



Suzanne Schroeter's
Scrapbook
BSE — Do it

The twenty-one member East Carleton 4H Horse Club has been busy raising \$250 for a worthy cause in honor of International Year of the Child.

Under the leadership of Melody Hume, the girls sold pictures of themselves and their ponies in order to make a donation to Silver Springs Farm, a residence and riding school for mentally-retarded children.

While visiting the Royal Winter Fair, club members met representatives from the Community Association for Riding for the Disabled and later conceived the idea of combining an interest in IYC and a passion for riding.

During their March meeting at the Metcalfe's Lion's Den, the horse club presented a cheque for \$100 to Mrs. Cathy McHugh of Silver Springs and made arrangements to send their \$150 donation to CARD in Toronto. WOMAN'S WORLD On April 26, I visited the breast self-examination clinic at Metcalfe Arena

sponsored by the Canadian Cancer Society. At 10:30 a.m., the upstairs hall was busy with women of all ages, alone and in groups, intently viewing a film depicting BSE.

In addition, Osgoode Township High School girls were allowed to visit the clinic any time during the day. While I was there, two gymn classes viewed the film which, incidently, was geared more to a teenage audience but gave a thorough presentation of the hows and whys of BSE.

After watching the film and filling out a brief form booths were available to those of us who wished to do a BSE with or without a Cancer Society volunteer or nurse. Each booth was equipped with a full-length mirror and bed. I was aided by Mrs. Quaille, a registered nurse, who emphasized that a non-alarmist view is best if a lump is detected because 80 percent of breast lumps are non-cancerous.

If you missed the BSE clinic, you can get a pamphlet from the

Cancer Society or watch for other clinics to take place. In the meantime, here are seven steps to good health:

1. Have a medical and dental check-up.
2. Watch for any change in your normal state of health.
3. Find out about any lump or sore that does not heal.
4. Protect yourself against too much sunlight.
5. Don't smoke.
6. Have a pap test.
7. Do a monthly breast self-examination.

The Telephone Pioneers, a group of long-standing Bell Canada employees, are asking for donations of old eyeglasses. The glasses are turned over to the Canadian National Institute for the Blind where prescriptions are checked and the glasses distributed to needy families. If you can donate any old glasses contact Dorothy Marquette, 445-2168. Dorothy has already collected 35 pairs and welcomes more.

