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The Canadian Champion

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Good ideas

Milton council has now had three weeks in which to study a massive report on what this town needs in terms of future recreational facilities.

The report was compiled under parks and recreation director Larry Arbic, and it contains what many people have been hoping it would contain—the call for a true community centre.

Although it is only at the proposal stage, the plan notes the need in Milton for a leisure pool, theatre, and more facilities for organized sports.

It also calls for a meeting to hammer out a schedule in which existing indoor pools can be put to more use by the community.

No one suggests we can start tomorrow by turning the sod, but the people of Milton should take reassurance that its parks and recreation department does understand that the people of Milton want more than ice rinks.

Building such a facility is going to take a long time and even more money. Mr. Arbic and staff are confident the money-raising end can be accomplished and that is even more of a positive step.

It is now up to the town and up to the citizenry to come together and start serious, and reasonable planning in order to bring the proposed multi-use facility to fruition.

We need this facility and it's time for all of us to work together and bring it into operation in Milton.

Kick-off

It is heartening that more than 600 Milton residents would brave a very muggy Saturday night and go to the Laurier Sports Centre to show their support for the kick-off of the fund which will help add a new wing to the Milton District Hospital.

The event was the kick-off dance for the Milton District Hospital Expansion fund and it was sponsored by the hospital auxiliary.

Not counting the money raised by the auxiliary, the fund now stands at just over \$200,000 and that is pretty impressive considering the campaign has only just officially started.

An impressive chunk came from the Town of Milton with \$10,000 being posted on the wall of bricks prior to the dance. This was followed up with the announcement the town will donate \$1 per Milton resident over the next two years to make a grand total of \$60,000.

Fund chairman, Bruce Dolson, and his team have now a very tough job ahead of them. They are committed to raise the public subscription portion of the total bill—\$1 million.

They know it is going to get harder and harder to raise the money as the fund fills and the well has been plumbed to the point of drying it up.

Milton residents must remember that the appeal for funds is really on their behalf. As we continue to try and reach the goal, it is hoped each resident will bear that in mind, and perhaps, dig just a little deeper for the good of all the people of the town of Milton.

Everyone wins

The Halton Region Conservation Authority and the Town of Milton are about to sign an agreement which will see the authority move into the current town hall.

This is expected to happen around April of 1985 and it will dovetail with the move of town hall staff to the old courthouse and jail, which should be completed at that time.

It is known the authority did not see the old town hall as its first choice. It would have preferred to have constructed a new building on land it owns on the escarpment, but this idea was shot down by the Niagara Escarpment Commission.

But in looking at the decision of the authority to move to Main and Martin Sts., it must be said the decision, while not what the authority wanted, is going to solve a number of problems.

In the first place, the authority will move out of a high-rent office complex on Main St. and into a building that certainly has character and blends in with the entire concept of retaining our heritage.

The town has been looking long and hard for a suitable tenant and has certainly found one in the HRCA.

At the same time, the whole move allows the town to finally head over to the courthouse without the fear of leaving a large and abandoned building on the main street of the town it serves.

In short, everyone is coming out a winner on the transaction.

our readers write

Praise

Dear Sir,
Congratulations are due Linda Kirby for her fine Viewpoint in The Champion. Her summation, that the tragic accident should not only be a lesson for "bad truck drivers" but also a reminder for the cyclist who

feels he or she has special privileges, is superb.

