

Special clothing



Special people, special clothes: This fall Paulette Scheib and her daughter Lynda sold the day-care centre they had operated for 10 years to open a new business — providing specialized clothing for those in beds and wheelchairs. For the full story, please see Page 4.

RECORD PERRY BEATON

Parizeau blames federal 'trap'

Tax increase equals No margin

By Jack Branswell

QUEBEC (CP) — Premier Jacques Parizeau says the one percentage point sales-tax hike coming in the next provincial budget is thanks to the No vote in last month's referendum.

Parizeau blamed the federal government on Wednesday for the sorry state of Quebec's public finances and appeared to be preparing the ground for deep budget cuts.

He also sounded like a man trying to reassure credit rating agencies, who are keeping a close eye on the province.

"For the first time in a long time the government's deficit reduction objective will be

met," Parizeau said in the National Assembly.

"I can say that our spending limits will be scrupulously respected."

The premier's remarks came on the same day as Ontario announced \$6 billion in spending cuts, the biggest in that province's history.

Quebec's projected deficit for this fiscal year is \$3.9 billion and there have been rumors the government won't make that target.

The Quebec sales tax was harmonized with the federal goods and services tax by the Liberal government of Robert Bourassa and now stands at 6.5

per cent.

Parizeau said Finance Minister Pauline Marois will release a statement on the government's finances in the next few days.

He quoted a passage from last May's budget saying "a sales-tax increase was unavoidable" if Quebec didn't get out of Confederation. The budget called for the tax to be increased to 7.5 per cent unless the Oct. 30 referendum produced a Yes vote.

Because Quebecers voted narrowly in the referendum to stay in Canada "we are now in a trap," Parizeau said.

Bloc, Reform hold hands

Chrétien plans take heat from both sides in House

By Linda Drouin

OTTAWA (CP) — Canadians who demonstrated their love for Canada at a giant rally during the referendum must follow through and recognize Quebec as a distinct society, Prime Minister Jean Chrétien said Wednesday.

Chrétien presented a resolution in the Commons to recognize Quebec's distinct character, fulfilling a promise he made during the referendum when the federalist forces appeared to be losing.

"Today, I call on Canadians, who demonstrated their attachment to Quebec during the referendum campaign, to support our government's initiative," Chrétien said.

He called it a "real, dynamic recognition" of Quebec although its practical impact is minimal and it could be repealed by any subsequent government.

The resolution recognizes that Quebec is a distinct society within Canada because of its French-speaking majority, unique culture and civil law tradition but does not make it part of the Constitution.

Both the Bloc Québécois and the Reform party argued against the motion, but for different reasons.

Bloc Leader Lucien Bouchard dismissed it as "totally

unacceptable and minimalist" with no real clout.

He said Chrétien made promises to Quebecers during the referendum campaign only when it seemed the Yes forces were about to overtake the No

forces.

"Fear was the cause of his turnaround."

Reform Leader Preston Manning said his party will vote

See CHRETIEN Page 2



Flying high: Members of the 4th Lake Magog Scout Troop can barely keep their feet on the ground after rebuilding the old observation tower atop West Bolton's Foster Mountain. For the full story, please turn to Page 5.

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With NATO in Bosnia

Canada ready for new peacekeeping role

By Margaret Evans

BRUSSELS (CP) — Canada is keeping its contribution to a 60,000-member peacekeeping force for Bosnia under wraps until after Parliament debates the issue early next month.

Canada will honor its NATO obligations and contribute troops, Defence Minister David Collette said Wednesday.

But a decision on how many and what role they will play won't be taken until after a debate in the House of Commons next week, he said during a NATO defence ministers' meeting in the Belgian capital.

"We can't make a commit-

ment because the government hasn't decided," he said.

Canada has been under pressure to contribute, both as a NATO member and as a country with a long track record in peacekeeping.

NATO planners are to complete their military strategy for the multi-national force by Friday when they will take stock of the number of troops pledged by both NATO and non-NATO countries.

Canadian sources, meanwhile, said Ottawa's contribution would be "modest" — most likely under 1,000 troops.

Collette said some Canadian units already trained for

special duty under Operation Cobra — when the UN was planning for a possible pullout from Bosnia — would be used.

But he said the number going to Bosnia would not be "anywhere near" the 4,500 troops trained for Cobra.

A senior NATO military commander said Tuesday he hoped for a strong Canadian presence in Bosnia. "They are very experienced and so they would be an important contribution," he said.

Collette said "... opposition spokesman in the House of Commons have said that we shouldn't be going (to Bosnia), our troops are tired

and all the rest."

But "the fact is that in the White Paper last year, we decided to redirect resources into the army simply because of our ongoing overseas commitments," he said.

Collette agreed that Canadian troops are "valued by the (NATO) planners."

"We feel that we know the area and we've had considerable experience with the local culture and the terrain," he said.

"We can certainly make a contribution and we will."

Ottawa also has been waiting for the outcome of the public debate in the United States,

which helped broker the peace accord reached in Dayton, Ohio, among Bosnia's warring parties. Washington has pledged to send about 20,000 troops to lead the peacekeeping mission.

Collette said Ottawa was encouraged by the American decision but added Canada doesn't like to "jump into things."

The NATO force in Bosnia, unlike the existing UN force to which Canada contributed about 800 troops, will be heavily armed and prepared to deal with any threat to its safety. That includes shooting first if necessary.

RCMP probe Mulroney link to airport deal

TORONTO (CP) — CBC-TV News says the RCMP is looking into whether Brian Mulroney illegally used his influence as prime minister in 1988 to help a Conservative fund-raiser.

The case involves Bitove Corp.'s lucrative food concession contract at Toronto's Pearson International Airport.

In September, a judge ordered Bitove to pay the federal government more than \$22.7 million for past and future rent at the airport.

Judge Sidney Lederman said in this ruling that John Bitove

Sr., chairman of Bitove Corp. and a Tory fund-raiser, obtained Mulroney's intervention in negotiations over the airport lease.

Lederman called it "extraordinary that the prime minister would become involved in what seemed to be essentially private commercial negotiations."

The judge said a new negotiator for the government was then appointed and previous bargaining positions were dropped.

Gerald Berigan, a regional director general at Transport

Canada who negotiated the lease extension for Ottawa, testified that Mulroney intervened and he felt under pressure to make a deal.

Bitove ended up with a lease extension — including a multi-year rent-free period — just before the 1988 election won by the Conservatives.

CBC's The National reported Wednesday night that the Justice Department recently referred the court judgment to the Mounties, whose commercial

'Fill 'er up,' officer...

crime investigators are examining evidence and conducting interviews.

An RCMP spokesman was unavailable for comment.

Bitove has denied calling Mulroney and the company has said it will appeal Lederman's decision.

The CBC said Glen Shortliffe, a former deputy minister of transport, acknowledges Mulroney called him but he won't discuss the call.

Luc Lavoie, a Mulroney spo-

kesman, said Wednesday night the CBC report mystified him. "And I still don't know having watched the item."

Meanwhile, the government has hired two Montreal law firms to defend a \$50-million libel lawsuit Mulroney has filed against the Justice Department and RCMP.

Mulroney is suing the government and the RCMP over allegations linking him to kickbacks in the \$1.8-billion sale of Airbus jetliners to Air Canada in the late 1988.

'Satan' Lacroix comes through

Informer helps bust senior Angel and pals

MONTREAL (CP) — Ten people, including a senior member of the Hell's Angels, were arrested Wednesday in the continuing crackdown on Quebec's warring motorcycle gangs, police say.

Most of the 10 will be charged today for crimes including assault, illegal possession of

explosives and drug trafficking.

But Michael Lajoie-Smith, 33, who police say is the "godfather" of a gang chapter north of Montreal, will be charged with attempted murder.

Police say a Hell's Angels associate-turned-police informer, Martin (Satan) Lacroix, helped them bring the attempted-murder charge against Lajoie-Smith, who is presently serving a five-month sentence for possession of a restricted weapon.

WEATHER

Sunny in the morning followed by variable cloudiness and light flurries in the afternoon, the high near -6. Outlook for Friday: Snow with a high near -1 and a low near -11.

CHRETIEN:

Drunk driver asks cop for gas

SHELBURNE, N.S. (CP) — A man who mistook a police officer for a gas station attendant will spend Christmas behind bars.

Frank Edward Gould, 48, of Black Rock, N.S., was jailed Wednesday for 45 days after pleading guilty to driving his red pickup truck while impaired.

RCMP spotted Gould driving

his truck on Highway 103 on Oct. 22. The truck, which appeared to be weaving over the centre line, pulled into a gas station.

As Gould coasted up to the pumps, a police cruiser pulled in behind him.

Const. Barry MacLellan walked to the driver's side of the truck, where the window was rolled down.

"The driver looked at Const.

MacLellan and simply said, 'Fill 'er up,'" said Crown attorney Jim Burrill.

Two open bottles of beer were seized when Gould staggered from his truck. A bottle of rum and more bottles of beer were found in the truck.

In addition to his sentence, Gould was fined \$1,100 and prohibited from driving for the next two years.

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Milby moves toward annexation: Belvedere Heights next?

Waterville joins ex-Ascot sweepstakes

By Rita Legault

WATERVILLE — Disgruntled residents from yet another rural section of Ascot are seeking annexation to a neighboring municipality.

Some 40 residents of the Milby area met with the mayor and councillors of Waterville Wednesday night to hear what municipal life and taxes are like in the neighboring town.

Waterville council, which passed a motion last week announcing it was interested in annexing the area, also received a petition signed by more than 200 Milby and Huntingville residents — about 80 per cent of those living in the sector.

Mayor Gérald Boudreau said the town has hired surveyors to determine the territory to be annexed and plans to petition the government to give assent to the municipal nuptials.

Under consideration is the area from the Fairview Bridge in Lennoxville south to Moe's River and the limits of Compton to the east, the Massawippi River to the west and the Salmon River to the north.

300 HOMES

The sector, which represents a population of about 300 people in a territory of about four miles square, would mean the loss of about \$25 million in property evaluation to the town of Ascot.

Waterville councillor Lindsay Pocock said the annexation

will include the "no man's land" between the Salmon and Moe's rivers which until Wednesday seemed to have been ignored in annexations bid by Waterville and Lennoxville.

Bernard Houle, a resident of the almost-forgotten sector who was recently acclaimed to Ascot council, said about a half dozen landowners were worried they would become "orphans".

Houle said they live in a grey zone which would end up surrounded by four municipalities, proving just how complicated it is to divide Ascot's rural territory.

Robin Orr, another resident of the forgotten area, said he'd prefer to join Waterville, a community to which he has a greater affinity than he does to Lennoxville.

BETTER FIT

"Lennoxville isn't essentially rural like we are, and we make a better fit with Waterville," Orr said. "Besides, Lennoxville has already drawn their line and we're not in."

"Milby is like a little hamlet, we'd all like to be in the same community," Houle added.

Farmer Jean-Guy Beaulieu, of the Beaulieu family farm at the intersection of routes 143 and 147, is also keen to join Waterville. But rural affinity has nothing to do with his motives.

"I just want to leave Ascot," he said. "That's it."

"This has been going on for

too long and it has to be resolved," he said, adding that the details will work themselves out once the big problems are solved.

Aside from the better tax rate — 92¢ per \$100 evaluation compared to \$1.33 in Ascot — residents seem to appreciate Waterville and its municipal management style.

After longstanding arguments about how Ascot rurals are taxed for services they don't have access to, they were reassured by Waterville council.

USERS PAY

"What doesn't go to the rurals, isn't charged to the rurals," summed up Mayor Boudreau.

Boudreau said the town likes



Robert Gagné... Will be resolved this year.

to be careful with its money and doesn't want to go into debt.

Longtime councillor Pocock illustrated that concern when answering a question about the upkeep of rural roads.

"You take the worst road and you fix it," he said. "You don't fix a road 'cause your brother lives there."

"We live within our budget," Pocock added. "We don't much like borrowing money. We try to avoid it."

Some residents were also concerned about housing development. Once a rural municipality, Ascot's urban section grew quickly and wrestled municipal control away from the country folks.

Boudreau said Waterville has about 100 unused building lots and is offering tax incentives to new home builders, and five or six new homes are built each year — "just enough to keep the tax bills stable."

The Milby sector of Ascot is the fourth area seeking to secede from Ascot.

OTHER AREAS

A huge rural sector which including Ranges 1, 2, and 3 were annexed by Eaton in January. Since then, residents of Moulton Hill and Viewpoint-Huntingville have asked Lennoxville to propose to them.

And next Monday residents of the rural Albert Mines, MacDonald Road, Belvedere Heights and Bel Horizon area



Bernard Houle... Territorial division complicated.

will ask for a marriage of mutual convenience with Hatley Township.

Municipal Affairs Minister Guy Chevrette has put a hold on the dismemberment of Ascot while awaiting a global resolution to the division between the urban and rural communities. Moulton Hill sector awaits final approval while the other annexations are stalled in the political process.

Rural Ascot councillor Robert Gagné said he expects the final division to be determined by spring and to come into effect by January '97 — "including the annexation of the urban part to Sherbrooke."

Gagné said the fragmentation of Ascot is inevitable, including the urban sector joining neighboring Sherbrooke.

"We have to stop hiding reality from urban residents."

CREA Lab ready for the green wars

Rock Forest lab wins environmental merit badge

By Maurice Crossfield

ROCK FOREST — An environmental lab in Rock Forest is working its way toward the forefront of its field, and it has just received another boost from the Quebec government.

At a news conference Wednesday officials the *Centre de recherche en environnement et d'analyse en laboratoire* (CREA Lab) announced that the lab has just received accreditation

in 14 new areas, giving it a total of 35 areas where it may apply its expertise in the environmental field.

Quebec's system of accrediting private laboratories for their expertise in the environment began in 1983. The provincial environment ministry set up the system so potential customers could be assured of the level of expertise on a given environmental concern.

"We are now in the top five among environmental labs in Quebec said CREA Lab spokesman François Gourdeau. Presently 77 labs province-wide deal with environmental technologies.

CREA Lab began operations in 1989. The only laboratory of its kind in the Eastern Townships, it has continued to expand, working with companies, municipalities and the provincial government.

"About 20 per cent of our customers are from the region," said CREA Lab assistant director Jacinthe Côté. Most business comes from organizations looking at ways to deal with problems of waste water and chemicals, soil contamination, and cleaning up existing environmental headaches.

Rock Forest mayor Bertrand Delisle was on hand for the announcement, applauding the progress of the once-tiny company which employed only four people in 1993. Today some 30 people work in the facilities.

"It wasn't too long ago that I remember seeing you people working in trailers," joked Delisle.

The new government accredi-



RECORD PHOTOS/PERRY BEATON

Specialized equipment is no good without the know-how.

itation will mean more jobs at CREA Lab, but Gourdeau would not speculate how many. He said more work with local businesses will also mean more jobs, as businesses keep their doors open while upgrading their environmental standards.

CREA Lab will also be taking part in St-Laurent Vision 2000, a major project aimed at cleaning up the St. Lawrence River. Working with Environment Canada, the provincial environment ministry and fellow environmental lab Centre St-

Laurent over a two year period, they will be doing analysis and making recommendations to some 80 industries which presently dump poorly treated or untreated waste into the river.

Berthold Brochu of the Ministry of Environment and Wildlife said companies like CREA Lab are definitely going to be a thing of the future.

