



Seeley's Bay

SEELEY'S BAY SENIORS

Seeley's Bay Seniors met for their business meeting on Friday, August 9 with 29 members present. After the singing of O Canada, Happy Birthday was sung to Rita Jones, Belle Hurley and Ken Elliott. The minutes of the July meeting were read and approved. The treasurer gave her report. Orvin gave a report of the Annual Meeting of SAIL. President, June Goodwins asked Doug Montgomery, one of the directors, if he could arrange to have a speaker from SAIL come to one of our meetings. June also suggested that for our Pot Luck meetings each person bring his or her own dishes, i.e., plate, cup and cutlery. The secretary read a letter that Orvin had received commending him for the good work he had done in the community. She also read the report about the Zone Rally. The meeting closed with the Mizpah Benediction. Lunch was served and some stayed to play euchre, bridge or rummy.

Freda Tempest

SEELEY'S BAY SENIORS

There were 23 present for the July meeting of Seeley's Bay Seniors. President, June Goodwins and her mother, Jean Rogers, had returned from their trip to England. June asked all to stand and sing O Canada, followed by "Happy Birthday" to Donna MacDiarmid and Ruby Roantree. In the absence of Shirley Martin, Marg Keith acted as Secretary and called the roll. The minutes of the last meeting were read and approved.

June gave a short report of the Zone Rally.

At the meeting of SAIL in Gananoque, Lorna was appointed as a driver and Doug Montgomery as one of the Directors.

A discussion arose concerning the absence of Canadian Flags flying in the village and in our meeting room. A motion was made that we purchase a flag and Ray MacDairmid offered to make the purchase. It was also suggested that everyone should stand at attention when our National Anthem is played. The treasurer gave her report. The Mizpah Benediction closed the meeting, followed by lunch and cards.

Freda Tempest

THE KITCHEN WITCH



Heather McNally
Portland-on-the-Rideau

ULTRA LIGHT JAM


Until a member of my family joined a weight loss program I didn't even think in terms of low-cal jam. But having a huge red currant bush and a continual craving for the berries I purchased a box of "Certo Light" and ate away all last winter. The jam takes 10 minutes to prepare, is economical and the fruit combinations as endless as your imagination. This jam will not keep longer than 3 weeks in the frig after opening due to reduced sugar so use a size of jar suitable to your needs. Directions no-cook freezer jam. Certo Light does not contain artificial sweeteners, it is a natural pectin product. You use 1/3 less sugar and 20% more fruit. The cost of making was one half the price of a brand name jar from Loblaws. The jams vary in caloric content per spoonful, blueberry for example has 26 calories, peach at 49. I used frozen unthawed berries and made my jam in December because my craving was at its peak and I also needed some edible Christmas presents. This winter I will experiment with apricots.

Light Red Currant Jam

- 5½ cups mashed red currants
- 1 box CERTO LIGHT
- ¾ cups sugar
- 2 tsp. lemon juice (optional)
- 1. Sterilize jars, cool slightly before filling.
- 2. Measure clean fruit into heavy saucepan. Add 1/8 tsp butter to prevent foaming.
- 3. Measure sugar and set aside. Do not reduce sugar.
- 4. Combine Certo Light with ¼ cup of your premeasured sugar. Set remaining sugar aside. Slowly add Certo mixture to prepared fruit in pan.
- 5. Place over high heat and stir constantly until mixture comes to a full boil. Stir in remaining sugar. Stir constantly as mixture returns to a full rolling boil. Continue to stir to prevent sticking and boil hard one minute.
- 6. Remove from heat and skim off foam.

Bottle according to directions found in box.





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GRADE NINE

PARENTS' NIGHT

Wednesday September 18, 1991

7:00 to 9:00 p.m. at the

RIDEAU DISTRICT HIGH SCHOOL

Parents are invited to meet the students' teachers and learn about their son's and daughter's program.

Larry Steacy
Chairman of the Board

Frank Kinsella
Director of Education

S.A.I.L.

Starting Wed. Oct. 16th Pat Dandelé, Executive Director of SAIL (Seniors' Assistance for Independent Living) will be at the Seeley's Bay Library from 2pm to 4pm, the 1st and 3rd Wed. of each month. You are invited to drop in, have a coffee and discuss the various services available in the area through SAIL. You can also pick up a Vial of Life or find out about volunteer opportunities in Seeley's Bay and Lyndhurst such as Friendly Visiting and Escorted Transportation. While at the library Pat can be reached by telephone at 530-5471 or through the SAIL office 1-800-561-8024, 382-1175.