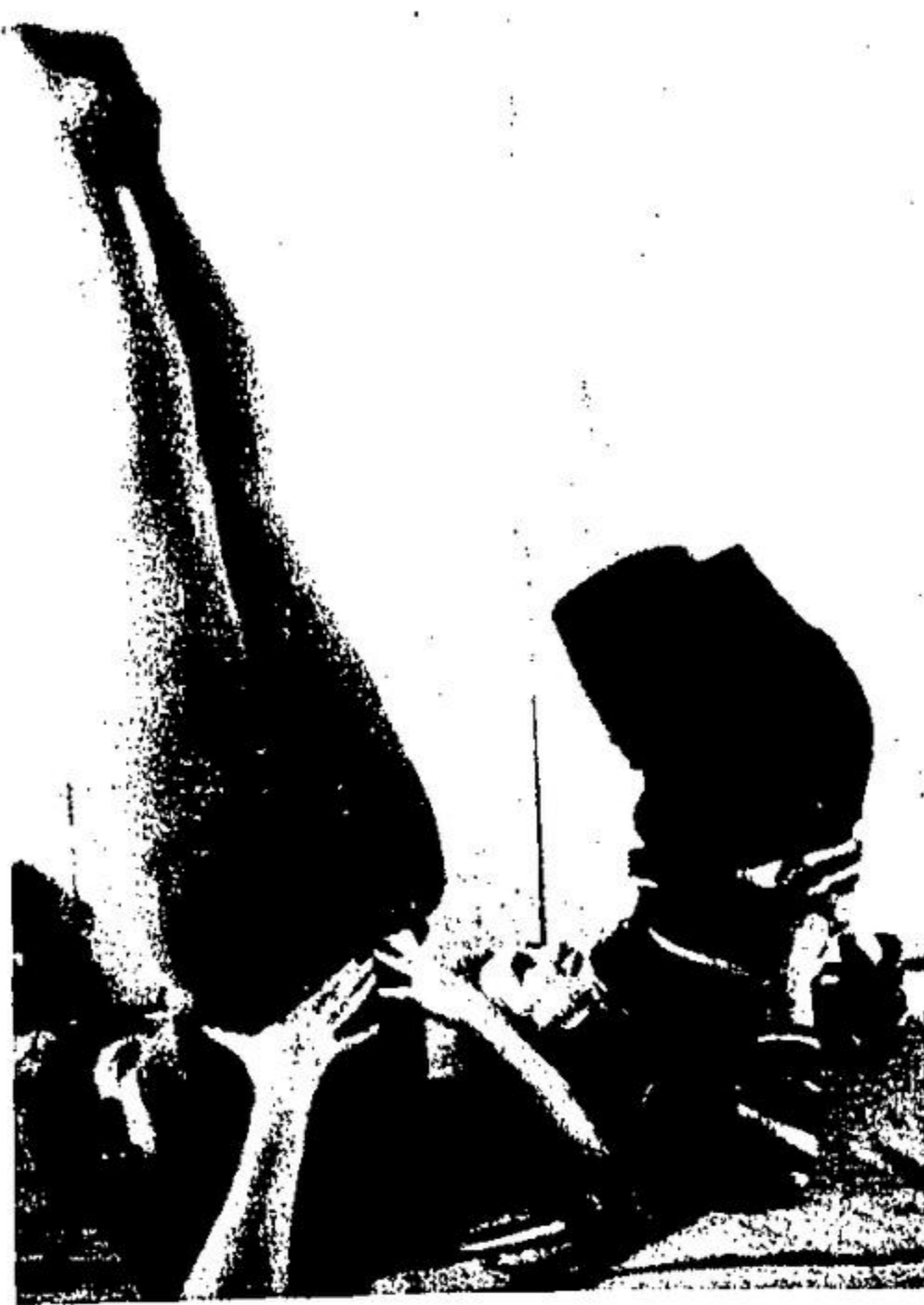




SEEN IN HER BASEMENT recreation room deep breathing positions. —(Photo by Mrs. Vivian O'Brien works out with student Lorraine) Doris Swackhammer of Everton casual Yoga



Council, hydro meet

At a special meeting of the Eramosa Township Council held last Monday evening, November 22, all members were present and met with representatives of the Ontario Hydro Commission to discuss problems and matters pertaining to the probable route of the proposed hydro line. It was decided to hold a meeting with the Hydro commission, Township Council members, and property

owners involved, with another public one to be held at a later date if required.

