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THE CHIEFTAIN

AUG. 3, 1983 VOL. 2, NO. 9

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Iroquois bowlers head to Canadian championships

[BRANTFORD] - Look out Edmonton, three Iroquois women are out to bowl you over.

The three are Janet Davis, Gwen Parmeter and Lois Roberts who earned a berth in the Canadian lawn bowling championships and will fly out to meet their destiny in the Alberta capital on August 20 for a five-day tournament beginning August 21.

The three some are members of the Iroquois Lawn Bowling Club and advanced to the national meet after winning the provincial championships at Brantford on Tuesday, July 26.

"It was unbelievable," skip Davis told The Chieftain after returning home last week. "The first game was real close (Iroquois lost to Kitchener 17 to 14) and we watched some of the game beside us and thought we were completely out of our class."

The loss calmed the team down though and they went out and played their best against the other two teams in competition. "We had nothing to lose," Miss Davis commented.

Iroquois went on to defeat Willowdale 18 to 16 after leading 18 to 11 going into the eighteenth and final end. Willowdale scored five points but Miss Davis said the local team didn't press as they knew their opponents needed more than five to win.

The next competition was against the defending champions from London and Iroquois held a slight lead into the seventh end when London socred four to take a 9 to 7 advantage. Iroquois regained the lead with three points in the thirteenth end and held on for a 20 to 15 win.

That set the stage for a seven-end showdown against Kitchener as both squads sported two wins and one loss.

Iroquois jumped in front with one in the first end and another in the second before kitchener manated a point in the third end. Iroquois scored another point in the fourth and Kitchener took a single in the fifth but the local players scored two more in each of the sixth and seventh ends to claim the ladies treble title by a score of 7 to 2.

"After winning," Miss Davis said, "the three of us met in the centre of the green and the tears just flowed."

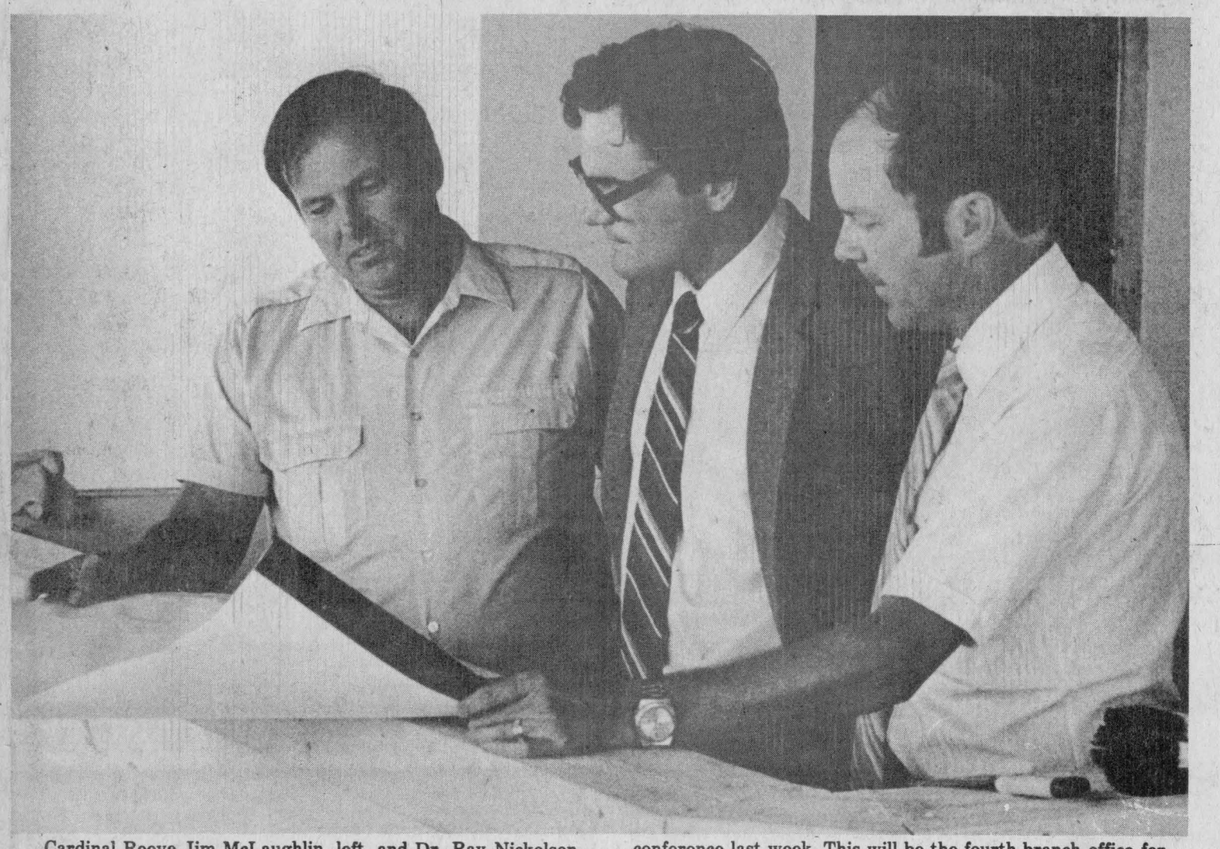
There were tears of joy and tears of relief that the tension was over. "You're so scared," Miss Davis continued. "That last game I was shaking and my stomach was in knots."

She said the players were piped onto the green at 9 a.m. and tournament play began at 9:30 a.m. but it wasn't until 11:30 p.m. that play was finally completed. With television cameras recording the action, the threesome completed a first for Iroquois players. Teams from the village have advanced to provincial finals but never made it further, she noted.

Meanwhile, a group of Cardinal women playing for the Prescott Lawn Bowling Club, also won their event.

Mrs. Clifford Irving, Mrs. Ruby Simpson and Marie Simpson won the title in the Ladies Fillies category for players with less than five years experience at bowling.

Despite their victory, the team won't compete in Edmonton as the national event doesn't have a similar category.



Cardinal Reeve Jim McLaughlin, left, and Dr. Ray Nickolson and Dr. John Marston go over architectural plans for the Cardinal branch of the St. Lawrence Medical Clinic at a press conference last week. This will be the fourth branch office for the clinic which is operated by ten doctors and has other offices in Iroquois, Morrisburg and Ingleside.

Big-top circus arrives tonight



From the pre-dawn mist will roll truckoad after truckload of tents, animals, personnel and equipment. All to be combined to form an incredibly large but graceful top for the one day visit of the Martin and Downs Circus, Canada's touring tent circus.

The local Lions Club in Iroquois are presenting the circus on Wednesday, August 3 with 2 performances at 6:00 and 8:15 p.m. at Central Park.

Each morning in over 120 communities across Canada the circus erects the big top feeds the circus animals, and personnel, and prepares for performances, rain or shine. In our fast paced living of today you will find the circus a refreshing change. A world that still respects tradition and prides itself in a performance that has never been censored.

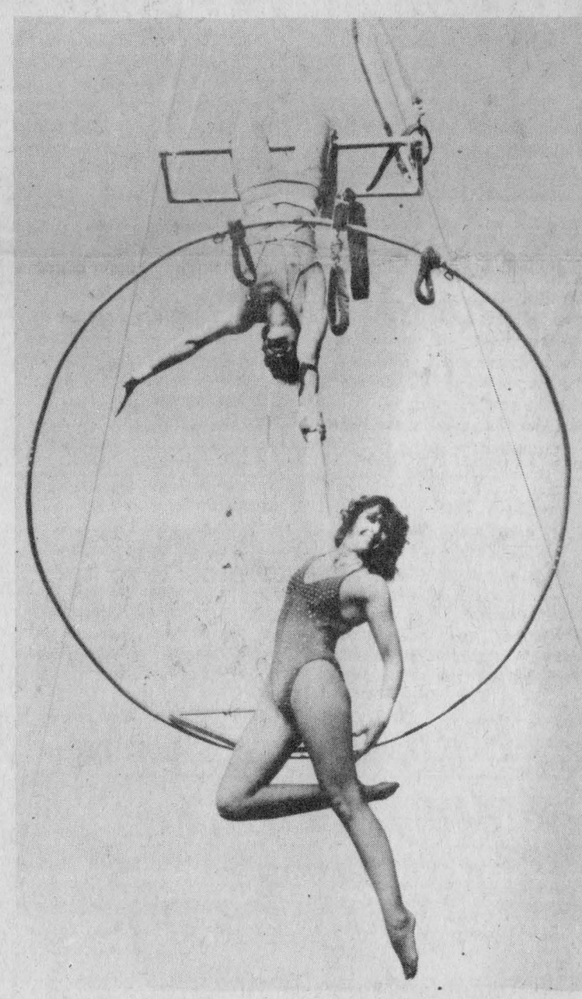
Martin and Downs Circus presents a traditional circus performance: 90 minues of thrills and chills under the big top. You will see prancing liberty ponies, trained llama, aerial trapeze and Spanish web stars, educated mule and clever canines, wizards of balancing and juggling, circus funny men in bombasts of buffoonery, and of course the Circus Elephant. All the enjoyable ingredients to keep your children dreaming pleasant dreams for weeks to come.

The best part about Martin and Downs Circus is that they care about families. That is whey there are no reserve seats and one low admission price admits you to the main circus performance. Also on the circus grounds and open before and after each main show performance are the giant killer python snake exihibit, children's pony ride and other midway attractions. All these attractions will be available at a separate nominal cost.

When you buy advance discount circus not only will you be supporting Canadian entertainment but also the projects of your local Lions Club.

Save money by buying advance tickets from your local sponsors and at various local stores. No advance circus tickets will be sold on show day.

For a special circus day treat bring the family to the show grounds on circus morning to see the big top going up and to watch the feeding of the circus animals.



Sugar and Sprice, a two-person aerial thrill act from California will perform high in the roof of the big top in Iroquois tonight (Wednesday) as the Iroquois-Matilda Lions Club presents the Martin and Downs Crcus in Central Park. Two shows are scheduled, one at 6 p.m. and the second at 8:15 p.m.

Medical clinic expands operations to Cardinal

[CARDINAL] - The St. Lawrence Medical Clinic will open its fourth branch office sometime in August in the newly renovated facilities of the former Dodge Building located on Bridge Street.

At a press conference last week, Dr. John Marston announced that he and the clinic's tenth and newest partner, Dr. Ray Nicholson, will alternate afternoon office hours at Cardinal. Hours will be from 1:30 to 5 p.m. Monday to Friday with Dr. Nicholson providing coverage Mondays, Wednesdays and Fridays while Dr. Marston works the remaining days.

Dr. Marston explained there are no immediate plans to open the clinic full-time as he and Dr. Nicholson are booked for morning practice at the Winchester District Memorial Hospital. The part-time system works well at the other three clinics in Iroquois, Morrisburg and Ingleside, he added.

While they are aiming for an August 10 opening, Dr. Marston said finishing the renovations may take a little longer than expected. Still, he said he believes the clinic will open within 10 days to two weeks.

Renovations were designed by Ottawa architect Tom Nater and include a reception and waiting area, a children's play area, three examination rooms, an emergency examining room, nursing station, staff lounge, storage room and an electrocardiograph room. "Its a standard rural doctor's office," Dr. Marston said.

Only two of the examination rooms will be equipped initially, Dr. Marston noted and the other will be used as the need develops. At one point the clinic was hopeful of obtaining a dentist to work in the building but that fell through, he said.

The clinic will be staffed each day by Joan Larocque, a registered nurse from Brinston who has experience at the Morrisburg office, he added.

Dr. Marston said a member of the St. Lawrence Medical Clinic spoke with Cardinal's only practising physician, Dr. G.T. Chang, and was told he doesn't oppose the new facilities.

"He's going full tilt," Dr. Marston explained. In small villages, he added, a doctor's workload can be 365 days a year and that's why the clinic prefers to share the practice load between doctors. "We won't ask a doctor to commit himself to hours and hours of work."

