

PMH sponsors heart to heart for cardiac patients and families

The next eight-week session of Heart to Heart, a post-discharge program for cardiac patients and their partners, combining education and support, will start Thursday, Jan. 19.

The Heart to Heart Program is designed for people who have had a heart attack or heart surgery and member of their family.

The program offers an opportunity to learn from experts in various fields and provides a support group of others in the same situation.

Presentations by health professional from Peel Memorial Hospital are combined with small informal group discussions where problems

and concerns are openly addressed.

Participants learn about cardiology, nutrition, physical activity, cardiopulmonary resuscitation, stress and psychological factors, ways to increase their confidence, ways to decrease their fears and ways to accept required changes in lifestyles.

The Heart to Heart Program is held every Thursday evening, for eight weeks, in the Educational Services Classroom at Peel Memorial Hospital from 7 to 9 p.m.

The cost is \$25 single and \$40 per couple.

To register, call Peel Memorial Hospital at (905) 796-4066, extension 5165.



Puppet pals

last Limehouse Cubs had a great time making puppets. The cubs made their puppets, then in groups of three made up a story and used their puppets to relate their story. From

left, Anthony Guidotti, Albert Brooks, Andrew Shepherd, Clayton O'Hearn, Daniel Fisher and David Sulchani.

Photo by JEAN LAYMAN

OPEN HOUSE

Tuesday, January 10, 1995

At the Georgetown Field Office, Ontario Ministry of Agriculture, Food and Rural Affairs

Spicy discussion on the ENVIRONMENT/TAXATION
Refreshing information on OMAFRA's Services



Ontario

2:00 P.M.
• Opening • Refreshments for all •
2:30 P.M.
• Panel Discussion •

How can you purify manure storage and milkhouse waste wash water through an artificial wetland?

Dave Mitchell, Dairy Farmer, Birbrook, Ontario

Do you know what NOT to do in farm tax planning? Is it too late to file your \$100,000 capital gains exemption?

Doug Miller, Accountant, former Ag.Rep., Region of Peel

ALL DAY...

- Meet local staff and other commodity advisors in person
- Find out about OMAFRA and OATI's training activities
- Pick up factsheets on farm programs and production techniques
- Pick up brochures and ask questions at the various displays prepared by staff and local farm organizations

EVENING PROGRAM...

• Refreshments available to all visitors •

7:00 P.M.

• Panel Discussion •

How do you start a successful agri-business in this world?

Meet with a local entrepreneur and rural business advisor to find out what the latest industry trends are!

9:30 P.M. • CLOSING •

Showcase of Programs and Services

JOIN US
332 Guelph Street
Georgetown

DIRECTORY OF HALTON HILLS

Churches & Temples

Georgetown Alliance Church

Main St. south of Maple Ave.
"Nurturing a growing family of people"
Pastor Paul Little 873-0249
Pastor Tim Brown
Sunday Worship 11 am
Childrens Program 7 p.m. Wed.
Youth Program 7 p.m. Fri.
Sunday School for the Whole Family 9:40 Sun.

Christian Reformed Church

Trafalgar Rd.
SUNDAY 10:00 A.M. & 6:00 P.M.
Rev. P. Stadt
LISTEN TO THE BACK TO GOD HOUR
8:00 A.M. Burlington FM 108
Sunday 10:00 P.M. Guelph CJOY 1460
Radio Faith 20 TV
Mon. - Fri. - 5:30 A.M. CH. 6 & 41
Ladies' Coffee Break Tues. 9:30 a.m.
(Sept. through May)

KNOX PRESBYTERIAN CHURCH

116 Main St.S.
Minister Rev. Peter Barrow B.A., B.D.
MORNING WORSHIP & SUNDAY SCHOOL
11 A.M.
TIME FOR REFLECTION AND RENEWAL
Ministers Office 877-2848
Secretary's Office 877-7585

THE BAHAI FAITH FROM A-Z

E
ENCOURAGEMENT
Encouragement means "to give courage." The purpose of human relationships is for individuals to provide each other with encouragement to realize their full individual potential as human beings.
Sponsored by the Baha'is of Halton Hills, 878-6138

