



North Halton Scout District Commissioner Murray Harrison invests new assistant leaders for the 1st Georgetown Cub pack. They are Al Bouton, Scott Reis, Mike Hastings and Wayne Preston.

Cub leaders invested

First Georgetown Cub Pack of St. John's United Church held a "Parents Night" last

Thursday evening. The meeting opened with the grand howl led by Gary But-

well. Cubmaster Jean Layman welcomed the parents and

District Commissioner Murray Harrison.

Following the opening Mr. Harrison invested Mike Hastings, Wayne Preston, Allan Bouton and Scott Reis. Mark Preston and Michael Livinstone held the flag for the ceremony.

Mr. Dave Hastings presented Mike with his badge. Mr. Hastings was a Cubmaster and Scoutmaster a number of years ago with 1st Georgetown.

Scott Hamilton on behalf of his father Barry Hamilton, presented trophies to the winners of 1st Georgetown's own Kub Kar Rally. 1st: Gary Butwell, 2nd: Lloyd Newman, 3rd: Bruce Juley.

A presentation was made to Mrs. Layman by Paul Watts on behalf of some ex-Cubs. Then Mrs. Layman presented a camp cook set for the Scouts to take back to the troop for future camping, and Mrs. Layman wished them good scouting.

Assisting with games and program was John Hayes, Mike Hastings, Wayne Preston, Scott Reis and Allan Bouton.

The Mouse Howl was led by Cameron McLean. Refreshments were served by Scouts under the leadership of the Ladies Auxiliary.



Mike Hastings receives his tie from father Dave during his investiture as an assistant leader with the first Georgetown Cub Pack.

Pork producers elected

Halton-Peel Pork Producers elected new directors and delegates to the Central Ontario Pork Producers Association at its annual meeting Feb. 6.

Sixteen directors were elected, eight from Halton and eight from Peel, for a one-year term. In Halton, the new directors are Bob Thompson, Bob Merry, Tom Foster, Lance Pocock, Dennis McClure, Bill Robertson, Casey Boss and Gary Brown. The directors from Peel are Harry Brander, Charlie Fines, Jim Johnston, Clare Carberry, Ken

Coffey, David Gardhouse, George Ezard and Brian Speers.

The delegates to the Central Ontario Pork Producers Association - a 3-year term. Two delegates are selected from each region, with one alternate from each region. The Halton delegates are Tom Foster, and Robert Merry, with Lance Pocock serving as an alternate.

Harold Geisel of Waterloo County, last year's Pork Producer of the Year, showed slides of his operation and talked about the way his

business is set up. He has a herd of about 105 sows, with a 1977 average of 18.2 pigs per sow.

Statistics on pork-producing in Ontario were provided by the Pork Marketing Board. In

1977, 92 pork-producers in Peel sold 17,000 pigs, while 120 producers from Halton sold over 17,000 pigs. Ontario pork producers receive the highest price in Canada for pork, at an average price of \$60.50.

Report from Queen's Park

By JULIAN REED, M.P.P., Halton-Burlington

Last April, the Government announced a new Fitness Policy for Ontario, intended to increase public awareness of the benefits of physical fitness and help people, both individually and through organizations, to achieve a higher level of fitness. In actual fact, the program has amounted to little more than a pilot project - the Waterloo Demonstration Project - and the announcement last December of seven specially-equipped mobile labs to travel

throughout the Province. The small fleet of mobile labs will, according to the Government, offer fitness assessment and consultation to an estimated 25,000 people in Ontario in its first year on the road. Beginning in February, the lab units, each staffed by five fitness experts, will retrace their respective routes every six months to re-test individual's progress. People will be given advice on the best way to improve their fitness level through a sophisticated test format which will include an analysis of cardio-

