

# Outlook on Lifestyle



Cubmaster Jim Richardson of Oakville was presented with the Medal of Merit award at the Regional Kub Kar Rally held at St. George's Church Hall in Georgetown April 11. Ross Norton, the District Commissioner (right) a former Georgetown resident, made the presentation. (Photo by Jean Layman)

## Medal of Merit for Scouter Jim

By JEAN LAYMAN  
Herald Special

Cubmaster Jim Richardson of 2nd Oakville was presented with the Medal of Merit award during the Regional Kub Kar Rally held at St. George's Church Hall, last Sat. April 11, 1987.

District Commissioner Ross Norton of Oakville, (formerly of Georgetown) made this prestigious presentation award to Scouter Jim with over 200 Cubs, Leaders and parents from Halton Region which includes Oakville, Burlington, Milton and North Halton District.

The Medal of Merit award is presented for especially good service to Scouting. Mr. Richardson has been most faithful and dedicated to Scouting for 29 years. He can be found at all District Events, or District Camps at Woodland Trails for Cuboree's and Beaverce's.

Mr. Richardson is an Electronic Technician and his hobby is basically SCOUTING. He assists his brother Bill as a Scout Councillor and has served on the Service Team.

Scouter Jim always believes in helping the young people and believes that all others should take credit rather than himself.

Left to right Jim Richardson, Ross Norton. (Photo submitted by Jean Layman)

## Learn about medication ...especially the elderly

As we age, our need for medication usually becomes greater. All of us should make an effort to learn more about medications and their effects and interactions as we grow older.

Your neighbourhood pharmacist is an excellent source of information and it's a good idea to make a habit of consulting him or her about all the medications you take, both prescription and non-prescription.

Another problem associated with aging is not realizing that our responses to various drugs change over the years. We shouldn't be surprised when something that "did the job" 10 or 20 years ago either doesn't help at all today or causes problems it never did before.

For example, as kidney function diminishes, a medication may remain in the system longer, or it may build up in tissues and cause an allergic reaction.

Often there is also a problem

with failing memory. This may result in patients forgetting to take medication, or double-dosing because they forgot they had already taken it.

Studies show the majority of people over 65 see a doctor once every three months. But, not nearly enough of them keep their doctors fully informed about all non-prescription medications they take for self-diagnosed minor complaints.

The most common self-medication used by the elderly are laxatives, antacids, pain-killers and cold preparations. While none of these may strike you as important, the combination of aging with increased use of both prescribed and non-prescribed drugs can lead to problems.

Your doctor or pharmacist can serve you well only if they have a clear picture of all the medications you take. Keep aware of your body's condition and be informed about all the medications you take.

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## Meetings are called to order by Herb Perry's procedures

### CALL TO ORDER

By: Herb Perry

Good grief. How did I get to be chairman?"

"That blankety blank director is driving us out of our minds, how do we control him?"

"I will NEVER understand how to deal with amendments to motions!"

If meetings, bloody meetings, are the bane of your existence and you can see your life slipping away down the shining surface of the Board room table - you need call to order meeting rules and procedures for non-profit organizations.

Herb Perry is a refreshingly down to earth Canadian who evidently decided that Robert's and Bourinot's Rules of Order were totally out of order for the majority of community associations. He notes that Robert's and Bourinot's rules have survived

virtually unchanged since they were originally set out in 1876 and 1894 respectively. He further suggests that much of the difficulty experienced by local groups can be traced to the frustrations encountered in trying to follow these rules:

Item: Originally designed for governments these rules presume the existence of an opposition - this is not and should not be the case in associations.

Item: Parliamentarians are paid to be skilled debaters and to learn complex rules of procedure - association members are generally unpaid and have other priorities.

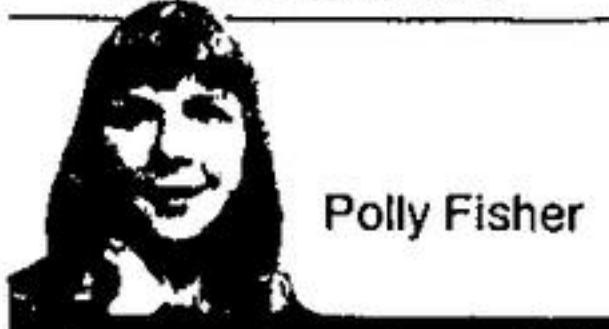
Mr. Perry, an association member, director and executive has distilled his wealth of experience into a slender little book, printed in a good sized, highly readable type with excellent organization, index

and a wealth of examples. It will function beautifully as the novice chairman's bible, offer practical and effective solutions to obstructive behaviour, and finally and forever settle the question of how to deal with amendments (if you can't understand his explanation you'll better hand in your resignation.)

The Library has it. (call number 000.42 Per) but after you have browsed through it you may well decide you need your own copy and it is available directly from the author's company: Big Bay Publishing Inc., 3017 St. Clair Ave., Suite 200, Burlington, Ontario L7N 3P5, for \$14.95. Even the most non-profit organization can afford one of these and it will be the most useful purchase you will ever make (next to a lead-filled gavel).

Submitted by - B. R. Cornwell,  
Halton Hills Public Libraries

## POLLY'S POINTERS



Polly Fisher

### Magnet will keep pins in one place

By Polly Fisher

DEAR POLLY -- When sewing on a machine, keep a small magnet attached to the right side of the machine (if you're right-handed) Every time

you take out a pin, put it to the magnet. The pins all stick together and you can pick up the magnet loaded with pins without dropping them. -- ANN R.

DEAR POLLY -- I would like to know what herb to use in ham and beans to help stop the formation of gas. -- SHARON

DEAR SHARON -- You're probably thinking of ginger. A little ginger does seem to lessen the gas-producing qualities of beans for some people.

You can either use fresh ginger, peeled and crushed or finely minced, or a pinch or two of dried, ground ginger. The ginger also adds a lovely flavor to beans of all sorts.

Some beans are more potent than others. Check out natural food stores for aduke (or sometimes, adzuki) beans, which are one of the least gas-causing beans available. Another bean to seek out is the lentil, also a comparatively low-gas-producing le-

gume. A little ginger enhances the flavors of both these beans. -- POLLY

DEAR POLLY -- When beets are too large to boil easily, peel a big one (raw), shred it and steam it in a skillet with a small amount of water and a little butter. It cooks quickly, retains its deep red color and has a lot of flavor. Carrots are also good cooked this way. -- RUTH

Shape up for spring without boring, repetitive diets with the calorie-cutting tips in Polly's newsletter "Super Diet Tips." Send \$1 for each copy to POLLY'S POINTERS, in care of this newspaper, P.O. Box 91428, Cleveland, OH 44101-3428. Be sure to include the title.

Polly will send you a Polly Dollar (\$1) if she uses your favorite Pointer. Peeve or Problem in her column. Write POLLY'S POINTERS in care of this newspaper.

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