

Housewives "Take-a-Break" to Tone Up Figures, Minds



Concentrating on the waist line at Take-A-Break



Children have fun time while moms perspire.



It could be a stickup, but it's just exercise time at Take-A-Break.

Fifteen women are subtracting pounds and adding knowledge at a special mid-week "recess" at the Community Centre Building in Centennial Park these days.

Take-A-Break a project of the Georgetown Branch of the Y.M.C.A.-Y.W.C.A., offers housewives a chance to forget about the toils and the housework for at least one morning and concentrate on themselves.

The Tuesday a.m. session lasts from 9:30 until 11:30. Exercise is first on the docket and instructor Mrs. Mary Simpson puts the gals through a series of trimming manoeuvres for a whole hour before coffee time. After refreshments a kind of "break within a break", the ladies rest their frames while they listen to a guest speaker.

A "Y" spokesman said the topic discussed is usually timely and controversial but not always.

At the three "Breaks" since the current program started January 17, Douglas Latimer has addressed the group on "the law"; an Acton handwriting analyzer spoke on her particular interest, and Mrs. Annette Milne passed on tips on being a good hostess. Among upcoming messages which best fit under the "controversial" label are one on "the pill" and another on "sex and the teenagers."

Mrs. Milne is one of the Take-A-Break leaders and acts as hostess during the laxing period.

While all this is going on, a baby sitting service provided for the enrollees is busy amusing a horde of youngsters in another room and, like their moms, they too have a "break within a break" when they have refreshments.

The children spend the two hours colouring, listening to records, and cutting out dolls clothes and think it's just wonderful for the Y to keep mother amused while they congregate for play time.

Limit County Attendance At Good Roads Convention

County council attendance at the Ontario Good Roads convention in Toronto in February has been cut in half. Council endorsed the action of the Personnel, legislation and by-law Committee, in limiting the attendance to the Committee Chairman, the Warden, one other delegate, and the Department Head.

In previous years the whole Road Committee, consisting of five members plus the Warden, plus the Department head, attended all the road conventions. There are two a year at least, the Ontario Good Roads, and the Canadian Good Roads Associations.

Reeve Merry, Gordon Gallagher and George Leslie, all members of the Road Committee, opposed the change, and moved an amendment to delete this part of the report.

Reeve Merry stated he saw no reason for the change, while Reeve Gallagher contended that conventions fill a need in obtaining information not otherwise available.

Reeve G. Leslie commented: "The Road Committee has been going to conventions for years. Back in 1959 the whole committee went to Vancouver. It wasn't the road committee that started attending conventions", he concluded.

Pointing to a recommendation in the Road report, Deputy Reeve Frank Rogers, stated: "It's expense like this I want to cut out." He was pointing to the reservation for four rooms at the Royal York convention. "One person can bring back the information as well as seven", he added.

The amendment, which if passed would have left the whole committee with the right to attend conventions, lost by a single vote. In actual count, the vote was 17 in favour of the amendment, and fifteen opposed, but according to the county voting system, a plurality of 3 is needed to carry a motion, on a recorded vote thus the amendment was lost.

Fears Detention Centre Adverse Effect on Wells

The construction of the proposed Regional Jail near Hornby south of the Base Line, has residents in the area alarmed about the effect on their wells. Mr. J. Gaynor told Halton County council, Tuesday afternoon.

Mr. Gaynor told council he had heard many conflicting reports "Some say it's subject to the Department of Reforms Institutions approval, some say subject to Water Resources approval, have you or haven't you acquired this land?" demanded Mr. Gaynor.

Warden William Coulter informed him that the land was in process of expropriation, with the by-law being passed that day.

"You mean there's no fighting it?" asked Mr. Gaynor.

"You have the right of appeal in the courts now," replied the Warden. "However, in the matter of the wells, it is your right to have the Ontario Water Resources come in

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to take readings of the wells in the area, and you will be informed when they are coming"

Any danger of draining the wells in the area would automatically prohibit the project said Reeve Herb Hinton.

The Warden told Mr. Gaynor to write to the Secretary of the Regional Detention Centre Committee, Mr. E. Rutherford, Brampton, to put the matter on the agenda of their next meeting and also to write to the Water Resources Commission. "I intend to bring the matter up anyway," said the Warden, "but this will make doubly sure."

The land in question is 63 acres owned by Joseph Simonyi, located west of the village of Hornby, and north of Highway 401, just south of the Base Line.

Thomas Plunkett has forecast Georgetown's 1980 population as 19,400. Esqueping's, now 6,885 will be 7,600 he says.

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Plan Open House, Mark Month for Boys Brigade

For some fifty local boys, February is a very special month. Along with 50,000 other boys throughout the United States and Canada these boys will be observing "Brigade Month". This is a time of local recognition of Christian Service Brigade, an organization for boys 8 to 18 with 2,500 units in 48 states and 7 provinces of Canada.

Maple Ave. Baptist Church, the local sponsors of this inter-denominational boys club, will salute the work on February 19. In the regular Sunday evening service, in which boys and leaders will be taking part. In addition, the older boys will host parents and friends at an open house at their regular weekly meeting on Feb. 9th. At 7 p.m. at the church, individual boys will be recognized for work completed in the Brigade achievement program.

Mr. R. C. Ollivier has been captain of Battalion No. 1235 for the past nine years, and is assisted by Lieutenant Ed Sarchuks. These boys range in age from 12 to 18. The stockade, for boys 8-11 years of age, is led by Chief Ranger Larry Wuerch, and assisted by Rangers Ken Gould, Dan Davies and Don Mills.

vice Brigade are in Wheaton, Illinois, and Burlington Ont. These centres provide training materials, program help and supplies for local leaders, headquarters and field representatives train leaders, and work with churches to promote more effective brigade programs for boys.

All boys 12 to 18 are invited to attend the regular meetings of Battalion No. 1235, on Thursday evening at 7 p.m. at the church, opposite the post office. Stockaders meet on Monday evenings at 6:30 p.m. and all boys 8 to 11 are welcome to join the activities.

Though a weekly activity and training program a graded system of achievement ranks and related activities such as sports and camping, brigade seeks to help boys grow into mature Christian individuals, ready for manhood, and a place in our community and nation.

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