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Vol. 34, No.3

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Grassing on Grain-Fed or,
the beef with conventional cattle-raising
methods,
and why buying local and environmental is the
equally tasty way to go

Merran Eby



When it comes to cows, one might say that the
organic food movement must progress at the
grassroots level. Literally.

Beef farmers are engaged in an ongoing debate over
which feeding method is their best choice. In a coun-
try where the majority of the beef is grain-fed, a
more sustainable, environmentally friendly, and (in
the author's opinion) better-tasting alternative is now
gaining momentum and increasing public interest.
Yes, beef cattle that, in a revolutionary stroke of
brilliance, are... eating grass.

SEE BEEF PAGE 6

EXTRA! EXTRA! EXTRA!

The Townships Sun has moved

On September first The Townships Sun has moved to the Marguerite
Knapp Building (same building as the Townshippers' Ass.) 257 Queen St.
Suite 600, Sherbrooke, QC, J1M 1K7. Our mailing address is:

P.O. Box 28, succ. Lennoxville, Sherbrooke, QC. J1M 1Z3.

Has your address changed? Have you notified us at the SUN?

If not please telephone or fax us your new address 819-566-7424

Townships Artist

Denis Palmer



To most people, Denis Palmer is the friendly guy sitting on the grass in front of
an old building, in a field, or on the lawn of an historic church. Sketch pad on
his knee, brush in hand, he paints scenes around the community, which, had he
been sitting there a hundred years ago, would look very much as they do today,

Continued on page 3



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Townships Moments

Just a note; enclosing subscription check; nice to see Pensioners acknowledged!

Also sending some special photos

"Life in the Country"

"It doesn't get much better than this!"

Imagine looking out your window and seeing this little fellow munching on your lawn.



The reflection in a pond on a clear day



and mother goose calling her wee ones to dinner, makes it a day to remember!"

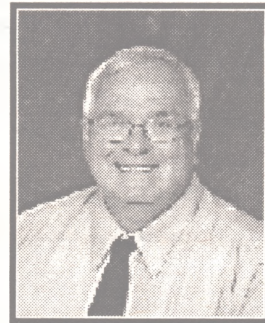


Photos and letter from

Corey Bellam

Saint-Isidore-de-Clifton

EDITOR'S CORNER



*David Wright,
Editor/Publisher*

Corey

Welcome to the Townships Sun family, I'm sure you will enjoy our articles and photos. I agree with you there is no place like the Townships.

Bernie E. "athletics" & recreation

It has been a while but I finally got around to getting ahold of the photos I took of my father Bernard on my cell phone during my visit. Thought you might enjoy them. Here are some 'action photos' of him playing pool in the Gibson 3 Day Room on the miniature pool table left there. Also some photos of him out and about in the warm weather. I expect to be visiting again while the weather is still nice.

—Jennifer Epps



Joe Cool Bernie waving

Bernie leaning back & laughing



Thanks Jennifer for updating us on Bernies' progress

Dave



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Townships Artist

Continued from page 1

except for wires and the odd car.

Denis captures a new light that shines over these vestiges of our heritage and the shadows of their all too soon demise. He archives a way of life that has existed for centuries and is now in danger of being lost. He paints characters in the community and lends a fondness to their place in, and contribution to, the culture of the Townships, whether they are farmers or musicians, auctioneers, or woodsmen. He uses a small pouch of brushes and a toffee tin of paints. With gentle quick strokes, he captures the twinkle of an eye, the swing of an axe, the tilt of their head and the strength and purpose of their work.

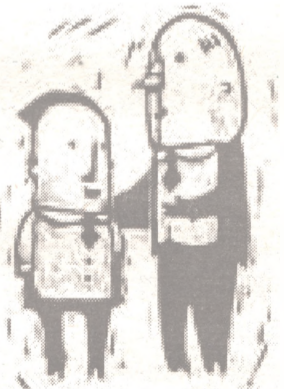
Denis Palmer offers outdoor painting lessons several times during the year which include class trips to unique destinations hidden away in the townships countryside. He takes part in many community activities such as the Artists in Schools Project and most recently, a workshop in Saint-Isidore-de Clifton, at the A.I.R.E. art exhibition that took place at the Viewpoint Visual Arts Centre. He also holds workshops at Uplands Museum and Champlain College in Lennoxville, and still manages to paint!

An exhibition at the Arts Sutton Gallery, sponsored by Townshippers' Foundation, will feature works by Denis Palmer, Louise Abbot, and Niels Jensen, from August 31st to October 1st. The exhibition will be on display Thursday through Sundays, 11a.m.-5p.m. Mentoring works Don't miss the vernissage on Saturday, September 9th at 2 p.m. at the Artssutton Gallery, 7 Academy, in Sutton, Quebec. For more information call: 450-538-2563.

ACE Student Entrepreneur of the Year Competition – Call for qualified applications!

TORONTO ON (September 5, 2006)

- If you are a successful entrepreneur attending university or college full time, or you know someone who is, now is the time to submit your nomination for the 2007 ACE Student Entrepreneur of the Year Award, proudly presented by CIBC. The ACE Student Award celebrates the determination and achievements of student entrepreneurs. The award is open to full-time students at Canadian universities or colleges who are running their own businesses. Nominations open Tuesday September 5th, 2006 and will close on Friday, December 8th, 2006. Nomination information is available at:



Mentoring works

www.acecanada.ca.

Congratulation!



Dr. Martin Beauregard, D.C. a native of Sherbrooke has been awarded his chiropractic doctorate this last August 12th, 2006 from the reuted Parker College of chiropractic in Dallas, Texas.

He will be starting his practice this fall on Belvédère south in Sherbrooke; working with his sister Dr Suzanne Beauregard D.C, also a graduate of the same College which is internationally recognized as a leader in the profession.

Martin will now be able to offer health services to the Eastern Townships population.

Congratulations to this former student of the Notre-Dame-Do-Rosaire school, Sherbrooke Seminary and the University of Sherbrooke.



