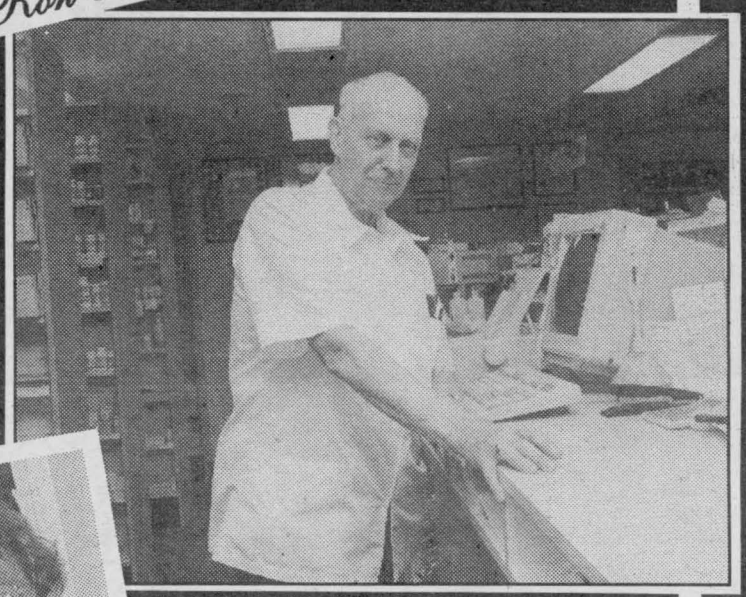
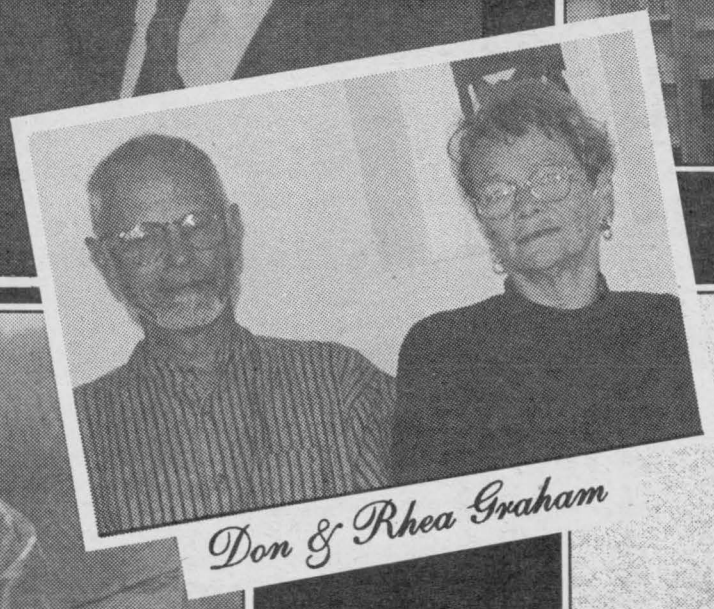


