



MRS. ADA LAMBERT holds the birthday cake she received from the Lions Club in Mapleview Lodge.

Lions brighten seniors' parties

Acton's Lions Club kicked off its latest community project with mid-month visits to the town's homes for senior citizens.

Town Lions have undertaken to make the birthdays of nursing home residents happier by visiting and giving them a birthday cake.

The club plans visits each month.

Most of the parties were at Jeanette's home on Main Street. There Alice Cormier

marked her 78th year with Bob Barbour, 85, Stan Pohotilo, 63 and John Harris 81.

In Cher's home, on Main St., Mary Platt, 61, celebrated with Mrs. Margaret Boyce, 83.

Mrs. Ada Lambert, also 83 years old, got all the attention at Mapleview Lodge.

Lions Alf Roache, Vic Bristow, John Dennis and wives did the honors in the club's first visits on January 19.



ALICE CORMIER, left, Bob Barbour, Stan Pohotilo and John Harris mark their birthdays with a Lions cake in Jeanette's home for senior citizens.



MARY FLATT, left, and Mrs. Margaret Boyce share the birthday spot light in Cher's home. Lion Vic Bristow points them to the camera.

Young women's group revived

A meeting was held at the manse on Wednesday, January 25, for the purpose of reorganizing the Bertha E. Buchanan Young Women's Group of Knox Church.

The meetings will be held, as a rule, in the Mary Ellen Anderson room of the church. Time of meeting will be the third Wednesday of each

month from 8 - 10 p.m., the next meeting being on Feb. 15. Many new members, it is hoped, will join this ambitious group of young women.

Interested persons might contact one of the following for further information: Mrs. McKenzie 853-0974, Jane Robertson 853-1656 or Mary Watson 853-0851.

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Exercise workshops at Y all day Thursday

Interested in exercise by way of dancing, rhythmic, swimming or yoga?

A day full of samples of programs is being held at the Y all day tomorrow, Thursday, February 2. The program is being sponsored jointly by the Halton Hills recreation department and the Y.M.C.A.

Registration is good already, but recreation coordinator Ann Pickering says any other women interested will be welcome to come to the Y in the morning. The program runs all day, for \$4. There would also be a half day rate of \$2.

There will be baby sitting available at extra cost.

While most of the activities are in the Y, the afternoon

ends with a choice - yoga or swimming.

Here's the day's line-up:

First of all at 9.15 a.m. Janet Armstrong will talk on "exercises you should and should not do."

At 10.15 high school teacher Ann Lepik will instruct the group in modern rhythmic.

At 11.15 Linda Craig will have exercises to music until 11.45.

After a break for lunch Joanne Lister will start a session on disco dancing at 1 p.m. Next comes Michelle Goodlove with modern jazz at 1.30. Then at 2.30 the women make their choice - to the pool for swimming or stay in the Y for yoga. Judy Patterson will be in charge of the swimmers for synchronized swimming

and aquatics.

Ms. Pickering is very pleased that all the instructors are local. Part of the object of the day is to introduce people to regular groups, or to groups that could be regular here.

For instance, disco dancing is a once-a-week session in Georgetown this winter.

Some of the instructors already have their regular groups, like Ms. Wilkinson and Ms. Patterson.

The swimmers will be asked to bring their own suits and towels. Anyone may bring lunch and eat at the Y if she wants to.

The program is an innovation and the organizers are hoping it will be very helpful to winter-weary women.

Dittrich family find contrast at Kamloops

Again this year, friends of Jean and Doug Dittrich and children learned of the family's activities through the Christmas newsletter. The Rev. Dittrich is the son of Laura Dittrich, Cobblehill Rd. They have three daughters.

Some extracts from the letter follow:

+ + +
1059 Laroque Street,
Kamloops, B.C.

Lake to Yellowknife, for one night and some quick visits, and then to Edmonton, Prince George and home, Doug covered over 6,500 miles in ten days. This summer was the first time in the eight year history of the event that Doug was not present at the Games.

Doug spent a week in Calgary in mid-August as a delegate to the Church's General Synod. After a couple of days back in Kamloops he flew to Toronto for the Wycliffe College centennial celebrations. It was an extremely busy time with many activities packed into the ten days, including trips to Eaton Centre and the CN tower and a couple of days in Acton with his mother. Across Canada and back twice during the summer; on Baffin Island and Vancouver Island within two weeks - very easy to suffer a case of jet lag!

Nearly 400 people of the Diocese of Cariboo, including all our family, gathered at Williams Lake, B.C., about 175 miles northwest of Kamloops, on Thanksgiving weekend for "Equip Cariboo '77". Leaders were Dr. Horace Russell, a Baptist minister from Jamaica, and the Rt. Rev. Ben Ogwal, an Anglican bishop in exile from northern Uganda. It was an inspiring weekend. At the end of October three men were ordained deacon at the Cathedral in Kamloops. Doug did the commentary for the cablevision telecast.

