

Norval WI plans 70th year

The regular monthly meeting of Union Presbyterian Church W.M.S. was held at the home of Mrs. Frank Dolson on Wednesday afternoon, January 17th, with Mrs. Dolson presiding.

All repeated the Psalm 23 for the scripture reading followed with prayer by Mrs. Elsie Puckering.

Mrs. Lorine Campbell gave the New Year's Message, and Mrs. Christine Bishop assisted the hostess in serving lunch while a fellowship time was enjoyed.

Mrs. Amy Burk presided at the first Women's Institute meeting of the new year held at the home of Mrs. Doris Sharpe on Thursday evening, January 8.

The roll call which was a "verse from an old school reader" was enjoyed by all.

unable to attend. Mrs. Harrop and Mrs. Cleave demonstrated how to make a book mark using a hair clip and everyone present made one.

A fellowship time was enjoyed with Mrs. Ina Terry and Mrs. Grace Crawford assisting the hostess in serving lunch.

Unit One of Norval United Church Women met at the home of Mrs. Lorne Cleave, Georgetown, on Thursday afternoon, January 15, with 12 present and Mrs. Gordon Miller presiding. Mrs. Bill Graham was secretary in the absence of Mrs. Percy Laidlaw.

The roll call was a New Year's thought or poem and the payment of membership fees.

Part of the calendar for 1978 was filled in. Unit Two have invited Grand Valley U.C.W.

theme "Faith" and Mrs. Spencer Wilson gave an excellent paper on "The Glory of Going On" with many inspiring thoughts for the new year.

Mrs. S. Wilson gave a report of the recent church executive meeting. She announced that plans were being made for the return visit to St. Luke's United Church, Toronto, which will be on Sunday, February 29th. She also reported that new sidewalks had been laid at the church in the fall and the living and dining rooms at the Manse had been redecorated.

Following the meeting a social hour was enjoyed with Mrs. James Laidlaw assisting the hostess in serving lunch.

A miscellaneous shower in honour of Miss Kathy May, daughter of Mrs. & Mr. Bob May, was held in the church basement by Norval United Church Women on Wednesday evening, January 14th, with Mrs. Phyllis Moffatt presiding.

In spite of the bad driving conditions a good number were present and enjoyed the shower of lovely gifts. The room was suitably decorated for the occasion and the evening ended with a dessert lunch and a fellowship hour.

Norval Cubs and Scots along with parents and friends attended the Ice Follies at Maple Leaf Gardens, Toronto, on Saturday afternoon, January 17. Seventy three people in all travelled by bus and car to attend the afternoon performance. They left Norval school at 12:30 and arrived back home about 6 p.m. Mrs. Marg Wigley drove the rented bus. Among the adults who accompanied the boys were Bill Baillie, Chairman of the Group Committee, and Club leaders Ray Dimock and Roger Barrett. They report a very enjoyable afternoon.

Mrs. Betty Johnson is "Sunshine Convener" and is to be notified if any church adherents are in the hospital or are sick. She will be in charge of sending flowers, fruit, cards, etc.

Mrs. Murray Laird gave an inspirational devotion on the

A dream comes true

It has taken over seven years of bargaining, arguing, planning and working, resulting in an uncountable amount of man-hours, but as of next week, a dream will come true for the North Halton Association for the Mentally Retarded and for the many people the association works for and represents.

The "dream come true," is the opening of the new residence on Trafalgar Road near Hornby which will house 15 to 17 mentally retarded adults. As of present a name hasn't been selected for the residence but whatever name is chosen the most suitable would be "home".

The \$230,000 residence, situated on five acres of rolling countryside, containing seven single bedrooms, four double bedrooms, with its bright colours and unique architectural design, will indeed become "home" for its residents.

"It's their home. What we are doing is providing the residents with as much of a normal life as possible," notes

Eric Taylor, executive director for the North Halton Association.

