

Dinner for one

By Brian Outhouse

Area residents gathered at the West Elgin Community Health Centre recently to learn how to prepare nutritious meals. The day long event featured Public Health Dietician Shirley Kosky from St. Thomas explain to the crowd that cooking for one or two does not have to be an expensive proposition and that a good bowl of homemade soup is full of nutrients.

Kosky used a number of charts and graphs in her presentation which depicted a wise choice of the basic food groups, dairy, meat, vegetables, and fruit to maintain a healthy lifestyle.

As for dieters Kosky explained

that those people who want to lose those unwanted pounds can do so by eating smaller portions at mealtimes and start a regime of exercise.

After her presentation a group of people joined Kosky in preparing a healthy dish composed of meat, cheese, and other ingredients which all the participants enjoyed.

Kosky is available one day a week at the Community Health Centre and she will be glad to help anyone with a dietary problem as long as they have been referred to her by their family doctor.

The Community Health Centre has several more programs upcoming for area residents to participate in the near future.



DINNER ANYONE - Shirley Kosky, from the St. Thomas Health Unit demonstrates to a crowd of people at the West Elgin Community Centre how to cook nutritional meals.

October 14, 1996



Helen Fawcett listens as Robert Taylor explains chiropody.

July 1996



Dr. Anna Rogers chatted with supporters (left to right) Venus Trudell, Szanadue Trudell, Tabitha Bouw and Connie Bouw following the rally for Rogers last Thursday at the Rodney Legion. The group were dressed up to protest government cutbacks.
(K. Robinet)

New physician in place at Community Health Centre

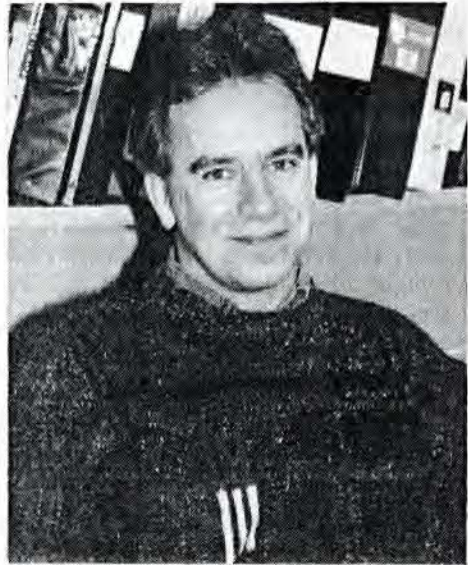
BY: KAREN ROBINET

Even though he's been working at the West Elgin Community Health Centre since November, Dr. Kevin Mardell has only recently begun keeping regular hours at the facility.

Mardell, a family physician, is now working at the health centre Mondays and Tuesdays, as well as every other Wednesday.

Born in England, Mardell emigrated to Canada as a teenager, locating in Hamilton with his family. He attended McMaster Medical School and then went to the University of Western Ontario where he had his two years of Family Medicine training.

He now lives in Belmont with his wife and two young sons. Since finishing his medical training six years ago, Mardell has been busy doing *locums* (temporary placements) for vacationing doctors, primarily in the St. Thomas and Aylmer areas. He also has his own evening practice in Belmont. "It sounds chaotic," Mardell says, "but I enjoy the variety."



Dr. Kevin Mardell.

When the position in West Lorne came open, Mardell felt it would be a good step for him. As much as he enjoys the variety of doing *locums*, "there are tradeoffs," he says. "You don't get to know people as well as you'd like to, and maybe this (position) will give me that."

The health centre currently has only one other physician, Dr. Stephen Jones, who is employed full-time. However, he is currently involved in some community outreach and developing different programs, so another physician was needed to fill the gap.

