



COMING OUT OF the head to knee position at the Tuesday morning yoga class are some members of the group who are attending the six week course at the Y. While students work-out, June Hunter babysits small children so that

mothers can get the full benefit of the healthful exercise. Teacher Marcia Wilkinson feels yoga keeps people youthful with muscles flexible. She feels it would be an excellent program for senior citizens.

Yoga is for everyone

"Slowly, slowly come down, relaxing vertebra by vertebra, slowly now, gently and relax," says yoga teacher Marcia Wilkinson as she takes her students through their weekly practice sessions at the Y.

Fifteen women participate in the regular program. From 9:30 to 11 a.m. Tuesdays they work through the simple yoga positions which, according to the young teacher, keep people flexible and healthy. Marcia, her husband and little daughter, Dawn, have lived in Acton about a year. She has been a student of

yoga since 1971 and took most of her training at the Integral Yoga Institute in Montreal. Her interests in the field brought her to the Y where she was invited to hold her classes in the gymnasium.

With a quiet but meaningful voice the young instructor illustrates each position before taking her students through the feat. Mrs. Wilkinson says she is pleased to see that so much interest is being shown in yoga. She feels, however, she would like to see a wider variety of people participating.

According to Mrs. Wilkinson, it is mostly housewives who are taking the classes. She says that yoga is for all ages and for both men and women. "Even for the elderly," she says. She feels that classes in yoga could be held for senior citizens; she would like to initiate such a program. She explains that the important thing about yoga is homework. "I can teach all the basics," she said but explained that, to really learn

the techniques well, they must be practised at home.

The present five-week course has two more weeks to run. It will be finished before the March School break. Registration will then be held for more classes.

For the first two weeks the Y gymnasium was the place where instruction was held. Classes have since been moved down to the basement of the Y building.



YOGA INSTRUCTRESS, Marcia Wilkinson sits quietly in the typical Lotus meditation position as she instructs her class at one of the regular Tuesday morning sessions at the Y. A student of yoga since 1971, the Acton teacher was a student at the Integral Yoga Institute in Montreal. Story inside.

Name new executive for D. of D. chapter

Officers of the Duke of Devonshire chapter of the D.O.D.E. for 1975-76 are: honorary regent Mrs. H. H. Force; past regent Mrs. E. Lidken; regent Mrs. Geo. Young; first vice-regent Mrs. H. H. Force; secretary Mrs. G. Johnston; treasurer Mrs. H. H. Force; educational secretary Mrs. D. Mowal and Mrs. J. Reed; services at home and abroad Mrs. E. Lidken; Echoes secretary Mrs. H. Malprize; membership Mrs. H. Malprize; citizenship Mrs. J. Hol; press and public relations Mrs. H. H. Elliot; flowers and gifts Mrs. H. Holmes; councillors Miss M. Z. Bennett (honorary), Mrs. W. Beatty, Mrs. J. Whitman, Mrs. B. Mowal, Mrs. H. Malprize, Mrs. Wm. McLeod, Mrs. R. H. Elliott, Mrs. H. Clark and Mrs. H. Holmes.

The annual report shows a membership of 18 with nine meetings.

Cards and flowers were sent to two golden wedding anniversaries, ill and bereaved members.

Five silver dollars were presented to pupils showing most progress during the year by Mrs. Force at the Robert Little school and Mrs. Mowal at the M. Z. Bennett school.

Mrs. Lilian Eaton gave an account of her stay in Bangladesh and showed souvenirs at a meeting.

Mrs. D. L. G. Turvey of Guelph, provincial secretary for citizenship, was guest speaker in November. Dr. Elliott entertained with Christmas music on his pipe organ prior to the buffet in December. Joe Petric entertained with his accordion at the centennial tea.

Money was donated to the music festival by Mrs. Force and Mrs. Lidken and a trophy presented, won by the grades one and two M. Z. Bennett choir.

A haul of knitting, clothing and ditty bags valued at

\$283.25 was sent to headquarters.

Holy Week services were attended.

Two trees were planted for Decoration Day. Members assisted with the planting of flowers on veteran's graves. The regent laid a wreath at the cenotaph at Remembrance Day services.

The regent attended the national D.O.D.E. convention and a tour of homes sponsored by Robert Little chapter, Guelph. Members attended the graduation banquet. Plants were sent at Christmas.

Two luncheons and a buffet dinner were held. Two members in nursing homes were visited. A member assisted with the cancer campaign.

Donations were sent to the Children's Aid, Decoration Day committee, Legion and music festival. Donations to provincial headquarters were to the Atawapikak and Lucy Morrison funds, and to national headquarters to Peace Garden, Canadian Scene, shipping fund, travel and exchange and to the Northern Lights.

