

## Volunteers needed for Meals-on-Wheels

Cont'd from pg. 13

the rehabilitation unit at Oak Ridge. For information call Linda Woods, 549-3181, ext. 2219.

**Big Brothers:** Needs volunteers to offer friendship to boys in father-absent homes. If you would like to help call 526-5051 for information.

**Big Sisters:** The Huronia Big Sisters is looking for volunteers. Call Sue French at 549-3265.

**Support programs:** Volunteers are needed for Meals on Wheels, Red Cross home support programs and the Night Watch program at Penetanguishene General Hospital. Potential volunteers can call the Georgian Manor or Penetanguishene General Hospital.

**St. John's Ambulance:** Is looking for male and female volunteers. If interested call Bev Steele at 526-2673 or write to Box 142, Midland, L4R 4K6.



**Rotary:** Meets Tuesday at 12:15 in the Penetang Legion, 13 Simcoe St.

### Clubs

**Camera:** The Midland and District Camera Club meetings are the first Monday of every month, October through May in the Wye Marsh Wildlife Centre at 7:30 p.m.

### Services



**Diabetes Education:** The pharmacy at Penetanguishene General Hospital runs a 2-day diabetes education program the fourth Wed. and Thurs. of every month. For information call 549-7431.

**Wendat:** Wendat community support programs provides supportive and rehabilitative services in the North Simcoe area, to adults with mental health problems. Housing programs include a medium support residence and a housing registry. For information call 526-1305.

**Lifeline:** The Lifeline service is a 24-hour response system that connects a disabled or frail elderly person to a emergency response center. Contact the Penetanguishene General Hospital at 549-7442 for information.

**Cleft Lip:** The Simcoe County Cleft Lip and Palate Family Association is a self-help group which aims to provide parents of cleft lip children with relevant information about the affliction. Call Bonnie Breadner, pathologist at Penetanguishene General Hospital, 549-7431 ext. 228 for information.

**Nurses:** Victorian Order of Nurses provides professional nursing in the home seven days a week. Call 526-3044 for information.

**Shelter:** Rosewood Shelter (Huronia Transition Homes) is for battered women and children. Staff available on a 24-hour basis for calls from women, men and teenagers suffering from physical abuse or mental stress. Call 526-4211 anytime.

**Red Cross:** The Red Cross operates blood donor clinics and maintains the homemaker's service program. This group also participates in many programs including the tracing service maintained by the International Red Cross. For information call 526-3388.

**Silver Thread:** This is a telephone reassurance program for shut-ins and senior citizens living in their own homes. Daily contact is maintained by

a friendly caller. For information call 534-7447 or Telecare at 526-7836.

**Health Unit:** Services offered include pre-natal classes, immunization

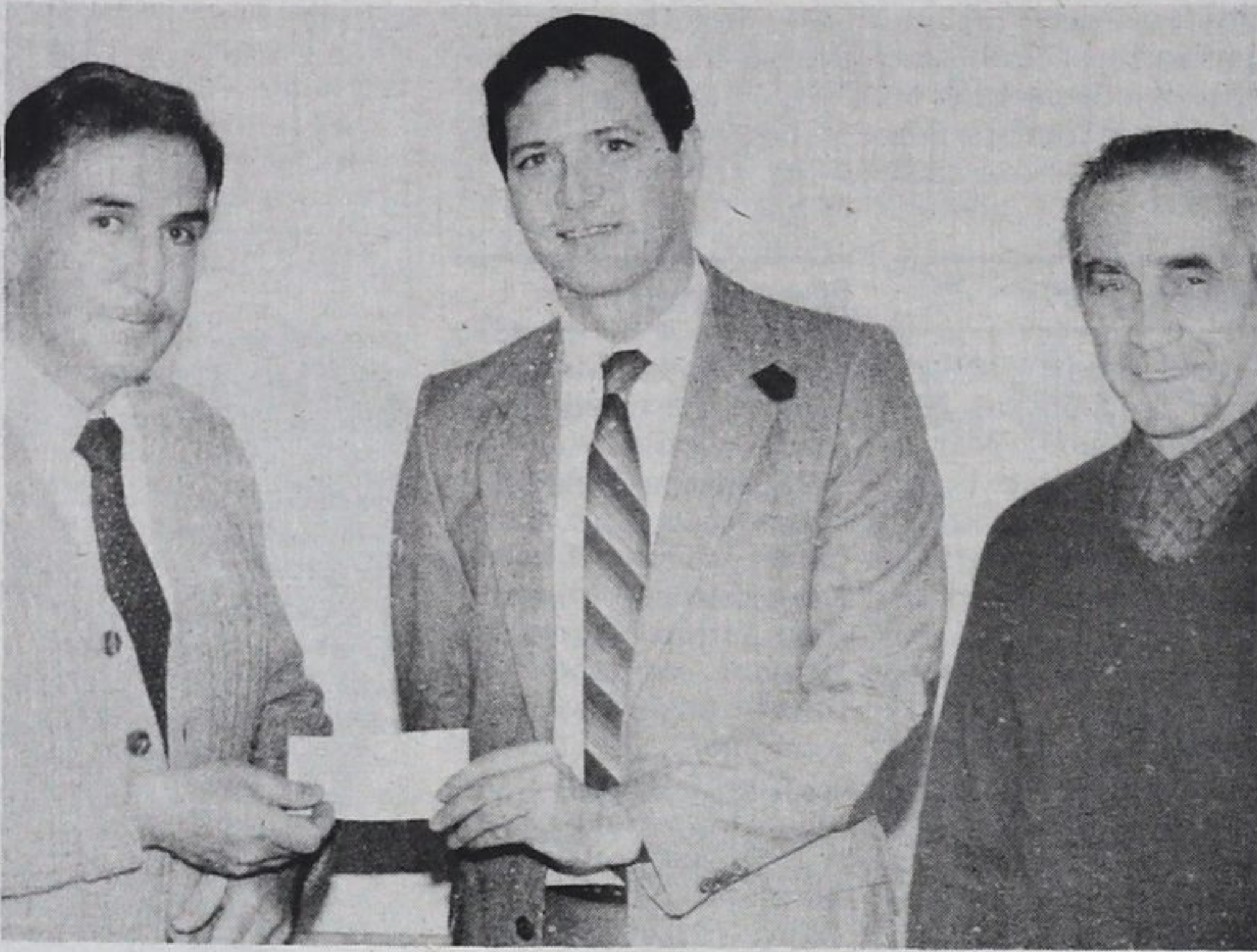
clinics, family planning consultations and home visits for teaching and

