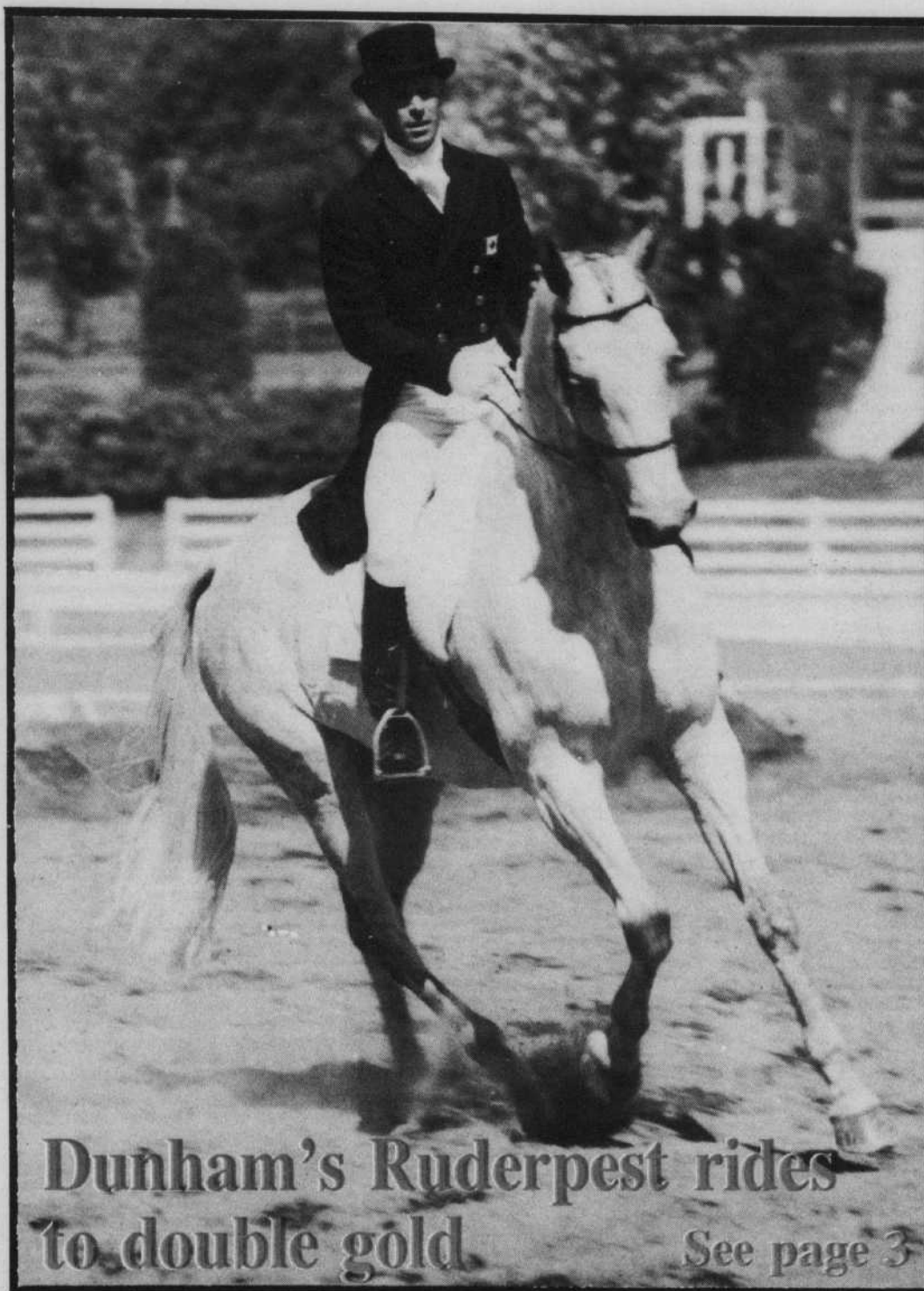




**Dunham's Ruderpest rides
to double gold**

See page 3

Worms:

Agnes Gallagher
and her daughter
raise wigglers
in Sutton

Lifeskills:

Program helps
ex-cons
re-integrate
into society

Sworn in:

West Bolton
welcomes
its new
councillors

Waste Watchers:

A monthly
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Brome County Community Billboard

Community Calendar

Friday, November 15

A soup and dessert luncheon will be held from 11:30-1 p.m. at Emmanuel United Church at 203 Main Street in Cowansville, sponsored by the Sunday School. Everyone welcome. Tickets are \$5. For reservations call 263-6095 or 263-0204.

The United Church women will be holding a Christmas bazaar and tea starting at 2:30 at the Wesley United Church hall, 53 River St. in Bedford.

The Mont Sutton Royal Arch Masons are holding an auction and bingo at 7:30 in the Fraternal Hall, Depot Street in Sutton. Anyone wishing to donate assorted articles for auction may do so by calling Eugene Jones at 243-5742 or Ralph Seaton at 243-6621, or Bob Farnham at 538-2692. Everyone is welcome to this fun night.

Saturday, November 16

The Fulford Social Club will be holding its annual Christmas Tea from 2 to 5 at the Fulford Hall. There will be a raffle, bake and handicraft sale. Admission for the Tea will be \$3.00 for adults and \$2.00 for children.

Philipsburg Branch #82 of the Royal Canadian Legion will be serving a fish fry between 5 and 7. Fried fish, french fries, coleslaw, lemon and tartar sauce, all for \$5, taxes included.

A Christmas Bazaar sponsored by St Paul's Anglican church ladies guild from 10:00 to 2:30 at the parish hall in Mansonville. Come and do your Christmas shopping early. On display there will be knitted and crochet items, gifts, a drawing on an afghan. Lunch counter available. This is a bazaar for the three churches of the parish of Mansonville and Glen Sutton.

A hot dish luncheon and Christmas sale will be held at Knowlton United Church from 11:00 until 1:30. Adults — \$5.00. Children under 12 — \$3.00. Everyone Welcome!

November 16 and 17

As a follow-up to their successful Saturday market, the Sutton Valley Council invites you to attend their Christmas bazaar to be held in the Sutton legion, 2 Curley Street, from 10-4. Some 20 vendors will offer only new handcrafted articles and baked goods.

Tuesday, November 19

The Brome Missisquoi Historical Society presents a talk by Dr. André Sénécal of the Department of Romance languages of the University of Vermont. Dr. Sénécal will talk about French Canadians moving to New England. Starts at 7:00 p.m., admission with refreshments \$3.

The Brome-Missisquoi membership of Option Canada and interested parties will meet to elect a riding executive at 7:30 at Heroes Memorial school on South Street in Cowansville. Party leader Greg Gogan will be in attendance.

Wednesday, November 20

Parents of students at Massey Vanier High School will receive their children's report cards for the first term. Parents are cordially invited to meet the teachers at Massey-Vanier parent's night between of 4 and 5:30 and 6:30 and 9:30.

Saturday, November 23

Heroes Memorial School in Cowansville will hold a book fair, bake sale, and crafts and toy sale (new and used) from 9-3. For reservations for craft tables please call 263-0763 or 263-9466.

November 26

The Brome Missisquoi Hospital auxiliary will hold a Christmas tea and bazaar from 2-4 at the Hospital.

Thursday, November 28

Holiday soup and dessert luncheon will be held at All Saints Anglican Church, Dunham, at noon. There will be a variety of delicious homemade soups and desserts. Cards will be played immediately following lunch. Admission \$5.00.

Church Services

St. Edouard Church, Knowlton

— Saturday: 7 p.m. Eucharistic Celebration, French

— Sunday: 9 a.m. English, 10:30 a.m. French

St. Paul's Anglican Church, Knowlton

— 8 a.m. Every Sunday: Holy communion book of common prayer.

— 10 a.m. 1st, 2nd and 4th Sunday of the month: Holy communion. 3rd Sunday: Morning prayer.

Parish of Brome Anglican

Second Sunday

— 9:30 a.m. Ascension, West Brome

— 2:30 p.m. St. Aidan, Sutton Junction

— 11:00 a.m. St. John Evangelist, Brome

— 11:00 a.m. Holy Trinity, Iron Hill

Grace Anglican Church, Principale Street in Sutton

— Sunday: 8 and 11 a.m. Holy Eucharist

Calvary United Church, Pleasant and Maple St. in Sutton

— Sunday: 11:30 a.m.

St-André de Sutton, Main Street North

— Saturday: 7 p.m.

— Sunday: 8 a.m. and 11 a.m.

All Saints Anglican Church, Abercorn

— Sunday: 9:30 a.m.

St-Simon d'Abercorn

— Sunday: 9:30 a.m.

Church of the Good Shepherd, Glen Sutton

— Sunday: 7 p.m.

Notre Dame des Graces, Glen Sutton

— Sunday: 8:30 a.m.

Dunham United Church, Dunham

— Regular service 9:30 a.m.

All Saints Anglican Church, Dunham

— 10:30 a.m. Services and Sunday School

— first Sunday of the month: Choral Eucharist (BCP)

— third Sunday of the month: Morning Prayer (BCP)

— second, fourth, and fifth Sundays of the month: Choral Eucharist BAS (1962 Rite)

Note-Book of common prayer is used on all festivals.

Trinity Church, Cowansville

— 9:00 a.m. Holy Communion BAS (1962 Rite)

— 10:30 a.m. Holy Communion BAS (Modern Rite) and church school.

