



BARB DeWOLFE plays water basketball with the pre-beginners at Acton pool swimming lessons, to round off the half hour session.

Relax, enjoy yourself swim away the hours

Belly flop, swan dive, jack-knife, cannonball, breast stroke, butterfly, sidestroke and a lot of fun.

What do the above words have in common? The answer is the Acton Centennial swimming pool.

The pool, located at the high school and opened just last November, has been constantly busy. Swimming lessons, scuba lessons, teams and pleasure swimming hours fill the heavy schedule.

Special arrangements
From September until June the swimming pool is shared by the Board of Education and the town of Halton Hills. Education classes have now adopted swimming into their programs during regular school hours.

From five o'clock until closing time, the town has use of the pool. This is when lessons, teams and the general public may make use of the facility.

All maintenance is done by the Board of Education.

Anne Pickering, the supervisor of the pool, during the town's time, is in charge of program co-ordinating, scheduling the hours the pool is to be open and some teaching.

Including Anne, there are 12 employees. Head life guards are Cathy Ashley and Liz Virag. Instructor guards are Liz Cooper, Susan Ancker, Barb DeWolfe and Lesley Graham. Leader guards are Debbie Rippon, Kim Break and Lisa Woods. Lynn Fountain is the cashier. Tinkie Vryenhoek is a part time life guard working as a play-

ground leader for the town during the week. There are no males on the swimming pool staff.

Now that summer is here, the town has the use of the pool all day. Public swimming draws an average of 100 adults and children daily as their way to beat the heat. During the day the average age for swimmers is ten or 11 years old.

The pool programs offer something for almost everyone. For the youngsters who want to swim with their peers, there are three hours each afternoon and an hour and a half during the evenings Monday to Saturday to enjoy this as well as two hours on Sunday.

Adults, who would like to enjoy a quiet leisurely swim, oblivious to the world of work, children and problems, can

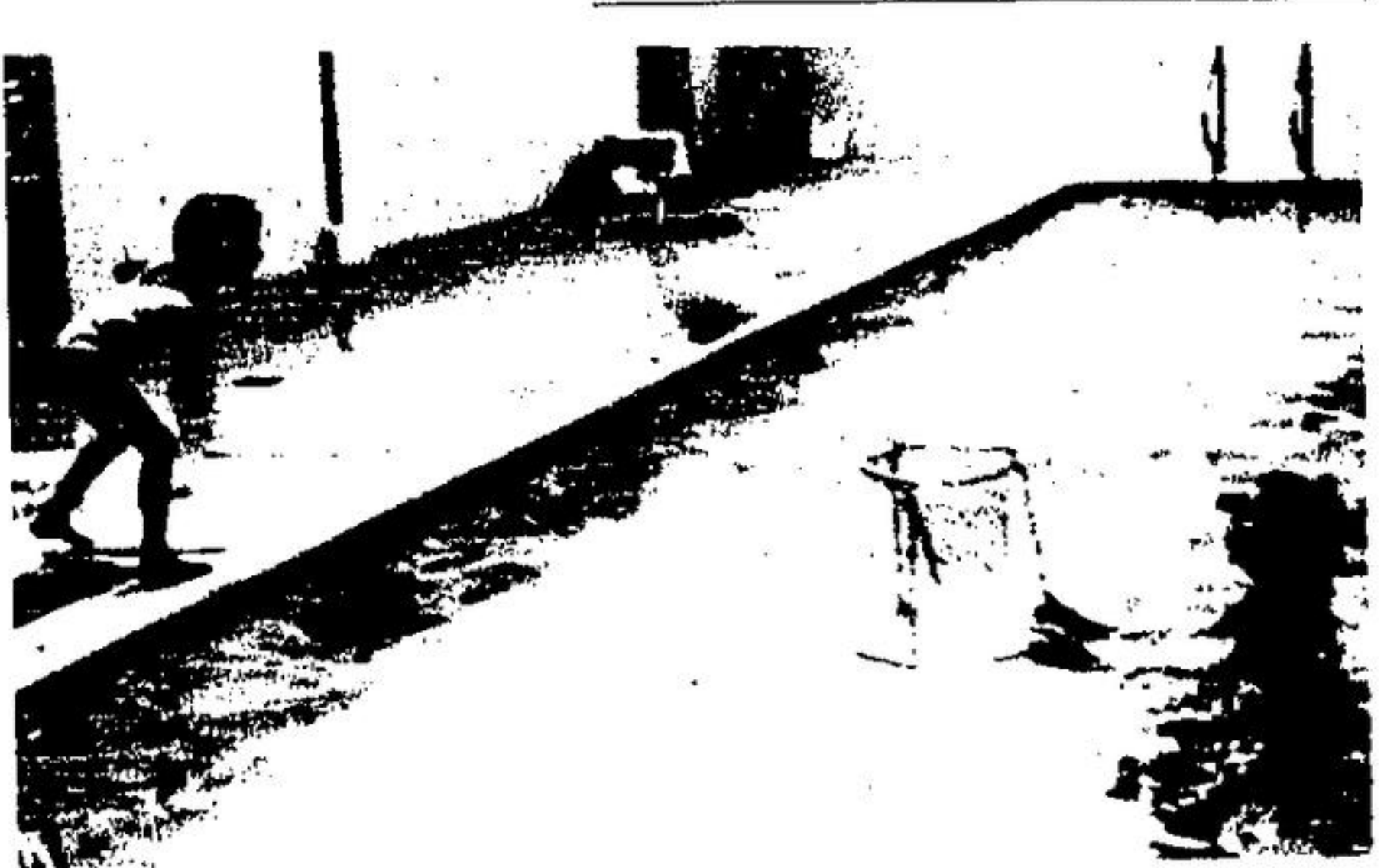
swim for an hour on Mondays, Wednesdays and Fridays. These hours run consecutively with the public hours so that more hours of swimming may be taken in if desired.

