

La Leche League formed, promotes breast feeding

Unconvinced that commercial baby formulas are an adequate substitute for mother's milk, two local women are organizing a Georgetown branch of the La Leche League.

Alma Reisman and Pat Stuart Haggie have scheduled Sept 15 at 7:30 p.m. for their first meeting to enlighten women on the benefits of breastfeeding. It will be held at Pat's home. For the address call 877-2887.

All women, whether childless or grandmothers, are welcome to join the La Leche (milk in Spanish) League. It is an international, non-profit organization which originated in a Chicago suburb nearly 20 years ago, when one mother who had successfully nursed her baby helped another wanting to breastfeed. The association has expanded to over 2,000 groups throughout the world.

Babies are welcome at the meeting, where personal experiences are shared and information is relayed.

Group leader for the Georgetown branch will be Alma, active in La Leche Leagues in Ontario for three years.

The third Wednesday of each month, informal classes will be held to explore the different phases of breastfeeding.

Both Pat and Alma are nursing mothers who refuse to allow prepared formulas, pasteurized or commercial baby food into their homes. They advocate breastfeeding and use blenders to prepare solid foods, to ensure maximum nutrition.

Besides being well-read on the subject of infant care, they have the special insight derived from practical experience.

Alma explained one of the main differences between breasts and bottles is that when a child is sucking, the thrust is forward with a bottle and backward with a breast.

She added research done in the United States proves that breastfed babies rarely had orthodontic problems compared to their bottle-nursed peers.

They commend breastfeeding because a woman's milk is high in iron, more quickly digested than retail imitations, and economically more practical than formula.

"Breastfeeding is also a lot more convenient than carrying bottles around," said Pat. "I can go anywhere with my baby because his nutritional substance is always there."

Both Pat and Alma believe in demand-feeding, because it's more natural than adhering to a schedule.

Carrying this one step further, they feel babies should wear themselves instead of being cut off mother's milk according to the instructions in a medical handbook.

"Demand feeding allows the baby to feel very secure," said Alma, "and part of it is the closeness, the skin-touching."

Pat agreed. "It's comforting for a baby to feel the mother's warm body, and hear her heartbeat," she said.

Not only is breast-feeding for a child, there are advantages for the mother also.

Pat said she nursed her baby immediately after his birth, and could "feel her uterus shrinking back to its natural size."

"When a woman nurses her baby," said Alma, "a hormonal experience makes her feel... well, motherly."



HORTICULTURALISTS TOM AND PRUE CROOKSTON TOUR ONE OF THEIR NORVAL GARDENS

Norval garden expert heads Sheridan College course

Horticultural expert Tom Crookston of Norval is offering an evening course in general gardening and landscaping at Sheridan College's Brampton campus this fall.

The new 10-week course, which starts Sept. 27 will be held Monday evenings.

At the age of six, Mr. Crookston developed an interest in gardening and planted a small plot of flowers at his English home. Even while in the navy he planted vegetable patches when shore-based.

An insurance salesman for many years, he dedicated his spare time to learning about horticulture.

Mr. Crookston was one of the founders of the Clover Leaf Garden Club in Mississauga, designs specialty gardens for customers throughout Ontario, and has accumulated a huge library of books on gardening to study.

For three years, he hosted an hour-long Mississauga cable television program on gardening and has been a guest on John Bradshaw's talk show.

Chief consultant for Dixie Quality Foods in Mississauga for the past 11 years, one of the Sheridan College courses Mr. Crookston taught was unique to Canada: Garden Centre Merchandising.

"All my knowledge is practical, not theoretical," he said, "I learned from experimenting."

He knows which plants mature better in the shade, which fertilizers to use, the qualities of different soil types, and how to guard against insects and diseases.

A maximum-minimum outdoor thermometer, a rain water gage and a weathervane help him to examine the progress of his expansive garden.

With his wife Prue, Tom Crookston has designed the property surrounding his Norval home into what resembles a landscaped park. Three years ago when they moved in, the yard was a neglected field.

