



Suzanne Schroeter

Dear Diary

Things just never stopped happening during March. Two figure skating events dominated the month's activities.

March 10 — After sending away for tickets in October, the World Figure Skating Championships have finally arrived. Unfortunately, the final ladies event was a disappointment after watching Vern Taylor's spectacular triple axle on television the night before. Linda Frateanne just didn't have the necessary star quality to retain the championship title and a very deserving Anett Potzsch captured the singles crown.

March 17 — Exactly one week after the World's, the Castor Valley Figure Skating Club presented its own extravaganza to an appreciative audience at

the Russell Arena. it went without a hitch. The entire evening was an entertaining, fast-moving program of the skaters' achievements. Music and costumes added up to a very professional performance. I still can't believe no one fell during the whole show (excluding the skunks and Indians). I can see that with the kind of involvement the club has, it won't be long until we see the Castor Follies.

March 15, 20 — Being a housewife has its benefits. I had the pleasure of judging public speaking at Russell and Metcalfe Public Schools. Congratulations to all the pupils who spoke so ably and to the teachers who continue to arouse such enthusiasm for this annual event.

April 1 — Today I attended the

sixth annual Ottawa Valley Cooperative Preschools Conference with Mrs. Jean DiLorenzi, former teacher at Russell School and Mrs. Shirley Arnold, director of the Merivale Cooperative Preschool. The day's theme was the rights of the child in today's society as outlined by keynote speaker Andy Cohen of the Canadian Council of Children. I would recommend this conference to any parent or teacher involved with preschool children. The workshops were well organized and covered a wide range of topics. I hope Peter Cochrane doesn't give a review of the luncheon buffet next Thursday on CBC.

Can't wait to see what the rest of April has in store, diary.



(Courtesy Gary Meed)

Castor Valley Figure Skating Club instructors after "Springtime" performance.

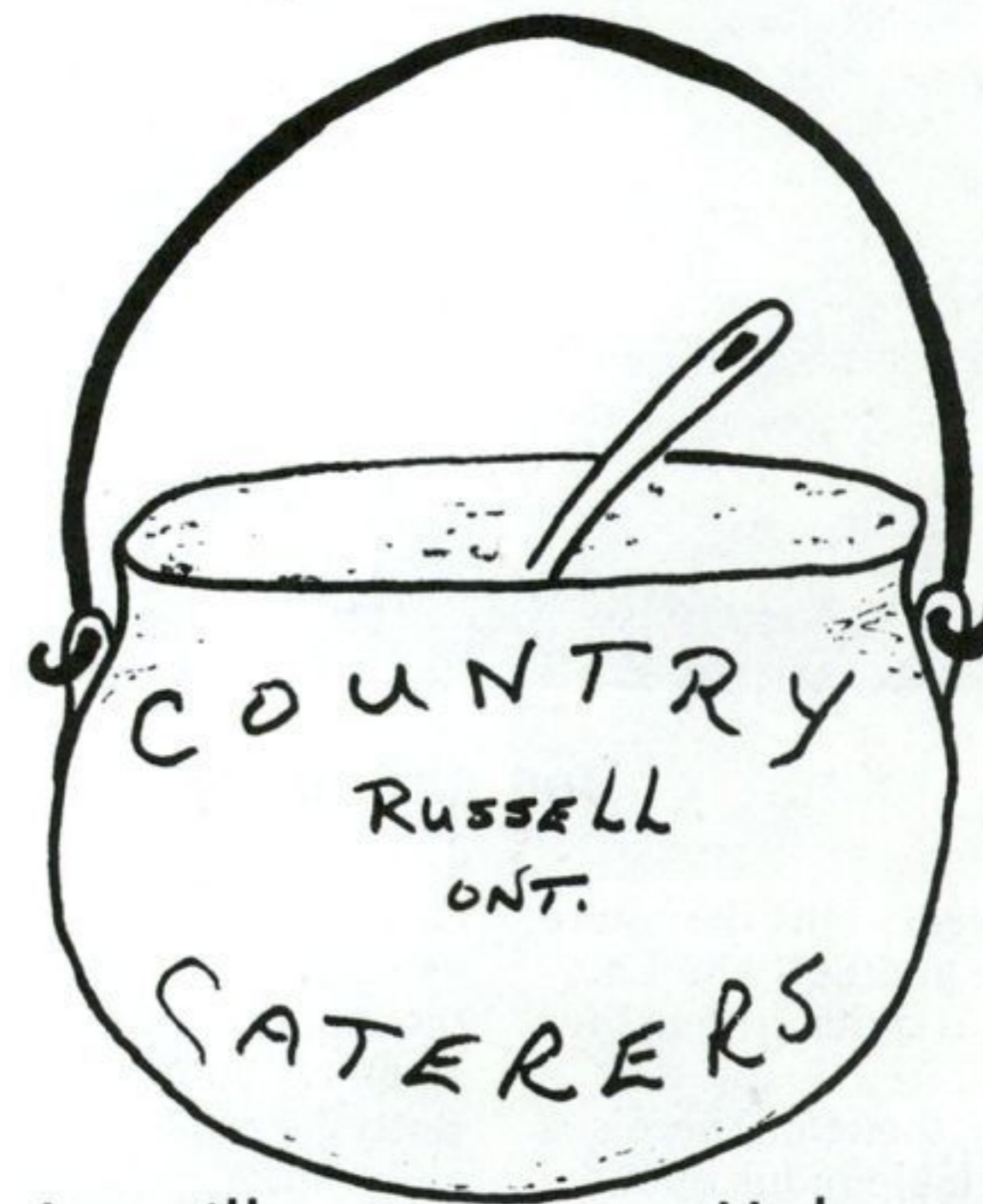
CASTOR CUPBOARDS

ROLLED OAT CHOCOLATE COOKIES
by Suzanne Veh, Russell

- 1 cup lard
- 2 cups brown sugar
- 2 eggs
- Cream together, add eggs and stir
- 1 tsp. vanilla
- 2 tsp. baking soda
- 1 tsp. salt
- 2 1/4 cups sifted flour
- Add and stir
- 2 cups quick cooking rolled oats
- raisins and chocolate chips (1/2 cup each)

Drop on cookie sheet, flatten or leave as hermits. Bake at 375 - 400 degrees, 10 to 12 minutes.
This recipe won a first prize at the Russell Fair in 1976.

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**Russell Public School
Public Speaking**

Contest

March 20, 21

Participants and award winners are as follows:

- Krista McLaren, 1st Prize
- Nynetha Portal-Foster, 2nd Prize
- Kenny Carscadden, 3rd Prize
- Kathy Anderson, 4th Prize
- David Bourguignon
- Cameron MacGregor
- Jeff Thompson
- Carol Jones
- Russell Jersch
- Chris Oddy
- Peter Latimer
- Barry Hill

- Senior Division
- Kerri Middlemiss, 1st Prize
- Cathie MacGregor, 2nd Prize
- Deanne Saunders, 3rd Prize
- Michael Mackenzie, 4th Prize
- Julie Danis
- Sandra Corneau
- Robert Reis
- Heather Campbell
- Marlene Crate
- Karen Roeder

**Metcalfe Public School
Oral Communications**

Festival

March 15

JUNIOR COMPETITORS

- Kelly McLean
- Nancy Wyman
- Stuart Mackie
- Hugh McEwen
- Nancy Porteous, winner

**INTERMEDIATE
COMPETITORS**

- Kim Clark
- Debbie Prescott
- Karen St. Jean
- Donna Eastman
- Christy Stewart
- Rhonda Oshier, winner

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