"With the prospect of budget cuts, this kind of work will have to be done more and more in the private sector," he said.



Assistant director of CREA Lab, Jacinthe Côté explains some of the high tech equipment the lab uses to environment ministry representative Berthold Brochu and Rock Forest mayor Bertrand Delisle.

For those who need something a bit different

Boutique features specialized clothing

By Sharon McCully

FLEURIMONT — Zip, snap, button, done. Getting dressed is a cinch for able-bodied people. But for those confined to bed or a wheelchair, it can be a frustrating and even painful experience.

Thanks to the ingenuity of a Fleurimont mother-daughter team, dressing has become a more pleasurable experience for non-autonomous people, and their care-givers.

This fall Paulette Scheib and her daughter Lynda sold the day-care centre they had operated for 10 years, to cater to people with special clothing requirements.

"We studied the needs of older people living in *foyers* and talked with staff members for more than a year," said Paulette Scheib. "It was apparent the greatest need was in the area of adapted clothing, especially nightware."

The Scheibs found a manufacturer in Montreal which specialized in clothing that could be put on and taken off with ease.

The result is a home boutique full of colorful fashions that only the wearer can fully appreciate.

Take for example the special "seatless" trousers for men and women who spend most of their days in a wheelchair. At first glance the pants are standard navy blue cottons. Only the wearer knows they have no seat. The pants are attached in the back by a velcro strap, and the pants pockets are knee-level for easy access.

An accompanying shirt is easy to slip on and fastens with velcro in the back. Special slip-



Paulette Scheib... 'We didn't anticipate how rewarding it would be.'

pers — made extra wide to accommodate swelling — are easy to slip on and also close with a velcro strap.

The Scheib collection includes soft flannel dressing gowns which open in the back and are discreetly velcro-attached at the neck, while other models can be slipped over the head.

"The upper sleeves on most of the garments are made large for people with arthritis or those who can't raise their arms above their head," Paulette Scheib explained. For those who like a more casual look, there is the fleece-lined jogging suit — seatless or full-bodied, and attached at either side to slip on easily.

Scheib has made a point of selecting good quality materials and bright, airy colors. "If you look good you feel better," she reasons.

There are leg blankets with handy pockets, and bed-jackets

that can be wrapped around for warmth and comfort without disturbing the patient.

Scheib says nurses and care givers have been extremely helpful in identifying things most of us take for granted. "For example, we have oversize socks to cover casts, or for the person with sore and swollen feet," she said.

Last week, residents at seniors residences in Coaticook modeled the clothing in a fashion show for each other and staff.

"They were in such good humor and appreciated the clothing so much," Scheib said. "We knew we would be serving a need but we didn't anticipate how rewarding it would be."

"When people come to the shop and realize what is available, they are so grateful."

Most of Scheib's business will be done through "homeshopping".

"Our clientele can't do personal shopping and it is family members who shop for them. We want to give people a chance to choose what they like, so we will go to seniors residences and private homes to show them what is available."

While most of the items in the shop are practical, others are just plain fun.

"I like this little apron with the frill," Scheib said. "It's true it's useful to cover your clothes while eating in bed, but many of the older women will remember when they wore it in the kitchen."

A wide selection of dresses open in the back and are attached by velcro, and accessories are also available. Prices are surprisingly lower than one might expect. The cotton and

polyester dresses sell for around \$55. Nightgowns go for \$40, velour dressing gowns for \$55, and jogging suits for \$80 — all taxes included.

There is also a selection of undergarments for men and women. And those who have a doctor's prescription for specially adapted clothing don't have to pay the tax.

Paulette and Lynda Scheib will be showing their special clothing at seniors homes throughout the Eastern Townships, including in Brome-Missisquoi this winter.

For more information call (819) 346-8403 or (819) 564-2223, or visit the boutique at 1051 Veronique Street in Fleurimont.



Lynda Scheib shows off a specialized garment at the Fleurimont boutique. RECORD PHOTOS/PERRY BEATON

Top Tory takes Bouchard, Chrétien to task

Charest wants premiers to establish unity agenda

By Eoin Kenny

OTTAWA (CP) — The provinces should meet and set the

national unity agenda since the federal Liberals don't appear to be up to the task, Tory Leader

Jean Charest said Wednesday.

Charest said it is not by accident that he is calling on the premiers to take a leadership role in the current debate.

"I feel there's a willingness to take action if they are encouraged to do so since Mr. Chrétien's government does not seem prepared or capable of such a move."

Charest said he supports Prime Minister Jean Chrétien's plan to recognize the distinct nature of Quebec's culture, language and traditions, but he wants the contentious issue of regional vetoes sent to a joint Commons-Senate committee for study.

To proceed with the veto would break a promise made during the Quebec referendum campaign that Quebec's constitutional powers would not be

changed without the province's consent.

Charest expressed hope that separatist leader Lucien Bouchard would participate in the talks despite his stated intention to refuse any deal proposed by Canada short of separation.

The Tory leader said the future Quebec premier has a broader responsibility to deal with the economy of Quebec, particularly the province's high unemployment.

"And he's not going to be able to turn his back on those responsibilities."

"The debt and deficit is the No. 1 issue for him as it is for the rest of the country. If he chooses not to be part of a national debt and deficit plan, I think the people in Quebec will judge him very, very severely — as they should."



Jean Charest... 'Mr. Chrétien's government does not seem prepared.'

St-Joachim de Shefford:

Pigs die in barn fire

SHERBROOKE (MC) — Several hundred pigs are dead after a Wednesday morning fire in St-Joachim de Shefford.

Quebec Police Force spokesman Cst. Serge Dubord said fire broke out on the second floor of a piggery at 760 Eighth Range Road West at about 6:20 a.m. Some 600 pigs perished in the blaze.

Though firefighters could do little to save that section of the barn, Dubord said a firewall dividing it from another section allowed them to contain the fire on one side of the structure. The other section contained another 1200 pigs, all of which escaped injury.

Police estimate the fire caused about \$400,000 in property and animal damage.

Dubord said the cause of the fire is still under investigation, but so far there appears to be no sign that it was deliberately set.

Volunteer sweat brings back timeless viewpoint

Scouts rebuild Foster Mountain Tower

By Robert G. Plasse, Jr.

WEST BOLTON — It took six months of planning, the involvement of many determined people and a great deal of energy and spirit to finally come up with what one might call a rather spectacular realization.

Spectacular it is: All you have to do to convince yourself is climb the 51 steps to the top of the new Foster Mountain Tower — to observe on a clear day, from an altitude of 720

metres, Montreal's Olympic stadium in the east and Mount Megantic in the west.

That is, of course, after you've completed the 40-minute hike to the top of the mountain from the end of Summit Road.

Like its predecessor — built more than a century ago but long ago eliminated by the elements — the new tower offers a 360 degree panorama. Brome Lake, Vermont's Green Mountains, Owl's Head, Lake Mem-



Foster Mountain Tower: If you try hard enough on a clear day, you can see forever.



Leaders at the top: Job well done.

phremagog, Mount Orford, and every hill on the southern St. Lawrence plain are visible, among many other things. Geography buffs will be delighted.

The tower project fit right in with the intentions of *La Corporation des Sentiers de l'Estrie*, a hiking association which had undertaken to redesign the Bolton Section of a trail that runs from Vermont to Kingsbury.

On the other hand, the 4th Lake Magog Scout Group, which had been financing its activities with various building projects these last four years, was in search of another challenge for its members.

The land beneath the tower belongs to Knowlton-based publishing magnate Peter G. White of Hollinger Corp., and Pat Côté of the Glen Mountain ski centre.

Soon after the parties met, a plan was laid out: personnel from Ski Mont-Glen were to rejuvenate the ATV trail as close to the top as possible.

Engineers Chabot,

Pomerleau & Ass., were to coordinate the operation, while the scouts would prepare a weekend group effort to raise the structure by the end of September. An airlift operation was set to put the concrete foundation in place and to carry 15,000 lbs. of building materials to the site.

On the morning of Saturday, September 30, about thirty enthusiastic parents and friends of the Scout Group found themselves working together on what soon became a local attraction. Visitors were already enjoying the scenery while the volunteer construction crew was still busy laying down the flooring of the 10-metre-high platform.

After 17 hours of hard work the main structure and staircases to the observation platform were complete by 6 p.m. Sunday, but it wasn't over yet. While the last members of the Scout Group were heading downhill that night, they were already planning a return to complete remaining details.

On Saturday, October 21,

hammers could be heard around the tower as early as 7:15 a.m. All the railings and guards were put in place, and a lightning conductor requiring 1800 pounds of coal, among other things, was hauled to the summit and secured to the tower.

The Scout Group also built two picnic tables and cleared debris from the construction site. It was 4 p.m. when the crew gathered at the foot of Foster Mountain and proudly declared the project done.

Members of the 4th Lake Magog Scout Group agreed to hold a reunion at the tower in 10 years. Consider yourself invited to the memorial, to be held on October 21, 2005.

Meanwhile everyone is welcome to benefit from the vision of a certain Judge Foster, who had foreseen the potential of Foster Mountain as an observation point 120 years ago.

Robert G. Plasse Jr. is a volunteer scout leader in Magog.

Many have trouble reconciling job and children

Sherbrooke U. studies work-family problems

By Lia Lévesque

MONTREAL (CP) — Three-quarters of employees in large companies say they have trouble reconciling their jobs and child-care responsibilities.

That's the major finding of a study conducted by the University of Quebec in Montreal, the University of Sherbrooke and the Quebec Federation of Labor.

The study included 575 union members working as telephone operators or in the energy and health-care sectors.

The men and women who participated in the study all have at least one child 12 years old or younger and work at least 28 hours a week. All work for large companies.

The study found that 56 per cent of the women and 42 per cent of the men suffer "a high level of psychological distress," that is, a sense of being overworked, of irritability and extreme fatigue.

That's twice the rate in the general population. In single-parent families, the percentage climbs to nearly 70 per cent.

Illnesses, emergencies and teachers' study days created child-care problems for 42 per cent of participants.

The study found that problems increased when work shifts vary or are unpredictable, especially when the employer provides little advance notice.

For example, telephone operators often work evenings, nights, one weekend out of every two and their days off change from week to week.

Over a two-week period, the

30 telephone operators participating in the study had to act on 212 different occasions to ensure their children were cared for, fed or for transportation.

"All of these chores add to the stress and anxiety and the effects are evident in the level of psychological distress," wrote the authors of the study.

A more open attitude from supervisors and the opportunity for flexible working arrangements help relieve the stress, said Louise Vandela, a University of Montreal sociologist.

Henri Massé, secretary gene-

ral of the QFL, said unions can help members with the problems. Joint worker-management committees help make employers more aware of the problems, he said.

Unions can also negotiate contract clauses providing for paid leave for family responsibilities, he said.

Workers who participated suggested that a shorter work-week would help, provided it did not mean extremely long hours on the fewer days worked.

A bad year for Canada

Another month to go and 1995 will finally be over. And none too soon.

It will be a year that most Canadians will most likely try to forget and file away in the deep, dark, nether regions of their brain.

My particular way of thinking has nothing to do with a referendum hangover, anxiety over marginally avoiding the disintegration of Canada, acute fear of (Lucien) Bouchardism or being classified by Jacques Parizeau as an "ethnic".

I think you get the picture. Basically I've already filed October and most of November where they belong. In the you-know-what (I hope I don't have to draw you a picture), right next to my memories of some of my journalism professors.

No, my reasons for wanting to put 1995 on the Star Trek Enterprise and send it hurtling at warp speed towards one of those worm holes in outer space, are entirely unpolitical.

Because beyond the referendum, 1995 has been a real bad year for Canada. Suddenly our peace-loving, law-abiding society became — for a lack of a better more Freudian word — Americanlike.

Yes, we still have the CBC (at least for now), we still have the Queen on our money and nobody's singing the Star Spangled Banner, but for some reason Canada had an unusually high number of discomforting violent incidents, the kind that make you feel unsafe anywhere. The kind that make you feel like you're in New York, Detroit or Washington, D.C., instead of Ottawa or Montreal.

When somebody can walk into a Montreal-area police station, kill a cop and disappear without a trace then anything can happen anywhere at anytime. Even in your own town.

Unfortunately, this week's tragic incident isn't the only thing that has led me to regret the year that was. When a deranged pilot crashes his plane into the White House, Americans take it in stride. But when someone breaks into the Prime Minister's residence, Canadians should begin to worry. What's happening to us?

Then there is that nutcase who waited in the parking lot of television studio in Ottawa, of all places, pulled out a shotgun and shot the first media personality to walk out of the building.

I'm sure there are plenty of other reasons to wish 1995 would run away and hide, but those are the ones I'll unfortunately remember.

Here's hoping 1996 is more Canadianlike.

ROBERT MATHESON



Pre-referendum goodwill gone

OTTAWA (CP)—Where did all the goodwill go?

Before the Quebec referendum, Canadians said they loved the province — they called, they wrote, they rallied in an unprecedented show of affection in Montreal.

Now Prime Minister Jean Chrétien's modest proposals to recognize Quebec as distinct and give it and three other regions a constitutional veto are getting a chilly reaction outside the province, especially in the West.

Political analysts say it's a classic case of love not being all that it appears to be — the sort of misunderstanding that has made a long-term solution to Canada's unity troubles impossible.

ON WHAT TERMS?

"When those people came down and said we love Quebec they didn't necessarily mean that they love Quebec on the terms that Quebecers are insisting on," said Reg Whitaker, a politics professor at York University in Toronto.

"That notion of 'My Canada includes Quebec' is sincere, but they may mean my Canada includes Quebec as one of 10 provinces."

Chrétien expected opposition to his unity package from Quebec separatists, who want no part of renewed federalism.

But the prime minister hoped for support from Canadians in general.

"I call on Canadians who demonstrated their attachment to Quebec during the referendum

campaign to support our government's initiative to recognize Quebec explicitly as a distinct society," he said Wednesday in the Commons.

But Chrétien may have misjudged what happened in the referendum's final days.

CP News Analysis

By Bob Cox

"I think what Canadians were saying was we want Quebec to stay, but we want Quebec to stay on our terms, not on theirs," said Roger Gibbins, a political scientist at the University of Calgary.

NO MORE THREAT

Whitaker said it was like Quebec held a knife to the throat of the rest of Canada in the referendum's final days — but the narrow vote for federalism removed the knife and the great willingness to change.

"Once you take away that imminent threat then they kind of revert back to the thinking that they had before."

Chrétien's unity package has once again exposed all the stumbling blocks that scuttled the last two efforts to solve the country's unity woes — the Meech Lake and Charlottetown constitutional accords.

The opposition outside Quebec is built on:

—Reluctance to recognize Quebec as different from other provinces or give it special status. Whitaker said fear of a Yes vote was enough to blunt opposition to the idea in the heat of the referendum, but that pressure is gone.

—Distrust of change handed down by political elites. Chrétien has a non-constitutional plan that his Liberal majority can pass in Parliament without provincial approval. But he did not consult the public. "How can he argue on one hand that Canadians welcome this when on the other hand he didn't even give the country a chance to look at it?" asked Gibbins, who calls the package a "constitutional coup d'état."

—Reluctance to do something for Quebec alone, without addressing concerns of provinces, aboriginals and others at the same time. Opposition from British Columbia and Alberta is based on fear that if Quebec is satisfied as a first step, their constitutional aspirations will never be addressed. "The notion of doing one step at a time and dealing with Quebec now and we'll deal with other things later is just not on," said Whitaker.

