

Castor Calendar

Sunday, March 1 — **Celebrity Bonspiel** at the Russell Arena, featuring six teams from CFRA, starting at 9:00 a.m. The Curling Club Grocery Draw, in aid of the building fund, will be made; first prize \$500.00 of groceries, second prize \$300.00, third prize \$200.00 of groceries, all donated by Embrun IGA. Tickets available from club members.

Tuesday, March 3 — **Womens' Institute Meeting**, 8:00 p.m. at the Russell Catholic Church hall. Everyone Welcome.

Tuesday, March 3 — **Oldtime Music Makers Annual Meeting** at the Russell arena at 8:00 p.m. For information call 445-2007.

Sunday, March 8 — **Lakeside Theatre presents "Tom Sawyer"**, 2:00 p.m. at the Metcalfe Community Centre. Admission \$1.00. Sponsored by the Metcalfe Community Centre Board. For information call 821-1610.

Saturday, March 14 — **St. Patrick's Dance** at the Russell Arena, sponsored by the Russell Skating Club. Disc jockey Mike Bruyere (last year's great success) will be there 9:00 p.m.-1:00 a.m. For information call Pat Shea 445-2885.

Saturday, March 14 — **St. Catherine's Parish Annual St. Patrick's Dance** at the Metcalfe Community Centre, 9:00 p.m.-1:00 a.m. Music by Maureen. Admission \$3.00 per person. For information call 821-1610.

Friday, March 20-22 — **Oldtimer Hockey Tournament** at the Russell Arena. Information call Bruce Woolsey 445-2897.

Saturday, March 21-27 — **Minor Hockey Tournament** at Russell Arena. When Will the **Outhouse Fall?** — Buy a \$1.00 ticket on your guess. \$500.00 first prize for the closest to the time when the outhouse goes over the dam. Two \$50.00 prizes for the next two nearest guesses. Tickets from R.A. members.

Interested in **Highland Dancing?** — Classes will be starting for 6-12 year olds. Call 445-2936 for information.

Calling all birdwatchers

Alana Forrester-Verge

Birdwatching, anyone? According to Peter Fournier, an Ottawa ornithologist, the west end of the city has been the traditional haunt for fans of our feathered friends, mostly because experts in the field have either worked or lived there.

Russellites, untie! We have as much to observe as anyone. One Sunday morning recently Peter Fournier and family joined me for a brief outing to indicate to this rank amateur what species would be the most likely inhabitants of our rural scene. Even as a casual observer you may have noticed hawks above the corn fields during late autumn, but were at a loss to identify them. Chances are that you were admiring a rough-legged hawk, a raptor common to the Ottawa Valley.

I finally experienced the pleasure, despite my limited skills, in getting a close range look for enough seconds to identify the field marks of this inspiring bird. Typical of its kind, it was roosting at the top of a dead tree. The assurance you gain from one sure identification makes your second much easier.

It was a good autumn for this hawk and for the smaller kestrel or sparrow hawk. As far as owls are concerned, Peter said that the woodlots common to our area would be excellent breeding places for Great Horned owls, one of the largest of its species. During the Fournier family's visit, we located a Snowy Owl in the fields. Have any interested birders seen a Snowy since December? Information on this bird would be much appreciated by those of us who dabble in desultory birding.

The December cold snap drove many species further south, but the hardy jays, tree sparrows, chickadees, and woodpeckers remained behind. If you have observed other birds on your property or at the feeders you may have set up, again it would be helpful to other interested parties to forward your finds to The Castor Review. The starlings and

crows which disappeared in December returned in January with the more seasonable temperatures. I have not seen a nuthatch since late November although they are normally present during the winter months in the Valley.

The ruffed grouse remained with us through the worst of the season, burying themselves deeply in the soft snow of wooded areas. One cold afternoon, our neighbours viewed a half dozen of these chicken-like birds sitting in the boughs of trees nibbling on the buds. Good fortune did not allow

me to see them perform this way but a few days later I had the satisfaction of seeing one up to its neck in snow until it flew further away from me with a startling whir.

With the unpredictable weather we have had I have not ventured forth on any outings since December. Keeping visitors at our feeders satisfied has been my sole aim. If there are any adventuresome birders among Review readers, could they provide the rest of us with details of their discoveries?

Greely Grist

By Laura Overell

So, you think Kemptville College is just an Agricultural College! Well, they actually have four major courses to offer, including Agriculture, Engineering, Food & Fashion, and Food Service Supervision.

Food & Fashion and Food Service Supervision are both branches of the 2 year Home Economics program. There is also a general program which combines both courses. During the first year, students generalize in their subjects. Required courses include Basic Foods, Clothing, Math, Nutrition, Consumer Economics, as well as many others. There are also a number of elective courses such as History of Costume, Cake Decorating, Ceramics and Handicrafts, to name but a few.

