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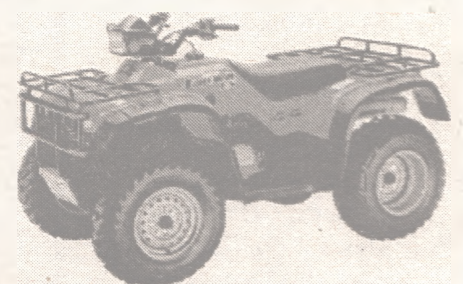
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BEST OF LUCK TO THE TOWNSHIPPERS ORGANIZERS

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Townshippers Day (T-Day) September 23, 2007

A Special Venue!

Townshippers' Day is a day of celebration! It brings together people from all over the Eastern Townships and beyond for an annual one-day event that salutes the vitality and creativity of the Eastern Townships English-speaking community, its musicians and dancers, artists and artisans, writers and photographers, entrepreneurs and enterprises – and churches!

T-Day 2007 is being held at Bishop's University in Lennoxville (Sherbrooke), and will be blessed with activities celebrating the 150th anniversary of St. Mark's Chapel.



St. Mark's Chapel at Bishop's University, 150th Anniversary. Courtesy Townshippers' Association.

Ecumenical Service – A Bonus for Churchgoers at T-Day!

Since T-Day is being held on a Sunday, an ecumenical worship service will take place at 11 a.m. in the main tent. Some churches in the Eastern Townships have cancelled their own regular services and are encouraging members to participate in the St. Mark's T-Day service instead. A committee headed by campus Chaplain, Rev. Heather Thomson, is organizing this very special event.

Reverend Heather Thomson Looks Forward to T-Day

"I am so looking forward to welcoming all the Townshippers' Day participants to help celebrate the 150th anniversary of St. Mark's Chapel," said Rev. Thomson. "Our chapel is a special place of great beauty, and the mission of the chapel has been supported by Townshippers' Association throughout the years. So whether you have been to St. Mark's many times or have never been, you can look forward to a variety of activities on September 23rd."

St. Mark's Chapel: Townshippers' Day Activities 2007

- Ecumenical service
- Hymn sing
- Brief presentation of the chapel's history
- Performances by Bishop's music students
- Organ concert
- Information on the Chapel's stained glass windows
- Chapel choir concert

T-Day is a wonderful day of fun and activity, but it doesn't just happen by itself – dedicated volunteers are always on hand to ensure success! There's still time for you to be part of the winning team for T-Day 2007 as we are still recruiting volunteers.

Volunteering is a great way to enjoy T-Day, while giving back to the English-speaking community, making new friends and even picking up an eye catching T-Day volunteer T-shirt! There are plenty of different volunteer jobs available – Green Team, Parking Duty, Information Kiosk and many more – something to suit everyone. Why not introduce the entire family to the fun of volunteering? Volunteers only work half-days, leaving plenty of time for enjoying all the T-Day festivities once off-duty. Plus, all early-morning volunteers get a free breakfast! To volunteer, please contact Bill Hogg, Volunteer Coordinator, at 819-822-9600 x. 2040.

Townshippers' Day wouldn't be complete without the food vendors: They make the day tastier, and they also pay for their tables at T-Day, thereby contributing directly to raising much-needed funds to help defray the cost of T-Day.

Among numerous food vendors participating this year is Club de Ski Montjoye, now in its third year of operation. The club will be offering hot dogs, buns, drinks, chips and chocolate bars at the upcoming Townshippers' Day event. All the proceeds go towards supporting the Montjoye ski team, which has members ranging in age from 6-16.

With hot dogs donated by the famous Louis' Luncheonette and buns from Boulangerie Georges, the organizers hope to make enough to buy a timer, an essential piece of equipment for a fledgling ski team. As Club treasurer Nancy Shepherd says, "Come on out and buy a hot dog, and support our local ski team!"

Expert Travel Financial Security Inc. (ETFS) is principal partner of this impressive community event. Townshippers' Association is a non-partisan, non-profit community organization serving the Eastern Townships English-speaking community.