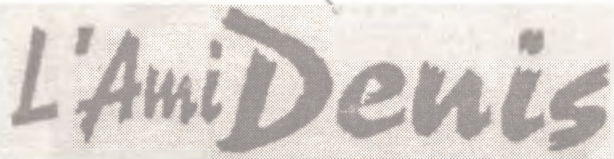
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On Assignment

By Kathleen Y. Ratigan

On assignment is an interesting way to look at your life because, according to many teachings, we are truly here on earth to learn and grow through the myriad experiences, challenges, hopes and dreams we live and are continuing as life unfolds. I know for a fact that many of us have said "I could write a book about my life." Countless people live life unconsciously, just doing their day to day functions and duties in a robotic way. There are those, however, that long to live a life of meaning and fulfillment. They refuse to find satisfaction in a life with no magic or challenge in it. These are the one's that hear the call or song of the soul. If this means you - then read on.

Let us look at our lives as an extremely important assignment that must be completed within a certain amount of time. The people, places, and circumstances are crucial to the success of this task. What if the assignment is - to discover your mission, or purpose in life? Almost all of us feel we were born to do something special, that we are here for a reason - and what if this is actually the truth? We are here to do something that only we can accomplish - it cannot be given to us - we must do this important task ourselves. However, if you are observant, you will find hints and clues along the way, and all the help you need to accomplish your mission. I have noticed that we are continually sent signs, symbols and arrows to point us in the best direction.

And herein lays the challenge, the excitement of this assignment. It is to discover what mission we chose, or are meant to accomplish. It is not always an earth shattering type of task that requires us to change the world, though this surely does apply in a manner of speaking because we CAN change OUR world around us. You do realize that even though we share the earth with many, we each inhabit the personal universe of our own creation.

Do you have a deep longing to do - or be - something completely different than what you are doing at this time in your life? For example, perhaps you are involved in clerical work and your inner self cries out to express itself in creative ways. You find your daily work stultifying and you often call in sick. What you are is actually sick of working in a job that is alien to your nature. How do you fix this unhappy situation? This is part of your mission, because we are meant to enjoy ourselves in this lifetime and not keep our nose to the grindstone. What an awful expression - can't you just see your poor little nose wearing away to a bleeding tiny nub?

Beginning with this moment, look backwards at your life as a long string of pearls. Examine the events you have experienced along the way. Remember the things you loved as a child, remember your dreams and hopes, your desires and wishes. Why? Because they are all relevant to understanding the real you - the person who is as unique as a snowflake. Everything you have lived through had a purpose in your life - you just need to understand it and the lesson it taught you. Each event contained a pearl of wisdom within it - even those dealings we would prefer to forget because through them we learned what we did not want!

Delve into and explore your being with all your heart and soul. Know that along the way you will discover the mission you are meant to accomplish, and the purpose for which you were born. Best of all, you will become who you really are - a shining star in the small universe around you.

*"Each life is a pure stone set upon
a temple structure for my soul. Each
day fresh mortar is added to the
building for my soul. Let me be not
empty handed at the end of my day."*

Ann Ree Colton

MIRACLES & MYSTERIES:

THE RULES FOR BEING HUMAN

Cherie Carter Scott

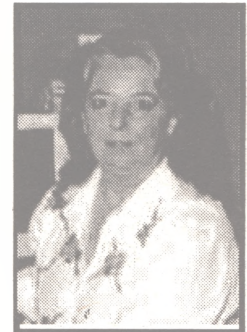
1. **YOU WILL RECEIVE A BODY.** You may like it or hate it, but it will be yours for the entire period of this time around.
2. **YOU WILL LEARN LESSONS.** You are enrolled in a full time informal school called LIFE. Each day in this school you will have the opportunity to learn lessons. You may like them or think them irrelevant and stupid.
3. **THERE ARE NO MISTAKES, ONLY LESSONS.** Growth is a process of trial and error: Experimentation. The "failed" experiments are as much a part of the process as the experiment that ultimately "works."
4. **A LESSON IS REPEATED UNTIL IT IS LEARNED.** A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can then go on to the next lesson.
5. **LEARNING LESSONS DOES NOT END.** There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.
6. **"THERE" IS NO BETTER THAN "HERE."** When your "there" has become a "here" you will simply obtain another "there" that will again look better than "here."
7. **OTHERS ARE MERELY MIRRORS OF YOU.** You cannot love or hate something about another person unless it reflects something you love or hate about yourself.

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BEEF: CONTINUED FROM PAGE 1

Despite what readers may have learned in public school, not all cows are in fact fed grass, so this is not so anticlimactic a statement as it might appear at first glance. Currently, the most common method of raising cattle used by Canadian farmers is that of keeping their animals in a feedlot and raising them on a diet consisting predominantly of grains, mainly corn. Industrial beef cattle, which are raised in this manner, yield the meat that is supplied in grocery stores.

Grass-fed beef, on the other hand, are let out to graze during the warmer seasons, and only kept inside during the winter; it is for this reason that they are also called 'pasture-raised.'

To the average consumer, it may not be immediately clear why this latter choice is so much more preferable.

PROS AND CONS

Why would any farmer choose to raise grass-fed animals? The ones most qualified to answer are the farmers themselves. One, who prefers not to be named, explains frankly that a main motivation is that it is a less costly and labour-intensive option to take. For one thing, grass does not have to be bought – unlike corn or hay during the winter. Given the low price of beef at auction

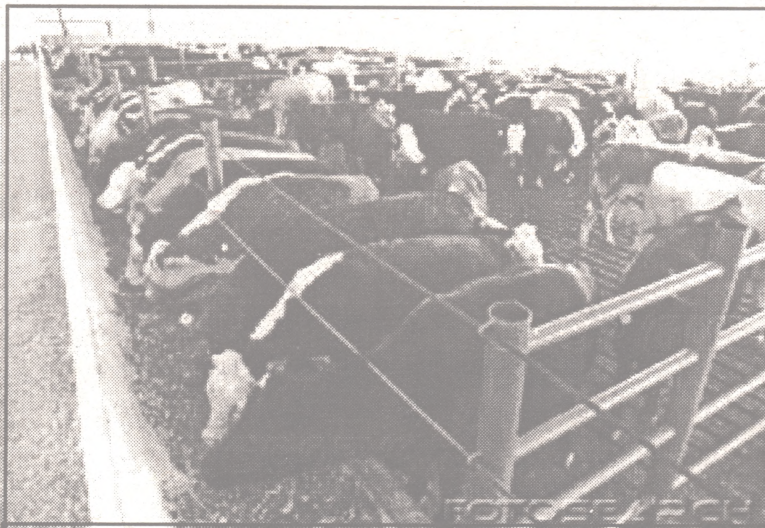
versus the cost of raising animals, recent BSE scares, and the increasing cost of transportation, anything that minimizes losses is something to jump at.