counselling. Many other programs are available. Call 526-9324 for details.

**Mental Health:** The Out-patient Services department of the Mental Health Centre Penetanguishene was created to help discharged patients return to communities as smoothly as possible. They also provide short term, intensive assistance to people over age 16 who are in a psychiatric crisis which may result in a hospital admission. For information on services or referral procedure, call 526-0567.

**French Centre:** Le Centre d'Activites Francaises in Penetanguishene has a variety of programs. For information call 549-3116

**Any community group wishing to publish an event or notice should drop off clearly printed or typed copy to The Penetanguishene Citizen or mail it to Box 269, Penetang, LOL 1P0. All copy must be in 10 days prior to publication.**



### Furnishings fund

The Knights of Columbus, Penetanguishene, has undertaken a campaign to support the furnishing of a lounge in the Georgian Manor. Grand Knight Mike Babando (left) and Knight Massey Asadoorian present a cheque for \$1,000 to Georgian Manor administrator Bob Morton. This is the initial donation honouring a pledge of \$3,000 to the furnishing fund.

## Readers are recognized

Pascal Slater, Derek Hollingworth and Catherina Moskau received recognition for their extra-curricular reading during the first semester.

In addition to regular reading, these students each read more than 3,000 pages of free choice literature in the first semester of the year.

English teacher, Diane Greenfield, invited the entire school to applaud these students, who were

in her Grade 10 English class at Ecole Secondaire Le Caron.

High schools are increasingly encouraging students to choose free choice literature from their own interest areas and try to develop increased flexibility in reading speed.

Derek Hollingworth read slightly more than 3,000 pages while Slater totalled 4,000 pages and

Moskau totalled slightly more than 4,600 pages of free choice books.

Their teacher explained this reading was in addition to the normal reading load in English class and all their other subjects as well.

"If reading is the student's most important skill throughout school and beyond, it is important to reward and encourage students who are already successful," said Greenfield.

### Meningitis treatment

When a Midland woman, who normally doesn't get headaches, got an intense, fast-progressing headache last winter, her husband thought of meningitis.

The couple had seen a TV documentary just the week before saying one way to check is to try to touch your chin to your chest. She couldn't do it.

She didn't have the type of meningitis that has caused six deaths already in Ontario this year. She was one of 11 Simcoe County residents who got "Haemophilus influenzae" (Hib) in 1988.

Children between the ages of 18 months and five years should be vaccinated against Hib, it recommends. The vaccine is distributed free to doctors through the health unit.

Doctors told the Midland victim, Hib is a common flu that children have; they don't necessarily get meningitis with it.

Meningitis is an infection or inflammation of the lining of the brain and spinal cord.

It causes flu-like symptoms followed by a severe headache and stiff neck and a stiff back. Neck movement makes the headache worse. The disease leads to mental confusion and a coma, according to the medical officer of health.

He indicates 10 per cent of the afflicted die. Some, who recover, may have a hearing loss or "mental disturbances." Early treatment is important.

The Midland victim says she was on antibiotics in the hospital nine days. "As soon as I was treated, I didn't have the headache," she recalled.

As a precaution, her children were given antibiotics as well. The medical officer of health recommends medication only for close contacts.



Affiliated with Lifeline International

**Telecare:** Telecare needs volunteers in meeting real human needs in the community. The centre has an annual 50-hour training program starting in September. Anyone interested contact 526-7836.

**Developmental Nursery:** The Developmental Nursery is in desperate need of volunteers to help with all aspects of their pre-school programs in Penetanguishene and Midland. For information call Eunice Buck or Sue Constant at 526-4253.

### Sports

**Volleyball:** The Midland-Huronia Volleyball Club has both men's and women's teams. For information call Jean Goodrow at 534-3018.

**Skating:** Public skating at the Penetanguishene arena, Friday night from 6:15 to 7:45 and Sunday afternoon from 1:15 to 2:45. Admission is 75 cents for students and children, \$1 for adults.


**Skating:** Skating for adults on Thursday afternoon from 2:15 to 3:45 at the Penetanguishene arena. No charge.

### Seniors

**Skating:** Free skating for seniors at the Penetanguishene arena on Thursday afternoons from 2:15 until 3:45.

### Service Clubs

**Quota Club:** The Quota Club of Huronia is a professional women's club that meets the first and third Monday of every month at various locations. One Monday is a dinner meeting at 7 p.m. and the other a business meeting at 7:30 p.m.




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