



UPPER CANADA COLLEGE'S OUTDOOR EDUCATION CENTRE AT NORVAL IS NESTLED AMONG THE TREES ON THE BANKS OF THE CREDIT RIVER

Norval campus used extensively by Upper Canada College, others

Many universities, outdoor enthusiasts and community groups are making use of Upper Canada College's Norval Outdoor School.

The Norval site consists of 45 acres of natural forested land. The Credit River runs through the property providing excellent conditions for all types of wildlife.

Upper Canada College has owned the land since 1913. In 1929 they began a reforestation program at the site. Since then 650,000 trees have been planted with the help of the Credit Valley Conservation Authority, the department of lands and forests and the

ministry of natural resources. Most of the actual planning was done by Upper Canada College students. In 1964, the college built Norval House, a bunk-house type structure with eating, sleeping accommodations and a small laboratory.



JOYCE BEATON

My business partner Janice Johnston and I spent countless hours analysing the pros and cons of going into business for ourselves. We knew we could no longer put up with being anything less than what we were capable of becoming and we were no longer willing to spend time hoping for chances in a job that was never to come.

Many women continue to put up with second best in their business and personal lives because they're used to putting up with such things. The old way teaches women to get their way deviously instead of through straight forward confrontation on issues and this is a lesson hard to unlearn.

The decision to take on a business loan and take our destinies into our own hands was scarier than any decision either of us had made in our entire lives. It was certainly more difficult than the decision to marry.

Have you ever known a woman to announce she is going to be married who isn't met with bright smiles and cause for celebrations? We even threw showers and gave parties for each other. When we announced our intentions to go into business for ourselves we were met with the questions "but how are you ever going to make any money?" and when we opened our office we felt seriously like we were "playing office".

There was an unrelenting feeling about the whole thing. The similarity here is the feeling many of us had walking down the aisle when probably for the first time we ask "what on earth am I doing?" only to realize it's too late!

Unfamiliar behavior is frightening also to outsiders. It's difficult enough for the person who has to think it through and attack each step forcefully, but those on the outside looking in often given the impression they're just waiting for you to fall flat on your face.

The people we know have been more generous to us than that - at least to our face they have been. We've had friends christen our office with gifts and we've had the support of women who have offered their services to us free of pay to help us get started. Our husbands and my children have pitched in with buckets of water and muscle power and our parents have offered their moral support.

A woman changing her familiar role has to be driven by her own ambitions and convictions and desires to gather the courage to make the change. Sometimes her own desires and ambitions act as blinders as well as spurs. Sometimes her pride in her own accomplishments cuts her off from others and overcomes her.

Role changing and role breaking make heavy emotional demands, both on the role player and on others who form part of the relationship which shaped the role. We have to make our own rules and to stop thinking Betty Friedan or Germaine Greer or Gloria Steinem are the women we must emulate. We are ourselves, good or bad, and we can only improve upon what we have going for ourselves in our lives with all the drawbacks and pitfalls.

We can't go about things the way men do. We must rally around our own sense of womanhood and centralize it. We work with what we have. We cannot change centuries of conditioning overnight. We can change our attitudes towards ourselves.

We know in the business world we can only compete if we're as good or better in our field than the next person - man or woman. We don't want any special treatment nor do we want to be patronized.

Women have been short changed by society and by the education system. The work ethic condition must be instilled in women from the beginning - in story books for children, in text books for young women and in the homes where girls are still being told they need only take a part-time job until Mr. Right comes along to support them.

At high school I took a business management course. I can remember the teacher telling the boys in the class to pay particular attention to a certain lesson because they would some day be the office managers. Unfortunately those attitudes still persist.

Editor's note: Janice Johnston and Joyce Beaton are co-owners of Goldenleg Publications in Milton.

Christmas Seal campaign outstanding success: official

The 1976 Christmas Seal Campaign, which officially ended Jan 31 was an outstanding success, receipts totalling \$36,977.50.

This is the largest amount ever raised by the Halton Lung Association, formerly the Halton TB and Respiratory Diseases Association, who are the Christmas Seal People. It represents an increase of 24 per cent over last year's campaign.