The pastures in which cattle are kept also take care of themselves. The animals act as natural lawnmowers through constant grazing, and spread fertilizer around without the need of expensive machinery.

It would seem that this also makes for happier and healthier cows. Certainly the farmer previously mentioned tells a tale of woe when asked how the cows react to being herded back into a barn to spend the winter months standing in small spaces. And come spring, when let loose again, they apparently perform some rather astonishing feats of acrobatics in their delight.

Grass-fed beef looks and tastes different from grain-fed. Since it tends to be produced more by individual farmers and distributed locally, frequently it is also much fresher than store-bought (and grain-fed) meat. Since it is lower in fat by up to 70%, it is less rich, but it is also more easily digested and, some would say, better-tasting. It has been qualified as having a stronger flavour and better colour than its counterpart. While some may dislike its more gamey taste, others leave no question as to their preference.

"I can't eat [store-bought meat] anymore," states the farmer. "It no longer has any taste." In recent years, an increasing number of consumers are taking this view as well.



Beef Cattle in a feed lot

Since the diet of a grass-fed cow contains no antibiotics or growth hormones, and since it is not confined for much of the year, the meat obtained from that animal is subsequently both healthier and leaner.

Even meat that is not a certified organic product is a healthier choice.

Geraldine Berger, of the Lennoxville health food store Bio & Alternatives, believes that the best route is not by buying specifically organic foods so much as ones that are environmentally sound. For beef, this equates to grass-fed meat produced in the region. Such a choice would benefit the area both ecologically and economically, on both a personal and a larger scale.

Berger points out that, in buying locally, one supports one's own area, while contributing to-

wards a more sustainable agricultural lifestyle that can be maintained over a longer period of time. A fair amount of the meat in grocery stores has been transported from elsewhere –

Alberta, for example – and, besides being rather far away from the Townships and its microeconomy, there is no guarantee of where it has been or what has been put into it. Setting aside the chemicals that formed a part of a grain-fed animal's diet during its life and remain in the meat, some is even dyed in order to present a fresher appearance.

Industrially produced beef, unlike smaller regional operations, require immense amounts of polluting chemicals that are largely petroleum-based, one estimate putting it in the range of an appalling 35 gallons of oil per animal from birth to slaughterhouse.

Cost is one main reason cited by those who do not buy grass-fed beef, whether certified organic or not. In truth, according to Berger, the higher

price tag comes from the higher quality. Moreover, there are health benefits to be considered. Cows that are not fed animal by-products and are not boosted with additives and antibiotics are not going to contract BSE, and their meat also has a higher amount of cancer-fighting agents.

When buying local, it's clearer what exactly the product is that one is buying. Many farmers send their animals to the butcher, then pick up and freeze the meat immediately, without any more complicated processes involved.

The simpler and healthier option offered by local pasture-raised beef grows more popular as more people grow aware of organic food and the importance of sustainable agriculture.

"It is a constantly growing business," Berger remarks. Apparently, in Sherbrooke there are no 'failed' health food stores; those that have closed, did so because the owners chose to retire and not because they went out of business.

The main impetus to buy food that is produced in a way that is environmentally sound has occurred mainly in the last decade, and it seems to be growing. There is much yet to be discovered, and given that the current fragile environmental balance is teetering towards irreversible damage, one can only hope it will not lose its momentum.

English-speaking youth across Quebec will learn what it takes to be an entrepreneur

HUNTINGDON, Quebec, August 8, 2006

- In August, Anglophone youth from across Quebec will come together for a fun week of hands-on learning about what it takes to be an entrepreneur! During the week of August 13-19, at *Camp Je SADC-CAE-CEDEC*, youth will work in teams to build a business of their choice, sell a product and potentially share a profit with their business partners.

This exciting weeklong learning event will include a number of knowledgeable speakers and mentors who will guide the youth through their business development.

This is the first provincial Anglophone *Camp Je "Really Means Business"* to be held in Quebec following a successful regional pilot held in Stanstead in 2003. The 2006 edition of *Camp Je* will cater to 40 young Anglophones aged 14-16 years at the "Dom Bosco summer vacation camp" in Valleyfield. The Community Futures Development Corporation Suroît-Sud is currently organizing this camp in collaboration with the Community Table and its local CEDECs (Community Economic Development and Employability Committees) across the province.

A "pre-sale" and VIP luncheon will take place on **Friday, August 18 at 11:00 am** at the Dom Bosco camp located at 6683 boul. Bord de l'eau in Valleyfield. This event will feature the products created, produced, and packaged by the youth during their experience at *Camp Je*. The young business people, after they pay back the "bank" for their business start-up loan, will share the profit with their team. The youth will officially open for business for a one-day Public Sale on Saturday in Ormstown, outside IGA Pilon.

Media who wish to cover this event in advance of the VIP Luncheon can make arrangements with the contacts listed below.

