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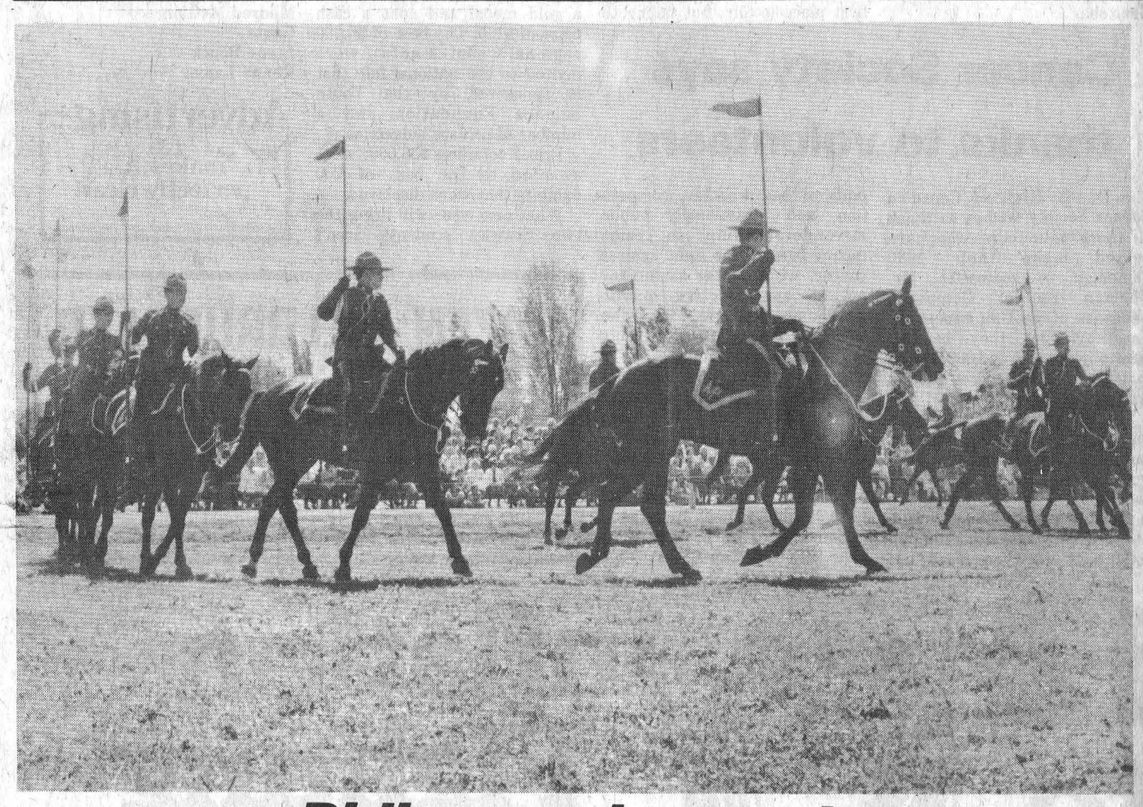
THE IROQUOIS POST

1979 PRIZE WINNER CANADIAN COMMUNITY NEWSPAPERS ASSOCIATION BETTER NEWSPAPERS COMPETITIONS

VOLUME 57 WEDNESDAY MAY 28, 1980 25c NUMBER 50



Riding to the music

The RCMP Musical Ride came to Cardinal on Sunday, May 25 and attracted a crowd of more than 3,000 persons during a cloudless day. The famed horsemen put on a dazzling display of equestrian skills to the delight of the crowd. An additional picture and story is on page seven.

Interest rates factor in debenture search

It will still be some time yet before the village of Iroquois issues debentures to help pay for the new sewage treatment plant that will cost $1,300,000.

Bell Goiunlock, a Toronto firm that specializes in debentures, is hoping that the high interest rates this winter that have been falling will continue their downward trend and in turn save the village money.

"One percentage point can amount to savings of several thousand dollars, said Iroquois clerk - treasurer Margaret Carlson.

This winter the interest rates were hovering around the 17-18 percent level, but have dropped to a present level of 13 3/4, meaning possible savings of $20 - 30,000. in interest rates.

While the total cost for the plant, trunk line and outfall is over the one million dollar mark, borrowing will only amount to a maximum of $770,000, a level set by the Ontario Municipal Board. The remainder of the costs have been covered by reserve funds.

An added decrease in borrowing is expected to come from a $94,000. grant from the Community Services Program that was awarded the village when a new calculation was made.

Savings have also arisen from depletions in the contracts which has resulted in money not being spent. One instance is a saving of almost $2,400. A test was to have been made on the footings for the outfall pipe, but since the footings hit solid rock, the test was unnecessary and cut costs unexpectedly.

Most of the reserve funds have been used, and the village may have to begin borrowing a short-term loan to cover the period between now and when the debentures are issued. The loan would be with prime interest rates, but council forsaw what borrowing and set aside $25,000. in this year's budget to help offset the costs.

Bills for the work have steadily increased, with April's total amounting to $54,000. and May's at $102,000.

Reeve Frank Rooney said that as far as he knew, it was the first time the village has

See page 3

Variety Night tonight

If you're looking for something to do on a quiet Wednesday evening Matilda Township senior citizens have planned a variety night this evening at Matilda Township Hall at Dixon's Corners.

Starting at 8 p.m., the evening is dedicated to the children in the township who will be supplying a variety of entertainment at the hall. It is the second attempt at such an event and organizors are hoping for a good turnout.

Last year the variety night was held to mark The Year of The Child, but response was so good from those attending that the senior citizens decided to hold the show again.

Children from four schools, Dixon's Corners, Stampville, Nationview and Timothy Christian, will be involved in a number of performances that will include singing, music, gymnastics, public speaking and others.

A spokesperson for the senior citizens said that the event is really being staged for the children who are not often given a chance to be in the limelight.

"The evening is for the kids of the township and it will give them a chance to show their talents," said Mrs. Fred Zandbergen Sr., of Brinston.

The senior citizens have a number of teachers in the group and they were behind the event and everyone got involved in the planning stages, she added.

Chairman for the evening will be Reeve George Cooper and although no admission will be charged, a collection will be taken. A social hour will be held after the entertainment.

Church celebrates 180th

Iroquois United Church will be marking June 8th with a special service next month as they celebrate their 180 anniversary.

Two services will take place, with both morning and evening services on the Sunday to mark the anniversary and a former minister will be returning to help with the services.

Guest minister for the morning and evening services will be Rev. Leslie Dean, who was a minister at Iroquois United Church. Accompanying him will be his wife, Ethel Dean, who are also celebrating their forty-fifth wedding anniversary with the congregation at the morning service and at the pot-luck lunch following the morning service.

Also at the morning service, which will begin at 11 a.m., will be the junior and senior choirs, and a solo by Rev. Brian Gee, the present minister at the church.

The evening service will get underway at 7:30 p.m., and the highlight of the evening will be the voices of the Cornwall Ecumenical Choir, comprised of 50 men and women from all walks of life, the choir was formed seven years ago by Lyn Francis to perform "The Messiah."

The group had such a success and found the choir so rewarding, that a choral society was formed and they now perform religious folk music and oratories.

The program at the United Church will include negro spirituals, folk music and religious songs. There will also be an alto soloist and two soprano soloists who will perform duets.

Summer Festival jam-packed with excitement

July will be a busy month in the village of Iroquois when the annual Iroquois Summer Festival gets underway.

The eight-day festival will begin on July 12th with a display of museum indian artifacts at the Carmen House. Featured will be arts and printing, sponsored by the museum board.

Sunday, July 13th will be highlighted with an ecumenical church service at the Iroquois Locks at 7 p.m. (weather permitting). Guest speaker will be Rev. Norman Johnson, street and court chaplain from Ottawa. In case of rain the service will be held at the Civic Centre.

Free admission will be offered to children wishing to attend children's films at the Iroquois Civic Centre, July 14th. Starting at 7 p.m., popcorn and drinks will be served, sponsored by the Iroquois Lawn Bowling Club.

Seaway District High School will be the scene of the Miss Summer Festival and Amateur Night sponsored by the Iroquois-Matilda Good Companions. Trophies and prizes will be presented and admission is $1.00 for adults, and 12 and under 50 cents. Doors will open at 7 p.m. on Tuesday, July 15th.

A lawn social will take place at the Iroquois United Church with entertainment by the Harmony Six Plus Two on July 16. The event will begin at 7 p.m. and there will be admission charge.

Festival Fun Night will be held on Thursday, July 17, beginning at 8:30 p.m. when Wayne Rostad appears at the Iroquois Civic Centre. Sponsored by the Iroquois Fire Department, advance tickets are on sale for $4.00.

Friday, July 18 will mark the beginning of a weekend of activities for the 1980 Summer Festival with tennis starting the day at 9 a.m. Junior girls and boys will be playing at the tennis courts while Iroquois merchants will be holding a sidewalk sale that will continue for two days.

Later that evening, at 6 p.m., the Legion Ball Tournament will begin at the Ball Park, while at 7 p.m. a soccer match will be held at the high school.

Bingo is on the agenda at 7:30 p.m. at the shopping plaza, with Iroquois-Matilda Lions playing host. Music will be supplied by Roy Fawcett o Winchester.

Saturday, July 19 the Men's Open Tournament for the Valley Cup will begin at 8 a.m., with Iroquois native Barry Casselman defending the title. Also beginning at 8 a.m. will be the Legion Ball Tournament and a Mixed Golf Tournament at the Iroquois Golf Club. Later that evening a dance will be held at the club house.

From 12 noon to 1 a.m., the Festival Garden will be in operation at the Iroquois Legion while at 1 p.m. empty stomachs will be treated to a barbecue by the Knight of Columbus at the Legion Hall.

The annual parade will begin at 1 p.m. with bands and floats, bicycles and clowns and an assortment of other eye-leasing sights. Starting at Iroquois Public School, there will be a band concert at IPS following the parade. For parade route, see accompanying map on Page 3.

Iroquois Matilda-Lions will be hosting a Flea Market and Auction Sale at the Fran-Ken Warehouse across from the plaza beginning at 2 p.m.

The winners of the 1979 bed-race, have challenged any group to the 4 p.m. race that will take place at the shopping plaza. For further information please call 652-4471, for rules.

A dance sponsored by the Masons and IOOF will take place at the Civic Centre starting at 9 p.m., with music by George Barkley. Tickets are $5.00 per couple.

The Fly-in Breakfast will begin the final day of the festival on July 20th, starting at 8 a.m., while the Ladies and Mens Tennis Tournament also begins at the tennis courts and the Legion Ball Tournament continues.

Free golf will be offered at the Iroquois Golf Club beginning at 9 a.m. At 10 a.m. a Mixed Triple Lawn Bowling Tournament will be held at the bowling green, while a 10 Km. race will begin at the high school. Entry fee is $2.00 and there will be three categories fo for males and females.

Sponsored by the Seaway valley Runners Association, certificates will be awarded to all runners.

Festival Grden continues from 12 noon to 1 a.m., and once again the Knights of Columbus will be holding a barbecue at the Legion Hall beginnin at 1 p.m.

As well as the listed events, Summeer Festival Ribbons will be sold by the Knights of Columbus and a colouring contest will be held. Entries for the contest can be picked up at any Iroquois store June 10th and must be returned to the Biba Store before July 5th. Judging will be by the Iroquois-Matilda Good Companions.

$1,300 raised

Walk-a-thon a success

Students from St. Mary's and St. Cecilia's Separate Schools took a walk last Friday but it wasn't to get some exercise, although they probably did get just that as they raised money for their schools.

Thirty-two students walked 15 kilometres from Morrisburg to Iroquois, beginning their trek at St. Mary's and walking along Lakeshore Drive, down the Old Anglican Cemetery Road and finishing at St. Cecilia's in Iroquois.

The Walk-a-thon, now in it's seventh year, is an annual event at the schools that provides funds for offsetting costs from special programs, school trips, graduation and other extracurricular activities.

This year the students raised approximately $1,300., and according to St. Cecilia's principal Doug Jarvis, once the exact count is in, a portion will go to a charity selected by the students and the remainder divided between the schools.

"Last year the students sent money to Father Larjin, who is with the White Father mission in Africa", he said.

Once again the students were constantly checked with parent

Once again the students were constantly checked with parents on the walk and CB's were used to monitor their position on the walk. Morrisburg OPP also were on the scene occassionaly to patrol the area.

"The Walk-a-thon was a success thanks to all the people who supported us this year," Jarvis said.



Thirty-two students from St. Mary's and St. Cecilia's Separate Schools walked from Morrisburg to Iroquois and raised about $1,300 for the schools' extracuricular activities. Pictured left to right are Mary Stuart, Tara Jacques, David Carroll and Joanne Albers.

Board will review Stampville petition

Stampville Public School parents were given a glimmer of hope last night that their school may not be closed next month.

A petition with 180 names on it was presented to the Stormont, Dundas and Glengarry County Board of Education at the regular meeting of the board in Cornwall Tuesday and after the presentation, the board decided to place the issue on the agenda for June 10th.

Sandra Lee Johnson, who headed up the delegation that represented the parents, read to the board a 13-point outline on their reasons for wanting the school to remain open.

Johnson critized the board's reasoning behind the closure, saying that the school was being pulled out of operations because of declining enrollment and to save money.

"Money saved by closing the school will be spent some place else, some place better? We think not," she said.

"There are 60 pupils at Stampville, only 52 at Roxborough and 45 at John Sandfield MacDonald, they will remain open, why not ours?"

Johnson cited another waste of government money by explaining that the re-routing of the county road was made to prevent accidents at the school at the expense of taxpayers, but that would be all for nothing.

The board had agreed to have the students bused to Iroquois Public School as an alternative if the school was closed, but the protesting parents said that route was not good enough.

"How can the board send pupils from Stampville to Iroquois where a portable is in use and the school space is already strained," she said.

"Studies have shown that busing students to another school in another community has negative effects on the learning process and behaviour of the pupils."

Johnson came under critizism from trustee Harry Gatward, who disclaimed Johnson's statements that a meeting held at Stampville P.S. had shown any opposition to the school closure, and people were resigned to the fact the issue had already been decided by the board.

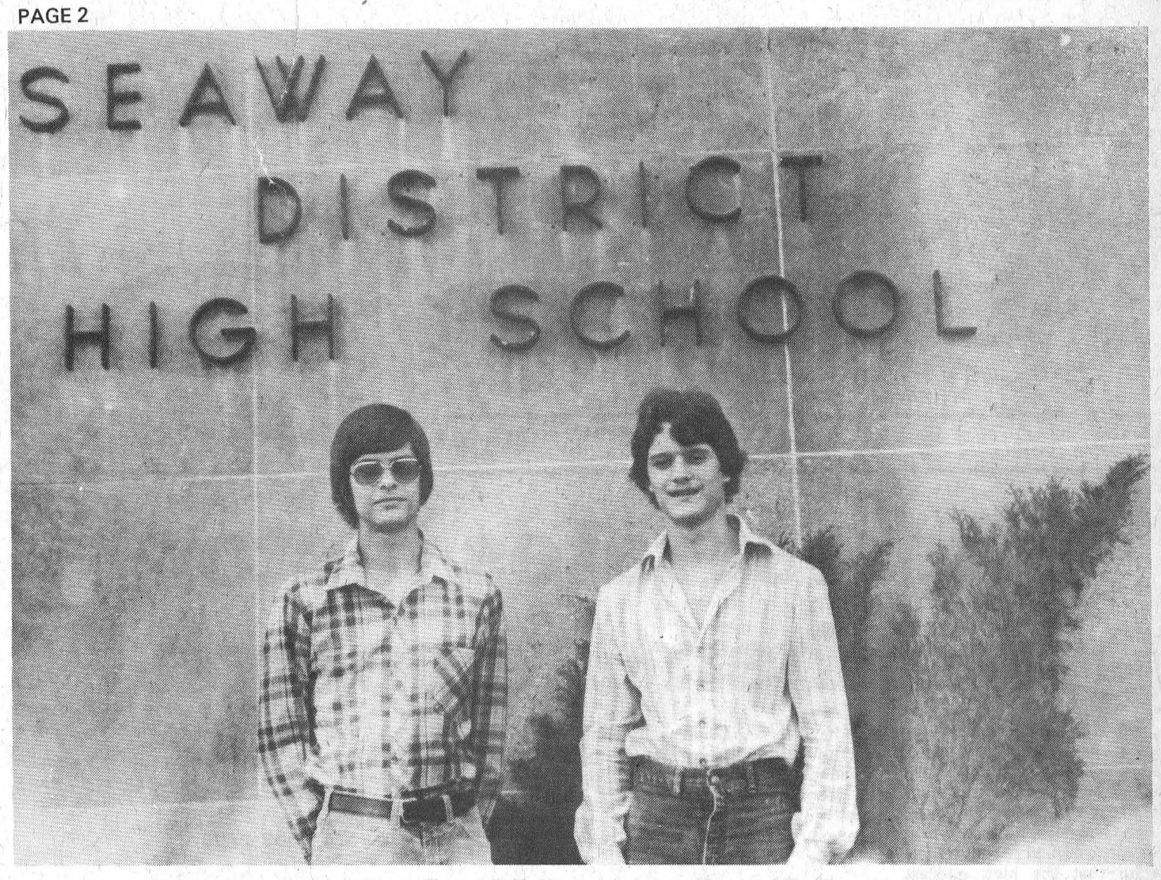
"I can't accept that, because people that I spoke to felt it was an input meeting," Gatward said.

