## It's been

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, 1977.

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 if 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.

Uner 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 L9T 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

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

#### Ballinafad district news

Tyler was the former Betty Kerr sister-in-law of trat, They both were raised and educated in the Acton district but now make their home in California.

the roll call by paying dues for The comments given by Pat as she went along added much to the program. Mrs. Smith and Mrs. Marshall assisted Shortill welcomed all. She cal-Mrs. Burnett with the serving led on Mrs. Edith Volmar for of a cup of tea.

The Community was saddened on Tuesday of last week when they heard of the death of Mrs. Dorothy Snider who had resided with her husband and family in the village for a number of years.

before the sermon commenced

Mrs. Willa Shortill sang beaut-

find modern rooms equip-

ped with television, tele-

phone and individual baths.

Yet the dining room may be

authentially appointed with

Accommodation is plen-

tiful, ranging from excellent

modern hotels to the bed-

and-breakfast homes which

the traveller finds every-

Prices are reasonable.

About the most you could

possibly pay anywhere is

\$33 for two people in a

double room without break-

fast. However, the budget

conscious can find a bed

with a hot English breakfast

where in Great Britain.

centuries old artifacts.

The Sniders saddness was doubled when the eldest son of Many things were planned. the first being the family pan-Mr. Sniders lost his wife after a prolonged illness, on Wedcake supper to be held on nesday of the same week. Shrove Tuesday. Mrs. Pat Kerr was present

By WINIFRED SMITH

Herald correspondent

for the postponed U.C.W. mee-

ting. About 22 ladies answered

The president Mrs. Willa

The financial statement was

Most of the business of the

given by the treasurer Mrs.

meeting concerned events

which were to take place this,

the Centennial year of the

Too Much!?

average TV-watching child

sees 21,300 commercials

between the Welsh and

Ethelfrith, pagan king of

Northumbria, and it lay in

ruin for almost 300 years

until Ethelred and Ethel-

fleda rebuilt the walls and

founded places of Christian

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 in-

stances of tearing down the

building while maintaining

enter a hotel which shows a

As a result, the visitor can

worship.

the facade.

each year.

enrolled.

the scripture.

Mary Black.

Church.

Mrs. Burnett was the hostess

We extend sincere sympathy to the bereaved families. and entertained by showing The Theme for the sermon slides of the trip their family on Sunday at the Church Sertook last August. They spent vice was "Visioning" Mr. Stilsome time in Florida and es had the Congregation take Disney World before going on part in the service by thinking to California. The pictures deeply on three subjects relatwere most interesting especing to the Church and Visions. ially those showing Mr. and The Questions were in three parts, 1) What was revealing to you regarding yourself. 2) It is estimated that the The Church and 3) God. Just

ifully 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. Anges Mc-Enery who celebrated her 84th pirthday 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.

Sunday alternoon was the date of what proved to be a very enthusiastic meeting at

Many Happy Returns to you

the Community Centre. It was the Annual meeting to elect a new slate of officers for 1978. John Loughnan called the meeting to order and introduced last years board. Chairman then read the minutes of the last annual meeting and asked for the treasurer's report. A summary of the years

accomplishments was given, regarding renovations.

It was stated that the stairs had been carpeted, the base-

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 a-

round the expansion of facilit-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 State for 1978, which is as follows: Chairman - Ivan Bird

Secretary - Linda Larsen Treasurer - Marlene Burnett Booking Agent - Dan O'Connor Entertainment - Morley Shor-

Public Relations - Sandra Hen-

Maintenance - Sid Spear 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

the Sweetheart of Ballinafad

Crowned at this Dance. A well known and highly respected senior citizen passed away early Sunday morning in the person of Mr. Roy Hindley at the age of 94. Mr. Hindley was a popular auctioneer and conducted many sales here and the surrounding area for many years. Mrs. Jesse Mc-Enery of the sixth line is a

We extend sympathy to the McEnery family in the loss of an Uncle and other relatives nearby,

Are you NEW TO TOWN, or have you just moved into a new home??????



Would like to call on you with "HOUSEWARMING GIFTS" and information about Georgetown.

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# Mayel

#### 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 areades 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 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

HARAS AN . AA . AA SEE SEE

NO REAL PROPERTY.

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

197H.

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 defenses 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 gratlual 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

**In** Britain

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and 4 nights at Luxury Hotels

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takes just B passengers up or

down river on these ex

ctusive relaxing historic

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narrow boats, designed and

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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 1(X) 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' want to get stuck without power."

### How to cope with jet lag!

Europe or the Orient are clouded by persistent worries about jet lag the following medical tips are for you.

Jet lag is caused by your internal clocks struggling with a new time schedule being imposed on them. All your daily rhythms which tick happily along unnoticed are suddenly thrown "out of synch" with the new environment jet travel presents. Not just sleep patterns, but body temperature, pulse rate, breathing rate and water loss by evaporation are disrupted. When these internal clocks for what doctors call "diurnal" or "circadian" rhythms) are interrupted. reaction time and decisionmaking ability are adversely

affected. 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

Defeating iet lag is a matter of planning your time-

Always allow for a twenty four hour rest period when you plan to fly through a time change of five hours or

Never place yourself in a position of having to make 🥻 important decisions at the end of a long flight. Go from the airport to the bedroom ... not from the airport to the boardroom.

Choose flight times which will put you on the doorstep of your destination as near

If your visions of a trip to ' to your body's bed time as possible. If you have little choice about flight times, at least try to plan your arrival as a compromise between your normal bed time and the time table of your new schedule. Initially, sleep patterns in your new environment can be gently encouraged to change by the use of a mild sedative for the

first few days. Such a short

term use of sedatives will

not foster a sleeping pill dependency. As constipation is very frequently another side effeet of disrupted diurnal rhythms, experienced travetters make a habit of having a mild laxative handy after trans-oceanic flights. Also, there is mounting evidence that let lag can disrupt menstrual cycles and cause increased tiredness, irritability and cramps. Women who have irregular or easily affected cycles would do well to plan long flights yours. after, rather than immediately before, menstrual

Jet lag can be minimized by in-flight moderation. Try to cut down on your smoking before take off and during the flight, don't drink too much and don't eat too much. You shouldn't have any carbonated beverages during a long flight. Wear loose-fitting, comfortable clothing and shoes.

When planning trips take as much care with the readjustment of your internal clocks upon your return home and resuming of your daily work schedule as you did in planning your arrival in a foreign country. Your homecoming is a part of your travel itinerary. Again, a twenty-four hour rest period is necessary if you've returned through five or

more time zones. Jet lag is a reality, but its effects can be minimized by following these tips. Plan your time table with your own internal clocks in mind and the comfort and excitement of modern travel is

Nostalgia Nostalgia means the good old days have been multiplied by a bad memory.

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#### 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. Britain from \$284. And drive a bargain. SAVE UP TO 10% ONCARS, HOTELS AND TOURS. Get all the details on departures, prices and discounts in Sunflight's Also: Holidays to Dublin, Great Bargain Bonus Book. Shannon, Belfast It's available here. Now. and Yugoslavia. LAKER AIRWAYS Travel Sunflight® Canada's Number One Holidaymaker. CHARTER FLIGHTS FROM TORONTO BOOK AT LEAST 45 DAYS IN ADVANCE **COCHRANE TRAVEL BUREAU** 877-0222 MOORE PARK PLAZA

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