For information about the organizers of this exciting event visit:

www.buildingcommunities.ca - Community Table/CEDEC

<http://www.sadc-suroitsud.org> - CFDC/SADC

www.reseau-sadc.qc.ca - Réseau des SADC du Québec

The Community Table and Community Economic Development and Employability Committees (CEDECs) have a productive partnership with the federal government through a unique initiative called the National

Human Resources Development Committee for the English Linguistic Minority. Government partners have been very supportive throughout the gradual development of the 11 CEDECs and have acknowledged the time and work that it takes to shift away from traditional approaches to community development in the form of projects and grants to a long-term sustainable community development vision through community capacity building and community economic development. The Community Table initiative is funded by Human Resources and Social Development Canada.


Camp Je is partially funded by Canada Economic Development for Quebec Regions. The other sponsors are BDC, Community Table, Noranda CEZinc, Caisse populaire Desjardins du Suroît-Sud and Valleyfield Canadian Tire.

For more information:

Kirsten Hathaway
Communications Officer
Community Table
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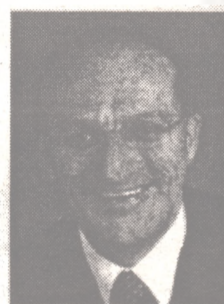
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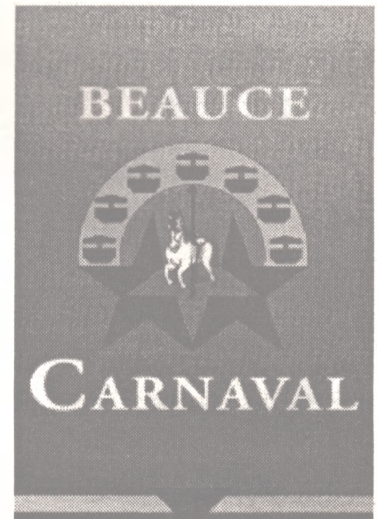


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Friday September 8th

9:00 a.m.- noon Media personality: Pierre Tardif (CJA)

9:00 a.m. • Petting Farm

9:30 a.m. Youth Fair

10:00 a.m.

• Judging of: Honey, Maple products,
 Horticultural, Handicrafts

• Judging of:
 Rabbits, Poultry

• Youth Fair

• Open Halter Classes Draft Horses

• Judging of: Hereford, Limousin,
 Blonde Aquitaine

-• Presentation of M.A.P.A.Q. Project

• Antique Tractors and Farm

Machinery

• Sheep Shearing

11:00AM Magician

1:00 p.m. • Judging Salers, Shorthorn

1:00 p.m. • Sheep judging

6:00 pm to 11:00 pm Horse show (Arena)

7:30PM OFFICIAL OPENING (Arena)

9:00 p.m. • Orchestra "Four Eyes Gerry" (Beer tent)

Saturday September 9th

9:00 a.m. • Ayhires judging (Arena)

9:30 a.m. Holsteins Judging (Arena)

10:00 a.m. • Presentation of M.A.P.A.Q Project

10:00 a.m. • Antique Tractors & Farm Machinery
 Sheep Shearing

Petting Zoo

12:00 p.m. • Inscription for Country music jam

1:00 p.m. • Cloggers dancing (Beer Tent)-Magician

2:00 p.m. • Country Music Jam (Open to everyone)
 Western Orchestra (Beer Tent)

Line Dancing

2:00 pm to 4:30 pm Transport & Tenwheeler
 truck pull in collaboration with the Sport tractor

9:00 pm Rock and Roll Music with "Four Eyes Gerry"


Sunday September 10

- 9:00 a.m. • Young Farmers Inter-club 4-H
- 10:00 a.m. • Presentation of M.A.P.A.Q Project
- 10:00 a.m. • Open Halter classes for Light Horses and Ponies
- 11:00 a.m. Magician
- 11:30 a.m. • Pet show (in the Sheep Show Ring)
- 12:00 p.m. • Tractor pull
- Cloggers dancing (Beer Tent)
- 2:00 p.m. • Horse show (Arena)
- 2:00 p.m. • Western Orchestra (Beer Tent)
- 6:00 p.m. • Closing




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Gluten-Free Zone

by Marjorie Bruhmuller

Living with Celiac disease, a wheat, barley, rye intolerance, is difficult these days because busy people don't have much time to cook. There are so many gluten-free recipes that don't take a lot of time or ingredients but are fabulous in taste and exquisite for presentation to company. A standard in our house is Pavlova, a meringue based dessert with a fresh fruit, yogurt and whipped cream topping. It's light and delicious even after a heavy meal.

Pavlova

Shell

3 fresh egg whites
1 Tbsp. cornstarch
1 cup white sugar

Topping

1 cup fresh fruit; strawberries,
raspberries, blueberries, kiwis
and/or peaches
1 cup whipping cream
1 Tbsp. sugar or maple syrup
1/2 cup Mediterranean yogurt

Combine egg-whites and cornstarch and whip, gradually adding the sugar, until mixture can form a stiff peak. Spoon onto parchment paper in a 10 " circle leaving

a dip in the center (for the fruit mixture after it is baked.) Bake at 250E for 1 _ hours and turn oven off. Leave in the oven to cool.

Remove from oven and place on serving plate. Allow enough room for the fruit mixture to flow over the edge of the meringue shell. Whip the cream with the sugar or maple syrup and fold in the yogurt.

Spread the yogurt mixture on the cooled meringue shell and sprinkle the fruit on top.

Let the fruit and yogurt mixture drizzle over the edges. Keep cool until served. Serves 6.

Daylight savings time tip

We gain an hour when we turn those clocks back in October but we'll also be losing an hour of sunlight. As days get shorter and nights get longer, Canadians don't have as much of an opportunity to obtain vitamin D, the sunshine vitamin, from natural sunlight. Therefore, the end of summer and beginning of fall is a good time to consider the benefits of a daily multivitamin containing vitamin D.

Vitamin D plays an essential role in the absorption of calcium and the development of healthy bones. But research suggests long, dark winters and the use of sunblock in the summer may leave many Canadians deficient in this essential vitamin all year long.

