

SENIORS CAPTURE GOLD AT GAMES

Portland: The Rideau Welcome Club No.693 held a regular meeting on June 7th, with 45 members in attendance.

The highlight of the meeting was the results of the Seniors Games. The Area games were held at Smiths Falls on May 16th. The winners at area competed in the District games at Kemptville on June 6th. The bowling team, consisting of Harm Leegsma, Atje Visser, Evelyn Swain, Mervyn Mills and John McPhee placed first at area. In darts, Claire Mills and Ken Kentziger placed second at area. In swimming, Norma McPhee placed first at area and won the silver medal at district. In walking, Margaret Bulloch placed first and Myrtene McVain placed second at area. At district, Myrtene won the gold medal and Margaret the silver. An awards banquet was held at Kemptville on completion of the games. All were congratulated and thanked for the fine performances.

Following the business meeting, everyone enjoyed the music of the Country Gentlemen from Mallorytown - Harold Eligh - violin, John Hawker - Guitar, Jim Linton - piano, Bud Mallory - drums, and Grace Linton - vocalist and story teller.

The evening concluded with a lunch and social hour.

Myrtene McVain, Doris Scott, Joe and Trena Raison attended the Zone 20 Rally at Brockville on June 7th. There were 250 delegates. The guest speaker was Mr. Alex Mansfield, President of the United Senior Citizens of Ontario. There was fine entertainment throughout the day.

Rideau Welcome Club, in conjunction with Senior's Month, held an afternoon tea and bake sale on June 10th, which was well attended. It was also an opportunity to honour our Past Presidents. Harold McKinney, Ila Clark, Claire Myers and Mary Sutcliffe were presented with Past President's Jewels. Juanita Hull and Lucille Strong gave a resume on each and made the presentations.

The club is sorry to bid good-bye to one of our long and faithful members, Ila Clark. We wish her well in her new home at Guelph.

THE 4-H PROGRAM IN CANADA

The 4-H program began in Canada in 1913. Back then, potato, livestock, sewing, food and gardening clubs were formed for young people.

Since the 1950s, the program has changed its philosophy and programs substantially. The emphasis in the '80s is "the personal development of youth in rural Ontario."

In 4-H, members are encouraged to develop self-confidence, a sense of responsibility and a good self-image. They are assisted in developing skills in communications, leadership, problem-solving and goal setting.

In 4-H, rural youth are offered the opportunity to learn about food production, processing and marketing, as well as the heritage and culture of Ontario through a variety of projects. These include livestock and crop production, financial management, food preparation, nutrition, recreational activities and career development.

There are currently about 17,000 4-H members and 3,600 leaders in Ontario.

The green four-leaf clover is the official 4-H emblem. The four Hs are head, heart, hands and health.

The 4-H pledge is:

I pledge my head to clearer thinking, my heart to greater loyalty, my hands to larger service, my health to better living, for my club, my community and my country.

The 4-H motto is "learn to do by doing." Members learn by listening, studying and seeing, but mostly through activities.

More Rideau memories, courtesy of Mr. Dowsett's daughter Lucille Strong of Portland,

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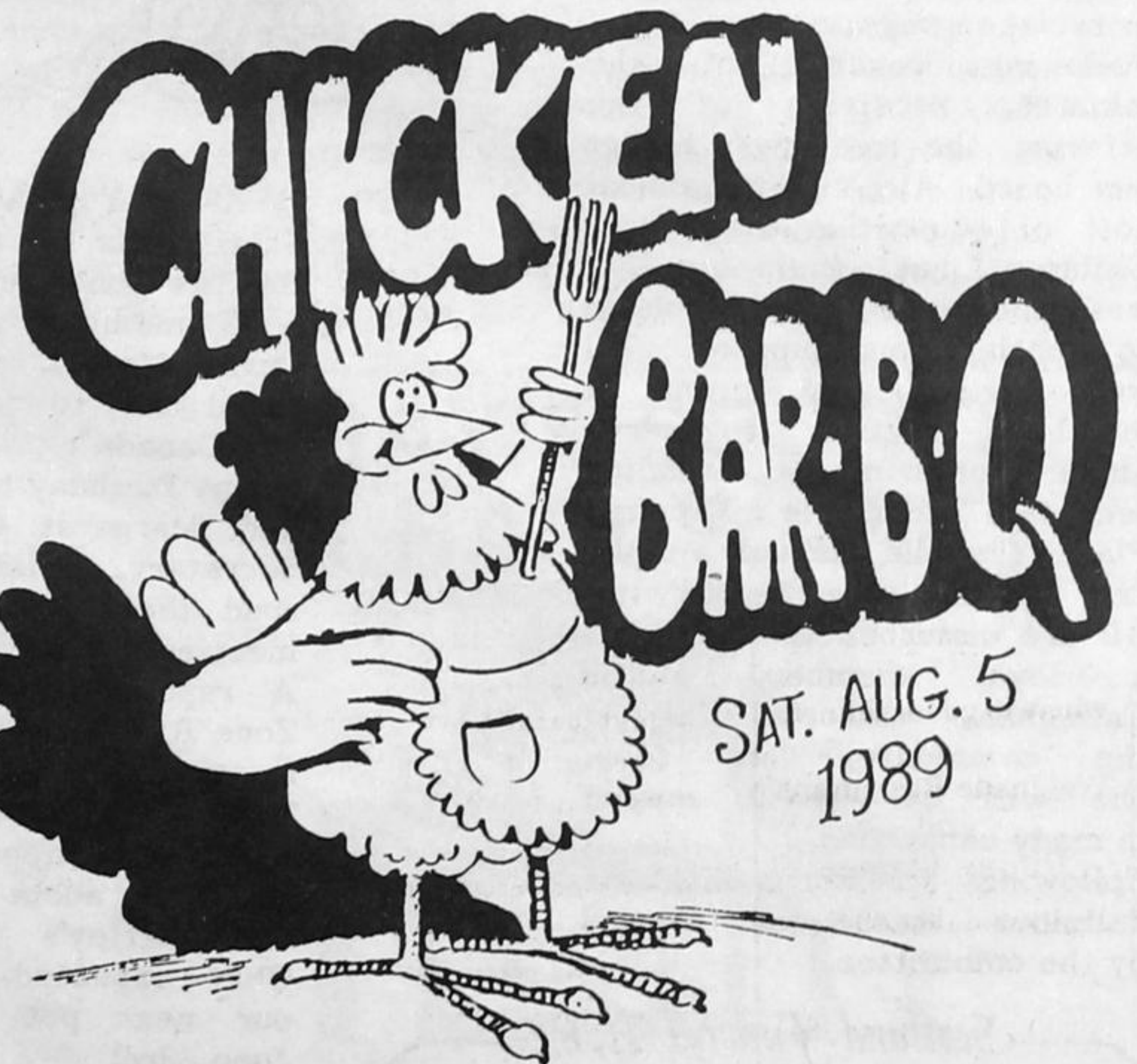
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