

PORTLAND PICKIN'S

RIDEAU WELCOME CLUB, PORTLAND

Meetings of the Rideau Welcome Club are held the first Wednesday of every month.

The May meeting of the Rideau Welcome Club (Senior Citizens), Portland, was held in the Community Hall with 21 members present. After the business, plans were made for the Thousand Islanders Ladies Barbershop Chorus to be held in the Hall on June 7th. Admission is \$1.50 for adults and 75¢ for children. Cards were enjoyed and lunch served.

Elgin-Portland Legion Branch #231 news

The branch's contestants in the Legion remembrance day essay and poem contest won four places at Zone and two at District level competition. Joanne McGregor won a first at Zone and a second at District in the Essay competition. She attends Rideau Vista School in Westport, Grade 7 & 8. Tina Moroughan of South Crosby Public School won a first at both Zone & District in the Essay competition, Grade 4 to 6. Beth Greenhorn of Rideau District High School won a first at Zone in Senior Poem and David Stanton won at Zone in Senior Essay.

The latest Bingo Jackpot of \$225. was won by Roy Mattice.

The Branch will be holding their annual church parade on June 4th at 10 a.m. in the Catholic Church in Elgin, and all members are encouraged to attend.

Legionaires are encouraged to join in on the June monthly card party and get together to be held in the Delta Branch #207 on June 17th at 2 p.m.

The Elgin-Portland Branch Ladies' Night and presentations night will be on Sat. June 24th. It also will be the kick off for Legion Week which is proclaimed from June 25th to July 2nd. Everyone watch for other events planned for that week.

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FARM NEWS

The O.F.A. welcomes the following new members in 1978: Ray Scissons, Richard Kenney, Clifford Smith, Terry Davis, R.H. Rasmussen, Howard Chant, Bruce Lewis, Earl McFadden, Goodson Mattice, & Stephen Carroll. Anyone interested in joining the Federation, please contact a neighbouring member.

One of the aims of the OFA is that **MARKETS FOR FARM PRODUCTS EXPAND BOTH AT HOME AND ABROAD.** Markets must be improved for the dairy industry. While Canada has lost large export cheese markets when Britain joined the Common Market, and while the U.S. limits our cheese exports to only about one million pounds, we have been increasing the cheese allowed into Canada. The cheese import quota must be reduced to 35 million pounds per year to be fair to dairy producers.

This action must be accompanied by extensive "Buy Canadian" campaigns, by Provincial and Federal food purchasing policies stipulating Canadian foods only, and by a much firmer commitment to agriculture in trade negotiations.

BUY CANADIAN PRODUCTS.

