

Father Forget — Embrun remembers

Of course a parish priest is primarily concerned with the spiritual well-being of his flock, and in this Father Forget was no exception. When he arrived in Embrun, he completed the newly-built St. -Jacques church by having the interior decorated, since an appropriate atmosphere for worship is indispensable to organized religions.

This remarkable priest took a special interest in baptisms. Father Huneault says Father Forget was fond of saying that when he died, he would leave five thousand of his children behind!

Father Forget was renowned for his charity. Often he fished with a net in the Castor River, a strictly forbidden pastime. But the law would look the other way, because, like the Leader he emulated, he gave his fishes to the poor.

No doubt, to foster pride in their community among his parishioners, he co-authored a book on the history of Embrun with a priest from Montreal. Although this book, published in 1910, was incomplete, it represents the first effort to gather and preserve material relevant to the village.

Father Forget helped to establish the parishes of St. -Guillaume, centred around Vars, and St. -Viateur, around Limoges. Previously both had been part of St. -Jacques, his own parish.

But Father Forget also devoted himself to satisfying the other needs of his people. He was so concerned for their higher education, that he went all the way to Toronto to push the provincial government into setting up a high school in Embrun.

Father Forget used his influence to convince the New York

Central Railway Company to include Embrun on their new line to Ottawa. He got a railway station built and the line was opened in 1898. This accomplishment was important to the commercial life of Embrun.

Agriculture also concerned Father Forget. In those days farm families were very large. This meant the younger boys had to leave home to set up new farms. Because there was a shortage of suitable farmland in the Embrun area, Father Forget helped send these youthful farmers to the Sudbury region to open up new agricultural lands. Many people who live there today do so as a direct result of the influence Father Forget had on the agricultural element of his parish.

"He was a jack-of-all-trades...an extraordinary man," says Father Huneault. "He had his own convictions and fought for them."

Yet this persevering priest was also a musician who often played the piano for his fellow priests after supper.

For his dedicated service to the parish, he received the honorary title of canon in 1945, one year before his death. His parishioners have also honoured him by having a street in Embrun named after him. He is included in a new book, *L'Histoire d'Embrun*, written by Jean-Pierre Proulx and his wife Francine Bourgie. This book

is to be published in May to celebrate the 125 years of Embrun's existence.

And now Father Forget's remains lie in the Roman Catholic cemetery of Embrun, the simple facts of life carved in marble. But as we pause in the snow to read them, let us remember that those who lead exemplary lives live on in the hearts of others. Thus they triumph over Death as surely as the flowering of crocuses signals the defeat of Winter.

Book Review

By Julie Van Dusen

Food For Thought A New Look at Food and Behavior. By Saul Miller with Jo Anne Miller.

(Available at Russell Library)

In contemporary North America, six out of the ten leading causes of death, have been linked directly to food. The astronomical progress of farming over the centuries has enabled the North American consumer to an almost limitless choice in the satisfaction of his body's demands for sustenance. It is unfortunate though that our fast-paced society had led to the forfeiting of sound nutrition for the immediate and ungratifying relief offered by today's processed and overly refined foods.

Over a billion and half dollars is spent annually in the United States on the television advertising of food, and it has been estimated that about 80% of that food is unhealthy. In many North American homes meal-time consists of wolfing down a fast, once frozen, or pre-prepared dinner.

Saul Miller, a clinical psychologist and graduate of Montreal's McGill University offers a simple alternative backed by interesting and informative facts. Miller really makes us think about food how we chew it, digest it, eliminate it and use it for energy., in the paperback *Food for thought*. His theory that man must have a centered diet in order to reap the optimum psychological and physical benefits in his daily living is quite catching but seems at