For the families who wish to swim together, Tuesdays, Thursdays and Saturdays offer an hour of togetherness in the water. Sundays, an hour and half can be enjoyed.

For the serious swimmer, other special programs are offered for the people who take swimming seriously and want to get ahead.

Synchronized swimming, which is actually water ballet to music, is taught. A team has been formed of interested women and they have competed in out-of-town meets.

Diving is also taught for the people who want to do more than just get in the water



ADRIENNE KOVACS could become a female Wilt Chamberlain as she plays water basketball with her pre-beginners' swimming instructress Barb De Wolfe at the Centennial pool.

K. Campbell's book out soon

When Halton Renaissance Committee went to Halton Board of Education early in 1974 with a list of complaints about education in the region, Halton's Director of Education Jim Singleton labelled it a "tempest in a teapot."

Renaissance founder Ken Campbell, the Milton evangelist who sparked the intensive lobby campaign against modern education, has taken the director's remark and used the words for the title of a book he wrote documenting Renaissance's first year of conflict with the Halton board, its administration and its policies.

"Tempest in a Teapot" will be published in late August and available on newsstands in September. Proceeds from the sale of the book will go into the Halton Renaissance budget. Campbell told this newspaper the HRC campaign to date has cost about \$20,000, of which only half has been raised. "We anticipate the book will cover the balance," he said.

Print 5,000 copies. First edition will be 5000 copies. Besides documenting how Campbell was prompted to launch the Renaissance campaign (what he called "literary sewage" in school libraries and a visit by two Gay Lib representatives to a Grade 12 health class at the high school in Burlington his daughters attend) the book is

also "a manifesto for the benefit of groups in other parts of the country, interested in following Renaissance's lead," he said.

First president of HRC, Campbell has since relinquished the chair to Gordon Reade of Oakville, in order to concentrate on his evangelistic duties, spend more time with his family and work on spreading Renaissance across Canada.

Campbell said most of the book's contents have already been published in the regional press, but "Tempest" documents it thoroughly for those who have been following the campaign through the press.

Juniors field day

A large number of enthusiastic Junior Farmer members from the counties of Halton, Wellington, Dufferin, Peel, York, North and South Simcoe met at the University of Guelph on Saturday, July 12, to compete for the honour of representing the zone at the provincial summer games on August 9.

Wellington County was the overall winner, with Peel County placing second in the day's events.

Splash flashes

by Anne Pickering and Cathy Ashley



In last week's column we listed the children and adults who had successfully completed their Red Cross awards. One most important group we omitted were the 'tadpoles'. The tadpoles are a group of youngsters between the ages of 3 and 5. Their swimming lessons consist of games, water safety talks, use of the water wings and flutterboards, with the objective of adjusting the children slowly and pleasantly to the water.

By the end of three weeks, those who are given their little white fish for their bathing suits can jump into the water, float, open their eyes underwater, bob three times and have a sense of confidence in the water.

Award winners
Those receiving the "Tadpole" award last session were as follows: Jason Campbell, Sean Jeffrey, Jarret Hannah, Sunita Raichina, Dana Richardson, Sean McVeigh, Christine Sleep, Kelly Haslett, Troy Foster.

As parents, there are a number of things you can do yourself in helping your child learn to like the water and learn to swim:

1) If you have a built-in fear of the water, hide it. Do not

pass on statements such as "Don't go in the deep end, you'll drown". Instead be positive and say, "When you're able to swim three widths of the pool, you can go in the deep end". Our biggest problem with some children is their fear and hatred of the water.

2) If your child happens to slip in accidentally and his face goes under, don't panic, it's nothing. Smile, make sure he hasn't swallowed too much and say something such as "I bet that didn't taste like Kool-Aid". Your patience and confidence in the water will help a great deal.

To learn to swim is important for everyone. We help as best we can in lessons, but at the beach and on holidays, you as parents can make or break the confidence we have tried to instill in each child.

At it again
Our synchro swimmers were at it again. Four newcomers travelled to Georgetown last Tuesday to try their Star One Level. The four who went, and passed were, Lynn Fountain, Suzanne Pendergast, Lisa Woods, Beth Grein.

Coming events at the pool include a speed swim clinic July 31, 8 a.m. and the Red Cross tests for Session No. 2, Friday, August 8 at 6:30 p.m.



