



The Salvation Army has been holding outdoor services in the IGA parking lot for the past three Sundays. A big part of the services have consisted of some wonderful spirit-lifting sing-alongs. The Army will be out one more time this Sunday at 6:30 pm — and everyone is welcome. (Photo by Paul Nolan.)



Branch 197 Legion News

BY MIKE MATTOCKS

Ray Toth's name was pulled for the weekly Loonie Draw on July 4. Unfortunately Ray had not signed in. The carry-over amount is now \$305.

The winners of the July 4 meat draw follow. **Early Birds:** J. Window, B. Osatchuk. **Regular:** H.

Hunter, J. Moutford (two), P. Chamberlain, B. Noseworthy, J. Toebes, E. Morgan, G. Withers, A. Lowin, F. Andrews, J. Window (two). **Large Prize:** H. McKee. **Euchre Winners:** H. Wedge, B. Barfoot, B. Green, G. Robertson, L. Howson, P. Angell.

Don't forget — if you haven't already paid your dues for 1992, get them in to Fred Allen as soon as possible so that you do not lose your continued service.

Coming Events: Sunday, July 19 — Metro Toronto Legion Village Visit. Saturday, August 29 — Acton Legion Masters Golf Tournament. See you at the Branch!

Use some cycling sense this summer

Bicycle safety is one of the overlooked aspects of our daily summer activities. Many needless injuries happen because cyclists did not wear protective headgear while cycling.

A cycling helmet can protect the rider from a fall. A serious head injury can cause a lifelong disability, or even death. Adults and children alike should always wear helmets when they ride.

Cycling helmets can come in a wide array of colours and can add excitement to your cycling wardrobe. Choose a helmet that has been approved by the Canadian

Health & Safety

With
Brian Ellsworth



Standards Association.

A good helmet will be lightweight, have a hard outer shell and a shock absorbing inner liner. Make sure the helmet is well-ventilated and does not obstruct the ears from hearing outside noises. The helmet should have adjust-

able straps and cushions which should be properly adjusted to ensure a good fit. The fit of the helmet is just as important as the type of helmet.

Ensure that your bicycle is well-tuned and works properly. Riders should always wear bright, reflective clothing to allow them to be easily seen from a distance, especially when riding at dusk.

Remember that a bicycle is a vehicle and all cyclists must follow the law.

Visit your local cycling retailer to purchase a helmet and other safety items.

ATTENTION!!

Former & Present
Wartime Housing Residents
(McDonald and Mason Blvd., Acton)

If you are interested in helping organize a reunion of the wartime housing residents (from 1947 to present) to be held on May 28, 1993 you are invited to a meeting to be held on:

**Tuesday, July 14, 1992
at the Acton Legion, 8 pm**

For further information please contact
Cathy Munday (nee Stroyan) at 853-0655
or Keith Andrews 853-1607

HEY ACTON...Opening Soon!

Your one-stop entertainment connection.

Entertainment Tonight

VIDEOS

MUSIC

✓ CHECK OUT OUR ...

- ✓ Beautiful Air-Conditioned Store
- ✓ Great Movies — Great Prices
- ✓ Special Family, Teenagers and Kids' Sections
- ✓ New and Used Movie Sales
- ✓ Used C.D. Sales & Rentals
- ✓ "GREAT GETAWAY WEEKEND" PACKAGE — 3 Regular Movies, 3 Days (Out Friday, In Monday) **ONLY \$5**

- ✓ CHECK IN ... and Join our Free **CRITIC'S CHOICE CLUB**

- ✓ CHECK OUT ... a Great Movie!