

# Culturalism celebrated this Sunday at celebration

## Multi-Cultural Celebration

by Robert King

This second year of this celebration gives the residents of West Elgin and their guests an opportunity to view the efforts of the willing participants who will share their cultural identity in displays of special foods, dress and/or dances and songs. It will give many of us a chance to review our origins, (the very root from which we have come.) The setting of the Elgin International Club Hall this Sunday from 1 pm to 4 pm is most fitting and we are fortunate for the availability of such a fine facility.

First memories of our own family's place is the mosaic of this community may be very strong for many but some of us have perhaps had to come to this awareness later in life. My first age of awareness of ancestors came at the beginning of public school when I was coached on the required answers to the teacher's questions of my origin. "My nationality was Canadian and my ancestry was French". That great bit of information made little impact on me and nearly all my school buddies, for our home was indeed a regular farm home of the time but with little emphasis on any specific culture. The renewed immigration just prior and after World War 2 with our resulting new



Multicultural Committee members back row l-r, Donna Driver, Sharon Rees, Diane Vandyk, and Sophia Howse. Front row: Mary Prudhomme, Marie Timson Oliveira. Absent: Kirby Breithaupt, Margaret Bennetto, Cynthia Roodzant, Kay Attridge and Liz McNeil. The Multi-Cultural Celebration is this Sunday at Elgin International Club from 1 pm to 4 pm.

friends would make us more aware of 'the differences' which we young people readily embraced.

A later study of my origin discovered the French, Scots, Irish, English, Welch and German forebearers responsible for my very being. My book "I Will Be King- Someday", is available at the Elgin County Library System. It tells the stories of some of these varied ancestors of mine as well as my wife's forebearers in the study of how our three sons came to West Elgin.

I have become convinced that it doesn't matter where you came from but the unfolding of the events is interesting and how one interacts with cultures other than one's own can be such a rewarding experience. Are these events 'the luck of the draw', chance or fate or are they the unfolding of a greater plan that proves the worth of every one of God's creatures.

I invite you to take advantage of this year's

Multi-Cultural Celebration and witness my part in it with my story of 'Once Upon A Time'.

HEALTH & WELFARE 2002

## Local support for United Way DEC. 2002



GKN Walterscheid and its employees and members of Local IAM 1703 came up big for the United Way last month, donating \$5,578. Pictured are Christina Kyle, with United Way Loan Rep Ray Stoddart and Phil Skinner (Plant Chairman 1703).



The employees of West Elgin Community Health Centre, seen here with Ray, were also strong supporters of United Way and donated \$2,886. West Elgin (and Dutton/Dunwich) raised \$15,170.

## Supporting the WECHC campaign



B&J Variety recently donated \$1,000 to the West Elgin Community Health Centre Capital Campaign. Scott and Kim Hwang of B&J Variety handed the cheque to Doug Graham, Executive Director of WECHC. DEC. 9, 2002



St. Mary's Ladies Group also donated \$1,000 to WECHC's Capital Campaign. Pictured left to right are Doug Graham (WECHC), accepting a cheque from Thea Long and Els Huver, both members of the St. Mary's Ladies Group. At right is Shelly Vergeer (WECHC).

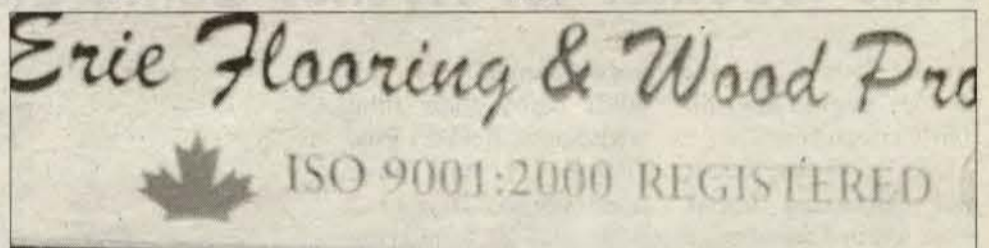
# Erie Flooring donates big to WECHC

The West Elgin Community Health Centre Building/Fundraising Committee were very pleased with the latest donation to this project.

On Thursday, November 14, 2002, Mr. Al Vandenbrink, Manager for Erie Flooring and Wood Products of West Lorne, ON, donated \$15,000 to the Health Centre.

