



Bell shows heart Bell Canada operator Shirley Chisholm, left, presents local Heart Fund co-chairman Joan Lavin with a \$500 cheque from the Bell employees fund for community services. The 1982 target for the local Heart Fund is between \$10,000 and \$12,000.

Newest association would like volunteers

by Alleyne Attwood
The Did you know... column in last week's Friday Times carried an item concerning the council giving the green light to several associations to raise funds in March and April. Caring, dedicated people year after year man these appeals: The Cancer Society with its Quota Club Daffodil Day, The Big Sisters tagging for its cause, the Salvation Army and its wonderful work, and now the fledgling local branch of the Diabetes Association is helping National Diabetes Month in March, with a blitz of canvassing on the last day of the month.

The raising of money for the Diabetes Association is for two prime reasons - one is for research and the other for education. Before 1921 and insulin, a diagnosis of diabetes was a death sentence. Now, although there is as yet no cure, it can be controlled. Because it is a lifetime condition, this control can only come about when the diabetic understands his condition and lives within its limits.

The vast majority of people learn to live, and live fully, with diabetes, and much of the success is directly related to the educational efforts of

the Diabetes Association.

The Tri-dec workshops at St. Michael's Hospital, the speakers who come to local branches, the vast amount of literature that is available from the association, the seminars for physicians and other health workers to keep them abreast of new developments, are usually sponsored by CDA. More than any other condition, education of the person involved can be the deciding factor between uncontrolled diabetes with all its complications of blindness, heart problems and infections, and a healthy, almost normal life.

Joining a branch of the Diabetes Association can be a means of tapping all the educational help available, but it can also give much needed moral support through meeting other who are coping successfully. It can also give the opportunity to become active in a worthwhile effort to help others. Volunteers, either diabetics or non-diabetics are urgently needed to make the March 31 canvass a success. Please call Fran Moreau at 549-7442.

Author surprised by success

The co-author of a book on weight reduction, Barbara Davis, was guest speaker at the regional meeting of the Ontario Dietetic Association at Collingwood's General Hospital recently. 'Slim Chance in a Fat World' was written several years ago, stressing the need for behaviour modification in suc-

cessful dieting. Davis says she wrote the book with R.B. Stuart, a psychologist. It was published just prior to her leaving for Zambia with her husband for a three year stint with CUSO. It was a great surprise to her on her return to find how successful the book had become.

