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526-9333

Hours 9 a.m. to 5 p.m.

Monday to Friday (Except Holidays)

Contact received a call this week from an avid chess player who is a very thoughtful human being. This gentleman has offered to go and play chess with shut ins or any senior citizens that would enjoy a good game of chess. If anyone wishes to take up this challenge please call us at Contact, 526-9333 and we will be more than happy to give you this kind gentleman's phone number.

The octave of Christmas is an especially wonderful and mystic time to be involved in. It is tree trimming time, carol singing time, a time to re-discover the warmth of family ties and old friendships. It is also open house time and a time for sharing with the less fortunate, all culminating in the Christmas Midnight Service. As we step into Church joyful music welcoming the Christ Child floats out, candles gleam, and everywhere the air is redolent with sweet fragrance of fresh evergreens.

We are renewed again. When it is time to decorate the Christmas tree invite the neighbourhood children and your elderly neighbours to come and join with your family for a tree trimming and carol singing party. Children come to sing, and their young voices create real Christmas spirit. Let them choose their special favourites for the materials and let them use their imagination. Enlist the aid of the teenagers to make the refreshments and to generally direct the party and a good time will be had by all.

Please remember the Salvation Army Christmas Cheer Kettles that you will be passing as you bustle on your busy shopping rounds. The work the Salvation Army does in our community goes far beyond what we can ever imagine and it is one appeal no one should ever neglect or ignore.

Do support the Salvation Army when you see their kettle and hear the friendly jingle of their bells.

Happiness is helping others to help themselves.

Mary M. Gibson,
Administrator.

Cross country season begins

cont'd from p.18

fibreglass skis over wood skis, is that fibreglass skis don't need to be tarred (a messy job at the best of times) and they don't have to be blocked to stop them from warping in the off season, says Rick.

So that's it—the choice of ski is simple enough, now what about boots?

First off, Rick advises a leather boot! He says vinyl boots are subject to cracking and can be cold. Leather boots, on the other hand, are warm, even if they don't have lining.

The problem with lining, according to Rick is that it matts. It can also actually make your feet colder by absorbing the sweat from your feet and remaining wet while you're skiing. Rick would personally advise an unlined leather boot.

Rick says to be sure the boot has a shank. This keeps it rigid and stops your foot from sliding sideways. He also advises that you make sure that the holes in the tip of the boot, where the binding fits in, have a metal or fibreglass plate so they don't become bigger over time.

So now you can decide on boots and you only have to worry about selecting poles and bindings. Both are easy to choose since the choices are limited.

Bindings come in various levels of efficiency, according to Rick, depending on which one you want. Some are rust resistant, some you don't have to bend over to undo, some will prevent ice build-up, some come with foot plates to stop snow building up, and some have none of these features.

Poles are even easier to select. Make sure they're long enough to reach your arm pits, have adjustable leather straps and your way, says Rick.

Now you've got your outfit don't rush away to the ski trails and expect to dash away. According to Rick, if you selected wood skis, they'll have to

be tarred to keep the water from seeping in. Tarring can be as easy or as difficult as you want it to be. For the real lazy man you can just leave your skis at the sports shop where you bought them, and the next day it will be all done, says Rick. However, if you want to do it yourself you can apply the tar with a torch or buy a spray or a cold tar that is just brushed on.

For the beginner, waxing can be extremely simple. All skis except fish scales need wax. Rick says, for starters there is a simple two wax system. If the snow is dry you apply one brand and if the snow is wet you apply the other. Once you start skiing a little more, you can try the fancy waxes out.

Base wax
Fibreglass ski owners will need a base wax before applying any other kind. The base wax—which can be paraffin, will help the other wax stick, according to Rick. So there you have it. If you're thinking of slipping a pair of skis under the tree for someone on your Christmas list—the choice will be all the easier.

Midland's Wright resigns from board

County VONs meet in Orillia

The November meeting of the Board of Management of the Simcoe County Branch of the Victorian Order of Nurses, was held in the Board room of Soldiers Memorial Hospital in Orillia. All areas served by the branch were represented. Mr. W.M. Trotter, President, chaired the meeting.

The resignation from the Board of Mr. Tom Wright of Midland was accepted with regret.

A grant of \$1,000 from Orillia Council has been received to help defray the deficit accumulated in

Orillia by patients who are not totally covered by insurance and those unable to pay the full fee. As this amount does not cover the total deficit, the Service Clubs in the city have been approached for a donation.

The finance committee reported that after much consideration the fee increase for the year 1978 has been kept to 2.9 per cent. The recommendation of the finance committee was accepted.

The Nurse-in-Charge reported that there has been an increase in the number of visits made by

the nurses each month since last May. She stated that she felt if this trend continues additional staff would be required. To the end of October there have been 18,607 visits made in Simcoe County. One of the Alliston nurses assisted the Hospital nurses with a Diabetic Forum.

The car committee reported that a car had been purchased for the Alliston area. They also recommended that a new car be purchased for the Orillia area as one of the present cars has almost 75,000 miles on it. Mr. and Mrs. Doug Lewis board

members from Orillia will look after the purchase.

The staff nurses have recently signed a new contract with the Board. Therefore the Board, on the recommendation of the Regional Director of

the Ontario Division of the V.O.N., voted that a suitable adjustment be made to the salary of the Nurse-in-Charge.

The next regular meeting will be held at the Royal Victoria Hospital in Barrie on December 15, 1977.

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Obituaries

Alice Elrick of Elmvale, passed away at the Penetanguishene General Hospital on Friday, December 2. She was in her 88th year.

Mrs. Elrick is survived by her son George of RR1 Midland, and was the wife of the late John Elrick.

She is also survived by a sister, Ethel (Mrs. T.A. Orton) of Orillia, seven grandchildren, 11 great grandchildren, and 14 nieces and nephews.