SEPT. 11, 2000

The West Elgin Chronicle

You can't officially start the new school year without introducing the new teachers at our local schools. The community welcomes the teachers and wish them best of luck in their new positions.



Aldborough P.S. - Catherine Stephen, left, teacher/librarian, Angela DeVries, secretary and Kim Tremblay, educational assistant.



WESES - Carrie Ostrom, left, Grade 7 and Krista Price, Grade 8.



WESS - Stephen Osterberg, left, History/Visual Arts, Meegan Campbell, English, Brenda Cowan, English and Melanie Thibert, History/English.



St. Mary's School - Joanne Anderson, left, Grade 1, Tanya Maric, Grade 3/4, Krista Fox, Grade 1/2, Keith Hoffer, Grade 6 and Grade 7/8 French and Deb Winia, JK



Dunwich-Dutton P. S. - Jim Bowden, left, Principal, Martha MacDonald, JK, Jennifer Duckworth, SK, Sandra O'Neill, Grade 5/6 and Christine Heyda, Grade 4/Learning Support Teacher.

EDUCATION 2000



Improving Education

St. Mary's School in West Lorne feels fortunate to be selected as one of 10 schools in the province to take part in creating school improvement plans. Through the Education Improvement Commission (EIC), the school's principal, teachers, support staff, school council and parents collaborated on the plan, which will start to be implemented this September. Here, EIC Commissioner Arlene Wright, left, travelled to the school to talk with the St. Mary's committee. Anna Podebry, centre, chairperson of the school council, and parent Helen Johnston shares some ideas and findings with Wright. JULY 3,2000

EDUCATION 2000

Page 18 - November 6, 2000



Take 'em

There were a number of young faces at offices throughout West Elgin and across the country last week as the "Take Our Kids To Work Day" gave Grade 9 students the opportunty to learn more on the transition from the classroom to the workplace and to encourage them to stay in school. Here, Brad Conway, right, a mechanic at Ripley and Giles in West Lorne, had family friend Jeff Walker with him to lend a helping and with the various repairs.



The students at St. Mary's School received a positive message on the importance of staying in school courtesy of some of the players from the London Werewolves baseball club. Here, Werewolves centre fielder Jason Borghese talks to students on how he mixes baseball with his education.



One of the

with the prestigious Pete Beach Award for his exemplary efforts as both a teacher and coach. Only 19 such awards are given throughout the province. McIntyre won for the WOSSAA (Western Ontario Secondary School Athletic Association) region. 2000

The West Elgin Chronicle

DEC. 11, 2000

West Lorne trio beginning to gel

From Grease to Gel! What began as a meeting between high school students Nathan Ouellette and Bruce Bobier in the pit band for the WESS production of Grease, has now turned into a self-titled CD and a performances across Ontario and into the U.S. for the West Lorne band Gel.

With the addition of bass player Andrew Schneider, the high-octane blues-rock trio have come a long way from their first paying gig at West Lorne's Town & Country Restaurant.

The idea to form a band

seemed inevitable when upon playing for the first time

Ouellette casually remarked how "we really gel."

And its been a quick ride for the young band, two of whom are still at WESS. The third, Bobier, is attending Humber College in Toronto.

The band's music blends blues with elements of rock, funk and

jazz improvisation. Their approach is akin to a supercharged version of 60s supergroup

Boston area this past summer.
"It's goes to show you that you never know who's in your audi-

ing Montgomery. "The U.S. experience was amazing. It's was

On Stage

Who: Gel, with Damndifino When: Sat., Dec. 16, 9 p.m. Where: The Whippet Lounge Cost: \$5

That, coupled with the intensity of punk and over-the-top stage antics, makes seeing Gel live an often riveting experience.

And it was that live experience that caught the eye of Rhode Island musician and promoter James Montgomery, who had nothing but praise for the band. In fact, he managed to book the band a handful of gigs in the



Gray Sees Red

Canada's Deputy Prime Minister Herb Gray made a stop at WESS last week to speak to the students, along with Elgin-Middlesex-London Liberal candidate Gar Knutson. Gray was hit with a number of interesting questions from the students including the areas of health care, national debt, gun licencing, farming and post-secondary education. NOV 2000



West Lorne's 'Gel' is Nathan Ouellette (guitar), Bruce Bobier (drums) and Andrew Schneider (bass).

