

Diets for diabetics discussed

Approximately 40 interested people turned out at the Knights of Columbus Hall in Penetanguishene recently to listen to guest speaker Sheila Walker, a dietician speak on the importance of diet to diabetics.

Stressing the need for good variety in their diets and individual programs, Walker urged diabetics to use their hospital and the hospital's dietician as

council in designing a diet suited to their lifestyles.

At the same meeting, a steering committee was set up to organize a November meeting for local diabetics and mention was made that if enough people turned out, Penetanguishene-Midland could create its own branch of Canadian Diabetes Association. There are currently branches in Barrie and Collingwood.

Having a local branch would allow for more information sessions as well as being able to provide more services for local diabetics. Therefore, all interested people, particularly those afflicted with diabetes are urged to come out to the next meeting, Nov. 12, 1980.

That evenings guest speaker, will be Dr. Gerald Wong, internist at St. Michael's Hospital in Toronto and current chairman of the National Nutrition Committee of the Canadian Diabetes Association.

For further information, contact Frances Moreau at the Penetanguishene General Hospital, or call 549-7442.

Slomka elected to top spot

Larry Slomka, assistant director of the public health inspection division, Simcoe County District Health Unit, was elected president of the Ontario Public Health Association at its recent 1980 Annual Meeting in Ottawa.

Slomka has been employed by the local Health Unit since 1973 and was promoted to his present position in 1974. He resides with his family in Barrie.

Ontario Public Health Association is a voluntary health association with a membership of almost 900 persons across Ontario. Membership is comprised of health workers including medical officers of health, public health nurses, inspectors and other health professionals.

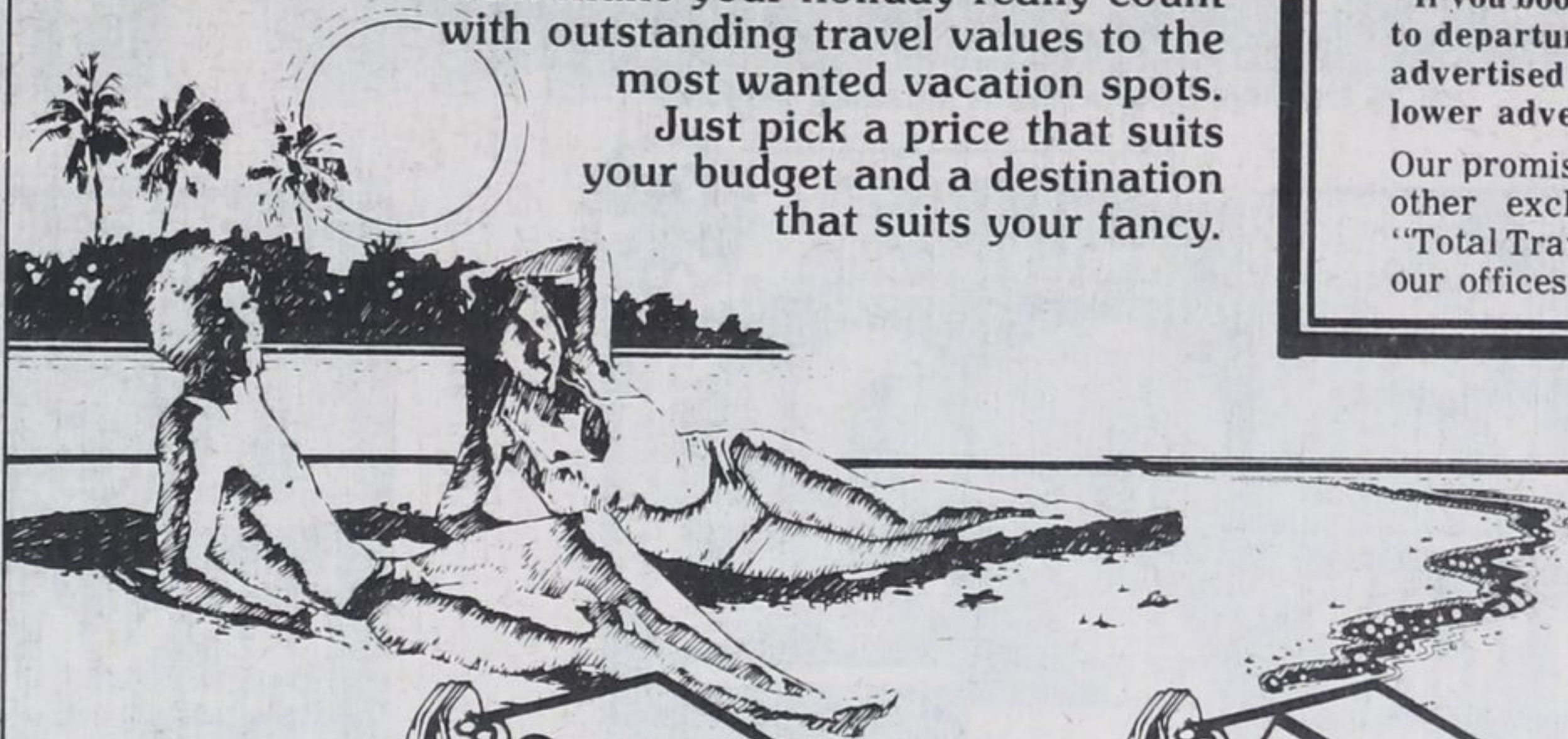
These workers are from official health agencies and volunteer organizations.

The association's strength is in the number and quality of seminars it conducts for public health workers on the latest issues and problems in the field.

Slomka's term will run until October, 1981.

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Answer above

What's up? If you don't recognize this Member of Parliament, his name is at the top of the picture. Doug Lewis, MP for Simcoe North, opened a constituency office in this Bay Street, Midland building, Monday.

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