

Ronald McDonald House™
356 Dundas Street West
Toronto, Ontario
M5T 1G5

THE MOST BEAUTIFUL HOUSE IN TOWN

For those parents, who have a child undergoing cancer treatment or diagnostic series, the Ronald McDonald House in Toronto is a blessing. Run by the non-profit corporation, Children's Oncology Care of Ontario, the house has 20 private bedrooms with the necessary support rooms of kitchen, T.V. room, lounges and other facilities. A full-time manager, supported by many volunteers attend to the day-to-day running of the home as well as the changing needs of those using the home. A "home away from home" for those who need not only a place to stay, but also emotional support during trying times. Parents are close at hand for visits. Financial and emotional strains are reduced and families are more able to cope with the various aspects of serious illness in a loved one.

Support comes from a variety of sources; concerned community groups and service clubs, corporate donors and the general public. If you would like to contribute, donations are tax deductible and receipts issued. Household goods and food staples are also accepted at the House. For \$5.00 a year, anyone can become a member of the organization. A regular newsletter plus an annual report is issued to members.

Cheques should be made out to:

Children's Oncology Care of Ontario
and forwarded to:

Ronald McDonald House
356 Dundas St. W., Toronto, Ont. M5T 1G5

**CANADIAN
CANCER
SOCIETY**



RIDEAU BRANCH GOAL FOR 1986

\$10,500.00

**"LET'S GO OVER THE TOP!"
SUPPORT A WINNER**

BECAUSE:

**WE
ARE
WINNING**

CAMPAIGN MONIES GO FOR:

Education 14% Patient Services 16%
Research 61% Admin. & Fund Raising 9%

While RESEARCH, EDUCATION & SERVICE TO PATIENTS goes on ALL YEAR, the CANCER SOCIETY'S APRIL CAMPAIGN is when the MAJOR part of funding is achieved.

PLEASE....GIVE GENEROUSLY WHEN YOUR CANVASSER CALLS!

RIDEAU BRANCH VOLUNTEER CAPTAINS for 1986

- | | |
|---|--------------------------|
| Elgin, Chaffey's Lock and Area | Edgar Connell 359-5723 |
| Philipville & area | Betty Davison 359-5877 |
| California, Jones Falls, Morton, | |
| Whitefish Lake & Hwy#15(to Lyndhurst Rd.) | Edith Berry 387-3445 |
| Delta & area | Patricia Donald 928-2881 |
| Village of Portland | Joyce Huntley 272-2658 |
| Newboro & area | Joan McCann 272-2843 |
| Lyndhurst & area | Jean Robertson 928-2218 |
| Westport & area | Joan Blair 273-2809 |
| | Virginia Blair 273-5534 |
| | Rona Dier 273- |
| Portland Rural area | Judy Pattinson 272-2736 |
| Newboyne area | Carolyn Visser 283-1576 |

If YOU would like to help canvass, please contact the Captain in your area....Your Help Will be most welcome!

EXTRAS!!!!

Each year, members of the Zeta Iota Chapter of Beta Sigma Phi take time to distribute DAFFODILS throughout the area into many stores and locations. They also actively promote the sale of the DAFFODILS, funds from these sales adding to our campaign.

GREET SPRING WITH DAFFODILS

AND HELP THE CANCER SOCIETY CAMPAIGN!

DAFFODILS WILL BE IN THE STORES - APRIL 3...

SMART COOKING
can be purchased
from any Cancer
Society Volunteer
or
from Elgin or
Seeley's Bay
Libraries

**NOVA SCOTIA SEAFOOD
CHOWDER**

Serve as a main course, along with crusty rolls and a tossed green salad, for an apris-shi dinner buffet or an after-theater party. You can make it early in the day to give the flavors a chance to develop. To save time, chop onions, celery and carrots in a food processor.

2 tbsp	butter	25 ml.
1 cup	chopped onions	250 ml.
2 cups	chicken stock or clam juice	500 ml.
1 cup	chopped celery	250 ml.
3	carrots, coarsely chopped	3
1 tsp	salt	5 ml.
	Freshly ground pepper	
1 lb	haddock fillets	500 g
2 cups	whole milk	500 ml.
1/2 cup	all-purpose flour	75 ml.
1	can (5 oz/142 g) clams (undrained)	1
1/2 lb	cooked small shrimp or lobster meat	125 g

In large saucepan or soup kettle, melt butter; add onions and cook over low heat for a few minutes until soft. Stir in chicken stock, celery, carrots, salt, and pepper to taste. Bring to a boil; reduce heat and simmer, uncovered, for 20 minutes or until carrots are tender. Add fillets, cover and cook for 5 minutes longer. (The chowder may be prepared ahead to this point and frozen; thaw and reheat before continuing with recipe.)

Stir enough of the milk into the flour to make smooth paste. Gradually stir paste into soup, then stir in remaining milk and simmer until mixture thickens slightly. Just before serving, stir in clams and shrimp; heat through. Taste and adjust seasonings. Makes 6 servings (about 1 1/2 cups/300 mL each).

Calories per serving: 225
Grams fat per serving: 6
Calcium: Good
Vitamin A and niacin: Excellent

TERIYAKI BEEF RUMAKI

Wrap tender strips of marinated beef around crunchy water chestnuts for a delectable hot appetizer.

