Helping others 15 group's goal

By Mrs. Emily Price We are starting a new year with the wish for a very

happy and healthful 1976. Last year was the beginning of our organization and we are very pleased with the results. Being a new organization we have a lot to learn and we would welcome new ideas and suggestions to make our activities interesting. We hope our membership will increase as much and more this year, as we need you to help us help others. This is exactly what we are trying to do and with the aid of more friends we will be able to do so much

trying times for a lot of us but it is also a time to try to be busy and occupied. Now that the hustle and bustle of Christmas and New Years can phone me at 853-2324.

are over, it is a good time to think of what we can do to help out in whatever may we

We hope all our members and new members will come out to our first meeting of the new year at the fire hall on Tuesday, January 27 at 7.30 p.m. so that we can start to plan for the year ahead. With your ideas and suggestions, it should be an active year.

Our swim program has been a great help to all of us and we would like to see others get the benefits we are receiving from it. There is nothing better than pool The next three months are 'therapy. Our pool time is at 10.30 on Sunday mornings at the Acton Lions' Indoor pool at the high school. Anyone wishing information on this

Women's Institute enjoys meetings

Mimosa Women's Institute began at the home of Mrs. John Root at 11 a.m.

Following a short business meeting and lunch, 12 members and two visitors travelled to Floradale to the home of Mrs. Bauman who makes a business of marking quilts. She has many beautiful, intricate patterns, even some for crib or carriage. From there, they went to Elmira and spent some time at the Borg factory and then to the Sap Bucket which is a craft shop.

It was a most interesting meeting and they extend thanks to Mrs. Frank Longstreet who planned the trip. Mimosa W.I. met at the home of Mrs. Ed Gray in Hillsburgh for their Christ-

mas meeting. Everyone gathered around the beautifully decorated table to enjoy a most delicious and colorful dessert

luncheon. The president, Mrs. John Awrey welcomed 14 members and two visitors. The roll call was answered by a donation for the cheer boxes which will be packed and delivered be-

The new 4-H course is "A touch of stitchery" with the leaders to be named.

fore Christmas.

Mrs. Haines Root gave a short talk on nutrition in Ontario.

For the program, each member told or read a Christmas legend which varied, interesting and some amusing.

All-time hydro high

It was a dark, pre-Christmas day when electrical consumption rose to an all-time high demand at 5.30 p.m. on Thursday, December

Many houses already had Christmas decoration on, too, to add a bit to the record peak

The record setting demand was for 14,548,000 kilowatts. greater than last winter's peak.





NEWYEAR'S DAY arrival for Mr. and Mrs. Peter Homer, 127 Churchill S., is Seth Christian, who weighed 7 lbs. 8 oz. at birth at 4.58 p.m. January 1 in Guelph General. Snoozing Seth has two sisters at home.

GO trains coming Polar Bear leaving

The Polar Bear Express trains will be coming to return to North Bay. will likely be sent packing Georgetown but he thought and some extra rail cars added to the Georgetown GO some of the crowding on seat 94 people. train system at the end of this

rail cars will be available for use by the end of January when bi-level cars start operating on the Toronto-Hamilton line this month. -

to and from Toronto will provide more seats for Georgetown commuters,"

Georgetown GO trains.

The Polar Bear Express GO spokesman Tom Henry which operated out of said this week that 11 extra Georgetown wasn't expected back this year but delay in the delivery of new cars brought the Bear back to Georgetown again this year.

"The elimination of the big green Bear train was train cars, has delayed de-Polar Bear and extra cars on increased this year from livery of new cars until the three Georgetown trains seven to eight, adding 600 March. seats to the Georgetown

When the extra cars, freed Henry explained. He said GO from use on the Lakeshore isn't sure vet if all 11 extra arrive, the Polar Bear will

Polar Bear cars seat 60 the extra cars will relieve people while regular GO cars

The bl-level cars seat 169 people and are being leased by GO from Chicago and North Western Railway, Chicago. GO has leased 10 of the

A three month strike at Hawker Siddeley, Thunder The number of cars on the Bay, which manufactures GO 24 HOURS A DAY MILTON

