

# Showcase of arts and crafts

## CARD OF THANKS

### GARANT, Jeannette

The family of the late Jeannette Marie Garant wish to express their heartfelt thanks to families, relatives and friends for their support and many acts of kindness with gifts of masses, flowers, charitable donations and prayers during the loss of our beloved mother and grandmother.

Special thanks to Father Larry Brunet, the altar servers and choir of Holy Name C church Essex.

A note of gratitude to the Stewart L. Kennedy Funeral Home, the pallbearers and honorary pallbearers (Holy Name C.W.L.) and to the ladies of St. Mary's Church, Maidstone for the delicious luncheon and to Jonsey of A-1 Restaurant, your thoughtfulness will always be remembered.  
- Love her family

## SALTER

The family of the late Elmer Salter would like to express heartfelt thanks for the many acts of kindness during his time at home, in the hospital and at the time of his passing.

Many thanks to Rev. Dave Steadman, Laurene Csikasz, the congregation of the Harrow United Church, the A.O.T.S. Men's Club, the I.O.O.F. Lodge, for those who shared memories, the pallbearers and Gerald A. Smith Funeral Home. Your thoughtfulness will remain always in our hearts.  
- The Salter Family.

## IN MEMORIAM



### ARGENT, Helene

To the memory of my beloved mother, Helene (Wortley), who fell asleep in Jesus December 10, 2003.

...all the pains and deaths of the world

Shall be mother pains in the birth of life.

...all the dancing lovely leaves

Which whisper forever

That life is forever

A going and a going

Into the night of light.

- Forever loved and missed by daughter Kathy

## IN MEMORIAM

### MACKENZIE, Donald

In loving memory of Don MacKenzie who passed away December 7, 1986.

A special smile, a special face,

And in our hearts a special place.

No longer in our lives to share,

But in our hearts, you are always there.

- Always missed by Ruth and family

### FICK, Bruce (Short)

Aug. 24, 1932-Dec. 7, 2000

In loving memory of a Dear Husband, Father and Papa.

A "Golden Heart" stopped beating

Working hands put to rest,

God broke our hearts to prove to us

He only takes the "Best".

But since angels called for him

Much sooner than we've planned,

We'll try to brave the bitter grief that comes

And try to understand.

You will remain in our hearts forever, till we meet again.

- Love Ruth, Kelly, Carlo and girls



### CHARTIER/GUNNING

Nancy Chartier

May 1, 1946-Dec. 7, 2002

Ruby Gunning

Mar. 21, 1918-Dec. 14, 2003

Our family circle has been broken

A link gone from our chain,

But though we're parted for awhile

We know we'll meet again.

We shall meet with many a loved one

That was torn from our embrace,

We shall listen to their voices

And hold them face to face.

Sunshine passes, shadows fall,

Love's remembrance outlasts all.

- Love always and forever,

Don, Michelle & Tony, Aydin, Craig, Erik & Stacey, Brandon & Sarah

### ESPING, Carlene

December 9, 1997

We cannot bring the old days back

When we were altogether,

But secret tears and loving thoughts

Will live with us forever.

- Always in our thoughts, Mom and family

## Nominations called for Conservation Awards

Do you know someone who has contributed to environmental improvements in the past year? The Essex Region Conservation Authority is calling for nominations for its 2006 Conservation Awards.

The awards will be presented in three categories:

- The Education Award – For excellence in conservation education programs or projects in schools, organizations, companies, youth groups.

- The Volunteer Awards – For outstanding effort in volunteering time and services for conservation programs and projects.

- The Environmental Achievement Award – For programs or projects that have enhanced the region's renewable natural resources. Individuals, organizations and municipalities can be nominated.

To submit a nomination, contact ERCA at 776-5209, ext. 398 to receive a nomination form. Nominations close Friday, Dec. 15, 2006. The awards will be presented at ERCA's annual meeting on Jan. 18, 2007.



SWANS AND SLEDS – Paula and Bea Durocher, of Belle River, displayed some wood crafts fittingly decorated for Christmas, at the Essex High School Arts and Craft Show, Dec. 2.



HAND CRAFTED – Essex resident Judi Wijngaarden displayed her handmade knitted items at the Essex High School Arts and Craft Show.



Christmas and crafts – Shirley Stiers, left, was among volunteers at the Essex Retirees Social Club's Annual Christmas Bazaar, which featured crafts and a 'white elephant' sale, Dec. 2.



CUTE CRAFTS – Some Christmas earrings caught the eye of 3-year-old Kaitlin Shelley, right, while shopping with her mom Cathy Valentino, at the Essex High School Arts and Craft Show, Dec. 2.

## Obesity prevention starts early

The Windsor-Essex County Health Unit is giving health care providers a free toolkit to monitor and promote children's healthy growth and development.

These toolkits are available to physicians and nurse practitioners. Each toolkit contains:

- Resources to promote physical activity.

- Ontario Medical Association's position paper on preventing obesity in children.

- New and updated nutritional guides (Feeding Your Baby and Feeding Your Child 1-5 yrs.).

- Centre for Disease Control (CDC) growth charts.

- Counselling Guide to Promote Healthy Weights in Children 0-12 yrs.

- Body Mass Index (BMI) Wheel for use with children.

BMI is a number calculated from weight and height to measure body fat. The Ontario Medical Association recommends plotting the BMI on a BMI-for-Age chart for children and youth between the ages of 2-20 years to monitor weight clinically. The Health Unit is

providing these tools to help health care providers keep track of children's weight and plan appropriate interventions to prevent childhood obesity. Childhood obesity is an emerging epidemic that requires community action. With today's children eating too much and being too physically inactive, 26% of all Canadian children are considered to be at an unhealthy weight (CIHI, 2006).

Parents will be encouraged to ask health care providers if their children are growing well.

Memorial verses available at

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