

Profile This Week

Meet Frank Leppanen - "He helps you to help yourself"

by PAULINE ZIEGLER

Frank Leppanen, his wife Judy and his father, came to Terrace Bay over a year ago after spending two years in Thunder Bay, where he worked as a social worker.

The Leppanens enjoy the outdoors, particularly cross-country skiing and fishing, and find that Terrace Bay has an abundance of terrific outdoor activities available. An assortment of family pets, two of which were acquired strays, would also indicate a natural love for animals.

In addition to this, Frank possesses a wealth of resources and an understanding in helping people. Frank is an independent contractor providing Kimberly-Clark with a valuable employee benefit called "The Employee Assistance Programme" which has been in effect since his arrival, and has proven to be a successful venture for all those concerned.

The programme,

which is open to all Kimberly-Clark employees and their families, is fully backed by the trade unions and the company. Both agree that social and behavioural health problems are treatable conditions and the programme responds to them while they are still manageable.

As the Kimberly-Clark 'Employee Assistance Councillor', Frank might make a referral to a specific treatment centre or organization; and suggest a preventative programme or follow-up sessions to ensure continual progress. Some treatable conditions effectively handled in the office include, family, marital and financial problems, emotional difficulties and job stress.

Seven to ten percent of employees in any typical industry, encounter one or more of these problems; with drug and alcohol abuse being the most frequent occurring problems handled by any Employee

Assistance Councillor.

Having a certificate as a councillor on alcoholism and a diploma in addiction studies from McMaster University greatly enables Frank to deal effectively in these areas.

Since the programme was introduced in June of '82, approximately 140 people with a variety of problems, sought assistance in some way, with all information and treatment kept strictly confidential from family and employer, unless the client gave written permission.

The programme also "helps people to help themselves," by getting involved in self-help groups, which in brief, consist of a group of people with similar problems, discussing and exploring alternatives to their specific problems. Self-help groups already in the area include: Al-Anon, A.A., Overeaters Anonymous, T.O.P.S., and S.I.D.S. (Sudden Infant Death Syndrome).

A call to Frank will put you in touch with any accessible information you or your organi-

zation request. In addition, he is equipped and willing to help organize other self-help groups in the area, some of which may include compulsive gamblers, youth problems, marriage enrichment and communication, and parents anonymous.

As in the past Frank will speak to any group or organization in the area, at no cost. If you or someone close to you, has a problem, or you want more information on self-help groups, just call Frank at 825-9347. He's more than willing to assist you!



Frank Leppanen is seen here in his K.C. Employee Assistance Office.

MAKE THE RIGHT CHOICE FOR THE RIGHT REASONS

CANADA SAVINGS BONDS OFFER YOU

✓GOOD RATE: A Canada Savings Bond is one of the best savings or investment choices you can make. With the 1983/84 Series, you'll earn 9¼% interest the first year, and for each of the next six years to maturity you're guaranteed a minimum rate of 7%. Your investment is protected. You'll never receive less than this guaranteed rate.

✓CASHABILITY: With Canada Savings Bonds, your money is not locked in where you can't get at it. Your Canada Savings Bonds are cashable at any time, with no interest penalty after the first two months. You'll receive all the interest earned for each full month since the date of issue.

✓CHOICE OF BONDS: You can choose between two kinds of Canada Savings Bonds. Regular Interest Bonds pay interest annually, by cheque or direct deposit to your account. Compound Interest Bonds reinvest your interest automatically, earning interest on your interest until cashed or matured.

✓CONVENIENCE: Canada Savings Bonds are easy to buy, in amounts as low as \$100.

You can buy your Bonds for cash from any authorized sales agent, including banks, investment dealers, stockbrokers, trust companies and credit unions. Compound Interest Bonds can also be purchased by instalments on the Monthly Savings Plan or the Payroll Savings Plan.

SALES START MONDAY, OCTOBER 24

CANADA SAVINGS BONDS are available at face value for only a short time. Sales start on October 24, and November 7 is the deadline to purchase your Canada Savings Bonds without paying accrued interest. But remember - the new Series may be withdrawn from sale at any time.