He said he expects much of the clinic's workload to come from the immediate area near Cardinal but they can come from wherever they want to come from.

He said he doesn't foresee a major problem from families who want to use the Cardinal facilities but have a different family doctor at a Brockville hospital. He said it is a similar situation to when the Ingleside office was opened and many of the families had doctors in Cornwall.

"We might be fighting a trend," he said, "but not everyone we see is sent to hospital and not everyone who is sent to hospital is sent to Winchester. Some are sent to Ottawa or Kingston depending on the specialty involved."

The important thing is that the facility is available and that 24-hour emergency coverage is provided by calling Morrisburg at 543-2963 for the doctor on-call.

Dr. Marston said the clinic was first approached about opening a Cardinal office by municipal councillor John Dugan and after initial contacts, village council agreed to purchase the Dodge building for $50,000 and lease it to the clinic for $500 monthly.

The municipality and the clinic shared expenses for renovations with the doctors picking up the tab for furnishings. The clinic's share of the costs amount to about $15,000, Dr. Marston noted.

Cardinal Reeve, Jim McLaughlin said the town is excited over the new facilities and said the project was started about one year ago when a petition with more than 30 names was submitted to council asking for increased medical services.

"It gives the people a choice," Mr. McLaughlin said.

The reeve noted the rental fee is fixed for a five-year period at which time the clinic has an option to buy the building at the same price municipal council paid.

"Council will recoup their money when we buy it," Dr. Marston added.

Visitors flock to see HMCS Ottawa

[IROQUOIS] - Hundreds of visitors flocked to Iroquois Point Saturday evening to cheer-on the passage of the HMCS Ottawa and native son Tony Hall through the Seaway Lock.

The son of Clifford and Clara Hall of Caldwell Drive, Tony is an able seaman and has been serving on HMCS Ottawa since 1980. Mrs. Hall said the family drove to ship side to speak with Tony as the ship passed and hundreds of other well-wishers were cheering and shouting hello to Tony.

"We were shocked ourselves," Mrs. Hall said. "I don't know how they got to know about it." She said the fence at the top viewing level was lined full with onlookers applauding and whistling.

Talking on the phone later with her son, Mrs. Hall said Tony was proud of the welcome come they received. The other men on board were proud too, Tony told her. "I'll bet its the best reception they'll get." Mrs. Hall added.

She said many of the seaman are familar with the Village of Iroquois because they read The Chieftain newspaper which Tony receives regularly. "Sometimes he doesn't get to read it until they've all looked at it," she remarked.

Tony, his mates and the Ottawa are on their way to Thunder Bay and will return through Iroquois Lock within the next three weeks, Mrs. Hall said. The ship will dock at Thunder Bay, Toronto, Hamilton and other ports on the return trip for public tours. It will be docked at Toronto from August 18 to 23.

ECHO campout is a giant success, money in the pocket for merchants

[IROQUOIS] - Despite the on-again, off-again showers, organizers of the twelfth annual Eastern Campers and Hikers of Ontario (ECHO) campout report the event was a tremendous success and had nothing but praise for the facilities and the reception accorded them by village residents.

"We are extremely happy with the grounds and more than happy with the co-operation of the townspeople", program director Alex Davidson said Sunday. He reported that 179 camping units, mostly trailers and motorhomes, were on site at the municipal campground and noted this was almost 100 per cent of the 184 units that had pre-registered for the event.

About 75 per cent of those attending were repeat visitors to Eastern Ontario, Mr. Davidson remarked. "About 50 families needed a roadmap of the area," he added.

He said registrants came fron Ontario, Quebec, New York, Ohio, Michigan, Pennsylvania, Connecticut, Alabama and Florida and one family came all the way from Japan on leave from a professional posting.

The campout was organized by the Ottawa Golden Triangles, a chapter of the National Campers and Hikers Association. The Ottawa chapter and municipal council arranged for exclusive rental of the campsite for the four-day event as campers arrived on Friday and exclusive rights to the group ended Monday at 5 p.m.

Many of the campers are staying on longer than the four days, however, as they use Iroquois for a base camp while they visit area attractions such as the changing of the guard ceremony on Parliament Hill in Ottawa or Upper Canada Village.

During the weekend, Mr. Davidson said the more than 600 campers visited local attractions such as the Seaway Lock and many of the teens made use of the municipal beach site.

The campout also had many activities organized including games such as horseshoes and lawn darts and on both Saturday and Sunday night amateur artists fr m among the group performed on a stage for the entertainment of all.

Mr. Davidson noted the local churches held a bake sale on the campgrounds on Saturday morning and the campers bought almost everything they could sink their teeth into.

"We could have used about 100 more pies," he said.

The campers also proved a boon to local merchants, Mr. Davidson continued. In addition to $375 in hospitality supplies purchased at Iroquois stores, he estimated that other purchases amounted to a substantial influx of money to the village.

"Normally the campers are prepared with enough supplies for two days," he said. "You don't want to be stuck to shop every day." However, he added, they don't want to carry to many supplies that they are loaded down.

Iroquois Reeve Frank Rooney estimated that the campout brought $100 for every person attending -- about $6,000 into the community. "I've never seen the (plaza) parking lot so full as it was Friday," he said. "Every space was taken right to the light standard." He said restaurants and the Lockview Gift Shop did particularly well.

Mr. Rooney attended ceremonies at the campsite Saturday and told the campers the rain they brought with them was badly needed. "Of course, I brought you today's sunshine," he said to a round of applause and laughter.

On Monday, Mr. Rooney reported the campout had come off without a hitch and said everybody he talked with was pleased with the municipality's cooperation in making the weekend such a success. He noted there were good crowds out to watch the campers' parade Sunday afternoon in spite of a steady rainfall.

Three hopefuls in running for Dundas Princess

[WINCHESTER] - Three Dundas County girls, including two students at Seaway District High School, will compete here on August 13 for the honor of being the 1983 Dairy Princess.

Carolyn Mellon, 18, of Hulbert, Carolyn Toonders, 17, from Bouck's Hill and Winchester's Jennifer Dawson, 18, have confirmed entry in this year's contest to replace outgoing Princess Rachel Thurler of South Mountain.

Held in conjuction with Jamaica Day promotion in Winchester, the girls will deliver short speeches near the main downtown intersection beginning at 1:30 p.m. and crowning is expected to be about 3:30 p.m. The girls will have private interviews with the judges prior to Saturday's events.

Earlier that day they will be the guests of a luncheon at Stage West Restaurant in Mountain courtesy of Ault Foods Ltd. of Winchester.

The current Dundas Princess, Miss Thurler, and the Ontario Dairy Princess, Glenna Hawley, will be on hand that day selling banana milkshakes to the public from 9:30 to 10:45 a.m. Other events will include a sidewalk sale and displays and lunch booths operated by members of county 4-H homemaking and goat clubs.

Another highlight is the media milking competition as The Chieftain's own Ken Kirkby goes out to prove he is no amateur with a cow's udders. Mr. Kirkby will face stiff comptition from representatives of three other Dundas County weeklies, The Morrisburg Leader, Winchester Press and Chesterville Record.

The day will close with a dance at the arena to the lively sounds of a Jamaican band. The dance will be attended by the newly crowned princess and other contestants.

The winner of the competition will not officially begin duties as Dundas Princess until August 27 when Miss Thurler participates in the Ontario Dairy Princess competition in Toronto.

Deputy opens Research Station

[TORONTO] - The Kemptville College Agronomy Research Station located south of Winchester officially opened at 1:00 p.m. on July 25, Dr. J.C. Rennie, Assistant deputy minister of Agriculture and Food, reported.

The station consists of 19 hectares (47 acres) of tile-drained land purchased by the province in 1980 and will "provide a focus for field crop research on the soils of the South Nation River basin and complement research work in other parts of eastern Ontario", Dr. Rennie said.

The soil at this station is a clay loam type common in the South Nation River floodplain, one of the prime agricultural areas in the eastern part of the province.

Agronomy research at the Winchester station will involve cultivar evaluation, soil fertility work and herbicide screening for field crops suited to eastern Ontario. During the 1983 growing season, tests are being conducted on soybeans, corn, winter wheat and forages.

A small service building was constructed earlier this year on the site to provide an area to prepare
samples as well as to serve as temporary storage for seed, chemicals and machinery.

Attending the official opening ceremonies were Osie Villeneuve, MPP for Stormont-Dundas-Glengarry; Stan Vanden Bosch, president of the Dundas soils and crop improvement association; Gerald Holmes, reeve of Winchester Township and Don MacDonald, head of the agronomy section of Kemptville College of Agricultural Tecnology. John Curtis, principal of Kemptville College acted as chairman and Dr. J.C. Rennie represented the Ministry of Agriculture and Food.

The research station is located six km south of Winchester, west of Highway 43

PERSONAL

Mr. and Mrs. Denzil Storey and Mr. and Mrs. Ray Gareau of St. Catharines and son spent a week in Iroquois visiting friends and relatives. They returned home on Thursday.



Great Shakes restaurant and Iroquois Enterpises provided hats and sweaters for these Iroquois youngsters as they play ball this summer. In front from left are Dawn Joy Tibben, Sheldon Tryon, Sherry Michielsen and Heather Rumble. In second row are Steven St. Pierre, Ryan MacMillan, Aaron Banford and Jason Rooney. Team coach is Audrey Rooney seen in back with sponsor Ian McColl from Great Shakes. Absent players are Marla Duvall, Allison Banford and Jason Garner.



The Iroquois Mites ball club recently received a shipment of sweaters courtesy of Caldwell Consumer Products. The mites are nearing the end of their regular schedule against teams fro mnearby municipalities. The team is, front L-R, Kenny Hamilton, Keith Claxton, Tracey Hamilton and Matthew Charbot. In second row are Jamie Hartle, Lee Kirkby, Andrew McAllister, Tracey Daisley and Melanie Thompson. Coaches are Carl Hamilton and Dale Charbot and representing Caldwell is Cindy Ault, back, centre. Absent are players Brian Holmes and michael Easter.

Reduce fires by observing rules

There are over 8500 forest fires in Canada every year and over 1600 of these are related to recreational activities. The 1981 losses and expenses exceeded 200 million dollars and 5.1 million hectares were burnt. Most forest fires happen in the four-month period from May to August.

The Canada Safety Council, which sponsors a Summer Safety Campaign, says campers and hikers can reduce the number of fires by observing basic fire safety rules.

Wood fires should be built in authorized areas only, on sand, clay or rocks. Clear away leaves or any combustible material and locate the fire downwind from campsite. Keep the fire small. Dig a trench if it is windy or if you have no stones to windbreak the fire.

Avoid loose, floppy clothing. Never leave a fire unattended and keep children away from it.

When finished with a fire, spread burned pieces and soak them thoroughly with water and cover with sand.

If you smoke, do it only in designated areas and never while walking. Dispose of cigarettes and cigars by crushing them on a rock, tearing them apart and grinding them into organic soil.

If you discover an uncontrolled fire, send someone to notify the nearest official. If the fire is small, beat it with a soaked sweat-shirt or bedding, working into the wind so you don't drive the flames into a new area. Rake and pull fuel away (leaves, grass, twigs, etc.) Make sure you have an escape route so you won't get cut off. Help the fire-fighters when they arrive.

August 18
will be a
BIG DAY
for
CARDINAL
and AREA

Beware of silo gases

Life on the farm can mean death on the farm for the unwary and the careless who are exposed to poisonous silo gases.

"In 1977, three men died after entering a silo that had not been ventilated. Another similar tragedy occurred in August 1982, when a workman put his head and shoulders into the bottom of a 'sealed' steel silo," says John Turnbull, director of the Canada Plan Service, located at Agriculture Canada's Engineering and Statistical Research Institute in Ottawa.