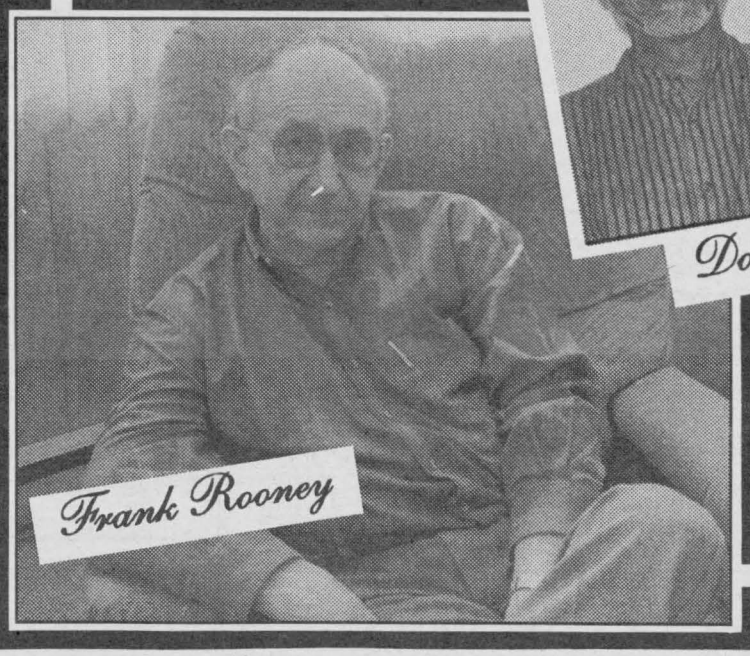
Bernie & Cooke Sisty



Ron Gilmer



Don & Rhea Graham



Frank Rooney



Lily Hanes

A SALUTE TO SENIOR Citizens

a Special publication of The Chieftain Publishing Company
Wednesday March 3, 1999



Patiently waiting

Beulah Quart modeled at the Playhouse Dessert and Fashion Show on Sunday afternoon. Here we caught her in the dressing room waiting for her turn on stage. Seniors find they can help out in numerous ways at every event *Chieftain Photo by S.L. Johnston*

What it means to be a senior

The Ontario Advisory Council on Senior Citizens sought a unique way to celebrate Senior Citizen's Month in 1988. The way which was decided upon was to host an essay contest for seniors. The topic was an essay of 500 words on "What does it mean to be a senior citizen?" The only prizes were to have the work published in the newspaper, "Especially for Seniors." The invitation opened a flood gate, through which flowed the memories, joys, sadnesses, humour, experience and wisdom of a generation. An amazing 618 essays were written and sent in, including one in French and one in Italian. Compiling the best into a book was a terrific idea, and the fact that as little editing as possible took place, only for reasons of length, spelling or grammar and never in terms of style, "Are you Listening? is a great read.

Each essay is unique, but some common themes emerged on what it means to be a senior. The most common by far was that of freedom. Freedom from the tyranny of an alarm clock. Freedom from responsibilities of work and raising children; freedom from want, thanks to pensions and benefits for seniors, and freedom to live as you please in this fine country.

The greatest joy was noted to be "grandchildren" while the worst sadness "the loss of a spouse"; the greatest leisure interest, "gardening" and the greatest source of strength, "God." The greatest loves included your spouse, nature, pets and God, not necessarily in that order.

The essays were written from their homes, from nursing homes and homes for the aged, from winter retreats in Florida, from hospital beds and from wheelchairs. Some enlisted the help of younger friends who wrote and sent in the thoughts of the older persons...the tone of all essays was overwhelmingly upbeat and the editors were left with the impression that the most valuable function of the essay contest was "to provide a reason for putting down on paper
those events and feelings that leave one with "pain that will never heal."

One writer noted, "Should my essay be the first to arrive, it is because the words were there, all ready in my mind. They needed only an invitation like this to come forward and be typed..."