Mr. Vandenbrink made a special emphasis on the importance of the Health Centre's activities both in the factory and in the community with this announcement on behalf of Erie Flooring and Wood Products. He presented the first installment of \$5,000 to Fundraising Committee members Harry Mezenberg and Jerome Prince.

Executive Director, Douglas Graham stated that this donation is an extraordinary contribution to this Funding Campaign. Erie Flooring's advocacy on behalf of the community and Health Centre are exemplary.

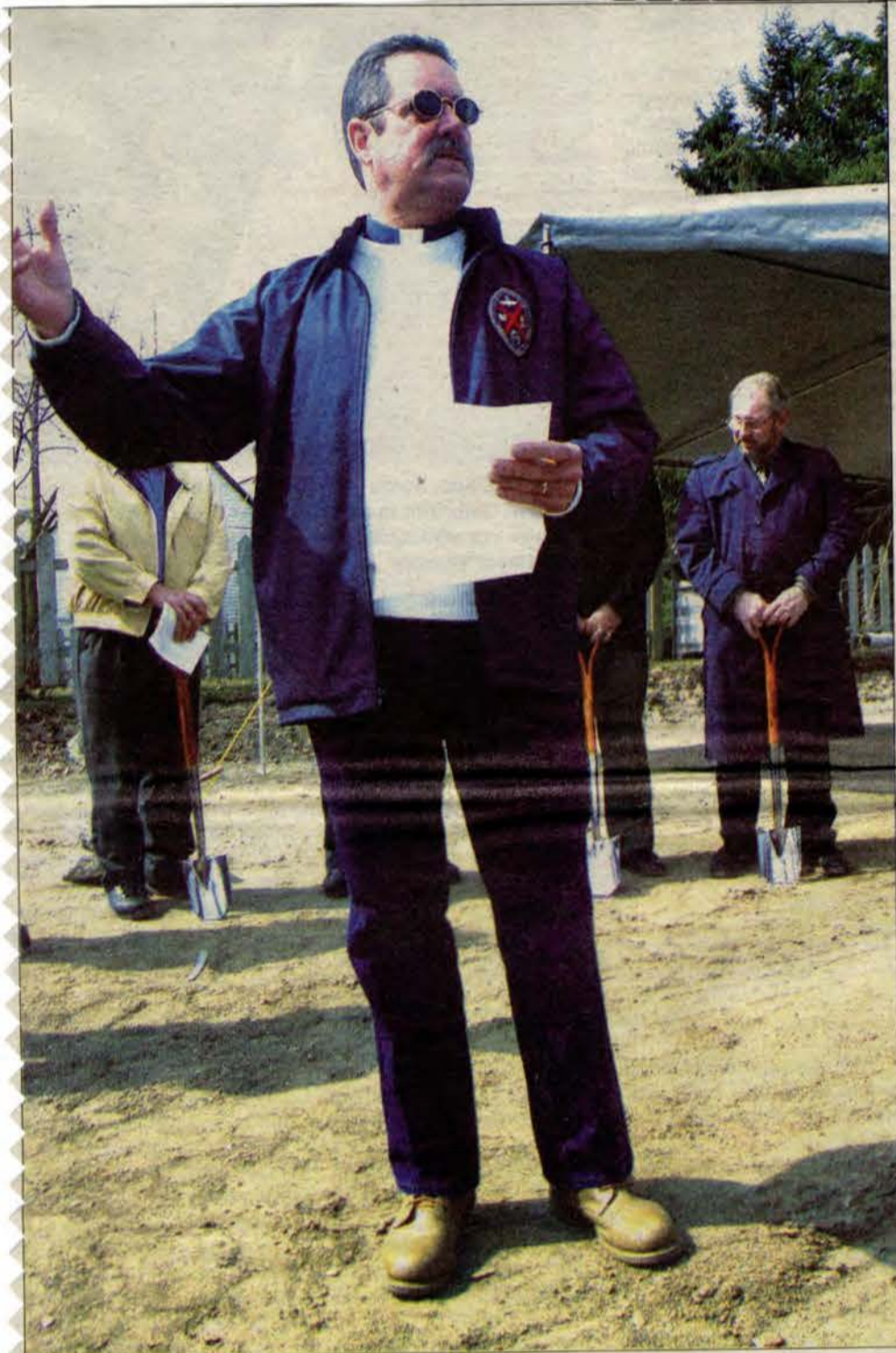


Erie Flooring has donated \$15,000 to the West Elgin Community Health Centre. Pictured at the cheque presentation were left to right: Harry Mezenberg, Al Vandenbrink (of Erie Flooring), and Jerry Prince.



