



## Newboro News

### COUNCIL NEWS

The regular meeting of the Newboro Council was held on Apr. 3 in the Village Hall. T. Landon, R. A. Taylor, E. Bresee and D. Delaney were present. E. Bresee acted as Reeve in the absence of K. Rasmussin.

Jim Murphy, Ontario Home Renewal Program administrator, to submit new people for the program. The following were approved: D. Burtch, G. Lapointe, and M. Cardinal.

Minutes of the Recreation and Community Centre Board were accepted and bills were paid to a total of \$1,167.76.

Clean up day was set for May third, 1978.

**FORFAR BIBLE STUDY** Each Wednesday 7:30 p.m. at the Forfar Community Hall, a group of interested people meet for fellowship, prayer and the study of the Word of God. You would be more than welcome to come.

### NEWBORO RIDEAU FRIENDSHIP CIRCLE

Since our previous report to the Lantern, I am happy to tell our friends that our senior citizens club has missed only one afternoon meeting (due to inclement weather). On the whole attendance has been average.

Our two previous meetings were well attended. We enjoyed playing progressive euchre, with most of the prizes going to others than our own members.

At our 2 p.m. meetings we have kept in close touch with our sick and shut-in folk through cards, visits and valentines. We had a 'silent auction' which was fun and added a few dollars to our treasury. Two members in Florida have kept in touch via tapes and letters, which has been enjoyed and appreciated.

With new members added to our list and bus trips being the talk of the last meeting, we are looking forward to Spring when more can join us, and we can all grow young together!

by Belva Balfour  
(Secretary)

### Rideau Lakes Horticultural Society

PLANT SWAP AND FLOWER SHOW SLIDE PROGRAM  
TUESDAY, MAY 2nd. COME AND BRING A  
FRIEND TO RIDEAU LAKES HORTICULTURAL  
MEETING AT NEWBORO TOWN HALL.

### BSE Clinic a Success

The Breast Self Examination Clinic held last month at the Rideau Medical Centre in Newboro could be termed successful if only one of the 62 women who took advantage of it was able to detect a possible cancerous tumour at an early stage from knowledge gained at the free Clinic.

Recent polls indicate that some women are reluctant to learn such a technique and practice it regularly because they are afraid of finding something serious. Some are simply not concerned with breast cancer and others feel that a regular check-up with a physician is sufficient.

Researchers have not yet determined why, but they do know that the occurrence of breast cancer is greater in older women. Other high risk groups include: women with previous breast cancer, or other forms of cancer, women whose immediate family show cases of breast cancer, women who have a history of cystic disease, and women who have had late pregnancies or no pregnancies.

Those who attended the Clinic viewed the film "Decision" which explains breast self examination in detail. The ladies then learned privately, with the assistance of one of seven volunteer nurses, whether or not they practice the technique properly.

The Clinic was sponsored by Rideau Lakes Civinettes, Eta Tau Chapter of Beta Sigma Phi in co-operation with the Canadian Cancer Society. Dr. Craig Appleyard of the Rideau Medical Centre remained at the Centre throughout the Clinic to provide information which the nurses could not.

### Brockville Energy & People Workshops

A series of informal public workshops are being held at St. Lawrence College in Brockville. Guest and local speakers will lead discussions on energy and conservation.

These sessions are co-sponsored by the Energy Conservation Centre, at 56 King St. East in Brockville.

Up and coming workshops are:

Tues, May 2-Heat Pumps, Wood Heat and Solar Power

Tues., May 9-Recycling, Wind Power, and Nuclear Power

The sessions run from 7:30 to 10:00 p.m. in Room 6768 at St. Lawrence College.

### APPROPRIATE TECHNOLOGY & LEARNING

St. Lawrence College at Kingston will host a conference on Appropriate Technology this month. The conference will deal with alternatives in energy, housing, agriculture, nutrition, health and small business. The focus will be on what needs to be done in Eastern Ontario to make some of these ideas a reality.

The conference will take place on Sat., May 6 from 9 a.m. to 5 p.m. The fee is \$5.

Participation is limited to 150. Those interested in registering should contact Sue Chamberlain at 272-2158.

## THE POST AND BEAM RESTAURANT

STIRLING LODGE, NEWBORO

Celebrates the start of their 2nd year  
with a

# MOTHER'S DAY SPECIAL DINNER AND DANCE ONLY \$6.95

HELP YOURSELF SALAD BAR

ROAST SIRLOIN OF BEEF WITH  
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TROUT WITH CRAB MEAT STUFFING

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LAMB CHOPS WITH MINT SAUCE

ROAST POTATOES, CAULIFLOWER, PEAS.

CHOCOLATE ECLAIR, WALNUT PIE, BAVARIAN

SERVED WITH FRESH WHIPPED CREAM

DINNER SERVED 5-8 pm RESERVE EARLY

SUNDAY MAY 14. Tel. 272-2435