During the second year, you may remain general or specialize in either Food or Fashion. I have gone into the food side and find it very interesting, with an increasing scope of job opportunities. The courses include Quantity Foods, International Cuisine, Diet Therapy and two semesters of Food Service Management. As

well as these subjects, we have some combined with the fashion girls, such as Personnel Management and Accounting. It is a very open system and, timetable permitting, it is easy to slip in some courses from either section. Of course, it is not only a matter of cooking the food and eating it, if possible! Although the course is mainly practical, there is an academic side involved too. Costing recipes, for 6 or for 50, planning menus and ordering food are some examples of this, but even these become quite natural after a short time. There is also the added benefit or peril of trying recipes out on parents or friends.

Outside of the course itself, there is an excellent social life at the college. There is a constantly expanding sports program, a variety of clubs and societies to join, and weekly dances or pubs. The relative smallness of the college enables one to meet a large number of people. There are two residences, one for the Home Economics girls, and one for the Agricultural and Engineering students.



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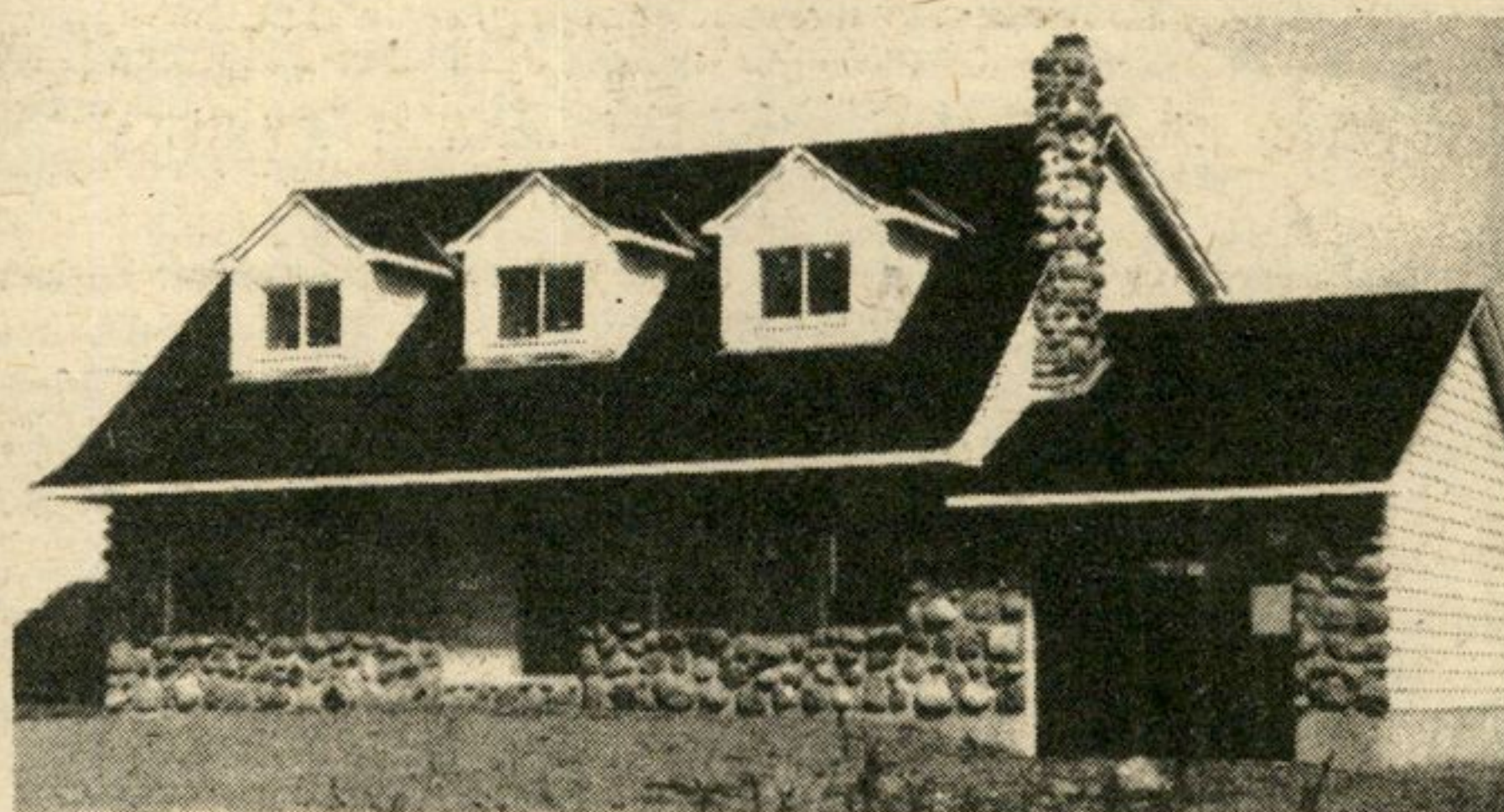
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