-5882  
 Granby 77 Principale (514) 372-1063  
 St. Jean 240 Jacques Cartier N. (514) 347-0379

**Environment Canada**

Gilles Levesque, Pierre Brisbois (514) 283-4670

**The Townships Sun** (819) 566-7424  
**The Record** (819) 569-6345  
**The Stanstead Journal** (819) 876-5153

**End Of The Line (Asbestos ballast) care of: Susan Aylward**  
 R.R. 4 Mansonville, P.Q. J0E 1X0.

**Front de depollution de la Yamaska C.P. 134,**  
 100 rue Principale E., Farnham, P.Q. J2N 1L4.

**S.T.O.P. (Society To Overcome Pollution) 1351 Green Ave.,**  
 Montreal, P.Q., H3Z 2A5.

**Powerline Action, Box 94, Newport, Vermont 05855.**

**Canadian Coalition For Nuclear Responsibility, Box 236,**  
 Snowdon, Montreal, P.Q. H3X 3T4.

**Singer Mountain Committee, care of: Ursula Seebohm,**  
 R.R. 2, Knowlton, P.Q. J0E 1V0.

**Memphramagog Conservation Inc. C.P. 55,**  
 Georgeville, P.Q., J0B 1T0.

**Société pour vaincre la pollution (SVP) C.P. 65,**  
 Place d'Armes, Montreal, P.Q. H2Y 3E9.

out how receptive the management is to your complaints. Regardless of what the management promises, go ahead with contacting the various governmental and political offices that may be able to help you. Mention in your calls and letters, however, that the management has taken such-and-such a position. If the management position is positive, your other contacts may serve to encourage positive action as well as words. If management takes a negative position, you'll be able to challenge it without fear of antagonizing a possible friend. Often individual commercial polluters, whether small busi-

nesses or large corporations, are willing to change their practices to encourage goodwill in their community. Getting them to do it is just a matter of pointing out the benefits accruing from a responsible attitude, and the hazards resulting from present mistakes. Summoning in government inspectors prematurely, meanwhile, can get a plant manager's back up. He's been placed in the position of defending practices he may not really wish to defend, without receiving the opportunity to change voluntarily.

Relatively few environmental problems, however, are traceable to a single polluter. Talking to the managers of the pulp mills along the St.



Francis, for instance, will be useless no matter how friendly they may be, until Sherbrooke, Windsor, and Richmond treat their septic wastes. Talking to the management at Bruck Fabrics in Cowansville got dye discharges into the Yamaska curtailed some years ago, because Bruck was the only textile plant on that branch of the river, but in Granby, where many textile plants still dump dyes into the Yamaska, that approach never got anywhere.

Immediately after contacting your local authorities, call the nearest office of the Service de la protection de l'environnement du Quebec. A warning, however: always keep duplicate samples, just in case further testing is necessary. And sometimes, as with water samples showing asbestos contamination, the evidence disappears into the bureaucracy without a trace. Environment Quebec's testing chief in Sherbrooke is Gerard Begin (563-0738), while M. Geannotte responds to most other problems.

Environment Quebec has jurisdiction over most local pollution situations, but Environment Canada should be notified of anything involving an international river (one crossing the U.S. border), an inter-provincial river, a railroad line, or an air pollution point source that may be contaminating regions outside Quebec.

### Contact The Press

4) **Contact the press!** Us muck-rakers can't get problems solved all by ourselves, but when concerned citizens are taking care of steps 1, 2 and 3, we can make sure the general public knows who's poisoning us, we can relay information to outside experts who'll back up the local experts, we can multiply the pressure on bureaucrats and politicians, and we can usually get answers in a hell of a hurry.

### Contact Other Interested Parties

5) **Contact other interested parties!** Is an environmentally destructive project going to disturb hunting and fishing? Call the presidents of the local hunting clubs—Jim Lawrence in Mansonville (292-3527), Eric Foster in Knowlton (243-5391), and Rollis Johnson in Sutton (538-2412). Hunters and fishermen are a large, powerful political lobby, and they will stand up to government on behalf of their particular interests. Also write Real Hebert, outdoors columnist with *The Record*, care of Box 1200, Sherbrooke, Quebec J1H 5L6. Is an environmentally destructive project going to disturb bird-watching? Same principle applies. Contact the St. Francis Valley Birdwatchers and other related clubs, care of Gladys Mackey Beattie, whose column appears in every *Townships Sun*.

Advice, contacts, and sometimes significant political firepower can also come from established local environmental action groups.

### Organize

6) **Organize!** If you have two friends who are also concerned about the same environmental issue, you have enough for a president, treasurer, and secretary, duly titled, listed beneath an impressive-sounding title on 100 sheets of letterhead. Politicians are afraid of groups. So are bureaucrats. Therefore, become a group, and continue raising hell—as group, and as individuals. Your power will be multiplied immediately. Attract a few more members, stage a public meeting or two, and your power will multiply again. The faster the multiplication, the better your chances of keeping the S.O.B.s from raking their muck into your river. □



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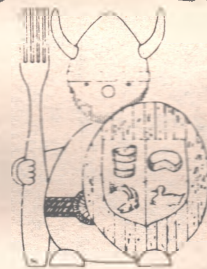
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# Conservation & Nature Notes

by Gladys Mackey Beattie

Now that the shooting and the shouting has died away, it is safe to go out into the woods again, and see how nature survived the annual hunting ordeal. Around here, empty tins and bottles from liquid lunches are in evidence everywhere. Someone should pick them up. That someone should be the one who emptied them. But hunters have a slovenly reputation to keep up, and they can't do it, so that leaves it to the rest of us. The glass bottles do have a small monetary value and it will help to pay for the No Hunting signs for next year, and collecting them will help prevent injury to other inhabitants and visitors to the woods. A brief walk in a nearby woods revealed many ugly little piles of deer entrails, and a big red dog apparently shot—a real open air cemetery—and not the place of peace and beauty that it was a few weeks ago.



I fear for our deer populations in the non-clubbed hunting areas. An early report showed that the opening day kill was 90% does and fawns. Although many insistent requests were made by concerned people and organizations to the Minister of Leisure, Fish and Game, all apparently fell on deaf ears and blind eyes, and the slaughter proceeded as scheduled. It makes one wonder what kind of a government we have, when it doesn't serve the people.

### Bird Talk

With the holiday season approaching, the Big Talk in the bird watching circles is the Audubon Christmas Bird Count. For the St. Francis Valley Naturalists Club, this has been an annual event since 1955. That is a

quarter century of bird counting and reporting; an enviable record! (What is this baloney about La Societe de Loisir Ornithologique de l'Estrie being the first of its kind for the Townships?) The Georgeville Nature Society has also been very active, and they too, have acquired an "Audubon Counting Circle." The Audubon Association has also allocated an area to a group of individuals in Cookshire.

The Cookshire count will take place from dawn to dusk on December 19th. Their compiler is Jean-Paul Morin, phone 875-3693. If you live within 7.5 miles of the bridge in downtown Cookshire and would like to report the birds you have at your feeder, or go out counting along the roads or in the woods, get in touch with Mr. Morin. (You don't have to live within the count area to participate in the count, but the birds you count must be found in the count circle). Also birds seen days before and 3 days after the count day should be reported, but not included with those found on the Count Day. The object of the census is to find out how many species winter in our area, and in what numbers.