Instruction in his gardening course will include:

- soil improvements for gardens, planters, lawns
- how to plant for best results: flowers, trees, mulches and their various uses
- fountain planting: over-planting, choice and pruning of evergreens; vines for walls, climate zones for plant material
- flower garden layout: plants and bulbs for permanence; low maintenance; sun, shade, woodland and various other soils; rose gardens; swimming pool plantings

flowers and teaches some of her horticultural skills.

Most of the students in her course are homemakers or community workers who arrange flowers for social functions or as a hobby, said Mrs. Crookston.

"A lot of people have hidden talent; they just need basic instruction," she added.

Flower course is different

School conjures up images of textbook-toting students seated in rows of desks in a black-board panelled classroom.

But Sheridan College's night course in flower arranging is different.

Classes will be held in the home of instructor Prue Crookston at Norval.

Supplies including pinholder, containers and textbooks are lent out and refreshments will be served.

This novel course commences Sept. 29 and runs each Wednesday.

Mrs. Crookston who taught the same course for half a semester last year, has years of flower arranging experience. She was instructed by Audrey Meikeljohn, who represented Canada as the country's best flower arranger in England.

Former member of Mississauga's Clover Leaf Garden Club, Mrs. Crookston has won prizes for her work including a first in a plaque arrangement when she entered her first show at the O'Keefe Centre's annual flower exhibition five years ago.

She grows flowers, dries flowers, arranges flowers, paints watercolour pictures of

-rock gardens; siting, choice of rocks; elementary layout, special soils for choice plants, invasive plants and bulbs.

-groundcovers and vines: for walls, steep slopes, trellis; sun and shade.

-fertilizers: their formula meanings; proper use of liquid and granular types; compost heap construction and content usage.

-pesticides, fungicides and herbicides: their correct use and timing of application including their benefits and hazards; sprayers and dusters' usage and care.

For more information on this gardening course call the community services division of Sheridan College's Brampton Campus at 459-7533.

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NORVAL

August a bad month

By MRS. DOROTHY McLEAN Herald Correspondent

August was a bad month for residents of R.R. 1 Norval. Two young boys were killed while riding their bicycles just two weeks apart.

12-year-old Ernie Gillis, son of Mr. and Mrs. Ernie Gillis, R.R. 1 Norval, who live on Steeles Ave. near the 10th Line, Esqueping, was struck by a car while on his bicycle and died in Hamilton Hospital on Saturday, August 14th.

16-year-old Tommy Perritt, son of Mr. and Mrs. Thomas Perritt, R.R. 1 Norval, who live on the 10th Line Esqueping, near Steeles Ave., was struck by a car while riding his bicycle on Steeles Ave. near the Gillis home on Friday, August 27th. He died in Milton District Hospital.

These two tragic accidents so close together has shocked the neighbours, all of Norval and Hornby district, and saddened the children and young people in the community. We extend sympathy

to both families.

Mr. and Mrs. Gordon Sharpe accompanied by a couple from Toronto have returned home from a 4 week motor trip to Barrow, Alaska, the most northern part on the American continent. They drove to Fairbanks, Alaska, as far as they could travel by car, then flew to Barrow which is an Eskimo town built on the permafrost. In the summer only about 8 inches of the top soil is not frozen. There is no need for refrigerators there, reports Mrs. Sharpe, they just dig a hole in the frozen ground to store their food. It is common to see ducks and meat hung outside the homes. The temperature was about 35 degrees with a cool wind but they were quite comfortable staying in a lovely new motel and wearing parkas when they went out that were given to them on arrival.

The town has a large school with about 30 teachers and a hospital. Originally it was an army base but now is used for

research.

The Sharpes had a very enjoyable trip across western Canada stopping over at most large cities on the way. They spent a couple of days at Whitehorse, Yukon, where the new Presbyterian minister, Rev. and Mrs. Ian McPherson and family, spent the last few years. Mr. and Mrs. Sharpe travelled about 350 miles a day and altogether drove about 10,000 miles.

Congratulations to Lila McClure, daughter of Mr. and Mrs. Andrew McClure, R.R. 2, Brampton, and Jim Ashenhurst, son of Mr. and Mrs. Carl Ashenhurst of Clarkson, who were married on Friday, August 20, by Rev. Derwyn Hill in Norval Presbyterian Church.

Lila and Jim were both employed in social work in Vancouver before their marriage. Jim is now employed in Toronto and they reside in Port Credit.

