

GRAPEVINE



Supple succor

The 75 people who stretched their bodies and relaxed their minds at the first Yoga in the Park class last Thursday donated \$165 to a backpack program for disadvantaged kids, and 110-pounds of food for Food-Share.

The beautiful weather helped draw a record crowd to the first yoga class of the year in Prospect Park with Leanne Monaghan of Staying Alive Fitness. For Acton's Vera Waldie, it is a perfect location. "It's so refreshing and so open and the birds are singing.... it makes you feel very peaceful." Fran Fryters of Acton said the park is a nice atmosphere for yoga, "With the birds and trees and lake, it's very relaxing."

For the next five weeks, the class begins at 7 p.m. at the Rotary bandshell, with registration at 6:30. The Yoga in the Park fundraising includes a raffle, and in an e-mail following the first class, Monaghan said they can't believe the "generosity of the sponsors, raffle donors and... community." For information call 519-853-2650 or e-mail info@stayingalivefitness.com



Feline Fun

From contented Calicoes to exotic Bengals, up to 100 beautiful and unusual breeds of cats will compete in five rings for a two-day cat show beginning Saturday at the Acton Curling Club.

The Kit Cat Club is hosting "Fun in the Sun," its first Canadian Cat Association affiliated championship and household pet show with winners earning points for national and regional awards. Along with the competitions, vendors will offer the latest in cat stuff - for owners and felines. For information call Sandra Baker at 905-702-6355 or visit thekitcatclub.webs.com

Radial Trail hike

The next outing in a seven-hike celebration of the 40th anniversary of the founding of the radial scenic railway trail is July 31 on the stretch from Sixth Line Nassagaweya to Dublin Line.

Hikers will explore different sections that make up the trail. The August 28 hike focuses on the Highway 25/25 Side Road area to the Fifth Line. The final hike - Victoria Road to the Stone Road Loop, finishes with a celebration at Eramosa River Park on Victoria Road.

For details call 519-876-9147 or visit www.guelphhiking.com

Ancestry search

Want to learn how to search your family tree using Ancestry Library Edition? Check out the family tree on-line workshop tomorrow (Friday) from 2 to 4 p.m. at the Acton library.

Archibald honoured

Congrats to former Acton resident, Town Recreation and Parks employee John Archibald, who recently received the prestigious Ronald G. Burnside Memorial Award in recognition of his outstanding contribution to the Ontario Recreation Facilities Association (ORFA.)

Archibald, currently Memorial Arena facilities supervisor, was honoured for serving as a volunteer with ORFA from 1995 to 2003, and as chair from 2000 to 2002, as well as being an active member of the arena and aquatics operational committees.

Archibald is an ORFA instructor - teaching ice making and panting technologies, ice maintenance and equipment operations to professions across the province.



Garage sale

Members of the Dr. John Dugan Centre for Mental Health Promotion are hosting a charity garage/bake sale at the Acton Town Hall Centre on Willow Street on July 23 from 8 a.m. to noon. Proceeds will help run local programs and services.

Best Wishes

Best wishes and hope for a speedy recovery to former The New Tanner reporter/photographer Denise Paulsen, in hospital for the past month following a home accident.



PAPER PRAISED: McKenzie-Smith Bennett School recently thanked many of the community groups and organizations that supported the school during the year. The New Tanner rep. Marie Shadbolt (right) accepted a certificate of thanks from school council chair Melissa Secord.

- Ted Tyler photo

Power to conserve

A few months back after a hydro bill and some grumbling about it both by the Dude and me, I decided to make a conscious effort to reduce our hydro costs.

It is kind of strange because at our old house, I was the one going around shutting off lights in rooms we weren't using after the Dude had left them on while complaining about walking around in the dark.

When we moved to this house, I was still shutting off lights, however, the one who didn't like walking around in the dark was turning off what seemed to be every light. Occasionally, I would find my sensor night lights even unplugged which really annoyed me because I strategically placed in areas like the hallway and the bathroom because there is nothing worse than waking up in the middle of the night, too asleep to turn the light on and finding that someone didn't put down the toilet seat the hard way.

After that one hydro bill, I decided that the accent lamp in the entrance hallway, which I absolutely love how it looks at night, did not need to be on because who saw it? Not us. We were in the back room watching television.



By **Angela Tyler**

I turned off kitchen lights when we weren't in that room either, and I made an effort to use the dishwasher when it was full not almost full.

Between the guy who was turning every light off and my new extra efforts that I didn't worry about before, we were able to reduce our hydro bill for two months by \$80. Maybe that doesn't seem like a lot, but I was impressed and it could, if we kept it up, benefit us almost \$500 for a year.

Now we have those smart meters. I guess this is good, however, I am finding the times a pain and I can't seem to remember when the rates are off, mid or on peak usage. About the only thing I can remember is after 7 p.m. hydro is at its most reasonable rate. With that information, I am again consciously trying to make an effort to do things that eat up hydro after 7 p.m. The problem with this is now that being a mom and housewife is my main task the 7 p.m. thing is a nuisance.

Before the smart meter activated, I would turn the dishwasher on after breakfast. I'd squeeze a load of laundry in here in there in between Little J napping and whoever was having a shower or a bath. The day was balanced out between mommy stuff and home stuff. Not now though. Day is mommy stuff and night is home stuff, or weekends, as I discovered weekends are like a get out of jail free card in Monopoly when it comes to the smart meters. Now, laundry is at night and out of the dryer in the morning, to be put away in between putting the dishes away from the dishwasher that ran at night while we were asleep. Things like vacuuming and steam cleaning and anything else that isn't a daytime necessity, I try to do after 7 p.m.

Then again, this smart meter thing could work to my advantage. Since day one, through both editors I have been consistently late submitting my column. Maybe our editor will have sympathy for my tardiness as I was (wink wink, nudge, nudge) really just trying to be more energy efficient taking the "power pledge" and doing my column after 7 p.m. and submitting it hours past deadline.