

Outlook on Lifestyle

A busy year is ahead

ASK KATHY:



Sparta, Ontario artist Peter Robson visited the Art Effects Gallery and Framing Centre in Georgetown Friday night to promote his prints and to shake hands with many fans who filtered into the gallery. Mr. Robson is shown here with an original watercolor painted in High Park, entitled "Sunday Rendezvous." (Herald photo)

Women's institute has nine million members

By RUTH KRANÉDONK
Herald Special

The Women's Institute makes a difference, not just locally, but around the world. Six institute members from Halton recently had the unique opportunity to have a first-hand look at the world through the eyes of 2,000 other women from 23 countries around the globe. The Women's Institute is one of many country women's organizations which forms the Associated Country Women of the World (ACWW). This worldwide organization recently held their World Conference in Kansas City, Missouri to celebrate the 60th birthday of the ACWW.

Peggy Knapp, Norma Alexander, Maisie Lasby, Doris Lindsay, Jane Baynton and Jeannie Kidd travelled to Kansas City to attend and take part in this conference from Sept. 21 to Oct. 1. "Partners In Progress" was the theme of the conference. Peggy Knapp, president elect of the Federated Women's Institutes of Ontario was one of five voting delegates representing Ontario. This worldwide conference is held every three years, the next one being in the Netherlands in 1992.

More than nine million members link together to form the Associated Country Women of the World, an international non-governmental organization with the aim of raising the standard of living of rural women and to pro-

mote and maintain international friendship and understanding. It may surprise some to know that the Women's Institute members are linked in the chain of rural women's organizations to an ACWW representative with a seat on the United Nations.

The two basic needs of water and food are the foundations of life. The ACWW has taken on many worldwide projects, an ongoing one being "Clean Water For All" which has provided funding for clean water projects, installing pipes and digging wells in many areas around the world. This project will continue for as long as is necessary along with a new project being launched, "Women Feed The World," a logical counterpart. The dedication of the ACWW is to find practical ways of improving the quality of life for as many as possible.

When you are a Women's Institute member, you are a tiny, but very important leaf on an International Tree of Friendship known as the ACWW.

ASTRO-GRAPH



BERNICE BEDE OSOL

Your chart indicates a busy, productive year is in the offing. Your chances for fulfilling your ambitious looks good, but you may neglect enjoyable areas of your life to achieve them.

SCORPIO (Oct. 24-Nov. 22) Try to plan your moves in advance today instead of attempting to make on-the-spot decisions. Your judgment is good when you take time to think things through, but not when you're impulsive. Scorpio, treat yourself to a birthday gift.

SAGITTARIUS (Nov. 23-Dec. 21) Major accomplishments are possible today, provided you don't let self-doubts cloud your thinking. If you don't believe in yourself, you'll find excuses not to try.

CAPRICORN (Dec. 22-Jan. 19) Someone within your intimate circle of friends who has a faculty for making waves may try to draw you into something sticky today by pretending to represent your views.

AQUARIUS (Jan. 20-Feb. 19) If you have some problems today with persons in the outside world, be extremely careful you don't bring your troubles home and take out your frustrations on the family.

PISCES (Feb. 20-March 20) Your opinions and those of someone you like could be diametrically opposed today. Don't let the issue put a valued relationship in jeopardy.

ARIES (March 21-April 19) You might have to deal with someone today who uses intimidating tactics. This person may try to act the upper hand, but will only be bluffing.



Dear Kathy

WONDER OF WALKING

Q: I'm in a slump. The in-between times of fall and winter wear at my spirit. I eat more and exercise less; and I'm depressed. Any suggestions?

A: Take a walk! Nothing rejuvenates the body like a brisk walk in the fresh air. You eliminate the pain, the sweat and the risks of high-intensity exercising, while reaping many of the benefits. Rapid walking is a great aerobic exercise. It increases lung power, strengthens the heart, improves circulation, strengthens bones and aids in weight loss. Walking is also an effective stress reliever and increases your feelings of well-being while helping decrease your appetite. Studies show those who walk or jog are less often depressed than those who don't. Walking is simple; it's inexpensive; and it's one of the few exercises that doesn't inhibit conversation. If you are someone who has a difficult time exercising, don your walking shoes, call a friend, take a walk and feel renewed. For more ideas, contact your local Diet Center.

TAURUS (April 20-May 20) Even though you'll be logical and reasonable today you could have a tough time getting proper support from your mate, especially on issues where you disagreed previously.

GEMINI (May 21-June 20) You'll be willing to be of assistance today if persons truly need your help, but you may not be too concerned about individuals who take you for granted.

CANCER (June 21-July 22) It's best to avoid group involvements today that might attract persons with whom you've previously had problems. Plan your activities to include only those with whom you feel at ease.

LEO (July 23-Aug. 22) There could be a big variance today between your priorities and those of someone with whom you'll be closely involved. This might create conditions that are not beneficial to either.

VIRGO (Aug. 23-Sept. 22) Things you usually overlook in others could be very irritating to you today. All will go smoother if you're conscious of this and avoid nit-picking.

LIBRA (Sept. 23-Oct. 23) Obstacles and frustrations may be present in your attempts to conduct business today. It might be better to forget it for the weekend and get a fresh start tomorrow.

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