



PORTLAND BUMPKINS 4-H
by William French

On September 28 the third meeting of the Portland Bumpkins was held at Doreen Campbell's. The minutes of the previous meeting were read and the meeting opened. This week we split up into 5 groups to cook carrots five different ways; boiling, microwaving, panning, steaming and stir frying. After a half hour we were able to sample these different ways of cooking carrots as well being able to sample seasoned butter on corn. At home this week we will be preparing a salad for our family to sample.

On October 19 the French's hosted the fifth meeting of the Portland Bumpkins. After we presented our speeches, promoting an Ontario Fruit, we went outside to a 1927 cider press. With the help of Mr. French we assembled the wooden cider press. With inexperienced cider makers Mr. French gave a few instructions and within a couple of minutes that golden clear source of vitamin C was pouring into a pail. After a short while plenty had been made and we went back to the house to sample the cider and several types of apples club leader Linda Barker had gotten and a special topping called Fruit Sparkle Sauce. At home this week we will be experimenting with alfalfa seeds.

On November 2nd our party was held at Doreen Campbell's. With every member present and a few guests we went about preparing the snack of various Ontario grown fruits and vegetables. To add a little extra flavour we also made cheese fondue and chocolate fondue.

In conclusion to this 4-H, Fruits and Vegetables project on behalf of the Portland Bumpkins I would like to thank our two Club leaders, Sheila Campbell and Linda Barker for spending their Monday nights with us and for the skills they have passed on to us.

FASHION SHOW SUCCESS!

The Volunteer Visitors of the VON Seniors Support - North Leeds program hosted a fashion show of "comfort clothing" - clothes designed especially for seniors - October 27th in the Portland Community Hall. Between 70 - 80 area senior citizens and friends attended the show delighting in the clothes offered and enjoying the tea and fruitbreads afterwards. Linda Lalonde offered a lively and informative commentary regarding the clothes while models. Anna Greenhorn, Margaret Stinson, Lucille Strong, Mary Sutcliffe, Marion Stone, Pat McManus and Ed Adair "strutted their stuff".

Many thanks to the following people who helped us put this event on: 1st Portland Scout Troop (set up), Portland Community Hall, Don Burchell (set up), Stu Wright (PA system), Philipsville Outreach Neighbour Lunch program (cups), North Leeds Lantern and Westport Mirror (publicity), our wonderful models and the Volunteer visitors themselves who provided the homemade fruitbreads.

Are you interested in becoming involved in any of our various projects - visiting - medical transportation, information, volunteer office help? If so, please contact Marian McLeod 10-2:30 at 359-1068. Merry Christmas!

Portland District Community Health Centre Steering Committee

Dr. MacMillan Visits Area to Discuss Community Health Centre
At a luncheon meeting at the Gallagher House Restaurant, on Oct. 29, discussion was held regarding the proposed Portland District Community Health Centre.

Dr. Robert MacMillan, Assistant Deputy Minister of Health and Lynne Bullard, Area Planning Co-ordinator, District Health Council Program, exchanged ideas and clarified information on the submission made to the Ministry of Health by the Steering Committee. Present at the meeting, as well as the executive members of the Steering Committee, were representatives of the Smiths Falls Community Hospital, Rideau Valley District Health Council and the Medical Officer of Health for the tri-counties. Unable to attend the meeting was a representative of Dr. Greg Healey and Associates. The meeting was very positive and a decision by the Ministry of Health is expected within the next 30 days.



Models at the recent fashion show in Portland sponsored by Volunteer Visitors program, L to R - Mary Sutcliffe, Lucille Strong, Marion Stone, Margret Stinson, Pat McManus, Anna Greenhorn.



Anna Greenhorn "struts her stuff" recently at the fashion show for seniors at Portland.

Season's Greetings

WE WISH YOU
JOY AND HAPPINESS
FOR THE
HOLIDAY SEASON
AND EXTEND
SINCERE THANKS
TO ALL OUR
GOOD FRIENDS

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