

'Y' in Forefront — Promotes Teen Exercise, Better Health

Among the 60 men and women from all over the U.S. and Canada attending the Bonnie Prudden Fitness Clinic at Oak University, Rochester, Michigan in June was Mrs. Mary Simpson, 101 Rexway Dr. there were Y instructors and Mrs. Simpson was sponsored by the Georgetown YM-YWCA.

Where she has taught the Physical Fitness classes "Ladies Keep Fit — Slim and Trim" for the past several years.



MRS. MARY SIMPSON

The six day course, taught by the well known fitness expert and TV personality Bonnie Prudden and her assistant Lenora Poyton was described by Mrs. Simpson as a "tremendous learning experience" and "inspirational."

The days activities started at 9 a.m. and continued until 4:30 or 5 p.m. with a lunch break. The majority of this time was spent in plain hard exercising, and in learning routines, patterns and teaching procedures. In the evening were lectures and discussions.

"By the third day," Mrs. Simpson recalled, "We could hardly climb stairs. When the heat and humidity arrived on the fourth day, we were nearly in a state of physical collapse, but still eager to go. Many of us there were Y instructors and Mrs. Simpson was sponsored by the Georgetown YM-YWCA. Although we knew we should have been in bed early, we didn't want to waste time sleeping, so several nights we stayed up 'til 2 a.m."

While Bonnie Prudden is a well known face on TV what is she like in person? "She is warm, intelligent and very feminine," stated Mrs. Simpson. "One of the nicest people I have ever met, with a wonderful sense of humour. She's totally dedicated to fitness in America. Although she is a 56 year old grandmother, she looks and acts like a much younger person and has a marvelous figure."

Mrs. Simpson has also become a Fitness Advocate. Ten years ago, 58% of American

children failed the Kraus Webers Muscular Fitness Test, a series of six tests which any normal healthy child or adult should be able to perform with ease. Last year the failure rate had risen to a shocking 80%.

What does this mean to our children? Mrs. Simpson stated "It means that 4 children out of 5 lack the physical strength and flexibility to give them a healthy life — it shows up in the increase in musculo-skeletal problems such as slipped discs, in the obesity problem, heart attacks, nervous disorders — the list goes on and on."

Mrs. Simpson feels that a great many of the so-called teenage problems are due to a lack of physical fitness. "As a general trend anything requiring physical exertion, stamina and endurance is strictly avoided — even their 'kicks' and excitement involve a minimum of physical exertion 'hot rodding, pot, acid, sitting and talking."

As an example of what lack of fitness could mean to the North American continent, Mrs. Simpson suggested the following: "Pick 50 boys and 50 girls at random from a list of names at the Georgetown High School and compare them in anything including school work, with 100 Russian boys and girls, or Chinese, or Scandinavian; we know what the outcome would be. While 80% of American children fail the K-W tests, only 3 to 8% of Europeans and Asians fail — this, in spite of our so-called better living conditions, or 'higher standard of living."

Mrs. Simpson blames several things for the increasing lack of physical fitness. "Our children have no trees to climb or fences to walk, they are wheeled about, and pacified by TV; our Georgetown public schools have no gyms, and their PT classes are at the discretion of their teacher, most of whom have no interest in, or understanding of physical fitness. Even in high school it's fitness for the fittest — the fit are playing football and the unfit are sitting on the sidelines. According to the Halton Education paper, camping and archery are considered proper programs for physical education. Games may be fun but they are certainly not providing a healthy body in which a well educated mind can function."

Mrs. Simpson returned from the course convinced that the Y has an extremely important function in town, providing programs which the schools were unable to offer.

This year she is starting programs of exercise and play for preschoolers which appeal to a child's adventurous spirit and develop his co-ordination, flexibility, agility and self confidence.

Preschoolers in this case include tiny babies who have a program of their own in conjunction with post-natal exercises for their mothers. In addition classes will be held for 'toddlers' and 'tiny tots'.

Mrs. Simpson said that a number of university students attended the clinic, and were using it as credits for their physical education degree, since almost none of the universities provided a comparable program.

A few years ago plans were made to build the Temple on No. 7, and this was climaxed in their centennial year by the opening of the building on Sunday. The official dedication will take place on November 1st.

Must Make Program Cuts If School Costs are Controlled

The Halton Education Board will have to consider dropping some present programs, if it hopes to control costs and at the same time introduce new concepts, vice chairman Douglas Wood said Thursday night.

He said cutting programs would help the board control costs but does not think it will be possible to prevent some increase in school taxes next year.

He added that curtailing programs is difficult to explain to parents who feel their children are being deprived if activities are cut.

Board Budget
Wood said the Board had already received complaints about changes and some curtailment of activities this year which were required by the board's "realistic" budget.

