

Happenings

Rochon-Tyo tie the knot

A pretty summer wedding was solemnized Saturday, August 29 in St. Jacques Roman Catholic Church, Embrun, when Lynne, daughter of Jack and Pauline Tyo was united in marriage with Norman, son of Roger and Eloise Rochon — all of Embrun.

Rev. Father R. Huneault performed the ceremony. The soloist was Mr. G. Gauthier of Casselman.

Given in marriage by her parents the bride looked radiant in a floor-length gown of white nylon and acetate with mantilla lace and pink trim. Her illusion veil was fingertip length. She carried a white Bible with pink roses.

The maid-of-honour, Miss Marilyn McDiarmid, friend of the bride, wore a pink, floor-length gown and carried white and dusty rose miniature carnations.

The bridesmaids, Miss Gisele and Miss Mary Ann Tyo sisters of

the bride wore dusty rose floor-length gowns and carried pink miniature carnations.

The groom was assisted by his cousin Mr. Alain Lavictoire. Ushers were Mr. Al and Mr. Leo Achtereekte, friends of the couple. The men wore light grey tuxedos with dark grey trim.

Mrs. Tyo wore a floor-length peach-coloured gown and the mother of the groom was dressed in a floor-length gown of light blue.

The reception was held in the Embrun Community Centre.

For a honeymoon to Grey Rocks, St. Jovite, the bride travelled in a banana-coloured ultra suede two-piece suit with black accessories.

The young couple reside in Embrun. Prior to the wedding, the bride was entertained at two showers. One was given by Miss Marilyn McDiarmid and Mrs. Laura Ledger was hostess of the other shower.



Lynne Tyo pledged her troth to Norman Rochon in a summer ceremony.

My Wedding

By Julie Van Dusen

A confirmed bachelor marries a girl who was often heard to claim: "I won't walk up that aisle until I'm at least 30". Yet on Saturday, August 29, three and a half years short of her 30th birthday, Julie Van Dusen daughter of Thomas and Shirley Van Dusen of Russell, married Richard Cannings, son of Albert George and Julia Cannings of Montreal.

The wedding ceremony took place at 4 p.m. at Our Lady Of The Visitation Church in South Gloucester, about 15 miles northwest of Russell. The beautiful quaint, 150 year-old Neo-Gothic Church was chosen because some 90 years before the bride's great-grandparents Cornelius and Anne McCarthy had been married there.

The 35-minute service went off almost without a hitch. There was a rather awkward moment during the signing of the registry when the priest whispered to the couple that he would introduce them as Mr. and Mrs. Cannings. "Don't you dare Father Riopelle" pleaded the bride who wished to keep her maiden name. After a short huddle, a compromise was reached, and the couple were introduced as simply "the newlyweds". The 200 guests clapped with approval and relief.

The bride's dress of ivory and satin was designed and worn by her Mother 34 years before on her wedding day. Tina and Lisa Van Dusen were the matron-of-honour and bridesmaid respectively. Both

wore pale blue and white flowered dresses. John Cannings, the groom's brother was best man. Usual wedding protocol dictates that the number of ushers corresponds to the number of bridesmaids. Because the Van Dusen-Cannings wedding was purposefully informal, etiquette took a back seat to personal whims. So four ushers there were,



Richard Cannings and Julie Van Dusen

and a more handsome group was never seen. They were: Roy Cullen (Vancouver), John Colfer (Montreal), Michael Pilon (Toronto), and Doug Menzies (Ottawa), all longtime friends of the groom's.

Guests came from Labrador and Victoria. Out of Canada guests included the groom's sister and her husband, Cathy and Bill Luzonic from Cambridge, Mass., and Larry Van Dusen, the bride's paternal great-uncle.

GOOD HEALTH

Better health, a longer active lifespan and greater satisfaction from work, family and leisure time are among the benefits obtained from improved diet and nutrition.

Good nutrition offers greater strength and endurance. It offers better mental performance. Studies have indicated that school children who always have breakfast are more alert and show improved grades and better attitudes toward schoolwork. (Do you insist and ensure your children have their breakfast every morning?)

Good nutrition offers protection against disease. A well nourished body tends to resist and overcome infections; a poorly nourished body is susceptible to disease and tends to be slow in recovery.

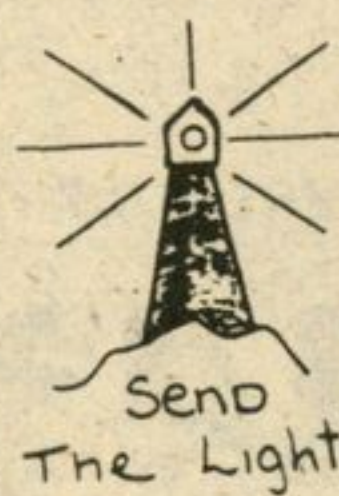
Since degenerative diseases now account for some two-thirds of all early deaths, it is important that proper prevention be provided for everyone. A great deal can be done to prevent and reverse degenerative diseases. However prevention is up to you, not your physician.

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Castor Valley Baptist Church

Meeting in the Russell Public School

- 11:00 a.m. — Family Worship Service
A Nursery service is provided
- 10:00 a.m. — Family Bible School
There's a class for all ages
- 7:00 p.m. — Evening Fellowship in the Kenmore Church

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