

ABOUT THE PAGES

Missionary speaker

By WINIFRED SMITH
Herald Correspondent

BALLINAFAD - Dr. Bandy was on vacation so a guest preacher occupied the pulpit at the church service Sunday.

She was Rev. Grace Creig from Brampton. Next Sunday Feb. 10 we will have as guest a missionary from Africa.

Two ladies from the U.C.W. assisted Rev. Creig on Sunday by reading the portions of scripture. They were Barbara Monroe and Alma Sinclair.

The Junior Choir added to the service by singing an anthem. Miss Alison McKelvey directed the Juniors, she was assisted by Miss Helen Schwarz.

It was announced that the friendship club will meet this coming Saturday evening at the McLure home on the Eighth Line.

Also keep in mind that the annual pancake supper will be served at the church on Shrove Tuesday.

Kub Kar first

By WINIFRED SMITH
Herald Correspondent

BALLINAFAD - The ladies taking the rug braiding course had their last meeting before summery day. It was held Monday afternoon at the home of Reggie Slesoraitis.

Congratulations to Terry Foster of Limehouse Cubs who won first prize with his Kub Kar in a rally Saturday against the 1st Georgetown Cub pack.

Toboggan day

By KAY WILSON
Herald Correspondent

NORVAL - Norval United Church held their annual meeting on Sunday following the church service, along with "Toboggan Day" for the Sunday School.

Young and old alike enjoyed fellowship over lunch. The financial report showed a busy year. Two elders, namely Jack Crawford and Kay Wilson, were voted in to replace two outgoing elders.

Nine euchre tables

By KAY WILSON
Herald Correspondent

NORVAL - Norval Community euchre had nine tables last Thursday. Winners were Muriel Miller, Eileen Jackson, Fred Workman and Mae Tost.

Lone hands went to Marg Davidson while the Lucky draw winner was Elsie Jarvie. On the lunch committee were Mae Tost, Elizabeth Wallace and Jean Cunningham.

Rhythm cloggers

NORVAL - Ontario Rhythm Cloggers started a beginner's class at Norval Community Centre Saturday at 12 o'clock.

Young and old alike are welcome. This group has been on the Tommy Hunter show and will again be on nine other shows this coming year.

Clogging is all country dance, along the line of tap dancing. If you would like to join phone 877-2886 or 6885.

Recovery House for alcoholism

Fortunate few seek rehabilitation

By DONNA RIDLEY
Herald Special

Ten per cent of the national population is alcoholic. Of those only twelve per cent consider and receive treatment.

One place where treatment is offered is the Halton Recovery House on Trafalgar Road, near Steeles Ave. Recovery House is a live-in rehabilitation centre for men.

The program at Recovery House is in conjunction and fellowship with Alcoholics Anonymous (AA) and Recovery House is host to a public AA meeting every Monday night.

Peg Arden, who is the director at Recovery House, said that she would like to see the House facilities used more frequently by other AA groups.

among other things, the men are taught valuable inter-personal skills.

The following is a general outline of the program at Recovery House: The day begins with the morning session. It's scheduled to run for half an hour but as Peg Arden said, these sessions invariably run longer - it depends on what the men choose. In this session, the men share in prayer and meditation as well as discussion about various things, such as their daily experiences. The odd Wednesday morning, the men go to Burlington for an AA meeting.

Recovery House is also in the process of scheduling a physical fitness program which would probably entail one morning a week at the Burlington YMCA. Since this is in the planning stages, it's unconfirmed.

Four afternoons a week, they have discussions which follow a particular theme. For example, this week it was "resentments": last week it was

"excuses" and the week before that it was "attitudes". Thus, the sessions are structured - but they are not rigid.

If there is a theme of immediate importance this is what the men will discuss rather than the scheduled theme. This part of the program is scheduled for one hour, but like the morning session the men sometimes choose to have a longer one.

One day a week the men have a session where one man must take his place on the "hot seat". The men with seniority (seniority meaning those who have been residents the longest) go first - but they all get their turn.

On these occasions, the other men as well as the staff, focus on the man in the "hot seat" - on his faults as well as his positive attributes.

essential basics such as "this is where I am today" and "this is where I came from". The "hot seat" technique helps each resident to learn more about himself - about the different aspects of his personality as well as how others perceive him.

