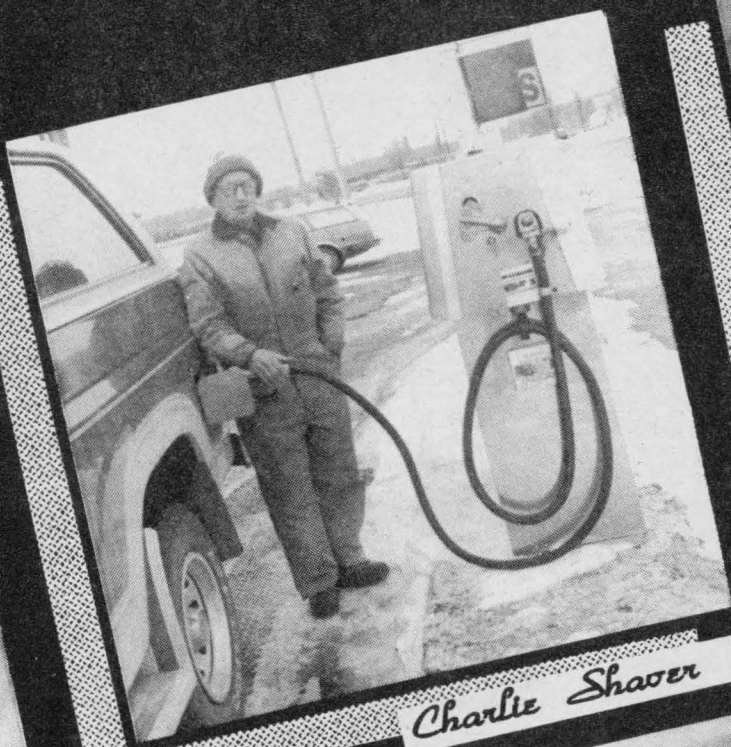




Joan Zandbergen



Charlie Shaver



Ada Baldwin



Grada Lieverdink



Bob McGimpsey

The Chieftain:

A
Salute
To Senior
Citizens

Rita Bray always serving area

Rita Bray has served the people of the Village of Iroquois in a number of capacities over the years, although, she was never keen on anyone being aware of what she was doing. A funny thing about most volunteers is that they are very secretive and do not want recognition for what they do. As time passed and she found that she had more and more time to devote to those volunteer projects, she continued to be very active in her community.

When speaking to her, it is difficult to realize that she is indeed a senior citizen. She is on the move continually, despite a knee operation, which did slow her pace a bit for a period of recuperation, but now she is going full steam ahead once more.

A familiar face in the Village, she seems to never stop "doing" for the benefit of others.

When asked what she has been involved with over the years, she is hesitant, not wanting any special treatment for any of her many tasks.

It is a fact though that she was a driver/delivery person for the Meals on Wheels Program many years ago when it was first operational in Iroquois. She served on the Separate School Board of Education as a Board Member, worked with the late Ray Johnson to initiate a Chapter of the Cancer Society in Iroquois (1960-62), she has the distinction of being the first President of the Ladies Golf Club and has served as Secretary for the past 16 years. Serving as President of the Catholic Women's League for years, she served on the executive for many years as well. Always ready to do what she could when needed, Rita is a very pleasant, jovial person who would seem capable of soliciting help without too much trouble.

She has been a member of the Hospital Auxiliary at Winchester

and District Memorial Hospital for some 25 years and is presently serving as President of that most worthwhile organization.

She still finds time to work on behalf of the Canadian Red Cross Society as well. Giving tirelessly of her time and talents, she has been helping this organization for the past 40 years, quite an accomplishment indeed!

She enjoys golf as she finds her knees allow her to be able to play, and makes time to take a coffee break with her friends once in a while.

She attends senior's functions as they are held in Iroquois. An avid Bridge player, she enjoys the time spent playing with the girls, and explains that she has definitely slowed down a lot the last few years. (hard to tell, Mrs Bray!)

She has always enjoyed the small town atmosphere that Iroquois offers to her and her husband, Archie. She mentions that he likes to fish and with the St. Lawrence so accessible, it gives him hours of leisure pleasure and gives her time to pursue her volunteer activities.

She says that she finds her time spent at home is taken up with her husband (a retired teacher/Principal) and her "fat" cat who has a very special place in her heart.

She laughs, a most infectious laugh when she says that she likes to watch movies on the television when time allows.

The Brays travel a bit, and enjoy times when their only daughter, Patricia comes home for a visit, but Rita admits, "We have slowed down over the last year, and are taking life at a slower pace."