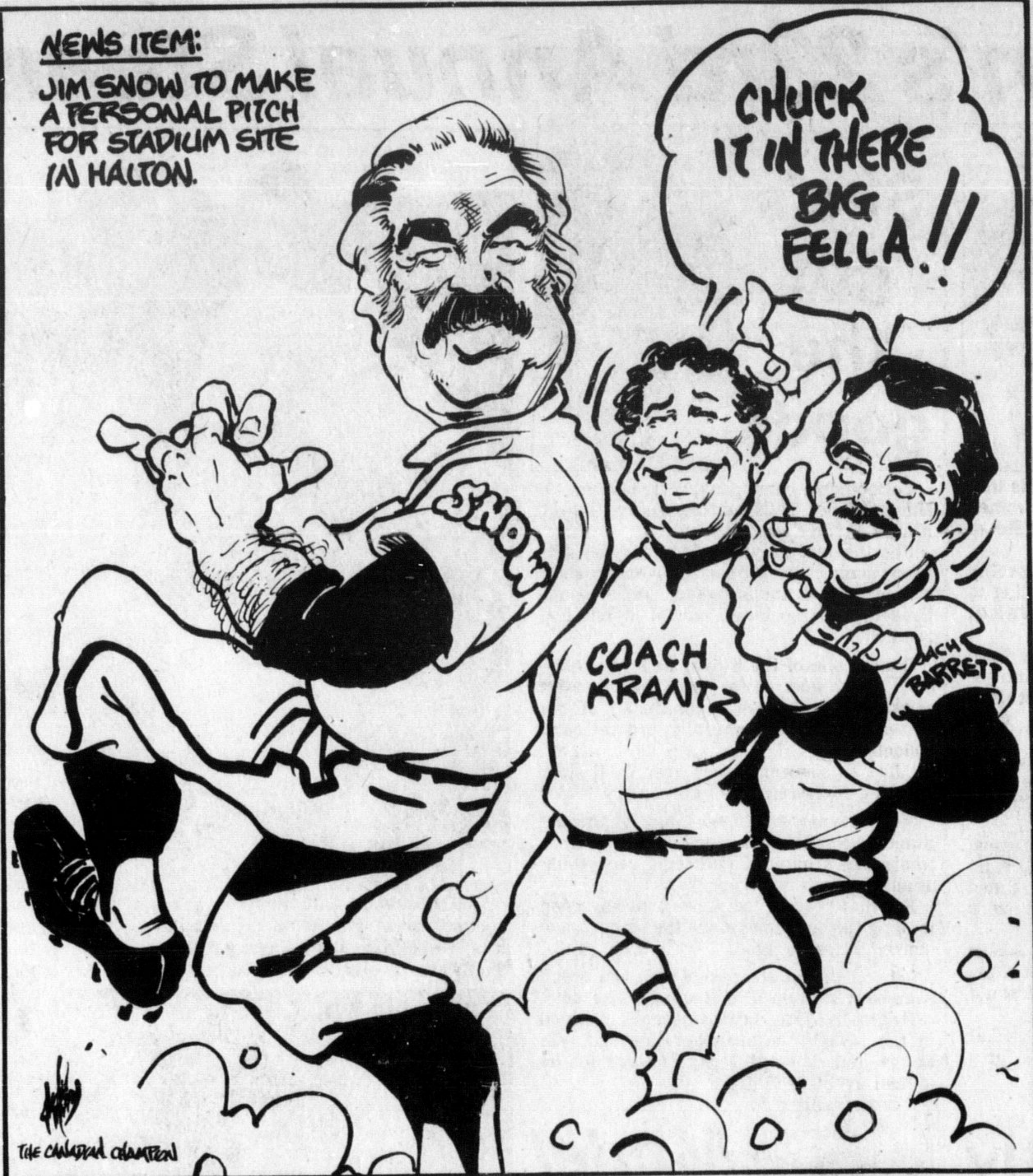
I would like to add that the same is true for the multitude of joggers who, for some reason, ignore the sidewalks and insist on running on the streets.

They too should realize there are rules of the road to observe.

BRENDAN G. KENNY
Milton

NEWS ITEM:

JIM SNOW TO MAKE A PERSONAL PITCH FOR STADIUM SITE IN HALTON.



viewpoint

WITH JANE MULLER

Participarking



Even before Jane Fonda published her fitness book, recorded her work out on vinyl or made it into a film, North Americans were thinking about fitness.

Well the fitness movement has evolved, separating the doers from the "maybe tomorrow" crowd whose Jane Fonda book has prompted little exercise beyond the strength it took to lug it home from the book store.

Starting is probably one of the difficulties in working toward a high fitness level, next to that is keeping it up, but the initial obstacle is establishing an exercise routine you can live with.

Jogging around the block is not only boring but hard on the feet and back. The 20-minute work-out, with its disgustingly skinny instructors, is not the answer for everyone and organized sports are a little too strenuous for most.

Is there an answer to this fitness dilemma? I think I've found one and it lies in the back yards of several Miltonians. To be exact, it lies just beyond the backyards of residents living in the area of Kinsmen Park at the corner of Woodward Ave. and Wilson Dr.

In the spring of this year the local Kinsmen Club officially opened a ParticiPark at that location.

