



by Diana Waltmann

Fat facts

I'm sitting again. I'm always sitting while I'm pounding away at the keys. And it bothers me. I KNOW while I'm sitting my derriere is slowly spreading, fat is settling around my hips and stomach. I'm getting fat. Yuk.

So, I think. Why not go out and get fit? But time and motivation are key words here.

That's a problem with a lot of people, I think. We work all day, we're too tired at night and besides exercising is, well, boring. And hard work. Sorry Participation, but it is.

However, the benefits of fitness far outweigh the sweat. We have more energy, therefore our productivity increases, whether in housework or newspaper reporting.

That's why I think employee fitness or at least fitness awareness programs should be incorporated into people's worklife.

It's not that our employers are responsible for our fat content. In a town this size with smaller industries, it is ludicrous to think an employer should install a gymnasium in the board room.

But I need motivation. Participation has a program out, called Fitness: The Facts. It's not a dieting or exercising program, but more of an education kit. It consists of six booklets and posters and explains why people should be fit. And how. And what happens if you're not.

The people at Participation say the program is geared at "motivating" employees. What someone does to keep fit is entirely up to them.

Fitness: The Facts was evolved out of a need for a low-cost, easy application, practical program. It got its start because large corporations such as CN supported it.

Right now more than 40 Canadian corporations, government departments and public institutions have purchased the Facts for their employees. One of them is a newspaper in Saskatoon. It costs \$6 per person for small companies.

Fitness: The Facts have led large corporations into more intensive programs. Teleglobe for instance, has been subsidizing employee memberships at fitness clubs and Y's.

When you think about it, fitness programs at work are something like a health care benefit package. Fitness is a prevention medicine. Besides, a fitter workforce can mean lower absenteeism rates, higher moral and as stated, increased productivity.

So how can I get the lead out? What's available in Acton for me to get fit?

The YMCA-YWCA is coming out with their fall programs in a couple of weeks. In it, says President Keith Robbins, there are several fitness programs including ladies' keep fit.

The recreation department last year offered a combined fitness and swim class. And there are organized sports leagues, hockey, baseball, badminton and tennis.

There are some companies in Acton concerned with employee fitness too. Beardmore's has a slow-pitch baseball and bowling leagues. Hellers is in the same ball league while Indusmin employees play ball in Limehouse Industrial.

Other large companies in Acton such as Superior Glove or Building Products of Canada have "nothing". Gary Murn who is a data processing supervisor at Hellers said it was difficult to get any kind of a program while the company is spread out under three roofs.

But he added, once the company is under a single roof, a program such as Fitness: The Facts might be considered. He was already aware of its existence.

Beardmore's felt the same way. But none of the companies had considered incorporating any kind of physical fitness program until I mentioned it. Then there are those who won't consider it.

It was pointed out that workers are probably fit just doing their jobs. Some employees at companies such as Heller's, Beardmore, use physical labor in their work.

But how about sit down jobs? Are office workers, bank employees and reporters doomed to the curse of the spreading bulge?

Christine Steen and June Lewis, both of Acton, won the ladies' doubles invitational at Chicopee Tennis Club Invitational in Kitchener recently.

Nine clubs participated. Steen and Lewis, who play for the Acton team of the ladies' intercounty B west league, represented Wellington Racquets Indoor Tennis club in Guelph in the Invitational.

Tri-County report

Squirt boys facing final

A cliff hanger of a final OASA play off game between Acton Transmission Squirt boys and Hespeler will be played out in Hespeler tonight (Wednesday).

Hespeler nipped Transmission 9-8 in the second match of the best of three series in Hespeler Sunday. David Haynes took the loss though he fanned seven batters, and put bat to ball for one of the Transmission's two home runs.

Another David, this time Hinz, accounted for the other homer. Scott Williams tallied a double and single while Peter Cargill hit a double. Second baseman Craig Cadenhead sliced two singles.

Going into the second game, Acton was riding the crest of a narrow 8-7 win in the first encounter at Prospect Park last week.

Cargill, with his second single of the game, stroked the winning run which brought Mike Baker home from third.

The Transmission crew trailed 7-6 going into the bottom half of the final inning when Cadenhead was walked. Baker's triple put him into scoring position, for Cargill, and tied the game with Cadenhead's sprint

home. Sean Fitzgerald was another triple header. He also earned a single as did Tom Atherton.

Haynes chucked the horschide passed 10 Hespeler batters for the win.

Acton Transmission Squirts swept Elmira from OASA playdown with two victories in a row.

The Transmissioners downed Elmira 7-3 in the best of three game softball association playoffs July 31 in Prospect Park.

