

Golden Agers

Elect officers

The annual meeting of the Acton Golden Age Club was held in the Luxton Hall, Tuesday evening, October 19.

The members assembled at 5.30 p.m. for a delicious pot luck supper which was thoroughly enjoyed.

Rev. Gerald Rennie installed the Officers for 1983-84. After the business the Golden Age Choir entertained and also a solo by Les Graham was enjoyed by all.

Officers for 1983-1984 are: past president, Lealie Graham; president, Isabel McDonald; first vice president Wilfred McEachern; second vice president, Wilmer Fryer; secretary, Marguerite Spielvogel; assistant secretary, Eileen Eberis; treasurer, Jean Jackson; assistant treasurer, Ann Leslie; pianist Jean McLean; assistant pianist, Edna Besley; kitchen administrator, Pearl Baker; assistant kitchen administrator, Kay Ball; card convener, Helen Pickett; assistant card convener, Edith Frankland; social convener, Rose Anderson; program committee, Edna Besley (conv.) Gladys Davidson, R. L. Davidson; travel committee, Irene Terry (conv.), Greta Perkins, Kathleen Alger, Helen Waterhouse; euchre committee, Mae Fountain (conv.), Freda Lambert, Les Graham, Bea Anderson; auditors, Jane Gamble and Vera Inglis; visitation committee, Alice Pilkington, Sue Pink, Edith Watkins, Emily McIntyre.

Three fire calls

Downed power lines at Lot 16, Con. 2 were the centre of the volunteer firefighters' attention Thursday at 12.58 p.m. They were called out on standby.

Two chimney fires Saturday kept firefighters busy. The first one was at 12.11 at John's Texaco and one again at 4 p.m. at 41 Knox.



The new executive of the Knights of Columbus took office recently. They are, front row, left to right, Lou Obrigavitch, financial secretary, Doc Wright, recorder, Paul Shipper, Grand Knight, Bruce Lampkin, Deputy Grand Knight, Wayne Montgomery, treasurer. Back row, John McIlugh, warden, Brad Buchanan, advocate, George Galloway, trustee, Ray Kerins, lecturer and Don Marzo, outside guard. Absent from the photo are outside guard Ron Barrett, Bob Lindsay, trustee, Peter Pappillon chancellor and Hans Buscher, trustee.



Pounds just melted off

TOPS (Take Off Pounds Sensibly) group held their open house and reunion Tuesday evening. On hand for the fun were KOPS (Keep Off Pounds Sensibly) members Tel Connelly (six years), Linda Russell (reinstated KOP), Marj Douglas (two years), Pearl Wilson (four years), and Joyce Diamond, Queen of the Chapter for 1982 and a KOP.

Hands on learning gets thumbs up results at museum

Michelle Holmes always wanted to try it and Wendy Shaw decided she enjoyed it but couldn't live the way early pioneer women did.

The 14-year-olds lived a pioneer life at the Ontario Agricultural Museum Wednesday, working as women would have on an 1830 farmstead.

Malcolm McPhee was amazed by the origins of wool and linen fabric and the methods used to create them in pioneer days.

The day-long immersion program was an experiment for the museum and the Peel Board of Education. The local museum was one of 15 bases for hands-on sessions concentrating on a rural heritage theme.

Part of two-week camp sessions sponsored by the Peel board, the one day experience has been termed a success by Mary Robertson, the museum's education and interpretive supervisor and Rob Taylor of the Peel Board.

Last week's visit to the museum was the second and the last for this summer as the camp operates only in July. The results of the experimental program could lead to a credit course of a similar nature. Another offshoot could be the involvement of students in Halton in a similar program.

Mrs. Robertson plans to contact the local board of education with the good news of the pilot project's success.

If the idea does catch on it would bring young people much closer to the way of Canada's early settlers than the tours which include many children and entail a brief look at the various aspects of the museum.

A tour would never have allowed Danny Yuasa the time to help museum blacksmith Bud Snow sharpen the teeth of a harrow. Danny, a 15-year-old who was one of three mentally retarded boys involved in the camp, heated and pounded into shape the metal harrow teeth as well as removing and replacing them on the farm implement.

After a morning of working pioneer style, the five students were treated to a lunch prepared by Wendy and Michelle. The girls spent most of the morning churning butter, collecting eggs and making scones, beef stew, Irish soda bread and corn bread with currents.

"I always wanted to go back and try it," Michelle said of the life of settlers.

She added, "I'd rather be playing sports or something than being in the kitchen all day though."

She and Wendy had a bit of a workout in the barn however, where they had to develop a technique to get fresh eggs from the straw under the disconcerted chickens. Their running shoes looked out of place when they were exposed from beneath their period costumes which included full length skirts and aprons.

The pair agreed the day was enjoyable and educational as they learned first hand the challenge of cooking without the aid of modern conveniences.

Mrs. Robertson indicated the program was welcomed by museum staff who seemed to share the students' enthusiasm.

"It's satisfying for us to be able to spend this much time with the students. We have some very talented people who are knowledgeable in these early crafts," she said.



Bud Snow shows Danny Yuasa the craft of sharpening a harrow tooth at his blacksmith shop on the grounds of the Ontario Agricultural Museum. (Staff photos by Jon Borgstrom)

The remaining students involved in the camp spent the day at country general stores and various farming operations to get a taste of rural life.

As Mr. Taylor explained, most of the 31 children who attended the two camp sessions are from large centres like Toronto and Mississauga.

"I had an idea of immersing city kids in a rural situation," said the outdoor education teacher with the Peel board.

