



ELKETTES DRUM CORPS

The Elkettes drum corps were an integral part of the annual year-end recital. Taught by instructor Duane Booth, the boys are: Gord Burke, Eddie Doyle,

David Frost, Barry Fraser, Ford Fraser, David Gilkes, Tim Jackson and Jamie Tripp.

(Herald photo)

Cycling tips

If you haven't ridden regularly for a while, begin with 1/2-hour rides every other day or 3 times a week. Your new cycling muscles (not to mention your posterior) will appreciate the 48 hour recovery period. As your body becomes more accustomed to the exercise you can begin to increase both time and distance. Don't equate pushing hard on the pedals in top gear with a good workout. Instead learn to pedal quickly in a lower gear at about 70-95 revolutions of each pedal per minute. The higher cadence avoids the possibility of knee injury through over exertion.

To derive the maximum benefit from your exercise it is desirable to maintain a constant pace, with as few stops as possible. In congested urban conditions this is difficult. Try to select a circuit on paved rural side roads or lightly travelled residential streets.

DEATHS

LEWIS - Erwin Howard, (former Chief Georgetown Volunteer Fire Dept.) on Sunday August 7, 1983 at the Peel Memorial Hospital, Brampton, Erwin Lewis, beloved husband of Peg Alderson and loved father of Bryan of Georgetown, Barry of Petawawa, Bruce of Georgetown, Leanne (Mrs. Stu Hall) of Georgetown, Lauran (Mrs. Pete Todd) of Georgetown, brother of Lloyd of Toronto, Carl of Toronto, Evelyn (Mrs. Fred Thomas) of Barrie, loving grandfather of Todd, Brent, Janelle, Duane, Alyson, Sharon, Matthew and Mark. Resting at the J.J. Jones & Son Funeral Home, 34 Edith St. Georgetown, until noon Wednesday, then to St. George's Anglican Church where funeral and committal service will be held at 2:00 o'clock. Cremation follows. In memory contributions to the Georgetown & District Memorial Hospital Fund would be appreciated.

5765-32-dn

HELP AVAILABLE

MACHINE FITTER, time served, 20 years experience on textile machines and synthetic fibres. Industrial mechanics licence. Call anytime - 877-4014. ha

MALE 17, seeks full or part time job, hardworker. Call anytime, ask for Dave - 877-9717. 8-28-ha

CONSTRUCTION EQUIPMENT, parts man, buyer, Kardex System's, inventory control, administration. Machine shop - tool crib, fork lift - saw's bench work - assembly - drills & handlin presses. Shipping & Receiving Truck Driving. Reliable & punctual. Any job, call anytime - 877-4978. h

BIOLOGY & AQUATIC SCIENCE - University Grad, interested in field, lab or technical report prep. Also statistics, BASIC, typing 50 w.p.m. Will accept low wages for job experience. Call Chris - 855-4573 or 941-7068 for resumes and references. 2-21-ha

STUDENT, 18, trustworthy and experienced in daycare available weekdays. If you need me, please feel free to call and ask - 877-6074. 7-8-ha

MALE, 35 Seeking steady employment, would like to learn auto painting, some spray painting experience, fork lift operator, punch presses, kan operator etc. Will take factory work of any kind. Call - 853-0198, anytime. ha

HELP AVAILABLE

RELIABLE WORKER available for full time, or occasional work. Call Jack - 877-1479. ha

DRAFTSMAN with field layout, designing, lot grading, estimating supervising & inspection. Experience in subdivision construction. Call Harvey at - 877-6403. 2-8-ha

25 yrs. office experienced require part time switchboard, cashier, factory assembly, housecleaning. Own transportation Esther - 877-1165. 15ha

SALESMAN - Specialized in instrumentation. Experienced in pumps, piping, control valves, pressure regulators, actuators, temperature - pressure switches, and control systems. Able to learn new fields. Will do minor home improvements to keep myself above water. Dave - 1-820-9473.

-SR. COST ESTIMATOR - Seeks temporary or permanent responsible position with EPC Engineering/Construction firm-domestic or overseas assignment. Over 25 yrs. exper. in estimating, includes field supervision, cost & schedule control. Expertise in process mechanical equipment erection & piping installations on resource utilization projects, minerals processing & power plants. Telephone - 519-853-3771. 429ha

MALE 33: Seeking steady employment, 4 yrs. exp. in foundry work, forklift. Have apprenticed 1 yr. on printing press. Have done furniture refinishing, will work shifts, relocated. Have clean driving record "G" lic. Call Mark - 877-5590. ha

SECRETARY/WORD PROCESSOR seeks full or part time position. Many years diversified experience in legal, real estate, construction and personnel fields. 65 WPM typing, dicta, and word processing skills. Call mornings 877-6691. Joan. 6 HA

MALE 38, 11 years tractor trailer class A. lic. or would like car sales. Bert - 451-0623. ha

HARDWORKER needs full time or part time job will take anything age 19. Call - 877-7366 anytime. Ask for Glenn. ha25lf

DANCE INSTRUCTOR - Over 15 years experience in tap, jazz, ballet, baton. Member N.A.T.D. danced professionally. For five years. Full of good ideas. Reliable and eager. Write K. Johnstone, R.R.2 Acton, L7J 2L8. 7-15-ha

FOR repairs to all types of refrigeration, air condition, & appliances, such as washers, dryers, refrigerators and ranges - 877-5623. 55633/ha

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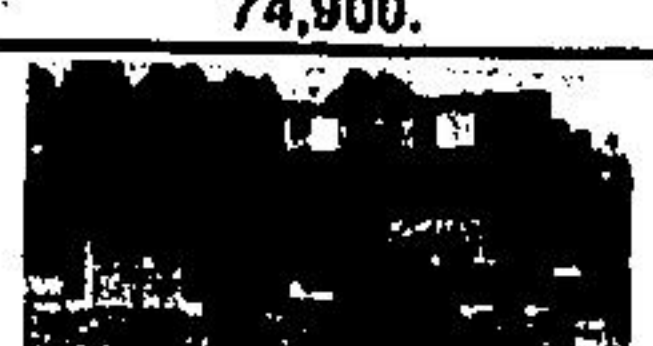
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69,000  CLASSIC HOME Separate dining room, spacious kitchen, 3 bedroom, large open attic, sunroom, large 66' x 132' near conservation and school.	59,500  ONE ACRE Quiet village setting. Interesting old house, pine floors, large kitchen, 3 bedrooms, \$59,500.00.	84,900  CUSTOM BUILT PLUS INLAW SUITE 3 bedrooms, livingroom with brick fireplace, dining room with walkout, large kitchen, huge deck, downstairs has 3 bedrooms, livingroom and woodstove. Walkout to private lot. Heated garage paved drive. If you desire a WELL BUILT home see this fortress \$84,900.00.
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