

# It's been good



JOYCE BEATON

I've had a rude awakening. Just as a dying person's life flashes before her eyes, my changed lifestyle was flashed before me when I read my last column A MULE published December 28, 1972.

Herald editor Bob Rutter pulled some old copy when I was tardy with my weekly submission. It must have been written a thousand years ago, my-life has changed that drastically.

The object of the piece was a time study on my daily activities. Written before my days of self-employment I stated I allot myself 50 per cent of my day to my job.

Oh, that it were so! I'm lucky these days to get a full day off a week. Anyone in business for themselves will understand when I confess to working most weeks seven days and most days 14 hours.

Another little falsehood went with the line "20 per cent of my time goes to the dinner hour". As my family will tell you dinner with them has become a rare privilege, cherished on Sundays when we have a big bash and two of my sons return home for their first home-cooked meal of the week. As they usually return with a few friends the occasion could be called a banquet. The rest of the week dinner is cooked by whoever is home first and mine is eaten when I get there.

Under the heading of relaxation and recreation it seems I had the privilege, when employed by others, to set time aside for myself. I look forward to the time when my own company can afford time off for good behaviour!

Most of our time at Goldenglow Publications Ltd. is spent producing EARLY CANADIAN LIFE, a magazine

that has survived the crucial first year and is steadily climbing in distribution and advertising support. We have crossed another bridge this past week by hiring an editor who will replace me.

Instead of four hats I shall now be wearing three, the promotional bonnet being one of the most important. Each month through television, radio and print more Canadians will learn of our magazine and I will be doing something I'm best suited for.

As the magazine expands so will our territory. It's a national publication in concept and it is our intention to work very hard to make every Canadian aware of the rich heritage we have in this country.

As I travel from city-to-city I realize how much in common we have as opposed to the differences we as Canadians are so prone to dwell upon. The common denominator in this country is our colourful past and I shall be devoting the next few years of my life to convincing others this is our strength.

Those of you who have followed my writings in The Herald this past couple of years may wish to keep up our relationship. A subscription to EARLY CANADIAN LIFE is \$5 a year and may be arranged through Goldenglow Publications Ltd., 181 Main St., Milton, Ontario L7T 1N7.

My experiences with The Herald, in particular with editor Bob Rutter, have all been positive and growing and that is what I wish for all of you during this new year of 1973.

When we stop growing we stop. I hope each one of you has something positive to look forward to this year.

## Ballinafad district news

By WINIFRED SMITH  
Herald correspondent  
Mrs. Burnett was the hostess for the postponed U.C.W. meeting. About 22 ladies answered the roll call by paying dues for enrolment.

The president Mrs. Willa Shortill welcomed all. She called on Mrs. Edith Volmar for the scripture.

The financial statement was given by the treasurer Mrs. Mary Black.

Most of the business of the meeting concerned events which were to take place this, the Centennial year of the Church.

Many things were planned, the first being the family pancake supper to be held on Shrove Tuesday.

Mrs. Pat Kerr was present and entertained by showing slides of the trip their family took last August.

They spent some time in Florida and Disney World before going on to California. The pictures were most interesting especially those showing Mr. and Mrs. Kerr.

Too Much!?!  
It is estimated that the average TV-watching child sees 21,300 commercials each year.

fully the solo "Be Thou My Vision" The baskets of flowers placed in front of the Sanctuary were in memory of Mrs. Russell Snider.

January seems to be a popular month for Birthdays amongst our residents. There are five members, the Ballinafad W.I. that we know of, who all have January birthdays.

One who deserves honourable mention is Mrs. Angus McEnery who celebrated her 84th birthday on Jan. 17th.

Mrs. McEnery has been associated with W.I. for as long as she can remember as she used to attend meetings when just a small girl, with her mother.

Many Happy Returns to you all.

Sunday afternoon was the date of what proved to be a very enthusiastic meeting at the Community Centre.

It was the Annual meeting to elect a new slate of officers for 1973. John Loughnan called the meeting to order and introduced the new slate of officers.

Chairman - Ivan Bird  
Secretary - Linda Larsen  
Treasurer - Marlene Burnett  
Bookings Agent - Dan O'Connor  
Entertainment - Morley Shortill  
Public Relations - Sandra Henderson  
Maintenance - Sid Spear

ment ceiling finished and that storm windows had been purchased for the basement windows. The meeting was then opened to the public for discussion. The topic revolved around the expansion of facilities.

It was moved by Ivan Bird and seconded by Jean Bird that a separate building committee be set up to pursue this issue and report back to the new Board.

The officers were then declared vacant and John conducted the election of the New Slate for 1973, which is as follows:

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Many of these people have worked on the Hall Board in previous years and bring with them the experience of community work.

It is the hope that many of the past projects will be re-established and the monthly news letter in circulation again. There will be a Valentine Dance in February and

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# Travel

## Chester for beauty and budget

A score or so years ago, urban planners and architects in North America came up with a revolutionary new concept - enclosed shopping arcades and malls.

It was a logical, convenient concept. Park your car in the vicinity and once inside, you have protection from the elements and the convenience of a variety of stores in close proximity. Somebody should have thought of it sooner.