There is affection in her tone as she speaks of the Village they chose for their home, and the wonderful people in Iroquois. "Everyone is so very nice here, I can't imagine living any other place!"



Senior Citizens advisors to future generations

Matilda Helping Hand

A fine lady, well known in Matilda Township, Mrs. Johanna (Joan) Zandbergen of Brinston may be turning 80 this fall, but she is not ready to slow down her blistering pace just yet.

Born in Holland in 1913, she married the late Fred Zandbergen in 1936. While they were still in Holland, they helped over forty Jews during the Second World War, keeping them safe from their oppressors. This was only the beginning of many years of service to her fellow man, for Joan and may well have been a foretelling of things to come.

Stepping into her kitchen/office it is evident that she is a busy woman. The piles of carefully stacked files and briefcases full of paper are evidence that she is indeed a busy lady. These mounds of paperwork also attest to the confidence that others have in her.

The kitchen is the focal point of her home. Here she goes about the various tasks she has undertaken. On a table near an east window are plants waiting eagerly for spring when they will be transplanted into the earth outside. The smell of meat slowly cooking fills the room and a hot cup of tea is just what a chilled reporter needs!

She is an avid church goer, and a member of the "Be a Good Neighbour" Committee. She uses her talents with knitting needles to make beautiful, warm toques for the Seafarers Centre in Montreal. This is where those people who work on ships can come ashore and phone home, exchange their money, use postal services, and get some warmer clothing if they need it, like the toques. "They often come from much warmer climates and so are not prepared for the cold weather we have, and they seem to mind it so much more than we do, a toque comes in handy!"

She is also a member of the Matilda Hall Board Committee and was voted as Citizen of the Year in Matilda at their Winter Carnival in 1983. This was certainly a testimony to the high esteem felt for her in the Township and for the job she accomplished for the people in Matilda.

She has served as a Recreation member on the Matilda Committee, and works hard for the seniors as a Helping Hand in the organization by the same name. She has lots of experience working on grant applications and has been busy lately with a pilot project that will award up to \$2500 to seniors in order that they can make their homes more accessible and more useable friendly to them. "The idea is to allow sen-

iors to stay in their homes longer," she explains.

She works on the Community Residential Alternative (CRA) Committee as Chairperson for the Matilda/Iroquois Outreach Committee. She speaks in excited tones as she tells about a van which has been secured for the use of seniors in Iroquois and Matilda. "It will be operated out of Williamsburg, but is for the use of local residents." She goes on to explain that programs for seniors are set up through CRA and as a South Dundas member, she is anxious to see things proceed. She mentions things like line dancing, a day away programs, and notes that there is something seniors can get involved in once a

week, to get them out and about, mingling and visiting as well as having a good time with people their own age.

She has completed the Hospice Care course and visits through the volunteer program. This is a new program in the area, nad seemed a natural for her since she had previously been a Pastoral care worker at Winchester and District Hospital last year. She enjoys helping people and feels this is a perfect way to assist those who really need a hand to make it through a day. She works on Respite Care (Matilda is combined with Morrisburg) and helps with the Meals on Wheels program in Matilda. "Sometimes the meals

Please turn to page 4

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A fixture at Stampville

Stopping in at Charlie Shaver's Garage in Stampville is the same today as it has been for the past forty-seven years.

The gas pumps may have changed, the facade on the building is showing its' age but the man serving the gas is strikingly familiar. He is the man who has worked the gas pumps, checked the oil and put air in the tires at the same location for almost half a century.

He cheers for Montreal, the Jays and the Expos. Baseball has always been his passion and the television provides some relaxation for him.

Charlie is 85 years old and still serves customers when they pull in for a fill up at his gas pumps. He has an opinion on most topics of concern, from the politics of this country to the best car on the road. He is ready to talk and will give his opinion on anything if asked.

Charlie has tales of days gone by, of humorous episodes, of things that happen to him, to some one he knew, and has stories that could entertain for hours.

Leaving Stampville for the big city, he lived in Toronto with his elder brother, the late Clifford Shaver. The year was 1928 and he remembers starting work at a garage there on July 12, for the whopping sum of \$35.00 a week. Coming home, he found employment in Iroquois with Bill Fetterly (Jack and Mack's father) in 1929, then with Pat Beach at his Central Sales and Service, the Ford dealer in 1930.

Not one to stay put too long, he moved west to Cardinal in 1931, where he worked for Harold Wells and having served his apprenticeship and schooled to become a licensed mechanic, he wrote his examination for the license in 1933. Successfully passing his test, he opened up his own garage in Iroquois the following year, and operated the Ford agency for Mac Brouse in 1935. Staying here until 1946 when he built the present garage in Stampville where he had been born and raised, he worked for Arnold

Johnston who took over for Mr. Brouse when he volunteered for duty overseas during the Second World War.

