



Delta Data

DELTA UNITED CHURCH

The Delta United Church Women gathered at the country home of Mrs. Hilda Cardiff on October 8, a windy, bright autumn day.

President Nellie French welcomed members and 3 visitors. She then read aims of the United Church Women - to unite women of the church, to assist in social problems, at home and abroad united by faith in God and church, reconciled to women of all faiths. They are called to know Christ and make God known.

The devotional was conducted by Mrs. Laura Russell. All joined in singing hymn #322 - Sing to the Lord of Harvest, with Mrs. Irma Chant at the piano. Mrs. Russell then read the story of the arrival of the Pilgrim Fathers of 1621. They gave us a fine example of faith and courage by their adjustment to a strange land in the face of adversity. Mrs. Chant read scriptures from Deuteronomy. A prayer of Thanksgiving by Mrs. Russell brought to mind all the blessings in our lives for which we should be thankful. Mrs. Helen Gifford took the collection dedicated by Mrs. Edith Woods.

The minutes were read by Mrs. Cardiff. President French gave a report on the Fall Rally. She thanked all those who took part.

Treasurer Chant gave the financial report.

There is to be a Craft Sale at Wall St. United Church, Brockville on Nov. 8, 10 a.m. - 4 p.m. in the church hall.

Mrs. French thanked the social committee for their contribution on Sunday evening.

Mrs. Chant is taking orders for calendars at \$1.50 each.

The Harvest Supper is to be held on Oct. 22 at 5 p.m. sharp. Mrs. Hazel Wykes is convening it. Billets have been distributed.

Mrs. Mildred Sweet read an article on Stewardship, in July. In the holiday time one should maintain one's religious observance level by attending church even if away. Also, it is wise to submit summer collection if away, to our church in the fall, as our church expenses are very heavy.

Mrs. Sweet held a programme on the four seasons. Each has its great beauty and fine attributes.

Delicious refreshments followed. Mrs. Bryan thanked Mrs. Cardiff and all who contributed.

DELTA MILL SOCIETY

On October 6, President Mildred Sweet presided at a meeting of the Delta Mill Society in the Old Stone Mill. Six members were present.

The thought for the day was read by Mrs. Miriam Bryan: - "Let bygones be bygones. Yearn not after things yet to come. Let the future take care of itself, and walk hand in hand with the present. Thus, one's body and mind will become healthy."

Kona Duifukuji Mission
Honolulu

The minutes were read by Secretary Myrla Saunders. Repair is to be done to the corners of the building. It was decided to renew Heritage magazine subscription for three years.

Treasurer Marjorie Curtis read the financial report.

Plans were made to sell raffle tickets at Smiths Falls Mall.

Next meeting is to be on Nov. 3, 8:00 p.m. at Mrs. Laura Russell's home.

On Thanksgiving morning, Mrs. Laura Russell drew the lucky ticket for the side of beef raffle from the old butter churn before a group of Old Stone Mill friends. The winner is #1171, Mr. James Crosbie, R. R. #1, Smiths Falls.



Mrs. Laura Russell draws the winning ticket in the Delta Mill Society's draw for a side of beef.

SWEETS CORNERS SCHOOL COMMITTEE

PRESENTS

GEMINI

AT THEIR PRE-CHRISTMAS DANCE

NOVEMBER 28, 1980

AT SWEETS CORNERS SCHOOL, LYNDHURST

DANCING 9:00 - 1:00

\$15.00 COUPLE MIDNIGHT BUFFET

ALL MEMBERS OF THE COMMUNITY
WELCOME

PHONE LINDA KENNEY AT 387-3348 FOR
RESERVATIONS

PROCEEDS FOR CROSS COUNTRY SKI FUND

ENERGY NOTES

The Food in Your Future

L.C.N.R.

The production of food, as every farmer knows, costs more and more every year. Prices are steadily rising for gasoline, fertilizers, seed, machinery, buildings, and so on. And before the food gets to the consumer, it usually passes through some kind of processing, the cost of which is also going up.

In general, these price rises can be related to one factor - the increasing scarcity of energy supplies, particularly oil. The production and processing of food in Ontario requires about 15% of Ontario's energy budget each year. There are steps that can be taken to reduce the amount of energy needed: design more efficient machinery, take advantage of solar technology for some drying processes, introduce more efficient canning procedures, etc. But one very important step that we as consumers

could take to reduce the amount of energy we spend on food is to change, slightly, our diet.

The Royal Commission on Electric Power Planning (The Porter Commission), has some interesting figures about how much energy is used to put a gram of protein on our table. To take beef as an example, it was calculated how much energy was needed to grow it, process it (slaughtering, butchering, and packaging), transport it, and cook it. It was found that beef requires about 4 times as much energy as chicken, and about 6 times as much as fish. Quite a difference! In fact, if every month we all replaced a pound of beef in our diet with a pound of fish, in a year Ontario would save about one million barrels of oil. And we could save 200,000 barrels of oil in a year if we used the oven for an hour less every month for a year. Another million barrels could be saved by substituting a pound (in protein) of bread for a pound of beef.

These substitutions seem ridiculously easy and painless, considering the amount of energy saved. We could have a monthly Fish Day in Gananoque, or a province-wide Fish Day. It could become a source of pride for a community to promote a little less oven use each month, in the knowledge that they were providing a better future for their sons and daughters. Conservation of energy can, and should be a source of pride and satisfaction for us all. I hope this article has shown the significance of conserving as we are consuming.

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