I'm not sure how many people use or have used the facility, but I wouldn't be surprised if a lot of locals would say "a partici-what?"

The 11 stations, which make Kinsmen Park stand out from the rest, are located along a crushed gravel path. Now you're wondering about partici-what stations.

Without them the ParticiPark would be nothing more than a winding crushed gravel path. With them it is an excellent way to get into shape and to work those muscles you never knew you had until they begin to ache.

The stations, constructed mainly of logs, chains and rings, were all built by Kinsmen. There are many parks like the one we have in Milton, across the country, so bear this in mind when you are ParticiParking. Others have gone before you... including me.

The trial of stamina, self discipline and commitment begins at the area of the park next to St. Peter's School, where the large ParticiPark sign is located. The scratched paint of the sign, caused by bored delinquents no doubt, can be found at many of the stations. The instruction they offer, however, is legible despite the vandals' efforts.

The idea is to do some stretching exercises before one begins to avoid muscle strain. It is also wise not to be too gung-ho. Take it easy the first few times, gradually building your strength, especially if your body isn't used to having such demands placed on it.

I only wish someone had given yours truly that advice before my trial run.

You'll notice from the start of the path grass is growing here and there where gravel is supposed to be, but the local head of the parks and rec department assures me more gravel will be laid next summer, thus eliminating the problem.

Now you are off and running, on your way to a healthier bod. Oh, this is a breeze, right? Nothing to this jogging along a path, but what is this right ahead?

The first station looms. This, like all the others is constructed to suit three sizes of people. I presume one size is for children, the other for women and smaller-sized men and the third for the big guys. I couldn't help but be reminded of the story of the three bears when attempting to find the part of the station which was "just right".

According to the sign at station one, fitness seekers are to climb, using hands and feet, the rings hanging from chains. Don't ask me what this is supposed to do for you, but it does offer a break from running.

Next come the logs in the shape of large doorways. The top log is to be jumped at and touched. I chose the medium height log and was successful. The stretching feels good and the curiosity builds as I wonder what the next station will hold.

Station three would be a great spot for someone trying out for the circus to practice. There are ring sets and bars suspended by chains which will help the upper body.

Back on the path, the ParticiPark participant is led along the back of St. Peter's playground up a hill. At the top, a series of posts protrude from the ground.

The protruding posts progress in height from about one foot to three feet. This sign shows the posts are to be cleared, leap-frog-fashion. The last one is a killer for this ParticiParker as I'm only five foot two.

The easiest part of the run is the descent from station four and the rest you get checking for cars before crossing the street to the playground of Robert Baldwin School.

By this time I wonder why I picked such a hot after-



Sheer willpower drove this reporter through the local Partici Park not to mention the Katimavik participant in the background.

noon for this quest for fitness, but my curiosity is keeping me going. Station five is a great test of strength, with four logs, hinged at one end, which are to be lifted. Now I'm really feeling the muscles work.

By the time station six presents itself, it will become obvious the course has been professionally designed. After the heavy lifting comes a test of balance on a bench and logs cut off close to the ground, arranged as footsteps.

Running along these made me feel like a football player running over car tires.

I noted at this point in my trek that other than our photographer Jon Borgstrom and the Katimavik participant who worked with us for two weeks, there was no one else at the park.

At station seven, a cat squatted in the shade of a clump of trees watching as I attempt to travel hand over hand along the overhead bars arranged like ladders. This is difficult enough without being faced with gaps where bars have been maliciously removed. There are still enough rungs for the exercise to be effective however.

Next comes one of the less strenuous stations. Station eight contains three balance beams which get progressively more narrow. This station, as in the case of most of the 11, gives the ParticiParker a chance to improvise and use the equipment as they see fit.

The next station allows for jumping again. An angled board can be used for a sort of sideways leap, which gets more difficult the higher the board rises. Again I claim my stature impeded me from going all the way.

The park is designed so those who use it don't feel as though they've "failed" if all tasks are not completed and that makes it great for people at all fitness levels and of all ages.

Most will be able to handle station 10 which is a number of logs arranged like steps. The logs are piled in such a way as to form a triangle shape and all one has to do is to climb up one side and down the other. The task could be made more difficult by running up and down. I chose to walk, working that up to a prance on third and fourth attempts.

The beauty of the tenth station is knowing there is only one left. The park designers saved a tough one for last, another strength builder.

