

its new executive last Thursday night and it includes (front row, from left) past president Sandy Mackenzie, past president; George Gray, newly-elected president; Bill treasurer, Walter Biehn, (far right).

THE GEORGETOWN CHAMBER of Commerce elected Ward, first vice-president and Les Griffiths, second vicepresident. In the back row are directors and former presidents of the chamber plus the group's secretary-

# 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.

headed by president George Gray. First vice-president is Bill Ward; second vice- have been nominated from the president. Les Griffiths; and floor at last Thursday night's

Heading up this larger than directors are Alex Bersinsh, ever total is a new executive Ted Gorth, Jim Gordon and Bruce Mcintyre.

annual meeting held at the North Halton Golf and Country Club but the meeting was over Two more directors were to before the chamber's secretary-treasurer Walter Bichn could ask for any



welcomed into the CofC last Thursday night at the NEW MEMBERS of the Georgetown Chamber of Commerce including this group of happy new members were. 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

Joyce Beaton, journalistpoet and publisher will continue the

poetry; discuss such topics as theme May 10 with emphasis inspiration, recognizing it on the prose aspects of when it appears and what to do writing; essays, articles, and with it when you recognize it; humour. Joyce is particularly finding your own poetic voice interested in "Literary" and overcoming self con- consciousnessmising bringing

our TV-numbed brains. at 8 pm, at the Library, 9 Church St. Georgetown.

out the latent written com-

municator atrophying inside The programmes will begin

## 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

"We want to be more able to compare Canadians on a fitness level," said Carol Me-Murray 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. Mc-Murray 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 Canda. It will help to give initial information."

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

"Y" will be offering to all who are in "Y" programmes, inindicating your own assessment of your fitness level. Thre are seven questions used to find out whether or not a fitness programme is Isabelle Densmore died April suitable for you. In addition there are a number of Memorial Hospital. Born questions to determine the Margaret Isabelle Peddie, in amount and frequency of any Scotch Block she was 52 years exercise you do and a box to of age. tell why you don't do exercises.

The test itself involves first taking your pulse, then stepping up and down two sleps 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

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 \$4.95 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 fiteness level can call the "Y" (877-6163).

Some of the more startling statistics to emerge from the fitness testing programme and other retlated tests, as reported in a booklet by the Filness 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 form 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



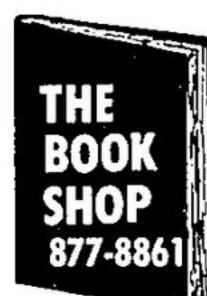
ELIZABETH MOULDEN takes her pulse. Saturday morning at from the cartoid artery in her neck as part of Arena. Don Farkas helped Janet Burns find a filness testing programme sponsored hers

OFF

20%

AT

**CRAFT BOOKS** 



108 MAIN ST

### The fitness test, which the Obituary

### volves filling out a short form Isabelle Densmore

After a prolonged illness, 13 at Georgetown District

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

In 1947 she married Manley Densmore and since then resided at RR3 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 ningham, Bill Richmond 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 Densmore, Larry White, Carl Pettersen, Harold Gilmer and Tom Morrison. Flower bearers were Frank Golden, Clarence Cation, Mike McCandless, Danny Boyle, Ross Cun-



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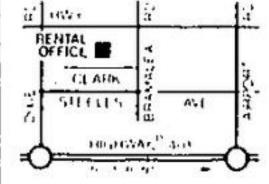
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