



Greetings from the Board

The past six months saw some important changes in Action St-François. Our objectives remain the same as do our methods. What we are trying to do is facilitate their realization e.g. cleaning up more streams, encourage greater participation and start a replanting program.

Two crucial elements of ASF's success are participation and funding. The first was addressed during our last Annual General Meeting where it was proposed and passed that non-members be allowed to participate in our activities - see article on page 4. Another change that we hope will help to encourage a greater turnout was the decision to publish the newsletter in April and October - instead of June and December. The hope is that many more members after reading the spring issue will be encouraged to translate some of their spring fever energy into cleaning up streams. So bring your friends and family, and let's clean up!

The challenge we face in encouraging participation involved only six to seven months of the year.

On the other hand the funding problem demands year round attention. From our birth in 1992 until the present our only source of financing has been membership dues and donations from our door-to-door canvassing. The bulk of the money raised goes into overhead i.e. office rentals, insurance, CSST payments for volunteers, hydro, telephone, a secretary, the newsletter and all of the miscellaneous expenses involved in running any organization: paper, stamps, envelopes, etc. In an effort to reduce some of those costs ASF bought a computer (monthly payments) and laid off the secretary Sylvain Perron, who did an excellent job. Members of the executive now share the secretarial and administrative work.

Last year three members of the Board resigned and in their place were elected Stéphane Dupuis, Clothilde Gingras and Richard St-Laurent who immediately plunged in and continue to contribute to the life of ASF. The administrative council thought about different ways to raise more money, including a bowl-athon (see p. 7), raising the membership dues (no decision taken), applying for subsidies (to date unsuccessful - but we keep trying), and a garage sale (to be held shortly).

And so dear members winter is over and spring is here once again. Life is bursting out everywhere. Action St-François is ready and waiting to go. Come on join the fun. Yes? No? In any case we hope you have a wonderful year.

WILLIAM LUCY



Participation of non-members

Good news! Last October at our Annual General Meeting a resolution was passed allowing for the participation of non-members in our inventory and clean up activities.

This will permit family members, friends and interested groups e.g. scouts, guides, schools, etc. to couple their efforts with ours. We hope that with a greater number of participants we will be able to intensify our work in the watershed. Also, this decision empowers us in our endeavors to educate as many people as possible about the protection and restoration of our region's aquatic and semi-aquatic milieus.

It was due to the many comments and suggestions from the members that the ASF administration decided to propose the resolution at the Annual Meeting. While being conscious of the advantages of this new policy, it was and remains essential that we examine the consequences of such a decision and establish certain rules in order to facilitate the implantation of the new policy.

(cntd page 2)

SUMMARY

Estrie Zone Verte	p.2
Recruiting of members	p.3
News about the B.A.P.E.	p.4
Announcements	p.4
The Zebra Mussel	p.5
Working with nature	p.6
Bowl-athon	p.7
Garage Sale	p.8
Appeal to our members	p.8



Estrie Zone Verte

The second regional symposium "Estrie Zone Verte" (Green Zone) was held last December in Sherbrooke. The symposium's theme was "I choose tomorrow's environment". Organized by the Regional Council of the Environment of Estrie (CREE), the meeting presented to the participants some of the environmental projects and successes in the region.

The successes are found in diverse areas of activity e.g. community, industrial, technological, agricultural, recreational, etc. One example is the construction of a composting center in Brompton Township. Built by Ferti-Val Inc. the center provides a disposal site for water treatment sludge which would otherwise go to the local landfills. Among other successes cited were:

- Demonstration of the feasibility of the restoration of abandoned mine tailing sites using a process invol-

ving paper mill waste. The Eustis, Capleton and Albert Mines sites are targeted for this project.

- A "garden forest" project as a viable alternative to current woodlot exploitation practices. This approach is being used by the Forestry Farm "Le Jardin".
- Improvement of manure management in Estrie. This looks to the lowering of water pollution by reducing the quantities of manure released at the source - thus impacting positively on the watershed.
- Implementation of a garbage collection service in the Coaticook MRC with 85% of the population participating and a 14.5% reduction in volume of garbage.

