



The committee for the upcoming Duathalon on October 4 held a meeting to discuss the event. Left to right: Adrian Beer of the Georgetown Runners, Laurie Burns and Suzanne DiMichele of Work That Body, Ollie Tuchel of Ollies Cycle, JoAnne Bodnar of Parks and Recreation, and Anita and Courtney Warner from Work That Body. Free clinics on training schedules are available. Please call the club at 877-0771.



**ACTON SOCIAL SERVICES AND INFORMATION CENTRE
Mother's social group**

Young Mom's in Acton, aged 14 to 23 are now meeting on a weekly basis to socialize, meet others and participate in fun activities for themselves and their children. This Young Mother's Social Group offers on-site babysitting, transportation to and from the program and runs every Tuesday from 1 p.m.

to 3 p.m. at the Acton Foodshare's Community Room during July and August.

Last Tuesday was the groups first meeting day. The Moms who attended enjoyed T-shirt painting while their children had the opportunity to play with others their own age.

This coming Tuesday (July 28) the group will participate in a Community Kitchen. Composed of three to five people, the moms will be preparing meals for their families. Everyone takes home a portion of the meals they have made. The community kitchen helps participants save money, meet new

friends, get out of the house and share recipes.

If you are a young mom interested in finding out more about this program, call Lin at ASSIC, 853-3310 or drop into the ASSIC office located at 19 Willow St., N., Acton.

Rock-A-Bye-Baby

The Acton Food share is presently creating a small nursery/play area for children. To make this site complete, they are in need of a small table and chairs, a baby crib (preferable one that conforms to crib ad cradle regulations) and a rocking chair. If you can donate any of these items, please call Joan Waldie at Acton Foodshare, 853-0457, or Lin at ASSIC 853-3310.

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Lifeguards in competition

by **Jamie Harrison**

Life guards from the Town of Halton Hills will be participating in some healthy competition this weekend...literally.

Guards from pools in Georgetown and Acton will be in Orangeville Saturday competing against teams from Milton, Brampton, Caledon and Orangeville's public pools, testing their skills as guards.

Teams are evaluated in each of four categories, with judging based on an overall individual and team effort, a Recreation Department spokesperson explained.

Guards are tested on their abilities in relay races, preventability exercises, emergency situations, and priority assessment.

The priority assessment portion of the competition consists of four guards from one team being locked in a room while ten victims with varying degrees of injury are placed around the pool area. The guards have five minutes to assess and determine treatment for the injuries.

The guards are then expected to administer first aid and/or CPR to at least two victims in five minutes.

"The competition is a lot of fun, but it's a little stressful when you know something is going to happen," Nancy Gilchrist of the Acton Indoor Pool said.

The teams from Halton Hills have never won the competition, usually placing in the middle of the pack. Last year, Georgetown did not field a team.

This year, however, Georgetown are coaching themselves under the supervision of team captain Cara Buckley at the Georgetown Indoor Pool located at Georgetown District High School. Acton's team is coached by Joanne Bodnar, Gilchrist and team captain Andrew McVeigh.

The Acton team consists of McVeigh, Scott McKee, Heather Coxe, and Lana Jaremy.

The team from Georgetown is made up of Buckley, John Colton, Jenny Ryan and Suzanne Moore.



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