2000

fresh, clean start for year 2000 WESS gra

By Bruce Bobier

Wow! We finally made it. How do you like those apples? The conclusion to the last four

or five years of our life, that has meant so much to us, is finally upon us. In the last few years of high school we've come a long way and learned a lot about ourselves and everyone around us.

We've learned how to treat others fairly, respect one another, how to factor Quadratic equations, how to find Freud in everything and some intense floor hockey strategies.

Now, as some of you may know, my summer job for the last two years has been working at the Dutton Library, and as a result I've managed to digest a fair bit of quality writing, most of which has been in the form of Calvin and Hobbes books.

While I was reading through this wonderful stuff, I came across a comic that, upon reading, I instantly noticed how it parallelled our lives

It starts off with the two heroes standing on top of a snow covered hill with a sled. Calvin says: "Wow, it really snowed last night! Isn't it wonderful?" Hobbes responds: "Everything familiar has disappeared! The world looks brand new!" Calvin continues: "A new year...a fresh, clean start."

To me, I feel that we have been given a clean start - full of potential. But our paths leave footprints, each step showing us where we have been; each footprint a memory.

print a memory.

From the finger painting of Dutton, St. Mary's and Aldborough, to the Home Ec. cooking/burning lessons of WESES; from our jello covered Grade 9 day to our Senior Prom we've travelled the path together

And although our individual paths have defined who we are,

we all stand in the same place tonight. Whether we attend university, start working, or even college, we take with us a lot that have learned at West Elgin.

With my newly found talents,

I've learned how to 'deriva-tise' just about anything. And I've learned a great deal about the lifestyle of the rhinoceros. We now have wealth of knowledge at our disposal that we will use regardless of what lies

ahead and as we learned in Miss Sethi's class: "It's all relevant." And with a deep sense of gratitude, we thank all the peo-

ple who have taught us along the

way, especially the teachers who have taught us vast amounts of knowledge and given us the abil-ity to succeed. We thank you.

And now we look forward to the future with eager anticipa-

tion, but we also need to stop and reflect upon what we have

experienced. How about when we were covered with various baking products for the better part of Grade 9 day? Or when the football team taught us that Parkside

really is the root of all evil? Not to mention the work put into prom, assembling all the various props to make it a success. But the most. And that is where we are - at a new beginning

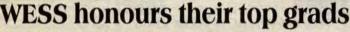
As Hobbes continues to say in the comic strip: "It's like having a big sheet of white paper to draw on." Calvin responds: "A

day full of possibilities." And at this point in our lives, we are faced with more possibilities than ever before.

Everyone around us is waiting for us to go out and show the world what we've got and who

As Calvin and Hobbes said, it is truly a new world where everything familiar has disappeared and we have a fresh, clean start just like a sheet of white paper

- full of possibilities. As Calvin says to Hobbes as they are about to embark on their journey into the great wide open: "It's a magical world, Hobbes ol' buddy, lets go exploring.



Whether it's time to enter the work force or continue their education, it was time to look back on years of memories at WESS as students share their favourite stories during commencement was held at the West Lorne school Oct. 5.

The following is a list of spe cial award winners from the

graduating class of 2000: Bruce Bobier - Bruce McPherson Prize; Krebsz Jewellery Valedictorian Award.

Jelena Boric - 2nd Honour Award; Business Education Certifi-cate; Fairless K. Food Market Grade 12 Commercial Award; CUPE Local 4222 Award

Carla Brown - 2nd Honour

Michelle Campbell - Ontario Scholar, 5th Honour Award, Sloan McKillop Teaching Scholarship; Kathryn Grace St. John Memorial Award; SAA Bursary. Teresa da Costa - Branch 221,

West Elgin Legion Bursary.