David Haynes set down 14 Elmira sluggers while mates Peter Cargill, with two singles, and Sean Fitzgerald with a single helped the team. Haynes also hit a single

Foodland wins

A-B Foodland Atoms scorched Eramosa 16-7 in the OASA series' opener in Prospect Park Friday.

Michael Williams unloaded two home runs, one with the bases loaded, while Jeff Fuller also connected for a four bagger. Shawn Dryden struckout 14 Eramosa

batters on the road to the win. Williams also connected for a triple and a single while Fuller slammed a double and a single too. David Harrison also stroked a triple and a single. Scott McKee came through with a triple on his turn at the plate.

Other Acton sluggers were Paul Sankey with a double and a single and Dryden with a single.

Acton finished third in regular season Tri-County play.

Midgets play tonight

Ed's In and Out Midgets, which trail Hespeler by one game in a best of three OASA playdowns, were rained out at Prospect Park when they were leading 12-7 Monday.

The game was called after six innings. Another half inning and the game would have counted. Game two is slated for tonight (Wednesday) at seven bells in Prospect Park. If necessary the third game will also be played here. That may take place Thursday at the same starting time.

Electricians trip leaders

The nip and tuck race for the final play off berth in the Acton Industrial Fastball League continues into the final weeks of action.

Haltion Hills Electric enhanced its chances of post season play with an 8-4 upset of league leading Freedom Sunday afternoon in Prospect Park.

The electricians are tied with Station Hotel since the latter were held in fourth spot because they dropped a 14 to 7 decision to Unisal Construction.

Vans Welding went down to a 7-2 defeat at the hands of Acton Firestone Oldtimers. Vans have a chance, pending the results of last night's action against the electricians in Limehouse, of bunching up the fourth playoff spot a three-way race.

Haltion Hills Electric scored early then hung on to dish out and defeat against Freedom; the squad least accustomed to losing.

Mound master Ted Hagan set down a dozen Freedom batmen, while Freedom's Al Campbell settled for seven.

Dan Allen connected for his second run of the game followed by singles from Hagan and Lyle Prueter for the electricians to take a commanding four to zip lead in the third frame.

Freedom threatened in the fourth to shake the electricians' grip on the lead. After Dave Boycott's run in the third, the Freedom squad rallied for three runs—Doug Ford, Boycott again, and Lloyd Smallwood—in the fourth. They got no farther.

Foxes blank Georgetown

by Carole Saxon

Acton Foxes were hot Monday night winning against a depleted Georgetown women's team in an exhibition game, 5-0.

Four of the goals came in the second half, three of them by Jane Trueman, the others by Anne McCord and Shirley Ancker.

Strong games were played by the whole team who were inspired to great efforts by the fact that their coach Carole Saxon was captain of the opposing team.

The shutout was ensured by a solid defence of Sue Mutch, Sheila Johnson and Gwyneth Gibb.

Right away Jim McNabb and Hagan, his second time cross the plate in the game, retook the lead for the underdogs.

Bob Jarrett and Rick Bonnette seal the victory for the electricians in the seventh. Haltion Hills Electric has clinched two of the three games with meetings against Freedom.

Unisal, meanwhile, kept Station Hotelers socked into fourth place. Unisal played catch-up ball until the fourth inning when they burst into the lead with eight runs. Station's attack ground to a halt in the same frame.

Unisal cranked out eight runs in a row. Count them: Wally Eilo, Larry Ciglen, Charlie Harrison, Rick Coe, Roy Bosch, Terry O'Brien, Bill McGrath and Glen McKenzie. Prior to the fourth inning, only McKenzie managed to cross home plate.

Ella and Ciglen each added to the tally later in the fourth. McGrath and McKenzie came through with a run each in the fifth to round out the scoring. Ken Pilgrim took credit for the win.

On Station's side, Kevin Archibald and Jamie Morris delivered a two to nothing lead in the early goings. Bill McCormick supplemented the lead with a second inning run. Morris rounded off the Station's attack with a homer in the fourth.

Vans Welding failed in a bid to climb into a fourth place tie with Electric and Station when they got themselves hammered 7-2 by the Firestone Oldsters.

The Retreds got themselves into the scorebook first in the third with runs by

Terry Masales and Earl Burt. Masales and Burt went the distance again in the fifth with Don Archibald in pursuit for a five run count.

The eighth frame saw Freddy Archibald round the bases followed by Vince Thornton to end the Oldsters day.

Frank Daley was on the mound for Firestone.

Butch Jennings took the loss for Vans. Bill Britton worked his way home for the first run mid-way through the seventh. In the eighth frame Dereck Neely pitch hit a single.

Pending the results of Tuesday's action, Freedom is on top of the league with 25 points. Two back is Unisal which are trailed by the Oldtimers with 18. The Electricians are tied at 14 points with Station Hotel. Vans is in the basement.

