

Ballinafad district news



PAPAL RECOGNITION

Eugene Braida, of Acton, celebrated his 90th birthday last weekend with a reception at St. Joseph's Church. He is seen here with one of three congratulatory plaques he received. This plaque from Pope Paul VI bestowed "a special apostolic blessing on the occasion of his 90th birthday", and was

presented by Father Smye, priest at the church where Mr. Braida has attended for 52 years. Mr. Braida also received plaques from Prime Minister Pierre Trudeau and Premier William Davis. More than 60 relatives and friends shared the day with him.

By WINIFRED SMITH
Herald correspondent

Mrs. Slessoraitis was the hostess for the evening meeting of the November W.I. Mrs. Jamieson presided, opening the meeting in the usual way. Fourteen members answered the roll call. Committees were appointed for the ... (text continues) ...

when people came from far and near to enjoy the annual turkey supper sponsored by the Church. Many former residents came back to renew acquaintances including Mr. and Mrs. John Black from Toronto, Mrs. Bella Perryman with her two sisters, Mrs. Beswick and Mrs. Ada McLean now residing in Acton. There were four sittings but an ample supply of food for all. With the help of all including the men folk the supper was a success as usual. Over 300 were fed.

The annual banquet for the E.B.H.O. riding club was held on Saturday night at the Erin Legion Hall. Members from Ballinafad and area were present as well as those from Ospringe. Many trophies were given out for achievements won during the years activities. Mr. Russ Sears who has been a valued member for many years was overwhelmed when he was presented with the fellowship award. Four others who have been members of long standing were presented with life membership. The delicious meal was catered to by the legion ladies auxiliary. A dance followed to end an enjoyable evening. Congratulations to Mr. and Mrs. Leo Jamieson who became grandparents again. Mr. and Mrs. Murray Jamieson are the proud parents of a baby girl, Shannon Margaret, a sister for Michael.

Mr. Madill is progressing favourably at his home after recent surgery. Sorry to hear Mr. Kanusek has been confined to the Georgetown Hospital. He is improving and expected home shortly. Mr. Lloyd Buckrell is a patient in Toronto General Hospital. He underwent surgery on Thursday. His family and friends are hoping his stay will be a short one and that he returns home completely recovered. There seems to be a Flu Bug going around this vicinity. Marion Jamieson is recovering after being quite ill. Also Ruth Shortill has been confined to home and Garnet and Wilma Sinclair have been laid up. Special Armistice Service was observed in the Church on Sunday. The mens choir sang an anthem appropriate for the service. Both the singing and the service was very inspiring.

Chess Mess

The GDHS chess team opened its season with a rather convincing win over Acton High School. Acton was minus its two best players, however, the GDHS group was at its best.

Here is how the match went:

GEORGETOWN	ACTON
1. Brian MacLeod 1-0	M. Donat 1-0
2. Tony Smith 1-0	R. Brown 1-0
3. Blair Thompson 1-0	J. Cadarin 1-0
4. Dave Nichols 1-0	G. McMecken 1-0
5. Kevin Neill 1-0	R. Wundep 1-0
6. Randy Coxhead 1-0	J. Sankey 1-0
7. Ken Marchant 1-0	Default 1-0
TOTAL Georgetown 7-0	Acton 0-7

The GDHS team plays every Tuesday, with its next match against its closest rival White Oaks.

Here is a game from the match:

White: B. MacLeod Black: M. Donat Board 1 - King's Gambit.
1. e4 e5 2. f4 Nc6 3. Nf3 Bb6? (This move is inferior as it blocks the "d" pawn). 4. Nc3 Nf6 5. Be4 (Better was 5. f5 Nxe5 6. Nxe5 Bxe5 7. d4 and white wins a piece). 5... b6? (Black allows the combination anyway). 6. f5 Nxe5 Bxe5 8. d4 d5 9. de5 de5 10. Qxd8 Kxd8 11. e6? (Now the game is lost for Black). 11... g6 12. Qd8 Rg8 13. g3 Ke7 14. Nd5ch Kd5 15. Nxf6 Rxf6 16. Bf4 h6 17. Bg5 17. Rf7ch Bd7? (This loses a piece). 18. Rxd7ch Kd8 19. Rxf7ch Kd8? 20. Nd7 mate Time White: 14 mins. Black: 5 mins.

PROBLEM: White - e's at b2, b4, f2, g2, h3, N at e5. R's at a4, e1, Q at b3, K at g1 Black: P's at d5, f5, f7, h7, N at e4, R's at e4, b6, Q at d4, K at g8. White to play and win.

SOLUTION: 1. Rxe4 Qxe4 2. Qg3ch Kh6 3. Nxf7ch 1-0.

Cancer Society annual meeting

By DEANNA HUTWELL

The annual meeting of the Halton Hills Division of the Canadian Cancer Society was held on Oct. 26 at Knox Presbyterian Church.

The executive members and several volunteers of the Georgetown unit met with two executive members from the Acton branch, Arlie White, Campaign Chairman, and Sue Sales, vice president. Georgetown's President, Barbara Skinner, chaired the meeting, while reports of the years' activities were ready by each chairman.

It was obvious from these outlines that the society has had a most successful year, with volunteers from both Georgetown and Acton working extremely hard in carrying out the Society's programs.

The annual Maurice J. Grimes Memorial Lecture will be held by the Ontario Division of the Canadian Cancer Society on Nov. 18, 6 o'clock, in Hotel Toronto.

The guest speaker will be Dr. Robert M. Taylor, who recently retired as Executive Director of the National Cancer Institute Canada and Executive Vice President of the Canadian Cancer Society. He will discuss what has happened in cancer control in his 40 years in the field of medicine.