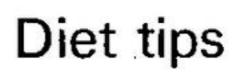
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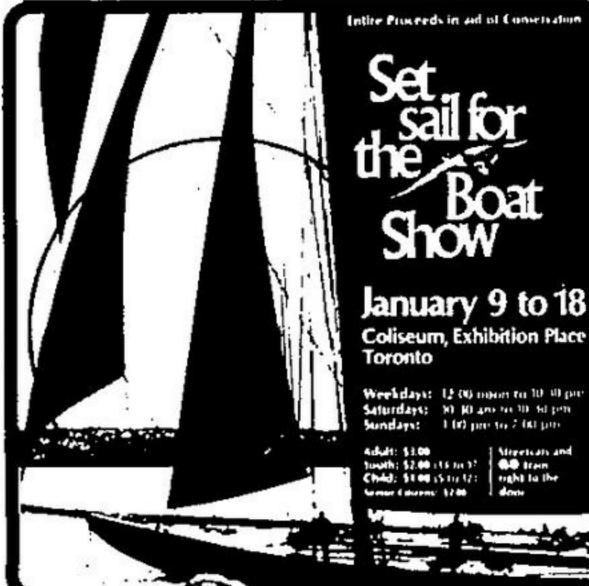
878-3281



What do teenagers like to eat? Dr. W. W. Bauer, consultant with the National Dairy people often shake their his own choice of foods, the many useful foods." cheese, milk shakes, hot dogs, ice cream, pizza and peanuts. These foods happen to be very good sources of protein and should be in-

What is lacking in the diets are fruits and vegetables. But Dr. Bauer says, "We will Council says many older never motivate the young people to change their diets heads over the adolescent's by nagging them, or by being diet, it was reported in critical-without even a good Health. However when left to reason-of their choice of

adolescent is likely to choose Give the teenagers good hamburgers, often with facts about nutrition. Appeal to their particular need which they can understand. Offer them fruits and vegetables in an attractive form and let them make the choice. Dr. cluded in school lunch menus, Bauer says most choices will be sensible.



Tenants, landfords or their representatives should

attend rent review bearings. Lailure to appear or

be represented removes the right to appeal the

The hearings will be informal, and every effort

will be made to keep the procedures simple so

that individuals may conduct their own cases.

witnesses and to order the production of the

their rent increase to a rent review officer, the

than the one originally demanded.

Tenants should be aware that, should they appeal

other could permu the landlord a greater increase

Where a landlard has been required to justify an

existing or proposed rent increase, the rent review

officer may adjust the tent to an amount below the

please do not telephone. You can obtain further

information on the Residential Premises Rent

Until the rent review mechanism is in place.

A rent review officer has the power to call

rent review officer's decision.

necessary documents

original rent level.

Rent Review.

Postal Station 1'.

Joronto, M4Y 21.8

Box 580.

Review Act by writing:



NEW STREET signs in Kingham Hills honor two Acton names. W.H. Storey (inset top) was the town's first reeve. He also founded one of the town's early industries, Storey Glove. Les Duby (bottom inset) was a long-time mayor It's about 650,000 kilowatts of Acton and is presently serving as an area councillor on the Halton Hills council. All the street signs in the new Kingham Hills have not yet been erected.

THE HALTON BOARD OF EDUCATION offers the following

ACTON JANUARY NIGHT SCHOOL CLASSES

★ REGISTRATION: at High School - JAN. 8th, 7:30 - 9:30 p.m. ★

COURSE	FIRST NIGHT	TIME	WKS	FEE	INSTRUCTO
Bookkeeping for a Small Business	Wed, Jan. 14	7:00 10:00	8	\$15	McGillivray
Brush Up Typing & Office Skills	Wed, Jan. 14	7:30 - 9:30	В	\$10	Kroll
Crochet I	Mon. Jan. 19	7:30 - 9:30	8	\$10	McCulloch
Crochet II	Wed, Jan, 14	7:30 - 9:30	8	\$10	McCulloch
First Aid - St. John's Ambulance	Mons Jan. 19	7:30 - 9:30	8	\$15	Beemer +++
French: Conversational	Mon. Jan. 19	7:30 - 9:30	8	\$10	Beranek
General Shopwork	Wed, Jan. 14	7:30 - 9:30	8	\$12	Rognvaldson
Landscaping	Wed. Jan. 14	7:30 - 9:30	. 8	\$10	Schubert
Macrame	Mon, Jan, 19	7:30 - 9:30	8	\$10	Hamilton
Off Loom Weaving	Tue, Jan. 20	7:30 - 9:30	8 -	\$10	Hamilton
Sewing with Knit Fabrics	Wed, Jan. 14	7:00 - 10:00	8 -	\$15	Hannah
Sketching & Drawing	Mon, Jan, 19	7:30 - 9:30	8	\$10	Goring
Typing **	Mon. Jan. 19	7:30 - 9:30	8 .	\$10	Shean

** Indicates that course has been operating for 12 weeks. Registrations will be accepted for the final 8 weeks if students feel they can

profit from instruction.

