## Heart to Heart program helping educate patients

by Pat Hare

Chieftain Staff Reporter
February is Heart Month. In addition to our sentimental attachment to
Feb. 14, St. Valentine's Day, we must acknowledge that our heart is the most vital organ of our body. When it fails to function properly, it affects the entire omplicated relay system within us.

According to the Ontario Heart Foundation, various malfunction occur to the hearts of an estimated two million Canadians. Still more, perhaps a million, have high blood pressure and may not be aware of it until it creates a dreaded, and often life-threatening, heart attack or stroke. Dr. Henry Prins, St. Lawrence Medical Clinic, is a believer in the Heart to Heart Program of the Ontario Heatents and their families. The program does not take the place of the participant's eight weeks of two hour sessions, it provides 16 hours for in-depth discussion of the topics which trouble heart patients and their families. Individual physicians could not spare that amount of time on a one-to-one asis with their patients, says Prins.

sexual adjustment,

The Ontario Heart Foundation notes that meeting with onvalescing cardiac patients and their partners also provides helpful mutual subjects of the heart and its function, recommended nutrition and physica activity, resuscitation methods in case of a heart attack, and the stress and psychological factors associated with the ailment. Understanding these subjects decreases the natural fears which accompany the illness, increases the confidence of the patient, and most important, helps him/her to accept the Dr cringes in thestyle, the Foundation explains.
Dr. or organize a Heart to Heart program for \& Stroke Foundation, is surrounding area residents. To date response has been light, not because we are fortunate enough to have a population relatively free of heart and related problems, but perhaps because of fear of something new says Dr. Prins. A Dundas County survey in 1985 indicated there were at least 28 area patients who had undergone cardiac surgery and there were at least that many
"d "Ther proidentiality of reaching those who need help, Dr. Prin added. The confidentiality of hospital and medical records prevents hospitals Heart to Heart. We must rely on word-of-mouth publicity, and on individual doctors making a recommendation to their patients to seek out the help the course can provide

Karen Matte, Head Nurse in the Intensive Care Unit of St. Vincent-deourses they hrockville, says they have had great sucess with the four attended the sessions, information received, and left with a better understanding of the required adjustments to their lifestyle, said Matte. Another dozen couples are cheduled for the next course which is to start April 30.
Kathy Fluke is a part-time employee of Winchester Hospital and hrough her work there became aware of the need for a Heart-to-Heart program in this area. She is prepared to work as a coordinator of local courses, program program, or obtain more information about it may do so by contacting Dr.

## me Chieftain

# Cardinal waste disposal site found in violation of M.O.E. regulations 

## Collisions down 6\% last year

tigated 335 moto
fatal accident, 24 accidents whits in 1985 which included 1 fatal accident, 242 accidents which involved either personal injury or damage
less than $\$ 700.00$. This reflects a geneal decrease of $6 \%$ in collisions over 1984.
Officers also laid 115 alcohol related driving charges in 1985 which is a $26 \%$ drop over 1984 when 155 charges were laid in regards to drinking and driving offences. The penalties on conviction and greater public awareness have helped to reduce the occurrences of drinking and driving. The Morrisburg Detachment also investigated 2,203 general occurrences which is a
occurrences investigated in 1984. occurrences investigated in 1984.
Investigations included: 124 DIeak \& Enters; 120 Damage Investigations includead $12 y$ deak \& Enters; 120 Damage
complaints; 105 thefts under $\$ 200.00 ; 54$ Assaults; 43 Thefts over $\$ 200.00 ; 19$ Thefts of motor vehicles; 13 Frauds; 7 Arsons; 3 Robberies; 3 Drug Offences; 1 Offensive Weapon Occurrence; 1 Kidnapping and 47 other offences against the
Criminal Code.
at the waste dispesalal site.
Council went on to discuss
complaints that had been received
$\qquad$


Heart month started in style


Matilda Citizen of the Year
It is in recognition of the efforts of a lady who was described by a neighbour, Joan Zandbergen, as "always available to help". While Mrs. Gilmer was reluctant to discuss her good deeds, it is known that among other things she has spent many years driving cancer victims to and from treatment centres. This is the fourth
award since the township introduced this form of recognition of good citizens in 1982. Each year nominations are received from people in the community and a decision is made by a committee of
representatives from Council, the Recreation Committe, Women's Institute and Senior Citizens. The
presentation is madeduring the Matilda Township WinterCarnival

