

CARVETH NURSING HOME NEWS

SEELEY'S BAY, ONTARIO

All 49 Carveth Residents are anxiously awaiting the move to 475 James Street, Gananoque, early in July 1978. That is our big project this summer, and of course, Open House in August. In the meantime we have several activities of interest to keep occupied with. To list a few; euchre, bingo, choir practise, exercise groups, oral reading groups, slide shows, car drives, church services and groups, and of course, discussing plans for our new Nursing Home, which is well under construction.

Anticipating warmer weather coming soon, we look forward to outdoor activities such as; walks, barbecues, fishing and just sitting in the sun.

Coming up soon is our "Just-For-Fun Rummage Auction." It is to be held here at Carveth on Thursday, May 11th, 1978 at 1:30pm. Mr. Merton Philips of Athens, has kindly volunteered his services and equipment as our auctioneer. This is not a fund raising activity, but rather for entertainment. However, it is to be held in the same procedure as a regular auction. We have made our own "fake paper money", so that the bids may run into the thousands. Therefore, only Carveth Residents will be bidding.

We have a box inside Carveth's entrance for donations of items you may like to rid yourself of. Joke or gag items would be gratefully accepted too, as these things will be wrapped up as surprise packages! This should be an activity that will be talked about for weeks!

Anyone wishing to volunteer their time and services to help us make our move this summer to Gananoque, please contact Mr. Larry Gibson, Carveth Administrator, at 387-3595. Also, please note that our new telephone number in Gananoque will be 382-4752.

Thompson Electric (Seeley's Bay) Ltd.

Box 158
Seeley's Bay, Ont.

Residential, Commercial & Industrial Wiring

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or 387-3150

"Short Circuit"

The Lantern Incorporates

The North Leeds Lantern held its first Annual General Meeting last month. By-laws were passed as required by the Lantern's new status as a Non-Profit Corporation. A Board of Directors was elected as follows:

Editor: Doug Roantree
Assoc. Editor: Jan Robson
Recording Secretary: Marilyn MacLennan

Treasurer: Shirley Weaver
Directors: Helen Sweet,
Fred Whitney, Sue Chamberlain,
Lloyd Stone, Lawrence Hayward,
Hans Scheitrowsky

NOTICE:

During the summer months the Lantern will be available for purchase in local stores. These are being placed to serve temporary residents and tourists. The paper will still be distributed free of charge to area residents.

Seeleys Bay

LITERARY CLUB

The Seeleys Bay Literary Club, although getting smaller each year, is still very much alive and interesting.

We are a small group of women (mostly senior) who enjoy meeting every second Thurs. afternoon to read, exchange views, discuss local events and try to keep up-to-date on conditions—"airing" ideas as we go along.

New members are always welcome; also visitors any time.

For further information, contact Mrs. Ada Cooke our leader.

SPRING CLEAN YOUR FREEZER

As spring and summer fruits and vegetables become available, many people will be freezing the fresh produce to enjoy later in the year.

Before adding this year's produce to the freezer, food specialists recommend spring cleaning the freezer's present contents. Use the older packages soon and make sure that nothing has been forgotten.

When cleaning out the freezer for the new season, work quickly. Have a paper and pencil handy to mark down the name amount and date of each item. Reload the freezer placing similar foods together. Group fruits, vegetables and meat.

It's a smart idea to keep an inventory sheet of the freezer's contents. This way you can tell without even opening the freezer the quantities and dates of each type of food. Use older foods first.

As you remove foods from the freezer, cross them off the list; and add new ones as they go in to keep the list up to date. It's easy and efficient.

Before you start to freeze this season's produce, send for information on preparing, packaging, thawing, cooking and storing fruits, vegetables and other foods. Order the free booklet "Frozen Foods" from the Information Branch Ontario Ministry of Agriculture and Food, Legislative Building, Queen's Park, Toronto, M7A-1A5.

from Ontario Food Council, OMAF

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