

In the hills

Black witch

By KAY WILSON
Herald Special

NORVAL-Norval Women's Institute held their annual Halloween euchre Friday evening Oct. 24 in the Norval Community Centre with nine tables in play.

The hall was artistically decorated by Amy Burke and her daughter Sharon. A huge black witch in branches of colored leaves was the highlight. Maple leaves lined plates of chestnuts in shells and twigs of orange and red bittersweet decorated the tables for lunch, along with pumpkins.

Vice-president Jean May welcomed the guests and Marie Murray was the timekeeper for the card game.

Winners were: Ladies Mary Crawford, Enid McBride, Men Gord McMurphy, Vern Pickett, Lone Hands Charlotte McClure, Chester Early, Lucky Chair Phoebe Clark and Lucky Draws to Keith Webb, Jack Crawford and Eileen Jackson.

Missionary banquet

Dr. Howard Dowdell (Canadian Centre for World Missions) will be the guest speaker at a Missionary Conference which will be held at Maple Avenue Baptist Church on Nov. 1 and 2, 1986.

Special events on Saturday will include a Men's Breakfast at 8 a.m. at Michael's Restaurant (Miracle Mart Plaza), and a Missionary Banquet at the church at 6 p.m. Dr. Dowdell will preach at both the 11 a.m. and the 6:30 p.m. Sunday services.

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appearing in The Herald
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Thankoffering

The fall Thankoffering meeting of St. John's United Church Women, Georgetown, was held at the church on Oct. 20 at 6:30 p.m. There was a good turnout of both members and guests.

President Margaret Atherley welcomed everyone, and reminded the members to keep the following dates in mind: Anniversary Service, Oct. 28, St. John's Annual Bazaar, Nov. 5 at 7 p.m., Anniversary Turkey Dinner, Nov. 30.

A special worship service followed with Mrs. Iva Knechtel giving a most beautiful nature slide presentation accompanied with appropriate background music. Iva was introduced by Doreen Densmore and thanked by Lydia Snow, who presented her with a small gift of appreciation.

Dr. Boyd Hoddinott was the guest speaker, and he fascinated many with his talk on hypnosis. Ruth Kelly introduced Dr. Hoddinott and Norah Williams thanked him.



Works of art

Naoko Matsubara and Leonard Oesterle (right) were at the opening of their exhibits at the Gallery House Sol Saturday on Charles Street in Georgetown. Naoko is a wood cuts and collages artist while Leonard works in new bronze and terracotta. Their work will be on display until Nov. 13. For information about exhibiting hours call 877-6460. (Herald photo)

Rubbish fire

The neighbor of a man having a rubbish fire had to call the fire department when the fire got out of hand Thursday at 6:19 p.m. The fire was at Lot 21 Concession 5 in Nassagaweya. There was no damage.

The dangers of being 'too thin'

Alcohol and drug abuse are highly publicized as being harmful to a person's health, but how much notice do we give to food abuse resulting in conditions such as Anorexia Nervosa or Bulimia?

Our society has for many years stressed the importance of being thin as a means of being acceptable. This has resulted in a more frequent occurrence of eating disorders. A study in a mid-western American university revealed that 51 per cent of the 1355 women surveyed used unhealthy weight control methods including self-induced vomiting, laxatives, diuretics, enemas, or fasting. The survey revealed that 8 per cent met the criteria for diagnosis of Bulimia. This included episodes of binge eating, depressed mood and self-deprecating thoughts following binges.

Approximately 5 per cent of young women in Canada, between the ages of 14 and 24, currently suffer from these eating disorders. Through excessive dieting and intense exercise, the person with Anorexia Nervosa will attain a skeletal appearance, but will never believe they are "thin enough". Bulimics have periods of uncontrollable binge eating of enormous amounts of food, followed by attempts to purge the food from the

system.

What do the two have in common? Both groups are unhappy with their body weight and are frightened of gaining weight which is perceived as losing control. Gaining weight is often considered to be the only area in their life in which they have any control.



Against the odds
PAT WOODE

Karen had Bulimia for five years. She did not know that others suffered as she did or that her condition had a name. Four years passed before she became aware of this information and found enough courage to admit the problem to herself, her family, and the professionals from whom she sought help.

Now Karen would like to form a local support group to help others. If

you, a family member, or someone you care about may be suffering from Anorexia Nervosa or Bulimia then call Karen at 877-5057.

Against the Odds, Halton Cable 4, features as their special guest Dr. Hugh MacKay, President of Epilepsy Canada, and Director for Epilepsy Ontario. To clear up some myths and misunderstandings related to Epilepsy, tune in Thursday Oct. 16 at 7 p.m.

On Nov. 1 and 2 at the Skyline Hotel (Airport), the Ontario March of Dimes is featuring a conference for polio survivors. Topics include Occupational Therapy and life style changes, Neurological Aspects of Post-Polio Syndrome, Post-Polio Networking, and an update on the Post-Polio Clinic at West Park Hospital in Toronto. Registration can be made through the March of Dimes, 60 Overlea Blvd., Toronto, 22-0501.

Volunteer portrait

Are you a woman in your late twenties or thirties, enjoy children and have access to a car at least once a week? If so, consider becoming a friend to a single mother who is visually impaired, in need of companionship and an occasional drive to Georgetown to do her shopping.

The North Halton Volunteer Bureau, operated through the Social Planning Council, has a wide range of volunteer opportunities available. For further information call 877-3219.

Bridge winners

Duplicate bridge is offered at the Legion (upstairs) at 1 p.m. sharp every Monday afternoon (except on holidays). Partners available if needed and free refreshments. For further information call Elsie at 877-2475 or Norma at 877-8918. This week's winners were: 1. Sonja Graeden and Liz Barnes, 2. Judy Rivers and Duke Wilson, 3. Marj Bingham and Norma Maynard.

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