

Community kitchens come to town

BY FRANCES NIBLOCK

Young Acton mothers who want to feed themselves and their babies cheaply are invited to the Acton community kitchen.

The community kitchen program is offered once a month at the Food-Share community room in the old Beardmore plant on Elgin Street.

For a slight fee, usually several dollars, young moms get together and prepare enough meals for a week. Each participant helps do

the preparation and cooking and the meals are divided up to be taken home.

Young persons' support services spokesperson Susan Stuart said the program is aimed at helping teen moms help themselves.

"We can teach young moms about nutrition and about preparing meals. The program is also about weaning people off the food bank so they can make better use of their food money," Stuart explained last week. "We can help teach teen moms how to shop more efficiently and buy healthy food when it's on sale."

The community kitchen is a project of the Halton Healthy Lifestyles Coalition.

All young Acton moms are invited to the mother's social group, which meets every Tuesday from 1 to 3 pm at the Food-Share office.

For more details residents may call Lin at Acton Social Services, 853-3310.

Health & Safety

With
Brian Ellsworth



Volunteer lifesavers

Our town's firefighters are a dedicated group of men who volunteer their time and often risk their lives to serve the residents of the town.

The Fire Department is comprised of two area stations. Area One covers the Acton area, while the Area Two firefighters cover Georgetown and vicinity.

The Acton station is comprised of 35 men, and is presently located on Bower Avenue. Of course, the Fire Department will soon be moving to their modern facility on Churchill Road South.

The Acton Firefighters attend weekly training sessions to practice skills like fire suppression, medical and resuscitative training, rescue techniques, fire prevention, and equipment use. The men are led by a District Chief and a number of captains and lieutenants, who are in charge during an incident.

The members of the Fire Department in Acton belong to the Acton Firefighters' Association. This Association plays a role in fundraising in the community and supports many interest and sporting groups in the area. The Association annually presents the Santa Claus Parade and the July 1 fireworks.

Often, long hours are put in at a fire scene, in all kinds of inclement weather. The men sacrifice home time to help protect the citizens in the area.

Look for profiles in future columns, of the people who serve the area in the fire, police an ambulance service.

Tennis anyone?

At this time of year, you almost never see the tennis courts opposite the Rockmosa Community Centre empty. The Rockwood Tennis Club currently has 175 members, of all ages and all levels, enjoying a great recreational activity.

The club was formed immediately after the Lion's Club built the courts in 1977 and has been going strong ever since. Tournaments and activities abound throughout the playing season.

In the late '70s and early '80s, the Rockwood Tennis Club would hold dances and fund-raisers for their original supplies. The group has been able, over the years, to purchase their own lighting, nets and screening, and have also kept the courts painted through volunteer labour from the member force. This year they had to hire a professional to resurface the courts, the cost being covered by membership fees that have accumulated over the last few years. A future project is a clubhouse.

A Grand Opening Tournament starts the ball rolling (or lobbing!) in May, with a barbecue and member sign-up. The club also mails out to all of the previous year's members and advertises in local papers and on the radio. Their house league is 80 members strong, runs for six weeks, and involves teams with captains in round-robin play for all members of all levels.

Acton Legion Branch 197 News

BY MIKE MATTOCKS

Doug Pratt's name was pulled for the weekly Loonie Draw. Unfortunately Doug was not signed in, so the carry-over is now \$512.

Winners of the July 18 Meat Draw are as follows: Early Birds: S. Papillon, E. Morgan. Regular Prizes: J. Chillman, M. Austin, E. Cooper, T. Turner, S. Papillon, A. Gordon, D. Dakin, D. Archibald, J. Window, A. Willmont, D. Gibson, R. Harmer. Large Prize: R. Eisel

Euchre Winners July 9, 1992: Lloyd Neville, C. Oldfield, G. Aitken, A. Gordon, H. Lambert.

July 16, 1992: J. Masales, B. Baddeley, J. McIntyre, E. Thatcher, Betty G. and H. Quinn.

Around Rockwood

With
Debbie Tilson



Two inter-club teams participate in a travel league with North Burlington, Nassagaweya, Erin, Fergus, and Elora. An Annual Tournament comes up in August, and there will be sign-ups at the courts for singles, men's and ladies' doubles, and mixed doubles. Many juniors get involved as well; they had their own tournament last year and are hoping for one this year too.

This year's executive members are Gord Corcoran, president, Jane Isdrucker, vice-president, Tanis Foster, secretary, Gerry Tomlin, treasurer and John DeGroot, tournament chairman. The house league was set up by Else Veldman.

Barry Pletch, a member of the Eramosa Community Players and remembered for roles in The Spirit of Shivarree, Riel, and the Eden Mills community production of Loot, will be appearing soon as Danny Zuko, lead role in Grease. Georgetown Globe Production presents Grease on Aug. 5, 6, 7 and 8. Barry has also taken on the huge task of producing this great '50s musical. He'd love to get you tickets; call him at 853-3083.

