Historians plan trip

The monthly meetings of Richmond Hill Historical Society April 19 will be a field trip, starting at Richmond Hill Library on Wright St. at 7:30 p.m. and going from there to the Markham Museum.

Members and prospective members will take off by car for the museum in the old Mount Joy School north of Markham where they will be given a conducted tour of the museum by Henry Lunau. Highlight of the evening will be a special display of local interest planned by Mr. Lunau. There will be a small fee of 50 cents per person for this special

In May the society will once again present an exhibition of handicrafts in Hillcrest Mall May 27, 28 and 29. Participating will be Richmond Hill senior citizens, the York Potters' Guild and other groups and individuals displaying their skills: quilting, weaving, knitting, rug hooking, leather tooling, spinning, carving, macrame, etc.

Tickets will be on sale for a quilt raffle and for the society's June garden party, an old fashioned icecream social and pioneer bake sale in aid of restoration of the Burr House, a project of the society now in progress.

Trip to Mexico

Highlights of her recent trip to Mexico were related by Mrs. Elsie MacKay to members of the Presbyterian WMS meeting last Wednesday at the home of Mrs. Gladys Dymond, Iredale Court. Particularly interesting were visits with former Canadian friends of long-standing who have retired

Mrs. Dymond read an appropriate message as the Lenten season draws to a close, Mary Dawson read the scripture passage in which Jesus foretold his betrayal by Judas Iscariot and charged his disciples to "love one another as I have loved you." President Margaret Styan led in prayer, Miss Annie Marsh acted as secretary during the absence of Miss Mabel Mackie and Mrs. Mavis Cates presented the treasurer's report.

Delicious refreshments were served by Mrs. Dymond and Miss Marsh and Mrs. Mary Shelky expressed the thanks of the group to the hostess.

Brownies entertain

The 3rd Richmond Hill West Brownies Pack led by Brown Owl Louise Cross and Tawny Owls Gemma Bucci and Elaine Gallant entertained residents of Elmwood Nursing Home on Friday.

The MC for the evening was a Brownie, Tammy Plaxton, who did a wonderful job. There were three skits, Bremen Musicians, The Bubble Gum Generation, and The Easter Egg Skit.

Further entertainment was provided by two Brownies who did Irish dancing and two Brownies who did a Pink Panther dance. To conclude the evening, homemade cookies and juice were served to the residents.

Among the guests was Commissioner Dianne Coghill.

Seniors' bowling

The regular bowling season came to an end Friday for the senior citizens' league, and some good scores came in.

There will be no bowling Good Friday. Play offs will start April 23 and continue April 30. A wind-up banquet will be held in Richmond Hill United Church May 13 at 6 p.m. Tickets may be had at the bowling alley on play-off days.

High scores last week for men were: high single, J. Farquhar 315, J. Swan 301, E. Croft 266; high single with handicap R. Brillinger 202, A Mohns 201, B. Lowe 192; high triple J. Farquahar 679, F. Martin 666, J. Swan 583.

High singles for lades were E. Andrews 222, P. Price 205, V. Woods 205; high single with handicap E. Andrews 244, V. Armsden 223, A. Geen 214; high triple V. Woods 583, P. Price 544, A. Geen 520.

Coin club meets

Richmond Hill Coin Club is having its monthly meeting April 20 in the Lions Hall, Centre St. East. The doors open at 7:30 p.m. and the meeting begins at 8 p.m.

There will be a program for both juniors and adults, displays, dealers, refreshments, and everybody is welcome.

The club, which meets at the same time in the same place on the third Tuesday of each month, extends a special invitation to senior citizens to join them in pursuing this fascinating hobby.

Talent wanted

Your talents are wanted. By whom? The Richmond Hill Agricultural Society.

A special feature of this year's Spring Fair will be a talent contest at the fair ground on May 15 in the new arena. Groups and single sets are needed to make it a success.

Top prize will be \$100 and there will be a prize of \$50 awarded to the oldest contestant.

For more information and entry forms call Stella Lekx at 832-8777.

Splash party

On Saturday Richmond Hill West District Brownies and Guides held a splash party at Centennial pool. The event was organized by Guide leaders Christine McBain and Marion Marshall. About 60 Brownies and Guides and eight leaders attended.

Some of the girls tried swimmer badge tests supervised by testers Sheila Gregory, Cathy Morton and Kim Robson. Eleven Brownies and nine Guides passed their tests.

Visit to Nairobi

The LCW of St. Paul's Lutheran Church, Bayview Ave., invites everyone interested to attend a talk and slide presentation at 8 p.m. April 21 at the church when Dr. Norman Berner, assistant to the president of the Eastern Canada Synod will be the speaker.

