

# Guild engaged in history of Georgetown project

By EILEEN EVANS  
Herald Special

To celebrate International Literacy Year, learners with North Halton Literacy Guild are engaged in a project to learn about the history of Georgetown through the medium of Oral History.

What is Oral History you may ask?

Literally, it means telling stories, reminiscences, memories, recalling events of the past. Intrepid learners, who it must be remembered have only developing reading and writing skills, interview people from the community who have stories to tell. These stories are taped then transcribed so that these memories of Georgetown's past are retained forever.

Seven members of our town have given their time willingly to work with our learners on this valuable project. Among them are Jean Ruddle, John Barber, Jean McKenzie and Bill MacDonald, all long time residents in town whose memories are both fascinating and informative. Bill MacDonald remembered the businesses on Main Street before the second world war when there was a Chinese laundry, when the hotel balcony fell down with people on it watching a parade of elephants pass by, and when people paid their doctor's bills with farm produce. Jean McKenzie of McKenzie Lumber recalled the community picnics in Eldorado Park and walking on the railway line to Limehouse as a young girl - not a pastime to be recommended today. John Barber recalled his father buying one of the first motor cars in Georgetown and the antics they had with this

## INTERNATIONAL LITERACY YEAR



1990  
ANNÉE INTERNATIONALE DE L'ALPHABÉTISATION

car. In the early 1900s, the self-imposed speed limit was 15 miles per hour and a trip to Burlington was regarded as a "safari."

One learner interviewed her father who had been a lumberjack in the old days out west. She learn-

ed much about her family she had not known before and was motivated to write about her own difficult childhood. This was very hard for her as her writing skills are limited but she wanted to do it because she had gained so much confidence from doing the interview.

Another learner, who came to the Guild for help with reading and writing, is in his fifties. He had been a famous jockey in North America and in fact his own life story was so fascinating he was interviewed by his tutor, rather than the other way around. He needs to improve his literacy skills to start a career in training horses, as a jockey he did not need these skills to be successful.

Yet another learner became so interested in Georgetown history after doing two interviews that he began haunting the library for more information. The benefits to the learners from taking part in these interviews have been very gratifying. It takes a great deal of

courage for someone with learning difficulties to interview someone who is both articulate and fully literate. With the help of their tutors and the backup of the Literacy Guild, the learners who

have taken part have been able to develop their confidence in dealing with the literate public, develop an interest in someone else's life and widen their horizons by reading the transcribed material.

### GEORGETOWN OPTICAL

NO ONE EVER REGRETTED BUYING QUALITY  
MARKET PLACE PLAZA  
877-3562

HOURS:  
CLOSED MONDAY  
Tues.-Fri. 10:00-6:00  
Saturday 10:00-5:00

**\$4,000<sup>00</sup>**  
**SHOPPING SPREE**  
**VALUE STORE**

**Gotta Getta GUND**

FREE CATALOGUE AVAILABLE AT  
*Pictures & Presents*  
124 MAIN ST. S. GEORGETOWN 877-7654

# PRESENTING OUR SPECIALTY PROGRAMS

Classes Begin The Week of Oct. 1/90

Join us for our special programming. We are sure that one of our new programs has been designed especially for you!

REGISTER NOW!

### PROGRAMS FOR ADULTS

#### TAE KWON DO - ADU 011

A martial art taught at all levels. This activity is designed to improve fitness, co-ordination and self confidence. Ladies welcome  
COST: \$60.00 1x wk/10 wks DAY: Monday TIME: 8:30-9:30 p.m.

#### YOGA - ADU 001

Physical and mental well being through exercise, breath control and relaxation. This course is for men and women of all ages and yoga skill levels.  
COST: \$60.00 1x wk/\$100.00 2x wk DAYS & TIMES: Tuesday 8:00-9:00 a.m. or Thursday 8:00-9:00 p.m.

