

ESSEX

Essex Retirees Social Club

We trust that everyone had a good holiday and are ready to get back into the swing of things and maybe try something new.

The winners of the "Raise The Roof" raffle were Gord Renaud winning first prize (\$500), second prize was won by Beth Reitsma (\$250 water supply from Home Hardware) and \$25 went to Greg Gowanlock.

We are holding a trial introduction to men's strengthening to be held on Wednesday mornings at 10 a.m. Come and do some gentle stretching and strengthening.

Donations from our local businesses are starting to come for the Health Fair to be held at the Centre on Jan. 16 from 1-4 p.m. Please call the office for more information (519-776-6689).

Dec. 18 Pepper winners were Cecile St. Denis and Richard Lecours. Louise Perrault and Polly Mikolash tied for most Peppers and the booby prize was won by Percy Newman.

Tuesday Pepper winners were first Ethel Queen, most Peppers Louise Perrault and the booby prize was won by Cecilia Edwards.

Wednesday Pepper winners were Don Ames, booby Betty Field, three way tie between Cecilia Edwards, Cecile St. Denis, and Betty O'Neill.

Dec. 27 Pepper winners were first Cecile St. Denis, most Peppers Bea Mailloux and the booby prize was won by Don Ames.

Jan. 3 Pepper winners were first Don Ames, most Peppers Betty O'Neill and the booby prize was won by Bob Matthew.

Holy Name

CWL Membership Dues for 2007. Membership is \$18 each. After Jan. 31 it is \$20 each. New members are welcome.

K of C Fish Fry Fri. Jan. 12 from 4:30-7 p.m. with takeout available.

CWL is collecting cancelled postage stamps. Please place them in the container available in the Gather Space. Proceeds help with various charities.

Our parish family sends condolences to Fr. Matthew George and his family on the passing of his father, Bruce. Fr. Matt's address is St. Mary's Church, 51 Venison St. W., Tillsonburg, Ontario, N4G 1V1.

Cursillo Weekends: Men's Jan. 25-28; Women's Feb. 8-11. For information call 519-735-5831.

Middle Earth will meet on Wed. Jan. 10 and The Edge will meet on Wed. Jan. 17.

Sunday Breakfast Brunch on Jan. 14 following both morning masses. Payment by donation. All proceeds go to Youth Ministry activities.

All those children in grade 2 who will be preparing for the Sacraments of First Holy Communion and Reconciliation will need to attend a meeting with their parents either Sun. Jan. 14 at 1 p.m. or Thurs. Jan. 18 at 7 p.m. in the church.

Grade 8 Information Night at Cardinal Carter Secondary School on Thurs. Jan. 18 at 7 p.m. in the auditorium. Grade 8 students and parents are welcome.

Fr. Larry would like to thank all those who remembered him at Christmas with cards and gifts.

Please continue to save your grocery receipts for the missions.

Happy New Year to you and your family - Therese Lecuyer

Salvation Army

Sunday School at 9:45 a.m. Transportation is available for a ride to Sunday School, call 519-776-4628. We also have adult Bible Study at 9:45. Church at 11 a.m. We have a chair lift for those who have trouble climbing stairs.

Band practice on Thursday at 7 p.m.

Thanks to those that helped with their time for the Kettle donations.

Iler Lodge service on Wed. Jan. 17 at 6:30 p.m.

Our thanks and appreciation goes out to Iler Lodge and nursing home residents for their gifts of money and knitted items.

Christian Reformed

You are invited to attend our worship services at 10 a.m. with guest speaker Jim Lawton from the Gideon's. Nursery is provided. Make plans to attend our Alpha video at 6 p.m.

GEMS and Cadets meet on Mondays from 7-8:30 p.m.

Coffee Break Ladies Bible Study meets on Tuesdays at 9:30 a.m.

For information on any or all programs call 776-5071.

Essex United

Sun. Jan. 14 choir rehearsal at 9:30 a.m. Regular worship service at 10:30 a.m. in the lower hall. SSC volleyball in the gym at 7 p.m. Everyone welcome.

Thurs. Jan. 11 at 7 p.m. SSC Dodgeball in the gym. Everyone welcome.

