



LOCAL CANADIAN CANCER
SOCIETY VOLUNTEERS
START 1990
CAMPAIGN

Canadian Cancer Society volunteers in the Rideau Branch will be canvassing their neighbours and local businesses throughout April to raise \$22,000 for ongoing Cancer research, education and patient services programs.

According to Ron and Marlene Dobson, co-chairmen of the local campaign, this represents a seven percent increase over the \$20,497.00 collected last year.

"With the continued support of our canvassers and the generous donations of area residents, I am confident we can realize our goal", said Marlene.

A meeting for all captains, canvassers and others interested in the Cancer Society has been scheduled for 8:00 p.m. Thursday, March 22, 1990, at the Stage Coach Inn in Newboro. Mr. David Dean, campaign chairman for Quinte Thousand Islands District (manager of The Bay in Kingston) will be our guest speaker. Roger Girardin, Treasurer of the Leeds Unit will be present as well.

Canvasser kits will be distributed at this meeting. Please plan to attend. The area captains are as follows.

Mrs. Edith Berry 387-3445
Morton, Whitefish Lake area,
Highway 15 Morton to
Lyndhurst turn.

Mrs. Joan Blair 273-2809
Westport village and
surrounding area

Mr. Edgar Connell 359-5753
Elgin, Chaffey's Locks,
Porfar and surrounding area.

Mrs. Betty Davison 359-5877,
Philipville, Toledo, Plum
Hollow and area

Ron Dobson 359-5786
California, Jones Falls Road
and area

Mrs. Pat Donald 928-2881
Delta and area

Mrs. Barbara Kendall 272-2075
Portland village and area

Mrs. Chris Landon 272-2653
Newboro and area

Lyndhurst and area

Mrs. Brenda Smith 272-2447,
Rural Portland area

Mrs. Carolyn Visser 283-1576
Rural Portland, Lombardy

If you would like to assist with the campaign please contact the captain in your area.

If you wish to become a driver for the Canadian Cancer Society or wish to be involved with publicity or education for the Rideau Branch, please contact Mrs. Gloria Scott at 273-2184.

10 Tips to quit smoking:

- ♥ Buy only one package of cigarettes at a time and change brands each time.
- ♥ Wait an hour after you run out of cigarettes before buying more.
- ♥ Do a package "count down" whenever you throw out an empty one: say "in 30 (29-28-or ?) packages I will have this thing licked."
- ♥ Don't carry matches or a lighter, so you have to bother someone else in order to smoke.
- ♥ Don't keep your cigarettes handy — put them in a drawer or coat pocket so you must get up every time you want one. This nuisance factor alone will inhibit your smoking enough to reduce it by *one-third*. Carry whole cloves or sugarless gum where you normally carry your cigarettes.
- ♥ Carry a small note pad so you can doodle or sketch while having a beverage — see if you can wait another 15 minutes.
- ♥ Play solitaire before you go to bed instead of having that last smoke.
- ♥ Puff on an unlit cigarette while driving, reading or watching TV.
- ♥ Don't offer cigarettes to other people and don't accept cigarettes, just say "no thanks."
- ♥ Get rid of all ashtrays. Use a pop bottle and don't empty it.

Your local Heart and Stroke Foundation of Ontario chapter has details on quitting.



HEART AND STROKE FOUNDATION OF ONTARIO

Improving your odds against Canada's #1 killer



CANADIAN CANCER SOCIETY MEETING



Thursday March 22, 8 p.m.

at the

STAGE COACH INN, NEWBORO

SPEAKER:

DAVID DEAN Campaign Chairman
(Manager of the Bay, Kingston)

We encourage all captains and canvassers to attend. Everyone welcome.