Some sixty-two essays are in the book and each is special. Space does not allow them all to be included here, but one taht struck a chord with this writer came from the fingers and thoughts of R.A. Boyle of Southampton. "Hail, seniors, and congratulations! We are, without a doubt members of a unique, never-to-be duplicated generation...an exclusive club, if you will. Most of us, in our youth, have endured bone rattling rides over gravel roads in horse-drawn buggies or been exhilarated by the smooth, silent passage of cutters through frosty, white countrysides, our lower extremities pampered by heated stoves and buffalo robes. Time-eroded, but still in the computer memory bank, are thoughts of pre-electricity, pre-plumbing days. Then the comforts of home included shelter from the elements as we wandered from the kitchen to the summer kitchen, through woodshed to the two-holed haven and Eaton's catalogue. Hard to forget is the Saturday night bath in the wooden tub which sadistic suppliers always designed with sharp edges. The stove-top irons were pushed aside to ready room for the pots of hot water and the stove cistern was filled to capacity. Needless to say, Saturday was the best day to beat the rugs at spring cleaning time. In considering the changes of our lifespan, let us not forget teh wonderful world of underwear. Until the end of World War I, it was de rigueur to wear fleece-lined underwear in colder times. Outdoors, great. Indoors, it was impossible to obey the modern adage of "never let them see you sweat." When you wrapped that fluffy fleece around your ankles, they took on a Clydesdale look. That underwear was the cause of certain colds which we endured, in a Kleenex-less society, with hypersaturated handkerchief. Then came the automobile, the alternative to steam-engine trains for longer trips. With it came a whole new world to be explored; engines to be cranked, rumble seats to be enjoyed, inner tubes to be patched, mica side curtains, gas tanks under back seats and paved roads! In swift succession we said good bye to horsewhips, ice houses, ice boxes, ice men, cream-top milk bottles delivered daily, bread men, junk men, and pump-it-yourself washing machines. We said hello to hitchhikers, tourists, travelling salesmen, caddies, flappers, crystal sets and aeroplanes. We were presented with radios, talking pictures, colour movies and another war. That tore it! After the war, things really speeded up. Computers, jet travel, earth orbiting, men on the moon, space travel, space probes, colour television with cable, converters and remote control. We even have heart and lung transplants. In the future, it will be the experienced brains of the senior citizens that will be transplanted in the younger. I tell you, we present batch of seniors have seen it all. We have it all, except world peace (and the Good Book says we'll never achieve that). So, seniors rejoice. We've seen more than any generation in history. Hail seniors and congratulations!

** "Age only matters when one is aging. Now that I have arrived at a great age, I might just as well be twenty." **Pablo Picasso.**

*" While there's snow on the roof, it doesn't mean the fire has gone out in the furnace." **John G. Diefenbaker.**

From another "old" senior citizen...

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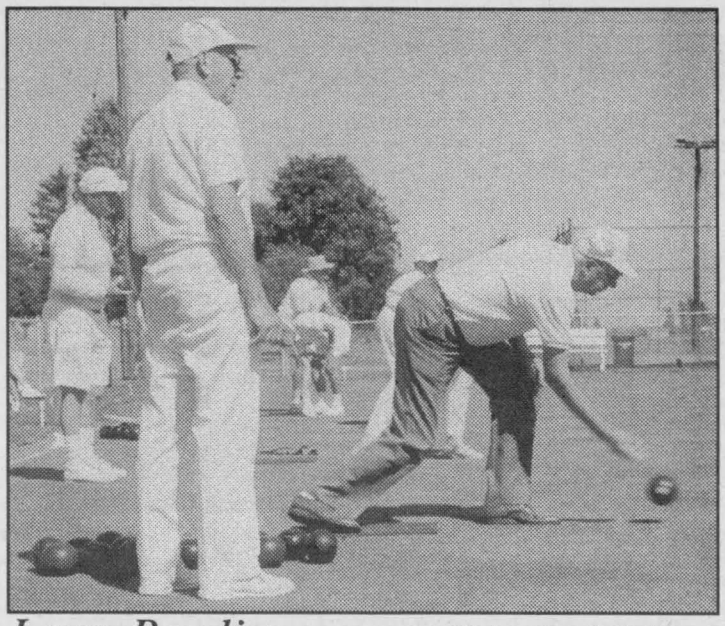

Lawn Bowling *Chieftain Photo by S.L.Johnston*

A senior actiivity that has the older persons enjoying the fresh air and the friendship, lawn bowling is a wonderful game that allows seniors to continue their fun after they retire from the everyday work world, and find they have more time to devote to hobbies.

A key objective of Canada's participation in the International Year of Older Persons is to increase recognition of Canadian seniors and their contributions to society. Canadian seniors are a diverse group whose culture, language, health status, geographic location and income levels vary dramatically.