He managed to develop his idea this year using a heritage concept for the camps. It took many phone calls and personal visits to the immersion locations to organize the program but he has had the satisfaction of positive feedback from participants in the first session.

Mr. Taylor said he found it interesting that the students indicated the "highest impact from the immersion" on their program evaluation forms.

Campers take part in outdoor activities like hiking and horse back riding as well as their individual immersion experiences.

The camp is based at the G.W. Finlayson Field Centre at Caledon, a facility utilized by the Peel board for aquatics and winter sports during the school year.

ADAPT claims

Elderly alcoholics who mix drugs can now get help

Two ounces of alcohol combined with prescription drugs can be a dangerous mix. But for unknowing seniors, the combination can be deadly.

Combining alcohol with prescription drugs is just one of the problems the Halton Alcohol and Drug Addiction Program (ADAPT) will tackle in its new seniors' program.

The program is aimed at helping senior citizens overcome feelings of loneliness, isolation, and fears of institutionalization which often result in problem drinking.

There is a myth there are no elderly alcoholics and that anyone over the age of 65 cannot develop a drinking problem, said Ian Stewart, executive director of ADAPT.

In fact, that myth is easily shattered when you look at statistics, says Mr. Stewart.

According to the executive director, one quarter of all alcohol related problems in seniors occurs after the age of 65.

When you combine that statistic with the fact that the elderly population accounts for 25 per cent of all prescription drug sales (of which 80 per cent of these are mood alter-

ing) it is obvious that there is a serious problem, explained Mr. Stewart.

Rosemary Hilbert, one of the counselors at ADAPT, estimates one out of every 10 senior citizens is misusing alcohol.

"I think a lot of the people we meet have not had a serious problem with alcohol before, but have turned toward it out of loneliness and depression," she said, explaining a drink which may have begun as an appetizer could eventually lead to serious problems when it is mixed with loneliness and prescribed medication.

The main focus of the program in its early stages is to educate the public—everyone from the seniors themselves, to provider agencies and the general public, explains Ms. Hilbert.

The program is eventually going to involve volunteer workers who will work closely with senior citizens in their home to help them overcome their problems.

Ms. Hilbert also hopes to establish a seniors' group which would get together to discuss problems.

But it is going to be a difficult task, says Mr. Stewart. "The seniors are not going to come to us with their problems, we are going to have to go to them."

Part of the problem is the seniors' perception of alcoholism. They look on it as a weakness, not a disease which can attack anyone, said Ms. Hilbert.

"Because of their age, the amount they drink could have serious effects. What they could drink when they were young usually is not the same quantity they can drink when they grow older," she said.

Ms. Hilbert has already approached a number of organizations which service seniors, as well as senior citizens' homes, to discuss the program.

"ADAPT has been helping youth in Halton for nine years, but we feel there is a need to assist the region's elderly," said Ms. Hilbert.

The results of the pioneer program will be a long time in coming, admits Mr. Stewart. "Two years from now we may be seeing the results of the work we are starting now—but it's work that must begin," says Mr. Stewart.

For more information contact Rosemary Hilbert at 842-1912 or visit the Oakville office at 136 Randall Street.

Greenock WI

Group hears of vacation

The monthly meeting of the Greenock WI was held at the home of Mrs. R. Sinclair on October 11 in the evening.

The meeting was opened with a verse by President Mrs. W. Aitken. The Opening Ode and the Mary Stewart Collect, meditations were given by Mrs. D. Milton.

After business was discussed Mrs. E. Johnston gave a very interesting report on her recent trip to England, Scotland and Ireland and showed many pictures. The roll call "A Trip I Am Planning" was answered by 10 members present. Mrs. E. Patterson read a motto on citizenship.

The meeting was closed with lunch by the committee, Mrs. R. Sinclair and Mrs. C. Aitken. Courtesies were expressed by Mrs. D. Milton.

Car hits deer

Acton resident William Chipp, 36, had a collision with a deer Friday morning at about 3.30 a.m. along Five Sideroad.

Chipp was westbound on Five Sideroad at about 60 km/h, say police reports, and was approaching the First Line when a deer jumped into his path. Chipp braked but could not avoid a collision.

His '79 Pontiac withstood \$1,000 damage and the deer was killed.

Hits loose gravel

Scott Sutherland, 28, of Lot 29, Concession 4, Milton suffered minimal injuries in an accident along Mill St. on Sunday, October 16.

He was westbound along Mill St., passed the First Line, when he met a curve on the gravel road. According to police he accelerated as he went over the gravel patch, lost control, ran off the road and hit a tree stump.

The '83 Toyota he was driving had \$5,000 damage done to it.

Greenore hit and run

A Mazda pick-up owned by Allan Beck of 52 Greenore Crescent had \$600 damage done to it by a hit and run driver last Wednesday night.

The pick-up was parked along the south curb of Greenore when it was hit by a vehicle travelling at an unknown rate of speed that failed to negotiate a curve in the road. The driver drove off from the scene. 375 hits lose gravel



Claire Langridge stands in front of the bank vault at the Acton branch of the Bank of Nova Scotia with a bank book that says she is \$100 richer. Claire entered the Getting There contest sponsored by the Bank of Nova Scotia last week and she was one of the 20 \$100 prizes awarded to members of the program. The program supports many amateur athletic programs and publishes a magazine called Getting There for the members of the club. The members of the club are also eligible for a grand prize draw for a trip to Disney World.



Making lunch in a pioneer kitchen was the task undertaken by Michelle Holmes (left) and Wendy Shaw last week. The girls were given assistance by museum worker Mary Roberts of Milton.