

# Appreciation night planned for Phyllis MacMaster

Phyllis MacMaster, our Agriculture Representative for the past six-and-a-half years is transferring to Dundas County at the end of this month. Phyllis will be living in Winchester, half an hour from Ottawa, and near her parents' home.

An "Appreciation Evening" and "Open House Reception" will be held this Friday, 7 to 10 p.m. at the Hugh Foster Hall, Victoria Square, Brown St., Milton.

All those who wish to extend their best wishes to Phyllis are invited to attend.

The evening is being arranged by the Ontario Ministry Agriculture and Food Staff and Halton Farm Organizations.

## Proud of Queen

Peel and Halton farmers were proud of their Queens of the Furrow at the I.P.M. last week in Brant County.

Angela Leslie, R. R. 4 Georgetown, representing Peel County, and Sandra Eggert, R. R. 6 Milton, representing Halton, plac-

## Norval News

By KAY WILSON  
Norval Correspondent

ed first and second runners up respectively.

Winner, Trina Code, of Lanark County has the use of a new car, to promote next years I.P.M. in Lambton County near Sarnia. All three young ladies were the recipients of many lovely gifts.

## Plowing match

Halton County Plowing Match will be held Sat. Sept. 29 at 11 a.m. on the rented land of Fred Anthony, Sixth Line, Halton Hills, north of Sideroad 10. Halton Plowing Match Banquet - Hillcrest Church, Trafalgar Rd. at 7 p.m.

## Cattle show

Halton and Peel Holstein Breeders combined to show their cattle at the Milton Fair on Friday,

Sept. 21. Exhibitors from the area included Jeff Nurse, Albert Cormier, Bill and Paul Laidlaw, Gord Laidlaw, Don Cleave, Glen and Brian Leslie, Tyler Brander, Kelly Stewart and Jackie Fraser.

An "outstanding show" was the comment from Judge Elgin Craig, former Peel Region dairy farmer, now of Arthur. Peel Holstein Breeders born at the Brampton Fairgrounds was condemned with the resolve they join with Halton Breeders at their show in Milton. "The show had created a lot of interest, with keen competition," said Judge Craig.

## Church meeting

Unit 1 of Norval United Church met at the home of Betty Johnson on Sept. 19. Gwen Laidlaw chaired the meeting and asked for a report from Mary Crawford for the church booth at the recent Steam-Era in Milton. Mary extended a big thanks to all who had helped or donated pies. Elaine Crawford gave devotional on the Good Samaritan. The guest speaker was from the Salvation Army Family Resource Centre, Main Street North, Brampton. They have accommodation for 70 people, while they are arranging for more permanent accommodations. Lunch was served by Elaine Laidlaw and Phyllis Moffatt.

## Get well wishes

Get well wishes to Mrs. Emily Finamore of Norval who is a patient in Georgetown and District Memorial Hospital.

Get well wishes to Mary Clarkson who has undergone surgery at Peel Memorial

Hospital, Brampton.

## Sincere sympathy

Sincere sympathy is extended to Fred and Helen Paul, R. R. 4 Georgetown on the passing of

Helen's father, Ronald Crawford, of Arthur. Visitation was at the Golding Funeral Home on September 19 with funeral service at Grace Anglican Church, Arthur on September 20, 1990.



# \$4,000<sup>00</sup>

## SHOPPING SPREE

### VALUE STORE

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## CRYSTAL CHANDELIER

COMPARE AT \$600.00

# 299<sup>99</sup>

Values Effective Until  
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WHILE SUPPLIES LAST

245 GUELPH STREET  
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HOURS:  
Mon. to Fri. 9-9  
Saturday 9-6

SHOP THE LIGHTS  
*Fantastic*  
**LIVING LIGHTING**

## Women's Club guest speaker

Carol Ann Michaelson, the proprietor and designer of "Clay Concepts" in Glen Williams, will be the guest speaker at the upcoming meeting of the University Women's Club of Georgetown.

The award-winning potter will give a presentation focused on 'creativity and small business', followed by a sale of some of her pottery.

A portion of the proceeds will go toward the U.C.W. scholarship fund.

The public is welcome to attend the meeting which will be held Oct. 2 at 8:30 p.m., Georgetown District High School cafeteria.

# 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 1xwk \$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: \$50.00 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 persons 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 L7C 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