Edwardsburgh Council awards contract for Crowder Drain 'Queen of Hearts' at the affair.
Tammy was chosen prior to the Tammy was chosen prior to the
event in a draw made by Rosaline
Drewery. Rosaline sponsored the

Also. present at the draw were
Betty Allen, and Ivy Coleman, Campaign Chairperson.
Betty ytated that they considered
discarding Tammy iscarding Tammy's win (since she
is Betty's daughter) and holding a
second draw to avoid "talk". They

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Renemasem

## Rash of minor accidents locally



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Mountain seniors hold Jan. meeting


Valentine A cuddly flowers bouquet for in a heart. Valentine's


Family Focus planning low income conference


## FARIM-HLAKII

| Now there is a completely <br> new plan to meet all th insurance needs of <br> today's farm owner. With <br> the Farm Guard policy <br> from The Co operators you insure your home, | contents, outbuildings, machinery,livestock, <br> Liability is also included. | Call today for <br> information about the <br> many coverages available <br> operators <br> insuramice sernice |
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## The

 Village Green

[^0]Junior Fish and Game Winners
he winners in the eight and under category were l-r, front row; Roger Lever, 1st in the Mudpout category with a $1 \mathrm{lb} ., 73 / 4 \mathrm{oz}$. fish; Jason Riddell, second in the Mudpout category with a 1 lb . fish; Jason Winters, second for his Rock Bass weighing 10 oz.;
Robbie MacMillan, Ist for his Perch weighing 12 oz . Back row, 1-r; Leslie Toupin, Ist for her $101 / 2 \mathrm{oz}$. Rock Bass; Ryan MacMillan, second for his $83 / 4 \mathrm{oz}$. Sunfish; Travis Read, second for his 9 oz . Perch and Janet Riddell, 1st for her 10 oz. Sunfish.

## LETTERS

Most family doctors do not "extra bill"

## 






 practicing medidine in a country
whichonce took pride in poetring
the rights and respecting the in-
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admiting its failure to comepaying toctors is the problem. As
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Help your EART FUND ${ }^{\oplus}$

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| KELVIN HOL | AND |
| HOURS <br> Mon. to Wed. <br> Thurs. to Sat. | $\begin{aligned} & 7: 30-6 \\ & 7: 30-7 \end{aligned}$ |
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See Our Many Other "In Store" Specials DO IT YOURSELF \& SAVE

HWY. 29
 "THE PLUMBING PLACE"


Older Junior Fish and Game winners





Fish and Game Club presents jr. awards


Hunting winners announced

## Club held their annual Banquet

 February ls night on Saturday, The winners in the Hunting category were: Grouse - Clifford owsley, 1 lb ., $61 / 2$ oz. Duck - Tom Berry, 12 lbs bs. $73 / 4$ oz. Goose - Fox-Danny (Gun) - John Dugan, Jr., 10 lbs., 2 Clifford Towsley, 4 lbs ., $51 / 4 \mathrm{oz}$. Snowshoe Rabbit (Archery) - BillKenney, 3 lbs., 9 oz. Buck (Gun). James Marin - 231 lbs. Doe (Gun)-
 Trap Shot - 1st - Paul Leonard with a score of 46 and 2 nd - Bill Kishing winnners: Pike Malcolm Miller, 16 Piks., $21 / 4$ oz 2nd. - im Brennan, 13 llss ., $21 / 2 \mathrm{oz}$. lbs., 11 oz and 2nd - Liz Toupin, lbs., 14 oz . Muskellunge - 1 st teonard - 23. Laketrout or Salmon - 1 st- Paul
eonard, 38 lbs., 8 oz. and 2 nd . Leonard, $38 \mathrm{lbs} ., 8$ oz. and 2nd -
ynn Norton, 23 lbs., 4 oz . Small Mouth Basss - Ist - Randy Kelly, 4
bs., $83 / 0 \mathrm{zz}$. 2nd. - Cleve Buker 3 lbs., $83 / 4$ oz., 2 nd. - Cleve Buker, 3
Ibs., 14 oz. Large Mouth Bass - 1 st Brian Dwyre -9 lbs., 2 nd
Charles Toupin, 3 lbs . $151 / 20$ Special Senior Women. Pike
 Mouth Bass - Corrie Winters, 2 Record Breaking Weights: Goose - Dave Berry, 12 lbs ., $73 / 4 \mathrm{oz}$ Moose - John Haystead, 1177 or Small Mouth Bass - Randy Kelly, lbs., $83 / 4$ oz. Large Mouth Bass rain Dwyre, 9 lbs., Muskie Sports Person for 1985 Sportsman - Paul Leonard with 16 points and
Sportswomen - Rose Sigg with 4 Cardinal Fire Dept kept busy