Dr. Berner attended the 5th Assembly of The World Council of Churches in Nairobi, Kenya, as an

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observer in November. He will be talking about his visit and showing pictures.

Sorority elects officers

Delta Lambda Chapter of Beta Sigma Phi held their election of officers recently at the home of Judy Weir, Kerrybrook Dr. The new executive are Carole Draper, Mary Lyons, Lynn Larivie, Joan Hood, Marg Moon and Hilda Baxter.

Program of the evening, What Women are Heir To, was presented by Judy Calder and her guest, Eilene Ball of the Toronto Rape Crisis Centre. Eilene gave an interesting insight into the function of the centre. A question and answer session followed.

Fashions for guys 'n' gals

Preparations are well under way for Fashions For Guys And Dolls sponsored by the Pleasantville Branch of York Central Hospital Auxiliary.

Featuring the latest in spring attire, the show will be presented April 27 and 28 at 8 p.m. in the Level 1 lecture room in the Langstaff Wing of the hospital on Major Mackenzie Dr.

Convening the event is Carol Hepburn and tickets at \$3 each may be obtained from Iva White, 884-3189, or Marion Currie, 884-2177.

Auxiliary members and friends will be modelling fashions from Patricia of Markham and Appleton and Hughes, The Man Shop.

There will be door prizes, favors, refreshments and entertainment.

Seniors' Washington tour

A bus load of happy travellers left Richmond Hill Senior Citizens Club 35 early Thursday morning for a 14-hour trip to Washington, D.C.

Friday they toured the city, the Kennedy Centre, White House, Liberty Hall and the imposing Watergate House. After an overnight stay in a motel in Baltimore they settled into box seats for Washington's Cherry Blosssom Festival Saturday, and the dogwoods, cherry blossoms and magnolia trees put on a beautiful show.

On the return trip they passed through a blinding snow storm in Pennsylvania, travelling all day Sunday and arriving home suntanned, happy and

All residents of the Hill 60 and over are invited to the monthly meeting of the club at 2 p.m. today (Wednesday) at the clubroom, 10149 Yonge St.

Arrangements have been made for future tours a seven-day trip to Cape Cod beginning July 20, a color tour to Lake Placid - four days beginning Sept. 20, and a 21-day pre-season trip to Sarasota, Florda, Nov. 20. For information call Don Hick, 884

Music for April

On the night of April 29 there will be a special musical evening when the combined choirs of Richmond Hill United Church and St. Matthew United Church will present works by Bach, Hassler, Ivanov and Handel.

The choirs will be directed by Doug Johnston and Joan Plume, both well known in Richmond Hill for their excellent musicianship.

The Richmond Hill Youth Concert Band directed by Bob Thiel will also be performing a wide variety of Symphonic band music from the haunting strains of Richard Strauss' "Allerseelen" to the modern compositions of Henry Mancini.

The guest soloist for the evening will be worldrenowned harmonica soloist Bernie Bray. Bernie will perofrm an unaccompanied violin solo, Gavotte and Rondo from the "Violin Partita" in E major by

J.S. Bach. Hyman Goodman, for many years the concert master of the Toronto Symphony Orchestra, and Bernie are very close friends, and it was he who encouraged Bernie to perform the "Classics" on the harmonica.

Bernie has performed with the Vancouver and Winnipeg Symphony Orchestras. He also recorded a solo L.P. for the CBC with Lucio Agostini and his orchestra. As well as being a dedicated classical performer Bernie is equally at home playing a fine jazz harmonica. He has composed some of his own material and writes all the arrangements for his

accompaniments. Make Thursday April 29 a date to attend "Music for an April Evening". Tickets are available from choir and band members or call 884-4177.

Arts and crafts

The April displays in the showcase and the auditorium of the Richmond Hill Library on Wright Street complement each other.

Hap Wilson, a local and very talented artist has

an exhibition of ink and water color sketches of wilderness and rural Ontario. The subject of his work include sketches made on

northern wilderness canoe trips, abandoned lumber camps, old barns and Canadian wild life. In the showcase on the upper floor, the Richmond

Hill Naturalists Society has arranged a collection of nature crafts, botanical specimens, driftwood and several examples of bird species. The exhibits will be on view during library hours

for the month of April.

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How to dig up family roots

RICHMOND HILL - please leave a telephone Mrs. Adele Downey, message with a member Chairman of the Rich- of the library staff at 884mond Hill Public Library 9288 Board and the Central Bring along your Ontario Regional Library research problems, learn System recently to use the microfilm welcomed a large reader, delve into the audience to a lecture on Canadiana and genealogy genealogy, presented by collection, discuss your Mrs. Patricia Hart, Rich-findings with other inmond Hill's chief terested researchers, and librarian, in the Gordon prepare for an exciting MacLaren Auditorium of summer tracking down the main library on those elusive ancestors! Wright St.