Christ Church, Cowansville will meet at 330 Bruce Blvd, Cowansville

— 10 a.m. Holy Communion according to the Book of Common Prayer

(There will be only one service of worship each Sunday in the Cowansville-area United Church. All services are at 9:30.)

Cowansville area pastoral charge

— Sunday Worship in East Farnham at 9:30

Emmanuel United Church, Cowansville

— Worship and Sunday school at 11 o'clock.

Bishop Stewart Memorial Church of The Holy Trinity, Freighsburg

— 9:00 a.m.

Services and Church School Holy Communion-BAS

(Modern Rite) except fourth Sunday each month where morning prayer is said.

St. James the Apostle, Stanbridge East.

(Monthly schedule of 10:30 a.m. services)

— First Sunday, Holy Communion (BCP).

— Second Sunday morning prayer (BCP).

— Third Sunday 1962 Eucharist (BAS).

— Fourth Sunday, Modern Eucharist (BAS).

— Fifth Sunday, Morning Prayer (BAS).

Bethel Pentecostal Church, South Bolton.

— Sunday, 10 a.m.

— Sunday School 11 a.m.

— morning worship 7 a.m.

— evening worship, Wed. 7 p.m.

— Wednesday Prayer service: 7 p.m.

Arts Calendar

Saturday, November 30

Theatre Lac Brome presents an autumn variety show hosted by Barbara Cosgrove. The bi-annual event showcases local Eastern Townships talent. Singers, dancers, comics and other entertainers are invited to audition. If you have a special talent you would like to bring to the stage, contact Cosgrove at 243-0609.

Till November 24

Arts Sutton Gallery presents an exhibition of works by May Kelly, who paints and wood paper using oil, acrylic and collages. Also relief artist Yvon Lamy. The gallery, located at 7 Academy street in Sutton, is open Thurs and Friday from 1-5 and weekends from 10 to 12 and 2 to 5.

Community Notes

The Club D'Age d'Or in Stanbridge East will be holding two card parties to profit the Missisquoi Museum. The parties will be held November 15 and 22 at the Senior Citizen's Hall. Admission is \$3, including prizes and snacks. For information call Janine Gagné or Madeleine Dubois.

Mothers, fathers and caregivers are invited to come with their children, newborn to five-years old, for a morning of socializing and play at the sports and cultural centre, located at 20 Church Street in Bromont, every Tuesday and Thursday mornings from 9:30-11:30. It's free.

Brome Community billboard is published as a free service to the community. If you have a notice you wish to have appear in the Billboard send it to: Brome County Community Billboard, c/o The Record, 88 Lakeside Road, Brome Lake, Quebec J0E 1V0; or 2850 Delorme, Sherbrooke, Quebec J1K 1A1. Or just drop by the Knowlton office. Material must be received by Monday noon the week of publication. Always be sure to include a phone number.

the Record

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Randy Kinnear, Publisher 569-9511
Charles Bury, Editor 569-6345
Lloyd G. Scheib, Advertising Manager 569-9525
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Dunham horse wins double Pan Am gold

By Caroline Kutschke

DUNHAM — Horse-trainer Paul Popiel always knew that Ruderpest had a good chance of winning the gold.

He was so convinced in fact, he bought the horse from its Hudson owner on sight and returned to his Dunham farm where he began training it in three-day eventing.

Ruderpest and co-owners Popiel and B.C. rider Nick Holmes-Smith haven't looked back since. Still, when Popiel's brother phoned from the Pan Am Games in Georgia late Sunday night to say Ruderpest had won the individual and national

team gold medals for three-day eventing, he "almost cried."

It may have been the result of "having conniptions" from waiting since 4:30 p.m. when he knew Ruderpest had a seven-point lead. But it also may have been from thirty years' experience waiting for a gold.

"It's a very special occasion," Popiel said, noting that he and his wife were celebrating their seventh-hitherto known as their 'golden' wedding anniversary the same day.

"I've been sending horses into competition — and finally we get the gold medal."

FIRST GOLD

Sunday evening a congratulatory call from U.S. Combined Training Association president Dennis Edward-Emerson confirmed that Ruderpest had "outclassed the competition." It was also the first individual gold medal for Canada in three-day eventing. Norman Elder won the silver in 1967.

What's next? "Almost definitely Barcelona." And another chance for the gold.

The eight-year-old won a competition this summer in Bromont, placed second in the national preliminaries this year in Boston, and first in the preli-

minaries in California.

Considered by top horsemen in North America to be one of the best in the sport, Ruderpest "can go for another eight years, or two more Olympics," Popiel said in his dining room surrounded by show photos, ribbons and medals.

"He's got that much ahead of him. He's a magnificent, wonderful horse, destined to be a winner."

The win is also special because the horse is Quebec-bred, added Popiel's wife Maureen. Bought on sight with no experience, Ruderpest has since been called brilliant.

"In the world of three-day eventing, he is the Big Ben," said both Popiels, quoting an admirer and their own judgement.

There is a "huge trend" towards buying imported horses, they said, but "it's nice to prove our thoroughbreds are Olympic level too."

"We should use them more:

we just had that proven to us," Popiel said.

When the horse is retired, it'll return to "teach the kids," at the Popiel farm in Dunham, where Popiel has raised horses for the last 30 years. He also coached Olympic hopeful Lisa Johansson on Katimavik before she moved on.

Work for Popiel means a variety of jobs. He trains beginner to advanced level horses as well as training and coaching riders and owners from Ontario to the Montreal area.

Popiel is also actively involved with the several horse clubs and riding schools in the Townships, including the Knowlton Pony Club.

He also travels extensively, designing and building courses all over North America, 90 per cent of which are in the United States. He recently completed a course in Wyoming and will soon be heading to Montana

See next page



Paul Popiel and affectionate horse Ruderpest. Ruderpest won two gold medals in three-day eventing at the Pan Am Games in Georgia.

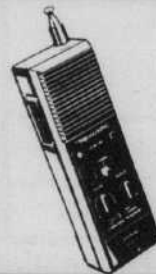


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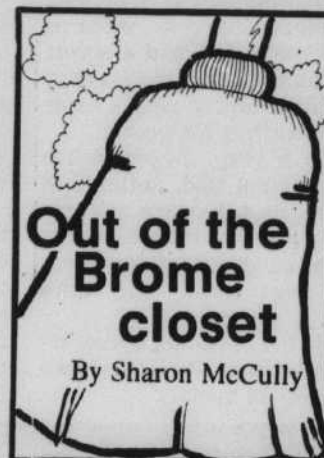
If they were cowboys, they'd be called yella

Driving the 139 from Cowansville to Knowlton every day, I thought I had seen it all.

I've had cars pass me on the right, squeeze me off the road, and once a transport spit a rock through my windshield. I've coaxed my way past joggers, bikers, and hitch-hikers that looked like they spent the night in the ditch. I've prayed my way to work on a sheet of ice and guessed my way home through fog, snow, and freezing rain, and I've cursed my way to the nearest garage on a bare rim.

But nothing prepared me for last Friday when I found myself looking down the barrel of a gun.

First I heard the scream. My daughter yelled and ducked. I glanced to the right to find myself in the sights of a rifle aimed at a wooded area across the street.



It was too much for me. I hit my horn, immediately realizing it wasn't the smartest thing to do when a fellow has his finger on the trigger.

Was he just lining up a deer in his sights or did he plan to shoot at it? I don't know and frankly I don't care.

Because anyone sitting on the side of the highway with a

rifle sticking out his window has more than his car in neutral.

This is not a condemnation of hunters who practise their sport in the woods.

But whether or not I like hunting is irrelevant. One has certain expectations of people who claim to do whatever they do for sport. I would hardly expect to meet Mario Andretti whizzing around Gilman's Corner or find Wayne Gretzky skating down the middle of the highway either.

It's the total lack of consideration for the rights and safety of others that really bugs me about so many hunters. Not to mention the fact their sport includes the use of a deadly weapon.

Truth is, I think men armed with guns who shoot animals grazing in an open field are more sissy than sportsman.

If they were cowboys, they'd be called yella.

From last page

and Colorado.

He worked for the Spanish Equestrian Federation in Madrid last winter and returned home to design a local course for the Foster Horse Show.

Despite his international reputation, big wins and medals, there's not always a lot of money to be made training horses. But that doesn't seem to matter so much when you know you're training a champion.

Popiel often coaches and trains in return for nothing, except for reaching a teams' common goal of a medal win.

"There's no living to be made," Popiel says cheerfully, adding that he has no intention of retiring. "This is fantastic work," he said.

ANY JOB

In fact Popiel will accept any kind of job — including digging cesspools — if it doesn't interfere with his equestrian work.

Popiel's erratic schedule can be a little rough sometimes, said Maureen, who also rides competitively. "But we always manage to bumble through. It's hard work, but worth it when it ends with a horse winning a medal."

While their children, Hilary, 4, and Micheal, 6, also ride competitively, they aren't pressured to continue. "It's up to them if they want to do it," their father said.

Popiel's first event was in 1965 and he said he never went back to anything else.

Three-day eventing is the least known equestrian sport, according to Popiel. "It's completely amateur," he said, adding exposure to television



Ruderpest: Two gold medals.

has helped promote the sport but it's still difficult to get funding and good coaches.

"I think it's a sport that the public has no idea what's happening, which is unfortunate because it's very exciting. It's got a lot of drama, speed and tension, the horses must be very fit which takes years of training — it's a complete competition."

THREE EVENTS

Three-day eventing means the horse and rider compete for three days in the dressage, a class demonstrating the proper training of the horse, not unlike the compulsory figures in figure skating.