2007 church contribution envelopes are now available. If you do not have envelopes and wish to receive them please let the church office know.

WOODSLEE

Official Board meeting on Tues. Jan. 23 at 7:30 p.m. at Belle River.

The Annual meeting date is Sun. Feb. 4 at Woodslee. For those who handed in their reports for the annual meeting booklet, thank you for your co-operation.

Sunday service time is 11:15 a.m. at Woodslee.

Child care for infants and toddlers may be available during the worship service. Please check with one of the ushers. Sunday school takes place during the worship service. The children remain with their parents for the beginning of the service and then leave after the Children's Time is finished.

Ladies Bible Study is on Mondays at 7 p.m. in the Round Room. Everyone is welcome.

Choir practice resumes on Thurs. Jan. 11 at 7 p.m. Any new members will be very welcome.

Please remember that non perishable food items are needed at all times of the year for the Downtown Mission.

Please keep saving used postage stamps, Zehrs and Sadler's grocery tapes, Campbell Soup labels, Canadian Tire money.

Golden Links card game winners on Fri. Jan. 5 were Jo-Anne Diesbourg, Mary Demars, Cecile St. Denis, Blanche Vektor, Madeline Diesbourg, R. Mogyorodi, Carl LeClair and Bob

Matheu. Door prizes to Vera McMurren and Lloyd Dewhurst. The next card party is on Fri. Jan. 12 at 7:30 p.m.

The Woodslee Friendship Club invites everyone to their first potluck supper for 2007 on Fri. Jan. 15 at 5:30 p.m. Bring along your favourite dish and share in the food, fun and friendship. Membership dues can be paid that evening if you wish. On Mon. Jan. 15 at 12:30 there will be the election of the Executive Committee. All members are urged to attend. We will have our regular card party at 1 p.m.

COZY CORNERS

Bethel-Maidstone

Sun. Jan. 14 Dave Chandler will be our special guest speaker. Soup and sandwiches will be served in the hall following the service.

Community Social Time for the area will be held on Mon. Jan. 15 at Bethel-Maidstone hall from 1-3 p.m. Everyone is welcome to come and play cards, games, socialize and have fun.

Bible Study resumes Wed. Jan. 17 at B-M from 7-8:15 p.m. All are welcome.

Bethel-Maidstone is holding a Roast Beef Dinner on Sat. Jan. 20 at 6 p.m. Advance tickets only. Please see or call Rob at 519-735-8411.

B-M is making lasagna for sale. Orders must be in by Jan. 21 for pick up on Sun. Jan. 28.

The Greater Windsor Concert Band will be taking the service at Gesto on Jan. 21 at 9 a.m.

An Ecumenical Service "Prayer for Christian Unity" will be held at Bethel-Maidstone on Wed. Jan. 24 at 7 p.m. Everyone is welcome.

The Annual Meeting will be held on Sun. Jan. 24 following the service and after a soup and sandwich luncheon. If you are required to make a report, please have it in a.s.a.p. so Michelle has time to type it, thank you.

Get well wishes to Marcy MacKenzie, Gary Coomber and Rich Kosar all in hospital; Ron Fairhurst and any

others who are not well. Please keep them in your prayers, send a card.

PAQUETTE

Vestry meetings are as follows: Redeemer Sun. Jan. 28, service at 9 a.m. followed by breakfast potluck, meeting approximately 10:30 a.m. St. Stephen's Sun. Feb. 4, service at 9 a.m. followed by breakfast potluck, meeting approximately 10:30 a.m. No 8:15 a.m. service that morning.

Meat pie production began this week. Call 969-1030.

Sprouts meet at St. Stephen's on Thurs. Jan. 11 from 10-11 a.m.

Seedlings meet at Redeemer on Sat. Jan. 13 from 10-11 a.m.

Youth Group meets at St. Stephen's on Sun. Jan. 14 at 6:30 p.m.

St. Stephen's Parish Council will meet on Mon. Jan. 22 at 7 p.m. Please note change of date. Redeemer Parish Council meets on Thurs. Jan. 25.

A course on How to Read the Bible, the cultural and historical background of the books of the Bible begins at St. Stephen's on Thursday evenings Jan. 18 to Feb. 22.