"Making sure you get enough vitamin D is especially important during the winter months," says Kim Arrey, a Montreal-area registered dietitian. "As days get shorter, it becomes harder to obtain vitamin D from sunlight. Therefore, it becomes increasingly important for people to consider taking a daily multivitamin with 400 IU of vitamin D, such as Centrum." Natural food sources of vitamin D include cod liver oil, egg yolks, salmon and other ocean fish. Milk and some breads and cereals are fortified with vitamin D.



Frequently asked: Storing Potatoes

Spud storage:

(NC)—Potatoes are unique in that they will keep fresh for weeks. Load up on these nutrition-packed spuds and boil, mash, bake, scallop, French fry, steam, roast...

Q. Should potatoes be stored in the refrigerator?

A. No. Refrigerating potatoes causes the potato starches to change to sugar, and this increased accumulation of sugar will cause the potato to darken when cooked. It's best to store potatoes in a dry, dark and well ventilated location with a temperature of 7 to 10°C (45 to 50°F).

Q. How long can potatoes be stored under proper conditions?

A. With proper storage, potatoes will stay fresh for several weeks. At warmer temperatures, potatoes should not be stored for more than one week as the warmth will encourage sprouting and shriveling.

Q. At the grocery store, why are potatoes sold in paper and

plastic bags?

A. Paper bags are best as they protect potatoes from exposure to light (light causes potatoes to 'green' - see below). Paper also allows potatoes to breathe. But consumers like to see what they are purchasing and, for that reason, plastic bags were introduced. Plastic is fine for short periods, but once home it's best to transfer potatoes to a heavy paper bag for longer storage.

Q. What causes potatoes to turn green?

A. Greening is a colour change when potatoes are exposed to light. Natural chlorophylls from the potato's cell structure are drawn to the surface forming solanine. Solanine gives a greenish colour and unpleasant bitter flavour to potatoes. Both retailers and consumers can prevent solanine from occurring by not exposing stored potatoes to light.



Rolande's Garden Corner

The soul of these gardens wakes every spring to bring life the beauty of flowers.

Rolande

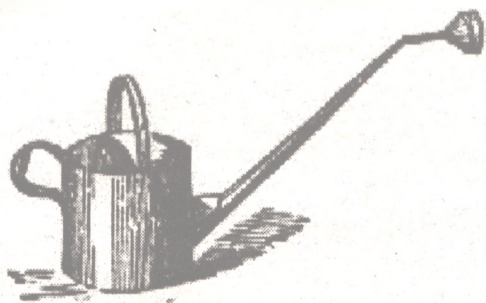


Roland, my Canna does not flower, what is wrong!

Ans.

Growing condition for maximum flowering, Cannus need more than 6 hours of sunshine and soil that retains humidity (garden soil with peatmoss). In shady area they tend to grow more leaf than flowers.

Fertilizing: during growing season, Cannas require a lot of fertilizers of the 20-20-20 type diluted with water once a week as soon as planted beginning around mid-May to mid-August. There after only keep the soil moist.



Around October 10 remove bulbs from soil; but two days prior water profusely to gorge them with water so they will not dehydrate during winter storing.



Enjoy your cut Glads longer by cutting the stem ar a angle and place a aspirin once a week in the water

If you can't get a flu shot this year try this....

The sensible approach to avoiding the flu.....



Eat right!

Make sure you get your daily dose of fruits and veggies.

Take your vitamins and bump up your vitamin C.

Get plenty of exercise because exercise helps build your immune system.

Walk for at least hour a day, go for a swim, take the stairs instead of the elevator, etc.

Wash your hands often.

If you can't wash them, keep a bottle of antibacterial stuff around.

Get lots of fresh air.

Open windows whenever possible.

Get plenty of rest.

Try to eliminate as much stress from your life as you can..

OR....

You can take the doctors office approach.

Think about it, when you go for a shot, what do they do first?

Clean your arm with alcohol.

Why? Because alcohol kills germs.

So I'm going to do the following.....

I'll walk to the liquor store(exercise)....

I'll put lime in my Corona (fruit)....

Celery in my Bloody Mary (veggies)....

Drink on the bar patio (fresh air)....

Get drunk, tell jokes, and laugh (eliminate stress)....

And then pass out(rest).

The way I see it, if you keep your alcohol levels up, flu germs can't get you!!!



**Ben
Dover
says.....**



OLDIS WONDERFUL

that it is the old apple trees that are decked with the loveliest blossoms,

that it is the ancient redwoods that rise to majestic heights,

that it is the old violins that produce the richest tones,

that it is the oldest wine that tastes the sweetest,

that it is the ancient coins, old stamps and antique furniture that many eagerly seek,

that it is when the day is old and far spent

that it displays the beauteous colors of sunset,

that it is when the year is old and has run its course

that mother nature transforms the world into a fairyland of snow,

that old friends are the dearest and it's the old people who have been loved by God for a long, long time.

Thank God for the blessings of old age, its faith, it's love, it's hope, it's patience, it's wisdom, it's experience, it's maturity.

When all is said and done, Old Is Wonderful! \z
"http://smilies.vidahost.com/contrib/sally/roller.gif"



Where Eagles Dare

I was enthusiastically describing my annual osprey photo safari to a friend who lives beside the St Lawrence river in the Thousand Islands area. "Ospreys are ok", he said but we've had an eagle nest on an island just up from here for the last couple of years. Come on up and I'll show it to you".



Moore Nature Photo

Eagles have been on the endangered species list in North America since 1966 but were taken off the list just this year. Described as abundant in the 1800's, bald eagles were especially numerous on the coasts and inland lake areas across the continent, attracted by fish, their food of preference. Hunted by humans and then affected severely by DDT ingestion, eagles became very rare except in remote areas by the 1950's. Alaska paid a 50 cent bounty for any eagle shot and records indicate 128,000 bounty pay-

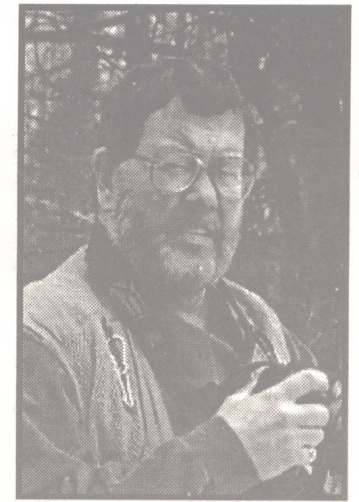
ments were made between 1917 and 1952. Generally eagles were shot on sight in many areas to protect farm animals (or just for sport), as was the case with most raptors.