It was in 1943 that Charlie and his late wife, the former Doris Seeley purchased the land where she farmed and he operated his garage three years after.

Charlie was the Ferguson tractor agent from 1950-55, when Ferguson amalgamated with Massey to form Massey-Ferguson.

He recalls as well that it was 1955 that he began selling Studebaker cars. He was the sole dealer in the area for new Studebakers and continued to sell them until 1966. He was also a sub-dealer for new Ford cars and trucks for Campbell Ford and Ottawa Ford. The last few years, he has sold only used vehicles.

Tucked away in a shed he still has his first wrecker, a 1947 Ford, complete with winch and hook, and yes it could be on the road in no time, running like a fine tuned Swiss watch! When talking cars, he cannot help but offer, "My pick of all the cars, the best in my opinion has to be the Buick. This was my wife's choice as well, she had numerous new ones over the years and found them to be her favourite."

It was in 1954 that Charlie began selling appliances from the same location. Diversity was the key to success and he had great success with televisions, selling over 55 Rodgers Majestic televisions in a one month period from December 1 to 23 in 1955. "One half of all the televisions in the area were from my showroom in that year, we sold well over 2000," says Charlie proudly. Selling Philco, Rodgers-majestic, and Maytag washers, he was the westinghouse dealer for a long time. "We were the largest appliance dealer in this area in those days."

During those first years in business, he and his wife also operated a grocery store which catered to the

needs of local folks.

Charlie speaks fondly of working on the engines in the older cars. "They were simpler and did just as much as the newer ones."

He grows angry when he explains that the best profit he recalls making on selling gasoline was 7 cents a gallon. "Today, I make 1.5 cents a litre for selling the gas, too bad the big companies cannot see their way clear to give us, the guys who do the work a little more for our effort. At this rate it takes a pile of gas to make a dollar!"

He still changes oil and checks cars for safety inspections, his mechanical expertise is up to the task, and he still enjoys working on vehicles. Now that he is getting a bit older, he takes things easier, and opens after his favourite TV show, In the Heat of the Night. So, if you need gas, don't stop in until after 10 am.

Having sold White Rose, Shell, Petro-Fina, Major Gas (E/B Fuels) and now deals with Guy Fuels for his gasoline. He has been recognized by various of the companies he has sold for over the years and is open every day but Sunday, just as he has been for the past 47 years. Neither of his two sons stayed in the business with him, one is a farmer, Glenn, while the other went into heavy equipment rental, Lee and his Sons operate across the way from Charlie's, also in Stampville.

Always glad to see his old friends and to make new ones, Charlie will be pumping gas tomorrow morning as usual. He has been able to maintain a drivers' license and gets to Iroquois to the bank and to shop several times a week. He accepts cash and does not like plastic credit cards at all, feeling they are bad news for most people. Living through the depression gave him insight and a knowledge that enables him to get through tough economic times. Working in the earth planting tomato plants, and other garden delicacies, he enjoys working in his garden. Fishing has been a passion of his and he is happiest when pulling in those mudcats!

Home Support a boost to seniors

The Mission Statement that the Home Support Program of the Cardinal and District Resource Centre states that it develops and provides services and programs in the Village of Cardinal and within 5-6 mile radius within Grenville County, to assist senior and handicapped adults to remain at home in their own communities and maintain their independence for as long as possible.

The programs and services are planned and provided by one co-ordinator and a team of volunteers.

All volunteers are screened, given orientation and updated on issues and procedures. Volunteers are members of the Seniors Committee of the Home Support Program which meets 9 times a year. (does not meet in July, August and December)

Friendly Visiting:

A non-family contact which provides a continuous, one to one relationship. This is a very important service for those who are unable to get out on a regular basis. The volunteer visitor meets with the client in his/her home for a visit, or to perform tasks such as writing letters or reading.

The volunteer keeps a record of visits and the number of hours and hands it in at the end of each month to the volunteer chairman or the co-ordinator. Any concerns or problems are reported to the co-ordinator.

Telephone Reassurance Checks:

This provides a regular telephone call at a time convenient for the

client. It is an opportunity for the volunteer to provide a contact, a friendly chat and the knowledge that everything is okay. If a problem arises, an "emergency contact" can be made and referrals made if necessary. The volunteer keeps a record of calls made and the hours of time and hands in monthly.