The following Sundays are available to place flowers on the altar at Redeemer: Feb. 11, 18, 24; Mar. 4, 11; Apr. 1, 8, 15, 29. Please call 519-737-6230 to confirm your choice.

Anyone interested in being in the choir for the Confirmation/Baptism Service on Jan. 21, please contact Rev. Jane. Practice on Jan. 16.

Our sympathies to the Dobson/Jessop family in the loss of a dear wife, mother, sister and aunt, Marilyn Dobson.

BAKERVILLE

Weather has been very much like spring in our area with plenty of water lying in the fields and the spring flowers are all coming up and the magnolia trees are budding and are ready to flower. Wow - what time of year is this?

Happy belated birthday to Ann Stanley on Monday;

on Friday to Mildred Gaspar at the Iler Lodge; to Sue Nantais and my great grandson Mason Alexander Allen Baker who will celebrate his #3; on Wednesday next week to Barb Bullock who will celebrate a milestone. Best of wishes to all of you on your special day.

Happy anniversary wishes on Tuesday next week to Real and Racheal Thibodeau as they celebrate #42 already. Best of wishes to you both.

The Pleasant Valley Community Club has been busy with members playing cards but with all the holidays I am behind on results.

On Dec. 19 they played Pepper and the lucky folks were George Diesbourg, Elaine Taylor, Maxine Knight, Keith Dresser, Josie Dresser, Jean Pepper and Bud Elwood.

On Dec. 23 the euchre winners were Grant Beacom, Jean Caron, Norma Beacom, Bob Ford, Doug Fields and Cecilia Edwards. Door prizes went to Ken Salter and Helen Slavik.

On Dec. 30 the regular euchre games were held with the winners Jean Jenner, George Diesbourg, Stan Jackson, Betty Fields, Polly Mikolash, Myrtle Meldrum and Bob Ford. Door prizes went to Jean Brodie and Helen Malott.

On New Year's Eve they had a Pepper party and winners were Doug Fields, Betty Fields, Don Ames, Garnet Galloway, Murray Elwood, Mary Demars and Bud Elwood. The euchre winners were JoAnne Diesbourg, Madeline Diesbourg, Carol Kerr and Vera McMurren.

Last Saturday evening the regular card party winners were Ron McLean, Regina Garrod, Don McMurren, Helen Slavik, Grant Beacom and Ruth Ferguson. Door prizes went to Percy Newman and Reba Knight. If you like to play Pepper come join in on Tuesday at 7 p.m. and for regular euchre come on Saturday and join in with friends and neighbours who also enjoy a good game of cards. The ladies provide a nice lunch following the games.



ESSEX COMMUNITY SERVICES

Helping, Sharing And Caring For The Community

35 Victoria Avenue, Unit #7, Essex, Ontario
Phone: (519) 776-4231 • Email: ecs@essexcs.on.ca

A computerized job search station is available for public use at Essex Community Services, 35 Victoria Ave, Essex. This computer is linked to several employment and job search related sites. We also offer a computer and printer for preparing or updating your resume.

Excerpt taken from Food and Fitness Advisor 2006:

Fish may help regulate the heart's electrical circuits – Eating broiled or baked tuna or other fatty fish once a week seems to help regulate the heart's electrical system and may prevent life-threatening irregular heartbeats (arrhythmias). Numerous studies link fish consumption with a reduced risk of arrhythmias and sudden death due to rhythm disturbances; animal studies have suggested the omega-3 fatty acids in fish (fish oil) directly affect the heart's electrical circuits. Researchers at Harvard analyzed data from more than 5,000 men and women, aged 65 and older, enrolled in the Cardiovascular Health Study (conducted from 1989-1990). They investigated the effect of eating omega-3 fats in fish on heart rhythms seen on an ECG. Eating tuna or other broiled or baked fish at least once a week was associated with a slower heart rate, compared to eating fish once a month or less. People who ate fish at least five times a week had an even healthier heart rhythm and reduced likelihood of a dangerous condition called a prolonged QT interval. *Fish oil seemed to have similar effects, but fried fish was not associated with any ECG changes, according to the study in the August 1, 2006 Journal of the American College of Cardiology.*



William "Bill" Gay

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