Winning seniors

Three senior Markhamites recently won awards for craft work at the recent Canadian National Exhibition. On the left is Miss Edith Jubb, a resident of Union Villa for nearly one year. She placed third in the Senior Citizen Macrame Class. Miss Jubb was surprised that she won, being the first time she has ever entered her craftwork in an exhibition. She learned how to macrame while living at Union Villa.

Centre: Mrs. Hilda White, a resident of Union Villa for over four years, has been knitting since 1914, when she made socks for the boys going off to war. Her lady's sweater, which took a month to complete, won a third prize. "I was so pleased to have won. My son told me I had been up against some stiff competition!" she said.

Right: Mr. Henry Stecker has been woodworking for years, ever since he was a young boy. This year he received third place recognition at the CNE with his chessboard pieces in the Senior Citizen Woodworking competition. "I worked on two pieces each day, but some took longer, depending on the detail," Mr. Stecker said.

Help for depression

A six-week course called Dealing with Depression will start at Richmond Hill Public Health Unit, beside the hospital on Tuesday, Oct. 21 at 7:30 p.m.

The cost is $20 single and $30 per couple. Telephone pre-booking advised: call 884-1133.

Topics include distinguishing clinical depression from ordinary "blues"; the medical model of depression; getting the right treatment; how familes can help; and associated conditions such as alcoholism, agoraphoba and anxiety. Information only, no therapy.

The course is sponsored by York Region Self-Help for Depression and Manic-Depression (formerly the Manic-Depressive Association).

The next meeting, open to anyone interested in depression, is Monday, October 20, at Thornhill Baptist Church, Yonge Street at Royal Orchard Blvd., at 7:30 p.m.

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