"These deaths could have been avoided if the workers had taken proper precautions."

Fermenting silage produces carbon dioxide and sometimes nitrogen oxides.

These gases are heavier than air. As the fermenting silage settles, the gases are squeezed out of the silage, and collect as a dense layer on the silage surface. Carbon dioxide gas can fill a considerable part of the silo headspace above the silage and could suffocate any person entering the silo.

Nitrogen dioxide gas is the most deadly of the nitrogen oxide gases -- it can kill in moments if inhaled. This gas combines with water in the lungs, forming nitric acid which quickly burns the sensitive oxygen-transfer surfaces of the lungs, preventing any more oxygen from entering the body.

Nitrogen gases also form a deadly layer near the silage and can spill down the silo chute if a door is opened.

Farmers can best protect them-
them-selves by ventilating the silo before entering it. However, other precuations should be taken according to Mr. Turnbull.

"Put a warning sign on the silo where it can clearly be seen and in the feed room which can become contaminated with silo gases as well. These signs would serve as an excellent reminder of the dangers," Mr. Turnbull says.

"Also, when inside the silo for any reason, keep the blower running."

Turnbull notes that silo gas mishaps are infrequent, but when they do happen, the often take more than one life because of unplanned panic rescue attempts.

"The first thing others must do if they find a co-worker collapsed in a silo is to thoroughly ventilate the silo headspace, usually by running the forage blower. Don't just enter without thinking and become the second victim," Mr. Turnbull says.

To help all producers take the proper safety steps around their silos, Agriculture Canada has prepared a leaflet titled "Silo Gas".

In addition to spelling out the rules for dealing with silo gas hazards, this leaflet shows a simple drop-pipe adaptor that can greatly improve the ventilation when using the forage blower to clear out silo gases. Copies of this leaflet are available from provincial agricultural extension offices across Canada.

You're only old once

by Lillian Zack

How do you feel about hospital visitors?

Are you the kind of person who likes to just crawl into a hole somewhere when you're ill, or are you the sort who likes to have people around when you are sick to divert your attention? Do you visit friends and relatives religiously when they are in the hospital.

According to Peter Hill, Director of Public Relations at Hamilton Civic Hospital, visiting people in hospital can be a troublesome matter, for patients and staff alike. He says that a visit to someone who is ill may not always be appreciated.

Two examples illustrate the problem: One woman in hospital had a visitor who stayed five hours just two days after she had had major adominal surgery. On other occasions during her convalescence, she had visitors numbering up to a dozen, all chatting around her bed. Hospital regulations say that only two visitors are allowed at any one time, but no one asked them to leave. "I was in so much pain," she cried, "that when they finally left, I just broke down and cried."

Another man, aged 83, said that he loved his wife dearly but that he would "go mad" if she kept her daily vigil at his bedside from 8 a.m. until 9 in the evening. He didn't know how to tell her without hurting her that he needed time for himself.

Many people in hospital find that their sleep is disturbed at night -- from pain, anxiety, medication an unaccustomed noises, in addition, to just not being at home -- and so they need time to rest during the day.

I was in hospital myself recently and one night I had visitors from out-of-town who stayed past the end of visiting hours, leaving only when the nurse asked them to go. When I thanked her after they had gone, she look relieved. "I was worried you would be angry," she said, and she explained that most nurses are uncomfortable with the visitor dilemma. "We hate to be thought of as 'mean', she said, "but so often patients tell us how tired they get when they have too many visitors or friends and family stay too long."

Her advice was simple: "If patients themselves are not comfortable telling visitors that they in pain or feeling sleepy, they could tell us in advance that they did like us to enforce the rules.

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SOCCER NOTES ...

by Cindy Ault

On July 26, the Spartans faced their first defeat of the season when they played the Avonmore Pacers at Tagwi.

Avonmore netted the first goal at 30 minutes. Less than two minutes later, Perry Hart assisted Ben Norgaard to tie the game. The score did not change until two minutes before the end of the game, when Avonmore scored the winning goal. Seaway had played their worst game of the season, and it showed. This loss forced Seaway to share their first place spot with the YMO I team.

Fortunately, Seaway gained back their lead when YMO I tied their game agaist Char-Lan II on July 31. Seaway also gained when they rebounded from their loss to beat YMO II on August 1, by a score of 6-1.

The Spartans first scored less than five minutes into play when Andy Brown was assisted by Perry Hart. John Johnson, on his way to his first hat trick in his Spartan career, was assisted by Ben Norgaard at 22 minutes. Ben went on to score in the second half at 60 minutes, assisted by Scott Campbell. Perry Hart scored four minutes later, after being assisted by Bunny Bennett. Bunny also assisted the next goal, by John Johnson, at 76 minutes. John completed his hat trick at 83 minutes with an assist by Perry Hart. Less than a minute later, goalkeeper Bill Ault failed to stop YMO from netting their single goal, spoiling once again a chance for a shutout.

In ladies action, the girls have not played since the 24th of July because of schedule mix-ups. The game that was to be played July 31 against Char-Lan II was postponed by the Char-Lan team. It was rescheduled to August 11, while the Game of July 16 that was not played because the Cornwall City team did not show, was rescheduled to August 2, and then was postponed once again to a later, unknown date. For now, the schedule is as follows:

Unknown Date
Seaway vs City - Morrisburg - unknown time.
Sunday August 7
Classics vs Seaway - CCVS - 6:00.
Thurs. Aug. 11 - Seaway vs Char-Lan II - Morrisburg - 6:30
Sun. Aug. 14 - Seaway vs Vikings - Morrisburg - 6:00
Play-offs:
Aug. 22 - 28 (tentative dates)

The men's team point leaders are:

First - Perry Hart 49 points; Second - David Cherry - 43 points; Third - Jay Merkley and Ben Norgaard - 33 points; Fourth - Chuck Saddlemire and John Johnson - 25 points; Fifth - Andy Brown - 22 points.

For these points, the players get one point for every game they play, one point for every assist, and two point for every goal.

In the league points, the player gets one point for every goal, and for nothing else.

In league points, these players are in the running:

David Cherry	1
Perry Hart	13
Ben Norgaard	9
Jay Merkley	8
John Johnson	6
Chuck Saddlemire and Andy Brown	5
Brian Bennett	2
Scott Campbell	1

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Dollar Daze!!
Saturday, August 6th

A TICKET TO THE DANCE AND LOTTERY TICKET IN THE DRUM GIVE YOU A CRACK AT THE TOP PRIZE

This is the super finale to the Dundas County Association for the Mentally Retarded "Go for the Gold" lottery. Saturday night we will draw the winning ticket for top prize of

$10,000

It could be you!

Live music by two super groups, with dancing on the arena floor.

The draw that will make someone $10,000 richer instantaneously. Tickets for the big draw are available only at the Morrisburg arena on Sat.

- If you have a lottery ticket or would like to be eligible for the draw you will want to take in the Dundas Dollar Daze.
- This will be the entertainment value of the summer!
- All of Dundas County is invited to Morrisburg for a night of great music, casino fun, a super auction and the fabulous $10,000 draw.

A midnight auction of some of the attractive handiwork and woodcraft products produced by clients of the Dundas County Association for the Mentally Retarded. Your casino fun money puts you into the bidding.

Morrisburg Arena

DOORS OPEN AT 8:30 p.m.

MUSIC BY: GARY AND MICKIE CODE AND THE RUNNING KIND AND RHYTHM INCORPORATED
ADMISSION: $3.50 IN ADVANCE, $4.50 AT THE DOOR
DRAW TIME: 11 p.m.
AUCTION: BEGINNING AT MIDNIGHT

Olive Beaudoin	989-6190
George Davidson	774-2027
Eric Dumm	652-2305
Bill Fridgen	652-2345
Brenda Millard	652-4568
Val Parton	989-2856
Rev. T. Theijsmeijer	652-2301
John Wittam	448-3194
Ben Wouters	448-2443
Anne Hartle	543-3648

or from the following Fund-Raising Committee members:

Alan Sharkey	448-2804
Marlene Casselman	652-4232
Sandra Ault	543-3810
Marjorie Trillo	448-3114
Sheila O'Connor	448-3428
Cindy Cooper	652-4630

Get your tickets early and save $1.00

Tickets may be purchased at the association office in Morrisburg (Morrisburg Mall, Box 678, Morrisburg, telephone 543-3086) or from the following Board Members:

All proceeds stay in Dundas County to help finance a new workshop for the mentally handicapped.

Dundas County Association for the Mentally Retarded



Blooperball Report

Wed. July 6, 1983
Cardinals - 9 Blues - 4
Britches & Stitches - 8 Misfits 3
Mon. July 11
Blues - 14 Misfits - 12
Home Runs: Rodney Stitt Blues
Wed. July 13
Misfits - 15 Streak's Freaks - 14
Mon. July 18
Britches & Stitches - 13 Blues - 12
Home Runs: Rodney Stitt (Blues)
Wed. July 20
Cardinals - 22 Misfits - 6
Home Runs: (Cards.)
Ray Grant (2 Home Runs)
Todd Gill
Brent Murray
Kevin Patrick (2 Home Runs)
(Misfits) Chris Lemery (2 Home Runs)
Mon. July 25
Reds - 12 Cards. - 9
Home Runs: Cardinals - Ray Grant, Todd Gill, Brent Scott.
Wed. July 27
Misfits - 19 Reds - 6
Home Runs: Reds: Dan McLaughlin, Barry Patterson.
Misfits: Mike Allard
Cardinals - 20
Britches and Stitches - 10
Home Runs: Cardinals: Todd Gill, Brent Murray, Ray Grant, Brent Scott.
B&S: Tim Marcus
Mon. Aug. 1
Cardinals 25 Blues 25
Home Runs: Cardinals: Tom Curry (2 Home Runs) Dan Grisdale (2 Home Runs) Todd Gill, Pete Hoy

Blues: George Dumopolis (2 Home Runs), Bryan McDonald (2 Home Runs) , Curry Graham, Dan Lawless.
Brit. & Stit. 6 pt. Umpiring Penalty.
Misfits - 2 Pt. Umpiring Penalty

	P	W	L	T	PTS
Cardinals	19	16	2	1	33
B & S	18	13	5	0	20
Reds	17	9	8	0	18
Misfits	19	10	9	0	18
Streak's Freaks	18	8	10	0	16
Blues	18	7	10	1	15
Challengers	19	6	19	0	0

Heat and Rain Report

July 24 - 30

	STH MTN.	CHEST.	MOR.
Rainfall	3.6	NA	2.4
Acc. to Date	183.2	NA	221.7
Heat Units	185	NA	182
Acc. to Date	1882	NA	1671

Cardinal Swim Team second

[PRESCOTT] - The Cardinal Swim team placed second at a swim meet held in Prescott on Saturday.

Teams competing were Wnchester, Russell, Kemptville, Moose Creek, Prescott and Cardinal. The team from Prescott placed first.

The winning swimmers from Cardinal were 10 and under - Tiffany Baker was second in the 25 metre Butterfly and second in the 25 metre breast stroke; Christy O'Brien placed fourth in the 25 metre breast stroke; Tara Baker placed third in the 25 metre butterfly, Heather McLaughlin was second in the 25 metre back crawl.

The 10 and under girls relay team of Tiffany Baker, Christy O'Brien, Tara Baker, and Leigh O'Brien placed second.

Eleven and twelve year old girls: Tonya Baker was fourth in the 50 metre free style, first in the 50 metre back crawl, and first in the 50 metre butterfly; Jennifer Bracy was third in the 50 metre free style. The relay team of Jennifer Bracy, Colleen Baldwin, Heather McLaughlin and Tonya Baker placed fourth.

Eleven and twelve year old boys: Kevin Cook was third in the 50 metre butterfly and fourth in the 50 metre breast stroke; David Grant was first in the 50 metre breast stroke; James Robichaud was second in the 50 metre free style, first in the 50 metre butterfly and third in the 50 metre breast stroke. James also won the medallion for top boy in his age group.

