

Prudden Gymster Helpfull To Pre-School Program at 'Y'



Georgetown YM-YWCA has its headquarters in a new office this season. The Y recently moved to this spacious office in the Metropolitan Halton Building at the corner of Guelph and Mountainview. At the desk is 'Y' employee Mrs. Gordon Gopsil.

by Mary Simpson

While parents realize the importance of the pre-school years intellectually, few of them realize that physical development is just as necessary in preparing the young child for his school years.

Children today have become victims of the sedentary society. We use wheels instead of legs. There are no trees for youngsters to climb and they are confined to fenced yards because of the dangers of traffic and lack of wide open spaces.

"Y" NEWS

MIND AND BODY

Studies of children with perceptual problems have proven that children can be prepared to function well in school through proper physical training and it is a known fact that a well trained, healthy body, with stamina and endurance contributes to an alert mind.

Development of grace, co-ordination and agility is best achieved in the pre-school years. Through gym work the child develops self-confidence. The sure-footed agile child is less prone to accidents and more able to get out of difficult situations.

If a child is trained early in gymnastics, the interest stays with him. Development of a well-trained body leads to an active child who is eager to participate. He tires less easily than his poorly developed counterpart who is listless and bored because his physical development is insufficient to give him the strength and endurance required for active participation in any activity.

PRUDDEN GYMSTER

This year the Y has purchased

Consolation Winner In Irish Sweepstakes

A ticket buyer for many years, Clare Wilson, R. R. 1, will pocket somewhat over \$1000 for drawing an entry in the Irish sweepstakes.

Although his horse, Brookway, didn't finish among the leaders in Saturday's race, he will receive a consolation prize.

Mr. Wilson, shortly to retire from his work at one of the town's papermills, used the nom de plume 'Retired' when he bought his ticket.

Also a consolation winner is David Norton of Bramales, who is a nephew of Mrs. W.R. Norton, a neighbour of Mr. Wilson's on Hwy. 7.

ed the Prudden Porter Gymster which was designed specifically for the pre-school child by Bonnie Prudden, the well known authority on physical fitness.

In pre-school gym the children are divided into Toddlers (under 3 years of age) and Tiny Tots (3 to 5 years of age). The first few sessions are pretty noisy since the child is obstinate and the mother tense. However at the end of 10 weeks both enjoy the experience tremendously.

The Tiny Tots work without mother. This can be a bit of a traumatic experience for the child who has never had mother out of his sight, however, because of the child's natural desire to 'be a monkey' he very shortly forgets that mother is not around. The shy child benefits tremendously since he is not forced to socialize and can do things which are very appealing to him. By the third class he is usually one of the gang and very happy.

OVER PROTECTED

One of the biggest problems we have is trying to get rid of a child's second hand fears. The over-protected child is tense and fearful. We help the child to get over his fear of heights and it isn't long before they are walking a four inch balance beam 3 feet off the floor.

I had one little boy in Brampton who shrieked with fear as I led him across a beam about 6 inches off the floor. His howling ceased abruptly and he grinned through his tears when he realized he had done it. From then on, he was one of the most daring children in the class.

The children also work with balls, hoops and ropes. They learn to listen and follow instruction during simple games. They love doing floor exercises to music in a follow the leader manner — no one has told them they are not supposed to like exercising! Through this we get them to use their imagination and creativity as well as develop their sense of rhythm.

BENEFIT FOR LIFE

The prime requisite in pre-school gym is that the child enjoy himself with as few restrictions as possible other than those necessary for everyone's safety.

INTERESTED?

in assisting in YMCA beginner's ski program this January, please call 877-5002

200 Limit on Outside Nassagaweya Hunters

The number of hunters allowed to come in from outside the township has been cut to a trickle this fall in Nassagaweya.

The legal minimum of 200 non-resident hunting permits will be sold this fall on a first-come basis.

OVER-RUN

Last year the North Halton township sold over 1,500 licenses to non residents.

This caused lands to be over-run and complaints from residents.

