

Wedding

Thomas-Wilson

Ruth Wilson, daughter of Mr and Mrs. John T. Wilson, wed Vaughan Thomas, son of Mr. C. Derek Thomas and the late Mrs. Thomas recently at Grace Anglican Church.

The double-ring ceremony was conducted by Rev. Robert Lennox with Bob Argall as organist.

The bride's sister Joanne Henry was matron of honour and the groom's sister Hazel Thomas was bridesmaid. The bride's niece Cathy Henry was flower girl.

Peter Pickerill, brother-in-law of the groom was best man and the ushers were Paul Wilson, brother of the bride and Dave Cocker, cousin of the groom.

Jason Pickerill, the groom's nephew was ring bearer.

The dinner and dance following the ceremony at the Bohemian Restaurant in Waterdown was attended by relatives and workmates of the bride and groom. Letters and cards of best wishes were received from the groom's relatives in Manchester, England.

Miscellaneous showers were held by the bride's workmates, the bride's relatives and the groom's sisters and workmates.

The couple have returned from a few days at the Muskoka Sands Inn and a week at Cape Cod and are residing in Milton.



Summer wedding. Ruth Wilson married Vaughan Thomas this summer at Grace Anglican Church.

People

By Roy Downs



BILL AND HIS FRIENDS

Our old friend Bill Shuker of Shifnal, Shropshire, England sent along a picture of himself having fun at his 93rd birthday party in the local seniors' club. Bill, as usual, was surrounded by his lady friends. "I am still in good health and enjoying life," says Bill.

Bill, born in England, lived in Milton during the early part of the century but returned home after the first world war. One of his many recipes for a long life: "I was attached to the Irish Guards in France, and they made a joke of everything. That is the way to take life — every day a laugh and a joke."

During the town of Stirling's 125th anniversary celebrations in August 1983, a high school reunion is planned. If you're interested, write by Dec. 1 to Mrs. Joyce Mason, Box 273, Stirling, KOK 3E0.

Coping with tension is aim of new course

By Linda Kirby
Learning to relax may sound simple, but isn't always as easy as it sounds.

Elizabeth Kiddle, of Milton, launched a program last June to teach the art of relaxation and how to cope with tension and stress.

Her first session attracted 10 students, including Irene Wiebe, a social worker supervisor at Maplehurst Correctional Centre.

Mrs. Wiebe took the course because "it sounded worthwhile," she said, adding she had never tried anything like it before.

"It was more of a learning program than anything else. It makes you aware of your body and how it reacts to tension and how other people react to you," she explained.

"We all experience

some tension at some time. But I don't think you have to be a total wreck to get into the program," she continued.

As well as benefitting from individual attention, each student appreciated the group therapy aspect of the course, she said.

"People share some of their problems and you develop a slightly different perspective on your own troubles. Listening to others helps to minimize your own problems," she said.

The two-hour sessions featured "autogenic" training, the use of imagery to promote relaxation; breathing exercises and cognitive exercises designed to reduce strain through thought.

Mrs. Wiebe said she found the program "invaluable" for teaching a variety of

Bus safety week

The annual campaign to promote school bus safety will be held the week of Oct. 24 to 30.

Normally scheduled in September, School Bus Safety Week has been moved ahead this year due to delays in mail service but it will move back to its regular time again next year.

Wait a Minute is this year's theme and this can be applied to motorists, students, bus drivers and parents of young children.

The campaign is directed at motorists who attempt to pass

school buses with lights flashing, bus drivers and parents.

The Halton Board of Education seeks applications from qualified electors to fill the vacant trustee's seat in Ward 2, Oakville. The vacancy has been created by Trustee Mrs. J. Cutmore's resignation in order to seek election as Municipal Councillor.

The term of office is from October 20, 1981 to December 1982.

A person is qualified to be a trustee if he/she is:

- a Canadian citizen
- 18 years of age or older
- a resident within Halton
- a public school elector.

