



Shimmying their way to slimness

Women belly dancing in Georgetown Thursday were not without talent, said Donna Leistner who conducted that part of the YM-YWCA Fitness Workshop.

"They were very quick to pick it up," said Mrs. Leistner, 37, of Don Mills. She trained Y instructors to teach belly dancing as well as demonstrating the art during the workshop, Thursday, Nov. 6.

The same day Mohawk College Recreation and Leadership program students tested and found participants to be of above average physical fitness.

Stephanie Lister, a second year student of the college in Hamilton, said most of the women were involved in activities in the Y and were probably more fit because of it.

The students tested blood pressure, skin fold calibration (fatness) muscle flexibility vital capacity, (how much air lungs can hold) and measured

heart functions with an exercise-type bicycle.

Other activities of the day included rhythmic gymnastics instructed by Beryl Baigert, yoga instructed by Mary Simpson, and fitness instruction with Jutta Lindberg.

Chickpeas, toasted soya beans, a cauliflower salad, sesame seeds, rye, wholewheat, and pumpernickel bread were served to the participants. Apple cider donated by farmer Tom Chudleigh and orange juice donated by Georgetown grocery stores were served with the lunch.

The unusual food was well liked said Marilyn Milton, 201 Delrex Blvd. who presented the food on the theme of Nutrition Week.

The juice was intended to help the participants cut down coffee consumption however they drank 115 cups. "Some just can't seem to get going if they haven't had their 10 a.m. coffee," said Mrs. Milton.

About 200 women turned out to the fitness workshop.



JUST FLEW-UP Debbie Sunnick, Lynn Cox, Brenda Turcotte, Loralee Jefferson, Merrin Sharpe with (sitting) Lindsay Burns and

Barbara Morrison joined their officers Sheila Pantling, Pat Bartkowiak and Jo-anne Grant after their fly-up ceremonies last week.

Hannah earns Scouting honour

By Mrs. A. Benton
Congratulations to Mr. and Mrs. Richard Clews (nee Carole Lowery) who were married by Rev. Peter Barrow on Nov. 1.

Mrs. Ross Alexander of Milton visited cousin, the Jack Lawson's, for a week recently.

Rev. Barrow conducted the Remembrance services on Sunday.

Mrs. P. Spitzer was hostess for the WI meeting on Nov. 6 with 17 attending. Pres. Mrs. Booth opened with 'November is here' and the Ode and Collect followed.

Mr. Kirkpatrick expanded the motto 'Remember the

kettle, although up to its neck in hot water it still sings,' by applying it to herself. Roll call 'Name owners of your property with dates' was well answered showing some research.

District Director Mrs. F. Brown reported highlights from the fall meeting. Next year's District annual will be held at the St. David's church in Campbellville on May 19.

Mrs. Norris is offering a prize for the best 18" square pieced block made up as a cushion.

Coming events mentioned included a multi-sale at the hall on Nov. 22, 10 a.m. Achievement Day 'Let's Bake Bread' on Nov. 22 at 1:30 at the

E.C. Drury School in Milton. Mrs. Anderson and Mrs. Booth, delegates to the area convention, gave reports on Mrs. Maluske's speech and her notes to remember.

Mrs. A. Benton, curator and convener of the program, read her essay, 'Limehouse, our Heritage', telling the history involving schools, churches, the W.L., limekilns, railways, school fairs etc.

Mrs. Roughley extended courtesies and Mrs. Spitzer and Mrs. Frank Brown served a very nice lunch.

Mr. and Mrs. Frank Hale and family of Enderly, B.C. have been visiting Mrs. Ralph Turner for the past week.

Dave Hannah, one of the assistant Cub leaders in Limehouse has just received the Queens Venturer Award - the first boy in Halton District to do so.

To achieve this award he earned all 6 Activity Awards, took an approved course of leadership training, earned St. John Ambulance standard certificate, the Bronze Medallion in swimming, completed at least 25 hours of public service worked with a Cub pack and served on the executive of Venturer Company.

Dave is now a member of the newly formed 5th Georgetown Rover Crew which covers Scouting for ages 17-23. We congratulate Dave on this achievement and wish him continued success in Scouting.

Cubmaster Elaine Hannah took 7 Cubs to see the Halton Regional Police presentation of 'Showbiz on Parade'. It was great fun - the juggling, the Russian Wolfhounds and the Pomeranians (especially the one riding the bicycle) and the magic (the Cubs favourite was sawing the lady in half, of course). The boys were treated to a drink before they went home.

Three more Cubs were invested last Wednesday - Tim Ruggie, Clive Mullins and Stephen Duck.

The Cubs also had a Halloween party the week before which they enjoyed. The costumes were exceptionally good. The parents sent food down for the boys and Mrs. Sharples sent 4 pumpkins which the boys carved out and each 6 had a draw to see who took the finished products home.