Although this is his first time working

FEB. 12/96

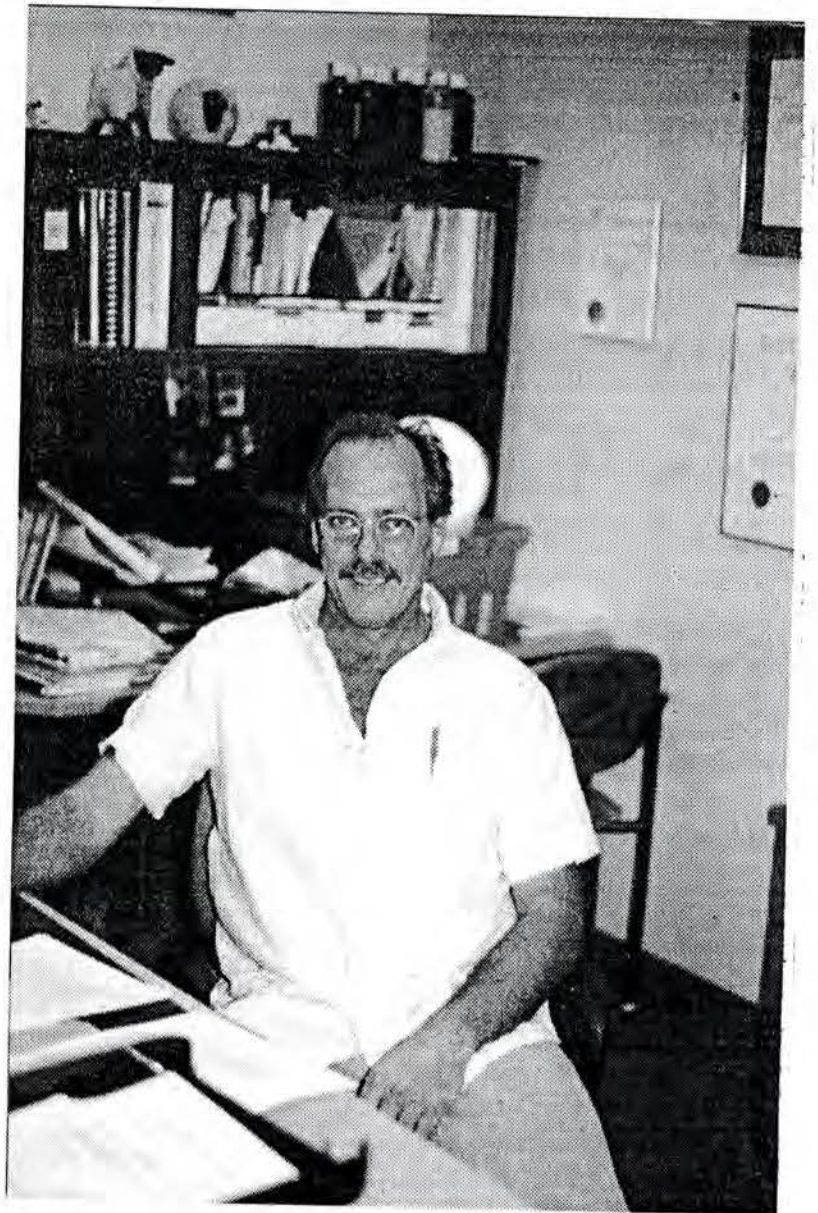
at a community health centre, Mardell says the concept is very similar to the way the Victoria Family Medical Centre in London is run. "The general philosophy is very similar to a teaching family medical centre," he says, pointing to the team environment in particular. Mardell says he enjoys the atmosphere of the health centre, and appreciates the fact that referrals and recommendations can be done internally.

However, while he believes that health centres are philosophically the way to go in health care, Mardell says that it is a costlier alternative to the more traditional method of health care delivery. With a focus on prevention, Mardell says the benefits are more long-term than short-term, which doesn't always translate well to politicians. But, he does believe that centres such as the one in West Lorne are being looked at carefully and their benefits will ultimately be considered.

As well as working at the health centre, Mardell is also affiliated with and has privileges at St. Thomas-Elgin General Hospital, while Jones has privileges at Four Counties. Mardell says he hopes to be able to work with patients from the Dutton-Dunwich area who use the St. Thomas hospital.

In addition to having Mardell, the health centre will also have the services of chiropodist Robert Taylor available on a full-time basis as of February 14. Funding has been approved that will see the 'foot doctor' working out of West Lorne full-time until at least March of next year.

For more information on the health centre, call 768-1675.