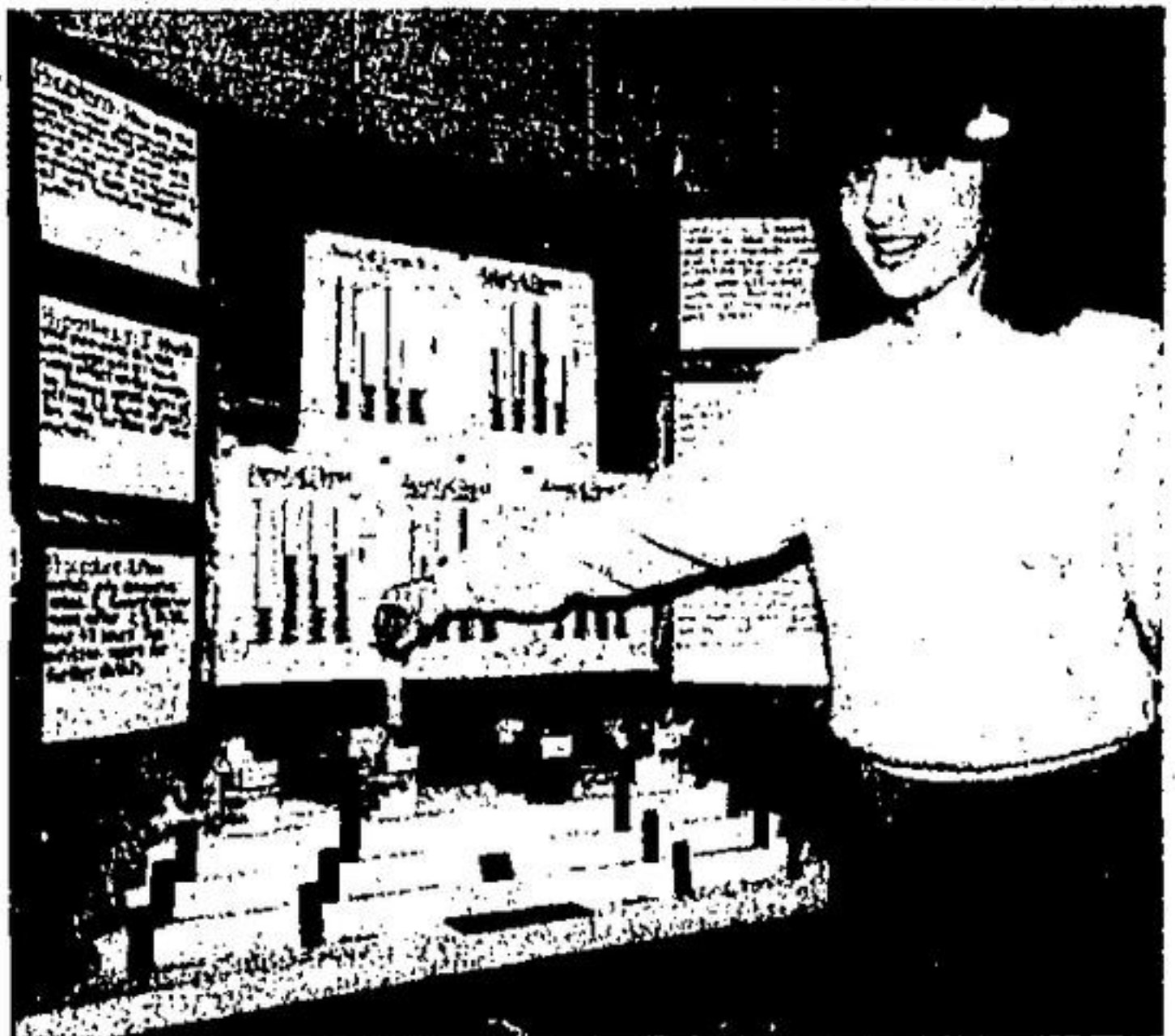
In reference to this type of session and the program in general, Peg Arden said: "We, with tender loving care, give him not only constructive criticism but a "pat on the back" as well. She explained that a fundamental problem the alcoholic faces is a lack of self-esteem.

Consequently, "we endorse and give praise to the positive things about his life and personality that he has overlooked. We give them a big dose of self-esteem, self-confidence and love."

The design of the program at Recovery House is best described by the terms "group dynamics" or "self-help group therapy". This means that

For the individual it is an opportunity to "look at himself" and for him to share with the others his feelings and his world-view, incorporating

EDITOR'S NOTE: Next week reporter Donna Ridley talks to some of the clients at Recovery House about their therapy sessions.



RUST-PROOFED?
Cindy Kallo, a grade 8 student at Stewarttown Public School displays her exhibit at her school's science fair. The gym at Stewarttown was full of interesting science-related experiments. (Herald photo)

CAS hot cider and sports

The Children's Aid Society of Halton has planned a special winter fun day for foster families and members of the community for Sunday, Feb. 10, from 12 - 4 p.m. at Bronte Provincial Park.

For more information contact Karen Hower at 878-2375.

Get well wishes

By KAY WILSON
Herald Correspondent

NORVAL - Get well wishes to Gerd Early, RRI Norval, who is convalescing at home following surgery in Brampton hospital.

