



EDITH HILFMAN (standing) was elected president of the 1977 Board of Directors of the North Halton Association for the Mentally Retarded. Other executive are, left to right, Lucille Virus, corresponding secretary, Mike Evans, treasurer, Anne Wickham, recording secretary and Alan Beene, second vice-president. Absent from the photo are Russ Hunt, past president and Charles Clifford, first vice-president.



Try as I might, I just can't find a single cheerful thing to say about this winter. It's one of the few times I wish I was very, very rich so we could hire someone to tackle the barn chores while we take off for the sun—providing we can find it.

With any kind of luck spring will be here early with all its glorious flooding and mud. The barn tap will cease to be frozen; the manure pile will peep out from under several feet of snow; and the horses will actually like being out of doors for the day.

Until then, I've been trying to keep everybody's spirits up by filling the house with good smells. And I don't mean Chanel No. 5.

When the wind is up to 65 m.p.h. and the temperature is down under somewhere (don't even have the joy of crowing about below zero temps anymore since 'Celsius' arrived, EVERYTHING'S below zero!); when the kids are moping about the house dribbling Kleenex and watching "The Religious Hour" on TV; it's time to make soup.

I'm the only one who likes my homemade soup but I make it anyway—it sure smells good. Bubbling along-side a pot of chili with biscuits in the oven, it does your heart good. While the oven's on, you might as well fill the freezer. I usually make a slew of little meat pies, cakes, scones, cookie dough to freeze, and a great pile of buns. Lasts a whole week if I'm lucky.

You know, it's even a good idea if you're on a diet, as I constantly am. If you bake once in a while, the smell usually wows you into sampling. But if you indulge in a complete orgy of cooking, by the time you've washed the last pan, you're so darn sick of looking at all that food, you don't want to eat for a week.

Try it during the next flu-and-blizzard bout. You'll have a good time, get some work done, have your family positively drooling with appreciation of you, and you'll side-benefit your waistline.

When he speaks, it's "words of wisdom"; When she speaks, it's "idle chatter"; When he tells her what to do, it's good advice; When she tells him what to do, it's nagging. When he naps on the couch in the evenings, he's getting a well-earned rest after a hard day's work; When she naps on the couch, she's neglecting her duties.

When he yells at the children, he's disciplining them; When she yells at the children, she's impatient. If he's snappy and unkind to her, it's because she drove him to it; If she's snappy and unkind to him, she's ill-tempered. When he's too tired to pay any attention to her, he's just too tired; When she's too tired to pay any attention to him, she's frigid. If he had written this, it would be a literary masterpiece; Because she wrote it, it's just complaining. (No, it's not original—but very apt, don't you think?)

Elect executive

The 1977 Board of Directors and Executive Members of the North Halton Association for the Mentally Retarded were elected in December. Board of Directors—president Mrs. Edith Hilfman; 1st vice-president Charles Clifford; 2nd vice-president Allan Beene; treasurer Mike Evans; recording secretary Mrs. Ann Wickham; corresponding secretary Mrs. Lucille Virus; past president Russell Hunt. Committee chairmen—residential Leo Virus; preschool Mrs. Fran Fenton; family services Mrs. Edythe Davis; campaign membership Mrs. Ruth Mitchell; education Jake Kuiken; recreation camp Mrs. Isabel Weaver; bulletin publicity Mrs. Julie Conroy; historian research Mrs. Carol Kean; property chairman Jack Vandenberg.

Active holiday season for Theta Phi Chapter

The meeting of Theta Phi chapter was December 7 at the home of Terry Grubbe, with co-hostess Sigrid Hobson. Before the meeting took place the members went to the House Sol in Georgetown to look at paintings and Christmas Decorations that were on display and for sale. This was the program for the evening which was Sigrid Hobson's.

Final plans were made for the children's Christmas party, the party at the Acton Rest Home and the chapter's Christmas dinner.

December 5 was the party for the members' children. It was held at St. Alban's church with Katy Butler's husband Mike playing the part of Santa Claus. There were toys for the children, cookies, chocolate milk, and tea and coffee for the parents. Everyone then joined in and sang Christmas carols.

The chapter's Christmas party was December 16 at the Driftwood Dining Room in Norval, after which everyone went back to Sigrid Hobson's to exchange Christmas gifts and enjoy Eggnog made by Sigrid.

Also in this evening the names were drawn for the Cookie House Raffle. The winners were C. Waters Georgetown; Marie Jacque, Acton and Doris Kovacs Acton.