Regardless of their location, background or lifestyle, the vast majority of Canadian seniors play an immensely positive role in the lives of families and communities across the country. Community groups are encouraged to use the publication, to provide their fellow Canadians with a mroe complete and realistic picture of Canada's seniors.

Demographics:

In 1995, there were an estimated 3.6 million seniors; that year, they represented 12% of the total population, up from 10% in 1981 and 5% in 1921. By 2041, an estimated 23% of the Canadian population will over 65.

Women make up a relatively large share of the senior population, especially in the very oldest age range. In 1995, women constituted 58% of the population aged 65 and over and 70% of the population aged 85 and over.

Independence:

The large majority of seniors live at home rather than in institutions. In 1996, about 92% of all people aged 65 and over lived in a private household.

A substantial portion of seniors, however live alone. In 1996, 29% of all people aged 65 and over lived alone, compared with just 9% of those aged 15 to 64. Senior women, especially those in the very oldest age groups are even more likely to live alone. In 1996, 38% of all senior women and 50% of those aged 85 and over lived on their own.

Health:

Canada's seniors are living longer than ever before. In 1991, a person aged 65 had an average life expectancy of 18 years over one year more than in 1981 and almost five years more than in the 1921-41 period.

Among seniors, women have average life expectancies that are considerably longer than those of their male counterparts. A 65-year old woman could expect to live for another 20 years, on average, four years longer than a man of the same age.

Seniors are living in better health, with increased vitality and quality of life. In 1994, almost three out of four seniors living at home rated their health as either good, very good or excellent.

Income:

On average, seniors have lower incomes than people in most other age groups. Nevertheless, incomes for seniors have risen at a faster rate than other age groups over the past decade and a half. In general, Old Age Security (OAS) benefits, including Guaranteed Income Supplements (GIS) continue to provide the largest source of income for seniors. As in other age groups, female seniors have lower incomes than their male counterparts, and unattached senior women have considerably lower incomes than unattached senior men.

Leisure:

Seniors generally have more leisure time than people in younger age groups. In 1992, people aged 65 and over had an average 7.7 hours of free time each day, two hours mroe than the 15-64 age group.

Seniors devote an average of almost an hour and a half a day to active leisure pursuits such as sports, socializing, hobbies and driving for pleasure. Seniors also spend a significant amount of their leisure time travelling.

Physical Activity:

Retirement from the workforce does not mean retirement from life for Canada's seniors. Seniors are physically active. In 1995, close to 505 of all people aged 65 and over engaged in regular physical activity, while 14% took part in physical activity occasionally.

Contributions to the Economy:

Collectively, seniors are a powerful consumer force whose participation in the marketplace

Please turn to page 6

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Chieftain photo by S.L.Johnston

Senior on the go

Jean Shaver takes to the trails on her Polaris snowmobile. Becoming a senior has not slowed her activity level. She enjoys gardening, family and her snomachine. Even a heart by-pass operation could not make her ease up any, her kitchen smells like a bake shop most days and she is on the go as much as possible.

Senior support available

Since 1991, Park Lane Seniors' Support Centre has been providing services to the senior citizens and adults with disabilities in South Dundas. Two sites offer services: Park Lane Seniors' Support Centre in Williamsburg and Stampville Centre in the former Stampville School. Last year, over 700 persons used at least one service.

Transportation:

Transportation has become a very important service to persons needing to get to medical appointments. Trained volunteers pick up clients at their homes, drive them to a clinic or hospital at Winchester, Brockville, Cornwall, Kingston or Ottawa etc., escort them into the building if necessary and return them home.

Two vans are available, plus private cars. The volunteers are paid mileage to use their own cars and out of pocket expenses when driving the vans. The vans are also used to take groups to social activities. Park Lane Senior's Support Centre has accessibility to a van and a lift for wheelchairs. The charge is dependent on how many persons are going and how far they are travelling. The charges range from $3.00 to $40.00.

