



### Providing a helping hand

Mrs. Lorna Marchildon, left, has been hired by the town to offer help to senior citizens in filling out their income tax returns. Here she helps 81-year-old Mrs. Beauchamp with hers. Staff photo

## Seniors make use of free tax help

Once again this year, the town of Penetanguishene is offering help to senior citizens filling out their income tax returns.

This year, the service is being offered in the senior citizens' apartments on Harriett Street, behind the arena, because there is no room in the town hall for an office to be set up.

Mrs. Lorna Marchildon who provided the help last year is at it again, and so far she's been kept busy. The service was started on Monday, and she was booked solid up until today, with only a few openings available on Thursday and Friday. As was the case last year, the

service will be available for four to five weeks. Last year, some 390 returns were made out by made out by Mrs. Marchildon.

She said Monday that most of the forms she fills out are fairly straightforward, but the senior citizens sometimes have problems with them. "I find a lot of them don't understand their guaranteed supplement forms," she said.

Any senior citizen who lives in Penetanguishene, and who would like help with his or her income tax form is asked to call the town office, at 549-7453, for an appointment. The service is free of charge.

Will be published this year

## MHC volunteers collect recipes for book on entertaining

Drinking can be fun, if it's done responsibly.

That will be the message of a book on entertaining and holding parties, which is to be published later this year by the Penetanguishene Mental Health Centre Volunteer Association.

According to the Mental Health Centre's Volunteer Coordinator, Gary Westgarth, the book will contain ideas for parties and get-togethers, including recipes for buffets and dinners, and the drinks which go with them.

Westgarth said the book will include full menus, including beverages,

some alcoholic and some non-alcoholic. For instance a section dealing with a certain type of buffet might give recipes for two punches which would complement the meal, one alcoholic and one non-alcoholic.

He emphasized that the book will not be a bartender's guide, but rather a total guide for the host or hostess.

The guide will be divided up so the reader can easily find the section appropriate to the season of the year, or the occasion. Westgarth said there will be sections on entertaining at Christmas, what to serve after a day of skiing, or what to have in the summer months.

The book will steer away, for the most part, from preaching about the misuse of alcohol. Westgarth said it will give a few hints on how to discourage guests from

drinking too much, but it will not specifically go into how much one can drink before one becomes unable to drive. It will stick to the legal definition of impaired driving, and will quote Consumer Report's figures on how much one can drink before reaching the legal limit.

He said the group is hoping that people who buy the book will understand what it is for and what it is trying to do. "We're not trying to say use of alcohol is good, but it can be good," he said. "It's usable and it's fun if it's not abused."

The recipes and suggestions which will be in the book are now being collected by the group from anyone who wants to contribute. Westgarth said the group has already received an unexpected amount of help from Breweries and from the Wine Council of

Canada. The Party Entertainment Guide is not the first venture into publishing for the Mental Health Centre Volunteer Association; they put out a cookbook last year which was sold out within months of publication. One thousand copies of the book were printed, and they were sold for \$3.50, or \$3.00 for those who pre-ordered.

Westgarth said it was the success of that book which inspired them to go on to their current venture. The Party Entertainment Guide will be somewhere in the neighbourhood of 300 to 350 pages long, and the group plans to print 2,000 of them. They will sell for about \$3.00, although the exact price has not yet been decided. They have no plans yet to publish on any larger scale, although Westgarth said if the book looks particularly good,

they may approach a publisher to have it read. The proceeds from the book will go towards the work of the Volunteer Association, which includes helping out in various capacities around the hospital, and raising money for hospital programs. The Mental Health Centre Volunteer Association has been in operation for about a year, and was established primarily because of budget restraints at the hospital. Westgarth said the group was really quite similar to volunteer groups associated with regular hospitals.

Anyone who wants to contribute ideas to the book, join the volunteer organization, or buy a copy of the book when it comes out, is asked to call

Gary Westgarth at the Mental Health Centre, 549-7431, extension 284, or the president of the association, Mrs. Greta van der Zwan, at 549-8282.

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## MHC requires magazines

The Mental Health Centre urgently requires magazines such as Time, MacLeans, Woman's Day, Financial Report, Consumer's Report, to be used for educational purposes at the centre as well as leisure reading. Please send to Gary Westgarth, Volunteer Coordinator, Mental Health Centre, Penetanguishene or call 549-7431, ext. 284 for pick-up.

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## Mission to be held at Elmvale church

The Anglican Parish of Elmvale, including Wycliffe Church, Elmvale, St. John's Church, Waverley and the Church of the Good Shepherd, Wyebridge is holding a mission on the weekend of March 4-6.

The director of the Mission is Brother Jay Launt from the Anglican Order of the Holy Cross. Brother Jay is a native of California, attended Orange Coast College, and the University of Texas.

Before entering the Order of the Holy Cross he was a medic in the Air

Force. He is widely travelled, having only this year come to Toronto where he was made prior of the Toronto priory.

