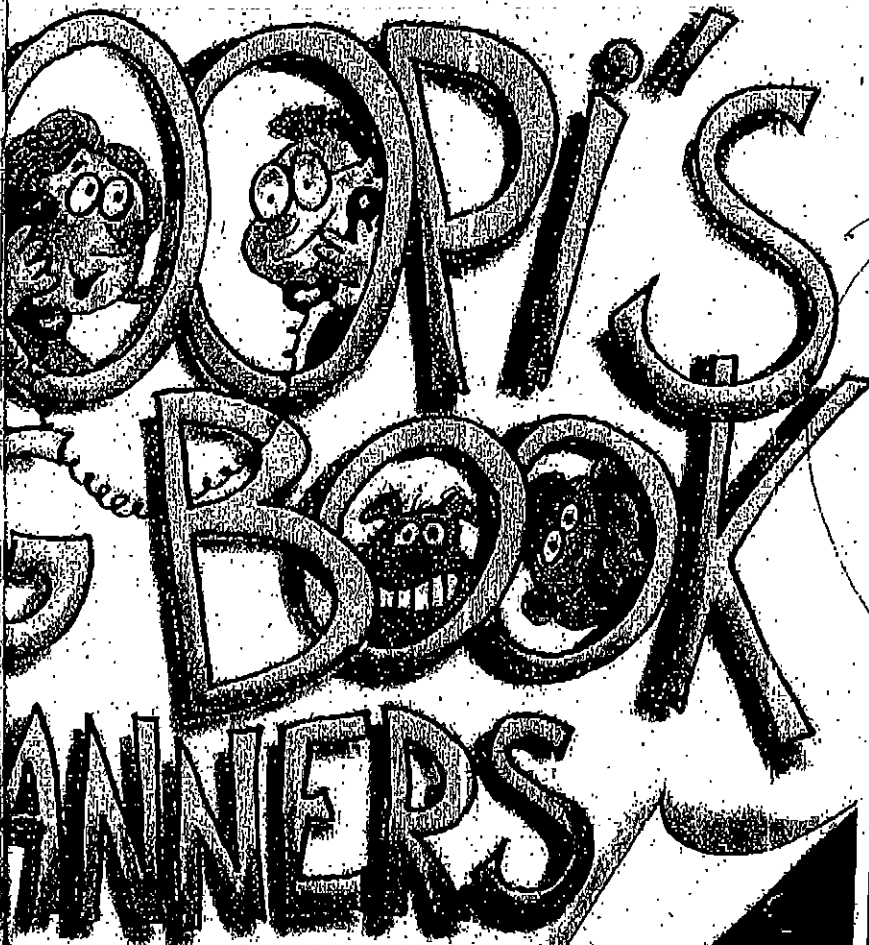


& Leisure

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at the Sun, the cover of "Whoopi's Big Book of Manners" by Whoopi at the Sun.

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stodgy while reminding us that reasonable table manners make a meal more enjoyable for all.
• "Don't Forget Your Etiquette! The Essential Guide to

NOTES

YWCA plans holiday gala

The YWCA, 14 Clayton Ave., will host a holiday gala with arts and crafts, bingo, music, cookies and punch and a special visit with Santa and Mrs. Claus from 10 a.m. to 2 p.m. Saturday. This free event is open to the entire community. For more information contact the YWCA at (807) 63-9661 or e-mail info@cordlandywca.org.

Home uses turkeys as therapy

Residents at Northwoods on Kellogg Road used a stuffed turkey as part of a group activity program promoting tactile and sensory perception before Thanksgiving. Lee Joyner, the center's rehabilitation director and also an avid turkey hunter, showed the residents turkey-hunting techniques. The residents used their hands to try to imitate turkey calls and were able to see and touch the lifelike replica of a turkey.

Bridge scores

Linda Christy and Sharon Berman were first in Wednesday's duplicate bridge game with 30 points. The average score was 26. Jim McConnell and Bob Gros placed second with 28 1/2 points. Laura Simon and Barb Klockowski placed second with 25 points. The group will play again at 7 p.m. Wednesday. Jim McConnell and Dick Russell took first place in the Friday game with 31 1/2 points. Average for the game was 24 points. Barbara Gage and Bob Gros placed second with 29 points and Dorothy Colaw and Barbara Roller were third with 25 1/2 points. The group plays at 10 a.m. Friday at the Cortland YWCA.

War toys topic of DAR meeting

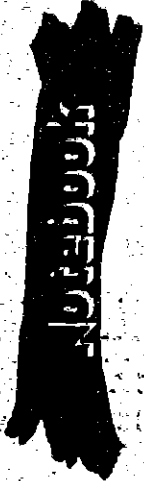
The Troughnioga Chapter of the Daughters of the American Revolution met Nov. 13 at the Holiday Inn. The guest speaker was Joe Cortese, a history teacher at Homer High School. He gave a talk on how toys for boys were affected by wars

Friday 11/17/06 - Cortland Standard

Northwoods to present speaker series

Northwoods at Cortland will offer its first speaker in a series to highlight health issues, free to the public, from 6:30 to 7:30 p.m. Nov. 22.

Lee Joyner, director of rehabilitation, will kick off the talks with a joint and energy conservation informational session. The presentation, which takes place at the 28 Kellogg Road facility, will focus on utilizing correct body mechanics and conserving energy, which is beneficial for all ages, especially during the winter months when shoveling and other outside activities are prevalent. Joyner will also show attendees how to prevent injury.



Refreshments will be served and a question and answer segment will be offered. The speaker series will continue throughout 2007.

Zonta Club to meet November 28

The Zonta Club of Cortland will be meeting at 6 p.m. Nov. 28 at the The Cortland Country Club. A guest speaker, Sharon Steadman, has organized a presentation for the group about her recent trip to Turkey, where she spent over

five weeks continuing her annual archaeological digs in the Middle East. Steadman has spent her summers in the Middle East for 14 years studying ancient cultures through various items collected during excavations. She is an associate professor of anthropology at SUNY Cortland, and received her doctorate in 1994 from the University of California at Berkeley.

If you are interested in attending this month's meeting, please call Marilyn Stoker, (607) 749-3794, for reservations. Also, members bring food, pantry donations (canned and packaged foods).

The Zonta Club of Cortland is one of over 1,200 clubs worldwide, contributing to various service projects both locally and worldwide. For more information about Zonta, go to the local web site, www.zontaofcortland.org.