Such factors are unlikely to disappear and Quebec separatists are likely to continue to refuse to negotiate renewed federalism.

Gibbins and others said that means there is virtually no way of reforming the Constitution — people will have to learn to love the Canada that exists and sell it to Quebec as is.

Ottawa eases year-end rule for businesses

If you own an unincorporated business, you're probably aware of federal government plans to have you change your fiscal year end. The change is to make the year end December 31 and eliminate the tax deferral benefits you've enjoyed as a result of a non-calendar year end.

Revenue Canada has now decided that businesses with year ends other than December 31 won't have to change them, but for tax purposes, you'll still have to adjust your income to a calendar-year basis, which means you could face an additional tax liability.

Ottawa relented on the calendar year-end requirement after protests from the business community. The measure, announced in last February's budget, would have forced many businesses to abandon year ends that accommodate their business cycles. For example, the typical January 31 year end for retailers allows storeowners to take inventory and prepare financial statements after the holiday season.

This means that many existing unincorporated businesses — including partnerships — can continue to use their current fiscal year end.

Now for the tax consequences. The original intent of the government's move to require a December 31 year end was to prevent businesses from using a deferred fiscal year end to delay taxation of income. That has not changed.

For example, it was common practice to use a January 31 year end when starting a business, which has the effect of delaying taxation of 11 months of income each year (the income is taxed in the year in which the business year ends).

If a business retains its non-December year end, it will have to go through the following steps to calculate business income for tax purposes.

1) Compute business income, based on the non-calendar year-end fiscal period.

2) Add an "additional income inclusion" for the current taxation year.

3) Subtract an "additional income inclusion" for the previous taxation year.

Revenue Canada defines the "additional income inclusion" for each taxation year as a "formula-based" estimate of the business income earned between the end of the fiscal period and December 31 of the calendar year.

Additional income inclusion

is calculated as $A \times B + C$, where:

• 'A' is business income earned during the off-calendar fiscal period ending in the calendar year.

• 'B' is the number of days during which the business was carried on after the end of the fiscal period and before the following January 1.

• 'C' is the number of days in the business' fiscal period ending in the calendar year.

This calculation will in most cases result in a higher tax bill; however, the blow will be cushioned by what Ottawa calls "transitional relief". Business owners will be allowed to spread the additional tax liability over 10 years by claiming a reserve which results in an income inclusion of 5% of the income for the transition period on the 1995 tax return, 10% in each of the next eight years, and 15% in the final year.

Individuals owning businesses must make the election to retain their current year-end date by their tax filing date for the 1995 tax year (June 15, 1996 for individuals reporting business income). If the business is carried on through a partnership, the partnership must designate a person to file the election on its behalf. If no such election is made, the fiscal year for 1996 will end on December 31.

Mr. Frank Cameron is a chartered administrator, and registered financial planner, with Investors Group.

Bank of Nova Scotia reports record profits

TORONTO (CP) — It's beginning to sound like a broken record.

Bank of Nova Scotia became the third Canadian bank in a week to report record earnings for 1995.

The bank said today it had profits of \$876 million in the year ended Oct. 31, up from \$482 million the previous year.

But the bank noted the 1994 results were deflated by special charges related to its acquisition of Montreal Trust and the writeoff of goodwill from its purchase of brokerage ScotiaMcLeod.

Without the special charges, 1995 net income was up 11 per cent from \$787 million.

"Our financial performance demonstrates Scotiabank's ability to deliver superior results across a full range of our diverse business lines," chairman Peter Godsoe said in a statement.

"We achieved growth in corporate banking, largely due to our global capabilities, and investment banking also made a positive contribution despite challenging economic conditions."

UI benefits on decline

OTTAWA (CP) — Unemployment insurance payouts over the first nine months of the year fell to the lowest point since 1990 as more people used up their benefits.

Statistics Canada said \$10.7 billion in UI benefits was paid out between January and September, down 14.6 per cent from the same period in 1994.

The main reason for the decline was a 16.2 per cent drop in the number of beneficiaries average over the first nine months, the federal agency said Wednesday.

A Statistics Canada analyst said one explanation for the drop in the number of people

receiving UI is that benefits ran out before new employment was found.

Another is a tightening of the rules last year on who can collect UI.

The government expects to save even more money with plans for even tougher requirement rules for unemployment insurance. Still further changes making it harder to qualify for less money are expected this week from Human Resources Minister Lloyd Axworthy.

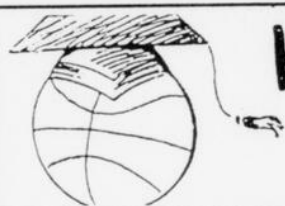
Less than half of working Canadians now qualify for unemployment insurance benefits. That is down from about 60 per cent two years ago.



FINANCIAL PLANNING

By Frank Cameron

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Brain surgeon sews clothes to relieve tension

From earliest times men took the shaping of masculine fashions into their own hands. While some gentlemen feel that fashion and sewing is somehow "unmanly", they may be somewhat surprised to find that facts are somewhat to the contrary.

From my personal observation I can cite the example of the husband of a close friend who liked style, and who made two very wearable dresses for his wife — on a dare!

Remembering this incident brings me to the news item I've read in the *Post and Courier* (October 22, 1995). According to the article a neurosurgeon, Andrew Kaufman of Kansas City, "likes to sit down at his sewing machine and stitch together a vest... a bow tie, or a

Fashion Notes

By Marie Burns



skirt for his mother. He finds it creative. And rewarding. And relaxing..."

"Paradoxically, sewing is relaxing because it asks of you a great deal of concentration and immersion," said Kaufman, who began sewing because he couldn't find bow ties in retail stores to satisfy his yen. "It's very distracting from whatever else you are concerned about because you become involved in it."

Although he didn't take up

sewing to alleviate tension, Kaufman said he was "delighted" to read recently that sewing lowers the heart rate.

"I never imagined sewing would be something I'd be interested in," he said. He took a sewing class but found he was so excited he finished his projects before his next class... "I even like doing alterations," Kaufman said. "I've always liked fixing things. Even in my medical practice, if someone mentions minor problems, I enjoy fixing it for them..."

Like the brain surgery that makes up most of his professional work, Kaufman said, sewing requires precision. However, he added, "The stakes aren't so high."

Dr. Kaufman creates his fashions. In the past, as far as we

are able to trace history, men have always done that, wittingly or unwittingly, many times it was the military that set the trend. Consider the following:

Hungarian Hussars (soldiers of light cavalry regiments of 15th century) whose name originates in the Hungarian word "husz", "twenty", wore the dashing braid trimmed uniforms, with befurred jackets hanging from the left shoulder. This handsome style was adopted by even the British. The style became a part of the British cavalry in 1805.

Mariona Sichel in her *History of Men's Costume* writes: "Slashing originated in the fifteenth century when the victorious Swiss army made their underwear out of the tattered banners of their foes. This protruded through the holes of their own ragged clothing."

"The Steinkirk cravat originated from the battle of this name in 1692 when the soldiers, taken by surprise, had no time to knot their cravats but simply tied them loosely, leaving the ends to be tucked in."

"The Duke of Wellington popularised rubber top boots, and Blucher, heavy boots. Similarly, the Earl of Cardigan gave his name to the knitted woollen jackets worn by his troops during the Crimea War."

"The English dandies, or Macaronies as they were known, founded in 1764 the Macaroni Club which reached the height of its popularity in 1772. These young gentlemen had made Grand Tour of Italy and had a passion for all things Italian. They preferred a style of dress with a pouter pidgeon bosom and high collar and cravat and skimpy white breeches... Shoes were high heeled, and the stockings striped."

On the same theme the

Encyclopedia Americana 1949 edition says this: "In 1849 the soft felt hat made its bow in the United States. Its sponsor was the famous Hungarian patriot, Kossuth, who visited America in that year. He was given tremendous receptions everywhere, and won the heart of the great American republic. His great hat seemed to be typical of the vigorous character of the man, and it was not surprising that the 'Kossuth' became a general favorite. From that time the soft hat has steadily gained friends, and today in many sections it is a predominant type."

As is the case often, men like to cling to a tried and true favorite. The soft felt hat remained part of their wardrobe for many decades, witness the "fedora" popularly worn by them past the middle of the present century.

The 20th century fashions for men are often variations on the 19th century with allowance for greater freedom.

Roy H. Campell writes for *Knight-Ridder* newspapers: "Men, to be in style this fall means buying one or two great new suits or sports jackets, then updating the rest of your wardrobe with the right items."

"Get vested. Nothing can revitalize an old outfit like a vest..."

He favors suits in solid grays, blacks, taupes and blues, which have been worn by business types and professionals for the last number of years.

As for ties, he tells us that the new ones are narrower but not "skinny". The wild designs of last year will be retired to the back of the rack. New designs, fortunately, will be much tamer and in muted colors.

South of the Border

Community Events:

Haskell Free Library in Rock Island/ Derby Line will be open 38 hrs/wk: Tues-Sat 10:00-5:00 p.m. (Thurs. closing at 8:00 p.m.)



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Deaf dancer hears

PRINCE GEORGE, B.C. (CP) — As Tchaikovsky's score to *The Nutcracker Suite* blares from speakers in her dance studio, Judy Russell keeps a close eye on rehearsals.

"Cai, your shoelaces are undone," Russell yells at one of her dancers through a microphone.

With his back turned to Russell, nine-year-old Cai Glover acknowledges her direction and bends to tie his shoelaces. While this might not seem spectacular, it is.

Glover is clinically deaf in both ears.

Two years ago, doctors implanted 22 electrodes that are attached to part of his right ear. The electrodes are connected to a magnet on the outside of his skull, which is then connected to a microphone around his ear. That microphone is hooked to a small computer Glover wears around his waist.

How does he like being on stage?

"I like it a lot," he said. "I like dancing with my sisters and playing the soldier."

80th birthday greetings

Happy birthday wishes are extended to Mrs. Ruby (Rose) Sutton of Ayer's Cliff, Que., on her 80th birthday, November 30.

With love from her family.

Women's Institute meetings in the Townships

SAWYERVILLE — The Women's Institute met on November 1 at the home of Jean Hunt. President Bonnie Fowler opened the meeting with the Collect and Salute to the Flag. Seven members were present and answered the roll call, wear a poppy and name someone who fought in the war.

Convenors reports given: Agriculture — Theda Lowry reported that QFA annual meeting was held at Macdonald College that day. Gordon and Lavina French were honored for their past work in QFA. The Food Agricultural Organization had their 50th anniversary in October and are working on alleviating hunger in the world.

Canadian Industries — Elizabeth Standish reported that Volvo is interested in purchasing the former Hyundai plant at Bromont. They acquired the Prevost Canada Inc. in 1995.

Education — Bonnie Fowler reported that a Halloween party had been held at school and the spaghetti supper had been a success.

Health and Welfare — Extra vitamins and minerals are not needed if we eat a healthy diet, also try to drink eight glasses of water a day.

Cheer — Lillian had sent cards and bought flowers for Fred and Wilda Robinson's 65th anniversary.

Environment — Mabel Mackay read of Prof. Donald Thomas of University of Sherbrooke who is an international expert on bats. There are eight species in Quebec, all insectivores. They help us by eating insects, scattering seeds and in pollination.

Bonnie read next year's program for approval.

A card party will be held in January. Our Christmas supper will be held at the Community Centre on December 6. Meeting adjourned and a pot luck lunch was enjoyed.

◆ ◆ ◆
CLEVELAND — The W.I. met on November 11 at the home of Myrna Hebert with eleven

members present and was opened with the repeating of the Mary Stewart Collect, and a reading of In Flanders Fields by Myrna. A moment of silence was held in remembrance of the deceased soldiers.

Roll call — Buy a poppy. Buy a wreath from the Legion.

Louise read the minutes from the last meeting. Sandra moved they be approved, seconded by Matty.

Winnie gave the financial report. Marjorie moved that bills be paid, seconded by Matty.

Correspondence from the meeting — a receipt from Dixville Home Foundation for donation they had received.

QWI newsletters were given to the members. A thank-you from Pat Henderson for Terry Fox Run donation. An invitation from Denis Blais to attend an evening at the Volunteer Centre — Matty voiced her thanks for sympathy card.

Convenors reports — Citizenship and Legislation — Aline Healy read an article about a boy scout, Adam Cygler.

International Affairs — Winnie Beausoleil read an item from the **Record**.

Sunshine and Buying — Peggy Eastman had sent a sympathy card.

Publicity — Ina Young had sent write up of the meeting to the **Record** and report of events to the County publicity convenor.

Knitted articles for wool gathering were brought in. A wreath was bought, and Christmas dinner for December 9 at the Wales Home was planned.

Tea fees were collected, also money pocket. Floating prize brought in by Eileen Mastine, won by Winnie.

Matty had a contest, winners were Sandra and Ina.

Next meeting on December 9 at the Wales Home, all members hostesses.

Meeting adjourned and members enjoyed a social hour over lunch served by Myrna.

◆ ◆ ◆
MELBOURNE RIDGE — The Women's Institute met at the home of Pauline Nelson on November 7 with Shirley Nelson, co-hostess. President Susan Mastine opened the meeting with the Collect and Motto and welcomed Francine Nelson as a guest.

Motto — Bad officials are elected by citizens who do not

vote. Roll call was answered by 15 members who bought a poppy.

Secretary Marjorie Smith read the minutes of October meeting which were approved.

Correspondence included thank-you letters from Muriel Ames, Shirley and George Johnston for gift on their 50th wedding anniversary, St. Francis Naturalist Club and the Sherbrooke Hospital for donations, a letter from Communications Québec.

Pauline Nelson, treasurer, gave the financial report. Chris Blake, on behalf of the program planning committee, read the proposed program for 1996. Joan Morrison told about attending the 75th anniversary of Gore W.I. Pennies for Friendship were collected.

Joyce Gilchrist will visit friends at the Wales Home this month.

Crafts shown were three premie baby sets by Shirley Fowler and Joan showed a paper bag made by Myrtle Gallup.

Annual reports were read by convenors and approved. Susan handed out booklets from Communications Québec — "Tips for the Elderly". International Affairs — Janine Sterl read about Salavoa in Germany. Susan read about the Terry Fox Dream and the poem, "In Flanders Fields."

The County nominating committee to be Chris, Susan and Marg Smith.

The birthday song was sung to Shirley Nelson. Several cards were signed to be sent out by Cheer and Shirley Johnston.

The nomination committee for our branch is Shirley Nelson, Vera Miller and Susan.

Names were drawn for an exchange of gifts at December's meeting.

Tea fees were collected.

Plans were made for the December meeting to be held at the Marquis at noon with a short meeting after, Shirley Johnston to look after gifts for the children.

After adjournment, everyone enjoyed a lovely lunch served by the hostess.

Sawyerville

Alice Wilson
889-2932

Weekend guests of Mrs. Norma Bailey were her son Richard and his wife Daphne of London, Ont., and their son Jason Bailey and Stella Harthorn of Ottawa. On Saturday, Richard and Daphne accompanied by Mrs. Joyce Lyonais and Dennis Bousquet visited Roger Bailey a patient at the CHU Hospital. A speedy recovery is wished by family and friends.

