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cord injury; research, housing, attendant care, employment, etc. make yourself heard and become a member today. Membership (fees of \$10./year) includes subscription to The Caliper, The Freewheeler, corporate rates at hotels, discount on rental cars, discounts at some medical supply companies and voting priveleges. Members of the Canadian Paraplegic Association are now being recruited to develop Community Volunteer Chapters in Kingston, Brockville, Peterborough and Belleville. The Chapter's activities could include fundraising, public education, public relations, peer support to newly disabled Association members, consultation activities with members of the health profession and advocacy with municipal governments and community groups. For further information or registration about the activities of The Canadian Paraplegic Association; contact Steve Antonopoulos, M.S.W., Regional Rehabilitation Services Coordinator at 542-9933.



**A Loving Legacy By Eleanore Thomson**

An intriguing book offering "recipes and memories from yesterday and today, for tomorrow, recently published by Butternut Press of Westport. Eleanore whose cookery column in the Kingston Whig Standard is popular in this area, has settled in Seeley's Bay after an eventful life in several parts of Canada and the United States. The book is written for, and dedicated to, her three daughters and they should treasure it. Providing a concise history of four generations of their family, with graphic descriptions of the tremendous work undertaken by both men and women in the 1800's. It also includes many recipes to prove that they ate well. These have been trimmed to assist the modern cook unable to cope with "a handful of this and a pinch of that." Eleanore's description of her efforts to effect the modernization is hilarious. A Loving Legacy is just that, delightful reading, delicious recipes, it would make a welcome addition to any library or kitchen. It may also solve the search for Christmas presents. Obtainable from Butternut Press, Box 166, Westport, Ont. K0G 1X0, price \$12.95, plus \$2.00 shipping charge.

JUST PUBLISHED, in recent weeks by local book publisher, Butternut Press, which caters to the publishing needs of Eastern Ontario, particularly the Ottawa and Rideau Valley regions

**A LOVING LEGACY:** recipies and memories from yesterday and today for tomorrow by *Eleanor Thomson* of Seeleys Bay. A very popular combination of pioneer family history starting over 150 years ago near the Ottawa River through the Valley villages and countryside to Kingston with 275 recipes of the day. What better gift from a mother to her daughters. Illustrated, 224 pages, spiralbound. \$12.95

**THE VIEW FROM FOLEY MOUNTAIN** by *Peri McQuay* of Westport. Acelebration of the year- round joys of nature... simple pleasures discovered in the fields and marshes, across rocky outcrops, beside ponds and in the woods. This wilderness ( located on the Rideau Trail ) is the source of wonder that leads countrywoman, Peri McQuay to ponder its future. Paperbound, 176 pages, illustrated . \$11.95

**MY KIND OF PEOPLE** by *Mike Murphy* , formerly of Elgin. A remarkable collection of true stories stretching from Almonte to Toronto and Westport to Kingston, and including many bizarre events and even more outrageous characters such as \$ Bill, Bill and Bun Cook, Harry McLean, Cowboy Curran, Olga, and Loophole Montgomery. Stories of growing up , making a living, bootlegging, NHL hockey, harness racing, and railroading in the Depression and after. Paperback \$11.95

Order copies at the retail price plus \$2.00 ( for shipping ) payable by cheque with your order from :

Butternut Press  
P.O. Box 166  
Westport, Ontario  
K0G 1X0

**LYNDHURST SERVICE CENTRE**

NEW HOURS EFFECTIVE OCTOBER 1, 1987

MON. TO SAT. 7 AM. TO 7 PM.

SUN. 9 AM. - 6 PM.

THANKYOU FOR YOUR PATRONAGE..

ARE YOU A YOUNG ADULT (19-25) WHO HAS A FREE EVENING TO SPEND WITH OUR FUTURE?

IF YOU ARE, THE YOUNG TEENS IN OUR AREA NEED YOU!!

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A Drop-in Centre for teens aged 13-18 A place where they can go for fun and fellowship with their peers in a supervised setting!

If you can help, please call PAM BRIDGMAN at 272-3376 between 7 and 9 any evening.

COME AND INVEST SOME TIME WITH OUR TEENS, YOU WON'T BE DISAPPOINTED!!

**RIDEAU DISTRICT HIGH SCHOOL SCHOOL COMMITTEE**

THERE WILL BE A MEETING FOR INTERESTED PARENTS TO ORGANIZE A SCHOOL COMMITTEE FOR THIS ACADEMIC YEAR. AN EXECUTIVE IS TO BE ELECTED.

DATE: MONDAY, OCTOBER 19, 1987  
TIME: 7:00 p.m.  
PLACE: RIDEAU DISTRICT HIGH SCHOOL, ROOM 138



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