

information you should know

Special events at ag museum

Several special events are coming up at the Ontario Agricultural Museum in Milton this fall.

August 25 — Family Corn Festival

September 15 — Harvest Fair

October 5-6 — Christmas Craft Fair

For more information contact the Promotions and Public Relations Department, Ontario Agricultural Museum, P.O. Box 38, Milton, Ontario, L9T 2Y3. The museum is located south of Highway 401 on Tremaine Road in Milton.

Film looks at piece work

The National Film Board of Canada has just released a 45-minute documentary dealing with women involved in piece work. Called *The Treadmill*, the film shows how the work is never finished, working conditions are never monitored and employee benefits never exist. The film can be borrowed free of charge by contacting the nearest NFB office, or by writing to Terry Richmond, National Film Board of Canada, P.O. Box 6100, Station A, Montreal, Quebec, H3C 3H5.

Free booklet on disasters

A booklet called *Are You Prepared in Case of a Disaster?* has been released by Health and Welfare Canada. It offers practical advice to be followed in the event of a major emergency such as fire, flood, earthquake, hurricane or gas leak. Copies are free from the Public Affairs Directorate, Health and Welfare Canada, Ottawa, K1A 0K9, (613) 996-4950.

Food posters

The Dairy Bureau of Canada has released a set of four posters based on Canada's Food Guide. The posters portray in full color the foods of each group and are suitable for a wall

display or framing. They are 19 x 27 inches and are available in English and French for \$2 for the set of four. Write to the Ontario Milk Marketing Board, 6780 Campobello Road, Mississauga, Ontario, L5N 2L8.

ACWW in Ireland

ACWW's 18th triennial conference will take place in Killarney, Ireland, May 20 to 27, 1986. The theme of the conference will be Focus on Family. The registration fee will be 30 pounds sterling. More information will follow.

Film and video catalogue from NFB

A catalogue of health education films and videos, available from the National Film Board of Canada, has just been released. The subject areas covered in the book include addictions, aging, child abuse, death and dying, fitness and nutrition, mental health, parenting and violence. The catalogue is available free of charge by writing to Health Education Cat-

alogue, English Marketing, National Film Board of Canada, P.O. Box 6100, Station A, Montreal, Quebec, H3C 3H5.

Report on pain

The Expert Advisory Committee on the Management of Severe Pain recently released its report on the management of severe chronic pain in cancer patients and the possible place of heroin in Canadian medicine. English and French copies of the report are available free of charge from the Drugs Directorate, Health Protection Branch, Health and Welfare Canada, Ottawa, K1A 0L2.

Alzheimer's Info

Health and Welfare Canada has released a new booklet called *Alzheimer's Disease: A Family Information Handbook*. English and French copies are available free of charge, although a donation for handling and postage would be appreciated. Write to the Alzheimer Society of Canada 185 Bloor Street East, Suite 222, Toronto, M4W 3J3, (416) 927-1580.

A Happy Day

Start every day with some humor,
Smile as you slide out of bed,
Wish someone well every morning,
Tell them a joke that you've read.

Pick up the phone before lunch-time,
Chat with a friend that you know,
Whistle a tune as you're working,
Smile once again as you sew.

Bake someone's favorite for dinner,
My, how the day hurries by,
Doesn't the kitchen smell lovely,
Nothing like fresh home-made pie.

Greet everyone as they enter,
Tell them your day was just fine,
End every day with some humour,
Your home will be happy — like mine.

Dorothy Dobbie
Birr Women's Institute
Middlesex