



**SLAVING IN THE SUN:** FoodShare volunteers pose Saturday at the Garage Sale held in the olde Hide House parking lot that raised \$900 in cash and food for Acton's needy. Left to right are, Sheila McMorrow, Kevin Couture, Sandra Snyder, FoodShare coordinator Loretta Duclos, Betty and Allan Bellchambers, Les Schonnop, Eileen Dix, Jean Lillie, Robin Peregrine and her children Brinley and Jessie and Bill Howell. (Tim Morgetroyd photo)

## Hot weather spells danger

### ASSIC ALERT

Hot weather can place a dangerous strain on your body, especially your heart. Temperatures above 90 degrees can be very dangerous, especially when the humidity is also high.

Your chances of getting sick in hot weather are increased if you have a weak or damaged heart, suffer from hypertension, problems with circulation, Diabetes, a previous stroke or are overweight.

Many prescription drugs can make you much more vulnerable to the heat. Check with your doctor or pharmacist for advice.

Heat stress can cause physical and mental changes. These changes are warning signs that your body is in danger. These signs include dizziness, rapid heartbeat, diarrhea, nausea, throbbing head-

ache, dry skin (no sweating), chest pain, great weakness, mental changes, breathing problems, vomiting, cramps.

### Keeping your cool!

- Spend your time in cooler surroundings indoors, in a cool room in your house, or an air-conditioned shopping mall, public library or movie.

- Use fans to draw cool air into your home at night, and to provide circulation during the day.

- Cool baths and showers provide relief.

- Wear as little clothing as possible. Lightweight, loose-fitting cotton is best. Protect your head and neck when outdoors.

- Your body needs more water in hot weather; drink it often. Avoid coffee, tea or alcohol.

- Avoid hot food and heavy meals, they add heat to your body.

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## Acton man is starting over

BY TIM MORGETROYD  
The Acton Tanner

If the perseverance award Allan Bellchambers won last month didn't exist they might have had to invent it just for him.

"I never dreamed I'd get my Grade 12 in seven months," says the 49-year-old Acton resident, a Grade 8 drop-out who in seven months completed all four years of high school.

"It was always my life-long dream to get my diploma, but I never thought I'd get a crack at it," admits Bellchambers.

Deservedly proud of his accomplishment and the determination it took after being out of school 32 years, he leaves out the truly remarkable part.

Asked why he waited so long he answers: "I'd had a major operation. I couldn't do my line of work anymore, which was truck

driving. So I talked to a counselor at UIC who said I should go back to school to see how far I could go. Anything would be better than nothing, right?"

What was the major operation?

"They removed my stomach."

Completely replaced with a two-ounce pouch two years ago after a doctor discovered a growth, the artificial stomach put an end to the jolts and bumps of driving a truck and the heavy lifting.

But it never slowed down his

studying at Milton's E.C. Drury High School course for mature students once he opened his first textbook last November.

"I couldn't get him to stop for a cup of coffee," remembers Betty Bellchambers, his wife of 25 years. She describes his reaction to the presentation of the North Halton Award for Perseverance at his

graduation last month: "He was shaking like a leaf when they gave him the award."

"It's more like taking a home correspondence course, but the tutors are there," he explains.