The St. Francis Valley Naturalists Club will hold their count on December 20th. Their compiler is Paul Boily, phone 864-4540. A map is enclosed for their count circle. Everyone is welcome to participate. The divisions shown will be sub-divided as necessary. Due to anticipated large turnout, anyone who wishes to count must contact Mr. Boily before December 14th so that maps can be mailed out. Areas will be allotted by seniority in the St. Francis Valley Club so reserve your territory early. Non-members are welcome to participate also.

The Georgeville Nature Society has planned their count day for December 29th. Their compiler is Peter Landry. Reports on sightings should be made to Ms. Meredith Kohn at 843-1394. Their circle extends 7.5 miles in all directions from Amy's Corners (near Fitch Bay including Rock Island and most of Ayer's Cliff).

The St. Francis Valley Naturalists Club will hold its December meeting on December 1st, at Bishop's University, the Nichol Building room 4, at 7:45 p.m. The guest speakers will show slides on Australia. Everybody is welcome.

La Societe de Loisir Ornithologique de l'Estrie will also hold its first general meeting on December 1st.

This will be at the Seminaire de Sherbrooke, 195 Marquette St. Sherbrooke in the Auditorium Rouge. Time 7:30 p.m. The public is welcome to attend.

There have been many interesting bird sightings lately. Among these are a European Wigeon at Georgeville, Tufted Titmice in Lennoxville, and Cardinals in various places. Bald Eagles nested successfully once again on Lake Champlain.

### Gift Ideas

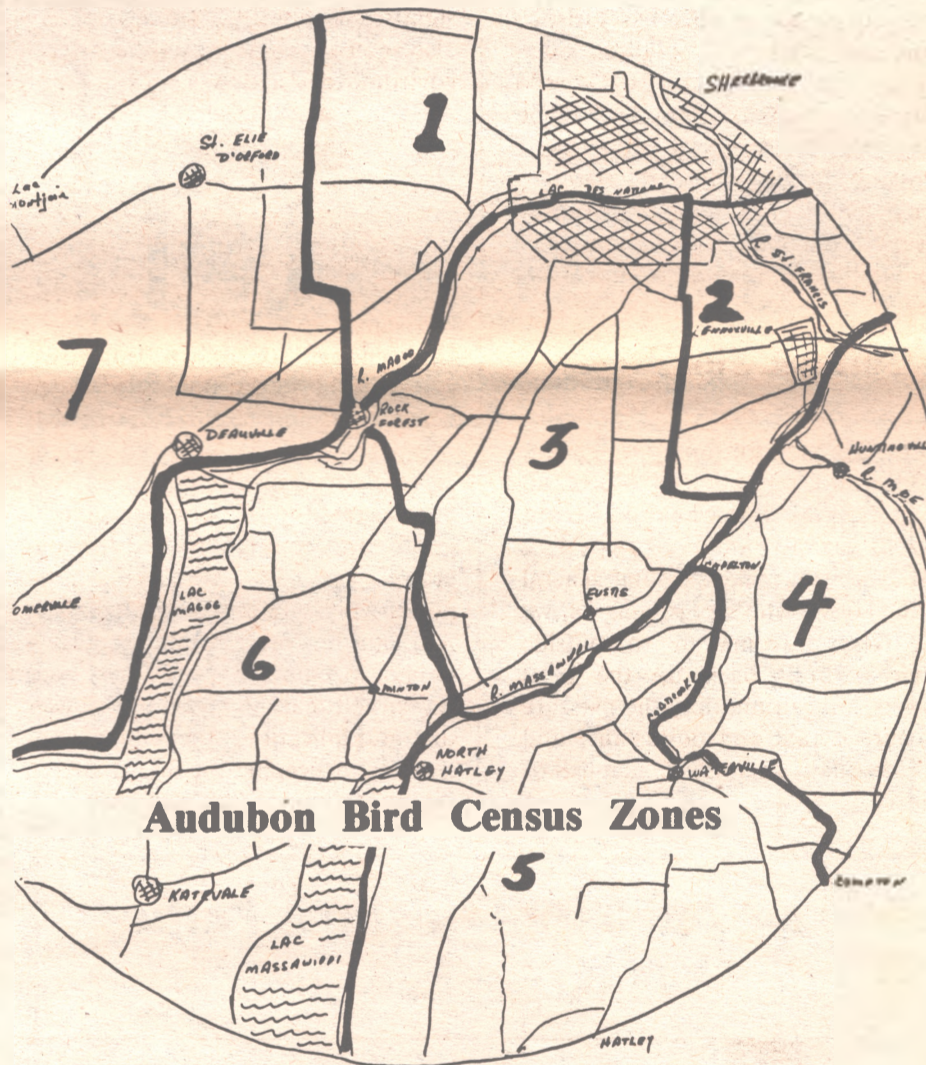
If you are looking for Christmas ideas for nature-bird loving friends, here are a few suggestions. The book, **Status and Distribution of Birds in Southern Quebec** is available in English for only \$6.00 postpaid. Order from the Club des Ornithologues de Quebec, care of: Federation Quebecoise du loisir scientifique,

1415 rue Jarry est, Montreal, Quebec, H2E 2Z7.

The Canadian Nature Federation and the Federation of Ontario Naturalists co-sponsor the Nature Canada Bookshop at 75 Albert St., Ottawa, Ontario, K1P 6G1. They publish a free catalogue of books covering everything from alternate technologies to telescopes, including every nature related subject as well.

For anyone interested in birds, bird feed and feeders, Conservation Enterprises Ltd., of 58 Edgar Avenue, Thornhill, Ontario, L4J 1S6 also send out a free catalogue of possible gift items. When writing for these catalogues, don't forget to mention that you read about them in the **Townships Sun!**

If you have any news or observations that would interest other readers of this column, send it along to myself care of: **The Townships Sun**. This is a free reader service. □



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*Earthly Pleasures*

by Eira Thomas

The goose is the traditional Christmas bird eaten on Christmas Eve in Denmark, the apple and prune stuffing is an excellent accompaniment for the rather fat meat of the goose. Make sure that the goose is young and about 10 lbs or less. You can cook the goose slowly or by the method given here.

You will need a Goose (approx 10 lbs), 8 oz prunes, salt and pepper, water, 1/2 lemon, 4 medium size cooking apples (peeled, cored and sliced), 5 cups boiling stock or water, plain flour, gravy browning or soya sauce.

Preparation time: 35 minutes,  
Cooking time: 3 hours at 400°F.

Rinse and soak the prunes overnight, remove stones. Clean the goose and remove excess fat, rub it inside and outside with lemon, salt and pepper. Stuff the bird with the prunes and apples, sew or skewer the opening together. Prick the skin lightly with a fork all over to allow the excess fat to escape during roasting. Place on a meat rack in the roasting pan into a 400°F oven. After 30 minutes pour off the excess fat from the roasting pan. Pour the boiling stock into the pan and continue cooking, basting the goose from time to time. After 1 1/2 hours turn the bird over and cook for a further 1 1/2 hours. Thirty minutes before the goose is done pour off the juices from the pan into a saucepan, leave to cool then skim off the fat. For a crisp skin leave the oven door ajar during the last 5 minutes. Meanwhile thicken the juice with the flour and water paste. Add to the boiling juice, season with salt and pepper for your gravy.