Somebody did. More than 200 years ago as a resident of Chester, in Cheshire, almost on the border of

North Wales and just a few miles south of Liverpool, could have visited "Ye Olde Chester Tan Glove Shoppe" established in 1755 and gone on from it to dozens of other commercial establishments without exposing those new gloves to the dangers of a sudden cloudburst.

The shop is located in the "Rows", one of the distinct architectural features of Chester, said to be "unique and justly world famous."

The Rows consist of a double tier of shops, one at ground level, the other at first floor level, each

provided with a footway and the higher one set back and covered by the upper storeys of the buildings.

The origin of the Rows have never been adequately explained. They are only to be found within the medieval walls which still exist intact and it is said of Chester "this is the only city in England which still possesses its walls perfect in their entire circuit of two miles and so remains a splendid example of a fortified medieval town."

An examination of the foundations of the city wall showed that the first defences were made by the Roman legion but soon a stone wall, strengthened at a later date, was built.

In the thirteenth and fourteenth centuries, when Chester had its great days of prosperity as a flourishing port, several towers were added. But fortune is a fickle mistress and the city began to lose its standing as a port through the gradual silting up of the Dee estuary.

Nearly 2000 years have passed since the Romans built a fortress on "a low sandstone hill at the head of the estuary of the Dee and called the station Deva." Its key position meant that it became a military and commercial centre and what is now Chester flourished until the legion withdrew about 400 A.D. and left the remaining Britons exposed to the incursions of marauding Saxons and Scots.

In 615 A.D. the city was totally destroyed in a fight

between the Welsh and Ethelfrith, pagan king of Northumbria, and it lay in ruin for almost 300 years until Ethelred and Ethelreda rebuilt the walls and founded places of Christian worship.

While many additions have been made in modern times, a conscious attempt has been made to preserve the flavor and homogeneity. Thus there are many instances of tearing down the building while maintaining the facade.

As a result, the visitor can enter a hotel which shows a Tudor face to the world, to

find modern rooms equipped with television, telephone and individual baths. Yet the dining room may be authentically appointed with centuries-old artifacts.

Accommodation is plentiful, ranging from excellent modern hotels to the bed-and-breakfast homes which the traveller finds everywhere in Great Britain.

Prices are reasonable. About the most you could possibly pay anywhere is \$33 for two people in a double room without breakfast. However, the budget conscious can find a bed with a hot English breakfast for about \$3.60 per person.

During the past ten years, studies in both the U.S. and Britain have revealed that the effects of jet travel on diurnal rhythms are about 50 percent greater when flying east than when flying west. This means that on a trip to the orient you'll feel less "fatigue" upon arrival at your destination than you will when you arrive back home.

Defeating jet lag is a matter of planning your timetable. Always allow for a twenty-four hour rest period when you plan to fly through a time change of five hours or more.

## Money saving tips for vacationing motorists



WITH GASOLINE MORE THAN A DOLLAR A GALLON, in some places, fuel economy is becoming an important factor to tourists in North America... especially since our cars are large and our automotive philosophy never put a premium on energy-saving.

But there are ways of squeezing economy out of your automobile. And, happily, these ways of improving efficiency also make for trouble-free car travel.

You don't have to make dramatic changes, or buy expensive bolt-on goodies to maximize your car's efficiency. The key to economical and trouble-free automobile touring is simple, old fashioned attention to detail, attention to maintenance.

For instance, did you know that something as small as under-inflated tires can reduce efficiency by as much as 1.5 miles per gallon? Or that a dirty air filter can cost you .8 miles per gallon? Unnecessary junk in your trunk can cost you .2 miles per gallon for 100 pounds of never-used odds and ends. Make sure that you take things that you're really going to use. Unnecessary cargo wastes gas.

MOST MOTORISTS ARE CARELESS ABOUT CHANGING OIL FILTERS. It isn't unusual for the same filter to remain unchanged for 10,000-30,000 miles. Unchanged oil filters increase friction and can lower gas mileage by as much as .2 miles per gallon. Perhaps more important, dirty oil reduces engine life, destroys efficiency, and produces pollution by promoting ring wear and the resultant tendency to burn oil.

Unadjusted automatic transmissions and clutches result in drive slippage that can cost you as much as .5 miles per gallon... and much more if you're addicted to tire-squealing "jack rabbit" starts. Even if your automatic transmission is adjusted properly, improper fluid level can cause inefficiency amounting to .1 miles per gallon lost.

BUT THE WORST GAS-GUZZLING CULPRIT LURKS IN THE IGNITION SYSTEM. Fouled plugs and burnt-out distributor points can not only waste up to 2 miles per gallon of gas... they can bring your trip to a halt, and usually under the most inconvenient and even dangerous circumstances. Inefficient ignition systems are particularly vulnerable to moisture. They tend to short out during rain and snow storms... just when you don't want to get stuck without power.



While shopping malls may be a relatively new feature in all parts of Canada, they're really nothing new in Chester, England. This city has a number of malls dating back to the era of Elizabeth I. You'll get the friendliness and courtesy for which the English are renowned, and the convenience of comfortable shopping at the same time.

## Cruising In Britain

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