

## University Women's Club welcomes new members

By Michelle Proud

The University Women's Club of Georgetown, an affiliate of the Canadian Federation of University Women (C.F.U.W.), starts its 22nd season with a coffee and dessert reception, 7:30 p.m. Tuesday, Sept. 14 at St. John's United Church, 11 Guelph St. All members and prospective members are cordially invited to attend.

If you are a woman holding a university degree and residing in Halton Hills, please accept an invitation to attend and become acquainted with the club and this season's activities. The club presents opportunities to promote education, to become involved in community affairs and to meet women who share a variety of interests.

### Club Commitments

Promotion of education in Halton Hills is a primary focus of the club which presents over \$3,000 in scholarships to local students every year. This year's recipients will attend the reception to accept their scholarships. Funds are primarily raised at the annual Used Book and Toy Sale which is scheduled for April 23, 1994 at Knox

Church.

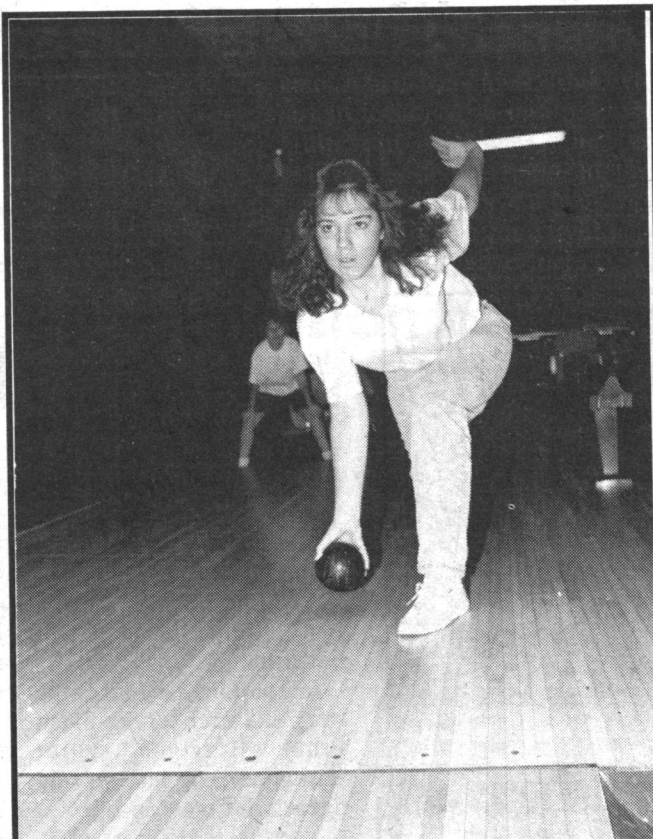
The Georgetown club is quite active in community affairs and has most recently assisted in the completion of a survey of public opinion for the Halton Hills Recreation and Parks Master Plan. Club members also observe town council meetings and sit on local committees of interest.

Club members may also participate in special interest groups examples being art tours, book clubs, gourmet cooking and preschool outings.

### Program Line-Up

Guest speakers make presentations at monthly meetings which the public is encouraged to attend. Meetings will be held at 7:45 p.m. at George Kennedy Public School. This year's program is as follows: Oct. 5, Finding our Foremothers; Nov. 2, Canadian Author's Night; Jan. 4, Future Technology; Feb. 1, Women in Wilderness and Mar. 1, Reflections on Political Life and Discussion of Local Issues.

For more information, please call 873-7999 or 873-3139.



First for the season! Cindy Clarke was the first Youth Bowling Council senior bowler to test the newly refurbished lanes during Georgetown Bowl's opening night last Thursday. Georgetown Bowl is located at 12 Mountainview Rd. S. For information on available leagues and how to join, telephone 877-7433.

photo by Simon Wilson/HHTW



## THE CORPORATION OF THE TOWN OF HALTON HILLS

Notice is hereby given pursuant to Section 927 (1) (B) of the Municipal Act, being Chapter M.45 of the Revised Statutes of Ontario, 1990, that the Council of the Town of Halton Hills, at its meeting to be held in the Civic Centre at 7:00 p.m., Monday September 27, 1993, will consider the passing of by-laws for the temporary road closure and construction of the:

Main Street South at  
Argyll Road Intersection

Plans detailing this project and the proposed by-laws are available for viewing during normal business hours at the Engineering Department office. Any inquiries should be directed to Mr. P.D. Linn, P. Eng., Engineering Department at 873-2600, Extension 313.

The council will hear, in person, or by their counsel, any person who claims that their lands will be prejudicially affected by the said by-laws, and who applies to be heard. Persons wishing to be heard should notify the Clerk's Department no later than noon, Thursday, September 23, 1993.

