



Basketball champions

WINNING SMILES. The McCauley Ladies Basketball League 1989-90 championship trophy was won by the Silver Bullets. Pictured above accepting the championship silverware at the league's awards banquet Wednesday evening at the George and Dragon are, from left to right, Wendy Wilcox, Alice Ogden, Tracey Yorke, Sandra Cousens and Marie Smith. Team members absent when the photo was taken included the league high scorer, Anita Stankus, Sue

Tupling and Chung Kim. Silver Bullets defeated the Shakers to win the league crown. Sandy Brownridge, of the Red Devils, was the league MVP; Kelly Forsyth of the Shakers was awarded the Irene McCauley trophy as the Most Sportsmanlike Player and Heather Nicholson and Julie Heinz were recognized as the league's Most Improved Players. (Herald photo)

Leisure Lines

Meet the summer supervisors

The Halton Hills Recreation and Parks Department is once again gearing up for an exciting and eventful summer. Last year's youth programs were extremely successful, running at maximum enrollment and eliciting "rave reviews" from parents and participants.

The people responsible for the planning and organizing of the camp programs are the Summer Supervisors. The Department would like to take this time to introduce you to this year's summer supervisors.

Chris Lewis is returning for his fourth year with the Department. In the past Chris has acted as camp leader and supervisor. He brings a wealth of experience and an abundance of enthusiasm to our programs. He has been a ski and tennis instructor, and is currently studying Retail Management. Chris will be responsible for Tot

Alcott tennis

The Gordon Alcott Tennis Club started the season for Ladies Inter-County matches last Wednesday.

The Ladies "A" team split with Brampton 1. Kay King and Chris Steen won in 2 sets 6-2, 7-5. Audrey Houston and Ann Kennedy in 3 sets won 6-3, 1-6, 7-6. Donna MacDonald and Barb Rieger had scores of 3-6, 3-6 and Joanne Van DenJoek and Lois Fraser had 4-6, 2-6.

The Ladies "C" team took 3 points from Fitness Club. Francine Demble and Sandra Pun went to 3 sets, 4-6, 7-6, 4-6. Ouida Graviller and Karen Wilson won with 6-1, 6-4. Agnes Lawrence and Dynese Griffiths won 6-1, 6-1, as did Margot prior and Norma Maynard.

The "B" mixed Central team plays its first match on Tuesday, May 15th at Howard Park 1 while "B" mixed West team is at home against York Weston. The House League will start Wed., May 23rd and captains of teams will be calling each member.

Lot, Bus Trips and Studio ART Camp until the end of June.

Taking over for Chris is Tamara West, who has been a very successful leader with our department for the last two summers. Tamara is actively involved in extracurricular activities at the Acton High School, such as the band, Student Council, and theatre. Tamara's past experience and proven capabilities will be a definite asset to Tot Lot, Bus Trips and Studio Art Camp.

Rosemary Davison has also been a valued leader with our department in the past. In her first year as supervisor, Rosemary will have the opportunity to express her own interests in music and theatre. She is in charge of Children's Theatre Camp, Children's Musical Camp and Day Camp. Rosemary attends McMaster University and does volunteer work with children learning to speak English. Her experience and abilities will provide quality to the programs with which she is involved.

Dee Dee Haynes is new to our department and will be in charge of Leadership Development and Outdoor Adventures, as well as Carnival and Variety Night. Dee Dee recently obtained a diploma in Early Childhood Education from Mohawk College, and is actively involved in sports as both a participant and a coach. Dee Dee's proven abilities and past accomplishments are sure to assist her in her supervisory role with our department.

Jackie Farrell is in her third year of Physical Education at Laurentian University. She enjoys sports and has gained great knowledge about athletics through

her studies. Jackie intends to become a physical education teacher, and feels that her work with our department will help her achieve this goal. Jackie will bring new knowledge, experience and ideas to Sports Camp, Athletic Adventures, Tennis Camp and Make A Video.

Last but not least, is Shelley Powell. Shelley is studying English at the University of Western Ontario, and intends to pursue a career in education. Shelley has previous camp experience with children especially those with learning disabilities. Her personal interests include drama, canoeing, travelling and music. Shelley's past experience and competent leadership abilities will allow her to provide quality supervision with Summer Activities Centres and Special Needs.