## USED CAR CLEARANCE MUST MAKE ROOM FOR SPRING INVENTORY



Space does not permit us to list the rest but we have over \$175,000.00 dollars worth that must be cleared.

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A community newspaper serving the Seaway valley ember of the Canadian Community Newspaper Assoc
and the Ontario Community Newspaper Association TELEPHONE 652-4395 -CNA by the Chieftain Publishing Company Publisher \& President - G.A. Crawford
Managing Editor - Brian Crawford Managing Editor - Brian Crawford
Sales Manager - Ann Marie Crawford
Contributing Editor - Ken Kirkby

Funding received for alcohol treatment


## A saying I hate



## Peterson in review

 right along and NDP.government of David Peterson to last much
beyond the fall of 1985, but here we are in 1986 and the provincial Liberals are rolling

While it was expected the Liberals might fall flat on their faces (many staunch Con-
servatives were praying the party would fall flat on its face), the opposite has occurred have tackled issues head-on and in doing so have breathed a little fresh life into politics
in Ontario. Staleness had set in after nearly in Ontario. Staleness had set
half a century of Tory rule.

Premier Peterson has emerged as
popular leader and has even managed cultivate a national reputation as a prov cial leader willing to stand up against somewhat akin to David and Goliath. The Achilles' heel of the provincial Liberal party is its reliance on the NDP party to
maintain power at Queen's Park. Public maintain power at Queen's Park. Public cousins could be bad for both the Liberals
and NDP.

Liberals maintain the public support they

the bottom line

EVER SINCE SOCRATES LECTURED UNDER THE OLIVE TREES, teachers have been telling students they can't compare apples and oranges. And like so much time-tested philosophy,
that old chestnut sums up one of this decade's most vexing issues, equal pay for work of equal

THERE ARE THOSE WHO CLAIM THAT OPPONENTS of comparable worth legislation are thumbing their noses at women, democracy, even the natural order of life. Nothing could
be further from the truth. Equal pay for work of equal value is not a motherhood issue; it is
an economic one. And one commits no treason to the sacred trust of equality if one believes THE SIMPLE AIM OF COMPARABLE WORTH LEGISLATION is to eliminate the socalled pink collar ghettos, the job categories which traditionally attract women, by establishing
point systems to evaluate jobs and paying employees according to the scores. Fine sentiment; FIRST, THIS CONCEPT IGNORES THE REALITIES of the marketplace, the laws of supp ly and demand which underpin our economic way of life. Tinkering with those realities by im-
posing manmade laws would produce results only the most dedicated woman-hater could love. posing manmade laws would produce results only the most dedicated woman-hater could lov-

WHY? FOR ONE THING, employers have only so much money to spend on wages. If they,
forced to pay one section of their operation more, without an increase in productivity, they forced to pay one section of their operation more, without an increase in productivity, they'
look for alternatives to save costs. That could mean high tech to replace workers. And women,
generally, spend more time in front of word processors. Or it could mean packing up the tent WHATEVER, THE RESULT IS FEWER JOBS, for women certainly and possibly for men. At a time when Canada's wages and benefits are already pricing us out of much trade. THAT'S A DANGEROUS SNOWBALL to start rolling down the hill in an age when our economy is so inextricably inked wingly simple exercise of trying to equate very different jobs. The massive effort that that seemingly simple exercise of trying to equate very differe
would be expended to attempt that impossible feat would set of
even a robust economy would be hard-pressed to withstand.
AND FINALLY, THERE IS THE QUESTION of whether there is a real need for this type
of intervention. In increasing numbers, individual women are righting the imbalance on their wn . They are forming their own companies at unprecedented rates and taking on management duties with th small and medium-sized firms. They are finding that the world of small business

- a world that creates most of the jobs in our economy - is a place where they can achieve on a world that creates most of the jobs in our economy - is a place where they can achieve on
their own merits, without having to rely on legislation that, despite all good intentions, brands an entire sex as disadvantaged.