Adult Day Service:

This service is an outing for older persons and a relief for caregivers. The support provides supervised activities in a group setting every Wednesday from 9:30 am to 1 pm for clients requiring care. Some components of the Day Service include transportation (if required), meals, activities, speakers and supervision (if required). Those that attend also enjoy the reminiscing and companionship. The cost is $7.50 for the day.

Meals On Wheels:

There are two organizations which provide this service. Morrisburg Meals on Wheels delivers meals in Morrisburg, Iroquois and along Lakeshore Drive and Highway 2. Park Lane Seniors' Support Centre delivers in the rural areas including Riverside Heights, Glen Becker, Boucks Hill, Elma, Dunbar, Williamsburg, Dundela, Stampville, Dixon's Corners, Hainesville, Brinston, Winchester Springs, Toyes Hill, Hulbert and all points in between. If the route is too long, two sets of drivers are sent out. The cost per meal is $3.75.

Diners Club:

This hot meal service is available at noon at the Centre in Williamsburg on Mondays, Wednesdays, Thursdays and Fridays. The Centre also serves meals in the Stampville Centre on the 1st and 3rd Thursday of each month; at the Iroquois Legion on the 2nd Thursday of each month, and at the Morrisburg Legion on the 3rd Tuesday of each month. This hot meal time gives the older adult an opportunity to socialize and a speaker &/or entertainment to follow the meal is scheduled regularly.

Respite Care:

This support service is provided in a client's home or in the 2-bedroom Respite Apartment at the Centre. This support gives family or friends relief from their caregiving role. The service may include personal care, monitoring, supervision and activation for the client. Rates are based on the level of care needed. This service is provided by qualified staff.

Please turn to page 7

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Clip and Save

SCHEDULE OF EVENTS FOR MARCH/99

St. PAT PARTY - Wed. March 17/99, 1:00 pm
- **Cliff & Betty BARKLEY** will entertain us with some Irish songs!

UP THE VALLEY STORY TELLER - Wed. March 31/99 - 1:00 pm
- **MARY COOK** will entertain us with her stories!
- **Tickets - $10.00** includes dinner, **$6.00** if you eat at home.
- **Tickets** must be picked up at the Centre **before March 31st/99**.

BINGO	~ Wednesday, March 31st at 1:30 pm	$.10/card
DAY AWAY	~ Wednesday, March 10th & 24th - 1/2 day of crafts, games, etc. plus lunch	$ 7.50
DINERS CLUBS	~ Monday, Wednesday, Thursday, Friday of each week	$ 4.50
EXERCISE CLASS	~ Tuesdays at 11:00 am	$ 3.00
FOOT CARE	~ Wednesday, March 17th & 24th	$ 12.00
MEALS on WHEELS	~ Monday, Wednesday, Thursday, Friday of each week - extras can be ordered for other days	$ 3.75
MEN'S CLUB	~ Wedneday, March 3rd & 17th - 1/2 day of games, speakers, etc. plus lunch	$ 7.50
MOVIE	~ Friday, March 5th, 1:00 pm - "Mask of Zorro"	$ 1.00
LINE DANCING	~ Fridays at 9:30 am	$ 2.50
RESPITE CARE	~ Sitters for convalescents are available upon request and assessment	$ 9.00/hr
SING SONGS	~ Wednesday, March 10th & 24th at 11:30 am	--
VAN and CAR Transportation	~ Reasonable rates for groups or individuals needing transportation for medical appointments or social events, in this area and to the cities.	*various rates*
INFORMATION	~ On many groups & organizations which can benefit you is also available. e.g. Lifeline, Heart & Stroke, CNIB, Alzheimers, etc.	*N/C*

IROQUOIS LEGION DINERS CLUB
Thursday, March 11th - noon - ***$4.50***

MORRISBURG LEGION DINERS CLUB
Tuesday, March 16th - noon - ***$4.50***

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Hours of Operation - Mondays - noon to 3:00 pm and
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Please call ahead to reserve for all Diners Clubs and Meals on Wheels.