WECHC gets new worker- The WECHC has acquired Tony Vanderloo under a co-op program to help aid and work with the youth of our area.

November 6, 1996

WECHC gets new youth social worker

The West Elgin Community Health Centre has added a new person to its staff. Tony Vanderloo is a co-op student from Lambton College. Tony is enrolled in the Child and Youth Worker Program which combines both classroom studies and field placement.

Tony is originally from the West Lorne area. In 1995 he moved to Alvinston to attend Lambton College. Tony pursued his college education out of an appreciation of the needs of today's youth. He

feels that young people need someone to talk to and more importantly someone to listen to them. He believes that by working with them on youth related community concerns that they will be involved in finding a solution.

Tony's previous co-op placements have been quite different from what he will be doing at WECHC. In Forest he worked in an open custody facility where he worked closely with troubled teens.

He also had experience

working in the London Public School system where he helped young kids cope with everyday stresses that they experience.

At WECHC Tony will be involved in a wide range of activities. He will be involved in individual and group counselling at the centre as well as being out in the community working with the local schools and pulling together a youth advisory committee. Tony is at the Centre on Thursdays and Fridays.

WECHC gets new executive director

The West Elgin Community Health Centre has a new administrative director in Marina Lundrigan.

Marina comes to West Elgin with plenty of experience under her belt as she was a consultant to the non-profit sector, supporting them in new directions and programs.

She has a Master's degree in Environmental Studies from York University and she was also the co-founder of the London Inter Community Health Centre which stresses an urban multicultural theme.

After working for several years in the big city Marina felt the need to return to rural roots and that is why she chose to come to West Elgin.

She firmly believes that a small community such as ours is a tighter knit body of people and that the centre could play

development of the community through various programs and services that are provided by the centre.

Lundrigan is a people person and her main goal at the Centre is to make area residents feel comfortable about the centre.

She hopes that area residents will continue to feel "an ownership" of the centre. She stressed the centre is there to respond to the community's needs.

She also stresses that the health centre is not a walk in clinic per say but the centre does offer on an appointment basis area residents primary health care with a qualified physician on the premises as well as other health professionals such as a social worker, a foot doctor, and a dietician.

Lundrigan also noted that the area is in desperate need of

good health care as some doctors have left Elgin County the Health Centre will do its best to provide an excellent standard of health care for area residents.

Marina also stated that the health centre will be more involved with the community in the future as the centre has some new programs slated for the future which should be attractive to the residents of the area.

Marina urges all residents in the area to check out the centre to see just what the centre offers and make suggestions about what they would like the centre to be.

All area residents are invited to come to the Centre's Open House, September 18 from 4:30 p.m. to 6:00 p.m. or the Annual General Meeting from 7:30 to 8:30 p.m.



New Director- Marina Lundigan the new executive director of the West Elgin Community Health Centre is hard at work planning new activities at the centre. (Star Photo).

Being a senior isn't sissy stuff, Funshop III participants hear

BY: KAREN ROBINET

Being a senior isn't for sissies. That was the theme of last Wednesday's Funshop III held at the Rodney Legion.

Sponsored by the West Elgin Seniors Project, the Funshop has become an annual event, drawing seniors from across West Elgin.

Last week's event attracted over 100 seniors who got together for fun and fellowship. "We're here to learn, to laugh, to listen to others and be listened

to," Funshop chairperson Jill Soos told the crowd.

The first guest speaker of the day was Nancy Fazackerley, CEO of the Elgin Community Care Access Centre (CCAC).

Fazackerley outlined the origins of the CCACs, which were set up across the province, primarily on a county-wide basis in 1996 by Health Minister Jim Wilson.

She said the CCACs are designed to create some consistency in the delivery of services

and provision of information to those interested in long-term or short-term care, as well as help seniors access services so they can stay at home longer.

A volunteer board was established in Elgin, consisting of 10 people, including local representative Jean Georgevich. In the future, Fazackerley says the plan is to move towards elected board members, similar to hospital boards.

Creation of the CCACs resulted in the amalgamation of

home care services and long-term care services, forming an umbrella organization which takes in many aspects of care provided not only to seniors, but to disabled adults within the community.

