



SLIM and trim instructor Thelma Cooper leads in the exercises. —(Staff Photo)

LIMBERING UP to the music at the Y slim and trim club are Nancy Frost and Marg Papillon. Classes were held every Wednesday

night at the M. Z. Bennett School. —(Staff Photo)

## Tape measure time for Slim and Trim

Vital statistics are REALLY vital at the Y Slim and Trim classes. The tape measure will be on hand for the second time Dec. 20 at the last class to assess just how much benefit the 10 weeks of exercises has been.

Then, after the 25 women have triumphantly done their subtracting, they'll be sitting down to a Christmas lunch to celebrate!

They've been meeting every Wednesday night in the M.Z. Bennett school gym and instructor Thelma Cooper says attendance has stayed high all during the 10 weeks. What tells the tale - in inches - will be the continuing of the exercises at home every day. Some of the

girls even go to Mrs. Cooper's house every day to do their regular stint together.

**Lot of laughs**

But not all the women wanted to lose weight at Slim and Trim. Some reap benefit in the feeling of well-being that zesty exercising gives. "It really peeps you up", Mrs. Cooper observes, "and we have a lot of laughs".

The women wear black leotards and jerseys to put a professional touch on their class.

About six of the members are young unmarried girls, who fit in perfectly well with the young marrieds...and older.

A couple of the class members

## Bruce Trail hikers

This Sunday Bruce Trail Club members from Toronto and district will be hiking in the Rattlesnake Point Park area, on one of their current winter hikes. The group is meeting at the park west of Milton at 10.30 a.m. for an eight mile walk over escarpment lands.

Next hike in the Halton area is Sunday, Jan. 9 when they'll go six miles (depending on weather and snow conditions) in the St. Helena Rd. area at Speyside. This is a bus hike and many hikers will be travelling to Speyside by bus from downtown Toronto, to start hiking at 10 a.m. and walking south to Five Sideroad.

Another hike is scheduled in the Limehouse area on Sunday, Jan. 23, with hikers meeting at 10 a.m. in front of the old Limehouse school.



**ALARIC.** Quanto Von Holsterburg, pictured with his first trophy which he won at a large German Shepherd specialty match at the tender age of 11 weeks. Youngest dog in his class he topped many dogs ranging in age from four to six months. He is a member of the exceptional "A" litter Von Holsterburg which was sired in Germany by the country's top German Shepherd, VA Quanto v.d. Wienerau SchH II, whose mother is S. G. Sonny Vom Sandbachdamm "a" also a top show dog. Alaric's home is at the Von Holsterburg Kennels, R.R. 2, Acton.

**Choose it**  
from Canada's largest rental fleet of GM cars and GMC trucks.

**& Charge it**  
Tilden honours most credit cards.

**TILDEN**  
ANDREW MURRAY  
MOTORS  
45 Mountainview Road N.  
877-6944  
GEORGETOWN

**End-to-enders**

A new feature of the Toronto club's hikes is an end-to-end hike, to be done in sections over a period of several years along the trail stretching from Niagara to Tobermory. Those who go the whole distance will earn an "end-to-end badge". It started at the southern end of the 480 mile Bruce Trail at Queenston on Sunday, Dec. 5 with a strenuous walk over steep and treacherous hills, 10 miles of them. Further walks on Jan. 2, Feb. 6, March 5 and April 16 will take hikers over a further 35 to 40 miles of trail.

The Toronto Bruce Trail Club has about 1,800 members but there are only about 40 active on a regular basis.

## Tom Engel writes home from north

The Orillia Packet and Times has been publishing a series of letters from Tom Engel, who has been working at one of the most northerly places in the country. The son of the Rev. and Mrs. Dwight Engel, Tom completed grade 13 in Orillia, then drove north with two other Orillia boys seeking work.

Tom didn't want to go to university until he was more sure what he wanted to do. He hopes to stay for a year and earn enough money to put himself through whatever kind of education he chooses.

**80th parallel**

He got work with ADECO, an oil exploration company on one of the Queen Elizabeth Islands, up around the 80th parallel.