He is twenty nine years old. His interests are cooking, hiking, football, liturgical studies and Christian Education. Much of his time is spent on the road, working with parish, diocesan and regional programs. All in all a dynamic person with a powerful message for the church of today.

The Mission's theme will be "Christian Community". It will

begin on Friday, March 4th with a multi-media presentation and social evening at St. John's Church in Waverley at 8:00 p.m.

Saturday afternoon is the youth program starting with lunch at noon. This will be at Stubbs Memorial Hall, Wycliffe Church in Elmvale.

The evening mission service will be in the Church of the Good Shepherd in Wyebridge at 7:30 p.m. and will be followed by a coffee hour.

On Sunday morning at 10:00 a.m. the service will

be in Wycliffe Church in Elmvale - the climax of the weekend and a celebration of community at worship.

Following the service will be a dialogue with Brother Jay over coffee and doughnuts.

During the course of the morning the children will meet in Stubbs Memorial Hall for their own mission - a challenging two hours, full of surprises.

The weekend promises a time of growth and enrichment - an excellent way to begin the Lenten observance.

## Ernie Lalonde attends conference

The manager of Penetanguishene's Water and Light Commission, Ernie Lalonde, has been in Toronto for the past three days, attending the 68th annual meeting of the Ontario Municipal Electric Association (O.M.E.A.) which is being held at the Royal York Hotel.

He joins about 1,400 other delegates, representing more than 340 municipal electric

commissions throughout Ontario, who will be debating a number of resolutions related to the cost, use and conservation of electrical energy in Ontario.

The meeting started Sunday afternoon, and runs until this afternoon.

A number of resolutions to be considered relate to the cost of power and the establishment of rates and urge the Association

to press for a reduction in the frequency of Ontario Energy Board hearings, a reallocation of costs to the Ministry requiring such a hearing or review, and to ensure that the cost of power to large user customers in the power district is no less than that paid by large user customers of municipal utilities.

Speakers during the Annual Meeting will include the Minister of

Energy for Ontario, James Taylor, the Chairman of the Board for Ontario Hydro, R.B. Taylor, and the president of Detroit Edison, J.R. Hamann.

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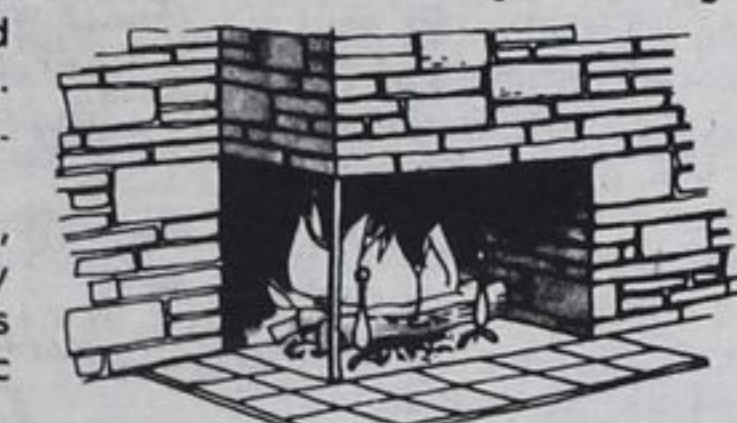
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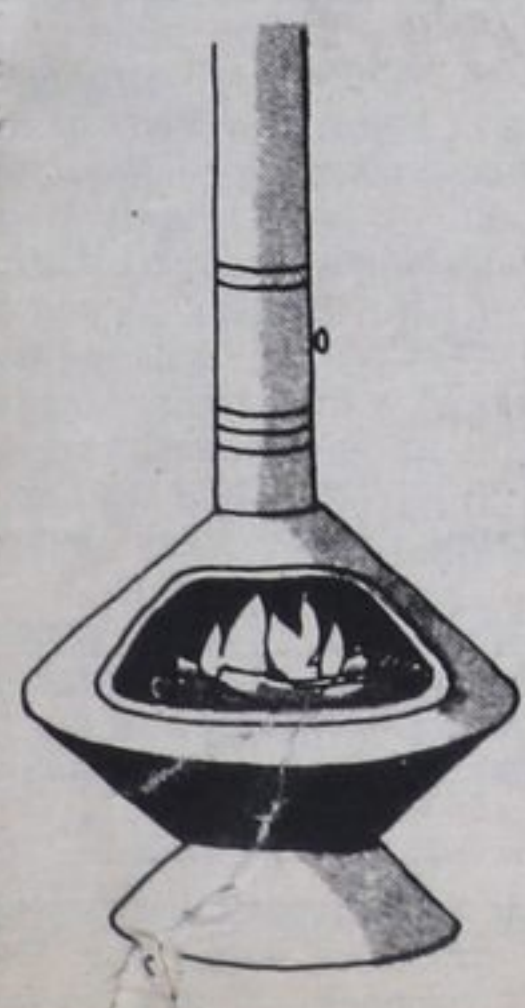


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