IMPORTANT INFORMATION

PURCHASE LIMITS: You may hold up to \$50,000 of the new Series. As well, if you hold maturing Series 29 Bonds, you may reinvest their face value in the new Series in addition to the \$50,000 purchase limit. Individual purchases on the Monthly Savings Plan are limited to a minimum of \$1,000 and a maximum of \$10,000.

OUTSTANDING ISSUES: On last year's issue (Series 37), the guaranteed minimum rate has been increased to 9¼% for the coming year. Your Series 37 Bonds will still be guaranteed not less than 8½% interest for each subsequent year to maturity.

All other outstanding issues benefit from the 10½% rate previously guaranteed. These Series will earn 10½% for the coming year and not less than 10½% annually to maturity.

MATURING BONDS: Series 29, issued in 1974, matures on November 1, 1983 and pays a maturity cash bonus of \$228.80 per \$1,000 Bond. Holders are reminded that Canada Savings Bonds do not earn further interest after maturity.

FURTHER DETAILS on all Canada Savings Bond issues are available from any authorized sales agent.

Tottenham invites you to celebrate

Did you live in the Tottenham area? If so, then they extend a cordial invitation to all former residents of the area to come and participate in the various events scheduled throughout the year.

1984 marks the Centennial of Tottenham, and several special weekends are planned including a Reunion Weekend on July 6th to 8th, with a host of exciting activities. July 7th could be your best

chance to meet old and new friends alike. A welcoming committee will be hosting a "Meet Your Friends" social in the afternoon followed by a buffet dinner and a dance. If you lived there, shopped there, went to school there or church there, they would like to see you again.

For further information you are asked to write to: The Centennial Committee, P.O. Box 310, Tottenham, Ontario. LOG 1W0



HAPPY BIRTHDAY AUNTIE
Love B & D

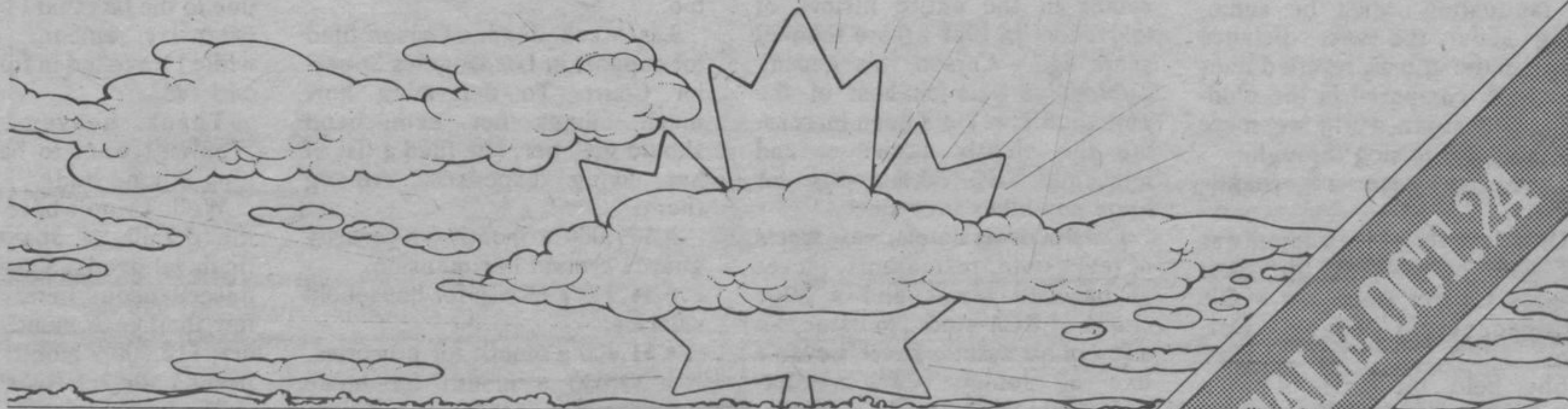
Ladies Auxiliary
Branch No. 223
Royal Canadian Legion

ANNUAL BAZAAR
Saturday, November 5th
2 - 4 p.m.

TEA TABLE RAFFLES
KNITTING & CRAFTS TABLE
BOOK TABLE BAKE TABLE

BINGO 3 - 4 p.m.
All half proceeds
Admission:
\$2.00 adults \$1.00 children
Door Prize

CANADA SAVINGS BONDS RIGHT FOR YOUR FUTURE



Canada

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ON SALE OCT. 24