Transportation:

Many adults either do not drive or prefer not to drive in a strange city. The volunteer drivers transport clients to doctor's appointments, to social outings, to do shopping, etc. Volunteers drivers pick up and return clients to their homes and stay with them if necessary. Volunteers keep a record of trips, distance travelled and fees collected and delivers this to the co-ordinator the second last day of each month. There is a user fee for this service.

Pot-Luck Suppers-Meals on Wheels:

A monthly outing with programs of entertainment and educational topics. Transportation is provided and volunteers assist with associated chores and organization. A volunteer keeps track of attendance and monetary donations received.

Footcare and Health Clinics:

This program is the sponsor for VON Footcare. Also, blood pressures are taken and health counselling is done as needed. A volunteer takes appointments and administers the clinic once a month. This service helps keep seniors active and mobile. There is a user fee for this

Please turn to page 6

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Friendship Circle

The first Friday of every month, the members of the Friendship Circle in Morrisburg, meet at the Civic Centre, and sit down to a wonderful pot-luck dinner.

Following the meal, this amazing group of seniors clean up and then sit down to enjoy the afternoon agenda.

"We always have people out every Friday afternoon to play cards and visit, but we only do the pot luck the first Friday of every month," said Ms. Betty Shaver the President.

Each month the Friendship Circle have a theme. This month the theme centred around the Irish with St. Patrick's Day. Together the group sang When Irish Eyes Are Smiling, My Wild Irish Rose, Too, Ra, Loo, Ra, Loo, Rah, and a host of other Irish songs.

Members of the Circle also volunteer in the community. Ms. Shaver for instance had to cut short the afternoon to head over to The Hartford. Playing piano and entertaining, her expertise on the ivories are sought after frequently.

Other members of the Circle volunteered to help look after the Tourist Booth on Plaza Drive last summer, helping to cut back some of the cost of maintaining the facility.

In between the songs, poems were read and this month, the Friendship Circle had another special occasion to celebrate, Ken and Loressa Hummel, were celebrating their 65th Wedding Anniversary.

The Circle is full of energy and vitality. They enjoy the time they spend together and the time they spend helping others. A great bunch of people.

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Friendly welcome

There is always a friendly welcome at the Friendship Circle in Morrisburg. Meeting the first Friday of the every month to share a potluck dinner, they enjoy cards and comradship as well. The Civic Centre is the place to be.

Chieftain photo by M.C. Bailey

CONTINUED

Zandbergen

Continued from page 2

have to go to people at opposite ends of the township, and so it can become quite a job, but I enjoy doing what I can to help those less fortunate, whether financial or health wise."

A zone representative for the Seniors of Matilda, she has been and will continue to work for a Drop-In Centre in the Township. She explains that it would be a satellite of Williamsburg. A dream which she hopes will one day be a reality, this is a major item on her agenda these days. "It will be open everyday as the need arises, up to 7 days a week. We will have a specialized "Workshop" for men and women, to give those who want it, the chance to build with and work with wood. It will be set aside and special attention will be available for those who want it."

The work she does with the Helping Hands group provides an opportunity for seniors to gather at the Hall in Dixon's Corners the first Wednesday each month except July and August. A typical Wednesday will see members gather at the Hall about 10:30 for coffee and a chat. The business meeting takes about an hour, cards are sent to shutins, for birthdays and anniversaries etc. "The cards are left on a table and everyone is encouraged to sign

them." Afterwards, a potluck dinner is enjoyed by all. (She notes that each cook tries to outdo the others with what they bring each month, this adds to the fun for sure). Then it is time to get caught up on the happenings of the others as visiting takes place, games are played and everyone has a great time. A guest speaker is always a treat, and a social time ends the day.

As well those who want to meet the evening of the third Wednesday of each month to play cards, shuffleboard, etc. or just to visit and socialize. Single people often find the time long, and this provides an outlet for them. With between 90 and 100 members, it is evident that it is what seniors in Matilda want. When telling about special things the Helping Hands do, she notes that Christmas, New Years Day and Thanksgiving are all celebrated in style and everyone can bring a guest. "Two times a year, spring and fall, we go on a trip and spend a couple or three days away. This is a good thing for us."

She tells of working at bake and craft sales for the benefit of the Cancer Society or some such organization, being involved with the Canadian Bible Society and of helping the House of Lazarus. "We have adopted a child through the World Vision program."

Something which shows how unselfish the seniors are, because

they were in on the start of the planning for the new Community Hall in Dixon's they receive free use of it as thanks for their efforts in getting it constructed, for two days a month and six evenings a year. They do not use it this much and so will donate it to the 4-H Club for their annual banquet etc. to save money and help the young people of the area."

