

VARIAN WINS FEDERAL CONTRACTS

Varian Associates of Georgetown has been the recipient of three contracts from the federal government for a total of \$46,955 since November. The contracts are for chemical analysis equipment, data processing equipment

and spare micro-processor parts. Pictured above is Varian machinist Bob Vanderham operating a lathe. One handful of the parts Mr. Vanderham is machining would number

A story to warm these chilly days

Editor's Note: Mr. and Mrs. Albert Presswood of RR 5, Georgetown spent a pleasant vacation on a cruise ship on the Mediterranean Sea last fall. Mrs. Presswood has kindly consented to write about the experience.

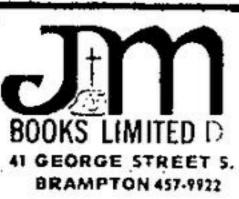
Though we had been on a Mediterranean cruise in 1971, and enjoyed every minute of it, we thought the Delphi would take us to places we had not seen before.

Leaving on Sept. 25, we went to Montreal and had a quick look at its new airport before taking off for our overnight flight to Malaga, Spain.

The weather was sunny and beautiful and we were able to enjoy the beach and the sea before boarding buses to take us to the port and our ship which was to sail at Midnight.

Our cabin was adequate, though not luxurious, and we were to find the meals throughout the cruise sufficient and slightly different to what we were accustomed. Of course, one of the interesting things is sampling the food of the countries you visit.

Our first port of call was Gibraltar. We toured the rock and visited the cave of St. Michael used as a hospital



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ST. GEORGE'S CHURCH

Anglican Rev. R. Gallagher B.A., S.T.B. Sunday, Jan. 9

8:00 a.m. the Eucharist 9:30 a.m. Family Eucharisi 11:00 a.m. Morning Prayer 9:30 :11 a.m.

nursery provided.

Epiphany I

HALTON HILLS PENTECOSTAL ASSEMBLY

Trafalgar Rd. and No. 7 Highway Pastof Rev. E.J. Friesen.

Sunday, Jan. 9 10 a.m. Family School

13a.m. & 7 p.m. Services

Tuesday 7:30 Prayer and Blale Study

during wartime and now equipped with seats for

Spain is only minutes away, but unfortunately the gates on the Spainish side are locked and it is necessary to go by sea on a ferry.

We saw a woman who lived in Gilbraltar calling across the space between the gates to friends on the Spainish side. So close and yet so far away. separated by a locked gate.

The town was interesting and the shores of North Africa clearly visible across the Strait. We would have two days at sea before our next port of call.

The English entertainment committee was busy organizing activities such as bridge ' and scrabble tournaments, dancing lessons, and evening entertainment with a floor show and singer. We always seemed to find something to do if only to sit in a deck chair and bask in the

and it is possible to book shore excursions in advance on board ship. We booked a tour of Cagliari

Our next call was Sardinia

the capital which lies over seven hills and shopped for a while along the main streets.

We had left Spain on Sunday and now Friday we embark at Palermo Sicily. A full day tour took us across the island to Agrigento to see the wonderfully preserved Greek temples to Zeus, Hercules and Juno set among almond trees.

Leaving Palermo at 8 p.m. we arrived in Naples 8 a.m. Saturday. Since we had been in Naples before and had visited Capri we decided for Capri again and were delighted to find we were seeing everything

different this time. We went in a small motor boat to the White Grotto. climbed 85 steps to view a magnificent cavern and noticed the vivid green of the water. Since we had been to the Blue Grotto this was quite

We funched in a beautiful

IMMANUEL

11 a.m. Worship Service Church of the Lutheran Hour

GEORGETOWN

14 Main St. S. Pastor Peter Raiph

9:45 a.m. Sunday School

11 a.m. Morning Worship

Everyone Welcome Come make our church your church

Arabic root "Baha'i, and Glory." Baha'u'llah, the name of the Founder of the Baha'i Faith, means "the Glory of God".

restaurant set among orange and lemon trees with grape vines trailing along the fence

, around the grounds. We returned to the port on the funicular and came back to Naples and the ship by hydrofoil. Departure from Naples was at 9 p.m. and 8 a.m. Sunday we arrived at Civitavecchia the port nearest to Rome, forty-four miles

spent in Rome but as we had been there we explored the port and surrounding country. A great advantage of a cruise is having your accommodation and meals always available - no motels or hotels to book. Everything is

Our next call was Cannes and as the ship anchors out in the harbour, passengers are taken to port on a smaller

We played the slot machines - won and lost a few francs and watched the other games being played, then it was back the bus for the return