The 11 and 12 boys relay team of John Bowman, Lee Kirby, Dennis Gagnon and David Grant placed third.

For 13 and 14 year old boys: Mike Gaylord was first in the 50 metre back crawl and first in the 50 metre breast stroke; Reg Knudson was third in the back crawl.

In the 15 and over category Tory Baker was second in the 50 metre butterfly and first in the 50 metre breast stroke.

The relay medley team of Reg Knudson swimming back crawl, Danny Gagnon, swimming free style, David Grant swimming breast stroke and Tory Baker swimming butterfly.

"They Misspelled My Name"

And You Said Nobody Reads the Paper!

WELL.....

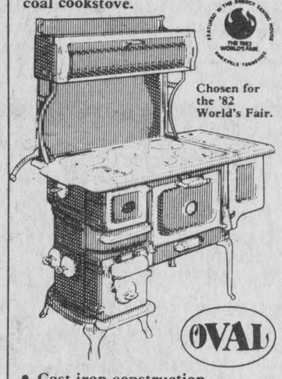
They Read Ours!

There's SOMETHING for Every Member of the Family in

In The Chieftain

EAT N' HEAT

Cook your meals while you heat your home with an Elmira wood/coal cookstove.



- Cast iron construction
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LADIES



Golf Gab

News & Views

by Mary McAdam

August 6 is the men's inter club tournament. The ladies will cater the meal for 60 men. Thanks to those who donate money and to the good people who cook for us.

August 7 is the husband and wife tournament. Please sign the sheet by Friday if you wish to play.

The schedule will be drawn up on Friday night and Tee-off times will be posted. This is an 18 hole tournament starting in the morning.

I understand our ladies had a great day playing at Kemptville, except for one who got in trouble in a sand trap. We learn something new at every course we try to master. Bonnie Trotman was the gross winner with a 90.

Our ladies will travel to Williamsburg August 11 for an invitational. See you there and good luck girls.

The Valley League names are posted as of to-day check the board at the club.

THE VILLAGE GREEN
MORRISBURG SHOPPING CENTRE
543-2566

Mixed Bouquet
Regular 6.50
4.95

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Sales and Repairs

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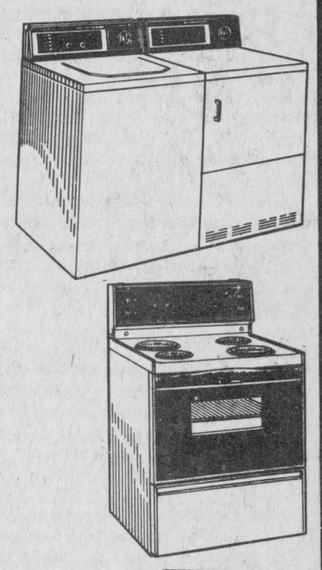
(August 8th Is The Deadline)

★ Ranges
★ Refridgerators
★ Washers and Dryers
★ Dishwashers
★ Freezers



save

★ General Electric
★ Moffat ★ Woods
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Come In Soon To Save Your Hard Earned Money--- Beat The Tax Man!

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Iroquois Plaza 652-4397

The Editorial Page

THE CHIEFTAIN

CNA

WEEKLY NEWSPAPER
Box 253, Iroquois, Ontario K0E 1K0
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SHIRLEY KIRKBY, Secretary-Treasurer
NICK GARDINER - Editor
JANE EWING, Computer Operator
ANN KEELER, Press-Compositor

Christians at work

One of the nice things about living in a rural area is the attitude and dedication of the people who reside all around us. An example of what can happen is what is happening in Brinston, a short distance north of Iroquois in Matilda Township. A quiet rural community, nestled in the flatlands of the township, the people are used to hard work and community involvement.

When Brinston United Church decided to renovate the sanctuary, under the capable direct of its board and young minister, Rev. Allen Tysick, it seems the community at large decided to help the project along.

In the last forty-five days a great deal of work has been accomplished as we mentioned, not just by the congregation, and within a few days the project should be completed. This newspaper has been told of the community's efforts involving almost every denomination represented in the area, and of lunches and work provided from the community, such as twenty-two sitting down together for lunch one day last week.

This is the kind of Christian spirit needed not only in rural hamlets such as Brinston, but in the world at large. If such a spirit has to start somewhere, there is no better place than from Matilda Township. It makes us proud to be a resident of that community and its neighbour in business.

May the Good Lord bless and keep you always.

Pick-your-own means quality and top value

Quality and price makes "pick-your-own" fruit and vegetables unbeatable, says Bob Cobbledick, marketing and storage specialist with the Ontario Ministry of Agriculture and Food (OMAF) plant industry branch.

"It's an excellent alternative to buying produce at retail stores because you pick only the quantity and quality your family needs."

Consumers get the freshest possible product too. Cobbledick says the time factor is important; freshly-picked sweet corn, for example can lose 50 per cent of its sugar content in only 24 hours, if it's not properly refrigerated.

But price makes the "pick-your-own" farm really attractive, Cobbledick says. For example, apples are about 60 per cent less if you "pick-your-own" and peas can be as much as 75 per cent cheaper.

For farmers, "pick-your-own" operations are profitable because labor, storage, and trucking costs are reduced.

A list of Ontario "pick-your-own" operations is published by OMAF each year. It includes such information as the type of produce, the farm's location, hours of operation, and phone number.

This year, the "pick-your-own" publication also lists Ontario farmers' markets. The guide is available at tourist booths, agricultural offices, and any Telidon computer terminal. They can also be ordered by calling (416) 968-1760.



Iroquois native Master Corporal David Tucker is seen receiving his Canadian Forces aircrew wings from Colonel D.F. Braidwood, Base Commander, at Canadian Forces Base at Greenwood. Photo courtesy Department of National Defence.

Former resident graduates from Aircrew training course

Master Corporal David Tucker recently graduated from the Maritime Operations Aircrew Training Course and was presented with Canadian Forces Aircrew Wings in the trade of Airborn Electronic Sensor Operator.

Master Corporal Tucker, a native of Iroquois, joined the Canadian Armed Forces shortly after completing high school at Seaway District High. After basic training at Canadian Forces Base Cornwallis, Nova Scotia, he trained as a Radar Plotter and saw service aboard HMCS Iroquois.

In July, 1982, he elected to change trades to one which he has recently qualified. He now serves with 415 Maritime Patrol Squadron, based at Canadian Forces Base Greenwood, Nova Scotia. He is the son of Mr. Clare Arthur Tucker of Iroquois.

Agricrew just a few weeks left

[WINCHESTER] - Agricrews have been working now since June 27. They have received tremendous support from area farmers and so far, farmers have been very pleased with the program.

Agricrew has been helping farmers with haying, fencing, weeding, and other jobs that never seem to get done. All of the crew members have past farm experience, and are covered by Workmen's Compensation.

Each crew consists of four workers and can be hired at a cost of $90 per day. This year there are two crews situated in Carleton County, and one crew covering Dundas and Stormont Counties.

Agricrew is operated by the Ontario Ministry of Agriculture and Food and sponsored by the Youth Secretariat. The crews work an eight hour day and provide their own lunches and transportation.

If you would like more information regarding the program, or are interested in hiring a crew, please contact: Cynthia Pope, Agricrew '83 Coordinator, at the Carleton Agricultural Office - 828-9167, or leave a message at the Winchester office - 774-2313 or the Cornwall Office - 933-1581.

To establish egg and chick marketing agency

Ontario will establish a broiler and roaster egg and chick marketing commission now that a proposal for such an agency has been approved by the provincial cabinet, Agriculture and Food Minister Dennis Timbrell has announced.

The commission would primarily set prices for broiler and roaster hatching eggs and chicks but it would also have the power to adjust and settle disputes between producers and hatcheries.

In addition, the commission would also look at the development of a uniform contract system for egg producers and hatcheries.

Letter to the Editor

Dear Editor:

We would like to inform your readers that the Town of Alexandria, Ontario, will be celebrating its 100th birthday in 1984.

Therefore, we would like to send a special invitation to all the former residents of Alexandria to come and participate in the various events scheduled throughout the upcoming year.

The focal point of our centennial celebrations will be the Homecoming Week to be held from June 23 to July 2, 1984 which promises to be a great opportunity to reminisce with old friends and meet new ones.

A lively array of sporting, musical and social events are being planned for this occasion.

Please come and join us in our centennial celebrations which will be exciting and memorable.

Sincerely yours,
Jean-Paul Touchette,
Mayor
Town Council of Alexandria

P.S. For further information concerning our centennial celebrations, please write to us:
The Centennial Committee
P.O. Box 700
Alexandria, Ontario
K0C 1A0

Dear Sir:

A walk out to the campsite - Carman House area last Saturday morning at 6 a.m. (where 600 campers had checked in) found all peaceful and quiet and not a sound to be heard except the chirping of a few robins and the wind in the poplar trees.

What a contrast to 2 weeks ago Saturday morning during the baseball tournament. About 30 or 40 people where camping or sleeping (or trying to) but to no avail. One group at one campsite, with about 6 to 8 various LOCAL people, had disrupted the entire campsite with a drunken party running from well before midnight and was still going strong at 5:30 a.m. Over 100 bottles of beer was observed going into this one site. Besides foul language, running a stereo at full blast all night (it could be heard 2 blocks away on Elizabeth Drive) and running in and out of the site with 5 cars, other events were taking place.

One carload of campers from Montreal were huddled in their tent all night as empty beer bottles were thrown at the side of their car. Unable to call the police as they were unaware of the whereabouts of a phone, they stayed in their tent till dawn and left Iroquois, I am sure, never to return.

It is time something is done about this type of behaviour, not only at the campsite, but in the village in general. The main problem seems to be that no one will become involved. Police are called, but then the parties involved refuse to press charges.

A Concerned Citizen.

Bird Notes

by E. G. AVERY

While on holiday in Southern Ontario, we tried to keep an eye on the birds; because of the extremely hot weather there was not very much activity, but for the Sparrows it seemed to be business as usual. They joined us for a barbecue in Scarborough, and when we attended a wedding Burlington their twittering could be heard through the open windows of the church. At the reception which was held in the garden of the bride's family, a Robin provided music throughout the festivities, warbling his lovely song from a perch on a neighbor's aerial.

We heard Cardinals everyday, but caught sight of only one. They like to perform their distinctime whistle from the protective of the dense leaves of the tall tree.

At the Royal Botanical Gardens in Hamilton the sprinklers were on in various locations in an effort to keep the hundreds of flowers and trees in top condition. This gave ideal bathing facilities for the birds which we watched enjoying the luxury of a cooling shower.

Wherever you go in Ontario the familiar call of Gulls is part of Summer. In Iroquois they come right into the village looking for "leftovers", and we see them returning to the River in the evening. Swallows are still with us, but they are already holding conferences on the utility wires, planning strategy for their departure. They are the first birds to leave for their winter homes, so we should enjoy watching their graceful manoevers while they are here.

Our young granddaughter found a Bluejay feather and kept it as an omen of good luck for her up-coming attendance at a certain base-ball game.

Senior scenes sad but true

[from Wiarton Echo]

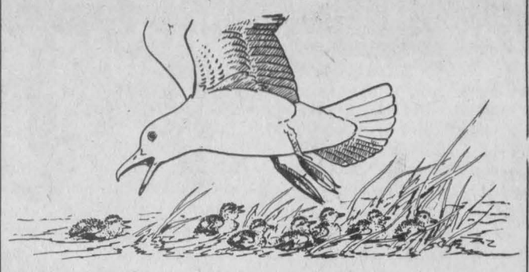
Everything is farther away than it used to be. It is twice as far to the corner, and I've notice they've added a hill. I've given up running for the bus. It leaves faster than it used to. It seems they are making stairs steeper than in the old days too, and have you noticed the smaller print they use in the newspaper? There is no use asking anyone to read aloud; everyone speaks in such a low voice I can hardly hear them.

