

COOKSTOWN NEWS

by Susan Stein

To Newfoundland and Labrador

Harold and Bev Quist of Cookstown and friends from Victoria, B.C. Art and Frieda Glass, spent 30 days traveling in their houses on wheels.

Stopping in Gander, they visited with Stacey and Jay Nelles and their girls. Jay is stationed with the Canadian Air Force.

Bona Vista, Cape St. Mary's towns steeped in history, was next on their itinerary.

A visit to the Bird Sanctuary, situated on cliffs, with Gannets, Murres, Black legged Kittiwakes, clustered in the rockeries, will always be etched in their memory.

Through Gros Morne National Park, driving along the west coast of Newfoundland, offered beautiful vistas of sea and land. L'Ance Aux Meadows, the place where Vikings landed 1000 years ago, and where some of this ancient navigators' relics are preserved, was admired.

Crossing the St. Lawrence river by ferry, they arrived in Labrador to tour the East Coast for a stop at Red Bay.

On a gravel road to

Cartwright they travelled for a 13 hour ferry crossing to Happy Valley Goose Bay. This is the place well known all over the world as a military training centre.

Churchill Falls with the Hydro Electric Dam, whose underground generator is the world's largest, was visited.

Staying in Baie - Comeau, gave them the opportunity to enjoy meals of fresh snow crabs and lobsters. Learning about whaling, a way of life so many years ago, was an other highlight of their trip.

All along the way from St. Anthony's, the sites of Sir Dr. Wilfred Grenfell's missions and small hospitals are a testimony to the accomplishments of this great humanitarian.

And now after 30 days on the road, it is nice to be at home and share their experiences with family and friends.

Our young folks

Jennifer Harvey, daughter of Peter and Karen Harvey, started her summer job on June 15 as councillor at Kirkfield, a camp for children with attention deficit syndrome. Jennifer is enrolled at McMaster

University in Kinesiology.

Her sister Cassandra is a student at Windsor University, enrolled in the Drama in Education and the Community course. Now she is a counsellor at Camp Twin Creek in West Virginia.

Caitlin Harvey is at home, helping with shores at the family farm.

Congratulations to Allison Jenkins, daughter of Hugh and Marguarite Jenkins, and Jayanthan Jayman, who were married on June 30th, at a Garden Ceremony in Toronto, written by the young couple and attended by close family and friends. Allison had chosen for her big day a floor length gown of ivory silk and a bouquet of white and peach coloured flowers. After the morning ceremony, the reception was held in the same location.

Jayanthan is working in research, Allison is finishing her studies for her M.A in Sociology at York University. Allison and Jayanthan are residing in Hamilton.

Elyse Jenkins is enjoying her life in Toronto and her job at the Flight Centre

West - Jones wedding

On July 7, Carolyn West, daughter of Lloyd and Bonnie West of Bradford and Kevin Jones, son of



Carolyn West and her family at her wedding.

photo by Susan Stein

David and Myrna Jones of Vasey, were united in marriage at St. John's Anglican Church, Cookstown.

Attending the bride as Maid of Honour was the bride's sister Kimberly West, bridesmaids (friends of the bride) Ashley Witzeling and Dana Smith. The wore dark purple, cocktail length dresses and carried bouquet of seasonal pink, purple, yellow and green flowers, looking just perfect with the flower girl's white floor length gown. A

perfect contrast.

Escorted down the aisle, the bride was met at the sanctuary by her groom, his best man (his brother) Steven Jones, groomsmen his cousin Lyle Simpson and friend John Werry.

Rev. Robert Mitchell officiated at the double ring ceremony, receiving the traditional wedding vows.

Congratulations Carolyn and Kevin and God's Blessing!

Library

Egypt Day, Wed. July 18th 10:30 - 11:30 am. For

ages 5-12, cost: \$3.00. Help Zack the Explorer find missing mummies at the library. Also, try your hand at making mummy case in which you can keep your treasures.

Arctic Day: Chill Factor. Wed. July 25th 10:30 - 11:30 am. Ages 5-12. cost: \$3.00. Join us for some winter activities such as building an igloo.

Movies: Teenage Mutant Ninja Turtles: July 19 @ 3:30 pm. Tickets \$2.00. Firehouse Dog, July 26th @ 1pm. Tickets: \$1.00.

Young donors make a difference



Students from Innisfil's Holy Cross Catholic School Life Skills program recently made a donation to the Simcoe-Muskoka Regional Cancer Centre and the Pediatric unit at Royal Victoria Hospital. These young entrepreneurs raised \$300 by selling popcorn, freezes, candy grams and raffle tickets.

submitted photo

Yoga Plus holds special session this Sunday for Parkinson's Disease

by Michelle Minnoch

This Sunday, Yoga Plus instructor Mary Risman will be hosting two special yoga sessions at her home in Alcona.

Raising money for the Parkinson's Society of Canada, Mary is hoping many will come out and take a class with all proceeds going towards this worthy cause.

"I wanted to do something that would give back in some way," she said of the idea. Mary will have information on hand for those participating in the classes.

"Yoga is great for people suffering from Parkinson's, people with various conditions can benefit from yoga."

Opening up her Yoga studio in her home in 2006, Mary, a certified Yoga and Pilates and Stress Management specialist, is looking forward to holding the event for the community.

"That morning I will be holding two classes; one from 9 until 10am and the second from 10:30 to 11:30 am."

Mary said anyone is welcome to participate, and Shoppers Drug Mart in Alcona has donated bottles of water for the participants.

The only thing guests have to bring is a matt. Yoga Plus is located at

1981 Emerald Court and Mary can be contacted at (705) 431-6450.



Mary is hoping to bring awareness about Parkinson's Disease while teaching her class on Sunday.

SUMMER GOLF SPECIAL

Ridge Golf & Buffet Dinner*

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