The ultimate objective of the symposium was to present and develop projects enabling sustainable development in Estrie. The projects should encourage rational management of renewable resources; preservation of ecosystem integrity; promotion and preservation of health and improvement of the quality of

life. All of this while permitting viable economic development.

Several projects were presented in workshops e.g.:

- Protection of lakes and streams;
- Agriculture - practices and trends;
- Farm, flora and habitats;
- Integrated waste management.

This was my first participation in an environmental symposium. Other than the pleasure of meeting others my biggest surprise was the realization that environmental protection involves "big bucks". Many initiatives which do succeed do so because of the intervention of economic and political interests. Nevertheless, I believe that the "thinkers" and "planners" will always need local grass roots organizations as partners so that community environmental values can be transmitted at the source.

The Estrie Zone Verte movement succeeded in bringing together several interested parties from many areas of concern. It is obvious that the environmental message comes across more clearly and concretely now than it did a few years ago.

Another meeting, the national summit "Éco-Sommet", will be held in Montreal on May 7th, 8th and 9th, 1996. In the autumn of 1996 a Quebec action plan concerning sustainable development will be drawn up. As a partner representing ecological groups, ASF must watch these activities and be ready to add its drop of pure water in the watershed of ideas.

Are there interested members? Yes? Wonderful! Information is available at the office.

CLOTHILDE GINGRAS

(cntd from page 1 : Participation)

- Fourteen was set as the minimum age for participation except in the eventuality of **special activities** carrying a minimum risk of accident.

- Non-members wishing to participate must be accompanied by a member in good standing, preferably already familiar with the activity in question. This "godparent" has the responsibility to see to the security of his/her guests and to show them how to carry out the work involved.

- **All** participants are registered with and covered by the CSST (for their protection). For that reason we ask your social insurance number. Non-members will be asked to contribute three dollars to cover the CSST fee.

The above rules are, of course, subject to modification. At the next Annual Meeting in October 1996 we will discuss and evaluate the results of our policy change.

If you have any suggestions or comments don't hesitate to contact the office.

HELENE TREMBLAY



Recruiting of members

As our fourth clean-up season is about to begin, we would like to let our readers know more about the hard work that goes into attracting new members - work done by door-to-door recruiters.

Many people have done this difficult job since ASF began: Guy Théberge and myself, Olivier Larouche, Bernard, Sylvain Perron, Solange, France Sigouin and Anaël Cotnareanu. Anaël has been working for ASF for the last eight months, and has been assisted by Catherine since March.

This interview with Anaël should give our supporters a better idea of what's involved.

Mansoor : What motivated you to work for ASF ?

Anaël : I like the contact with people and was anxious to do my bit for the environment. Friends had told me about ASF and the idea of a citizens' group dedicated to cleaning up streams appealed to me right away. I saw the opportunity to do something concrete. The hours are flexible and I can earn a bit of money while I continue as a student.

M. : The work of a recruiter for ASF consists of sensitizing people to environmental problems and also of asking for financial contributions. How do you feel about this ?

A. : I must confess that when I began I was a bit nervous and afraid of bothering people. I felt a bit too much like a salesperson, however I began to realize that the people I called on were starting to listen with interest. Now, I no longer feel that I'm selling something and I'm

happy to offer a way something concrete can be done about the situation. Now, I take pride in my work.

M. : What kind of reception do you usually get?

A. : We work in the evenings and it varies greatly from night to night. I've been turned away from ten houses in a row - but that happened more in the beginning when my presentation was a bit vague. I used to hesitate and it didn't flow. People don't have the time for someone who's promoting something who can't find the right words. But then, at the next house, I'd get a warm welcome and my courage would come back.

M. : How many doors do you have to knock on to get one new member?

A. : Approximately twenty.

M. : Does it make a difference what age group the prospective member belongs to?

A. : Most young people want to join up but they don't have the money. At one house, a little boy of about

six was standing beside his father while I discussed ASF's objectives. He disappeared and came back a few minutes later with three two dollar bills. When he saw that I was reluctant to take it he said he knew it was a lot but he really wanted to help. The older generation give with the generations to come in mind. But I would say that the majority of our members are between thirty and fifty. Money is the determining factor: people are constantly being asked for money and can't give to every single group.