December 19 was the Christmas party at the Acton Rest Home. Members gathered at 7.30 with member Terry Grubbe playing Santa

Alert group off to good start

The Knox "Alert" Evening Group held their first meeting of the year in the Mary Ellen Anderson Room with a record turnout in spite of the very cold weather.

They started the year off with a bang, with an "Every Member Participation" program, which had many excellent New Year's contributions.

The new president, Nellie Merkley, conducted the business portion of the meeting, calling for the monthly and annual reports of the secretary and treasurer which were read and approved.

Several different methods of raising money for coming year was discussed, namely bake sales, travelling apron, copper contest and birthday box.

At the close of the meeting a delicious lunch was served. Everyone felt the year was off to a good start and that it had been well worth while braving the elements.

Fire prevention Your hand can save your life

By Fire Prevention Officer Larry Brassard

The palm of your hand can save your life in a fire. Placing your hand on a closed door in a fire station can warn you of unseen dangers on the other side. If the door is hot to touch, do not open it. If you do, you risk serious injury or death by smoke, fire or even super-heated air—but only after the fire is going strong. Your best means of protecting yourself, your family and your home is to install a smoke detector outside your bedroom door.

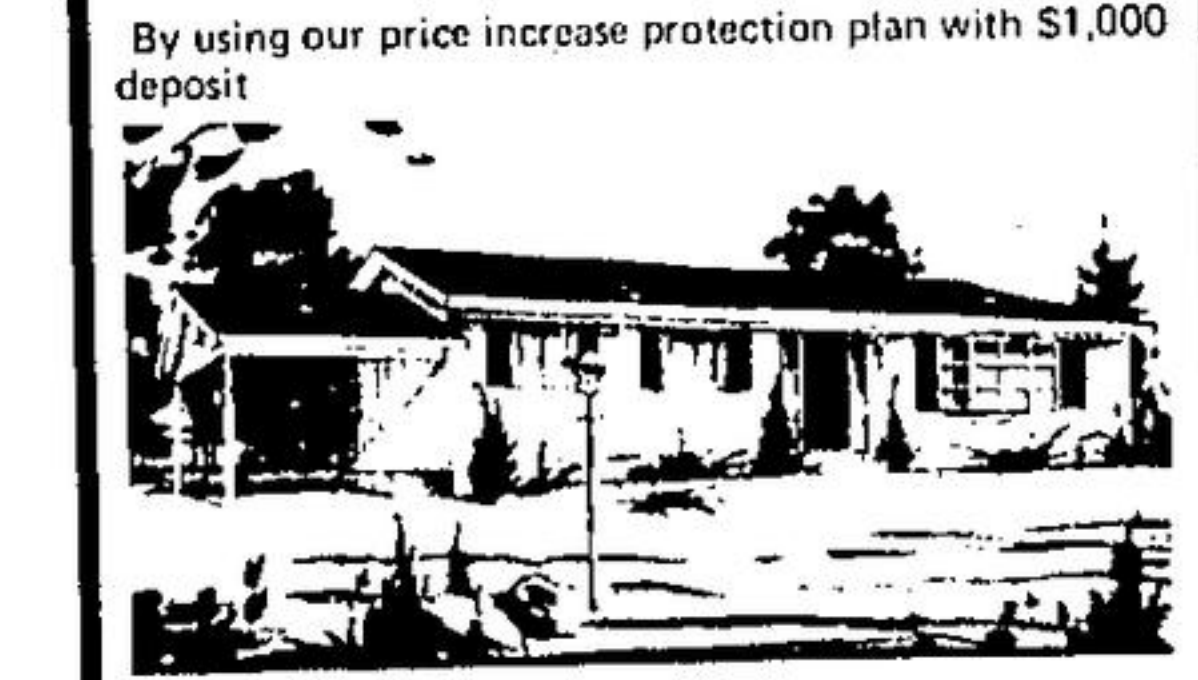
A smoke detector is designed to give you a mechanical signal that unwanted smoke and fire is in the house. After the signal, your own preplanning will save your life. Feel the door. If it's hot do not open it; use an alternate escape route.

Smoke, hot air and poisonous gases rise ahead of flames and if a door is hot, death may be on the other side. Of course using your palm assures you that you haven't already suffocated because you slept with your bedroom open. When you go to bed make sure your bedroom door is closed. This helps keep smoke and fire from spreading and gives you extra time to escape.

Tape deck is stolen

A tape deck and four tapes were removed from a vehicle in a Churchill Rd. apartment parking lot this week. Two racks were taken from a truck parked in the Dominion Hotel parking lot. Police investigated.

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