

Military training program exercises mind and body



Private Simon Preston of Georgetown takes aim at the enemy while on exercise at the Central Area Concentration in CFB Petawawa. Private Preston is also a member of the Lorne Scots. (Photo submitted)



Private Craig Totten of Georgetown prepares to fire a burst of his C9 light machinegun at the approaching enemy while on exercise at the Central Area Concentration in CFB Petawawa. Private Totten is a member of the Lorne Scots. (Photo submitted)

While the majority of us were complaining about the heat and sitting in our air conditioned homes this summer, two Georgetown residents were out exercising their bodies and minds during a two-week military training program in Petawawa, Ontario.

Private Simon Preston and Private Craig Totten, both members of the Army Reserve - the Militia - spent two weeks, from August 9 to August 25, at the Canadian Army's quick-reaction brigade, called Central Area Concentration 91.

Two thousand part-time soldiers of the Army Reserve took part in this combat training program, which was supported by nearly

1,000 soldiers from units of the Special Service Force.

"It was very informative," said Pte. Preston, who has been with the Army Reserve for one year, "It was basically the same type of exercises we learn at our unit (in Georgetown) although much more intense. It was hard work but it was fun."

Pte. Preston, who owns Preston Printing in Mississauga, explained the training program included many different combat exercises such as fire fights and air mobile patrol. He explained he had always had an interest in the military and joining the reserves seemed like the best way to become involved and still keep a civilian lifestyle.

Pte. Totten, who attends Laurier University where he studies biology, was unavailable for comment at press time.

Regular and reserve units trained together to create what the army calls Total Force- integrated units able to expand or adapt to meet Peacekeeping, Internal Security or Disaster Relief tasks as they arise.

Integrated training is cost-efficient because material and human resources, both regular and reserve, are consolidated into one organization.

One of the main purposes of this two-week combat training program was to establish more contact between members of the regular and reserve army units.

Hydro launches ambitious program

To encourage the use of energy efficient products, Ontario Hydro is launching one of the most ambitious retail promotions in Ontario history, involving over 2,300 stores, including most of the hardware and department stores in the Hamilton-Wentworth and Halton Regions.

Throughout the month of October, participating stores will discount 40 kinds of energy-saving products for the home. The campaign slogan, "Hey Neighbour ... Be a Power Saver", will be used across Ontario in advertising and in-store displays by the 18 retail chains and numerous independently-owned stores participating in the promotion.

A wide range of products is included in the promotion ... from various types of insulation materials to programmable thermostats, from caulking to low-flow showerheads. Ontario Hydro set the categories of products and

paid \$1.2 million for all provincial advertising material. The retailers arrange for product discounts.

Hydro expects the campaign will stimulate sales of energy saving products which, when installed by the consumer, will lower growth in the demand for electricity by four megawatts. That's enough power to serve a community the size of Waterdown.

The "Hey Neighbour ... Be a Power Saver" campaign is open to all retailers willing to discount the products and has the support of Alasdair McKichan, president of the Retail Council of Canada.

"Since part of our mandate is to encourage retailers to take a proactive stance in improving the environment, we're very pleased to support a campaign which aims to raise the profile of energy efficient products," McKichan said.

The "Hey Neighbour ... Be a Power Saver" campaign runs through November 2. Participating retailers include: Beaver Lumber, Consumers Distributing, Homecare, Home Hardware, Sears, Canadian Tire, Co-Op Stores, K-Mart, Lumber City, Zellers, Cashway, Eaton's, Lansing, Pro Hardware and Plumbing Mart.

Say: "I saw it in The Herald"



130 MILL ST. E. - ACTON, ONTARIO

CANADIAN TIRE ACTON

THE RIGHT CHOICE FOR ALL YOUR AUTO SERVICE NEEDS

COMPUTER SUPER TUNE-UP

SAME DAY SERVICE in most cases

20% OFF

18-9914X

Nationwide Guarantees

Includes...

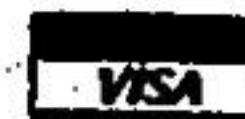
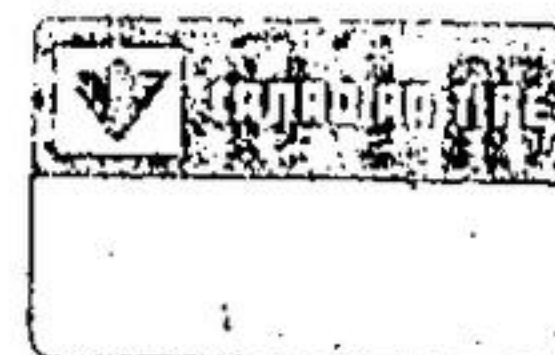
- * Computer Engine Analysis and Computer Printout
- * Install New Spark Plugs
- New Rotor
- New Air Filter
- New Fuel Filter
- New PCV Valve

- * Check Distributor Cap
- Ignition Wires
- Choke
- Carb

plus 20 vital safety checks

Fuel Injected Vehicles Extra (Fuel Filter)
Vans Add \$20.00 Per Vehicle

USE YOUR CARD OR GET 5% CASH BONUS Coupon on all parts



Blair, Doug and Rob - Acton's Tune-Up Specialists

Offer expires Saturday, October 26, 1991

Cannot be used in conjunction with any other coupon. Limit one coupon per service. Coupon has no cash value and must be presented at time of service.



CANADIAN TIRE

130 Mill St.
ACTON

853-1060