



Presentation

Above at left is Brett Rhodes, Customer Services Manager of Bell Canada. He presented a cheque for \$400 to Ron Larivee of the Schreiber Recreation Department. The monies will be used for the Ball Park Development Project in Schreiber. (Photo submitted by the Schreiber Recreation Department).

Winnie's Scribbles

By Winnie Campbell

The C.W.L. regular meeting of the month was held in the parish centre on Jan. 10. Father opened the meeting with prayers and Georgette gave an inspirational reading.

Mary Gentile read the minutes of the previous meeting.

Thank-you went out to Mary Valentine for the first Friday and to Jeanette Howard for the generous donation of a new Christmas tree and decorations.

Janet reported on the Christmas gifts to needy children and Teresa reported that nine gift certificates and flower arrangements went out to 50-year members.

Nora said the penny auction at Bir-

chwood was very successful. It was decided that the C.W.L. will donate to the renovations.

The C.W.L. will be hosting the world day of prayer. It is the 100th Anniversary.

We will also make a donation to the refugee fund.

Bibles given to the graduating class at Holy Angels are to be ordered and proceeds will be given to the kitchen renovations.

The Parish dance will be held Feb. 28.

Teresa Stortini invited Donna Mikeluk to speak to us on stress. It was very informative and interesting.

Teresa's group provided coffee and

lunch after the meeting.

Mary Gentile won the draw which was a dinner for two at Restaurant LeBlanc.

The next meeting will be on Feb. 8. See you there.

A farewell party for Doran and Theresa Spencer was held at the home of Don and Sue Reid on Sunday. Many friends attended and they were presented with a picture of the Hydro Bay. They are moving to Sudbury. They will be missed in many things. Good luck in your new home.

Get well to Mrs. Larivee, Myra Smilsky, Mr. Smart and Nelson Smith who are in the hospital.

**Try a display ad...
they really work!**

Nutrition truths

"Canadian magazines accurate when it comes to nutrition"

Do Canadian magazines carry reliable nutrition information? The answer is yes, according to a recent survey conducted by the Ontario Dietetic Association (O.D.A.).

The association conducted a qualitative analysis of nutrition articles from 77 issues of eight widely distributed Canadian magazines. All nutrition information was evaluated according to basic principles of nutrition and rated against the following criteria:

- Is the source of information a Registered Professional Dietitian (R.P.Dt.) or recognized expert, with a nutrition degree from an accredited college or university?
- Is the information scientifically sound and factual?
- Are unrealistic claims or testimonials being made about health benefits of specific nutrients or foods?
- Do published diets meet the O.D.A.'s "Checklist for selecting a healthy weight loss program"?

Of the eight magazines reviewed, seven, received an "Excellent" rating for nutrition coverage: Canadian Living, Chatelaine, Flare, Homemaker's, Reader's Digest, Harrowsmith and Today's Health.

"These magazines provided nutrition information that was accurate and useful to Canadian consumers," says Eleanor Brownridge, O.D.A. president. "The only magazine we considered to be an unreliable source of nutrition information, was 'Alive'. The publication's diet-related articles were scientifically unsound and did not meet acceptable standards.

"For example, some of 'Alive's' nutrition-related articles recommended such unconventional diets as an arthritis-healing program involving vitamin therapy, garlic cloves, blackstrap molasses and brewers yeast. Another also suggested green-lipped mussel capsules as a "cure", which is a totally false claim since there is yet no known cure for any of the more than 115 types of arthritis.

"These recommendations lack scientific support and should not be followed," Ms. Brownridge advises. "If consumers desire reliable advice on any aspect of diet or nutrition, they should contact a registered professional dietitian or their physician."

A similar magazine survey conducted by the American Council on Science and Health gave "excellent" ratings for nutrition coverage to Better Homes and Gardens, Glamour, Good Housekeeping, Reader's Digest, Self, Vogue and Seventeen. Magazines that did not carry reliable nutrition information, according to the Council, included Cosmopolitan, Harper's Bazaar and Prevention.

For many individuals, the media is an important source of nutrition information. In a survey conducted by the Grocery Products Manufacturers of Canada in 1979, 46 percent of the participants reported they depended on magazines for dietary information.

If you are unsure of an article's nutrition accuracy, just keep in mind the criteria used in the O.D.A. magazine survey, the association advises. If the article does not measure up to O.D.A. standards, or makes unrealistic promises, it is best to ignore any recommendations it might include.

The Ontario Dietetic Association is a provincial organization of Registered Professional Dietitians and works to ensure a high standard of competency among its 1,350 members.

ATTENTION: NON-PROFIT HOUSING ORGANIZATIONS

**Create non-profit housing in your community.
Get your application now.**

Meeting Ontario's housing needs.

Applications are being invited for the development of 6,700 new non-profit housing units across Ontario. Construction on these units will begin in 1988.

Groups should start planning their proposals now to meet preliminary application deadlines early this coming Spring.

The Government of Canada through Canada Mortgage and Housing Corporation, and the Province of Ontario through the Ministry of Housing, will be cost-sharing assistance directed to needy households. Market units will be fully funded by the Province of Ontario.

The program is open to all municipal non-profit, private non-profit and non-profit co-operative organizations.

Local community organizations wishing to sponsor non-profit housing projects can apply for government grants to cover the costs of establishing non-profit housing corporations.

Affordable housing for those in need.

This program helps non-profit agencies to create affordable housing for households in need of housing assistance. These include families, senior citizens or physically, developmentally and psychiatrically handicapped persons able to live independently.

For project proposals in this category, completed preliminary applications must

be submitted by Friday, May 15, 1987, to be considered for the 1988 allocations.

Housing for low-income singles.

Some of the units will be specifically targeted to low-income singles.

Organizations interested in sponsoring such projects must submit their preliminary applications by May 15, 1987.

Housing with support services.

A portion of the units will be set aside for groups interested in developing housing for people with support service needs. These include physically, developmentally or psychiatrically handicapped persons, the frail elderly, battered women and other socially disadvantaged persons.

Groups interested in developing this type of housing are invited to special orientation sessions - to be held in February at each Regional Office of the Ministry of Housing.

Preliminary applications indicating an intent to develop a housing project with support services are to be submitted by March 31, 1987. Eligibility depends on the degree and nature of care provided.

Call now for details. For more information and application packages, contact your nearest Regional Office of the Ministry of Housing listed below.

Canada

Ontario

Regional Offices of the Ministry of Housing

Southern Office
55 Hess St. S.
Hamilton, Ontario. L8P 4R8
(416) 521-7500
or dial '0' and ask
for Zenith 20450

Eastern Office
1150 Morrison Dr., 2nd Flr.
Ottawa, Ontario. K2H 8S9
(613) 820-8305
or dial toll-free
1-800-267-6108

Northwestern Office
435 James St. S.
Thunder Bay, Ontario. P7C 5G6
(807) 475-1465
or dial toll-free
1-800-465-5015

Southwestern Office
275 Dundas St., Suite 1101
London, Ontario. N6B 3L1
(519) 679-7110
or dial toll-free
1-800-265-4733

Northern Office
1191 Lansing Ave.
Sudbury, Ontario. P3A 4C4
(705) 560-6350
or dial toll-free
1-800-461-1190

Central Office
4950 Yonge St., 4th Flr.
Toronto, Ontario. M2N 6K1
(416) 225-1211
or dial '0' and ask
for Zenith 20450