The second day is the steeplechase competition which is a tough aerobic workout for the horse. The third day is show jumping which demonstrates the horse is still supple, fit and willing to obey.

It's a sport that doesn't have to be costly, Popiel said. "We're the perfect examples. We have nothing and we have a gold medal horse. You don't have to be a millionaire to compete."

Only dedicated and a hard worker. "You have to really want to do it and love it," said Maureen.

Viewers can catch a glimpse of the gold-medal race expected to be televised next month. But in the meantime, the Popiels will be watching their own hour-long video of the performance.

PHOTO CAROLINE KUTSCHKE

West Bolton swears in new councillors

By Caroline Kutschke

WEST BOLTON — A vocal West Bolton critic on the use of gravel and sand pits in the area was sworn in as one of the municipality's newest councillors Monday night.

In what could be considered an upset victory in the Nov. 3 municipal election, John MacDougall won the contest for Seat three, winning 159 votes against 81 for incumbent René Hébert. Two ballots were spoiled.

MacDougall contested the seat based on the alleged proliferation of gravel and sand pits in West Bolton and on maintaining the objectives of the Urban Development Plan. Hébert was not present at the meeting because of the flu, Mayor Fred Lahue told the council.

Seat six, which Lorne Argue retired from this fall, was won in a close race by Andrew Speirs with 126 votes to 110 for John R. Durrell. There were 623 voters on the electoral list.

Newly elected councillor Speirs was also absent from Monday's meeting due to

"pressing personal business," Lahue informed the council. Councillor John Rhicard, who won by acclamation, was also sworn in.

Lahue welcomed MacDougall and Rhicard to the table and immediately proposed a letter of commendation be written to Hébert and Argue "for their work for council and for everyone in the municipality."

Some tension was evident around the table when MacDougall raised the thorny issue of who should chair the urbanism committee. Lahue replied that Hébert still has a year to serve as chairman and should continue to do so based on his knowledge and strength of bilingualism. Two other positions on the committee remain open and the composition of the committee will be addressed by council at the December meeting.

In other matters, council again turned down a request by residents to take over *Chemin des Hauteurs*, a private road in a new development in the Glen.

Resident Sam Lerikos, speaking on behalf of residents of the development, asked council to reconsider its refusal to maintain the road.

Lerikos claimed that the residents there received no services except for garbage removal but pay full school and municipal taxes. Lahue interjected, telling Lerikos not to forget the fire protection service which they receive.

TAXES IRRELEVANT

Councillor Bob Quilliams reiterated that taxes were irrelevant. The road fell short of the 50 per cent occupancy agreement, and its condition was below standard — requirements agreed upon between the council and developer Andre Cloutier in the building contract.

"You knew the agreement when you bought the land and built your house," he added. The cost of upkeep on the road in its present condition would be too costly, he told Lerikos. "You're talking a lot of money," he added.

"It's buyer beware," Lahue told Lerikos, adding that resi-

dents may have been misinformed about services they could expect when they purchased the properties. Council did agree to forward to the residents all information pertaining to the road.

In other business: The municipality will continue to pay the *Sureté du Québec* to patrol the area for 1992.

The preliminary copy of the 1992 budget was passed out for councillors' inspection.



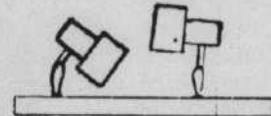
West Bolton council meeting. New councillors were sworn in.

PHOTO CAROLINE KUTSCHKE

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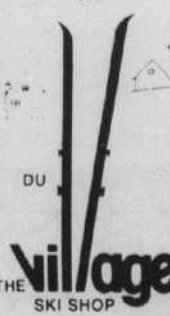
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Mother-daughter team up in wiggly business

By Sharon McCully

SUTTON — Wiggly worms have burrowed their way into the daily lives of Agnes Gallagher and her daughter Aggie.

"It started three years ago when Aggie and I were raising angora rabbits," recalled the senior Gallagher. "Someone told us we could get rid of the smell from their cages by using red wigglers." Before long, the Gallaghers noticed the worms were turning the waste into rich dark soil.

"Red wigglers are different from earth worms," explained Gallagher as she pulled back the dark plastic cover which shields thousands of the creepy crawlies from the light.

Red wigglers live above ground and don't burrow down like the earth worm.

The Gallaghers began using the red wigglers, which average in size from a skinny two to four inches, to turn their own compost into soil. To prepare compost intended to fertilize spring gardens or indoor plants takes seven-eight months.

Household wastes such as vegetable scraps, coffee grounds, tea bags, crushed egg shells, and small quantities of ground

meat can be placed in a worm box for up to four months. Then the worms should be allowed to do their work undisturbed for an additional four months. At the end of this period, presto! The worms are gone and in their place is a box full of rich fine black fertilizer.

But for smaller compost piles, Gallagher says the first signs of earth appear after six-eight weeks.

Anyone can make their own worm box, she said. Her own is a two foot square plywood box about 8 inches high which bears the inscription, "I love worms."

But for commercial purposes, the Gallaghers harvest worms in an eight foot box and several abandoned bathtubs which have been buried outside.

"Two years ago we put an ad in Harrowsmith magazine advertising we had worms for sale," Gallagher said.

The response was overwhelming.

"Our first order came from Yellowknife," she said.

Shortly afterward, the Gallaghers were busy sending their red wigglers to New Brunswick, Nova Scotia, Newfoundland and Western Canada.

And how do you transport 1000 wiggly worms across the country? With the help of Canada Post.

"Do you know I can send a box of worms parcel post and it'll arrive in Yellowknife two days later?" Gallagher asked. The worms are packed in aerated cardboard boxes containing peat moss with a little oatmeal to keep the worms happy during the trip. "Oh my they love oatmeal," she said as though she were referring to rosy-cheeked youngsters.

"There are 1000 worms in a pound," she added informatively. A pound of worms cost \$45.

So successful has the worm farm become, Aggie Gallagher has decided to leave her nine-to-five job in the accounting department of a Montreal law firm to stay in Sutton and operate the farm.

The mother and daughter team have become so intrigued by the worms at work they have started their own "worm library" to learn more about the wigglers.

"With so much emphasis on ecology and reducing waste, it's the way of the future," Gallagher said.

The Gallagher worm farm is located off Scenic Road in Sutton.



Agnes Gallagher with one of her wiggly friends.

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Tourism tops agenda of Sutton Chamber

By Sharon McCully

SUTTON—Electioneering is over and its time to settle down to the business of stimulating the local economy, says Richard Jameson, interim president of the Sutton Chamber of Commerce.

A meeting will be held Dec. 2 to elect a president and board of directors of the newly formed organization.

"I'm optimistic that everyone will work together and cooperate," said Jameson.

One of the current projects of the business group is the free distribution of a map of Sutton and the surrounding area which outlines member businesses.

"We will print 20,000 maps which identify all 33 member businesses," Jameson said. The maps will be given out free to visitors.

MEMBER DISCOUNTS

Jameson said many merchants in the Chamber of Commerce are already offering a 10 per cent discount to fellow members on goods and services.

Sergaz, a Sutton gas dealership, is reducing the price at the pumps to all Chamber members by 3 per cent, and donating one per cent of every sale to the Chamber of Commerce.

But members are most enthusiastic about a joint plan by the town and Township of Sutton to help finance an independent corporation to oversee tourism in the two municipalities.

Jameson said Sutton mayor John Sleeth has already pledged \$20,000 from his municipa-

lity towards the establishment of the corporation and it's expected the Township of Sutton will add another \$40,000.

Some \$10,000 is expected to be raised through donations from participating businesses.

The issue of a joint tourism corporation was a major issue in the last municipal election. The outgoing Sutton Township council under Mayor Raymond Robillard voted to close the existing tourist office funded by the municipality in favor of the joint venture.

RENTAL AGENCY

Robillard said prior to the election the local bureau was acting as a rental agency for private business.

Opponents argued the tourist office generated some \$100,000 annually and deserved to be saved.

The Chamber of Commerce favors the establishment of an independent tourism corporation with a board of directors comprised of two representatives from each of the municipalities, one member of the Chamber of Commerce, and a member of the existing Sutton tourist association.

"Two towns working together with the business community will be good for everyone," Jameson said.

To date, 33 of a potential 100 businesses have paid the \$100 membership fee to join the Chamber of Commerce.

"We are very new and we haven't come up with a fee structure for small independent businesses," Jameson added.

New members are welcome to attend the Dec. 2 meeting at L'Horizon Motel in Sutton.

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Canadians have no vision — Bibby

BROMONT — By trying to be all things to all people, Canadians have ended up with no clear vision of Canadian society says author and social analyst Dr. Reginald Bibby.

Bibby made the comment while speaking to a crowd of 150 at the November meeting of the Yamaska Valley Canadian Club. Bibby, who has been monitoring social trends for over fifteen years, through a series of surveys, is the author of three best-selling books including his latest, "Mosaic Madness: The Crisis of Rights and Right in Canada".

He suggested that Canadians, by generously trying to accommodate every culture, religion, and value of morality and education with an 'everything is relative' philosophy, have ended up with no clear vision of Canadian society and no idea of commonality with which to bind themselves together.

In 1971, he said, in an effort to offer equal opportunity to all of Canadians, Pierre Trudeau in-

troduced the multiculturalism policy. The objectives of this policy were: Preservation and celebration of cultural heritages; Participation — help to overcome cultural barriers; and Interaction — among cultural groups in the interest of national unity.