Any of our volunteers who would like to attend this dinner and lecture can call our secretary at 877-1124 for tickets, costing \$6. each.

Last Attempt
A garage sale has been defined as the last attempt of the original purchaser to avoid being the ultimate consumer.

Diet Workshop dedicated to making weight loss easy

By LORI TAYLOR
Herald staff writer

For most people, losing weight is a long, hard grind — the more weight, to be lost, the longer and harder the grind.

Diet Workshop is one of the organizations dedicated to making it easier to lose weight. They have a chapter in Georgetown which meets every Thursday evening and prospective members can enrol at any meeting at St. George's Church Hall.

The emphasis in Diet Workshop is behavior modification. This means avoiding situations in which the person overeats. "We try to get rid of situations which cause people to eat incorrectly," said Florence Nelson, who runs the Georgetown program. The program tries to conquer one problem area each week. The book provided for new members lists 31 forms of behavior modification. It takes about 10 weeks to overcome one situation, Mrs. Nelson said.

The weekly meetings include a low-calorie recipe each week. Recipe books are sold as well.

"I rarely give the ladies something I haven't tried," Mrs. Nelson said. "If I do, I tell them I haven't tried it."

Diet Workshop includes a simple exercise program, which Mrs. Nelson says can be done sitting down, and without requiring any great strain. The program also provides nutrition information, to help maintain a balanced diet.

The average weight loss per week of the Georgetown members is 2 pounds, which is very good, according to Mrs. Nelson. A main part of the program is weight loss recognition, where members are applauded for the amount of weight they have lost in the past week. "Hopefully, the ladies will share with each other some of their ideas for using free foods and the unlimited vegetables we can eat," Mrs. Nelson said. The program places a great deal of emphasis on sharing and mutual support between members.

The diet is a high-protein, low-carbohydrate diet, which is also good for those concerned about cholesterol. There are special diets for teenagers, for men and for people with certain kinds of medical problems. (Once the member has reached his or her goal, they can go on a maintenance program which will help prevent back-sliding. The maintenance program is free, and requires only that the member be weighed in once a month. Once the members reach their goal, they receive lifetime membership.)

There are 17 members in the Georgetown chapter of the program, and Mrs. Nelson would like to see more people join. "There are a lot of overweight people in this town who should be coming to this workshop," Mrs. Nelson said.

Double ring ceremony for MacDonald-Markle

Knox Presbyterian Church was decorated with bronze, yellow and white daisies, and feathered mums for the wedding of Deborah MacDonald, daughter of Mr. and Mrs. Edgar MacDonald and Dennis Markle, son of Mr. and Mrs. Harold Markle, on Saturday Sept. 3.

Rev. P. Barrow conducted the double ring ceremony. Miss Barbara Jack was organist.

Given in marriage by her parents, the bride wore white organza over satin, featuring a lace mandarin collar, long sheer sleeves gathered at the wrist and a lace edged chapel train. Her three tiered shoulder length veil was held in place by a petal point headpiece. She carried a cascade of red roses and baby's breath.

Matron of honor was Twylla Walker friend of the bride. Bridesmaids were Laurie MacDonald sister of the bride and Darlene Markle sister of the groom. Christine MacDonald and Brenda MacDonald sisters of the bride, were junior bridesmaids.

The attendants wore sleeveless gowns of double knit jersey with matching boleros, the matron of honor was in rust and the other attendants in blue. They carried bouquets of yellow, rust and white daisies with white trailing ribbons.

Bestman was Matt Walker, friend of the groom. The ushers were Dale Copeland, uncle of the bride; Allan Smith and Ron Phillips cousins of the groom and John McLean cousin of the bride.

For the dinner reception in Knox Hall and dance at Sacre Coeur Hall the bride's mother received a corsage of pink sweetheart roses. The groom's mother assisted in a peach gown with a corsage of yellow sweetheart roses.

For travelling the bride wore a black three piece suit with black and white striped blouse complimented by a corsage of deep pink sweetheart roses.

Prior to her marriage the bride was honored at four miscellaneous showers. Hostesses were Jean McLean the brides aunt and cousin Nancy McLean; Twylla Walker; Fellow workers at the home of

Mrs. Storing, and Lorna Taylor and Chris Simmons. The wedding cake was made by bride's mother and groom's

mother and decorated by Mrs. E. McEachern. The couple have taken up residence in Georgetown.



MR. AND MRS. DENNIS MARKLE
Photo by Fishback Photography

CROSSWORD PUZZLE

ACROSS	DOWN
1. Huddle	10. Addition's partner
2. "Puked"	11. Additional
3. Friend (Fr.)	12. Bird dot
4. Francis or	13. From a Golanka
5. Weekend matinee	14. Chief component
6. Elastic gum	15. Give horse
7. Share in a will	16. Lacking
8. "I - Three Laves"	17. quads
9. Paula	18. 12 wds. 1
10. Opposite of WSW	19. majesty
11. Cash-keepers (abbr.)	20. 5 letters name
12. Service academy (abbr.)	21. Address the convention
13. Quaker pronoun	22. Thor's steppson
14. Houston pron	23. 8 letters (4 wds.)
15. cold	24. Quaker
16. and starve (2 wds.)	25. Houston pron
17. Helicopter's predecessor	26. cold
18. Grasped	27. starve (2 wds.)
19. Summer (Fr.)	28. Helicopter's predecessor
20. Hoisted	29. Grasped
21. Word with Broadway	30. Summer (Fr.)
22. Fall	31. Hoisted
23. Singing embellishment	32. Word with Broadway
24. Cap flap	33. Fall
25. Chinese port	34. Singing embellishment
	35. Cap flap
	36. Chinese port

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