#### TAI CHI - ADU 017

Is a Chinese art which gently exercises and stretches the entire body. Through this exercise you will improve your circulation, balance, flexibility. Tai Chi promotes relaxation and mobility.  
COST: \$60.00 1x wk/10 wks or \$100.00 2x wk/10 wks DAYS & TIMES: Mon./Fri. 7:45-8:30 a.m. or Wed. 8:30-9:30 p.m.

#### WEIGHT MANAGEMENT PROGRAM - ADU 002

Let our registered professional dietitian and our specialty instructors help you make healthy lifestyle changes in eating habits and activity level in order to achieve and maintain a healthy weight range and lifestyle no fad dieting gimmicks. This program is based on sound nutrition and fitness principles. Includes 1-Microfit Analysis, 8-Classroom sessions with our registered dietitian, 16-exercise classes with our specialty instructor.  
COST: \$225.00 2x wk/8 wks DAYS: Monday & Wednesday TIME: Mon. 6:30-8:30 or Wed. 6:30-7:15  
\*Classroom sessions only available \$175.00. Registered professional dietitian: Gabrielle Allison

#### BIGGER AND BETTER - ADU 019

It's okay to be bigger, but it's better to be fit. This class is designed to improve your present level of fitness. You can get fit at any size.  
COST: \$30.00 1x wk/10 wks or \$100.00 2x wk/10 wks DAYS Tuesday & Thursday TIME: 10:30-11:15

#### FOREVER FIT 40 Plus - ADU 014

This class is designed for those 40 years plus. The workout will be taught at a pace appropriate to the group with music that you are sure to easily relate to.  
COST \$50.00 1x wk 10 wks DAYS Monday Wednesday Friday TIME 10:30-11:15 a.m.  
or COST \$90.00 2x wk 10 wks DAYS Tuesday Thursday TIME 7:30-8:15 p.m.

#### CPR AND FIRST AID - ADU 015, ADU 016

Learn in 6 hours how to be an emergency first responder. CPR is an emergency first aid procedure to maintain life until a victim of cardiac and respiratory arrest recovers sufficiently to be transported or until advance life support is available. Emergency level first aid is taught to give participants knowledge in handling emergencies of family, friends and co-workers.  
ADU 015 COST \$65.00 DATE Oct. 16 & 17 TIME 6:30-9:30 p.m.  
ADU 016 COST \$65.00 DATE Nov. 13 & 14 TIME 6:30-9:30 p.m.

#### STRESS MANAGEMENT - ADU 010

Learn the principles of stress management, needs assessment and stress prevention. Learn how to cope with stress positively and productively.  
COST: \$40.00 DATE Nov. 10 1990 TIME 9:00-11:00 a.m.

#### SHIATSU FOR PERSONAL USE - ADU 004, ADU 005

Shiatsu is often referred to as acupuncture without needles. Shiatsu is a Japanese therapy in which pressure is applied with thumbs and fingers. Shiatsu helps to stimulate the nervous system, reinforce a person's natural healing power, improve circulation. This hands on workshop will teach you the basic techniques necessary to relieve tension, muscle stiffness and fatigue. You will learn basic techniques to relax yourself, family and friends.  
ADU 004 COST \$40.00 person \$60.00 couple DATE Sat., Oct. 13, 1990 TIME 9:00-12:00 p.m.  
ADU 005 COST \$40.00 person \$60.00 couple DATE Sat., Nov. 3, 1990 TIME 9:00-12:00 p.m.

#### SKINCARE CLINIC - ADU 012, ADU 013

This is an introductory course on the care of skin. Topics covered: skin type analysis, skin care and treatments. This is a hands on workshop, therefore space is limited. Basic skin care products will be available.  
COST \$40.00 DATE Sat., Oct. 20, 1990 TIME 9:00-12:00 p.m.

