

BEVERLY SENIOR CITIZENS' CLUB

Delta

On Friday, Jan. 18th the Beverly Senior Citizens' Club of Delta held their first meeting of the New Year. The Club was called to order at 2:30 p.m. by the President, Mrs. Talbot, to sing "O Canada". There were thirty in attendance - and a guest speaker - Mrs. Sharon Steadman of the "Homemakers' Service", who gave a splendid informative address and presented a film. It was very much enjoyed. A question period in which the members participated proved to be very good - and a sincere vote of thanks was extended to the speaker by the President.

A business meeting followed with the reading of communications and an invitation to meet with the Elgin Club on March 12th at 2 p.m. . The February meeting will take the form of a Valentine Party and an invitation was extended to the Lyndhurst Club to join in. A film has been offered by one of the members for this meeting.

Happy Birthday was sung for the members with birthdays in January. The meeting was closed by singing the Royal Anthem and a few games of Bingo and Ring Toss were enjoyed before partaking of the delicious Pot Luck Supper - which everyone enjoyed. Following the supper an evening of games and friendly conversation was enjoyed by all.

Mrs. Miriam Bryan, Convenor of Citizenship and World Affairs, then spoke on the topic of the disabled out of her own experiences as a former Army Nurse and in various hospitals. Many types of handicaps were mentioned and discussed. She described the care of long-term bed patients and explained that much has been done in the line of therapy and rehabilitation to improve their self-image and help them to become independent. Many public buildings have special accommodations for the disabled, such as telephones, washrooms and special buses and some airplanes are equipped for them as well. She spoke of a store in Kingston which sells clothing for the disabled and Tercentenary Lodge, also in Kingston, which has special furniture for midgets, where they can live in comfort. Mrs. Bryan mentioned that disabled persons would appreciate attention from others in public places, rather than have them look away, and that blind people, especially, like to be spoken to, not ignored, and helped across the street. She then demonstrated a model of a circular frame and hammock-type invention called a "striker" frame, provided by her husband. The patient is suspended in the hammock, inside of the circular frame, over an electric bed which rotates them. Two attendants are required both day and night. There is one of these inventions in use at the Kingston General Hospital.

Mrs. Bryan was heartily thanked for her very interesting and informative program. In the social hour which followed, delicious refreshments were served, with the "surprise package" won by Mrs. Talbot. A vote of thanks was moved by Mrs. M. McElroy.

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Rideau Review by Pat Little

With no snow to provide winter sport activities perhaps our new selection of cookbooks can help pass some pleasant hours - either just reading through the scrumptious recipes or even daring to try a few. The following is a short list of newly acquired titles.

Fear of Frying by James Barber men, women - couples - anyone can enjoy this "comic" illustrated cookbook which gives some exciting recipes to concoct in your frypan - from a MacDonaldis Hamburger to Oeufs Florentine - fun fun!

Confessions of a Sneaky Organic Cook - Jane Kinderlehrer - an additive free cookbook with genuinely and tasty recipes that are good for your family.

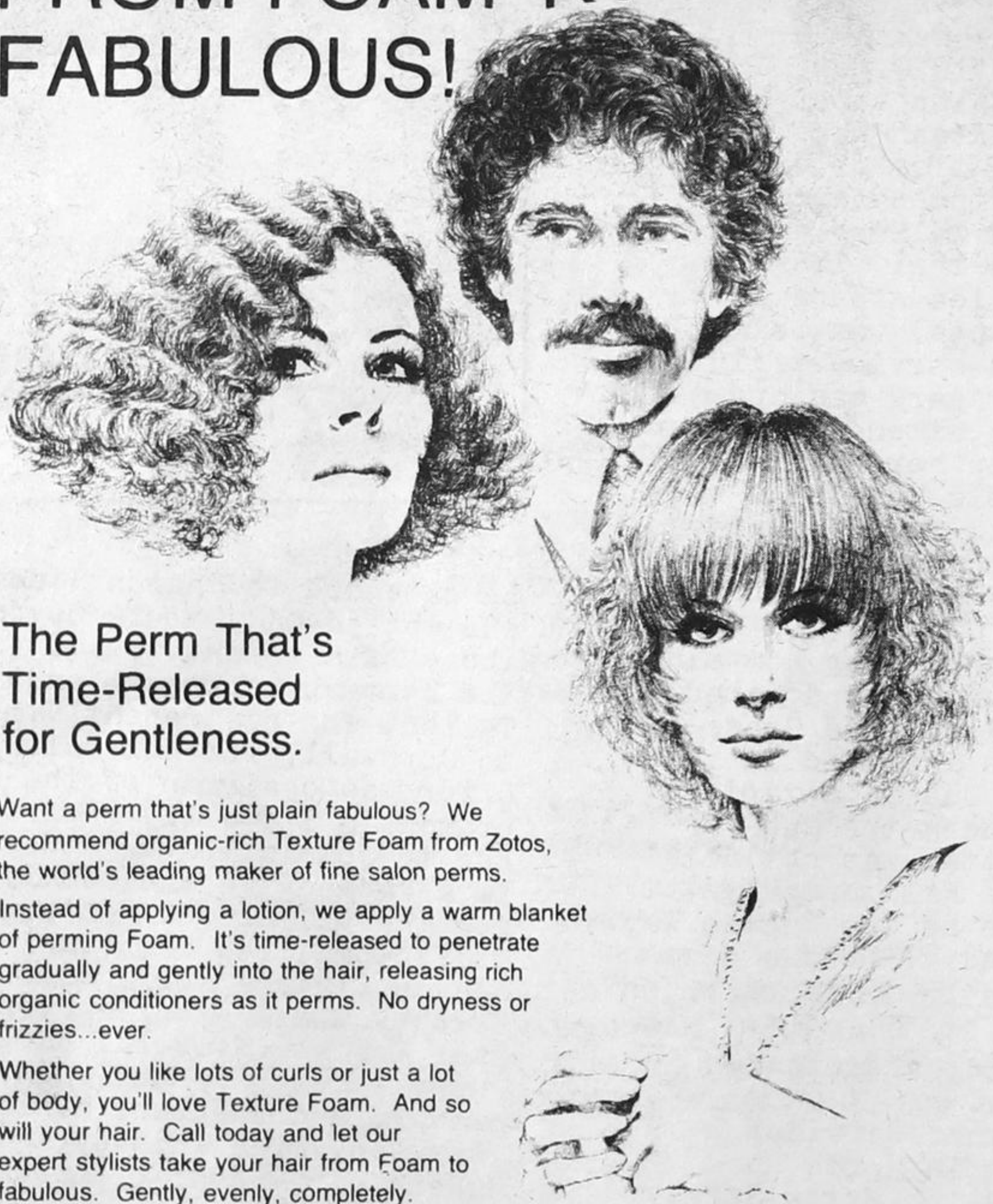
Pasta! Pasta! - Ursel Norman fans of Italian food will enjoy the different recipes in this delightfully illustrated book.

Madame Benoit Cooks at Home - Mme Jehane Benoit - Mme Benoit takes you into her own kitchen and once again presents a wide selection of great recipes. This book is more readable than most cookbooks as the author has included many stories of her family life.

Additional Titles  
 Round the World Cooking Library  
 French Cooking  
 Mexican Cooking  
 Chinese Cooking  
 German Cooking  
 Scandinavia Cooking  
 Enjoying the Art of Canadian Cooking - Mme J. Benoit  
 Microwave Cookbook - Mme Benoit  
 The Canadiana Cookbook - Mme J. Benoit  
 Original Canadian Cookbook - Helen Gougeans  
 The Rodale Cookbook - Nancy Albright

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