

THE HALTON HILLS WEEKEND

KEN NUGENT
Publisher

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Win the Challenge

Talk about David conquering Goliath — Halton Hills defeated the big city of Guelph in the Participaction Challenge on Wednesday, and with big numbers.

Guelph, a city of 90,000 inhabitants, and apparently most of them couch potatoes, could only muster a 17.3 per cent rate of participation in the Challenge.

Halton Hills, on the other hand, a small town of just over 35,000 of apparently energetic inhabitants, had 33.9 per cent participation.

Making the difference this year say organizers were the number of adults calling in. And that's good news.

According to the Ontario Health Survey, 25 per cent of Ontarians (12 years of age and older) report sitting much of the day. The survey adds if all unfit people became fit, the rates for premature death would fall by 9 per cent for males and 15 per cent for females.

According to another fitness study, only six per cent of children, aged 10 to 19 are active on a regular basis. That study says by the time kids reach 15 to 19 years of age, only 24 per cent of girls and 50 per cent of boys can achieve a recommended level of aerobic fitness.

What this means is that the Participaction Challenge, 15 minutes of exercise a day, should become a daily challenge for the whole family — in fact it can be a daily enjoyment. Walking 15 minutes a day is one of Ontario's most popular physical activities and something the family can do together.

But walking can mean more than just contributing to your good health; walkers often rediscover their neighborhood. It's amazing who can you meet and what you can see when you're not speeding by at 80 kilometres a hour.

So win the Challenge every day — get active every day of your life.

Govt. funding isn't necessary

Dear editor:

I read the article about the community gardens starting in Georgetown and Burlington, funded by the government.

In Acton this year a committee started a community garden with practically nothing and we have the price of \$10 per plot per season rent.

We have had the land donated by Mr. F. Dawkins, and the ground was kindly ploughed up for us also free of charge. People have got together and worked together.

The local authorities fenced it for us.

The people who have plots all bring their own tools, seeds and plants and whatever they want to grow. If they can't afford it we have a church willing to donate.

Two men rototilled the ground for everyone with the help of a young man who also has a plot, without them we would have had a lot more work to do; they have all

Letters to the Editor

worked hard.

You do not need workshops to garden or government grants, how to grow vegetables is on the seed packets and fertilizer is in a lot of stores and quite cheap. Market gardeners will always give advice on planting and caring and there are usually people working a plot that have done it before and are happy to help the new ones.

Yes, England did this many years ago and still do now, a lot of people have "allotments" in that country, but with no grants or anything from the government.

Much as I sympathize with the unemployed (and we have been there a few times ourselves), this is not the way to go. We are becoming a nation of handouts.

In my opinion the \$10,000 could be put to better use. Why do we have to be regulated and run by the government? Have we forgotten

how to work?

We are small in Acton right now, but have more land and others can join us next year. A waiting list will be compiled.

What I would like to know is what do they need \$10,000 of the taxpayers' money for?

It is time the government looked after the homeowners working hard, taxed to death, trying to pay their mortgage, and if they were looked after maybe the rest would fall into place and we wouldn't need the handouts.

M. Turner,
Acton

Lioness say thanks for the donations

Dear editor:

The Georgetown Lioness Club wish to thank everyone who supported our Kilometre of Koinis campaign recently.

All monies go to assist the Kidney Foundation and Camp Dorset, and Camp Dialysun "Dialysis Camps."

We thank you.
Georgetown Lioness Club



The weatherman's forecast can put everyone in a bad mood

It's a fact of life; everyone talks about the weather.

And earlier this week, I realized how much the state of weather forecasts affects people's dispositions.

Monday morning, as I drove into work, the announcer on the car radio read the Canada-wide forecast for the upcoming summer, according to Environment Canada.

Apparently we can expect another summer much the same as last year's, with colder and wetter than average conditions.

In short, little or no summer at all.

Now the announcer made a valiant effort to smooth over the negative tones of the forecast, saying they (Environment Canada) didn't expect it to be quite as cold and wet as last year.

But the damage was done.

