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**Merry Delegates
Attend Conclave**

Seven delegates from Our Lady of Mercy High School are attending the Summer School of the Christian Apostolate this week at the Hotel Commodore in New York City.

The delegation includes two Sodality moderators, Sister Mary Richard and Sister Mary de Chantal and five students: Sherry De Yaeger, Kathy Spiegel, Lynn Siebert, Rosemarie Kolmer and Pat Garney.



COMMITTEE MEMBERS plan the annual Chicken Barbeque of St. Isaac Jogues Church on Sunday, Aug. 29 in Fleming. In photo are Arnold Emerson, chairman; Mrs. Benedict Barry and Mrs. James Fitch; (standing) Rev. John A. Morgan, pastor; Benedict Barry and Richard Downs. (Tarby Photo)

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**Annual Chicken Barbeque
Set at Fleming Parish**

Auburn — Rev. John A. Morgan, pastor of St. Isaac Jogues Church in Fleming, located seven miles south of Auburn on Route 34, announced that the annual chicken barbeque and festival will be held at the church grounds on Sunday, Aug. 29.

Arnold Emerson is general chairman of the affair and he has announced that the meal will be served in the church hall this year.

There will be games and pony rides for the youngsters.

Chairman Emerson said that the general public is invited to attend the gala event which will start at noon and continue until 7 p.m. Adults \$1.50, children 75 cents and under five free.

25 Years Ago
(From files of Catholic Courier, August 22, 1940)

"The condition of the world today is extremely distressing," Rev. John M. Duffy, Catholic Schools' superintendent said in his annual message. Father Duffy said that "we Catholics claim that we know for what people should live" and thus teach our children accordingly.

Five Sisters of St. Joseph selected to establish the first mission in Selma, Alabama were: Sisters Frances Marie Keough, Catherine Charlotte Hyland, Mary Anastasia McCormick, Francis De Sales McCormick, Mary Eliza Dundon.

A \$250,000 goal was set by Bishop Kearney for the campaign to construct a new Pittsford building for Nazareth College.

Pastoral on Council
Lisbon — (NC) — Priests were urged to collaborate with the laity in a pastoral letter on the ecumenical council issued by the Portuguese hierarchy.

Once a year the Cenacle schedules a retreat of this length, opening with dinner on Friday evening and extending to Monday afternoon. Reservations for this September 3rd to 6th retreat may be made by mail, or by phoning Sister M. Halligan, BR 1-8755.

Thru The Looking Glass

Instant Vacation

By LOUISE WILSON

Louise Wilson is heard eleven times weekly on Station WHAM: 9:10 and 9:25 A.M. Monday through Friday; 9:30 A.M. Saturday.

It was the hottest Saturday of the Summer. The bride and groom had exchanged vows. The last cup of punch had been sipped or gulped, depending on the individual thirst of the wedding guests. The bride tossed her bouquet, changed into her smart going-away costume, hopped into the car beside the groom who pointed the car east toward Albany and a honeymoon in Cape Cod.

Hot and sticky, we headed south through the lovely rolling hills to Dansville to spend a quiet, restful overnight visit at the Castle on the Hill. Cooler and more carefree with each passing mile, we arrived in front of a huge, sprawling main building echoing former grandeur. Friendly folks greeted us explaining briefly that the tenets of the founder, Bernard Macfadden were still in effect!

We were informed quickly of the scientific nutrition, physical activation and thorough relaxation based on the natural methods which were to be ours. As I unpacked, showered and headed for a Swedish massage, I had a second thought. They were quickly dispelled by handsome masseuse, Isabel Gunther in a white sheet safety-pinned at the shoulder, a compromise between a sari and a toga.

Forty-five minutes later, without the usual slapping or spanking, pinching or pummeling, Mrs. Gunther had explained, with the assistance of her "knowing" fingers, how her massage increased circulation. The resultant feeling of relaxation made me feel I'd already had a two weeks' vacation. I took the stairs, two at a time, to shower, dress and get ready for dinner.

Soon we were seated in the middle of a large dining room with a smaller "diet dining room" adjoining. Here, according to the various individual diets, guests pay more for less! Some are on a five-day diet of grapes. Others on a straight five-day diet of watermelon, citrus, or cantalope. The fact that guests are practically guaranteed to lose weight makes this a most desirable routine.