Jason Dos Santos - Technical

Certificate; Dutton & District Lions

Club Technical Award.
Corey Downie - Technical Certificate; United Steel Workers of America Local 4906 Award; District 184 Machinist Bursary

Adam Ecker - Tommy White

Memorial Award. Melissa Eston - Canadian Legion Branch 525 Scholarship; Sloan McKillop College Scholarship; Lt. Governor of Ontario Community Volunteer Award.

Delia Fagundes - Ontario Scholar, 2nd Honour Award; Elgin International Club Scholarship.

Marijn Fleuren - Ontario cholar, 5th Honour Award; West Scholar, 5th Honour Award; West Lorne Horticulture Bursary;

Rodney-Aldborough Agricultural Society Bursary; Mr. L. Special Award for Good Citizenship. Krista Ford - Business Educa-tion Certificate; Sloan McKillop College Scholarship; Branch 221, West Flein Legion Bursary Lords West Elgin Legion Bursary; Lorna Rebekah Lodge #217 Commercial Award.

Marcy Ford - Ontario Scholar; 5th Honour Award; Grace and Earl Lemon Scholarship; West Lorne

Horticulture Bursary.
Jeremy Giles - Business Education Certificate; 3rd Honour Award;
Mark Van Brenk Memorial Award.

Brian Guest - Business Educa-

Brian Guest - Business Education Certificate; Iona Station Community Centre Bursary.

Sarah Hentz - Ontario Scholars,
5th Honour Award; University
Women's Club Scholarship; Canada
Thust Good Sport Award. Trust Good Sport Award. Chris Hoglund - Technical Cer-

tificate

Jarret Hoglund - Special Chemistry Award

Darryl Howard Ontario Scholar; Branch 221, West Elgin Legion Bursary; IODE Bursary.

Jake Hunter - Technical Certifi-cate; R. A. Miller Motors Grade 12

Charlie Johnston - 1st Honour

Leah Kindornay - 2nd Honour

Cindy Knowles - Business Edu-

ation Certificate. Kerry Kulak - Ontario Scholar, 4th Honour Award.

4th Honour Award.

Carol Lilley - Canadian Legion
Branch 525 Scholarship.
Kellie Lilley - Canadian Legion
Branch 525 Scholarship.
Monique Loeters - West Elgin
Knights of Columbus Scholarship. Knights of Columbus Scholarship.

Brad McCready - Ontario
Scholar, 5th Honour Award; Reverend Stanley Lawrason Shippey
Scholarship; Dutton & District Lions Club Technology Scholarship.

Chris McGahan - Technical

Will McGuire - Ontario Scholar; 5th Honour Award; Rodney Ma-sonic Lodge #411 Award. Donna McKillop - Business

Education Certificate; Rodney Kiwanis Club Business Education Award; All-Round Good Kid Award

April McLandress - D. B. Gal-

loway Typing Award.

Cindy McLeod - Business Education Certificate; Dutton and Dunwich Chamber of Commerce

Scholarship.
Connie McLeod - Sloan
McKillop ECE Scholarship.
Scott McPherson - Technical
Certificate; Branch 221, West Elgin Legion Bursary; Laidlaw Education Services Scholarship (donated by

Cynthia Nurse). Simone Moreau - Ontario Scholar, 5th Honour Award; Wilf Johnston Memorial Scholarship.

Trevor Mohr - Technical Certifi-

Dennis Ocolisan - Technical

Dan Oliveira - Milner-Rigsby

Bursary.

Kevin Oliveira - Technical Certificate; Erie Flooring Technical Award.

Amanda Pennings - Ontario Scholar; 5th Honour Award; Erie Flooring Business Award; Rodney Lions Humanitarian Award.

Sandra Santos - Lenore Stevens Keillor & Stanley Keillor Memo-rial Scholarship; Chris Ayling Cystic Fibrosis Award.

Ben Schipper - Ontario Scholar; Branch 221, West Elgin Legion Bursary; 5th Honour Award; Stu-dent Council OAC Awards for Computer Science, Physics, Chemistry, Calculus and Algebra; W. D. Lancaster Award; West Elgin Phar-macy Advanced Science Award; cetown Optimist Comp Scholarship; Canada Trust Good Sport Award.