**Red Cabbage**

You will need; red cabbage about 2-3 lbs, 2 medium size cooking apples, 1 oz butter, 6-8 tbsp. wine vinegar, 6-8 tbsp. water, salt and pepper, 4 tbsp. red currant jelly or syrup, 1-2 tbsp. sugar.

Remove and discard outer leaves of cabbage, cut into quarters and remove stalk. Shred the cabbage finely. Peel, core and grate the apples. Melt the butter in a large saucepan over low heat, add the cabbage and apples, toss for 5 minutes, taking care not to scorch. Add the vinegar, water, salt and pepper to taste, cover with a lid and cook on low heat until the cabbage is tender, approximately 2 hours. Add red currant jelly and sugar to taste. This recipe can be done beforehand and frozen—as a matter of fact, the cabbage improves in flavour when reheated. Place on low heat and cook slowly, stirring from time to time.



**Glazed Potatoes**

Choose fairly small potatoes about 1-1 1/4" in diameter, even sized new potatoes or canned potatoes. One and a half lbs serves 4. Cooking time 40 minutes. You will need: 1 1/2 lbs potatoes, water, salt. **For glazing;** 3 tbsp. sugar, 1 1/2 oz butter. Boil the potatoes in salted water until tender, peel and cool. When cold, place in a colander and rinse with cold water, leave to drain. Melt the sugar in a frying pan and stir with a palette knife, until the sugar is beginning to turn brown. Do not let it burn, remove the pan from the heat and add the butter, stir until it melts, add the drained but still moist potatoes. Toss until the potatoes are evenly glazed and golden brown. Place the pan over gentle heat and cook until heated through. Serve at once while warm.

**Lemon Soufflé**

3 egg yolks and 3 egg whites,  
6 oz fine sugar, 2 large or 3 small lemons.  
1/2 pint double cream or 1/4 pint each double and single.  
1/2 oz packet of gelatin  
2 oz hot water  
2 oz almonds, blanched and split.

Put yolks, sugar, grated rind and juice of lemons into a large pudding basin. Stand it over a pan of simmering water and whisk with a rotary beater until the mixture is a thick liquid, about 5 minutes. Take the pudding basin from the pan, stand it on a table and beat for another 5 minutes. By now it will be pale yellow, and thick and billowy. Dissolve the gelatine in the hot water, and add it to the lemon custard. Whisk the cream until it begins to hold its shape and fold that into the custard. Last of all whisk the egg whites until they are very stiff. Fold in the cream and custard mixture with light movements until everything is amalgamated. Pour into a collared soufflé dish, and leave in the refrigerator to set. Toast the split almonds in the oven until they're golden brown. When cool, use them to decorate the soufflé. Remove the paper collar before serving, so that the cold soufflé rising above its dish has the appearance of a well-risen hot soufflé. Single cream may be served with it. Serves 6-8 people.

# Across The Fence Health-wise

Don't search for that gun - write Auntie Do at The Sun.

My optimistic canoe trip through life has been anything but serene these past dismal November days. The constant battering of tempestuous "Constitution" indecision (not to mention how much it's costing me each day), the rocky ever down-grade rapids of the MacEachen budget and the very windy (pre-storm?) "separation-again" rumors have left me psychologically drained and emotionally in turbid waters.

Optimistically looking for rainbows or sunshine—as usual there are a few, ...it was uplifting to hear that 1) the Quebec nurses are still reaping the long range benefit (for English and French alike) of continued affiliation with the international Canadian Nurses Association; 2) the interest rate has slightly dropped to aid small businesses and hopefully stimulate economic growth, however slight, and 3) the Canadian dollar is holding its own after a slight increase this month.

Therefore, it was not only an anticipated pleasure but very relaxing to watch the hour TV program tonight on the life of Dr. Wilder Penfield. This incredibly well-presented televised autobiography demonstrated fully the impact that one ordinary Wisconsin-born Canadian can make, first in Quebec history, and then in the whole world.

From a nurse's viewpoint, naturally, I think of the Montreal Neurological hospital, which was erected by supporting Montrealers, under his directorship; his world renowned advancement in the neuro-surgical field and pertinent research is well appreciated.

As a person, I must admire equally, his foregoing a Nobel prize, when he, in his early 60's, decided that he had depleted his aims regarding neuro-surgery; —inspired by a mother who liked to read and write, he set about completing her book, —ever searching for a closer relationship of the brain and soul (moral and immoral association).

He was a kind man, spent much time on his beautiful, relaxing farm in our Eastern Townships, on the shore of Lake Memphremagog. The last I

heard about him, as some of you readers will remember, he was assisting frantic parents by delivering their baby, who just wouldn't wait to allow them to reach the 35 mile distant hospital.

Speaking of babies (an appropriate subject in December when we welcome the Christ child) as you read this, you are no doubt exhausted from pre-Christmas activities; Here's something to relax with.

In 1910 the London "Tid-Bits" offered a two-guinea prize for "The best description of a baby." Here are a few:

A stranger with unspeakable cheek that enters a house without a stitch to his back and is received with open arms by everyone.

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A native of all countries who speaks the language of none.

A bursting bud on the tree of life.

The magic spell by which the gods transform a house into a home.

A padlock on the chain of love.

The smartest little craft afloat in home's delightful bay.

About twenty-two inches of coo and wriggle, writhe and scream, filled with suction and testing apparatus for milk, and automatic alarm to regulate supply.

An inhabitant of Lapland.

A necessity—in order to keep up the supply of readers in the future.



Till next month—God Bless and Merry Christmas.

P.S. A non-medical tip: If you are blessed with a little bundle of joy presently, find enough time from routine work and caring physically for them to love your babies and enjoy them. They are babies such a short time.

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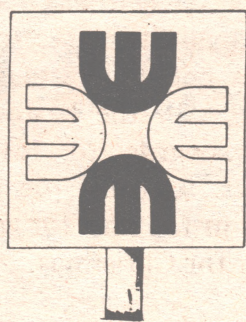
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# Jane's Nightlife

by Jane L. Pankovitch



The Centennial Theatre, Bishop's University campus, Lennoxville, was the setting November 1st for the delightful six member chamber ensemble *Camerata*, Canada's liveliest. Absent from the group was pianist Kathryn Fallis so Valerie Trion played in her stead. Remembering that every member of *Camerata* has assertively earned recognition and respect for their individual solo performances all over the world, we feel somewhat insignificant as an audience outnumbering the impressive ensemble many to one but still not ranking up in number to the audience that fills the seats of Carnegie Hall.

The opening Trio Sonata by J.S. Bach in C minor presented to the audience violinist (and founding member of *Camerata*, 1972) Adele Armin, Flutist Suzanne Shulman and pianist Valerie Trion. We listened while the trio did justice to the inspirations of Bach. It was a magical sight to behold as the flute glittered like tinsel in the dim light. Music by Brahms, Schubert, Freedman and Ravel spirited the theatre through the sheer talents of proud performers.