M. : Are you pessimistic or optimistic about the future now that you have discussed the environment with so many people?

A. : I am very hopeful that the situation will improve. The average person is becoming more and more conscious of the health of the environment that surrounds them. Twenty years ago it would have been out of the question to go door to door asking for money to clean up the streams.

MANSOOR DANIS



The current recruiters for ASF : Anaël and Catherine



News about the B.A.P.E.

The public hearings in waste management will be held next August in Sherbrooke. They are part of the open public consultation process throughout the entire province. These hearings will allow organizations such as ours to comment on and perhaps improve the proposals from the Ministry of the Environment and Wildlife concerning solid waste management.

The B.A.P.E. (Bureau des audiences publiques sur l'environnement) held information sessions in Sherbrooke at the beginning of April. Consultation documents were available to anyone, private citizen or group, interested in submitting a brief to or participating in the August meeting.

Our action finds itself truly at the heart of this debate - even though the problem of old dump sites, whether rural or semi-urban, has seemingly been forgotten in the ministry's proposals. It becomes more important, given the ministry's lapse, to expose this situation in public, particularly in our region where such unauthorized dumps number several hundreds*, many of which lie on slopes where abundant runoff can occur.

At the hearings the ministry is asking the people to "indicate what our society must do to progress towards a real ecological management of solid waste". If you feel you have something to say about this topic and would like to take part in the discussion, please call H       Tremblay (563-5093) to participate in a meeting to be held in June (date to be determined).

H.T.

*Estimate based on reconnaissance done by Action St-Fran  ois in several locations in the watershed of the St. Fran  ois River.

ANNOUNCEMENTS

The Dudswell Basin River Residents Association held its first General Meeting on July 18th last year. A new Steering Committee was elected and the following objectives were enumerated:

- 1 - Bring together the residents living along the section of the St.Fran  ois River that lies between the dam in Weedon and the one in Westbury. This area is known as the Dudswell Basin.
- 2 - Work toward the protection of the local environment.
- 3 - Bring together all people interested in the conservation and improvement of this area.

To join or for more information call 819-884-225 or write to:

Association des Riverains
du Bassin Dudswell, C.P. 89
Bishopton, QC, J0B 1G0

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The Zebra Mussel

A predator for indigenous life

The second latin name of the zebra mussel (*Dreissena polymorpha*) means "who adapts to diverse milieus". Their preferred locations for colonizing include rocky areas, steel and concrete breakwaters, pilings and other objects, boat hulls and indigenous Canadian mussels from whose shells the zebra mussels extract calcium for their own use.

During the last few years the zebra mussel spread into much of North America, including certain tributaries of the St. Lawrence and in Lake Champlain. Its presence is now suspected in Lake Memphremagog. Due to the numerous pleasure craft that ply the waters of infected areas such as those mentioned above, and then at various times Lake Memphremagog, these craft have very probably unwittingly infected the latter. They are carried from waterway to waterway on the hulls, fittings and anchors of the boats.

The reproductive cycle generally begins in July and August when the waters are at a suitably warm temperature. Each female can lay between 30,000 and 60,000 eggs. The larvae, invisible to the naked eye, remain in the current for up to 20 days before entering the adult stage when they can grow up to 18 mm. Even with a 99% loss one batch can, under ideal conditions, produce an entire colony.

From an ecological point of view the zebra mussel creates disaster. By filtering over a liter of water a day to feed itself the mussel reduces the phytoplankton and zooplankton which constitute an important food source for fish, ducks and indigenous mussels. They also cover fish spawning grounds and ingurgitate high concentrations of toxic chemicals which in turn contaminate their predators.

The mussels also have a negative impact on human activities. Encrustations of mussels cause problems for industrial and municipal waterworks. They obstruct cooling

channels in boat motors and increase corrosion on metal pipes.

The zebra mussel can live up to 15 days without water, can tolerate high levels of contaminants and can migrate to the warmer water levels in winter. They are also very difficult to locate in their larval stage.

Apart from the use of very strong chemicals, there is only one efficient way to control their population: this involves removing their anchoring sites e.g. pieces of metal, from waterways and to scrape the fittings, hulls and anchors of water craft as well as stripping pilings, breakwaters, etc.