She concludes by saying that this use of the Hall will continue even when the Drop-In Centre becomes reality to accommodate the large numbers who turn out for the meetings.

Seniors in Matilda seem to be an active group who fills their time with worthwhile endeavours. Always ready to help others, they seem tireless in their efforts to better their community.

Don Rawlings willing to help when needed

He may have resided in the Village of Iroquois only four, short years now, but Don Rawlings is not one to sit by idle.

He is a man on the move for sure. He is resident in the Seniors' Apartments in Iroquois and has become very active in his new community.

Not just a member of the Senior Citizen Tenants' Association, Don is President and presides over their monthly meetings as well as taking in the one social evening a month they enjoy as a group. He notes the numerous potluck meals the tenants enjoy throughout the year, "This gives those who have no family or are unable to be with their family for the special occasions an opportunity to enjoy the festive seasons."

He is working with the Ministry of Housing to bring about a better understanding between Government and their tenants.

The person who initiated a revival of the "Meals on Wheels" Program in the Village, he is the Iroquois representative for the worthwhile service and as well a driver on certain days.

Don says, "I can't imagine sitting and doing nothing, I have to be involved in something to keep me busy, that is just the way I am."

Fulfilling dreams later in life

The lady sits by the window, her desk full of papers, bits of information are piled on the corner, correspondence sits waiting patiently to be answered, her tape recorder is ready to be turned on to speak, the lamp light coming from behind the restful chair sheds a beam which brightens up the desk-top. Grada Lieverdink can get down to any variety of written work at any opportune time, the setting is available at her leisure.

She is not very tall, but her stature is deceiving; this is one big talent. She wrote her first published book when she was 81 years of age. Two more followed this first effort and each is almost a sell out. Writing from personal experience, she summoned all the courage she could to write the first book. Entitled The Open door, it is the true story of what she, her late husband and their children lived through in Holland. After being spared a grave danger when her husband was betrayed by a forged letter and came close to being sent away from his family to work in German factories. Thus when the underground ask the couple to safeguard one of their young men, they do fear for their children's safety and their common sense tells them to refuse, but they are so grateful that their courage and generosity override these feelings and they agree. The "open door" of their home to this partisan and subsequently to numerous others displaced by the War. These people they provided with shelter to displayed a variety of nationality, language and temperament. These were years of deprivation, crisis and danger, but they were also years of tenderness, closeness and humour. Grada captures all these emotions in the pages of her book.

Her next effort, "A New Beginning" tells of their journey to Canada in search of a new start to a life which has been full up to this point. The War left Holland in a state of shambles, most looking for employment and the wisest thing seemed to move and relatives in Canada were willing to sponsor and help out the family until they could put down roots.

The latest of her writings are a culmination of a "Promise" that she made to her late son. He had written down some of the things he recalled as a child growing up with parents so brave and trusting in their Maker that they could endure all they had. He had read the first two books his mother had written and was moved to add his thoughts as he remembered his childhood going through all the things mentioned in the books. He had wanted to assist his mother with her second book, but she had completed it and so her promise to him was to write a third. When he

passes away prematurely, she carries through her promise, and writes The Promise. The year is 1991 and she sees another dream come true as the third book is published.

She has lived some 60 years with cancer and has dealt with whatever the Lord throws her way. She does not give in easily, but carries on to the next item. She has no idea what the future holds, "I hope to live to be 89 this September," she says as we speak, and she will probably achieve whatever she puts her mind to.

Her English is not polished, and she often finds what she wants to say difficult, but she does not give up. She has achieved a great deal in the last eight years, what with writing three books and keeping other things moving in her life.

She is always ready to help those who need a kind word, a bit of encouragement, a steady shoulder to cry on so to speak. She corresponds with a number of people, many of whom she has never met, but who were referred to her as someone who would support them through tough times, a specific crisis, or just someone who understands what they are enduring...Grada is indeed that person. She has seen and lived life to the fullest, through good and bad, through happy and sad times. She has a wonderful reserve to draw upon and is willing to do whatever she can to help.

Her hands seem crippled with arthritis, but she knits and crochets. Her handiwork abounds as she tries to ensure that the grandchildren receive a handmade bed throw when they marry. Baby clothes and various other handdone items can be checked out, in various stages of completion around her apartment.

She sits in the window watching the world, noticing the snow which piles higher and higher and enjoying the warmth she has in her soul and in the apartment.

Working for her church and the congregation are important to her, as is her family. She is so unselfish and always ready to do for others.

