

More 'Y' programs than before



NEW REGIONAL COUNCILLOR—Halton Hills Councillor Dick Howitt was officially sworn in by regional clerk Garfield Brown as a councillor at last week's regional council meeting in Burlington. Councillor Howitt

expressed pleasure in joining regional council but also added a note of regret in assuming the office left vacant upon the death of Len Cox.

Region briefs

Never too late

Halton Region's search for a new headquarters location may be late but it may not be too late. It's getting some pressure from its present landlord to increase the rent. The region, however, has decided that under the terms of the agreement with the owners of the Burlington building it is now situated in, the monthly rental rate must remain the same at \$3.10 per square foot. Halton rents two floors of a Harvester Road building.

September, although it's half

over, is now officially Construction Safety Month in Halton. Regional council passed a resolution officially designating the month for promotion of construction safety in the region at its regular council meeting last week.

Nasagaweya may yet keep its municipal landfill site. The ministry of the environment has told Milton council that the site may have to be closed down but regional council is taking steps to slow the complete closure.

The region has agreed with a recommendation from Milton council suggesting to the ministry that the site be open on a limited basis of three days a week.

The region has renewed its lease for the regional water billing collection office at 9 James Street. It was approved last week by regional council on the basis of the region being responsible for equipment repairs and payment of real estate taxes in excess of taxes levied in 1974.

By providing the community with activities and programs ranging from physical fitness to human awareness to belly dancing, the Georgetown and District YWCA-YMCA has developed into one of the most active centres in Georgetown.

The 'Y' gives the opportunity to learn new skills, meet new friends and also provides a place to go just to simply 'get away from it all' and relax. Registrations for the

numerous programs offered have been carried out during the past week and will continue until the date set for that particular program to begin.

Because of the huge turnout during the first week of registration, four programs are already filled to capacity. Shape-up and Swim, basic quilting, badminton and the babysitter training course have no openings available. The pre-school gym is another

program which is full, however if there are a sufficient number of additional requests for the course, a second class will be formed.

However the 'Y' still has a number of openings available in various other areas. Aiming at getting the mother and child closer together and making the two friends, the 'Y' offers programs designed just for the mother and child (or children).

Mom and Me is a program of

exercises and creative play, with mothers and children exercising; and playing together for the first half and mothers assisting children on equipment for the second half. This is designed for boys and girls from walking age to three years old.

Let's Create Together will see mothers and pre-schoolers enjoy various creative activities from painting to cooking. This also gives mothers a chance to discuss their concerns under the guidance of a qualified leader while the children are being cared for in another area. This is designed for mothers with children between the ages of three and five years old.

Pre-School Rhythmics for children between three and five years old and 'Gym' for children between five and eight years old are organized so that children may develop skills and knowledge in tumbling exercises games and through use of equipment.

Take-A-Break offers a chance for women to enjoy a morning out of the house. Exercising to music, meeting new friends over coffee, listening to stimulating speakers and watching demonstrations are all part of Take-A-Break.

Canadian Homescrafts, a course designed for those wishing to be exposed to crafts of yesterday and today provides women with the ability to learn and develop new skills in quilting, macrame, crochet, etc.

Work with Fibres—available to men, women and teens—is aimed at using imagination in the creation of wall hangings, weaving cards and the designing and weaving on the loom.

Other physical fitness programs offered are: belly dancing, horse back riding,

men's fitness and yoga. Bridge lessons couples social dances, a single parents group, Toddlers Drop-in, and A new program created this year is Outdoor Recreation. This provides an opportunity for the family to enjoy and to participate in all the uncomplicated fun that is part of life in the country. Picnics, hikes and learning about nature are all part of this program.

The 'Y' is also offering a number of one-day events. These include a trip to Kitchener Farmers Market, a 'Women's Workshop', a Fitness Workshop, a Christmas Craft Workshop and a movie and panel discussion con-

cerning the crisis of rape. Any needed information concerning any of these programs offered can be obtained by dropping in at the 'Y' office located on 89 Mountainview Road S. or by giving the office a call.

New 'Y' courses

The Georgetown YM-YWCA will be running two new programs this fall which should prove both interesting and educational to many people.

A ten hour 'relaxation clinic' will be conducted by Mrs. Mary Simpson, a registered nurse and a teacher of yoga for the past several years.

"So many people could benefit from learning to consciously relax. Those who are constantly on tranquilizers should learn to just 'let go' mentally and physically, a couple of times a day...particularly mothers with young children, men, who work are under constant pressure to 'produce' and students who really get 'up tight' about exams," explained Mary. "The adverse results of stress are well documented and lead to many problems both physical and emotional."

The clinic will have a maximum of ten students and other groups will be formed as requested. The program will begin the first week of October.