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Senior of the Year *Chieftain Photo by S.L.Johnston*

Mrs. Joan Zandbergen of Brinston was chosen Senior of the Year and justly so for she never stops doing for others. Although over 80 and closing in on 90 she seems not yet ready to slow down. A familiar face at many events throughout the area.

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Seniors provide valued teaching

by Sandra Lee Johnston
Chieftain Staff Reporter

We owe them so very much. The seniors in our community. They do so much for us all. They have made their lives count, they have raised their families, volunteered their time for the benefit of others, endured much and never gave up. They are the cornerstones of our being, the pedestals that hold our communities from tumbling and crumbling. They seek no rewards, and ask nothing in return for their generosity. They will share with those younger than themselves all the knowledge they have amassed during their lifetime. Their unselfishness is catching and their smiles enduring and infectious.

When I think of seniors, I see familiar faces who have guided me and continue to be strong influences on my life. I see grandparents who have gone to a better place, whose memories and words of wisdom and encouragement live on in the sun and sky and the very air. I see parents who are always there, whether you need them or not. They see the best in you no matter what you present them with. They will never fail you. I see aunts and uncles who have fought the good fight of life, taken their blows and accepted what ever life has tossed their way. Looked to the Good Book for strength and lived their lives in accordance with what the Lord suggests therein. I see people who walk the same paths that I do, as my children do and I am happy that they are a part of my life. They have so much to offer and I am prepared to listen and learn from them. Names come to mind and many represent friends who while from another generation are perhaps the very people that can mould and shape what we the next generation will be, just as we will impact on the next and those who follow.

The example set by the seniors today is a hard road but one that must be trodden by each of us. They have certainly set the standard which we will endeavour to meet. We appreciate what they have done and continue to do. They are so very special. Where would we be without their advice? their love and their teaching?

We owe them respect and honour. They lead the way, we need but follow until they feel we are capable of going the way alone.

Over the years they have gained inner strength and wisdom through experience. They have know sadness and happiness, frustrations, satisfactions...at home and at work; they have known anxiety, relief, bitter disappointment and love, relationships that live forever and have an obligation to give to themselves and to others. They will not let us down...I have no doubt. I know too many seniors in this area, I see them daily and I know how much they do and I am glad.

CONTINUED

Important

continued from page 3

and the service sector helps provide businesses with a significant and stable consumer base. Seniors devote somewhat greater shares of their overall spending to basics such as food and shelter than people under age 65. Gifts and contributions also account for a relatively large share of the overall spending of seniors. In addition, seniors are major contributors to our economy through income, property and sales taxes.

Contributions to Family and Community:

Seniors make significant contributions to their families and communities with 69% of seniors providing one or more types of assistance to spouses, children, grandchildren, friends and neighbours. Seniors are also the largest per capita donors to charity.

Volunteer Work:

An estimated 23% of Canadian seniors contribute some time each week as unpaid volunteers. Many other seniors look after their children. In 1995, just under 20% of seniors looked after children at least once a week.

The economic value of the volunteer work done by seniors is estimated at between $764 million and $2.3 billion annually. As caregivers to spouses, family, friends and neighbours, seniors are also a vital force in reducing health care costs.



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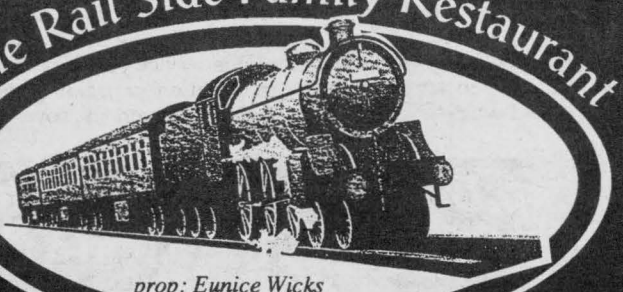

prop: Eunice Wicks

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Dispelling myths about seniors