The \$32 million budget was WINS HOLIDAY IN FLORIDA SUNSHINE
Though they are still half a year away, Michael Kelly knows where he is going to spend his winter holidays. A letter from the St. Petersburg Chamber of Commerce brought the happy news on the weekend that Michael was a winner in a contest they conducted at their booth at the Canadian National Exhibition. The prize — a trip to Florida for Michael and his parents, Mr. and Mrs. George Kelly of 251 Delrex Blvd.

They spend the school winter holidays next March at the Ivanhoe Hotel at Miami Beach.

Michael, a Grade 5 pupil at George Kennedy public school, is a Herald carrier boy, a member of Fourth Georgetown Cub Pack, and plays in the Saturday Morning Hockey League.

Biafra Recognized Halton East NDP Want
A resolution calling for the federal government's recognition of the Biafran government was approved Wednesday by the Halton East New Democrats.

The Canadian government at present does not recognize the breakaway Nigerian state which is currently engaged in a civil war with Nigeria.

The resolution will be taken to Winnipeg in October. Halton East's 4 delegates were chosen last week. They are: Mike McGowan of Erin, Gord MacLean of Oakville, Ruth Kernighan of Milton and Albert Tuelch of Georgetown.

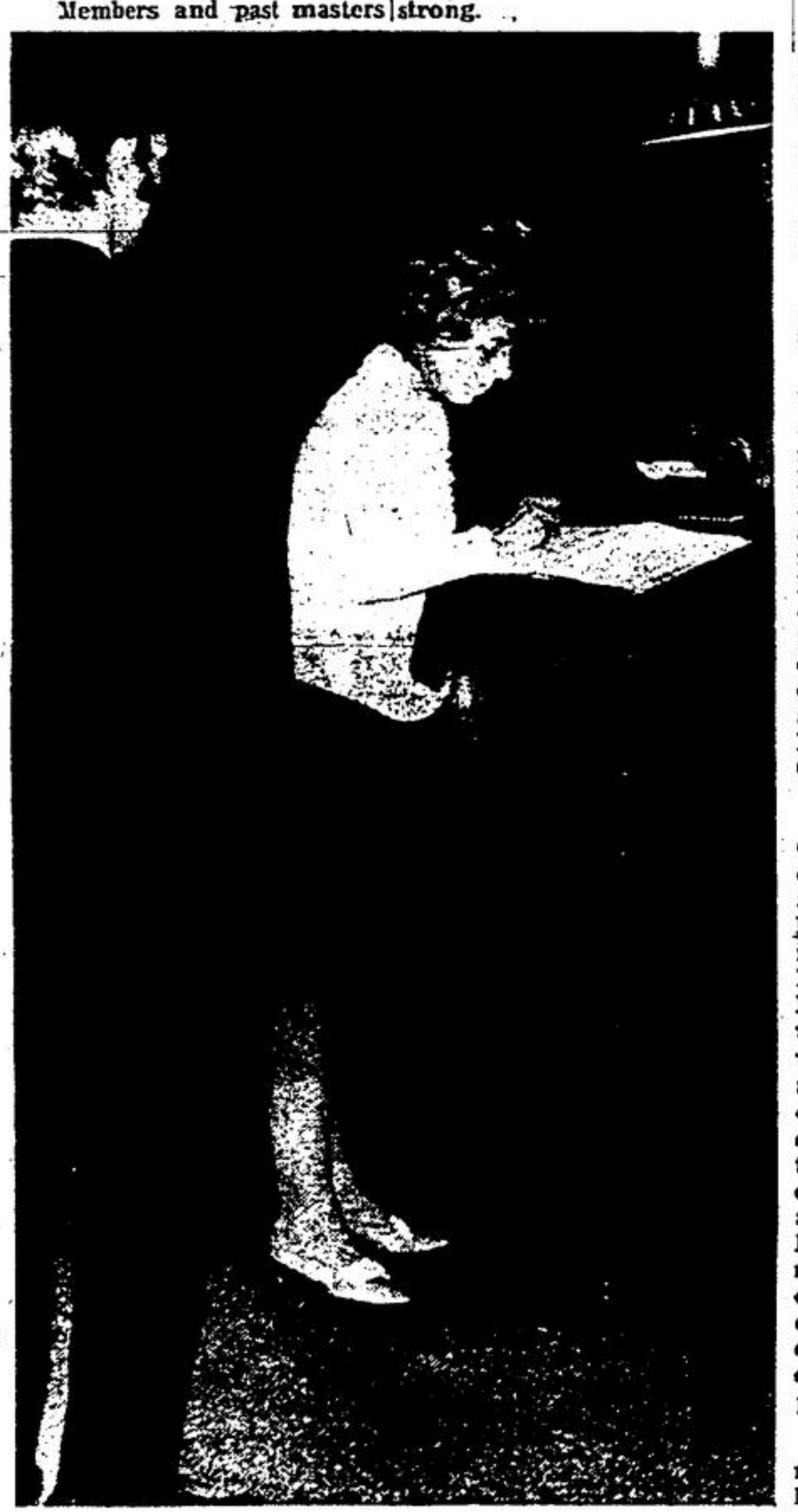
A motion condemning international unions in Canada was defeated at the meeting. Edward Rice of Oakville introduced the motion as well as the one on Biafra.

