

# Cardiff Brownie Food Drive



Felicia Munro and Amanda Lewis, of the Cardiff Brownies, relax after collecting food for the Bancroft Food Bank.

By Stewart Smith  
 "People were so generous," applauded Cardiff Brownie leader Darlene Thomas. "Some people even had bags (of food) ready."

managed by James Standish, out of a building on Highway 62 north, between Bancroft and Bird's Creek. Cardiff Brownies meet every Tuesday evening, from 6:30 to 8 p.m., in the Cardiff Community Centre. Leaders are Darlene Thomas and Anna Lewis. There is still room for more Brownies. This is a club for girls aged 7 to 9. The Cardiff Brownies are part of the Bancroft District.

She was reporting on the successful food drive held on Saturday, October 15, in which the Cardiff Brownies participated. The food collected has already been taken to the Bancroft Food Bank, which is

## FRAUDULENT SCHEMES

Press Release by Const. Stan Balenba, of the Bancroft O.P.P.

person purporting to be a Nigerian Government official, indicated a cash sharing scheme between the Canadian and Nigerian principles in the pact. The offer was determined to be a fraudulent scheme. If you have received such an offer, please advise the Bancroft O.P.P.

Residents of the Bancroft area continue to be the subject of telemarketing and mail frauds. We would like to stress that people be careful when dealing with telemarketing and mail offers.

Prior to entering into any business agreement you are advised to seek the assistance of the Canadian External Affairs Department at the Nigerian High Commission, Lagos, Nigeria.

Bancroft O.P.P. has recently investigated a "too good to be true" offer received by a local businessman.

The offer, one which rose from a

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## Reflexology Demonstrated

By Ann Smith

The monthly Pot Luck Lunch at the Cardiff Community Centre was enjoyed on Monday, October 3.

The usual variety of delicious foods were enjoyed by a good crowd. The most popular dish seemed to be the glazed sweet potatoes.

Hilda Chadwick introduced Debbie Bentley who in turn welcomed everyone, including a few guests. Father Ron Meyer said the blessing before lunch.

The guest speaker was Noreen Tinney, Reflexologist, who demonstrated this aid to natural healing. Her volunteer patient was Fr. Ron Meyer.

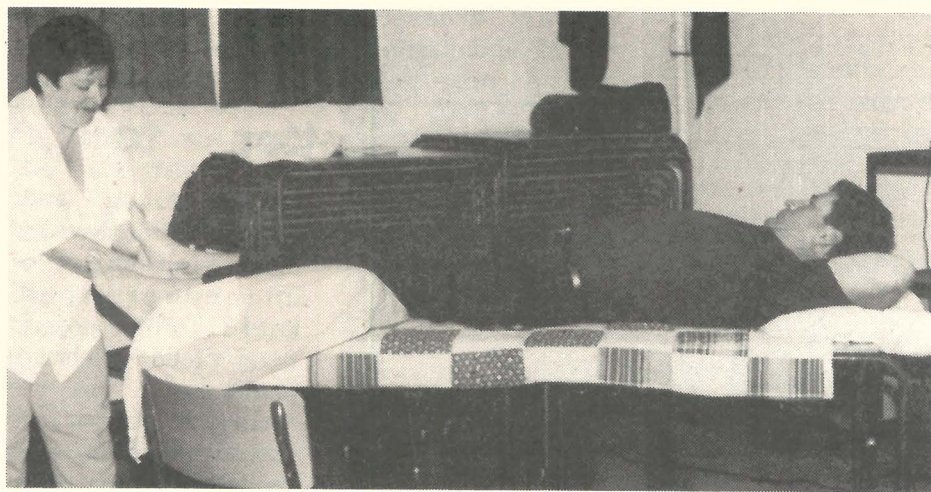
She is certified by the Reflexology Association of Canada. Noreen received her Certification in June, 1994, after a course which included 30 hours of class work.

## N.H.H.S. Graduation

North Hastings High School, Bancroft, held its 1994 Commencement on Friday evening, October 7.

Ontario Secondary School Graduation Diplomas were presented to 117 students. The Medal of the Governor General of Canada,

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Noreen Tinney, Reflexologist, demonstrates her technique on volunteer client Fr. Ron Meyer.

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Each student must treat at least 60 people before certification. The study of anatomy and physiology is an important part of the course. Noreen passed out a printed sheet explaining Reflexology. It is a natural healing art based on the principle that there are reflexes in the hands and feet which correspond to every part, gland, and organ of the body. Through application of pressure on these reflexes, Reflexology re-

lieves tension, improves circulation, and promotes the natural function of the related areas of the body.

Her goal as a Reflexologist is to help people regain and maintain their health in a natural way. For health maintenance one treatment a month is recommended. For acute problems 1 treatment every 48 hours until the client has relief. Relief usually comes within 1 to 1/2 weeks.

A full treatment takes about one hour.

The client lies

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