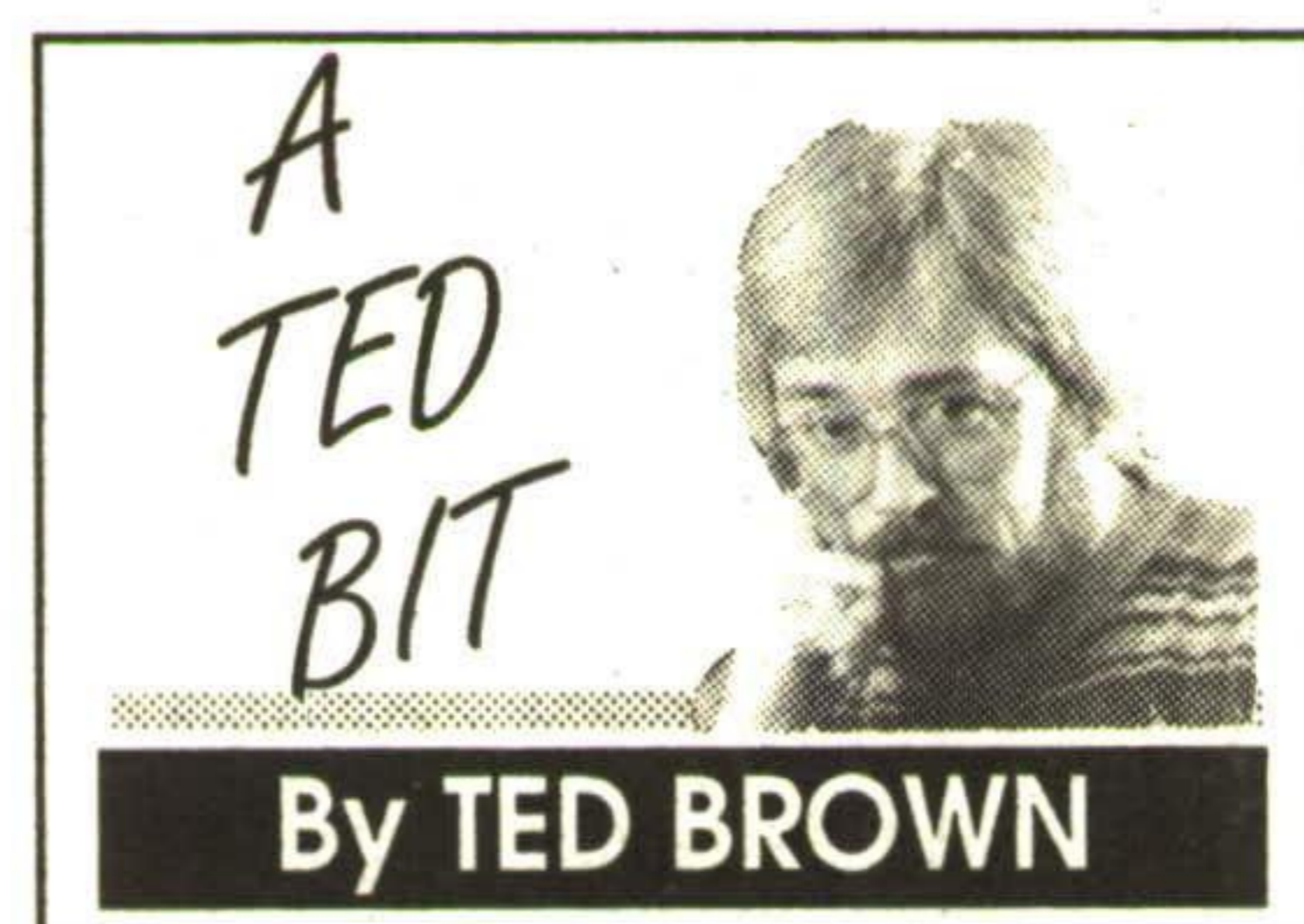
For the balance of the day, everywhere I went, I talked to

people obsessed with the state of the weather. People were grumpy, irritable, and downright miserable at the prospect of enduring yet another cold, wet non-summer.

I chatted with a merchant in a local store who told me of customers coming into the store talking of canceling their holiday plans in Canada, opting instead to stay home and take day trips if they were lucky enough to have a sunny day. Or instead head for the sunny south to soak up a few rays and recharge their solar batteries.

Another fellow told me he had his swimming pool filled, but wondered if it was "really worth the time, money and bother to open it up for the summer, when the weather is to be so cold."

Back at the office, co-worker Lisa Tallyn and I discussed it later in the day. I enjoy sunshine as much as the next, and Lisa is the same, but neither of us were prepared to jump off a cliff



because the weatherman had forecasted a summer of rain.

"Besides," she said, "How often is the weatherman correct these days?"

I agreed, and decided to consult another source about the state of our summer-to-be, hopefully with a different prophecy.

Out came my trusty Old Farmer's Almanac, to which I turn whenever I need a second opinion. Opening the book, I looked in the "southern Ontario" section for the annual forecast.

The almanac reports much the

same doom and gloom; "April through June should be colder than normal over the region, with below normal precipitation in the east, but above normal in the west."

Hmmm, it was fairly close up to now, except it reported May would end with warm, dry weather.

Close, but no cigar. On to the June forecast.

It reads; "June should see alternating warm and cool spells, with infrequent rains in the east but heavy ones in the west."

I'd say that's a pretty safe forecast, telling us it will be both warm and cold, and wet and dry.

Lisa and I read the summer forecast, which depressed both of us.

The Old Farmer's Almanac seems to agree with Environment Canada; we will have another cool, wet summer for 1993, except for the latter half of July when it's

supposed to warm up, but remain wet. August will be warm (but still wet) at first, but become quite cool nearing the end of summer.

The forecasts talked of average temperatures of 18 degrees Celsius for June (one degree below average, of course) and July's forecast not much better with an average of 20.5 degrees.

But after thumbing through the book for a bit, I managed to come up with a forecast Lisa thought sounded a little better.

"July temperatures will average 81.5 degrees Fahrenheit, which is 1 degree below average, and precipitation for the month will be 10 inches, which is three inches above average. From July 22 to 24, it will be clear and hot, hot, hot," I read.

"Say, that sounds great," said Lisa, "That's for me. What area is that forecast for?"

"Florida," I replied.