"Hand writing analysis, astrology, numerology etc. are valuable in that they make a person really take a look at himself, something which he may never have done. Eastern philosophy and reincarnation make one relate to the world and to the universe. There is no conflict with most religions; in fact, an open-minded look at these different philosophies tend to intensify a person's religious beliefs and have caused vowed atheists to change their minds."

One might call this ten week session an introduction to parapsychology and human awareness. We hope that as a result of it, specialized study programs and interest groups may be formed," concluded Mary. This program is also scheduled to begin in the first week of October. Anyone interested in becoming involved in the program should call the 'Y' office at 877-6183 or in the evenings phone 877-6818.

"Parapsychology has been considered more or less to be on the fringe of lunacy by many people; now as many highly regarded scientists and individuals are investigating various phenomena, it is becoming quite respectable."

Ashgrove news

Gage tour a success

By Mrs. John Belloddy

On Tuesday afternoon, September 16th, 35 Women's Institute members and three visitors gathered at Gage Stationery for the agriculture and Canadian industries meeting. The women were divided into groups of ten and had a guided tour of the plant, observing the manufacturing of stationery and envelopes. When leaving the building each lady was given a box of 'rose stationery'.

The remainder of the meeting was held in the home of Mrs. F. Wilson. President Mrs. John McNabb opened the meeting with the ode and the Mary Stewart collect. Roll call was answered with naming articles locally manufactured. The minutes of the last meeting and the correspondence were read. Two delegates were appointed to attend the area convention which will be held at Atwood on October 1st and 2nd.

A donation of \$25 will be sent to aid the fight against muscular dystrophy. Mrs. Vern Picket gave the flower report. The program was under the charge of Mrs. George Wilson who called on Mrs. V. Picket for the motto "work makes the wheels go round but, fun greases the axle." Mrs. Percy Cox read a poem "If God would go on strike." Mrs. George Wilson conducted a magic number game and Mrs. Bob Alexander came out the winner. Mrs. Harvey Nurse gave the courtesies and the meeting closed with a social hour.

Congratulations and best wishes from everyone are extended to Mr. and Mrs. Bruce McClure who celebrated their 25th wedding anniversary on September 23.

Congratulations and best wishes are also extended to Mr. and Mrs. C. B. Dick who will be celebrating their 57th

wedding anniversary on October 1st. We would like to wish Mr. T. J. Brownridge a happy birthday. The special day is October 1st.

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UNION GAS

Blood from stone

It seems that the Canadian Red Cross and the Halton Hills Health Unit want another donation, other than their usual. These two organizations made separate requests to Doug Collison, recreation director for the

town of Halton Hills, asking that they may have their meetings at one of the recreation facilities, free of charge.

Mr. Collison pointed out at last Monday night's general

administration committee meeting, that he and the recreation department were with these organizations and their causes 100 percent, however he also felt that the recreation department could not subsidize these organizations.

"By not charging a rent it would mean that we (the recreation department) would be subsidizing the groups," stated Mr. Collison.

Mr. Collison went on to explain that the budget for the recreation department was planned and based on subsidizing recreational organizations.

Councillor Roy Booth felt that the \$5 rental fees for each meeting held is more than a reasonable fee. "I don't think that it's an exorbitant rate. We aren't against these organizations by any means however, if they need monies perhaps they should approach the town on the whole for a grant," explained Councillor Booth.

Mr. Collison stated that the recreation department would gladly offer these organizations proper space for a meeting. However, because of budget restraints the two groups must either pay their own rental fees or approach the town for a grant.

Pet Please



This week Pet Please returns to the pages of the Herald after a short summer vacation. If you have ever thought of adding a cute four-legged friend to your family, each week we will bring you one of the best pets the Halton Hills Animal Control has to offer.

This female spaniel-collie is about six-months old. The brown and white pup loves children and most of all she loves you.

If you would like to see her or any of the other pets the HHAC has to offer you can arrange a visit by calling 877-4233 or just dropping by in the evenings 6 to 8 p.m. or Saturday afternoons between 1 and 3 o'clock at their Limehouse Kennel.

NOTICE

COMMENCING MONDAY, SEPT. 29, 1975

THE TOWN OF HALTON HILLS WILL REVERT TO

ONCE A WEEK REFUSE PICK-UPS

WARDS 3&4 (GEORGETOWN) WILL BE ON THE SAME DAYS AS IN PREVIOUS YEARS.

WARD 1 (Acton)

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There are conditions of course. But the whole story is spelled out in a little booklet we've just published, called "How to Share in Wintario". For your free copy write to "How to Share", Queen's Park, Toronto.

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How to share in Wintario

MINISTRY OF CULTURE AND RECREATION.
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