

# Fitness a vital need in schools and at home

There is a serious fitness problem in Canada, with our country comparing badly as a fitness nation in the world, according to former Canadian Olympic runner Abby Hoffman.

Miss Hoffman spoke before a gathering of approximately 125 women as guest speaker at the annual meeting of the North Halton Women Teachers' Association, Thursday, May 25, at Wyldewood Golf Course in Milton.

Miss Hoffman stated Canadians are spending more and more money on health care, but are still not producing healthier people.

She based her statements on a number of studies conducted by Don Baily, professor at University of Saskatchewan, Dr. Roy Sheppard, professor at the University of Toronto and a study of O.H.I.P. claims.

According to Miss Hoffman, approximately \$1 million could have been saved in recent years, if Ontario individuals were at a "reasonable level" of fitness.

"It's a stunning statistic, but one that shows how one's fitness and health level are clearly related," she said.

Many diseases are clearly linked with fitness problems, she continued, citing cardiovascular and heart-lung problems as examples.

Miss Hoffman blames the low level of fitness on inactivity and the lifestyle of many Canadian families.

"The physical fitness of Canadian kids declines as soon as they start school," said Miss Hoffman, with reference to the Bailey report.

"In order for a child's

growth to take place properly, adequate activity is needed," she continued, adding that many children are bussed and driven to school and spend a lot of time in front of the television set after school.

It is almost too late to salvage much fitness potential after high school age, she told the gathering of elementary teachers.

"Fitness development is not something you can just pick up at anytime; if you start when you are young, then you increase your potential as an adult," she said.

A minimum of 30 minutes per day activity in school is necessary for a satisfactory level of fitness, she stated.

Although critical of schools and the part that schools play in the physical development of children, she stated she was happy to see the initiation of the "Health Hustle" in area schools.

Miss Hoffman was also concerned that girl students receive a sufficient amount of fitness training and become involved in school sports.

"By the time girls reach high school there is a disproportionate of interest between girls and boys, with more boys involved in sports," she said.

"It is very important that girls receive additional support to get involved in sports," said Miss Hoffman, adding that many girls believe that they are not equal in terms of fitness and have inferior capacities in sports.

Miss Hoffman backed her statement with an example of a baseball test carried out between boys and girls in elementary schools. While



ABBY HOFFMAN, guest speaker at the North Halton Women Teachers' Association spoke on the value of fitness in schools. Miss Hoffman stated Canadians suffer from a low level of fitness and attributed it to lack of activity and the lifestyle of many Canadian families.

most boys were far ahead of the female gender when it came to throwing a ball with a trained arm, Miss Hoffman said both the boys and girls were very close in their shots, when they threw with an untrained arm or left hand.

"It was a matter where the boys had practiced more," she said.

In terms of extremes, Miss Hoffman noted that gymnastics in Canada has grown very much to be a female sports activity, with few boys involved in that sport.

The Canadian runner was herself playing goalie at the age of 11. Miss Hoffman has represented Canada at four Olympic Games in addition to numerous international competitions.

She serves as a full time consultant with Sport Canada and the National Department

of Health and Welfare, and the Ontario Status of Women Council.

Last year she served as a consultant with the Ontario Ministry of Culture and Recreation. A graduate of political science at the University of Toronto, Miss Hoffman is now working on her PHD thesis; "Domestic and International Dimensions of Racial Sport in South Africa."

## Non sex-biased books presented to schools

A special presentation of non sex-biased books was presented to teachers of area schools during the annual meeting of the North Halton Women Teachers' Association.

A copy of "Hurray for Captain Jane" was presented to each key teacher in the North Unit Thursday evening, May 25.

The books have been specifically selected to expand the

horizons of both young men and women in the schools, according to Association officials.

The books were purchased with money from the East Unit Women Teachers' Association and the Halton Women Teachers' Association as a part of the special events planned for 1978.

Schools receiving the books included Milton, Acton and Georgetown elementary schools.



CROWDS FILLED THE arena for the Y's Men's auction sale last Friday evening. Max Storey sent spectators home with more than they arrived with. . . more goods, less money.

## Sex i.d. card humors crowd

Abby Hoffman sparked off laughter and cheers, during a recent teachers' dinner meeting held at Wyldewood Golf Course, where she was guest speaker.

Her sex identity card was the topic of discussion and jokes as she told a crowd of approximately 125 women teachers, how she had used the card for identification when stopped by police for speeding.

According to Miss Hoffman the card is a necessity for international women competitors and has resulted in both hilarious and embarrassing moments for women competitors.

"Initially, there were no tests, but later women got so good, it became necessary for the cards just to make sure the competitors were really women," she joked with the crowd.

The card was introduced in 1966, she said, and admitted the method of testing women for the sex identity has become less humiliating now and less embarrassing.

