

EDITORIAL

with Frances Niblock

Good advice for all

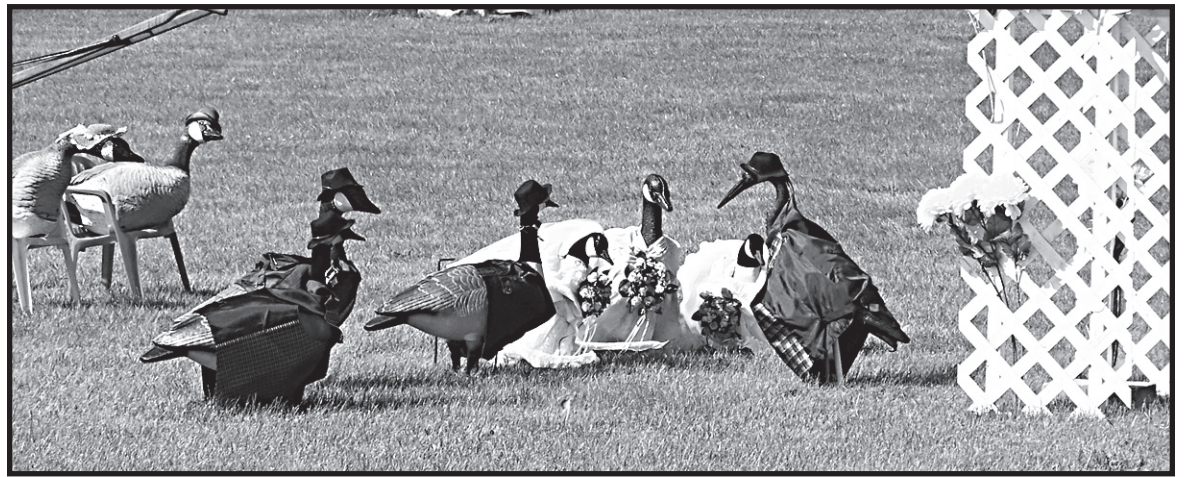
Remember those semi-scolding commercials in the 1970s that showed a very fit, senior Swede who was in much better shape than Canadians half his age?

Those commercials prodded many Canadians to get off the couch and start moving, but 30 years later, one-third of Canadians are active only twice a week, or less. From 1981 to 1995, there's been no increase in the number of Canadians who exercise at the recommend level of at least every other day. The better news is that the proportion of Canadians who exercise every day jumped from four in 10 to seven in 10 in 1995.

Programs like provincially-mandated Quality Daily Fitness ensure that students are active daily, which helps them be better learners in the classroom and sets a pattern – hopefully – for the rest of their lives.

While walking is the most common and popular physical activity for a majority of Canadians, here is a whole host of local leisure and recreational activities that exercise the body and the mind. Many are listed in the latest edition of the Town's fall/winter Community Activity and Service Guide that was delivered last week.

As the Guide says "walk it, bike it, swim it, run it, hike it, enjoy it." Good advice for all.



WEBBED BLISS: A late summer wedding is a beautiful thing, especially as it comes shortly before the extended honeymoon spent in the warm south. Oddly the couple were married with a different bird officiating. We're not sure where he came from but, ah well - heron today - gone tomorrow. - Marie Shadbolt photo

Happy Bear works at the carnival

About three months before Little J's arrival, I decided I had waited long enough. Until that point I had not purchased anything "baby," not wanting to "jinx" anything.

It was at that point I found an absolute weakness for children's story books. Her first collection was Peter Rabbit. Perhaps I was slightly hormonal at that stage of my pregnancy, but I swear I was crying with happiness when I bought it.

Since she arrived, starting almost the first night we brought her home, she and I have story-time. Sometimes it's at night time and sometimes it's during the day during quiet time. Sometimes we read books and sometimes we just make the story up as we go along, and sometimes we end story time with singing along to one of her great-grandfathers' favourite songs which afterwards I tell her stories about him. And sometimes during those stories of her great-grandfather, I find myself tearing up as well.

By the time she was probably only a month old, I had to get Little J her own bookcase for all her books. Sometimes I wonder why I buy her all the books I do because she certainly has her favourites.

One of her loves is the Bear



By **Angela Tyler**

Snores. She loves when I do all the voices for the bear and all his forest friends. She especially loves it when I pretend to be the bear sneezing with a big ACHOOOOOOO. Sometimes I think she's going to fall over with her hearty laugh.

At the beginning of summer, I was cleaning out her closet and found yet another story book that she was given for Christmas that I completely forgot about. It's one of those books that look like a stuffed animal and are soft. I put it away until she was a bit older and could appreciate the texture of the book which was a teddy bear.

I took the Happy Bear book out of the package and let her play with it in her playpen and she soon had found a new favourite book. That night we read it together of course, complete with all the bear sounds to her liking.

The next night, I asked the Dude if he would take over storytime with Happy Bear while I did a load of laundry. Granted, the story isn't very long how-

ever when you add the voices and time to touch the pages and explain the pictures, it doesn't take long to absorb ten or fifteen minutes. That night, the story was done in about a minute and a half. "Hey, you can't be done that quick...you have to do the voices...she loves that part" I explained to him but by then she was tired and ready for bed anyway.

On Monday after dinner while the Dude and Little J had their quality time, I suggested Happy Bear with hopes that this reading would be a bit more intriguing for her. While they sat in the living room, I headed off to the kitchen and listened for the story while I cleaned up. I certainly didn't hear the Happy Bear story, but I was soon shaking my head and smiling in disbelief as I heard the revised story.

"Once upon a time there was a Happy Bear," the Dude started out while Little J snuggled with him, listening intently. "He was a Happy Bear because he worked with the circus and the circus performed in a great big field and Happy Bear worked for cash because he didn't want to pay HST and that is why Happy Bear was happy." I guess everyone really is affected by the HST...even Happy Bear.

Looking Back

Ten Years Ago

- Seven hundred "nervous and tired" Halton high school teachers gave their union an overwhelming strike mandate to back work load and pay issue demands.
- Officials investigate a "very suspicious" fire that gutted a vacant Storey Drive residence. Damage is pegged at \$150,000.
- The former YMCA building on Mill Street could be converted into subsidized housing if the owner receives Canada Mortgage and Housing Corporation grant money.

Five Years Ago

- A 17-year-old Dublin Line teen suffered first degree burns when a fire in the family home's garage caused a gas can to explode. Damage was estimated at \$75,000.
- Acton student Mark Tonkovich is awarded a Lord Beaverbrook Scholarship in Law. The award, valued at \$14,000 per year, is renewable for a second and third year of studies.
- Forty Boy Scouts from Ontario braved bad weather to attend the first Canajan Eh! Operation Alert weekend at the Blue Springs Scout Camp, west of Acton.



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