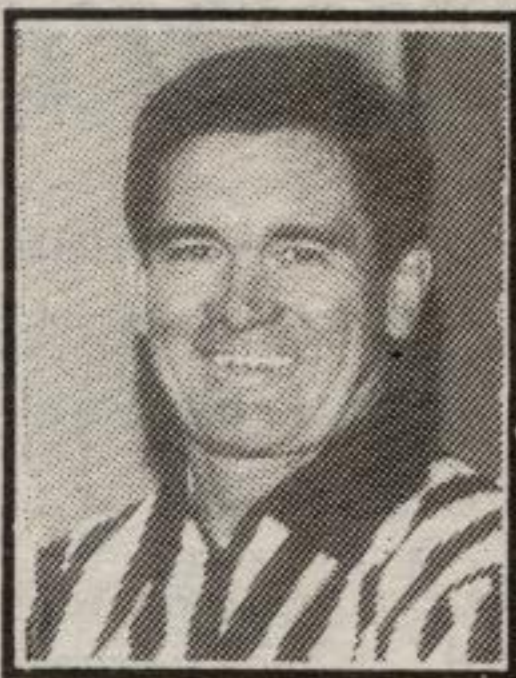


# ACTON Travel

with **Bruce Hood**



## Get your 'passport' to healthy travel

**Don't Drink the Water** is a phrase often repeated and often without reason when one goes to another country. But the old saying 'an ounce of prevention is worth a pound of cure' probably fits, so commercially bottled water is likely best! A booklet called **PASSPORT TO HEALTHY TRAVEL** produced by SmithKline Beecham is available at your travel agency to help you be aware of what to anticipate.

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**Having proper insurance coverage** when you leave Ontario is very important, whether for a half day or a month, and your travel agent is required to inform you to be sure you are covered. But once you are at your destination the natural system of immunity of your body takes over when it comes to eating the local food and drinking the water. You are your own controller in this regard and just in case, it's sometimes a good idea to have the Pepto Bismal or Imodium along with you!

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**From good health tips to personal safety tips** when travelling — there are many for you to be aware of — use travellers cheques, use the safe in your room or at your hotel office for your valuables, check your hotel room location re fire exits, keep your door locked properly and be sure you know who is there before you open the door to a knock, don't leave valuables in your rented auto, etc. — there are many reminders and common sense is best — why go looking for trouble — remember that saying, 'an ounce of prevention ...'

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**Kidnapping is a whole new problem** that has come into being in some places and events in Manila in the Phillipines in the past weeks reminds us of this. A recent trip there proved to us that it is not high on the list of places we would advise one to go anyway — too crowded, too dirty with foul air — and friends who live there who have guards in their front and rear yards!

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**Travel is not a doom and gloom world** as the foregoing would appear but it is proper to BE PREPARED WHEN YOU GO, and then you can relax and enjoy. After all, that is what travel should be, especially when on vacation. Make sure to get information from the professional travel agency where you make your purchase.

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## Volunteers are needed

### ASSIC ALERT

Do you have a few hours per month, week or day to assist seniors and others in our community? Many volunteer opportunities are available at ASSIC.

Perhaps you would enjoy providing volunteer reception, driving people to medical appointments, delivering Meals on Wheels, doing odd jobs or phoning someone who lives alone.

If you are interested in exploring volunteer opportunities at ASSIC, please call Sue at 853-3310 or drop into the office at 19 Willow St. N.

ASSIC is fortunate to have a dedicated group of knitters who provide us with mitts, hats and other items on a regular basis. A box of knitted items is available at ASSIC, so if you or your children are in need of hats or mitts during the winter, please drop by.



**AIR BREAK:** We caught Acton High swim team member Tishann McLachlan, 17, practising the 100-metre breaststroke between exam studying at the Acton Indoor Pool on Thursday. It's the Grade 12 student's first year on the team. (Doug Harrison photo)

## Super Bowl, super time this Sunday

### LEGION NEWS

BY MIKE MANUEL  
 P.R.O. Branch 197

From the membership to our Ladies Auxiliary, a special thank you was followed up by an appreciation dinner last Saturday evening. With well over 60 auxiliary members in attendance, the ladies were treated to a lavish meal of Cornish hens with all the trimmings, followed by a cherry cheesecake.

To all the volunteers who helped put this evening on, a heart-felt thank-you; it truly was a great evening.

Next Sunday will be the Super Bowl party. Those wishing to take part should come to the Branch. The door will open at noon to allow those interested in the dart tournament to enroll. This should be a great day, so come out early.

## Dr. Nederhood guest preacher at service

### Special to The Acton Tanner

In order to celebrate the week of Christian Unity, the Acton Ministerial Association will host its third annual community service on Jan. 28 at 10:30 am at the Acton Legion. The churches of Acton look forward to another great time of praise and worship of our Lord and Saviour.

This year's guest preacher is Dr. Joel Nederhood, host of the

Christian radio ministry, *Back to God Hour*, and of the television ministry *Faith 20*.

Dr. Nederhood was born and raised in Michigan. He joined the staff of the *Back to God Hour* in 1960, and since 1965 has directed the worldwide activities of the broadcast organization.

"This service has proved to be a blessing to everyone who attends. When you get upwards of 700

people together, singing and praying and worshipping God, it's an experience you'll not soon forget," says Rev. Emrys Jenkins, Acton Ministerial president.

"As well as good preaching, we'll have a mass choir made of all the Acton church choirs, and lots of inspirational congregational singing," continues Jenkins.

For the children, there is a specially-designed worship celebra-

tion, featuring the puppet troupe J.A.M. (Jesus and Me ministries). All children are invited to sing and cheer as they follow the adventures of Randy the raccoon.

Nursery care will be provided for the very young.

The morning promises to be filled with praise and glory to our God. If you need a ride to this event, please call any of the Acton clergy. And be sure to arrive early!

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