NOT MET

Bibby contended that the third objective has not been met. Canadians have not come together for dialogue, reflection and evaluation. Instead they co-exist only for their "share of the pie", with emphasis on personal needs rather than on special needs.

Bibby believes that more individuality will result in more social chaos. His latest survey done in February 1991, showed a high level of distrust and fear throughout all aspects of life in Canada.

All this and politics aside, Bibby believes that most Canadians share a common vision of a better life and given the will they can proceed to solve problems together.



IBM Bromont has once again demonstrated its support for the work accomplished by Centraide by making a donation of \$12,000 to the group. During a presentation ceremony, IBM personnel and commu-

nications director Jacques Beaumier presented the cheque to Louis Bédard, campaign organizer for Centraide.



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Preparing your plants for another long, hard winter

Last week's freezing temperatures were just nature's way of telling us that winter is not far away. It is time to get out the winter coat and woolen socks and while you're at it do the same for your plants.

Not all plants will need winter protection. For some, it's a precaution, for others it is a necessity.

There are several methods of protecting plants depending on the plant. They can be wrapped, tied, buried or mulched.

Unlike your socks or coat, the idea of winter protection is not to keep warm but to protect them from:

- winds which dry out evergreen foliage;
- the occasional warm sunny winter day when the ground is still frozen;
- the alternate freezing and thawing especially in early spring;
- heavy snows and ice which can bend and/or break small trees or limbs.

TRANSPIRE

All plants lose water from their leaves through transpiration. Deciduous trees lose their leaves in the fall and therefore water loss through transpiration is not a problem.

Evergreens, however, retain their leaves all winter and thus continue to lose water. The roots will continue to absorb water from the soil as long as it is available (ie not frozen).

Newly transplanted and young evergreens the majority of whose roots are above the soil frost line will be the most vulnerable. Therefore, in the

case of evergreens, winter protection is aimed at reducing water loss from the foliage.

If you can, try to avoid planting them in an area exposed to high winds and full sun during the winter. If these conditions can't be avoided then they require winter protection.



Burlap gives both a light shade and winter protection. Plants can be loosely wrapped or screens can be made for hedges and group plantings. They can be left open at the top and about a foot off the ground for air circulation.

Thin-barked young trees are often damaged by "sunscale".

This occurs when the warm sun on the southwestern side of the trunk warms up the bark so that it may be well above freezing. Then after sunset the temperature drops drastically and

as a result, cells within the bark are killed and the bark often splits.

Burlap strips wrapped around the tender trunks will prevent this. Painting the trunks with white wash in the fall will reflect the sun's rays thus preventing the bark from warming up excessively.

Alternate freezing and thawing of the soil in early spring or even warm days in the winter will cause young plants to be "heaved" out of the soil. Mulching with leaves, straw and evergreen boughs will help insulate and keep the ground frozen.

Snow is one of the best insulators and anything placed over the plants that would trap and hold the snow would be beneficial.

Mounding soil around the base of tender plants, especially hybrid roses, helps them survive the winter months.

Fluctuating soil temperatures are much less than those of air. Don't be in a rush to cover your plants. They should experience one or two hard frosts so they become naturally acclimatized and hardier.

Preventing damage from snow and ice can be done using board shelters. They should be peaked so that snow does not collect on top and they should be open on the sides for air circulation.

Some plants, upright junipers for example, will benefit simply by tying a cord around them to keep their branches from bending under the weight of a heavy snowfall.

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Program helps ex-cons get on with their lives



Denis Delorme and Bertrand Michaud of the lifeskills program.

By Sharon McCully

COWANSVILLE — Even after convicted criminals pay their debt to society, they are constantly reminded of their past by a slow-to-forgive public.

"It's a fact of life that ex-convicts have to learn to live with," said lifeskills coach Denis Delorme. Delorme and colleague Bertrand Michaud plan to help ex-convicts deal with this reality through a new pilot project.

"The lifeskills program will give ex-convicts a way to deal with the label. They learn what to say when confronted with it," said Delorme. "We have to give them something that flashes brighter than the ex-con tag," added Michaud.

Bertrand and Delorme say self-esteem is the ex-con's

ticket to a new life.

"He won't be able to erase what's happened so he'll have to learn from it and with it," said Delorme.

DEAL WITH PAST

The pilot project to help convicted criminals deal with their past is the first in Quebec.

The coaches, part of the District of Bedford school board team, say the need for such a program is strong. But recruitment may be difficult.

"Ex-convicts don't usually phone up and ask if there are any programs for ex-prisoners," said Delorme. "We will have to find them." To do that the coaches posted signs where they know ex-convicts will see them: in public washrooms, bars, and through organizations and self-help groups. Michaud said at any given time, there are some 40

people out on parole in the Cowansville-Granby-Waterloo region.

The 20-week program, which includes a job re-entry component, is open to anyone who has ever spent time behind bars — male or female, French or English.

The lifeskills program is designed to teach individuals self-acceptance, responsibility and communication skills.

Over 150 adults have followed the course provided by the Bedford board over the past four years. "The success rate of this program speaks for itself," says Delorme. More than three-quarters of the students who enter the program complete it.

This is the first time a lifeskills program geared specifically towards ex-convicts has been offered.



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Environmental exercises for "Waste Watchers"

If the garbage bag sitting on your curb looks like this one, its time to join our waste reduction plan.



Your garbage bag could be slim and trim like this one if you follow our waste watchers program

By Arlene McKellar

The Waste Watchers program can help you slim down the amount of trash you throw out each week. Our program costs you nothing to join, takes very little effort and teaches you how to change your wasteful habits.

We have three main exercise routines for you to follow: Reduce, Reuse and Recycle. Each month we will give you a waste reduction exercise to try which will help start you on your way to creating a healthier environment for all.

Exercise #1 — Recycle

WARM-UP: Set-up a recycling center in your home using bins labelled newspapers, glass, fine paper and cans. Teach all the family members to use the bins.

EXERCISE: Gather the bundled newspapers, fine paper, washed bottles and cans (with lids removed) and deposit them in the proper bins behind the IGA supermarket on Knowlton Road, between 9:00 a.m. and

1:00 p.m. on Saturdays.

COOL DOWN: Pat yourself on the back for taking your first step in waste reduction.

REDUCE AND REUSE: How many pounds are you adding to that already oversized trash bag each week by brown bagging your lunches?

If you and or your children take cold lunch to work or school, please try this first exercise for one week. It won't reduce the weight of your garbage bag, but it is a good learning experience for the whole family.

Exercise #2 — Counting calories?

• **RUN** up the total amount of lunch bags used.

• **STRETCH** that plastic wrap and count how many feet you use.

• **JOG** your memory and add up the drinking boxes, bottles or cans you sipped from.

• Don't **BEND** the truth, how many wrappers, boxes and bags did you rip into? The results are pretty hefty aren't they? But we can learn from our mistakes, especially with

the Waste Watchers plan.

Exercise #3 — Shaping Up
WARM UP: Buy inexpensive food containers, thermos and lunchtote (or sew your own reusable tote).

EXERCISE: Put healthy goodies into those containers, fill thermos and pack it all into that nifty tote.

COOL DOWN: At lunch time sit down and enjoy every morsel because you're succeeding in making the Waste Watchers program work for you.

This is a new monthly column by Brome Lake environmentalist Arlene McKellar.



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Go back to your roots with cold storage

Press News

Canadian winters offer a great source of refrigeration for a few months — for free. And that means you can stockpile crunchy carrots and juicy apples when they're harvested and keep them fresh for

many months in your home. "Buying local produce when it's in season and putting it in cold storage is a great way to save money," says Theresa Decker, food and nutrition specialist with the consumer information centre of the Ontario

Ministry of Agriculture and Food. "Instead of paying higher prices when items are brought out of commercial storage, you can choose fruits and vegetables yourself at a farmers market."

The classic root cellars of our

forbears were located either directly under the home or dug into the side of a hill, deep enough to keep perishables cool in the summer and to be below the frost line in the winter.

The root cellar is less common today. Instead of cool, damp cellars, modern basements are warm and dry, although some have a cold-room. If you don't, adapt the coldest, dampest corner of your basement or a corner of the garage away from car exhaust — both areas should be against an outside wall — to make a storage space that resembles the old-fashioned root cellar.

START WITH ROOTS

Root vegetables are the easiest to store — they last longest because their starch content prevents them from changing flavor, says Decker.

Carrots, parsnips, rutabagas, turnips, beets and winter radishes can be stored in crates, bushel baskets or sturdy cartons lined with large, vapor-proof polyethylene bags or sheets that have been perforated to provide some ventilation. Don't put in so many that you crush what's beneath.

Don't wash produce before extended storage. "The atmosphere for these root crops should be moist, but the vegetables themselves should be as dry as possible; otherwise, bacteria will attack faster," says Decker.

Store items that are fully mature and of the highest quality, with no cuts or bruises, areas where bacteria can enter and cause spoilage.

If vegetables are too cold,

they'll be damaged. Monitor the storage area with a thermometer — the ideal temperature for these particular vegetables is 0C to -1C. It might be necessary to let in warm air occasionally to maintain the temperature.

(An apartment balcony is likely too cold unless containers are insulated with a material such as plastic foam. Decker doesn't recommend using fiberglass near food.)

SEPARATE APPLES

Potatoes should be stored at 4C to 10C — at 0C to -1C, they get too sweet, says Decker. A vented, insulated bin should be used to store potatoes in the same cold-room with other root vegetables.