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New green space brings art and garden together

A new outdoor exhibition space called Le Jardin de Sculpture has opened in Sutton with a first time retrospective of the work of Waterloo sculptor Don

Sculpture is ideal for the outdoor display of large, bold works like those of Don Davidson,"

The Davidson exhibition



Davidson. "Art outdoors, such as displayed at Les Jardins de Metis or Le Domaine des Cotes d'Ardoise vineyard has become increasingly popular of late," says Lynda Graham, owner of the sculpture garden. "Artwork can make you stop, look and interpret your surroundings in a different way and the new Le Jardin de

was put together by Sutton's Eddy Heath, himself a reputed sculptor. Heath notes that in the Eastern Townships there are very few places to exhibit outdoor sculpture. "This new space means an artist can display his pieces in a representative setting. People can imagine how something might look in their own garden or private

landscape and realize that sculpture is for all and not just a select few." Graham, owner of Sutton's Vert Le Mont B&B, where the new space is located, owns two of Davidson's pieces. "They give me pleasure and delight each time that I look at it them. Dependent on the light, weather and season, they change in appearance and colour. They bring the garden to life and give it definition and impact."

Don Davidson's work is at first glance deceptively simple but the play of light and shade and the passing of the seasons ensure that his sculptures provide an ever changing treat for the eye: flat planes become three dimensional, abstract forms take on different characters and the rise and fall of the sun becomes a tangible thing when played out on, over and through his pieces.

Davidson typically works with a plate of steel in a geometric shape such as a rectangle, circle or square. In this he makes a few simple cuts then bends or folds the steel creating both positive and negative forms and shapes. In many ways Davidson's work is like origami because none of the material with which he works is removed nor is anything added. It is purely the cutting and manipulation of the original material which gives the final character of the piece.

Davidson's skill is a result of a long career which started more than fifty years ago in



advertising at Henry Morgan & Co. in Montreal. Davidson then enrolled at Chicago's renowned Institute of Design at the Illinois Institute of Technology and subsequently joined a prestigious New York architectural practice where he co-designed and oversaw exhibitions at some of New York's leading museums including MOMA and the Met.

In 1983 Davidson retired and with his wife Dottie moved back to his childhood family home in Waterloo in the Eastern Townships. It was here that Davidson's

professional work in industrial design, coupled with the hands-on approach of his Bauhaus-based training, led him to apply his considerable creative talents to the design and construction of hand crafted furniture and lamps mostly made from metal. Their spare, clean lines foreshadowed the abstract sculpture to which he turned ten years ago.

The exhibition at 18 Maple Street runs until 3 October, is free and open to the public Thursdays to Sundays from 2 to 5 p.m.

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Our visitor who won't leave

By Ben Dover

A few months before I was born, my Dad met a stranger who was new to our small Tennessee town. From the beginning, Dad was fascinated with this enchanting newcomer and soon invited him to live with our family. The stranger was quickly accepted and was around to welcome me into the world a few months later.

As I grew up, I never questioned his place in my family. In my young mind, he had a special niche. My parents were complementary instructors: Mom taught me the word of God, and Dad taught me to obey it. But the stranger? He was our storyteller. He would keep us spellbound for hours on end with adventures, mysteries and comedies. If I wanted to know anything about politics, history or science, he always knew the answers about the past, understood the present. He made me laugh, and he made me cry. The stranger never stopped talking, but Dad didn't seem to mind.

Sometimes Mom would get up quietly while the rest of us were shushing each other to listen to what he had to say, and she would go to her room and read her books. (I wonder now if she ever prayed for the stranger to leave.)

Dad ruled our household with certain moral convictions, but the stranger never felt obligated to honor them. Profanity, for example, was not allowed in our home... not from us, our friends or any visitors. Our longtime visitor, however, got away with four-letter words that burned my ears and made my dad squirm and my mother blush.

My Dad was a teetotaler who didn't permit alcohol in the home, not even for cooking. But the stranger encouraged us to try it on a regular basis. He made cigarettes look cool, cigars manly and pipes distinguished. He talked freely (much too freely!) about sex. His comments were sometimes blatant, sometimes suggestive, and generally embarrassing. I now know that my early concepts about relationships were influenced strongly by the stranger. Time after time, he opposed the values of my parents, yet he was seldom rebuked... and NEVER asked to leave.

