

# COMMUNITY

## The Almonte Gazette Calendar

This column is published weekly as a service for local non-profit organizations. The deadline for submissions is Friday at 10 a.m. Items will be run as space allows. If items are handwritten, please print clearly.

### Tuesday, December 6

Monthly Meeting of the North Lanark Agricultural Society, 7:30 p.m. in the board room of the Almonte General Hospital. For info, call Audrey at 257-5050.

Community Friendship Luncheon. Soup, sandwiches and homemade desserts, 12 noon, Almonte United Church hall. Sponsored by the churches in Almonte. For info call 256-1355.

### Wednesday, December 7

Lanark County Genealogical Society annual general meeting at the Lanark County Archives, 1920 Concession 7 Rd., Drummond Centre. Research at 3 p.m., potluck supper at 6 p.m., silent auction and meeting at 8 p.m. For info call Frances at (613) 267-3178.

### Thursday, December 8

The Mills Community Support Corporation (formerly Almonte Community Development Corporation) 30th anniversary celebration. For info, contact Ermelinda Whiting at 256-8434.

Almonte General Hospital Auxiliary Christmas Bake Sale, in the AGH board room, 9 a.m.

### Saturday, December 10

Children's Shopping Day at The Hub, 9 a.m. to 2 p.m. Come and see Santa and Mrs. Claus from 9 and 11 a.m.

### Tuesday, December 13

Royal Canadian Legion Branch 240 General Meeting, 7:30 p.m.

### Wednesday, December 14

Almonte Home Support Supper Club, 6 p.m. at the Almonte Legion. For seniors and people with disabilities. Entertainment by Darlene Thibeault. Reservation required. Please call 256-4700.

### Saturday, December 17

"Breakfast of Champions", Legion Branch 240, Almonte. 8 to 11 a.m.

### Tuesday, December 20

Legion Ladies Auxiliary potluck and meeting, 6 p.m. Followed by a visit from Santa Claus.

### Thursday, December 22

Almonte Home Support Golden Oldies Lunch. Entertainment and lunch for seniors and people with disabilities. Transportation provided. Held at the Stan Mills Lounge in the Town and Country Apartments. For reservations please call 256-4700.

## Smiths Falls receives satellite Community Health Centre

QUEEN'S PARK — Lanark-Carleton MPP Norm Sterling is pleased to see that the primary health care needs of Smiths Falls residents have been recognized by Ontario Health Minister George Smitherman who announced recently that the town would receive a satellite Community Health Centre.

"I know that many residents of the Smiths Falls area are having difficulty finding a family physician and this Community Health Centre and this Community Health Centre should improve access to physicians and other health care services," Sterling said. "I want to congratulate Shawn Morrison, interim Chair of the Smiths Falls Community Health Centre group and the team of volunteers who successfully lobbied the Minister of Health."

"This is great news for Smiths Falls," said Morrison. "A satellite Community Health Centre will be of great help in improving health care in the town."

The facility planned for Smiths Falls will be a satellite of the

Merrickville and District Community Health Centre which currently includes a team of three physicians, a nurse practitioner, three registered nurses and works with others to provide social work, nutrition, foot care and physiotherapy services.

"While I celebrate this announcement I want to express my disappointment that the residents of Kanata and the Western Ottawa Community Resource Centre were not awarded a Community Health Centre," Sterling noted. "This is the second time that community has been overlooked. While many people perceive the shortage of physicians as a rural problem, urban centres, especially those experiencing rapid growth, are also faced with this problem."

"I will continue to support the Western Ottawa group's efforts by encouraging the McGuinty government to live up to its campaign promise to improve access to primary health care," he added.

## New plastic surgeon at AGH hopes to reshape patients' lives

Phillip Ambroziak  
Associate editor

Dr. James Lacey hopes to carve a reputation for himself at the Almonte General Hospital (AGH).

Dr. Lacey, MD, CM, FRCSC, is a certified plastic surgeon who recently moved to Kanata with plans to open a permanent office in that community come the spring. He also, however, has begun working twice a week at AGH.

"I've been here since the fall — seeing patients since October, but actually started operating (at AGH) on Thursday (Dec. 1)," Lacey explained. "I perform plastic surgery and for me that's mostly hand and cosmetic surgery although I also do breast reconstruction and facial cancer surgery. But, mostly its different kinds of hand and wrist surgery."