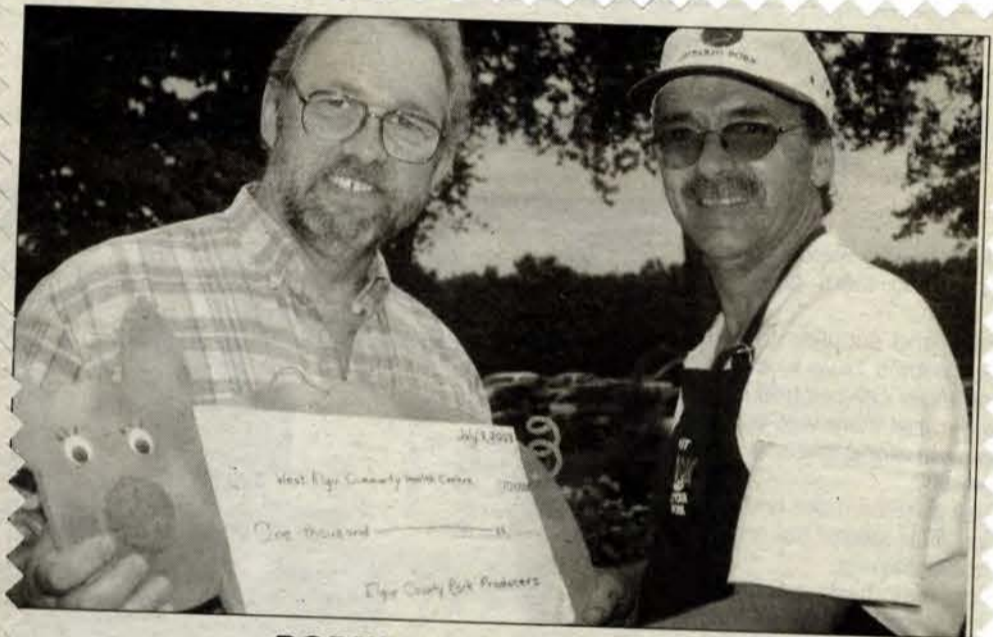
### Making it closer to the goal

The West Elgin Community Health Centre received another boost in their building fundraising campaign with a \$5,000 cheque from the Lithuanian-Canadian Community of West Elgin. Pictured from left are Jonas Statkevicius, Harry Mezenberg, Hilde Morden, Don Ciparis, Doug Graham and Leo Rastapkevicius. With commitments of more than \$180,000, the \$250,000 goal is getting closer and closer.



## Sermon on the Ground

Kirby Breithaupt, representing the West Elgin ministerial, offers a prayer on Friday at the groundbreaking ceremony for the new West Elgin Community Health Centre. See page 3 for the related story. APR. 3/03



### PORKED UP DONATION Aug 2003

John VanLith, right, president of the Elgin County Pork Producers Association presents a \$1,000 cheque to Paul Mistele, chairman of the West Elgin Community Health Centre for their building campaign.

For the Chronicle

APR. 10, 2003



Ratna Sethi, left, leads a cooking lesson in preparing food from India with help from Diane VanDyk, one of the organizers of the monthly cooking series at the West Elgin Community Health Centre and Livia Arsenijevic. Guests from the community are taking part in leading the monthly classes offering lessons in preparing foods from different cultures every month.



MPP Steve Peters, left, architect David Murphy, fundraising chair Hilde Morden, past board chair Harry Mezenberg, Warden John Wilson, West Elgin Mayor Duncan McPhail and board of directors representative Paul Mistele turn over some dirt during the groundbreaking ceremonies held at the Main Street site for the new West Elgin Community Medical Centre.

OCT. 16/03

# New health centre nears completion

## \$50,000 remains to be raised in final leg of public fundraising

By Scott Hilgendorff  
The Chronicle

The walls are up, the brick and mortar are just about finished and in a few short months, the new West Elgin Community Health Centre should be open for business.

"The construction project is about 65 per cent complete," said Doug Graham, WECHC executive director, hopeful staff will move into the new facility down the street in January.