She has spoken to groups, has been inside prisons to assist, she writes to numerous people hoping to help them through some tough times in their lives, and she is not yet ready to call it enough.

Paying to have the books published herself, she gave many of them away to people who she felt they would help, to organizations (Schools, Legion etc.) wanting to share with as many as she can what she has written.

Her writing allows her to reach people she may never meet, but who she will give hope and courage to. Her wonderful gift is one she shares readily and asks nothing in return.

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Senior Citizens contribute time

There is much to be learned in the way one generation dealt with their particular problems. And these messages must get through to those generations that follow.

Some of that information, and certainly the warmth which results from the answers that are told by that generation to later ones is vital if we are to learn from the past.

Daily our seniors move out of our lives, and they take with them, irreparably, the kind of information which we should be learning. They take it not because they want to but

rather because they feel no one cares. Well, indeed we do care, and this supplement to The Chieftain is but a small effort to include something special in the edition which celebrates Seniors.

There are so many out there in our area that are seniors and that contribute significantly to the communities they call home, that we can but scratch the surface as we talk with them, see them as we go about our daily tasks and meet them as they work throughout the area, making this a better place for us all.

To those not mentioned, we apologize, remember we are limited as to time and space and even though your particular contributions are appreciated, they may not be acknowledged in this years' effort, and this is no one's fault. Keep up the great job!!!

The warmth and humour these seniors extrude is wonderful.

The numerous benefits that the communities in this area reap from the efforts of seniors cannot be repaid. They have worked the bulk of their adult lives and when retirement comes, they accept new challenges without a second's hesitation and without expecting any rewards for the tasks they take on.

They are a very special breed, and we are most fortunate to have their expertise in a diversified number of topics and areas. They are more than willing to share all they have with others.

Not only do they work hard at any number of volunteer organizations, but they play hard as well. Take for instance the Iroquois Lawn Bowling Association. A large number of seniors are involved here and keep things running smoothly. A green which is admired and envied for miles, this is a sporting endeavour which sees seniors active alongside their younger peers. People like Ambert Brown, Clare Reynolds, Ernie Schuck, Art Roberts, Ross Jamieson and the ladies, wives of some of the former gents who stay busy having fun, Mrs. Roberts for instance, a champion in her own right...these folks know that "all

work and no play is not a good idea."

Then, in the Village of Iroquois there is the Royal Canadian Legion where ladies and gents like Len Roberts, Councillor Wilf Gibbons, John Wilson (now famous not only for his efforts as Legion Education Officer, but as a line dancer instructor extraordinaire), Gerry Cornell, Willis Douglas, Ray Delegrade, Allen Fisher and the list goes on and on and on all put forth a tremendous effort on behalf of the commu-

nity. Mrs. Mack Fetterly, Ruth and Jim Styles, Edith Norton, Miss Render (who walks over town when able and collects used stamps from the newspaper for her church efforts, and is over 90 years old. She lives alone and is spry as can be), Ida Major, and the list goes for a long way for sure...each contributes to the way of life in Iroquois and we the generation who are taking over the reins thank them for a job "well done" indeed.



Lawn bowling popular

A great summer pastime, lawn bowling on the green in Iroquois gives many seniors exercise, sunshine, fun and friendship.

Chieftain photo by S.L. Johnston

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A well known Matilda Township senior

When an event is taking place in Matilda Township and the strains of music can be heard from a piano it is a pretty safe bet that when the piano player is seen, it will be none other than a small, elderly woman who is making the notes flow. Ruth Coons has played the keyboard at so many events, she cannot recall them all. A wonderfully talented lady, she plays today like she has all the years since she began as a young girl in Matilda. The music comes and the piano responds to the familiar touch of those fingers.

There are not too many in Matilda Township who do not recognize the name, Ruth Coons. This lady, a spry 82 years young (83 in July) resides in Brinston. She and her late husband, Charles operated the General Store in the same Village for some 25 years, 24 of which they also had the Post Office as part of their store, a wonderful convenience to the local people. A familiar and popular gathering place for the people of the area, Coons' store was the centre of a busy little place for many years.

After selling it, they moved for a brief period of retirement to Prescott, but were lonesome for the place they had called home for so very long and the neighbours who had supported them through the years, and so moved back to Brinston and the Township where they had been born and raised.

Ruth had one son, the late Gordon Coons and speaks with a Grandmother's reverence when telling of the Grandchildren and Great-grandchildren she looks forward to enjoying.

