

# News

## Heartsaver course on

By Ian Darragh

You're talking to a friend at a party when suddenly his glass slips out of his fingers and he crumples to the floor. He's just had a heart attack. Would you know what to do?

To teach people to become heartsavers, the Metcalfe Co-operative nursery school is spon-

soring a course on cardiopulmonary resuscitation (CPR), it will be held on Saturday, April 24, in the gym at Metcalfe Public School.

The cost may seem high — the fee is \$17 — but it will teach you how to save the life of someone you love, a husband, wife, father, mother or even a child. Choking is

a common cause of death among young children. This course will teach you several ways to save the life of a choking victim.

It's an intensive course, lasting five hours from 9:30 in the morning to 2:30 in the afternoon. The instructors are from the Ottawa YM-YWCA. Teaching will be carried on in small groups — one in-

structor for every six people so everyone is guaranteed personal attention.

Included in the program will be films and demonstrations on models. Brochures and fact sheets will be handed out so participants can review at home what they learned during the course.

There will be a short lunch break at noon. Coffee will be provided by the nursery school co-op,

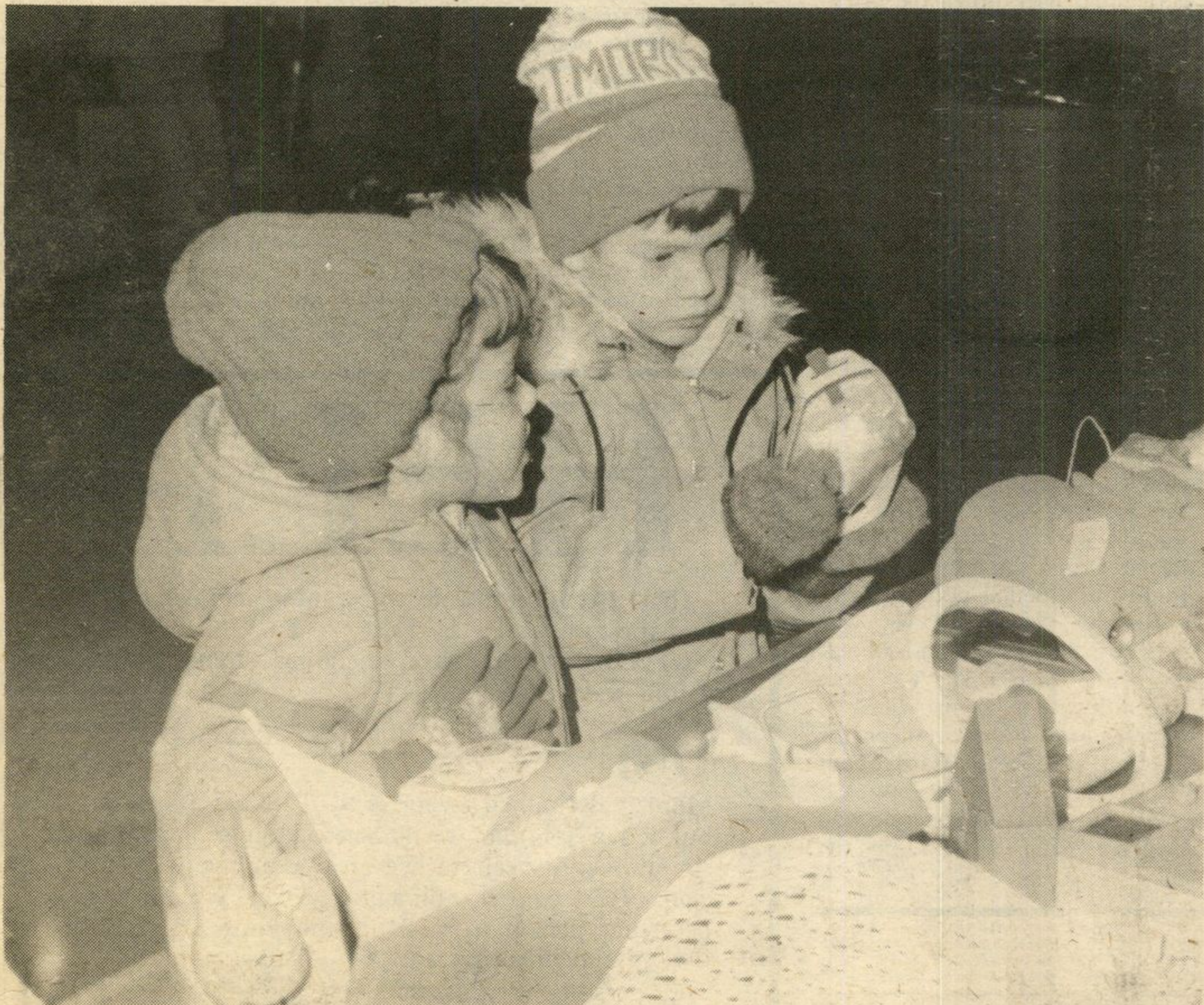
but people should bring their own sandwiches.

Registration is before April 9. To reserve a place in this important life-saving course call:

In Metcalfe: Kathy Kelsey 821-2722 or, Karen Ellerton 821-2033.

In Russell: Maria Darragh 445-3092.

This is a course your heart can't afford to miss.



Two toddlers look over a table full of toys at the Metcalfe Co-op Nursery School toy and book sale. It was held on March 6 to raise money for the school. Kathy Kelsey photo

## Honey weds Scott

In Ottawa, February 3, 1982 Peggy Scott, daughter of Mr. and Mrs. Donnie Scott of South Mountain, was united in marriage with Harry Honey, son of Mr. and Mrs. Lorne Honey of Russell.

Attending the couple were Eric and Nancy Honey.

Following a honeymoon in California the young couple are living in Russell.



Peggy and Harry Honey

## Wall clock presented

By Cora Boothe

On March 11th, Church Street Apartments, Russell, Ontario Friendly Club held a well-attended gathering for the presentation of two wall clocks. One was donated by the Russell Women's Institute and the other came from Russell Township.

Presentation was made by Mrs. George Gamble, of the Russell W.I. and was received by the oldest Friendly Club member Mr. Ken McCallum. The Russell Township clock was presented by Reeve Gaston Patenaude and received by Cecil Harrison, Club President.

## BiblioInfo

par Lucille Legault

Voici un livre canadien à ne pas manquer:

"Une cuisine sage", de Louise Lambert-Lagacé, diététiste, est le livre qu'il vous faut si vous vous souciez de votre santé et de celle des vôtres.

Il applique les principes de la diététique à la popote quotidienne et favorise la consommation de fruits et de grains entiers. Il vous apprend à rééquilibrer vos menus et vous donne l'occasion de vérifier la valeur nutritive de chaque plat.

Enfin, il vous offre de l'entrée au dessert, près d'une centaine de recettes et plusieurs idées de collations.

Une cuisine sage, Louise Lambert-Lagacé. Montréal, Editions de l'Homme, 1981.

**RUSSELL PUBLIC SCHOOL**  
**KINDERGARTEN**  
**PRE-REGISTRATION**

Children who will be five years old on or before December 31, 1982 are eligible to attend our Kindergarten in September, 1982. We are compiling a list of parents to whom registration information will be sent. Please phone and give your child's name, birthdate and address. 445-2190.

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