Wednesday morning took us to the city of Grasse the centre of the perfume industry and a visit to see perfume mixed. We heard of the way the oil was extracted from the flowers violets, roses, and many others then blended with other Ingredients to produce

Majorca arriving at 10 a.m. the following day. This was the visited. The capital city, Palma, was so clean and white and shining. We toured the island enjoying the countryside with its vineyards, olive groves and almond trees and occasionally a pomegranate tree usually in front of a

to Cap Formentos where magnificent high cliffs plunge straight into the sea. Then we walked through a magnificent park to board our bus and

On the way we stopped at a leather factory to admire the craftwork displayed for sale and also at an old monastery to sample the wine produced in

the area. Once more we went aboard the Delphi and after a day at sea arrived back in Malaga. Saturday was spent browsing

away by bus. Sunday and Monday were

planned for your comfort.

Cannes is of course.

beautiful with plenty of opportunity for shopping but we had booked a tour to Monte Carlo and Monaco.

As the ship was late reaching port because of rough weather our tour to Monaco was confined to a view of the palace of Prince Rainier and Princess Grace and a quick visit to the Casino at Monte Carlo. As we had been fortunate to see the Changing of the Guard on our previous trip we were not as disappointed as others on the

journey to the ship.

perfume, toilet water, shaving cream and soaps.

Our ship sailed at noon for most beautiful of all the places

We crossed in a small launch

proceed back to Palma.

around the town where my

IF I HAD A MILLION . . .

dlet plan, a local nutritionist Diane Wolder, nutritionist for Georgetown and District recommended by physicians, Memorial Hospital, explained she said. inactivity coupled with overindulgence in high-calorie

low nutrition foods are major contributors to widespread Medical studies show a

tivity while following a diet plan to shed pounds more quickly. Exercise docsn't have to be weight-lifting or football; nutritionally sound. try dancing, vaccumming twice a week instead of once, yoga, or walking to work.

sitting at a desk job or lying in front of the television, she said. Instead of combining a balanced weight loss diet with a little more movement, they remain inactive and revert to crash diets.

exercise, said Mrs. Wolder.

She advises increased ac-

Most overweight Individuals

spend a lot of time in the car.

promises.

weight problems.

Fad cating for prompt pound peeling is impractical because unbalanced diets result in health disorders, explained Mrs. Wolder.

Based on the five food groups in the Canada Food

Mary Hurst displays lottery tickets

which can make someone an instant millionnaire

Invest in real estate,

three money advisors say

Here are a few tips on getting them off A 1977 new year's resolution Guide, Mrs. Wolder's diet will to lose weight will be realized result in a one or two pound Don't use sugar or sugar If you adhere to the following loss weekly according to the products or fried foods, and amount of exercise indulged avoid liquor. Outside of these in. Two pounds is the taboos, there's a lot to choose maximum weekly loss from, to fill the 1,200 daily calorie quota,

> Slow weight reduction meals a day, since the body usually has more permanence can accommodate food taken than quick loss because Mrs. at regular intervals more Wolder's diet establishes efficiently than 10 cups of sensible life-long cating patcoffee from 9 a.m. to 5 p.m.

maximum of 10 per cent of She pointed out fad dieters obese people suffer from often revert back to the pizza medical disorders while 50 per and donuts syndrome because cent consume the same "crashers" consisting of amount of food as averagenothing but steak and saind or weight people but do not grapefruit and yogurt are

> Not only does Mrs. Wolder's formula for weight loss reduce calorie intake without creating hunger pangs or illness, it is

Lung association plans drive on no smoking

Cigarette-smoking parents now enduring scoldings from health-conscious youngsters will have to put up with more lectures from the younger generation If the Halton Interagency Council on Smoking and Health has Its

Miss Hilda Clurk, local Education Board of

Representative on the Halton Interagency Council, said today that school children form an important target group for the Council's National Education week on Smoking (NEWonS) being observed the week of Januay 9th to 15th, 1977, by co-operating health agencies. NEWonS itself is only the launching platform for an intensified effort at persuading young people to give up smoking, Miss Clark said. Among boys the percentage of regular smokers has decreased since 1970 to about one third. Female smokers

Gained a few pounds over the holidays?

Mrs. Wolder auggests three

followed by a seven-course

Dieters may snack, but not

skip meals as is the pattern of

Breakfast need not be the

traditional boring fare. Mrs.