Responsible for co-ordinating the supervisors is Sheri Paterson. Sheri has studied Recreation and Leisure at Brock University. Sheri has past experience with our department as a supervisor, and has gained knowledge and experience through her studies. If you have any questions about our summer programs or staff please call us at 873-2600 ext. 268. We are all looking forward to a great summer!

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Georgetown

Recreation report

BACKYARD POOL OWNERS' CLINIC

The Halton Hills Recreation and Parks Department will be holding workshops for people who own backyard pools. It will be held at Georgetown District High School, Tuesday, May 22nd at 7:00 p.m.

Mr. Paul Millman of Heison, Kogon, Ashbee and Schaljo, Barristers and Solicitors, will be leading a session on "Legal Implications" an MF. Mike Finn of Acadian Pools will be conducting a session on Chemicals. Water Safety, First Aid and Electrical Safety will also be discussed.

The clinic is free but participants are asked to please register by phoning the Recreation and Parks Department at 873-2600, ext. 268.

ADULT SENIOR RESUSCITATION AWARD

Senior Resuscitation provides

both theoretical knowledge and practical experience in the life saving techniques of rescue breathing and emergency care. "SR. RA" is designed for life savers who wish to expand their knowledge and practical ability to recognize and deal with emergencies requiring good first aid skills. Life savers practice obstructed airway techniques for conscious and unconscious victims, assessment of vital signs and emergency care for a variety of victim types. Location: McKenzie-Smith Middle School, Acton. Day/Time: Thursday, May 24, 7:00 p.m. Registration: Please call the Recreation and Parks Department at 873-2600, ext. 268 before Friday, May 11, 1990, 4:30 p.m., and leave your name if you plan to attend. A \$5.00 fee will be charged the night of the course to cover the cost of the award.



Focus on Fitness

by Laurie Burns
Exercise Physiologist

Fitness models report

They're off and running. Well maybe they aren't all running, but you might be able to catch a glimpse of them walking.

Our six role models have all been fitness-tested and have set their goals for the month of May.

Mayor Russ Miller: Mayor Miller has set two goals for his Commitment to Fitness.

Goal 1: To reduce his cigarette habit by 10 cigarettes a day.

Goal 2: To walk 4 miles in one hour 3 times a week.

* Note: Mayor Miller has already been involved in a daily walking program. We have recommended that he pick up his pace on three days from his usual 3 miles to 4 miles.

Arlene Bruce, United Way Chairperson: Goal 1: Arlene would like to improve her current level of fitness so that she can enjoy playing tennis again.

Arlene has chosen to work out on light weights to improve muscular strength and is using a computerized LifeStep machine to increase the strength and endurance of her cardiovascular system (heart and lungs).

Dr. Marg Cawkwell, Family Physician: Goal 1: Marg would like to improve her flexibility and upper body strength. Marg has chosen to work out on weights and has had a program set up. She will continue with her own running program and will use the Lifestep equipment as well for her cardiovascular workouts.

Margaret Vint, Business Improvement: Even with a terrible goal, Margaret let us do her fitness test.

Goal 1: To cut back on her cigarette smoking.

Goal 2: To start eating breakfast and to be more conscious of what she eats. Hopefully, her improved eating habits and her new work out program of LifeStepping and light weights will help her improve her lifestyle habits.

Bob Malcolmson, Publisher, The Herald: Bob also has set 2 goals for the month of May.

Goal 1: To start losing some weight.

Goal 2: To improve his overall level of fitness.

Bob has started a weight training and Life Fitness equipment program during his lunch hour, 3 times a week.

Ken Bellamy, Publisher, The Independent: Goal 1: Ken would like to lose weight (11 pounds).

Ken will continue with his fitness program of skating 3 times a week, and baseball. To lose weight Ken is going to start eating breakfast and be more aware of what he is eating.

We do expect these people to achieve their goals as they are realistic. We have started those who do not exercise at all on very light work outs go get them into a routine. We recommend slow weight loss of approximately 2 lbs. per week.

If you choose to Commit to Get Fit as our role models have, start out slow, eat healthy and enjoy the new you.

Laurie Burns, the owner of Work That Body, will be writing a regular fitness column for The Herald Outlook.

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