Services provided through the Elgin CCAC include physical and occupational therapy, as well as homemaker services and dietary counselling. The CCAC also works as a go-between for clients and care facilities.

Fazackerley said that with patients being released from hospitals sooner than ever, the services of the CCAC are becoming increasingly important.

"We may be called in to change dressings, look at assistive devices and so on," she said.

And for those considering moving out of their homes, the CCAC will assist clients in exploring all of the options available to them. Fazackerley says her office is available to answer numerous questions and deals with queries such as is anyone available to trim the toenails of a senior who is no longer able to, or whether respite is available for senior caregivers.

She said that short-term care is available and can be a great help to seniors caring for their partners at home. Whether it's just for few days or a few weeks, Fazackerley said short-term admissions to facilities are available.

She also told those in attendance that the CCAC can help set clients up with such things as hospital beds, meals on wheels programs, or homemaker services.

She urged anyone who isn't familiar with the program, or who has questions to call. On the first phone call, a receptionist will ask for some information and determine whether or not the client needs to speak to a case manager or placement coordinator. "We will work together in developing a plan of care for you," said Fazackerley, adding that as the needs of the client change, so do the services provided. "We're very flexible," she said.

However, she also reminded the group that, "the health care system can't be all things to all people," and that friends and family are appreciated when it comes to caring for people.

For more information on the CCAC, call 1-800-563-3098.

The day also included smaller group discussions, entertainment and keynote speaker Eleanor Wood, who spoke on the need for a positive attitude, and suggested that, "old age isn't so bad if you consider the alternative."



Organizers of this year's Funshop III are: (back row left to right) Agnes Gosnell, Elgin Seniors Project chairperson Hilde Morden, Funshop III chairperson Jill Soos, Jean Georgevich (front) Mary Payne and Terry Heeney.



Nancy Fazackerley.

Dr. Pearce, Munro leaving

The names of the two area doctors planning to leave this summer are Dr. Glenn Pearce and Dr. Susan Munro.

Dr. Pearce confirmed with **The West Elgin Chronicle** that he and Dr. Munro will be leaving effective June 30. Dr. Munro will be heading to Chatham, where her husband is a school teacher. Dr. Pearce says he is moving top the Kitchener-Waterloo area.

Both doctors are currently located in the Newbury Medal Clinic, located next to Four Counties Health Services (FCHS). According to Dr. Pearce, all medical equipment in the

office, along with computers, etc., are owned by himself and Dr. Munro and will

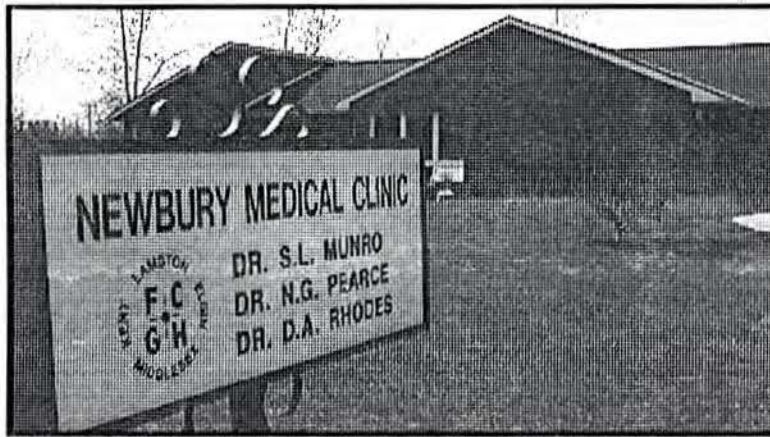
be taken with them when they leave.

With the departure of the two doctors it brings the total number of family physicians

with active privileges at FCHS to just four. Of those four, only three cover the hospital's emergency room.

The four counties area, which serves approximately 16,000 residents in Middlesex, Elgin, Kent and Lambton Counties, has been recognized by the province as having a physician shortage under the Underserved Area Program. The program states that 10 family physicians are needed to properly serve the four counties area residents.

Hospital officials continue in their efforts to recruit new physicians to the four counties area using such methods as a mass mailout to 3,500 family physicians across Canada.