FRANK ANTSTAETTER, 5, enjoys the flutterboard-while instructress Barb DeWolfe observes. He is in the pre-beginner swimming class at the Acton Centennial pool.

without a red stomach resulting.

For the badge earners, the RLSS Bronze, Bronze Cross and Award of Merit are taught by qualified instructors.

A swim team, which is competing against other teams in the area, has also been formed.

For the adults who want to improve their swimming, or never got around to learning how to swim when younger, there is an adult lessons program. This saves an embarrassment and being splashed by some over-energetic child. Adult recreation water polo offers a fulfilled hour on Monday evenings.

Lifeguard
The national lifeguard program, for the very serious-minded swimmer, is also offered.

Swimming lessons for children are offered during the week. Children of all ages and all levels of swimming are given the chance to climb the swimming ladder of success. This summer, three sessions have been offered, with the second one currently underway. Each session lasts for three weeks.

No matter what level of swimming a person is at, they can be sure of a time slot sometime during the week which they can be with their own peers, or swimming ability group.

A sauna in both the men's and women's change rooms can either end or begin a leisurely swim. This room is restricted to adults only and has an additional fee.

Entrance fees to the pool vary with ages. A child is 12 and under, with students being 13 to 17. Adults are considered to be anyone over 18.

For the family, one price is charged no matter how many this takes in.

Membership may also be taken out on a yearly or a seasonal basis. The price categories are the same as the daily entrance fees. This indoor swimming pool

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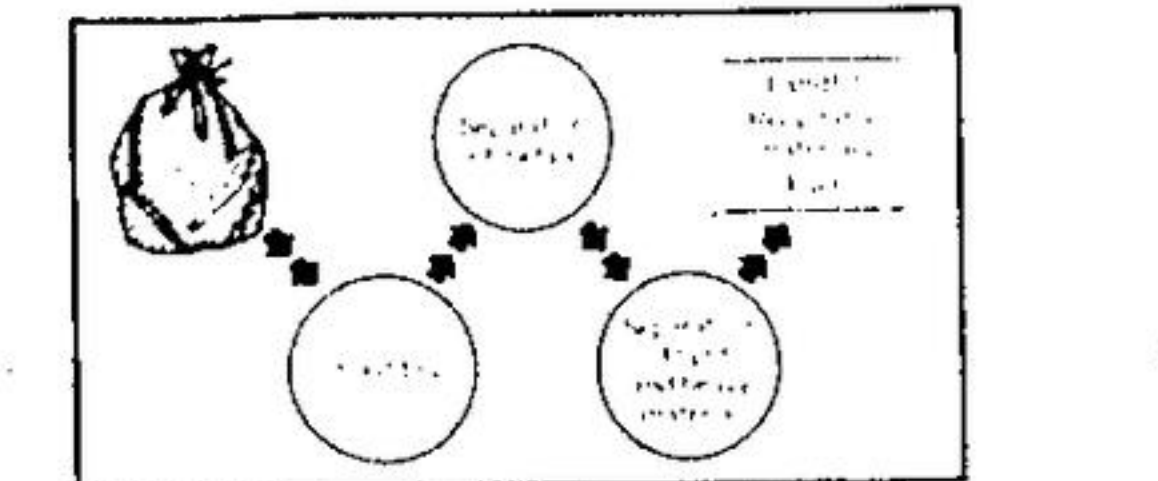
Bright new uses for Ontario's garbage.

Some time next year, Ontario is going to turn garbage into light. The transformation is called "Watts from Waste" and it's sponsored by the Ontario Ministry of the Environment, Ontario Hydro and Metro Toronto.

It's just one part of the Ministry's garbage recycling program to turn garbage into a valuable resource.

How recycling works.
As garbage is shredded and various elements separated, a waste is produced which can be burned as fuel in Toronto's hydro generating stations.

The same basic process will also produce fuel for steam heating and cooling systems, fuel for cement kilns, landfill, paper, metals. A centre for



The system: step by step
advanced research will investigate future uses for garbage.

Where it's happening.
The Ministry has already inaugurated Ontario's first centre in North York. In the next two years, centres will be built to serve Sudbury, London, Peel, Halton, Metro Toronto and south eastern Ontario.



In 15 years, we'll have centres right through the province with a transportation system and transfer stations to keep the network flowing. They'll recycle 90 per cent of Ontario's garbage - everything from old and used cars to organic waste.

Why it's happening.
The people of Ontario - all of us - pile up garbage at three times the rate that the population increases. Although the Ministry is working on ways to reduce that amount, we'll always have garbage. And it's getting harder to find dumping sites and the land fill necessary to cover those sites.

When garbage is being fully recycled, dumping problems won't exist. But there's a more serious problem. When we throw garbage away, we throw away valuable resources.

Recycling, in a community of 100,000, will mean a saving of up to 30,000 tons of paper and cardboard a year, 700 tons of aluminum, copper, lead and zinc, 15 acres of land that would otherwise be used for dumping.

Our program is considered one of the most advanced in the world.

We've got everything we need to make it work - the ideas, the knowledge, the commitment, and the garbage.

Ministry of the Environment
Ontario
Hon. William Newman, Minister
Everett Boyd, Deputy Minister

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