

# Rockwood News and Shopping Guide



**POUNDING WATER** pouring over one of the falls at the Rockwood Conservation area caused a preponderance of foam which attracted a Rockwood photographer's attention. The spring thaw swelled the river and overflowed the dams on the river. —Photo by Murray Taylor

## Display Gymnastics, Dances At Rockwood Home, School

The Rockwood Home and School had a large attendance for their March meetings. Miss Nell of S. S. 9 has been teaching the grades 7 and 8 boys and girls physical education. Thirteen boys were present and gave a very fine display of gymnastics. The girls favoured with four dance routines, two Irish and two Danish.

The guest speaker was introduced by the president Mrs. Dyer, Mr. Smith physical education teacher, John E. Ross C.V.I. spoke on the many programs taken from the opening of school with track and field into football volleyball and basketball as well as the regular gymnastics and the physical fitness test.

**Preventive Medicine**  
"A sound mind in a sound body is what we strive for" said the speaker and knowledge and practice of healthful living may be one of the greatest gifts of education. "Physical education can be a source of preventive medicine" he continued "for we teach teenagers to respect the human body even after they leave school. The speaker explained how the students were marked on P.T. and said that marks were now given for effort as well as merit. Mr. Smith felt since physical education was a marked subject in secondary school the student might improve his or her efforts on their own, especially in a locality where nearly everyone has a back yard or place to improve these abilities.

## Two Golden Days Each Week Yesterday, Tomorrow-U.C.W.

The hymn "O Love that will not let me go", written by Rev. George Matheson in his home in 1862, was read by Mrs. W. Guild, Unit One leader, at the March meeting of the Rockwood United Church U.C.W. recently Mrs. Guild gave many interesting facts about the hymn and writer, saying it was indeed from the heart and the truth of suffering, although no one seems to know what had been the situation. The devotional was taken by Mrs. A. McPhedran, who spoke on how God acts today, as well as in Bible times. His Word is for us today as well as when Jesus walked on the earth and His power is as great through the Holy Spirit. Hymn 100 was read in unison, followed by the prayer of general thanksgiving. Mrs. McPhedran read a piece in which the writer stated that far from there were two golden days in every week — yesterday and tomorrow — which he never worried about. Yesterday is gone and tomorrow yet to come. They both are God's. As for today, God has promised us strength for the day to those who believe on Him. After a short business period, Mrs. Guild spoke on the report

of the Presbyterian. The morning session was highlighted by a Bible study panel, who discussed the Covenant. During the afternoon, the new Sunday School curriculum was explained and discussed. Dr. McKay of Toronto spoke on the United Church outposts and their Christian work. He stated the need of dedicated helpers and said "Begin where you are and do what you can. We have the money, now we need the people." In the evening, Judge Austin of Guelph spoke on "Acres of Diamonds" and discussed the dangers and heartbreaks of immature marriage. Mrs. Guild also read an article where three University of Toronto students had been interviewed. These young people had gone to India and lived among the people for one year. One student, when asked what his thoughts were when he returned to Canada, replied, "When I go out and see the endless lines of cars, I think, what a senseless rush." After the benediction, a lovely lunch was served by the hostess, Mrs. Frank Ostrander.

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## Rockwood Notes

The residents of Rockwood and vicinity were shocked to hear of the death of Tom Amos of Moffat. Tom had many friends in the Rockwood area and the sympathy of all go to the bereaved family.

Mrs. John C. Benham, R.R. 3, has returned from hospital after her recent operation. The many friends of Murray McLaren will be pleased to know he is doing well in Milton District Hospital following his heart attack.

Mrs. William Hanna is at present ill in the Ferguson hospital. Her many friends wish her a speedy recovery.

On March 13, members of Teen-Town plan to visit Club 11 in Hamilton. On March 30, they will hold a dance to the music of the "Crescendos." Watch for future dates each week.

## Sailor Watched Sinking, Rescue

Ordinary Seaman Jack Bolton, now in the Royal Canadian Navy on the destroyer Crescent, took part in the exciting operation when the Liberian tanker Ampharilus sank during a wild storm 300 miles east of Boston.