The primary concern of the association, according to Mr. Taylor, is to see that a handicapped person who has lived at home all his or her life, if and when there is no more family, has a place to go other than a government institution. In providing such a residence, handicapped people can learn to live more independently eliminating the need to enter a government institution.

"We are providing, first of all, a home for mentally retarded adults and secondly, and most important, we are also a training residence where the residents learn how to do basic skills," continued Mr. Taylor.

Mr. Taylor stressed that the association is not insinuating that the home life for a mentally retarded adult is wrong or hampering, the association is only providing a chance for those to wish to get out and to be more independent.

The residents will be trained to do their own laundry,

prepare some meals, set the dinner tables, wash the dishes, make their own beds, care for their own bedrooms and do some household tasks.

In the summer a garden is planned as well as various outdoor chores. "The residents will have pretty well the same functions as they would at home," explained Bob Bilodeau, residence director.

"I'm very pleased with the layout of the building. It's very cozy and comfortable as well as being very practical," he explained.

The main floor includes the seven single bedrooms, the four double bedrooms, the self-contained apartment, five bathrooms, a dining room, living room, kitchen, TV area, and an office area.

Separating the dining room from the living room is a beautiful open fireplace. Huge windows in every room allow the countryside to be viewed as well as allowing sunshine to filter throughout the residence.

Highlighting the entire

residence, in the bedrooms, along the halls, in the living and dining rooms are 23 glass-framed colourful prints, a much appreciated donation made by Percy Saxe of RR2 Georgetown.

Mr. Saxe, who passes the residence everyday on his way to work, is the owner of Oxford Picture Frame Co. Ltd., in Toronto. He wanted to make some sort of donation to this new home.

With the government lightening its belt, Mr. Taylor explained, the size of the residence was reduced from its original plan by about 20 percent. Working with this, the architectural firm in charge, Mark, Musselman, McIntyre and Combe, successfully designed the complex as a residence not as an institution.

"We consider this place more of a community centre. We don't want this place to be regarded as a retreat. The reason why we don't have a swimming pool is so that the residents will use the community swimming pool with others. We are looking for

ways to get the people from the community more involved with us here," said Mr. Taylor.

A cook-housekeeper will be at the residence throughout the day preparing and instructing the meals as well as doing some of the more demanding household chores.

Mr. Bilodeau explained that the residence employs four full-time staff, two part-time and two relief part-time. In the form of a rotary staff, someone will be at the residence at all times.

The designers planned the complex in bright, colourful shades of green, yellow, reds and blues with shades of brown, white and orange carpeting throughout the building.

The self-contained apartment will have a double purpose, that of a lounge and that of an apartment. When it is felt that a resident can soon live on his or her own, that resident will live in the self-contained apartment having to cook and care entirely for himself. Until such time that a resident is ready to

take such a step the apartment will be utilized as an extra area for lounging.

The association is still around \$20,000 short of the needed funds for the complex. They had hoped to receive more funds from the community, however are very grateful for those so far received. Mention should not be forgotten of the three Legion Associations in Georgetown, Acton and Milton, who supplied most of the linen, pots and pans etc.

The complex evolved from the concern and hard work brought forth from the community and both Mr. Taylor and Mr. Bilodeau invite anyone who wishes further information concerning the residence to contact them at ARC Industries.

"I expect a lot of movement here. I want a lot of involvement but then again I'll respect the privacy of the residents. My program is basically geared towards three main things—responsibility, sharing and caring," concluded Mr. Bilodeau.

Norval News

by Dorothy McLean

This is the 70th year of Norval Women's Institute and plans to celebrate the occasion were discussed. Also a luncheon and eucure was discussed but no final plans were made. It was decided to make a quilt for a money making project.

Mrs. Jean Harrop and Mrs. May Cleave, education and cultural activities conveners were in charge of the program. A speaker had been planned for the meeting but due to illness in the family was

as guests to the April meeting and are planning a trip in June. It was decided to invite former members who have retired to Brampton to the June meeting to be held at the home of Mrs. Lawrence May.