times a touch simplistic. Miller feels that our bodies must maintain a balance between the protein and carbohydrates that we consume. Many people eat a lot of meat (high in protein) and in order to maintain equilibrium, they stash away carbohydrates in the form of sweets. Ideally carbohydrates, (which incidentally are not simply sweet and pastry but whole grains, vegetables and fruit) should constitute about 60% of the human diet. Today thought, most people are not only eating less carbohydrates but 33% of what they do consume comes from sugar, which has an immediate and destructive effect on the whole organism. Blood sugar level rises rapidly causing hyperactivity; but this stage is quickly depressed and a period of fatigue is the usual aftermath. Miller backs up his theory that a high consumption of meat leads to an equally high intake of sweets by the following astounding statistic: 240 pounds of meat, 120 pounds of sugar, and less than ten pounds of whole grain is consumed by the average American in one year. Miller doesn't advise that people abstain from eating meat or any food for that matter, but to be especially careful of unnatural and processed foods that are invariably empty calories.

His centered diet for optimum well-being, includes cereal — grains such as natural brown rice, whole wheat, millet, buckwheat, oats, barley and corn. He stresses the benefits of fresh vegetables, fruit, nuts, and beans and gives further details as to how these foods should be consumed. In total the book is very informative, but rather simplistic because often Miller provides facts and sayings and misconstrues them in a sense to support this initial hypothesis.

Castor Calendar

Castor Calendar is a free service to community groups who wish to advertise upcoming events. Please contact **Jude McGann** at 445-3108.

Thursday, April 2 — **Service of Recognition** for Judy Crump (prior to her ordination in the United Church in May) will be held at Morewood United Church, 8:00 p.m.

Saturday, April 4 — **Lois Walker and the Puppets**, entertainment for children, sponsored by the Russell Recreation Association at the arena. Admission is 75¢. 1:00 p.m.

Sunday, April 5 — **Starvation Meal** (soup and bread) Sale of religious articles, donations to the peace and development fund. After the 11:00 a.m. service at the Russell Catholic Church.

Tuesday, April 7 — **Women's Institute Annual Meeting** at the United Church Hall, everyone welcome. 8:00 p.m.

Wednesday, April 8 — Annual Meeting of the Seaway Valley Presbyterial of the **United Church Women** at Spencerville United Church. 12:30-8:30 p.m. International Year of the Disabled honored with guest speaker Mrs.

Gerry Purcell and her seeing eye dog 'Eunice'. Evening speaker will be Murray Thompson, editor of the 'Plowshares Monitor'.

Anyone interested in **Soccer** for three to six year olds please call 445-2825.

Every Tuesday — **Bingo** at the Metcalfe Community Centre, sponsored by the Metcalfe Lions Club. 8:00 p.m.

Every Thursday — **Bingo** at the Russell Roman Catholic Church Hall, 8:00 p.m. Every Saturday — **Senior Citizens' Card Party**. \$1.00 per person includes lunch, at the Russell Senior Citizen's Drop-in Centre. 8:00 p.m.

Saturday, April 11 — **United Church Women Meeting** — Ottawa Presbyterial meeting at Westboro United Church. 9:00 a.m.-3:00 p.m. Luncheon tickets available, call 445-5635.

St. Patrick's dance on March 14, 1981.

Spring Dance held by the Russell Agricultural Society, on Saturday March 21st, 1981.

MIXED STAG — In honour of Pat McKee and Roely Stall. To be held at the Russell Community Centre on March 28, 1981.

Broomball Tournament, April 4th weekend to be held at the Russell Community Centre.

EASTER CHURCH SERVICES

Kenmore United Church — Good Friday service, 11:00 a.m., Easter Sunday 10:00 a.m., Rev. K. McLaughlin.

Russell United Church — Easter Sunday, 11:15 a.m., Rev. K. McLaughlin.

Russell Catholic Church — Services starting on Holy Thursday through to Easter Sunday.

Morewood United Church — Good Friday evening service, Easter Sunday service 9:30 a.m.



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Notice

The Regal fund raising program for the swimming pool and playground netted a profit of \$491.58. We wish to thank Donna, Erika, Glian, Carolyn, Christine and all the mothers who helped. The summer catalogue is in. If anyone wishes to order, phone Rose Marie, 445-2825 or Joan, 445-3319.