Firm apples can be stored in slatted crates or ventilated plastic bags in the cold-room or the crisper of an extra refrigerator. It's important to separate them from vegetables, warns Decker. "Apples give off ethylene gas for ripening — this can make nearby vegetables age more quickly."

Onions should be stored in a cool (0C to 2C), dry, well-ventilated place — a basement stairwell or an under-insulated north wall, for example — and separated from other items to avoid flavor transfer.

Green tomatoes, squash and pumpkins can be stored in a warm (about 10C), dry area such as a spare bedroom, with the heat vents closed, or a closet located against an exterior wall. Incidentally, these vegetables shouldn't touch one another during storage.

It's best to keep items in storage until just before use, says Decker. Once out of storage, the shelf life isn't as long as it would be when just harvested. Potatoes, however, should be "reconditioned" for one to two weeks at room temperature before use.

Examine produce periodically and weed out anything soft, bruised or mouldy. Vegetables and fruits kept separate from one another probably won't contaminate their neighbors.

With the correct temperature and humidity, you can expect produce to keep for several months.

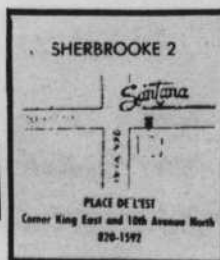
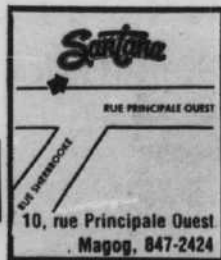
At the end of the season, to prevent bacteria from developing, wash out the cold-cellar, bins and plastic sheets with fragrance-free detergent and water to which disinfectant has been added. Let everything air-dry thoroughly before re-using.



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Common cold cliches rooted in real life

Press News Special

Jack Frost visits for a while, then gives way to Old Man Winter, who can make things devilishly cold if he's in a particularly ornery mood this year.

Back in 1596, poet Edmund Spenser wrote of winter as a season where a man's breath freezes and clings to his beard. Though not stated outright, the implication is of a fellow turned white-haired — old — by the cold.

That may be one explanation for Old Man Winter, just one of a number of common expressions trotted out in this, the coldest of seasons.

While authorities don't make specific mention of the origin of "Jack Frost," tidbits of information can be pieced together from various sources.



Originally, it seems, "Jack" wasn't the pet name for John as it is today, but rather a term of contempt, most likely following from Jack Ketch, a celebrated but notoriously barbaric hangman of the late 1700s.

Being the first sign of impending winter snow and the hardship it brings, frost was likely accorded the then-negative name Jack. (Then again, other sources say it's merely the lite-

rary personification of frost, with no particular significance to the name.)

Sitting before the comforting warmth of a fire on a wicked winter night, you feel absolutely cozy — "snug as a bug in a rug."

It's the rhyme that makes



this saying particularly memorable, and likely wouldn't have survived its origins without that bit of poetic whimsy. Proverb sources trace the earliest reference to the late 1700s, when the phrase was actually "safe as a bug in a rug," which has nowhere near the staying power of the new improved version.

"It's colder than the dickens!" one elderly chap complains. "So true," replies a companion. "When the dickens will this snow stop?"

Such epithets are often taken

as associations with the great British writer Charles Dickens, he of the classic A Christmas Carol. Not so — the credit actually goes to William Shakespeare.

Some word historians figure the Bard likely adapted "dickens" from "devilkins,"

meaning an imp or a little devil. But they come up empty as to what-the-devil the devil has to do with cold.

Similarly, few references make note of the oft-heard wintertime curse, "it's cold as hell," but those that do aptly refer to it as an idiotism, or

oxymoron. Label aside, experts give no theories on the origin of "cold as hell," noting only that the saying is common.

Mind you, way up north in central Norway, there is a community called Hell. Hmmm, how cold is it?

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Lake

PUBLIC NOTICE

A special council meeting will be held November 18th, 1991, 8:00 p.m. at the Legion Hall.

Catherine Bouchard,
Town Clerk
1991/11/06

Together
we can beat
cancer

CANADIAN
CANCER
SOCIETY

SOCIÉTÉ
CANADIENNE
DU CANCER





St. Albans:



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- Sorel Boots for men, women & children
- Johnson woolen clothing
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Open 7 days
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off

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Here is your perfect opportunity to take advantage of a whole new world of fashion for yourself, your family, and for all your holiday shopping. Save 25% on regularly priced items you purchase on a one day shopping spree. Clip and present this coupon with your purchase.

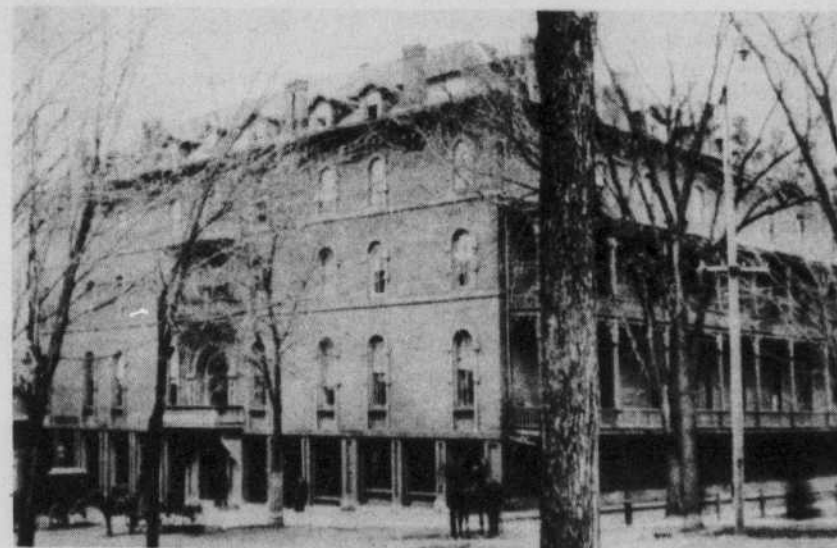
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St. Albans, Vermont






Store Hours: Daily 9 to 5:30
Friday til 9, Sunday 12 to 4



The Old Foundry Restaurant

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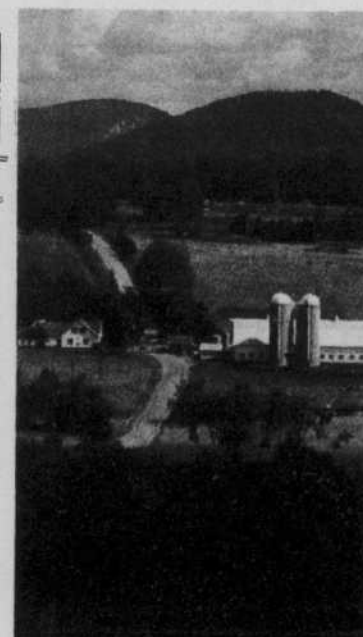
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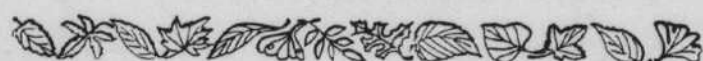


Phone # 802-524-9665





a pretty historical small town in Northern Vermont with shopping



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"GREAT QUALITY AT A FAIR PRICE"
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ALL VENETIAN
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a unique registry for brides

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802/524-3780



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Maternity Fashions & Accessories

Lisa Simard
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Beautiful Brides Are Our Business

Sunday 11-5 Mon.-Thur. 9-5:30 Fri. 9-7 Sat. 9-5

Bride's Way

54 North Main Street
St. Albans, Vermont 05478
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A Uniquely Classic Consignment Shop

Mon.-Thur. 9-5:30 Fri. 9-7 Sat. 9-5 Sun. 11-5

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54 North Main Street
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Specializing in:
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Estate jewelry, Furs and Fun!



The Classic Look

Group of dresses
Skirts 50% off
Great selection

Wool Bouclé gold/black
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Rich in detail, versatility.
Size 8-16 Reg. \$119.00 **\$89.00**

Lorraine's

Downtown, St. Albans 527-0233
Hour: Mon.-Thurs. 9:30-5:30
Fri. 9:30-8:00, Sat. 9:30-5:00



The Record

Lynda Bellavance
Advertising Consultant

Tél.: (514) 243-0088
Fax: (514) 243-5155

Shopping, Browsing about St. Albans, Vt.

(18 miles from Enosburg Falls)

Duke's Sport Shop

Champion
heavy weight
sweat clothing

- Clothing
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- Sport Equipment (full-line hockey equipment)

Present this coupon & receive
15% off all items
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Selected Columbia Ski Parkas & Pants

- Bugaboo
- Powderkeg
- Criterion

Hours: Mon.-Thurs. 10-5:30
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22 Lake St.
St. Alban's, VT
527-7127

165 Main St.
Enosburg, VT
933-6666

Nestled between the foothills of the Green Mountains and the shores of Lake Champlain is the town of St. Albans, Vt. Known as the Railroad City, construction of the railroad began in 1848 and after an interruption for a time when funds ran dry, it was eventually completed in 1850.

The 1st train pulled into St. Albans on Oct. 18, 1850. The Railroad soon became St. Albans' principal employer. The history of St. Albans is filled with fascinating episodes and violent events. Because of the town's prominent location and size near the Canadian border it bore witness to many acts of warfare and violence as the French, British and Americans clashed over claims to the area. From 1807 till the war of 1812 St. Albans was the largest smuggling operation on Lake Champlain. The history of St. Albans is colourful. Come visit and browse along the pretty historical small town in Northern Vermont. The red brick buildings along main street are well restored and Taylor park's lovely to sit and watch the last autumn leaves fall. A day shopping, having lunch in one of the restaurants is delightful.