"A key goal of our participation in the 1999 International Year of Older Persons (IYOP) is to dispel myths about seniors and aging," says Co-Chair of the Canada Coordinating Committee for the IYOP, Don Harron (also renowned Canadian entertainer). One of the most negative of these myths is the one that equates retirement from the workforce with retirement from life. He notes that contrary to the myth, the vast majority of Canadian seniors continue to be actively involved in Canadian society after their so-called "retirement" as volunteers and community leaders. "In adjusting to their new post-work lifestyles, seniors are tapering their community activities to meet their interests, talents and passions," says Mr. Harron. "They are doing so with tremendously positive results, for themselves and for society."

As Mr. Harron explains, "By fostering greater knowledge of seniors and greater understanding and appreciation of their contributions in their communities, the main objective of IYOP aims at building a better Canada for citizens of all ages."

Age and Attitude:

While 60 is generally the age at which governments and agencies start defining "senior", there are many things apart from chronological age that affect a person's aging process. Some people may be old at the age of 35, while others are living full and productive lives at the age of 100. In many places around the world, people do not define their age in terms of how many years they have lived, but in terms of how they feel and what they can do!

Aging...

Aging is not a disease, but rather a normal part of the life process. Aging is inevitable and irreversible, but does not automatically lead to ill health. Many of the health conditions associated with aging can be prevented or delayed if people take care of their health earlier in life. Generally speaking, the healthier people are throughout their lifespan, the less likely they are to suffer from chronic illnesses or disabling conditions as they grow older.

CONTINUED

Seniors support

continued from page 4

Visiting service:

A trained volunteer is matched, one to one, with an isolated senior or physically disabled adult on a regular basis. The visits are generally at the client's home at a mutually agreed upon time.

Security/Reassurance Service:

Park Lane Senior's Support Centre completes the application forms and installs Lifeline Units within the area for the Lifeline Program in Cornwall. This security works through your telephone and a small pendant that can be activated with a push of a button if a person is in need of assistance (ie-a fall). Once Lifeline is called, the 24-hour receptionist will call people on your list who have agreed to go and help you when needed. They will also call an ambulance if necessary to your needs. Some clients receive daily phone calls which check their health and safety.

Caregiver Support,Training, Information & Education:

This service provides scheduled information or training that will assist caregivers in providing care and support to the client. Presently the Alzheimers Support Group, the CNIB Support Group and the Coping with Caring Sessions are all held monthly. Generally there is no cost.

Home Maintenance:

Every year, the Centre has been fortunate to obtain a Federal grant to hire a student to assist with indoor/outdoor cleaning. These chores include seasonal jobs which the client finds difficult to complete. The fees are very reasonable.

Foot Care:

A trained person in basic and advanced foot care, is available to complete nail trimming, monitoring and other foot conditions. Client costs are $12.00 per visit.

Social Recreation:

Services in this category include information sessions, exercise classes, line dancing, entertainments, movies, cards, bingo etc.

Like most non-profit organizations, Park Lane Seniors' Support Centre depends on volunteers to provide all these services. Over 150 volunteers make themselves available from one to two times a week to once a month depending on their own availability. Training and education sessions and support are given on a regular basis.

If you know anyone who may wish to learn more about the services or someone who could be interested in volunteering, please call Janet at 535-2924.



LOGO

The United Nations has developed a visual identity for the Year. The logo design consists of rotating concentric lines expressing vitality, diversity and interdependence,a s well as movement and progression.

Footnotes for Seniors

* Thickened, brittle toenails can be softened by soaking feet in a mild soapy solution.
* After soaking, clip nails straight across to avoid in-grown toenails.

Keep mature feet on track!!

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HATS OFF TO *OUR SENIORS!*

From your community newspaper

The CHIEFTAIN

Just off the Plaza Square
Iroquois **652-4395**

Shop Downtown Prescott at
GRENVILLE PHARMACY
290 King Street West, Prescott
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...Where "GOOD HEALTH Is Our Concern"

On display in our Home Health Care Centre:
THE "UPLIFT SEAT ASSIST"

* *Self-powered*
* *Portable*
* *Easy To Use*
* *Comfortable*
* *Safe & Secure*
* *Light Weight*

This very popular seat is designed to give the needed assistance to those having difficulty getting in and out of chairs.

