



THE GEORGETOWN CHAMBER of Commerce elected its new executive last Thursday night and it includes (front row, from left) past president Sandy Muckenzie, past president; George Gray, newly-elected president; Bill Ward, first vice-president and Les Griffiths, second vice-president. In the back row are directors and former presidents of the chamber plus the group's secretary-treasurer, Walter Biehn. (far right).

Gray heads large membership

The Georgetown Chamber of Commerce reached a record high in memberships this year as 24 new members have brought the chamber's current total to 118.

Heading up this larger than ever total is a new executive headed by president George Gray. First vice-president is Bill Ward; second vice-president, Les Griffiths; and

directors are Alex Bersinsh, Ted Gorth, Jim Gordon and Bruce McIntyre. Two more directors were to have been nominated from the floor at last Thursday night's

annual meeting held at the North Halton Golf and Country Club but the meeting was over before the chamber's secretary-treasurer Walter Biehn could ask for any nominations.



NEW MEMBERS of the Georgetown Chamber of Commerce including this group of happy new members were welcomed into the CoC last Thursday night at the Chamber's annual dinner meeting.

Herald columnist discusses writing at seminar

During May the Library will host a pair of Monday evening seminar-workshops on various aspects of the art of putting pen to paper.

May 3, Gerry Landsborough, poet and columnist with the Herald will share some of her poetry; discuss such topics as inspiration, recognizing it when it appears and what to do with it when you recognize it; finding your own poetic voice and overcoming self-consciousness.

May 10 with emphasis on the prose aspects of writing, essays, articles, and humour. Joyce is particularly interested in "Literary" consciousness-raising, bringing

out the latent written communicator atrophying inside our TV-numbered brains. The programmes will begin at 8 pm, at the Library, 9 Church St. Georgetown.

Test shows 80% of us are 'inactive'

As part of a nationwide effort to determine the fitness of Canadians, the Georgetown "Y" had a Home Fitness Testing clinic Saturday morning at the Gordon Alcott Arena.

"We want to be more able to compare Canadians on a fitness level," said Carol McMurray of the "Y" who, along with 18 teenagers from Georgetown District High School, administered the simple test to 17 people.

Although the event was "Not well enough publicized, we fared pretty well," Mrs. McMurray said. "I'm sure loads and loads of people could have been assessed at below par but only the fairly fit people are coming out."

The statistics of those who came out Saturday morning and others who are tested in "Y" programmes will be sent to a computer in Ottawa, Mrs. McMurray said.

"In six months we'll be able to check and find out how we fared with the rest of Canada. It will help to give initial information."

The Home Fitness Testing programme was developed by the federal department of health and welfare under the ministry of Marc Lalonde. Its purpose is to first find out just how unfit Canadians are and the urgency of the need was heightened when Participation, a government agency, said that a "60-year-old Swede is as fit as a 30-year-old Canadian."

The fitness test, which the "Y" will be offering to all who are in "Y" programmes, involves filling out a short form indicating your own assessment of your fitness level. There are seven questions used to find out whether or not a fitness programme is suitable for you. In addition there are a number of questions to determine the amount and frequency of any exercise you do and a box to tell why you don't do exercises.

The test itself involves first taking your pulse, then stepping up and down two steps on a stairway in time to a specially recorded music of varying tempos. Different age groups or classes of fitness are thus measured. After the five minutes or so stepping exercise, you take your pulse again. If it falls below a certain number of beats per minute, you may proceed to a higher level.

What is measured is the cardiovascular-respiratory system, or more simply, the condition of your heart and lungs.

The Herald reporter who took the test managed to achieve the minimum fitness level for his age group.

For those who are interested

in becoming fit the department of health and welfare sells for \$1.95 a "Fit Kit" which contains a fitness test, a record to exercise by and seven other fitness aids. It can be purchased by sending a cheque or money order, payable to the Receiver General of Canada, to Fit Kit, Ottawa K1A 0S9.

Mrs. McMurray said that anyone interested in finding out where, how and when to learn their own fitness level can call the "Y" (877-6163).

Some of the more startling statistics to emerge from the fitness testing programme and other related tests, as reported in a booklet by the Fitness and Amateur Sport Branch of the department of health and welfare are:

—physical fitness for the ordinary Canadian child "seems to be a decreasing function of age from the time we put him behind a desk in our schools"

—women are less fit than

men, and women from 13 to 29 years rated lowest.

—Forty percent of men and 47 percent of women had fitness levels classified as "fair or low."

—Eighty percent of the population "were completely inactive." The remaining 20 percent engaged in forms of activity such as walking, jogging, hiking or some other exercise, although the report pointed out that this series of tests was done in the winter.



ELIZABETH MOULDEN takes her pulse Saturday morning at the Gordon Alcott Arena. Don Farkas helped Janet Burns find a fitness testing programme sponsored here.

Obituary Isabelle Denismore

After a prolonged illness, Isabelle Denismore died April 13 at Georgetown District Memorial Hospital. Born Margaret Isabelle Peddie, in Scotch Block she was 52 years of age.

She attended Ligny Public School and Milton High School and was on the office staff at Smith and Stone for several years.

In 1947 she married Manley Denismore and since then resided at 1113 Georgetown. She was a member of Knox Presbyterian Church where she taught Sunday School and sang in the Choir.

She was an avid hockey and baseball fan and when her

health permitted could be found at the arena or ball park. The many floral tributes and charitable donations were an indication of the esteem in which she was held in the community.

She is survived by her husband, Manley, sons Wayne and Alan at home and Donald in Toronto. Another son Mervin predeceased her.

She was buried in Greenwood Cemetery. Pall bearers were Bob Alexander, Winfred Denismore, Larry White, Carl Pettersen, Harold Gilmer and Tom Morrison. Flower bearers were Frank Golden, Clarence Cation, Mike McCandless, Danny Boyle, Russ Cunningham, Bill Richmond and Robert Hall.

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Requirements to join the Infantry can be found at the Canadian Forces Recruiting Centre, 130 Main Street West, Phone 523-2751 Monday to Friday - 8:00 A.M. to 4:30 P.M. or visit the Mobile Recruiting Unit, Georgetown Armouries 2nd and 4th Wednesday each month 12 noon-4:30 P.M.

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