At the beginning of December Doug went to the Okanagan to speak in Summerland, B.C. on behalf of the Committee for an Independent Canada. It was more like "winter land", however, with very bad driving conditions due to heavy snow. After two winters of very little snow, Kamloops too has had a heavy fall already - a record amount of 14 inches on

November 25 alone. On the other hand, for our 12 days on Vancouver Island in July, the weather was dry and near perfect. In August at Kamloops the temperature reached between 85 degrees and 100 degrees F. every day for over three weeks, with only one day with any trace of rain! Quite a contrast to the climate we lived in for so many years.

January meeting for Knox W.M.S.

The January meeting of Knox Women's Missionary Society, afternoon auxiliary was held at the church. The president, Miss Isabel Anderson, opened it with the reading of two poems for the New Year and prayer. Following the hymn, Standing at the Portal, the convener for this month, Mrs. Wm. McIntyre, took charge. A poem by Annie Johnson Flint, Has the year brought sadness? was read by Miss Anderson. Mrs. McIntyre read My New Year's Prayer.

This was followed by an article on the first principal of Knox College, Rev. Dr. Michael Willis. He emigrated to Canada in 1847 after having served as a minister in Glasgow for 23 years. He

became principal of Knox College ten years later. Dr. Willis was a social activist and fought for the abolition of slavery.

Following this study Mrs. McIntyre read the article, Holding up the Middle. Miss Anderson also contributed some excerpts from the writing of Marjorie Holmes. The hymn, O God our Help in Ages Past, concluded the devotional part of the meeting.

The business and social periods followed. In the treasurer's annual report it was stated that \$335.50 had been sent to the presbyterial treasurer during 1977 and other donations amounting to \$90 had been made by this group of loyal ladies.

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Women for Women new group at Y

A new group at the Y, called Women for Women, is organizing and will welcome any new people. They have been meeting Thursday mornings, but for this week only are changing to Tuesday morning. The day-long exercise workshop has pre-empted the space for this week.

The participants in the small group are planning films and discussions. Their objects include socializing,

mutual support and a learning experience.

"There is no cost so far. A baby sitter looks after the young children of the participants."

Peter Marks spoke to the group last Thursday morning and told of possible programs they could have.

He directed the group into an amusing exercise on expressing themselves positively, expressing feelings, listening and talking

skills.

"Some people stop growing at 12," he told his attentive audience. "People can learn life skills to help them cope."

He said all persons need an adequate self concept, an awareness of their values and roles. Many adults don't know how to get rid of negative feelings. You can learn how to express anger constructively, he pointed out.

Anyone interested in joining Women for Women is asked to phone Marg Masales at 853-2175, or drop in at the Y behind the town offices where Terry Grubbe at the Community Services Centre has more information.

Personals

Mrs. Elsie Reed returned home Tuesday from her daughter's, Mrs. Blain Edmondson, Burlington, where she was recuperating following surgery in Guelph General Hospital.

Congratulations to Mr. Fred Wright, who celebrated his 85th birthday last Wednesday.

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37 members review year

Thirty-seven members of the Arts and Crafts of Georgetown were present for the 36th annual meeting Thursday, January 19.

President, Ruth Camplin, reviewed the year's activities, which included the sponsoring of an upholstery course, with Mrs. E. Bouma teaching. Several non-members were able to take advantage of this course. It was especially gratifying to note that a course in advanced silver work was taught by one of the members, Janice Smith.

Highlights of the year's social calendar were a garden luncheon party, and an evening party following the successful sale and display of work, at the North Halton Golf Club, when members celebrated the 35th anniversary of their founding. Both these events were enjoyed at the home of Mrs. Tom Beer.

Congratulations were expressed to member Thea Williams, for being the recipient of a prize at the Canadian National

Exhibition, for her woven hammock entry, and to Lotte Zonnenberg for her achievements in pewter smithing.

Miss Dorothy Stone's work and talents in the field of Canadian heraldry, with emphasis on the Halton Hills area, had been rewarded by presentation to her of the Queen's Jubilee medal and members were delighted to have the privilege of seeing the actual medal, proudly shown by Miss Stone.

At the conclusion of the meeting, Ruth Camplin, retiring president, was thanked for all her work and efforts on behalf of the group, and was presented with a gift by Pat Beer, as a token of appreciation from them all.

During the social hour which followed, Ruth Camplin poured tea and refreshments were served by Wilma Stull, Jen Thompson, Janice Smith, and Audrey Deere.

Everlyn Charles expressed the appreciation of all the members to the hostess, Anne Allen, of Hillside Drive, Georgetown.

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