Deaths

BJERKELUND, Gudrun — Peacefully at Rideaucrest Home, Kingston, Ont. on Tuesday, November 28, 1995. Gudrun Johansen in her 97th year. Beloved wife of the late Carl Johan Bjerkelund. Dear mother of Ted and his wife Manuela of Ottawa, Tomas and his wife Virginia of Fredericton, N.B. and Carl Johan of Kingston. Dear grandmother of Ingrid, Cathryn, Erik and Lissa; David (predeceased), Julie, Jim, Peter and Susan; Leslie Kirstin and Caroline. Dear great-grandmother of Kirsten, Ross, Robert, Michael, Jamie, Dana and Lindsey. A memorial funeral service will be held at the Chapel at Rideaucrest Home, 175 Rideau St., Kingston, Ont. on Saturday, December 9, 1995 at 1 p.m. Interment at Cookshire Cemetery, Cookshire, Que. in the spring. Memorial donations may be made to Rideaucrest Home, "Alzheimers Unit", 175 Rideau St., Kingston, Ont., K7K 3H6.

BOZER, Ursula — After a lengthy illness, at the Sherbrooke Hospital on Monday, November 27, 1995. Ursula Bozer in her 86th year. Beloved daughter of the late Thomas Bozer and his wife the late Margaret Machell. She was predeceased by her brother Donald. Friends of Ursula are invited to gather for a brief service on Saturday, December 2, 1995 at 1:30 p.m. at the Cass Funeral Home, 6 Belvidere St., Lennoxville, Que., followed by interment of ashes in Johnville Cemetery. The Rev. Keith Dickerson officiating.

In Memoriam

WESTMAN, Claire June — In loving memory of a dear mother, grandmother and great-grandmother who passed away suddenly on November 30, 1993.

This day is remembered and quietly kept

No words are needed for we do not forget,

For deep in our hearts your will always stay

Loved and remembered each and every day.

THE WESTMAN FAMILY

Cards of Thanks

CARR, Cecil J. — The family of the late Cecil James Carr wish to express sincere thanks to our relatives and friends for their support, acts of kindness and expressions of sympathy at the time of our loss. To Rev. Patricia Lissen for her words of comfort. To Cass Funeral Home director Suzanne Hill. To Legion Branch 15. Special thanks to nurses and staff at the Wales Home, and Dr. Robert Fortier for their care and kindness. Your kindness will always be remembered.

DOROTHY, CHRISTINE,
ELIZABETH and FAMILY

COTE — I would like to take this opportunity to thank all my friends, management and staff of London Residence and my family for the beautiful flowers, lovely cards and delicious dinner served to me and my family at London Residence on the occasion of my 99th birthday.

MARY COTE

HILLS — Many thanks for the many cards, telephone calls and flowers I received on my 97th birthday, November 24.

NELLIE HILLS

SCHOLES — Sitting with my right leg elevated for the last two months was not my idea of fun, without the help of so many people I don't think I could have made it. My thanks go to my son who was there for me, to my mother who looked after me for a week and special thanks to my brother John who came home every day after work to take me to the hospital for antibiotic treatment, to my co-worker Shirley Audit for all her care and concerns, to Lorraine Little for her calls and transportation, to my friend Aline Litowski who was at the Opd. when I needed support, to the nurses and doctors in Opd. for all their help and concerns, to the congregations of United Eaton Valley Charge for calls and cards and the staff of P.C.U. for calls and present, without all of you I feel I could not have made it.

MARY SCHOLES

THWAITES — I would like to thank the doctors and nurses at the Sherbrooke Hospital I.C.U. and 2nd floor for their kindness and good care during my recent hospitalization.

HANSON THWAITES

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For death notices to appear in Monday editions:

Death notices may be called in to **The Record** between 5:30 p.m. and 9 p.m. Sunday.

For death notices to appear in Tuesday, Wednesday, Thursday or Friday editions:

Death notices may be called in to **The Record** between 9 a.m. and 9 p.m. the day previous to the day the notice is to appear. To place a death notice in the paper, call (819) 569-4856 or fax to (819) 569-1187 (please call 569-4856 to confirm transmission of notice). If another **Record** number is called, **The Record** cannot guarantee publication the next day.

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Canada's first woman cabinet minister

Ellen Fairclough finally publishes memoirs

By Judy Creighton
The Canadian Press

There's a tiny plaque on Ellen Louks Fairclough's den wall bearing this prayer: "Lord, I shall be verie busie this lay. I may forget Thee, but do not Thou forget me."



Ellen Fairclough as she was when she became the first woman cabinet minister in 1957.

True believers would probably surmise that the Lord has certainly not forgotten Canada's first woman cabinet minister.

Even now, at 90, she's a tough act to follow.

On this fall afternoon, her step is spry as she climbs the stairs to the second floor of the Hamilton, Ont., home she shares with Gordon, her husband of 65 years.

Back down to the living room again, her figure still girlishly trim, she discusses her finally published memoirs.

"I never had time to keep a personal day-to-day diary," says the woman who John Diefenbaker named to his first cabinet when the federal Tories swept to power in 1957.

Then she explains briskly: "I only kept notes of a business nature."

About three years ago, Margaret Conrad, a professor of history at Acadia University in Wolfville, N.S., contacted Fairclough, complaining that she couldn't locate any books on her.

"As she couldn't find one, Margaret said she'd do one," says Fairclough.

To the author's surprise, her subject unearthed about 40,000 words of notes

she'd made over the years.

"I didn't start out to write a book," says Fairclough. "I got pestered into it. I had no intention of going any further than my notes until Margaret Conrad came along."

The result is *Saturday's Child: Memoirs of Canada's First Female Cabinet Minister* (University of Toronto Press, \$35).

The book traces Fairclough's life from her birth in 1905 in Hamilton where she was one of five children, to her marriage to childhood sweetheart Gordon Fairclough and her long and varied career.

Over the years she has been a wife, mother, civic leader, alderman, chartered accountant, corporate secretary, Hydro commissioner and, most notably, member of parliament for Hamilton West from 1950 to 1963.

Although much of the book revolves around Fairclough's years as secretary of state, minister of citizenship and immigration and then Indian Affairs (her favorite post), it is rich in Canadian history, especially Ontario's in the years leading up to the Second World

War.

Financial hardship and a necessity to work long, hard hours, catapulted Fairclough into the business world by the time she was 16.

After her marriage in 1931, she and Gordon became something of a maverick couple, both working while raising their son Howard. (He died of lung cancer in 1986).

After her defeat in the 1963 federal election, Fairclough kept active in the Conservative Party and still keeps in touch with her old colleagues.

But she won't comment on current political issues in Canada because she says: "I'm not sufficiently in the know any longer."

Back in her den on the second floor of the house she and Gordon built 42 years ago, there are signs of Fairclough's achievements everywhere. The most recent was when she was named a Companion of the Order of Canada last March.

And of her personal, business and political life she'll only say with modesty: "I didn't do it deliberately. I fell into it."

'Each step I took was a crucifixion'

Need for artificial knees among seniors growing

By Elaine Medline
Ottawa Citizen

OTTAWA (CP) — More and more seniors are getting artificial knees, a trend some experts say could lead to a crisis in health-care funding.

The expensive surgery replaces painful arthritic knees with artificial ones. It often means a person can remain independent, rather than ending up in a wheelchair or nursing home.

But demand for the opera-

tion, called total knee replacement, is soaring as the population ages and surgeons perfect the technique.

As well, today's seniors are no longer willing to accept a future of being disabled. They're too active to be content in a rocking chair.

Between 1991 and 1993, more than 5,000 knees were replaced in Ontario. The number of knee replacements done in the province has risen about five-fold over the past decade.

Already, some patients are waiting nearly a year to have the surgery in Ottawa. As more people are reaching the critical 60 to 75 age group, experts predict demand will skyrocket.

\$12,000

That has led to concerns that budget-strapped hospitals will ration the surgery, which costs the provincial health insurance plan at least \$12,000, plus doctors' fees and the cost of home care during a lengthy recovery.

Limiting the procedure would be a mistake, says Jack Williams, deputy director of research at the Institute for Clinical Evaluative Sciences in Toronto, which examines how

health care can be done better and cheaper.

Arthritic knees, although painful and debilitating, aren't life-threatening. But Williams says knee replacement surgery should remain a priority because it saves money in the long run by allowing seniors to stay independent longer.

Mary Gagnon, 72, and president of the Riverside Hospital's auxiliary, says she would be in a wheelchair if she hadn't had both knees replaced this year.

Before her operations, it felt as though hot rods were shooting through her knees. "Each step I took was a crucifixion."

Betty Edwards, 61, says she

couldn't wash her floors properly anymore because of her aching left knee. When she rolled over in her sleep, she would sometimes scream with pain.

Edwards had her knee replaced recently. Her hopes are simple: she just wants to go shopping in the malls again.

The procedure is done at most Ottawa-Carleton hospitals. The Riverside, for example, will do 36 knees this year. The Ottawa Civic Hospital will do 184.

During one operation at the Civic, Dr. Chris Carruthers holds up an artificial knee, gleaming silver and shaped like a bent horseshoe, before cementing it into his patient.



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Quebec pop institution looks to New York

MONTREAL (CP)— For someone about to make her New York debut in January, Ginette Reno appears remarkably blasé.

"We'll see what comes out of it," says Reno, who began singing 35 years ago and just released her 40th album.

"I've always been afraid of an international career," she says. "I still want it, but like

someone who has fallen in love so many times, you want it — but not in the same way you did before."

Reno plays the 400-seat Florence Gould Hall at the French Institute-Alliance Française in New York on Jan. 26 and 27.

About 80 per cent of Reno's show will be in English but she'll include songs in French from La Chanteuse (The Sin-

ger), a new CD and her first effort with Luc Plamondon, a top Quebec songwriter.

The album's title song, by Plamondon, tells of a neurotic woman who only really comes alive when she's singing.

That character clicked with Reno, 49.

"It's so strange," she says. "I just happened to be writing the scenario for a film loosely based on my life called The Sin-

ger. It will be produced either as a feature film or a television miniseries."

Not long ago Reno was voted the woman most admired by men in Quebec. She's also a glamorous grandma: her eldest granddaughter is only two years older than her youngest son, who's 13.

Reno began singing at 15, married at 19, and went to London where she was known

in the 1960s as "the female Tom Jones." After her marriage broke up, she moved to California.

Her career languished until 1970 when she came back to Quebec and recorded *Je ne suis qu'une chanson* (I Am Just a Song). In 1982 she was given the Order of Canada. Last month she got a lifetime achievement award from Quebec's music industry.

Some of the best R & B sounds around

By Gerard Dee

TO WONG FOO, THANKS FOR EVERYTHING! JULIE NEWMAR: Original Soundtrack (MCA)

This a fun soundtrack. But then any movie that can put Wesley Snipes and Patrick Swayze in pumps, had better be fun, darling.

To Wong Foo is a mixture of tongue-in-cheek jams (The Commodores' "Brick House," Tom Jones' "She's A Lady") and liberating house grooves (Crystal Waters' "Who Taught You How," Labelle's "Turn It Out"), straight from the dance floor to you.

Even Cyndi Lauper's ancient "Girls Just Wanna Have Fun" gets a face lift thanks to some Club Med style reggae rhythms.

Hey, *Sophisticated Ladies* this ain't, but it is a musical package that fits the bill, partly because the songs have such a campy feel to them that they just beg for a runway walk.

Among the standouts are Salt N' Pepa's absolutely fabulous "I Am The Body Beautiful," Patti Labelle's live and strong version of "Somewhere Over The Rainbow" and Chaka Khan, showing them how a true diva does it on her first full fledged house jam, "Free Yourself."

This set works because it's not all about being socially conscious. But by not being too serious it gives a true example of what so much of life is really about. And it'll get you on your feet faster than you can say

The Record Spins

"two snaps and clap."

CECE WINANS: Alone In His Presence (CMC Distribution)

Beautiful melodies have been flowing out of the Winans family for as long as contemporary gospel has been popular. First, Mom and Pop Winans were spreading the good news. Next came the brothers Winans.

But it wasn't until brother and sister BeBe and CeCe Winans debuted that the message started reaching a wide R&B audience. After five consecutive albums and numerous accolades, including Grammy awards, sister CeCe steps out on her own.

While most BeBe and CeCe recordings were characterized by gospel phrasing delivered on a very contemporary musical framework, CeCe goes back to a more traditional stance on *Alone In His Presence*.

Based on various Bible psalms, the album is a beautiful testimony to spiritual grace and superior musicianship. CeCe's voice is clear and strong, lifting selections like "His Strength Is Perfect" and "Great Is Thy Faithfulness," a duet with Mom Winans, to levels achieved by a select few.

To be sure, there are some more contemporary tracks like the midtempo "Every Time," and the delightfully jazzy "



Deborah Cox... significant.

Blessed Assurance." But, for the most part, this is an album that should be well appreciated by gospel purists.

This set should quiet critics of BeBe and CeCe Winans, who've accused the brother and sister of straying too far from traditional sounds of gospel. Sister CeCe has proved that, once again, the message determines the music, not the other way around.

DEBORAH COX: Deborah Cox (Arista/BMG)

It's been a long time coming but Canada may be on the verge of having its first R&B superstar with Deborah Cox.

With the Canadian market increasingly open to the sounds of contemporary R&B, some homegrown talent may indeed be well timed.

Inevitably, the Whitney comparisons will be made. Like Houston, Cox's career has fallen under the wing of Arista president Clive Davis. And although lead single "Sentimental" is a funky ode to softer emotions, this album is ripe with trademark Whitney-sounding ballads.

On such slow jams as "My First Night With You" and "Where Do We Go From Here", Cox is in full control of her instrument, though she largely resists the temptation to invoke high pitch squeals a la Mariah Carey. Instead, Cox keeps to the middle and lower ranges.

It's a strategy that works, particularly on the pleasantly acoustic "The Sound of My Tears". In a market that's saturated with hot-for-a-minutes divas, tracks like this serve as



The artist formerly known as Prince... consistent.

distinguishing tools.

Cox' arrival marks a significant development for the nation's music scene: being Canadian should give her the kind of radio and video exposure denied to many American R&B divas.

And while fellow Canadian songbirds Twain and Morissette continue to rule the country and pop charts, wouldn't it be the best of '95 for Cox to complete the triple threat on the R&B charts. Go on Canada!

THE ARTIST FORMERLY KNOWN AS PRINCE: The Gold Experience (Warner)

Don't ever call him simplistic. With his never-ending search for the good groove, good sex and almighty absolution for all of it, he's led us down more paths than there are forks in the road. Now TAFKAP wants us to enjoy a gold experience and treat us to some funky rock and roll along the way.

This is by far the most consistent work in years. A tight package, tied together by some "interactive" segues that usher the listener from wailing rock to lush pop-soul, *The Gold Experience* is TAFKAP's return to genuine musical inspiration.

As usual though, his subject



To Wong Foo... fun.

matter is delivered in questionable fashion. For all its female empowering lyrics, he still can't get away from using the ultimate sexual identification on "P Control".

Meanwhile, "I Hate You" turns a neat phrase by exposing the dual existence of love and hate in an intense relationship. A more familiar physical need leads to "Shh", a song TAFKAP wrote for Tevin Campbell, but fits his own ultra active sex drive much more comfortably.

But the two best tracks on the album work completely outside of the bedroom. "We March" is a funky ode to political activism and is one of symbol guy's most socially conscious musical contributions.

On the other end of the spectrum, "Billy Jack Bitch" is a straight up party jam, full of slinky guitars and funky horns. It's evidence that what's-his-name can still jam with the best of them when he wants to.