Soprano Mary Lou Fallis and world renowned flutist Suzanne Shulman entertained Harry Freedman's idea of a fun song, "Toccata" for voice and flute. Mary Lou's voice proved to be as tuned as the flute by all means. The audience appreciated the gaiety of the performance.

The real treat was the encore song—a dueling of instruments. Clarinetist James Campbell opened the number and was contently holding his own on stage before Soprano Mary Lou Fallis eagerly butted in and began to sing in her fashion of wild abandon. Defeated, Campbell faded into the background until courage was his and once again he insistently played the clarinet for his audience. Mary Lou gestulated with the edge of her wrist that she was not overly interested in Mr. Campbell's musical endeavors. Determined, she sang a strong note, pitching Campbell into the distance once again. The audience was amused but quiet lest they missed a note. The dueling was interrupted by cellist Coenraad Bloemendal—whom we didn't know had a voice until that moment. The show ended and the audience left laughing, the only way to go. Bravo!

The *Canada Opera Piccola* presented itself on stage at the Centennial Theatre November 10 on its first cross-Canada tour from Vancouver. Complete with a conductress, the six member orchestra consisted of three violins, a cello and a french horn. Set designer Willie Hesnup and Costume

Designer Heather Woods alighted the stage with brilliant peacock colors, illustrating their flair for the dramatic.

The first mini opera, Thomas Pasatieri's *Signor Deluso* shone light upon a modern application of an old and trying theme. The consequences of jealousy and suspicion do not go untried as the plot muddles itself into a mess of contentious circumstances.

Richard Margison doubles in this opera as the Magistrate (the law) and as Gorgibus, father of the perspective bride-to-be Leslie Allison who sang to the audience with a delicate soprano voice. Laetitia Snether who played a spinster preoccupied herself with the laundry while she sang consolingly from the midst of a characteristic confusion. All six of the cast performed very professionally. The orchestra meanwhile played contemporary music, appropriate to the theme of the opera.

The second of the two mini operas, Joseph Haydn's *La Canterina* set the audience up for another illusion of color and song. Here the plot is thickened by two elusive schemers. Appealing to my sense of humour the two women owed up to their reputations. Their idea was to humour their voice instructor—offering everything short of a hand in exchange for free room and board. Here the ladies enjoyed laughing at the man who feeds them.

Don Pelagio is the music instructor and Richard Margison is to be commended here for his art of character representation. Apollina played by Laetitia Snether livened the stage as she initiated most of the laughs effortlessly. Again the costumes were pleasant to gaze at and the set was well-constructed.

One of the funniest and most indiscrete characters in this last opera was the mover, played by Richard Citti. His lines were none as all he did was turn his back to the audience while he drank a carafon of red wine while Don Pelagio decided whether or not he indeed required the mover's services. In between the odd hiccup, ever loosening his foothold, the mover would coo at the maid upon resuming his engulfment of the red wine.

*Canada Opera Piccola* was well received here at the Centennial Theatre in Lennoxville. I was among the many who didn't know what to expect from the 'spectacle'. Instead of windy and busty drawalongs we were enticed by a cast of lively young innovators who drew a warm confirmation from the crowd. □



by Bijou Ardglass

**La Jardinière, Hôtel Bromont, Bromont. Open 7 days per week. Dinner served from 5:30 until 9:30. Accepts Visa, MC, AmEx. For reservations call: 514-534-2378.**

**Price Range: expensive.**

The Hôtel Bromont is an attractive new building with a very nice view of the surrounding area. It boasts La Jardinière, an attractive, even posh-looking restaurant. To get there, you take exit 78 from the E.T. Autoroute and follow the signs for the ski-centre.

Here, tables are as far apart as profit-making will allow, and furthermore the room, which is quite large, is divided by shoulder-high wooden planters along the tops of which lush greenery thrives. There are plants in the large floor to ceiling windows too, and the lighting is discreet, if not downright eye-straining. The only jarring note in all this pleasant decor is, literally, the radio in the background which (the night we were there, at least) is set at one of Montreal's least appealing stations, where talk abounds.

The prices at La Jardinière are pretty hefty, which wouldn't matter so much, except that the food appears to be of uneven quality, so that one feels he is paying at least in part for the decor. Some of the dishes we had were outstanding, while others were unspectacular at best. Fortunately, a table d'hôte menu is available between 5:30 and 7:30, and the prices on it are more than reasonable. We were four, and one of us tried this menu, while the other three sampled the specialties of the chef and something from the fish department.

We began with hors d'oeuvres: an onion quiche (\$2.75) which was without doubt the best I've ever sampled anywhere: asparagus and artichoke hearts vinaigrette, (\$2.75) in which the asparagus came from a can and a crêpe aux fruits de mer (\$6.50), which was very generous and good but not outstanding (in the light of the quiche) owing to the fact that the seafood had been frozen and was a bit overcooked and lacked that good, fresh flavour.

Our friend who had the table d'hôte menu started with vegetable soup (the same soup that appears as the soupe du jour on the menu for \$1.50). It was good and not greasy. Another ordered cream of leek soup (\$2.00) which was only so-so.

For the main course, my guest who had chosen from the table d'hôte

menu had a nice piece of sole sautéed in butter (\$8.50 including soup) and served with boiled potatoes and broccoli. Another of us had trout amandine (\$9.50), which was sautéed and filleted at our table. It, also, was very good, and was served with rice, steamed carrots and broccoli. My other guest had one of the chef's specialties, émincé de veau zurichoise (\$9.25), pieces of veal that had been sautéed and served in a sort of sauce espagnol containing mushrooms. The veal was not terribly tender and some pieces had quite a bit of gristle on them. I had another specialty, escalope of veal with mushrooms (\$10.50). The veal scallops were overcooked and hence a bit tough. They were served with the same mushroom sauce as the émincé, which was rather disappointing. One might hope that, since these two dishes were among the four specialties of the chef, he might have been creative enough to make them all different. In both cases the veal was served with very good Swiss-style fried potatoes (roesti) and carrots.

Our wine, which we didn't get until we were halfway through the main course, was a white bordeaux, Château Tanesse (\$14.50).

One of the outstanding items on the menu was the dessert. All pastries are made on the premises and one of us had a hazelnut torte (\$2.25) which was unforgettable. Two of us had linzer torte (\$2.25). When he found that there was no more cheesecake, the last member of our party chose Black forest cake (\$2.25). It was fresh but not outstanding. Coffee (\$0.65) was excellent.

Ironically enough, the service, like the cuisine, was of uneven quality and while our busboy was very attentive and observant, the maître d' who took our order so impressively without benefit of notes, was not as much on the ball. He had a talent of avoiding the eye, and we finally managed to get a winelist from the busboy. One of us had ordered a tomato provençale from the à la carte vegetables (\$1.50) which never came (but for which we were never billed).

Dinner for 4 excluding drinks, wine and tip: \$66.70.

**The Order Of The Great Truffle Awards**

Once again it is time for that annual event for which both gourmets and the restaurant world have been waiting with baited breath, the bestowment of the Order of the Great Truffle Awards to restaurants that excell in different categories. As usual, decisions were hard to make, but here they are, just in time for you to take that Important Person out to dinner for Christmas.