Previous to her wedding Lila was honoured by several showers.

Before leaving Vancouver her friends there gave her a presentation of gifts.

Mrs. Jim McClure's daughter Mary entertained the Giffen relatives at a miscellaneous shower, and Mrs. Jim King was hostess for a neighbours shower. The ladies of Norval Presbyterian Church held a miscellaneous shower at the church, and Mrs. Quint Ferris and her daughter, Mrs. Nigel Eves, entertained at a miscellaneous shower for friends. Neighbours of the Ashenhursts in Clarkson with Mrs. Beach and Mrs. Pearson as hostesses gave a kitchen shower.

The final evening of softball at Norval Community Centre ended on Tuesday evening, August 21, with the usual games of baseball followed by a weiner roast, pop and cupcakes for all, held around a blazing bon fire while Randy Fendley entertained with music on his auto harp and his guitar.

Over 50 children were registered to play ball. They were divided into two age groups, children up to 10 years of age and from 10 to 14 years of age. Assisting Mrs. Judy Pomeroy with the teams during the summer were Jamie and Marlene Cunningham, Ron Moffatt, and Don Smith.

Get well wishes are extended to Willard Laidlaw who is a patient in Peel Memorial Hospital, Brampton.

The first fall meeting of Norval Women's Institute was postponed for one week to Thursday evening, September 8th, at the home of Mrs. Amy Burk, Georgetown, with MPP Julian Reed as the guest speaker. The roll call is "Give your weight in metric."

Band seeks name change

Georgetown's rock band Eclipse is holding a renaming contest because manager John Hayes says there's another group called Eclipse.

The person who submits the name chosen wins a free concert. Deadline is one month from today, he said.

Band members, all aspiring to be professional musicians,

are Scott Reiss, 16, lead guitarist, Danny d'Entremont, 15, bass, David d'Entremont, 14, rhythm, and lead singer, Craig Teeter, 16, drummer, manager Hayes and his assistant Al Bolton.

Since the band formed in March, they have entertained at parties, dances, a camp and for Pioneer Days.

Their dream is to produce an album, so they are creating original material.

How can a band accomplish so much in a short time? Hayes summed it up in a word, "practice."

Entries for the contest should be submitted to Mr. Hayes in care of Georgetown post office.

OBITUARY

Former trustee of Pinegrove school, Harold Wilson Early dies at 84

Harold Wilson Early, R.R. 1, Norval, died in Peel Memorial Hospital, Brampton, on Aug. 14, 1978 in his 84th year.

He was born in Esqueping Township, son of the late Thomas Early and his wife Margaret Wilson. Mr. Early lived all his life in the Norval area with the exception of a couple of years in Saskatoon. He attended Pinegrove School, S.S. No. 4, Esqueping and later in life was a trustee and was secretary-treasurer for 25 years of that same school.

Farming was his life. Following the death of his parents, Harold and his brother Chester took over the family farm on the 10th Line, Esqueping, south of Norval, where he farmed until his death.

Mr. Early was an active member of the Pinegrove Farm Forum for about 30 years and always enjoyed a friendly game of euchre. He will be remembered for his quiet sense of humour and his friendliness.

He was a member of the Presbyterian Church, Norval.

Harold is survived by his brother Chester and a sister Sarah (Mrs. Dan. Carpani) Vancouver, B.C. He was predeceased by a brother, Spencer of Saskatoon, and 3 sisters, Myrl (Mrs. Roy Harrop) Brampton, Mable (Mrs. Edgar Thatcher) Guelph, and Hazel (Mrs. Frank Fendley) Norval.

The funeral service was conducted by Canon James E. Maxwell, Norval, at the McClure-Jones Funeral Home, Georgetown, Aug. 16. Pallbearers were Spencer

Wilson, Norval, Earl Wilson, Norval, Jim Early, Mono Road, Leslie Thatcher, Guelph, Allan Thatcher, Eden Mills and Craig Bowman, Guelph.

Flower bearers were Roy Harrop, Brampton, Victor Dixon, Brampton, Mac Alexander, Norval and Willard Price, Burlington. Interment was in Hillcrest Cemetery, Norval.



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