respiratory and nutritional levels. The government "push" on fitness awareness has been prompted by national statistics which disclose the following: Only 20 per cent of Canada's population are active in any form of physical activity - one person out of five. Cardiovascular diseases (those affecting the heart) account for more than half of all deaths. 40 per cent of all Canadians watch more than 15 hours of television every week and 13 per cent watch more than 30 hours. 67 per cent of adults examined by Nutrition Canada were overweight and 14 per cent were seriously overweight. Less than 15 per cent of Canada's adult population meet internationally accepted standards of physical fitness. Women between the ages of 20 and 29 have the lowest fitness rating of all age groups related to accepted fitness standards. While a person's absolute level of fitness should peak at around 25, the fitness of most Canadians begins to decline at the ripe old age of 13, with some starting their downhill when they first enter school - at age 6. While these statistics are discouraging to say the least, it has been demonstrated that programs to improve fitness standards can be remarkably effective. A Saskatoon project, involving the city's government and participation, raised the number of people described as regularly active from 5 per cent to 50 per cent in only three years. A controlled experiment conducted by the Scarborough Board of Education showed that children in the program of concentrated fitness improved academically as well as physically to a measurably significant extent. Fitness is known to increase productivity, with fewer accidents on the job, less absenteeism, and an increase in work efficiency directly attributable to better physical and mental capacity. Ultimately, it is believed, higher levels of fitness will reduce pressure on medical services in the province. Announcing the government's Fitness Policy last April, the Minister of Culture and Recreation indicated the establishment of 11 programs, and spoke of the financing of

these programs. Some would, he said, derive the majority of their funds from the budget of his Ministry, while others would depend to a large degree on Wintario and private funding for implementation. At that time, the Assessment Program was to begin in October with the seven mobile vans in operation throughout the province. In addition, it was hoped that permanent assessment centres would be established in the future, and government's projections indicated that close to 145,000 people could be tested annually once the program became fully operational.

The Federal Government is, of course, also involved in promoting fitness, sport and physical recreation. In this connection, last November the Minister of State, Fitness and Amateur Sport, announced the appointment of 16 chairpersons to conduct public meetings on the Green Paper entitled "Toward a National Policy on Amateur Sport". Meetings were held throughout the country, the object of which was to elicit discussion on all aspects of the Green Paper and the future direction of amateur sport in Canada. After a complete study of briefs and opinions has been submitted to the Minister, a national policy on amateur sport will be presented to Parliament in the form of a White Paper.

Speaking to the Waterloo Regional Sports Council last April, the Minister of Culture and Recreation indicated that the government would be working in close co-operation with them and the Participation advisors to determine the effectiveness of the Waterloo project, paying particular attention to the level of family and individual involvement, mass media techniques, and the degree of support from local service clubs and business organizations. He expressed the belief that the next three years would be extremely interesting for all involved in the Demonstration Project. At stake, he said, was "not only its own success...but the success of the whole philosophy of fitness in Ontario, and even in the country."

FREE-THROW WINNERS

The district throw-offs for the Knights of Columbus, Free Throw Basketball competition was held Saturday in Brampton and the winners in each category are:

- GIRLS**
Age 11 - Tina Lord - Georgetown
Age 12 - Barbara McKeeman - Georgetown
Age 13 - Susan Bringley - Georgetown
Age 14 - no competitor

- BOYS**
Age 11 - George Dare - Brampton
Age 12 - Craig Budweiser - Georgetown
Age 13 - Alex Deboya - Brampton
Age 14 - Rick Pool - Georgetown

These winners will now go on to the regional throw-offs to be held in Kitchener in March and the winners at that level will then proceed to the Ontario Championships.

Single parents form chapter

The Georgetown chapter of Parents Without Partners will soon have the 25 members required to obtain a charter from the international organization, membership director Joan Eyre said this week. The membership now stands at 24 members, but on Feb. 9, the group will be holding a special orientation meeting for members of the Georgetown Single Parents, some of whom have expressed an interest in joining Parents Without Partners.

Mrs. Eyre said many of the members would continue as members of both groups. The orientation meeting is expected to put the membership of Parents Without Partners over 25, and the group hopes, if this is the case, to apply for its charter at the next meeting on Feb. 21. The Zone Conference for the Southern Ontario area is being held in May, and if the Georgetown group has its charter by then, they will have five votes in the conference. Acton residents are joining the Georgetown chapter of Parents Without Partners, Mrs. Eyre said, although many of them go to Guelph, which has an older, established chapter of about 200 members. Milton, Oakville and Burlington are also starting chapters.

T-shirt winners

Winners of T-shirts in the McDonald's Quarter Pound of Gold Contest have been drawn from those who were spotted wearing "I'm a Quarter-Pounder person" buttons.

