



Memorial plaque unveiled

The Rotary Club of Acton unveiled its memorial tree dedication plaque on Saturday afternoon. The plaque pays tribute to the 16 residents who had trees planted in their honor in Rotary Park. Relatives of the honorees on hand for the ceremony were: (from left) Harold Manes, Tom Manes, Cal McIntyre, Bruce Shoemaker, Marjorie Sproule, Mac Sproule, Joyce Sproule, Rosealee Dawkins, Michael Dawkins, Shirley McKeown, Pat Dawkins and Jean Dryer. The Rotary Club is planning another memorial tree planting for next year. Photo by Herb Garbutt

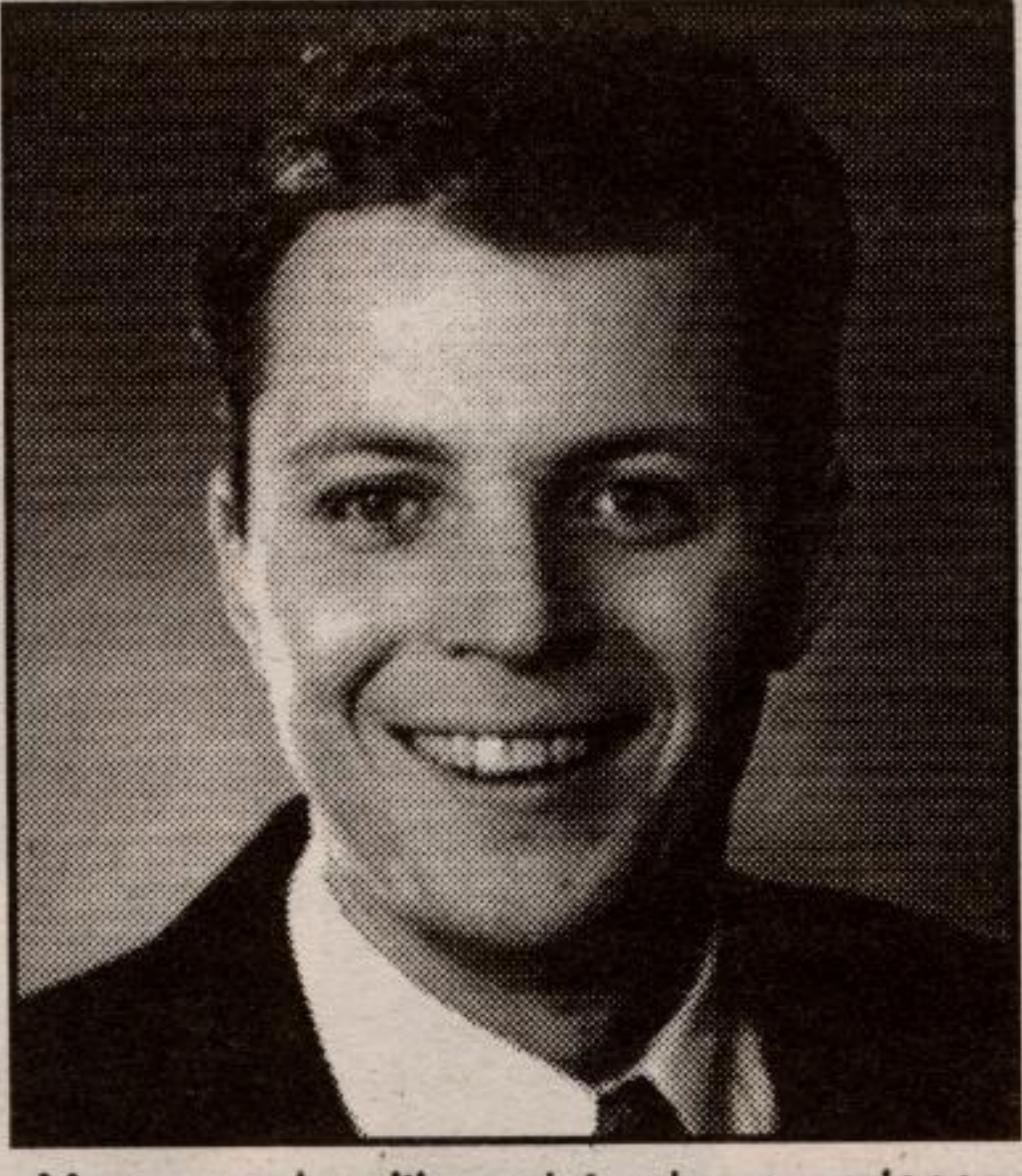
ANXIETY & PANIC

SEMINAR FEATURING MIKE GLUGOSH

Five years ago, Mike Glugosh was a hostage to his own fears. Constantly worried about his health and his own state of mind, he found himself wanting to avoid situations that made him feel anxious such as being alone, going to work and socializing. In time Mike realized he was not alone in his suffering. Anxiety disorder is the number one emotional problem in our country today.

Mike will share the story of his recovery and provide coping skills at a seminar open to the public in your area.

Symptoms for anxiety disorder include *heart palpitations, chest pains, dizziness, stomach problems, bewildered & spaced out feelings, confusion, short-ness of breath, scary thoughts, trembling or shaking, and nervous or panicky feelings.*



heart attack, embarrassing themselves, or losing their minds.

The Midwest Center For Stress and Anxiety, with whom Mike works, has done stress and anxiety seminars for companies such as Chrysler, AT&T, and McDonald's. They have also been featured on OPRAH, REGIS and KATHY LEE and many other well known programs.

If you cannot attend, please call 1-800-318-7766 for information.

The Midwest Center specializes in programs for anxiety, panic and depression.

FREE SEMINAR

See Mike Glugosh:

Wed. May 21, 7:00 - 8:30 p.m. North Halton Golf & Country Club 363 Maple Avenue Georgetown	Thurs. May 22, 7:00 - 8:30 p.m. Best Western Voyageur Place Hotel 17565 Yonge Street Newmarket
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Summer Camp Programs

KinderGym: Boys & girls aged 4 - 5-1/2 olds
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JuniorGym: Boys & girls aged 5-1/2 - 8 1/2 year olds
Full or half day programs involving gymnastics (over 3 hrs. full day), dance or conditioning, games, arts & crafts, movies. Non-stop, action-packed week.

SeniorGym: Boys & girls aged 8-1/2 - 12 year olds
Full or half day programs involving gymnastics (over 3 hrs. full day), fitness, group routines, games, arts & crafts, movies. Fun, variety & interaction.

Camp Hours

Full Day Camp
9:00 am to 4:00 pm

Half Day Camp
9:00 am to 12:00 pm
1:00 pm to 4:00 pm

Extended Hours
8:00 am to 9:00 am
4:00 pm to 5:45 pm

GYM CAMP WEEKS		Full Day Camper Fee	
Week One	July 7 - 11	One week camp fee	\$ 90.00
Week Two	July 14 - 18	Two week camp fee	\$ 169.00
Week Three	July 21 - 25	Short week camp fee	\$ 72.00
Week Four	July 28 - Aug. 1	Half Day Camper Fee	
Week Five*	Aug. 5 - 8	One week camp fee	\$ 50.00
Week Six	Aug. 11 - 15	Two week camp fee	\$ 90.00
Week Seven	Aug. 18 - 22	Short week camp fee	\$ 40.00
Week Eight	Aug. 25 - 29	Extended Hours Fee	
		AM only	\$ 3 / day
		PM only	\$ 5 / day
		Both AM & PM	\$ 7 / day

*Is a four day week

Note: Please post-date cheques to H.H.G.C. to June 1/97

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