

## ACROSS THE FENCE

With Joanne Stevenson



# Sir Isaac Newton no friend of mine

Who knew way back in Grade 6 or Grade 7 that Sir Isaac Newton would become my enemy.

It's been 20 years since I first learned about him, and I haven't given old Isaac a second thought. He discovered gravity — big deal.

I mean, there he was, minding his own business, probably enjoying a sunny afternoon watching the clouds go by, when an apple fell on his head.

But that was the fateful moment.

It was shortly after that when gravity became law, and I've been fighting it for the past few years.

I had three children in three years and I've been battling that extra five (10, 15) pounds ever since. You're all familiar with the battle of the bulge, even if you are not currently engaged in battle. But I had no idea that gravity would turn against me too.

It really hit home this week, as that excess turkey and Christmas pudding is beginning to show up on the bathroom scales.

Not only do I have to diet to lose the pounds, but now I have to exercise to tone muscles that I took for granted for so many years.

Like the smoker who's quit many times, I've lost these pounds before. I've also ridden the exercise bike, swam lengths, run around the block and done sit ups. It will have to be on a regular basis now. Ughh!

So, while I've become familiar with the law of the land, the law of toyland, and the law of low prices, I now have to accept the law of gravity.

In the immortal words of Bugs Bunny, "... but I never studied law!"

## WHAT'S HAPPENING!

### A Weekly Round-Up of Coming Events in Acton & Area

**Beginning in Jan.:** Rec. and Parks department is offering a variety of adult fitness programs to help you get rid of any Christmas "left-overs." Water exercises, countdown to fitness, high energy/low impact and dance to fitness classes are being offered. For details, call 873-2600, ext. 275.

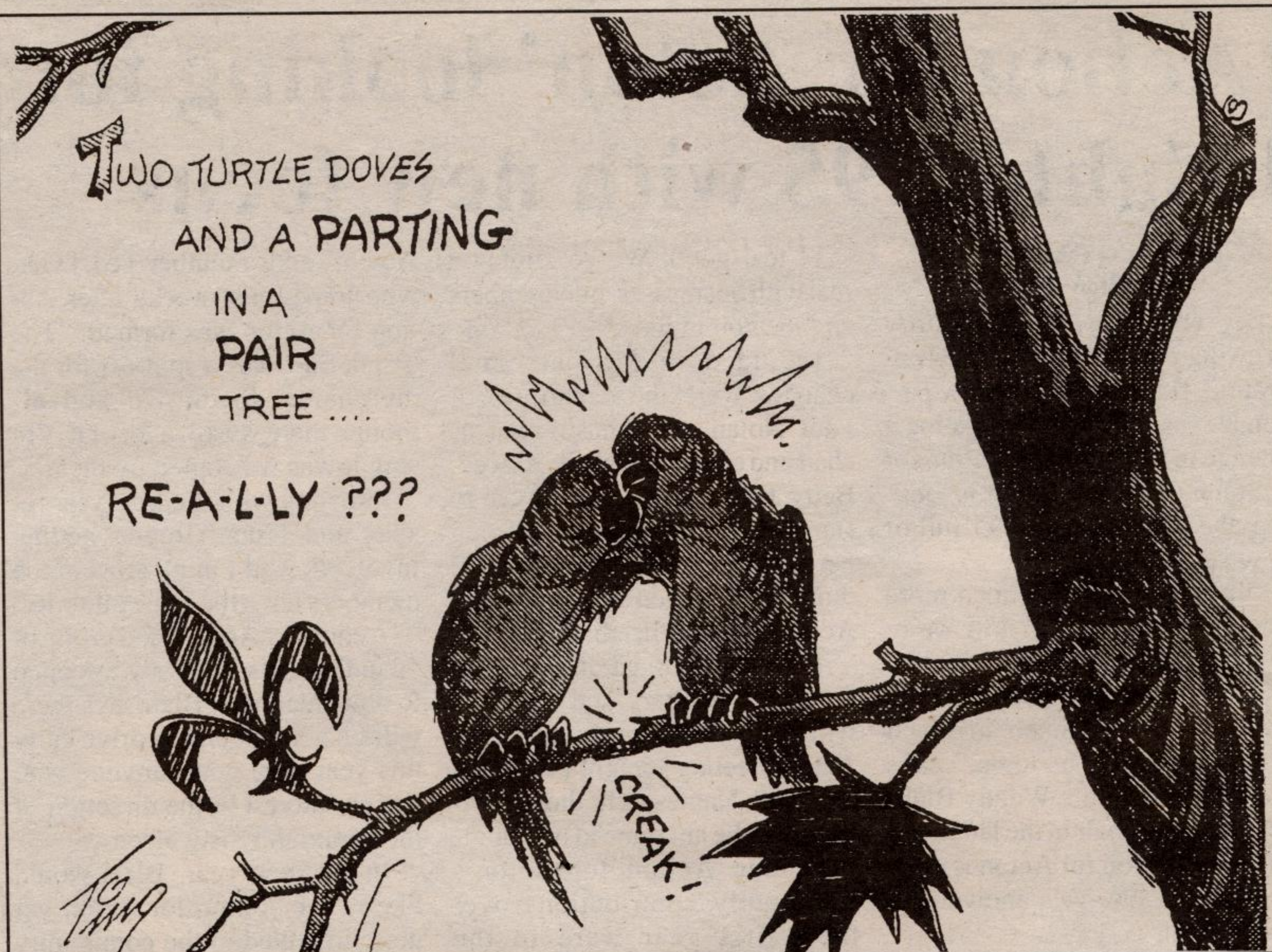
**Jan. 10, Tuesday — 7 pm:** Attend this seminar on "Natural Health" at Trinity United Church. Cathy Kuindersma will speak about naturopathic medicine and Marg Aitkens will talk about reflexology. Cost is \$2 at the door. Call 853-3896 for more info.