The material in clothes, so skimpy now, especially around the waist. It is almost impossible to reach my shoe laces, and I cannot figure out why.

Even people are changing. They are so much younger than they used to be when I was their age, and on the other hand, people of my own age are so much older than I am. I ran across an old classmate the other day, and she has aged so badly, she didn't even know me. I got to thinking about the poor thing while I was combing my hair this morning, and in doing so, I glanced at my own reflection. Really now, they just don't make a good mirror anymore.

...Anonymous (Independent, Georgetown)

Marsh World



CALIFORNIA GULL AS DUCK PREDATOR — This large gull, common in Alberta, Saskatchewan and southwestern Manitoba, poses a serious threat in duck nesting areas. California gulls **(Larus californica)** usually nest in large colonies on islands which are often in or near marshes where ducks nest. This provides ready sources of food to the gulls in the form of duck eggs or ducklings. Studies indicate such predation from these gulls can be a limiting factor to efficient duck production.

Ducks Unlimited (Canada)
1190 Waverley St., Winnipeg, Man. R3T 2E2 © 297-'80

100 LINES

By Kay Kay

Just filling in for "J.M." for one week and we already know that he wears large boots just not easy to fill. But, out of desperation . . . .

Coming up next week we've been invited to take part in a cow milking contest . . . (much better than horses and not as dangerous) and we've been thinking back to all the tricks that cows use to impede the flow of milk from their personal "holding tank" to the milk pail. As a kid on the farm we recall the odd cow putting her foot in the pail, kicking the pail and its holder into the gutter (not yet cleaned!) and that rough tail snapping back and forth looking for an eye to plunder.

Well, that was a few years back and a lot of milk has been uddered out since then, but we certainly remember the "theory" of milking. Just grab those things hanging down squeeze hard and hope for the best. Was a day when we could hit a cat's open mouth from ten feet or so.

Anyway, we'll get a chance to meet this year's Dairy Queen; renew acquaintances with some old friends in the Winchester-Chesterville area, and renew said acquaintance with a cow. Should be interesting to say the least . . . but we always did like a challenge, even though we should sh-udder at the thought.

This time of year the lawn slows its growth . . . at least the grass doesn't grow as fast. But, those darned chickory weeds do. We've heard you can dig up the roots, dry them, grind them up and use them either alone or added to coffee. Well go ahead if you want to . . . we'll continue to mow them down once a week. The only good patch of grass we had got covered over with patio blocks . . . but that's another story.

It has been reported that pickerel are again plentiful in the St. Lawrence River and whether they are loaded with unseen uglies or not, if we get our hooks into one, it will end up in the iron frying pan floating in butter and batter. As a kid on the Nation River we had many a meal on mudcats, pike and pickerel . . . before the word "pollution" had any meaning. We ate all that contaminated fish and well over age 50 find we're more or less still here (Some question that!)

Speaking of The Nation, one thing we've wanted to do for years is take a canoe trip from about north of Brinston, all the way to the Ottawa River. Nostalgic memories would greet us along much of that trip and if health, happiness and the pursuit of canoeing is still with us, maybe next Spring will see it happen. Starting at Oak Valley, joining of the Branches, the first memory would be the Kirkwoods and the Salters where we got a drink of well water so many years ago. Then down river to Hummell's Grove and the creek running back beyond the CPR line. What a picnic area and swimming hole! Oh well, the rest of the trip will have to wait until at least next Spring.

You'll be pleased to know J.M. is coming back next week . . . it has been said he can really count beyond "100" lines.

Celebrate With Doggone Good Dishes

July was designated "Hot Dog Month" in Canada three years ago this summer. This year, Canadians can again pay homage to the hot dog by serving two new, culinary creations from the International Sausage Council.

Bagel Barkers and Prairie Dogs, specially developed for Canadian Hot Dog Month, are so doggoned good, you'll want to serve them all year round for lunches, dinners and snacks.

Frankfurters are not only versatile and convenient, they are nutritious as well. Franks contain protein, carbohydrates, fat, iron, thiamine, riboflavin, niacin, phosphorous, zinc, Vitamin C, Vitamin B-6 and Vitamin B-12. These nutrients are all necessary to maintain healthy bodily functions.



Bagel Barkers spell good, nutritious eating and fun.

Bagel Barkers

1 bagel, split
2 slices process American cheese
1 slice pineapple
1 frankfurter

Make 10-12 cuts down one side of frankfurter without cutting completely through, as shown in diagram. Heat franks in simmering water for about 5 minutes until curled.

Place bagel halves, cut sides up, on baking sheet or toaster oven tray. Top each half with a slice of cheese.

On one bagel half, top cheese slice with curled frankfurter; on the other half, place pineapple slice.

Bake at 400 degrees F until cheese is bubbly, about 3 minutes. Or broil, about 5 inches from heat, for 2 to 3 minutes.

Makes 1 serving.

Prairie Dogs

4 to 6 crusty French rolls (6 to 8 inches long, about 3 ounces each)
1 can (10 to 11 ounces) condensed soup
Choice of: cream of tomato, cream of chicken, cream of potato, cream of celery, cream of mushroom, or Cheddar
2 eggs beaten
8 ounces shredded cheese
Choice of: Swiss, brick, Cheddar, hot pepper, process American or mozzarella
1/2 pound frankfurters
1/2 can fried onion rings (2.8 ounces)

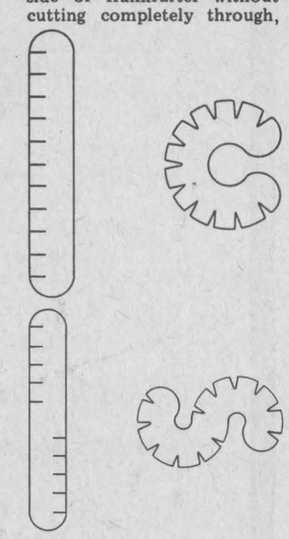
Slice off top 1 inch of each roll. Remove center, leaving shells with bottom and sides about 3/4 inch thick. Place shells in shallow baking pan. Bake at 400 degrees F for about 6 minutes, until golden.

Meanwhile, combine soup and eggs; stir in cheese. Fill each shell with soup mixture. Return filled shells to oven for 25-minute baking at 375 degrees F.

For S-shaped wieners, cut 10 crosswise slits (5 on one side and 5 on the other) on each frankfurter, cutting about 1/2 through. (See diagram.)

Top each shell with 1 frankfurter and bake about 6 minutes longer, until frank is heated through and curled. Sprinkle each Prairie Dog with onion rings and return to oven for 1 to 2 minutes.

Makes 4 to 6 servings.



To make circular wieners for Bagel Barkers and S-Shaped wieners for Prairie Dogs, cut as indicated and heat franks according to recipe instructions until curled.

it's so easy . . .

In The Churches

ANGLICAN CHURCH OF CANADA
Parish of Morrisburg - Iroquois
REV. DAVID CRAWLEY
Phone 543-2867

AUGUST 7 - TRINITY 10
Holy Trinity, Riverside Hts.
9:30 a.m. Holy Communion
St. James, Morrisburg -
11:00 a.m. - Holy Communion (T.C.O.)

ST. CECILIA'S CHURCH
Rev. F.M. O'Connor, Parish Priest
Sunday - 9:30 a.m.
Confessions -
Before Masses -
St. Mary's - Morrisburg
Saturday - 7:30 p.m.
Sunday - 11:00 a.m.
Confessions - Before Masses

IROQUOIS PASTORAL CHARGE
UNITED CHURCH OF CANADA
Rev. Herb Klaehn
B.A., M.Div.

10:00 A.M.
Summer Hour

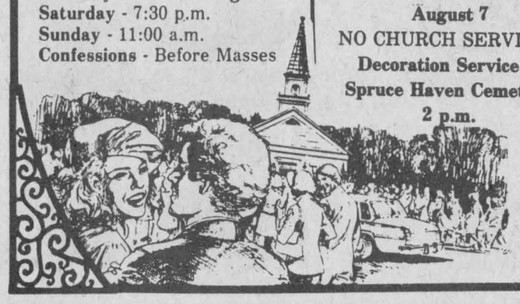
THE PRESBYTERIAN CHURCH IN CANADA
KNOX CHURCH, IROQUOIS
Rev. Tijs Theijsmeijer
B.A., M. Div.
Church School - 9:45 a.m.
Divine Service - 11:00 a.m.
Nursery Care is provided during the Church Service

MATILDA PASTORAL CHARGE
UNITED CHURCH OF CANADA
Rev. Allen Tysick
August 7
NO CHURCH SERVICES
Decoration Service at Spruce Haven Cemetery
2 p.m.

MORRISBURG PENTECOSTAL CHURCH
Pastor: Robert W. Farbin
Church 543-2681 **Home** 543-3450
Wednesday -
7:00 p.m. Family Night
Sunday -
9:45 a.m. christian Education Hour
10:45 a.m. Worship the Word
7:00 p.m. Praise Gathering
Dial-a-Prayer 543-3456

CHRISTIAN REFORMED CHRUCH
Williamsburg, Ont.
MINISTER:
Rev. Wieger DeJong
9:30 a.m. - Morning Service
7:30 p.m. - Evening Service
Nursery provided during both services
* * *
You are invited to worship

Let us worship together in His house
Peace and love!





Sweaters for the girls and boys' ball clubs from Iroquois were donated by the Legion branch 370 and Charlies Sports Shop and were received recently. Players on the girls' team are, front, Tammy Lewis, Leanne McAllister, Tammy McEwen, Becky Fawcett, Mary Dulmage, Carrie Barkley and Linda Bucking. In back are coach, Dianne Fawcett, Meredith Watson, Christine Prins, Martha Dulmage, Kelly Tryon, Terri-Lynn Brennan and coach Brian Fawcett.

Three re-named to farm board

Three individuals have been re-appointed to the Farm Machinery Board of Ontario for varying terms, Agriculture and Food Minister Dennis Timbrell has announced.

William Benson of Palmerston has been re-appointed for three years, Russell Rowntree of Brampton will serve a two-year term and Laverne Hawken of Arkona will be a board member for one year.

The board investigates about 100 complaints per year related to farm machinery and mediates disputes. It also administers a certification program based on the Ontario Farm Machinery Code.

The code, introduced in 1979, deals with standard warranties and repair parts supply and service. Certification is achieved through written acceptance of the code by farm machinery distributors and retail dealers. At present, the certification program covers 45 farm machinery distributors representing more than 250 product lines and 500 retail dealers.



Members of the Iroquois boys' team for which sweathers were recently donated by the Iroquois Legion and Charlies Sprots Shop are, front, Chris Fetterly, Brent Claxton, Scott Arsenault, Arthur Michielsen, Derek Michielsen, Bernard Guerin and FredGuerin. In back are coach, Harvy Kolff, Kim Bucking, Bobby Fetterly, Robbie McLean, Jimmy Dean Primrose and coach, Martin Noakes.

Major pictorial history for Ontario's Bicentennial

[TORONTO] - In celebration of Ontario's Bicentennial in 1984, the United Empire Loyalists' Association of Canada will publish a coffee-table book on the history of the province.

Entitled Loyal She Remains: A Pictorial History of Ontario, the publication was written by more than 20 highly qualified Ontario scholars and will include a foreward by the Right Honorable Roland Michener and a preface by Senator Eugene Forsey.

Printed with hard cover, the book will contain more than 500 illustrations, many of them previously unpublished. It will be extensively distributed through schools, libraries and bookstores across the country.

The book will cover the province's history from its beginnings 200 years ago to the present. It will reflect contributions made by all groups in all parts of Ontario.

