

RIDEAU DISTRICT HIGH SCHOOL

Boys Basketball

On Saturday, Jan. 10/87, Rideau's Junior Boys Basketball team travelled to Holy Cross School in Kingston for a tournament. In their first game of the day, they were defeated by Regi 53-46. David Eyre was top scorer with 17 points, while Steve Visser followed with 13.

A tired Rideau team lost their second round game to Frontenac 56-41 with the top scorer being Steve Visser with 19 points and David Eyre a close second with 13.

The boys luck turned in the afternoon when they defeated Bayridge 41-13 and Holy Cross 51-36. In the Holy Cross game, top scorers were Derek Adams and Bill Woods with 12 points each. Adams was also top scorer in the Bayridge game with 8 points.

Boys Basketball at Rideau is enjoying one of its most successful seasons in many years. Parents are encouraged to come out and see their offspring play. A special opportunity to see all three teams in action occurs on Feb. 5 when the Lions travel to Athens. The midget team plays at 4:00 p.m., the Juniors at 5:30 p.m. and the Seniors at 7:00 p.m.

FEBRUARY SCHEDULE

Feb. 9 Gananoque at Rideau
 Feb 12 Sharbot Lake at Rideau
 Feb 17 G.C.C. at Rideau
 Feb 19 North Grenville at Rideau
 Feb 23 L.G.S.S.A. Semi-Finals
 Feb 26 L.G.S.S.A. Finals
 COME OUT AND SUPPORT THE RIDEAU LIONS!



VON - COMPLETES 90 YEARS OF SERVICE

NURSES TO A NATION FOR 90 YEARS...THAT'S A LOT OF CARING

This year the Victorian Order of Nurses celebrate 90 years of nursing service to Canadians, and January 25 marked the beginning of VON week in Canada. Through a network of 72 Branches, they offer a wide range of services. In addition to Nursing care in the home, many branches of this progressive health organization now provide such services as Palliative Care, Placement Coordination, Homemaking, Pre-natal Education, Occupational Health Nursing, Foot Care and Senior assessment and counselling clinics.

The Brockville Leeds & Grenville Branch provides:

- Professional Nursing Services in the home
- Volunteer Visiting - Rural Leeds
- Foot Care and Health Counselling clinics - Kemptville
- Health Promotion Project / Community Development for Seniors throughout Leeds & Grenville

The areas serviced by your local branch are - the City of Brockville, the Towns of Gananoque, Prescott, Kemptville, Cardinal, Athens, Westport and Elgin and all rural areas of Leeds & Grenville.

The Board and Staff of the VON have plans to celebrate the 90th Anniversary of the founding of the Order with activities throughout the year. The Mayors of Brockville, Gananoque and Prescott proclaimed January 25-31 VON week.

RIDEAU RIDGE RIDERS

RALLY

On Sat. Feb. 7, the Rideau Ridge Riders Snowmobile Club Rally will be held. This year we will use the same location as we did last year. The run will start and end at the Chaffey's Lock Community Hall. Registration will begin at 12 noon. The cost will be \$5.00 per person. There will be a meal served after the run then prizes will be awarded. Again this year, we hope to have one prize for every person who participates.

Linda Pyne has agreed to be the chairperson for this event and Peter Myers will be laying out the trail. I hope that my friend Joseph will lead his own group over this trail and not set one up of his own. O.F.S.C. trail funding permits will be required on the machines to participate in the run. The permits will be on sale at the registration table.

TRAIL GROOMING

The club requires someone from the Elgin area or the Seeley's Bay area to operate a groomer on the trails between Elgin and Seeley's Bay. Would anyone interested in doing this job, please contact the President A.R.(Sandy) Purdie at 359-5420.

MEETING

The next monthly meeting of the club will be held at Crosby Hall at 8 p.m. on Thurs. Feb. 5/87. One of the items to be discussed will be the selection of delegates to the O.F.S.C. convention to be held in Kitchener-Waterloo in April. Please try to attend.

W.I. DISTRICT

Our January meeting was held at the home of Leora Raison on a bright and sunny day. Our roll-call response was full of ideas for saving money but ideas on saving time were not forthcoming. Perhaps

we, like many, save time by devoting ourselves to the most important thing at the moment to the neglect of something we consider less urgent.