THE SALVATION ARMY GEORGETOWN COMMUNITY CHURCH

318 Guelph Street
(in Fabricland Mall)
SUNDAY WORSHIP - 10:30 a.m.
Pastors: Captains David & Donna Kennedy
877-1374

ST. GEORGE'S ANGLICAN CHURCH

(Since 1852)
60 Guelph Street (next to High School)
Sunday, Jan. 8, 1995 EPIPHANY
8:00 a.m. HOLY EUCHARIST
9:30 A.M. HOLY EUCHARIST, FESTAL PROCESSION WITH INCENSE
Church School & Nursery
11:15 a.m. HOLY EUCHARIST, FESTAL PROCESSION WITH INCENSE

ST. JOHN'S UNITED CHURCH

Georgetown - Glen Williams
11 Guelph St.
Sunday Services:
9:30 a.m. Glen Williams
11:00 a.m. Georgetown
Pastor - Rev. Barry J. Robinson
Pastoral Assoc.
- Susan E. Robinson
Church Office: 877-2531

Halton Gospel Temple

Phone (905) 873-9652
"People Caring For People"
Highway 7 West of Trafalgar Rd., Georgetown
Affiliated with P.A.O.C.
Pastor Rev. David Woodcock
Youth Pastor Bob Barwick
SUNDAY SERVICES
9:45 a.m. SUNDAY SCHOOL and ADULT ELECTIVE
11:00 a.m. MORNING WORSHIP
6:00 p.m. EQUIPPING THE SAINTS
Wed. 7:00 p.m. Family Night Fri. 7:17 p.m. Youth

Acton Legion general meeting Monday

Dec. 21 bridge winners were Ward Hamilton, Kathleen Tulk, and Yvonne Hamilton. Dec. 28 winners were Yvonne Hamilton, Dot Norton and Lil Howson.

Dec. 22 euchre winners were first, Lois Riddell; second, Jim Johnson; third, Cassie Oldfield; fourth, Bruce Smith, Edythe Clement, Marg Wilson and Norm Wilson. Hidden score Bob Snyder. Dec. 29 euchre winners were first, H. Lambert; second, Lil Howson; third, Bruce Smith; fourth, Ukie. Hidden score Dorothy Presniak, Edythe Clement.

Dec. 24 Meat Draw - Early Birds were Ed Molody and Lloyd Neville. Regular draw - Ron Schmidt, J.J. Gerry Clayton, Allan Gordon, Angela Schmidt, Brian Evans, Pam Reynolds, Vaughn Cole,



Phyllis Winters, Bob Jarrett, Wally Ferguson and Ed Molody. Large prize, Lloyd Neville. Meat Draw Dec. 31 - Early Birds were Carl Fisker, Michelle Rhynold. Regular Draw - G. McCutcheon, Doris Allen, John Hoare, Reta Rowsell, Lesa Rhynold, J.J. Jordan, John Goy, Ed Molody, Bob Jarrett, Mamie Clarke, Dot Norton, Fred

