

Community

Friend and neighbor passes away

Norval News

Memorial Fund of Norval United Church would be appreciated. Rev. Walter Beecham conducted the service.

Get well wishes

Get well wishes are extended to Canon J.E. Maxwell of Norval, who is a patient at Georgetown and District Memorial Hospital following surgery.

Marg had suffered from ill health for the last four months, but even when not feeling well, she could put on a front and carry on, in spite of the pain and discomfort she had.

Marg enjoyed her own home, and social life, a good part of which evolved around the Norval United Church, and the church family, that she and her husband were so much a part of. Her fine needlework on an afghan was given as a yearly draw at the Norval bazaar. Marg shared her friendship with many and entertained a lot in her home.

Marg and Fred celebrated their 50th wedding anniversary on Oct. 12, when the Couples Club of the church entertained them to dinner out, and made presentations to them.

The passing of Margaret Clarkson is a deep personal shock to each and every person who had been associated with her. Sincere sympathy is extended to her husband and family.

Funeral and Committal was at the J.S. Jones and Son Funeral Home, Georgetown, on Tuesday, Jan. 15 at 11 a.m.

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By KAY WILSON
Margaret (Johnston) Clarkson passed away on Saturday, January 12, 1991, at the Peel Memorial Hospital in Brampton.

Beloved wife of Frederick Clarkson, R.R.2 Georgetown, mother of Judith Margaret Fougerty of Dayton, Ohio. Loving grandmother of Kathy and Colleen Fougerty of Grand Rapids, Michigan, and Bruce Clarkson Fougerty, of Chicago, Illinois. Dear sister of Mae Shakespeare and Bea Ansell, both of Peterborough, and the late Al and Charlotte Johnston, and sister-in-law of Eleanor Johnston of Toronto.

Region looking to improve

Halton's Environmental Task Force Wednesday requested that Halton Regional government consider several recommendations concerning ways the Region can become a better environmentally responsible corporate citizen.

The task force is comprised of Halton's five municipal Chief Executive Officers, including Halton Hill's Administrator Clerk Dan Costea, and the Directors of the Region's public and Catholic school boards.

The recommendations centre on four areas: how the Region's municipal governments can change their internal operations to better account for environmental consequences; how students can be better taught to make sound environmental decisions; how to raise public awareness about the environment, and how government can force the public and businesses to be more environmentally conscious.

Halton's Planning and Public Works Committee voted Wednesday the recommendation be discussed. The recommendation will go before Regional Council for final approval this Wednesday.

Environmental strategy planned

Burlington Regional Councillor Walter Mulkewich introduced a resolution Wednesday during a Regional Planning and Public Works Committee meeting, calling for Halton to establish a long-term solid waste management strategy emphasizing the 3R's - reduction, reuse and recycling.

Coun. Mulkewich's resolution calls for the strategy to especially emphasize reduction and reuse initiatives. "The reasons are both environmental and financial," said Coun. Mulkewich.

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NOW IT'S WORTH THE DRIVE TO DOWNTOWN MILTON



Tipping the scales in the Halton Regional Police, 11 Division in Georgetown, is Detective Sergeant Mike Eacrett, who's one of seven officers in Halton getting weighed in and measured up to take part in a new 'Lifestyle Challenge' urging officers to stay healthy and fit. (Herald photo by Lisa Boonstoppel-Pot)

Halton police get in shape

By LISA BOONSTOPPEL-POT
The Herald

Seven local police officers are putting five dollars in a pot as inspiration to lose either five per cent of their body weight or 20 centimetres off their body measurements in a new 'Lifestyle Challenge' put on by the Halton Regional Police Force.

Last week, the officers, including Detective Sergeant Mike Eacrett, got weighed in and measured up to begin the six-week challenge. Almost 70 Halton police officers entered the challenge, paying five dollars each which will be divided up among the officers who lose the desired amount of weight or size.

"I gained weight over Christmas," admitted Detective Sergeant Eacrett, who joined the challenge because he wants "to remain physically fit." Though he was surprised only seven members of the Halton Hills force joined the challenge, he said overall, the physical fitness of the force is "generally good."

"A lot of our officers are members of private fitness clubs or involved in their own fitness program," he said. The ones that don't belong to a club can make use of the modern fitness facilities at the Halton Hills sta-

tion which were completed last summer.

Each police division in Halton has a fitness centre and Bonnie McKenzie, fitness co-ordinator for the Halton Regional Police said they're a real benefit to the force.

"In the 1990's, there was a real swing towards fitness and this affected the police department because their job requires them to be physically fit," she said.

Ms. McKenzie is co-ordinating the "Lifestyle Challenge" which she says is a balance between increased activity and nutritional awareness. "Dieting isn't the way to go. The combination of activity and proper eating is the best way to keep weight off."

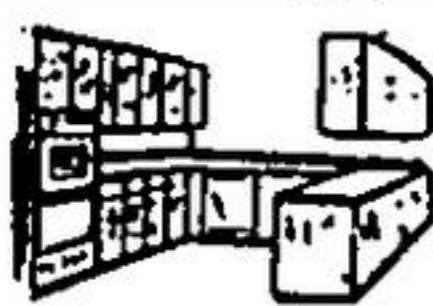
Though she herself is physically fit, she is entering the challenge just for the push to eat better and learn more about nutrition.

Aside from the challenge, Ms. McKenzie regularly does fitness level checks on the officers. She said all new officers are tested for fitness and keep undergoing the testing until they reach the first class fitness level.

Testing includes push-ups, sit-ups, flexibility testing and running the 100 yard dash and the mile and a half run.

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