By the end of the 1990's eagles were breeding in all but two American states (Vermont and Rhode Island) and in all

Canadian provinces, a major conservation success story. In some areas "hacking" has been used successfully to restore eagle populations. Eagle chicks (taken from nests where eagles are plentiful) are fed and overseen by humans until able to leave the special enclosure which has served as a nest. The nest, or hack

box, is usually on a tower or cliff face, and although the nestlings can see their surroundings from the box, the human minders are always concealed to prevent imprinting. This technique was derived from falconry practices in the 1970's and has also been successfully applied to osprey and peregrine falcons.

The Thousand Islands eagles have been nesting successfully for several years, although their nest site location is curious. On a small rocky island (fenced with "no trespassing, no human access" signs by Canada Wildlife), the huge nest is situated in a tall pine tree above a busy stretch of river constantly trav-



TOM MOORE

Web Site

www.moorenature.com

Email

info@moorenature.com

eled by outboards, water skiers, cruise boats, and seadoos. Why would they choose to live in such heavily populated area? Beats me!

But it gives encouragement to the idea that eagles may soon be commonly found living and breeding again in Southern Quebec.



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Community Events - September 2006

Sept 3 – Oct 22: Saint-Camille Photography Month (Saint-Camille) – Photographers both local and visiting from around the globe. For more information: (819) 828-2664.

Sept 3 – Oct 29: Exhibition "Hommage" (Lennoxville) – Works by Mary and Lucy Doheny will be on display at the Uplands Cultural and Heritage Centre. For more information: (819) 564-0409.

Sept 7-16: Granby International Singing Festival (Granby) – Canada's most prestigious singing competition offers young artists a chance to perform. For more information: (450) 375-7555.

Sept 8-10: Richmond Agricultural Fair (Richmond) – kiosks, animal judging, rides, and more as this fair celebrates its 150th anniversary. For more information: (819) 826-3198.

Sept 9-10: CINLB Festival of Winged Creatures (Granby) – Quebec's leading bird sculptors exhibit and offer demonstrations. For more information: (450) 375-3861.

Sept 9-10: Harvest Festival (Saint-Malo) – booths, auction, contests, galas, and more. For more information: (819) 658-3627.

Sept 10: Brunch and violin music (Kinnear's Mills) – served at 10 a.m.

Sept 14-17: Quebec Equestrian Competitions (Bromont) – provincial competitions, including the finals of the Quebec Equestrian Federation. For more information: (450) 534-0787.

Sept 15: Contes à la vieille forge de Dudswell (Dudswell) – locals and professional storytellers from Productions Littorale present their tales in a historic forge. For more information: (819) 887-6093.

Sept 15-17: Agricultural Diversification Regional Activities Show (Saint-Camille) – meetings and discussion on the region's agro-food industry. For more information: (819) 828-0393.

Sept 16: Townships Day (Richmond) – Celebrate the rich culture and heritage of the Townships in this popular annual event. Kiosks,

Sept 16 – Oct 9: La Tournée des 20 (Dunham and surrounding area) – on weekends. Meet craftspeople or do the circuit of the Tournée des 20. For more information: (450) 298-5630 / 1-888-811-4928.

Sept 16 – Oct 9: Panoramaduodlâcôte (Sutton) – on weekends. A celebration of the colours of autumn offering guided hikes and

trails and more. For more information: 1-800-565-8455.

Sept 16: Townships Day (Richmond) – learn about the history and culture of the Townships' Anglophone community in a milieu of music, dance, artisans, food, children's activities and more. For more information: (450) 263-4422 / 1-866-263-4422.

16 Sept: Opening of Fox-Hunting Season (Bromont) – come see the ceremonial start of the season. For more information: (450) 534-3255.

Sept 17: 24th Annual Apple Pie Festival (Stanbridge East) – visit the Missisquoi Museum for apple pie and ice cream from 1:30 to 4:00 p.m. For more information: (450) 248-3153.

Sept 23: Jazz night with the Mike Goudreau Jazz Trio (Huntingville) – classics from Louis Armstrong, Duke Ellington, Ella Fitzgerald and more will be performed at 7:30 p.m. in the Huntingville Universalist Church. All proceeds to maintenance of the church building. For more information: (819) 842-3102.

Sept 23, 24, 30 – Oct 1: Duck Festival (Lac-Brome) – the renowned Brome Lake Duck is celebrated along with demonstrations, a fair, and other activities. For more information: (450) 242-2870.

Sept 23 – Oct 8: Owl's Head Autumnfest (Mansonville) – on weekends. Antiques and crafts on display and for sale as well as family activities for the outdoors. For more information: (450) 292-3342 / 1-800-363-3342.

Sept 23 – Oct 9: Flaming Colours (Orford) – concerts and dinner-theatre as well as outdoor family activities at Mount Orford. For more information: (819) 843-6548 / 1-866-673-6731.