Katle Smale - Ontario Scholar; 5th Honour Award; Adah Chapter #276 O.E.S. Serenity Award; Wallacetown Optimist Music

Scholarship.

Lisa Smith - Ontario Scholar; 5th Honour Award; Student Council OAC Awards for History, French and English; Dutton & District Lions Club Proficiency Award; Gov-ernor General's Canadian History Medal for the Millennium; Dutton Advance English & History Year 5 Award; Bryan Foxton Award for Dramatic Arts; Blue Rose Music Bursary; Principal's Award for Stu-dent Leadership.

Colette Tobias - 2nd Honour Award.

Lee Ultvlugt - Canadian Legion

Branch 525 Scholarship. Jason Vandenbrink - Technical Certificate

Allison Van Dyk - Business Edu-

cation Certificate.

Laura Willie - E. F. Sercombe Bursary; Roy DosSantos Memorial Award.

Andrea Wolf - Ontario Scholar; 5th Honour Award; Business Edu-cation Certificate; OAC General Proficiency Award; Governor Gen-eral's Academic Medal; Reverend Stanley Lawrason Shippey Schol-arship; Student Council OAC Awards for Biology, Finite, Calcu-lus, Writers Craft and English; Sloan McKillop University S arship, Elgin District Dental Association Award.



2000 Valedictorian

Bruce Robier

The West Elgin Chronicle wisk all WESS grads the best of luck in their huture endeavours.





The SK students at St. Mary's School took time out last week to have a little Thanksgiving celebration of their own. The students learned about how Thanksgiving began and enjoyed some of the same snack that the pilgrims enjoyed such as popcorn, cranberries and apple butter. Here, Andrew Barfett, left, and Monica Ganhadeiro, both five-years OCT. 9, 2000 old, celebrate with a pumpkin tart.



West Elgin Secondary School Commencement Exercises Thursday, October 5th



2000

The Principal Has Recommended To The Minister of Education That The Following Students Be Recognized as Ontario Scholars





Amanda Pennings, Dutton Parents: Henry & Coby College: Mohawk Program: General Business Goal: Banking



Andrea Wolf, West Lorne Parents: Alexander & Elisabeth University: St. Thomas (N. S.) Program: Honours Arts & Science Goal: Criminology/Psychology



Ben Schipper, Wallacetown Parents: Ben & Johanna University: Waterloo Program: Computer Engineering Goal: Engineer



Brad McCready, Dutton Parents: Brian & Rosunne Murray, Colleen & Lloyd McCready University: Carleton Program: Electrical Engineering Goal: Work at Nortel



Darryl Howard, Dutton Parents: Niel & Deb University: Waterloo (St. Jeromes University) Program: Arts & Business Goal: Health & Safety Mgr.



Katie Smale, Dutton
Parents: Terri & Gerry
University: McMaster
Program: Social Sciences
Goal: Human Resources Mgt.



Kerry Kulak, West Lorne Parent: Linda University: Western Program: Engineering Science Goal: Car Design



Lisa Smith, Rodney Parents: Gary & Ann University: Queens Program: Honours Arts & Science Goal: Teacher



Marcy Ford, Rodney Parents: Tom & Lynda University: Guelph Program: Environmental Eng. Goal: Environmental Engineer



Delia Fagundes, West Lorne Parents: Antonio & Maria University: Toronto Program: Humanities Goal: Law



Marijn Fleuren, Rodney Parents: Peter & Idith University: Guelph Program: Ag. Economics Goal: Agri-business



Michelle Campbell, Wallacetown Parents: Don & Helen University: Waterloo Program: Honours Kinesiology Goal: Health related field



Simone Moreau, Dutton Parents: Guy & Rosemarie University: Wilfrid Laurier Program: Arts & Business Goal: Public Relations



Will McGuire, Rodney Parents: Mary & Mike University: Queens Program: History/Drama Goal: Law



