

KARATE

Self-defence techniques

By Bill and Leslie Pickells

Photos by Brian Turford



Attacker grabs victim by throat.



Victim quickly pivots body to one side as she locks attacker's arms.



Victim now sharply pivots her body back as she strikes attacker's with palm.



Victim now finishes off attacker by thrusting her knee into his groin.



KNOX CHURCH OPEN HOUSE

Rev. Peter Barrow talks with members of his congregation at Knox Presbyterian Church Sunday. The church held an open house at which the beliefs and philosophy of the Presbyterian Church was discussed. It was the second time in seven years that such an open house was conducted, he said.

LEGION LINES

Beaumont skates for Legion

By Mac McLean The Rotarian Club are holding a Skateathon at the Arena on October 16 and in the absence of the President and Executive of the Legion most of who will be attending our District Convention in Tillsonburg, Comrade Del Beaumont will represent the Branch. Del already has a number of sponsors but would welcome more and if you are interested please call him at 877-3373.

him on, he is skating in the 11:30 to Noon section. The results of the Imperial Section annual elections are as follows: Comrade Wright Smith returned as President; Alec Goldie, Past-President; Tom Clarke, Vice-President; Art Lawrence, Ralph Hawes, Executive; Andy Symes, Secretary; and Bob Rolfe, Treasurer. Our Imperials are a hard working group and we wish them every success in the ensuing year.

Several weeks ago, Georgetown recognized the fortieth anniversary of the Little N.H.L. founding and some of our members who were present may be interested in obtaining souvenir plaques which were issued to commemorate this event. The plaques sell at \$5.00 each and may be ordered through our President, Comrade Denny Wright at 877-9236. Last Friday night we had another \$1,000.00 elimination dinner which saw the big prize go to Huey Levy. Winners of the smaller prizes may obtain same by contacting Tom Clarke.

Ladies: an exceptional floor show; and a chance at the many prizes that are available. Winners of the draw which was held in conjunction with the elimination draw are as follows: 81638 Gord Terry; 81785 Joe Hatfield; 81812 Andy Syme; 81558 Don Dedman. Next Saturday, October 16, will be a busy day around the Branch starting with the Ladies Bazaar in the afternoon and followed by a dance in the evening. Everyone is welcome to these events and the committees involved are hoping for good turnouts.

How people die

On January 14, 1976, the Kitchener-Waterloo Record carried a story from Los Angeles headed "Smoke Detectors could save many lives, fire officials say". What follows is taken from that story...

Names are last on the list of killers during a fire. Most people die from lack of oxygen, from hot air or gases and from smoke, often before they can awaken. He would not bathe in boiling water (212 degrees F) but he may try to crawl through a burning room (1,000-2,000 degrees F). Many people like him die trying it.

A smoldering fire can go undetected for hours, especially if the residents are asleep. All the time, the fire is building and giving off smoke and flames which may not even be visible. In a two-storey house, the stairway acts as a chimney allowing the gases to rise upstairs where the bedrooms usually are located. The fire consumes oxygen. Normally, air is about 21 per cent oxygen. When it falls below 17 per cent, thinking and co-ordination may become difficult. Below 16 per cent efforts to escape may be irrational. Breathing stops at 6 per cent and, at normal temperatures, death follows in 6-8 minutes.

Doris Chamberlain informs me that there are still a few Car Club tickets not turned in as yet but that she hopes to be able to start the weekly draws this coming Thursday night and that she will make the results available to this column next week. "The Arrow" will be in the Lounge next Friday evening followed by "Pete Edge" on Saturday.

WI discuss places to visit

By WINIFRED SMITH Herald Correspondent The October meeting of the W.I. was held at the home of Mrs. Slessoraitis. Mrs. Jamieson presided and opened the meeting with a poem to commemorate the 75th Anniversary of Halton District W.I. Thirteen members and one visitor answered the roll call, of "places you would like to visit" and why? Many said they had a desire to see more of Canada. The Area Convention was discussed, and a talk on the resolution to be voted on at the convention. Other business dealt with was the motion to sponsor a girl to compete in the "Queen of the Fair" competition for Erin. The District Director gave a full report on the District meeting she attended. The Correspondence

was read there being an announcement about the Senior Training School "Festival of Dairy Foods" to be held shortly. Mrs. Slessoraitis and Mrs. Jamieson consented to go to school. Members expressed pleasure when a thank you note was read from Mrs. Rita Shortill, a member who is recovering from a heart attack. Mrs. Eileen Burt then took over the meeting. Mrs. Marshall had current events, a splendid motto prepared by Mrs. Eileen McEnery and given by Mrs. Plouffe was next on the program. Two minute reports ended that part of the regular schedule. Mrs. Given had brought two films and projector to the meeting and entertained with moving pictures of the recent tour they took when driving out west as far as Vancouver Island. There were some beautiful pictures of the Rockies and on the way back they took in the Calgary Stampede and had a variety of pictures including the big parade. The W.I. Grace was sung. Mrs. Jesse McEnery and Mrs. Vhedeave, assisted by the Hostess served a lunch of pumpkin pie and ice cream. During the social half hour artiles brought in for the Touch-and-take table were sold. The sale amounted to over \$16.00 for the welfare fund. Congratulations to Lorraine Burt daughter of Mr. and Mrs. Wilfred Burt. Lorraine was chosen the Queen of the Erin Fair on Saturday. She is a local girl and was sponsored by the Ballinafad W.I.

Only a few more working days until the million dollar Provincial draw.

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CORRECTION ZELLERS ANNIVERSARY SALE OCTOBER 14-15-16 Please note that the Bradford Electric Dryer on Page 8 of Zellers Anniversary Sale Circular should read as follows: -Timed cycle with permanent press cool down! -Air Fluff cycles minimizes wrinkling! -Infinite heat control! -Interior drum light! -Porcelain-coated top and drum! -Lint collector! (Available in white only)..... \$209. EA. Zellers IN THE GEORGETOWN MARKET PLAZA Open Monday to Friday til 9 p.m. Saturday til 6

GEORGETOWN ANGLERS AND HUNTERS 12 NOON TURKEY SHOOT 12 NOON Saturday, Oct. 16, 1976 AT CLUB HOUSE, BALLINAFAD 1 mile North Ballinafad Sideroad on 8th Line.

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