#### DRIED FLOWER WORKSHOP - ADU 007, ADU 008

Learn how to design your own gifts using dried flowers. You will leave this 3 hour workshop with the knowledge on how to work with dried flowers and with a completed project of your choosing.  
ADU 007 COST: \$40.00 DATE Sat., Nov. 17, 1990 TIME: 9:00-12:00 p.m.  
ADU 008 COST: \$40.00 DATE Sat., Nov. 24, 1990 TIME: 9:00-12:00 p.m.

\*There will be an additional charge for some materials.

### PROGRAMS FOR YOUTH

#### SELF IMPROVEMENT COURSE FOR TEENS

This course is designed to enhance teens' individuality. Advice and guidance are offered on skin care, make-up, hair grooming and posture, nutrition, exercise, wardrobe planning and colours. Image building improves appearance, self confidence and the feeling of well being. Registration is limited, so individuals may receive adequate attention.  
COST: \$75.00 DAYS: Monday & Wednesday TIME: 4:15-6:30 (Mon.); 4:15-5:15 (Wed.)

#### WEIGHT TRAINING CLASSES FOR YOUTH 12-17

Formal weight training is an effective method for increasing muscular strength and endurance. Learn how to enhance your particular sport by training with weight machines. Weight training concepts and safety will be taught.  
NOTE: This program is not recommended for very young children or rapidly growing children.  
YOU 002 SESSION 1: Begins Oct. 2-23  
COST: \$45.00 2x wk 4 wks DAYS: Tuesday & Thursday TIME: 4:15-5:15 p.m.

YOU 003 SESSION 2: Begins Nov. 6-29

Above Cost, Days & Time Apply

#### KIDS WORKOUT — YOU 004, YOU 005, YOU 006, YOU 007

The emphasis is on fun. This dynamic workout for kids will keep them moving for one hour. Kids will have a complete workout to popular music and will play games that are designed with fitness value in mind.

YOU 004 YOU 006

COST: \$45.00 DAYS & TIMES: Friday 4:15-5:00 p.m. or Saturday 12:45-1:30 p.m. AGES: 4-8

YOU 005 YOU 007

COST: \$45.00 DAYS & TIMES: Friday 4:15-5:00 p.m. or Saturday 1:30-2:15 p.m. AGES: 9-12

#### P.D. DAY SPECIAL FUN WORKOUT

AGES 6-12

OCTOBER 26 - 2:30 - 3:30 P.M.

NOVEMBER 23 - 2:30 - 3:30 P.M.

Cost: \$4.00 per person

#### CHRISTMAS DROP IN

Let your kids workout with you during their Christmas holidays. Kids 8 years and older may workout with their parents.  
COST: \$4.00 visit DATE: December 27-January 7

### REGISTRATION INFORMATION

#### Guidelines

Registration will be accepted on a first come first served basis and will not be accepted by phone. Registration for participants under 18 years of age require a parent's or guardians signature. Please register early to avoid disappointment. Program enrollment will be reviewed September 28th, 1990 prior to the first class. Late registrations may cause a program to be cancelled unnecessarily.

#### How To Register

IN PERSON..... Work That Body  
232 Guelph Street  
Georgetown, Ontario L7G 4B1  
Monday-Friday 8:30 a.m. - 9:00 p.m.

PLEASE NOTE: An administration fee of \$15.00 will be charged for NSF cheques.

#### Policies

REFUNDS: If a registered participant cancels at least 48 hours prior to the first day of the program, a full refund (less \$5.00 administration fee) will be given in the form of a credit letter. A receipt is required. A refund may be provided in lieu of a credit letter with a medical note. There will be no refunds given once a program has started. If a program is CANCELLED by Work That Body, a full refund will be given. Please allow 2 weeks for processing.

DISCOUNTS: FAMILY AND SENIOR DISCOUNTS ARE AVAILABLE

NEED MORE INFORMATION?

# WORK THAT BODY A FAMILY FITNESS CENTRE

232 GUELPH ST.

GEORGETOWN

877-0771