More than fifty years have passed since the stranger moved in with our family. He has blended right in and is not nearly as fascinating as he was at first. Still, if you were to walk into my parents den today you would still find him sitting over in his corner, waiting for someone to listen to him talk and watch him draw his pictures.

His name? **We just call him TV.**

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Murielle Bérard

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The Sun at Townshippers Day on September 23!



Be sure to stop by our table on Townshippers' Day in Lennoxville this year: renew your subscription, chat with some of our volunteers and find out what exciting things are happening to your Sun. Pictured here is Marion Greenley, long-time bookkeeper and Sun volunteer par excellence!



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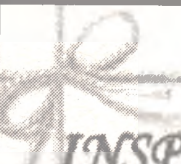
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History of Townshippers' Association

Founded in 1979, Townshippers' Association is a volunteer-based non-profit association representing some 4,000 members scattered throughout a territory measuring approximately 16,000 square kilometres, historically known as the Eastern Townships.

In the 1970s, the number of English-speaking Townshippers began to decline. As the community's numbers dropped, so too did its influence and visibility. The founding of Townshippers' Association was a creative response to this situation, identifying mutual concerns among English speakers and promoting their interests. Its founding meeting, October 27, 1979, took place during a period of cultural upheaval, soon after the Parti Québécois had adopted legislation to promote the French language (Bill 101) and at the time of a symposium permitting English-speaking Townshippers to meet with Dr. Camille Laurin, Minister of State for Cultural Development and primary architect of Bill 101.

The idea of Townshippers' Association struck a chord among English speakers in the Eastern Townships. By its first anniversary, the Association had 5,000 members, and has since always maintained its close grassroots connection. Its mission has remained relevant over the 25 years of its existence.

Townshippers' Association has a long history of sponsoring community and cultural events, keeping in close touch with the Townships English-speaking community through outreach meetings and other communication strategies, and intervening in the fields of health and social services, youth, education, employment, heritage and culture. Its input is sought by federal, provincial and local governments and other bodies on a variety of issues that touch on the lives of English speakers. It has also worked hard to encourage the participation of the English-speaking community in the Eastern Townships in all aspects of the greater community, fostering the spirit of neighbourliness that has long existed between French and English speakers in the region.

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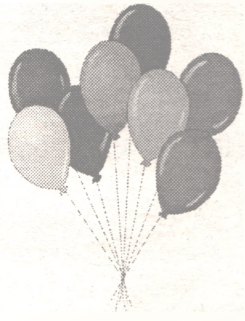
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9 a.m. to 5 p.m.

Bishop's University

Sherbrooke (Borough of Lennoxville)



Event site:



Townshippers' Day takes place entirely at Bishop's University in Sherbrooke (Borough of Lennoxville).

Parking



at Alexander Galt High School, just up Route 108 from Bishop's University
(shuttle busses provided).

INFO:

Kate Wisdom, Townshippers' Association, 450-263-4422,
toll free 1-866-263-4422,
email kw@townshippers.qc.ca.

ENJOY TOWNSHIPERS

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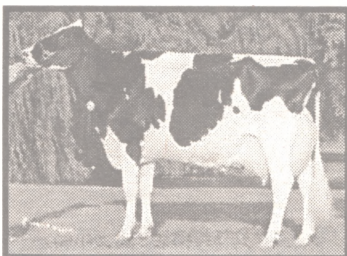
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Thursday September 6

- 5:00 p.m Gates open
- 6:00 p.m. •Petting farm
- 6:00 p.m. • Presentation M.A.P.A.Q.- Project Booth
•Antique Tractors and Farm Machinery
- 7:00 p.m. • Exhibitors night

Friday September 7th

- 9:00 a.m.- noon Media personality: Pierre Tardif 99.3 FM
- 9:00 a.m. •Petting Farm
- 9:30 a.m Youth Fair
Magician (in the tent)
- 10:00 a.m.
 - Judging of: Honey, Maple products, Horticultural, Handicrafts, Ladies dept.
 - Judging of: Rabbits, Poultry
 - Judging of: Hereford, Limousin, Blonde Aquitaine
 - Presentation of M.A.P.A.Q. - Project Booth
 - Antique Tractors and Farm Machinery
 - Sheep Shearing
- 10:30 a.m Magician
- 10:30 a.m.. • Judging Salers, Shorthorn
• Sheep judging (sheep show ring)
- 6:30 pm to 11:00 pm Horse show (Arena)
- 7:30p.m. Four wheeler drag (Pull Track)
- 9:00 p.m. • Orchestra "Slightly Haggard"(Beer tent)