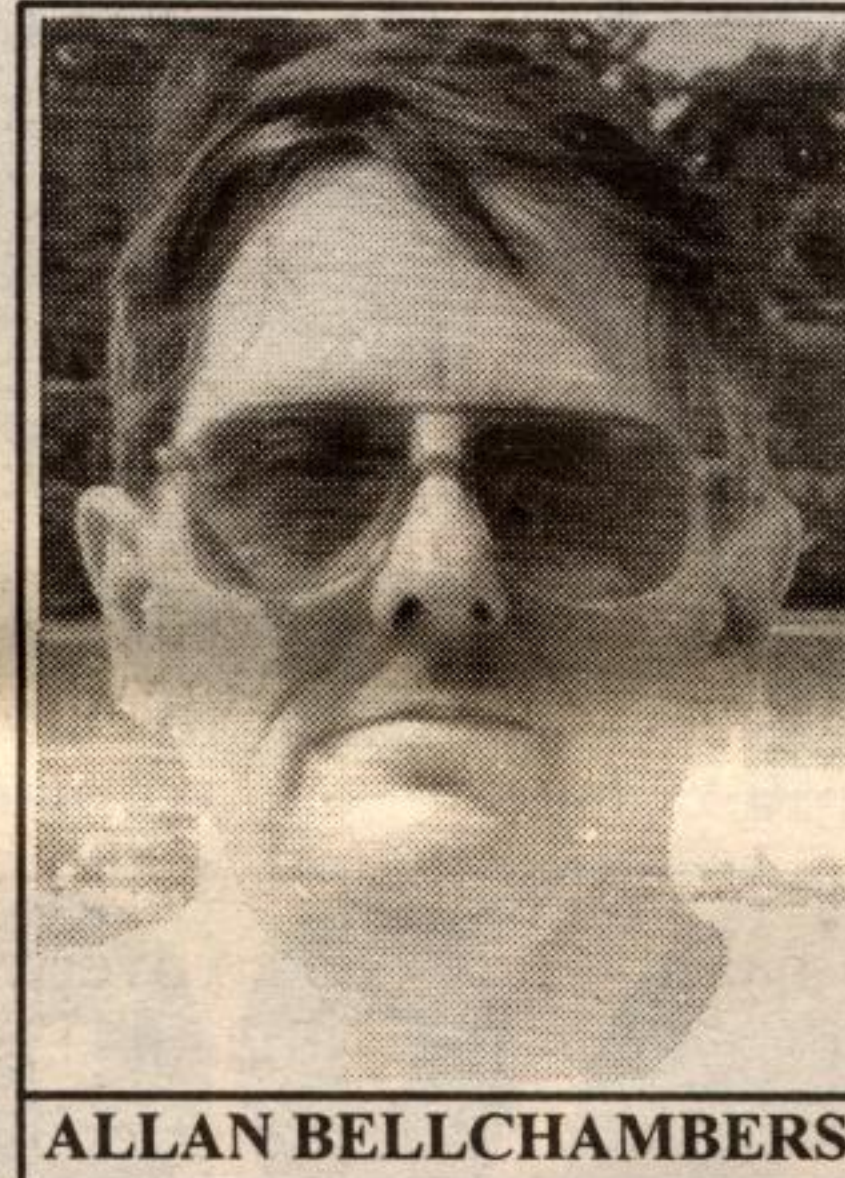
Milton has one of six Halton schools that Unemployment Insurance makes available to mature students for \$50 or less, with a \$40 refund when textbooks are returned. He was government sponsored so paid nothing, choosing the Milton school because it offered the mortician's course he wanted.

"That kind of thing never bothered me," says Bellchambers of the funeral business and the job he wants: embalming. "I'd thought about it when I was quite young, but I didn't have enough education then. Thirty years ago I could have gotten a job at a funeral home with a Grade 10 education, but it was like that with most jobs 30 years ago. Lower standards."

But 30 years ago Bellchambers, who was born in Midland during the Second World War, was in a Canadian Army unit that sent half its 90 men to Vietnam. He was in the lucky half.

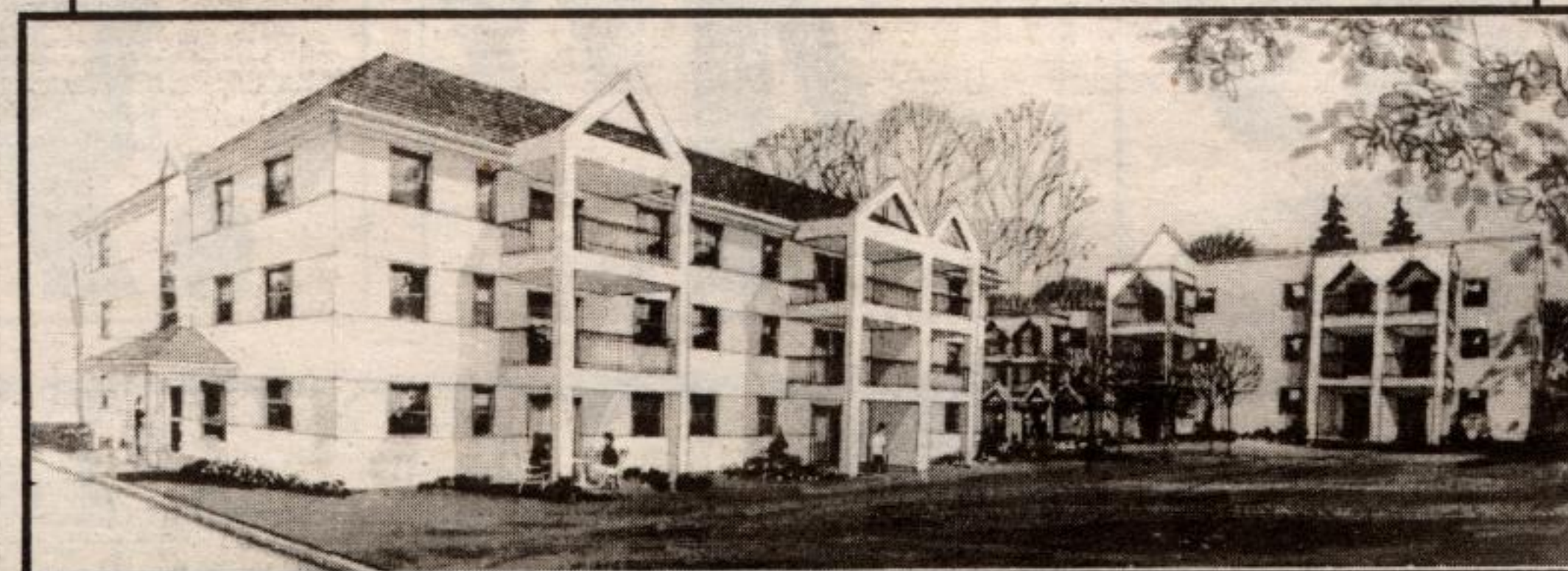
That same luck may help get his life back on track. A Halton funeral home has offered him an embalming job if he graduates from an 18-month course at Humber College, but even failing Humber's entrance exam in August means he'll trade embalming for recovery, the transporting of bodies to the funeral home.