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# The Trenholmes of Trenholme

by Bernard Epps

Just north of Richmond and perched on the eastern bank of the St. Francis River in Kingsey Township is the tiny village of Trenholme. Not much is known of it today and most maps misspell the name by dropping final 'e' but the Trenholmes of Trenholme were a distinguished family who deserve to be remembered.

**William Trenholme** brought his family from Yorkshire about 1820 and must have been fairly well-to-do for he purchased a piece of land 1½ miles square along the St. Francis. He worked as a surveyor and taught school until 1826 when he was killed by a falling tree in Melbourne Ridge.

**William Jr.**, his eldest son, married and had one son and three daughters. His wife inherited money from Ireland and he bought the island in the river with it, borrowed a canoe to inspect his property and drowned in the swift waters.

**Edward Trenholme**, another son, also married and began the most distinguished branch of the family. One son, **Norman William Trenholme**, graduated from McGill law school in 1865 and became successively professor of Roman and Public Law, Crown Prosecutor, Dean of the Faculty of Law, Superior Court Judge and acting Chief Justice. "Profoundly learned in the law,"

said the *Montreal Standard*. "A model of patience and courtesy."

Of his sons, the **Rev. Edward Craig Trenholme** ministered to churches in both Oxford and London, England; **Norman Maclaren Trenholme** graduated from Harvard and became head of the history department of the University of Missouri. Both authored books.

But Norman William Trenholme also had a daughter named **Clementina**. She, like most proper young ladies of the age, was educated at home and 'finished' at 'Mrs. Lay's Seminary for Young Ladies' in Montreal. She then married the **Rev. Elisha Joseph Fessenden** and moved to East Bolton.

**Rev. Fessenden** was an ardent loyalist and **Clementina** was an even more ardent imperialist. She dabbled in journalism and wrote such pamphlets as "Our Union Jack" and "The Genesis of Empire Day". She was organizing secretary of the 'Daughters of Empire', was active in the 'National Council of Women' (although sternly opposed to granting women the right to vote), a councillor in the 'League of Empire' and the founder of Canada's 'Empire Day', celebrated on the birthday of that monstrous dwarf, Queen Victoria.

She was a very imposing woman indeed and the *Encyclopedia Canadiana* gave her plenty of room. Her son, **Kenneth Harcourt Fessenden**, was born at Bolton but went west to take up ranching, banking and, finally, to write editorials for both the *Winnipeg Tribune* and the *Winnipeg Telegram*.

All these important people stemming from the tiny village of Trenholme is very impressive but the best known member of the family has been left to last. He was **Reginald Aubrey Fessenden**, 'Canada's Most Extraordinary Inventor' (see *Readers' Digest*, Dec., '72, and *The Townships Sun*, April, 1981). In *Canadian Men and Women of Time*, Morgan, 1912, he is listed as 'electrician' and he is given only two brief lines under his mother's entry in the 'Encyclopedia Canadiana' yet he was one of the pioneers of radio and television, received several hundred patents and uncounted honours, invented the radio compass and the fathometer, several submarine signalling devices, the smoke cloud for tanks, the turbo-electric drive for ships and the visible bullet for machine guns.

The family was not confined to those few mentioned, of course, nor has it ended with them. Descendants are scattered all over the world and it's safe to assume that very very few have ever heard of the tiny village of Trenholme.

But we have. □

## In Our Family

Kevin Michael Mahood [1959-1981]

*Dear family of Kevin. We can feel some of your grief and loss. Bill, you wanted us "to make some sense out of these notes", but nothing could be more eloquent than these simple and all too minimal fragments.*

- the Sun staff

Born August 22, 1959 in Toronto, Ontario to Bill and Leona Mahood, second youngest of seven children. Moved with family to Port Cartier Quebec in 1960.

Attended Richmond Regional High School - active in hockey (and hookey) moved to Alberta in 1977, worked on oil rigs for 3 years and as a welder in Edmonton for 1 year.

Married June 20, 1981 to Cindy Dell of Westlock, Alberta.

Killed on October 20, 1981 in traffic accident in Edmonton.

Wanted very much to work in Townships and operate Dad's farm but the education system was more interested in protecting bureaucracy than developing bilingual students; Quebec government was more interested in nationalism than in developing jobs for the young; Kevin was more

interested in working than in begging for handouts.

Unfortunately in exporting our young to the west we also exported our infamous Quebec driving habits.

The driver that killed Kevin crippled his wife trying to do the famous Quebec left turn cut off, however he was driving a 3 ton truck pulling a lowboy with an asphalt machine on it.

Basically a quiet, happy hard working boy with no enemies and many friends, Kevin loved farming and outdoor activities. He was saving to buy a farm and get away from the city.

His days hunting usually resulted in no game caught as no shots were fired (probably more interested in walks in woods but not considered macho to say so).

Memorial service was at University of Alberta Hospital Chapel on October 23. Funeral service to be held when wife Cindy recovers. Cindy is in University of Alberta Hospital Nursing Station 51, Edmonton Alberta, 8505 112th St., T6G 2B7.

Bill Mahood is our friend and computer man.



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# Strapps' Bee School

## Lesson III

### Hiving The Bees



by Walter Strapps

Finally we get down to hiving package bees. First of all let me flash back to last month's article where we discovered wax foundation and frame wiring. If you go looking for a spun wire embedder nobody is going to know what you are after. It should have read spur wire embedder. And I can't even blame typing gremlins because I don't type, but my writing is so bad that I can imagine Jessica, Jane and John crowded around the desk when my articles arrive. "Does this look like..., no it is more like..., yes it must be..."

*Spur wire -  
's frame out, so  
? wax foundation  
under the wax.  
... 1 str*

Back to package bees. I think we agreed we would use 3 lb. packages with Italian queens. It is very important how you treat your bees when you receive them. You see they have had a long hot trip from Georgia, Alabama, and their food supplies are probably quite low.

First things first. There will always be a few dead bees on the bottom of the package when they arrive, but more than a few is not acceptable for the first time beekeeper. You need good, healthy, strong bees, and dead bees are not very healthy. Now if you accept the fact the 3 lbs. of bees is about 15,000 bees then you don't want any more than about 100 to 200 dead bees on the floor of the package. Any more than that means you should ask for another package. The expert apiarist can handle weak packages, but that is why he is the expert.

Reminds me of the story of the swarm of bees flying in formation down main street, when they spied a row of gas stations. Being bees they all turned into a B.P. station, except one and she kept going until she found an Esso station. Which just goes to prove that in any crowd there is always one S.O.B. Incidentally all worker bees are females.

#### Feeding The New Arrivals

Oh yes, package bees. You will notice that they are all clustered up at the top of the cage. The reason is that the food container and the queen are up there. There is a round hole drilled in the top of the cage; and a preserve can filled with syrup, with holes punched in the top is suspended upside down in this drilled hole, so that the punched holes are now on the bottom, and the syrup collects on the outside of these holes, in order that the bees can get at the syrup as they need it. Normally the vacuums formed in the can keeps the syrup from pouring out too fast. Right beside this can, also suspended through a hole in the top of the cage or package, is the queen cage. The queen is in this cage sometimes alone and sometimes with five or six worker bees, and she is kept alive by being fed by the rest of the bees in the package.

