

You may be a diabetic and not even know it

Dear Editor:

The (Northern) Ontario Division of the Canadian Diabetes Association (CDA) is determined to have adequate health care available for diabetics who live in the northern regions of the province. Unfortunately we do not have branches in all of our northern communities yet, so I have to mail this news release rather than hand it to you personally.

I hope that you will consider publishing it in your worthy paper. Public awareness of diabetes is the first step toward controlling this disease. Thank you for your assistance.

**Lorrie Grannary
Development Officer,
CDA, Ontario Division**

(The news release is included below — Editor.)

There are over one million people in Canada with diabetes and 50 per cent do not know that they have the disease. Volunteers of the Canadian Diabetes Association (CDA) are working hard to make people aware of this fact.

There are two main types of diabetes. There is a Type I or insulin dependent diabetes and a Type II or non-insulin dependent diabetes. Because Type II diabetes is slow in its development and because it is usually controlled through diet and exercise, rather than insulin injections,

people often don't discover that they are a Type II diabetic for years.

There is a belief that Type II diabetes is not as serious as Type I diabetes. "Not true," according to Lorrie Grannary, Northern Development Officer for

the Ontario Division of CDA.

"Type II diabetics can develop the same complications that Type I diabetics are prone to," she explained. "Diabetes can contribute to as much as 50 per cent of heart attacks

and 75 per cent of strokes. It is important that the disease is detected and put under control early in its development, in order to avoid or limit these complications."

She added that if a person is overweight and over

40 years of age, they are a high risk for developing diabetes. Such people should contact their doctor to have a blood glucose test done.

"This test will give the doctor a fairly accurate measure of whether a per-

son is a diabetic or not," Grannary said.

For more information on diabetes, contact Lorrie Grannary at the Northern Office of CDA, located at 210 Cedar Street, Suite 102, Sudbury, Ontario, P3B 1M6.

More opportunities for business women

**by Susan Loppacher
Northwest Enterprise
Center**

Time was, the business world was an area reserved solely as a male domain. However, today more and more women are catching the entrepreneurial spirit, and launching their own ventures.

In fact, according to the federal government's Small Business Secretariat the proportion of businesses owned by women almost tripled from 1964 to 1981. The latest figures from some independent studies suggest that 40 per cent of Canadian businesses are now owned by women.

The increase of women's participation in the small business sector is a phenomenon of both choice and necessity.

Technology has eliminated many of women's traditional jobs, while at the same time it is still difficult for women to

land senior executive positions in large corporations even if they have the experience. Instead of searching for employment in a tough job market they are striking out on their own, and starting their own businesses.

Whether male or female, having a business survive and grow in a competitive marketplace is difficult. Eight out of ten fail in the first five years of operation. One private Canadian study found, however, that of owner/operators, 47 per cent of women and only 25 per cent of men made it through the first few years of operation.

It's not that women are more talented or intelligent than men, it's just that they tend to be cautious and prudent in some cases.

One thing that women entrepreneurs lack is access to business networks where they can share information, obtain managerial advice,

and receive moral support.

The Northwest Enterprise Centre is offering a series of 'Business Ownership for Women' sessions to fill that gap.

As organizer of these regional programs, I feel that the sessions will give women an insight into avenues of help for women entrepreneurs, explore business ownership as a career option, give an overview of the key elements of business ventures such as planning, financial controls, stress, marketing, and so on.

The sessions will be offered in 10 Northwestern Ontario communities beginning in the new year.

Entitled 'Adventure in Enterprise,' the regional sessions are intended to complement a major conference planned for Thunder Bay in March of 1986.

Johanson explained that the conferences are the

result of a joint effort between the Enterprise Centre and the Ontario Ministry of Industry, Trade and Technology.

Other seminars and conferences hosted by other organizations will be taking place elsewhere in the province at the same time.

By starting to mobilize the existing women's business sector and inviting those women who are interested in starting a business, we will be taking

the first steps to creating a solid women's business network in the Northwest.

Each participant attending a session will be entitled to charter membership in the newly formed Northwest Business Owners Association.

For further information, contact Beatrice Johanson, Northwest Enterprise Centre (807) 475-6464 or Susan Loppacher, Northwest Enterprise Centre (807) 475-6400.

Presentation made

by Shirley Love

Several members of the Legion Ladies Auxiliary Branch 223 gathered together on short notice on Friday, January 10 for a farewell party for Alice Yates.

Alice left Terrace Bay on January 20 for Penticton, British Columbia, after many active years on

our Auxiliary, where she will be very much missed by all of her cohorts.

President Adelaide Beaulieu presented Alice with the Auxiliary Mother of Pearl Pin along with our sincere best wishes from the members present and not present. A good time was had by all. Good luck, Alice.

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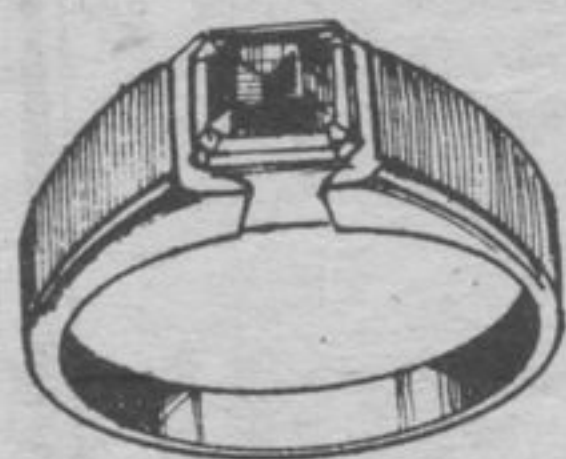
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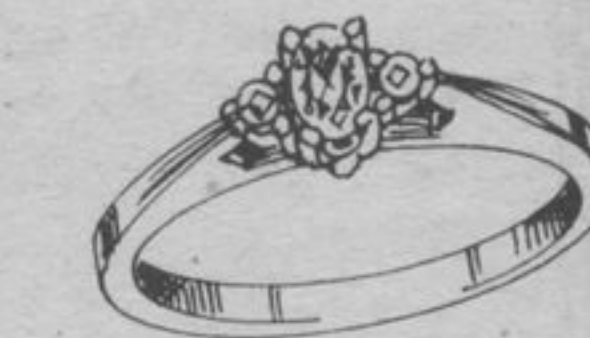
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O HOLY ST. JUDE, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage, in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present urgent position, in return I promise to make your name known and cause you to be invoked. Say Three Our Fathers, three Hail Marys and Glorias. Publication must be promised. St. Jude pray for us and all who invoke your aid. This Novena has never been known to fail. This Novena must be said for nine consecutive days.

K.T.