He already has a funeral home sense of humour. His favourite joke? "I'll be the last person who ever lets you down!"



ALLAN BELLCHAMBERS

## ERAMOSA NON-PROFIT HOUSING CORPORATION



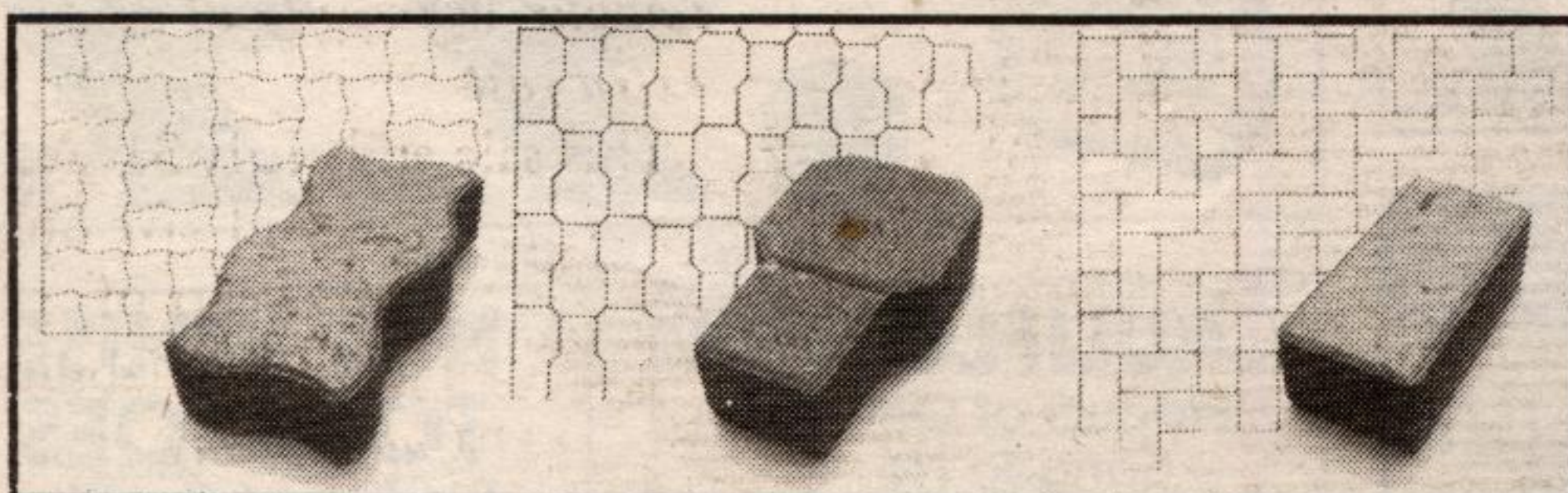
### Request For Expression Of Interest

The Eramosa Non-profit Housing Corporation is applying for Ministry of Housing funding to build a new community housing project on land adjacent to Squires' Lodge in Rockwood. The proposed new building would provide units suitable for seniors, families and handicapped persons, with both market and assisted units available. With community support and MOH approval the project could be built and available for occupancy later next year. However, the Non-profit Corporation must provide a preliminary list of prospective tenants and a survey of needed unit types in support of their application by July 30, 1993.

Interested persons please contact Jim Reed at 856-4190 as soon as possible for inclusion in the survey.

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