Mahlon Zeron, trustee for the school, said that he was unable to clarify the point brought up by the parents that a number of students had been transferred out of the school to Iroquois Public School and others to the separate school in that community, even though in some cases neither parents were Catholic.

He added that he had never had a call protesting the school closure since it was closed, a statement that was later challenged by Johnson who said she knew of one person who had called.

Chairman Sandra Enns kept the discussion on the issue tight and restricted it to the brief

See page 11



David Ross, left, and John Bailey, right, have been entering science fairs for a number of years and their third entry took them all the way to Thompson, Manitoba where they came first in the Intermediate Engineering category.

Seaway students have knack of winning at science fairs

Winning at science fairs has become a way of life for two 15 year-old Seaway District High School students who both reached their summit this month as far as awards go.

John Bailey, grade 10, and David Ross, grade 9, were awarded first place in the intermediate engineering category at the Canada-Wide Science Fair held May 11 - 18 at Thompson, Manitoba.

It was the third year entering science fairs for both students, having begun their first attempt at the Stormont, Dundas and Glengarry Regional Science Fair and placing second. That same year they went on to the nationals and took second place in the junior engineering section, winning the silver medal.

The next year saw them win first place locally, but failing to place for the nationals.

That did not deter the two Iroquois resident who took their project, entitled Cybernetics, from a first at the the local regionals to a first at the nationals this year.

"The project was displaying artificial intelligence using the computer which we built ourselves," said Ross.

Both students were awarded a gold medal and split a cash prize of $150. The best of 30,000 regional contestants were invited to the national fair that is sponsored by the Youth Science Foundation and a number of private industries.

Prizes totalling $55,000. were awarded to the best of 200 exhibits that were displayed.

What next year will bring the two Seaway students aren't sure, but their sights are already set on entering again.

There's still a bit of the summit they feel should be climbed.

Bridge winners

Ladies -
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Mildred McGinn
Gents -
Lorne Bouck
Kenny Lapier

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Cancer Society says thanks to volunteers

The Dundas Unit of Canadian Cancer Society wishes to thank all those volunteers who have helped make their 1980 Campaign so successful. Mr. Norman Bayne, Campaign Chairman of the Unit announced Thurdsay that they reached their objective of $16,000.00 and that they were the first Unit in Eastern Ontario to do so.

The theme for our Campaign this year was "We Can Do It" and by the dedication, hard work and seemingly thankless hours put in by the volunteers in Dundas County "We Did It".

All over Ontario, 100,000 volunteers like you faced the odds of bad weather, competition, and occassionally public misunderstanding to raise money toward the fight against cancer, while at the same time acting as effective public relations experts for the society. Volunteers are truly "Ambassadors of Hope."

In Ontario in 1978 statistics issued from the Ontario Cancer Treatment and Research Foundation show that one in five deaths is due to Cancer. With your help in raising funds for research and treatment, we hope to reduce these statistics.

Cancer can be beaten. With your help "We Can Do It".

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Competition open to SD & G artists

Members attending the Cornwall Arts Development Committee, (CADC) May 20, at the Simon Fraser library, were informed by the Visual Arts chairwoman that jurors for the Spring art competition, "Exhibit 80" will be, Frank Barry, artist and instructor at Sir George Williams' University, Montreal, Dorothy Farr, curator, Agnes Etherington Art Centre, Kingston, and Mary Rawlyk, artist, Kingston.

(This competition is open to all artists resident in the Stormont, Dundas or Glengarry Counties, submission of work to take place June 6, 7 at Inverarden. Further information may be obtained from Lori McAlear 932-8511 or Peter Leclair, 932-9621).

Also reported was the arrival of the Byron Harmon Photography Show, which will be on display at Inverarden May 22 to June 6.

The Cornwall Symphony Orchestra have confirmed their appearance at the Capitol Theatre, June 25.

The next meeting of the CADC will take place June 18, in the board room of the Simon Fraser Library, Second Street, East.

The Tri County Crafts' members at their after show meeting on May 13, unanimously voted for a three day Christmas show.

Members unable to attend, voting by mail, were also in accord with this decision.

Final plans for the November, Christmas show will be made at the September meeting. Particulars regarding time, and place, of this event will be mailed to all members in due time.

Scouters hear convention report

The high-light of a meeting of Scout leaders held at the United Church hall in Iroquois on Wednesday evening was a report on the recent provincial convention in Toronto by the Reverend E. Earle Eaton, chaplain and public relations representative of St. Lawrence District, who was the District's delegate to the Convention.

Stressing gains and projected programs in Scouting, the report included the factors of funding, recruitment, volunteer services, camporees and international jamboree.

Mr. Eaton opened the meeting with prayer, and also covered it for the press. William Sheldrick, of Morrisburg, president of the District, presided. Greetings were brought by J. Allan Thom, of Prescott, Commissioner. Group sessions were held by leaders of Boy Scout troops, Wolf Cub packs and Beaver colonies. Refreshments were served by a hospitality committee.

Representatives were present from the several communities of the St. Lawrence District, which includes Morrisburg, Iroquois, Cardinal, Johnstown, Prescott, Kemptville, Spencerville, Roebuck, Winchester, Chesterville and Williamsburg.

South Mountain

Mr. and Mrs. Chris Brodner of Chateauguay Centre Quebec were callers on Tuesday with Mrs. Viola Marchand and Muriel Stanley.

Mr. and Mrs. Basil Watson of Cardinal called on Mrs. Johnston last Tuesday evening.

Mrs. Neil Doyle attended the Twenty fifth wedding anniversary of Mr. and Mrs. Edward Muldoone in Ottawa over the weekend.

Mrs. John Johnston accompanied by Mr. and Mrs. Basil Casselman of Winchester Springs spent the holiday Monday with Mr. and Mrs. Wayne Casselman and Jeffrey of Nepean.

Mr. and Mrs. Basil Casselman called on Mrs. John Johnston on Tuesday evening.

Rev. and Mrs. William Black of Montreal area were overnight visitors of Mr. and Mrs. David Black, Sherrie and Julie.

Miss Janice Weagant of Ottawa was a guest over the weekend of her sister Mrs. David Black and the family.

A birthday party was held on Wednesday afternoon for little Julie Black at her home here. Mrs. Fred Weagant her grandmother was in attendance.

Bookmobile schedule for June

During the month of June, the bookmobile will visit the communities in the three United counties, on the following schedule:

Mondays June 2 and 16: Riverside Heights (9:30 - 9:45); Stampville (10:05 - 11:00); Hainsville (11:15 - 11:30); and Hulbert (11:45 - 12:00).

Fridays, June 6 and 20: (10:00 - 10:20); Morewood (10:40 - 11:20); Mountain (1:00 - 1:30); and Inkerman (1:45 - 2:45).

In addition the two locations are visited once each month: Elma, Monday, June 2, 1:20 - 3:00 and Bouck's Hill (Timothy School), June 16, 1:20 - 3:00.

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cross rib steak 1.99

Swift premium brown n' serve sausage 250 gram pkg. 1.18
Swift Premium skinless wieners 16 oz pkg. 1.18
Swift Premium cooked ham 175 gram pkg. 1.08
Fresh side pork lb .79
Campfire small link store pak sausage lb .99
sugar plum, quarters bone-in cryovac, bone-in smoked ham lb 1.88

Maxwell House instant coffee 10 oz. jar 5.79
topping mix Dream Whip 85 gram pkg. .69
Del Monte choice peas & carrots, peas, green beans, cream style corn, or stewed tomatoes 10 fl oz tin 3 for 1.00
Canada #1, liquid Billy Bee honey 16 fl oz jar 1.39
Borden's assorted canned milk shakes 9.5 fl oz tin .49
Borden's Realemon 675 mL btl 1.49
Bick's cubit relish 12 oz jar .59
crispy crust frozen 5 McCain's pizza 16 oz pkg 1.39
Scotties assorted facial tissue pkg of 200 .68
Dixie assorted plastic glasses 20 count pkg .89

General Mills Cheerios cereal 575 gram pkg 1.39
assorted Del Monte fruit cups 4 x 5 oz tins 1.39
pure raspberry or strawberry Laura Secord jam 9 fl oz jar .79
soft sleeve achieve margarine 2 x 8 oz pkg 1.15
Leaver sliced mushrooms 10 fl oz tin .89
H.P. Sauce 7.5 fl oz btl .65
assorted flavours regular Freshie 5 10 gram pkg .49
Concord grape Welchade drink 48 fl oz tin .79
Peek Frean assorted cookies 200 gram pkg .69
assorted Wasa Ry King 250 gram pkg .99
fabric softener Bounce sheets pkg of 60 3.89
powdered laundry Tide detergent 12 litre box 6.49
assorted aerosol furniture polish Johnson Pledge 200 gram cont 1.49
soil & stain remover Shout 275 gram cont 1.59
liquid floor wax Future 450 mL cont 1.79


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pork riblets lb .49
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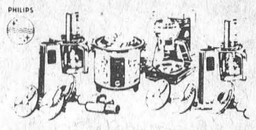

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Deadline for Round 3 entries is 5:00 p.m. Saturday, May 31. All eligible entries in the weekly contests qualify for a chance to win 1 of 4 Grand Prizes American Airlines Holidays for 2 in Los Angeles. And remember, everybody's winning with cents-off coupons from the Championship Book of Values.
Pick up your Championship Book of Values with all the details at your local Red & White store. Remember, deadline for Round 3 entries is 5:00 p.m. Saturday, May 31.
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PEP looking for members

Parents for Educational Progress (PEP) is the name of an organization established at Maxville on April 25 to ensure continuation of educational excellence in the area.

The organization's aims were stated as follows: a) To bring parents to a greater awareness of educational issues. b) To foster a dialogue between parents and school board, and to provide an organizational forum for such dialogue. c) To see that the question of small school closures is thoroughly evaluated from all points of view, including social, economic, and educational. d) To evaluate thecontinuing availability of subjects at the secondary level.

One course of action that the group will pursue is the implementation of a recommendation in the recent Maxville and John Sandfield MacDonald briefs to the Board of Education; namely, that a joint committee be established composed of trustees, school committees and interested parents, teachers and rate payers representing various small rural elementary schools across S.D. & G. with the objective of developing a comprehensive policy for evaluating small school closures.

PEP is actively in search of additional members. Interested persons should contact Peter Jack at 527-5596.

Elections for a temporary executive resulted as follows: Chairman, James Fergusson. Vice-Chairman, Stan Jasiewicz. Secretary, Susan Stelmach. Treasurer, Lusia Jasiewicz.

Seaway Enterprises re-locates store

The retail store connected with Seaway Enterprises, the workshop affiliated with Dundas County Association for the Mentally Retarded, has moved to larger quarters.

We are situated in the same building but are to be found in the large stores under the rainbow. We carry a complete line of unusual gifts. Most are handcrafted locally.

We carry woven, knitted and crocketed objects, a line of kitchen accessories and gadgets, children's toys, candles, ceramics, quilts, pillows, jewellery and soap stone items.

We boast that we sell the unusual and we sell under the Made in Canada label. Our hours are Monday to Friday 9:30 to 4:00. We hope to extend our hours for the summer season.

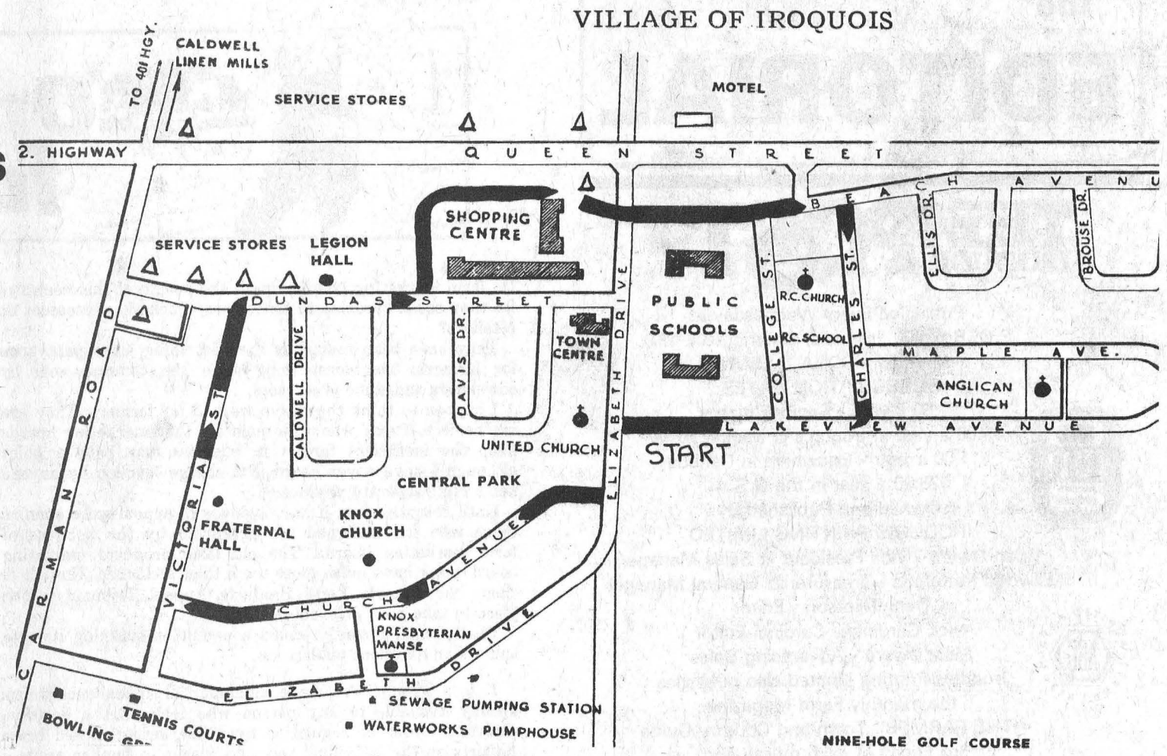
Golf tournaments announced by club

Members of the Iroquois Golf Club have announced their upcoming events that are to be held in the near future.

The men's opening twilight will be held this Thursday, May 29th, with the opening men's tournament to be held on Saturday May 31st. This will be for classes A, B and C.

The women's opening tournament will be held the next day June 1st, with a ladies' twilight held every Monday evening. Juniors will have their twilight tournaments on Tuesday evenings.

Members are asked to check the bulletin boards at the club house for further information on tournaments.



Parade route

The 1980 Iroquois Summer Festival parade will begin at the Iroquois Public School, travel onto Elizabeth Drive and then west on Church Avenue until it reaches Victoria Street. From there it will head north and then east on Dundas, making a turn around the shopping centre and travelling onto Beach Avenue until it turns south at Charles Street. The parade will travel back on Lakeview Avenue to the school where a band concert will follow after the parade.

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Family services held at St. Johns Church

Members of the Anglican Parish of Morrisburg - Iroquois - Riverside held a special family service in St. Johns Church on Sunday May 25, the day of Pentecost.

A choral Eucharist was conducted by the Rev. Canon Francis Gooch, assisted by Dr. Michael Klugman and a joint choir from St. James and St. John's led the singing of inspiring hymns.

During 1980, a program of Renewal, requested by Bishop Robinson of the Diocese of Ottawa, has been in effect, and during the service a special "cross of Renewal" was presented to the Rector on behalf of each congregation, to be placed in the churches for a period of one year.

At the close of worship a coffee hour was enjoyed, while old friendships were renewed, new ones kindled and a general feelingof "blest be the tie that binds our hearts in Christian love" pervaded.

Council to assist handicapped, senior citizens with ditches

Iroquois council has decided to assist handicapped person sand senior citizens in the village with mowing the ditches.

Earlier this month council had asked residents to mow their own ditches in front of their homes, in an effort to hlep reduce expenses. The ditches, totalling approximately 14 miles throughout the village, are owned by the Corporation of the village of Iroquois.

Reeve Frank Rooney said that those requesting assistance will have their ditches mowed for them and that they should submit applications in writing to the village clerk.

Interest rates floating

From page 1

had to borrow, except for the Medical Building which is paying itself back.

"While the plant is a burden at the present time, it will help with future expansion and gradually the assessment will be spread out as new homes and companies move into the village," he said.

The village will be paying back the debentures over a 20-year period, under which the first five Iroquois is not allowed to borrow. The OMB made such a ruling to ensure that the community was able to pay it's debts.

Bell Gouinlock is expected to notify the village in July or August of this year when the debentures may be issued. The deadline for issuing the debentures is November, 1981, and some may be made available to local citizens.

Iroquois personal

Garry Hall of Iroquois spent a week in St. Catherines visiting his sister and her husband Mr. and Mrs. Denzil Storey. Mrs. Storey returned to spend a week in Iroquois with friends and relatives.