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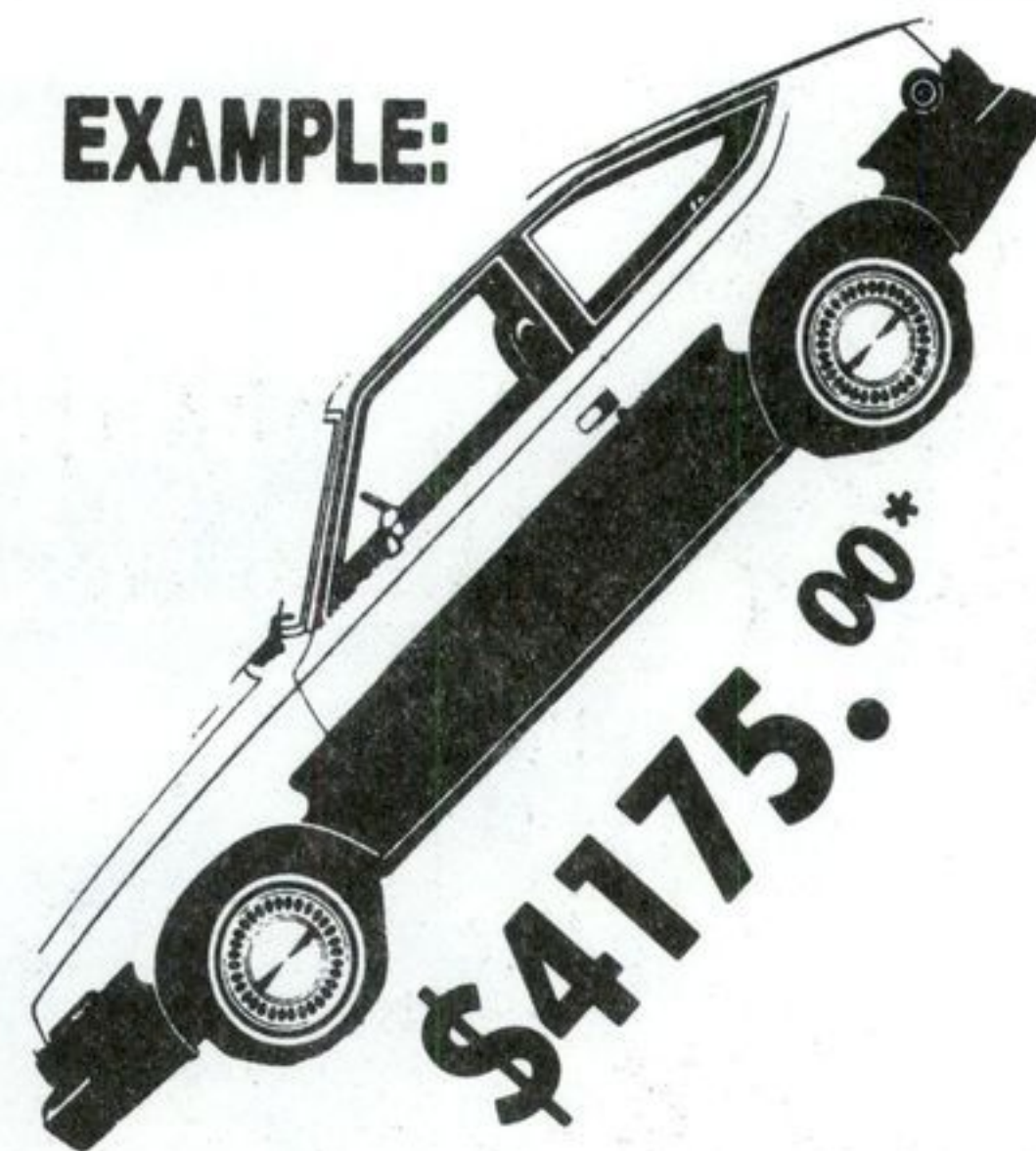
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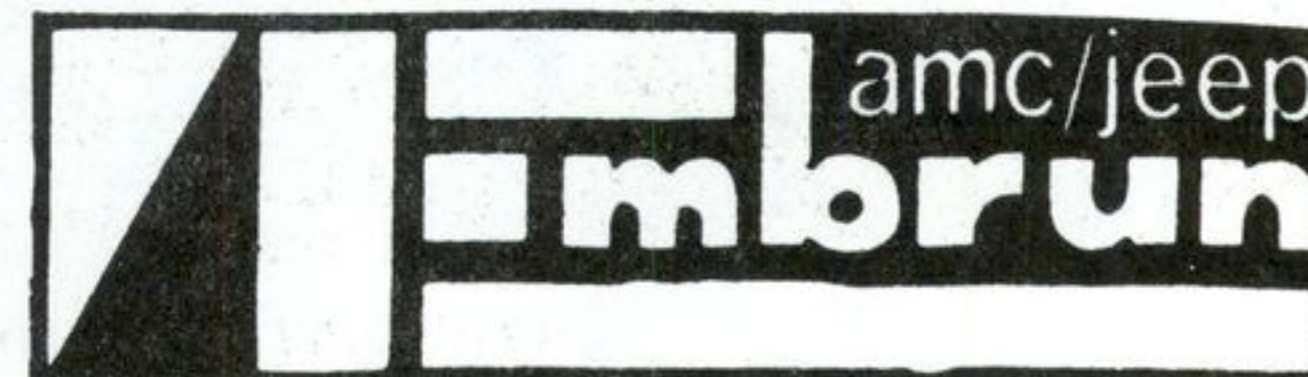
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Book sale at Metcalfe

May 18, Metcalfe Public School will be holding its fourth annual used book sale. The sale is held each year to raise funds for the purchase of books and materials for the library. Over the last three years we have seen our sale steadily increase in popularity. Last year we were able to earn approximately \$475.00. While the total amount may seem small in comparison to other ventures by larger urban institutions, this amount represents quite an achievement for our smaller rural school.

Parents and students are asked to help us make this event worthwhile. The library is always looking for books to use in the sale. If you have books or comics that still have some life in them, please send them along to the school.

Horticultural Competition

Junior garden competition, 9' by 12': half row of carrots, half row of beets; four tomato plants (own choice but not very small) started from seed, one row of purple or white alyssum; started from seed, one row of French marigolds (9 to 12" high); started from seed, one row of zinnias (pompom). Prizes: First \$4, second \$3, third \$2. Committee: Eileen Hamelin, 445-5335; Yolande Baillon, 445-5215; Ada Latour, 445-2856. (Russell Horticultural Society)

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