Ceiling Fans

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All American Classic - 42" & 52" classic series.
The Concord Series brings high quality, dependability & truly classic design at affordable prices. Perfect for traditional, country or even contemporary settings.

E.

GTM Electric Supply

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St. Albans
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Regular Business Hours Monday-Friday 7-5; Saturday 8-4

Sale
ends
December 1st

Sealy Posturepedic
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QUANTITIES LIMITED
SHOP EARLY • NO REPEATS

Out they go...at our lowest
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comfort and firm support,
designed in cooperation with
leading orthopedic surgeons.
Better hurry—when these are
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SAVE \$100⁰⁰ \$400⁰⁰
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\$219.00 twin ea. pc.

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Full ea. pc.	\$179 ⁰⁰
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Queen set	\$399 ⁰⁰
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Across from Highgate Common
Shopping Center & McDonald's

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Friday till 8 p.m.
Closed Sunday



the Record

DEBBIE POWELL
Advertising Consultant

Tél.: (514) 243-0088
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As winter drivers, Canadians do 'OK'

Press News Special
Something to remember
when on the road this winter:
ice is most slippery when the

temperature is right at freezing.

As the mercury drops well below 0C, the ice is rougher.

When it comes to safe winter driving, "we do OK," says Jack Smith, spokesman for the Canada Safety Council in Ottawa. "But a lot of people don't drive in the winter, so that changes the figures."

From a high in summer, traffic casualties drop slightly starting in September and stay there until January. Through the first months of the year they dip further to reach a low in spring.

For a safe season, here are some winter driving tips, compiled from the Canada Safety Council and the British Columbia Automobile Association:

- In early winter, and to a lesser extent in early spring, bridge surfaces will be slick well before the rest of the road.

With cold air blowing under the bridge, it's likely to become icy while other roads have yet to freeze. "That causes a lot of problems, because it surprises you — you're not ready for it," Smith says.

- Don't think accidents only happen in poor weather. Safety council figures only count those involving an injury or death, and the most recent statistics show 70 per cent of accidents happened in sunny or cloudy weather. Snow, freezing rain, sleet or hail saw about six per cent of total accidents; rain about 14 per cent. (Weather conditions were not stated in about 10 per cent of accidents.)
- When pulling out on a snow-

covered or slippery road, remember the greatest traction is just before the drive wheels begin to spin. Ease up on the gas until the tires regain their grab.

- Drivers should know how their particular vehicle will handle under slippery winter conditions — a family car will behave differently than a pickup, for instance.

Skids happen when one set of wheels lose traction, wherein the vehicle's momentum takes over and a slide begins. Causes include too-hard cornering or braking in a turn on a slippery surface.

With fast braking or too much gas, weight likewise shifts in the vehicle, meaning a possible slide — especially on slick roads.

Smoothness is the key to preventing a skid.

- If the rear end slides, steer the car in the same direction as the skid, staying off the brakes and using even gas to regain control.

For a front-end skid, ease gently off the gas and if needed straighten out the steering so the wheels have more control.

- Braking on slick roads similarly calls for smoothness, as well as longer following and stopping distances.

Use squeeze braking, also called threshold braking.

Smoothly brake until you feel the wheels about to lock up and slide, then ease off slightly. Squeeze again. Repeat until the car stops.

- Increase your following distance by about six times.

**Estrie Toyota is overstocked with
1992 Toyotas. They are yours at
1989 prices***

**November 10th to 30th, Estrie Toyota
pays preparation
and transportation costs**

TERCEL S
'92 2 Door



1.5 L. 12 valve fuel injected engine, manual 4 speed with over-drive, rear window defroster, rack & pinion steering, power brakes.
#92-669

~~\$9,428⁰⁰~~

**You Pay
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\$8,598⁰⁰ or
\$159⁰⁰/month**

COROLLA
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1.6 L. 16 valve fuel injected engine, tinted windows, rear window defroster, power brakes & steering, intermittent wipers.
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~~\$13,248⁰⁰~~

\$11,998⁰⁰ or
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'92 4 Door



2.2 L. 16 valve fuel injected motor, power brakes & steering, AM-FM cassette.
#92-572

~~\$18,598⁰⁰~~

\$16,298⁰⁰ or
\$282⁰⁰/month**

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* This promotion is based on Toyota Canada's price list published Sept. 29, 1988.
** Lease based on 48 months — Tercel & Corolla; 60 months — Camry. Initial deposit \$1000.00. Taxes extra. Purchase option available.

Corner of Main St. & access road to the Autoroute, Granby 378-8404



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Women's Institute meetings

DUNHAM — The regular meeting of the Women's Institute was held at the home of Margaret Ellis with Shirley Vaughan and Carol Phillips co-hostesses. Gracia Comeau, President, called the meeting to order by all repeating the Collect and Salute to the Flag. Fifteen members answered the roll call by paying 25 cents for every operation you have had. Motto: "Remember when the family psychiatrist had his office in the woodshed."

The Secretary read the minutes of the October meeting which were approved as read. The annual County Convention will be entertained by Dunham on April 8.

The treasurer's report showed a good balance on hand.

Correspondence included thank-you's, President's letter and an invitation to Open House for Barbara and Junior Harvey.

A motion was made to send for fifteen copies of the Federated News. It was also decided to send our usual food baskets and remembrances for Christmas. All members please bring non-perishables for same at December meeting.

Convenors reports — Noreen Doherty for Canadian Industries; Cascades in Jonquiere,

laying off 170 employees. Education and Cultural Activities: Thelma Doherty, Pratt-Whitney announces expansion. New repair factory in Longueuil, also local film maker from St. Armand, Jean-Pierre Lefebvre gets Order of Canada. Art workshops by Arts Sutton Gallery for children. Each workshop will feature a different art.

Citizenship and Legislation: Betty Wilkinson read about Quiet People. An elderly lady who uses her handleless cups and chipped dishes for plants and flowers. She gives them to sick and shut-ins and for sales and bazaars.

Home Economics: Joyce Martin read about recycling juice boxes to use for numerous items and they can be stacked easier than glass ones therefore take up less space.

Health: Lou Staton read about how many things can be caused by the thyroid. We were all getting tired after she read about it causing weight gain, depression and tiredness, to name a few.

Publicity read about going to Canadiana Village with Stanbridge East W.I. Historical Society. It was a very interesting and rewarding trip, written by June Lamey.

Copies of the QWI competition and J&P Coats were given out by County convenor Marion Robertson.

The meeting closed with the grace and the silent auction was held which realized a tidy sum for UNICEF.

It was decided to use the roll call "Operation Money" for the Christmas baskets.

Refreshments were served by the hostesses at the close of the meeting.

COWANSVILLE — The Fordyce Institute met in Emmanuel Church hall on Wednesday, October 2nd. Mrs. Evelyn Lewis, President welcomed everyone, especially several visitors. The Collect, Salute to the Flag and Motto: "Progress has its drawback, you can't warm your feet on a microwave." For the roll call each member was to have brought a friend and introduce her to the

members. It was a pleasure to have visitors with us.

The minutes were read and approved. Mrs. Barrand read the Treasurer's report and thanked Mrs. Thomas and Mrs. Alger for replacing her while away, also thanked all for their prayers and thoughts for her husband.

It was moved to give \$45 to the head office at Macdonald College for handbooks.

Tea money and Pennies for Friendship were collected, the tea money to go to Northern Extension.

Letters of thanks were read from Eunice Stowe and Margaret Bell for gifts, cards and phone calls while they were ill. Mrs. Reda Lewis read a thank-you from ACWW. Mrs. June Royea gave an excellent report of the semi-annual meeting held in Stanbridge East. Mrs. Evelyn Lewis mentioned that

Heroes' Memorial were asking for volunteer "grandmothers" to go to the school and talk to some of the children and show concern about them and their endeavours and accomplishments. It was decided to celebrate the Fordyce Institute's anniversary on November 27 in the church hall at noon, catered to by Mrs. Eileen Menec.

As this was World Food Day meeting, members brought in non-perishable food to be divided between the Anglican and United Churches. Several articles were brought in for the wool gathering project.

The program was a social time and all enjoyed playing bingo or 500.

Following this, refreshments were served, hostesses being Margaret Dougall, Eunice Stowe, Reda Lewis and Norma Sherrer.

**SAVE OUR
SOIL**



**CONSERVONS
NOS SOLS**

Knowlton merchants invite you to a

Prélude to Christmas November 22, 23 & 24

All the shops and boutiques will be fully stocked for the Holiday Season.

The business area will be decked out in Christmas finery and the merchants will be offering Holiday cheer, Christmas goodies and special sales all weekend.

