

'Battle of bulge' detailed day-to-day in woman's diary

by Mary Hubell
"Who, Me?"

On January 30, 1974 a woman with a problem (more than one, in fact), started a diary. The diary records, intermittently until 1979, her struggle to overcome. I have permission to publish it, hoping to forestall anguish and confusion in anyone threatened by the same problem.

Dear reader, it is not enough to say "I come

from a fat family", or "So they're still making clothes — I'll just buy bigger ones", or "Chee! what else is there in life?" It is not enough to say "I might wanna be a bartender some day — I hafta know what's good", or "I come from a long line of drinkers — it didn't kill them", or "It's part of modern entertaining — I want to be a good hostess."

No, no, no, no! Scratch

the creeds or goals of any of the ubiquitous health groups and you will find that fitness, not the joy of living, is the shining banner.

So be gentle with our poor deluded woman as she discovered her joy in living doesn't conform to modern standards. On the aforementioned Jan. 30 she was a teeny six pounds overweight, at 136. For breakfast she had cereal,

toast and coffee, 458 calories; lunch was a corned beef sandwich, slice of fruit cake, an apple and one black coffee with sugar, 425 calories; supper and bedtime snack two egg rolls, a serving of fish chop suey and a half a grapefruit, 620 calories. Total 1,523. High enough, you say!

But would you believe stupid also enjoyed two rye and ginger ales, one rum and coke, and a vermouth cocktail during the day. 410 useless calories? I mean, really!

Jan. 31 and Feb. 1, her total calories were 1,209 and 1,142. On Feb. 2 they went visiting, were talked into staying for supper and zoom ... 1,753 calories!

Feb. 10 was the 12th day of the experiment and what a day it was, statistically. I quote: "Av. cal for 12 days 1,300; wt. 130." But our aspiring hostess or bartender, slightly bewildered, is reduced to one Martini & Rossi or one Cinzano per day.

and then, and then, on the 47th day, darned if it wasn't St. Patrick's Day. It started out bravely enough: one poached egg on dry toast 150, one white toast, marg. 67, two coffee, sugar 36; then at noon, three ounces pineapple juice 36. But in the afternoon she made the patriotic sacrifice expected on March 17th and downed five ounces of Irish whiskey and three of orange pop, lamb stew with dumplings, one fig newton and two Irish coffees to the tipperary tune of 1,234 calories. At bedtime she presumably chastened her entire being with half a cheese sandwich on white and one ounce sardines on another white. O, the luck of the Irish!

From then until the 60th day the figures (including hers) are quite remarkable: daily caloric intake hovered

between 945 and 734. The 60th day of this odyssey makes our heroine a card-carrying member of The Born Losers' Club. Would you believe that once gain they were invited to dinner — a pre-Easter feast — which included roast

turkey, dressing, gravy, mashed potatoes, side dishes of breaded deep-fried jumbo shrimp with dips, chilled ale, topped off with homemade lemon pie? The final entry in this documentary is: "2,064 calories, so ... back to the

cutting board!"

I just can't go on, friends — maybe in a week or so I'll have recovered my composure and can share more of this courageous but futile Battle of the Bulge. See you!

Winnie's Scribbles

by Winnie Campbell

The ACW, UCW, and CWL joined forces to hold a Co-op Supper on March 11. It was held in conjunction with Carnival Week in Schreiber.

There was a delicious Smorgasbord meal provided by the church ladies. Over 200 people attended, and everyone enjoyed the food and relaxed atmosphere. The kids especially enjoyed the ice cream donated by Klomp Dairies.

It was a very successful effort and many thanks are due to all that helped and participated. Thanks to all who supported the three church groups.

The regular meeting of the Holy Angels Catholic Women's League was held on March 9. Father opened with a prayer and Carmel gave the scripture reading. Mary read the minutes of the last meeting and Bernadette gave the Treasurer's report.

A request was made by the Pathfinder's Group for a flag. After a brief discussion, Teresa moved we get the flag, and the motion was carried.

Father spoke briefly about the Disabled Action Group. He mentioned about getting a handi-van and also the possibility of setting up an alert system for elderly or disabled persons. Those interested in knowing more should contact Father Peter.

He also requested that someone act as parish link for the Pregnancy Crisis Centre in Terrace Bay. Father wants two people to serve on an Ecumenical Committee to sponsor refugees from Ethiopia and Central America. Anyone interested can call Father Peter for more information.

Jolene Kemp, our guest speaker from Thunder Bay was then given the floor. She spoke on convenorships in the CWL and what was involved in each. She suggested ways to make the convenorships more vital and interesting.

Afterwards, a lunch was served by Bernadette Maronese and her group. They held a draw for a hamper of assorted household items which was won by Dolores Morriseau. The draw for the St. Patty's Day Cake was won by Jackie Comisso.

Mrs. Vienna McLellan and Elma Haapa and Saimi Willoby have returned from their holidays in Florida. Mr. and Mrs. Fred Harness have returned from Hawaii with a nice tan. Mr. and Mrs. Pat Beno have returned from their vacation in Florida.

Ted and Donna Wainikka from Winnipeg visited Marg and Huck Gerow. Happy Birthday, Mom. Get well in hospital to Gerald Nicol, J. Pelto and G. Nesbitt.

The Winter Carnival

Games Night held on Sunday evening was very successful. It was sponsored by the Chimo Club. Events included bridge, cribbage, and double draw. It was enjoyed by 29 participants. Coffee and donuts were served.

The winners in bridge were as follows: Ladies high was Alice Sparks, Mens high was Art Leblanc, Ladies Consolation was Yola Cebrario, Mens Consolation was Martin Ryan. The 'A' event was won by Ed Borutski, the 'B' event by Colleen Gauthier, and the 'C' event by Paul Gauthier.

In the double draw, first was Mike McGrath, and second were Beth McAdam and Winnie Campbell (tied). The Chimo Club wishes to thank all who attended and made this an enjoyable evening. Let's do it again soon.

Duplicate Bridge

Duplicate bridge is played every Friday evening at 7:30 p.m. in the Home Economics Room of the Terrace Bay High School. All interested players are invited to attend.

Results of play from March 7:
First: Cheryl Gellately and Jean Megraw
Second: Gino Caccamo and Paul Cebrario
Third: Colin and Anne Dodd

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