Sarah Hentz, Wallacetown Parents: Michael & Ingrid University: Guelph Program: Marine & Freshwater Biology Goal: Participate in an international exchange to Australia in



Bobcat Girls

The Aldborough Public School girls volleyball team had a great season this past year. Back row from left are Jennifer Russell (coach) Danielle Wilson, Rhonda Knight, Kanda Ocolisan and Lauren Sheedy. Front row from left are Kim Lawrence (coach), Mary Jane Peternel, Krista Walker, Brittany Hein, Courtney Besley and Stephanie Youskow, Absent from photo are Saphire Wood, Amanda Thwaites and Shehg Sharma.



Kids Helping Kids

The students at Aldborough Public School are in the true giving spiritshis year as they are helping the Sleeping Children Around the World program, in which money is raised to purchase bed kits which are then distributed where needed around the world. To-date, money has been raised to purchase 15 bed kits. Here, Senior Kindergarten students Ryan Alderton, left, and Molly Ryan, along with teacher Sheila Fleming, show off some of the food they also collected.



Daffodil Bonanza

The students at WESES have once again shown their charitable spirit with their annual fund-raiser for the Daffodil Society. Dozens and dozens of canned goods, toys and stuffed animals were collected by the students. Here, Jamie Kirschner, in truck, gets a helping hand from Ross Giannakopoulos.

DEC. 18,2000

Tuning Up DEC.

West Elgin Adult Band clarinetist Sherry Ford gets a little pre-concert work in prior to the 'It's a Wonderful Time of Year - not just a Christmas Concert' last week at WESS. The concert, featuring a number of local musicians, was both a tribute and fund-raiser for the families of the recent tragedy at Orford Co-op in Rodney. Canned goods were also collected for the Caring Cupboard in Rodney.

Lifestyles

West Lorne WI help repair WESS instruments

The West Lorne Women's Institute held their November meeting at the West Lorne Complex with Olive Chambers chairing the meeting in the absence of president Mary Belle Cook.

The meeting opened with the Mary Stewart Collect. Minutes and the treasurers report followed. Chambers introduced the guest speaker, Shelly LeClaire, who spoke on abandoned animals. Shelly and her family take in these animals and look after them until new homes are found.

The animals are spayed and neutered, fed and loved until new homes are found.

A thank you note from the Fun Shop was received for our financial support. A donation was also given to WESS to help repair some of their instruments. The next meeting is scheduled for Dec. 6 and this will be the group's Christmas party as gifts will be exchanged.



Monsanto Money

Rodney resident and WESS graduate Marijn Fleuren, right, got a boost towards his education expenses as he was one of 60 students from across Canada to receive a \$1,300 Monsanto Agribusiness Scholarship. Fleuren is attending the University of Guelph in the Agricultural Science Program. Fleuren received several awards of distinction and was a four-year honour student at WESS, where he was active in volleyball, indoor soccer, curling and volunteered in local school track and field meets. By majoring in agricultural economics, Fleuren hopes to enter the corporate management field of a Canadian agricultural company. Here, Fleuren receives his cheque from Jim Inksetter, Director of Biotechnology Sustainability & Stewardship for Monsanto Canada Ltd.



The West Elgin Chronicle



The West Elgin Community Health Centre have received top honours from the Elgin-St. Thomas United Way for their involvement in the 1998 campaign. The "Gold Award" is given to businesses with a minimum participation of 80 per cent and an average gift of \$52 per person. Here, United Way CEO Terry Carroll, left, presents the plaque to health centre executive director Marina Lundrigan and campaign chairman Bob Logan.



Homework Helper

There's always someone to lend a helping hand at the West Elgin Community Health Centre's Homework Club. Run by local student volunteers, assistance is given on any homework difficulties younger students may be having. Here, Mike Palazzo, left, volunteers his time at the centre to help Eric McGill with his math homework. Palazzo is just one of close to a 100 volunteers at the health centre that were honoured recently at a Volunteer Recognition Celebration at St. Mary's Parish Hall. MAY

WECHC Administration Team keeping things on track

By Marina Lundrigan

The following is the first in a series of features introducing the various teams that make up the West Elgin Community Health Centre.

