



Riding high . . . and low

(Photo by Rowsell)

Brigitte Cote, top, and Susan Holford, both members of the Centaur Riding School, of Navan, execute a flag and a Kosaken hand during practice for a vaulting performance at the Russell Fair on Saturday. Not recommended for uneasy riders.

Gleanings from the Greely Grist Mill

by Mel Thomkins

"They who have never been to North Renfrew, know not what they have missed". These may well be the words of many a local sportsman who goes to that part of the Upper Ottawa Valley for his annual deer hunt in the fall. To them Corry Lake, Meilleure Bay, Mackey Creek and Moor Lake Rd. are quite familiar names. Many members of the Greely Sr. Cit. Friendship Club had not been there and decided to do something about it. They planned a bus trip to that area. Of course they were possibly influenced by the slightly biased opinion of their president, who had begun his teaching career in the Point Alexander School and had remained there for seven years.

Early in the morning of July 19th four enthusiastic passengers left on a Travelways Highway coach with driver Lloyd Moffatt at the wheel. A few seniors from Osgoode, Manotick and Vernon joined the Greely group for the outing. They followed Highway 17, which now by-passes the town of Renfrew and carried on up the valley through the town of Pembroke, well known for its wood products. The route then took the bus through the village of Petawawa, home of the famous Giesebrecht hockey family, across the new Petawawa River bridge, which replaces the one that fell down a

few years ago causing detours of many miles for people living west of it. After passing Petawawa Military Camp and crossing the Petawawa Plains, the bus made its first stop at the Petawawa Forest Visitors Centre where the Chalk River crosses the highway.

At the Centre they were given a tape recorder for use on the tour through the Forestry area. The route was well marked out, and by using the tape recorder as directed, as the bus moved along, everyone was given an excellent report on what was being done and could be seen along the roadsides. After passing through the station Headquarters, following the five miles of forestry trails and returning the tape recorder the bus moved on to the Deep River Restaurant which is advertised as "the Biggest and the Best in the Ottawa Valley". There when the group arrived on schedule they found the staff ready and waiting for them. After a delightful meal the bus left for the Chalk River Atomic Energy Nuclear Power Plant.

At the information centre of the plant, the group was met by the chief guide Mr. Frank Finley and his two young assistants Cathy and Rosemary. Mr. Finley and his helpers then furnished each person with a small badge which would show if one picked up radio active particles while in the

plant. There was a surprise for Mr. Finley that in the group was one of his relatives Agnes Finley, whom he did not remember having seen before. He spoke briefly to the group and showed a film explaining some of the operations of the plant. This was followed by a bus tour of the grounds with Mr. Finley explaining the uses of the different buildings as they were passed. The bus load was then divided into three groups and taken through the two reactor buildings. After leaving each reactor, every person had to step on a special device which showed if they had any contamination. Before leaving the restricted area everyone had to get off the bus again and pass another device to be sure that no one had any nuclear particles. Even the bus had to be tested to make sure that it had come through clean. The badges, that the group wore on the tour were picked up and turned in to be tested.

The next stop was at the lookout near Rolphton where one gets an excellent view of the large Hydro dam. Then they descended the long hill to the bank of the Ottawa River and crossed the old iron bridge over what was once the rapids Des Joachims rapids. Following a circle through the old village of Des Joachims, which had once been a Hudsons Bay Company (Continued on Page 9)

Meditorial

By Rev. James Paul

Prime Minister Pierre Trudeau declared with almost a prophetic voice this spring, that "Canada is a healthy country in the midst of a sick world". Critics, commentators, editors and arm chair politicians waxed eloquent on these few words. On one hand, our visionary Prime Minister was praised for his attempt to encourage the Canadian heart, on the other, he was dispised for his blindness to the disease and lethargy that exists in Canada. Yet, with all these critics shouting for attention, the Divine Critic, God Himself, has not been heard.

God, in His Word, stands against any such notion, that one country could be healthy in the midst of a sick world.

Admittedly, we have a better economic health than many

third world nations. However, God's Word exclaims to us, as those who are deceived with prosperity, "you say, I am rich, and increased with goods, and have need of nothing; and you do not know that you are wretched and miserable, and poor and blind, and naked" (Rev. 3:17). In our Creator's eyes we are penniless and thread-bare. All our big cars, snowmobiles, and winter holidays in Florida hides a very empty and sick heart.

Every man and nation stands before God, in a spiritual sense, on one equal plane of need. We cannot appeal for the granting of eternal life on the basis of prosperity or moral living. The only pathway to health for man is that we invite the Lord Jesus Christ to rule on the throne of our life. Are you sick or healthy?

CASTOR CUPBOARDS

QUEEN ELIZABETH CAKE
Lois Rombough, Russell

Boil 1 cup dates and 1 cup water. Let cool and add 1 tsp. soda. Take 1 cup white sugar and 1/4 cup butter and egg. Cream together and add to top mixture. Beat well, then add 1 1/2 cups flour, 1 tsp. baking powder and little salt and 1/2 cup walnuts chopped. Vanilla to taste. Bake 30 mins. at 350 degrees F.



Topping
5 tbsps. brown sugar
3 tbsps. butter
2 tbsps. cream

Boil 3 mins. Add 1/2 cup coconut and spread on warm cake. Place under broiler until light brown.

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