THIS WEEK'S BARGAIN CENTRE SPECIALS
C-I-L House Guard ACRYLIC PAINT GLOSS
FLAT $19.95 Gal.
PRIMER $19.95 Gal.
GLOSS $21.95 Gal.
THOMPSON LUMBER LTD.
Dundas St. Iroquois 652-4478

2nd Anniversary Sale!
RED & WHITE FOOD STORES
Meat Savings
Taillefer Economy Bulk WIENERS lb. .89
6 lb. Box 4.99
COME IN
We would like to extend a sincere Thank You to all our customers who made our second year in Iroquois a Success. Come in and help us celebrate the 2nd Anniversary Savings.
Thrifty (Part slice) 500 gr. BACON .69
Taillefer or Boucan Smoked Picnic .79
Pride of Canada store sliced Cooked Ham lb. 1.39
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Maxwell House Regular Grind Reg. 3.99 Save 1.10 1 lb. Coffee 2.89
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SAVE 50c per pound
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Thursday, Friday, Saturday
Sunkist Navel (Size 138) ORANGES doz. .79
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YOPLAIT ASSORTED FLAVOURS YOGOURT BUY TWO GET 1 FREE 3 for .98
Frozen Highliner BOSTON BLUE FILLET 5 lb. Box 4.79 Save 90c
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Nescafe or Chase & Sanborn INSTANT COFFEE Save $1.00 10 oz. 4.99
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Come Celebrate the Savings!
THESE SPECIALS ONLY APPLY TO IROQUOIS RED & WHITE, IROQUOIS PLAZA.
IROQUOIS RED & WHITE
We're not the BIGGEST...ONLY The Best
We Reserve the Right to Limit Quantities

ANNUAL MEETING

WINCHESTER DISTRICT MEMORIAL HOSPITAL

MAIN CONFERENCE ROOM - Tuesday June 3, 1980 at 2000 (8 p.m.)

BUSINESS

To elect Governors, to receive and adopt the Financial Statement, and to consider and transact such other business as may be brought before the meeting. Attention is drawn to the fact that any person of eighteen years of age, or older, residing within the recognized hospital area, is a member of the Corporation and entitled to attend this meeting and vote thereat.

If for any reason a quorum of 20 members is not present, the Hospital By-Laws provide that this meeting will stand adjourned until a day within two weeks to be determined by the Board.

Refreshments will be served in the cafeteria after the meeting.

H.P. Stel, Secretary
Winchester District
Memorial Hospital

Dated at Winchester, Ontario
this 5th day of May, 1980.

the EDITORIAL

THE IROQUOIS POST

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Garbage Reflection

Matilda Township and the village of Iroquois seem to be issuing a challenge to be at the top of the heap, and it looks like they may be on the right path.

Garbage accumulation at the Matilda dump has tripled in the past nine years and one cannot blame it all on one single person or business.

While the observation is one that experts would probably term inaccurate, you could not totally discern the comments of John Markell who for almost nine years was the disposel site attendent at Matilda.

He was there at the beginning in 1971 when the site was opened to the communities of Matilda Township and the village of Iroquois, and according to Mr. Markell, business has tripled, and in his opinion that was a conservative estimate.

Even the year-round flow of garbage has no noticeable patterns, with the only increases being slightly higher in the spring and fall, both traditional cleaning periods for North America.

While we all complain about the rising costs of commodities, we still seem to manage inflicting inflation upon our waste site and decreasing it's capacity.

Government statistics had bargained on the Matilda site lasting for 20 years, but Mr. Markell feels that estimate may have been put out to pasture as a result of the increased mass of garbage. His estimate gives it only another five to six years, falling short of the projected two decades by 25 percent.

Who will be right is a guess that only time will tell, but in the long run it will also be a quiet comment on the type of lifestyle that our society has nutured.

Hard to Swallow

Iroquois council may have a difficult time getting itself re-elected this fall in municipal elections if most voters look where they usually do when it comes down to deciding who can get the job done best, and more importantly, the cheapest.

Fortunately for the community, council was not having any political pondering when they decided that they should proceed with the expensive construction of a sewage treatment plant.

Their motives were that of the future and attempting to ensure that the village did not get caught later on in years with inadequate facilities for keeping the environment clean from waste products.

Taxes have always left a bad taste in the mouths of those who must pay, but we seldom realize that everytime we turn around and purchase something, taxes, be they provincial or federal, are hidden or tacked onto the total bill. When a large sum is suddenly thrown at the taxpayer, he or she often balks at the figures, which when broken down, are in reality not all that bad.

Paying now for the sewage treatment plant may have been a bad political move for the council, but for the village it has been a good forward movement that will help to ensure the continued growth of the community.

Sometimes bad tasting things, like medicine, are hard to swallow at first, but in the long run they are good for us.

Dent W. Tillotson

PARTICIPACTION ©
The Canadian movement for personal fitness.



One foot in the furrow' by Bob Trotter

Letters are appreciated by Bob Trotter Eldale Rd Elmira Ont N3B 2C7

Do farm marketing boards rip-off the people of this country? Do they cause hardship to consumers, truckers, processors or retailers?

They have been touted as the best thing since pantyhose for farmers; the worst thing since the common cold by consumers and some processors.

I happen to think they have worked for farmers. They are not perfect. Those who who maintain that marketing boards keep the inefficient farmer in business may have a point although I have never heard that charge levelled by anyone but a big, corporate producer.

Until recently, few, if any, avenues of appeal were open to those who felt maligned are aggrieved by the auctions of farm marketing boards. The old farm products marketing board didn't have much more teeth than a chicken. Now, it is clear: the Ontario Farm Products Appeal Tribunal is the place to take your grievances.

The tribunal recently issued a pamphlet outlining its role and it's an excellent publication.

It is a tribunal "to make an impartial appeal mechanism readily available to any person who feels that a decision, direction, order or regulation by a (marketing) board bears unfairly on the individual and who wishes to further argue a case for some relief."

Those wishing to appeal include "anyone directly or indirectly affected by the auction being appealed against." In plain words, anybody with a bitch against a board.

If you really think these boards are hurting you, launch an appeal. Try to convince the panel of appointees that you have a legitimate complaint. The pamphlet issues a warning, though: before heading for the tribunal, take your case to the marketing board first to seek relief. If you get no satisfaction there, then go to the tribunal.

Over the years as a working reporter, I have sat in on dozens of different types of appeals. I have watched smart lawyers turn the tables on those who felt they were fighting a good cause. I have been pleasantly surprised at other times to see a presiding judge or chairman of an appeal body come up with a sound judgment in favor of a little guy who could not even afford a lawyer.

Any appeal should not be entered into lightly. It is a formal affair. Those feeling aggrieved should be well prepared. Decisions will be given on the evidence presented and the evidence must be factual. No half-researched allegations. No half-baked accusations. The facts, ma'm, just the facts.

As sure as Billy Graham is a Baptist, the marketing board being questioned will have evidence to support its stand.

Some of them have come through a tremendous amount of flak over the years and they know how to defend themselves. They will be organized and experienced.

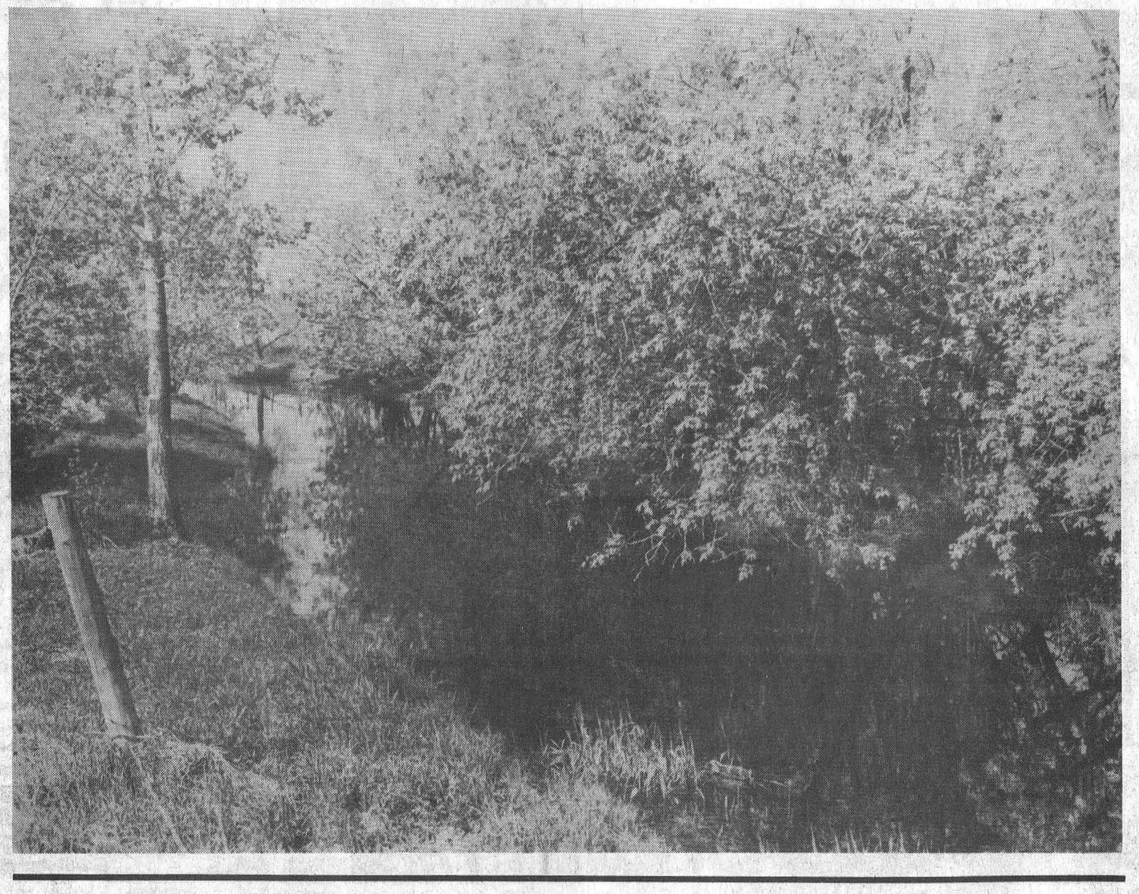
The Ontario Farm Products Appeal Tribunal's address is the Ontario Ministry of Agriculture and Food, A.J. Nyholt, secretary, Legislative Buildings, Queen's Park, Toronto, Ont. M7A 2B2, telephone 416-965-5844.

It's to be hoped that the appeal tribunal will have the necessary public relations to publish its decisions, too. The old farm products marketing board made decisions in camera. Few people outside the case even knew about its decisions. I hope the new tribunal will have the intestinal fortitude to at least publish its decisions to let the rest of the world know what is happening.

Formation of the tribunal is a giant step forward. It is an avenue of appeal set up for those who feel they are being hurt by the actions of any marketing board in the province.

Nobody has to throw up his hands in frustration and seethe in silence.

I'm willing to bet that most boards will come out of most appeals smelling like roses.



Question time ...

by Bill Smiley

Headlines are not reassuring these days, to say the least. By the time this appears in print, they may be terrifying. The American debacle over the hostages has ended, and who knows what violent and world-shaking stunt the CIA and the U.S. military will try next.

There is no more dangerous time for our society on earth than one in which the Americans are embroiled in foreign affairs and, at the same time, there is a presidential election in the offing.

This has been proved, over and over again. The incumbent president, if he wants another term in office, and he nearly always does, is tempted, especially if it is going to be a close race, into perilous ventures from which he will emerge as a hero and waltz into office.

President Jimmy Carter showed, for a long period, admirable restraint as the lawless Iranians twisted the tiger's tail. But, as the election loomed, and the situation remained stagnant, he came under more and more pressure from the "hawks" among his advisers, and from the mood of his people, to "do something."

He game in, with the resulting fiasco in Iran. A completely bollixed rescue sortie. The hostages, target of the attempt, scattered. American soldiers killed in action for the first time in his regime.

At the White House, the moderate Secretary of State, Cyrus Vance, resigned because he was against the somewhat strident mission. And a new, harsh, hardnosed voice for Carter, as No. 1 man on foreign policy, Zbigniew Brzezinski, who doesn't believe in the soft-shoe shuffle, but in hon-nailed toots. Another arrogant idiot like Henry Kissinger, the late, unlamented mouth for Richard Nixon. Lord help us all.

Behind all the pious expressions of grief for the dead men, and the lukewarm sympathy of America's international "friends" lie a lot of unanswered questions.

Why didn't Carter wait another three weeks, until the date many of his allies had agreed to apply heavy sanctions on Iran? You supply the answers.

How could a nation with the greatest technology in the world, a nation that put a man on the moon, so absymally foul up a rescue operation similar to the one carried out successfully by tiny Isreal at Entebbe?

Why did they leave their dead behind, to be ignominiously, displayed before the world's television cameras by the savages masquerading as holy men, of Iran? Surely you take your dead with you.

Those are just a few of the questions the headlines force one to ask, unless one is a booby, and trusts the leaders of nations.

Let's leave the Yanks alone with their troubles, and have a look closer to home. More questions pop up.

If Canada really sympathizes with the American position of Iran and the hostages, as our leaders indicater, who don't we do something about it?

Whatever the Shah did, and his was obviously a corrupt and brutal reign, his successors are no better. They have hanged hundreds after kangaroo trials, persecuted racial and religious minorities and surrendered the principles of justice and mercy into the hands of a narrow, religiously fanatic old man.

Why doesn't Canada kick out all Iranians, stop trading with them, seize any assets they have in this country, refuse them entry visas, and keep it up until the hostages are released and a stable and civilized government is restored in Iran?

Why doesn't Canada, internationally known as a peace-maker, go back to that role, and work through the United Nations, the Commonweatlh, and the other great powers, to bring Iran into line?

If we deplore Russia's invasion of Afghanistan, which we claim to do, why don't we do something besides deplore? Because we might lose some wheat sales; that's why.

We make a feeble gesture by talking our athletes into staying away from the Olympic Games, poor devisl.

But we go right on planning to host Russian hockey teams in the "great" Canada Cup series.

Of course, that paradox is simply enough explained. Olympic athletes don't make money, they cost money. And they aren't very well organized and don't have much clout.

On the other hand, Russian hockey teams fill arenas, bring in big television revenues, and the N.H.L. is well organized and carries a lot of clout.

Maybe I sound like a hawk in this column. I'm not. I'm a school teacher. Perhaps because of that, I realize that, as there must be order in a classroom, there must be order, and a semblance of civilization, in the structure of nations.

There are times when I'm ashamed of my country. We are not without guts and imagination, as Ambassador Ken Taylor's high jinks in Iran proved.

But time and again it has been proved that Canada will never take strong measures, whatever the provocation, if it's going to cost us a few bucks in trade.

Queen's Park update

by Norm Sterling, MPP Carelton-Grenville

The week of June 15th to June 21st will be Senior Citizens' Week in Ontario. This will be the tenth consecutive year that the Government has set aside a week to recognize the many contributions of seniors to the quality of life in our communities. Co-sponsoring this annual event will be the Senior Citizens' Association of Ontario.

The theme for 1980 is "An Invitation to Participate", where seniors are encouraged and challenged to be at the centre of community activity by joining a centre, volunteering their services, being on boards or committees, and taking part through other civic responsibilities and community activities.

One of the most important and still largely untapped community resources which we have in Ontario is our seniors. I believe that the wealth of experience and skills which our seniors possess should not be allowed to go to waste.

On the other side, society owes a debt to its seniors. Acting on this obligation, the Government has a number of programs related to senior citizens, ranging from funding for senior citizens' centres, to a drug benefit plan. Furthermore, as I noted in a previous article, this year's Ontario Budget created a new property tax rebate scheme for seniors.

Here in Carleton-Grenville within the last three years, senior citizens' housing and recreational facilities have increased significantly. In the next three years this trend will continue to be developed.

If you are interested in receiving more information on the Ontario Government's programs for seniors, please contact my Constituency Office on Mill Street (beside the Fire Hall) in Manotick, telephone 692-2403, or (toll-free) 1-800-267-1020.

I will be participating during the upcoming Senior Citizens' Week. I strongly urge you, too, to join in.

Mainstream Canada

Two sets of rules

By W. Roger Worth

Thousands of Canada's small and medium-sized businesses will be placed in bankruptcy or receivership this year, partially due to high interest rates and partially as a result of a weak economy.

The government argues that additional support for independent businesses can't be justified because the freedom to fail is an integral part of the free enterprise system.

The argument makes a lot of sense and in fact statistics indicate that two out of three entrepreneurs who fail will succeed when they later take a crack at running their own business.

While bankruptcy may seem tough medicine, there is little question the system produces the "scar tissue" that is many times instrumental in driving business-minded Canadians to become even more successful than they might have been.

Roger Worth is Director, Public Affairs, Canadian Federation of Independent Business.

The process also separates the wheat from the chaff, supposedly ensuring that the least efficient and productive businesses will fail because they can't compete.

That's the way the free enterprise system is supposed to work.

But from Ottawa's point of view, what's sauce for the goose is apparently not sauce for the gander.

For while thousands of smaller firms are allowed to fail, Canada's federal government has opened the money-vault doors, providing $200 million worth of support for troubled automaker Chrysler Corp. The U.S. government has kicked in another $1.5 billion and further aid from various American state governments is in place.

The point here is not whether the governments (and taxpayers) are likely to lose their money. Or whether support is justified because of the thousands of jobs involved.

A much broader principle is at stake. If taxpayer aid for one mismanaged and inefficient enterprise can be justified, why shouldn't all troubled firms receive support?