The motto was well analyzed by Shirley Wilson, who delved into the meaning of the individual words and then collated the

meanings into a philosophical presentation as follows:

"I feel that we are confusing the high cost of living with the cost of living high because as we move up through our stations of life, we expect more, and more, and more; not only for everyday necessities but from people we associate with - as, friends, neighbours, government (pensions, welfare, and so on). After

talking with several people in an open discussion, this is what I have come up with: We are living at a Gimme Station of Life - Gimme this, Gimme that, and give it to me today!"

Shirley Wilson plans to attend the 4-H Workshop in Brockville on "Surviving with Style", accompanied by one of the new leaders of our local 4-H, Alana Kitson. The other new leader, Margaret Kelk, will attend the same Workshop in Perth.

Shirley is also the Convenor for Family & Consumer Affairs, so the Program was based on nutrition, in the form of a questionnaire. We tried honestly to examine our nutritional habits, which evoked considerable

lamentations. Nevertheless, when faced with the delightful array of food that Leora and Vera Sheridan (assistant hostess) had set out attractively on the dining room table - our resolve collapsed speedily.

Join us ladies. Contact Florence Molony at 928-2801.

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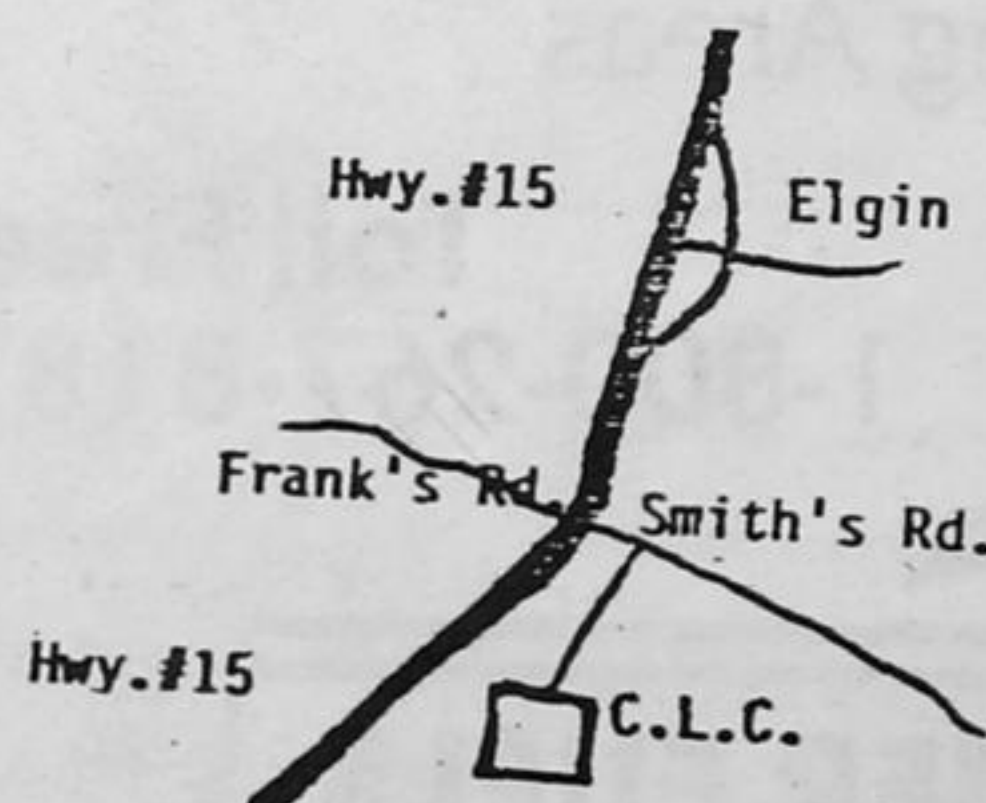


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February 9-14, 1987

KEMPTVILLE COLLEGE OF AGRICULTURAL TECHNOLOGY

FARMERS' WEEK

Dairy Day	Mon. 9th
Beef Day	Tues. 10th
Money Matters '87	Wed. 11th
Crops Day	Thurs. 12th
Home Management Day	Thurs. 12th
Pork Day	Fri. 13th
Maple Sap Processing	Fri. 13th
Sheep Day	Sat. 14th
Goat Day	Sat. 14th