The per capita return was 40.2 cents, based on the population figure of 216,167 for the Halton Region. This is the

second highest per capita return in all the 31 associates of the Ontario Lung Association. The highest per capita return in all of Canada. The final total, with more receipts coming in is \$36,977.50.

The results are very encouraging to the local lung association which, after last year's strike bound campaign, had to curtail any expansion of programs in 1976.

When asked for a reason for

the splendid results of the Campaign, C.L. McFadden, of Burlington, Christmas Seal Chairman, replied that he felt the continuing publicity on the association's programs, all through the year, through the media - TV, radio and local newspapers, is largely responsible.

The Campaign opened officially Nov 1, at which time over 21,000 addressed envelopes containing the very attractive snowflake design seals went in the mail to Halton residents and businesses. On Nov. 15, 75,000 pieces of household mail were sent out, one for each business and residence in the area. This was the first attempt at a blanket household mailing, and proved very successful, as it gained the campaign many new contributors.

Xi Delta Beta members visit Acton chapter

By MARLENE KELMAN February was an active social month for the girls of Xi Delta Beta. On Feb. 1 a meeting was held at the home of Pat Zibors.

After the business meeting, Lorraine Ryan presented her program, "Lively Arts - The Fabulous Flacks and Theatre". Lorraine read information on actresses, past and present, and then passed dated photos of actresses around and asked the girls to try to identify them. It was great fun and everyone was really surprised at the results.

After the program, the hostess served delicious Black Forest cake and coffee and tea.

On Feb. 15 the girls were guests of the Acton Chapter, Theta Phi at a Valentine's Party where the girls were treated to a lovely meal.

During the evening the girls played "Name That Tune" and the winning team received potted plants while the losers were given something from the "grab bag". Everyone enjoyed the evening and realized how important it is to socialize with other chapters.

On Feb. 2, the meeting was held at Dorothy Zebede's home. The girls were pleased to entertain prospective Exemplar girls as well as a transfer from Nebraska.

The girls welcomed Sonja Matru from the States who will be joining the Chapter. Other guests from the Georgetown and Acton Chapters were June Campbell, Linda Mullins, Jean-Marie Besney, Sigrid Robson, Nancy Snyder and Eileen Quackenbush.

After the pot luck dinner which was accompanied by Linda Torrell's belly dancing, the girls attended the business meeting. The evening's program was presented by Louise Helmer and Marilyn Pickett who showed beautiful handkerchiefs they and other people had made.

To close out the evening, the hostess served English trifle and coconut cream pie along with coffee and tea.