Other matters on the agenda involved the passing of a by-law for an additional supplementation for road expenditures subject to the Department of Transport approval.

Everton grandmother teaches wives Yoga

Something new has been happening in a downstairs basement room of a home in Everton lately and several housewives in the village are the participants.

It's called Hatha Yoga and Mrs. Vivian O'Brien, a three year student of the Huron Athletic Centre in Cooksville, recently moved into the Everton community and has been

conducting classes regularly every Thursday evening.

Deep breathing and relaxation are what this simple attractive instructor suggests as the easy way to a more enjoyable life. Exercising the body and mind, Mrs. O'Brien begins her classes at 8:30 to 10:30 p.m. Because of the nature of Yoga she feels that her students do not require a break in between, as every yoga posture means deep breathing and body co-ordination which, in itself is relaxing.

Feel refreshed

Many of her students, after weekly classes, feel refreshed and invigorated with a diminishing of physical ailments they might have had.

"It's for people of all ages" says the youthful Mrs. O'Brien who is willing to extend her classes to larger groups or to accommodate potential students in Rockwood sessions. She feels that Hatha Yoga, which is the basic course for enthusiasts but does not include the deeper "meditation" of the more advanced phases, is a marvellous answer to ailments of breathing and muscular control.

Lithe and fast moving herself, Mrs. O'Brien is the mother of two daughters and the grand mother of three young children. She started up her basement classes after moving to Everton two years ago and finds that having pupils working along with her is an extra incentive to keep her own body in shape.

She encourages everyone to include the Yoga program in their everyday curriculum of happy and healthy living.

Comin's and Goin's

Hey isn't it wonderful? Folks in the hospital recuperating and old village friends are returning home from holidays.

Jean Meadows and Dorothy Bolton are recuperating from their recent automobile accident. Jean is having difficulty with her broken jaw mending quickly but she is improving continually and hopefully will not have to be hospitalized too much longer.

for chow with Ivy Ritchie winning the free chicken dinner a la Millstone cuisine for the best bowling score and then home again innegon for the merry athletes and non athletes who went along for the ride with plans for more outgoing evenings in the future

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It was over the top and out for the 17 canvassers of the Rockwood and Everton Branch of the Canadian Bible Society when they picked up \$425 in this year's October effort, approximately \$14 over the 1970 collection. The total received for the year to date including contributions from the Presbyterian Twilight Evening Evening Auxiliary, Daily Vacation Bible School, Life Memberships, In Memoriams, and Church collections is \$605 and the officers for the society, Mrs. Burton Hill, Mrs. E. Hosking, Secretary, and Miss Pearl Hamilton, Treasurer, are delighted at the outcome of the appeal and the manner in which their canvassers were received. Well done, folks in the vicinity of (Continued on Page B13)

Yosef Drenters has been home a week now after his marvellous trip to England to learn more about William Wetherald, the founder of the Rockwood Academy. His descriptive picture of the British Isles and its people, his account of his own birthplace, Belgium, and his trip to Holland makes his homecoming a delight for all his listening friends. Welcome to one of Rockwood's favorite residents and hopefully everyone will have an opportunity of hearing his travelling and adventurous recounts.