They are: Andrew Shenton, John Thorpe, Kim Melton, Stefanie Schirm, Lynn Cook, Teresa Ward, Pam Brabant, Jane McIntyre, Peter Ioannidis, Marg Anderson, Kevin Scanlon, Derek Todd. These people can pick up their T-shirts at the Herald office during business hours.

Use Skillet
If your oven is tied up with roasts and casseroles - and you need to heat the rolls - use your electric skillet. Just sprinkle the rolls lightly with water, cover and heat at 225 degrees. You can also heat French bread this way - just wrap it in foil first.

Dine at HARROP OF MILTON 878-8161
345 Steeles Avenue

ANNOUNCEMENT
Drs. Zosky, Levitz & Rubenstein
ARE PLEASED TO ANNOUNCE THE OPENING OF THEIR NEW **ORAL SURGERY OFFICE** on February 13, 1978. AT 16 MOUNTAINVIEW RD. S., SUITE 206, GEORGETOWN, ONT.
For appointment PLEASE CALL GEORGETOWN 877-0147 OR MISSISSAUGA 279-9971

Ted approves loans all day long...

Ted is a Scotia Plan Loan Officer. His job is to loan money, to assist people with their financial needs. That's why he'll do anything he can to approve your loan as quickly as possible. For example, if you can't get in to see him during banking hours, phone. He'll arrange a time that is convenient for you.

And we believe we should have it, because we believe a Scotia Plan Loan really is better... one reason is our Scotia Plan Loan Officers. When you speak with one of them, you speak directly with someone who has full authority to approve most loans on the spot. Someone who is trained to work out a repayment plan that is manageable and someone who will see you outside of normal banking hours if necessary.



This attitude on the part of our Scotia Plan Loan Officers has made us a leader in the field of consumer bank loans with more than 5 million loans approved, and that number is growing daily. We want you to GROW WITH US. Whoever you are, wherever you bank, Scotiabank wants your loan business.

often outside normal banking hours.

Scotiabank
THE BANK OF NOVA SCOTIA

Contract awarded
A federal contract worth \$15,285 has been awarded to Varian Associates Ltd. of Georgetown to provide the national defense department with chemical analysis tools the department of supply and services announced Monday. It was one of 172 unclassified contracts worth \$10,000 or more that were awarded to the department to Canadian companies during the week ended Jan. 20. Total value of the contracts amounted to \$9,748,198.

Sports Travelcade display
The Ontario Sports Travelcade will be in Halton Hills Thursday through Saturday to provide resource materials and advice to coaches, athletes, officials and managers. The travelling van, sponsored by the ministry of culture and recreation, will be stopping at McKenzie-Smith middle school in Acton Thursday and at the Gordon Alcott Memorial Arena Friday and Saturday.

IN COOPERATION WITH THE MINISTRY OF CULTURE AND RECREATION, THE RECREATION DEPARTMENT WILL BE OFFERING TWO CLINICS FREE OF CHARGE.

★
SPEED SWIMMING CLINIC:
(starts and turns)
WHERE: Georgetown Indoor Pool
WHEN: Thursday, February 9th, 1978.
TIME: 6:00-7:30 P.M.

SYNCHRONIZED SWIMMING CLINIC:
WHERE: Acton Indoor Pool
WHEN: Saturday, February 11th, 1978.
TIME: 4:00-5:00 P.M. - support sculling
5:00-7:00 P.M. - Star 4 and 5 sequences.

ALL INTERESTED PERSONS ARE INVITED TO ATTEND

Morette's
Makers of Fine Upholstered Furniture
HILLSBURGH, ONTARIO N0B 1Z0
(519) 855-4905

Hours:
Mon. - Sat. 9:30 - 5:30 pm.
Thurs. & Fri. 11:30 am.

A WORD ABOUT OUR FURNITURE

From the frame out, the quality is built in. All frames are manufactured on the premises to maintain the high standard that we are proud of. Our frames are birch and maple hardwood, double dowelled and screwed corner blocks.

We offer many styles to choose from with an unlimited selection of domestic and imported fabrics. We can also re-upholster your own furniture.

Buying directly from the factory, coupled with low overhead, gives you attractively priced quality furniture with two Showrooms to serve you.

BRING THIS AD AND WE WILL ABSORB THE PROVINCIAL SALES TAX

Offer good until Feb. 15th, 1978