Her philosophy is "to stay busy until your time comes, and stay as active as possible while on this earth." She certainly has lived by this too. Playing the organ in the Brinston United Church for almost 60 years now (she points out with that shy, reservedness, that this was not steady playing! "I was the Assistant for part of that time and then when the organist was sick or away, I filled in, you know."), the last twenty of which, it has been every Sunday without fail that she has taken her place at the front of the church facing the keys of the organ to start another service.

She also shares her talent with others through the Rebekah Lodge in Brinston, the Matilda Womens' Institute and the Senior Citizen Group, the Helping Hands.

She is active in all of the above, as well as the United Church Women's Group.

When speaking with the writer, she noted that her Church minister had been in to discuss the hymns for Sunday and a choir member had dropped off a song which Ruth will play at a joint variety show on March 27 at Hulbert Valley Church...never a dull moment.

She has been known to make some pretty great pies so this writer has had the privilege of tasting. Pickling and preserving are not done so much now as they used to be, but she does dabble a bit in the kitchen.

Watching the birds feed outside the kitchen window is a fun pastime and the path shovelled to the feeder indicates those frequenting hers will not starve.

Ruth was voted Citizen of the Year for Matilda during the Winter Carnival celebrations of 1984, an honour which she felt she did not deserve any more than anyone else in the township, but humbly accepted. In fact this was but a small token of the appreciation felt by the people of the area for her dedication to and for the area.

Still driving her own car, she makes a trip to Iroquois every week for those things she cannot purchase in Brinston and to check out the bigger town...

A most familiar sight at the piano, Ruth can always be counted on to play at any function in the area. Her fingers show no signs of stopping as they tickle the ivories and her ability is certainly in evidence.

As we say good bye, she adds, "I just hope I can do my share while I am here, and be better fitted for the next world." There is no problem, Ruth, you have done more than your share already and show no signs of stopping.



Ruth Coons - Citizen of the Year

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Continued from page 3
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Information and Referral and Client Intervention:

A variety of requests and inquiries are received. Appropriate agencies are contacted as needed and referrals made. Assistance is given to those filling out various government forms and literature on various issues is available.

Clubs:

Social and fun times are provided by these clubs for seniors who are unable to travel to other communities or prefer to remain in Cardinal for these activities. Cribbage, line dancing and euchre are the weekly activities. Volunteers organize the club and keep track of attendance. This is handed in to the co-ordinator once a month.

Chair Exercises/Fitness:

These weekly sessions offer mild stretching and cardiovascular routines which keep participants active, mobile and "feeling good". This is important not only as a morning out but help to keep joints and muscles in optimum condition.

Films and Social:

The residents at the Seniors Apartments (Seaway) have the opportunity to join a group every second week for a short film followed by juice and muffins. For some, who do not get out much, it is a time to visit and be involved with others in a meaningful way.

Intergenerational Program:

Older adults and children interact in a planned manner for mutual benefit. Activities include attending and taking part in youth groups in the community and listening to and talking with grade 2 students at the local public school on a weekly basis. The teacher keeps a list of the volunteer's time and this is given to the co-ordinator once a month.

Income Tax Clinic:

Each year, a volunteer completes income tax forms during March and April.

Handi Helper program:

During July and August, two students work in the community doing household chores. They are hired by the Centre through a Challenge grant federal funding.

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Chieftain photo by M.C. Bailey

Dr. Playfair well known in Village

Doctor Peter Playfair is certainly a prominent resident in the small village along the St. Lawrence he and his wife chose for their retirement years. The very young have been intrigued with his "cart". Stricken with MS, Doctor Playfair can be seen scooting up town for the mail, or just out for some fresh air on a warm summer evening in his three-wheel mobile wheelchair.

Neither the fact that he has an illness which slows him down, nor the fact that he is a senior has any major effect on the effort he puts forth to be active in his community. His volunteer work extends past the Village and he shows no signs of slacking off. There must be pain and frustration to endure and he seems to handle both with the help of his spouse, and his own fortitude.

Serving as the Medical Advisor to the Leeds-Grenville Chapter of the MS Society, he is kept busy gathering information, once accumulated that he writes into newsletters which are published about once every quarter. He explains that even though he is on the executive, he does not attend every meeting since they are held in Brockville and the drive is too far in poor weather etc. He stresses though that he does go to most of the monthly meetings, and admits that he is expected to get involved with whatever comes up. "Answering questions is something I try to be available to do at all times, anyone who needs to talk, I am the one they seek out."

He serves on the Iroquois Library Board and is presently the Chairman. An avid reader, Doctor Playfair can always be counted on to attend the entertainment series, spring and fall which are sponsored by the Library. His thoughtful words of appreciation are always a welcome ending to these wonderful performances.