That is the one delicate question the politicians have failed to answer in all the discussions concerning support for ailing Chrysler. The public, and especially independent business people facing bankruptcy because they are playing by the rules, deserve a real answer to that very tough question.

Letter to the editor ...

Dear Sir:

I would like to take a moment to comment on our bylaws that change when a situation requires them to.

I own a car polishing and cleaning franchise called Tidy Car. I went into business in September 1978 but I cannot get a licence to operate my business at my residence because our council has certain bylaws. After approaching the council and reeve, on many occasions they still come up with a big NO. I find it very hard to operate, in the business section of the town, when there is no suitable facilities.

Our problem is this: In March of 1980 Stewart Carpet Centre opened for business with the council's approval. A business operating at a dwelling with a sign.

Why do we allow some people to operate a business, and not others. To whom do we owe a favour.

I have taken the time to check around town, and found about 4 or 5 other places where bylaws are being broken, and some are not too far from councillors homes.

I intend to operate my business from my home, with or without council approval, bylaws or no bylaws.

My point is this:

If a bylaw is made to stop such small businesses from operating then the bylaw must be enforced. If not why should some be allowed the right to put up a sign, and others not.

I hope I have not caused any other small businesses a problem, because I only intend to solve mine.

If any councillor or reeve, has any objection to this letter, please feel free to call me at this phone number 652-2206.

Harry Norton

A note to our readers ...

The Iroquois Post welcomes letters to the editor from it's readers. Letters sent must include the full name, address and phone number of sender. Letters published will bear the writer's name and are subject to editing.

The men who man Matilda dump

It's not a job that anyone would want, surrounded by mounds of garbage and at times seeing only one or two persons in a week.

But, if you were to talk to the men who have worked in just such an environment, you'd come away with a different impression.

John Markell, 48, was Matilda Township's first disposal site attendant at their present dumping site, west of the Brinston Road, when it opened in 1971 and up until early this year, had weathered the worst of winters and hottest of summer months.

On sick leave at his R.R. 1, Williamsburg home, Markell had a number of observations about his job that he hopes to return to once his health is back, but the most noteable one has been that of a trend in business at the dump that may be a suttle hint of where our society is going.

"Business at the Matilda site has increased at least triple since the dump opened in 1971, and it could be more," he said.

But he added, "people do not seem to throw away stuff like they used to, they're getting rid of stuff that's no good. Before you could always find something worth salvaging."

The site, spanning 17 acres, serves the township and village of Iroquois, and when it was first opened nine years ago, government officials had predicted that it would take 20 years to completely fill it to capacity. The man who saw the garbage come and go feels that prediction might be off by as much as 25 percent.

"There may be five years left before she is full", Markell said.

While the waste of machines and man continue to flow into the site, the job of keeping the refuse out of sight and preventing possible health hazards is the foremost problem that Matilda's former attendant was concerned with.

Both problems are overcome with the use of ditches, with a depth of 10-12 feet, that become the grave for raw sewage while other material such as wire, tires, and furniture ends up at the north end of the site to be later covered over by a layer of dirt.

The raw sewage, a breeding ground for flies, mosquitos and rats, is quickly disposed of at Matilda with burning first taking place and then the remains pushed into the ditch that in the beginning runs roughly 300 feet in length. Once it is full, and normally it takes a number of months to reach that point, a two-foot layer of dirt is placed over the top of it.

Simple as it may sound, the effectiveness of the procedure is profoundly underlined when one looks at the problems of neighbouring disposal sites such as Cardinal and Mountain which are both plaqued with rat populations that are now beyond control.

"In all my years at Matilda I have never seen a rat or had any problems with them," Markel proudly pointed out.

"Our site has been highly recommended by government inspectors as one of the cleanest,"

Markell added that there were incidences when people driving onto the site had asked where the garbage dump was, expecting to see rubbish of all sizes and shapes spewn around the ground.

"I would just point them over to the small, neat piles that I took care of," he added, "and if they needed help, I would assist them in unloading. They were surprised at the neatness".

Car bodies and carcasses are a no-no at dump site, but Markell says that other than those two items, he saw everything and anything else, including a lamp that the Williamsburg resident still has today, supporting that age-old adage that one man's garbage is another man's treasure.

"It was all apart and only needed some small repairs, and it still works just like a new one," he said displaying the lamp.

While some of the days were short and went without any hitch, Markel still remembers the one week during the winter that he saw only two people and the weather was anything but friendly. "I was in the small hut with the radio and small oil burner for company and it was a long, lonely week."

Despite the occassional solitude of the job, Markell is one of a dying breed that still does not mind working six days a week and having very few holidays.

"I was open every day of the week except Sundays, and closed only for Christmas and New Year's Day", the father of six said.

The tradition continues for Roy Barnhardt, who has manned the hut for John Markell since he began sick leave in the spring of this year.

Six days a week and at his job he still manages to head home late, Barnhardt says, a habit that sometimes leaves him having to explain to his wife why he is late from the dump.

"I get talking with the people who drop into dump their garbage off and before you know it the day is almost done," the 60 year-old Barnhardt said.

Like Markell, Barnhardt has taken advantage of his job to enjoy the quietness and be his own boss to determine his day's work.

"I'll get here around nine o'clock to shove the garbage that has been burning overnight into the ditch. Then, when the gates are opened at 10 a.m., the site is clean," Barnhardt said. To prevent any possible spread of the fire, which is lit before the attendant leaves, a fire-break completely encompasses the dump site. Mosquito's had forced the talkative Matilda Township native back into his hut, but other than a few days when the pesky insect seems to be out in droves, Barnhardt says he enjoys the job and doesn't mind it at all that he's stuck with working six days a week.

"There's always something to be done if I want to keep busy", he said.

Keeping track of vehicles that use the site, Barnhardt quietly thought about what he could think of to improve the job, and other than the mosquito's who turn on him in swarms when he operates the back-hoe, he could only think of one thing.

"You could ask people to blow their horn when they are going behind the backhoe. I sometimes can't hear or see them coming".

A simple enough request.





Roy Barnhardt, pictured in the above photo, is seen with his two trusty tools of the dump disposel site trade. The backhoe on his right performs most of the digging and covering of the raw garbage that ends up at Matilda Township's dump. Right, John Markell, who was site attendant from the day the dump first opened in 1971, displays the lamp that was once thought of as garbage and with a bit of repair, now serves a useful purpose lighting his home.

Can Agricrew help you this summer ?

by R.A. Humphries

Can Agricrew help you this summer? Agricrew is a group of four young people that can be hired to do all kinds of farm jobs - such as haying, fencing, painting, barn cleaning and tearing down buildings.

The crew can be hired for one to five 8 hour days at a flat rate of $90 per day. Crew members are covered by Workmans Compensation. They provide their own transportation and bring their own lunches. Work abreements can be arranged by calling the Ministry Office at 774-2313 and asking for the Agricrew Coordinator, Pauline McCombe.

If you have questions on dairy policy or the quota exchange, I would like to remind you that the Marketing Board Fieldman, Garry Baines will be at the Ministry office on the first Thursday of every month. Appointments can be arranged in advance by calling our office. Mr. Baines' next day for Winchester is June 7.

There have been several articles in the press about the Market Hog Stabilization Payment. Application forms are being mailed to all producers by the Ontario Pork Poducers Marketing Board. Forms will not be available at the County O.M.A.F. Offices.

The haying season will be starting within another couple of weeks and it might be timely to review the steps in making quality hay silage.

1) Harvest early, when the legumes are in early bloom. 2) Keep harvester blades sharp and correctly set to a ¼" to 3/8" cut.. 3) Maintain the proper moisture content by starting to chop at 65 / moisture. Later loads will be drier. 4) Provide a tight silo. Air leaks in the walls or around doors can cause excessive losses. 5) Fill the silo rapidly and use a distributor to prevent the separation of lighter and heavier material. 6) Seal the silo imediately with weighted down plastic if you are not going to feed out right away. 7) When silo filling, take a handful of haylage from every third or fourth load and place it in a green garbage bag. Mix the contents at the end of the day and freeze a subsample for future feed testing.

Many farmers have switched to hay silage to reduce field drying time and to avoid costly rain damage. It is also important that harvest and storage losses be kept to a minimum otherwise the advantage of the quicker harvest will be lost.

Farmers in the Morrisburg, Iroquois and Brinston area can now call the Winchester Office toll-free by dialing the operator and asking for Zenith 33190. This new number has been in use for a month and seems to be working out quite well.

Upcoming Events

June 20
Eastern Ontartio Holstein Show, Maxville - 10:30 a.m.

June 27
Dundas Dairy Princess Competition - Morrisburg.

July 3
Dundas Holstein Club Twilight Meeting - John Dalrymple's Williamsburg.

July 25
Dundas D.H.I. Bus Tour to Peterborough County

July 30 - 31
Dundas Soil & Crop Bus Tour to Durham and Prince Edward Counties

Fifty women attend educational clinic

The Dundas Unit of the Canadian Cancer Society held its third annual Breast - Self - Examination (B.S.E.) Clinic in the Physiotherapy department of Winchester Memorial Hospital last week. Fifty women attended the educational clinic where they viewed the film "Its Your Decision" and were taught the procedure of cancer detection.

Breast-Self-Examination is a simple procedure which, if done once a month, can spot early signs of breast cancer. It is important to stress that 85% of all lumps found in breast tissue are not cancerous. Breast cancer is still the leading cause of death for women between the ages of 35 to 54. Every day in Canada, ten women will die from breast cancer. Because of these statistics the procedure of B.S.E. could save lives. By examining your breasts monthly and reporting any changes to your doctor promptly, early medical and surgical treatment may be initiated.

But even with screening clinics being held throughout Canada, and with widespread publicity about breast cancer, the mortality rates of this specific cancer have not been reduced after decades of research. This may be due to ignorance, fear or unwillingness to face an unpleasant situation, or simply a fear of surgery. You probably have heard more about mastectomies than you have about early detection or the results of untreated cancer. The more openly these fears are discussed, the better they will be handled. Resource people such as local doctors, nurses or Cancer Society volunteers could be very useful.

Most women who learn B.S.E. decide to do it from then on; but not all. There are some who prefer the ostrich approach when danger threatens, put your head in the sand. If you do not see it, perhaps it will go away.

Cancer of the breast is the most common cancer site for women over the age of 25. How fortunate it is within our power to protect ourselves by a very simple manouver which takes less than five minutes once a month.

Your service to patients volunteers in your area are: Winchester - Mrs. H. Merkley, Chesterville - Mrs. Shirley Coons, Iroquois - Mrs. A. Graham, Morrisburg - Mrs. Shirley Mattice.

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Adult Entertainment
MON., TUES., WED.
JUNE 2, 3, 4
...AND JUSTICE FOR ALL
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Very good response for Cardinal trade fair

The response was very good for Cardinal's centennial trade fair held May 22, 23 and 24 as about 1,500 persons from as far away as Brockville and Morrisburg attended the event at the community centre.

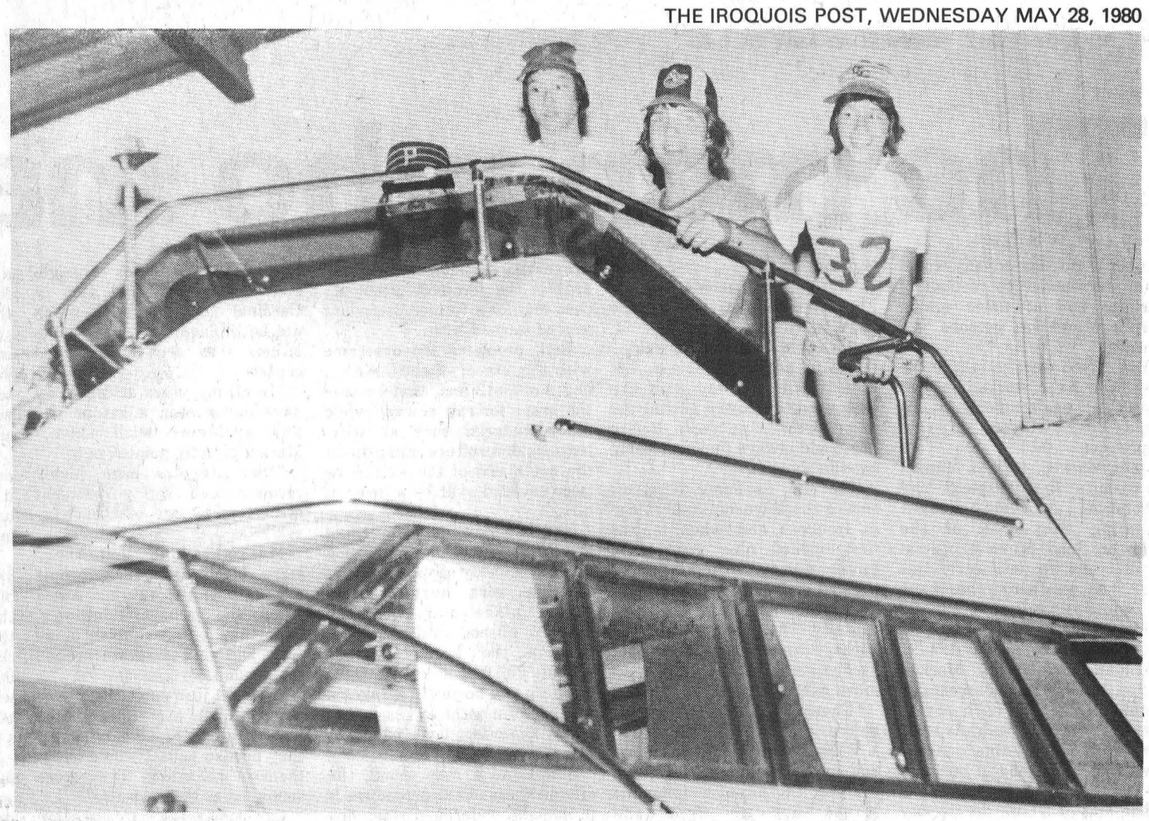
Shannon O'Brien, who organized the event with Kevin and Graham VanCamp, said the reaction was positive from participating businesses and spectators alike. Many of the more than 30 businesses on hand made several sales during the three-day show and indicated they will be returning for next year's show, she noted. As well, several bussiness-persons who visited the show expressed wishes to participate next year.

The official opening of the trade fair was at 7:30 p.m., Thursday evening with Centennial Queen Tracy Armstrong, Queen Mother Pauline Peters and Cardinal Reeve Jim McLaughlin handling the ceremonies. Admission fees for the event were 50 cents for adults and 25 cents for children under 12 and Mrs. O'Brien said about $250 was raised to be donated to the village's swimming pool fund.

Mrs. O'Brien also noted the music supplied by Fawcett's Organ and Piano of Winchester was well-received.

Four major draws were held throughout the three days as well as many individual draws sponsored by participating merchants. Shirley McIntyre won $140 in a 50-50 draw held to raise funds to help pay the costs of bringing a Pembroke marching band to the village for the centennial parade.

Chris McLaughlin was the winner of a three-piece cedar set of lawn furniture on Thursday's grand draw. Friday's grand draw winner was Mary Lou Booth who won a nine-inch black and white portable RCA television and a gift certificate for the Coach House. The final grand draw was held Saturday and the winner of that day's prize of an emerald green swivel rocker was Valerie Patrick.



Four local youngsters took the opportunity to climb aboard a yacht from Bridgview Marina of Johnstown at the Cardinal centennial trade fair held last Thursday, Friday and Saturday.

Cardinal Fire Department gears up for centennial events

The Cardinal Fire Department is gearing up for a major contribution to the village's centennial when they act as hosts for the 68th annual Eastern Ontario Firefighters Convention June 20 and 21 as well as sponsor a variety of other events in conjunction with the convention.

One week prior to the convention on Saturday, June 14 the firefighters will hold a teen dance at the Cardinal and District Community Centre at the cost of $3 per person. On Thursday, June 19 they plan a monster bingo to be held at the community centre with prize money in excess of $2,000 to be won. From June 19 to 22 Mississauga Amusements will be operating an arcade on the filled portion of the canal.

The Eastern Ontario Flying Association will have a flying start to their competitions at 10 a.m. on Queen Street on Saturday, June 21. On Saturday afternoon there will be a free dance at the community centre to the music of Southern Comfort. A chicken barbeque will also be held during the afternoon north of the community centre.

At 7 p.m., Saturday evening there will be a giant firefighters' parade with units from Canada and the United States taking part. Other floats will feature new firefighting apparatus, antique apparatus, along with marching units and bands. At the conclusion of the parade trophies will be awarded to the winners of the day's events. Following the presentation of the trophies a dance will be held in the community centre featuring the country and western music of Southern Comfort and Rythm Incorporated. Advance tickets to the dance will be $5 per couple or may be purchased at the door for $6 per couple.

During intermission at the dance at 11 p.m. a 50-50 draw will be held. Tickets for this draw can be obtained from any Cardinal Firefighter or any member of the Eastern Ontario Firefighters Association.

On Sunday morning an all-you-can-eat pancake and sausage breakfast will be held beside the fire station. At 12:30 p.m. an international waterball competition will get underway with Canadian and American teams battling for $500 in prize money and 10 trophies.

Anniversary service for United Church

Pittston United Church held their Anniversary Service, Sunday evening at 8:00 o'clock with Reverend Walter Judge of Merrickville as guest speaker.