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by Wendy Thomson

Every few weeks I tackle the piles of stuff on my desk and try to reduce them to something that won't keep sliding onto the floor every time someone slams a door.

During the process, dozens of small pieces of paper turn up on which I've written reminders of things to mention in the column at some time or other. Often by the time I re-read them, I can't quite place what I was talking about in the first place. "No pb & h together, B'wh, hon-pickles" kept me up in the air for quite awhile till I remembered that it was written while I was on a budgeting spree.

Then everything became clear, and I can now offer some hints on saving pennies. When making kids' lunches, I no longer make peanut butter and honey sandwiches—one peanut butter one, and one honey one and that's it. (That's the "no pb & h" clue.)

Horrible honey. Secondly, I buy buckwheat honey because with it's stronger taste, everybody uses less of it. Incidentally, don't ever turn thumbs down on buckwheat honey if all you've ever tasted is the commercial stuff. I bought some of the popular brand for the first time last month and nobody here would eat it. It was horrible! I guess for true buckwheat honey, a person has to go to one of the apiaries around Acton.

Next, when buying pickles, I buy dills, which the family doesn't go through as fast as "sweet mixed". I also buy a brand of cookies the kids will eat in their lunches but aren't that enthusiastic about diving into at home.

In cooking, the peels are left on vegetables and the "optionals" are left out of recipes. Some weeks when supplies are low, I even count out the tea-bags—10 a day and that's it!

If one pound of butter is cut in quarters, and only one quarter brought out each week, then (of course) that pound will last four weeks! If we run out before the week's done, that's tough and we make do with margarine.

I save the wax paper from cereal boxes to wrap sandwiches in, or use bread bags cut in half.

Cheer money. For quite awhile, gas for the car was obtained by piling up all my old magazines and paperbacks and turning them in at the smoke shop on my way to the gas station. Of course, there came a time when 65 cents worth of gas wouldn't get me through the week.

Spaghetti is bought in bulk, measured immediately into bunches between thumb and forefinger and tied with garbage ties. Then it's easy to grab the right amount each time, with no leftovers.

Even those leftovers don't go to the dogs the way they used to. I've become far more imaginative about using everything up. One new recipe I tried was for spinach and cheese dumplings. Unfortunately, they wouldn't dumple and they wouldn't fry.

However, the flavour was good, so the next night I added beaten egg whites and made a marvelous soufflé! Bank on time. One other memo to myself was to get stuff to the bank on time and stop getting over-

Day of Prayer for men, too

The World Day of Prayer service, set for this Friday, is no longer called the Women's World Day of Prayer.

It's for people — not just women.

This year for the first time representatives of St. Joseph's church will be joining those of the other main denominations in conducting

the service. A committee planned the program, representing United, Presbyterian, Anglican, Baptist, Christian Reformed, Pentecostal and Roman Catholic churches.

Members of Trinity Activity Group have volunteered to look after children in the nursery room downstairs.

Ramberg-Frank vows at church of Our Lady

The Church of Our Lady was the setting for the lovely ceremony when Dianne E. Frank and Robert James Ramberg were united in marriage.

The bride is the daughter of Mr. and Mrs. John B. Frank, Frederick St., Acton and the groom is the son of Mr. and Mrs. John Ramberg, Renfield Drive, Guelph.

The Rev. Walsh officiated and John Marrin played the wedding music, Ave Maria, Morning Has Broken and The Wedding Song.

Attendant The bride was attended by Miss Carol Patterson, Church St., Acton. Best man for the groom was John Ramberg Jr., brother of the groom. Ushers were Raymond McDonald, Guelph and David Ramberg, brother of the groom, Guelph. A reception was held at Eleanor's.

Mr. and Mrs. Ramberg are living in Kitchener.

Shows The bride was honoured at a shower and buffet given by her aunt, Mrs. Velma Close and cousin Mrs. Wanda Close, Guelph, and a shower by Mrs. Russell Patterson and Miss Carol Patterson, Acton; also a presentation from nurses of the K. W. Hospital, Kitchener.

The groom was honored at a stag held for him at the Army and Navy Club in Guelph.

—March came in like a lamb although February's departure was lion-like.



DIANNE FRANK and Robert James Ramberg were married at the Church of Our Lady in Guelph. They are living in Kitchener.

Photo by Wm. Stuckey

Teachers

A long-time resident with a good memory recalls the names of the teachers at Acton when Fern Black was a student here. In last week's review of his book A Stuff Gown and A Silk One the teachers were assumed to be W. H. Stewart and Miss M. Z.

Bennett. The corrected names are principal W. H. Stewart, teachers Annie Hudson and Myrtle Hammond.

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March 5, 1975

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