The West Elgin Community Health Centre (WECHC) Administrative Team provide many supports that clients or the community don't readily see, but without their work our building would quickly deteriorate and no one would be able to call in for an appointment.

The Ministry wouldn't get their statistics on time and our suppliers wouldn't get paid. Although their work is at times behind the scenes, they are vital to our opgration.

Team leader Iona Woolley is responsible for the overall administration at the centre. Her duties currently include getting the centre ready for Y2K and our upcoming accreditation process. She is well qualified to keep

She is well qualified to keep the centre administratively on track, as prior to joining the WECHC she worked for London Psychiatric Hospital and Tillsonburg District Memorial Hospital. Iona takes an active interest in her community and is a founding board member of the Dutton-Dunwich Horticultural Society.

Lorraine Geldart is our bookkeeper. Her role is to process payroll and benefits, purchasing, financial records and transactions. Lorraine is currently con-



Iona Woolle



Lorraine Geldart



Diane Van Dyk

the centre since its opening in
1994. Prior to joining the centre

she worked in reception in a doc-

Bob, from Rodney, describes

himself as a community volun-

teer, "jack of all trades" and, like

Paula, has been with the centre

since the beginning. Bob contrib-

tor's office.



Paula Alves

Bob Logan tinuing her education with the Canadian Payroll Association and she will complete her first courses in June of this year.

She has lived in the surrounding area for over a dozen years and also enjoys the aspects of small town living.

Paula Alves and Bob Logan

take care of the reception, telephone, client charts and support duties at the centre. Both believe it is very important to always try to help our clients and the community in whatever way they

Paula is a lifetime resident of West Lorne and has worked at utes much of his free time to the Kiwanis Club, Caring Cupboard, Crime Watch, and the United Church in Rodney.

Diane Van Dyk is our parttime receptionist and data entry clerks. She helps ensure that the Ministry receives our statistics on time and helps out with reception. Like Paula, she is a lifelong resident of West Lorne and in her spare time she teaches aerobic classes.

We are proud of the work that our administration team does not only within the centre, but also the leadership role they often take in our community.

Marina Lundrigan is the Executive Director of the West Elgin Community Health Centre and is responsible for overseeing the entire operation. If you have any concerns or comments, please feel free to call her at 768-1715.

Douglas Graham welcomed as new WECHS executive director

If his first week of orientation is any determination of what to expect, Douglas Graham is looking forward to beginning his role as executive director of the West Elgin Community Health Centre.

He takes over position, which was vacated by Marina Lundrigan, on Jan. 1.

Having a extensive background in the community health field, most recently in Mindemoya, ON, a small community on Manitoulin Island, Graham is familiar with the needs of rural Ontario.

"I know the values of a community this size are truly important to its residents," says



Douglas Graham

Graham, who enjoyed meeting a number of local residents at an

open house last week at the health centre.

"I'm pretty excited about the programs they already have in place here. It's a very holistic approach," he says.

Graham has had experience working in a variety of settings in his career including Sudbury Algoma Hospital, the Kitchener-Waterloo Health Centre and the Ministry of Health.

"The key here, which the staff is already playing a strong role in, is health promotion and prevention." he adds. Youth programs is also something Graham says he is interested in promoting.

The West Elgin Chronicle

February 19, 2001 - Page 5



Looking to help

Members of the West Elgin United Way Youth Committee are planning a day of lending a hand to those in need. The committee is made up of, front row, left to right: Miranda Joyce, Steph Tobias, Jackie Dos Santos and Margaret Bennetto. Back row: Elgin-St. Thomas United Way CEO Terry Carroll, Stuart Murray, Chris Grant and Loralyn Smith, Volunteer Youth in the Millennium Co-ordinator.