"Cars would cruise the roads literally bristling with guns," Nassagaweya councillor Art Gibson recalls. "In fact, I was ordered to get off my own property by a hunter I never saw before."

WRITTEN PERMISSION

Under a by-law passed Tuesday night a hunter must get written permission from a landowner before hunting, or he can be charged with trespassing.

Paul Coulson, head of the Halton Sportsmen's Association, urged the township council to ease this restriction by allowing oral permission from the landowner. Council refused.

Because the Department of Lands and Forests told the township that its original by-law was 'discriminatory' and would have banned all hunting "We were trying to prevent abuses by outsiders," said Gibson "and we thought that was the only way we could do it."

SET MINIMUM

The conservation officer for the area, William Dale Gartley, told council two weeks ago, how

ever that its original by-law would stand up in court. "You are not being discriminatory you are being selective," he said, by only selling the minimum 200 non-resident licenses.

So Tuesday night council passed what it had originally drawn up over the summer.

LACK KNOWLEDGE

In an interview, Gartley blamed the confusion over the by-law's legal validity on "the township talking to people who stay in the office (the dept. of lands and forests office in Hespeler) and don't have enough knowledge in the field."

Nassagaweya's by-law prohibits the carrying or discharge of any type gun except by an owner or occupier of land or a non-trespasser on that land.

HUNTING and FISHING LICENSES

AT PETE

POMEROY SPORTS

17 Main St. N. — 877-7777

MEADOWLANDS NURSERY



NURSERY GROWN SPRUCE

WITH \$10. to \$25. PURCHASE OF NURSERY STOCK IN 3' TO 4' SIZE WITH \$25. OR OVER PURCHASE OF NURSERY STOCK 4' TO 5' SIZE SPRUCE

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Fall Bulbs, Tulips, Crocus, Daffodils, Hyacinth, Etc.

BUY

One Flowering Crab Tree OF YOUR CHOICE — 5 to 6 ft. for \$5.95

OR One Flowering Crab Tree 6 to 8 feet for \$6.95 and receive ONE EXTRA flowering crab — our selection — for an additional \$1.00

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Thanksgiving Sale!

Stokely's Fancy PUMPKIN

28 oz. tins 25¢ 14 oz. tins 33¢

Thanksgiving Week-End Meat Features

SCHNEIDERS Grade 'A' FRESH KILLED TURKEYS

5 to 9 lb. WEIGHT **45¢** lb

FRESH KILLED HEN TURKEYS

Canada Packers Grade 'A' 10 to 16 lbs. **49¢** lb

SWIFT'S FAMOUS Butterball TURKEYS Hens or Toms Regular **49¢** New DEEP Basted **59¢**

LUCAS ARTHUR SKINLESS SHANKLESS HAMS

Shank or Butt Ends lb 69¢
CENTRE CUTS lb 89¢
HALF HAMS lb 79¢

DEVON RINDLESS SIDE BACON lb. pkg. **77¢**

MINI SIZZLERS SCHNEIDERS SAUSAGE lb. Tray **57¢**

MAPLE LEAF SAUSAGE MEAT lb. pkg. **37¢**

Blue Bonnet Margarine	3 lb. pkg.	\$1.09
Smith Garden Cocktail	28 oz. jar	39¢
Punch Powdered Detergent	plant pkg.	89¢
Clover Leaf Pink Salmon	7 1/2 oz. tin	49¢
Ocean Spray Cranberry Sauce	2 14 oz. tins	53¢
MINCEMEAT	Maple Leaf 28 oz. tin	63¢
	E. D. Smith's 19 oz. tin	55¢
Dainty Shortgrain Rice	2 1 lb. pkgs.	47¢
Kellogg's Rice Krispies	9 oz. pkg.	37¢
Quaker Oats	Quick or Instant large pkg.	55¢
Cheery Morn Inst. Coffee	6 oz. jar	99¢
Maxwell House Coffee	lb. pkg.	\$1.09
Johnson's 'J' Cloths	12's pkg.	59¢
McLaren's Sw. Mixed Pickles	15 oz. jar	29¢
Farm House Pumpkin Pie	18 oz. size Frozen	55¢

