

YM-YWCA's winter roster may even save lives

Kinder Cooking in the 'kidchen'

By NANCY SHORTILL
YMCA publicist

The Georgetown Y will be offering "Body Language" a dance fitness program for 13 to 18 year olds on Tuesdays and Thursdays 3:30 - 4:15 p.m. at St. George's Church. Dance fitness classes for teens begins January 25th.

"Body Language" will be an 8 week dance fitness program filled with fun and movement, as well as time to improve cardiovascular endurance, tone muscles and improve flexibility. Participants are

required to take the program two times per week. Registrations are now accepted at the Y 89 Mountainview Rd. S., Monday to Friday, 9 a.m. to 5 p.m.

P.D. Day Happenings return on Jan. 31. Acton and Georgetown Ys are pleased to offer a trip to the Ontario Science Centre for all five to 13 year olds. The bus will leave from Acton Y at 8:30 a.m. and will leave from Georgetown Y at 9 a.m. The Y's P.D. Happenings will include exploring the world

of science, viewing the Muppets Exhibit and the Muppet movies.

The bus returns to the Georgetown Y at 4:30 p.m. and to the Acton Y at 4:25 p.m. The program will cost \$12 for the first child and \$10.50 for each additional child in the same family. Extended care is available only at Georgetown Y from 7:30 to 9 a.m. and 4:30 to 6 p.m. at an additional cost of \$2.50 per child. Parent volunteers are always required for P.D. Day trips.

The Y is offering a

five-week Microwave Cooking program on Wednesdays, January 26 to February 23, 7 - 9:30 p.m. Learn how to make the most of your microwave oven, which includes tips and techniques to successfully cook most foods.

The Y's C.P.R. (Heart Saver) program returns on Jan. 24 and 31. A second C.P.R. program involves practical training in cardiopulmonary resuscitation. Both C.P.R. (Heart Saver) programs are held from 7:30 to 10 p.m. at the Y.

The Georgetown Y's

Stress Workshop returns on Feb. 15, 22, Mar. 1 and 8, 1:30 to 3:30 p.m. The workshop will take an holistic approach to the awareness and causes of stress.

The Y's Card Club continues on Tuesdays from 1:15 to 3:30 p.m. If you are interested in euchre, cribbage or bridge drop into the Y and become a member of our club. Membership fee: \$3. Bring a friend along!

Kinder Cooking for three to five year olds is designed to help children learn to eat and prepare less sug-

ary, salty or junk foods. Kinder Cooking is an eight-week program on Wednesdays 9:30 - 10:30 a.m. or Thursdays 1:30 - 2:30 p.m. Pint Size Pottery is held on Fridays 1-2 p.m. Children will have the opportunity to express their creativity while working with clay and creating their own projects.

It is important to register for all programs at the Y at 89 Mountainview Rd. S. call 877-6163 for additional information.

The Georgetown Y always requires good, used pre-schoolers toys. If you have any toys to donate call the Y.

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Get to know duplicate bridge

At one time in the past, it has been said that if the partnership at a bridge table has 26 points between them, this pair should be able to make four of a suit or 3NT. Similarly 32 points should ensure a small slam and 37, a big or grand slam.

There are, however, hands that occur whereby pairs may make these above mentioned contracts even though the point count does not indicate it. Such a hand is today's.

Note that East-West hold an abundance of twenty-five points between them and it is possible to make a slam. The reason for this phenomenon is the shortness in suits. Note that East is short in hearts and West is short in clubs.

Further fortune falls to the East-West pair when both the spade king and the diamond king is found pinned against the corresponding aces in the East hand. Of course the difficulty is in bidding and

not in the play. This was the hand.

THE HAND:
Bd No. 13
Dir. N
Vul. Both

S - K75
H - J83
D - K764
C - J92

S - 960432
H - AK64
D - QJ
C - A

S - AQJ
H - 5
D - A982
C - 76543

S - 10
H - Q10972
D - 1053
C - KQ106

THE ANALYSIS:
Some East-West pairs may reach a not totally unreasonable 6 spade

Electric
Residential lighting accounts for 16 percent of a home's electric bill.

Bread
A half-inch slice of French bread contains 45 calories.

contract, but this will occur only where East opens 1 diamond and raises spades on the second round. West cannot help but visualize the perfect fit and will probably Blackwood his way to slam. Although this sequence won't be found very often, all declarers in a spade contract should take twelve tricks.

Assume North finds the best lead of a trump (no lead hurts), declarer wins in dummy, noting South's drop of the ten, comes to his hand with the club ace and lays down the diamond queen. When this holds, West cashes the heart ace, ruffs a heart in dummy, trumps a club and ruffs another heart on board with the spade ace.

After cashing the diamond ace and trumping a club, West's remaining cards are the 986 of spades and the heart king. The spade 9 loses to North's king but North must put declarer back in his hand to draw the outstanding trump. Note the key features of the

place was held by Fred Allen and Jack Kaarsemaker and third spot was held by Katherine and John Coats.

The Georgetown Bridge Club extends a happy welcome to the area bridge players to try the game of duplicate bridge. The youngest player currently enjoying this game is 16 years of age. Does this dispell any fixations?

The club meets every Tuesday night at the Georgetown Legion Hall on Mill Street. Game time is 7:45 p.m. Come and play bridge!

The north-south winners of the Georgetown Bridge Club were Petar Gostovic and Peter Gifford. Second place went to Duke Wilson and Clare Lanstra while third belonged to Gwen Moores and Gordon Mellow.

The East West winners were John Flanagan and Peter Kahro. Second

place was held by Fred Allen and Jack Kaarsemaker and third spot was held by Katherine and John Coats.

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