

# Life skills program is offered

JULY  
1989

by TONIA DESIATO

Lincoln Community Care (LCC) is expanding its range of help to needy people in the community.

Beginning May 13, LCC is offering the first part in its life skills program, which will run for four weeks. The program is offered to LCC clients and people who need assistance.

In March, the LCC received a United Way grant of \$9,115 to hire its first and only staff member, administrative co-ordinator, Connie Bucknall.

With the help and ideas of community volunteers and volunteer co-ordinators, Mrs. Bucknall designed the life skills program with instructor, Donnie Petsche.

LCC has approximately 20 regular volunteers and five volunteer co-ordinators who organize food, clothing, houseware and emergency needs of their 130 regular clients.

The first session will focus on nutritious cooking, but the remaining three dates will revolve around what help clients need most when it comes to cooking.

The importance of the first

session in the life skills program, said Mrs. Petsche, is that it will teach clients how to work with the appliances they have.

The session will begin with an introduction to the Canada Food Guide and with an emphasis on fast nutritious meals. Some of the meals require preparation the night before, said Mrs. Petsche, but the actual cooking time is approximately 20 or 30 minutes.

"We want to motivate people and teach them skills they might not have had a chance to learn before," said Mrs. Petsche.

Many of LCC's clients are people who have a temporary or long-term need, said Mrs. Bucknall. Many are on unemployment insurance or mother's allowance but some people just belong to low-income families and need some extra help, she said.

Some clients do not have stoves, not to mention microwaves, said Mrs. Bucknall. So, this session will be instrumental in teaching them to make meals with the appliances they have.

Mrs. Petsche said that not only do some people lack appliances, but many do not have the information on how to use their appliances to their best advantage. For example, she said if the only appliance someone owns is an electric frying pan, she can teach them how to bake a cake in it.

Mrs. Petsche's secrets come from her 15 years of volunteering her time and skills to the Ministry of Agriculture and Food's 4-H program. The Beamsville resident taught people between the ages of 12 and 21 cooking and craft skills.

She also volunteers at the Beamsville Women's Institute and St. Helen's Catholic Women's League. In addition she has been running a home day care service for the past 20 years.

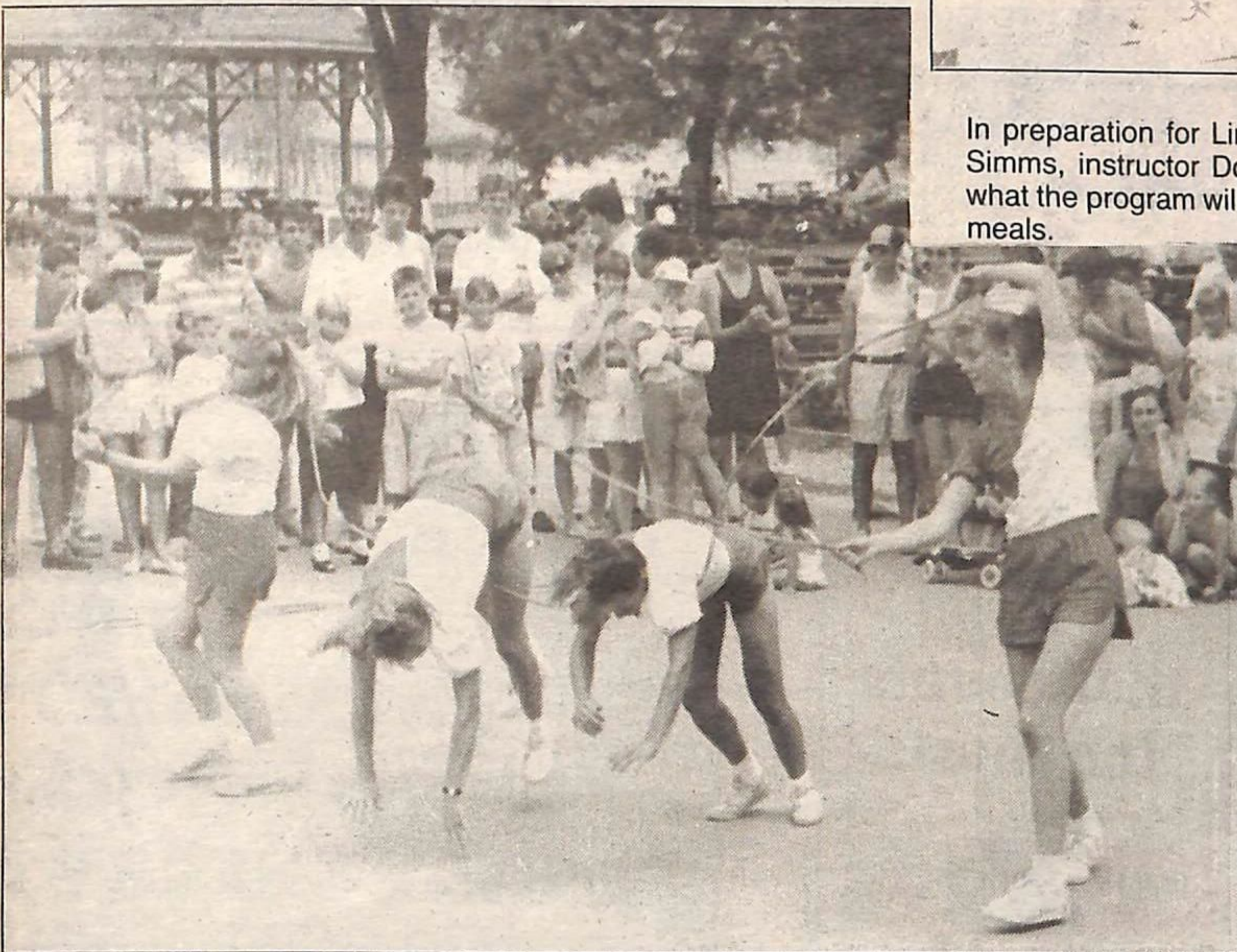
"I thrive on this stuff," said Mrs. Petsche. "Some people like to receive; I like to give."

The program will continue throughout the year and both Mrs. Bucknall and Mrs. Petsche hope to offer clients sessions on such things as parenting skills and home decorating.



## COMMUNITY CARING

In preparation for Lincoln Community Care's life skills program, clothing co-ordinator Kathy Simms, instructor Donnie Petsche and administration co-ordinator Connie Bucknall discuss what the program will offer clients. The first session will include how to make fast and nutritious meals.



Double your fun with Double Dutch! World Champions Barb, Tammy, Debbie and Denise of the Lincoln Leapers show their winning form during a performance at Wet'n Wild at Prudhomme's Landing in Vineland. All are founding members of the team and attended Campden Public School. They are now in high school and university.

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