RESOURCE CENTRE OPENS



Present for the ribbon cutting were Peter North-M.P.P., Trudy Balint-Councillor, Janet Pinter-Co-ordinator and Mayor Duncan McPhail.

On Friday, September 25th the grand opening of the West Elgin Community Parent Child Resource Centre was held with a ribbon cutting.

Hot dogs, pop, balloons were passed out. Everyone was able to sit and enjoy Bill Graham and Carl Bobier as they played music for the children.

Jasper the Jester went around to see all that attended. The Royal Bank's own Lion was out visiting as well.

The proposal was brought to Council in March and with the Community's support this has become a reality. There will be a drop in centre, toy lending, lounge for parents downstairs and Tiny Tots will still be upstairs.



The Board of the Bereavement Resource Council of Elgin (BRCE) recently met to welcome Tammy Herring-Kittelberger back to the position of part-time coordinator. Pictured here, back row from left, are Daphne Spence, Malcolm Rust, Ron Allen, Darlene Toogood, Joy Scafe, Pam Page and Tina Dueck. In front, from left, are Mary Frances O'Hagan, Herring-Kittelberger and Wendy Farmer

Good Greif lectures for West Elgin

"We laugh, we cry, we remember, we go on."

This is the motto of the West Elgin Committee of the Bereavement Resource Council of Elgin (BRCE) which is organizing another series of six "Good Grief" lectures.

These will be held on the last Monday of each month, starting April 27 at 7:30 p.m. at the IOFF Hall in West Lorne. The first lecture, Forever Changed, will be given by BRCE coordinator Tammy Herring-Kittelberger.

The BRCE is a non-profit organization that provides information, support and education for those who have experienced a loss by death. All board members are volunteers from various communities throughout Elgin County.

The BRCE, which is funded by the United Way of Elgin and charitable donations, has a part-time coordinator and a toll-free long distance call line.

There are three BRCE working committees (West Elgin, East Elgin and St. Thomas) that develop programs to meet the needs of each local community.

The members of the BRCE West Elgin Committee are Bob Karn, Diane Sercombe, Pam Page, Joy Scafe and Mary

Frances O'Hagan.

Adult support groups are held in St. Thomas, Aylmer and West Elgin. A baby loss group and a youth group are also offered in St. Thomas. Upon request, teen support groups are held in high schools throughout the county.

For example, one support group was recently held at a high school for 13 teens that had experienced the death of a parent. The support groups are lead by trained facilitators. The BRCE also offers crisis support services, such as in the case of a multiple death or a community tragedy.

Most experts in the field of grief and bereavement report that in the vast majority of cases, healthy grieving is best achieved through individual or group support and does not require professional counselling or medication.

The bereaved usually say they

have lots of support immediately following the death, but this support tapers off and by three to six months they are expected to "get on with their lives."

Often the bereaved person hesitates to ask for help from family or neighbors, as they don't want to be a bother as "everyone is so busy with their own problems and chores."

Also, in western culture, grief has become sterilized and is often regarded as an illness or at least an unhealthy condition. For these reasons, people often do not receive healthy supports that will help them in their grief work.

The BRCE is one organization that provides a healthy support system for the grieving and the bereaved in Elgin County.

For more information about the BRCE, call 633-2149 or long distance toll-free at 1-800-463-1810.

- Staff Changes -



Welcome to **Lorraine Thomson**, our new Nurse Practitioner, who replaces Joanne Opsteen who had been with the Centre since its early beginnings. All the best, Joanne.

Lorraine joins us from the Ogden East End Health Centre in Thunder Bay, where she practiced for five years. We look forward to benefitting from her skills, not only as a NP, but also from her understanding of rural health concerns. She has a great sense of humour and is a much needed

addition to the CHC team and to our community.

Cynthia Roodzant has been with the Centre since September. Don't be surprised if you haven't seen her when you visit the Centre, but her role as a Child Youth Worker keeps her very active at West Elgin Senior Elementary School. Cynthia's role is to provide one on one counselling and, with the help of Edith Roberts, our Child Youth & Youth Worker student, to run groups for students, such as Anger Management, and Self Esteem.