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Health foods aren't all they claim to be

"Foods which can be found in so-called health food stores are not necessarily healthy. We have found that up to 50 percent of the food found in such stores are not healthy, natural foods," cautioned Doris Newman, executive director of Mann Foods Inc., of Scarborough.

Mrs. Newman, speaking to members of the Georgetown Local Council of Women at Friday's meeting, warned her interested audience, that when shopping in any type of food store, all labels should be read and carefully examined.

Mrs. Newman, who has been basically on a vegetarian diet for over three years, told the group of women that foods found in a supermarket are primarily made up of additives containing very little of the natural ingredients.

Commercial peanut butter is made up of 75-80 percent peanuts with the remaining

made up of stabilizers, whereas natural peanut butter contains only peanuts and salt.

"People pollute their bodies. A lot of the food which is out on the market now is not very good for one's health. It really is quite sad," expressed Mrs. Newman.

"Eating healthy, natural food is a new kind of consciousness. It's only about ten years old," continued Mrs. Newman. "Packaging is very essential in natural foods. We have to, in fact, re-educate people. We have to get the public's attention in hopes of converting the public to better eating habits."

Mrs. Newman explained that most natural food wholesalers sell their products at large, bulk quantities with many utilizing glass containers for packaging. Engraved on these containers are hints for later possible uses for them.

"We are not against other food companies. We are just providing the public with a better way of eating. Hopefully, by giving a choice, the larger food companies, will also have to give a choice," told Mrs. Newman.

She verified this point by discussing the Quaker Oats Company and their new product, Granola, a breakfast cereal, composed only of natural foods. It has gained a demand in health food stores. Thus Quaker, trying to prevent loss in profits because of the health food store's granola, began producing their own.

According to Mrs. Newman, their cereal is natural, healthy cereal, and is selling tremendously. "Natural health foods do, usually, cost more than their commercial brothers and sisters but, when price is weighed against good health, then I consider the price justified," concluded Mrs. Newman.

Family enrichment courses offered

After two very successful courses the Halton Hills Recreation Department is once again holding a family enrichment program. "Effective Parenting Skills" to begin Wednesday, January 21.

Barbara Halsall, group leader for the family enrichment course, will lead discussions based on the group's readings of such books as, "Parents Effectiveness Training" by Dr. Thomas Gordon, "I'm OK, You're OK,

by Dr. Thomas Harris and "Children the Challenge" written by Dr. Dreikurs.

Mrs. Halsall, who has done much studying in the field of family enrichment and who has two children, feels that, through the means of group discussions, the group members can share and learn their experiences from others. The course will run from Jan. 21 to March 10 and will be held in the Cedarvale Community Centre. Those interested in attending are asked

to register at the recreation department located in the Gordon Alcott Memorial Arena.

IODE presents 25-year pins to two members

Miss Ruth Evans, regent of the Countess of Stratmore Chapter, IODE, presided at the January meeting held at the home of Mrs. S. Penrice on January 12. The minutes were read by the secretary, Miss H. MacDonald as well as the correspondence. A thank you note was read from Lindsay Gunn for the IODE prize presented to him at the high school commencement.

Mr. Morris thanked the chapter for their donation to the hospital and a letter was read from the steering committee for the Health Council for Halton.

The treasurer's report was given and the regent presented Mrs. J. Evans and Mrs. J. Linton with 25-year pins. Nominations were received and Mrs. J. Linton, Mrs. W.

including the nearly completed adult residence on Trafalgar Road, the Tinkerbell Nursery for pre-school

children and the ARC Industries workshop where ceramics are made and lawn furniture is rewebbed.

Mrs. K. Meers thanked Mr. Clifford for his informative talk. He had been introduced by Mrs. E. Kashmar. The hostess, Mrs. Penrice, and her assistants, Mrs. E. Gorth, Mrs. A. Greig and Mrs. J. Ross were thanked by Mrs. A. Dean.

Mr. Charles Clifford, a member of the North Halton Association for the Mentally Retarded, was guest speaker for the meeting. He told the IODE members of the association's various projects

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