R. C. Austin, P. Eng.,  
Town Engineer  
The Corporation of the Town of Halton Hills  
1 Halton Hills Drive  
P.O. Box 128  
Halton Hills (Georgetown)  
Ontario  
L7G 5G2

## C V Artisans courses

There has been some confusion regarding the "in-person" registration for the CVA course offerings this fall. It was originally announced as Saturday, Sept. 10, but Sept. 10 is a Friday. The correct day is Saturday, Sept. 11, 1993. There will be someone on hand at the Cedarvale Cottage, Main Street and Maple Avenue in Georgetown from 10 a.m. until 12 noon to take registrations.

The courses are filled on a registration paid basis, first come, first served. Some of the courses fill quickly so prompt registration is advised, particularly for the children's courses.

If you are planning to take the "Drawing for Adults" course which begins on Sunday, Sept. 19, you would be well advised to register by mail now if you cannot attend the in-person registration. Unless posted otherwise, the deadline for regis-

tering for any CVA course is seven (7) days prior to the first instruction date.

Registration forms are available at the library in Georgetown and also at the Halton Hills Recreation and Parks Department. You can also get more specific information on the courses by calling the registrar, Karen King at (416) 873-2018.

### BEELINE

#### TRAVEL



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Georgetown  
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presents...

### ROYAL SCOTSMAN

Royal Scotsman is a unique train that travels on little-used railway lines through the mountains and glens of the Scottish Highlands.

From May through October, The Royal Scotsman provides exclusive tours of Scotland for a maximum of 32 guests, with visits to private houses, castles and attractions. At other times of the year, there are special tours, such as through England at Christmas, Scotland at New Year's and April tours from London to Edinburgh and return.

(Courtesy of Agent Canada Magazine)

For more details, please call Beeline Travel



## Work That Body

FITNESS CENTRE FOR MEN AND WOMEN

offers

# ENERGY IN BALANCE

a weight management and lifestyle behaviour modification program

Through one-on-one fitness assessments, training and counselling sessions, we will take you through an "EIGHT WEEK CHANGE PROCESS."

If your goal is to own a lean, healthy body, you must manage the food you eat (ENERGY IN) and you must make exercise an enjoyable part of your life (ENERGY OUT).

Our resident *Exercise Physiologist*, Laurie Burns, will determine the best program format for you, then one of our Certified Fitness Leaders will become your personal trainer and work with you to achieve your goals.

**8 wks. \$199 - 12 wks. \$299**  
includes use of Club facilities plus fitness appraisal and weekly consultation

**OUR FACILITIES:** Work That Body is centrally located at the corner of Guelph and Mountainview Streets in Georgetown. We take pride in our clean, well-maintained facilities. Our equipment is continually being updated and is state-of-the-art.

**OUR FITNESS STAFF:** An Exercise Physiologist heads our team of professionals. Our exercise areas are supervised by NFLAC and STFA certified instructors. As well, all staff are trained in CPR and EMERGENCY FIRST AID.

**OUR PROGRAMS:** For your safety, we will request you fill out a Physical Activity Readiness Questionnaire to ensure you are able to participate in an active lifestyle program.



### A SATISFIED CUSTOMER WRITES:

AMAZING!!! This program of yours called ENERGY IN BALANCE which I began in March 1993 and completed 12 weeks later, was just that-- amazing.

I had been searching long and hard for ways to control my weight which had ballooned to more than thirty pounds over my desired level. Even though I played squash at least twice a week, I found it wasn't quite enough and thought I might try some sort of other exercise program.

Each week in our consultation times, it helped a lot to have my food diaries reviewed and plan the next weeks activities and goals.

After the twelve weeks, I was amazed by the difference. I went from 35% body fat to 28% which brought me from the low-fair to the high-average category. My heart was working better, my blood pressure was lower and my aerobic fitness went from fair to fit. I could even do 10 pushups whereas I could do none previously. Overall, my fitness score went from 36 to 62; from fair to fit. That is wonderful!

Thanks to all the support and encouragement from you, Laurie, and all the staff at WORK THAT BODY. Without everyone's help I would have been discouraged and given up at the half-way point for sure. Right now I feel so much better, my clothes fit so much looser and I know I'm in firmer shape. I have now decided to continue with a fitness program.

Thanks to WORK THAT BODY I'm more healthy and more aware than at any point in my 49, almost 50 years!

Ruth Kuchinad July 1993.

Serving Halton Hills for 11 years

232 GUELPH ST.

GEORGETOWN

877-0771

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courtesy of



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Georgetown



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Encore: 7 1 2 2 8 5

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Bonus: 30  
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