Since 70 percent come to lost weight, diet is much discussed. People also come to this quiet hotel for rest and relaxation, a tension-free vacation as a break in their busy, hectic lives.

Supreme court judges, musicians, business men, people of all walks of life and from every part of the United States come to rest, relax, reduce. Each guest has the enthusiasm of an evangelist.

No alcoholic beverages are served. No smoking was seen in the building. Sugar is served only when definitely requested, honey being the natural "health" sweetener preferred. After a delicious dinner of steak, salad, sweet corn and cantalope, we hiked around the heavily wooded grounds. Some guests went to play bingo. All gathered around nine o'clock on the roof to dance till midnight.

The "Dansville nightcap" consisted of honey, melba toast and tea served in the diet dining room. Some danced on much later. Others called it a day because seven o'clock comes early! We slipped out of bed and into hiking clothes. It was raining in a half-hearted way. In the same mood, we went to meet fellow hikers and pace-setter Al Weiss. "You're late. We'll have to hurry," he urged.

Half hour later, we arrived at the Reservoir where exercises were given and we headed back with more pep than when we started. The rains increased, too, causing little rivars to run down the hungry hikers. After a hearty breakfast, hearty exercises, including push-ups were the order for an hour. Huffing and puffing, we launched into the exercise class which was to follow.

Al Weiss led the conga line of guests of assorted ages, sizes and shapes through the wildest, gayest antics ever observed. It was more fun especially when done to the music of concert pianist Ina Dale. Seventy-three years young, she's a story in herself. Weekdays, she conducts slantboard exercises that she developed to improve her severe prolapse thirty years ago.

Mrs. Dale looking and acting more like fifty-three than seventy-three has been social director and instructor there for over twenty years. A complete inspiration to all who know and work with her, she believes that the rhythms of music play an important part in keeping one relaxed, youthful and gay. She proves it by developing new interests, living in harmony.

Mid-afternoon and time to leave! We slipped into the car, headed for home but hoping to return one day. Out on the highway, Ken slid a candy bar in my direction with "Here's your reward." He started nibbling on one himself. Guilty, I followed suit. But somehow, it wasn't nearly as good as the honey, melba toast and tea at midnight.

Dispensation For a Bishop?

St. Columbans, Neb. — A "slip" of a girl gave an Irish missionary bishop a hearty laugh recently.

Columban Bishop Thomas Quinlan, Ordinary of the Diocese of Chunchon, Korea, was enroute from Chicago to Omaha on a United Airlines flight. When the plane touched down at Des Moines, Iowa, the prelate debarked to have a smoke, explaining to the stewardess that, as he smoked a pipe only, he couldn't enjoy a smoke in the air. "Cigarettes only, you know."

"Oh, your excellency," replied the stewardess, "you should have asked me. That is left up to the discrepancy of the stewardess!"

Retreat Center
Assisi — (NC) — A retreat center for non-Catholic clergy will open at the Franciscan San Damiano monastery here in September.

German Movie

Berlin — (NC) — The German Catholic film commission gave an A-1 rating, and special recommendation, to the United Artists' release, "The Greatest Story Ever Told." The same distinction of the film, received from the Legion of Decency in the United States.