Much of the credit for *The Gold Experience's* fluidity goes to the New Power Generation, who have the creative flexibility to indulge every one of TAFKAP's musical whims. To his credit, those whims make for a memorable experience this time around.

THURSDAY'S POP CHART

Videos

The most popular videos for the period ended Nov. 28, based on rentals in Canada, supplied by Jumbo Video:

- 1 **Apollo 13** — MCA-Universal
- 2 **Crimson Tide** — Hollywood Pictures
- 3 **Bad Boys** — Columbia
- 4 **The Santa Clause** — Disney
- 5 **Batman Forever** — Warner
- 6 **Free Willy 2: The Adventure Home** — Warner
- 7 **While You Were Sleeping** — Hollywood Pictures
- 8 **Congo** — Paramount
- 9 **Forget Paris** — Columbia
- 10 **Johnny Mnemonic** — Alliance

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11:30-3:00 Fire Hall Parking Lot

Petting Zoo and Live Nativity Scene

12:00-2:45 Community Centre

Kids' Activities (traditional Christmas crafts, stories, puppet plays and Santa on ham radio!)

12:00-2:45 **Community Centre**
Wreath Making Demonstration

12:00- Outdoor Stage

St-Antoine English Choir

12:30- Outdoor Stage

Youth for Christ Music Team

1:00- Fire Hall

Choir La Clef des Chants, Compton

1:30- Outdoor Stage

Youth for Christ Music Team

2:00- **St. Francis Manor**

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Remembrance Day services in Bury and Scotstown

By Nina Rowell

Remembrance Day Services were held on Saturday, November 11 in Scotstown and Bury, sponsored by the Bury Legion. Herbert Rowell acted as Parade Marshall and Clayton Grey as Master of Ceremonies at both services, and Bing MacIver provided the sound system. Flag bearers were George Smiley, Roscoe Morrison and Eric Batley.

The beautiful warm sunny day, despite the strong winds contributed to the nice gatherings at both services.

Members of the Sherbrooke Hussars joined the parades and provided the gun salutes, also the Cadets from La Patrie and the Bury Scout Troop.

In Scotstown, the Rev. Martyn

Sadler delivered the Invocation prayer and Robert Sandford pronounced the Benediction. The French translation of the poem, In Flanders Fields, was read by J. Boisclair, and a bilingual message was given by Claude Moisan, Mayor of Scotstown and Hampden.

Names of the fallen and those who have died since both World Wars were read by Leslie Irving for Scotstown and Hampden, and Duncan McLeod for Milan. Several wreaths were laid, among them from the Scotstown Council, Caisse Populaire, Ceilidh Society, Leslie Irving, Duncan McLeod and others.

In Bury, Gordon Boynton, accompanied by Lillian Coates at the piano, led in the singing of O

Canada, and God Save the Queen at the close. The Invocation was by the Rev. Blair Ross, prayers by Robert Sandford in English, and the Rev. Martyn Sadler in French, and the Benediction by Father Paul Jutras, parish priest.

The poem, "Remembrance Day" by Emily Miller, was read by three students from Pope Memorial School — Joshawa Barter, Justin Fleury and Serge Dawson.

An appropriate bilingual message was given by Orvil Anderson, Mayor of the Municipality of Bury.

Names from the Bury Cenotaph of those who paid the Supreme Sacrifice and those who have died since were read by Clayton Grey, and the names from the

Gould Cenotaph were read by Heather Beaton.

The laying of the wreaths was led by Amy Harrison Husk, who lost two brothers in Hong Kong, representing the Mothers of the Fallen, followed by the Bury Legion, Municipality of Bury, Bury Scout Troop, Brookbury, Bury and Canterbury Women's Institutes, Pope Memorial School, Jean MacArthur, Bury Caisse Populaire, George Court, Faye Coleman and family, Audrey Lowe and family, In memory of Fred Martin, Chalmers United Church in Gould, Gould Monument Committee, Bury United Church Women and St. Paul's Guild. Other wreaths and crosses were placed on racks — Merlyn Coates, Nina Everett and family,

Henrietta Clark, Jackie, Eddie and Dana Harper, Richard Coates, Bury Athletic Association, Cass Funeral Home and Mrs. Herbert Mayhew. A generous donation to the Poppy Campaign from Arthur Cuming, Manager of Concord, Bury, was acknowledged. Clayton Grey took the salute at the March Past.

The Last Post and Reveille were sounded by bugler Warren Begbie.

Refreshments were served by the ladies at the Community Center in Scotstown at noon, and in the Legion Hall after the Bury service.

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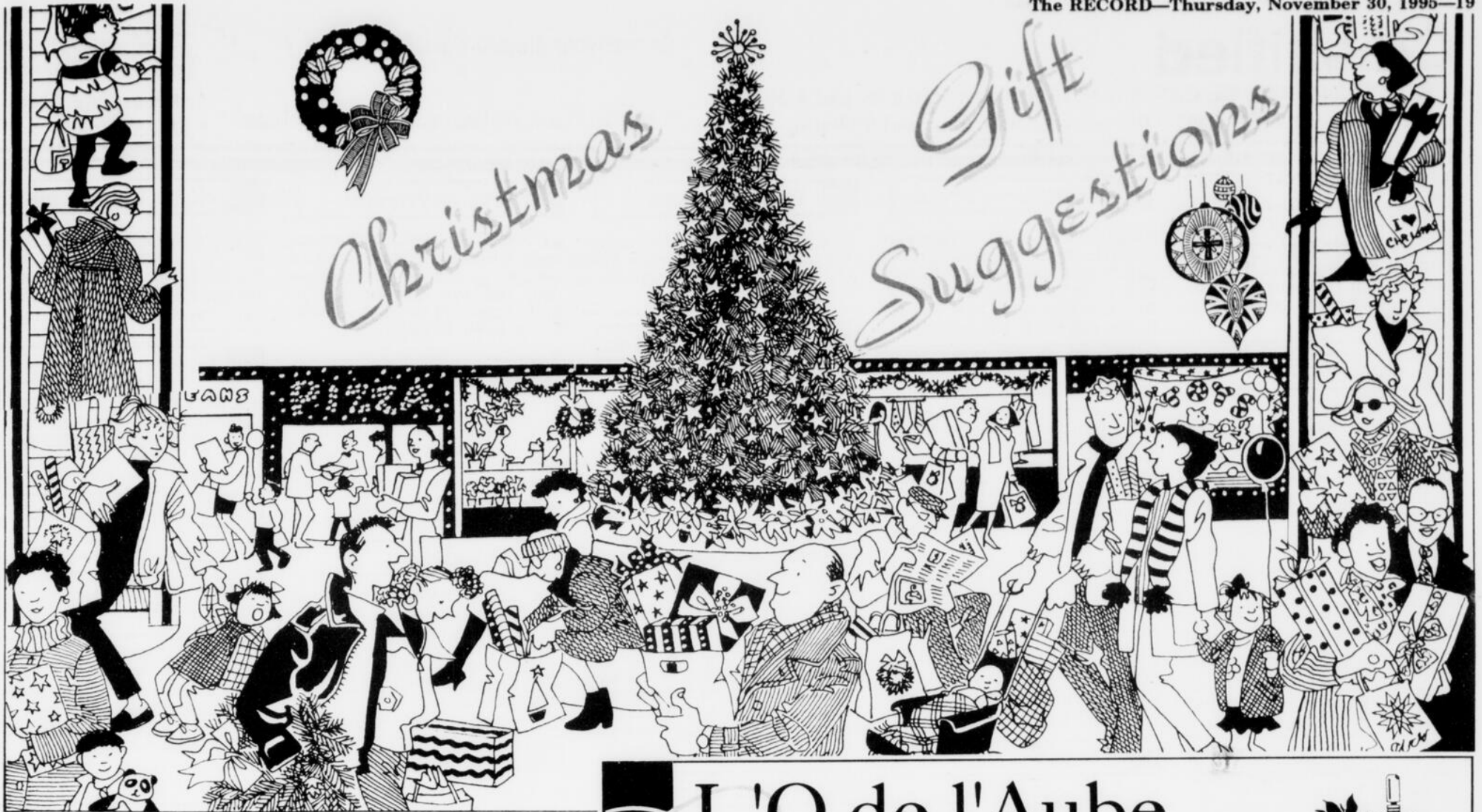
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USED HOUSEHOLD FURNITURE — Sale on Sundays, December 3 and 10, 10 a.m. to 4 p.m., Dave's Transport, 4865 Mitchell Road, Lennoxville. Items include some antiques, chairs, chesterfield sets, tables and lamps, dining room set, appliances, glassware, pictures, sewing machine, office equipment, desks and cabinets. Join us for a coffee and a visit. 19810

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AUCTION — TRACTORS & MACHINERY. Last one for 1995. Friday, December 8, 11 a.m., 1215 Dufferin, Route 139, Granby. To buy, sell or trade, call (514) 375-4962, DME 2000. 19824

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NORTH 11-30-95			
♠ A Q J 9			
♥ A 10 9			
♦ 10 5 2			
♣ 9 7 3			
EAST			
♠ K 10 8 7 6 5 2			
♥ 7 4 3			
♦ 7 4			
♣ 4			
SOUTH			
♠ ---			
♥ Q 8 6 5			
♦ A K Q 9 6			
♠ A K 6 5			
Vulnerable: North-South			
Dealer: North			
South	West	North	East
1 ♦	Pass	1 ♠	Pass
2 ♥	Pass	3 ♦	Pass
4 ♠	Pass	4 ♥	Pass
4 NT	Pass	5 ♣	Pass
6 ♦	Pass	Pass	Pass
Opening lead: ♠ Q			

Courageous or foolhardy?

By Phillip Alder

Marvin Kitman said, "If God wanted us to be brave, why did He give us legs?" Well, you don't need legs to play bridge, but it helps to be brave.

This deal was played in Biarritz, France, earlier this year. West, Jean-Pierre Carde, missed a chance for a truly courageous play.

The auction by Laurent Bouscarel, South, and Jean-Christophe Quantin was lengthy but reasonable. Following

South's reverse, three diamonds was game-forcing; North would have rebid a conventional two no-trump with a weak hand.

Declarer won the first trick with the club ace, drew trumps and played a heart to dummy's nine. After it held the trick, Bouscarel continued with the spade ace, discarding a club, and the spade queen, preparing to throw a second club. When East covered with the king, South ruffed, played a heart to dummy's ace, threw his second club loser on the spade jack and conceded one heart trick.

Nicely done by declarer, but Carde realized he had missed a great chance. Suppose, on the first heart lead, he had played the king. Wouldn't South, placing East with the heart jack, win with dummy's ace, throw one club on the spade ace and run the heart 10 through East? If so, the contract would fail, South having to lose a club trick as well.

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

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PHILLIP ALDER



CRTC

PUBLIC NOTICE

Public Notice CRTC 1995-197. Public Notice CRTC 1995-60, A review of Certain Matters Concerning Radio announced the revision of the format system for commercial FM stations by eliminating the "Pop, Rock, and Dance" (Group I) and "Country" (Group II) formats. A "Specialty" format will remain. Pursuant to that Public Notice, applications have been received from the following licensees of radio undertakings to amend their licences in order to be relieved of the obligation to broadcast exclusively within the Group I or Group II formats: 1. Magog and Sherbrooke, Qc. Application (CIMO-FM/CIMO-FM-1) by **RADIOMUTUEL INC.** EXAMINATION OF APPLICATION: 1750 Sherbrooke St. E., Magog, Qc. 4. Sherbrooke, Qc. Application (CITE-FM-1/CITE-FM-2) by **TÉLÉMÉDIA COMMUNICATIONS INC.** EXAMINATION OF APPLICATION: 25 Bryant St., Sherbrooke, Qc. The complete text of this application is available through the Public Examination Room of the CRTC, Central Building, Les Terrasses de la Chaudière, 1 Prom. du Portage, Room 201, Hull, Qc. J8X 4B1, (819) 997-2429; and through the CRTC office in Montreal: Place Montreal Trust, 1800 McGill College Av., Suite 1920, Montreal, Qc. H3A 3J6 (514) 283-6607. Written interventions must be filed with the Secretary General, CRTC, Ottawa, Ont. K1A 0N2, with proof that a copy has been served on the applicant **on or before December 28, 1995**. For more information on the intervention process, you may call CRTC Public Affairs in Hull at (819) 997-0313, FAX (819) 994-0218, TDD (819) 994-0423.



Canadian Radio-television and Telecommunications Commission

Conseil de la radiodiffusion et des télécommunications canadiennes

Townships' Crier

DUNHAM

The Anglican Parish of Dunham-Frelighsburg will present a Service of Lessons and Carols, Sunday, Dec. 3 at 4 p.m. All Saints Church. Followed by refreshments in the Parish Hall. For information (514) 295-2201 (Rectory). Free will offering in aid of Dunham Foodbank.

SHERBROOKE

The Sherbrooke and District Women's Club will hold its Christmas meeting on Thursday, December 7 at 6:30 p.m. at St. George's Church Hall, 84 Queen St., Lennoxville. Punch, desserts, coffee and tea will be served. This will be followed by a recital of Christmas music in the church by Christine Doell. There is ample parking behind the church. New members and guests are welcome.

BURY

Christmas tea and sale sponsored by St. Paul's Rest Home, Bury. Sunday, Dec. 3 at the Town Hall from 2-4 p.m. Door prizes and raffle. Donations of food or items for the sales table would be appreciated.

DUNHAM

Holiday craft sale, All Saints Anglican Church, Dunham on Saturday, Dec. 2 from 10 a.m. to 4 p.m. A light lunch will be served, no admission charged. There will be quilting, home-made chocolates and many other fine crafts for your pleasure. Please plan to spend part of your day with us.

AYER'S CLIFF

The annual meeting of the Stanstead County Agricultural Society will be held Saturday, Dec. 2 at 1 p.m. in the Auberge Ayer's Cliff. All members welcome.

STANSTEAD

Christmas tea and sale to be held on Saturday, Dec 2 in the Christ Church Parish Hall, 40 Dufferin Rd. from noon to 2 p.m. Food table, fancywork, crafts (featuring Christmas stockings) and raffle.

SHERBROOKE

Free day-care service for Christmas shoppers. Saturday, Dec. 2 and 9 from 9 a.m. to 1 p.m. at Grace Chapel, 267 Montreal Street. For infants to ten year olds. Reservations required. For information or to make reservations call 569-8012 or 562-0026.

BISHOPTON

Maxwell Rebekah Lodge No. 17 will sponsor their Christmas card party Dec. 1, 8 p.m. at the Catholic Church Hall. Prizes and lunch. Everyone welcome.

AYER'S CLIFF

Christmas Outreach at Ayer's Cliff Gospel Chapel, Clough Street, December 4, 6:30 p.m. All welcome. No admission. Coffee & desserts. Speaker: Jean Warnholtz, Mary Down craft demonstration "podge art", Amadea Kezar special music.

COWANSVILLE

Trinity Anglican Church, Friendly Society, 409 South St., Saturday, Dec. 2, 2-4 p.m. Christmas tea and sale. Home baking, surprise packages, gifts, Christmas ornaments, etc. Delicious sandwiches and squares served. All welcome. For info call Mary Lechaus-seur, 263-3329.