The church was decorated with spring bouquets of lilacs and tulips, yellow mums were placed on Communion table in memory of the late Alice Cooper by the Cooper families.

Special music was performed by the Prescott United Church Choir, with a social time at the close of the event.

Stamp-designs judged

Judging of the grades one, two and three stamp design contest for students at Benson Public School took place last Thursday with the results to be announced at the school today. Pictured below Cardinal Postmaster Cliff Volks gives instructions to the four judges seated from left to right: A.C. Casselman, former village Reeve: George Brown, also a former Reeve of Cardinal; Mrs. Marilyn Boissoneault, Benson teacher and Betty Donaldson also a teacher at Benson. Two winners from each of the three grades will be awarded prizes.



Heat Units

	CHEST.	MTN.	MORRIS.
Heat Units May 18 - 24	125	125	128
Acc. to Date	211	217	226
Rainfall for Week	26.0 mm	23.6 mm	18.1 mm
Acc. to Date	31.4 mm	34.2 mm	26.9 mm

NOTE: Rainfall accumulative from May 1st. Heat units from May 10th.

Job Watch

Prescott Area

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BABYSITTER - $40.00 - live-in - mature person - mother works 3 shifts - 3 children, all of school age - ER supplies room and T.V.

Pump Repairman - Salary neg. - knowledge of pumps, trouble shooting, water systems & loaders - min. knowledge of electricity.

Farmhand, Dairy - $150 / wk - plus house, hydro, heat. Preferably exp. Dairy Farm Couple.

Sewing Machine Operator Instructor - T.B.A. to teach proxceen sewing or guage sewing - approx. 2-3 months instructing 2-3 persons at one time ER will pay travel and living expenses while living in Prescott.

Hand Glove Cutter - Piecework - must be experienced in leather and cloth gloves. Present cutter averaged about 16.00 / hr.

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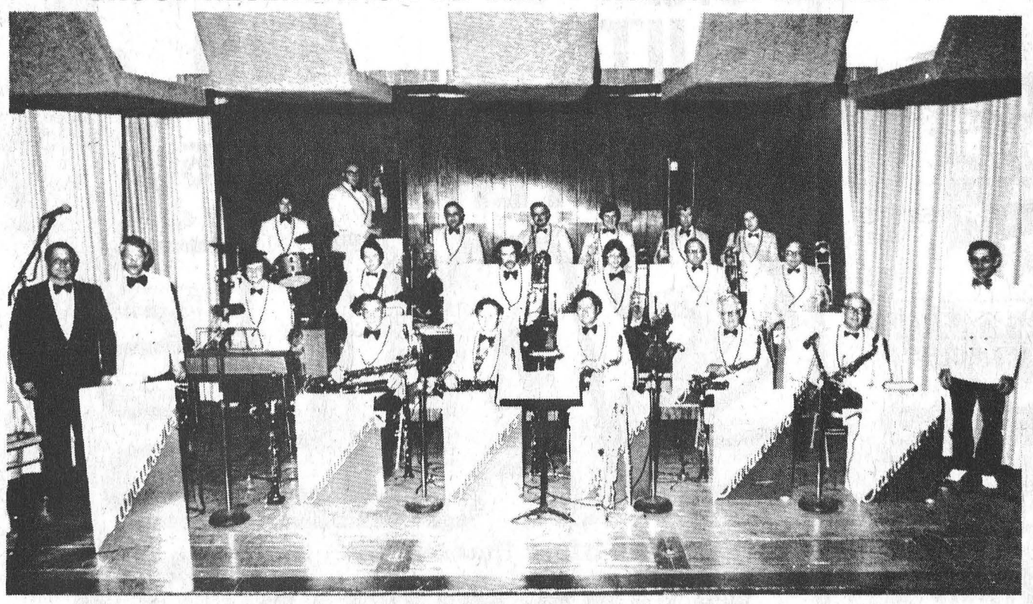

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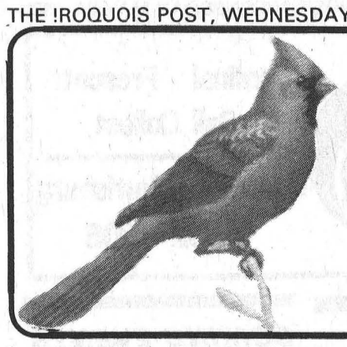
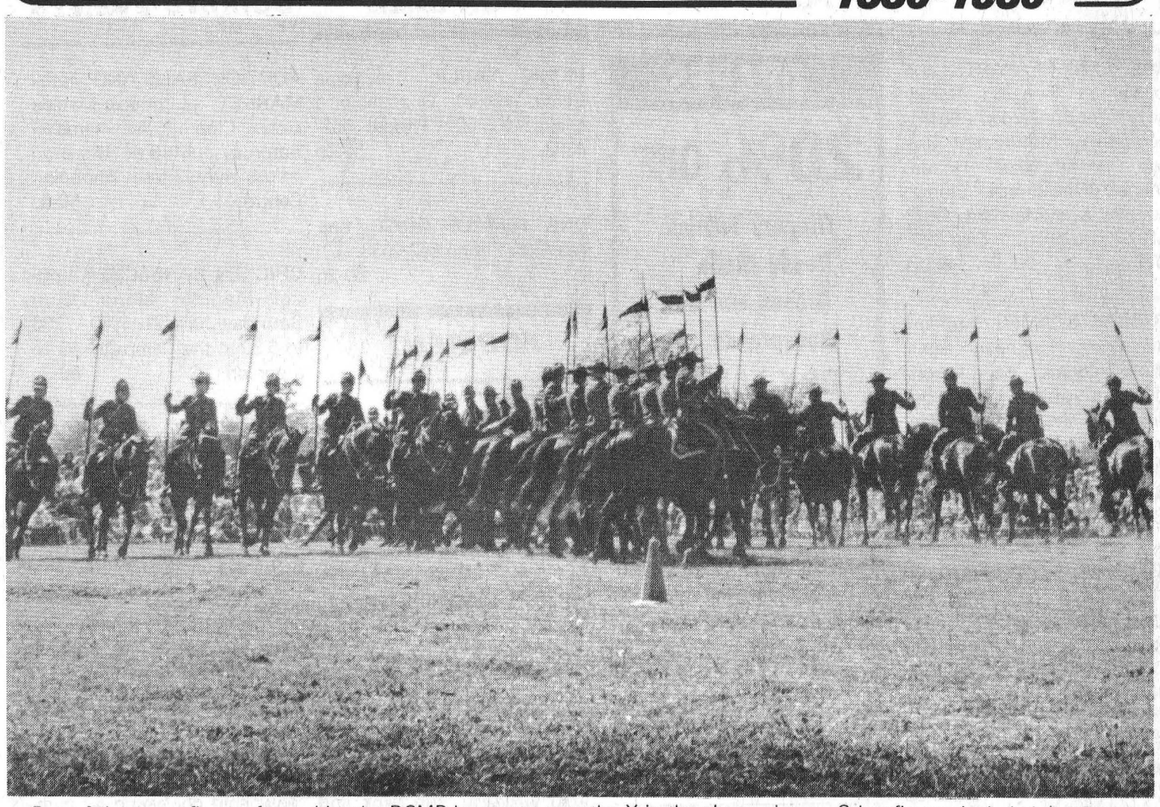
SALE DAYS





Cardinal This Week

1880-1980



One of the many figures formed by the RCMP horsemen was the X in the above picture. Other figures included the Birdal Arch, the Wagon Wheel and the Dome. Also on the program was a performance by the Cardianalette Majorette Corps.

Centennial costume ball to be held Saturday

More than 300 tickets have been sold for the Cardinal Centennial Costume Ball to be held this Saturday at the community centre and pro-motion committee chairman Larry Dishaw said he expects a turnout of at least 500 persons and feels attendance may reach as many as 800 persons.

In keeping with the centennial theme, the sponsoring cardinal and District Community Centre Board will be fitting the arena with decorations from the late 1800s and has also obtained costumes from the Brockville Theatre Guild to be loaned free-of-charge to local residents. Costumes are available from Terry Belcher.

Decorations will include a miniature carving of an 1800-style home to be situated in the trophy case in the lobby, a chandelier secured to the rafters and 20 coach lights with flickering candles. Curtains bearing Cardinal's colors will be used as bar skirts and will be draped over the boards. The south entrance will be re-soded and enhanced with a white picket fence and the area will be illuminated by coach lamps.

The Stardusters, a 19-piece orchestra from Massena, New York will provide the entertainment for the evening. The band will play a wide variety of music including tunes from the Big Band era and modern selections. Requests will be taken from the floor.

Mr. Dishaw, noting there have been ballroom dancing classes taught in Iroquois and Prescott in the past, said the ball would be "an ideal place" for the students of those classes "to give their stuff a whirl."

The ball will begin at 6 p.m. with a social hour, followed by a smorgasbord meal supplied by Richards Catering Service. The meal will include roast beef and turkey, sliced meats, Swedish meatballs and other culinary delights. After the meal dancing will run from 9 p.m. to 1 a.m.

Tickets cost $25 per couple and are available from Larry Dishaw, Jim Borrett, Jim McLaughlin, Shirley Grisdale, Frank Gladstone, Ada Baldwin, Arnold Burwell and Dave Hyde in Cardinal. Iroquois residents may obtain tickets from Johnny's Spot in the Iroquois mall or from Jean Cherry at Caldwell Linen Mills.

Presbyterian Church ordains new minister

The service of ordination and recognition of Mr. William Steele to St. Andrew's and St. James Presbyterian Church took place Wednesday, May 21 at 8 p.m.

The act of ordination and recognition was narrated by Reverend A. Duncan and performed by Reverend Vandermey with all attending clergy participating in the Right Hand of Fellowship. Reverend D. Mawhinney performed the charge to minister and congregation speaking on how to become involved with the congregation on a personal basis. Reverend Steele was in charge of the benediction.

Following the service a reception was held in the church hall where Reverend Steele, his wife Diane, son Liam and his mother received flowers from the friendship group. Reverend A. Duncan, interim moderator, welcomed all with a special welcome to the Reverend's mother who travelled from her native Scotland to attend the service. Many other out-of-town friends attended including Mr. and Mrs. Mawhinney of Ireland, brother and sister-in-law to Reverend Mawhinney.

Addie Forrester, clerk of session, welcomed the Steele family and presented Reverend Steele with a desk and chair on behalf of the congregation. Betty and Dorothy Byers presented Reverend Steele with a desk pad on behalf of the friendship group. Other gifts received by Reverend Steele were a pocket bible presented from the Presbytery and a gift of robes from his mother.

An additional highlight was cablegram of congratulations from the members of the Reverend's home church at Holyrood in Edinburgh, Scotland. On behalf of the Cardinal Ministerial Association, Reverend David Bugler welcomed the family to the community, while former village Reeve A.C. Casselman extended a warm welcome on behalf of the village residents.

Reverend Steele thanked all present and paid particular tribute to his wife Diane for her loyal support during his years of study and to his mother for her efforts in raising him.

RCMP musical ride a success

Cardinal's three-man police force hosted the most successful centennial event the village has seen so far this year as more than 3000 persons attended the RCMP musical ride held Sunday afternoon.

"We pulled it off," was the reaction of police chief Walter Kolodziechuk noting the program had been designed for a family afternoon of entertainment and adding he had received many favorable comments after the show from spectators. The flawless performance of the famed horsemen and the Cardinalette Majorette Corps combined with a day of super weather to make the event highly enjoyable.

Popular television personality Max Keeping acted as master-of-ceremonies for the day and introduced the majorette corps prior to their performance at about 3 p.m. The majorettes, who were organized by Joyce Kroone for the centennial year, performed for about 20 minutes in suits of red and white iridiscent sequins, white top hats and white boots and received a warm round of applause from the onlookers for their efforts.

Following their performance, Keeping introduced the guests of the Cardinal police force on the reviewing stand. They were: Reeve Frank Rooney of Iroquois, Reeve Stewart Cook of Edwardsburg, Mayor Sandra Lawn of Prescott, Reeve Jim McLaughlin of Cardinal, Police chief Les Sterrit of Brockville, Police chief Matt Hayes of Prescott, Police chief Kolodziechuk, Earl Bush, detachment commander of Prescott OPP, Constable Mark Vachon of the Brockville RCMP, Carelton-Grenville MPP Norm Sterling, Centennial Queen Tracy Armstrong and Cardinal's favorite son Conservative House Leader and MP Walter Baker and his wife Lois.

Mr. Baker made a brief statement, speaking warmly of his early years in the village and of his boyhood friends and his late father. He then took the salute from the horsemen and the ride was underway.

The thirty-two horses and men performed their act to such songs as Surrey With A Fringe On Top, Blow The Man Down and the RCMP Regimental March. The men performed the lance drill in unison and in time with the music and followed with such movements as the Bridal Arch, the Dome and the Wagon Wheel. The final movement was the Charge in which the men lowered their lances and burst across the field at a gallop. They halted, to the relief of hundreds of spectators, about six feet from the bleachers and reformed in two lines behind their commanding officers. The men and horses then left the field to the ovations of the crowd.

Police chief Kolodziechuk noted $2,335 was raised through admission fees and said after that number of spectators had paid the rest were allowed in free of charge because there were no seats available. He also said about $700 was raised after expenses to be donated to the swimming pool fund.

...Voices...

by Sally O'Brien

Mrs. Orpha Bottan, organizer of the 1980 **Cancer Campaign** in the village, has announced a most successful drive this year has netted $2,341.25 from residents of Cardinal and the immediate vicinity. The campaign also raised $326 through the sale of daffodils and a cancer tea for a grand total of $2,667.25. Mrs. Bottan was extremely pleased with the results and wishes to acknowledge her thanks to campaign captains Mrs. Garry Roddick, Mrs. Arnold Grey (Johnstown), Mrs. Ron Patrick, Mrs. Albert Toupin, Mrs. Trevor Wells, Mrs. Kenneth Linnen, Mrs. Robert McGinnis, Mrs. Frank Proyck, Mrs. Larry Dishaw and co-chairman Mrs. John Wright. Thanks are also extended to all volunteers and canvassers who gave so willingly of their time and energy in the battle against cancer. It is worthy of note that this year's campaign netted over $500 more than last year.

Father Ed Keyes of the Sacred Heart Church wishes to announce the **Saturday Evening Mass** on May 31 will be offered at 5 p.m. rather than the usual hour of 7:30 p.m. Father Keyes has been asked to show slides at the Dioceasan C.W.L. convention in Brockville on that date forcing the change of scheduling. If a priest is needed in the area, Father Tom Raby from Brockville is available as all other area priests will be on retreat.

An anniversary cake was cut in honor of George and Addie Forrester's **Forty-Eighth Wedding Anniversary** following the service of ordination for Reverend William Steele at St. Andrew's and St. James Church on Wednesday, May 21.

The residents of the Seaway Valley Apartments held their **May Birthday Party** honoring Yvonne Patterson, Maude Crowder, Cecelia Amell and Bessie Tracey. Two lovely birthday cakes, baked and decorated by Mrs. Aldridge and Mrs. Dora Armstrong were enjoyed. A total of seven persons provided a variety of entertainment during the evening. They were Mrs. Jim Irving, Mrs. Stewart Irving, Mrs. Cecil Bennett, Bud St. John and Mrs. Saunders.OPP officers Rick Robins of Prescott and Will Sauboski of Cardinal also entertained.

A proud mother, Mrs. Dora Armstrong of the Seaway Valley Apartments on Helen Street reports that an article entitled **Ordeal in the Bush** featured in the May issue of the Readers Digest is about her son Frank Armstrong, an OPP officer from Pickle Lake.

Twenty-seven members of the Senior Citizens' Club met last Thursday and learned that fellow member Ella Montgomery is on the sick list and presently staying in Winchester Hsopital. The club received a letter from the Ministry of Communications and Social Services stating it will co-sponsor with the senior citizens a week with the theme **Invitation to Participate** from June 15 to 21 dedicated to the contribution by seniors to the life, wealth and culture of the province. A pot-luck dinner is planned for Thursday June 5 at 12 noon. All members are requested to bring a place setting and food for the dinner.

If your organization wishes to have its voice heard, phone Sally O'Brien at 657-3473.

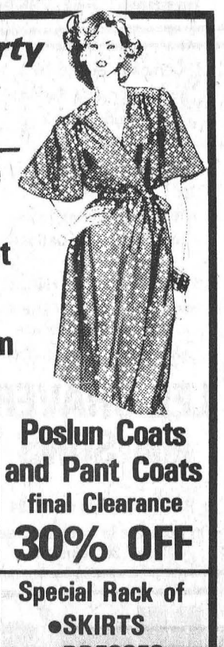
John Stethem wins pike derby

Jack Stethem won the $50 first prize at the Cardinal Fish and Game Club's pike derby held over the weekend with a catch of 9 lbs. 10 oz.

Jim Brennan placed second and won $30 for his catch of 8 lbs. 12 oz. and Ron Coyea picked up the $20 third prize with a catch of 8 lbs. 3½ oz. Weigh-ins took place at the boat ramp in the Legion Park on Saturday and Sunday between 12 noon and 12:30 p.m. and between 7:30 and 8 p.m.