Large Crowd as Public Views New Lodge Temple

Sunday afternoon must have been an extremely gratifying one to members of the local Masonic groups.

It marked the first public opening of the new Masonic Temple, located on No. 7 Highway just beyond the western limits of town.

Members and past masters of Credit Lodge started greeting guests who came to view the new building at 2:00 and were kept busy until well after 4:00 p.m. Heading the group meeting guests and providing tours were Worshipful Master Douglas V. Latimer, Senior Warden Robert McMaster and Junior Warden John T. Armstrong.



Many guests visited the new Masonic temple during Open House, Sunday. Signing the guest book is Mrs. Leslie M. Clark.

Citizens saw a building, largely built with volunteer labour, that will supply the organization with its physical needs for many years to come. Tastefully paneled throughout, and featuring a rich blue broadloom carpeting, the building consists of the lodge room proper, an ante room and entrance hall, with a gallery and office and closets on the higher level. The entrance hall leads to the banquet hall, located on the lower level, a room that will also act as the headquarters for the ladies' group, the Order of the Eastern Star. An attractive kitchen and cloak room complete the lower floor.

Throughout the afternoon, refreshments were served in the banquet hall.

The Worshipful Master, Doug Latimer, in talking to the Herald, said that he felt the citizens of Georgetown had signally honoured the lodge in coming out in such large numbers, and he hoped that it had served to present Masonry in its proper light. He said that the next event to mark Credit Lodge centennial year, would be a banquet held in Holy Cross Hall on November 1st. This is to be attended by the head of the Masonic Lodge in Canada, the Grand Master.

Credit Lodge was formed in October of 1867, in the banquet hall of the long gone Canadian House on Mill St. Local Freemasons met first in rooms in the Clark House (now the McGibbon Hotel), over the Evelyn Shoppe. They met there until 1880 when they moved to what became their 'home' for some 80 years, the 3rd floor above the Canadian Imperial Bank of Commerce. The building was then a department store, encompassing two business blocks and owned by a William McLeod, one of the lodge's early members, and also businessman of some note, operating in addition to his store, a tailoring establishment. This was located on the second floor, and employed some sixty tailors!

SAFETY BRIGHT
Safe hunters wear bright orange, the colour that is easiest to see in the field in any weather.

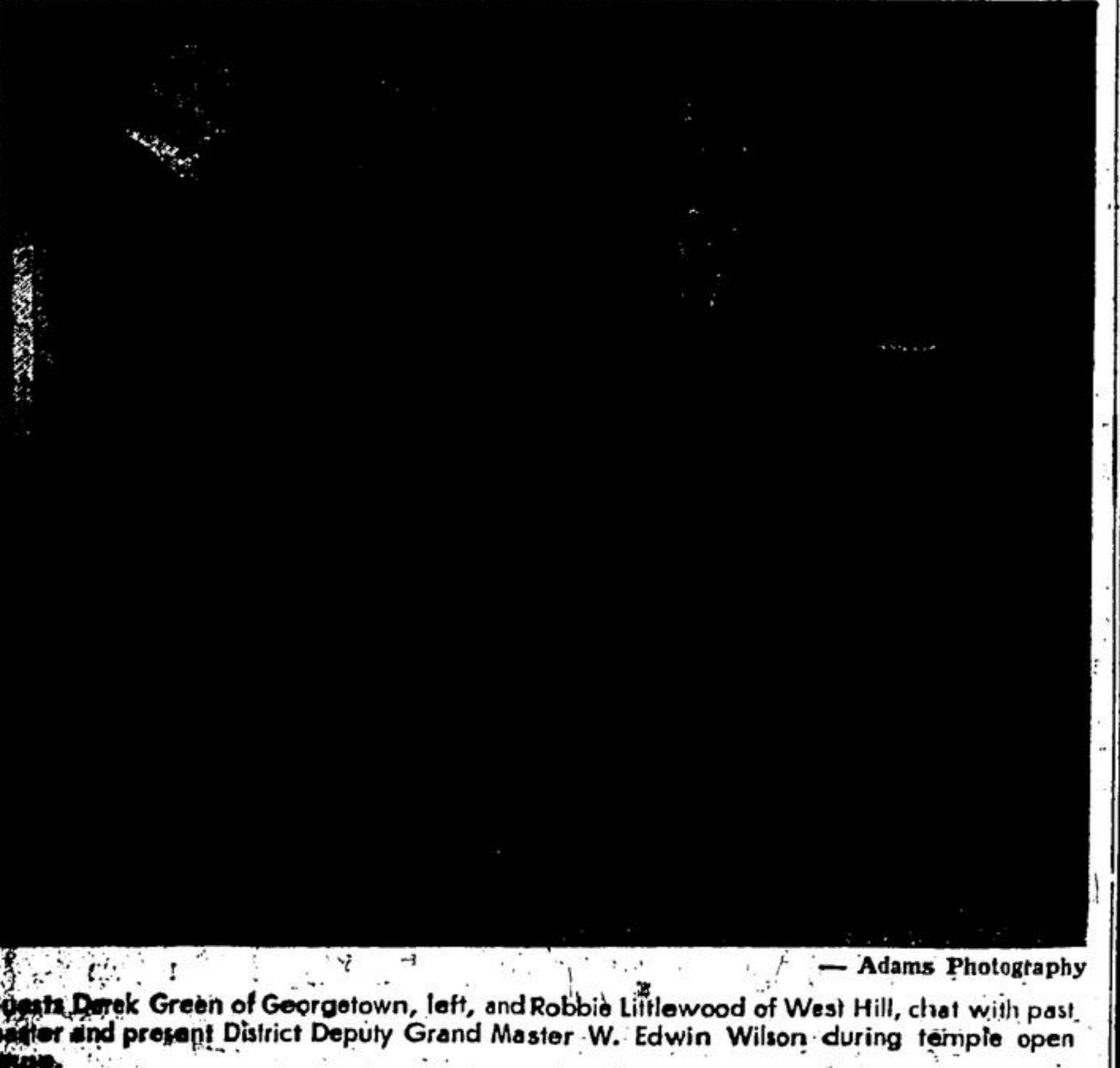
Lakeview Discount Centre
126 Main N. — Acton