AYER'S CLIFF

Brunch at the Beulah United, Ayer's Cliff, Dec. 3, 11 a.m. to 1 p.m. Sausage, ham, bacon, eggs, baked beans, pancakes & pure maple syrup, pure orange juice, fruit salad, jam, toast, coffee, tea. Good food, good service, pleasant atmosphere. Everyone welcome.

SHERBROOKE

On Wednesday, December 6 Sherbrooke Christian Women's Club will be having A Kolorful Christmas at the Sherbrooke Golf Club. Weeta Baker will give us a Krash Course on Kolor Co-ordinates, Klost Confussion and and Kore Wardrobe. Kerry's Christmas Karols will be sung by Kerry Lapointe of Lennoxville. Our special speaker Kerri Sutherland from Willowdale, Ontario will share careful considerations with us. All ladies are most welcome and please make reservations by Monday, Dec. 4 to Joyce McLeod at 875-3686.

LENNOXVILLE

Victorian Christmas tea will be held at Uplands, 50 Park St., on Saturday, Dec. 2 from 2:30 to 4:30 p.m. You are invited to share in the warm atmosphere of Uplands at Christmas and enjoy a selection of sandwiches, cookies, squares, tarts, fruitcake, tea and coffee. Parking via Speid Street.

SHERBROOKE

The Ladies Auxiliary of Canadian Legion Br. 10 - Sherbrooke will be holding their Fall turkey supper with all the trimmings on Saturday, Dec. 2, 5-7 p.m. Admission charged. Food and fancywork tables. Everyone welcome.

BROME LAKE

Painting and sculpture exhibition, Dec. 1, 2, and 3 from 10 a.m. to 1 p.m. at 337 Knowlton Rd, Brome Lake at Village Rencontre Enr. Welcome to all.

BOLTON GLEN

St. Michael and All Angels Church in Bolton Glen will be holding their carol Hymn Sing on Dec. 3 at 4 p.m. Please note the time and come join us. Everyone welcome.

LENNOXVILLE

Sunday, Dec. 3 is the children's Christmas Party at the Army, Navy and Air Force, 300 St. Francis Street. Members bring a child and a gift. Entertainment and a visit from Santa and Mrs. Claus and the elves. Lunch served. Age: newborn to 12 years. Time 2-4:30 p.m. Deadline: Nov. 30. For more information call 562-8683, 569-0644 or 564-3181 or leave names and ages at A.N.A.F. Hut.

LENNOXVILLE

The Lennoxville & District Women's Centre presents Winter Driving Course. Saturday, Dec. 2, 10 a.m. to noon at CLSC in Lennoxville, 8 Speid St. Afraid to go out in a snow storm? An experienced CAA approved instructor will update you on the latest and safest winter driving tips. Please call ahead to reserve your spot.

RICHMOND

The annual meeting of the Richmond Agricultural Society will take place Dec. 5 at 8 p.m. The Hotel Marquis in Richmond will host the meeting.

The following is the Children and Family Program Clinics offered by the CLSC La Chaudière for the month of December. Make an appointment.

ASBESTOS: Thursday, December 7, 14, 21 and 28 from 1 p.m. to 4 p.m. and Tuesday, December 19 from 5:30 p.m. 9 p.m. at the CLSC.

DANVILLE: Monday, December 4 from 9 a.m. to 11:30 a.m. at the Centre Mgr. Thibault (CLSC).

ST-CAMILLE: Wednesday, December 13 at the Salle l'Equerre.

WOTTON: Wednesday, December 13 from 8:45 a.m. to 10 a.m. at the Centre d'Accueil de Wotton (entrance from St-Jean Street).

WARDEN

500 card party Wednesday, December 6 at 8 p.m. in the I.O.O.F. Hall. All welcome.

EUSTIS

Advance notice: Carol sing at the Eustis Community Hall on Sunday, December 10 at 2 p.m. Music by Pat and Dave.

Lennoxville and District Community Aid will hold Free Blood Pressure clinics on the following dates:

LENNOXVILLE: Tuesday, December 12 at the Masonic Hall, 2 Belvidere St., Lennoxville from 1:30 p.m. to 3:30 p.m.

WATERVILLE: Please note: there will be no clinic this month, have a good holiday.

NORTH HATLEY: Friday, December 1 at the Town Library, 165 Main St., North Hatley, 10:30 a.m. to noon.

This column accepts items announcing events organized by churches, service clubs and recognized charitable institutions for a \$4.00 fee, \$7.00 for 2nd insertion of same notice, \$10.00 for 3rd publication. Requests should be mailed, well in advance, to The Record, P.O. Box 1200, Sherbrooke, Que. J1H 5L6, be signed and include telephone number and \$4.00 (taxes included). Telephone requests will not be accepted. Admission charges and trade names will be deleted. No dances.

Women's Institute meeting

NORTH HATLEY — The meeting of the Hatley Centre W.I. was held on November 14 at the Community Centre, here. The President, Bea Card called the meeting to order and the Collect and Salute to the Flag were repeated. November was Canadian Industries month. The motto — it is easy to take liberty for granted

when you have never had it taken away from you. Nine members answered roll call and wore a poppy.

The QWI Newsletter and Federated News was distributed.

The minutes of the previous meeting were read by the secretary, Janet McLellan and approved and the treasurer, Helen Johnston

gave the financial report.

Correspondence included a letter from our Provincial secretary re the twinning of Quebec with Newfoundland/Labrador, and asking for names of those wishing a penpal. Margaret Belec and Bea will respond and their names are to be forwarded to St. Shotts W.I. in Newfoundland.

A report was given of the County meeting held at Stanstead and of the County 80th anniversary dinner held at Ayer's Cliff. Seven of our members attended.

Bea reported on the Food Sale held recently in aid of the Community Centre "access for the handicapped fund", and Janet reported on a meeting, Services for Seniors.

Sunshine convenor, Lila Le-Baron reported that she had sent cards to the bereaved and ill. She expressed regrets that she will be unable to continue with this convenorship. Lila has done an outstanding job for many years.

The meeting was adjourned and Helen gave a report on the Poppy Fund and read an article written by Russell Quinn, on this topic.

The list of officers and convenors and the program for 1996 was compiled to be forwarded to Dyanne Saanum before December 1st. Tea was then served by the hostesses, Dulsie Burnell and Bea Card.

Our next meeting on December 5 and our Christmas party will be held later with the exchange of gifts and our secret pal revealed.

From the Pens of E.T. Writers

WINTER MAGIC

Winter sifts across the land —
Silently, as grains of sand,
Toyingly, she heaves a sigh —
Frolics with dry leaves, on high.

Playfully, she blows on panes —
Double-windows on again!
Creeps beneath unwary doors —
Chills our feet upon the floor...

Now in earnest, touches streams —
Glazes water, till it gleams
With icy crystals, clear and pure
Cold weather's here again, for sure.

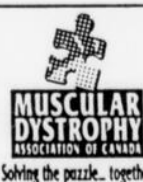
Then she shakes her feather-bed —
Flakes drift down upon our heads;
Barren fields wear Winter-White,
Making days look "Oh-so-bright"...

Etchings on the window-panes;
Frosted bushes down the lane
Proudly stand in lacy splendour,
Beautiful, in late November.

Winter, winter, here to stay —
Treat us well, we hope and pray,
Blanket land and shrubs and glen
Snug, till Spring's rebirth again...

Marge Montgomery
Autumn, 1995

THE NEXT
STEP IS
YOURS.



'Tween Thanksgiving Thayer Family reunion was a great get-together

MANSONVILLE (BNS) — On Sunday, October 29, Doris Thayer McKelvey, Bertha Thayer Smithers and Alice Thayer Whitcher were hostesses at a special Thayer Reunion Turkey Dinner at Restaurant Chez Lise et Diane. Invited guests were cousins: Lillian Thayer Cargill, Morgan, Vt., Jennie Thayer Monette, Barton, Vt., Merton and Verna Thayer, St. Johnsbury Centre, Vt. (who were unavoidably unable to attend), nieces and nephews and spouses: Rupert and Gilda Clark, Wayne Clark, Phyllis and Andre Marcoux, all of Mansonville, Bertha's husband Walter, Alice's husband Allen,

and daughter Wendy.

This 'Tween Thanksgiving meal (Canada celebrated October 9th while the United States waits until November 23rd) served to bring the Thayer family cousins, nieces and nephews to a closer fellowship. A visit followed to the Clark residence which allowed the Vermont cousins to re-visit the old Mansonville station as it was known to them, when, as teenagers, they were overnight guests of Rupert Clark's mother, Maud Thayer Clark, and her parents, Albert and Ethel Thayer, who lived on a nearby farm just south on Bellevue; and the wee train, the Peanut, took passengers

and freight between North Troy, Vt. and Eastman, Que.

At this point Alice, Allen and Wendy Whitcher returned home to Foster. However, Phyllis and Andre welcomed everyone to their comparatively new home at 25 Joseph Blanchet St. where pictures of their four children and all the grandchildren were proudly displayed.

The Vermont ladies, Jennie and Lillian, wished to avoid driving unfamiliar territory and roads after dark so left early, taking Walter and Bertha to their home in Highwater en route.

Doris spent several hours with Phyllis and Andre with great

pleasure catching up on events and family activities. She was not intimidated travelling these famil-

iar roads as she returned to her country cottage home near Water-ville.

From the Pens of E.T. Writers



Cassie and Nathalie
1995 Wool Queen
Ayer's Cliff 150th Anniversary Fair

A TRIBUTE TO CASSIE

One year ago a black-faced sheep
Came into both our lives.
Those big dark eyes were filled with love,
And brought to our hearts much pride.

All summer that gentle black-faced sheep
Was washed and sheared and shown.
From one fair, then on to another
She was very seldom home.

But the best part came in August,
When that black-faced sheep so dear.
Teamed up with a pretty blue-eyed blonde
And won Wool Queen at Ayer's Cliff Fair.

The look of pride on that young girl's face
Was one of sheer disbelief.
And she knew she couldn't have pulled it off,
Without that black-faced sheep.

When they took their place out on parade,
They strutted their stuff with pride.
That blonde-haired girl was truly thrilled
To know that Cassie was at her side.

So Cassie, we salute you
As you start your life anew.
The joy you brought that blue-eyed blonde
Meant more than anyone knew.

No matter the miles between us now,
You'll remain in our hearts for keeps.
We wish you the best, that's what you deserve
Our special black-faced sheep.

Written by Nolene Yertaw-Hughes
November 1995

MANUFACTURER'S WAREHOUSE SALE

SAVE ON CHRISTMAS GIFTS

LAST CHANCE! Sale continues to December 10

C.S. Brooks Springs

- METER ROLL GOODS
- PERCALE SHEET SETS
- SHAMS
- BED SKIRTS
- COMFORTERS
- 100% COTTON FLANNEL SHEET SETS
- AND MUCH MORE...

TEXMADE

Springmaid

Wabasso

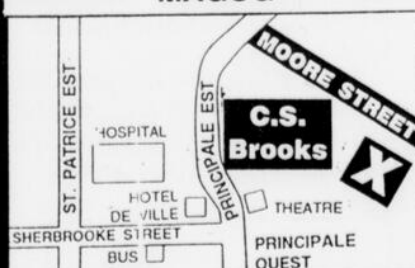
VISA

Interac

MasterCard

UP TO
70%
SUGGESTED
RETAIL PRICE

MAGOG



SALE HOURS

	Friday night	Saturday	Sunday
	5 to 9	9 to 4	9 to 4
NOV.	24	25	26
DEC.	1	2	3
DEC.	8	9	10

MOORE STREET ENTRANCE

St. Andrew's Ceilidh provides entertainment and fellowship

On Friday evening, November 3, the Scottish folk, and those who wished they were, gathered in St. Andrew's Church Hall which had been tastefully decorated under the direction of Louise Savage and with flowers donated by Vaudry's Flower Shop.

This was slated to be an evening of fun and entertainment. Under the leadership of Eileen Drew, her troupe provided lilted music reminiscent of the Highlands, Lowlands and the Islands. There were violinists Elmer Andrews and Eileen Drew, pianists Sheila Andrews and Leta Dustin, guitarists John MacDonald, Wyatt Savage and Richard Goodhue. Richard also sang several traditional songs which added to the mood of the evening. Eric Thorndeloe, junior piper, received much applause for his gala performance on the bagpipes. His act, which was hard to follow, was filled by Rev. Blake Walker who also played the pipes. Soloist George MacDougall accompanied by Louise Bruce at the piano, sang 'Wi' my Ain Folk' and 'Keep Right on the End of the Road'. George also led the singing of many Scottish favorites and some hymns.

Mera MacLeod delighted the audience with her poetic rendition of 'MacAllister Dances before the King'. Dana Gillam and Katie Coates did graceful dancing to the tunes of old-fashioned waltzes.

Receiving recognition for many years of long and faithful service to St. Andrew's were Muriel Mayhew and Ferne Murray. Isabell Beattie made the presentation to Muriel and Ross Beattie presented to Ferne. They each received a painting done by

St. Andrew's own artist, Eileen Drew. Also receiving recognition was Ross Beattie who was presented with a plaque by Wyatt Savage bearing the inscription:

**In Recognition of
50 years of faithful service
1945-1995**

ST. ANDREW'S CHOIR

Under the direction of Chris and Melissa Drew the young people of the church served 'wee' refreshments of scones, tea and coffee throughout the evening. Members of the Guild provided the lunch and assisted in the kitchen.

The evening entertainment came to a close with the enthusiastic singing of O Canada. Harry Brown, on behalf of the congregation, thanked Eileen and all who participated in any way to make the evening a pleasant occasion. It is hoped that this can become an annual event marking St. Andrew's Day and also the anniversary of St. Andrew's Presbyterian Church, Sherbrooke, which commenced its 132nd year of Christian Witness having been

organized as a congregation in 1864.

Submitted by
Isabell Beattie



Blake Walker on the pipes.



Elmer Andrews, Leta Dustin, Eileen Drew, John MacDonald, Wyatt Savage and Richard Goodhue.



Katie Coates and Dana Gillam.



Ferne Murray, Ross Beattie, Isabell Beattie and Muriel Mayhew.

Annual meeting of the Club and new officers elected to start the year off

The meeting was opened by a big blow — on the Horn. The annual meeting was convened by President Cecil Blenkhorn on October 18 with thirty-four members in attendance. A time of silent remembrance was then observed to honor members who had died since our last meeting — Irvine Arbery, Ash Hunting, Stuart Marlin, Tom Moore, Fred Palmer, Lewis Rosenbloom and Carl Skinner.

The minutes of the last annual meeting were read and approved. The treasurer's report was introduced by Phil Kerwin and Past President Bill Lyon provided the outlines and explanations. The eight page report and its myriad of figures was waded through in 14 minutes. It was approved on a motion by Hon. President Don Lyon, seconded by Meredith Barter. Sage Roger Tetreault made some observations and comments. President Cecil, on his way to being past President, read his 'Requiem for the Year of the Horn' and thanked one and all for their support and contributions to the year. He then pinned the President's badge on Malcolm 'Mac' Juby. President Mac started by announcing that since his whole life (so far) has been involved



with farming and agriculture he felt that his year should be associated with a product or by-product of the farm. Since the most obvious by-product may have some difficulty with 'The Bird', he quickly announced that following the Year of the Horn we should be ready for 'The Year of Corn'. This was followed by a request for the help and cooperation which is a hallmark of the club and he stated he was looking forward to a busy and enjoyable year.