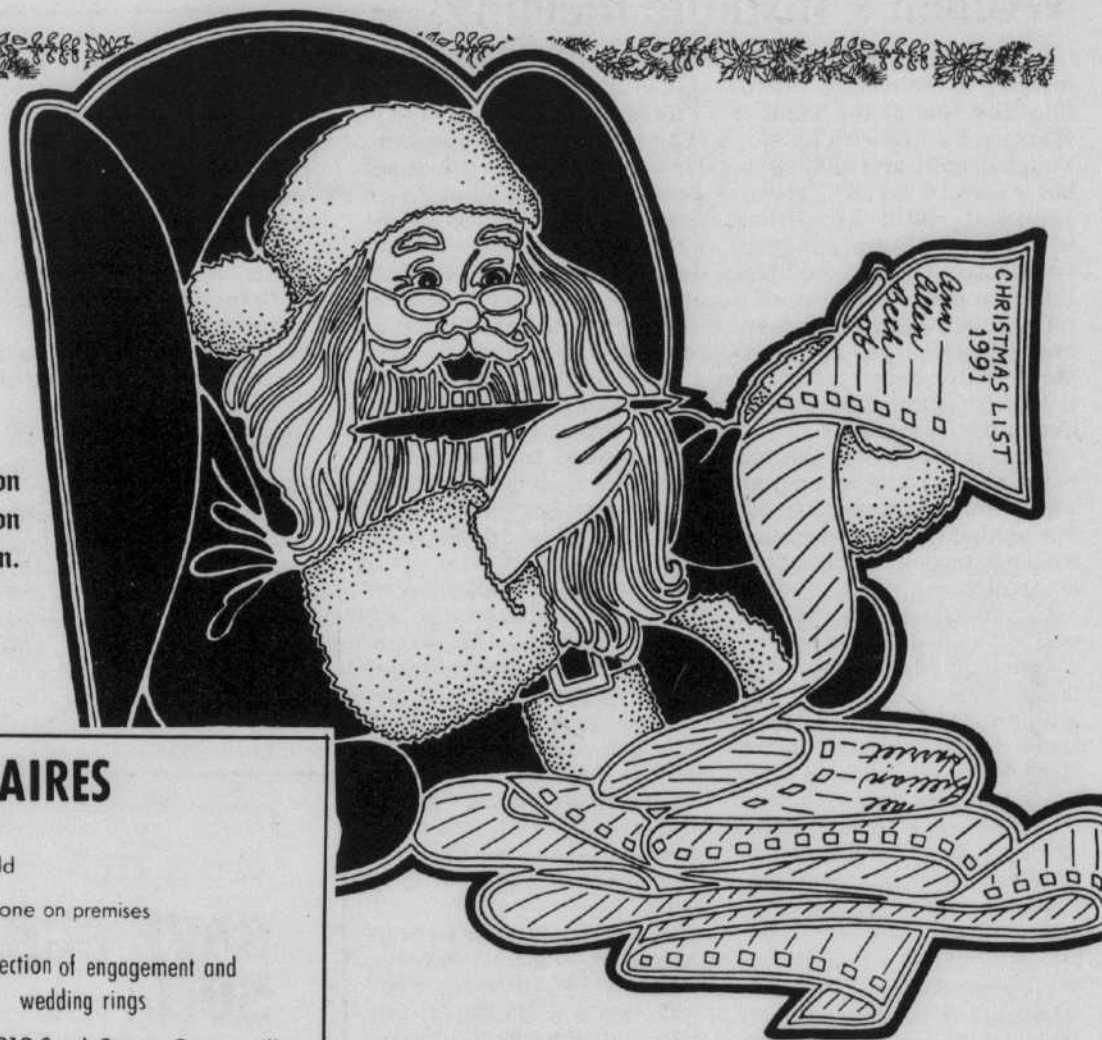
Start the weekend off on Friday night with Carol Singing in the park at 7:00 p.m. and receptions in the shops, open 'til 9:00 p.m.

Friday, November 22nd.



Cowansville

Cowansville is gearing up for a wonderful holiday season beginning with Santa's arrival at the Domaine du Parc on November 16th. Cowansville welcomes you to join in the fun. Come one and all.



Lay-Away Plan

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- 10K, 14K, 18K gold
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Large selection of engagement and wedding rings

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“Dream a Dream and It Might Come True”

While you are doing your Christmas shopping in Cowansville, don't forget to fill in your entry form. You might be one of the lucky winners to make this Christmas a dream come true.

Gold Window
Value \$1,300⁰⁰
Sports Experts

Domaine du Parc
175 Principale
Cowansville

Silver Window
Value \$1,100⁰⁰
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Cowansville

Copper Window
Value \$700⁰⁰
Maison Tissus
& Coupons

Domaine du Parc
175 Principale Street
Cowansville



All information, rules & entry forms are available at participating merchants identified by a red Christmas ball.



CHAMBRE
DE COMMERCE
DE COWANSVILLE

Deposit your entry form in the boxes at the participating merchants indicated by the red ball or in the box on the 2nd floor in the Domaine du Parc.



Christmas Activities

From November 16th

Have your picture taken with Santa Claus in his Kingdom for only 99c.

Don't forget to buy your ticket for breakfast with Santa Claus on December 21st at 9 a.m. — only 99c.

Write a letter to Santa Claus or to the Fairy Princess. Mail it in the box on the 2nd floor near Santa Claus' Kingdom. Two weeks later, the Elves will have your answer for you.

You can help sick children realize their dream. A small donation made to The Children's Wish Foundation will make

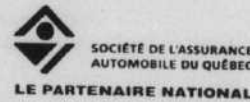
some child's wish come true. Make your donation at the Domaine du Parc in the spirit of Christmas.

From December 1st

Don't forget to donate non-perishable food items on the 2nd floor across from Papetiers Expert. Helping families in need in collaboration with the Knights of Columbus. This program is presented in association with:

Domaine du Parc
Knights of Columbus, Cowansville
Brome Missisquoi Emergency Unit
Opération Nez Rouge
Cowansville Police

Quebec Provincial Police
Quebec Insurance Board
The Cultural Committee
Children's Wish Foundation



Let us help you
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CTC
Diane Potvin

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**We are moving to a
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clinic to better
serve you.**

A wider selection
of frames are available.

For an appointment, call
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Domaine du Parc

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**175 Principale
Cowansville**

Montreal Laval Mascouche Terrebonne Cowansville



Gifts
and
Christmas
accessories

**THIS WEEK'S
SPECIAL**

A new and larger store for a
bigger and better selection



Early
Christmas
Special



PRESENT THIS COUPON

10% to 50% OFF

Briefcases & Portfolios
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COWANSVILLE**
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THIS WEEK'S SPECIAL



PAMPERS
Assorted sizes

STORE HOURS
MON., TUES. & WED.
9:00 a.m. to 8 p.m.
THURS. & FRI.
9:00 a.m. to 9:00 p.m.
SATURDAY
9:00 a.m. to 5:00 p.m.

Nicole Boisvert
ESSAIM

**SEE OUR
WEEKLY
FLYERS
FOR MORE
SPECIALS**



NICOLE BOISVERT
PHARMACIST

Christmas Activities for One and All at the Domaine du Parc in Cowansville

November 16
10:00 a.m.

Calling all Santa's friends. Santa Claus arrives with his theatre group "Santa Claus' Cue" together with your favorite mascots, the Fairy Princess and Elves. Don't forget to get your gift.

4:30 p.m.

crafts, come one, come all to the Domaine du Parc and create your own Christmas tree ornament. Don't forget to write your letter to Santa. He'll write you back.

November 21
6:30 p.m.

Come and have fun with that famous personality "Red Nose".

November 23
10:00 a.m. to

If you like handi-

November 28, 29, 30
all weekend

A weekend full of activities just for you. That famous personality "Red Nose" will be there together with the Brome Missisquoi Emergency Unit, Cowansville Police, Quebec Provincial Police and the Insurance Board of Quebec.

The Music Academy "Au Son du Clavier" will enchant you with their Christmas music.

You can help sick children realize their dream. With a small donation, you can make their dreams come true. Donations accepted at the Domaine du Parc in collaboration with the Children's Wish Foundation.

November 30
11:00 a.m. &
2:00 p.m.

"Alicia" welcomes you with her marionette in the Enchanted Forest. Come and sing — Santa Claus may hear you. If you don't believe me, come and try.

December 1
10:30 a.m.

On the giant screen "Robin Hood and His Merry Men" by Walt Disney.

11:30 a.m.

After the film, have fun with "Red Nose" and his friends.

2:00 p.m.

Concert by the Music Academy "Au Son du Clavier". P.S. Don't forget to bring non-perishable

foods to the 2nd floor and help those in need. In collaboration with the Knights of Columbus.

December 3
6:30 p.m. to
8:30 p.m.

Come & have fun with "Red Nose".

December 7
11 a.m.-1 p.m.
2 p.m.-3 p.m.

Music from the past with "The Dixie Band" (6 musicians). Pst... Have your gifts wrapped on the 2nd floor of the shopping center.

December 8
10:30 a.m.

Come and see Santa Claus in his Kingdom. He has a surprise for you. Have you forgotten someone on your Christmas list? Don't worry, the stores are open until 5 o'clock.

December 10
6:30 p.m. to
8:30 p.m.

Your friend "Red Nose" is waiting for you at the Domaine du Parc.

December 12
7:00 p.m.

"Evan Jaanness" sings Christmas carols. Come and meet him in person. He will be signing autographs. The Academy of Music "Au Son du Clavier" will be playing Christmas carols all weekend.

December 14
11 a.m.-1 p.m.
2 p.m.-3 p.m.

"Melize and his Bear" are telling children's stories. Come and take part in the adventure.

December 15
11:00 a.m. &
2:00 p.m.

The dance group "L'École de Danse Tondreau de Cowansville" gets ready to swing.

December 17
6:30 p.m. to
8:30 p.m.

Come and meet "Red Nose".

December 21
9:00 a.m.

Breakfast with Santa, the Fairy Princess, the Elves and all your friendly mascots. Tickets on sale at the Domaine du Parc office for only 99c.

11:00 a.m.
1:30 p.m.
2:30 p.m.
3:30 p.m.