Exploring for oil? No... he's a camp attendant, making beds, scrubbing floors etc.

He has seen icebergs, caribou

and muskox. Right outside the buildings there are silver fox.

When he went for his first walk - in mukluks - he reports the terrain was so boring the big event was stubbing his toe.

**Day of dusk**

When he wrote October 23 the sun was just moving across the horizon making the whole day seem like dusk. There was plenty of snow with heavy winds and average temperature of zero.

Surprisingly, the nearby lake water is unfit to drink because of its iron content.

He discovered the camp's waste disposal system the hard way - falling through the ice covering. Everybody thought this was quite funny, wrote Tom philosophically.

At last report, he was having a week off in Edmonton.

## Cub leader best snorer

Cub leader Forbes Cole received a set of saws, after being judged best snorer at the recent Georgetown and District leadership training course, held at Camp Manitou near Campbellville.

A total of 27 leaders from the Georgetown District attended the course. "Kaa" Wayne Gordon also attended from Acton.

Acton Cubs will be singing Christmas carols in the streets Monday night, December 13 between 7 and 8. The annual Christmas party is slated for Monday, December 20.

## Legion town league tallies



**ATOMS**—Five players, Gordie McArthur, Tim Ferguson, Jeff Sargent, Ronnie Jackson and Steven Hepburn scored goals, as Weston downed Guelph 5-2. Sargent also picked up two assists and Gary Lumbers earned one.

Brad Manes and Ken Death scored for Guelph. Mike Strong assisted on Manes' goal.

Gareth Turner netted two goals to lead Brampton to a 4-1 victory over Dixie. Scott Timbers and Rivlyn Kennedy were the other Brampton marksmen. Ed Lee and Floyd Lee collected assists.

**NOVICES**—Sparked by Mike Nicholls' hat trick, St. Catharines blanked Oshawa 7-0. Ricky Lott, Ricky Gooyers, Steve Trotter and Shawn Lambert also scored for the Black Hawks. Nicholls, Trotter and Mike Waites picked up assists.

London edged Niagara Falls 3-2 on goals by John Woodman, Gord Scott and Todd Cook. Bob Hudson drew an assist on Cook's goal. Ralph Bowen and Bob Renshaw replied for the Flyers. Tony Geng earned an assist.

Hamilton walloped Peterborough 7-1 on the strength of hat tricks by George Brown and Randy McIntyre. John Griese tallied a single goal for the Red Wings.

Gerry Druff helped out on three Hamilton goals. Brown drew a pair of assists, while McIntyre and Griese each picked up one. Don Brouillard scored an unassisted goal for the Pates.

**PEEWEEES**—Ford Alton was a one man show, firing four goals in Rochester's 5-4 win over Baltimore. Alan Swanston tallied the other Rochester goal. Frank Andrews had two assists and Mike Morris one.

## Improve Limehouse Area

Mild fall weather has allowed work at Limehouse, Belfountain and Meadowvale conservation areas to progress rapidly this year.

A mile of access road has been constructed from the gate on Esquesing's Fifth Line into the Limehouse conservation area. The road has been built along the old railway line and through open areas, thus making little effect on the forested, rocky escarpment edge where this area is located.

The Limehouse park contains almost 200 acres of forest, stream, old limestone quarry and lime kilns and these areas are being deliberately protected as much as possible during development.

**Gorge accessible**

The lookout site at Belfountain has been cleared and will make the scenic area along the gorge accessible to the public. A new road and parking lot has been completed and the lower area along the river sodded to extend the picnic facilities. This was formerly occupied by a parking lot.

## Firefighter bants triple victory total

Acton Firefighters bantams have already tripled last year's win total and the Waterloo-Wellington league schedule isn't even half over.

Firefighters, who won only one game in the powerful Tri-County league last year whipped Erin 7-2 here last night (Tuesday) to stretch their undefeated string to five games. They also have three ties and an overall record of 3-1-3.