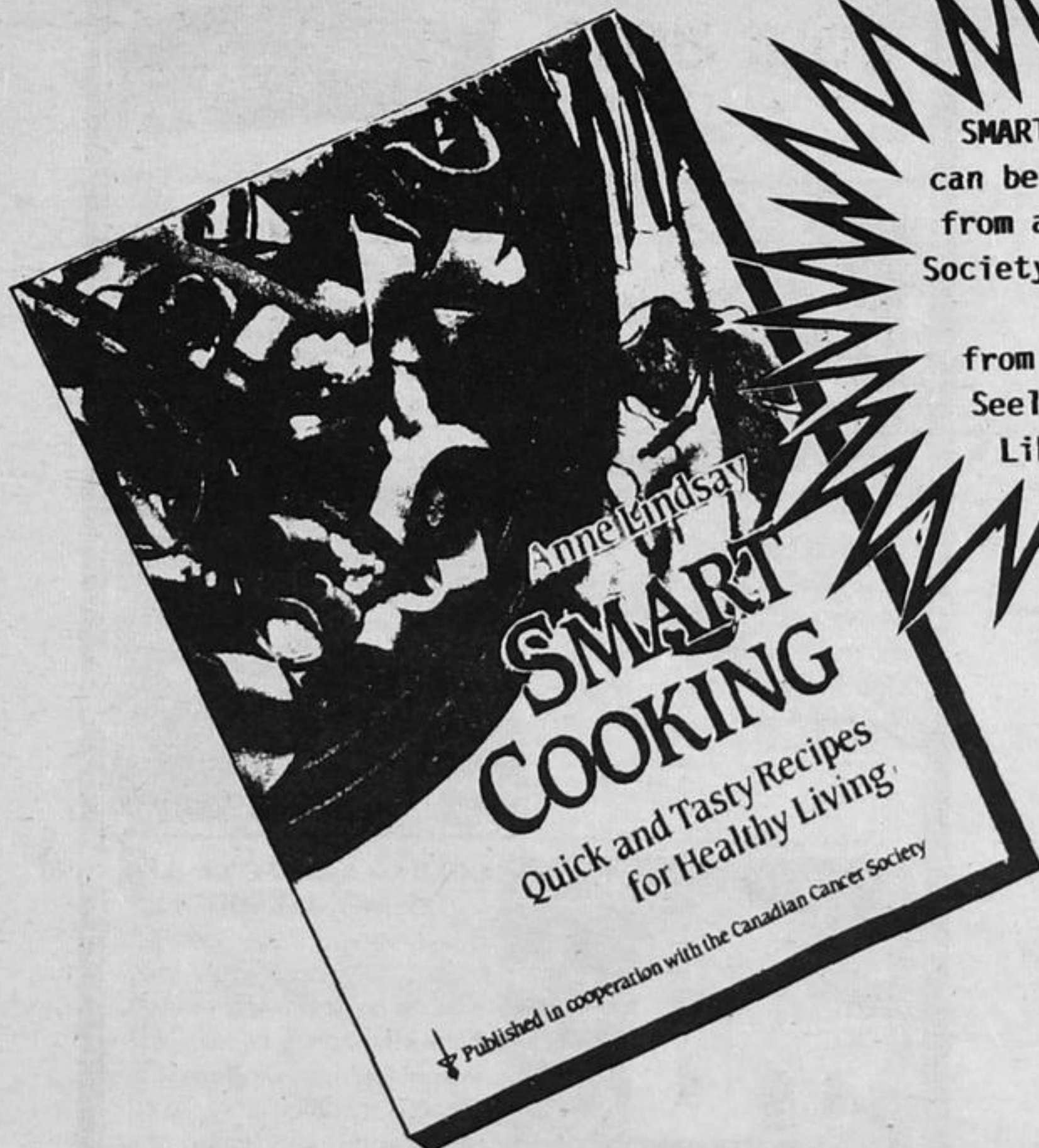
1/2 lb	sirloin, round or flank steak (about 1/2 inch/1 cm thick)	375 g
1/2 cup	soy sauce*	50 ml.
1	clove garlic, minced	1
1 tbsp	minced onion	15 ml.
1 tbsp	granulated sugar	15 ml.
1 tsp	Worcestershire sauce	5 ml.
1/2 tsp	ground ginger	2 ml.
1	can (10 oz/284 ml.) water chestnuts	1

Place meat in freezer for about 30 minutes or until firm for easier slicing. Cut off any fat. Slice meat across the grain into very thin strips about 1/4 inch/2 mm thick and 3 inches/8 cm long.

In a bowl combine soy sauce, garlic, onion, sugar, Worcestershire sauce and ginger. Add meat and stir to coat strips evenly. Marinate for 30 minutes at room temperature, stirring occasionally, or overnight in refrigerator.

Drain meat. Wrap one strip around each water chestnut and secure with toothpick. Arrange on baking sheet or in shallow glass serving dish. Broil for 3 to 4 minutes or until piping hot and cooked medium-rare. (or microwave on High for 3 to 4 minutes, rotating dish 1/2 turn halfway through cooking time). Makes about 25.

Calories per piece: 37
Grams fat per serving: 0.8
Four pieces of rumaki are a good source of iron.



"Smart Cooking", a new cookbook published by the Canadian Cancer Society, is now available locally. This top-notch cook-book meets the guidelines recommending HIGH FIBRE, LOW FAT nutritional diets. Not a diet cookbook but one for everyone, it contains many new and tasty recipes along with some basic pointers towards health through nutrition.

Proceeds from the Cookbook, if purchased from Cancer Society Volunteers or specific outlets, go to the support of Patient Services, Education and Research. (books purchased through book stores do not add to the Cancer Society funds)

How do you talk with someone who has cancer? Listen to them and listen with your heart. Remember the young girl who pleaded with those around her, "When you look at me, don't think of me as a patient or as a case of leukemia. Think of me as a person — as the person you knew before I became ill."