



**ABRACADABRA:** Acton's Nicole Lee demonstrated her balloon animal skills at the carnival. - Angela Tyler photo



**VEGGIE TOWN:** Trinity United Church had their Veggie Town Vacation School sign up on Saturday at the library. Helping out were, left to right, Charlotte Ironside, Rosemary Black, Matt Schiller and Shawn Brown. - Angela Tyler photo



**See you at the Fair!**

**JENNIFER AITKEN,**  
Fair Queen 1997-98

If you are looking for outdoor adventures this summer, there are plenty of hiking trails and paths nearby. One of these can be found in Limehouse. The Black Creek loop trail branches off the Bruce Trail there, and takes about an hour to complete.

To get there, take Hwy. 7 towards Georgetown and turn right onto the 5th Line. Continue on the 5th Line (past such spots as Singing Dog motorcycles) until you come to the intersection with 22 Sideroad. Here you need to turn right and cross the bridge. As soon as you are across the bridge, directly on your left is a collection of boulders in an opening in the trees; this is the entrance to the trail. It is best to park by the stone building rather than right at the entrance. To help avoid confusion on your hiking journey, keep the following things in mind. When you begin, you will be following the white markings of the Bruce Trail, which joins Niagara and Tobermory, but don't worry, you're not going that far!

After you cross the little bridge, the trail splits, white on the right, blue on the left. Take the blue side and you are on the Black Creek trail. Stay on blue until you once again run into a "T" intersection with the Bruce Trail, at which point you will want to turn right and follow the white markings until you are back where you began at the split in the trail.

Please be advised that this trail does have some challenging spots, and may not be suitable for kids 5 and under. Thanks to Greg, 12, Heather, 8, Paul, 5, and Joel, 9, for checking it out with me! Black Creek Loop takes you through woods and meadows, down into a rock crevice, and past gurgling streams.

On some of the little side paths at the very beginning of the trail, old ruins and rock walls, etc., can be found. At one point a lovely rock arch crosses the water. When we were there, we had lots of fun finding raspberries, and seeing the odd squirrel here and there scampering about on his business. Take a small snack, and stop along the trail and enjoy the view for a while!

This trail is a very peaceful, quiet place for an afternoon walk on a summer's day, provided you bring some bug spray along. Most of the trail is in the shade, so you are usually sheltered from the sun, which helps to keep you cool.

The kids will love the adventure of discovering different terrain along the way and being the first to find the next trail marker. On your journey you can have the 9 to 11-year-olds collect twigs to create a barn (30x30cm) to enter in the fair, or let 12 to 16-year-olds make a pencil or ink sketch or something they see along the way. Have a nice walk!

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**Choosing a sitter**

I am often asked at what age a child can be used as a babysitter. I do not have an answer, but generally a 12 or 13-year-old has enough common sense to babysit, but I have met some that do not and I have met some a lot younger that have more sense. You will have to decide: who you want to babysit your child, can you trust them, are they responsible, etc. You should also get references, and perhaps talk to the babysitter's parents. You should also interview the babysitter, and lay out the guidelines of their responsibilities.

Make sure the babysitter has a phone number and an address where you can be reached.

Make sure the babysitter knows how to call 911 and what an emergency is. Always write down the address of your home, leave it beside the phone and point it out to the sitter. The reason for this is that if there is an emergency, the sitter can give the right address under stress.

The name of the family doctor and phone number and the name of a family relative, as well as numbers for the poison information centre and the closest hospital are important. The sitter should also be advised how to handle any phone calls that might be made to your home.

More next week...

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**Granny says...**

People should take pride in their appearance. Not to the extent that it becomes an obsession, but just that you are neat and clean and nice to look at.

I am not speaking of young people who follow the trend for sloppy clothes, but middle aged persons who may live alone. They begin to think, "What's the use, nobody really cares what I look like anyway."

They would really be surprised how many do take notice of them and judge them accordingly. An acquaintance of mine lives alone and he has never let himself go to seed but is always well groomed. His mind matches his appearance, well-groomed and interested in people and the world around him. My father when he died at 85, was the same; his appearance was never sloppy nor was his mind. He was a pleasure to be with.

It doesn't take wealth to keep oneself neat and tidy. And it is remarkable what that can do to one's mental outlook. You'll begin to feel cheerier and friends will notice the difference and enjoy being with you.

*Granny is Marion Jean Patterson who published a series called Meditation from an Old Rocking Chair.*

**POET'S CORNER**

**A Time Ago - By Wes. Fountain**

When I was a boy time laboured by,  
Each hour seemed to reach the sky.  
But now I find that's not quite so;  
And that was just a time ago.  
When I was older time quickly went.  
Not long before a day was spent.  
But now I find that's not quite so;  
And that was just a time ago.  
When I was a man time passed with speed;  
A full life then did I lead.  
But now I find that's not quite so;  
And that was just a time ago.  
Now I am old and time rushes on,  
And I begin to wonder where time has gone  
For all my life has went that way;  
And that was just THE OTHER DAY