Sept, 23-Sayerville Supper and Show to benefit the Compton County Historical Museum in Eaton Corner:
23 September, 6:30 p.m., at the Sawyerville Hotel, 18 rue Principale, Sawyerville. Seated supper, benefit performance by celebrated jazz and blues singer Carole Vincelette, and launch of the new Eaton Corner Heritage Homestead Project. Tickets are \$35. Please reserve in advance at 819-875-3182 (Pat) or 819-875-5183 (Ric)

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Enjoy the fall colours

Hunting with a Camera

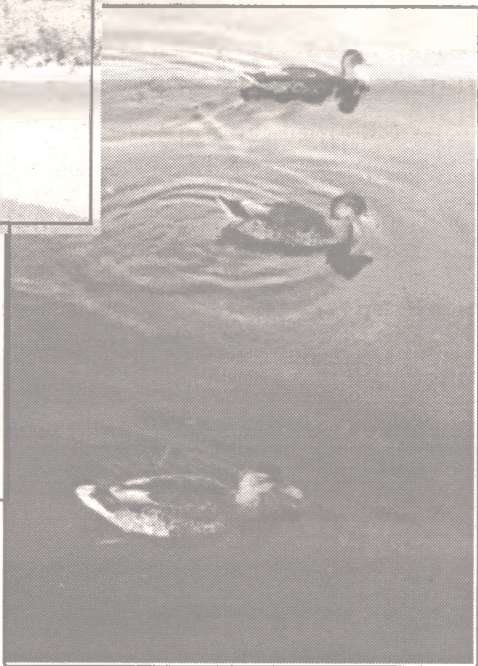
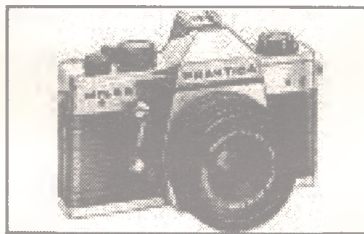
With fall coming on hunters are getting their equipment ready. They will be preparing decoys that was in storage and checking out their tree stands and blinds.

What ashame that this equipement is only used for a few months of the year.

More and more of my hunting friends are switching from the bow and arrows and gun to cameras. They are utilizing their hunting skill and knowledge all year round by capturing their prey by a picture or videa such as the ones on this page. Instead of looking at their trophy on a wall, they can sit back on a cold winter night in front of the fire and look at a video or pictures of a flock of geese coming into the decoys; what memories.

Try it and I'm sure you will get hooked!

All these picture where taken by my old film camera, this can also be an inexpenise sport as well.



A black going by a tree stand in the middle of the summer time. Ask a farmer if you could take picture from tree stand not during hunting season.

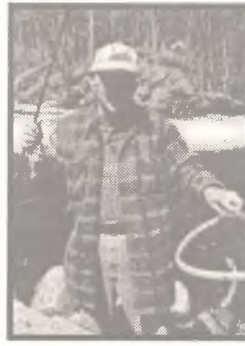
I'm sure he will give you permission.



A spotted fawn along auto route 10 last week



Mallards swimming into a set of decoys in a secluded beaver pond in the spring. You will surpize what other animals you will see with your decoys out, as they add confidance to other animals.



Townships Outdoors

by

John Viau



A young doe investigating a deer decoy in early spring. She did not pay any attention to me . I'm sure I could have touched her,

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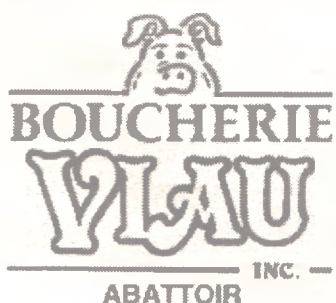
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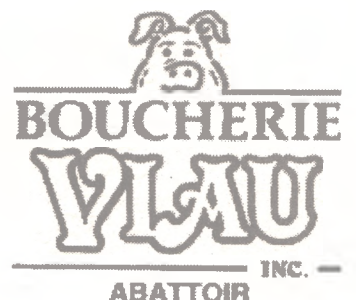
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ABATTOIR

Townshippers to Evaluate Top 40 Townships Educational Opportunities

Townshippers' Association has just received funding to carry out an evaluation of the educational opportunities in the historical Eastern Townships in relation to the top 40 job prospects in the Townships.

These best 40 career opportunities are listed on the Association's career and education [s i t e](http://www.topportunity.ca), www.topportunity.ca.

"We expect this study to give Townships educational institutions, students and business community an up-to-date and comprehensive report that shows the link between available educational programs and the occupations where employees are in highest demand in the Townships," said Michael van Lierop, president of Townshippers' Association.

"This is a key initiative for Townshippers' Association," he said. "We aim to help English-speaking youth to be more empowered, engaged and integrated into the community. For that to happen, jobs are crucial!"

The study will include an evaluation and updating of the top 40 job prospects in the Townships, the currently available English and French educational

programs in this region, at vocational education, CEGEP and university levels, and their match to the top 40 job prospects. The report will be distributed to educational institutions and relevant businesses in the region, and will be used to update the data available on www.topportunity.ca. The project will be carried out during the coming six months.

"This initiative comes in the context of a relatively high level of out-migration among English speakers in the Townships, especially those with more education," said van Lierop. "Several studies have pointed to the perceived lack of employment and employment opportunity as a powerful motivation for youth to leave the region."

The study is made possible in part by a

contribution from the Department of Canadian Heritage. For more information, contact Townshippers' Association at 257 Queen, Sherbrooke (819-566-5717; 1-866-566-5717) or ta@townshippers.qc.ca. The Association is a non-partisan, non-profit organization whose mission is to promote the interests of the English-speaking community in the historical Eastern Townships, strengthen its cultural identity, and encourage the full participation of the English-speaking population in the community at large.


-30-

Source: Valérie Bridger, Assistant Executive Director

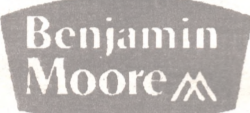
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Sept 16, 2006



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Enjoy Townships Day

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New *Profile* sketches current English Townshippers' realities

Merran Eby

This past June, the Townshippers' Association published a short book with the results of seven years' worth of research on the region.

Put together by Kalina Klimp, the bilingual *Profile of the English-Speaking Community in the Eastern Townships* summarizes what was found in a variety of studies, focusing on Quebec's Anglophone minority and were conducted between 1999 and 2006. The Association hopes that it will serve as a way to enlighten the public, as well as different lev-

els of service providers and the like, since it contains statistics and interesting trends present in the community.

The Townships, as a location of which English speakers form a large part – a minority within a larger French minority – has an unusual status within Quebec. While not unique as a community of this kind, there are certain attributes peculiar to the region.