The centre is about to go into the community one final time in an effort to raise \$50,000 more toward the almost \$4 million project.

The new facility sees a significantly expanded space that provides room for more partners in the health care industry as well as space available for other non-profit organizations including a community room.

"Space is a real problem in any of these communities (Dutton, West Elgin, Rodney)," said Graham.

Now, he said community services will have access to space for meetings and

activities.

The facility will include room for case managers from the Community Care Access Centre, which helps coordinate medical help for residents across the county, but until now, has seen staff working out of their cars when in the western end of Elgin County.

"WE'RE STILL CONFIDENT BY MID-DECEMBER, IT WILL BE COMPLETE,"

— Doug Graham  
West Elgin Community Health Centre  
executive director

There will be more space for the Canadian Mental Health Association and the Arthritis Society, allowing residents in this area access to services.

In addition, there is improved space for the treatment of patients which, in turn, will make it easier for the facility to attract more doctors.

The facility will expand from two treatment rooms to having nine available.

With more doctors, the WECHC will be able to take on more clients, an issue that has become controversial in the community with people

who don't understand why they can't seek medical help at the centre without a membership.

There are currently 3,000 members at the WECHC but Graham said people mistake the facility for a walk-in clinic and are offended when they cannot receive care.

The WECHC offers multidisciplinary services to its membership, by appointments and he said because the facility is set up that way, people assume it should be the same as a walk-in clinic or hospital emergency room.

Graham said it's actually no different than going to see a doctor at a private practice. The doctor won't see anyone who just walks in off the street. The difference is that the WECHC provides access to other medical services in addition to a doctor.

He said people also don't understand that many of the staff they see at the centre are not employed directly by it. The WECHC brings other agencies together, providing a well-rounded

Continued on Page 2

HEALTH & WELFARE  
2003

OCT. 16, 2003

# Golf tournament raises \$2,522

## Money goes toward new WECHC building

Despite very chilly weather conditions 21 teams came out to the Wardsville Golf Club to play a round of golf and enjoy a all you can eat barbeque at the 2nd annual West Elgin Community Health Centre fundraising golf Tournament on Oct. 4.

An outstanding \$2,522 was raised for the Capital Campaign project. Prizes were given out in the following order:

Top Team on the front nine; Derek Felder, Garrett Littlejohn, Ed Van Dyk and Barren McKinlay

Top Team on the back nine; Paula Alves, Carlos Alves, Carlos Pereira, Paul Paiva:

Front Men's closest to the pin; Ed Van Dyk

Front Ladies closest to the pin; Linda Habel

Back Men's closest to the pin; Don Marcou

Back Ladies closest to the pin; Carol Giles

Front Ladies most accurate; Cindy Comell

Front Men's most accurate; Dave Cipu

Back Ladies most accurate; Edna Gould

Back Men's most accurate; Charlie Cronkite

All around most honest team; Lorraine Thompson and

Derek Pape

Plans are in the works for next year's tournament on Aug. 21.



Derek Felder, caught in his backswing on Number 7 tee.

Submitted photo

## Health Unit expects more extensive program to fight West Nile is coming for 2004

Elgin-St. Thomas Health Unit chief administrator Cynthia St. John said last Tuesday she expects the provincial program to fight West Nile virus will be more aggressive in 2004 than it was this year.

But St. John noted the province has not released guidelines on its 2004 program and didn't release them early 2003 either.

St. John said there will be probably be another debate between the province and health units about whether to spray larvicide to help prevent the spread of West Nile virus. The Elgin-St. Thomas Health Unit opposed larviciding in 2003, she said.

A report prepared for health units showed there were many counties in Ontario which did not larvicide and although West

Nile virus was active, there were fewer reported cases in Ontario compared to the previous year. By contrast, there were more reported cases in Alberta and Saskatchewan.

There were reports of dead birds found in Bayham and Central Elgin, said Laura McLachlin, director of health protection programs. Dead birds have been identified as key indicators of the presence of West Nile virus since they eat the infected mosquitoes which carry the disease.

She said health units were being encouraged to update their maps of ponds, where mosquitoes could breed, and other risk assessment tools.

"There is lots more to come in terms of what we have learned," McLachlin said.