The arrival of Lacey is something new for the local hospital, but has proven to be a wise move by hospital officials.

"Family doctors were interested as was the hospital," Lacey said. "They felt a service like this would be good for the community. They thought it would be a valuable service."

Lacey also noted that cosmetic surgery is a service small hospitals can offer over some of the more expensive services at other hospitals.

"My patients would rarely stay overnight and my equipment is not overly expensive," he remarked.

Aside from establishing a permanent office in Kanata (right now patients can reach him at 7 Mill St. beside Fitzgerald's) and working part-time at AGH, Lacey continues to also work at the Cosmetic Surgery Hospital in Woodbridge, Ontario (near Toronto).

"I will remain there for the near future anyway — while I get started here," he said. "I am able to travel, so I go there every couple of weeks. Once I am established here, I hope not to have to travel any longer."

According to his website located at [www.barrioplastics.com](http://www.barrioplastics.com), Lacey attended medical school at McGill University in Montreal.



Dr. James Lacey

Upon graduation, he went on to complete a Plastic and Reconstructive Surgery residency at the McGill University Health Centre. He then assumed the role of Hand Fellow and Instructor in Hand Surgery during a one-year fellowship in Hand and Microsurgery at the University of Rochester, New York. Dr. Lacey is also a member of the American Board of Plastic Surgery and is therefore Board Certified in both the U.S. and Canada.

His website goes on to state that Lacey founded

Barrie Plastic Surgery (a private practice) in 2000 and went on staff at the Royal Victoria Hospital (RVH) of Barrie. He has organized a hand therapy program at the RVH that is essential for the treatment and rehabilitation of hand and wrist patients. He has also formed a Wound Care Program to provide education, prevention, and treatment of patients with wounds.

"I've been working in this field for about 10 years now," he told *The Gazette*. "I live in Kanata and my office there should be ready to go in

March. AGH is my hospital, but my permanent office will be on March Road."

Lacey is married and together he and his wife have a four-year-old child. They are also expecting a second child.

"We moved to this area because we love Ottawa and because we have family here," Lacey explained. "The hospital (AGH) was also interested in my practice and my work. Without the hospital deciding to provide this service, we would not have been able to move."

As for his thoughts on Almonte, Lacey called it a very friendly community and stated that had he not already purchased a home in Kanata, he would have welcomed the opportunity to reside here.

"I think Almonte has some style and that the people are quite pleasant," he stated. "The people here are more educated than I would have thought and I have met some very innovative people here. It's a beautiful setting and I am very impressed."

To book an appointment with Dr. Lacey, potential patients can stop by 7 Mill St., seek a referral from their family doctor or call 256-4999.

**THE MILLS**  
Community Support Corporation

**Come celebrate 30 years with us!**

The Mills Community Support Corporation (formerly ACDC)

invites you to an open house to celebrate three decades of people helping people

**Thursday, December 8, 2005**  
**4:00 p.m.**  
**Almonte Old Town Hall**  
**14 Bridge St., Almonte**

**Cake & refreshments will be served. Balloons for the kids, clowns & a puppet show.**

**Admission is free. Everyone welcome.**

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**You may think that only older people need to worry about getting the flu. But who do you think they get it from?**

Perhaps the only thing worse than getting the flu is giving it to someone close to you. Especially someone for whom the flu can lead to very serious complications. So make sure you protect yourself and others close to you by getting your free flu shot. Talk to your doctor, pharmacist or local public health unit. Call 1-877-844-1944 (TTY 1-800-387-5559). Or visit [www.health.gov.on.ca](http://www.health.gov.on.ca)

**The flu. It's not just about you.**

Ontario

## Friends and Christmas come together at St. Paul's Church

Have you ever wished that you could be left alone just for a day — send the kids and the spouse away somewhere and take in the solitude? Perhaps you would soak in a nice warm tub, or maybe re-read those chapters in your novel that you have not been able to digest, due to distractions and/or responsibilities that keep you from concentrating. You might even be able to devote some energy to your favorite hobby and work on that craft that you seldom have time for. And when you have done all that when you have given yourself the gift of time and indulged in these pleasures, what is it then that would complete your day? Is it not the car pulling up in the driveway, the slamming of the front door, the sounds of chatter and laughter, and the words, "We're home!"?

