



ARM CIRCLE EXERCISES in the Acton Centennial Pool on Wednesday afternoons are just part of the Aquatics Fitness for Ladies

program. Women of all ages are invited to attend classes which are taught by Chris Hall, a Red Cross Instructor.

Aquatics fitness to keep in shape

Exercising in the water keeps seven women busy on Wednesday afternoons at the Acton Centennial pool.

Chris Hall is the instructor of Aquatics Fitness for Ladies and shows her students how to do leg and arm circles and exercises pushing against the force of the water.

It is the resistance against the water which helps lose the weight and keep you in shape.

The women are in the water for one hour each week, today, (Wednesday) being their fourth lesson. For the women who need to lose weight, it provides a fun way of doing it.

Reports, election at St. Alban's

The Church of St. Alban the Martyr held its annual vestry meeting on Sunday evening, January 26, with the Rector, the Reverend Leonard Ewing in the chair.

In his report the rector outlined that perhaps the significant events of the year for the Parish were his induction as rector in January 1974, the visits of the Bishop, the Right Reverend John Bolwell for confirmation in June, and again at the dedication of the new altar in November.

He stated he was happy to report that there had been an increase in attendance at Sunday services of worship, and that givings had exceeded the budget figures for 1974. There were 17 confirmed; 25 baptised; 7 marriages and 12 burials, with one person received from other denominations, during the year.

The minutes of the last Vestry meeting were read and accepted. Reports from the different organizations were distributed.

Rewarding year

The treasurer Mrs. Pat Frizzell, reported that financially it had been a most rewarding year for St. Alban's. All obligations both for the parish and in the area of outreach had been met. The parish had also forwarded \$400 to the Special Mission Fund for 1974 to assist in the work of the church in the North and Western Canada.

Harold Denny presented the budget for 1975. He pointed out that with everything increasing in cost, the budget for 1975 had to be increased by better than 10 percent just to "hold our own" in 1975. A budget of \$25,000 was accepted for the year.

Centennial

The rector stated that the year of 1975 will be a busy one for the Parish, as this is the centennial of the Diocese of Niagara. Parish council had set aside the week of June 15 to 22nd as a special period of time to hold the parish celebrations. They were planning a parish dance and other events.

The week would be brought to a climax at the church's Paternal Feast Day on Sunday, June 22. Hopefully at this service the mortgage on the rectory would be burned. Following the service, weather permitting, a strawberry social would be held on the church lawn.

Officers

The following officers were elected or appointed for the year 1975: Rector's warden Grant Puncture; people's warden David Hunter; deputy warden Mrs. Mary Anderson; lay delegates to Synod Bert Gould and Mrs. Pearl Rol; alternates Mrs. Penny Bristow and Mrs. Laura Dittich; treasurer Mrs. Pat Frizzell; envelope secretary Mrs. Audrey Denny; Parish council: Vic. Bris-

Sr. Queen

Ridgetown held its Centennial Ball last week and the Queen of the Ball was, appropriately, one of the town's senior citizens, Daisy Hiles. The 12 princesses were the usual young beauties, though.

Paving

Highway 25 south of Milton will soon be paved for a distance of six miles.

Garbage

Once a week garbage collection started this week in Milton.

ton, Len. Mitchell, Coulson Pitt, Frank Goulding, John Last, June Hunter, William Denny, Harold Denny, Richard Telford, Lorna Clarke, Helen VanSickler, Lois Turkosz, Cynthia Blades. Auditors, Grant Schultz and Frank Oakes.

The rector congratulated the incoming council and extended on behalf of himself and the congregation a very warm vote of thanks to the Council of 1974.



HEATHER BARRETT spoke to ladies from various groups on the subject "Choosing and Using Fabrics". Miss Barrett is of the home economics branch of the Ministry of Agriculture and Food. The Greenock Women's Institute put on the course which was held at the library on Friday.



WOMEN FROM VARIOUS groups attended the all-day course held at the library last Friday. The course was entitled "Choosing and Using Fabrics", with Miss Heather Barrett speaking. The day was sponsored by the Greenock Women's Institute.



the painted box

by Wendy Thomson

Someone once said that nervous breakdowns are a "cop-out", and when I took a look at my own attitude towards one, I could see that in my case (if I ever had one) it would be quite true.