For this reason, the UEL would welcome a selection of pictures from any interested contributors. The following list gives an idea of the type of items which would be considered useful:

Portraits of notable persons since the province is essentially what its people have made it;

Pictures of places such as towns, streets, farms, mines, bridges, railway stations, parades, churches and houses;

Ancedotal pictures are welcomed;

Items can include photographs or drawings.

For all pictures information would be appreciated with respect to the date, people involved, location and other relative detail. If such information is not available the picture is still welcome. Naturally, it is hoped the pictures are of good quality for reproduction.

Credit will be given for pictures used and the association would like to receive any contributions as soon as possible. They can be sent to United Empire Loyalists' Association of Canada, Dominion Headquarters, 23 Prince Arthur Street, Toronto, Ontario.

Many of the pictures will also be welcome additions to archives. Naturally, the editors cannot promise to use all pictures contributed. It is hoped that in all cases the people submitting them will give consent to placing the originals or copies in an appropriate museum or archives.

In this way, the historical picutres can be saved for posterity and serve a purpose beyond the immediate needs for this book.



The first iron printing press to be used was the Stanhope press, invented by Charles, the third Earl of Stanhope in 1798.

In the Alps, small algae sometimes grow on snow, turning it red.

Newfoundland plans Whacking party

by Claude R. Lemieux

Newfoundland celebrates its 400th anniversary this year with an impressive list of celebrations and displays across the province.

Although John Cabot discovered Newfoundland 86 years earlier, it was Sir Humphrey Gilbert who took possession of the new land in the name of Queen Elizabeth I on Aug. 5, 1583.

Newfoundland thus became England's first colony and its appropriation marked the birth of the British Empire.

Sir Humphrey may not be as well known as his half brother, Sir Walter Raleigh, but he is to Newfoundland what Sir Walter is to Virginia. Both occupy an important niche in the history of their respective "colonies".

Many other famous explorers and colonizers gained valuable experience in Newfoundland before making a name for themselves elsewhere. Jacques Cartier, the discoverer of mainland Canada, tops the list. Others include Lord Baltimore, founder of Maryland; Capt. John Mason, co-founder of New Hampshire; and even Squantum, the Massachussetts Indian who had learned some English in Newfoundland and later stunned the Pilgrim Fathers by greeting them in their own language.

Sir Humphrey landed at St. John's, the provincial capital today, where most of the celebrations will take place this summer. Even in those early days, he found it a busy place with several ships in the harbour.

He had sailed from Plymouth, England, never to return. He drowned at sea on the return voyage but his documents were duly returned to the Queen by the captain of another ship in his small fleet.

The celebrations will take many forms: from folk festivals to international displays.

The Great Floatation Race across Quidi Vidi Lake takes place during this weekend of activities. It is a fun race where participants scramble awkwardly across the small lake in St. John's in anything but regular boats.

Quidi Vidi Lake is also the site of the St. John's Regatta Aug. 3. The famous regatta is the oldest continuing sporting event in North America. It was first held in 1826 and as many as 40,000 people come to watch each summer.

On Aug. 5, a reenactment of Sir Humphrey's landing and taking possession will take place in St. John's . A commemorating plaque will be unveiled. Two days earlier, Canada Post will have issued a commemorative stamp to mark the occasion.

Twenty sailing vessels of 9.5 m (30 feet) or more will take part in a 4 800 km (3,000-mile) sail to St. John's and back from Hamilton, Ontario.

This Sail to Newfoundland leaves Hamilton July 1 and arrives at St. John's Aug. 3 after several stops in six Canadian provinces. The fleet then returns to Hamilton via the United States. It is not a race.

Several ships from NATO countries are also expected during the summer and a Navigational Instrument Show will tour the province. It will show charts of Sir Humphrey's voyages and early English Contributions to navigation. The displays are from the National Maritime Museum of London, England.

The well-known canadian Armed Forces aerobatic team, the Snowbirds, will demonstrate their expert flying skills at various places in Newfoundland and Labrador.

The famous Royal Canadian Mounted Police Musical Ride will also tour the province as will the popular RCMP band.

A Traditional Music Festival will bring to Newfoundland musicians from the United States, Norway, Sweden, Italy, Germany and other countries. They will perform in St. John's for one week starting Aut. 1, then tour the province until the 14th.

Other events include art displays, concerts, exhibitions, plays and sporting events, some taking place in Labrador.

Visitors to Newfoundland can expect the usual warm hospitality of the local people plus the special celebrations spirit which will prevail this summer.

St. John's, the capital on the east coast, and Corner Brook, the province's second city on the west coast, have all the amenities tourists expect: several first-class hotels and restaurants as well as fascinating tourist attractions. Many other towns are also well equipped to welcome visitors.

Signal Hill looms 183 m (600 feet) above St. John's and the harbor. It is a national park and the spot from which Marconi received the first Morse code message from across the Atlantic.

Cape Separ, a short drive from St. John's is the eastern-most point in North America. It is the site of the oldest lighthouse on the continent, and from here Ireland is only 2 639 km (1,640 miles) away.

Government House, the Commissariat and the Colonial Building are among the many interesting historical buildings to be visited in St. John's. Others include the Basilica of St. John the Baptist, the Anglican Cathedral, the Garrison Church (St. Thomas'), Fort Amherst and the Confederation Building.

Corner Brook, 687 km (427 miles) west of St. John's on the Trans-Canada Highway, is a pulp and paper town. Its beautiful site, at the head of Humber Arm off the Bay of Islands, was explored by Capt. James Cook in 1767.

The huge pulp and paper mill welcomes visitors and several attractive fishing outposts are a short drive from the city. Gos Morne National Park is a little more than an hour away along a good paved highway.

To reach Newfoundland, motorists must drive to North Sydney, Nova Scotia, where CN Marine takes them to Port-aux-Basques, Newfoundland, a six-hour crossing. From there, it's the Trans-Canada Highway all the way, 218 km (135 miles) to Corner Brook or 905 km (562 miles) to St. John's.

Air Canada flies non-stop to St. John's frm Toronto, Montreal or Halifax. It also serves Gander and Stephenville, 77 km (48 miles) from Corner Brook.

Eastern Provincial flies non-stop from Halifax to St. John's and Stephenville. It also serves Gander and Dee Lake, 50 km (31 miles) from Corner Brook.

There are car rental agencies at St. John's, Corner Brook, Deer Lake, Stephenville and Gander.

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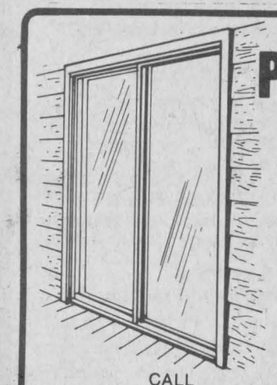
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THANK YOU

We want to thank everyone who sent cards or attended our 35th wedding anniversary for their best wishes and gifts and for making it a happy and memorable event. With special thanks to our family for makint it all possible.
Newell and Gwen Hanes. 9-1p

On behalf of the late Jean Smail, we her family would like to thank the nurses and staff of the 1st floor Winchester Hospital for their special care and consideration. A special thank you to Dr. Domanko.
We would also like to extend our appreciation to friends, relatives and neighbours for their kind thoughts and help in our time of need. These acts of kindness were deeply appreciated.
Dudley Smail and family
9-1p

IN MEMORIAM

IRVING - In loving memory of a dear wife and mother, Violet Irving, who passed away August 8, 1980.
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Applicants are to be qualified for admission to the Program Development and Implementation course of the Principals' Course for the summer of 1984.

Qualifications will include a B.A. degree, specialist qualifications or Master's degree and related requirements as outlined in Ministry memo dated December 14, 1982.

Interviews are scheduled for Tuesday, August 23 with recommendation to be presented to the Board on Tuesday, August 30th.

Applications will be received to Friday, August 19 at 4 p.m. by:

R.A. Leblanc
Director of Education
and Secretary of the Board
902 Second Street West
Cornwall, Ontario
K6H 5S6

S.W. Libbey Chairman — **R.A. Leblanc** Director

J-20, A-i, A-17

COMING EVENTS

MONSTER BINGO - Seventeen games plus one twelve hundred dollar Jackpot. Sunday, August 21st. in the Morrisburg Arena. Admission two dollars. Game time 7:00 p.m. Sponsored by the C.W.L. and K. of C. Proceeds to help renovate St. Mary's Morrisburg Rectory. 7-5c

GARAGE SALE - West of Stampville - R.R. 2 Iroquois. Bob McIntosh and Keith Cassel. Friday August 5th and Saturday August 6th - chairs, crocks, dishes, clothing, quilts, numerous articles. 9 a.m. to 4 p.m. 9-1p

The **ANNUAL MEMORIAL DAY SERVICE** at Sprucehaven Cemetery, Brinston will be held on August 7, 1983 at 2 p.m. There will be special music and a guest speaker. 9-1c

APPLEFEST '83 sponsored by the Morrisburg and District Lions Club - Morrisburg Arena, Saturday, September 10th, 1983. 12:00 noon, free admission to children's games, pie baking, apple dunking and pie eating contests. Apple products and fresh vegetables for sale. Estate auction sale Come out and have fun. DANCE - 9:00 p.m. to 1 a.m. - Featuring Morrisburg's own - "Flashback" Admission - $2.50 advance or $3.50 at door. Contact any Lions member for tickets. For further information call Doug Grenkie at 543-2922. 10-5c

STORIES, RHYMES and SONGS are all part of **JOIN IN,** a musical show, starring April Kasserer and Susan Marcus of TVs "Mr. Dressup". The show will be held in the Iroquois Public Library at 7 p.m. on Thursday August 4, 1983. 9-1c

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TOLL GATE FOR MD

[CARDINAL] - The Cardinal Fire Department will place a toll gate at the causeway of Highway Two and Bridge Street. The toll gate will take place on Saturday, August 6 from 1 to 4 p.m.

All the money collected from from the toll gate will go to battle Muscular Dystrophy.



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Conditions of tender must include provision for amendments to the Official Plan and Zoning By-law 13 / 80 respecting subject land from General Commercial to Multiple Residential to be effected prior to closing at purchaser's expense.

Terms and conditions of sale are available at the Clerk's Office during regular office hours.

The Corporation does not bind itself to accept the highest or any tender.

E.A. Marlin
Clerk-Treasurer

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You're Only Old Once

by Lillian Zack

"The whole of life is the evolution of the unintended," says Professor Edward Togo Salmon, 78-year old scholar and historian for whom Togo Salmon Hall at Hamilton's McMaster University is named. Professor Salmon himself is named after the famous Admiral Togo, who sank the Russian fleet on May 29, 1905, the date of Professor Salmon's birth.

When Professor Salmon was an infant, his family moved to Sydney, Australia, where he reports that he began to read before attending school. "School bored me at first," he says, but later I enjoyed the challenge of languages and decided to enter the faculty of arts at the University of Sydney." He graduated with triple honours and won medals in English and the classics.

For a time law fascinated him and he was two years into a law course when he learned he had won a two-year travelling scholarship to study anywhere in Europe. Fully intending to return to Sydney and finish his law studies, Salmon chose to study classics at Cambridge. He graduated from Cambridge with the highest honours and learned he had won another scholarship; this time he chose Italy.

While in Rome he met Marina, whom he married on his return to Cambridge; he was offered an appointment in Canada at Acadia University and while there accepted a permanent appointment at McMaster University in Hamilton, where his distinguished career flourished. He was a Professor of ancient history, and he became Principal of University College, Vice-President of Arts and Messecar Professor of History.

As an administrator, Professor Salmon played an important part in establishing the University's art gallery and encouraging the growth of the library. His role as mentor of the International Relations Club on campus brought on another unintended career - that of radio commentator. A Hamilton radio station asked him to comment on the import of news events from time to time, but after the outbreak of World War II he was asked to analyze the day's events each evening at 6:30. Soon, "everyone seems to know my name" he discovered, to his surprise.