A fishing derby for junior members only will be held this Saturday, May 31 at the Legion Park with weigh-in set for 12 noon. Members are asked to be at the legion at 8 a.m. to register. There is no cost for entering and refreshments will be served to the youngsters.

Super Styles in Party Dresses for the Centennial Ball



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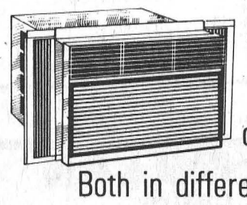

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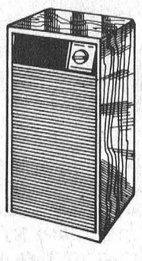

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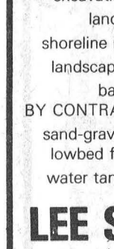
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POLLED YEARLING Hereford Bull (1), Cows and Heifers bred for spring and summer. Bill Horner 652-2460. 37-

FOR SALE OR RENT - Asking $29,000 FIRM or Rent at $170.00 per month. Phone 543-2137. 42-tf

1972 DATSUN 1200, Automatic. Lic. OTF 249. Call 345-0052. 50-1c

1974 JAYCO HOUSE TRAILER. Call 345-0052. 50-1c

WATER SOFTENERS: Myers pumps, iron and sulpher filters, chlorinators and plumbing supplies. Garry Murphy Sales and Service Ltd. Phone 652-2337. 12-tfn

MOTOR 50 H.P. Mercury Outboard, 1979 Model, Very Low Hours, Short Shaft, Controls, Gas Tank Windshield 22" x 60" $75. Call 652-4339. 50-1p

SOFFIT SYSTEMS LIMITED
Complete line of Siding, Soffit, Fascia and Accessories.
ART H. JANSEN CONSTRUCTION LTD.
Industrial Road
Morrisburg, Ontario
Tel. 543-2009
Res. 652-4667

FULL LINE OF PARTS and service at Grenville Snowmobile and Garden Equipment Ltd., Bombardier Ski-Doo, Can-Am Bikes - Honda, Ariens, Wheelhorse, Homelite. We're at Maynard, Ont., R.R. 2, Prescott. Call 925-4477. 48-tfn

RUBBER STAMPS, wedding invitations, magnetic signs, photo copies, bar tickets, office supplies, fireproof safes, used typewriters, bristol board, bill books and all your printing needs at THE IROQUOIS POST. Call 652-4806. 20-tfn

12 x 60 NORTHLANDER DELUXE, A1 condition C.S.A. approved, $8,900.00 equipped. 12 x 60 Pacemaker $6,900.00, Free Delivery 75 miles. New Sectional Homes - $24,900. - $29,900. erected on your basement. Call Relocatable Homes 836-3005. 48-3c

—SWIMMING POOLS—
Factory overstock sale of new 1979 pools. These come complete with walkaround deck, patio, fencing, pump, motor and filter. Regular price $2400, now $1498. Call Imperial Pools toll free 1-800-268-5970. TFC Sept. 30

HEAT YOUR HOME not your neighbourhood. Call Henophy's Insulation 543-2692. 47-4c

HENOPHYS' SPRAY PAINTING. Paint your house, barns, and get your drive way sealed. 543-2692. 47-4c

REGISTERED TAMWORTH PIGS
Ready To Go
from Australian Bloodlines
774-3679

1975 MONZA, 2 Door, standard, Lic. JJV 812. Call 345-0052. 50-1c

HOUSE TRAILER, Glendette, 1968 Model, 21 feet, good condition. Asking $3600.00 Phone 652-4048. 49-2c

1976 DATSUN 210, 2 door, standard. Lic. LLY 075. Call 345-0052. 50-1c

ASPARAGUS - Fresh Daily. Dentz Orchards & Gardens, Brinston Road, Iroquois. 50-3c

BABY RABBITS - Month and a half old. $3.00 each. Call 652-4355 after 4:00 p.m. 49-1nc

HIGH CHAIR, 1 Car Seat (Bucket), 1 Babies Sleigh. Call 652-2084 after 3. 50-1c

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•CALCULATORS

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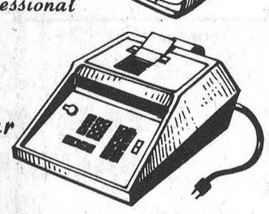
IROQUOIS PRINTING
IROQUOIS MALL 652-4806

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DRAPES
20% OFF
Drapery Fabrics
Ready Made
Drapes and
Bedspreads
D&K FABRICS
Morrisburg Plaza

CLEAN FILL to be hauled away from site. Phone 652-4039. 49-3p

FRESH BAKED GOODS can be bought daily at the Iroquois Pop Shoppe. For orders call 652-9314. 48-tfc

1971 DODGE VAN for sale - No Licence or Certificate. Call 652-2228. 50-1c

BALANCED & SHARPENED - Rotary Lawn Mower Blades. Roy Bebee, 652-4852. 48-3p

VARMIT RIFLE - Savage Model 340, bolt action, .225 Winchester calibre, clip magazine, sling swivels, scope rings, Lee reloading kit with 100 rounds of brass. This rifle is extremely accurate and economical to shoot. $175.00 phone 657-4445 after 6 p.m. 48-tfnc

CANNA BULBS & DAHLIA'S Fresh Rhubarb for Pie. 75 lb. seed potatoes. Two burner Gas stove with oven. Please call 652-2063. 50-1p

1976 DATSUN STATION-WAGON, F.10, standard. Lic. LBW 057. Call 345-0052. 50-1c

BOATER'S-FOAM, leatherettes and upholstery supplies, waterproof nylon, fiberglass supplies. Millends 58 Buell, Brockville. 50-1c

HOUSE FOR SALE - 3 bedroom, split level with garage, large lot, overlooking river, $68,000., apply 250 Elizabeth Drive, Iroquois. 45-tfc

BEDDING PLANTS

Outdoor Living Centre
HWY. 2, MORRISBURG
543-3522

BEDDING PLANTS, special: 120 sweet pepper plants, red or green. Tomatoes, cabbage, cauliflower, herbs and flowers. Cherry Road, Mariatown. Phone 543-2076.50-1c

VEGETABLE & FLOWER PLANTS, Asparagus roots, onion sets, strawberry & raspberry canes, currant and gooseberry bushes - still available. Also a few shade and fruit trees, peat moss, sprays and fertilizer. Open daily, Monday - Saturday. Rooney's Garden Centre 652-4382. 40-1c

FOR SALE

PICNIC TABLE - all pipe frame. $25.00. One table 6 chairs $35.00. Phone 652-4363. 50-1p

ONE FEMALE GOAT, one year-old. Phone 652-2038. 50-2c

FOR RENT

APARTMENT - 2 bedroom, for rent - $200. per month. Apply 229 Victoria Street, 652-4348. 50-1c

NEWLY DECORATED two bedroom, upstairs apartfor rent, available July 1st. Aplly P.O. Box 581, Iroquois, Ontario.

RENT A POOL
Swimming pool manufacturer will lease and install new 1980 family-size pool complete with walkway, sun deck and fencing, on a rental basis with option to buy. Your choice of style. Try before you buy! Call Imperial Pools toll free 1-800-268-5970. TFC Sept. 30

BIRTHS

MUSTARD - Mr. and Mrs. Jim Mustard are pleased to announce the arrival of their first born a son Benjamin Robert on May 20, 1980, weighing 9 lbs. Proud Grandparents are Mrs. Robert Mustard, Iroquois and Mr. and Mrs. Lloyd Leeman, Cantebury, New Brunswick.
Special thanks to Dr. John Marston and Maternity Staff at Winchester Memorial Hospital. 50-1p

COMING EVENTS

LIBERALS OF STORMONT - DUNDAS
Delegates to the National Convention in Winnipeg July 4 - 6, 1980 will be chosen at a meeeting of all accredited members of the Stormont - Dundas Federal Liberal Riding Association. Meeting to be held Wednesday, May 28th at 8 p.m. at Knights of Columbus Hall, corner of Second and Amelia, Cornwall. All members are urged to attend.

RETIREMENT TEA - Your invited to attend a Retirement Tea for Mrs. Mabel Whitteker Principal of Dixon's Corners Public School on Sunday June 1 between 2:00 p.m. and 4:00 p.m. at the school. 48-3c

MIXED PARTY in honour of Rina Benman and John Groniger to be held Friday May 30th, 9 p.m. at Winchester Community Centre. Music by Shads Disco. Sponsored by OCBT. 40-2c

VISIT Canada's Eastern Provinces, including Newfoundland, with DUNDAS TOURS. Fully escorted 19-day tour, July 3 - 21, with trnasportation, sightseeing, accommodation, and many extras, at $719.00 per person, twin. For booking or mor information, call or visit Dundas Tours, Carman Road, Iroquois 652-20005. Evenings, call 657-3168. 40-2c

COMING EVENTS

AUCTION SALE AND FLEA MARKET - Iroquois-Matilda Lions Club - All Items - Saturday July 19 at Sale Barn across Hwy. 2 from Shopping Centre. 50-5c

CHICKEN BARBECUE - Iroquois-Matilda Lions Club Saturday June 21, 1980 - 3:30 to 6:30 at the Campsite. $3.25 a person 50-3c

ANNIVERSARY DANCE - Matilda Community Hall, Saturday June 14th - 10 Piece Orchestra $4.00 per person. Sponsored by Matilda Building Fund Committee. 50-3c

VARIETY NIGHT in Matilda Community Hall, Dixon's Corners on May 28 at 8 p.m. Wednesday.
A night of entertainment by the talent of Matilda Township consisting of gymnastics, singing, instrumental music and our best public speaking entrants from Matilda Schools. This night is being sponsored by the Senior Citizens. Refreshments and social hour after the program. Collecion. 48-3c

RECEPTION - A come and go reception will be held at Brinston United Church hall on June 29th, from 1:00 to 4:00 p.m. for Stephen Welch and Evelyn Porrpard, married in Calgary, May 20th. Friends and neighbours welcome. 49-2c

NOTICE

NOTICE TO CREDITORS AND OTHERS

TAKE NOTICE that all persons having claims against the Estate of REUBEN ISAAC ECKFORD, late of no fixed place of abode, farmer, Deceased, who died on or about the 28th day of October, 1979, are hereby notified to file proof of their claims with the undersigned on or before the 10th day of June, 1980, after which date the undersigned will distribute the Estate of the said deceased with reference only to the claims of which she will then have had notice.

DATED at Morrisburg, this 13th day of May, 1980.

Arleen Eckford,
65 Beach Street,
Iroquois, Ontario.
Administratrix,

by her solicitors,
McInnis & MacEwen,
Morrisburg, Ontario.

CARDS OF THANKS

I would like to express my sincerest thanks to my relatives and friends for their flowers, visits, and cards while I was a patient in the St. Vincent Hospital, Brockville. A special thanks to Dr. Domanko, Dr. Smylie, and the nurses on the fourth floor for their excellent care and kindness.
All these thoughtful gestures are greatly appreciated.
Dwight Beckstead 50-1p

Advertising
is your way of introduction.

CARDS OF THANKS

I wish to express my sincere thanks for the many cards, and treats from friends, neighbours and organizations. Also, special thanks to Jean, Dr. Marston, 2nd Floor Nurses and Canon Gooch.

The many kinenesses will always be remembered.

Sincerely, Betty Fitzsimmons. 50-1p

I would like to express my sincere thanks to all our friends and relatives for their concern during the illness and death of a most wonderful mother.

Thank you to those who gave beautiful floral tributes, most of all thank you all for your donations to the Cancer Society.

A special thanks to my moghters friends who worked closely with her at Caldwell's office for your visits and calls this is greatly appreciated.

Also I would like to thank the nurses on the 2nd floor, Winchester Hospital for their upmost care, and thank you to Dr. Houze for all he could do. Thanks to Rev. Gee and to all the friends who provided food and helped out after the funeral.

These kind acts will never be forgotten.

Anne Hartle & family. 50-1p

We wish to extend a sincere thank you to all our friends, neighbours and relatives for their help, good wishes and gifts at the celebration of our 40th Wedding Anniversary. It was very much appreciated.

Special thanks to my daughters Brenda and Rosalie and my sons Milton, Richard and Edward for their preparation of the anniversary.

Olive & Arthur Sloan 50-1p

FOUND

FOUND IN IROQUOIS - Set of Keys containing 13 keys. Call at Iroquois Post and describe for possession. 46-tf

NOTICE

IF YOU DRINK that is your business. If you want to stop that is our business. For information call 652-4174 or 543-2269 A.A. 27-52c

WANTED

CANNING MACHINE Wanted (for preserving vegetables in cans) 652-4552. 50-1p

---

WANTED TO BUY, cars and trucks for wrecking, also rads, brass, batteries, and farm machinery. Martelle Auto Wreckers. 657-4681. 50-1c

---

WANTED - Part time nursing help for the St. Lawrence Medical Clinic. APPLY IN WRITING ONLY to St. Lawrence Medical Clinic, Box 772, Morrisburg, K0C 1X0, Attention: Head Nurse.

ELDERLY LADY REQUIRES Housekeeper - Companion, Live-in, call Iroquois 652-2228. 50-1c

AUCTION

AUCTION SALE
ANTIQUES, COLLECTABLES, HOUSEHOLD ARTICLES AND GARDEN EQUIPMENT

½ mile north of Prescott on Edward Street, then 2½ miles west on 2nd Con; or 1 mile east of Blue Church Road on 2nd Con.

WATCH FOR SIGNS

SATURDAY MAY 31
10:30 a.m.

Wicker baskets, oil painting, 1 Blue Boy Print, Dutch Prints, Currier & Ives plate, Royal Winton tea set, carnival glass, depression glass, milk glass, pressed glass, Occupied Japan figurines, Italian figurine, assorted bottles, ink wells, hand painted dishes, 20 gal. crock, ice cream parlor chair, Avon bottles, lanterns, coal oil lamp, hall tree, wooden floor lamp, books, magazines, dolls, pictures, copper boiler, beds, vacuum cleaner, stoves, refrigerator, lamps, chairs, assorted dishes, lawn mowers, rototillers, bycycles, 13' Sportspal canoe. This is only a partial listing.

TERMS — CASH
REFRESHMENTS AVAILABLE

Proprietor:
Gary Swan
Auctioneer
James Cooper
R.R. 1, Cardinal, Ont.
657-4448
50-1c

Looking for someone to fill a summer job? Why not hire a visually impaired student. Help The Canadian National Institute for the Blind put the accent on ability. Contact your local CNIB office for details.

Stately and imposing home design

Here's a stately and imposing home design of the highly-popular split entry type which is perfectly suited to the very narrow frontage urban residential building lot, but which contains over 1,300 square feet of logically planned living space, for present use, and almost as great an amount of space, for future development, in the unfinished lower level. The mixed horizontal and vertical channel siding of the exterior, in combination with the small-paned, partial-bay windows, presents an impressive, almost nautical facade which is eye-catchingly different. The brick veneer accents and chimney lend a solidly traditional tone to the exterior, which is reminiscent of the traditional English cottage.

The weather-protected, rustic-toned entry leads into a compact reception foyer, which faces the twin half stairways - the left hand one leading down to the un-finished lower level, the right hand one leading up to the main living area. The main landing has spacious outerwear storage facilities on the left, and then traffic moves naturally right into the long rectangular living-dining room combination. The living room features a cantilevered-hearth masonry fireplace for convivial "at-homes," and a projecting, partial-bay window with small panes for charm and privacy. The separate dining area has abundant space for the utilization of a full-sized dining suite and a china storage hutch.

A well-planned U-shape kitchen / dinette combination offers a step-saving work triangle, generous cupboard storage and ample countertop work surface. The dinette area invites outdoor dining in fine weather.

All three bedrooms are positioned around the central bath and linen storage area, and well away from the main entertaining area for freedom from disturbance. Each has a generous closet storage and excellent natural light. The master suite has a full walk-in closet, a two-piece vanity ensuite and a wide, projecting, partial-bay window.

The un-finished lower level provides abundant space for the future finishing of additional bedrooms, or recreational and entertainment facilities, according to specific family tastes and preferences. It has roughed-in plumbing for a three-piece bathroom, and a roughed-in second fireplace for the projected recreation room.

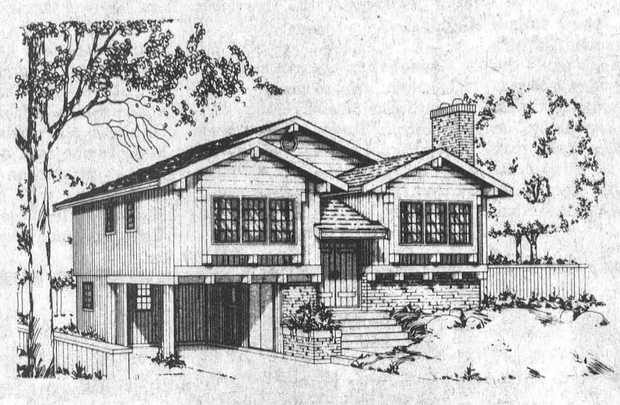
Plans for design No. 80-1310 may be purchased either by the single set, at a cost of $85.00 for the frst set and $14.00 for each additional set, or by the package. A five-set plan package, including the first set, is economically priced at $120.00 and an eight-set package, also including the first set, is only $150.00.