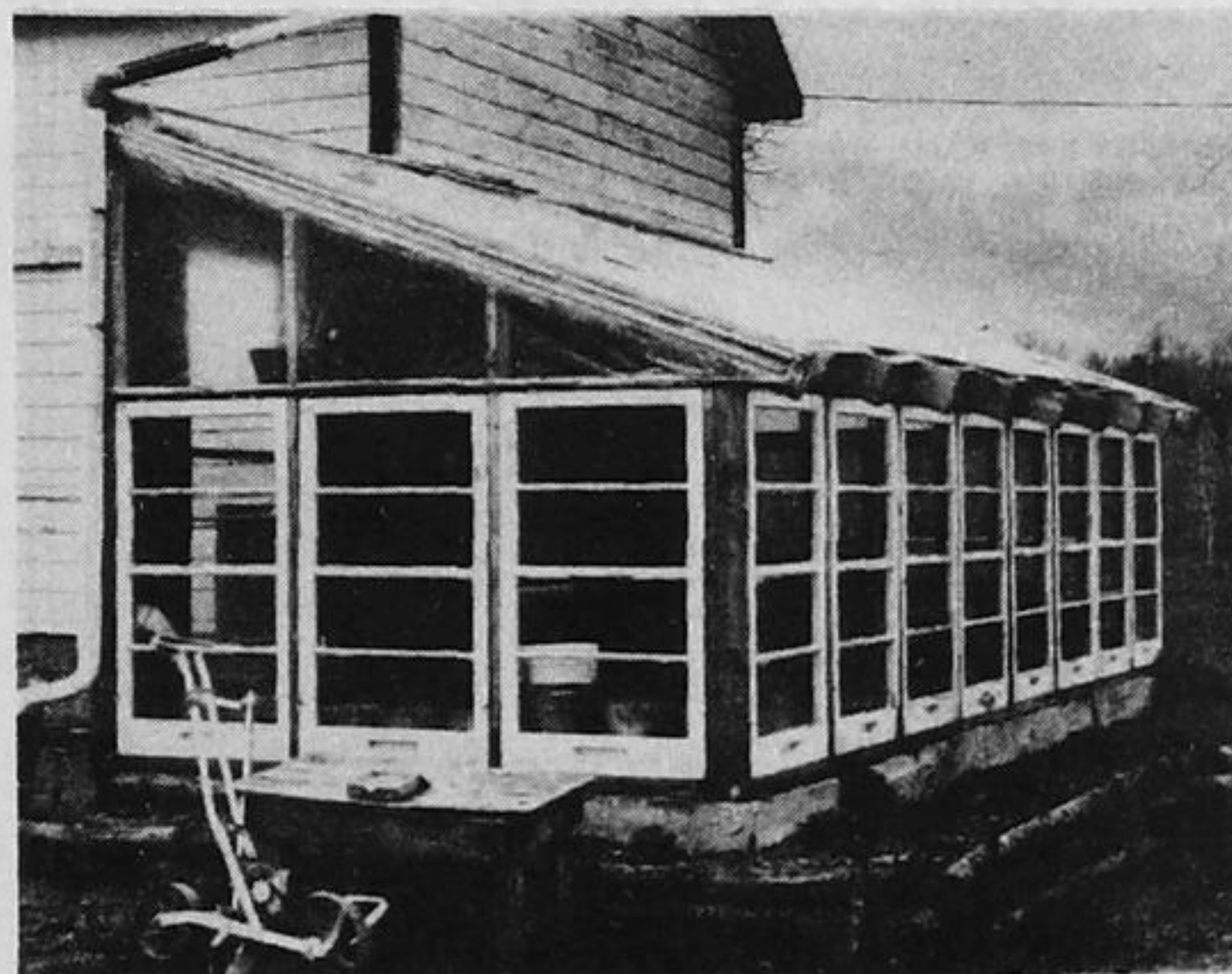
APPROPRIATE TECHNOLOGY

Solar Greenhouse Tour

Members of the newly formed appropriate technology group converged on South Lake Farm last month to tour Hans Scheitrowsky's solar greenhouse.

Hans has constructed the greenhouse on the south wall of his home. Old windows are the main ingredient.

The greenhouse's solar system is still in the works. The collector panel on the back wall consists of a series of parallel copper pipes. The heated water will circulate by convection into 45 gallon drums.



HANS' SCHEITROWSKY'S SOLAR GREENHOUSE

Hans does not anticipate heating the greenhouse year round with solar energy alone. However, he was able to set things out as early as January this year. The array of healthy bedding plants testifies to the success of his efforts.

Hans encourages others to realize their ideas for a solar heated greenhouse. He says, "I don't believe you should wait for the perfect situation to try these ideas. Use what you have. That way, you're always learning as you go along."

The group reconvened at the Seeleys Bay Legion Hall to watch two films on organic gardening. "A Sense of Humus" documented several Canadians who practice organic or biodynamic farming methods on a commercial scale.

The operations described included orchards, wheat farms, vegetable growers and mixed farms. In all cases emphasis was placed on building up soil quality with plant and animal wastes. The healthy plants grown on such soil require no fertilizer or pesticide.

Those interviewed in the film insist that bounteous and high quality yields are obtainable with organic methods. They deplore the widespread use of chemicals which destroy the soil's ability to renew itself.

"Tara's Mulch Garden" was the title of the second film. The film took the viewer through the growing season, from seed to copious harvest, demonstrating this ingenious gardening method.

A yearly application of a thick layer of mulch can take much of the hard work out of gardening. Think of it - no weeding and little need to water! As a further advantage, the mulch decomposes year by year building up a layer of rich soil.

Small Stock Husbandry, Topic of June Meeting.

The North Leeds Appropriate Technology Group is a newly formed group who get together to share information and knowledge on a variety of topics in the field of alternative energy and alternative technologies. Few of us are experts but the feeling is that we can all learn from each other. On June 14 from 7 - 10 p.m. we'll be exploring the subject of Small Stock Husbandry. We'll start with a tour of Ted & Wyn Bowles' farm near Westport from 7-8 p.m. To get to the Bowles' farm, travel north from the village of Westport on the road to Perth, until you come to your first side road to the left. This junction is approximately 1½ miles past the entrance to Foley Mountain Park. Turn left on this sideroad and proceed until you come to the first farm house on the left.

The Bowles keep goats, chickens, pigs & geese and will tell us about some of their experiences in keeping these animals.

We'll then reconvene at 8:15 p.m. at St. Ed's School in Westport to further explore the raising of milk goats. Laurie & Ed White, from the Leeds & Grenville Goat Association will tell us about goat husbandry and about the Goat Association. Then Dave Alguire, a local veterinarian from Delta, will tell us about the Health & Nutrition aspects of raising goats.

The meeting is geared to those who may not presently have small stock but are thinking about it, as well as to those small stock owners who may wish to learn from the experiences of others. All interested persons are welcome.

FLIES

Try the following recipe for getting rid of flies:

Combine 1/2 tsp. powdered black pepper, 1 tsp. brown sugar and a tsp. of cream. Place the mixture out on a plate, and the flies will disappear.