



**Suzanne Schroeter**

## Fun and fitness

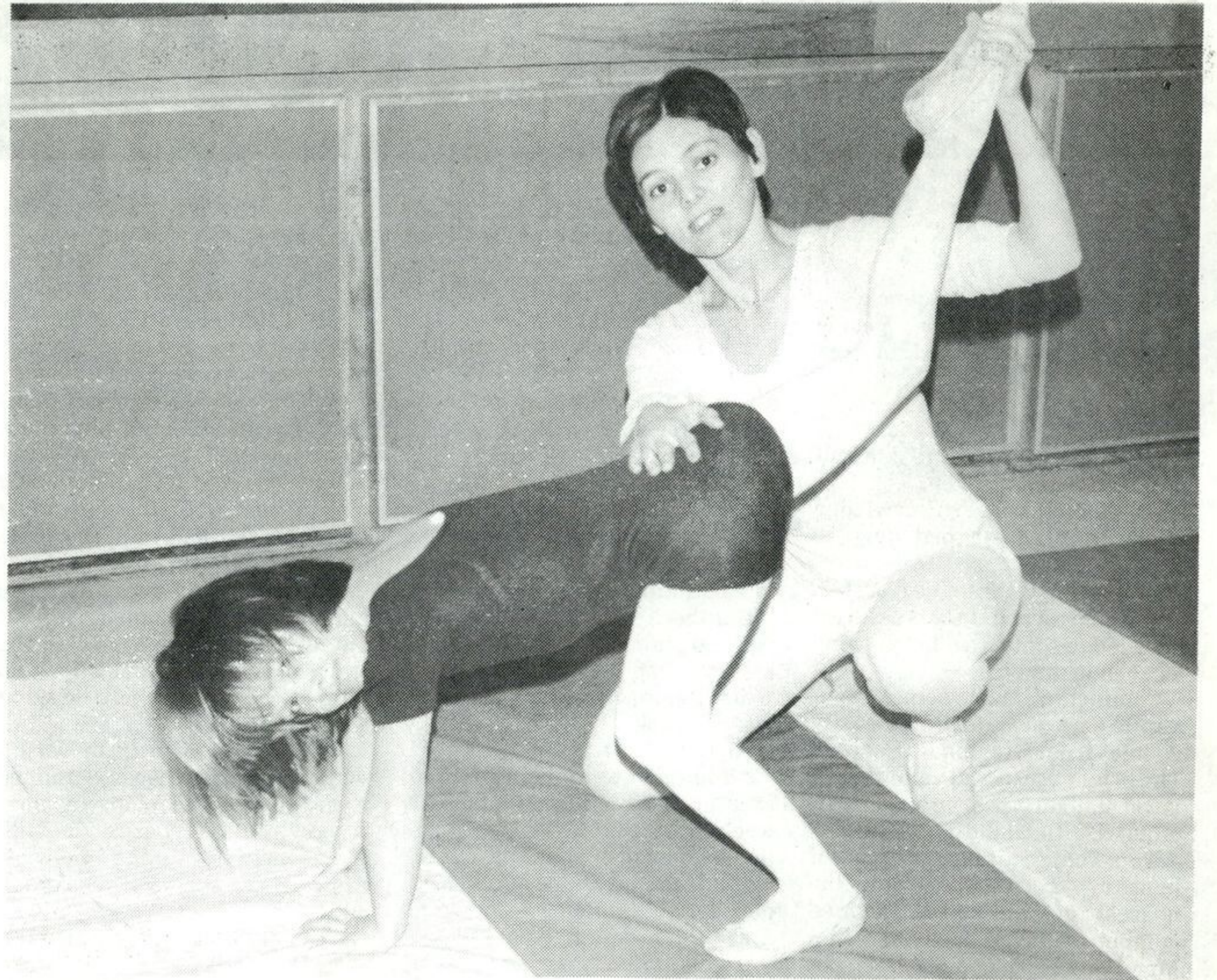
All last summer, Rosalee Carley kept running into parents with small children who desired dancing lessons. It didn't take long to discover the dearth of such a service in the Russell area, but it did take much time and effort to find a dance studio willing to travel from Ottawa to set up classes here. The result of much organizing is the first branch studio of the Bolf Dance Academy.

Founded in 1957 by Ingrid Bolf, the academy is well-established in the Glebe. Its May concerts are an event missed by few and attended by many former students. Mrs. Bolf is a distinguished dance teacher with an undeniable flair for communicating to people of all ages her enthusiasm for dance.

However, the success of the Russell classes rests with the petite instructor Louise Curling, herself a former student of Mrs. Bolf. While in her teens, Louise was a member of the Metropolitan Ballet Company of Montreal and spent summers taking classes with les Grands Ballets Canadiens.

The Saturday morning classes are broken into three age and ability levels. The youngest class, most of whom are newcomers to dance, are concentrating on simple ballet movements, some gymnastics and interpretive dancing. The 7 to 12 year-old class is beginning more advanced ballet work and gymnastics. The last class of the morning is open to teens and adults. Much of this class is devoted to learning the latest disco steps with the remainder of the time spent on loosening and stretching exercises.

This year's dance lessons wind up in March, but if you know someone who is interested in taking lessons from the Bolf Academy, you'll be glad to know that efforts are underway to bring it back to Russell next fall.



Teacher Louise Curling helps pupil Pamela Daly limber up for dance lessons

## Russell Senior Citizen Club

The Russell Senior Citizen Club has completed a full and rewarding year for 1977 with meetings being held each Monday afternoon except through July and August. Euchre parties were held every Saturday night.

During the year we entertained Morewood, Vernon and Osgoode Senior Citizen Clubs. Bus trips were arranged to Ottawa, the Rideau Ferry and St. Agathe.

Starting in June a pot-luck dinner was held the first Monday of each month with special

dinners for Valentine's Day, St. Patrick's Day, Easter and Christmas.

Our highlights of the year were our tea, bazaar and quilt raffle held in May, the grand opening of our Hall held on October 29, with M.P. Denis Ethier and MLA Albert Belanger in attendance along with the Bishop of the Anglican Church and local clergymen.

During the year, a well was dug and the plumbing changed. A

stereo, dart board, projector, Bingo set, chairs, sewing machine and humidifier were all purchases.

For the Lions Club carnival, our club made and donated 240 penguin lapel pins. Thirty plates were made up and sent to the shut-ins for Christmas.

Our treasurer reports a balance of \$1,890 in our general account.

The year was brought to a close with a very enjoyable New Year's Eve party.

The Executive would like to wish you all the best of health and happiness for 1978. We would also like to thank those of you who worked so faithfully throughout 1977 to make it such a successful year.

## Russell

### Library news

There are several books in the library on skiing and a new one on Cross-Country Skiing - Cross-Country Canada by Michael Keating.

For the young folks who enjoy books by Enid Blyton we have her autobiography. We also have a beautiful book on animals for those who do research in French - La Vie des Animaux by Pierre-Paul Grasse.

We are very grateful for a Wintario grant which is to be spent on Canadian and large print books.

### First aid course

Are you interested in taking a "First Aid" course under the auspices of St. John's Ambulance?

Cost: \$20.00

Duration: 8 weeks

There will be a 2½ hour lecture, once a week.

— eligible evenings, (7:30 p.m. to 10:00 p.m.) are Tuesday, Wednesday or Thursday.

— Registration: a minimum of 20 persons are required for a training course and pre-payment and pre-registration are required by St. John's Ambulance.

— Registrations will be accepted on a first-come-first-serve basis.

Please contact Keith Boothe at 445-2009 or P.O. Box 152, Russell for further details.

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