

Polar Bear Splash approaches

Food bank in need of donations

The Essex Area Food Bank is gearing up for the annual Polar Bear Splash to be held Sunday, Nov. 26 in Belle River.

"We're looking for people to gather pledges," says food bank founder and coordinator Eileen Clifford. "They don't necessarily have to plunge."

The annual dip in Lake St. Clair, which raised \$53,000 last year, is a critical event for the food bank this year. Organizers decided not to hold a canned food drive this fall and are hoping for good participation at the Polar Bear Splash to make up the difference.

"Right now we're hoping

for a lot of canned goods," said Clifford, who believes in offering clients a nutritionally sound diet. "We pay for about 70 percent of the products we distribute."

Meats, eggs, cheese, milk, margarine, cereal and canned fruit are some of the things that the food bank purchases.

The Essex Area Food Bank recently received a number of turkeys as part of the Essex Business Improvement Area's Great Turkey Caper, a promotion developed by BIA Manager Marlene Markham.

Through the program individuals and businesses purchased turkeys at Schinkels' Meat Market

this year, which were picked by the food bank and distributed to clients.

"It was wonderful that people thought of the food bank at Thanksgiving," said Clifford.

The food bank also received a truckload of food Oct. 10 through Farm Credit Canada's Drive Away Hunger campaign.

"I was extremely grateful for everything they did. FCC has been very good to us," Clifford said. "And I want to thank all the businesses and members of the public who donated."

For more information on the Polar Bear Splash, contact Eileen Clifford at 776-5607.



Pictured above is the Lapain Family - Chris, Laurie, Martha, Lauren, Michael, Mary, Louise John Paul and Therese. The Lapains were recently awarded the St. Mary's Park Spirit Award in recognition of their dedication to good sportsmanship and the recreation program at St. Mary's Park during the 2006 season.

St. Mary's Park Spirit Award goes to Lapain family

Every year, St. Mary's Park honours an individual with a Spirit Award. This award goes to someone who exhibits good sportsmanship throughout the baseball season.

This year a precedent was set when the award went to

an entire team. This team has nine players and, during the 2006 season, this team had players in all six leagues at St. Mary's Park from T-ball to the ladies and men's adult leagues.

In addition to playing, this team participates in

coaching and sponsoring teams in the various division.

This year the award went to Chris and Laurie Lapain and family whose participation at St. Mary's Park is greatly appreciated by all.



Daniel Schwab / Free Press

Planting tulips for cancer - President of the Friends of Woodslee Connie Bruner, left, and Avon Canada Essex County district business leader Estelle Collins, plant tulip bulbs at the Millen Centre in Woodslee Oct. 19. The two organizations, along with members of the Woodslee Friendship Club, planted nearly 200 bulbs to honour women who have survived or died from breast cancer. The Avon Canada Breast Cancer Crusade is planting 140,000 tulips across Canada.



Atom AE Ram Contract Carriers

This week the Essex Ravens faced Chatham. We came out ready to play hard and hopefully score some goals.

The first period Chatham ruled the ice. No matter what our Ravens did offensively they shut us down and defensively too.

The second period was a tie, no goals scored for or

against. But it was a tough period. Each team took some penalties. There was great defensive work by our APs Colton Kitchen and Alex Smith.

The third period our players picked up the pace and played awesome. Anthony Iacobini gave Alex Stevenson an awesome pass and Alex took the puck and

drove hard to the net and scored our only goal. This is one of the many things our team is working on proving - that practices are effective.

We have a busy week ahead of us. Wednesday we host Southpoint at 7 p.m. Friday host Belle River at 7 p.m. and on Sunday we travel to Belle River at 3 p.m.



ESSEX COMMUNITY SERVICES

Helping, Sharing And Caring For The Community

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THE COATS FOR KIDS PROGRAM - will again be distributing winter coats to families in need this year from 4 sites in Windsor, and 5 sites in the County. At Essex Community Services, our distribution dates will be Saturday, November 4th, 9am-4pm; Tuesday November 7th, 8:30am - 5pm; and Thursday November 9th, 8:30am - 5pm. Our Harrow Satellite Office will be distributing coats on Saturday, November 4th from 10am-3pm; Wednesday November 8th, from 8:30am-4pm and Thursday November 9th, from 8:30am-4pm. For information on dates and times for other locations, please call: (519) 776-4231 or (519) 738-1105.

PLEASE NOTE: ESSEX COMMUNITY SERVICES is still collecting coats. There is NO PARTICIPATING DRY CLEANER in the Town of Essex. Please drop off coats, mitts, hats, etc.... to our office. The need is great this year, and every little bit helps!!!!

LET'S BEAT THE FLU - Copies of the 2006 Flu Clinic Schedule from the Windsor-Essex County Health Unit are available at our office, or call the Health Unit's Flu Hotline at (519) 258-2146 ext 1433. We also have copies of Flu Fact Sheets, or visit the Ontario Ministry of Health website at www.health.gov.on.ca

ALZHEIMER SOCIETY OF WINDSOR & ESSEX COUNTY - provides assistance for caregivers, family and friends of those affected by Alzheimer Disease. Judy Carter, a social worker from the Alzheimer Society is available at Essex Community Services once a month, by appointment or for walk-ins (priority given to those with appointments). Judy will be available in Essex on Wednesday November 1st. Contact Judy Carter at 974-2220 ext 14 to arrange an appointment.

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