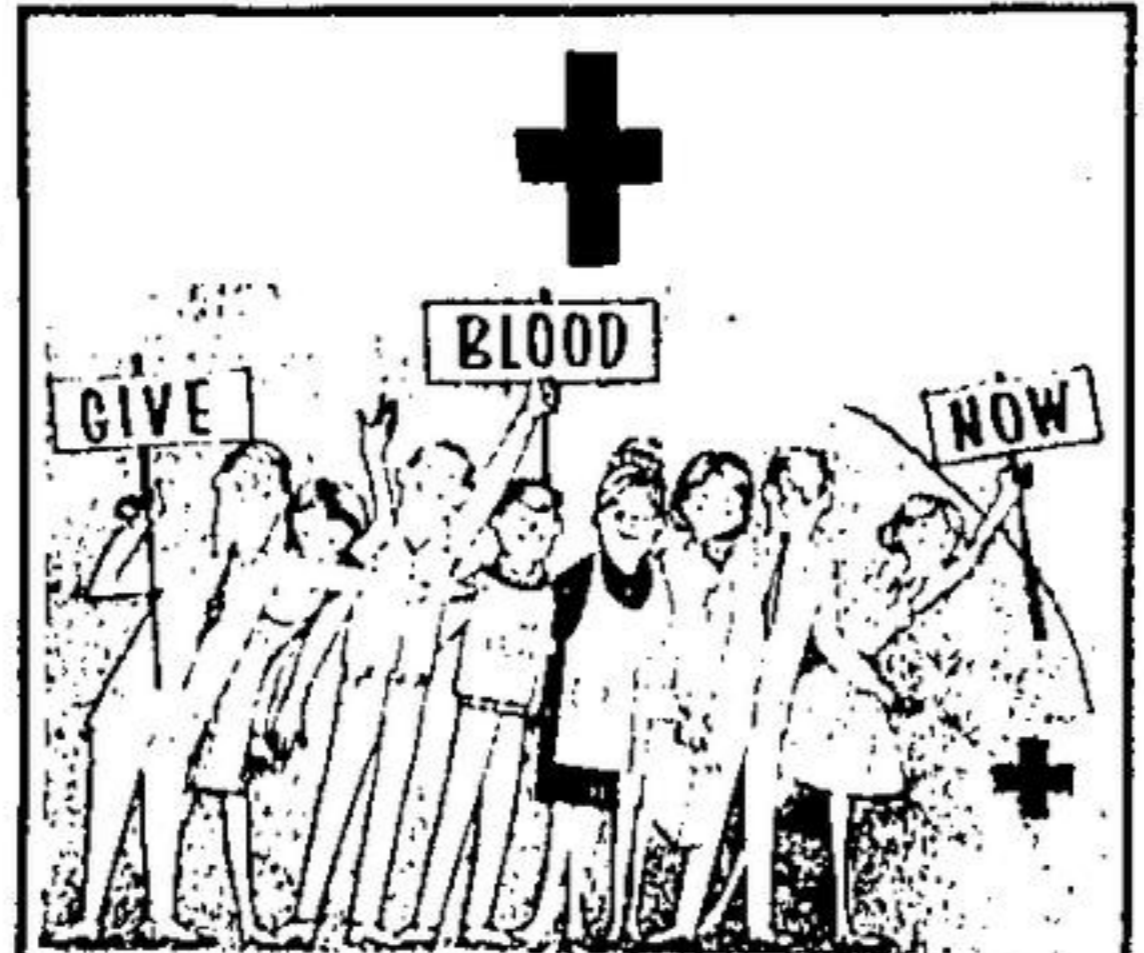
They study and band birds and put to practical use the information learned in biology. Applied maths are put to use in surveying, and experiences of the natural world encourages a new departure in film-making sketching, still photography and writing.

Bruce Littlejohn, director of the outdoor school explained: "We have here a first class teaching and learning facility for outdoor studies. We are

existing as an institution devoted to conservation, constructive recreation and environmental education.

An urban growth proceeds in this area, its role as a natural area and conservation-oriented educational institution increases in value.

Inquiries concerning use of the Norval Outdoor School should be directed to H.M. Littlejohn, Preparatory School, Upper Canada College.



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'Community Living' presents a new future for the developmentally handicapped.

This is what Ontario is doing about it.



Mentally retarded people are often capable of much greater development than had previously been thought possible. Although they learn at a slower rate than others, the developmentally handicapped can frequently develop skills and abilities that enable them to be integrated into the community as a whole.

The plan to achieve this goal, known as "Community Living", is administered by the Ministry of Community and Social Services and is conducted in partnership with local Associations for the Mentally Retarded and other concerned community agencies. Basically, it calls for:

- creation and funding of group homes and other kinds of community accommodation
 - increased numbers of workshops and life skills programs
 - early infant stimulation programs, parent relief and development projects
 - access for developmentally handicapped people to a full range of community services.
- All of these activities aim at achieving a better quality of life for Ontario's developmentally handicapped, and at making their experiences as normal as possible.

The approach is a new one. A good one. A healthy one. Your support and understanding can help it succeed.

For more information, or to receive the free booklet "Serving the Mentally Retarded," contact your local Ministry of Community and Social Services office, or write to:

Mental Retardation Community Services Development Branch 3rd Floor, Hepburn Block, Queen's Park, Toronto, Ontario. M7A 1E9

Keith Norton, Minister of Community and Social Services
 William Davis, Premier
 Province of Ontario

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First class letters (up to 1 oz.) and postcards to Canadian and American destinations will cost 12¢ from March 1, 1977. At the same time, postage for sealed greeting cards will change to 10¢. For other rate changes, please check with your postmaster. Correct postage plus the Postal Code will give you better service.

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