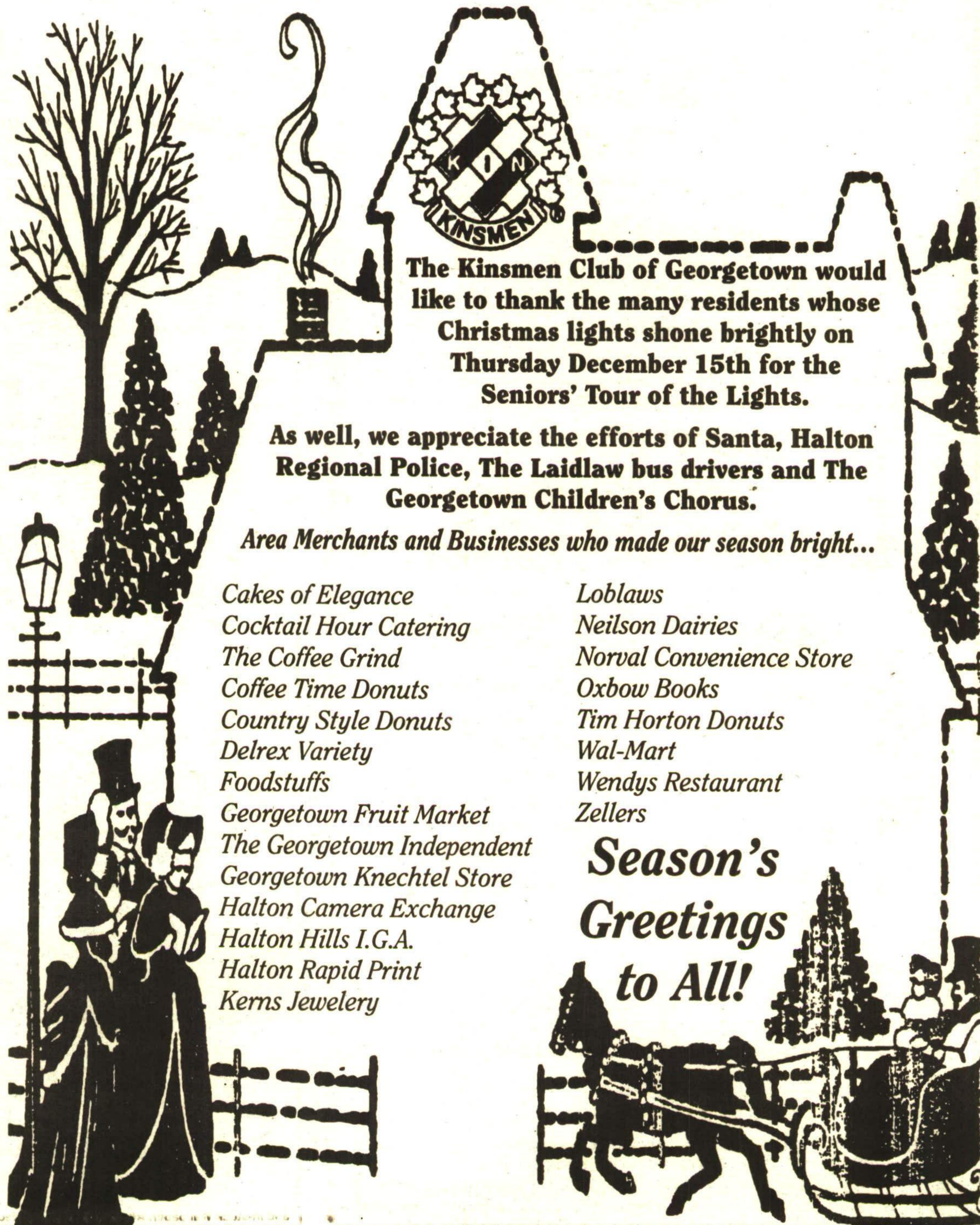
Andrews. Big Draw - Wayne Wilson.

Gary Munday would like to thank Pete Turkosz, Bill Spielvogel, Keith Andrews, Frank Koen, Tony Rouse, Ray Ammeraulte, Carl Fisker, Dave Lewis, Phyllis Winters, Peggy Harris, and Allison Wilmott for their help with the turkey roll.

Sorry to report Kay James has been hospitalized, best wishes for a speedy recovery. Also sympathy to the Munday family in the passing of Cathy's mother, Mrs. Stroyan.

Hope you had a good Christmas. Best wishes to all for the New Year. There should be a newsletter out early in February with upcoming events. If you would like some input in this letter give me a call.

Next General Meeting Jan. 9. See you at the branch.



The Kinsmen Club of Georgetown would like to thank the many residents whose Christmas lights shone brightly on Thursday December 15th for the Seniors' Tour of the Lights.

As well, we appreciate the efforts of Santa, Halton Regional Police, The Laidlaw bus drivers and The Georgetown Children's Chorus.

Area Merchants and Businesses who made our season bright...

- Cakes of Elegance
- Cocktail Hour Catering
- The Coffee Grind
- Coffee Time Donuts
- Country Style Donuts
- Delrex Variety
- Foodstuffs
- Georgetown Fruit Market
- The Georgetown Independent
- Georgetown Knechtel Store
- Halton Camera Exchange
- Halton Hills I.G.A.
- Halton Rapid Print
- Kerns Jewellery

- Loblaws
- Neilson Dairies
- Norval Convenience Store
- Oxbow Books
- Tim Horton Donuts
- Wal-Mart
- Wendys Restaurant
- Zellers

Season's Greetings to All!