Sometimes if the bees have had a rough trip, the bouncing around shakes the syrup out of this feeder can while they are "en route", and this is why when you receive your packages you must assume that the feeder can is empty and feed your bees. We do this with a mixture of sugar and water. And because you are going to feed your bees after you have hived them, with the same mixture of sugar and water, we will discuss that now.

You will require at least 20 lbs. of white sugar per package to start. Put the sugar in a large container and pour boiling water onto the sugar using the same amount of water by volume as the sugar. Stir well until all the sugar is dissolved and the liquid is quite clear. Do not boil the syrup. This mixture should do you for at least a couple of weeks after your packages have been hived.

Now you take a small amount of this syrup, about a quart, and using a clean 3" or 4" paint brush, paint the syrup on both sides of your package. Suspend your package over a container so you don't waste any syrup.

Paint the package with syrup at least two or three times a day until

you are ready to hive your package.

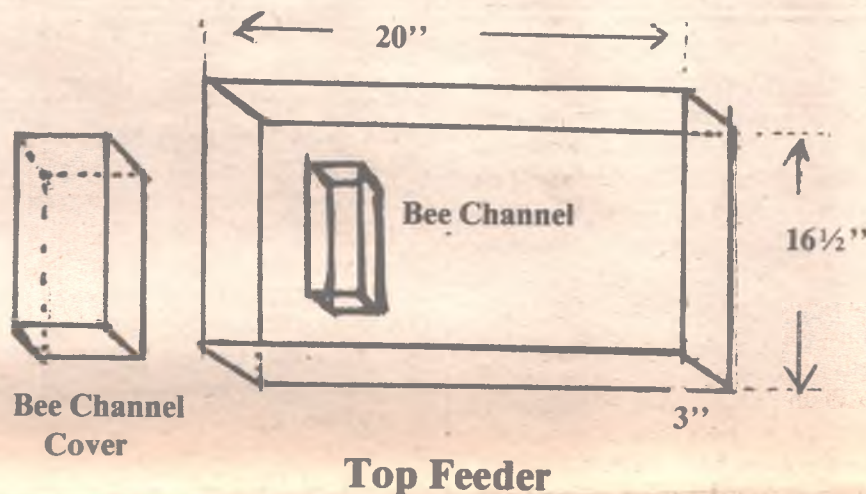
Once your bees are in their hive, you are going to continue to feed them with syrup, until you have 7 or 8 frames of wax foundation nicely drawn out and three-quarters filled with capped brood on each side of the frames. This usually takes to about the middle of June.

The best way to continue this feeding without disturbing the bees too much is to use a top feeder. A top feeder is the same outside dimensions as your hive and about 3" deep. In the centre you have a hole for the bees to come up, with a wooden wall around the hole, and a cover over the hole.

When you pour syrup into your top feeder the bees can come up through the centre hole, but because of the cover they can't get out. The syrup flows under the cover and the bees

replaced. Introducing a new queen that didn't come with the original package is a little difficult for beginner beekeepers.

Having determined that the queen is alive you are ready to put the bees in the hive. Lift out the centre four frames from the hive body. Turn the package of bees upside down over this hole, and shake them into the hive. Give the package a good thump on both ends until all the bees are in the hole between the frames. Now pick up your queen cage, and with the corner of your hive tool, pry out the staple holding the screen on one end, at the same time keeping the screen in place so that the queen cannot get out of the cage. Now holding the queen cage inside the hole between the frames where the bees are, with the screen side of the queen cage down, and using your other hand under-



suck up the syrup and take it back into the hive. The top feeder sits right on top of your hive body, and the inner and outer cover go on top of the feeder.

#### Hiving The Bees

All set, now we hive our package. Take your package down to where your hive is going to stay for the summer. Your hive with ten frames of wired foundation is sitting on the bottom board, which in turn is sitting on two cement blocks. Your inner and outer covers are just off to one side. Your pail of syrup and your top feeder are right beside you.

If it is a warm, sunny, day, give your bees another painting with syrup to make them sticky so they won't fly around too much when the package is opened. If the day is cold, they won't fly much anyway.

Give the package a sharp jolt on the ground. This will cause the bees to fall to the bottom of the package. Pry the piece of wood from the top of the feeder can; and using your hive tool, lift up the edge of your feeder can, so that you can grasp it with your fingers, and lift it from the package, put it to one side. Lift out your queen cage and look through the screen. The queen is the biggest bee in the cage or she may be the only one. Make sure she is alive. The queen is very seldom dead, but it sometimes happens and if it does, your package isn't much use. Package and dead queens have to be

neath the queen cage, pull the screen free and shake the queen on top of the bees.

The bees will by this time have started to crawl along the bottom of the hive and up the frames. Start placing the frames that you removed back into the hive one at a time, without squashing the bees. Put your top feeder on, half fill with syrup, and put your covers back on.

You must not disturb these bees by being too curious for at least seven days. By checking the syrup in your feeder daily, and pouring more in when needed, you don't have to open the hive.

One little detail I forgot to mention. When you received your bottom board you also received an entrance cleat. This is a piece of wood three-quarters of an inch by three-quarters of an inch and the same length as the inside width of your bottom board. This cleat has two slots in it, one smaller than the other. Before you put your bees in your hive, this entrance cleat is used to block the hive entrance but with the smallest slot used as an opening. Stuff some dry grass in this opening. Twenty four hours after your package has been hived, the bees will have chewed their way through the grass and started flying for nectar and pollen. You don't change your entrance cleat until a week or two have passed and the bees seem to be getting crowded getting in and out. Then you

# Proper Diet Saves Energy

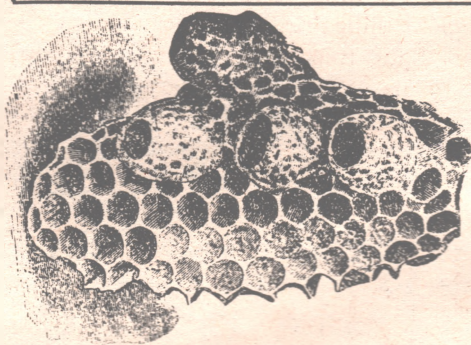
turn your entrance cleat over, using the large slot. You don't remove the entrance cleat until your bee population has grown at least twice as big as the original package. This won't happen for a good four to six weeks.

One way to check your bees during the first few days after putting in your package, is to watch the bees coming back to the hive after they have been out in the field. If they are coming back with little yellow or orange lumps on their legs, that is pollen, and usually means the queen is laying well, and brood is starting to grow.

Seven days after you have hived your package, very gently lift off your outer and inner covers, put your top feeder to one side, and slowly lift out the frame closest to either side of the hive. Then pulling the next frame over to the side, you continue until you come to the centre frame. Making sure this centre frame is clear from the other frames, you lift it out and look on each side, and you will see drawn cells with little cream coloured curly things in the bottom of the cell. This is brood larvae, and indicate your queen is laying well. Put the frame back in the hive slowly and gently, push the frames back together, and put the end frame back in. Put your top feeder back on, fill with syrup, put your covers on, and let that be the limit of your curiosity for a few weeks. If it is a good day you can't make this inspection, because if you do you will chill the

by E.L. Rothmel

The cow, like the people of Canada and the United States, faces an energy crisis. However, the cow's problem is more easily solved either by being fed too much energy or too little during certain stages of lactation. Most cows face an energy shortage during the first phase of lactation (negative) starting at calving and lasting about 10 weeks. The high producing cow puts more energy into the milk pail than she can consume by mouth. This



brood. Chilled brood is dead brood.