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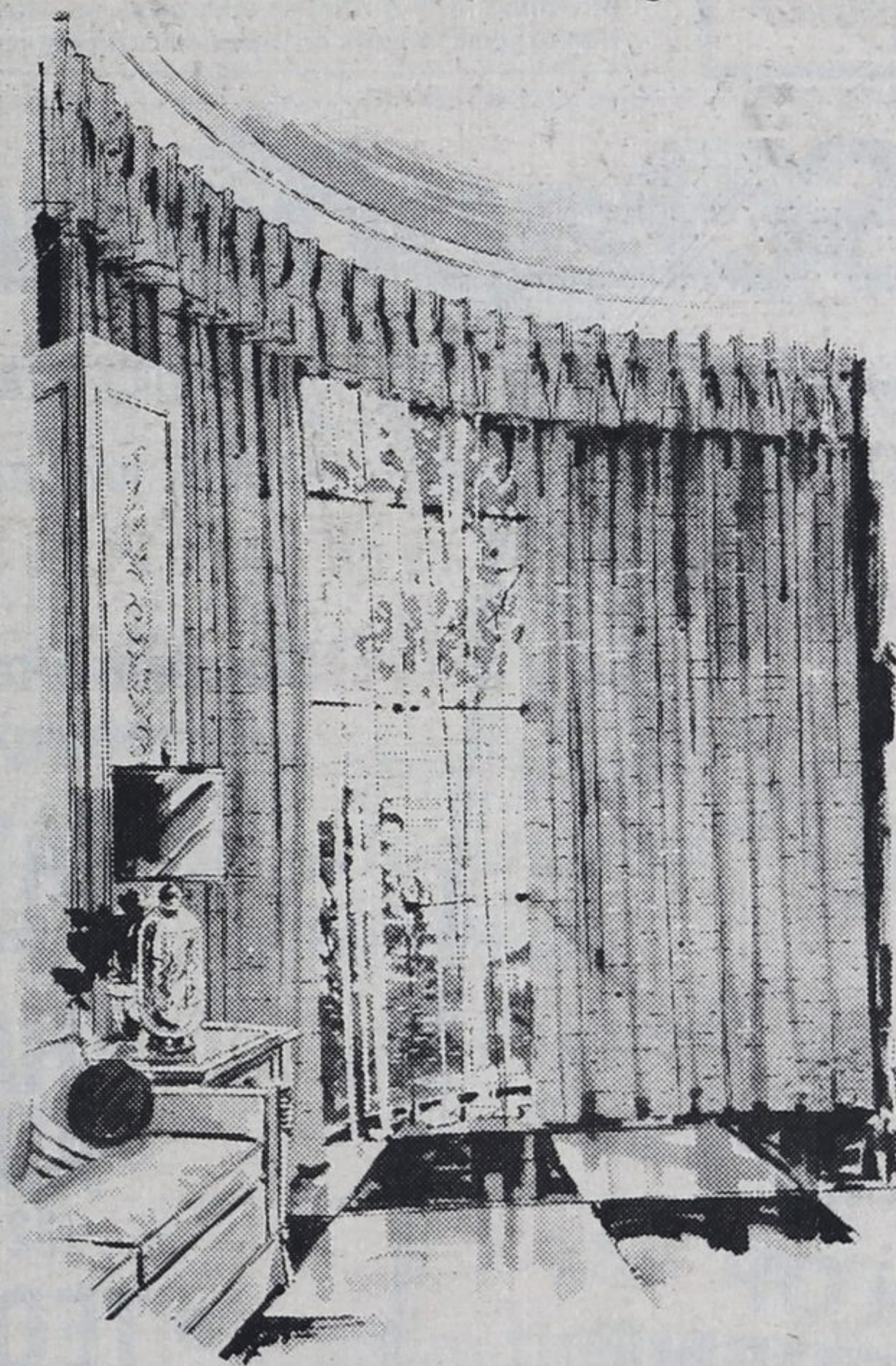
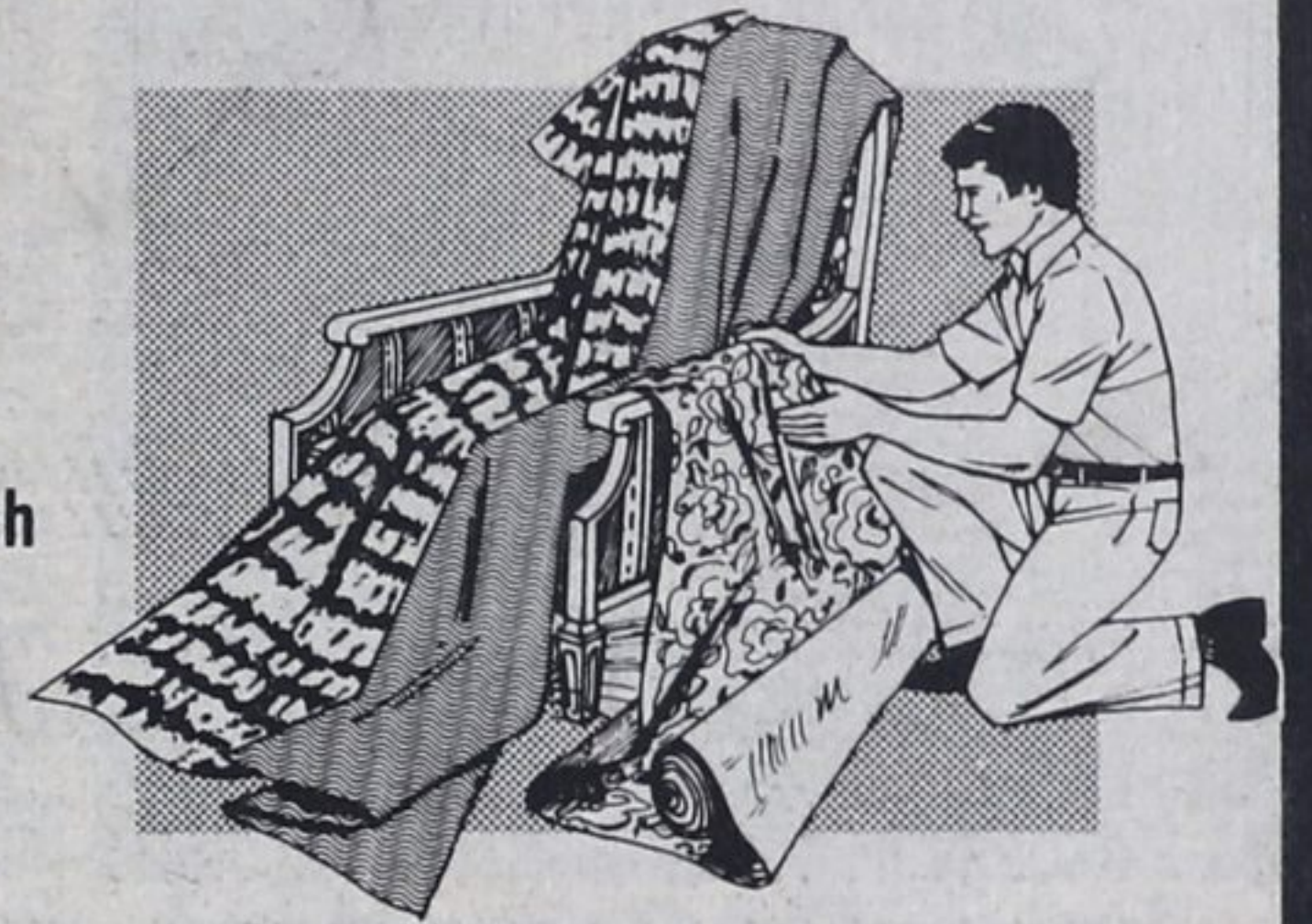