**Jan 12, Thursday — 7 to 9 pm:** The next meeting of the Acton Arthritis Support Group will be at the ASSIC office at 19 Willow St. We will be watching two videos about types of arthritis and some remedies. If you have arthritis and would like to spend a pleasant and informative evening with people who share the same interests, please join us. For info, call Pauline at 853-4940.

**Jan. 14, 15, Saturday — 9 am to 4 pm, and Sunday — 9 am to 1 pm:** St. John's Ambulance is offering a C.P.R. course, taught under Heart and Stroke Foundation standards. Come and check out our new location in Norval. For further details, call Yvon Essiembre at 853-4889, or David Burke at 877-1045.

**Jan. 16, 18, 23 & 25, Mondays & Wednesdays — 6:30 to 9:30 pm:** St. John's Ambulance is offering winter courses in first aid at our new location in Norval. Call Yvon Essiembre at 853-4889 or David Burke at 877-1045.

**Jan. 19, Thursday — 9:30 to 11:30 am and every Thursday till March 2:** The Acton Parent-Child Resource Centre presents the workshop series "How to talk so kids will listen." Material prepared by Adele Faber and Elaine Maclish is used to explore how to improve parenting skills through better communication between adult and child. For further details, phone the Centre at 853-2574.



## LETTERS

### Red Cross execs say 'Thanks, Acton!'

To the Editor,

On behalf of the Halton Hills Branch of the Canadian Red Cross, we would like to say "thank you" to all of the people who took part in the recent Acton blood donor clinic.

Once again, the people of Acton showed their concern and willingness to help others. The Dec. 23 clinic collected 113 units of blood. Special thanks to Walker Ma-

sonic Lodge, who sponsored this clinic, and to *The Acton Tanner* for advertising the clinic in the paper. Of course the event would not be such a success without the many volunteers who helped run it, and without the continued support of the Acton Legion.

Thank you to all of the great donors and volunteers from Acton and the surrounding areas. Through your efforts, you have made it possible to give others the gift of life!

We look forward to seeing you again at the next clinic on March 23. We appreciate your continued support.

*Joe Graf, chair  
Julia Roehrig, assistant chair  
Acton Red Cross Blood  
Donor Committee*

### Trinity United hosts Saturday meeting

To the Editor,

The Government of Canada is currently engaged in widespread consultations with citizens across the country to discuss the way in which the federal government delivers social security programs.

The Minister of Human Resources Development, the Hon. Lloyd Axworthy, has recently released a discussion paper on social security reform, the Green Book, which has elicited much discussion.

In the riding of Halton-Peel, I have had the opportunity to speak to a large number of residents on this important issue in the form of meetings, telephone conversations and written correspondence. In addition to these measures, I am

now inviting the people of Halton-Peel to join me to discuss government spending in social programs in local community forums.

Four "town hall meetings" are being set up across the riding of Halton-Peel on Saturday, Jan. 7. Representatives of the Minister of Human Resources Development and some valuable resource people will be on hand to explain some of the issues at stake, and I will be pleased to hear your views. A summary of the discussions will also be forwarded to the Minister for his direct consideration.

The Halton Hills meeting will be held at Trinity United Church, 70 Mill St. E., Acton, from 4 pm to 6:30 pm.

I look forward to seeing you at the meeting on Jan. 7.

*Julian Reed  
Halton-Peel MP*



Write a Letter to the Editor!

## THE ACTON Tanner

**Publisher & Editor**  
Paul Nolan

**Office Manager**  
Georgina Petty

**Reporter-Photographer**  
Doug Harrison

**Copy Editor**  
Joanne Stevenson

**Advertising Staff**  
Jim Addario  
Roselle Le Sarge  
Cindy Owen

**Distribution Manager**  
Irene Birrell

**Regular Contributors**  
Hartley Coles  
Lori Frechette  
Pat Giguere  
Frances Niblock  
Mike O'Leary

THE ACTON TANNER is published weekly on Wednesdays by Wicklow Hills Publishing Co. Inc. at 12 Church St., E., Acton, Ontario, L7J 1K4. Mailing address: P.O. Box 150, Acton, Ont., L7J 2M3. Telephone: 519-853-5100. Fax: 853-5040. Reproduction without permission is prohibited. Ideas expressed herein are those of the author only.

SUBSCRIPTIONS: Rates are: \$28.80 for one year (52 issues for price of 48) and \$4.80 for two months (eight issues).

AD SALES: Publisher is responsible for errors in advertisements to extent of cost of that portion of the space occupied by erroneous item.

**PHONE:**  
**519-853-5100**  
**FAX:**  
**519-853-5040**