I think you have had enough for now. Next time we will discuss the bees themselves, who's who, where they come from and who does which chores. □

simply means that the high producers could lose some 100 to 200 pounds of body weight during this period. The weight loss, however, is not too great a risk, as long as she does not lose weight too rapidly with resulting Ketosis.

A high energy ration should be fed at this time, one that is balanced and contains adequate protein, energy, minerals and vitamins. However, you know your cow and how much grain she can consume. If certain cows are fed too much grain, or the grain mix is too fine, fat depression or rumen malfunction (acidosis) may occur.

In the second phase (about the eleventh to the twentieth week), the cow consumes enough energy to balance her milk output. She is generally bred just prior to or during this phase. The peak of milk production has passed. However, if the cow is losing weight during this period or phase, first service conception rate will drop drastically (generally about 35 to 40 percent). If, on the other hand, the cow is gaining weight when she is bred, conception jumps to about 70 percent.

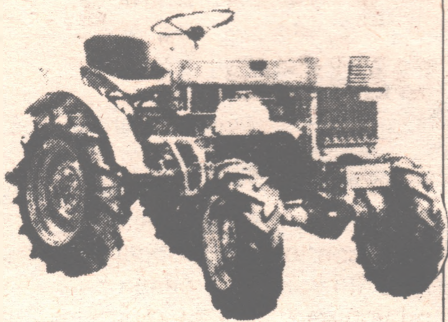
During the third phase (the last 20 to 24 weeks) the cow eats much more feed than needed to produce milk. She needs to regain the weight she lost during the first phase and some for the calf she is carrying.

The fourth phase is the dry period. If the cow is too thin she needs to gain some weight. If she is in good shape, she should be kept that way. The ration should be strictly controlled during this important phase. Don't feed too much energy. Fat cows have a tendency to go off feed consequently the risk of Ketosis is greatly maximized. Grain mix that is too fine could also lead to a displaced abomasum. Dry cows also should not be fed high quality hay or haylage as the high calcium increases the risk of milk fever. Grass hay or haylage is preferable. During this period, keep the rumen in working order so the cow may conserve the energy she requires when she starts a heavy lactation period.

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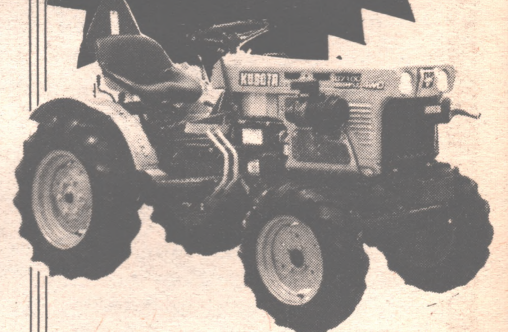


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# Farm People Involved In Survival

by Gloria Wilson

The most outspoken farm woman in Canada predicts "If agriculture goes down the tube this country is going to hell in a breadbasket."

Dianne Harkin told a **Directions** conference of predominantly active farm women, meeting at the Centralia College of Agricultural Technology here, the last weekend in August that "farmers are hurting and have got to let government and bankers know about it. On some roads nine and ten farmers are battling bankruptcy or have gone under. In some cases the banker comes in and puts the lock on the door. Ontario doesn't support agriculture."

The Ontario Federation of Agriculture is trying to organize a united front with small business which is also suffering, she said. "It's serious, and we're trying to band together with stores in small towns that are closing their doors and machinery dealers who have gone belly-up. OFA is attempting to have a task force set up to hold hearings around the province, and workshops at the grassroots, providing survival courses with lawyers and accountants as guest speakers.

"Farmers have been leaping from one crisis to another. The time has come to establish some stability in the industry."

Ninety per cent of the delegates to the college conference were farm women, expressing extreme stress about the fate of their farms, Harkin said.

### Scare Tactics

Harkin said bankers were using "scare tactics" with farmers when they lacked the legal right to move in. Farmers have panicked and reacted and have lost everything.

"If a farmer gets to a lawyer and knows his rights, he can tell the banker to get to hell off the land, and fight it!"

She told of a "neat case" in Ontario's Huron county where the banker phoned a pork producer to advise him he would "see him tomorrow." The first thing the producer did was call his lawyer and tell him "they're coming after me."

"That night—at midnight—all the farmer's machinery disappeared, piece by piece. When the banker arrived the yard was empty. A hired helicopter scoured the area for four days trying, unsuccessfully, to find a

trace. It stopped the foreclosure.

"We called it **The Great Machinery Hike.**"

### Strikes Get Nowhere

Speaker Laura Sabia, former director of the Canadian Advisory Council on the Status of Women gave some strong advice on "directions for rural women in the 1980's."

She said strikes and demonstrations (dumping milk and manure on Parliament Hill) are not getting farm people anywhere. They have to do something drastic—and dramatic.

Sabia told of an event which led up to the first woman director being named to a Canadian bank, of how the banks searched and searched for a full year to no avail, attempting to

find a women to fit the empty seat on the board.

It took a strategy move on the part of women's groups across Canada to solve the problem in a matter of weeks. Each of the (women's groups) members phoned five people, who, in turn phoned five people, to take part in a three-day-caper in which the women closed out their accounts for three days, then opened accounts for the next three days and continued the cycle, costing the bank a mint, until the bankers told them "call off the dogs" and a woman director was named.

Harkin suggests this is the type of strategy to use.

from Report On Farming

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# A Brave Farmer

by Ralph Barrie

Through the year, farmers are completely pre-occupied with the success or failure of our individual "kingdoms." We get wrapped up in material things because we naturally associate money with success.

Even at the Ontario Federation of Agriculture (OFA), we're inclined to count our achievements in terms of dollars and cents. I often have to stop and force myself to recall that the OFA is actually working for people.

It's true that the money is badly needed, especially in these troubled economic times. But surely money is secondary to our physical and emotional health.

The OFA would be nothing without the hard work and dedication of its members. Our motto is "Farmers Working For Farmers," and recently that has had more significance for me.

Every once in a while, life throws us a jolt and snaps our attention away from everyday things. It makes us take a close look at the spiritual side of life.

This event happened recently with the unfortunate death of John Giese, OFA director for Grey Southwest.

John set an example that many of us could benefit from. He was a fighter with strong convictions, and won the respect and admiration of his peers.

His life was not an easy one. In the

old country, his family suffered under the Nazis. That episode doubtless left him with permanent emotional scars.

I'm sure most immigrants to Canada fought an uphill battle to get established. Those of us born and raised here can't really appreciate this struggle.

But the thing that really impressed me about John was his grit. He had several handicaps that, combined, would have stopped most of us from becoming actively involved in any organization. But they didn't hold John back, and they didn't embarrass him.

Whether or not I always agreed with him is irrelevant. What I admired most about him was his spirit. Time after time at our annual meeting, John stood for election to the Executive Committee—each time without success. Yet he fought on.

John had a regular system for communicating with me. Either by letter or by thrusting a note into my hand as he strode by, he let me know what was on his mind.

