

**LEGION SPONSORS
PUBLIC SPEAKING**

Portland: Rideau Lakes Br.231 hosted the Annual Public Speaking Contest on March 24. There were 27 contestants from South Crosby Public School (SC), Rideau Centennial Public School (RC), and Rideau District High School (RDHS). The quality and presentations were excellent, a credit to the schools and students.

The judges were Brys Scovil, Diane Haskins, and Betty James. This year there was a requirement for bilingual judges who were Cheryl Tomkinson, Pauline Brunet and Ray Scott.

The 1st place winners received a Legion Public Speaking Lapel Badge. 1st, 2nd, 3rd and 4th received a cash award and all contestants received certificates.

The 1st place winners advanced to the Zone G-2 contest at Gananoque on March 31, and the 1st place winners there advanced to the District G finals at Prescott on April 1.

The winners were:

Primary, Grades 1-3, Story Telling: 1st - Scarlet Thomas, Gr.3, RC; 2nd - Carrie Olivo, Gr.3, SC; 3rd - Colin Burtch, Gr.3, SC; 4th - Elisabeth McCuen, Gr.3, RC.

Junior, Grades 4-6: 1st - Amy Taylor, Gr.6, SC; 2nd - Stephanie Dwyre, Gr.6, SC; 3rd - Christina Carrick, Gr.6, RC; 4th - Jennifer Sheldon, Gr.6, SC.

Intermediate, Grades 7-8: 1st - Erin Winnie, Gr.8, SC; 2nd - Pamela French, Gr.7, RC; 3rd - Scott Carr, Gr.8, RC; 4th - Colena Pollock, Gr.7, RC.

Junior High, Grades 9-10: 1st - Tamara Carter, Gr.10, RDHS; 2nd - Julia Duncan, Gr.10, RDHS; 3rd - Jennifer Duncan, Gr.10, RDHS.

Senior High, Grades 11-13: 1st - Denise McCabe, Gr.11, RDHS.

Special: The Legion Plaque is awarded, for one year, to the school of the student obtaining the highest marks in the contest. This year's winner was Tamara Carter, for RDHS.

Zone G-2: Held at Gananoque on March 31. Scarlet Thomas placed 1st in the Grades 1-3 and was awarded a Dolores Wing Memorial Trophy.

Julia Duncan placed 2nd in the Grades 9-10 and Denise McCabe placed 2nd in the Grades 11-13.

District G: Held at Prescott on April 1, Scarlet Thomas placed 2nd in Grades 1-3.

Congratulations to all for an excellent performance. Joe K. Raison

**LEGION DARTS
GREAT SUCCESS**

Portland: Rideau Lakes Br.231 has concluded its first season of darts with a bullseye. A branch dart league was on-going every Sunday afternoon and concluded with a championship tournament on April 7th.

The winners were:

For the season's Play, and prizes: 1st - Ken and Cheryl Bruyere, \$25.00 gift certificate; 2nd - Ron and Margo Welch, dart supplies; 3rd - Terry and Bonnie Sled, dart supplies.

The gift certificate and dart supplies were donated by Barry Baker.

Tournament winners:

Grand Champions: Ken and Cheryl Bruyere, a plaque donated by Sled's Self Serve Store; Men's High Score: Les Deville (180), a plaque donated by Portland Grocery. All winners received keeper trophies donated by Rob's Sunoco.

A lot of effort went into getting organized the first year. It is anticipated that the league will be greatly expanded next year, starting in September.

An invitational dart tournament was held on March 31st, with 11 teams from Brockville, Smiths Falls, Perth, Seeley's Bay and Portland. The winners were: 1st = Bob Greenwood, Brockville; 2nd - Rod Greenham, Brockville; 3rd - Mike Armstrong, Brockville; 4th - Bob Giles, Smiths Falls. The Men's High Single went to Donald Seward, Portland, and the Ladies High Single to Debbie Weston, Smiths Falls.

The Legion 50-50 draw was won by Bernie Kelly, Chaffey's Lock, and the tournament 50-50 draw went to Terry Sled of Portland.

