



(Photo by Hogg)

### Hearty lunch for happy losers

Tucking into a hearty and nourishing meal without a qualm, Heather Rennick, left, and her mother, Jean Rennick of Elmgrove Avenue, Oak Ridges, have lost 133 pounds

between them in the past year and never felt better. By continuing to follow their carefully planned diets they intend to keep it that way.

## Diet Workshop helps shed pounds

By Margaret Lade

A year ago Jean Rennick of Oak Ridges weighed 196 pounds and did not like it a bit.

Today she weighs 123 pounds, feels just great, and is amused when old friends do not recognize her.

Her daughter, Heather, was not happy with what the scales told her, either — 198 pounds.

Now 19, Heather is a trim 138 pounds. A graduate of King City Secondary School, Heather is in her second year in an arts and science course at York University. She is a different person — inside as well as out.

Not only has her figure changed, her whole personality has changed, her mother reports. They attribute their success to faithful attendance at the Diet Workshop in Richmond Hill, and to following its program.

Mrs. Rennick has found it so interesting and challenging she is now an assistant instructor at the workshop which meets at 7 p.m. each Thursday in Richmond Hill United Church.

One would tend to associate excruciating hunger pangs with such dramatic weight loss, but Mrs. Rennick marvels, "I was not hungry at all, and my health is much better."

She describes the program schedule at a typical meeting. First there is the moment of reckoning — the weighing in. A pin is given for each 25 pound loss and a goal pin when the objective weight loss is reached.

There is a short talk to help the would-be losers in their battle of the bulge, a recipe, a question period.

Each person is required to keep a daily diet record to be checked by instructor Gail Courtin or one of her assistants.

Suggestions are offered on an individual basis to help members lose weight faster and stay healthy.

There are also many special events throughout the year, such as open house when anyone can come and visit. Refreshments made from diet recipes are served.

In the spring Diet Workshop members from all around Metro get together for a fashion show and luncheon. The fashions can provide considerable

incentive to the would-be losers.

There are other club events that make losing weight interesting rather than agonizing, such as tasting parties when everyone takes along a favorite dish and recipe contests when new recipes are judged and prizes awarded.

Workshop members keep their objective firmly in mind, however, and provide encouragement for one another with the fun nights and varied functions, says Mrs. Rennick.

The lunch Mrs. Rennick and Heather are sharing in the picture consists of tomato juice, salad, two ounces of chicken breast for each, zucchini casserole, half a roll, jello, and two blueberry muffins apiece, ending with coffee served with skim milk and a diet sweetener.

#### Diet salad

Toss chopped lettuce, celery, green peppers, green onions and serve with diet dressing.

#### Zucchini casserole

1 pound peeled zucchini  
salt to taste  
1 7½-ounce jar of roasted peppers  
2 ounces mozzarella cheese  
8 ounces tomato juice  
grated parmesan cheese  
Slice zucchini and brown lightly in pan sprayed with Pam. Place in baking dish. Cover with slices of pepper.  
Add mozzarella cheese and tomato juice. Top with parmesan cheese. Bake at 350 degrees for 20 minutes.

#### Blueberry muffins

2 eggs  
1 cup skim milk powder  
1 ounce of wholewheat bread  
¼ cup of oatmeal  
½ teaspoon baking soda  
½ teaspoon baking powder  
vanilla  
3 tablespoons of unsweetened pineapple juice  
3 packages Sweet and Low  
1 cup of blueberries  
Mix all ingredients in blender except the blueberries.  
When well mixed fold in blueberries. Put in Pam-sprayed muffin tins. Bake at 350 degrees for 20 to 30 minutes, until golden brown.

## New courier rural route 2

GORMLEY  
Correspondent  
Evelyn Milsted  
889-9063

**gormley**

Mrs. Marlene Wood of Cachet Country Club has been accepted as the new mail courier on R R 2 Gormley and commenced her duties November 10.

**Institute**  
Gormley WI will meet at 2 p.m. November 26 at the home of Mrs. Clarence Cruickshank. Roll call will be answered by naming an African country and its location. Bring a stamped Christmas card for a shutin. There will be a craft sale. The program will be on citizenship and world affairs, with slides shown on Africa. All ladies of the community are invited.

**Guest speaker**  
Mrs. Allan Doner of Kitchener will be guest speaker at the WMS meeting November 20 in the fellowship hall of the Missionary Church. Mrs. Doner and her husband, former residents of this community, are home on furlough from missionary work in Ilorin, Nigeria.

**Welcome newcomers**  
Mr. and Mrs. Metro Sudeyko welcomed their first grandchild, a daughter born to Mr. and Mrs. Gerald Sudeyko, RR 1 Gormley.

Mr. and Mrs. David Sloss welcomed their third son, a brother for Andrew and Timothy, last week. Baby Michael, had to remain in York County Hospital, Newmarket, for several days after his mother returned home.

#### Neighborhood notes

Mr. and Mrs. Macdonald from British Columbia, are visiting their son-in-law and daughter, Mr. and Mrs. Gerald Sudeyko.

Miss Dorothy Dost visited Mrs. Atwater in Kitchener Monday.

Mr. and Mrs. George Sider of Wainfleet spent the weekend with her parents, Mr. and Mrs. Roy Brillinger.

Mr. and Mrs. Russell Cober and family of Petersburg were Sunday guests of Rev. and Mrs. James Cober.

Mr. and Mrs. Walter Brillinger and children enjoyed the weekend with Mr. and Mrs. Alvin Hall of Springvale.

Mrs. John Eyer of Maytown, Penna., visited her brother-in-law, Mr. and Mrs. Bruce

Steckley, and other relatives for a week.

Mrs. Fred Yake spent a week with her son-in-law and daughter, Mr. and Mrs. Ivan Good and baby son, Timothy, in Vineland.

Mr. and Mrs. Gary Winger and family of Sudbury holidayed this past week with her parents, Mr. and Mrs. Clifford Winger.

Miss Miriam Steckley spent a few days in Toronto with her cousin, Miss Velma Sheffer.

## Gas leak ended council meeting

When a gas leak was discovered at the rear of Crosby Heights School, Richmond Hill, Nov. 10, shortly after eight, the school was cleared.

Although the leak was outside the school, the gas was seeping into the rooms and corridors in the northeast section of the building.

Two groups were in the building at the time.

A meeting of Richmond Hill council with ratepayers of Ward 1 was scheduled for a room in the area of gas penetration.

However, by the time the school was cleared by the member of the maintenance staff on duty, only three ratepayers had arrived to join the seven members of council and one press representative, and they were still in the corridor at the front of the school.

The other group was playing volleyball in the senior gymnasium.

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### Frantic death still mystery

York Regional Police have been unsuccessful in their efforts to see what was behind the frantic action of a Toronto woman just prior to her being struck down by a car on Woodbine Ave. (Don Mills Rd.) Oct. 12.

Susan Ann Meldrum, 23, was killed when she ran onto the road about 5:30 a.m., waving her arms in an apparent attempt to stop a car.

Instead she was hit by a vehicle driven by Robert Gillam, 24, of Toronto.

Gillam was subsequently charged with driving while suspended.

### Merle Norman PRESENTS WOMAN OF THE MONTH FOR NOVEMBER



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