Being alone for a day is normal. Being on one's own all the time is lonesome, and especially so during the holidays. There are people in our community who will be spending Christmas alone this year. Some are single moms, whose children

will be enjoying the day with their dads because it's dad's turn this year, or vice versa. Others have family too far away, and health issues or financial circumstances make visits impossible. Some are empty nesters. Others, simply have no one.

Thanks to the volunteers and staff from St. Paul's Anglican Church, no one will be left alone this year. With the food contributions generously donated by the community, a Christmas Day dinner is being offered at St. Paul's Church Hall, 62 Clyde St., Almonte. Doors open at 11 a.m. with Christmas carols and hors d'oeuvres. At 12 noon, guests and volunteers sit together to enjoy a turkey dinner complete with all the trimmings, and to share in the camaraderie. There is no charge for the meal, although a donation to the food bank would be welcome.

You are not alone, nor will you be, this Christmas. Please call the church office at 256-1771 to confirm your attendance and also if you need a drive.

## MINI BUSINESS DIRECTORY

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## Church Directory

**St. Paul's Anglican Church**

62 Clyde St., Almonte  
Parish Office 256-1771  
[www.cyberus.ca/~stpauls/](http://www.cyberus.ca/~stpauls/)  
[stpauls@cyberus.ca](mailto:stpauls@cyberus.ca)  
The Ven. Robert Davis  
The Rev. Sharron Tate

**Sunday Worship**

8:00 a.m. - Quiet traditional  
9:25 a.m. - Choir and organ  
11:00 a.m. - Contemporary Praise

Sunday School and a Nursery are offered during the 9:15 and 11 a.m. Services, and we share a coffee hour at about 10:30. **Come and be welcome.** If you need a ride to church please call the Parish Office.

**Almonte Presbyterian Church**

111 Church St. - 256-2184  
[apc@trytel.com](mailto:apc@trytel.com)  
Minister  
Rev. James D. Ferrier, B.A., B.Th., M.Div.  
Mr. George Stewart  
Organist and Choir Director

**Children's classes & Nursery Care available.**

**All are welcome to join us.**

Office Hours  
Tuesday to Friday  
10 a.m. to 1 p.m.

Transportation is available by calling Elford Giles 256-2460

**Holy Name of Mary - St. Mary's Parish**  
Almonte 256-1034 • Father Pierre Champoux  
**SATURDAY MASS** — 4:30 p.m.  
**SUNDAY MASS** — 9:00 am & 10:30 am

**Reformed Presbyterian Church**

273 Almonte St.  
256-2816 for information  
10 a.m. & 6 p.m.  
Bible Class - 11:15 a.m.  
Rev. Matthew Dyck  
Evening Worship - 6:00 p.m.  
Wed. Bible Study — 7:30 p.m.

**Almonte United Church**

Minister: Rev. Barry Goodwin  
Music Director & Organist  
Neil Milnes

**SUNDAY**  
10:30 a.m. Worship and Sunday School, and Child Care

**All Welcome!**  
e-mail: [auch@cyberus.ca](mailto:auch@cyberus.ca)

**Office Hours: Mon. - Fri.**  
9:00 a.m. - 12:00 p.m.  
(256-1355)

For transportation call 256-1355

**Cornerstone Community Church**

Corner of March Rd. and Conc. 11, Almonte  
256-4995  
[www.cornerstone.almonte.net](http://www.cornerstone.almonte.net)  
Free Methodist Congregation  
Senior Pastor: Rev. Glen Snider

**SUNDAY 10:00 a.m.**  
Worship Service and Sunday School

**WEDNESDAY 7:00 p.m.**  
Prayer Meeting  
Youth Bible Study

**THURSDAY**  
6:45 - 8:15 pm  
Gems and Brigades

For Youth Night  
Call for events & times

**Almonte Baptist Church**

207 Reserve St. • 256-5655  
Pastor: Paul Benson

**Discovery Learning Groups for all ages at 10am**  
**SUNDAY MORNING WORSHIP SERVICE 11AM**

Please recycle your copy of The Almonte Gazette

Thank you for keeping our earth green!