The next announcement was that Richard Goodhue had agreed to his appointment for the office of Honorary President and that Roger Tetreault had agreed to be Chorister. He then had a little difficulty in pronouncing the next name (a disease he may have caught from the secretary), but finally got his tongue around the name of John Foster as the Assistant Chorister. Do you suppose a ventriloquist was putting words

in his mouth? Since Richard Goodhue has been promoted from Captain a replacement is required. On motion by Past President Cecil Blenkhorn, seconded by 2nd Vice-President Lou Champoux it was unanimously agreed that Don Loughheed be elected Captain. The Vice-Captain will be appointed by the executive after consultation. President Mac announced that Past President George Jobel had agreed to look after the printing of the program and to continue to decorate the front room for Ladies Nights and other special occasions.

Moved by Bill Lyon, seconded by Edgar Stracchino, that dues for 1995-96 remain the same — carried. A motion by George Jobel, seconded by Grant Sheltus that we consider putting notices of upcoming meetings, speakers and memos in the **Record** — carried. This to be dealt with at the program planning meeting. President Mac announced that Ralph Coote

had agreed to look after keeping some 'cool ones on ice' (I think everyone knows that here the cool ones are soft drinks and fruit juices). 2nd Vice-President Lou Champoux will be up-dating the phone list due to some rather large spaces left by deceased members.

Past President from long ago, Grant Sheltus started the Year of Corn with a hardy helping from his Internet readings of 'Stress Relief Strategies', it was corn — served cob and all. Past President Cec tried to be corny, but it had to be explained. He laid an egg. A request was made for volunteers for Assistant Treasurer and Ribbon Secretary. Bill Lyon volunteered Walter Enslin which was quickly seconded by Garth Morrisette. Surprise Surprise — he accepted. Bill Lyon then spread a little corn of his own. He must have been trying to feed Cecil's chickens.

In an attempt to bring us back to reality Gerald Frost moved for adjournment. We all recessed to the kitchen for doughnuts and coffee courtesy of Past President Cecil. Much corn was also heard in the kitchen — one year finished, the other off to a great start. I will do my best to keep the read-

ers informed of our deliberations — profound and foolish, but mostly foolish!

Submitted by
R. Dewar
Secretary.

Card party

WATERVILLE — On Friday afternoon, November 10, cards were played at six tables in St. John's Church hall.

Winners were Dorothy Vachon, 6680; Beulah Walker, 6580; Ellen Ride, 6200 and Gertie Hetherington, 5900. Gertrude Watson, low score of 2880. Beth Cullen took the prize for the secret score. Isabel Nelson and Huguette Maheux each held four of a kind in their hand twice and each chose a prize.

Door prizes: Esther Côté, Paul Maheux, Allan Knapp, Barbara Wing, Isabel Nelson, John Bradley, Sam Lake, Tracy Chute, Dot McCourt, Eunice Findlay, Alison Watson, Archie Nelson, Bud Wing, Eunice Donnachie and Mildred Holliday.

First drawing, Harris Olsson, second, Eunice Findlay.

We thank everyone for the numerous prizes donated and hope to see you back in two weeks.

US schools just ain't what they used to be

Dear Ann Landers: United States residents should hardly be embarrassed that they cannot identify Canadian Prime Minister Jean Chretien. After all, fewer than 1 percent of U.S. citizens can take a map of the United States and write in the name of each state.

Less than 1 percent can name their

senator or representative in Congress or the vice president of our country. Only one person in 100 can name the four presidents whose faces are carved into Mount Rushmore. An equal number does not know where Mount Rushmore is.

At least 75 percent of Canadians are aware that there are 50 states in

the USA, and most of them can name at least 30 of them. Hardly any U.S. citizens know how many provinces there are in Canada, let alone can name them.

What are they teaching in our schools these days? -- GENE, AUSTIN, TEXAS

DEAR GENE: They are teaching drivers ed., computer science, personal hygiene and Japanese wood-block carving. Not as much readin', writin', and 'rithmetic as when I was in school.

Ann Landers

Dear Ann Landers: I am hoping you will give a voice to those of us who have had it with insensitive and rude people.

I work for a large corporately owned gas station and convenience store chain that also offers a car wash service.

Like many people in this field, I work for minimum wage at a job that is quite dangerous. We never know if the next customer is going to pull a gun or knife and rob, stab or shoot us. If this sounds dramatic, believe me it is very much a reality.

We are well aware that we are dealing with an increasingly hostile public. Often, we are insulted for things that are beyond our control, such as the price of gas (we don't set the price, we only sell it). Also, the price of merchandise. We don't determine that, either. If the car wash

is broken on that particular day, we are sorry, but we didn't break it.

In an average eight-hour shift, I give directions to people who are lost, I help people who don't know how to pump their own gas and I keep an eye on the little ones who rifle through the candy shelves while Mom fills the tank. I apologize to Mr. Smith, whose car broke down and who is mad because we don't have a towing service.

I rarely hear a "thank you" or even "have a nice day," although I say it to each and every customer. All this in "Friendly Minnesota." I could go on and on, but my letter is already too long. I hope you will print it for the thousands who are in my shoes. -- P.F., SAVAGE, MINN.

DEAR P.F.: When John F. Kennedy delivered his inaugural

address, he referred to our "dangerous and untidy world." That was almost 35 years ago. The world is infinitely more dangerous and untidy today, and a lot more rude, as your letter indicated.

But don't give up, and don't give in. Keep doing those small acts of kindness, and keep saying "Have a nice day" even if nobody responds. Your cheerfulness and civility are appreciated, despite the fact that nobody acknowledges them. Trust me.

My Laugh for the Day: A woman was doing her housework in the nude when the doorbell rang. "Who's there?" she asked. "Blind man" was the reply. As the woman opened the door, the man said, "Where do you want me to hang these blinds, lady?"

Stanbridge East

Thelma Rhicard
248-4168

The YMCA are sponsoring the sale of commemorative buttons as a campaign to stop violence against women. Please wear one especially on December 6 which is Canada's National Day of Remembrance and Action on Violence Against Women.

The UCW met at the home of Helen Ingalls. All offices remain the same except that Mary Harvey is now in charge of devotionals. The ladies and friends will meet for a Christmas buffet luncheon on December 12 at the Euro-Spa. There will be a gift exchange.

The Missisquoi Community School Christmas party was held with members from the seventeen classes enjoying the entertainment by the Community Choir, The Line Dancers, Ron Haynes and Betty Piette's guitar playing and singing and Al Kerr's piano music and songs. A display of accomplishments by the students was interesting, many prizes donated by local businesses, etc. were won and refreshments served.

Bud Hauver of Granby called on Mr. and Mrs. Clayton Harvey.



Your Birthday

Thursday, Nov. 30, 1995

Your inventive and creative faculties could be considerably heightened in the year ahead. However, if you want to introduce something new to the marketplace, consult experts because you can't do everything yourself.

SAGITTARIUS (Nov. 23-Dec. 21) You may find yourself in the middle of two seemingly unrelated situations today. Pay attention because you can derive benefits from both ends. Astro-Graph predictions for the year ahead make wonderful Christmas stocking stuffers for all signs of the zodiac. Mail \$2 for each and SASE to Astro-Graph, c/o this newspaper, P.O. Box 1758, Murray Hill Station, New York, NY 10156. Make sure to state desired zodiac signs.

CAPRICORN (Dec. 22-Jan. 19) Do not hesitate to think big or to use imaginative tactics to promote your personal welfare. These elements should mesh well today.

AQUARIUS (Jan. 20-Feb. 19) Material conditions look favorable for both today and tomorrow. However, guard against the inclination to change things that are flowing smoothly.

PISCES (Feb. 20-March 20) If you are warm and gracious today, you won't have to worry about the impressions you'll make on others, especially people who

meet you for the first time.

ARIES (March 21-April 19) If your ingenuity and resourcefulness are not challenged, your day will not be very productive. You will enjoy crossing swords.

TAURUS (April 20-May 20) Do not ignore a colleague's proposal just because you didn't think of the idea first. You will benefit more from adjusting than from arguing.

GEMINI (May 21-June 20) Opportunities for personal benefit could come through unexpected channels today, so keep an open mind and don't rule out any source.

CANCER (June 21-July 22) Today's events might take a unique turn, and you may be drawn closer to someone who has never been very friendly. Do not impede these developments.

LEO (July 23-Aug. 22) You do not have to endure a negative situation, even though you have convinced yourself it can't be changed. Try to prove yourself wrong today.

VIRGO (Aug. 23-Sept. 22) An alliance looks like it will become even more significant. The common bonds that hold you together will continue to endure.

LIBRA (Sept. 23-Oct. 23) A career matter may work out better than you had hoped. Keep your eye on the light at the end of the tunnel.

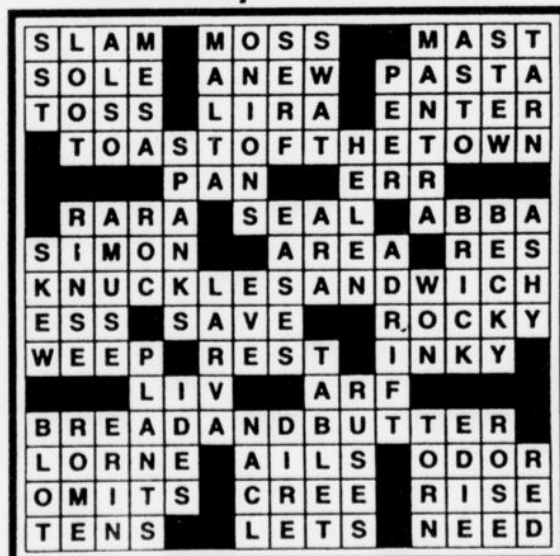
SCORPIO (Oct. 24-Nov. 22) Keep your schedule as flexible as possible today. Your chart indicates that an exciting development may occur, and you will want to participate.

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Crossword

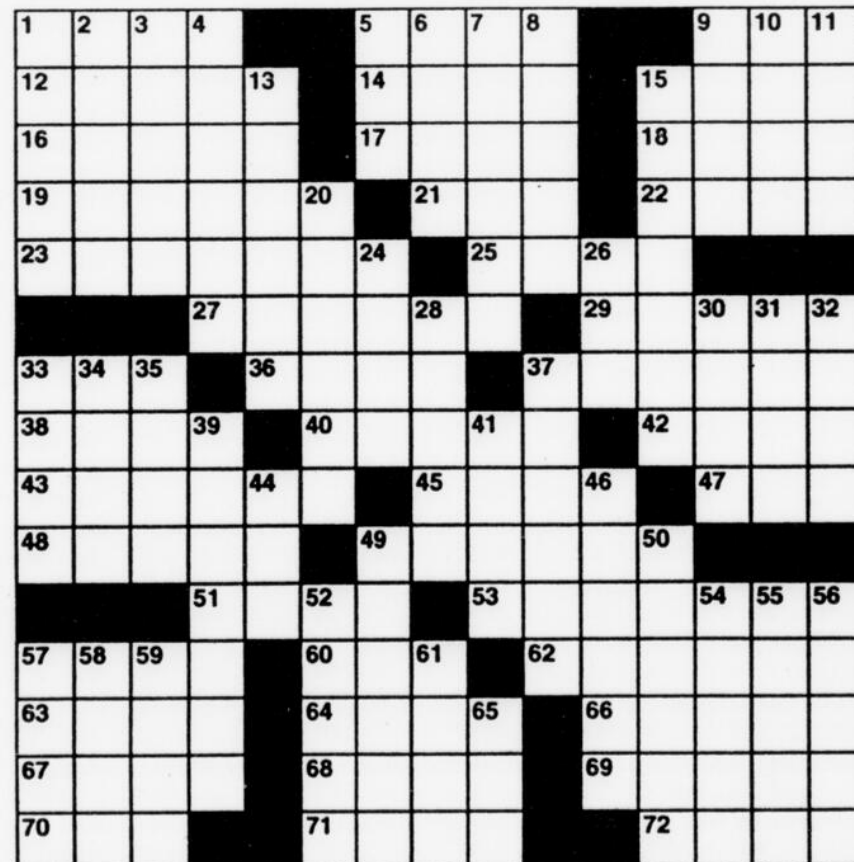
- ACROSS**
- 1 Auctioneer's word
 - 5 Scrooge words
 - 9 "A Yank in the —"
 - 12 Kilmer poem
 - 14 In — (bored by routine)
 - 15 Fr. composer
 - 16 Ridicule
 - 17 Tease
 - 18 Borodin prince
 - 19 Invasion
 - 21 Peer Gynt's mother
 - 22 Requirement
 - 23 Ottawa chief
 - 25 Cartel
 - 27 Foundling
 - 29 Fernando de — (Sp. author)
 - 33 Mont Blanc
 - 36 Equine team
 - 37 Gift
 - 38 Ramble
 - 40 Psychoanalyst
 - 42 Hawaii state bird
 - 43 Look
 - 45 Vetch
 - 47 Handle clumsily
 - 48 Defy
 - 49 Touch fondly
 - 51 Chanel
 - 53 French explorer

Wednesday's Puzzle solved:



11/30/95

- DOWN**
- 1 Peel
 - 2 Maine university town
 - 3 Find out
 - 4 Spanish explorer
 - 5 Ingot
 - 6 Melody
 - 7 English explorer
 - 8 Expensive
 - 9 Fashion
 - 10 Fibrous plant
 - 11 Nixon successor
 - 13 Flight items
 - 15 Cornhusker capital
 - 20 Trim
 - 24 Scorch
 - 26 Epoch
 - 28 Ekberg of films
 - 30 Character in "Popeye"
 - 31 "— Karenina"
 - 32 Paella kin
 - 33 Muscat man
 - 34 Canter
 - 35 Hemingway epithet
 - 37 Filament
 - 39 Messenger of the gods
 - 41 Hall-of-Famer Hubbell
 - 44 Hubbub
 - 46 Ancient ascetic
 - 49 Puma
 - 50 Planet
 - 52 Antiphon kin
 - 54 "Key —"
 - 55 Wheels for bigwigs
 - 56 Upper crust
 - 57 Bye-bye
 - 58 Ardent
 - 59 German engineer
 - 61 Tableland
 - 65 Retiring



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11/30/95

CELEBRITY CIPHER

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another. Today's clue: K equals G

'VFYIVV WIXSV TNF IHVI FS.' —
RIX LJNNUV.

'DWIA TNF JIHYW GWI GNS,
GWHG'V DWIA GWI YXCRL

LIKCAV.' — RCYWHIX YHCAI.

PREVIOUS SOLUTION: "Men should think twice before making widowhood women's only path to power." — Gloria Steinem.

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30

BEATTIE BLVD.® by Bruce Beattie



"I'm not going to wear that earring again after you caught a fish with it!"