**Score three**

Firefighters scored three unanswered second period goals to break a 1-1 tie last night. John Hansen and Russ Van Fleet paced the Acton attack with a pair of goals and an assist apiece. Jeff Townsley added a goal and an assist and Steve Papillon and Joe Kentner netted a goal apiece. Byron Timbers and Steve Brunelle also drew assists.

**MIDGETS**—Chris Tennant bagged a hat trick in Montreal's 6-5 victory over Los Angeles. Riny Schuts, Paul Daley and B. Schneider also scored for the Habs. Daley earned two assists and Carl Reed and Riny Schuts picked up one apiece.

George Artem scored twice for the Kings. Treth Armstrong, Chris Schuts and Ron Loutett shot singles. Pete Pavli earned an assist.

Games for Saturday, Dec. 11.

**Peewee**

6:40 Rochester vs. Springfield

7:35 Baltimore vs. Cleveland

**Novice**

8:35 Oshawa vs. Hamilton

9:30 Niagara Falls vs. Peterborough

10:25 London vs. St. Catharines

**Atom**

11:20 Dixie vs. Weston

12:15 Guelph vs. Brampton

Monday, December 13

**Bantam**

7:10 Buffalo vs. Pittsburgh

8:10 Los Angeles vs. Montreal

Acton nets. Acton served all five minor penalties.

Saturday afternoon in Fergus, Firefighters tied Fergus for the second time this year 1-1. Russ Van Fleet scored the Acton goal. Mike Luty came up with several spectacular saves in goal.

Last Wednesday night John Hansen and John McAdam scored in a 2-1 win over Orangeville.

Firefighters play Elmira for the first time here Saturday afternoon at 3.20 and meet Elora for the first time in Elora Monday night at 9.

## Long pass

The autographed football, run out of the C. of C. dinner on a long pass, was returned to committee-man Jack Carpenter with all signatures intact. It's one of two prizes in an upcoming draw.

## Thompson Fuels Ltd.

— Distributor of Home and Farm Petroleum Products

Serving Acton and District Since 1946

★ HEATING OILS

★ LUBRICATION OILS & GREASES

★ GASOLINES ★ DIESEL FUEL

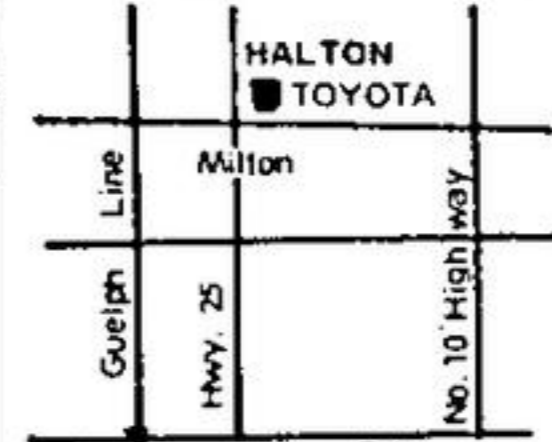
Phone 853-2174

DEPENDABLE OIL BURNER SALES & SERVICE



44 Young St., Acton

## BEST DEAL THIS SIDE OF TOKYO



No. 2 Lakeshore Rd.  
826-2931

On Highway 25  
Just North of 401

878-4365

# Fleetwood introduces the big difference\* in color tv.

\*We want you to know it's all true! ● Our Total Color-Lok automatically keeps the colors fresh and clear. ● Our rare earth phosphors really do spring the colors to life. ● Our colors are consistently brighter. And, very important: ● We're using plug-in transistors in our SOLID STATE 85 chassis to make servicing simple and cheap. So in case you haven't heard, now you know it's all true. There's a big difference in Fleetwood Color T.V. Come in and see for yourself.



**fleetwood**

FIRST LINE TELEVISION

SALES & SERVICE

ACTON, ONT.

Becker's Plaza

TEL. 853-1057

## For Family Shopping THIS CHRISTMAS

GIFTS FOR

- Infants
- Children
- Girls
- Boys
- Men
- Women

Prices and Selection that are Hard to Beat Anywhere



Your Money Buys More

at **THE FAMILY STORE** Acton

29 Mill St.