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- 9:00 a.m. • Ayshires judging (Arena)
- 9:30 a.m. Holsteins Judging (Arena)
- 10:00 a.m. • Presentation of M.A.P.A.Q - Project Booth
- 10:00 a.m. • Antique Tractors & Farm Machinery
Sheep Shearing
Petting Zoo
- 1:00 p.m. • Cloggers dancing (Beer Tent)
- 2:00 p.m. • Line Dancing
- 2:00 pm to 4:30 pm Transport &
Ten wheeler truck pull
- 3:00 p.m. **Magician**
- 4:00 p.m. Orchester "Southern Comfort" (Beer Tent)
- 5:30 p.m. Ladies Lead Sheep Class (Arena)
- 6:00 p.m. Horse Show - Heavy -Light - Roadster Class
- 7:00 p.m, Pull of Modified - 4 X 4, Mini, Pick-ups -
Tractors - Ten Wheelers

9:30 p.m. Orchestra "Four Eyes Gerry"



Sunday September 9

- 9:00 a.m. • Young Farmers Inter-club 4-H
- 9:00 a.m. • Presentation of M.A.P.A.Q - Project Booth
- 9:00 a.m. • Open Halter classes- Draft horses
- 10:00 a.m. • Open Halter classes for Light Horses & Ponies
- 11:00 to 1:00 p.m. Artistic Make-up for children (tent)
- 11:30 a.m. Pet show (in the tent)
- 12:00 p.m. • Tractor pull
- 1:00 p.m. • Cloggers dancing (Beer Tent)
- 1:00 p.m. • Magician
- 2:00 p.m. • Horse show (Arena)
• Western Orchestra (Beer Tent)
• 4- H Interclub Turkey Auction (Tent)



6:00 p.m. • Closing

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SOUTHWESTERN TROUT FISHING

The trout fishing in the region south west of Montreal is little known and is under exploited. Although many south-western streams and rivers are stocked regularly with brown and rainbow trout, there is relatively little fishing pressure. Here are some hot spots.

The Lachine Rapids along the shore in the Côte Ste Catherine Park just across the St. Lawrence River from the city of LaSalle regularly yields brown and rainbow trout over 10 pounds in weight. The government regularly stocks the area and, in 1999, 14,364 browns and 11,000 rainbows of 16 to 23 centimetres were released.

The Châteauguay River upstream from the town of Châteauguay offers many productive spots. Be sure to consult the current fishing regulations summaries for areas that are considered as sanctuaries until the first of July. Once you have located an area in which you can legally fish in May and June, look for fast water and rocky bottom above and below small rapids.

In recent years, a local environment group, the Chateauguay River Rehabilitation Committee had 1,500 rainbows and 4,900 browns from seven to nine inches stocked in the Châteauguay River between Ste Martine and Powerscourt near the US border

.Another Châteauguay River hotspot is at the dam in Huntingdon right across from the local hot dog stand. A waterfront park, complete with park benches, makes it possible to fish and have a picnic at the same time. The largest brown caught there last year weighed almost five pounds and rainbows of the same size are caught from time to time.

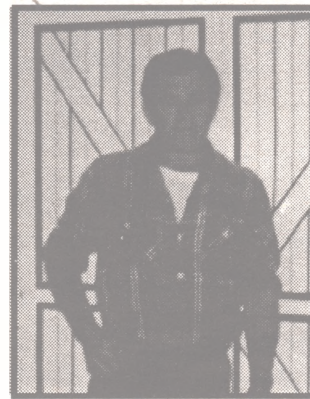
Follow the Châteauguay River a few miles upstream and you come to an old covered bridge at Powerscourt. There is ample parking and you can walk and wade the river upstream right to the US border. The scenery is magnificent and you have the opportunity to catch browns, rainbows and maybe even some brook trout.

