

# Not a Christmas Treat

## Health Concerns of Northerners

These are not Christmas treats, but with our abundance of fine foods, give us one more blessing to count at this happy season.

Health Concerns of Northerners, a two-day forum organized by the Municipal Advisory Committee - Northwestern Ontario (MAC) will bring together

health care officials, medical specialists and representatives from all 47 Northwestern Ontario Municipalities, November 30th to December 1st, 1984 in Thunder Bay. This will be the first major regional assembly of elected leaders and health care personnel to deal specifically with the topics of "lack of medical professionals" and "Emergency Health Services" in Northern Ontario, says Rev. Richard Klein, Chairman of MAC's Health Committee and Councillor for Nipigon.

The Municipal advisory committee is composed of 13 elected officials from Northwestern Ontario who advise the provincial government of regional concerns through Northern Affairs Minister Leo Bernier.

Bernier says his ministry is funding the seminar as part of the Government's Commitment to a better health system. "MAC has taken the initiative to create a forum for all the major players to express their views, and I am looking forward to assessing the recommendations resulting from this conference."

As well as elected officials, delegates will include health care personnel in every major field, educators, nursing and homecare representatives, hospital administrators, health councils, women's health groups, native organizations and others.

The conference will look at recruitment, medical facilities, professional development opportunities and other problems affecting staffing. Klein says that the less than adequate number of health care professionals in Northern Ontario affects all fields, from general practitioners to physiotherapists.

That evening, outgoing President Peter Caruthers ended his term in office. The new President is John H. Carter, President and Chief Executive Officer of Greater Niagara General Hospital in Niagara Falls.

The McCausland Hospital is a member of the Ontario Hospital Association, the independent non-governmental association of hospitals in the province.

The Convention is one of the many educational programs organized by the OHA for hospital staff and trustees.

Elizabeth Shingleton, Elizabeth Shingleton The McCausland Hospital

Our local smelts, for instance, instead of being tenderly kissed in bubbling butter for a few minutes, were rubbed inside and out with an incredibly hot curry mix, rolled quickly in a thin coating of flour (wheat flour for me, rice flour for her) and deep-fried (oil for me, ghee for her), then dumped, crisp and sizzling, onto a bed of hot rice. The darn things tasted good, too!

Another interesting cultural blend is Shrimp Pyrohi with Plum sauce. Simply fill your pyrohi (this is not a 'typo' - I just refuse to use some of our linguistic promises, that's all) with chopped shrimp and onion, seasoned with soya sauce and ginger. Boil them in the usual way, drain well, and slip into a skillet where oil and a little sesame oil are hot and waiting. Let them brown a little, then serve onto a bed of shredded ham beside a mound of rice, and serve with plum sauce. You'll have a taste treat you could truly call Canadian, because it reflects the cultures of two of our most important "ingredients".

**MARY HUBBELL**  
by  
The annual frenzy of Christmas baking is gaining momentum. Alluring displays of goodies make the mouth water and eyes become glaze (wish I had a French typewriter so I could spell that one correctly - it's too good a pun to pass up!). Going to the store is now an exercise in restraint, nostalgia and an involuntary tucking-in of the stomach.

In our town as in many others, we are blessed with Canadian cooks from many lands, each with her own traditional recipe for mouth-watering foods. Don't you wish we could have a multicultural bake-sale just before Christmas? It would promote a greater respect for, and communication with, the varied nationalities whose home is now far from their homeland. It would also provide a substantial donation to somebody's favorite charity.

My East Indian friend, Nancy, swapped recipes with me once in a while, and we came up with some fun foods.

## Hospital Repps Attend Convention

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The McCausland Hospital was represented by Department Heads and Trustees at the 60th Anniversary Convention of the Ontario Hospital Association on November 26th, 27th and 28th at The Sheraton Centre in Toronto.

About 8,000 delegates, trustees, staff and physicians from public hospitals, psychiatric hospitals and other health-care facilities and organizations attended the Convention. "Directions for the Future" was the theme of this year's program which examined the impact of high technology on health-care delivery and hospital services.

Highlights of OHA '84 included the opening luncheon, Monday, November 27th.

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