+++ For further information regarding the First Aid Courfe, contact Mr. Beemer, 853-2030. YOGA CLASSES

Yoga classes are conducted at Robert Little Public School, Beginning Yoga classes are held on Wednesdays, beginning January 14. Time: 7:30 - 9:30 p.m. Instructor: M. Bray. Fee for the course: \$12.00. Duratign: 10 weeks, Advanced Yoga classes are held on Thursdays, beginning January 15, 1976 from 7:30 - 9:30 p.m. Fee for this 10 week course is

also \$12.00. YOU ARE ADVISED TO REGISTER IN ADVANCE, AS SOME CLASSES MAY BE CANCELLED DUE TO LACK OF REGISTRATION. WATCH FOR OUR AD IN THE ACTON FREE PRESS THE WEEK OF JANUARY 12, 1976 FOR CONFIRMED CLASSES.



These are the facts:

Ontario's new Residential Premises Rent Review Act affects most landfords and tenants in the province. The act allows for a review of the amount of rent a landford may charge. Landlords and tenants should be aware of their rights and responsibilities under this legislation. The Ontario Government is in the process of

establishing rent review offices in major centres across the province. Review officers will hear disputes on rent increases by both landlords and A rent review board is being established to hear

appeals by tenants and landlords against the decisions of rent review officers. What does the act cover?

 apartments • houses • townhouses • duplexes triplexes • rooming houses • mobile-home sites

• rent-geared-to-income units What are the exceptions? · certain non-profit housing or non-profit

co-operatives · units in a hotel, motel or vacation home which are rented for a seasonal or temporary period not exceeding four months · buildings that were first occupied as residential

 commercial premises How does it work?

premises on or after Jan. 1, 1976.

If you have entered into or renewed a tenuncy agreement which became effective between July 30, and Dec. 31, 1975, inclusive, you should be aware

The maximum rent increase for such agreements cannot exceed eight per cent of the rent charged during the last foll month prior to Aug. 1, 1975.

(a) the tenant and landlord agree on a higher rate

(b) the fandlord obtains the necessary approval from a rent review officer.

A landlord may apply to a rent review officer for permission to increase rent more than eight percent. A tenant may file an application with the landlord requiring him to justify any increase. These applications must be made by Jan. 31, 1976. Should a landlord and tenant agree on an

increase in rent above the eight per cent guideline, they must complete and sign a rent increase agreement no later than Jan. 17, 1976. Copies of these agreements should be kept by both parties. Forms may be obtained by writing Rent Review. Box 580, Postal Station F. Toronto, M4Y 2L8, Or you may wish to use the form published recently in this newspaper.

However, a tenant may cancel such an agreement by completing a statement of revocation within 30 days of the signing of the agreement. By signing a rent increase agreement the tenant

waives the right to appeal the increase during the period July 30, to Dec. 31, 1975. The tenant also waives the right to collect a rebate of rent as provided for in this act, other than the amount of rebate, if any, statyd in the rent increase agreement. Rent increase agreements do not apply for any period after Dec. 31, 1975, and do not constitute a waiver of the tenant's right to appeal the amount of rent charged on or after Jan 1, 1976.

Province of Ontario

Rent review legislation is fied to the dwelling on The rent increase agreements do not relieve the an annual basis with the July, 1975, tent taken as landlord from his obligation to obtain approval from a rent review officer for any rent increase the base tent charged on or after Jan. J. 1976 that is more than Who attends hearings?

eight per cent of the July, 1975 rent. Where the landford and tenant do not agree on a rent increase above the eight per cent, the tenant is entitled to a rebate of any rent paid in excess of eight per cent by Feb. 16, 1976. If the landlord fails to make such a rebate the tenant may apply to a rent review officer.

If a tenancy agreement becomes effective or is renewed between Jan. 1. and July 31, 1976, melusive, you should know:

A landlord who wishes an increase of more than eight per cent must file an application with his rent review office and notify the tenant at least 60 days before the increase is scheduled to become effective. In respect to those rental increases taking effect between Jan. 1, and 1 eb. 29, 1976. the application must be made by Jan. 31, 1976. A tenant who wishes to appeal an increase has 60 days in which to file an application with his landlord requiring him to justify the increase. In case of a hearing, a date will be set by the rent

review officer and both fandlord and tenant will be notified. After the hearing the rent review officer will

establish the rent, and may order retroactive adjustments. What is a tenancy agreement?

A tenancy agreement gives a tenant the right to occupy a particular dwelling, or to renew the right to rent a particular dwelling. The agreement can be written. verbal or implied. In other words, even if you don't have a written lease you are covered by the legislation. For written agreements, the important date is the date the agreement comes into effect. not the date on which the agreement is signed.