As I look back, I feel a twinge of guilt for not dealing with some of his suggestions as promptly as they deserved.

One of those suggestions was to have OFA officially observe the Year of the Disabled at one of its board meetings. I hope to do right by John by seeing this plan through.

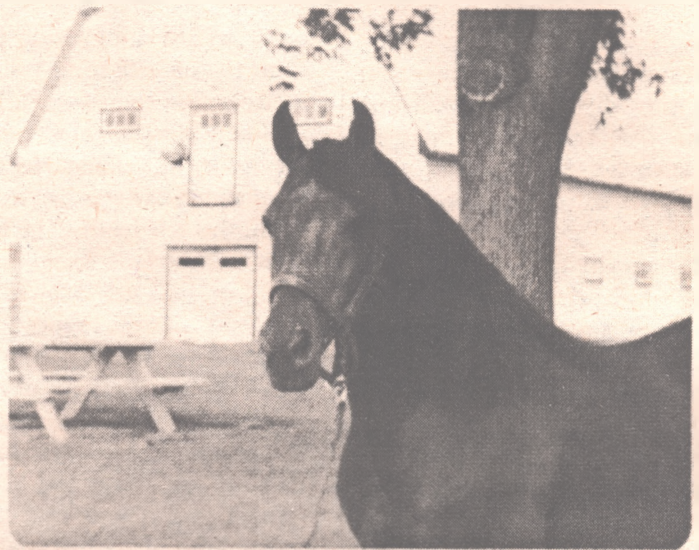
The thing I will remember most about John was the time he slipped a fresh four-leaf clover into my hand just before the mass meeting of farmers on June 4. With his shy smile he said, "I thought you might need this today."

A few words of the famous Lebanese poet Kahlil Gibran from the *Voice of the Master* seem appropriate: "Man is like the foam of the sea that floats upon the surface of the water. When the wind blows, it vanishes as if it had never been. Thus are our lives blown away by death.

"The cruel tasks for which we received no reward will live with us, and show forth in splendor and declare our glory, and the hardships we have sustained shall be as a wreath of laurel on our honoured heads."

from Farm & Country

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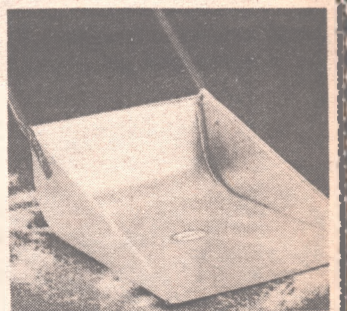
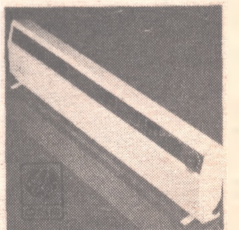
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## Tax At Source

Does a member of your family have a part-time or temporary off-farm job that won't bring in enough income over the year for taxes to be payable? If so, there's no need for tax to be withheld from paychecks. Contact your local district office of taxation, which will supply the employer with a written waiver of his obligation to "deduct tax at source."

Canadian egg producers have donated eggs with a market value of \$60,000 for distribution to starving Ethiopians. The Canadian Egg Marketing Agency (CEMA) gave the equivalent of 71,000 dozen surplus eggs in powdered form. CEMA has recently been plagued by the problem of having more eggs to sell than Canadian consumers will buy at the formula price.

## Independent Study Course

The University of Guelph's independent study program has 3 new correspondence courses, which may be taken either as a credit or as a reference. Plant Care in the Home Garden, for novices, Introductory Apiculture, and Landscape Design and Installation bring the total number of agricultural and horticultural correspondence courses to 50. Contact Wendy Elrick, phone (519) 824-4120, ext. 2655.

## Principal Residence Tax Deduction

Revenue Canada recently published a new interpretation bulletin (NO. IT-120R) describing the rules which govern tax-exempt disposition of the principal residence. The new bulletin replaces and cancels bulletins IT-120R and IT-399. It includes detailed outlines of the type of situation encountered by farmers whose principal residence is on land used for farming. Free copies are available from the nearest district taxation office.

## Soil Conservation Society

A book, based on material presented at the 1980 annual meeting of the Soil Conservation Society of America and dealing with the influence of current economic realities and ethical values on land and water management issues, is now available. The book features 47 papers from the conference and focuses on these issues as well as the future of natural resource programs. It sells for \$10.00 U.S., postpaid, \$8.00 to SCSA members. Write to the Soil-Conservation Society of America, 7525 Northeast Ankeny Road, Ankeny, Iowa 50021.

# WINTER 1982 COURSES

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ACCOUNTING II 6:30 - 10:30	BOOKKEEPING 7:00-10:00	CUSTOMER SERVICE 7:00-10:00	REGIONAL HISTORY 7:00-10:00
INTRO. TO ELECTRONIC DATA PROCESSING 7:00-10:00	TAXATION 6:30-10:30	FILING OF DOCUMENTS & CARDS 6:30-10:30	FABRICATION PROCEDURE FOR TIFFANY LAMPS 7:00-10:00
POTTERY I, II, III 7:00-10:00	CREATIVE WRITING I 7:00-10:00	POTTERY I, II, III 7:00-10:00	POTTERY I, II, III 7:00-10:00
FLY TYING (non credit)	CREATIVE WRITING II 7:00-10:00	INTRO. TO PSYCHOLOGY I 7:00-10:00	PROCESS OF SELECTION OF PERSONNEL 7:00-10:00
		INTRO. TO BASIC 7:00-10:00	

### Monday & Wednesday

FRENCH (ORAL) INTERMEDIATE & ADVANCED  
7:00-10:00

PILOT TRAINING  
7:00-10:00

SECRETARIAL PROCEDURES I  
8:00-9:30

TYPING I  
6:30-8:00

### Tuesday & Thursday

FRENCH (ORAL) ELEMENTARY LEVELS  
7:00-10:00

PILOTAGE  
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FRENCH (ORAL & WRITTEN)  
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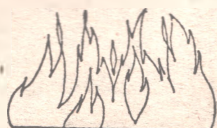
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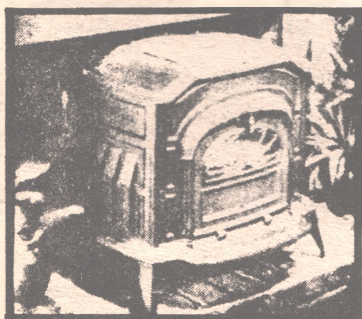
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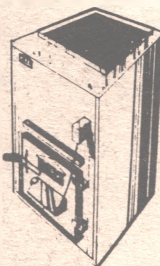
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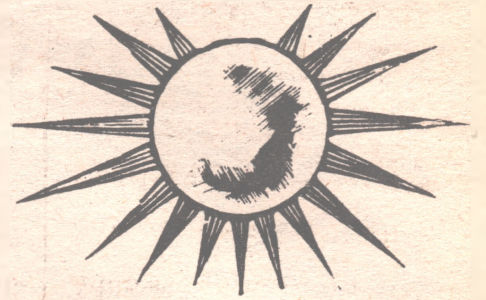
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*Annals of Megantic County*, author Dugald McKengie McKillop, available through Cora McKillop Mimnaugh. Call 453-2601 in Inverness, P.Q.

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