Ask For Your Personal Demonstration

Stop by and visit our
HOME HEALTH CARE DEPARTMENT

MEMORIAM · EORUM · RETINEBIMUS
LEGION

ROYAL CANADIAN LEGION BR. 370

Hat's off to all our Senior's

Seniors living longer with active lifestyle

Active living adds years to your life! Those who engage in regular,moderate physical activity (equivalent to 20 minutes of brisk walking) live longer than their non-active counterparts. There are those who work themselves up to a more vigorous level, but the largest difference lies between those who are sedentary and those who are just moderately active. Light to moderate activity is better than no activity!!

process. People can maintain functional abilities and enjoy high energy levels as though their age were reduced by 15-20 years. Many experts believe that deterioration in heart functioning, muscular strength and joint flexibility is a result of inactivity and not aging itself.

Active living offers wonderful alternatives and improved quality of life in senior years. This is not to say that activity will prevent illnesses from occurring, or that all seniors will be able to get out and shovel their own driveways, but physical and emotional strength has been known to help seniors recover more quickly from bouts with illness.

Activities should be based on the individual's interests and capabilities, as well as how easily they can be fit into a routine. They could include walking, gardening, shopping, or more traditional activities such as golf, swimming or tennis, depending on the level of fitness, etc.

Having fun with others, for instance, exercise classes, dancing, group lessons and sports such as golf and lawn bowling open up new opportunities to socialize and make new friends! Enjoy life!

The Hartford

A Unique Retirement And Continuing Care Community

SARALYN MABO
Administrator

3 Fifth Street West
Morrisburg, Ontario
K0C 1X0
(613) 543-3984

Best Wishes from

Upper Canada Chiropractic Centre

MONDAY - SATURDAY

652-2177

Box 468
5 Plaza Dr.
Iroquois, Ont.
K0E 1K0



CONGRATULATIONS ON SENIORS' WEEK!

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Congratulations to our Seniors!

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RRSP/RRIF Solutions

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P.J. Robertson, Ph.D.
Morrisburg (613) 543-2717
Ottawa (613) 233-8098

STANDARD LIFE

FINANCIAL CHECKLIST

Goals: What are your goals? How long are you planning for?

Will: Are you aware of the financial risks in not having a will? Is it time you updated your will?

Power of Attorney: Do you know the importance of P of A?

RRSPs: Are you doing your best for yours/your spouse's?

RRIFs vs. Annuities: If you are about to retire or turn 69, do you know what's best for your RRSPs?

Pension Plans: Locked in or portable? Do you know how you can increase your pension income either way?

Canada Pension Plan (CPP) & Old Age Security (OAS): Do you know what to expect?

Insurance: Do you know how flexible life insurance can be today? How it can add value to your overall portfolio in the form of living benefits?

Mutual Funds vs. Segregated Funds: How well balanced is your investment portfolio?

Taxes & Estate Planning: Do you know how to grow savings inside a tax shelter beyond the RRSP age limit of 69? And how to pre-empt the tax liability on your RRSPs/RRIFs?

Education Savings Plans: Do you know the pros and cons of RESPs & In-Trust Accounts?

Charitable Gifting: Do you know how you can be a benefactor to your community and give yourself a tax break into the bargain?

S&F FOOD TOWN

PROUD TO BE YOUR NEIGHBOUR

Iroquois Shopping Plaza

Since 1912, **S&F** *has grown with you. We have changed many times since our beginnings as you have. We are changing for the better.*

It is our Senior Customers who can appreciate these changes as we at **S&F** *appreciate your dedication in supporting us.*

Best Wishes From
All The Staff At **S&F**