

The Rideau Canal Museum Corporation has now officially its begun residential fundraising drive in Smiths Falls and area. We are asking residents to help us reach our goal of raising \$100,000 residentially. The total cost of the museum project has been established at \$3,558,700, of which two million dollars has already by the been committed Federal Ontario governments. That leaves the balance up to the Corporation and we must secure half of that amount by April 1989 for the project to proceed. We are confident that this goal can be reached with the help of corporate and residential donations.

Naturally, any donation will be gratefully accepted but to encourage donors we have set up three possible payment plans to choose from, which should lessen any financial burden by spreading contributions out over a three year period. Each plan offers the donor commemorative certificate, pin or plaque to recognize his or her donation.

If our fundraising campaign is a success, construction the Rideau Canal Museum in Smiths Falls can start in early 1989 and we should see the opening of the museum coincide with the opening of the Rideau Canal for navigation in May of 1991.



- Q. How does what I eat relate to my chances of having a heart attack or stroke?
- A. If you eat fatty foods -- such as butter, whole milk, ice cream, cream cheeses -- or use saturated oil in cooking, your body is taking in too much fat. Eating these foods can lead to a build-up of fatty deposits in the arteries of your heart. Clogged arteries are the leading cause of heart attack and stroke.

For more information on these or other facts, please contact your nearest office of the Heart and Stroke Foundation of Ontario.

dil

KINGSTON