MAY 2001

Informing the public

The West Elgin Community Health Centre (WECHC) held a series of information sessions to inform the public about what the Health Centre is and the programs they offer. On hand for the public meeting in West Lorne were, from left to right: Mary Payne, Bob Walker, Douglas Graham, Executive Director, WECHC; Betty Ross and Shelly Vergeer, Volunteer Co-ordinator Long Term Care Programs, WECHC.

Tremendous support for local United Way

West Elgin reaches 87 % of goal. Elgin County goal is at 66 %.

West Elgin and Dutton/Dunwich are ahead in the United Way race and have already reached 87 per

cent of its goal The West Elgin campaign, which consists of both municipalities of West Elgin and Dutton/Dunwich have raised \$12,382 so far out of its \$14,200 goal. That is well ahead of the rest of Elgin County which is at 66 per cent (\$658,171 our of \$1,002,001). Two thirds of the donations came from personal gifts and it United Way's Barb Edwards says it just shows what a generous community the residents in this region really are.

The largest contributors to the West Elgin campaign are the West Elgin Community Health Centre, GKN Walterscheid Canada and lo-

cal public schools.

For instance, the West Elgin Community Health Centre had 100 per cent participation from staff thanks to the efforts of West Elgin UW chair Bob Logan and Doug Graham.

Edwards also added that the campaign wouldn't be a success thus far, without local volunteers and West Elgin residents Terry Heeney, John McIntyre and Liz McNeil who have dedicated their time to canvass the area and ask for donations from local compa-

The United Way dollars not only help the WEHC, who is one of 23 member agencies, but also supports the local YWCA, Canadian Mental Health, Youth Employment Counselling Centre and Bereavement Resource Council in the area just to name a few.

A final announcement about the West Elgin and Dutton-Dunwich campaign will be made in December.



with the community support coming from the West Elgin region. Pictured here in front of the thermometer in West Lorne are West Elgin Community Health Centre members Doug Graham and Bob Logan with United Chair Ken Monteith and Barb Edwards United Way PR Co-ordinator. The communities in West Elgin are being asked to finish the campaign off by bringing the total to 100 per cent and beyond. If you notice carefully, you will see Logan is holding the final slat that will bring the total to NOV. 26/01 100 per cent.



For a worthy cause

The Multiple Sclerosis Society of Canada Elgin County Chapter recently sold their signature flower, the carnation, to help raise funds for research. Pictured, Joleen Crawford holds a colourful bunch of the blooms which she and her mother, Kathy, sold in West Lorne on Saturday, May 12th. They helped raise \$200.00 for MS.



Didn't Feel A Thing
Hundreds of local residents rolled up their sleeves last week as the

Elgin-St. Thomas Health Unix, in collaboration with the West Elgin Community Health Centre, offered the "Let's Beat The Fla" community clinics at WESS. All residents of Ontario are being offered free flu shots this year. Here, Cheryl Vunderween gives a big hug to her daughter Cassandra. 2, as public health nurse Mary Taylor administers the flu shot. Cheryl, Cassandra, and her brother Gregory were just three of the 448 who received their flu shot. For the locations of further flu clinics, you can call the health unit at 631-9900. DEC 2000

The West Elgin Chronicle SEPT 25 /00



Arthritis Awareness

The West Elgin Community Health Centre has once again started up its "Soups On" program at the West Lorne Complex. Last week's gathering featured a talk on arthritis owneness and what could be done to alleviate some of the pain that arthritis causes. Here, Kelly Schiell, left, Occupational Therapist with the Arthritis Society, Consultation and Rehabilitation Services, shows some of the handy gadgets available through the Arthritis Society to Sandy Bond.

Page 14 - December 11, 2000

Chronicle

Frozen meal service helps local seniors, disabled stay healthy

Do you know someone who is finding it hard to prepare healthy meals these days because of their advanced age or a disability?

Well, the new local frozen meal service available through the West Elgin Community Health Centre can solve that problem. The new program is a service that compliments the centre's hot meals program (Meals on Wheels).