DEC. 03

# The SENIOR'S REVIEW

**Dedicated to the Seniors  
of our Communities**

Published the  
first issue of  
every month



## SENIORS' DAY IN THE PARK...

Bill Pangborn, left and Ed Meckevech of Rodney have a visit Wednesday afternoon at the West Elgin Community Health Centre's Seniors' Day in the Park. The health centre hosted the second annual event at the park in Port Glasgow. Seniors were invited to enjoy baked treats and a chance to explore numerous exhibits related to seniors' issues. *Chronicle photos*



Florence Edwards of Rodney meets BAC, a giant walking piece of bacteria that helped spread education about the importance of food safety.



Janine Noorloos on violin is accompanied by her mom, Sue and sister, Kelly. The family of entertainers came from Iona for the event.



A crowd of seniors gathered in the park's shade to enjoy musical entertainment during the afternoon events.



## CELEBRATION OF COMMUNITY CULTURE

Rosa Oliveira and Manuel Moniz accompany the Portuguese community choir, top photo, at Sunday's West Elgin Community Health Centre multicultural celebration held at the Elgin International Centre. (left photo) Bruce Wood, Shirley Lorch and Sapphire Wood talk to visitors about Ukrainian culture. With them is some Kolasch, a bread served as part of a traditional Christmas meal. (right photo) Sangeeta Sexena designs some Henna Art from India on Meghan Brintnell's hand. The event featured displays, food and music from a range of western Elgin County cultures. *Chronicle photos*

NOV 27/03

## West Lorne host to blood donor clinic on March 18

By Scott Hilgendorff  
*The Chronicle*  
Some new blood is needed in West Lorne.

Actually, a lot of new blood is needed from everywhere, says the Canadian Blood Services.

Because of increasing demand on the blood supply, Cindy Smith, communications specialist with CBS said, "We need to increase the number of blood donors by almost 30 per cent."

They currently collect 800,000 units of blood a year but will need one million units by 2005.

Since 2001, Smith said they have been encouraging people who have never donated before to not only donate once, but become regular donors at least twice a year.

Last year, 70,000 new donors came forward and 20,000 of those became repeat donors.

In West Lorne and the surrounding area, new donors and regulars will have a chance to come out March 18 to donate at one of two clinics being held this year in West Lorne.

The clinic will be oper-

ated from 5-8:30 p.m. at St. Mary's Church Hall.

"We're hoping to collect over 80 units," said Suzanne Barron, a local recruitment coordinator.

"I think we can do that," she said.

Clinics are usually alternated between Dutton and West Lorne with donors from both communities supporting each clinic.

The next one happens to be in West Lorne as well, being hosted by West Elgin Secondary School. It will be held May 29.

Barron said the next

two clinics after will then be held in Dutton.

For more information or to make appointments to donate, people can call 1-888-236-6283.

Appointments are not necessary to give blood at the clinics.

The Chronicle

MAR. 20, 2003

## New program helps seniors keep fit, building strength

By the Times-Journal

When it comes to preventing accidental falls among older adults in rural Elgin, Stew Burberry knows BEST.

Burberry, a noted St. Thomas fitness expert, has been recruited by the VON to launch the BEST (Balance, Endurance, Strength and Training) program for older adults who might be prone to accidental falls in their homes or on the streets.

Burberry, 58, said the idea for the program started with information gathered by the Elgin Adult Safety Team which pointed to exercise as one of the main programming needs among older adults.

The Elgin Adult Safety Team applied for and was awarded a \$41,700 grant from the Ontario Trillium Foundation to bring physical fitness to the area's older adults and disabled people. VON is the lead agency on the project.

Burberry, a former fitness instructor with the



**Stew Burberry is starting a new fitness program targeting seniors with sessions to take place in West Lorne and Rodney.**

Canadian army, personal trainer and recent competitor in a Florida Iron Man competition, is in the early stages of setting up the fitness program to run at locations in Port

Burwell, Port Stanley, Belmont, West Lorne, Rodney and Aylmer.

Step one, which is well under way, is to recruit people with an interest in physical fitness to take a

course to become fitness instructors. These instructors - there will be two in each of the six communities - will then lead classes comprised of 10 to 12 older adults.

Burberry said topics covered will include the benefits of physical activity, strengthening and stretching, nutrition for older adults, exercise adherence, developing a home exercise program and community exercise program options.

"It's seniors teaching seniors," Burberry said. "therefore, they are more likely to come out and participate."

The program will use music familiar to older adults in the background of exercise routines.

Classes will be held in barrier-free locations.