Professor Salmon's reputation as a scholar was growing too as the result of award-winning books and hundreds of articles on Roman history published in scholarly journals and in encyclopedias. Of his many honorary degrees, he cherishes most those received from McMaster and his home University of Sydney where, he says, "they're very stingy with them." He feels honoured by his election to the British Academy, the first Canadian to have this distinction.

Since Professor Salmon's retirment in 1982, he has helped to establish the Canadian Academic Center in Rome. His latest book was published in March of 1982 and in December last year, he travelled to England to a symposium at the British Museum. At the moment he is working on his contribution to the 12 volume Cambridge Ancient History, which is being revised.

More than Professor Salmon's mind was active: his lifelong interest in sports such as cricket, track and field, rugby and tennis, have given way now to a four mile walk on the average day.

"If I had my life to live over," he muses, "I'd like a crack at mathematics."

If life is truly the "evolution of the unintended" who knows what the future still has in store for Dr. Salmon?

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Bookmobile itinerary

During the month of August, the bookmobile schedule will start Monday, August 15. The following communities in the three United Counties will be visited on the following schedule:

Mondays, August 15 and 29: Riverside Heights (9:30 - 9:45); Stampville (10:15 - 10:45); Hainsville (11:00 - 11:20); Elma (12:50 - 1:05); Dunbar (1:15 - 1:45); Grantley (2:00 - 2:15); Lunenburg (2:50 - 3:15).

Fridays, August 5, 19 and September 2: Berwick (9:15 - 9:30); Morewood (9:45 - 10:30) Ormond (10:40 - 11:00); Hallville (11:25 - 11:50); Mountain (1:05 - 1:40).

COMING EVENTS
August 4 -
4-H Reach for the Top Competition, Winchester Village Council Chambers - 8 p.m.
August 10
Farm Safety Day, South Mountain
August 16 -
4-H Future Dairyman's Competition at K.C.A.T. and E.B.I., Kemptville
August 19
Dundas Junior Fair, South Mountain
August 20
Dundas Holstein Show, South Mountain
August 27
4-H Achievement Day - Chesterville.

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6:00 a.m. - 10:00 p.m.
7 Days A Week
Iroquois Ontario

Classified Advertising Rates

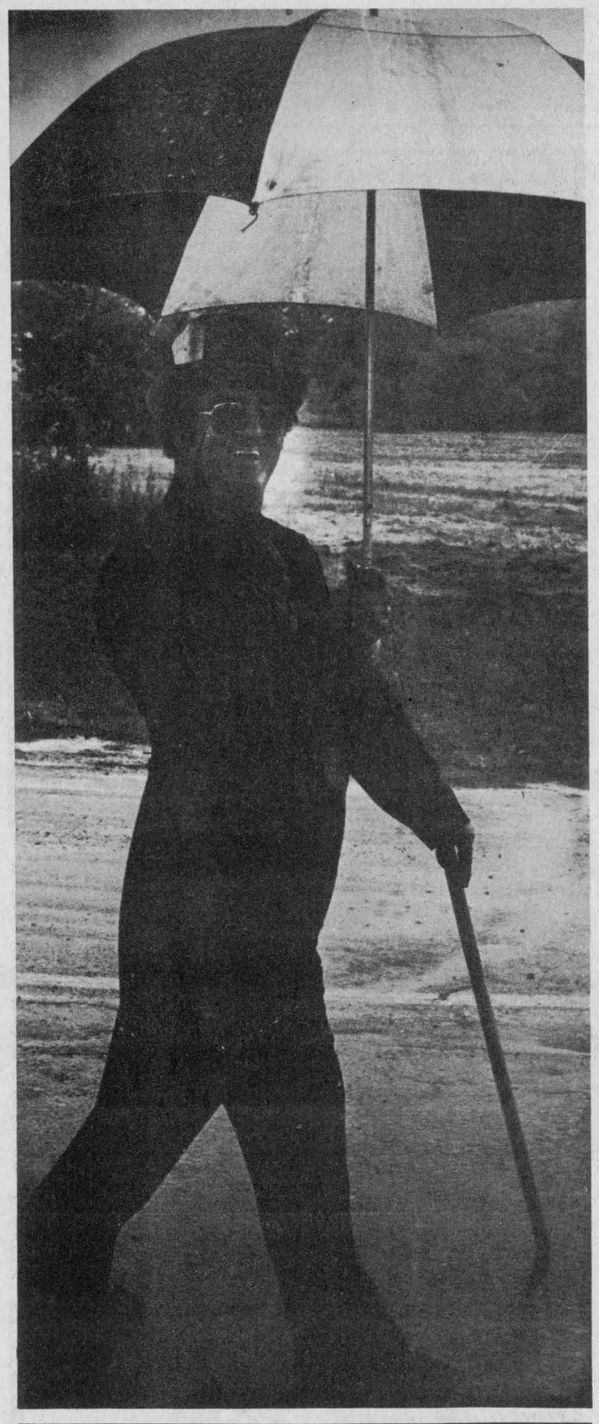
For Sale, Coming Events, Wanted, Cards of Thanks, In Memoriams, For Rent, etc.

10c per word, $2.00 minimum

Must be paid for in advance of public publication

"The Chieftain" 652-4395

ECHO camp out a giant success





Seaway Fantasy was the theme of the Eastern Campers and Hikers of Ontario campout at Iroquois on the weekend and when the rains came the theme seemed all the more appropriate. More than 600 persons attended the campout and 179 vehicles were registered at the site. Games and activities took up much of the campers' time and on Sunday they showed their appreciation to Iroquois by launching a half-mile parade in the rain, showing there is no heartier breed than a camper.



You're all invited to a

CHICKEN BBQ AND DANCE

Friday, August 12

Newington Agricultural Hall

BBQ 6:30 - 8:30 Dance 9pm - 1am

Special Event Licence

COST

Free with $10 membership

BBQ: $5 [while chicken lasts] Dance: $2.50

• Everyone Welcome •

Sponsored by SD&G Provincial-Liberal Riding Association

Pierre Aubry, Treasurer.

Gerry Rosenquist, President.

Eagle Farm Equipment

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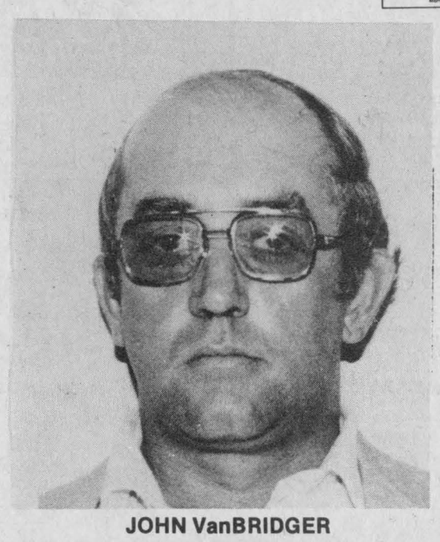

JOHN VanBRIDGER

Appointment

Eagle Farm Equipment is pleased to announce that John VanBridger has joined the firm as Marketing Manager. John has worked in the Winchester area selling International Harvester Equipment for the last 15 years, and we welcome John on our team.

Eagle Farm Equipment is the International Harvester Farm Equipment Dealer located on Highway 43, one mile east of Winchester, serving the area from Maxville to Smiths Falls.

PRO SPORTS UNLIMITED

Sale starts Thursday, August 4. Don't miss it!

Summer Clearance

Summertime & SPEEDO

Save 30% Guys & Gals



Men's and ladies' Rugger Pants $22 Reg. $29.00

by Adidas and Carhart (not striped)

Rugger Pants by Canterbury Reg. $35.00 $22

All Ball Gloves **25% Off**

Louisville Slugger, D&R, Wilson, Cooper, MacGregor

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L75
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ADIDAS

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NIKE

Running Shoes

All shoes by Adidas, Puma, Bauer, Pony, New Balance, Nike and Autry

on sale Aug. 4 to 13

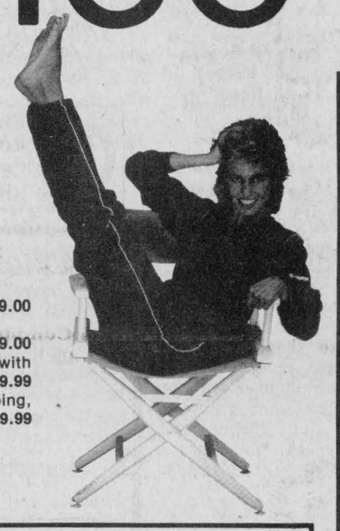
Fashion Fleece

Children's Two-Piece, 4 - 6X, Reg. $18.00 ..... **NOW $9.00**

Youth Two-Piece, 7 - 14, Reg. $18.00 ..... **NOW $9.00**

Ladies' Two-Piece Suit, boat neck with piping, Reg. $30.00..... **NOW $19.99**

Ladies' Two-Piece Suit, V-neck with piping, Reg. $30.00..... **NOW $19.99**





Men's and ladies' Golf Shoes **20% Off**





NORTHWESTERN

Men's and ladies' 11 piece Pro Bilt

Reg. $199.95

169.99

Golf Bags **SAVE 20%**

Golf Gloves **SAVE 20%**

Spalding Encore Golf Balls Reg. $3.59 **2.89** pkg. of 3 Optic Orange

All Golf Carts and Accessories **Reduced to clear**

Wilson XP500 11 piece Set

Reg. $379.99

299.99

All Summer Clothing

Ladies' • Men's • Children's

SAVE UP TO 50%

John Newcombe NIKE Pedigree adidas



Raleigh BMX Turbo Charger

Chrome frame 20" wheel, reg. 159.99

SAVE 30.00 ..... **129.99**

Renegade Olympus Arrow' Adult 10 Speed

..... **129.99**

Renegade Jr. 10 Speed

24" wheel, reg. 169.99

..... **139.99**

All other 10 speed, 5 speed, 3 speed and standards on sale.

All Bicycles Equipped With **FREE KICK STAND**



30%- 50% Off Tennis Rackets

by Wilson and Bancroft

Bancroft Rackets from $15.95 - $49.95 NOW **½ Price**



All Fishing Tackle **20% Off**

• Many in-store specials

Sale dates Aug. 4 to 13

PRO SPORTS UNLIMITED

135 Prescott St., Kemptville 258-5982

493 Main St., Winchester 774-3346

If you like to barbecue food, you will love smoke cooking

Ideally, food should be as much fun to cook as it is good to eat. And unfortunately, barbecuing is basically in the "no fun" category because it requires tending the fire, turning the meat (to prevent burning), and constant basting.

And no one is recommending we all abandon barbecuing. But now you can enjoy great outdoor flavor in your food this summer without handcuffing yourself to your grill by using The Brinkmann Sportsman Smoker (which also doubles as a barbecue grill.).

Aside from the wonderful flavor of smoked food, on The Brinkmann Sportsman Smoker you don't have to tend the fire, turn the food or baste it.

Works by itself

Using this charcoal smoker you can virtually light it and leave it, while you spend your valuable leisure time doing more of what you enjoy.

You can also prepare an entire meal on a smoker, something that cannot be accomplished on a barbecue grill. Fish, brisket, ham, pork, duck, veal or venison can be prepared on the grill while a wide variety of vegetables are cooking in the water pan.

Smoking process

The smoking process itself is quite simple. The Brinkmann smoker uses a self-basting method of indirect heat that moisturizes and tenderizes food.

The meat (fish or fowl) is separated from the charcoal by a water pan filled with liquid, seasonings, marinades and, if you desire, whatever fresh (or frozen) vegetables you plan to serve. Beer or wine in the water pan can add tremendous flavor to food prepared this way.

Flavor enhancer

Smoke from the aromatic hardwood chunks, placed on a tray on top of the charcoal further flavors the food. Hickory and mesquite woods are two very popular types of wood used in smoking foods.