A day full of activities and fun with "Gudule". Don't miss him!

December 22
2:00 p.m.

The Chorale group "Les Contrepoints" will be singing your favorite Christmas carols — an absolute must. It's magic.

December 23
7:00 p.m.

Drawing by Santa Claus for the Dream Windows.

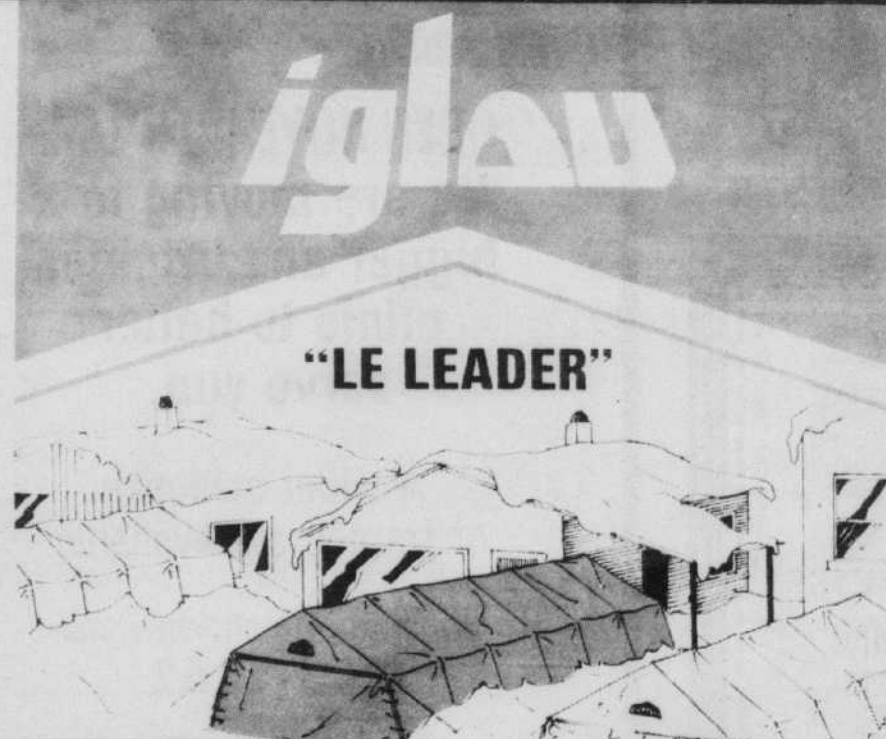
December 24
9:00 a.m. to
5:00 p.m.

Missing that gift? You can count on the Domaine du Parc. We are open until 5 o'clock!

December 25
Closed. Merry Christmas!

December 26
1:00 p.m.

"Boxing Day" Open at 1 p.m. Discounts, discounts and more discounts — everywhere you look!



At the next backbreaking job, just relax! IGLOU, it's your funny wintertime.

It's economical to buy an IGLOU and to use it. In the morning, just turn the key and start. No ice, no snow. You have a complete wind protection.

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Visit our educational TOY DEPT.
Largest selection

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La MAISON du PETIT

Sale until November 23rd, 1991.

Snowsuits & Jackets 20% - 40% off
All Winter Clothing 10% off & MORE

Sizes: 0-16 years

100 Larocque St., corner of South St.
Cowansville

☎ 263-8508

WE ARE CELEBRATING 7 YEARS OF BUSINESS NOV. 11th TO 16th

15% to 50% OFF
all regularly
priced merchandise

Use the lay-away plan
now for the holidays

**PLAY
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WHEEL OF FORTUNE



**Jackpot
Prizes
Win
"Free
Shopping"**

**Mercerie
Michel**

403 South Street
Cowansville 514-263-1223



AROUND AND ABOUT

Sutton

Mable Boyce
538-2946

Mr. and Mrs. Walter Miltimore and daughters Grace Bullock and Barbara Mandigo attended the graveside services for the late Gordon Miltimore at Union Cemetery, Cowansville. Sympathy is extended to all relatives.

Carlotta Perkins of Sherbrooke was a weekend guest of Carol and Joan O'Brien.

Carol, Joan, Karen and Carlotta motored to Hanover, N.H. where they visited their cousin Dr. Elizabeth Barry.

Mike Lussier, Claude, Lorraine and Susy Hazard of Farnham were all recent visitors at the home of Mrs. Hazel Hazard.

Recent callers at the home of Carl and Alice Bidwell were Douglas and Dot Clark of Megantic and Carlotta Perkins of Sherbrooke.

Mary Hamelin of Mansonville accompanied Mable and Nancy Boyce to St. Albans, Vt., for a day recently.

Mrs. Hanka Fishl has undergone surgery at the BMP Hospital in Cowansville and is re-

covering nicely. Best wishes from us all, Hanka.

Bolton Glen

Edna Badger

Mr. and Mrs. Ross Barkshire and Mr. and Mrs. Horace Whitehead enjoyed a trip to Labrador City recently. While there they toured the iron ore mines.

Mr. and Mrs. Ivan Main, Manchester, N.H. were recent guests of Mr. and Mrs. H. Whitehead. The Whiteheads have also been visiting their son Fred and family in Kingston over a weekend.

Douglas Horne, Hartland, N.B. spent a few days with his mother, Mrs. Mary Horne.

Knowlton

The ashes of Keith Laflamme, Jr., son of Mr. and Mrs. Keith Laflamme and grandson of the late Otis and Janet Laflamme were brought here for burial on Thanksgiving Day. Keith who was 17 years old, was killed in a car accident in Ontario. Sympathy goes out to Mr. and Mrs. Keith Laflamme and their family. The Laflammes were formerly of Knowlton.

Mrs. Ross Davis, Melndoe Falls, Vt. and Mrs. Barbara Kerr of Magog spent a couple of days with Mrs. Sadie Laflamme. While here, the ladies took Mrs. Flossie Fuller to visit her sister Mrs. Francis Frizzle at the Foyer in Sutton.

Eastman

Mrs. Eric Hallam

Sympathy is extended to Mrs. Gibbons and family in the loss of husband and father, the late John Gibbons who passed away at the Magog Hospital. Several from Eastman visited the Funeral Home in Waterloo to pay their respects and some of them attended the funeral service.

Miss Dorothy Baranek spent a few days visiting her friend Joan Knox on the West Island.

Mr. and Mrs. T. Buck and sister Becky of Sawyerville, called on Mrs. Eric Hallam. Another visitor was Norma Tibbitts Fefchak of Virden, Man., enquiring about her father's relatives, Orford Tibbitts, who was born at Orford Lake but left at an early age. His mother died and was buried in Silver Valley Cemetery in 1925.

Mr. and Mrs. Sylvain Boisclair and little Francis spent the weekend with her parents Mr. and Mrs. Yves Lambert and his parents, Mr. and Mrs. Boisclair.

Mrs. Oscar Matteau of Sherbrooke and Mrs. Gwen Hallam of Lennoxville were calling on Mrs. M. Baranek and Dorothy.

Mrs. Eric Hallam accompanied Dorothy Baranek and Mrs. M. Baranek to Mansonville to have lunch at the Reilly House recently.

Billy Armstrong of Pointe Claire and Mrs. Isa Armstrong of Granby spent a recent weekend at their cottage on Long Pond.



The Record

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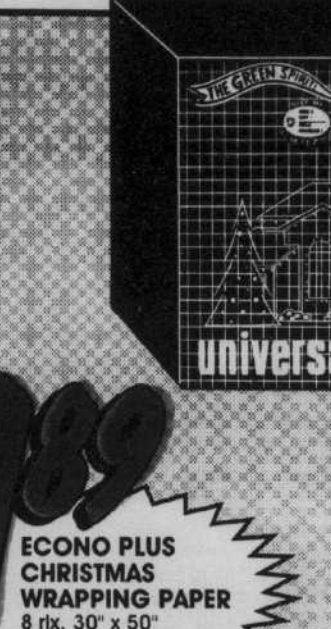


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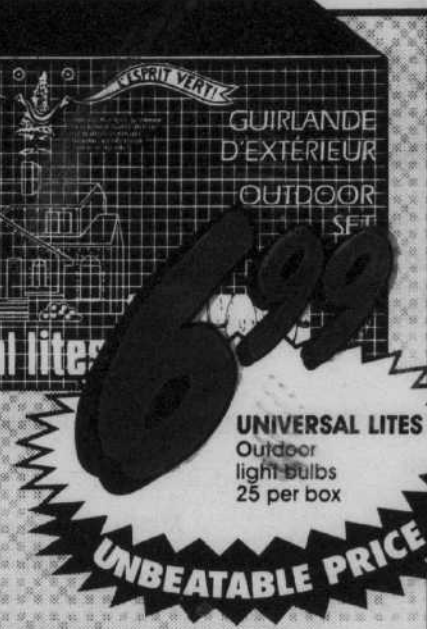


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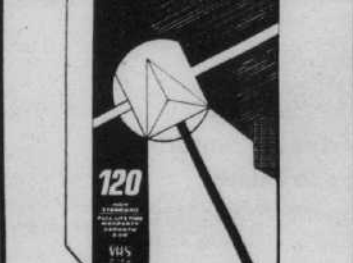
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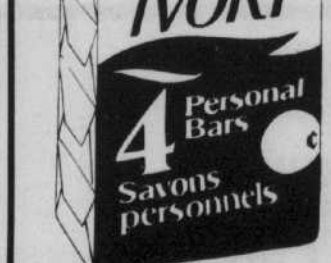
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