- Paint
- Wallpaper
- Pre-Finished Panels
- Flooring
- Carpets

353 1190
Open Sat. to 5.30 p.m.
FREE DELIVERY

SHIPPING MOVING
BY LAND
AIR, SEA AND RAIL
OVERSEAS PACKING
AND CRATING
MODERN HEATED STORAGE

LOCAL & LONG DISTANCE MOVING
24 HOUR SERVICE CALL
ARROW
WORLD WIDE SHIPPING, MOVING
489-4269
METRO TORONTO



Guests Derek Green of Georgetown, left, and Robbie Littlewood of West Hill, chat with past master and present District Deputy Grand Master W. Edwin Wilson during temple open house.

DRAPER DOBIE & CO. Ltd.
MEMBERS: THE TORONTO STOCK EXCHANGE
STOCK AND BOND BROKERS
Your Nearest Branch Office
Queen's Square Building, Brampton
Phone — Brampton or Milton and Toronto
459-5222 677-3757
No Toll Charge From Georgetown and Vicinity
Visit Our Modern Office If You Can
However... You Can Open An Account By Telephone
David R. Chapple Wm. E. Beatty



There's no generation gap at HFC

There never was. We started out by helping other people starting out. Three generations later, we're still at it. We advise everyone to "Never borrow money needlessly." But when you're young you need things like furniture, appliances, maybe a better or bigger car, and we'll help you get them... Just like we help over a million people in their twenties every year. We're 91... but we don't act our age.

Apply for your loan by phone. We'll supply your loan by mail.

Borrow up to \$5000
Take up to 60 months to repay

HOUSEHOLD FINANCE
GEORGETOWN
41 Main Street North—Telephone 877-5221
(next to Silver's Department Store)
Ask about our evening hours

JIM'S STEERING SERVICE

- Complete Brake Service
- Wheel Alignment
- Wheel Balancing
- General Repairs

PARK STREET
Glen Williams - 877-6554

ALCAN Siding

Brampton's only Alcan dealer offers you 20 year-double guarantee, superior workmanship, no down payment, bank financing, storm doors, windows, awnings, carports, canopies, siding. Call today!

GEORGE KENT
ALUMINUM PRODUCTS
SINCE 1949
FOR FREE ESTIMATE CALL
459-0231

How your Texaco home team beats the winter cold.

This is a new Texaco Forced Warm Air Furnace.

It is designed to ensure the complete combustion of every drop of oil. So you get maximum heat at minimum cost.

Especially since oil costs less than other fuels in the first place.

Choose from several models. All are fully guaranteed, and available on long, easy term payment plans. If you need one, let's talk about it. We'll see that you always have the home comfort you desire. Day and Night.

Our teamwork keeps the heat on.

BAILEY HOME HEATING SERVICE
R.R. 1 GEORGETOWN, ONT. Phone: 451-6074

W.D. CASSELMAN Distributors Ltd.
R.R. 1 GEORGETOWN, ONT. Phone: 877-4031

TEXACO HOME COMFORT