WHAT A WAY TO FIRM UP A BODY. Belly dancing has proven to be one of the most popular "Y" courses with area women. Half the fun of the course is making your own costume and finding the music that moves

your body. Donna Leistner of Toronto teaches the course to interested women. She gave an interesting demonstration at last week's Fitness Workshop at the "Y". Story on page 15.

WI tours Gage

By Walfred Smith

The Ballinafad W.I. met for their November meeting at the home of Mrs. Jamieson. The meeting started a little earlier than usual, as later in the afternoon a tour had been arranged. The president called the meeting to order at about 1:30. Ten members and two visitors answered the roll call of 'give an old time weather sign'. It proved to be quite interesting as each had a different one, most of them handed down from generations back.

Mrs. Tom Given, as convener of 'Agriculture and Canadian Industry' arranged the tour through Gage Stationary in Georgetown.

They were met by Mr. McDonald who told them in detail about the industry and had samples of envelopes and school supplies to show the visitors. The tour lasted about one hour.

Mr. Given, on behalf of the Institute, thanked Mr. McDonald for giving the group such an interesting insight into the putting together of different types and sizes of stationery.

On leaving each lady was given a gift of fancy paper with envelopes to match. The meeting continued after returning to Mrs. Jamieson's home.

The motto was given by Mrs. Jamieson and current events was given by Mrs. Smith. Two-minute reports were given by conveners; Mrs. Smith, Mrs. Jesse McEnery assisted by Mrs. Jamieson with the serving of a cup of tea. The dance at the community

centre on Saturday night was a real success. It was arranged by a few couples interested in the old time music. Tickets were sold in advance and the Al Dermott's Orchestra provided the music.

Miss Lois Campbell and Mrs. Wallace Young of Guelph spent Friday with cousin Grace and Jesse McEnery.

Mr. and Mrs. Norman Swann and Kevin of St. Catherine's and Mr. and Mrs. Clayton Root of Waterloo were visitors at Frank Smith's on Sunday.

A tragic accident happened on Sunday afternoon on the corner of the Ninth Line and Ballinafad Town Line. A car containing three young people travelling east did not stop at the sign and struck a car containing a couple. Both cars were wrecked. Two ambulances were at the scene. It is not known who any of the occupants of the cars were at that time or how serious their injuries were.

The Hunt Club had their second outing for fall on Saturday. The hounds and beautiful horses with their red-stationery.

coated riders made a grand sight as they started off from the Pabst's home.

+ RUMMAGE **+**
BOOK AND BAKE SALE
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Tally ho!



TALLYHO IN BALLINAFAD. The Eglington-Caledon Hunt Club staged a fox hunt last Saturday with the beginning of the hunt at Fox Briar Farm, the home of the Pabst family in Ballinafad. Over 65 hunters turned out for the event.

"We ride because we love the sport and we love horses. Hunting is not a competitive sport, which is the beauty of it all," explained Major Charles Kinderly at the recent fox hunt of the Eglington-Caledon Hunt Club.

The hunt began at Fox Briar Farm, the 100-acre farm of the Pabst family of Ballinafad early Saturday morning with over 65 riders turning out for the event.

The Eglington-Caledon Hunt Club stages hunts every Wednesday and Saturday and approximately 60 percent of Saturday hunters were from the Ballinafad, Caledon area.

Major Kinderly, a resident of Caledon, is one of the three Masters of the unit and at the age of 75 rides every day and never misses a hunt. The hunts vary in duration, however the majority last anywhere from four to six hours. Major Kinderly who has "hunted all my life, at least as far back as I can remember," has been a Master since 1949.

"I did a great deal of hunting in England. In 1946 I built up my own hounds and once I got started I just couldn't let go. Around this area we are short of foxes so we often hunt here, we never hunt deer as it was once suggested. If the hounds get on a deer scent we stop them.

"Hunting is my main hobby and we do it just for the sport of it, not for the catch," continued Major Kinderly.

Eric Wallace, also from Caledon, is the second Master for the club with Col. George Brown of Toronto as the club's Field Master. Professional huntsman is Brian Walter and his wife Jane is one of the professional "whipper-inners".

Patty Pabst, daughter of Bert, is an amateur "whipper-inner" and within the next year hopes to turn professional. Mrs. Charles Wright is the other professional who rounds up the 30 or more hounds used in the hunt.

Patty explained one of the most unusual aspects of the hunt is that when the hounds

are speaking the riders can actually tell the scent of a fox. "The scent is similar to a skunk however, not as potent," explained Patty.

Patty pointed out that without the co-operation of the neighbouring farms the fox hunts at Fox Briar could not be carried out.

"I don't think we can thank them enough for all their help and co-operation. The farms of Sanderson, Martin, F. Shorthill, F. Sinclair, N. Sinclair, F. Hampshire, Woods and F. Smith have all been so good to us," stated Mrs. Lynda Pabst.

With the riders in the flaming red jackets, proudly astride their gallant horses, and with the sound of "Tallyho" the Eglington-Caledon Hunt Club is off and running.

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Your permit will be affixed to your Registration Certificate and you will be given two adhesive stickers to affix to your snowmobile's hood according to directions.

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