The Townships area enjoys a rich heritage, an enthusiasm for which can be clearly seen in the multitude of local his-

torical societies and cultural events. One interesting statistic in the *Profile* illustrates this clearly: English Townshippers are more than two times as likely to have a career in the arts as their French counterparts, the highest ratio anywhere in Quebec.

Other numbers are not so encouraging. For example, it is made evident that there has been a steady and sweeping decline in the English population over the years. In 1861, they comprised nearly 60% of the population; now, it is a mere 6%. Part of that

is due to a large influx of Francophones, but not all, as the youth continue to leave and few middle-aged people settle.

Despite the difficulties being faced by the English-speaking Townships community at the moment, it seems that much optimism remains regarding its future (over 70% believe it will continue to be an active presence.) To aid in implementing that future, the Townshippers' Association lays out in the *Profile* goals for the revitalization of the community, such as increased engagement of

the youth and the building of a sense of cultural identity.

If the English population of the Townships takes the *Profile's* recommendations to heart, the future may be very bright indeed.

For those interested in obtaining a copy of the *Profile of the English-Speaking Community in the Eastern Townships*, contact the Townshippers' Association at 819-566-5717 (Lennoxville) or 1-866-566-5717 (Cowansville), or at <ta@townshippers.qc.ca>.

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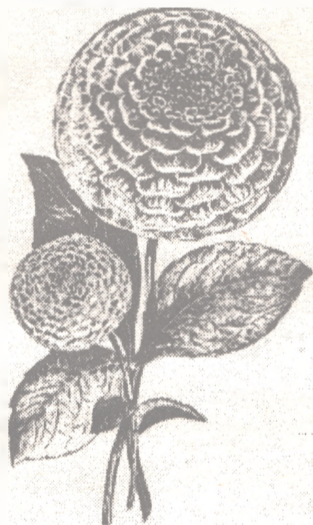
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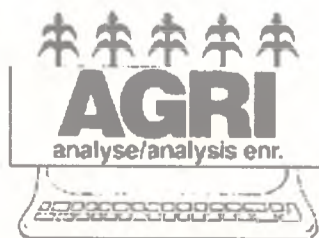
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CHILDREN'S ACTIVITIES

Petting Zoo

Get hands-on with the many friendly animals to be found at the Townshippers' Day petting zoo!

Activities Tent

Stop by our activities tent to have your face painted, or to sit down for some good ol' arts and crafts.

Inflatable Structures

Come and hop around on giant inflatable structures which will be set up on site.

Magician

Corey the Magician will perform magic, but he will also show you how to perform a few tricks of your very own.

YOUTH ACTIVITIES

Variety Show

Our youth coordination team is planning a youth variety show that you won't want to miss!

ALL AGES!

Townships Alive!

Health-related workshops and activities appropriate for all ages will be taking place throughout the day.

Silent Auction

The silent auction will give you an opportunity to bid on a plethora of items donated by individuals and businesses from across the Eastern Townships.

Proceeds help defray the costs of Townshippers' Day.

Language Workshop

The Comité AngloFrancophone Committee of Waterloo stages a conversation activity.

History Storytelling

Come listen to tales from Production Littorale in French and from Townships Tellers in English about the history and heritage of the Richmond area and beyond!

Heritage Tour

See the Ulverton Woolen Mill, the Melbourne Township Slate Museum and the Valleyview School Hall in Cleveland Township.

MUSIC

Sarah Biggs (West Brome) has been writing songs and playing music since her early teens.

Choromondo Choir (Ogden), a world music women's choir which explores world music using original languages and, as much as possible, authentic arrangements, interpretations and colourful ethnic costumes.

Francine Beaubien (Richmond). She will be performing original classical works with her some of her students.

Gail Klink & Keith Whittall (Cowansville). Partners for over 20

years, this duo plays a variety of styles including Jazz, Folk, and Old Rock 'n' Roll

Imogen Grant (Ulverton). Involved in music since the age of 5, Imogen writes and performs her own songs with her band of 2 years in an alternative rock style.

The Ryot (Lennoxville). This young folk pop band is relatively new to the music scene in the Eastern Townships.

Bruce Patton & John Foster (Sherbrooke). Performing music of the 20's and 30's, John and Bruce play on vintage instruments from that era.

DANCE

Brome Squares (Cowansville) is a group of square dancers who know how to please a crowd.

Rainbow Country Cloggers (Sherbrooke). Often spotted at events across the Townships, the Rainbow Country Cloggers perform a variety of upbeat clogging routines.

Richmond Irish Dancers (Richmond) is a group of lively youth performing Irish dancing routines choreographed to both traditional Irish and modern music.

HipHop (Windsor) Come see this young troupe on the Dance Stage!

FOOD

African cuisine - chicken brochettes and rice, hot dogs, hamburgers, wraps, sausages, chilli, beef on a bun, sandwiches, veggies and dip.
Dessert and snacks: baked goods, muffins, doughnuts, cookies, popcorn, pie.
Drinks: coffee, soft drinks, water, juices.

ARTISANS

Artisans from all over the Eastern Townships will be exhibiting various types of artwork. Such as Lisa Brown (Cleveland) - Scrapbooking, Joelle Henault (Ulverton) - Pottery, Olivier Richard (Ulverton) - Goat Cheese, Claude Peloquin (Richmond) - Oil Painting and the Ulverton Woolen Mill (Ulverton) - Wool Products.

EXHIBITS

Non-profit community groups will provide information about their activities and services. Career, employment, educational and community development services and government agencies will be there, as well as health and social service institutions and Townships Alive! Museums, historical societies and heritage groups will offer displays and answer your questions about the fascinating Eastern Townships history and heritage

OPENING CEREMONIES, 10 a.m., Entertainment Tent.

Hosted by:

Cleveland Township ★ Melbourne Township ★ Richmond ★ Ulverton



Ville de
Richmond



Thanks to the supporting partners of the 27th annual Townshippers' Day

Thanks to visitors who donate \$2 at the entrance to help defray costs.