Given the warm temperature of its waters we can only hope that the mussel will not colonize the Magog river. It is necessary to support the municipalities in their efforts to control the situation. An important initiative proposed is to oblige all non-resident boat owners to scrape and clean their craft before launching in local waters. Residents could also consider this practice.

JEAN-RENÉ LATULIPPE



THE ZEBRA MUSSEL : A PREDATOR FOR INDIGENOUS LIFE



Working with nature

One mid-afternoon in early October I sat down on a stump to enjoy our wetland surroundings.

To my right I looked at the reeds slowly tinging brown with here and there spikes of nodding ladies tresses brightening the scene. The sun was splendid on the crimson leaves of viburnum bushes and lit the yellows of the scrubby birch plantation. Everywhere the remaining elderberries and high bush cranberries reflected light. The ferns, scattered through the trees and shrubs, were turning into golden bracken. Behind the split-rail fence the brook trickled quietly to the lake. The sound of fluttering birds filled the peaceful background.



RECREATING A FLOOD PLAIN

That little scene does not depict some vast marshy wilderness. It is actually a few square meters of shoreline converted from scruffy-looking lawn to an exquisite habitat for native plants.

My wife and I had pondered, for many years, the problem presented by a low-lying area on our property. During thaws, the little brook that ran by it would become a raging torrent, flooding the ground far beyond its banks. In summer, heavy rains produced the same result. The ground never really dried out and it looked miserable. Worst of

all, I had tried and failed to improve the look with perennial flowers which never came to anything. It was too darned wet.

In 1994 we got some excellent advice - "Don't try to fight nature, she will always win." The conclusion drawn was that we should convert our soggy lawn to what it must have been originally, recreate a flood plain, full of the vegetation and trees that would thrive there. A firm line of demarcation would separate this area from the higher land.

Jonathon Ellison, a wetland specialist, drew the plans and a landscape contractor did the work.

We now have a "demi-paradise". Although I've created and nurtured a large perennial garden, this new wetland holds us in total fascination. I'm writing this in January with the whole thing buried in deep snow. Only the birches and the tops of shrubs show. The little stream is frozen hard, - but my wife and I can't wait for the colour of 350 native irises.

We speculate whether the cardinal flowers so thickly seeded will bloom. Will we again find the little sundews that our landscapers found for us? Will the ostrich ferns have multiplied? Will the turtle heads come back?

We look forward to the gifts that nature will give us in return for loosening the bonds that we had kept her in.

STANLEY TUCKER



ACTION ST-FRANÇOIS' NEW MEMBERS MAY 95 TO APRIL 96

Ascot

DANIELLE BOUCHER
BENOÎT GIRONX
MICHAEL GRAYSON
LARRY O'MALLEY
MICHEL HOY

North Hatley

MANON BERNARD
SHANNON GALLUP
E.R. MOJNER
HUBERT VALLEE

Rock Forest

SYLVAIN ALARY
AUDREY CARON
DANIEL GROTEAU
SYLVAIN LAPRÉ
ANTONIA NORMANDIN
DANIEL BEAULIEU
DANIEL BÉLISLE
DIANE BROSSAU
MANON BUREAU
JACQUES CHABOT
BRIGITTE CLÉMENT
MARYSE COMEAU
ANDRÉ COUTURIER
MANON DUGUAY
JEAN-PIERRE GAGNON
MICHEL GAGNON
FRANÇOISE GAUTHIER
MARIO GRÉGOIRE
JEANNOT LANDRY
NORMAND MEUNIER
JEAN-LOUIS MILANI
MANON MONFETTE
MARTIN ROY
CHARLES STEWART

Sherbrooke

FILLES DE LA CHARITÉ
GINETTE GRENIER
HÉLÈNE ROBERT
JACQUES ALARY
FRANÇOIS ALLAIRE
MARIE-BERTHE ALLARD
PAUL ALLARD
COLETTE AUBÉ
DOMINIC BACHAND
FRANÇOIS BACHAND
JACQUES BACHAND
PATRICK BACHAND
SUZANNE BACHAND
JACINTHE BAILL
BERNARD BAUDIFFIER
ISABELLE BEAUCHEMIN
CLAUDE BEAUCHESNE
JEAN BEAUDOIN
CAROLE BEAULIEU
NADINE BEAULIEU
MARIE BELANGER
GERMAIN BELISLE
LIETTE BELOIN
CLAUDE BELZILE
MAHREZ BEN BELFA-
DHEL
MARC BERNIER