Last, but not least, there is the Hinchinbrook River. You can park off the highway just before the Canadian border station at Herdman and walk the brook down stream for a good piece. Big browns, rainbows and brookies are common, but there are lots of snags so be sure to bring plenty of extra tackle. Remember that the limit is only five trout in combination. Be sure to bring along lots of mosquito repellent because, at this time of year, the trout are biting like crazy but so are the blood-thirsty hordes of black flies and mosquitoes.

IN MEMORY OF A GOOD FRIEND

George Lamb – 1929 to 2006

By John A. Viau



The outdoors community of Northern New York and South-western Quebec was greatly saddened to learn of the passing of George Lamb of Brainardsville, New York at the age of 77 years.

George was very well known in the outdoors community on both sides of the border, where he had hunted, fished and trapped since he was a young boy.

If you had George Lamb for a friend you were a very lucky individual. If you needed a favour or a helping hand of any kind, George was always there.

He was one of the most accomplished trout and bass fishermen that I've ever met and he was more than happy to share his vast knowledge with anyone who wanted to learn. I owe much of my trout fishing success in the beautiful Adirondacks to George.

George was a devoted deer hunter and he and his wife Nelly hunted deer in all three seasons with a rifle, bow and muzzle loading rifle. He loved deer hunting but he loved and respected the Whitetails with a passion and was a master in Whitetail lore..

He loved his beautiful Adirondacks and he knew them like the back of his hands. George was nowhere more at home than out in the Adirondack forest slogging along a little trail in the bush on his way to a little known trout honey hole in a remote beaver pond, or perched in his deer stand high up a craggy old pine tree overlooking a little meadow deep in the bush on a crisp and breezy day in mid-October.

At times George could be found out near some local beaver pond laying out his traps for muskrats and helping to keep the muskrat population under control.

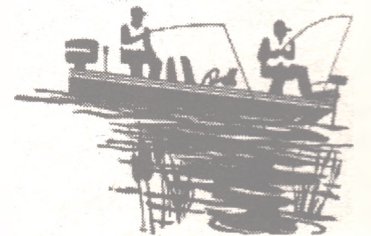
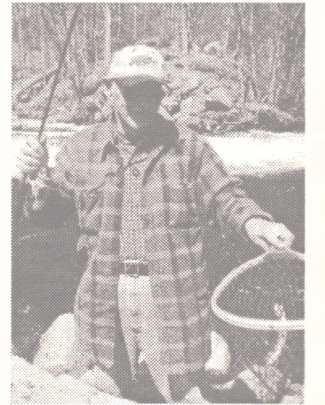
George lived a long and happy life and he'll be missed and remembered by many. He is survived by the love of his life, his wife Nelly and his daughters Debra Bushey of Malone, New York, and Brenda Caropello of Zephyr Hills, Florida, five grandchildren and one great grandchild.

So long for now George and may the trout bite well and I hope you see that big old 12 point buck again that you saw a few years back.

Townships Outdoors

by

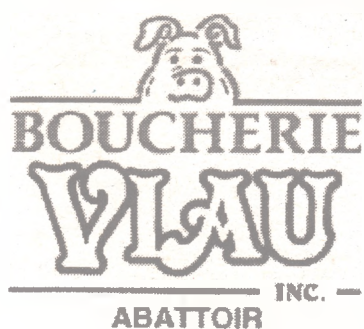
John Viau



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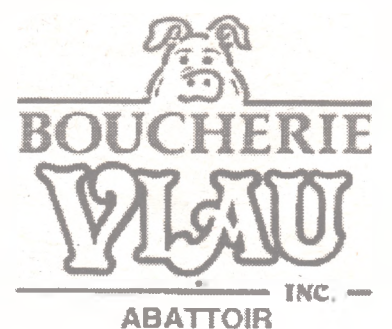


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Hiking in the Townships

Part 4 – Mount Gosford

By Gladys Mackey Beattie

Mount Gosford is one of the unspoiled gems among mountains in the Eastern Townships. No cell phone towers, TV antennas, or downhill ski trails deface its natural beauty. It has only recently become known to many hikers because of trails created from the summit of Mount Megantic south to the U.S. border and thence on to Woburn passing over Mount Gosford.