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Wow! Really terrific is the fact that Carl Meadows is not only on the St. Mike's Hospital in Toronto, "progressing well" list but he is doing exceptionally well with complete recovery anticipated very soon now. Tuesday's report was that he would be returning to Guelph on Wednesday for physiotherapy and will stay on at St. Joseph's Hospital for about three weeks before his homecoming. Nice going Carl, we're all on your side and very thankful you're well.

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The beavers have done it again. A true work of architectural genius is the dam on Valley Road near the falls and evening visitors to the area need not be mystified by soft paddling noises but be aware that it's just old Mr. Beaver industriously completing another portion of his construction.

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Saturday night was an evening of good fellowship and great sport when some 20 odd members of Erin and Rockwood Anglican Church congregations bussed into Guelph for an evening of sport and recreation at the Sportsmans Bowl. Singing, camaraderie, and high spirits made it a funtime and afterwards it was the Millstone restaurant

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- CONTEST RULES**
- Visit any one of the places of business listed here and fill in an entry blank with every purchase
 - Contest is open to anyone except participating merchants and their immediate families
 - Employees of participating merchants not eligible to enter at their place of employment
 - 5 names to be drawn weekly at each store. These names to go into master drum for grand prize
 - These names will be published weekly in The Acton Free Press for the next 20 weeks
 - All other names eligible for consolation prizes
 - Trip must be taken... no cash
 - Trip may be transferred
 - Final draw on March 25th
 - Contest open to all Acton area residents



- Participating Stores**
- Moss Hardware
 - Nielsen's Clothing
 - A-B Supermarket
 - Watson's Restaurant
 - Symons Hardware
 - Hinton's 5' to 1' Store
 - Benson's Shoe Store
 - Dills Stationery Store

- Participating Stores**
- Acton Pharmacy
 - Acton I.G.A.
 - Jims In-N-Out Variety
 - Acton Home Furnishings
 - Lovell Bros. Meats
 - Acton Delicatessen
 - J. B. Mackenzie & Son Ltd.

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20-WEEK CONTEST

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LAST WEEK'S WINNERS

Following are the names of ticket holders drawn from individual boxes at participating merchants stores during the second week. These names will be entered in a master drum and become eligible for the grand prize at the conclusion of the contest.

H. Page, Mrs. E. McCutcheon, D. S. Morrison, Michael Lovign, Mrs. C. Storey, S. Andrews, Mrs. E. Tuffin, Sue Johnson, Pat Henderson, Clive Brown, J. Pope, Joan McDonald, W. H. Koch, Charles Barber, Carl Schmuk, Mrs. G. W. McHugh, Mary Papillon, Phyllis Angell, Gloria Duane, Mrs. Dora Kennedy, Mrs. Van Arragon, David Newell, Kae Hansen, Lori Jonsson, Mrs. Bonnie Baxter, B. Paulsen, Mrs. M. Rayner, Mrs. G. Munday, Mrs. G. Munday, Mrs. H. B. Andres, Mrs. Harry Seim, W. Charette.

Mrs. P. S. Cloke, Mrs. Ann Cathcart, Dot Deforest, M. Kerney, Mrs. E. Anderson, Mrs. Charles Greice, Frank Kerseman, Russell Patterson, Bertha Noble, C. McGillivray, P. Venn, Joan Schipper, Mrs. Lillian Andrews, Alice LeBlanc, Mrs. H. Lloyd, Mrs. H. Venema, Y. Verbeck, Robert Gayett, Mrs. G. Meecham, Frances Marcoux, F. L. Wright, Vera Heitla, D. Gibson, Bob Price, Jan Kranendonk, H. Paige, A. Petric, Collin Agar, Lori Hanousek, Mrs. E. Syme, Mrs. L. Degen, M. Bollert, Vic Morris, Mr. and Mrs. Ernie Waller, Cliff Storey, Ina Mellon, Pearl Lazenby, W. H. Denny, Allen Simioni, Mary Kenny, Mrs. John Rol, Terry Simmons, H. Fletcher.