CHARLES BERTHÉLÉME
SERGE BÉRUBÉ
LOUISE BIBEAU
FRANÇOIS BIENVENUE
BERTHIN BINETTE
RICHARD BLAIS
YVAN BLAIS
LUC BLANCHARD
MILENA BOLDUC
RICHARD BOUDREAU
JOCELYNE BOULANGER
LOUISE BOUTIN
RENÉ BRETON
LÉO A. BRODEUR
YVES-ANDRÉ BUREAU
DAVID BUTLER
PIERRE A. CAMERON
HÉLÈNE CANUEL
ANNÉ CARON
CHANTAL CARRIER
FRANCINE CARRIÈRE
LINDA CHAMPOUX
CÉLINE CHARBONNIER
PIERRE CHARTIER
LORETTE C.-BRUNELLE
FRANÇOIS CODERRE
YVES COMPAGNA
NORMAN CONWAY
FRANÇOIS CORPATAUX
GÉRALD COTÉ
ANALÉ COTNAREANU
MAUREEN COTTER
FERNAND COUTURE
SYLVIE COUTURE
JEAN-LUC CUSTEAU
ERICA DA TRINDALE
M.-CLAUDE DALLAIRE
LISE DANIELS
SIMON DARVEAU
MARIE-CLAUDE DAVID
M.-ANDRÉ DE BELLE-
FEUILLE
MICHEL DEMERS
BERNARD DENAULT
JEANNE DESLANDES
NATHALIE DESLAURIERS
ANNICK DESMARAIS
JEAN-GUY DION
RÉJEAN DROLET
LOUIS DUBÉ
RÉJEAN DUBÉ
YVON DUBÉ
MICHEL DUBREUIL
MIREILLE DUMOULIN
CLAUDE DURAND
ALPHONSE FABI
PATRICK FABI
MOHAMED FAHMY
MADELAINE FAUCHER
BERNARD FAUTEUX
SOLANGE FAUTEUX
RENÉ FORTIN
GILLES GAGNÉ
RICHARD GAGNÉ
RAYMOND GAGNON
ANDRÉ GARIÉPY
LÉON GAUDREAU

ÉLIANE-MARIE GAULIN
ROLAND GENDRON
DENIS GERVAIS
JOCELYNE GEVRY
LYNDA GILBERT
RENÉE GILBERT
GUY GINGRAS
ANDRÉ GIROUX
STEEVE GODIN
NANCY GOGUEN
GILLES GONEAU
STÉPHANE GOSSELIN
FRANÇOIS GOURDEAU
CAROLLE GREGORY
ANNA GRENIER
MARC GRENIER
DANIEL GRONDIN
NICOLE GRONDIN
PETR HANEL
GERALD HARDY
JANE HOSPEL
SERGE HOULE
MICHELLE JACQUES
ROBERT JANES
CÉCILE JONCAS
MICHEL L'ESPÉRANCE
NATHALIE LABBÉ
PATRICK LABBÉ
LOUIS LABONTÉ
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ROBERT LACHARITÉ
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CLAIRE NOEL
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REAL PAIEMENT
CÉCILE PAQUETTE
GHISLAINE PAQUETTE
YOUVIL PARADIS
ELAINE PARÉ
DENISE PAUL
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NATHALIE PELLERIN
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JEAN-GUY RICHARD
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JOHANNE ROUSSEAU
GILLES Y. ROY
JEAN ROZON
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ELIZABETH GRANT
MARCEL GRÉGOIRE
LUC LACHAPPELLE
ÉDOUARD LEGASSE

Waterville

CÉLINE COTÉ
GILLES FAUTEUX
DANIEL GENDRON
RÉAL HAMEL
PASCAL LEMIEUX
ANNIE LETENDRE
FRANÇOIS LÉTOURNEAU

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HUGUETTE PICARD
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PII RENAUD
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BOWL-ATHON

The first Action St-François Bowl-athon was held last February 3rd. Relaxed atmosphere, discussions, Club Sandwich, fries, beer, bowling, and even billiards: all for a good time and meeting with fellow members. Judging by the many participants and their enthusiasm the event was a success - so successful that the president of ASF decided to repeat the Bowl-athon on March 23rd.

