



Heart & Stroke Thank You Tea

Earlier this spring, the Heart and Stroke Foundation hosted a thank you tea at Candlelight and Memories to express appreciation to all the local volunteers who worked together to raise more than \$25,000 for the charity. Stouffville boasts one of the longest-running and most successful campaigns in the region.

Rural Reflections

Surviving Summer Is A Tricky Task

by
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Lights, camera, action. Welcome to *Survivor* Whitchurch-Stouffville style. Millions of viewers tune in every week to watch the hit reality TV show. Now, without the inconvenience of travelling to a sultry, isolated island, you too can play, right in your own backyard.

You are automatically a contestant just by surviving all that summer will assault you with as you go on living life as usual, or at least attempting to. Task one: beating the sun and things that fly in the sky. Before leaving your house, make sure you are protected from those harmful ultraviolet rays and pesky mosquitoes bearing deadly diseases.

Maybe you would like to wear the ever popular head to toe netted coverage. Or perhaps you might opt for a sunscreen of mega numbers, combined with a chemically concocted insect repellent that could replace your current perfume or after shave lotion.

I personally think outdoor protection suits are the way to go. Just think, not only does the sun do no harm, but mosquitoes will get frustrated when your blood is kept under wraps. The outdoor enemy list ranks mosquitoes and the West Nile virus right at the top. Have no fear, there are foggers, zappers and swatters galore to help fight this survivor battle. Just remember, take no prisoners.

Once outdoors, watch for unusual bugs flying by. As last fall ended, a new environmental threat was discovered, a spotted beetle that burrows into trees. This bad bug caused hundreds of trees to be brought down in an attempt to try and prevent it spreading. As you wonder what is going on with our world, all this stress might make you feel like having a snack. Why not crank up the barbecue for

an old fashioned survivor supper? Task two: surviving a family barbecue. Juicy beef burgers grilling away may sound delicious, but with the fear of mad cow disease, you had better cook these patties until they resemble the coals they cook on. You could try grilled chicken, but even that once harmless fowl is now to be handled and cooked with care.

Wash your hands, cutting board and all utensils like you're handling a hazardous substance. Add to your worries the disease that recently had millions of chickens slaughtered in British Columbia and somehow that sizzling breast doesn't seem so appetizing. Surviving a cookout this year has a new, menacing meaning. Veggie burgers are starting to sound darn delicious.

Task three: show survivor courage and remain undaunted. Okay, so you have to stay out of the sun, watch for mosquitoes and creepy new insects and the food you eat may make you sick, but there is an upside. Those excess pounds will melt away from lack of burgers.

Bundled up from head to toe on a boiling hot summer's day will turn you into a walking sauna. Think of the great figure no one will be able to see. Think about the wrinkles you won't get from the sun. We rural survivors will be all white and pasty. We'll look like parolees who have just been released from prison.

So grab your coverup, peek at the sun and go sit in a lawnchair where you can remember the good old days when all of these problems would have been the plot of a Stephen King book, and not our new reality.

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