Frozen meals are supplied by Private Recipe, a company which has been in business since 1989. Special diets available include regular restricted fat, gluten free, renal, vegetarian, diabetic, dental soft, restricted sodium and pureed. Currently, entrees cost \$4.50 and must be ordered in groups of seven. Soups and desserts are also available for \$1.50 each.

With more than 25 entrees to choose from including beef, pork, fish and poultry dishes, there is something to meet everyone's taste. Add to that a dozen soups and 18 desserts and the combi-

nations are endless.

The program is great for local individuals:

♦living in the rural areas where the hot meal program is available only three days a week and/or whose driveway may be too dangerous for volunteers to attempt on stormy days.

 with special diet needs such as lactose free or gluten free.

- •who are active during the day and are not at home over the lunch hour when meals are delivered.
- who need assistance with evening or weekend meals.
- who want to ensure their diets are nutritionally balanced and providing a high proportion of daily dietary requirements.

The people who receive these meals stay healthier, are more energetic and better able to live a full and independent life, according to the health centre.

These meals also make great Christmas gifts! For more information on frozen meals, becoming a frozen meal volunteer driver, or for gift certificates, call Shelly Vergeer at 768-1715 ext. 210.



Over The Top

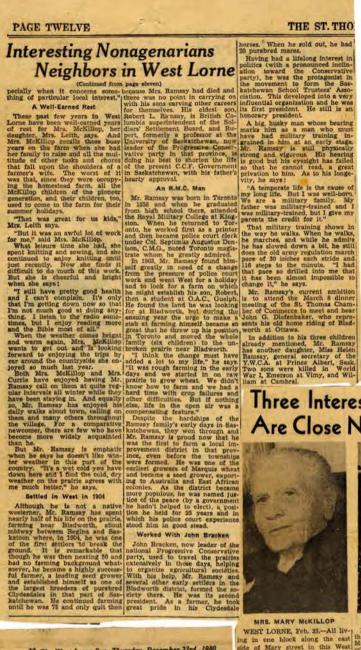
Hats off to the residents of West Elgin! The local United Way campaign has already exceeded its \$12,000 goal, with more sure to come in. Giving the thumbs up for all the hard work are local United Way campaign committee member Kirbs Breithaupt. West Elgin Community Health Centre Executive Director Douglas Graham, committee member and staff representative Bob Logan and Elgin-St. Thomas United Way CEO Terry Carroll. The health centre once again had 100% staff participation.



West Elgin Community Health Centre volunteers Mary Prudhomme, left, Keith Kelly and Agnes Gosnell, along with the health centre's volunteer coordinator Shelly Vergeer, help pack up some of the frozen meals for delivery.

SUBMITTED BY MARY LIEPMANN

Three Interesting Nonagenarians Are Close Neighbors in West Lorne



MRS. ISABELLA CURRIE

WEST LORNE, Feb. 25.—All living in one block along the east side of Mary street in this West Eigin willage are three residents who have attained the venerable 80-year mark or better, who are all still able to be up and about, and who are still enjoying life and uking a lively interest in affairs of the day. These remarkable old people are, in order of their seniors lik, Mrs. Mary McKilloy, who was made and lik, and the daily newspapers being of the day. These remarkable old people are, in order of their seniors lik, Mrs. Mary McKilloy, who was made and the calls people are, in order of their seniors and Rev. Donald Stalker, of Criman, whose death occurred about two years ago. Upon his death, the Sisiker homestead farm passed in the stalker family and the sister of the day in the stalker family and the sister family and the sister family of two years ago when my brother died," Mrs. Currie and Mrs. McKilloy are all they having kept indoors since the cold weather came.

Mrs. Currie is the only one who is a native of Eigin, being a member of the plomeer Stalker family and the sister fami



MRS. ISABELLA CURRIE

WILLIAM L. RAMSAY

32 The West Lorne Sun, Thursday, December 23rd, 1980



VERA RIPLEY RECEIVED A GIFT FROM SANTA WHEN he visited West Lorne Kiwanis Club's Christmas party Thursday night in the Community Hall. Here she is seen enjoying the fun and spirit of the evening by sitting on Santa's knee when accepting Kiwanians' gift for her.