Cynthia obtained her training from Fanshawe College and has experience in open custody and group homes. She moved to West Elgin eight years ago with her husband Ken, a farmer in the Rodney area. She has formed strong community links through her involvement with the Tiny Tots Nursery School and the School Advisory councils of both Aldborough and WESES. Since joining the staff at WEHC she has been actively involved in the West Elgin Drug and Alcohol Committee and the Centre's Youth Action



Funding for Cynthia's position is a joint venture between the United Way and WEHC. It is already apparent that there is a need to expand Cynthia's role. If this is to happen, it will be necessary to look for financial support from not only the United Way and WEHC, but from organizations and groups in the West Elgin area. Program staff will be looking for cost-effective ways to meeting the increasing demand for her time.

MAY 31/95



Rebekah Lodge members Margaret Cavenor, Noble Grand; Georgina Jensen, LSVG; Gladys Lowes, JPNG; Loraine Tunks, IG; and Veronica Lane, from the horticultural society. This is the sixth tree the lodge has planted in West Lorne.



The West Lorne Kiwanis Club held its 45th anniversary recently and to show their appreciation to the women who have cooked their meals on meeting nights they were recognized for their help in making the Kiwanis Club the success that it is today. Pictured are (from left to right, back row) Shirley White, Sophia Howse, Kiwanis President Les Sewell, Fran Graham, Leola Lawrance, Mary Lippold (Front Row L-R) Hazel Stalker, Jean Jamison, Mary Rose and Kathleen McLarty.

November 29, 1995

West Lorne Optimists hold Youth Appreciation Night

by Brian Outhouse

Over 70 proud parents, teachers, guests and Optimist members joined together last week at the I.O.O.F. Hall in West Lorne to pay tribute to the youth of our area. The young recipients were recognized for their all round contributions to home, school and their community.

The event was chaired by Doctor John Shields who introduced the young award winners to the audience, and then the teachers and principals from their respective schools stated to the crowd why each student was picked to receive the honour.

Award winners from WESES were: James Murray, and Krista Mooser. Aldborough Public

School winners were: Sarah Vandevoren and Julia Mosher, while St. Mary's honourees were: Jason Vadenbrink and Teri Schnekenburger. WESS award winners were: Grant Karn, Rob Smith, Sarah Padfield and Charlene Carroll.

Optimist President Jim Coburn presented the awards to the students.

The Optimist club is a strong supporter of the youth movement in our area and the club has been honoring outstanding youngsters for their achievements in the area for several years.

To honour all the youth in the area the West Lorne Optimists held a free skate at the arena last Sunday.



Pictured are the elementary school award winners of the annual "Youth Appreciation Night" sponsored by the West Lorne Optimist Club. From left to right back row they are: James Murray (WESES) Krista Mooser (WESES) and Jason Vandenbrink (St. Mary's). Front row left to right Sarah Vandevoren (A.P.S.) Julia Mosher (A.P.S.) and Teri Schnekenburger (St. Mary's). Photo by Brian

West Lorne's premier service club The Lorna Rebekah celebrate 75 glorious years



Members of The Lorna Rebekah Lodge in West Lorne celebrated their 75th anniversary recently at the I.O.O.F. Hall in West Lorne. Pictured are the members of the lodge. From left to right back row they are: Fran Graham, Marion Hauser, Shirley White, Art Ross, Marie Timson, and Mary Belle Cook. (Middle Row L-R) Lauren Tunks, Dora Robbins, Marg Cavenor, and Sophie Howse. (Front Row L-R) Madeline Wilton, Jean McRae, Gladys Lowes and Jean Ross. Photo by Brian Outhouse.

by Brian Outhouse

One of West Lorne's premier service clubs the Lorna Rebekah Lodge ushered in their 75th anniversary in grand style recently at the I.O.O.F. hall in West Lorne.

The hall was a blaze of color as hundreds of balloons and streamers adorned the walls and ceiling of the hall heralding the grand event which will be etched in members minds for years to come.

Attending the festivities which included a ceremonial cake cutting by high ranking members of the fraternity were several guests and past members of the lodge from Rodney and St. Thomas, including Agnes Norris from Strathroy, Jr. Past President of The Rebekah Assembly of Ontario.