FRESH PRODUCE

RED EMPEROR OR BLACK RIBBIE GRAPES	2 lbs. Calif. Fancy Grade	65¢
CRANBERRIES	CAPE COD one lb. pkg.	29¢
CELERY STALKS	2 large size 24's Ont. No. 1	33¢
LOUISIANA YAMS	2 lbs. No. 1 Grade	29¢
WAXED TURNIPS	Ont. No. 1 Grade	lb 8¢
HUBBARD SQUASH	Ont. No. 1 large size	ea. 39¢

PRICES EFFECTIVE WED. - SAT. - OCT. 7 - 10

SUPERIOR FOOD MARKETS

18 Main Street N. We Deliver

Miss Golf Honours By One Stroke

North Halton Ladies' Team was runner-up in the Hamilton District Sectional Matches.

Clubs in the Hamilton district participating were Oakville, North Halton, Brantford, Norfolk, Mount Hope and Tyndaga.

Oakville team won the series with a score of 234 and North Halton were the runners-up with a score of 235.

At the North Halton Club a recent winner of break-100 pin was Jean Chappel and break 90 pin was won by Verna Sohenk.

AIN'T IT THE TRUTH?

Speaking of opportunity, Havelock Ellis wrote that "Those persons who are burning to display heroism may rest assured that the course of social evolution will offer them every opportunity."

Each child is a beautiful little human being learning to use his body to the best advantage which will be of tremendous benefit to him through his whole life.

Toddlers gym and Tiny Tots gym started today in the Y room, 232 Guelph St. For more information phone Y office — 877-8163.

Member Prospects Get a 'Roasting'

Zeta Alpha Chapter of Beta Sigma Phi held a corn roast on Saturday, October 3rd, to entertain the new prospective members and their husbands. Mr. and Mrs. Doug Ellis were the hosts.

The corn roast was held indoors due to cold rainy weather. A night of laughter filled the air due to the games played throughout the evening.

Zeta Alpha Chapter and newly opened chapter of Beta Sigma Phi held a successful rummage sale at Georgetown Arena, September 19, convened by Mrs. Renee Lewis, Mrs. Pat Mounsey and Mrs. Lois Rogers.

MAKE FUN OF LIFE THIS WINTER!

GET RUPP AND GO!!

If you have not seen the 1971 models of Rupp Snowmobiles, come to

KEITH'S SMALL ENGINES

Open Thursday and Friday Evenings
GOOD DEAL ON 1971 MODELS

R. R. 1 Georgetown
Just north of Maple Ave. on the 7th Line
877-4914 Evenings

ALSO SOME USED SNOWMOBILES

CORRECTION

DUE TO FAULTY REPRODUCTION THE FOLLOWING ITEM WAS INCORRECTLY PRICED IN LAST WEEK'S AD. IT SHOULD HAVE READ AS BELOW:

SKILSAW 7 1/4" POWER SAW

Great New Saw Value

With over 1 1/2 h.p. burnout protected motor, you can take on biggest sawing jobs. Cut up to 2 3/4" deep at 90-deg.; 2" at 45 degs. bevel. Get more professional results, too. Has easy to use controls; built for rugged use; even ejects sawdust. Includes combination blade.

MODEL 574 **\$33.95**

Bob Demerse BUILDING SUPPLIES

North of Brampton just west of Hwy. 10 on Hwy. 7
451-4421

ROGER'S Speed & Custom

Norval 877-8123

EARLY BIRD

OCTOBER SUPER SAVINGS

Shell — 'Ready to Use WINDSHIELD WASHER ANTI-FREEZE 160 oz. plastic container — only **\$1.15**

ANTI-FREEZE AND SUMMER COOLANT Permanent Type **\$2.95 Gal.**

FREE LUBRICATION with every Oil and Filter Change. All Major Oils in all Grades

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