Applications should be directed to the Chairman of the Board. The deadline for the receipt of applications is October 20, 1981. Interviews will be held on Thursday evening, October 22, at 7:00 p.m. The application should include a resume of your experience and qualifications and an indication of the reason for your interest in the position.

Wm. A. Lawson
Chairman of the Board
Halton Board of Education
2050 Guelph Line
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Lessia, Picket top Holsteins

Lessia Farms Ltd. of Georgetown was named premier exhibitor and Claude F. Picket, Georgetown was premier breeder at the Halton Holstein Show, held at Milton Fair Sept. 25.

Judge Orton Eby of Paris viewed 93 animals shown by 24 Halton exhibitors and called it an outstanding show, and a highly competitive one.

Halton Dairy Princess Laura Marshall handed out the ribbons.

Grand champion cow was Pickland Royal Doreen, shown by Picket. The reserve was A Brookview Tony Charity, shown by Corndale Farms Inc. of

Georgetown.

Lessia topped the mature cows class and also won in dry cows and showed the reserve champion male. Picket won the five year old cow class and breeder's herd. Corndale took first in four year olds, three year olds, two year olds, had the junior champion female, also the top senior and junior heifers and pre-junior heifer.

Reserve junior champion female went to Jeff Nurse of Georgetown, also the champion bull and top bull calf. Dareslane Farms of Campbellville showed the best yearling bull.

Theta welcomes 9

Theta Tau Chapter of Beta Sigma Phi has lit two more candles of friendship, as Pat Bastine and Judy Webster (transfers from Brampton and Winnipeg) have decided to join the ranks.

The "Italian" dinner evening was a great success as members welcomed nine pledges, Cathy Burke, Barb Crowe, Jane Forbes, Joanne Gregory, Leslie Jensen, Janet Meehan, Pamela Monaghan, Ann Marie Nickerson and Jerri Sawatzky.

The chapter's enthusiasm carried over to its first couples' outing, a baseball game at Rotary Park and barbecue after at Anna and Pat O'Donnell's home.

For the next regular meeting, Oct. 21, members plan to attend a talk by Pearl Cassel on "Discipline without Tears." She is a teacher, counsellor, and co-author of "Discipline without Tears."

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The rate of return on all unmaturing Canada Savings Bonds has been increased to 19 1/2% for the year beginning November 1, 1981. For each subsequent year until the Bonds mature the rate of return continues to be a minimum of 10 1/2%.

SERIES DATED BEFORE 1977			SERIES DATED 1977 TO 1980		
Series	Maturity Date	Cash Bonus at Maturity	Series	Value at Nov. 1, 1981	Value at Nov. 1, 1982
1968-69	Nov. 1, 1982	\$276.40	1977-78	\$1,471.93	\$1,758.96
1972-73	Nov. 1, 1984	\$378.40	1978-79	\$1,394.46	\$1,666.38
1973-74	Nov. 1, 1985	\$451.70	1979-80	\$1,277.40	\$1,526.50
1974-75	Nov. 1, 1983	\$212.90	1980-81	\$1,144.17	\$1,367.28
1975-76	Nov. 1, 1984	\$263.80			
1976-77	Nov. 1, 1985	\$327.00			

For Series dated before November 1, 1977 the higher return will be paid through an increase in the value of the cash bonus payable on the maturity date of the Bonds. The new bonus amount per \$1,000 Bond of each Series is as follows:

For the last four Series the higher rate will apply instead of the rate printed on the Bond certificate. Each \$1,000 Regular Interest Bond will pay \$195.00 interest on November 1, 1982. For the year beginning November 1, 1981, Compound Interest Bonds will earn 19 1/2% simple interest and compound interest at 10 1/2% on all interest earned up to November 1, 1981. The growth of each \$1,000 Compound Interest Bond for the year beginning November 1, 1981 is as follows:

Bondholders are reminded that to collect this bonus Bonds of these Series must be held to maturity.

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