In the past this area was strictly the domain of lumbermen, fishermen and especially hunters. With the creation of this 110 km trail network, walkers of all kinds have been able to enjoy some fairly pristine countryside. In addition to the trails the *Sentiers Frontaliers* hiking club has built shelters, and tent platforms along the trails, and in the ZEC, you can even rent a cabin (accessible by car) so all of your non hiking friends can enjoy a night or weekend where there are no street lights to block your view of the stars,

and you can hear the coyotes howl and the owls hoot within the security of four solid walls.

The 1190-metre summit of Mount Gosford has an observation tower to lift you above the stunted trees and the view is outstanding in all directions. There are interpretation panels atop the tower describing the surrounding mountains on both sides of the border. Many of the peaks you see will be in the U.S.A. If you pick a clear day, you can even see Mount Washington. Because of the very crooked nature of the border in this area (the boundary line follows the height of land), Mount Gosford is almost surrounded by parts of the state of Maine.

The trail ascends gradually through mixed forest with several stream crossings and then rises more steeply into the Krumholtz – the stunted trees area. Here the climb steepens but is not difficult. It then descends a bit, is



joined by another park trail then comes out onto a rock field, from which the views will start to be outstanding. Shortly after the rocks, you will be at the summit of the mountain and the tower.

To get to the trailhead: From Sherbrooke, drive to Cookshire. In downtown Cookshire, watch for signs for Island Brook on your right. Continue through Island Brook to La Patrie (where they make guitars) and on through the lovely wooded countryside toward Woburn. The turnoff to Louise Gosford ZEC is on your right about one mile before Woburn. In the past it was not well marked, but now they have installed a slightly larger sign for the mountain and Rang Toute De Joie. (I would like to know the history behind that name!) However I usually end up in Woburn and have to back track the one mile. Once you are on Toute de Joie road, continue several miles and you will see a large new entrance building and a gate. Here you will have to shell out a few dollars (\$5 per car but it is worth it.) to enter the park and they have trail maps and lots of info available. Once in the park you will need to follow the map to the trailhead you have chosen and you are there.

If you enjoy your day,

perhaps a membership in this club is in order as they have many different trails. See www.sentiersfrontaliers.qc.ca. Membership gets you all the maps of this area, and the new ones are really good.

The Sentiers Frontaliers Hiking Club of Quebec and the Cohos Trail Association of New Hampshire have joined forces and the two hiking trails were officially linked on August 10. The Cohos Trail starts south of Mount Washington and comes north mostly through Coos County (yes the two names are spelt differently though pronounced the same: ko-oss). It passes through a lot of mountainous and lake dotted countryside, including over the Saguinary Summit at the famous Balsams hotel in Dixville Notch. Soon we will be able to start hiking at Mount Megantic and shop for some new hiking boots in North Conway's factory outlet stores. One of the significant things about this trail is that historically invading

armies and raiding parties from both countries used parts of this route as well as settlers and pioneers.

The (Benedict) Arnold River flows into Lake Megantic near Mount Gosford; Rogers Rangers made good use of Rogers Ledge near Berlin, N. H. The headwaters of the Connecticut River start near here at the Fourth Connecticut Lake, which nearly touches the border, and you can follow this river south to the Atlantic Ocean!

Anyone who would like to take part in this official opening and do a little hiking north or south of the border to mark the day can contact the Cohos trail rep at 603-538-6777 or Francois Villemaire at 819-583-3080, or Louis Pomerleau at 819-583-5189.

Happy Hiking and don't forget your camera. Hiking in the Townships.

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Apple Pie Time



The Missisquoi Historical Society invites everyone to attend its 25th annual apple pie festival on the grounds of the Missisquoi Museum at 2 River Street in Stanbridge East, Québec on Sunday, September 16th, 2007 from 1:30 p.m. to 4 p.m.

The admission fee, of \$7.00 for adults, \$2.00 for children 10 years and under, includes apple pie with ice cream, coffee, tea or apple juice, and a visit to the Museum. Live entertainment, horse drawn wagon ride, antique vehicle and

tractor display and children's activities continue throughout the day as well.