Again logs make up the station and again there are three levels of difficulty and size offered. Logs suspended between four others are to be lifted using the back of the neck, shoulders and arms.

The idea is to squat with the log in this position and proceed to life until your legs are straight. I found it the most challenging and rewarding task.

Self satisfaction from completing the route is also rewarding.

Gnawing at the back of my mind, however, was the condition of the overhead bars. Through a little investigation I discovered the Kinsmen were not responsible for up-keep, that had been turned over to the town when the park opened earlier this year.

Mayor Gord Krantz said he was unaware of the problem and promised something would be done to bring the park up to par.

Keep this in mind when you take to the track at Kinsmen Park. It is your tax dollar that will maintain it, so go out and get your money's worth and get fit at the same time.

I know, "maybe tomorrow."

pages of the past

One Year Ago

From the September 8, 1982 issue
More than 20,000 people crowded into the Milton Fairgrounds last weekend for the 22nd Annual Steam-Era Reunion. The success of the 1982 effort was a relief for members of the Ontario Steam and Antique Preservers Association who have been working for months to organize the show.

Halton's elementary and high school teachers will go back to their classrooms without a contract settlement this week. Negotiators for the Halton Board of Education, the Halton Elementary Teachers Association and District 9, Ontario Secondary School Teachers Federation, have not met since June 14.

A 57-year-old Halton Centennial Manor resident who threatened to jump from the building's 100 foot chimney stack, was safely rescued by Milton firefighters late Saturday night.

September is Arthritis Month in Milton and the Milton Branch of the Arthritis Society officially launched its campaign for funds with a flag raising ceremony Friday morning at Town Hall.

20 Years Ago

From the September 5, 1963 issue

The power equipment of the pioneers, the Ontario Steam and Antique Preservers Association, and the Town of Milton, all gained fame and recognition over the Labour Day weekend, as a crowd totalling an estimated 27,000 jammed into Milton Fairgrounds to see the Association's third annual reunion.

Here's good news for homeowners with parched lawns; the town's lawn and garden watering restrictions have been lifted as of Tuesday of this week.

Water restrictions were put in force early this summer when hoses ran night and day on the dry lawns, and the drain on the town's water reserves and pumping equipment was endangering adequate fire protection.

A choice of 22 subjects in courses lasting eight weeks before Christmas and eight weeks after Christmas, will be offered by the Milton Night School this year.

At a meeting at the Martin St. High School Tuesday evening, it was decided that courses in elementary, advanced sewing, tailoring, beginner's art, advanced art, intermediate art, French and a host of other subjects will be held if there are sufficient applications.

Tuesday was back-to-school for 2,221 students in Milton, and an estimated 33,000 across Halton County.

50 Years Ago

From the September 7, 1933 issue

At Tuesday night's meeting of town council the tax rate for 1933 was struck at 37 mills on the dollar—a decrease of three mills compared with the rate for the past five years which was 40 mills. This is indeed a pleasant surprise and good news for the taxpayers of Milton, who will have to thank the council for strict economy, and also give credit to those worthy citizens who donated a total sum of \$1,100 to aid relief, the cost of which has been a heavy drain on the town's finances.

The Township of Trafalgar is considering the purchase of a few acres of woodlands, the object being to provide work for relief recipients during the coming winter. This kind of relief work will be more satisfactory than work on the roads as men will be paid on the basis of the number of cords they cut.

Under the road system, some of the men refused to work out their vouchers, whereas on the cord rate, the men will be forced to cut the wood if they are physically able, and expect to get relief.

75 Years Ago

From the September 3, 1908 issue

The P. L. Robertson Co's. machine shop is now fitted with a fine outfit of new machinery, lathes and drills, all of the latest and best makes. The shafting has been put up this week and a 12 horse power gasoline engine put into position, to be used until the producer gas engine which has been ordered is ready.

The complimentary concert given last Thursday evening to T. C. Livingston at Livingston Park was fairly well attended, but not as well as it should have been considering the work done for Milton since the beginning of this year by Mr. Livingston in advertising the advantages of the town and securing two important industries with no doubt, more to come.

Bandmaster Gollins had a bad fall at Hornby, from the top of a verandah he was painting. His ladder slipped. He was stunned, but recovered in a short time and led the band on for the evening in Livingston Park.