

Free one day symposium on health awareness set for Saturday

Local organizations are gearing up for Saturday's one-day community awareness symposium on healthy heart lifestyles and life saving skills, as well as local community resources for health care and emergency services.

Together We Can, which takes place at the Whitchurch-Stouffville recreation complex on Ninth Line from 10 a.m. to 4 p.m., offers a host of information, activities and demonstrations, many of them hands-on to promote increased awareness of sensible and healthy living and life saving techniques.

At 11 a.m. councillor Cliff Dunkeld will represent the town during the official ribbon-cutting at the complex's main entrance.

The Stouffville Lions Club is providing lunch for all volunteers involved and everyone in the community is invited to attend the event, which has been organized by Take Heart, the community CPR task force and the York Region District Health Council. Individuals and families attending will receive a 'passport to health,' which will be stamped by the exhibitors they visit at the symposium.

The passport will include key information on good health habits and on the individual's role in the emergency response system.

Among the participants are the Heart and Stroke Foundation; the Canadian Cancer Soci-



ety, public health, Whitchurch-Stouffville Mobility Transit, Uxbridge/Stouffville ambulance service and St. John Ambulance.

There's something for everyone in the family and admission is free.

WOMEN'S INSTITUTE CLOSURES

After a proud history going back 90 years, the Stouffville branch of the Women's Institute closed its doors for the last time earlier this month.

With so many women now in the work force full time and participating in other activities, it became increasingly difficult to attract new members.

And as the core membership became older and less able to be actively involved, it was agreed that the organization would have to fold, explained president Mary Davidson.

In recent times, she said, the institute had concentrated much of its efforts on helping 4-H Clubs in the area, but in its heyday "it was involved in practically every aspect of the village where there was need or help wanted."

The women have been such wonderful workers over the years." One of those wonderful women was Meeda Harding, who was secretary/treasurer of the organization until just before her recent death, the day before her 91st birthday, said Davidson.

"In the beginning when they first started, the membership numbered in the 50s and 60s," she noted.

"Women went there in the afternoons and took their courses and had excellent speakers. Each group had a meeting and they always did so

well in planning and organizing it."

Among the institute's many gifts to the community was the clock for the town clock tower.

ALL IN THE FAMILY

The Menger Gallery is holding a spring exhibition and sale of original oils and watercolors by the Keirstead family of

artists: James, Mitch, Pie, Colebrook and Anneka. Spring Show '95 is dedicated to their mother, Greta Margaret Keirstead, who died Feb. 25 at the age of 92.

The gallery is at 2243 Stouffville Rd., just east of Hwy. 404 in Gormley. Hours are Tuesday to Friday 10 a.m. to 9 p.m.; Saturday 10 a.m. to 5 p.m. and Sunday 1 to 5 p.m. and the show continues until May 7.

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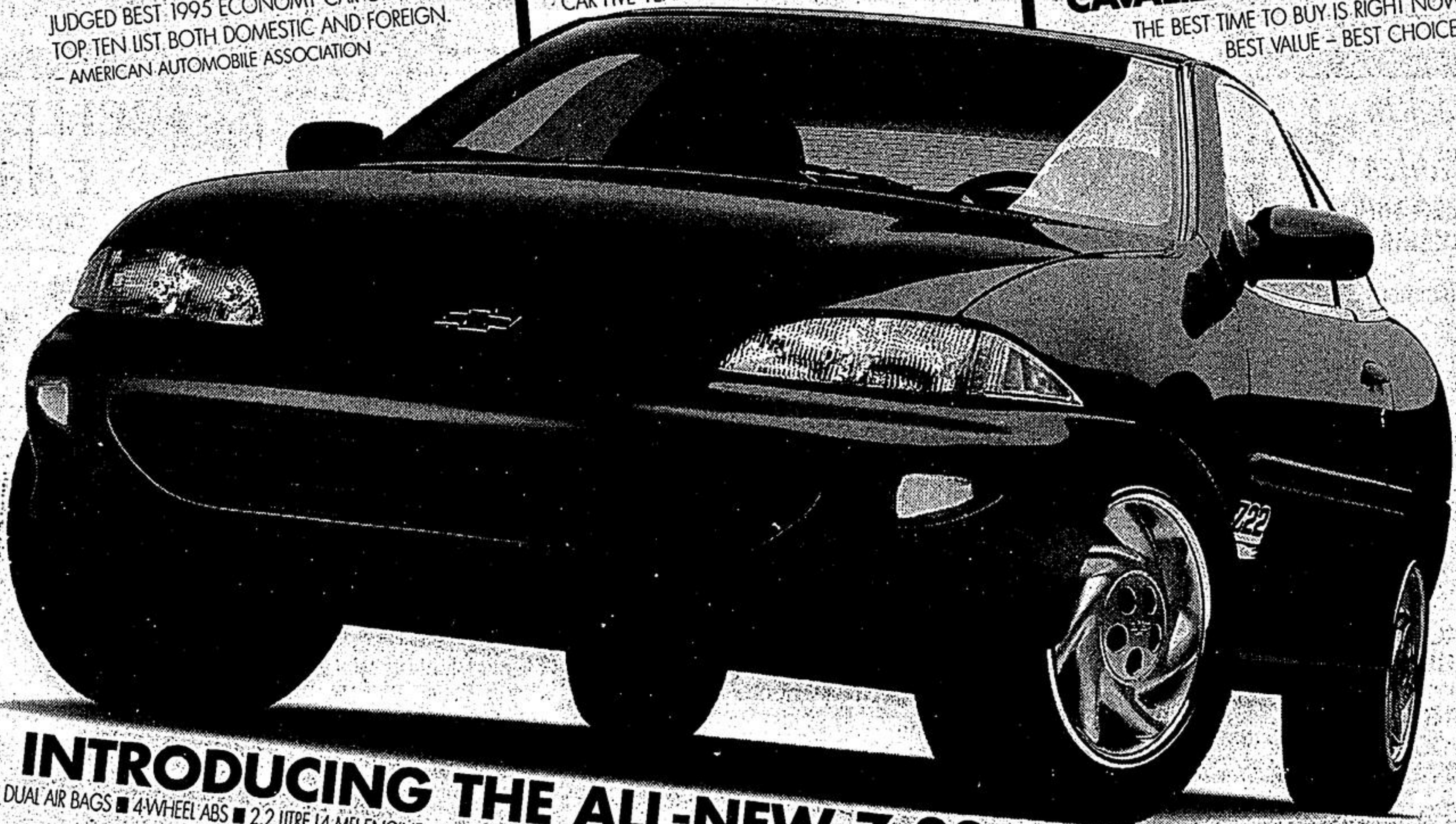
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