Whichever method you choose, please include $5.00 for postage and handling. B.C. residents add 4% sales tax.

Send for the current edition of Select Home Designs magazine, Series 44, featuring imaginative decorating and home improvement ideas, plus 320 quality home plans of every type. Available for $2.75 ($2.00 plus .75 cents postage and handling).

To order any of these items please send cheque or money order payable to the Home of the Week. Address to: Home of the Week, c/o The Iroquois Post, Suite 201, 881A Jane Street, Toronto, Ontario M6N 4C4.

PLAN Nº.80-1310



NOTICE TO PROPERTY OWNERS

DESTROY WEEDS

Notice is hereby given to all property owners, in accordance with The Weed Control Act, R.S.O. 1970, Sections 4,14, and 20, that unless noxious weeds growing on their lands within the Village of Iroquois are cut down and destroyed by June 16, 1980, and also throughout the season, the Village may enter upon said lands and have the weeds cut and destroyed, charging the cost against the lands in the taxes as set out in the Act.

The co-operation of all citizens is earnestly solicited.

M.A. Carlson A.M.C.T.[A]
Clerk Treasurer
Howard Guy, Weed Inspector
R.R. 1, Winchester

NOTICE
FLUSHING HYDRANTS

Starting Tuesday, June 3, 1980 the Municipal crew will be flushing hydrants; therefore, there may be dirt in the water for a short period of time.

M.A. Carlson A.M.C.T.[A]
Clerk Treasurer

NOTICE

The next regular meeting of the Council of the Township of Matilda will be held on

Thursday June 5th at 8 p.m.

in the council chambers,
Matilda Memorial Hall,
Brinston, Ont.

W.E. Horner
Clerk-Treasurer

GRAND OPENING!
McHaffie Auction Hall & Flea Market

Hwy. 31 North from Morrisburg

AUCTION SALE
Fri., May 30, 7 p.m.

FLEA MARKET
Sun., June 1, 9-6

Consignment Sale Every Fri. Night at 7 p.m.
OPEN TUESDAY EVENINGS TO RECEIVE CONSIGNMENTS
NEW VENDORS WELCOME AT FLEA MARKET
INSIDE AND OUTSIDE BOOTHS
FOR INFORMATION CALL
543-2226 or 543-2523
AUCTIONEER: SHEILA McHAFFIE
OPENING SPECIAL—LARGE QUANTITY OF DEPRESSION GLASS

NOTICE

Senior citizens and handicapped persons who would like to have the ditches adjacent to their homes mowed. Please submit applications in writing to the clerk.

E.F. ROONEY
REEVE

LABORATORY SUPERVISOR

We have an excellent opportunity for a graduate chemist with five or more years experience in the chemical industry including at least three years in a supervisory capacity. A background in the petro chemical field and working knowledge of polymer chemistry would be an asset but not essential, however you should be familiar with quality control and laboratory operations.

Areas of responsibility will be quality control, sales service, product development and process improvement. This position is ideally suited to an individual who is self motivated, thrives on complete involvement and enjoys working with a small group.

The plant is a small modern facility employing about 100 people. It is located in Morrisburg, a town with less than 5000 residents, in Eastern Ontario which is considered very desirable for family living.

We are a medium sized company engaged in the manufacture of chemicals. We offer a very competitive salary together with a comprehensive benefits package.

Please send your resume to:

P.A. Berner,
Personnel Manager,
Rohm and Haas Canada Limited,
Sea-Way Plant,
P.O. Box 660,
Morrisburg, Ontario, K0C 1X0

EVENING AUCTION SALE

MONDAY JUNE 2 6:45 p.m.
Newington Fair Grounds in Main Exhibition Hall, Newington, Ontario.

Large Selection of Antique and Used Furniture,
Viewing 6:00 p.m. Sale starts 6:45 p.m.
Refreshments available

Owner: RAY SMITH, 346-5483, 984-2329
Auctioneer: MANSEL HAY, 874-2597

CALDWELL CONSUMER PRODUCTS
PLANT MANAGER'S SECRETARY

Caldwell Consumer Products, Canada's leading towel manufacturer, requires a Plant Manager's Secretary for its plant located in Iroquois.

The ideal candidate will be a high school graduate with a combination of college training in the Secretarial Sciences or several years of experience. Should have good grammatical skills and the ability to type at least 60 w.p.m. knowledge of shorthand as well as the capability in operating office machines such as telex and dictaphone are definite assets.

A strong desire to succeed, initiative, ability to work with little supervision, above average interpersonal skills are also prime requisites.

Opportunity for advancement as well as excellent employee benefits are offered with this position.

Please reply in writing, outlining education, experience and present salary requirements to:

PERSONNEL MANAGER
CALDWELL CONSUMER PRODUCTS
IROQUOIS, ONTARIO
K0E 1K0

REAL ESTATE

IROQUOIS - At the village edge, on a beautifully landscaped 0.8 acre lot. Modern 4 bedroom home, 1½ bathrooms, living room with fireplace, dining room and spacious kitchen. Many extras include double attached garage, paved drive and divided basement. Call for appointment andc see this choice property.

IROQUOIS AREA - Advantageous building site, several acres on height of land overlooking Lake St. Lawrence. Call for details.

HOBBY FARM - 1½ mile to Iroquois, 22 acres with barns, large garage and shop and spacious well maintained 4 bedroom home and set amongst large trees. Asking $53,500.

BRINSTON AREA - Mobile Home 14' x 70' in excellent condition set on ½ acre lot in good country location. Available immediately. Asking $20,000.

Rita Michielsen 652-2491
Dale Beckstead 535-2103
Ian McColl 543-3136
John Allison 543-2989

JOHN A. ALLISON REAL ESTATE BROKER
BUSINESS 543-2044

CHARLES W. MARSDEN
FUNERAL SERVICE

IROQUOIS 652-4452
CARDINAL 657-4848

ASSOCIATE John Lawson

NOTICE
RE: MOWING OF DITCHES

THE COUNCIL OF THE VILLAGE OF IROQUOIS HAS DECIDED NOT TO MOW THE DITCHES IN THE MUNICIPALITY THIS YEAR IN AN EFFORT TO CUT BACK ON EXPENSES.

WE REQUEST EVERY PROPERTY OWNER IN THE VILLAGE TO MOW THE DITCH ADJOINING HIS OR HER PROPERTY AND HELP US TO KEEP OUR VILLAGE NEAT AND TIDY.

E.F. Rooney
Reeve

Sunday In The Churches

FREE METHODIST CHURCH
Cardinal
Pastor - Rev. J.N. Patterson
Telephone 345-0702
SERVICES:
9:45 - Sunday School
11:00 a.m. - Worship Hour
7:30 p.m. - Evangelestic
Mid-week each Wednesday at 8:00 p.m. Prayer and Bible Study in the homes.
Visitors Always Welcome

THE PENTECOSTAL ASSEMBLIES OF CANADA PHILADELPHIA PENTECOSTAL TABERNACLE
Dundas Street, Cardinal
Pastor Dale Broadworth
9:45 a.m. Sunday School Classes For all ages
11:00 a.m. Morning Worship
7:00 p.m. Evening Evangelistic Service
8:00 p.m. Wednesday Mid-Week Bible Study & Prayer

MORRISBURG PENTECOSTAL CHURCH
Pastor: John B. Buschert
Church 543-2681 Home 543-3450
SUNDAY
9:45 a.m. Christian Education
10:45 a.m. Morning Worship
7:00 p.m.
Visitors Always Welcome
Wed. 7:30 - Home Bible Studies
We Care About YOU!

ST. CECILIA'S CHURCH
Rev. F.M. O'Connor,
Parish Priest
Sunday - 9:30 a.m.
Confessions - Before Masses

ST. MARY'S - MORRISBURG
Saturday - 7:30 p.m.
Sunday - 11:00 a.m.
Confessions - Before Masses

CHRISTIAN REFORMED CHURCH
Williamsburg, Ont.
Rev. L.T. Schalkwyk, B.A., B.D.
Telephone 535-2598
Morning Service - 9:30 a.m.
Evening Worship - 7:30 p.m.

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

UNITED CHURCH OF CANADA
Matilda Pastoral Charge
Rev. L.D. Joyce
June 1, 1980
9:45 a.m. Hulbert
11:00 a.m. Brinston

IROQUOIS PASTORAL CHARGE
UNITED CHURCH OF CANADA
Rev. W. Brian Gee, B.A., B.D., Thm.
11:00 A.M.
Worship and Sunday School

ANGLICAN CHURCH OF CANADA
Parish of Iroquois and Morrisburg
Trinity Sunday June 1st
SUMMER HOURS FOR SERVICES NOW IN EFFECT
St. John's, Iroquois - 9:15 a.m. Holy Eucharist and Sermon
St. James', Morrisburg - 8:00 a.m. Holy Eucharist
10:30 a.m. Sung Eucharist and Sermon
Holy Trinity, Riverside - Next Service on June 8th

Women's Institute holds May meeting

The May meeting of the Iroquois Women's Institute was held on Thursday, May 15, at the Civic Centre and opened in the appropriate manner with Joan Morrell at the piano. President Florence English welcomed those present and expressed anticipation in her new office, working with the usual good co-operation of all members. Minutes of the annual meeting were ready by Secretary Dorothy McMillan followed by the roll call, responded to by "How to stay healthy in retirement". The President then read the "Commandments of Retirement".

Visiting members of the Mainsville Branch were called upon to introduce themselves. Conditions of the sick were reported upon by those familiar with each particular patient. Shirley Moffat presented the treasurer's report, and correspondence was dealt with. Tickets were distributed by President Florence for the production - "Gigi" in Ottawa May 28 and a brief word on the Thousand Islands Boat trip was given by Gwen Parmeter. Lottie Merkley read a letter from England, about Julia Vickery, known by many, on her health and well being.

The District meeting to be held at Mountain May 28, and the upcoming Lions' Dinner were discussed; as was a special meeting to be held June 19 at which all members are urged to be present. May 22 is the date for the annual visit toGlen-Stor-Dun Lodge, which is a joint endeavour of all four churches, and the Institute.

Convenor of the theme "Family and Consumer Affairs". Vivian Seeley then took the chair to present a very interesting program beginning with Myrtle Johnston speaking on the motto - "Nature gave man two ends - one to sit on and one to think with. Ever since then, man's success or failure has been dependent on the one he used most."

Tracey Collier sang, and played on her guitar - "Paper Roses" - "Snow Bird" - "The Prisoner's Song" and - "It is no Secret"; all very much enjoyed.

Mrs. G. Mussel of Mainsville read a poem "Knittin' " written by a resident of St. Lawrence Lodge.

Vivian then introduced the speaker of the evening - Mrs. Edward Taylor of Prescott. Mr. and Mrs. Taylor have been foster parents to 300 children in 34 years, and have just recently retired from this full time work. They have lately been named co-winners of the Prescott Community Service Award.

After 25 years of fostering they were presented with a silver cream and sugar ontray by the Family and Children Services Department. Five years later they were presented with a silver tray with a scroll of appreciation by Premier William Davis of Ontario.

Over the years they have been honoured by Prescott Chamber of Commerce, Town Council and many social organizations with scrolls scrolls, plaques an other awards.

Mrs. Taylor told of the many joys - satisfaction and good memories as well as the long hours - the sleepless nights and frustrations over the years, but all told a very satisfying period in her life. During that period they adopted three of the children.

Shirley Moffat on behalf of all, expressed thanks to Mrs. Taylor and presented a token of appreciation.

Mrs. Bruce of Mainsville led in a sing-song and afterward played selections on her harmonica.

Tracey and Myrtle were thanked by Vivian and presented with gifts for their participation.

After the singing of "The Queen", lunch was served by hostesses: Irene Haldane, Dorothy McMillan, Bernie Sisty and Gwen Parmeter.

Helpful in Many Ways



Thoughtful attention is given to all the necessary details, with earnest respect for the family's wishes and beliefs.

FAIRBAIRN
FUNERAL HOME LIMITED
Phone 543-2271 MORRISBURG
Gordon Fairbairn, President

Tanzania: a land of contrasts and high temperatures

Can you imagine tsetse flies the size of dragonflies or temperatures which seldom drop into the low 70's? If you can, they you can also imagine some aspects of life in the African country of Tanzania.

Canada's High Commissioner to Tanzania, Mr. EricBergbusch, recently returned from the tropical country for a two and one-half week vacation during which time he visited with relatives and took care of personal business. During his stay, Mr. Bergbusch spent a few days with relatives in the area, Dr. and Mrs. Rosenquist, of Morrisburg.

The commissioner has been in Tanzania for almost two years and finds life there very different from what Canadians are used to. For one thing, the lowest temperature in Tanzania ranges from 70° - 75° in the winter. With the heat being so intense, ties which are common in Canada, are seldom worn in the African country even by the President As well, every building is air-conditioned and life virtually comes to a halt when the air-conditioning breaks down.

The Canadian Embassy in Tanzania is located in the capital city of Dares Salaam and overlooks the Indian ocean. Fourteen Canadians and ten Tanzanians are employed on the embassy staff.

Mr. Bergbusch has three sons two of whom attend classes in Tanzania. The other is currently studying at Lakefield School in Peterborough and is in grade 9. The two sons in Tanzania enjoy life in their new country but miss watching television since it is very uncommon. To make up for this they go out to movie theatres where most of the modern movies can be seen soon after their release here in North America.

High Commissioner Bergbusch starts his day in Tanzania at six o'clock in the morning with a short job followed by breakfast. Breakfast usually consists of papaya and lime juice or porridge. He leaves his home at 7:15 and travels to the embassy where he handles public relations, trade promotions between our Country and Tanzania, and supervises many Canadian-sponsored development projects. Mr. Bergbusch leaves the embassy at 4:30 p.m. and in the evening spends his time over-seeing development operations or attending cocktail parties.

Life as High Commissioner to Tanzania is both unique and interesting for Mr. Bergbusch who derives a lot of satisfaction from his work.



Eric Bergbush, Canadian High Commissioner to Tanzania, leads a life that contrasts sharply with Canadian life-styles.

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Bronco's banquet

The Cardinal Broncos held their team banquet at the Iroquois Civic Centre last Friday and seven players were awarded team trophies. Pictured front row, left to right, are Kent Smith, rookie of the year, Rob Robinson, points leader and Martin Hamilton, most improved player. Second row, left to right, are Howie Coons, most valuable player, Scott Burwell, best defenceman, Fred Osler, most assists and Randy Stitt, winner of the coach's award.

Pioneers split two, Pats unbeaten in softball

Pioneers had 2 games this past week, being edged Tuesday night 3-2 by the visiting Cardinal Pats, then Wednesday night they swamped the home-town Domville team 9-0. Stan Woods hurled 6 & 1/3 innings for the Pats, giving up 2 runs on 5 hits, 1 walk and 11 strike outs. Ted Hoy finished the game.

Jim Morrell was on the Pioneer mound for 1 & 2/3 innings, giving up 3 runs on 4 hits, 1 walk and 0 strike outs. He was relieved by Big Doug Casselman who gave up 1 hit, 1 walk and struck out 5. Pats were unable to get on base in 5th, 6th, or 7th innings, leaving 5 men stranded in the first 4 innings. Pioneers left 6 men stranded including 3 in the 7th. Top of the 1st, with 1 out Ed St. Louis singled to left field and scored on a triple to right center by Mike Skakum. Dick Byers singled to left scoring Skakum for a 2-0 lead. Top of the 2nd Ron "Hector" Smith led off with a walk, followed by a single from Stan Woods. Ken Lynch sacrificed to move them around a base, then Dave Kiah sacrificed to center field to score Smith for a Pats 3-0 lead. Bottom of the 4th, Big Doug Casselman led the inning off with a homer over the left center fence. With 1 out Duke Roles tripled to right and scored on a error at first base, to narrow the Pats' lead to 3-2.

Bottom of the 7th Marc Pinkus led off with a single to left, followed by a bunt from Roger Morrell, Paul Beckstead's hit to right field was dropped, and Pioneers had bases loaded, no outs. Ted Hoy took the mound, and proceeded to strike out Jim Morrell, then Perry Morrell hit into a fielders choice, and Delegarde (who was running for Pinkus) was caught at home plate. 2 out, bases still loaded, third baseman Larry Cooper hit a line drive into Mike Skakum's glove to end the game in the Pats favor.

The Pats have not been beaten yet - and Thursday they have a double-header, taking on Domville at 7 p.m. and the Pioneers at 8:30 p.m.