Village Variety Shoppe

(The Smoke Shop)

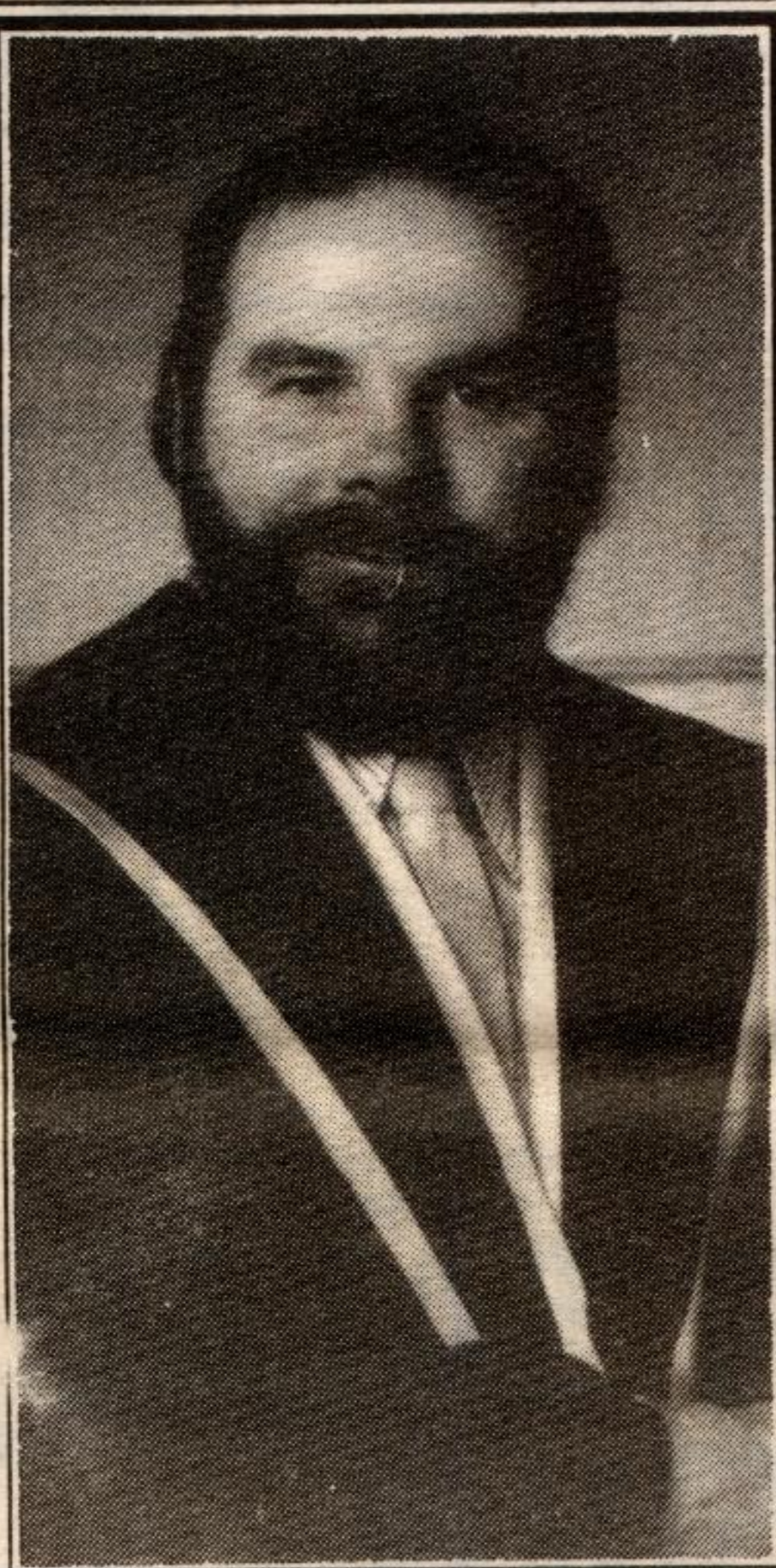
Unit A, 56 Mill St. E.
Acton

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Smokers Supplies
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Ross and Marjorie Britten are pleased to announce the graduation of their son, Cliff from Queen's University. Cliff has just received his Bachelor of Education Degree, a one-year programme in which he has become a certified teacher.

Cliff will return to Thunder Bay in September to be a Teachers' assistant at Lakehead University in the School of Outdoor Recreation, Parks and Tourism where he received his undergraduate degree. Cliff plans to be a part of the Sir Alexander Mackenzie Bicentennial Expedition across British Columbia next summer.



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