It is apparent from the increasing demands on the library resources for information and assistance in tracing Bridge one's ancestors, that many people are interested in researching their family background, said Mrs. Downey, and Mrs. Hart's enthusiasm for this work is very infectious and no doubt will lead many to pursue a new and fascinating hobby.

priorities for the study of genealogy, Mrs. Hart said, it is essential to develop a manuscript file, which should include photographs, news clippings, charts showing births, marriages, deaths, and documents that are the primary sources of past family history and should be preserved for future generations.

whole new interest in the and Henry Natale. munities in which they Iris Whiting. lived.

genealogy findings have Jones, Geoff Parker been gleaned from Winners April 7 were complex vitamins.

terest expressed at the Burling. lecture, informal work Coming events: April 13 Today the

from 8 to 10 p.m.

to Halifax by his parents

to allow Canon Heffler to

preside at the ceremony.

Four generations of the

family were in at-

SPECIAL

10350 Yonge St.,

7-9 p.m. Wed.

22 Prospect St.,

Fri. Morn.

Newmarket

Lower Level,

Richmond Hill

tendance.

The infant was brought Park Street, Halifax.

God-parents are Mr. Niagara Falls.

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9-12 noon Tues. 7-9 p.m. Wed.

OAK RIDGES Duplicate Bridge club winners this month were:

Duplicate

April 2 - NS - Bob Dunn and Ross Jenkinson, John Shearer and Con Thompson, Joe and Lorrie Coen; EW - Fred and Theresa Tierney, Bob In assessing the and Betty Hull, Ruth and Gerry Browning. Side game winners

were Kim Jenkinson first, followed by Debbie Whitmarsh, T. Whitmarch and Shelley Jenkinson (tied).

On April 5 winners were Cranshaw and Bob Manning, Bob Seabrook and Murray Ferguson; EW — Fred and Theresa Tierney, Bev Jones and Such a file opens up a Geoff Parker, Fred Mills

history, customs and Side game winners possessions of your an- were Pat and Alan cestors, as well as an Sanderson, John and insight into the com- Adele Shearer, Cyril and

The speaker said, many game were Bob Seabrook, the vitamin B group of her important Murray Ferguson, Bev and thereby hangs part of

during April under the National Regional Bridge really means very little - nuts, pork loin, potatoes, guidance of Mrs. Hart. Championship - Royal except that it can be bread, lima beans, and If you are interested in York Hotel, April 30 and dissolved in water and peas. "Digging up your family May 7 - Friday night that it contains nitrogen. roots", The Library open pairs, May 10 - Deficiencies in B dietary deficiencies of the Board extends a welcome Canada-Wide Olympiad vitamins produce such B vitamin big three is to participate in one of the Fund Game - 7:30 p.m. dread diseases as free sessions to be held on Limited side game beriberi, pellagra and but it is very possible that April 29 and 30 from 9:30 every Monday. New pernicious anemia.

a.m. to 12:30 p.m. April 28 players welcome at any time - for information the symptons of any future. If you plan to attend, call Marie Cole 773-4280. serious deficiency would

Four generations HALIFAX — Canon and Mrs. Don E. Heffler, Foster Heffler, DD, 84- uncle and aunt of the year-old rector emeritus baby. The infant's stumble and finally of Trinity Anglican grandparents, Mr. and become paralyzsed. Church presided here Mrs. Don F. Heffler, of

over the baptizing of his Halifax, were also great-grandson, Jason present at the ceremony Lee Heffler, son of Mr. and afterwards enand Mrs. Terry Heffler, tertained the immediate Trench St., Richmond family at the home of thiamine-rich foods! Canon and Mrs. Heffler in Getting small amounts

Park Victoria, South



White Rose preview

Modelling finery they plan to wear to the York Central Hospital Auxiliary's annual White Rose dinner dance at the Prince Hotel May 1 - Rod Sandford and are three of the organizers (left to right) publicity convenor Mrs. Barry Doug Milner, Victor Collard, dinner dance convener Mrs. Murn Walker, and auxiliary president Mrs. Leslie Jempson. This major fund-raising event for the hospital has become a highlight of the social season for people in Southern York Region and their friends. Tickets are \$35 a couple, and deadline for reservations is April 20. Ticket conveners are Rosemary Bennett, 884-9005, and Marjorie Blakeley, 889-5504.