Mayor's salary costs taxpayers \$17,490

How much money did the mayor and his council make for their efforts in 1984?

According to the treasurer's report Monday night, Mayor Russ Miller was paid \$17,490 for his services, and \$2,102.84 for expenses like conferences and mileage.

Each of the town councillors, 12 of them, were paid \$6,921.96.

Only three councillors applied for expenses: Mike Armstrong, Marilyn Serjeantson and Dave Whiting. Coun. Armstrong received \$1,044 as expenses; Coun. Serjeantson \$504 and Coun. Whiting \$356.

Kindergarten Registration for September 1985

THE HALTON ROMAN CATHOLIC SEPARATE SCHOOL BOARD

ADVANCED registration for those children who will be attending kindergarten in the Catholic Schools in Burlington, Oakville, Milton, Georgetown and Acton will be held at all schools on

TUESDAY AND WEDNESDAY FEBRUARY 12 AND 13, 1985

9:00 a.m. to Noon
1:15 p.m. to 5:00 p.m.

PHOTO REPRINTS

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Fire beat

An estimated \$200 in damages were caused as the result of an attic fire at 301 Main Street North in Acton. Faulty wiring was the apparent cause of the Jan. 30 incident.

\$215 missing

A student at Georgetown District High School reported \$215 in cash missing from a wallet which had been left in a change room Friday afternoon.

Scuba Course
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The two bedrooms are positioned to the left of the floor plan, away from the main living area. The heater and hot water tank are located in a service core behind bi-fold doors, for ease of maintenance. Stacked washer and dryer are adjacent to the three-piece bathroom, for greatest convenience.

Plans for design No. 1-839 may be purchased either by the single set, at a cost of \$135.00 or as a live-set package, economically priced at \$195.00 or an eight-set package at only \$235.00. Whichever quantity you choose, please add \$9.00 for postage and handling. Ontario residents please add 7% sales tax.

Send for the current edition of Select Homes Magazine, series 59, featuring imaginative decorating and home improvement ideas, plus 130 top quality home and cottage plans of every type. Available for \$3.25 (\$2.00 plus \$1.25 postage and handling).

To order any of these items please send cheque or money order, payable to the Home of the Week. Address to: Home of the Week, c/o The Halton Hills Herald, Unit 1, 151 Carlingview Drive, Rexdale, Ontario, M9W 5E7.

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BONUS BUCKS

HERE'S HOW: Each week the word "BONUS" will appear in several advertisements in this feature. Read the ads carefully and write down the names on which the word appears. Mail to BONUS EDITOR, c/o THE HERALD.

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Attention Property Owners and Tenants In The Cities Of Mississauga, Burlington, Brampton and The Towns Of Halton Hills, Oakville, Milton and Caledon.

WANT TO APPEAL YOUR ASSESSMENT?

You still have time to appeal your 1984 assessment if you feel your home or business property has been improperly assessed. Your assessment is important because the amount of property tax you pay depends on it, in that the assessed value of your property is multiplied by your municipal and school mill rate to determine your 1985 property taxes.

Notices of Assessment have been mailed to property owners and tenants whose assessments have changed since last year. Open houses have been held in your area to answer questions and amend assessment information if necessary. Open house dates and locations were announced in a previous advertisement.

The Assessment Roll has now been delivered to your municipality for the purposes of calculating the amount of taxes you must pay on your property in 1985. For information on your assessment, the Assessment Roll is now available for review at your Municipal Office during regular business hours. If you feel your property has been improperly assessed, and you have not yet made your appeal known, you still have until February 12, 1985 to deliver or mail an appeal to the Assessment Review Board. **And remember, even if you did not receive a Notice of Assessment, you still have the right to appeal.**

Appeal deadline—February 12, 1985

The Assessment Review Board is an impartial body reporting to the Attorney General of Ontario, which provides you with an additional opportunity to have your assessment reviewed if, in your opinion, it is not fair and equitable with similar properties in your area. The Review Board is more informal and relaxed than a regular court of law. You may present your own case, retain a lawyer or ask a relative or friend to speak as your agent.

To help you in filing your appeal, Notice of Appeal forms are available from the Assessment Review Board, your Regional Assessment Office or your Municipal Office. As well, you can use the reverse side of a Notice of Assessment or write a letter stating the property address and roll number, together with your reasons for appealing. Appeals should be forwarded to the Regional Registrar of the Assessment Review Board listed below.

Ministry of Revenue
Ontario

Regional Registrar
ASSESSMENT REVIEW BOARD
MINISTRY OF THE ATTORNEY GENERAL
Suite 303, 713 Davis Drive
Newmarket, Ontario L3Y 2R3