Moisture, smoke and slow, steady heat combine to continually cook the meat, fish, fowl and vegetables.

The Brinkmann Sportsman Smoker is sturdy, lightweight and portable. So it can go with you camping or for weekend trips to the beach.

Barbecue, too

And when you want to barbecue, you can. The Brinkmann smoker converts into a barbecue grill simply by removing the water pan. Similar adjustments can easily be made to permit roasting or steaming, without the need for additional accessories.

You might want to try some of these recipes this summer:

HAM OR TURKEY POLYNESIAN

10- 12 lb. turkey or 4-6 lb. precooked ham.
1 large can frozen orange juice (48 ounces)
1 jar honey
1 jar mustard
1 bottle sherry (pint)
Celery
Apples
Onions
Oranges
Thyme
Butter

Rinse the turkey cavity thoroughly and sprinkle with thyme. Chop celery, onions, apples, and oranges into chunks and dust with thyme. Stuff cavity.

Preheat butter, mix with honey and baste turkey with this mixture.

Fill water pan approximately 2/3rds with concentrated orange juice and water. Fill balance with sherry and water.

Fill charcoal pan completely full and soak the center 4-5 inches with lighter fluid.

Allow to stand approximately 5 minutes and light. When flames die down, ad 3-4 large presoaked Hickory chunks in a line from the center to the edge of charcoal pan, add water pan with contents, cover and forget. The only variable will be temperature or wind, and you should ensure that if there is a wind, a foil shield be made around the bottom of the unit to prevent excessive drafts.

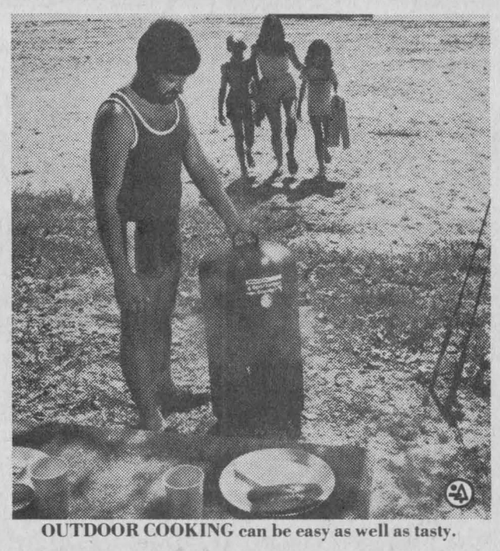
Both a turkey and ham can be prepared at one time on the double grill Brinkmann Sportsman Smoker. Recommend turkey be placed on lower grill and ham on upper grill when preparing both simultaneously. Allow 7 to 8 hours cooking time.

SMOKED PAN FISH

Smoke-cooking is great for any fish, whether caught in a stream or a supermarket.

6 to 8 small whole pan fish or trout, cleaned
Salt and pepper
4 slices bacon, quartered
Charcoal: level pan full
Wood: 1 to 2 sticks, chunks or handful chips.

Rinse fish and sprinkle cavities with salt and pepper. Brush with oil or melted butter. Arrange on cooking grill over water pan filled with 3½ quarts hot water. Top each fish with a square or two of bacon. Cover and smoke 2 to 3 hours or until fish flakes with a fork. Makes 6 to 8 servings.



OUTDOOR COOKING can be easy as well as tasty.

Insurance for the Cyclist

Bicycles have recently become an inviting target for thieves. Tough to trace and easy to sell, the stolen object itself often provides the thief with a get away vehicle.

During 1979, 9,551 bicycle thefts were reported to the police in Metro Toronto. Only 1,454 were recovered. That's a recovery rate of 15.2 percent.

Although the chances of recovery are slim, the risk of theft can be reduced by a few simply precautions.

Expensive and exotic bikes offer a very attractive target to bike thieves. Owners of such machines should avoid leaving them unattended even if locked. Although a lock is a good deterrent against theft, it is no guarantee. Specialized bike locks made of hardened alloys are good but at $50, are expensive. In some cases, however, the lock manufacturer offers coverage against theft.

A quality bike should be locked in such a way to prevent the theft of easily removeable parts such as quick-release wheels. Wheels can be secured by a length of hardened steel cable attached to the lock.

Of course, anti-theft devices all add extra weight which must be carried with the bike, thereby offsetting any benefits afforded by the light weight of the bike itself. In view of the weight penalty, it may be preferable to employ, for purely utilitarian purposes, a cheaper, heavier machine, that is a less attractive target for thieves, easier to protect and cheaper to replace.

Ideally, a bicycle should be kept locked and indoors. Observing this, the bicycle should be locked in a place where any attempt at theft would be quickly observed by passers-by. Leaving the bike in a secluded location is not a good policy unless the location is secure from public access. Otherwise a determined thief can work at a lock without fear of being spotted.

Another safeguard against theft is to use a bike that is less attractive to the thief. Heavy old single speeds are ideal for this purpose. Where a bike is employed for commuting or shopping, multiple speeds are quite unnecessary if the bike is geared low enough to handle any hills along the way.

Many cities require bicycles to be licensed. Licenses facilitate identification and return of stolen bicycles. Bicycle owners should take advantage of this service if it is available.

No matter what preventative measures are taken, thefts will continue to occur. It is therefore a good idea to obtain insurance. Bicycles are usually covered under the standard homeowners or tenants policies offered by most companies, however, bicycles valued at more than $1,000 may be regarded as a special risk.

Special risks may be covered as a rider to the policy, usually at additional cost.

Bicyclists face many other more serious risks than the loss of a mere possession. Slow moving, unprotected and all too often, unobserved by other road users, bicyclists are highly vulnerable. Head injuries are the most serious danger. Although head injuries are not among the most frequently occurring, many bicyclists follow the policy that it is better to be safe than sorry, and wear a helmet. Helmets, however, are not everybody's preference. For many bicyclists, the extra burden and discomfort caused by a helmet outweighs the convenience of the bicycle itself.

Besides the head, other parts of the body also need protection. Riding topless or sleeveless is not advisable. Shoulders and back can get badly burned in sunshine and painfully scraped in the most minor crash. Hands, feet and ankles can also suffer. Riding gloves, socks and shoes provide protection, shoes particularly. Sandals should be avoided when riding a bicycle.

Besides responsibility to themselves, bicyclists also have responsibility to others. Bicyclists are bound by the same rules and regulations as all other road users and failure to observe these rules can lay bicyclists open to damage suits, should their negligence result in injuries or damage to others. Those who have homeowners or tenants policies may be covered under the general liability coverage of such policies, but those who have no such protection could find themselves thousands of dollars out of pocket.

The Ontario Cycling Association offers liability insurance for all of its members. For those who already have insurance for all of its members. For those who already have insurance, it provides additional protection, while for those who have none at all it provides up to $1,000, 000 of liability. This insurance is included in the Association's $10.00 membership fee and covers not only the individual member, but also the member's spouse and dependents.

The Ontario Cycling Association is a sports governing body for bicycling in Ontario. Besides liability insurance, the Association provides a full program of racing, touring and recreation to its members. Details of these and other programs can be obtained from the O.C.A. at 1220 Sheppard Avenue East, Willowdale, Ontario M2K 2X1, (416) 495-4141.



Some people believe it best to plant corn in the light of a full moon.

You will receive a FREE Pocket Photo Album with each roll of colour print film (C41) left for processing August 1st - 13th

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August 1st-13th
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Iroquois EMERGENCY 652-4358 652-4379
Open Mondays 1:15 - 5:15 p.m.



Maple Leaf 184 Grm Tin Flakes of Ham 1.29
Royal Jelly Powders 4 - $1.00

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IROQUOIS SHOPPING PLAZA

FRESH PORK SALE

FRESH PICNIC
Pork Shoulder Roast lb. 98c - 2.16 kg.

FRESH SHOULDER
Pork Butt Roast lb. 1.28 - 2.82 kg.

FRESH SHOULDER
Pork Butt Roast lb. 1.38 - 3.04 kg.

FRESH PORK
Butt Chops lb. 1.38 - 3.04 kg.

FRESH SLICED
Side Pork lb. 1.38 - 3.04 kg

FRESH Spare Ribs lb. 1.88 - 4.15 kg.

BURNS READY TO EAT ROUND
Dinner Hams lb. 2.39 - 5.27 kg.

Fresh Pork Liver lb. 39c - 86c kg.

Swift's Premium—500 grm Breakfast Bacon 2.39

RED BRAND BEEF!
Wing or T-Bone Steak lb. 3.79 - 8.36 kg.
Boneless Sirloin Steak lb. 3.79 - 8.36 kg.

Burns Breakfast Sausage lb. 1.59 - 3.51 kg.

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Lamb Shoulder lb. 1.59 - 3.51 kg.

Swift Weiners 1 lb. pack 1.48 each

Burns EYE OF ROUND Pastrami (To Slice) lb. 3.98 - 8.78 kg.

Burns—To Slice MEAT LOAVES Luncheon Macaroni and Cheese Mock Chicken Loaf 1.69 lb. - 3.73 kg.

Swift's—To Slice Cooked Ham lb. 1.88 - 4.15 kg.

Canada Packers—Fresh 4 Variety BULK SALADS lb. 1.19 - 2.62 kg.

Maple Leaf 184 Grm tin FLAKES OF CHICKEN — TURKEY or Flakes 1.89

Nabisco Bran 575 Grm Box Bites and Raisins 1.69

STOCK UP ON THESE FROZEN FOOD VALUES

Highliner Frozen in Batter 350 g. BOSTON BLUEFISH $1.69
Highliner Frozen in Batter 350 g. TURBOT IN BATTER $1.69
McCains Tendercrisp 17 oz. DELUXE PIZZA $2.49
McCains Tendercrisp 17 oz. PEPPERONI PIZZA $2.49
McCains Frozen 8" 680 g. APPLE PIE $1.79
8 lb. Pail Frozen RASPBERRIES ea.$14.95

Cottonelle or Facelle 4 Roll Pak (2 Pks). 8 rolls
Bathroom Tissue 2.99

2.5 Kg. Box Dishwasher Detergent Cascade 5.99

Schwartz 4 litre jug White Wine Pickling Vinegar 1.79

E.D. Smith 1.36 litre GARDEN Cocktail 1.49

Libby's 1.36 litre Pure unsweetened GRAPEFRUIT Juice $1.09

Success 10 oz. tin Stems & Pieces Mushrooms 59c

Betty Crocker Stir 'n' Frost Assorted Cake Mixes 99c Each

1 litre Sunlight Lemon Fresh Liquid Detergent 1.79

Dole 1.36 litre Pure Pineapple Juice 1.09

V-H 341 ml Assorted SPARE RIB SAUCES each 1.29

Kraft 24 Slices Single Wrap CHEESE SLICES 2.79

Kraft 170 grm pkg Natural Mozzarella CHEESE SLICES 1.29

Heinz 500 ml Jar San'wich SPREAD 1.29

Beatrice 1 Litre PURE Orange JUICE 79c

Sealtest 1 Litre LEMONADE 39c

Bick's 1 Litre Jar CUBITS Sweet Green RELISH 1.99

Beatrice 2 Litre 100% PURE Orange JUICE 1.39

Nova 12-oz tin Whole Kernel CORN 69c

Nova 540 my Tin Pork & Beans 89c

KOOL-AID 6 grm All Flavors Drink Crystals .. 5-99c

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Tetley's Box of 72 Tea Bags 1.59

Puritan Beans WITH PORK in Tomato Sauce 398 ML tin tin 59c

Jello Jelly Powders 3 for 79c

Canadian Queen Cooked Ham 1½ lb. Pear shaped tin tin 4.49

3 litre box Cheer '2' Laundry Detergent 1.79

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Free Deluxe Hamburger
Great Shakes Family Restaurant
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