B vitamins essential

If vitamin C contained Winners of no zero nitrogen it would be one of the tale about the "B"

headstones in cemeteries NS - Jean Honan and Although there are where her ancestors are Cora Gillham, Paddy usually considered to be buried, and this research Twiss and Rose White, nine vitamins in what is comprises an important Diane Brown and Sherry spoken of as the "B part of family vacations Vogan; EW - Rose complex" three of them in the Eastern Provinces Morrell and Grace are much better known and New England States! Sanders, Marie Ryan and than the rest. These three niacin.

Dread as they may be, have to be boosted in the send any reasonable

person rushing to his doctor. Suppose, for example, vou were difficient in thiamine. Your feet would go numb, and there would be cramping pains in your legs. You would

Chances are, with symptons like these, you'd race to the doctor in preference to filling

of these vitamins is almost unavoidable if you eat at all. Even so, most Jason's maternal males get all they need, grandparents are Mr. and and the vast majority of Mrs. Duncan Brown of females do not. These Unionville and maternal deficiencies occur great-grandmother is especially with thiamine Mrs. Hazel Adams of and riboflavin.

anne wanstall

Nutrition One of the reasons for Further, many shop-

Lil Thompson, Marg are thiamine (B1,), this is suspected to be the pers will have noticed As a result of the in- Davis and Heather riboflavin (B2) and female concern against that the enrichment has "fattening" foods, since been extended to many B these B vitamins are brands of spaghetti and sessions will be held - April 18 - Canadian designation for a vitamin found in such foods as other pasta.

A protection against mg. of riboflavin and 17 he enrichment of flours, these enrichments will

The body requires one milligram of thiamine, 1.6 mg. of niacin daily.

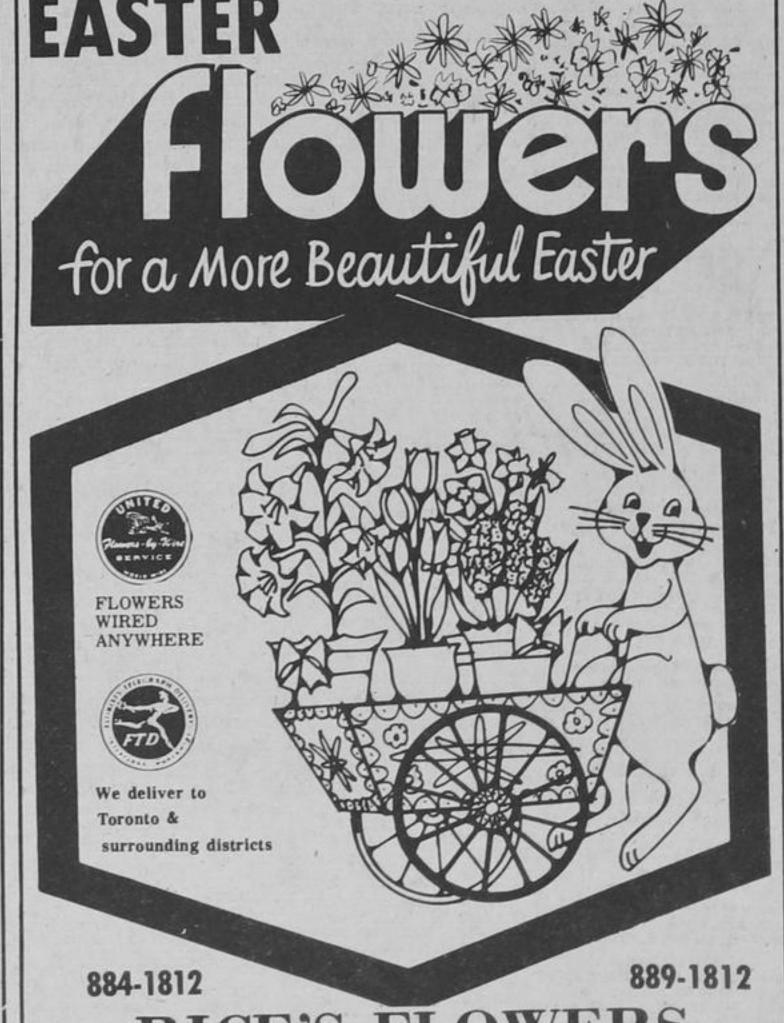
The following chart might be a help to those who are concerned that they are not getting enough of the B complex

Thiamine Riboflavin Niacin Asparagus (1/2 cup) Broiled bacon (3) Banana, medium .12 13.3 Tuna (312 oz.) .18 3.6 Ham, 31/2 ozs. .19 0.1 Ice Cream Lamb Chop .23 5.0 .20 3.14 12.4 Liver, 2 slices Milk, one cup Pork sausage (3) Turnip greens Wheat germ (1 tbsp.) .07 .04



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