Past Scores
May 20 -
Brockville 2, Roys Boys 0
Cardinal 3, Pioneers 2
May 21
Dodgers 1, Maynard 0
Pioneers 9, Domville 0
May 22
South Mountain 5, Brinston 0
Cardinal 6, Maynard 1
Brockville 3, Johnstown 0
Johnstown 2, Domville 1
May 23
Dodgers 3, Roys Boys 1

FUTURE GAMES
May 29
Domville at Cardinal 7 P.M.
Pioneers at Cardinal 8:30 p.m.
Brinston at Johnstown 8 p.m.
May 30
Brockville vs Pioneers 8 p.m.
June 2
Johnstown at Brinston 8 p.m.
June 3
Dodgers at Brockville 8 p.m.
Cardinal vs Roys Boys 7 p.m.
South Mountain vs Roys Boys 8:30 p.m.
June 4
Johnstown vs Pioneers 8 p.m.
May 29, 30, 31, June 1 - South Mountain Tournament
June 6, 7, 8 - Williamsburg Pioneers Open Fastball Tournament
June 6, 7, 8 - Johnstown Counts Intermediate Tournament

STANDINGS

DUNDAS	W	L	PTS
Cardinal	5	0	10
Brockville	3	2	6
Pioneers	3	2	6
Maynard	0	5	0
GRENVILLE-DUNDAS			
Williamsburg Dodgers	3	2	6
South Mountain	3	2	6
Johnstown	3	3	6
Roys Boys	2	3	4
Domville	2	3	4
Brinston	2	3	4

SPORTS

Ten mistakes often made by beginning runners

Overcome by the running craze that has swept the country, millions of Americans and Canadians have "taken to the streets".

From inner-city alleys to mountainous countrysides, enthusiastic runners are pounding the pavement, mile after mile.

Beginning runners, in an effort to reap immediate benefits from this popular form of exercise, often fail to remember that their bodies must be allowed to adapt slowly to the stresses of running.

Thus, it is necessary for earnest novices to be aware of the ten common mistakes most often made by new runners.

•Impatience. Novice runners impatiently expect too much and, therefore, often run too far, too fast, too soon. the body must be allowed to adapt to the demands of running in order to avoid injury.

As the condition of the runner's body improves, the heart becomes a more efficient pump, the lungs become more efficient in transferring oxygen to the body, and muscles become more efficient in transferring oxygen to the body, and muscles become more efficient in utilizing the increased blood and oxygen.

•Ignoring pain. Periods of discomfort and some stiffness are normal as the body adjusts to the stresses of running. But frank pain, which does not respond to variances in training and running habits, should not be ignored.

Gradual conditioning and breathing while running should not be painful. Pain has a purpose. It's a warning sign from your body that something is wrong. Failure to listen to this sign can result in injury.

•Failure to honestly evaluate your level of physical fitness. For every week you don't run, or for every year you don't stay in shape, you lose three weeks of conditioning: a high-school athlete is not automatically a middle-age pro. Failure to honestly evaluate your respective level of physical fitness leads to injury and frustration.

A good rule of thumb: jog when you feel good, walk when you get tired and don't let your self get out of breath. And, check with your family physician before starting a running program.

•Improper warm up and warm down. Beginning runners tend to want only to run, not recognizing the importance of gently stretching the muscles before and after a workout.

Running tightens, as well as strengthens, the gravity muscles, those muscles in the back of the leg that propel the body against gravity. The anti-gravity muscles in the front of the leg are weakened during running.

Stretching is beneficial to both sets of muscles, strengthening the legs and preventing stiffness.

•Improper equipment. Proper running gear is essential for comfortable running, and can protect you from the weather and the surfaces you run on.

Proper shoes make a difference and comfortable, loose fitting running pants are a must. For warm weather, nylon mesh uppers suffice nicely, whereas sweatsuits are nessary for cold weather, along with gloves and a hat.

Petroleum jelly can be used on exposed surfaces of the skin when the wind chill factor is high.

•Failure to choose a comfortable running style suited to your body. Beginning runners, due to the relatively poor condition of their bodies, a few extra pounds and lack of knowledge on how to run properly, have notoriously poor form.

A beginning runner should use a very short shuffling stride not unlike the fox trot, making contact with the running surface directly beneath the knee.

Novice runners should go to a track and practice running on the white lines separating lanes - each foot should land directly on the white line, toes pointed straight ahead. Hands and jaw should be relaxed.

Errors in running form lead to injury and premature fatigue during a run.

•Improper planning, ignoring the terrain. It's not uncommon to find beginning runners on trails that even veteran runners would not attempt. These zealots run the risk of injury to both body and spirit.

Running on level ground inflicts three times the body weight on the foot, four times the weight on downhill runs. Uphill runs can stress undeveloped achilles tendons and calf muscles.

Those with poorly developed muscles should avoid hills, or walk or use a switch-back technique to avoid going down a straight hill. Stretching exercises prior to uphill runs are necessary.

•Improper diet, improper fluids. All people function best on a diet high in complex carbohydrates, low in red meat, and relatively low in sugar, salt, fat and cholesterol.

Beginning runners have a tendency to eat and drink improperly, often eating before a run, believing that this will help them.

In actuality, food taken within three hours of a workout has a tendency to lower blood sugar, making the runner less efficient and more prone to fatigue.

•Quitting because of an injury. Beginning runners often give up on running because of an injury. Although many running injuries are due to overuse, some of them are due to actual problems of the lower extremities.

Slight imbalances of the feet can result in an improper running style. Such hindrances can be corrected by improving the functioning of the feet biomechanically through the use of shoe modifications and foot orthoses.

The Langer Group, engaged in the manufacture of custom podiatric devices, publishes a free brochure, "When Your Feet Hurt, You Hurt All Over," which discusses foot problems and the mechanics of orthotics.

This booklet and a listing of qualified podiatrists can be obtained by writing to: The Langer Group, Dept. M,21 East Industry Court, Deer Park, N.Y. 11729.

•Not giving running a chance. The good that comes from running takes time. A hard-easy training program, one that takes into account how your body feels, affords easy days in-termixed with hard ones, and soon the good things associated with running happen naturally.

Sooner or later, with a little persistence and determination, running will become an essential part of your life.

Seaway athletes qualify for Ontario track meet

Four of Seaway's track and field athletes qualified for the OFSSA Track and Field Meet coming up soon by placing high in the EOSSA meet held last Thursday in Kingston. Chris Clements will represent Seaway in the high jump and Wes Douma in the long jump.Clayton Barkley will take part in the 800 and 1500 m runs whicle Glen Elliott will participate in the 400 m run. Congratulations and good luck to these four talented athletes.

Seaway's annual Athletic Banquet this year featuring Canada's second ranked high jumper Bridget Reid, will be held on June 6. Tickets went on sale last week following the distribution of invitations to many students who have taken part in various sports throughout this school year. This event is being staged by members of the G.A.A. and the B.A.A. who should be commended for their work in organizing the evening.

Members of Seaway's Bands held their annual Spring Concert, Thursday. Everyone in attendance was treated to an evening of fine musical entertainment from the award-winning bands and from the Junior Stage Band who made their first concert appearance.

After almost eight months of preparation and fund raising, the members of Eng 4A0 were off at 6:00 in the morning for Stratford Tuesday, where they saw a number of plays. They will return today after a short stop in Toronto where they will visit Ontario Place.

Cauliflower familiar

Cauliflower is a familiar vegetable to most of us and one that is becoming more popular. Why not buy some next shopping day to eat now, and some to preserve for later.

In Ontario, the acreage and production of cauliflower are increasing every year so that now cauliflower is one of Ontario's fastest growing vegetable crops. Food specialists at the Ontario Ministry of Agriculture and Food report that last year more than 2,000 acres of this vegetable were grown. Most of this acreage is located in the south and central parts of Ontario.

Ontario-grown cauliflower comes to market around the middle of June but the peak of the season is September and the first part of October.

When you're choosing cauliflower to eat or to preserve, look for heads that are firm and compact, with tightly closed clusters of flowers and resh outer leaves. Avoid over mature heads which have the flowerettes spread apart. The cauliflowerettes should be snowy white. It is interesting to note that while the cauliflower is growing during the summer, the leaves are tied up around the head, to prevent the sun from turning the color to yellow and to preserve the flavor.

Once you get the cauliflower home, store it properly to keep its quality. First cut a thin slice from the stem end and then put it in the refrigerator. Leave the outer leaves still attached. Plan to use cauliflower with 10 days. Wash just before serving.

Enjoy fresh Ontario cauliflower now.

Board to decide on Stampville

From page 1

presented, but would not allow a debate on the school closure itself since that had not been placed on the agenda.

Long Sault trustee Micheal Bennet asked that a motion be placed on the next agenda rescinding the move to close the school, while Gatward asked that the issue be placed on the June 10th meeting so that the matter could be cleared up and not drag on.

Johnson said she is hopeful that parents will turn out in force for the meeting, and not be afraid to come forward to back up the re-opening drive.

"Many people in the area were resigned to the fact the school was being closed, and they were only interested in seeing that the kids were not split up between two schools," Johnson noted.

"But talk of protesting the closure began to circulate when news of the three other re-opening was made, and parents felt that for the kids, they should try and keep Stampville open."

"We have over 75 percent of the parents with kids in the school supporting us, and didn't get too much negative response," Johnson added, "Now we are going to have to lobby the trustees and have a show of strength."

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TV TALK

by Ross Mutton

The signs of summer are apparent. There is more mercury extending up the thermometer than ever in the history of this decade, people are discussing what they planted in their garden, and black flies and mosquitoes are having a field day as we try to take maximum advantage of this wonderful weather experience.

Thus, television deservedly starts to fade into the background, although we find the relatively new custom of watching the final games of the Stanley Cup playoffs wearing shorts is once again upon us. The reruns have been running for a couple of months now, and it seems time to give the television a rest while there are greater things to do in the summer outdoors.

Usually there are a few highlights for summer viewing. The biggest promise for the summer of '80 was of course the Moscow Olympics. However, with political problems and nations withdrawing, both NBC and CBC have withdrawn their television coverage of the event. This will no doubt leave a big hole in the summer programming since both networks had planned extensive prime-time Olympic programming.

Television has also left many viewers in North America and Britain sitting on the edge of their seats. The burning question that will not be answered until September is "Who shot J.R.?"

The last episode of Dallas ended with the archvillain, J.R. Ewing, getting shot by an unseen assailant. The writers have left us with at least six prime suspects whose motives could have led them to shoot J.R.

Lorimar Productions is trying to keep a tight lid on the secret, with only ten xeroxed copies of the story line in existence, in the hands of the writers. Even the actors have no idea who did it. This has led to a variety of stories like the one about the CBS executive who awoke in an amorous mood in the middle of the night. He awakened his wife who said, "Wait a minute, who shot J.R.?" The executive informed her that she would have to wait until Spetmber whereupon she shot back, "Then, so will you".

Some of the writers of the series have suffered broken friendships or have been offered sums of money. One writer said she could have retired.

There is concern that the secret will get out once the episode is shot since then the actors and crew will know the answer. However, it will be a lot more fun and the ratings will be a lot higher if Lorimar and CBS can keep the lid on until September 19th, when a special two-hour opening episode will reveal the answer.

WHAT'S COMING - On Wednesday night at 9:30, **Bob Hope** has a special on Ch. 5. Guests include Andy Gibb, Diana Ross, Loni Anderson, and figure skaters Randy Gardner and Tai Babilonia. At 11:45, Ch. 4 runs **The Captain's Paradise"**, starring Alec Guinness, Celia Johnson and Yvonne DeCarlo.

On Thursday at 9 p.m., Chevy Chase hosts The National Humor Test" on Ch. 5. If you're interested in the life of a medical student, tune in **To Be a Doctor** on Ch. 5 at 10 p.m. Also at 10 p.m., **Bob Newhart** has a special on Ch. 7. At 11 p.m., Hal Holbrook is the guest on **Dick Cavett** on Ch. 18.

On Friday at 9 p.m., NBC salutes Harlem's Apollo theatre **Uptown,** starring Cab Calloway, Lou Rawls, Natalie Cole, Flip Wilson, Ben Vereen and Jack Albertson. That's on Ch. 5. Also at9 p.m., the winners of **Search For the Stars** perform live from Ontario Place on Ch. 4. At 11 p.m., **Dick Cavett** talks to Chuck Jones, creator of Bugs Bunny et al, on Ch. 18.

On Sunday at 10 p.m., Swedish actress-director Mai Zetterling takes us on a **tour of Stockholm.** That's on Ch. 4.

On Tuesday night at 10:30, the four-part series **The Rare Breed,** looking at food production, returns to Ch. 4. The opening show looks at MacCuddy of Strathroy, Ontario, who is the world's leading producer of turkeys.

And that wraps up this week and this season. Have a good summer.

School principal receives certificate

Certificates of Merit and bursaries were presented last week by the Phi Delta Kappa to the principal of Inkerman Public School and a Queen's University student.



Left to right: Arnold Kelly, Larry Berry, Laurin MacWilliam and C.C. Hart.

Larry Berry, who is principal of Inkerman, and also assists students in the training of students teachers, was awarded a certificate and bursary.

Also receiving an award was Laurin MacWilliam, of Cornwall, who is to graduate from McArthur College of Education, Queens University, and resides in Cornwall.

The awards were presented by C.C. Hart, principal of Seaway District High School and and Chairman of the Canadian Bursary Committee, and Arnold E. Kelly, Past President and Chairman of the nominating committee for Phi Delta Kappa, St. Lawrence Chapter.

Phi Delta Kappa is an international educational organization with which aims to assist and promote service, research and leadership.

The awards are annually given by the organization to an outstanding student and teacher.

Traffic accidents investigated

Morrisburg Ontario Provincial Police reported three traffic investigations over the past week.

A single vehicle accident caused an estimated $2,2025. damage to a car owned and operated by Anna Marcellus, of R.R. 1, Williamsburg May 22.

Marcellus was northbound on the Church Road when she tried to assist a passenger with the seatbelt, lost control of her car and travelled off the roadway. No injuries were sustained.

Two accidents were investigated on May 24, one in the early morning at 4:45 when a vehicle driven by Frederick Sherman, of R.R. 2, Chesterville, was eastbound on the Casselman Road. While applying the brakes, the vehicle began to skid and went off the roadway.

A three car collision took place at 9 p.m. the same day when a vehicle driven by Robert Welsh, of R.R. 1, Morrisburg, was in collision another vehicle driven by Hector King, of Cornwall, and a third driven by Kevin Casselman, of R.R. 1, Williamsburg. The accident took place at the junction of Highway 31 and County Road 18. Estimated damage was $1,850.

Police also report that three impaired drivers were charged, including one that was also charged with resisting arrest.

Damage was reported at a Williamsburg resident on May 20th after youths threw firecrackers at the building. The morning incident caused damage to the aluminum siding.

Two car speakers are missing from a vehicle owned by Micheal Christensen who reported the theft to police May 23. Valued at $100, police believe the incident took place between May 16 and the day of the report.

Bird Notes

by E. G. AVERY

A couple of "bird nuts" pulled off to the side of the road at a marshy area, to observe something in the water. Caught without binoculars, it was impossible to make a positive identification except that it was a duck, as it eventually flew up, giving that much of a clue. While standing at the water's edge, we were suddenly aware of a great splashing noise, and soon discovered a school of carp which were obviously having recess; they leaped and rolled, much like dolphins do, and we were amazed at the size of them.

There are Orioles in abundance this Spring, singing their enticing songs in all parts of the village! The Oriole is beautiful in many ways: first for its colouring which has been described as "a scrap of sunset with a voice", the liquid golden notes poured forth so generously, and soon, if we are lucky, we shall get a glimpse of the intricately-woven hanging nest which the female builds for her cradle.

Everybody's favourite, the Goldfinch is also here in increasing numbers, flying in bounding arcs, singing all the way. We saw a Bobolink the other day too; this is a bird of the fields, belonging in the family of Blackbirds and Orioles. Some people describes it as the bird who wears his suit backwards, which rather well describes the black front and white back, a yellow patch on the back of the head completes the eye-catching outfit the Bobolink also has a lovely bubbling song.

Our friends on Caldwell Drive have seen a Catbird in their yard, and this is very interesting, as Catbirds usually stay on the fringe of a built-up area. However, if rose-breasted Grosbeaks and Brown Thrashers see fit to visit this spot, why should a Catbird hesitate?

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Selected Asst. Sizes & Colors Presently $3.00 to $10.97 LADIES SLACKS Receive Second Same Price or LESS for 1c
Special Selection Ladies Asst. Sizes Our Reg. $4.97 to $19.97 DRESS SHOES Receive Second Same Price or LESS for 1c
Selected Ladies MESH SLEEPWEAR Our Reg. $14.97 2/14.98
Selected 4 - 6x CHILDRENS SUNDRESSES Our Reg. $2.97 2/2.98
Childrens 2 pc. Asst. Sizes & Colors Presently $7.97 PANT SETS 2/7.98
Selected MENS & BOYS JOGGERS Mens $9.97 2/9.98 Boys $8.97 2/8.98
Special Asst. Sizes & Colors Presently $7.00 MENS SLACKS 2/7.01
Mens Long Sleeved Asst. Sizes Presently $7.97 DRESS SHIRTS 2/7.98
Mens & Boys (S, M, L, XL) SWEAT SHIRTS Mens $7.97 2/7.98 Boys $7.00 2/7.01
Selected BATH TOWELS $2.97 2/2.98 $3.97 2/3.98
1¢ 1¢ 1¢ 1¢ 1¢ 1¢ 1¢ 1¢ 1¢

Clip & Save! Bring this along for a FREE Pair of Panty Hose or a FREE Mens Tie!
Example: Buy one of the selected dress shirts at regular price, get second for 1c. Or, buy one of the selected blouses at regular price, get skirt of same value or less for 1c.
You Get More Than You Bargain For At . . .
IROQUOIS PLAZA
Hours: TUESDAY — SATURDAY — 9:30 — 5:30
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