KIT 'N' CARLYLE® by Larry Wright



11-30
LARRY WRIGHT
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ALLEY OOP® by Dave Graue and Jack Bender



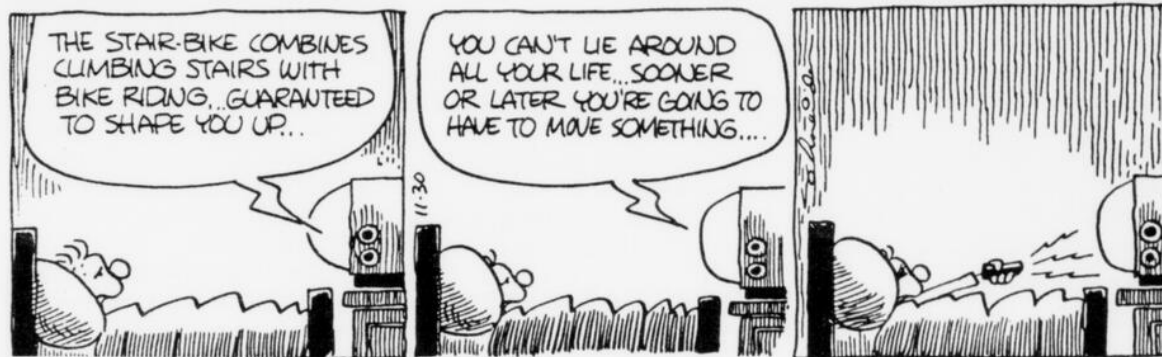
ARLO & JANIS® by Jimmy Johnson



BIG NATE® by Lincoln Peirce



EEK & MEEK® by Howie Schneider



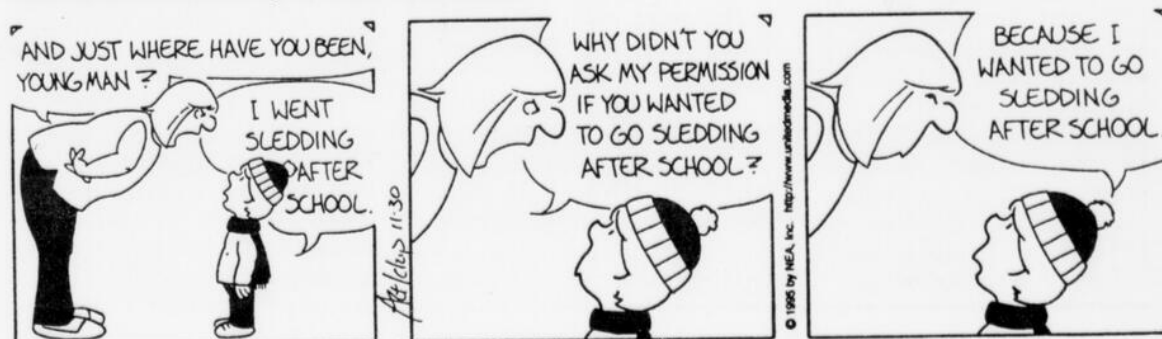
THE GRIZZWELLS® by Bill Schorr



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THE BORN LOSER® by Art and Chip Sansom



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Thelma Wright
Advertising Consultant
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Fax: 819-569-3945

Blues extend Habs' winless streak to five

ST. LOUIS (AP) — Brett Hull had a goal and two assists as the St. Louis Blues ended a five-game winless streak with a 5-4 victory over the Montreal Canadiens on Wednesday night.

The Blues, who had been 0-4-1 in their previous five games, led 4-2 after two periods on goals by Peter Zedel, Hull, J.J. Daigneault and Brian Noonan. Al MacInnis got the other St. Louis goal.

Vincent Damphousse had

two goals and an assist for Montreal, now on a five-game winless streak (0-4-1). Brian Savage and Saku Koivu also scored for Montreal.

The Blues tied the score 2-2 at 6:14 of the second period when Daigneault beat goaltender Pat Jablonski with a slapshot from just inside the blue-line.

Hull put the Blues ahead 3-2 when he scored his 10th at 12:26 on a slapshot from the top of the slot.

Corson's goal at 16:09, on another slapshot from just inside the blue-line, made the score 4-2.

The Canadiens led 2-1 after the first period on goals by Damphousse and Savage.

Damphousse scored a short-handed goal at 1:18 when goalie Grant Fuhr was slow to get back to the net after going into the corner to retrieve the puck. Pierre Turgeon beat Fuhr to the puck and passed it to Damphousse for an easy goal. The

Blues have given up a short-handed goal in each of their last three games.

Zedel tied the score 1-1 at 5:46 when he fired a rebound of a shot by Hull past Jablonski.

Savage scored his 18th at 12:40 when he skated behind the net and beat Fuhr on the short side.

MacInnis made it 5-2 on a power play at 10:31 of the third period.

Damphousse scored his second goal at 15:07 while the

Canadiens had a two-man advantage.

Koivu scored Montreal's final goal 23 seconds later while the Blues were still one man short.

Devils 4 Avalanche 3

Flyers 2 Panthers 1

Rangers 5 Sabres 3

Lightning 2 Whalers 2

Rookie is key to Raptors surprising success story

By Doug Smith

TORONTO (CP) — Tim Hardaway on Monday; Terrell Brandon on Tuesday. John Stockton one week, Michael Jordan the next.

If there's one thing Damon Stoudamire has learned 15 games into his professional career, it's that there are no nights off for NBA point guards.

"The position I play, I'm learning something every night," Stoudamire said Wednesday during a teleconference call with media from around North America. "What I've learned the most is that you can't take anybody for granted."

Stoudamire's latest lesson came Tuesday at the hands of Cleveland's Terrell Brandon. The Cavalier veteran outscored Stoudamire 25-18, had seven assists to four for the Toronto rookie and helped Cleveland beat Toronto 93-89.

That Stoudamire and Brandon are long-time friends who grew up and played against each other in the Portland, Ore., area also gave the five-foot-11 Brandon some bragging rights.

But Stoudamire knows playing someone as quick and talented as Brandon is something he's quickly getting accustomed to.

"There's a good point guard

each and every night that I've got to face and I understand I have to go out and play as hard as I can against each player because if they weren't good, they wouldn't be in this league," he said.

"I don't think anything has come easy to me so far."

However, as a rookie, Stoudamire is more than holding his own against all comers, which has been the biggest reason the Raptors are off to a surprising 5-10 start.

Stoudamire has been anything but intimidated by any of the greats he's had to battle and his leadership capabilities have provided a veteran look to the Toronto backcourt.

"The team definitely looks to me for leadership and the ball handling responsibilities that go with that," he said. "In the second quarter (against Cleveland with Stoudamire on the bench) we got real stagnant on

offence and we weren't moving the ball well. We had a pretty sizable lead and it deteriorated.

"I think the team is definitely looking at me as a leader even though I'm a rookie and I think I've earned the respect of my teammates and coaches."

Stoudamire is also making players league-wide sit up and take notice. He leads all rookies with an average of 8.3 assists a game, is second in rookie scoring to Philadelphia's Jerry Stackhouse at 16.3 points a game and he's shooting 85 per cent from the free throw line.

"What he's done doesn't surprise me at all," Brandon told reporters after Tuesday's game. "I think he's going to be rookie of the year."

"He's getting the chance to play and he's put up some good numbers."

One thing Stoudamire says he won't do is get caught up in

the hype that's rapidly building around him. It's been written and said that Stoudamire could be the league's rookie of the year, he could get the Raptors near playoff contention and each of those statements are big leaps of logic with 67 games to go and the regular season not even a month old.

Friday's matchup at the SkyDome, for example, would be a perfect time to assess Stoudamire against Stackhouse, an unfair comparison given their roles on their respective teams.

"I won't get caught up in that one; Jerry and I play two different positions," Stoudamire said with all the diplomacy of a veteran. "Jerry's a great player and he's been playing well so far."

"I can't get caught up in any of that hype. That's something we don't need right now, we just simply need a victory."

Bishop's rugby team wins New York meet

LENNOXVILLE (RM) — The Bishop's men's rugby team lost the league championship to McGill this year, but the Gaiters got their revenge this past Saturday in New York's Central Park.

A 10-member team of Bishop's students won the College Division of the prestigious New York Sevens Rugby Tournament, beating a team from the University of Guelph (Ont.) 14-7 in the final on a last minute scoring play.

"It's a great tournament with teams coming from all over North America," said Gaiter Andy Richardson.

Canadian universities actually dominated the College Division as Bishop's, Guelph and two separate McGill teams advanced to the semifinals.

"It was absolutely freezing, so it was probably beneficial for us Canadians," Anderson suggested.

The Gaiters easily won their three-team bracket, beating Rutgers University 42-5 and State University of New York (Binghamton) 32-7 to advance to the quar-

terfinals. Bishop's beat Hiram College 24-12 in the quarters, before dethroning McGill.

FAST PLAY

The tournament is a one-day affair in Central Park with games played seven-on-seven and split into two seven-minute halves.

"All it is, is speed, speed, speed. One missed tackle and somebody scores. It's really intense," said Richardson, who was named the tournament MVP. "You're pretty exhausted at the end of the day."

Richardson said Bishop's victory was a team effort and that the MVP award should be shared by the whole team. He praised the play of teammate Brad Wing and three special recruits from the football team: Shane Thompson, Ian Crawford and Matt Roberts.

The Bishop's women's team won its first game of the tournament, but was eliminated by Queen's University, the eventual Women's Division champs, in its second game.

Faucons lose, reorganize

HULL — José Théodore made 34 saves to lead the Hull Olympiques to a 5-1 win against the Sherbrooke Faucons on Wednesday night.

Jonathan Delisle had a goal and two assists in the game for Hull (24-9-1). Jan Melichercik also had a goal and two assists for the Olympiques.

The loss was Sherbrooke's third in its last four games. All four games were on the road. The Faucons (20-11-1) return home to host Mocton Alpines on Friday night.

FAUCONS REORGANIZE
SHERBROOKE — The resignation of Roger Fortier, vice president of hockey operations with *Le club hockey les Faucons de Sherbrooke* this week has led to a reorganization of the club's executive.

Team president Réal Létourneau announced the moves Wednesday. Martin Bureau will replace Fortier as VP hockey. Pierre Sasseville has joined the executive as secretary and Richard Millette has assumed the newly created

post of vice president of community activities.

HOCKEY ALL-STARS

MONTREAL — Eight players from the ETIAC hockey league have been invited to play in the Greater Montreal Athletic Association All-Star Hockey Game next week.

Two players each from Massey Vanier, Bishop's College School, Alexander Galt and Stanstead College will play in the Wednesday, Dec. 6 game at Verdun Auditorium.

Galt head coach Brian Heath will be one of the co-coaches of the Black Team along with Benoit Héroux from Collège Jean-Eudes. Heath will have two of his players in the lineup Wednesday: Defenceman Chris Dezan and centre Caley Moulard.

Two BCS students, goaltender Patrick Lemieux and defenceman Torrence Raque-neau, will also suit up for the Black Team.

Massey Vanier netminder James Pagé will tend White Team's goal for half of next

Wednesday's game. Teammate Luc Bouchard, a defenceman, will also be on the White Team. Stanstead College will be represented by defenceman Tyson McDonald and centre Mathieu Plante.

The game is scheduled for 7 p.m. and ticket will be available at the door.

BILLETS NEEDED

SHERBROOKE — The organizers of the 14th Sherbrooke International Bantam Hockey Tournament are looking for people to billet players from Russia, Siberia, Lithuania, Slovakia and Ukraine during the holidays.

The players will be in town from Dec. 23 to Jan. 3 and tournament organizers are offering \$2000 to any team, group or organization that can billet a whole team of 16-18 players.

Anyone else interested in keeping players can call tournament president Gaétan Fortier at 569-2319 for more information. Any family that keeps at least two players will receive a free pass to the tournament.

Dress properly to get most out of winter activities

By Bob Laderoute

You know, it's funny that for years I have been teaching activities in the outdoors during the summer and the winter, and yet when it comes time to go outside and pursue some chosen activity myself, I still wonder what to wear? Everytime that I am going for a run outside with some of my associates we are still asking each other what to wear. It is a constant battle to try to keep the body at a relatively comfortable temperature, whereby we don't want to overheat and yet we don't want to freeze either.

In the summer time our decision is made a little easier. We basically dress in something that we feel comfortable in and breathes easily enough to allow body heat to escape. If we are going to be out for an extended period of time then we bring a light jacket or sweater to be ready when the temperature begins to cool down.

Now, in the winter the whole scenario changes completely. What we wear to go outside and partake in various activities, depends on a wide variety of factors. It is important to know prior to going out, what activity you will be undertaking, and also how much energy expenditure will occur. This, in many ways, will determine how you will dress, regardless, to a certain degree, of the outside temperature. Let me explain.

The body loses heat in many different ways. In actuality, if the temperature outside was 0-F and there was no wind, one could be very lightly dressed in these conditions. If you are going to be very active, whereby your heart rate is going to be elevated for a prolonged period of time, the amount of clothing you will need will be surprisingly little. Why? Due to the fact that the heat from the body will always move towards a colder environment. Our body temperature is generally around 37-F, if the outside temperature is less than that, heat will leave the body to heat up that cooler environment. In most conditions, what we do to prevent this from occurring is put on insulative clothing as well as a wind breaker to trap the heat loss and keep it next to our body so we stay nice and warm.

Our body loses heat in a number of ways. Radiation is the leading form of heat loss from the body. It simply refers to the fact that the skin is exposed to the air therefore heat will leave the body to heat the air around us. An enormous amount of heat can be lost from an uncovered head. The head in many ways acts like a thermostat to the rest of the body. If your feet are cold, put on a hat! This may sound a little strange but in many of the win-

ter camping courses that I teach, it is something that many students complain about (cold feet). If they are hatless, within 10 minutes of putting a hat on their feet begin to feel a lot better.

Our bodies also lose heat through conduction. This occurs from direct contact with a cooler surface. Examples are skin exposure to metal or sitting on a cold surface when you are outside. In very little time you will begin to feel cold due to the heat leaving the body to heat up that cold object that you are sitting on. We can also lose a lot of heat by means of convection. This is simply the carrying away of heat by moving molecules of air. This is telling us that if there is a strong wind outside, we have to put something on that blocks the wind and doesn't allow it to come in contact with our skin. Increased wind chill = Increased heat loss.

Our bodies also lose a lot of heat by means of evaporation. This is when water is transformed into water vapour (sweating). An example of this occurring is when we have wet clothing against the skin. Our bodies will attempt to dry that layer of clothing with body heat. That is what that we have on the market, different types of clothing that are thermally very efficient with regards to this matter (ie. polypropylene underwear).

It is also important to realize that we lose a fair amount of body heat through respiration, the act of breathing. Up to 20 per cent of the body's heat loss naturally occurs this way with that amount increasing if we are extremely active and our respiration rate is higher (breathing rapidly due to exercise).

So, in our winter environment, how do we prevent heat loss from robbing our bodies of the warmth needed to keep us comfortable and involved in the outside environment? The key way to dress in the winter is in layers. A thermally efficient layer next to the skin, insulation layer after that followed by a protective wind barrier if there is any sort of wind-chill. If the weather and the amount of active change, you can always adapt by removing or putting on different layers of

clothing. Wearing a big heavy jacket when one is going to be physically active is not a good idea due to the fact that you are less versatile if the body heats up or the weather suddenly changes. It is a positive step to maintain good physical conditioning during the winter so that the body is able to adapt and be more thermally efficient. If one is going to work out vigorously (cross-country

skiing) then minimal clothing is needed and in fact, when you first start it is OK to be a little cold. As your activity increases, you will quickly warm up and the body will need to get rid of some body heat. In this scenario it is important to realize that unless you have other layers with you, you must keep active in colder conditions and be able to return to a warm building or have an immediate

change of clothing.

It is a great time of year to be physically active, just be sure to use common sense and caution and make this winter weather your friend instead of it being your enemy. Next week I'll talk about muscular endurance/muscular strength and its importance to us.

Bob Laderoute's column on health and fitness usually appears on Wednesdays.

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