THIS WEEK'S BOTTOM LINE: It isn't enough to ask intelligent questions; you have to listen


Grain drying seminar currently being held at the Community Hall in Mountain. The course is being held by

## FROM THE FRONT PAGE

- Edwardsburgh

along the Nation River in Lots 11 | The Roads Superintendent |
| :--- |
| reported that the new truck has not |
| and 12 Concession 4 of Edward- |
| sburgh Township. |
| yet been received. The committee |

| been appointed to the Grenville Prescott Housing Authority, |  | Art |
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| anced oday. |  | show |
| Starch Co.iviul sere as a |  |  |
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| disted houing unitis in car-, | respond to the needs of the <br> communities it serves. |  |
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| the <br> bottom <br> line | Read it. <br> Every week. |
| ---: | ---: |




## Grain seminar well attended

|  |  |
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| Grain Drying and Storage Course.The course was organized by |  |
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| oundinh pariciomats were in |  |
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| Ventilation seminar plann |  |
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|  |  |
| for Kemptville College, February |  |
| Steve Clarke, an agriculturalengineer at the College, says ven-tilation is "critical to the proper en- |  |
|  |  |
|  |  |
|  |  |

## LOOKING BACK




## Cardinal Broncos out of playoffs





 Fund.



## Lions holding onto fifth place



## Brinston Express

 rolling right along$\qquad$ have played again yesterday, but
scores were not available by press
time today.
$\qquad$
Cardinal Mixed Darts League


## Phillips Cable

 league champions| The Phillips Cable team | by Steve Riddell with 2 and John |
| :--- | :--- | :--- | :--- |
| captured the league champion- |  |
| ship when they defeate the Red |  |
| Johnston with one. |  |
| The Red Dever |  |



Juvenile players in tourney
The Carmen Road Truck Centre - Prescott Juveniles travelled to Kemptville Sunday to take part in the annual
tournament held there. Kingston won the A Division while Richmond took the B. Shown here, the Truck Centre tournament held there. Kingston won the A Division while Richmond took the B. Shown here, the Truck Centre
Chieftain Photo - M. Gladstone

Winchester Hawks have caught up to Clarence Creek

Fish and Game Club planning ice fishing derby on Sunday

| $c$  <br> C \& L  <br> FEEDS LTD.  <br> Winchester  <br> Dixon's Corners $652-4538$ | EASTERN ONTARIO <br> FARMERS' WEEK <br> February 10th - 15th | TIRE \& BATTERY KINGDOM $535-2768 \quad 535-2759$ Williamsburg |
| :---: | :---: | :---: |
| Frank Ault <br> EXCAVATING | -DAIRY DAY Mon. 10th •BEEF DAY Tues. 11th •MONEY MATTERS' 86 Wed. 12th -CROP DAY Thurs. 13th •HOME MANAGEMENT DAY Thurs. 13th •PORK DAY Fri. 14th -SHEEP DAY Sat. 15th •GOAT DAY Sat. 15th |  |
| Brinston 652-4858 |  | R.R. 2, Iroquois 652-4649 |
|  |  |  |
| DARI-KOOL 를 BOU-MATIC <br> DUNDAS AGRI SYSTEMS INC. <br> Box 59, Brinston, Ontarı 652-4844 <br> Richard Zandbergen <br> Bart Geleynse Brinston 652-4498 Inkerman 989-2022 |  | SWANK CONSTRUCTION LTD. <br> Iroquois <br> 652-2392 |
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| DROP IN TO-DAY TO SEE OUR EXPANDING LINE OF STATIONERY SUPPLIES <br> CHIEFTAIN <br> PUBLISHING CO. <br> IROQUOIS SHOPPING PLAZA <br> 652-4395 <br> 652-4576 |   <br>  THIS PAGE <br>  SPONSORED <br>  BY THESE <br>  COMMUNITY <br> MINDED  <br> BUSINSSES  | CHIEFTAIN <br> PUBLISHING COMPANY <br> MORE THAN JUST A PRINTING COMPANY! IROQUOIS SHOPPING PLAZA $652 \cdot 4395$ COLLECT |