The Lodge has a distinguished record of service in the West Lorne area over the years particularly for their humanitarian efforts.

Lorna Rebekah loans hospital beds, wheelchairs, crutches, canes and walkers to those who need these items and every year the Rebekah's support the Salvation Army, the Daffodil Society and the March of Dimes.

Over the years the Rebekah's have also made donations to hospitals in London, St. Thomas, and Newbury. They have also made donations to our local fire departments and area nursing homes.

The Lorna Rebekah Lodge was born in West Lorne on January 10th, 1921. Those few early dedicated women held their meetings in the Campbell Block on Graham Street in West Lorne. The rental fees for their first facility were \$ 50 a year and the ladies had to maintain the rooms and do their own janitorial work.

In those early days meetings

were held every Thursday evening and officers were elected twice a year.

In March, 1930 the lodge found new accommodations and moved their meetings to the Eastern Star Lodge Rooms which were located in the MacDonald Block. The rent for these new facilities was \$15 a year paid in advance.

During the war years the Rebekah Ladies' did their part to support the war effort by aiding the Red Cross, knitting socks, sweaters and making Navy ditty bags for our boys.

The Rebekah's moved again in 1964, to their current home, the I.O.O.F. Hall on Chestnut Street in West Lorne.

In 1968 fire struck their new home, but the ladies' pitched in and helped repair the hall to its former glory.

The West Lorne Chapter also supports the 'President's Project' annually, and this year it is the Arthritis Society.

Sister Jessie Rose was the first District Deputy President for the West Lorne Chapter. She also served as Treasurer for 16 years with the club.

Currently the Rebekah's President is Noble Grand Sophie Howse and the Vice- Grand is Shirley White.

The group meets every 2nd and fourth Tuesday of the month and if anyone is interested in joining they can contact Sophie Howse or any other Rebekah member.

The West Lorne chapter of Rebekah has served the community and the area well over the last 75 years and may these dedicated women serve the area for another 75 years as they have made a difference in our community.



The 1995-96 executive of the West Lorne Optimists are pictured here after their recent installation by Lt. Gov. Jim Gardner. (Back row left to right) Vice presidents Jon Lorch and Jim Carmichael, Directors Doug Staddon, Bill Trask and John Shields (front) Treasurer Rose Carmichael, President Jim Coburn and Secretary Dorothy Staddon.

OCT 23/95

(photo supplied)

GREAT
FOR
SUNDAY

RIDE
CANCER
1 PM



Riding for Cancer - These local residents rode the distance in the battle against Cancer recently in West Lorne. From left to right back row they are: John Thomson, Leola Lawrance, Kathy Attridge, Bob Walker, Helen Mooser, and Mary Liepmann. Front Row left to right: Cam Milliken and Krista Milliken. The group raised \$1,500 towards the fight against cancer.
1996 (Photo by Brian Outhouse).

May 29, 1996

A blooming affair...

by Brian Outhouse

The West Lorne Horticultural Society held its annual May Flower Show at Grace Anglican Church recently with the theme "Spring Forward".

Members of the society submitted several varieties of garden flowers that were judged in different categories. The categories for the event were:

*** Container of fresh garden flowers.**

1. Daffodil- trumpet, one bloom, yellow daffodil - trumpet three blooms, any color.
2. Tulip, Darwin type, one bloom, any color.
- Tulip, Parrot type, one bloom any color.

3. Lily of the Valley, ten blooms and their foliage
4. Flowering branches, three of any combination, twenty four to thirty inches.
5. Iris, one stalk any type.

*** House Plants**

6. African violet, single crown, single bloom, any color
7. African violet, multiple crown or semi double any color
8. African violet, single crown, miniature any color.
9. Geranium, blooming any color.
10. Cactus collection, five in separate pots, may include succulents.
11. Hanging plants, trailing type plant
12. Spider plant, with trailing baby.

*** Annual plants grown from seed four plants**

13. Tomato plants, name and type
14. Pepper plants, name and type
15. Cabbage plants, name and type.
16. Petunia and marigolds.