But what is, one might ask, the connection between bowling and cleaning up a stream? The bowling alley is the stream, the pins are the trash and the ball is a member of ASF preparing (psychologically) him or herself for the coming season to...

RICHARD ST-LAURENT



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ST-FRANÇOIS**

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ISSN 1197-043x
© 1994 ACTION ST-FRANÇOIS

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Illustration : Samuel Gosselin.

AUGUST 1992 SAW THE BIRTH OF ACTION ST-FRANÇOIS, A NON-PROFIT ORGANIZATION BRINGING TOGETHER CITIZENS WHO ARE CONCERNED ABOUT THE QUALITY OF OUR ENVIRONMENT. THE MAIN GOALS OF OUR ORGANIZATION ARE TWO-FOLD : FIRSTLY, TO REHABILITATE AND RESTORE TO THEIR NATURAL STATE THE STREAMS, BANKS AND FLOODPLAINS OF THE ST-FRANÇOIS RIVER WATERSHED AND SECONDLY, TO CONSERVE AND PROTECT SAID ECOSYSTEM. WE HAVE BEGUN A STREAM CLEAN-UP PROGRAM AND WILL BE INITIATING A PROGRAM OF EROSION CONTROL. WE WILL ALSO BEGIN TO REPLANT THE BANKS AND FLOODPLAINS WITH INDIGENOUS SPECIES ENCOMPASSING THE RANGE OF PLANT LIFE NATIVE TO THE REGION WHEREVER POSSIBLE. IN THE AREA OF CONSERVATION, OUR GROUP HOPES TO MOTIVATE AS MANY RESIDENTS AS POSSIBLE TO TAKE PART IN THE PROTECTION AND MANAGEMENT OF THIS PRECIOUS WATER SYSTEM. OUR ANNUAL MEMBERSHIP FEE IS \$25.00 AND PLEASE DON'T HESITATE TO CALL US AT (819) 563-5362.

Garage sale

We are asking all interested members to contribute one or more items for the sale to be held in the old North ward on the 25th of May - the exact location will be communicated in an add to be published in local newspapers the week preceding. The pro-

ceeds will help to finance our ongoing activities as well as to pay some outstanding debts. Anyone who wants to help to organize or to be involved in any way can contact William Lucy (562-9830) or leave a message on our voice mailbox (563-5362).



APPEAL TO OUR MEMBERS

As you know Action St-François' **PRIMARY OBJECTIVE** is to *clean up the streams* of the watershed. The principal *source of energy* comes, as it has from the beginning, from **members** volunteering their time. We are now preparing for the coming season and the need for human resources arises again. Therefore, **WE APPEAL TO YOU** now so that we can better palm this season's operations.

If you would like to join us in our activities you may proceed as follows : fill in the coupon (below) indicating the date or dates on which you can join us and send it to ASF, or phone one of the four numbers listed below. We will

call you to confirm the date and provide other relevant details.

So, what do you say about giving a few hours of your time this season to removing some garbage along a stream? It's an excellent way to improve our own and the environment's well-being.

A single outing by each of the 300 participating members would represent a tremendous collective effort ! Come one come all !

William Lucy, 562-9830
Clothilde Gingras, 569-0795
Mansoor Danis, 346-4931
Bureau d'ASF, 563-5362

I am available for clean-up operations on the following Saturdays (please circle your choice)

May	June	July	August	September	October	November
11	01	06	03	07	05	02
18	08	13	10	14	12	
25	15	20	17	19	19	
	22	27	24	26	26	
	29		31			

These are the other jobs I am available for :

- ☐ Inventory
 ☐ Office work
 ☐ Newsletter
☐ Garage sale (May 25th)
 ☐ Other

Name : _____

Phone number : _____

Please return to :

Action St-François
C.P. 291
Sherbrooke (Québec), J1H 5J1