The Crescent stood by to help while the survivors were being taken on board another R.C.N. destroyer Athabaskan. Jack will have some interesting stories to tell when he next contacts Rockwood. His brothers, Paul and Danny, are especially anxious to hear from him. Jack's base is at present Halifax, but he is billeted on the Crescent.

## Halton Shorthorns In Top Price Sale

Three Halton Shorthorn owners consigned bulls to the Canadian International Shorthorn Bull sale, held at Brandon, Manitoba recently, which established a record average price of \$1,375 on 55 bulls.

Officials reported 10 bulls brought \$2,000 or better, with 34 selling in the four figure bracket. A record crowd of 2,500 cattlemen watched the show and sale. R. W. Garthouse of Aberfeldy Farms, Milton, sold a \$2,000 bull to a Manitoba buyer, as well as another that went to four figures. S. G. Bennett of Georgetown and H. Henderson of Milton also consigned bulls in the four figure bracket.

A question period followed when interested parents tried to voice their problems on the matter. Mr. Smith was thanked by Mrs. Dyer.

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## Institute District President Suggests "Show Appreciation"

Mrs. Ivan Harris, Bower Ave., welcomed the members of the "Acton Women's Institute" to her home for the March meeting. When Miss Charlotte Turner of Scotch Black W.I. and district president for Halton County was the guest speaker, Miss Turner spoke from the theme "By helping others up the ladder of life — we get nearer the top ourselves." She recommended to start in your own home by showing appreciation to the father in the home, encourage your children with the little chores that they do, their school work etc. Don't save all your kind words for outsiders! She quoted a poem "Careless Words" by Margaret Sangster.

Then there is the little words of appreciation for your Minister at the Church, your waitress in the lunch room, the store clerk, the bus driver, the many people who try to serve you in their own capacity and don't forget your neighbour! Happiness is gained by being satisfied with what you love and what you are, contented as you do your best. Remember the action you proceed to write and do it before it is too late.

**Business Meeting**  
Mrs. Chas. Cutts presided and conducted the business after the W.I. Ode and prayer. The Roll Call was answered by naming a city or town in Ireland. In the absence of the secretary, Mrs. George Fryer read the minutes and correspondence. Mrs. Har-George reported the results of the Penny Sale and Lecture with a gratifying balance.

A donation of \$25 was voted to the St. John Ambulance appeal and Mrs. McAnley was asked to attend the District Directors conference at the I.A.C. early in May and the county meeting in April at Milton.

**Senior Citizens**  
Mrs. G. Fryer reported on the tentative plans for the Senior Citizen group, the first meeting to be held Thursday evening March 19, in the YMCA. She asked for financial aid for the mailing of invitations and also for some ladies to help address the letters. A motion to give financial help with the lunch for this first meeting carried.

A craft gift was sent to the District Secretary to be sent to the National Convention in Nova Scotia for sale. A pair of house slippers was decided on.

Three members led the group in singing the hymn "The Old Rugged Cross." The various conveners reported

## Junior Farmers Plan Banquet, Drama Night

Representatives from each of the four Junior Farmer Clubs in Halton County meet each month in the Board Room of the Agricultural Office in Milton, to discuss coming events on a county level. The four clubs making up the Halton County Board are Acton, Milton, Norwich and Palermo.

This was the first meeting for the newly installed executive for 1964-65, with president Jay Hayward, presiding. The main topic of discussion was the annual banquet and drama to be held on March 13 at Palermo H.H. The booking of Raspberry's Orchestra was confirmed, doorkeepers chosen and a report was heard from the Halton County Board. Everyone was asked to have the lists of memberships from each Club at the Toronto Office on April 15.

The next County Board will be held on April 1. Women would be easier to live with if their sense of humor was as keen as their sense of humor.

**TOO CLOSE**  
A Tokyo Free Department official explained why his station had burned down. "The fire started at the bottom of the watch tower, the only place in that area the man on duty couldn't see."

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