*** Decorative Division "Spring Forward".**

1. Miniature, not over five inches.
2. Irish eyes- design in green foliage.
3. Mini roses- not over eight inches in any direction
4. Design in a basket- any size, pot pourri
5. Oriental design

Men Only

Decorative design in a boot-use your own imagination.

Winners of some of the different categories were: Frita Walker for her entry of Lillies of the Valley, George Lippold for his geranium entry, Mary Lippold for her miniature design, and Marie Steltenpool for her exotic white orchid plant.

Ralph Lane won for his Irish entry and Helen Timmerman walked away with her entry of Flowering Branches.

All the entries were judged by Henry Wyman from the Agricultural School in Ridgetown.



A blooming affair- Mary Lippold, Secretary (left) and Veronica Lane (treasurer) of the West Lorne Horticultural Society survey some of the winning entries in the society's Spring Flower Show that was held recently at Grace Anglican Church.

(Photo by Brian Outhouse).



It's springtime- George Lippold (left) and Leola Lawrance of the West Lorne Horticultural Society plant some geraniums and impatiens along with some spikes in one of the villages flower pots along Graham Street.

(Photo by Brian Outhouse).

1996

Women of distinction honoured at dinner

When 13 women were honoured as Women of Distinction at a dinner last Wednesday in New Sarum, three area ladies were among them.

The Women of Distinction Dinner was sponsored by the St. Thomas YMCA and held at the New Sarum Diner.

Lois Carroll was nominated for her work with the Crinan Women's Institute, West Elgin Daffodil Auxiliary, the Canadian Cancer Society and for her church work.

Ruth McKillop is an elder and a U.C.W. member of the United Church of Canada in Wallacetown. She is also the founder of Community Outreach and a Caring Cupboard volunteer.

Norma McMillan is the quilt draw convenor for the Women's Institute, patient services chairperson for the Canadian Cancer Society, and a member of the W.M.S. She is also a community volunteer in Dutton-Dunwich.

Congratulations to all three women.

APR. 96



West Lorne Kiwanians receive awards- Three long time members of the West Lorne Kiwanis Club were recently bestowed the honor of receiving the Mel Osborne Fellow award for their long time service to the club. The award is one of the highest a Kiwanian can receive. From left to right they are: Les Sewell, President of the West Lorne Kiwanis, Win nifred Liepman, award recipient, Harley Lashbrook, award recipient, Ray Jobson, award recipient and Kiwanian Bill Graham.

JULY 96 (Photo by Brian Outhouse).



Supporting Cancer - Bob Walker (left) Betty Field (President of the Elgin County Cancer Unit) and Mary Liepmann were just a few of the people who attended the annual dinner for the Cancer Society which was held at the West Lorne Legion recently.

West Elgin Cancer unit holds annual dinner

The Elgin County Cancer Unit held its annual dinner at the West Lorne Legion recently with over 100 people attending the annual event.

Opening ceremonies were conducted by Betty Field, President of the Elgin Unit who welcomed those who attended the meeting.

After Bill Simmons introduced the head table Jerry Cousins awarded Betty Field her 10 year certificate for aiding the Cancer Unit. Certificates were also handed out to Arn Funeral Home and Padfield's Funeral Home.

It was also noted at the meeting that the great ride for cancer was a huge success in the area and a certificate was presented to the Community Press for their coverage of this event.

After the ceremonies were over the Bob Walker introduced the Brieda Boys Band who entertained the crowd for the remainder of the evening with their blend of Irish and Scottish tunes.

Several door prizes were also given out at the event. These door prizes were donated by Mezenberg Flowers and West Elgin Pharmacy in West Lorne.

The evening was deemed a success by the organizers and they would like to thank the West Lorne Legion for donating the facilities. In closing the President of the Elgin Unit thanked everyone for attending and urged residents to keep supporting the cancer society. **CANCER CAN BE BEATEN.**



Scouting family aids area hungry- Local Beaver members of the West Lorne Scouting Community have been saving their pennies to buy food for the area's needy. The group raised \$31.50 in pennies which their four leaders matched making the total \$63. The group is seen here after purchasing the food at the West Lorne IGA where it was left in a drum to collect food for the area's food bank.

DEC. 1996

(Photo by : B. Skeldoch).