English Country Butcher on TV
Kevin Holland, owner of the English Country Butcher Shop on County Road 1, north of Hainsville is shown being interviewed for the Canadian Broadcasting Corporation's television program Country Report. The program is

## Income Tax Preparation

NELLY LEIGHTIZER
156 Davis Dr.
Iroquois, Ont.
652-2498

## Winterfest planning now almost complete

Local butcher to appear on CBC
business at his present location, meats. Soon he hopes to have a experience as a butcher, he is also

Queen of Hearts
(Left to right) Gilles Villeneuve (P.C.), Rosaline Drewery, Tammy Allen, and Max Keeping (CJOH). Tammy was selected as Queen of Hearts by nature of a draw of can-
vassers active within the Dundas Chapter of the Heart Foundation over the past two years. She was presented with a bouquet of one dozen roses, donated by Muriel's Flowers in Winchester and a gift. Adiance Phoro . M. Gladsone

| Doll winner | KNIGHTS OF COLUMBUS Council-6882 | Bridge winner |
| :---: | :---: | :---: |
| Doll winner | WINNERS Week 10-Feb. 1, 1986 | Ladies- Mariorie Strader |
| inner in the Partner for |  | Maridere Srrader |
| Children in Development draw for a china doll was Natalie Robin- | NoTE: Feb. 8. 8 . 1986 - 11 th week Grand Prize Draw | Gents- ${ }_{\text {Maurice Shaver }}$ |
|  | 4 Prizes of 5100.00 each. | Bill Strader |

## FORTHE INFORMATION OF TENANTS AND LANDLORDS

If Your Present Accommodation Is Inadequate and
If Your Income is Modest
THIS IS OF INTEREST TO YOU!!! The Cornwall and Area Housing Authority would be interested in receiving applications from persons in Ingleside,
Winchester.
Further information and application forms may be obtained by contacting:

Cornwall and Area Housing Authority 113 Amelia Street
P.O. Box 1086

Cornwall, Ontario
K6H 5V2
Phone 1-938-7717 or Zenith 44120
 Firefighters

Applications for the Position of Part-Time Firefighters with the Cardinal Fire Department will be accepted by the
undersigned up to Friday, February 21, 1986. Applications may be obtained from the Clerk's Office

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| If You Are Sixty Years of Age or Over |
| :--- |
| and |
| If Your Present Accommodation |
| Is Inadequate |
| and |
| If Your Income is Modest |
| IHIS IS OF INTEREST TO YOU!!! |
| The Cornwall and Area Housing Authority would be |
| interested in receiving applications from persons in |
| Inglesside, Morrisburg, Chesterville, Iroquois and |
| Winchester. |
| Further information and application forms may be |
| obtained by contacting: |
| Cornwall and Area Housing Authority |
| 113 Amelia Street |
| P.O. Box 1086 |
| Cornwall, Ontario |
| K6H 5V2 |
| Phone 1-938-7717 or Zenith 44120 |

Biill was recenty passed by the Ontario Legisilature, seting a $4 \%$ rent
 This guideline applies unless
approves a higher increase.
For more information about how this legislation affects you, please contact the Residential Tenancy Commission Office nearest you (as listed below), or dial "O" and ask for Zenith 9-6000 (toll-free).

|  |  |
| :--- | :--- |
| Residential Tenancy Commission Offices |  |
| Barrie | St. Catharines |
| (705) $737-2111$ | (416) $684-6562$ |
| Hamilton | Sudbury |
| (416) 528-8701 | (705) 675-4373 |
| Kingston | Thunder Bay |
| (613) 547-2244 | (807) 475-1595 |
| Kitchener | Timmins |
| (519) 579-5790 | (705) 264-9555 |
| London | Windsor |
| (519) $673-1660$ | (519) 253-3532 |
| Mississaaga | Metro Toronto |
| (416) 270-3280 | East York |
| North Bay | (416) 429-0664 |
| (705) A76-1231 | Etobicoke |
| Oshawa |  |
| (416) $23-8135$ | (4116) 236-2681 |
| Ottawa | North York |
| (613) 230-5114 | (416) 224-7643 |
| Owen Sound | Scarborough |
| (519) 376-3202 | (416) 438-3452 |
| Peterborough | Toronto |
| (705) 743-9511 | (416) 964-8281 |
|  |  |
|  |  |