Wolder suggests variations:

one piece of any fruit or ser-

unsweetened cereal with four

ounces of skim milk or one

ving of unsweetened juice

piece of buttered toast

obese people, she said

evening meat.

have increased. Parents who wish to help this effort can help most by giving up cigarettes themselves, Miss Clark said. All the smoking habit surveys indicate that youngsters whose parents smoke are the ones most likely to take up the habit. She suggested contacting the

local council at 184 Balsam Drive, Oakville, telephone 845-0858 or 527-4688 for information on the health hazards of smoking and tips on quitting. "With effort, and little help, you may be able to quit before you hear to many more

from

youngsters" she sald.

lectures

The basic guidelines are: an egg, or one ounce of hard long-time snackers or nibblers butter or one slice meat regimented eating habits. preferably skim milk Lunch and supper meanus

are basically the same. Choose from one serving fish, eggs, meat or cheese, but remember: frying, breading, gravies and sauces one slice of bread or one small

margarine one cooked vegetable or salad with low-calorie dressing unsweetened fruit

potato with trace butter or

beverage without sugar In addition, Mrs. Wolder suggests one or two snacks of fruit saved from meals, diet drinks or cheese and crackers. This is allowed because reaching your annual new nutritional pick-me-ups are year's resolution weight loss important, she said, and also goal this time.

cheese or one thep, peanut have difficulty changing to unsweetened beverage, The beauty of this diet, pointed out Mrs. Wolder, is the convenient three meal schedule consisting of common and available foods.

People of average weight should guard against gaining through simple self-discipline and wise eating, she cautioned. since a mere 500 extra calories daily adds up to 3,500 weekly or one pound of fat. Note that 500 calories of junk food snacks are not filling, but are fattening she says.

By following this sensible "guarantees success" of





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Put your skis aside and put your feet up. Have a refreshing drink. Or a leisurely lunch while your eyes meander over the magnificent view. Then maybe you'll want to take the children home, hire a sitter and return for a delightful evening of dining, or dancing, or soft dialogue in the Quiet Bar.

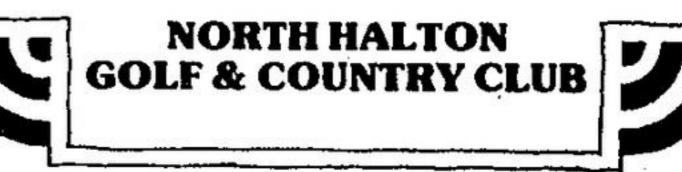
Yes, you and your family can experience the social environment of North Halton Country Club . not only this winter but year round - for only \$7.50 per month (\$90 per year Social Membership).

Take advantage of: Ladies' and Mens' sauna; dining 9:00 a.m. to 9:00 p.m. weekends; Sunday brunches 11:00 a.m. to 2:00 p.m.; bar facilities 7 days a week; a monthly theme dance (ie. January Winter Carnival, Candlelight Ball, Hawailan Lua, etc.); and other special social events designed for the season. And in the summer we offer a challenging 18 hole golf course, tennis, and even fishing or feeding the swans.

So drive out soon and explore this whole new world. Only 2 minutes from downtown.

Or phone 877-9901 for further information.

NORTH HALTON



LUTHERAN CHURCH Windsor Road at Carole St Rev. Harold R. Palzer

Sunday, Jan. 9

9:45 a.m. Sunday School

ALLIANCE CHURCH

Sunday, Jan. 9

BAHA'I

This word comes from the means "a follower of the

f you would like more information or would like to attend a Baha'l fireside phone 878-3918.

husband and I bired a horsedrawn carriage for a drive to see the market, the cathedral and the beautiful parks of the Sunday we arose at six and

sum deposits."

Three members of the financial

community consulted by The Herald

agreed million dollar lottery winners

would be wise to invest in real estate.

McQuaig suggested taking out first

mortgages but cautioned such money

would be "locked in." Therefore, he

also advocated purchasing easily

accessible guaranteed bank cer-

tificates, presently offering a higher

Besides real estate, acting Bank of

Montreal manager Carl Winger said

retirement savings plans and blue chip

He also cautioned against "lump

interest rate than some bonds.

stocks are practical to invest in.

Bank of Nova Scotia manager Reg

city. prepared to depart for the alreort and take-off for home at 8 a.m. We came off the ship into pouring rain which we were told was the first in eight months.

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SELECTED ITEMS

vestment councillor.

will appreciate.'

Pointing out the security of owning a

house and that rates on a second

mortgage from private lenders are up

to 16 per cent, Ian Finnerty, of

Household Finance advised real estate

investment "with the hope that values

Terry Dickenson, Toronto-Dominion

Bank manager, feels "diversity" is

important when investing a large sum.

He suggested some easily liquidated,

high interest investments and putting the remainder intofstocks, bonds, and

mortgages for "an overall good yield."

He also stressed the advantage of

seeking direction from a good in-

JAN. 6 TO JAN. 13

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