For those who cannot come out to classes, Burberry has videos and exercise program books to be used in homes.

For more information, contact Burberry at 637-6408.

# Tai chi benefitting the mind, taught by local instructors

2003

FEB.

By Nancy Powers  
The Age Dispatch

It doesn't involve loud music, working up a sweat, or water therapy, but tai chi is a widely respected form of exercise designed to benefit both the mind and body.

Tai chi is short for Tai Chi Chuan, and is considered by many as a moving meditation.

For Ken Hulls of Dutton, and Bill Hill of West Lorne, teaching this ancient internal martial art is both rewarding and satisfying.

Both men have spent every Tuesday for the last seven years in Strathroy leading three classes — one afternoon and two in the evening.

"We can see the benefits of our instruction," said Ken. "And we are also benefiting from exercising ourselves."

For 35 years, he has practised tai chi after discovering it was an interesting form of exercise.

"I wanted something that was non-competitive and non-combative," explained Ken. "Tai chi is interesting and something that is never really mastered."

While still working for the London Transit Commission, Bill took up daily aerobics after deciding to quit smoking.

"After I retired and moved to West Lorne I had to stop my aerobics class," he said. "Then I heard about Ken's classes and discovered tai chi."

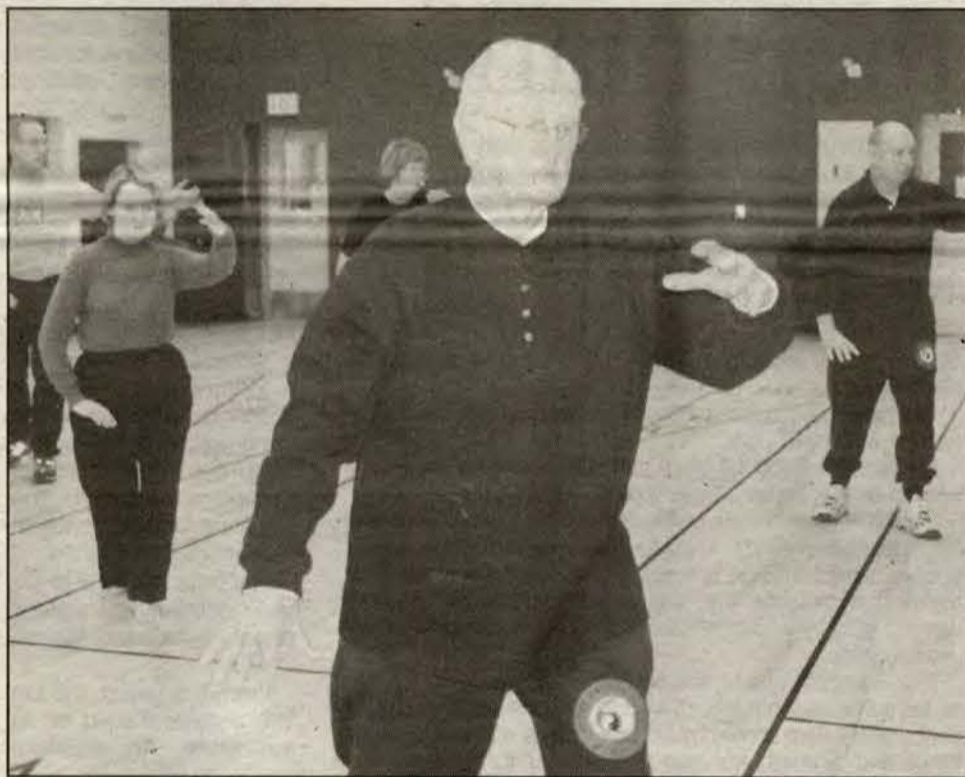
As a mild form of exercise, tai chi promotes fitness and builds stamina. It is ideal for attaining and maintaining a reasonable degree of physical fitness.

"Tai chi focuses on smooth, slow movements that cultivate inward focus and free energy flow," said Ken. "It involves a series of 108 moves that provide long lasting moderate exercise."

With tai chi, participants don't have to go harder, faster, or higher to reap fitness and health benefits. In fact, the tai chi motto is go slow, go slower, and finally go as slowly as you can.

The Chinese believe practicing tai chi twice daily promotes better health, and have recently started to teach it more regularly.