Further legislation has been introduced to reform rent review for all private rental housing, including those units occupied after January
1966. This legislation is presently being considered by the Ontario


Ministry of Housing
(8) Ontario

Minister, Hon. Alvin Curling

## COMING EVENTS



## LOW LUSTRE



REG. $\$ 25.99$ SALE \$20.98 SAVE 20\%

## LAUINGER'S

Paint \& Decorating

270 EDWARDST. PRESCOTT $925-4490$



## ,



Cardinal rummage sale
The Cardinal and District Resource Centre held their Rummage, Bake and Craft Sale, on
Saturday, February 1st at the Anglican Church Hall from 10 a.m. until 3 p.m. Sandra Burchell, administrator of the Cardinal and District Resource Centre states the sale was a big success as totals doubled last years event. The money raised is for the administration of the Resource Centre,
The management would like to open a New To You Shop in the near future whenever funds

## Soccer tourney planning started

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## on Jun Sumn They with

## with a cover charge of $\$ 1.00$ This money will be given to the Jaime

ams Fund. The girls would play
at $3: 00 \mathrm{p} . \mathrm{m}$.
League Note
Hazen Meldrum Ltd.
ONTARIO LAND SURVEYORS
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P.O. Box 394

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Viscount \& Co.
Chartered Accountants
5th Street, Morrisburg, Ontario

Missionary Society holds annual


CLUB "478"
To sponsor an Easter Draw to take place on March 27/86 in Yarn Prep Dept. at 10 A.M.
1st. Prize: Choice between Kitchener or Quebec
City Bus Tour (for 2) or $\$ 350$ cash 2nd. Prize: $\$ 75.00$ Cash
3rd. Prize: $\$ 75.00$ Cash
Tickets Go On Sale This Thursday, February 6th
All Proceeds will go to Iroquois' own "Little Sweetheart"
JAIME ADAMS
This little girl can sure use any support

REVIEW OF TECHNOLOGICAL AND BUSINESS PROGRAMMES IN THE SECONDARY SCHOOLS OF THE STORMONT, DUNDAS AND GLENGARRY COUNTY BOARD OF EDUCATION

## SUBMISSION OF BRIEFS

The Stormont, Dundas and Glengarry County Board of Education is now in the process of reviewing the Technological and Business Programmes offered in its secondary schools. The aim of the review is to identify future directions for these programmes and to prepare recommendations and a plan of action for submission to the Board of Education in November, 1986

Issues being considered include:

1. The role of Technological and Business Programmes in preparing students,
a) for the world of work
b) for post-secondary education
c) for a satisfying personal life
2. Relevancy of these programmes with declining enrolment and diminishing financial resources.
3. The effect of technological change on shops and equipment.
4. Traditional and alternative methods of offering programmes.
5. Expectations of business, industry and community colleges with these programmes.

Interested individuals or groups should submit their written briefs to: Ronald McCabe, S. D. \& G. County Board of Education Office, 902 Second Street West, Cornwall, Ontario K6H 5S6, by March 5, 1986. Please indicate if you are interested in making an oral presentation to the Steering Committee on Wednesday, May 19, 1986.
> J.J. Comtois

> Superintendent of Education
> Responsible for the Review of
> Technological and Business Studies

William B. Fleming
T.R. Leger

Chairman
Director of Education and


## Students work toward an independent lifestyle



A trip to the bank student from Seanava, valleys school.


Former Matilda resident Earl Fawcett dies










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students from the Alternative students from the Alternative
School also accept assignents
at Seaway Valley. The Alternative at Seaway Valley. The Alternative
School is for students and adults who wish to upgrade their educa-

: Valentine Cards for FEBRUARY 14th Heartshaped and Regular : Boxes of Chocolates On Display LiROQUOIS ${ }_{652-4379}$ OPEN MONDAYS 1:15-5:15 P.M.




[^0]:    MORRISBURG
    SHOPPING CENTRE
    $543-2566$