Miss Hoffman described the first tests as a "parade of women before a panel of judges," and described how some enthusiastic competitors chose enticing lingerie for the "Test".

A single strand of hair is now plucked from each competitor's head, which is analysed for the correct hormones, said Miss Hoffman.

## Halton teachers elect new exec.

A new slate of officers was announced during the annual dinner meeting of the Halton

Women Teachers' Association on Thursday evening, May 18.

Andrea Young will preside as the new president for the 1978-79 term with Carrie Filman as first vice-president.

Helen Iutzi will serve as secretary. Phyllis Miersma and Linda Finn have been chosen to act as social conveners with Jean Dunlop acting as goodwill co-ordinator. The executive will also include as councillors: Anne Cathral, Carrie Filman and Mary Shier.

Retiring president is Judy Wilson.

The new executive was presented following the dinner in the Wyldewood Golf Club dining room.

## Get to know summer staff

Closer relations between the public and recreation officials are important. The department's summer program will begin in July and student supervisors are busy planning the programs to meet the needs of the com-

munity.

The Acton Free Press will be running a photo and brief story on each supervisor working on programs in Acton throughout the summer.

## Watch for skateboarders

Drivers beware! This nice weather brings out the skateboarders and their sometimes careless riders. Skate-

boarders also beware! Show a little responsibility when riding your four wheel contraption.

## Aggiss on Recreation staff

Acton's new leadership development supervisor is Ruth Aggiss. Ruth replaces last year's supervisor Lyn Fountain and is responsible for the scheduling and content of the training program, interviewing and choosing students for the program. Ruth is also responsible for reports, evaluations and other forms of paper work.

Ruth lives on the Sixth Line, near Limehouse, and is a student at the University of Toronto. She will be returning to the University in the fall with plans to pursue courses for her chosen field, dentistry.

In addition to supervising the leadership development program, Ruth will also be looking after the gymnastics program at the Rose Room in Georgetown. She has worked in gymnastics for the past few years and worked on the Recreation department pool staff.

She will be working out of the Scout Hall in Acton but can be reached through the Recreation department switchboard.



RUTH AGGISS is the new leadership development program supervisor for Acton. Ruth lives near Limehouse and is looking forward to her position here in town this summer. Application for the leadership program are still being accepted until Friday, June 9.

## Students hired by Rec. dept.

Acton students hired by the recreation department for the summer programs are Karen Glenn, Ron Skeffington, Tina McGrath, Debbie Wilson, Barb Hogenbirk, Larry Kurtz, Carol Saxon, Lynda Shadbolt and John Smith. Cindy Anderson from Ballinacree will be working on

the playground and adventure sites there. Laura Mokrytzki from Milton will work in Acton; Maureen McGowan, Laurie Walker and Heather Rogers of Georgetown will also be working in Acton. Quentin Thwaites from Limehouse will be placed in Acton and

David Lince from Georgetown will work in Ballinacree. Although many of these students are returning after one or more years of experience with the department, some are graduates of the leadership development program run last year by recreation.

## CVCA debates safety of Vaughn House site

Opposite opinions concerning children's safety at a conservation authority education centre emerged from a Credit Valley Conservation Authority (CVCA) meeting last Wednesday at Meadowdale.

CVCA education officer

## College profs picket meeting

Teachers from Sheridan College and several other community colleges in Ontario picketed the annual Metro Colleges' Conference at Sheridan's Brampton campus last week.

Teachers protested the state of labor talks between the 5,000 instructors and the province.

A letter which was handed out by picketers calls for the province to look at the "poor state of labor / management relationships".

George Roberts assured the Information and Education Advisory Board meeting of the safety of the Vaughn House centre, which is near the 9th Line and 27 Sideroad in Halton Hills.

On the other hand previous comments by CVCA member Gail Maltby, RR 2 Acton, indicated children might fall down a ravine which runs by the house.

"There could be some danger, and all I was doing was asking them (CVCA) to think about it," Mrs. Maltby said.

"I can't picture us going up on the rocks where a fall could take place," Roberts said. "I don't see the hazard, but I'll look closer and see," he told the committee.

Mrs. Maltby, who did not attend the meeting, later said she felt it is within the CVCA's prerogative to set the number of pupils per adult it will accept for safety reasons. She said the decision on the

ratio of pupils to adults is left up to the teacher.

According to the education officer, though, the children are always under supervision. There is myself, a parent or teacher for every ten kids, he said. He added that if the ratio rises to 12 or 14 pupils per adult, the program carries on.

Robert also said he checked with a school bus line operator who assured him there is no problem in the area of Vaughn House in the winter. The roads are regularly plowed, too, Roberts reported.

The CVCA committee also talked over the possibility of removing or putting up a rail on some stairs which reach the Vaughn House roof.

CVCA executive committee chairman Grant Clarkson said he was in favor of having a second authority employee check the Vaughn House site, and also to have the inspection properly recorded.

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