"Escalating health costs in China have prompted the government to rethink the benefits of tai chi," said Ken. "They are putting a real emphasis on it this



THE ART OF TAI CHI: Ken Hulls, above, and Bill Hill, below lead a class in the ancient art of tai chi at the Strathroy Seniors Centre.

year."

Classes in Strathroy are held at the Strathroy and Area Seniors Centre, but participants don't have to be seniors or members of the centre to take tai chi lessons.

"Most of our students aren't seniors," observed Ken. "Tai chi is suitable for everyone and often turns into a life-long passion."

One of the attractions of tai chi is that participants do not have to be experts to begin to notice a change. In fact, most agree that one never does master tai chi.

"It may look simple, but tai chi is very complex," he explained. "Tai chi is a continuum and we never stop learning from it."

Tai chi classes are nor-

mally taught in four-month cycles with all 108 moves being learned over that span. In Strathroy a new cycle started in early January.

"It is good for students to learn from the beginning, but not a necessity," said Ken. "Anyone interested in tai chi should come out on any Tuesday they can."

He said only two things are required for success in a tai chi practice: starting and continuing.

"Tai chi stimulates both the mind and the body."

Benefits of tai chi include developing self-discipline, better balance and posture, more flexibility, stress reduction and overall better health.

The concentration

involved in memorizing the sequence of moves increases the ability to remember, and acts as a form of meditation.

"In tai chi part of the meditation comes when you are concentrating on your breathing," explained Ken.

In West Lorne Ken and Bill teach at the Parish Hall of the Anglican Church. Classes are available on Tuesday and Friday mornings from 9:30 - 10:30 a.m. and also Tuesday evenings from 7:00 - 8:00 p.m. There is a new class for beginners, commencing March 4 at 9:00 a.m.

For more information contact Ken Hulls, 519-762-2049 or Aileen Cnockaert, 519-245-1704 (evenings).



A country music showcase formed a June 11 fundraising concert for the West Elgin Community Health Centre. The performers included, from left, Judy Von, Samantha Odell (in front), Steve Fox, Tim Fischer and, at right, Giselle with a special guest. The concert raised more than \$500 toward the construction of the new West Elgin Community Health Centre. (Dave Phillips photos) (bottom photo) The Elgin International Club absorbed all the expenses from the WECHC fundraiser dance on June 8, and because of the low attendance, enhanced the amount in order to make a \$1200 donation to the West Elgin Community Health Centre. Accepting the cheque from club vice president Sebastian Pelcz is WECHC fundraising chair Hilde Morden. Also pictured, from left, is Joe Fischer, Harry Mezenberg, Claude Drouin, and WECHC director Doug Graham.



Public health nurse Traci Linn-Wells, WECHC's Angela Doherty and Cynthia Roodzant are shown putting up posters advertising "Shout!!!" a free Family Fun Night planned for Thursday, February 27 at St. Mary's Parish Hall. All families in the community are welcome. Watch for flyers sent home from the schools with your children.

HEALTH &  
WELFARE  
2003

## Family fun night set focussing on children

How can we support our children, encourage a sense of self worth and give them the skills to understand and empathize with others? Raising a family is the hardest job in the world!

What family hasn't heard "Nobody ever listens to me!" as their child stomps out the door? Too many times children think that they have to shout to be noticed. Just because they're small, it doesn't mean they're not important, but, that's how they feel. Where do they go when they really have a problem?

Adults might think that kids are too young to have significant problems but to them, their problems are a big deal.

Kids need to be able to talk to someone other than other kids, someone they can trust, who understands and who cares. We all have greatness inside us begging to be noticed and that is definitely something

to shout about.

This is the message of a multi-media presentation "Shout!!!" that the West Elgin Family Outreach Planning Committee is presenting on Feb. 27th at St. Mary's Parish Hall.

Through "Let's Connect" and its programs and partners, efforts are being made to help families develop skills to build relationships and deal with the stresses of everyday life. Often our children experience programs through school, but parents don't have access to the messages and can't reinforce them.

"We are trying to build a relationship between community, schools and families because we are raising our kids together. We want to recognize that triangle relationship. We all need to work together," says Traci Linn-Wells, public health nurse with the Elgin-St. Thomas Health Unit, a partner in the Family Fun Night.

Focused on families with children in grades JK to six, the star of the show is a movie - a big, huge, large and loud movie. The three screens on which the digitalized movie is shown take up a space 40 feet wide by 13 feet high. The hall in St. Mary's Parish was perfect for accommodating such a venue.