Joe K. Raison



GUARDIAN
Just the Drugstore You Need

ELGIN PHARMACY, MAIN STREET, ELGIN
OPEN 9-6 SIX DAYS A WEEK

LOOK FOR **H**OUSEHOLDERS
EVERYDAY
LOW
PRICES

FREE PRESCRIPTION DELIVERY
WITHIN ELGIN VILLAGE
DELIVERY SERVICE ALSO AVAILABLE
TO SEELEY'S BAY, DELTA, LYNDBURST
PORTLAND AND NEWBORO

MasterCard Hallmark VISA

PRESCRIPTIONS 359-5567
FRONT SHOP 359-5008

<p>The PORTLAND DISTRICT COMMUNITY HEALTH CENTRE is a non-profit, community controlled health centre funded by the Ministry of Health. We are run by the community we serve; a Board of Directors who are dedicated to providing quality health care and preventing disease.</p>	<p style="text-align: center;">PORTLAND DISTRICT COMMUNITY HEALTH CENTRE</p> <p><u>Portland Centre</u> Monday to Friday 9:00 to 5:00</p> <p><u>Delta Centre</u> Monday and Friday 9:30 to 4:30</p>	<p><u>Mailing Address</u> Box 96 Portland, Ontario K0G 1V0</p> <p>By Appointment Please 272 - 3302 1 - 800 - 461 - 8400</p>
<p><u>Portland Building Expansion</u></p> <p>The project to construct an addition to our present facilities in order to better accommodate our expanding patient load, and our diverse activities, is progressing satisfactorily. The architectural firm of Kohler, Dickey, Edmundson and Matthews has been engaged and is just completing the sketch plans for the addition and the rearrangement of the existing space. There are still a number of steps to be completed before construction can begin, so it is not possible at the moment to predict when the addition will be completed. The construction project will be managed so that there will be little or no interruption in the operation of the Portland District Community Health Centre.</p> <p><u>Clinics in Portland</u></p> <p>As announced in our last newsletter, the Board of Directors, in co-operation with the doctors, is pleased to offer four clinics per week.</p> <p style="text-align: center;">** Mon. ** Tues. ** Wed. ** Fri. ** Please call 272-3302 for appointments.</p> <p style="text-align: center;">* * *</p>	<p><u>Focus on Delta</u></p> <p>The Community Health Centre in Delta received approval from the Ministry of Health in early March and opened its doors March 30, 1990. An Open House for the Centre was held on March 30 & April 6. Members of the Community were encouraged to tour the facility and there was a good response on those two occasions. We look forward to offering continued service for your health care needs in Delta.</p> <p>The Community Health Centre is open 9:30 to 4:30 Fridays, providing a clinic with physician services. There will be a registered nurse on duty all day. Physician services will be increased to 2 clinics per week starting April 30, 1990. These will be Monday & Friday of each week.</p> <p>Delta residents are to call 1-800-461-8400 or 272-3302 for appointments.</p> <p><u>Location:</u></p> <p style="text-align: center;">- D E L T A - Community Health Centre Corner of Stevens Street and Highway #42 * * *</p>	<p><u>Focus on Delta (continued)</u></p> <p><u>Big Rideau Medical Associates</u> by Dr. Greg Healey</p> <p>The physicians of the Portland District Community Health Centre are delighted by the Board of Directors' decision to operate a clinic in the Village of Delta, two days per week. Human nature being what it is, we realize that in order to achieve our goal of health promotion we must make health care convenient for our clients. By operating the clinic in Delta we hope to improve access to routine health care for our patients who come from the Delta area.</p> <p style="text-align: center;">* * *</p> <p><u>Display Centre:</u></p> <p>The staff at our Community Health Centre invite members of the community to visit our display centre in Portland. Members of our Health Program Planning Committee meet regularly and plan educational presentations for our displays which change monthly.</p> <p>April features information on:</p> <ol style="list-style-type: none"> 1) Prevention of Cancer: Do you know the signs? 2) Smoking Cessation 3) Farm Safety <p>Farm Safety is Every Week Come In and See Our Brochures</p>