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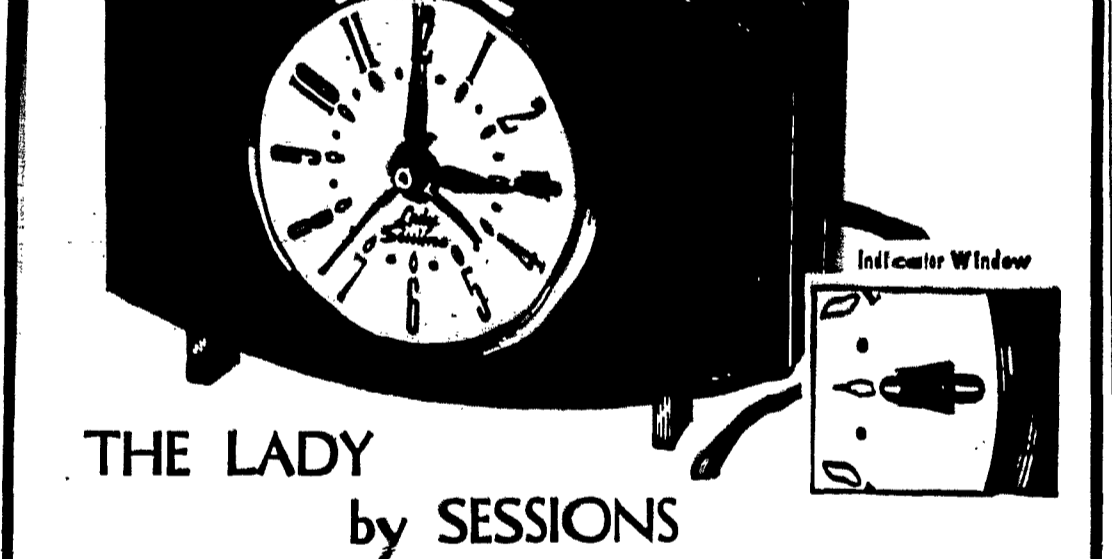
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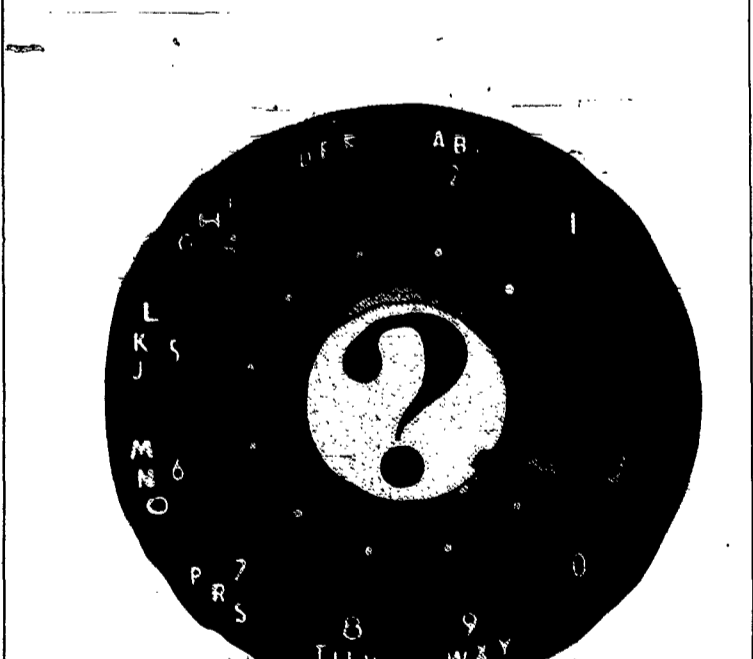
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Dansville—Mr. Richard P. Schledom served their gold anniversary. The (Mass at St.) Dansville. Father Wuest received vows before the altar, Mrs. Michl, bride's sister, Schledom.

The Schledom a son, Richard, a daughter, Mr. Lin. Pittsford. B employees of the ing Co. Mr. Schl 1960 Following the company, M 1962, after 30 y

Both are affi Dansville Counc a Fourth Degre she first vice-p Auxiliary.

A hunting-enthusiast, Mr. Schledom is a member of the and Game Club. ad he has been the National ety and a frequent Notre Dame Re

Mrs. Schledom nancial Secreta LCBA Branch fo is a member of Rosary Society. affairs, she is Women's Demo both town and

Profe

SISTER M. J. ICA, O.S.F., the abeth Frascini her perpetual ter of St. Fran les at the All house on Aug the daughter o J. Frascino of parish, Coldwa ated from Our Counsel School's Comm School.

Funeral H For Helen

Requiem Mass Yerger, admini bion's Arnold G Hospital, wa Blessed Sacram Rochester on T 1965. Monsignio Anifr was the c

Miss Yerger, Rochester, died 6, 1965. A 34- hospital work, s ministrator at t pital for the Ja had planned to

She is surviv Mrs. David Ro field, N.Y., and George and Wa of Rochester.

Assisting at t were Monsignior nors and Fath Feeney. Father said the comm Holy Sepulchre