I think that thousands of women, while struggling through a rotten day, must comfort themselves with the thought that today they will push themselves to cope with the seemingly endless problems arising from family, household work, or whatever; but tomorrow they'll have a nervous breakdown and then won't everybody be sorry.

Yes, the thought is very tempting sometimes, especially when there's not only problem after problem arising, but also day after day of those problems.

Of course, mine aren't usually real honest-to-goodness worrisome ones, but just the minor kind that don't warrant a nervous breakdown anyway. Some days I promise myself that if I just manage to get through that particular day, I'll refuse to get out of bed the next day.

Then I spend that "next day" wondering for what foolish reason I didn't keep that promise!

Gas pedal gone
Last week was one of those times. The first day, I got the boys off to school with only a few minor crises and headed off to work, getting only as far as the car. The gas pedal fell off.

On to the truck. It was covered with a layer of ice, so out with the ice-scraper. It was soon apparent I'd be late.

First, the end of the long-handled 69c special fell off, making it impossible to reach the centre of the windshield.

As a matter of fact, I can reach very little of it at all without climbing up the front bumper and crawling across the hood to get face to face with the problem.

And then, under extremely icy conditions, the tendency is to slide off the hood of the truck sideways, and I feel very foolish spread-eagled on top, calling for help, slowly disappearing over the side.

Anyhow, I resisted the temptation to attack the windshield with the broken scraper and chip the ice off with fearsome blows, but climbed inside to wait till the defroster had done its work.

Nograceful way
As I've mentioned before, climbing inside is a feat itself in a skirt. There is absolutely no graceful way—I've tried them all. But I managed it with as little draft as possible and then, for some stupid reason, turned on the (loosened) wipers without shutting the door. All the loose snow and ice not only

went whipping off the windshield, but somehow managed to slip around the corner and come flying into my lap and down inside my boots. That was the first day.

The second was the rainy icy one. My husband had done whatever needed doing to the car's gas pedal (probably only a few sharp words and it sprang into place) and away I went to work, slithering and sliding up the road. I managed quite well up the slopes on the Town Line, but then unexpectedly the car did a half turn and ended up front wheels in the ditch.

Quick calculation
After a bit of quick calculation, I decided it was easier to walk two-tenths a mile north to the house on the corner to phone a tow-truck than five-tenths a mile home.

It was a grand walk. I had no boots and no gloves—but what foresight made me put an umbrella in the car?

I slid two-tenths to the corner. Nobody was home so back I went two-tenths to the car (4/10). It was still there. There was nothing to do but slither five-tenths home (9/10) and phone from there.

I arrived soaking wet, my shoes squishing at each step, phoned, changed and headed back to the car (14/10). Not even a mile and half! It felt like THREE!

However, Gord came back with me and he and the two kids pushed the car out. Away I went merrily to work—only an hour late with a towing service call to pay for because the tow truck had already left by the time I reached a phone to say don't bother.

Yes, I know. I could stay home, but there's a great decorating project going on here right now, and with my luck Gord would spill a bucket of paint down me.

There was another of "thosedays" last week, now that I think of it—the day I went shopping in Guelph, but I'll save that until next week. Gord has just spilled some paint and needs three or four rags.

Same officers Ladies' Aid

Knox Ladies' Aid met at the home of Mrs. J. Berry on Tues. afternoon, Jan. 28. The president opened the meeting with a few thoughts for 1975, followed by hymn, and prayer by Mrs. McIntyre. The roll call was answered with the name of your first church.

After a rather lengthy business session, the scripture, Psalm 103, was read by Mrs. Mann and Miss Ruby Clark led in prayer.

Ceremony
Miss Clark then read a very interesting article describing a ceremony she and a friend had attended in England in

1928, when a plaque from Acton, Ont. was presented to Acton, England. Mrs. McIntyre then read an amusing article giving a child's description of Etiquette in Church.

The officers for the year 1975 will remain the same as before: president Mrs. W. J. McIntyre; treasurer Mrs. J. C. Dennis; secretary Mrs. D. S. Morrison.