Century 21

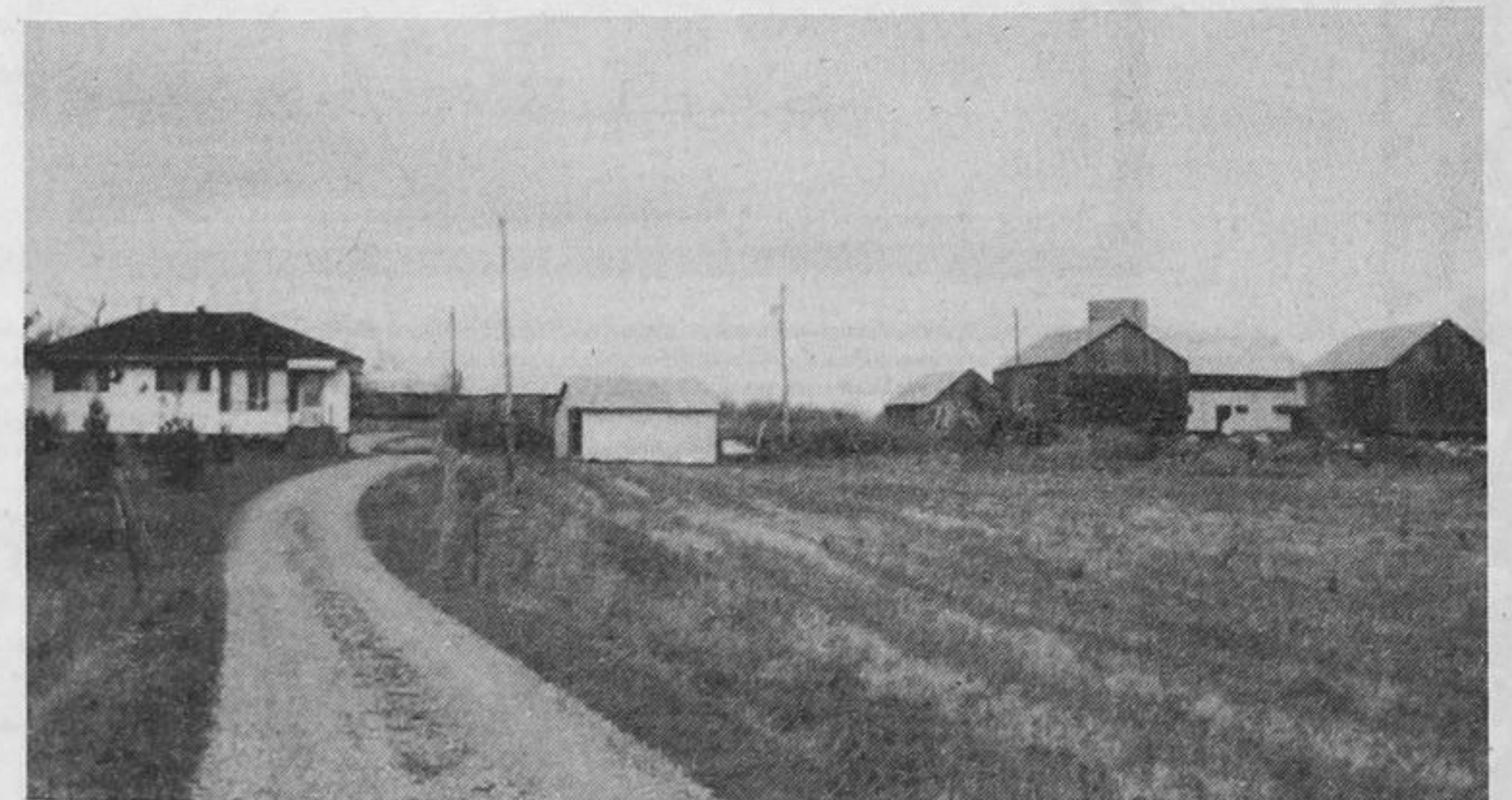


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Excellent dairy farm, fully equipped and operational. Milks about 30 cows. Great opportunity for young family to get started. Get the full scope on this property. Call now!

ALSO: 3 bedroom brick bungalow, Newboro. Now \$82,000
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Waterfront home Big Rideau Lake \$210,000
Cottage lots on Rideau Lakes and just listed
1½ acre lot on Clear Lake near Maberley for \$39,000
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JIM VANDERSCHUIT
ASSOCIATE BROKER
PORTLAND 272-2701

