

Pauline, John Amyot Celebrate 40th



Pauline & John Amyot cutting the cake

by Ann W. Smith
Pauline and John Amyot of Cardiff celebrated their 40th wedding anniversary with an Open House at St. John's Anglican Church Hall in Bancroft on Sunday afternoon July 23. The table inside the door of the Hall for the guest book was beautifully decorated with flower arrangements by Barbara Mackey and Betty Lou Bla-

therwick. This table also held a book decorated by Marguerite Tennant, Convenor of the celebration, for special messages for John and Pauline. The table for the food had as a centrepiece a cake made by Vai Salmon who brought it, along with a smaller cake, all the way from Ottawa. The main cake had two heart shaped pieces on the top, each heart having a name, John on one and Pauline on the other. The icing was white with red

Clara Burt
Alterations * Zippers
Mending * Curtains
Pillows * Covers
Reasonable Rates
HARCOURT
(705) 448-3359

see page 6

LOONEY BIN
VILLAGE DISCOUNT STORE
Housewares, Toys, Party Supplies
Flint Street
Bancroft, Ont
613-332-0451

LYDIA'S
A Beautiful Dining Experience
With a Million Dollar View
Private Accommodation in the Blue Sodalite Room
Lakeside Balcony - Log Chalet Setting
Hearty Breakfast Included
S. Baptiste Lake Road
Turn on Fell Rd.
(just 9 Min. N. of Bancroft)
Open Year Round
Reservations Recommended
Fully Licenced
LL.B.O.
(613) 332-4223
DINING ROOM
Open Noon to 10 p.m.
BOAT RENTAL
Available

Richard Tunstall, N.D.

By Sheila Baverstock

Richard Tunstall, Doctor of Naturopathy, opened his Health Centre in St. Oia on Thursday, July 20.

He will be available for consultations on Thursdays, Fridays, and Saturdays.

Naturopathic medicine is founded on the medical principle, VIS MEDICATRIX NATURAE - the healing power of nature.

Treatments commonly provided include nutritional counselling, botanical (herbal) medicine, Homeopathy, manipulation and physical therapies and the

use of Chinese medicine including acupuncture.

Naturopathic practitioners must complete three years of pre-med studies at University followed by four years professional training at a recognized College of Naturopathic Medicine. Graduates must pass rigorous Provincial exams to be registered and eligible to practise in Ontario.

Naturopathy is a form of primary health care that has been practised in North America since the turn of the century and under Ontario law since 1925.

Tamarack Centre Gets Grant

From Tamarack Women's Resource Centre

Trillium Foundation, of Toronto, has just approved a \$96,000 grant to Tamarack Women's Centre for a three year travelling rural women's outreach project to counsel women on site throughout the county.

The project was prompted by calls to Tamarack from needy women over the last year, who couldn't get into town to get help from Tamarack.

A new worker will be hired in the fall to counsel isolated women, especially those disadvantaged by low self esteem,

low education, low incomes, well as unemployed women, senior newcomers, single moms, teen women and others.

She will provide supportive information to women on a wide variety of issues including education, training, employment, voluntarism, welfare, child care, housing, health and other issues so they can make informed decisions affecting their own futures. A worker will provide transportation in special situations.

Tamarack's service (drop centre, referrals

see page 7

Magician Steve Hepburn Entertains

by Ann W. Smith

Steve Hepburn, Bancroft's resident magician, gave a double show at the Bancroft Public Library on Friday afternoon July 28 for children ages 7 to 12 years.

Betty Lambeck Chief Executive Officer of the Library welcomed the audience and introduced Mr. Hepburn and his wife Sharron to the 12 children and 2 mothers who came to enjoy the afternoon. Lambeck invited the audience to talk to the library staff after the show about finding and borrowing books on magic.

The first part of the show consisted of several magic tricks which, even though they are familiar, are still puzzling and fascinating.

The first tricks were accompanied by music. A lighted candle changed to a scarf without burning anything. Another scarf became a long cane.

The music was turned off for tricks in which helpers were needed. There was the ball that went from Steve's hand to the hand of a girl who was already holding another one. A coin disappeared and was found behind a boy's ear.

There was a magic colouring book that, with the

application of "Magic Powder", changed its drawings 3 times.

It was explained that The Magic Number Box, which is in the printed leaflet that the Hepburns gave each person, comes under the heading of Mind Reading Magic.

Steve's helper Sharron did a Magic Potion Trick which was quite spectacular.

Steve and Sharron explained some of these tricks so that the audience could try them at home.

The guillotine

trick was used by 2 brave boys, of whom was in danger of losing his hand!

The second part of the show was Balloon Fun.

Everyone was given a book with several mimeographed pages with diagrams showing how to make animal shapes with balloons. The balloons used were 12 inches (30 cm) long and as thin as a pencil. When they are inflated (several of them could not do this even though Steve

see page 5



HILARY'S
Hardwood & Softwood Floors
Call Robert at 705-448-3394
FAX 705-448-3668
Box 40, Wilberforce. KOL 3C0
—Trim 'N Floor—

Steve Hepburn and his audience hold the animal shapes that they made from balloons.