



### Off to the Olympics

Tom Payne, a grade 12 PSS student, will be attending the '76 Olympic yacht racing events at Kingston Ontario from July 12 to July 31. As an official spectator boat pilot, Tom will act as a liaison between the helmsman and the racing activities. Spectator boats will carry media people, race judges V.I.P.'s and general spectators.

### Sailing school adds program

A new dimension in instructor training will be introduced into the 1976 Sailing School being operated by the Ontario Sailing Association and Georgian College at Lake Rosseau in Muskoka. Commencing June 20, the seven-day event will for the first time include a Racing Clinic which will provide training for those seeking accreditation as racing coaches. Candidates must have taught sailing for a minimum of two years and have also demonstrated a high level of racing proficiency. This clinic will also provide training for those who wish to upgrade their racing skills. Olympic level racers will be a feature of the school.

The regular Instructor Development Program and the Sailing School, will again be included in the overall program.

There are still some vacancies in the Sailing School, in the Racing Clinic and in the Instructor Training Program. Interested persons should immediately contact the Sailing School Supervisor, Marilyn Hamilton, Georgian College, 135 West Street North, Orillia, Ontario L3V, 5C4, Telephone (705) 325-2705.

The Instructor Development Program is designed for anyone who meets the required qualifications, and who plans to teach sailing, with the major emphasis being on instructor training and development. Training offered to instructor candidates is two-fold, with the primary aim being to offer teaching skills to people who are already accomplished sailors. It also helps to upgrade their sailing proficiency and point out weak areas. Instruction is offered by classroom sessions, by on water practice and by practical on-site teaching experience. At the end of the week the instructor evaluators are able to indicate whether the student instructors have met the requirements necessary for certification.

The purpose of the Sailing School is to offer a fun learning experience to anyone wishing to sail and to provide a live instructional school for instructor candidates. It also enables sailing students to learn from the best instructors in Ontario and to benefit from a low teacher-student ratio. Students will be separated into 6 categories, ranging from beginner to advanced, with not more than 15 to a group.

The tuition fee for the Instructors' School is \$150.00 and the same reductions apply for those bringing their own sailboat or power boat. The instructor fee also includes accommodation and food in lieu of salary.

For further information, contact Alfred Jenkins, Executive Director, O.S.A., 1559 Jarvis Street, Toronto M4Y 2J1, Telephone (416) 964-8655 or Marilyn Hamilton, Georgian College, 135 West Street North, Orillia, L3V 5C4, Telephone (705) 325-2705.

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**OPEN**  
MON. - SAT.  
9 A.M.  
-  
10 P.M.

SMOKED, COOKED, READY-TO-EAT, HALF SKINNED, SHORT SHANK, 16 TO 20-LB AVERAGE

## WHOLE HAMS

REGAL BRAND

lb **78¢**

Shank Portion lb **88¢** • Butt Portion lb **98¢** • Ham Steaks lb **\$1.28**

"GREAT ON A GRILL"

CUT FROM CANADA GRADE "A" BEEF

MAPLE LEAF, DINNER STYLE, BONELESS

**PRIME RIB STEAKS** lb **\$1.48**

**PORK SHOULDERS** VAC PAC lb **\$1.79**

MAPLE LEAF - CRYOVAC **Bologna Chunks** lb **59¢**

BURNS **Sausages Beef & Pork** lb **88¢**

MAPLE LEAF - BY THE PIECE **Polish Sausage** lb **89¢**

SHOPSYS - COLE SLAW OR **Potato Salad** 24-oz ctnr **82¢**

PRIDE OF CANADA, 6 VARIETIES, SLICED **Cooked Meats** 6-oz vac pac **38¢**

HONEY DIPPED, FROZEN, HEAT & SERVE **Chicken Legs or Breasts** lb **\$1.48**

SUPER-RIGHT, SLICED **Side Bacon** 1-lb vac pac **\$1.68**

SCHNEIDERS, FROZEN - "GREAT ON A GRILL" **Hamburg Patties** 2-lb pkg **\$1.99**

"RED HOTS" - GREAT ON A GRILL

DON'T FORGET JANE PARKER WIENER ROLLS ON SALE THIS WEEK - 4 PKGS OF 8 \$1.00

**SCHNEIDERS WIENERS** 1-LB VAC PAC **78¢**

#### ACTION PRICED!

BORDEN'S **POPSICLES** PKG OF 12 **89¢**

8 Varieties Including Beef Stew & Lasagna "Action Priced!" **PURITAN STEWS** 24-FL-OZ TIN **79¢**

Polski, Whole Dills, Bread & Butter "Action Priced!" **Coronation Pickles** 32-fl-oz jar **69¢**

CANADA NO. 1 GRADE, CREAMED 2-LB PLASTIC CTN **Bee Maid Honey** ctn **\$1.69**

ELBOW MACARONI, SPAGHETTINI OR "ACTION PRICED!" **Primo Spaghetti** 2-lb pkg **69¢**

6 Varieties, Including Dutch Chocolate "Action Priced!" **Cookies** Voortman 2 8-oz pkgs **\$1.00**

#### ACTION PRICED!

**PEPSI-COLA** PREPRICED 26 FL-OZ BTL **39¢** PLUS BOTTLE DEPOSIT

6 VARIETIES, INCLUDING CUBITS & HAMBURG "ACTION PRICED!" **BICK'S RELISHES** 12-FL-OZ JAR **49¢**

HARRY HORNE **B.B.Q. Sauce** 16-fl-oz jar **69¢**

SALTINES, UNSALTED **A&P Crackers** 16-oz box **59¢**

**Homespun Napkins** pkg of 160 **99¢**

DOLE - REGULAR OR IN OWN JUICE **Pineapple Slices** 19-fl-oz tin **55¢**

TOMATO **Ann Page Ketchup** 32-fl-oz btl **\$1.09**

#### BUY 4 PKGS & SAVE 88¢ ON THIS GREAT VALUE!

JANE PARKER, HAMBURG BUNS OR

**WIENER ROLLS** PKG OF 8 **4/\$1.00**

(SAVE 10¢) JANE PARKER, SLICED ENRICHED WHITE OR 60% WHOLE WHEAT (BUY 2 LOAVES - SAVE 19¢) 24-OZ LOAVES **JANE PARKER TWIN ROLLS** PKG OF 12 **49¢**

(SAVE 20¢) JANE PARKER **SANDWICH BREAD** 2/79¢

JANE PARKER - PLAIN, SUGAR, CINNAMON **Cake Donuts** pkg of 12 **49¢**

"ACTION PRICED!" **Cinnamon Rolls** pkg of 8 **75¢**

YORK, FROZEN, FANCY, FRENCH STYLE **Green Beans** 3 10-oz pkgs **\$1.00**

FAN TOP - SCOTCH MINTS OR JU JUBES **Dares Candies** 1-lb pkg **\$1.29**

FROZEN, FANCY **York Asparagus** 10-oz pkg **89¢**

PRINGLE **Potato Chips** pkg of 2, 125 gram tubes **\$1.39**

FROZEN, BEEF, CHICKEN, TURKEY **Swanson T.V. Dinner** 11 1/2-oz pkg **85¢**

RAGU - PLAIN, MEAT, MUSHROOM **Spaghetti Sauce** 28-fl-oz jar **\$1.09**

HIGHLINER **Bluefish Fillets** 14-oz pkg **89¢**

YORK - SMOOTH OR CRUNCHY **York Peanut Butter** 1-lb jar **89¢**

Hugel Avenue

Midland