It's hard to believe that 25 years ago Life Member Barbara McGibbon suggested a fund raising activity that has now become our most important money-maker for the museum. Rain or shine we hope to see you at the museum for our delicious **HOMEMADE** apple pies.

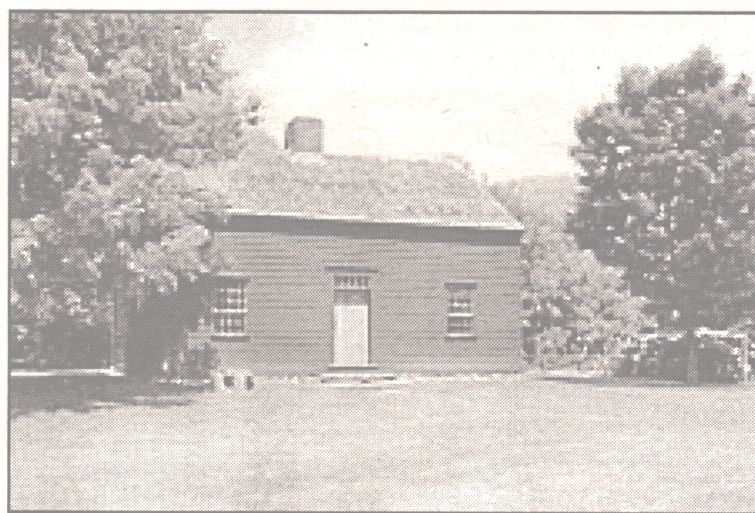
Come for the day. The Museum opens at 10 a.m. Enjoy a visit to the Museum and a stroll around the

historic village of Stanbridge East. Bring a picnic lunch to eat on the Museum grounds or go to the Soup Luncheon beginning at noon at Memorial Hall. The Apple Pie Festival commences at 1:30 at which time you can eat some of the best apple pie served in the Eastern Townships. – Pamela Realffe

To find out more about our historical artifact collection, activities and extensive archives: (450) 248-3153 (10 a.m. to 5 p.m.), info@museemissisquoi.ca, www.MissisquoiMuseum.ca



Ethan Allen Homestead Re-Opens



Guided tours have resumed of the restored home of Vermont's most illustrious founder, Ethan Allen. Interpreters in colonial attire will bring alive Ethan and Fanny's 18th century frontier life in their simple clapboard farmhouse in Burlington.

Visitors can explore the expansive grounds of the Ethan Allen Homestead where it is still possible to walk the fields that Ethan farmed, stroll along the river, and hike through preserved

wetlands. Step into the past and experience how Ethan lived with his wife Fanny and raised their children. The visit will interest children too.

Guided tours are available Fridays and Saturdays from 10 a.m. to 4 p.m., and on Sundays from 1-4pm through October 2007. School tours will be offered in the fall. Group reservations are appreciated. A \$5 donation per person is suggested.

The Ethan Allen Homestead is just minutes from downtown Burlington Vermont, off exit 14 of I-89, Route 2 west and Route 127 north. For more information and to support the Ethan Allen Homestead, please visit www.ethanallenhomestead.org or call 802-865-4556.



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PEARLS OF WISDOM VS STONES OF STUPIDITY

By Kathleen Y. Rattigan

*"The member of the body requiring the most vigilance is the tongue."
Ann Ree Colton*

Pearls of Wisdom vs. Stones of Stupidity give us a tongue in cheek chance to laugh at ourselves as we weave words into a web of wit. This week I have chosen to poke gentle fun at how those who live in the public eye can enliven our lives by their choice of words, thereby causing hilarity – and laughter is so good for us. Some of these saying will constitute the "Stones of Stupidity" award.

Pearls of Wisdom, though, gives us the thought provoking balance of words that stir our soul and here the power of words can change the course of a life, a nation, and a world. Many are those who walk, and have walked on our planet, that by their stirring choice of oratory has swept us up into a higher evolution of thinking, acting, and feeling. Read on – and have both your sense of humor and your thinking cap on straight. Have fun.

Prattling politicians – their very existence provides the bulk of fodder for every cartoonist, comedian and satirist, and honestly, at times leaves me in helpless laughter at the hot potatoes that fall from their lips. Here are two that fell from the lips of certain politicians of our friends next door: *"I have opinions of my own – strong opinions-but I don't always agree with them."* – George Bush, former U.S. President. And another one, *"It is white."* – George W. Bush, when asked what the White House was like by a student in East London. Duh!!