The movie itself is full of music. It's fun, it's current and it's full of positive messages.

"You can't help but be inspired," says organizer Angela Doherty. "It's a lot of fun."

Don't miss "Shout!!!" a multi-media family fun night at St. Mary's Parish Hall on February 27 from 6 to 8pm. The evening will begin with the principals from our local schools addressing the crowd and the movie will be shown at 7 p.m.. The evening, and the popcorn, are free of charge. There will be interactive activities for

FEB. 17, 2003

## Cooking class will explore local heritage

### First class spices up the night with lessons in Mexican food

By Scott Hilgendorff  
For The Chronicle

A new cooking program will be giving participants a multicultural experience at the West Elgin Community Health Centre.

"We were looking for a new way to encourage diversity," said Diane Van Dyk, community development worker at the centre.

Participants will have a chance each month to enjoy a cooking demonstration representing a different culture.

The first evening, Feb. 19, will be spiced up by Elizabeth Wilton of West Lorne teaching how to prepare Mexican food.

On the menu will be guacamole, black bean salsa, Mexican rice, red enchiladas and rice pudding.

The centre has started an annual multicultural event that brings together different community members to teach about their cultures.

"As a health centre, part of our mandate is to welcome other groups to the community, trying to make our community as open as we can," said Van Dyk.

The multicultural event, held last November, gave people a chance to visit with others from different ethnic backgrounds, seeing displays based on their culture.

The Cooking with Culture program is another way the centre is trying to meet its mandate.

"It's going to be a lot of fun," said Van Dyk.

Wilton will share aspects of her culture as she teaches how to prepare the different foods on the menu.

Dietician Shari Mizzen is working with all the guest chefs to help plan healthy menus.

After, participants will have a chance to sample the food and be given recipes to be able to make it themselves.

A cooking night will take place each month, alternating the night of the week it's held to make it convenient for others to attend each night.

Next month, the event will be held March 31, featuring East Indian food.

Each night will run from 6:30 p.m. to 8 p.m. at the health centre.

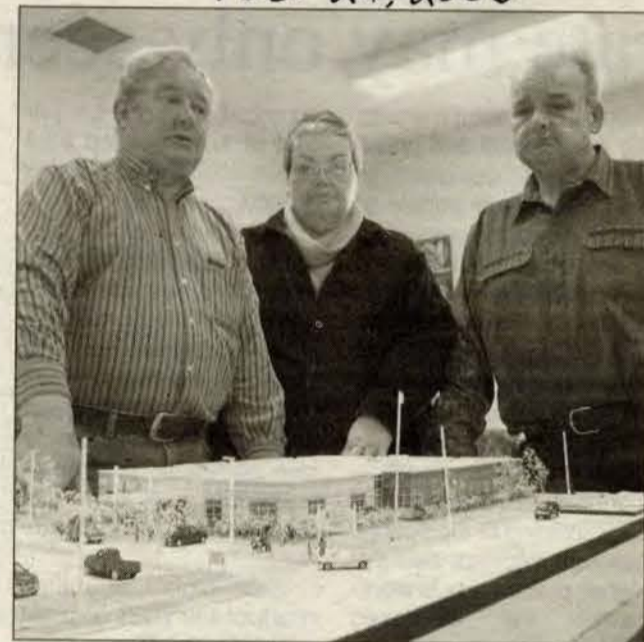
Participants should call the centre at 768-1715 to register.

children and their families, at displays set up by the agencies involved. Parents will be able to take away concrete examples of how to help their children.

Sponsored by the West Elgin Community Health Centre, supporting partners include the YWCA, Child & Family counselling Centre, West Elgin Early Years Satellite Centre, Aldborough P.S., Dunwich-Dutton P.S. and WESES.

It's a great opportunities for a fun-filled, thought provoking and entertaining evening for families in our community. Free child care will be available for younger children.

FEB. 24, 2003



Board member JJ Prince, treasurer Liz McNeill and past chair Harry Mezenberg survey the model that shows how the new West Elgin Community Health Centre will look. After more than \$3 million of government funding was received, the fund raising committee is feeling rejuvenated in its fund raising efforts. The community needs to raise \$285,000, about \$35,000 more than was expected, for its portion of the project. A campaign with support from West Elgin Secondary School students is coming up.