

Letters

Kidney Foundation thanks supporters of March Drive

Dear Editor
On behalf of kidney patients, their families and thousands of volunteers, I would like to thank the *Stouffville Tribune* for its support in publicizing our annual March Drive Campaign. Thanks to the generosity of the local community and the tremendous support given by dedicated volunteers, we were able to raise approximately \$68,000 in York Region. Their efforts, coupled with the hard work of thousands of other volunteers across our catchment area, resulted in raising over \$700,000 during March Drive, yet another record-breaking campaign for the Central Ontario Branch of The Kidney Foundation of Canada. In addition to supporting ongoing

research, patient services and public education programs, such financial successes also make possible the start-up of new initiatives such as the National Organ Donor Task Force. The Task Force has taken a leadership role in addressing the organ donor crisis in Canada, a crisis that not only impacts kidney patients, but the health care system as a whole. Without the support of people such as yourselves we could not help make a difference.

Diane Truyns
1995 March Drive Chair
Central Ontario Branch
The Kidney Foundation
of Canada

Food bank depends on donations dropped off at grocery store barrel

Dear Editor
This letter comes to ease the concerns voiced by people of this community with regard to the food shortage crisis experienced by Daily Bread and the food barrel they have placed in the IGA store.

The Whitchurch-Stouffville Food Bank since its beginnings, has been dependent on the food donations placed in the barrel at the IGA store by citizens of this town. It's through donations at this location, plus donations in the barrels at several other locations, as well as generous gifts of money given by individuals, groups, corporations, etc. that have kept the WSFB independent and free from a crisis situation. This being the case, all donations put in the barrels

at the IGA will continue to be given and used by the WSFB for the people of this community. Again, we sincerely thank you, the people of this town, for your constant and faithful support and to the stores and businesses who make a place for a food barrel.

Esther Powell
Coordinator
Whitchurch-Stouffville
Food Bank

Everyone reads The Tribune

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On Hwy. 48 at Vivian Rd.
Pastor Robert Okum
Holding forth the doctrines of grace
9:45 a.m. - Sunday School
11:00 a.m. - Morning Worship
7:00 p.m. - Evening Service
Everyone is Welcome

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STOUFFVILLE
640-6665
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Saturday 5:00 p.m.
Sunday 9:00 a.m. and 11:00
Weekdays Mon., Wed. & Fri. 7:30 p.m.

STOUFFVILLE UNITED CHURCH
34 Church St. N.
640-1163
SUNDAY, JULY 30th, 1995
10:30 a.m. Morning Worship
Sunday School from Baby Fold to the grade 8 level
Everyone Welcome

WIDEMAN MENNONITE CHURCH
10530 Hwy. 48, North of Major Mackenzie
Phone: 640-6219
Pastor Lawrence Burkholder 294-0649
SUNDAY, JULY 30th
9:30 a.m. - Adult Sunday School
10:30 a.m. - Speaker Ed Lehming
6:00 p.m. - Video
The Healing River
Everyone Welcome

STOUFFVILLE BAPTIST CHURCH
A Fellowship Church
6273 Main Street
Pastor Rev. Gordon Bickle
SUNDAY, JULY 30th
Bible class for all ages - 9:45 a.m.
11:00 a.m. - Morning Worship
Message
Telling What We Know (Part II)
WEDNESDAY
Prayer & Bible Study 7:30 p.m.
You may Tremble on The Rock of Ages
But The Rock will not Tremble Under You
Join Us For Praise and Fellowship

THE ANGLICAN PARISH of CHRIST CHURCH
254 Sunset Blvd., Stouffville
The Rev. Robert A. Shields
640-1461
SUNDAY, JULY 30th, 1995
Eighth Sunday after Pentecost
10:00 a.m. - Morning Prayer
Children's Program Provided

BLOOMINGTON GOSPEL CHURCH
13660 North Line
South of Bloomington Rd.
Rev. Bryan Colter 640-4364
SUNDAY, JULY 30th, 1995
9:45 a.m. - Sunday School
11:00 a.m. - Worship Service
Special Speaker
ALL WELCOME

SPRINGVALE BAPTIST CHURCH
Gornkey - Stouffville Rd. at Kennedy Rd.
Pastor Rev. Bob Flemming
Associate Pastor Rev. Byron Stewart
887-5651
SUNDAY, JULY 30th, 1995
11:00 a.m. - Pastor Flemming
6:00 p.m. - Springvale Summer Network (home fellowship opportunity)
Mid week services
Cancelled for summer months
For more info. call Church Office 887-5651
Come, Worship With Us

SENIORS

Get the facts about menopause

You've heard all of the horror stories about menopause: the hot flashes, the night sweats, the depressed mood. You'll gain weight, you're told. And your sexual desire will all but disappear. No wonder women dread the approach of middle age.

But the truth is that menopause symptoms differ from woman to woman. So while hormone replacement therapy may help your friends, it may not be appropriate for you. And while replacing estrogen and progesterin may work for most women, others may benefit from including an androgen, another type of hormone also produced by women's bodies.

Here are some facts toward understanding menopause.

ESTROGEN
The primary female sex hormone, estrogen helps protect women against cardiovascular disease and osteoporosis. During menopause, estrogen also helps relieve some of the symptoms that many women experience, such as hot flashes. By the time women reach menopause,

they will only be producing one third the amount of estrogen that they produced during their childbearing years.

ANDROGEN
Natural to the female body, androgen is vital to healthy reproductive functioning. In addition to a decrease in estrogen levels, many women will experience a 50 per cent reduction in their androgen levels during menopause.

ESTROGEN AND UTERINE CANCER

For women who have not had hysterectomies, doctors usually prescribe a progesterin in combination with estrogen. The progesterin prevents overgrowth of the lining of the uterus and reduces the risk of cancer.

DIET
A low-fat diet that is high in calcium will protect against osteoporosis and heart disease and help you control your weight.

EXERCISE
Weight-bearing exercises build bone mass and help prevent osteoporosis. And exercise helps you control your weight, strengthen your cardiovascular system and boost your sense of well-being.

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