

# On the Leavell



With Helen

You read it here first folks—and now you can read about it in this month's Chatelaine magazine.

Last summer I did a feature story on a new neck support pillow developed by Toronto rheumatologist Dr. Hugh A. Smythe and Robert F. Clark, former Ontario president of The Arthritis Society, and a Rockwood resident.

The short story in the Medical News on the Health Centre page sings songs of praise for the pillow, which is available at department and bedding stores.

Mr. Clark approached the Free Press for a story feeling the local paper should have a chance to scoop all the nationals, something which we appreciated. Who knows, maybe it was the Free Press story which helped the pillow to be such a great success?

Saturday's Toronto Star had a lengthy article and picture about the Rockwood Conservation Area encouraging tourists to visit the park. It mentions the remains of the old woollen mill, and its history, the caves, the playground, pavilion etc.

A small map was also included in the article to instruct Toronto and Hamilton drivers how to get there. Omitted from the map as well as written instructions, was the name Acton. Motorists are to go up Highway 25, through Milton, and go west on Highway 7. No mention of our fair town.

And again on the topic of Rockwood—I see in the Sunday Sun, Eli Witmer, of the You Asked Us column used a question by that village's J. Mikkelsen.

The question was: "Please settle a bet for me. Who starred with John Travolta in the movie The Boy in the Plastic Bubble? I say Glynnis O'Connor and my friend says Linda Blair. Who wins?" The answer was Glynnis O'Connor.

Al Russell, RR 1 Acton is the first eastern Canadian to win the Canadian Hot Air Balloon championship.

Al returned home early yesterday morning (Tuesday) from Grande Prairie, Alberta after copying first place in the Canadian Hot Air Balloon championship Saturday, earning 5,425 points out of a total 7,000. Second place went to a Calgary man with 5,312 points. Thirty-five balloonists were competing.

Al has been competing in the championships since it first began five years ago and admits he faces some pretty tough competition. Next year's competitions, tentatively July 22-29 will be held in Barrie, which should make travelling for him a bit easier.

Al's brightly colored balloon is a familiar sight around Acton as he takes command of the skies regularly.

The paddleboats are out on Fairy Lake. For \$4 a half hour or \$8 an hour a leisurely tour of Fairy Lake can be had Monday to Fridays from noon until 8 p.m. and Saturday and Sunday from 11 a.m. to 8 p.m.

At Acton arena, August 6, from 9 a.m. til 3 p.m. your car will be washed for \$1.50. The car wash is sponsored by North Halton Youth Services.

## Rockwood

# Trail ride is successful

by Barbara Frank  
The Rockwood Trail Riders held their annual 30 mile competitive ride on Sunday July 17. Some 45 riders and their horses competed on the trail set up in the area south of Highway 7.

Trailmaster Bernie Laprade, of Acton and his wife Shirley, spent several months setting up the course. They were ably assisted by Rockwood's Pat Doles. The trailmaster is kept busy the day of the ride making certain the trail markers are still in place as well as keeping an eye out for any competitor who might be lost.

Kathy Hansen of Acton was ride secretary for this year's ride. During the day, veterinarians are available to check the horses against injury or the heat as well as fatigue.

The results of the day, in novice: first, Cheryl Jackson and Original Reb, Guelph; second Sheila Wood and Jacli, Rockwood;

third Carol Mould and Skeeter, Acton; fourth, Linda Ward and Ronza, Guelph; fifth, Melanie Corcoran and Diamond Jim, Rockwood; and sixth David McMurray and Misty, Don Mills.

In lightweight: first, Pat Patterson and Miss Corine, Schomberg; second Nicole Horst and Querido Cacique, Petersburg; third, Di Regendanz and Garock, Scarborough; fourth Heather Tees and G.B.J. Carebar, Kitchener; fifth Hitashi Nishi and Hi Hope Hallary, St. Catharines; and sixth Kay Titmarsh and Maymor's Shadow, Richmond Hill.

In middleweight: first Cornie Rawski and Gyl, New Hamburg; second Helen McMaster and Tawneebea, Campbellford; third Shirley Laprade and Miss Coffee Doll, Acton; fourth Francis Brenner and Spareback, Millbank; fifth Laurie Miller and Jerah's Khedive, Warkworth; and sixth (Continued on page 8).



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