When asked about spare time, he chuckles and admits that there is never too much of that. He does enjoy reading a variety of magazines, and newspapers from across the province; only when he can find the time. "I do a lot of corresponding, in fact I feel that I must at times keep Canada Post going, I mail so many letters out!" To prove his point, he explains that he buys his postage directly from the main

Canada Post office in the Maritimes.

Always aware of problems faced by those confined to wheelchairs, or otherwise challenged in the world of the 90s, he is ever working on their behalf, writing letters and asking for assistance, whether for easier access to community buildings, or to shopping areas from government or local folks.

Doctor Playfair came to Iroquois after working in Kenora some 30 odd years in his chosen profession. (1948-1975) and decided 17 years ago to retire in this small town where life is not too fast paced and yet where he could continue to contribute in various ways to the quality of life enjoyed therein.

Doctor Playfair regularly sends the monthly report from the Royal Canadian Legion, Branch 370, Iroquois to the local weekly newspaper, and is an active Legionaire. For many years, he has assisted in the annual Education program, specifically the Public Speaking, and the Poster and Essay Contests sponsored each year by the Legion. Most interested in young people, he encourages them to become active in their community as well.

Something which he seems to find pleasure in is reading the Old Testament Lesson at Church on Sundays. A member of St. John's Anglican Church, he has been an active member of the Vestry and is a great supporter of the Church proper for many years.

Receiving acknowledgement for his contribution to his community, Doctor Playfair was presented with a "Canada 125 Award" which recognized his efforts in his community, past and present.

It is funny how those who work tirelessly for others never seem to want to be formally recognized for it, shy and reserved, Doctor Playfair does not ask for even a Thank You for his numerous tasks, but enjoys doing them just for their own sake.

Not showing any signs of slowing down, Doctor Playfair will remain an active member of the Village for years, this reporter has no doubts! Speaking to him on any variety of subjects can enlighten anyone who has the time to spare. Like all seniors, he has a true storehouse of information that can only be beneficial to others.

Bridging generation gaps

Life has taken Ada Baldwin down many roads throughout her 70 years. She was born and raised in Inkerman, on a farm, a part of her life she thoroughly enjoyed. When she was but 12 years old, she had graduated from grade 8 and had quit school to go to work. She recalls that her teacher at the time, Mr. Lloyd LaPorte taught her grade 9 after her success with grade 8 lessons.

She remembers doing the rural mail route the family had taken on for extra funds. Delivering the mail

with a horse and buggy or cutter depending upon the season was something she looks back at with fond memories. "Anything that had to do with horses, that was right down my alley, I really liked farming, especially horses."

She worked in Cardinal at the Canada Starch Company and it was there she met her future husband, the late Howard Baldwin. She worked for a year and a half during the War years and after marrying Howard

they settled in Cardinal and proceeded to raise four children, three boys and a girl.

She was a "rink rat" when her sons were growing up, and has returned to watch her grandchildren play. She loves to cheer them to victory, and spends a lot of time at the arena. She fell 13 years ago while skating and when recovered decided not to skate again. Then she made a promise to herself, to skate when she celebrated her 70th birthday, and she kept the promise. On the exact date of her 70th, she and her family skated at the Cardinal arena, and enjoyed cake in the lobby. A wonderful way to celebrate.

She likes to keep busy and finds that volunteering gives her the opportunity to help others, while staying active herself.

Last year, she volunteered five days a week at Benson Public School, this year, she cut it down to three. "I just love the work, the staff and the kids of course."

Doing volunteer work seems to keep Mrs. Baldwin happy. As she speaks about it, a smile crosses her face and a certain excitement comes to her voice. "I do whatever the teachers ask me to, anything from correcting math work, to listening to the children read, help them do corrections in their work, to doing photocopying for the teachers, whatever there is to do, I do it."

She says, "They keep me busy, every time I go, there just seems to be enough to do and so I do it."

She does mention that last year she started in Kindergarten but this year, she does not go into that classroom, finding them more than she is up to handling.

When asked why she would volunteer at a school, she laughs and says, "I love it, that's why!"

It would seem that volunteering for Ada is not work, but a pleasure she looks forward to each day. "I have the time to spend, and the youngsters give me more than I could ever give them." She explains that she gets lots of hugs every day and is, unlike the teachers able to return them without fear of repercussions.

A volunteer with a ready smile and a willing heart, Ada is a familiar face around Cardinal and in particular Benson School.

EURO DELI

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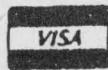
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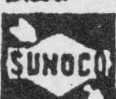


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