At the close of the meeting lunch was served by the hostess and committee and everyone enjoyed a social half-hour.

Homemaker service will begin again

The Homemaker Service which the Georgetown and district Red Cross reluctantly abandoned in 1974 is being revived on February 3.

A homemaker supervisor has been appointed who will work in the whole of the areas covered by Halton Hills and Milton. Those requiring homemaker service may call 878-5626.

Georgetown Red Cross abandoned the service with three years but as a result of

several meetings within the Halton Region involving all the Red Cross societies, the Health Unit and the Human Services committee, problems were ironed out.

A spokesman for the Georgetown and district Red Cross said it was understood by all parties that for the relatively small number of cases involved, the large area concerned and lack of public transport, that the Georgetown branch was incapable of funding the service out of its campaign funds.

Free Press Personals

Mrs. Dwight Haven of Comber has been here visiting with her sister, Mrs. R. H. Elliott, Mr. Elliott and other members of the family.

Mr. and Mrs. O. J. Clark, Hamilton; Mr. and Mrs. E. Johnston, Ancaster and Mrs. B. Vincent, Toronto, visited with Mr. and Mrs. G. Johnston this week.

Four of the keenest members of the curling club were especially honored at a social evening there. Mr. and Mrs. Bob Drinkwater and Mr. and Mrs. Ken Marchment expect to leave town soon to manage a hotel in Watford. The Drinkwaters were presented with a

painting of the curling club by Laura Dittich, and the Marchments with an engraved curling stone.

Both of these couples have been members of the club since its beginning and have spent many hours working toward making it a success.

To commemorate the 81 years of the Alexandra School in Brantford, a committee has been formed to plan a Homecoming for May 3 and 4, 1975. Former teachers and students are asked to get in touch with this committee so a homecoming can be planned. Write, Alexandra School Homecoming Committee, 214 Darling St., Brantford.

NOTICE to the RESIDENTS of WARD I (Acton)

The Corporation of the Town of Halton Hills requires one member to the COMMITTEE of ADJUSTMENT for a ONE YEAR term from Ward I, Acton.

Applications to be received by the Clerk Administrator from residents in Ward I, Acton not later than FEBRUARY 20th, 1975.

G.D. Pritchard, Clerk Administrator

Education changes considered by W.I.

Mrs. C. Allan was the hostess for the Greenock Women's Institute for the January meeting with 14 members present. Mrs. J. McCulloch opened the meeting and read several household hints.

The roll call was, "The custom of another country that I like."

Mrs. G. Johnston gave a new years meditation. Mrs. A. Gates gave the current events and an account of the area convention held at Kitchener. Mrs. R. McKeown and Mrs. C. Allen were conveners for the program and the topic was, "Education and cultural activities."

The motto was "Spend your hours learning instead of yearning."

Mrs. McKeown introduced

the subject of education by everyone joining in singing, School Days and by asking questions are your children getting a better education than you did?

She remarked on the early education at the Rockwood academy and the educator Edgerton Ryerson who was considered one of the great. In the forties it was phonics, and by late sixties and early seventies it was do your own thing plan. She concluded reading letters from the daily Star on this subject.

Mrs. C. Allan for cultural

activities passed slogans around to members which they read aloud. All joined in educational games, enjoyed pictures from a scrap book of community happenings, and a poem written by the late Mrs. B. Davidson, "I know something good about you."

The February meeting will be at the home of Mrs. W. Aitken. Mrs. W. Aitken and Mrs. W. Veerman were lunch conveners and Miss Elva Pearen courtesy convener.

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AMNESTY WEEK - FEB. 4-8

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PROCLAMATION 1975 DENTAL HEALTH WEEK

WHEREAS the future is, to a large measure, dependent on the good health of our children and youth, the citizens of tomorrow; and

WHEREAS good health, physical and mental, can be achieved through good health habits, learned early; now

THEREFORE I Thomas J. Hill, Mayor of the Town of Halton Hills, do hereby proclaim the week of February 2 through 8, 1975 as Dental Health Week in the Town of Halton Hills and urge that all citizens and all community organizations join in the observance.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the seal of the Town of Halton Hills to be affixed, this 31st day of January 1975.

Thos. J. Hill Mayor