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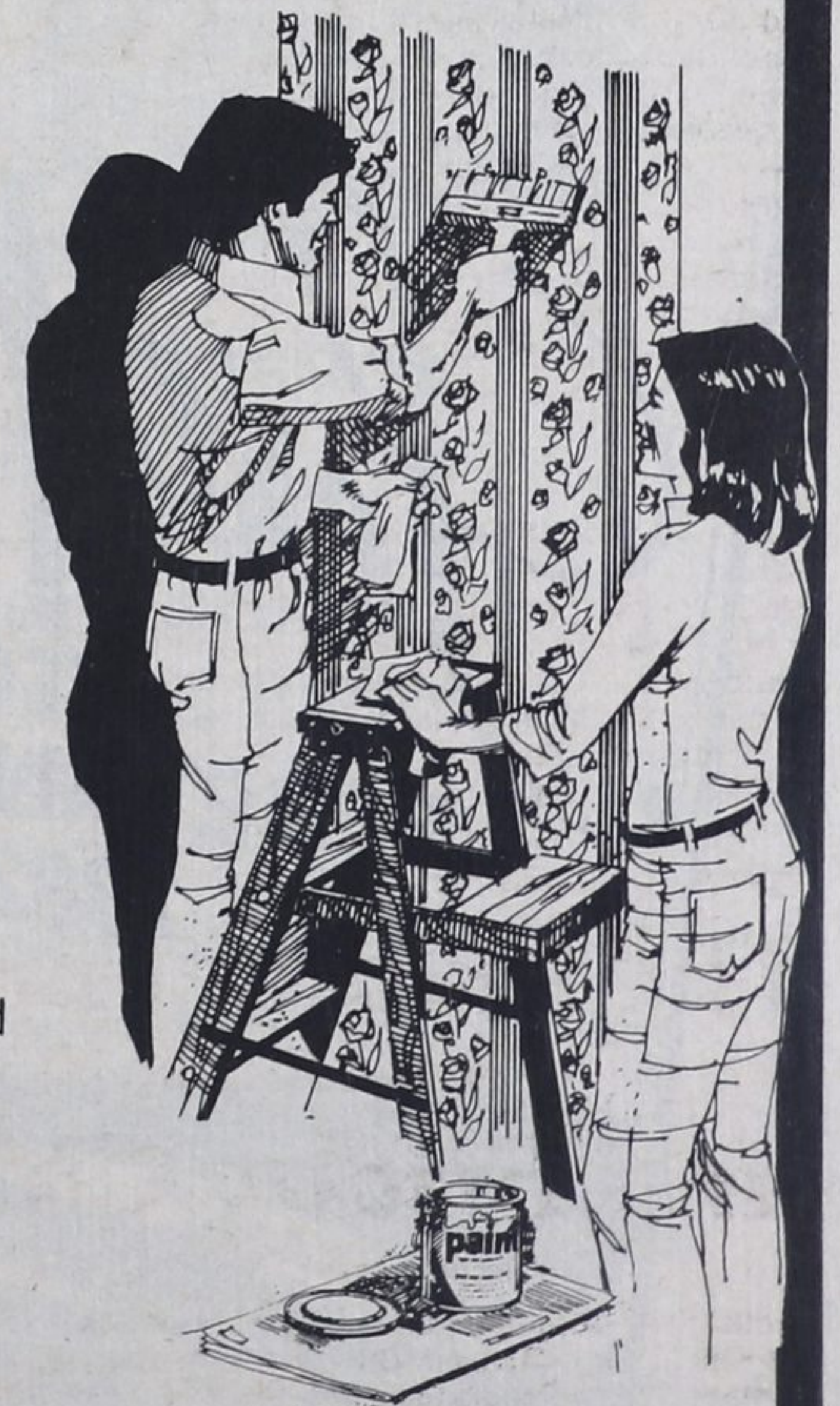


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