In a Saturday make-up match, Freedom strength at the plate showed as they creamed Station Hotel 18-4.

Station took a two to goose egg lead in the opening inning off runs by Dave Allen and Jamie Morris. In the seventh inning, the team got its next, however too late, runs from Murray McNabb and Bill McCormick.

Dan Arbie rifled a single homerun for Freedom's cause. It wasn't much of a contest of baseball skills.

George Wallis crossed home plate four times. He was trailed by Arbie, Mike McGregor and Ruddy Holmes with triple scores. Ken Paisley rounded the bases twice. Arbie was counted the winning chucker.

In a must win, Vans Welding produced a 9-4 result against rivals Station Hotel in last Wednesday's action.

Dennis Kirton fanned eight Hotel batters. Round Robin Insoce went for the first run in Vans favor in the first inning.

Karl Killingbeck, Cliff and Bill Britton counted one run each in the fourth for a good size lead. Gary Pickles added one run to the tally in the sixth and another in the eighth with Killingbeck, Kirton and Dave Piehl adding the rest.

Bob Jarrett connected for a Station Hotel run in the first frame. Woody Fabian added one run in the fourth and another in the fifth to boost the Hotelers. Carl Dolman finished off Station's attack with his fifth frame run.



Acton Transmission Squirt Boy team member Dave Paul churns in the dust during his turn at bat last week in the OASA playoff game against Hespeler, Acton won 8-7. Hespeler rallied in the next game to force a deciding game tonight in Hespeler.

Halton Rural report

Atoms pepper Omagh

Nellis Construction Atom boys more than tripled the score against Omagh in the last regular season game of the Halton Rural season.

The Acton team shelled the visitors 24-7 Aug. 5 to clinch second place in the final standings. Glen Williams took the regular season title.

Chucker Jason Campbell hurled the first three innings and later Shawn Dryden took over the mound for the distance. Campbell retired eight batters.

David Harrison and Jeff Fuller connected for single homers to lead the Acton squad to the easy victory.

Omagh trailed throughout the match.

Nellis workers took a seven to one run lead in the game opener and never looked back. Harrison, Campbell, Chris Griggs, Ron Salmon, Fuller, Shawn Dryden and Todd Deforest each tallied runs.

Acton burst forth in the third inning, after a scores second frame, to run up a 22-2 lead. Harrison's homer sparked the team. He also made it home after his second time to the plate. Other team members who rounded the bases twice in the inning were Doug Bastell, John Katsillieris, Bryden Gillis, Deforest and Dryden.

Griggs, Salmon, and Lindsay also crossed the plate for Nellis in the middle frame.

In their final chance at bat, Fuller blasted his home run in the fourth inning while Lindsay walked home.

Omagh rallied with four runs in the final frame, however, it was too little effort too late.

L&L ladies blast J&T

L & L Ford Mustangs took two in a row against J & T Sports in Acton Ladies Recreational league action recently.

In the first game July 29, an injury-riddled match, J & T suffered a 20-2 defeat at the hands of the Mustangs.

In the second game on August 5, with both teams healthy, the Mustangs scored a 10-0 victory.

L & L's superb playing was backed by good batting from all team members with home runs by Kathy Hayward and Debbie Field. Chucker Sue Robbins fanned seven sluggers.



Margot Bollert puts ball to racquet during Acton Tennis Club play against Oakville.



The Acton Ladies Inter-county B West team finished their regular season with a final home tournament last Wednesday against Oakville. After splitting four games, the group got together for a photo. Front left to right: June Lewis, Arlene Bruce, Shirley Ancker, Wilma Geng and Margot Bollert. Back, left to right, Elsa Veldman, Chris Steen and Marcia Gregg.

Lewis, Morris capture title

by Mike Morris

June Lewis and Mike Morris are the new 1980 mixed doubles champions of the Acton Tennis Club.

They defeated the defending champions from last year, Peter and Joanne Marks, in three sets 2-6, 6-3 and 6-2 to capture the title. Margot Bollert and Bert Pursoo defeated

John and Kay Kavanagh for the consolation crown.

The Ladies Inter-County Team tied White Oaks at two matches with Chris Steen, Marcia Gregg, Elsa Veldman and June Lewis combining to take the matches for Acton.

Our mixed team was not as fortunate

with Marcia and Don Gregg taking the only match in their five to one loss to Wallace Park at Oakville.

There will be a Junior Round Robin held at the courts beginning at 1 p.m. Thursday. Rockwood juniors are invited.

The Friday night social will begin at seven chimes. All senior members are invited with a \$1 fee and balls provided.