Now to be fair, I must also include Canadian blathering bloopers: From former Prime Minister Paul Martin, *"The fact is the statements are perfectly consistent, but more importantly, I don't have all the facts."* *"A proof is a proof. What kind of a proof? It's a proof. A proof is a proof. And when you have a good proof, it's because it's proven."* This was spoken (or misspoken) by former Prime Minister Jean Chretien (on finding no Iraqi weapons of mass destruction). Whew! The perfect blend of both Canadian and American humor was heard from President George W. Bush during his first visit to Ottawa on November 30, 2004 – *"I want to thank all the Canadians who came out today to wave to me – with all five fingers!"*

Symbols of symbols, all our words create feelings, images, and reactions and help direct the course of our lives. We obey the signs that mean stop, speed limits, danger, and poison. In many places symbols are replacing words, such as signs on washrooms, tourist information, and road signs.

I have been thinking about "words" a lot lately because I so enjoy the lack of them when I enter into the beauty of silence within meditation. Do you ever just get weary of the endless streams of chatter that surround us? Blaring TV's, radios, screaming news headlines, crowds of people, we are surrounded by an ocean of noise. When I turn to a good book, at least I can choose the caliber of the words that enter my mind and I have chosen to surround myself with inspirational writings from those who have chosen to fill the well of wisdom and thus loosen the chains that try to bind our spirits.

So now let us turn to "Pearls of Wisdom" – *"Learn to get in touch with the silence within yourself and know that everything in this life has a purpose"* (Elisabeth Kübler-Ross, Swiss born American Psychiatrist and writer. Aldous Huxley, 1894-1963, English writer said *"There's only one corner of the universe you can be certain of improving, and that's your own self."* *"The weak can never forgive. Forgiveness is the attribute of the strong."* This advice came from Mahatma Gandhi (1869-1948).

Speech is our power to share our truth to all who care to listen. When we can understand this power as a tool for good, we join forces with the positive and healing energies that are part of creation itself. When one lies, gossips, curses or is constantly negative they make of themselves a burden to all. Choose your words wisely, and have a care about how you speak and you will have a cause for celebration for the good feelings that you will arouse, both in yourself and others.

MIRACLES & MYSTERIES

From the book
"The Anointed"

By Ann Ree Colton

The Tongue As An Instrument of Illumination

"The more pure the heart's love, the more the tongue can transmit to the world the Archetypal Flow of Wisdom and Truth. The more ethical, kind and compassionate the heart, the higher one reaches into Heaven's Light. Some initiates speak words of wisdom and love through their union with the Archetypal Flow of Knowledge received from the First Heaven. Others speak words of wisdom and soul-beauty from their union with the archetypal Flow received from the Second Heaven. Anointed Teachers speak words of wisdom, revelation and prophecy through their union with the archetypal Flow of Knowledge from the Third Heaven. Thus, the tongue is a vital part of Spiritual Illuminations received and shared with the world."



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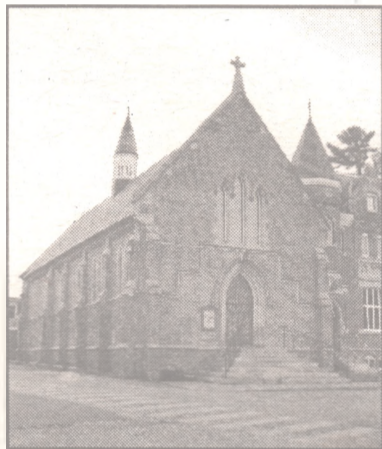
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JOURNÉE DES TOWNSHIPERS

SUNDAY, Sept. 23, 2007

9 a.m. - 5 p.m.

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 - Jake and the Leprechauns** - Sherbrooke
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 - Sarah Biggs** - Brome
 - Tanya Mueller** - Stanstead
 - Tim Brink** of Pete Moss

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- 12:00 - 15:00: **Townships Talent Show/Competition**
- 15:00 - 17:00: **SRC Cultural Gala**

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