



### Minor atoms sporting new jackets, gear

The Penetanguishene Minor Atoms, recent winners of the Streetsville Tyke Tournament, are shown above with the hardware they have won, and a new set of jackets. The jackets go with a complete set of helmets and equipment bags bought with funds raised at two dances during the season held at the Lafontaine Community Centre — and team spokesmen asked us to thank "all the people who supported us." Goaltender Chris Lethbridge and Henry Marchildon are missing from the photo above, and we're not sure what

everyone was looking at over on the right — either a cute girl or somebody blowing a whistle. In the front row, left to right, are Jeff Leclair, Robbie Cowan, Richie Dussome, Scott Hook, Tom Rankin, Mike Brunelle, Terry Legault and Kevin McConkey. In the second row, Blaire McReynolds, John O'Hara, Keith Maracle, Mark Quesnelle, Brian McReynolds and Glen Lesperance. And in the back row, manager Ralph Lacroix, trainer Martin Duval, and coach Pat Dupuis.

Staff photo

## Elaine Kraftscik teaches yoga

Elaine Kraftscik has four young children and looks no older than a college sophomore. She is a walking advertisement for the benefits of Yoga, which she teaches.

"I do Yoga every day," she says, "but with a family I find I have to fit it into my daily routine. I try to emphasize this in my classes. I don't shape my life around yoga. It is incorporated into my way of living."

She does breathing exercises while she's doing the washing, rotates a foot to relax ankle muscles when she's standing in line in the supermarket and does chest expanding exercises while seated in a chair, or as a passenger in a car.

"I've been doing Yoga for about five years," she says, "and it has given me an awareness of what I can do with my body, and a sense of confidence that I never had before."

Last week, on an infrequent visit to the swimming pool Elaine surprised herself by swimming forty lengths. "I'm not a swimmer," she insists, "but Yoga has improved my muscle tone and general coordination so that I was able to do it."

The chief benefit of Yoga according to Elaine, is that it relaxes tension. "Most people are tense, and they don't know how to relax. Yoga will teach you how. It promotes unity of body and mind."

Elaine is quick to point out that Yoga is not a religious experience with her, and she

does not advocate any unusual diets beyond the ones which promote general and good nutrition.

"If you are overweight," she says, "Yoga will only help you if you diet sensibly too. Perhaps the yoga will provide added incentive to stick to a diet, but it won't take off weight by itself."

Elaine is presently instructing in Yoga to about 50 people. She has a studio in her home, and she also

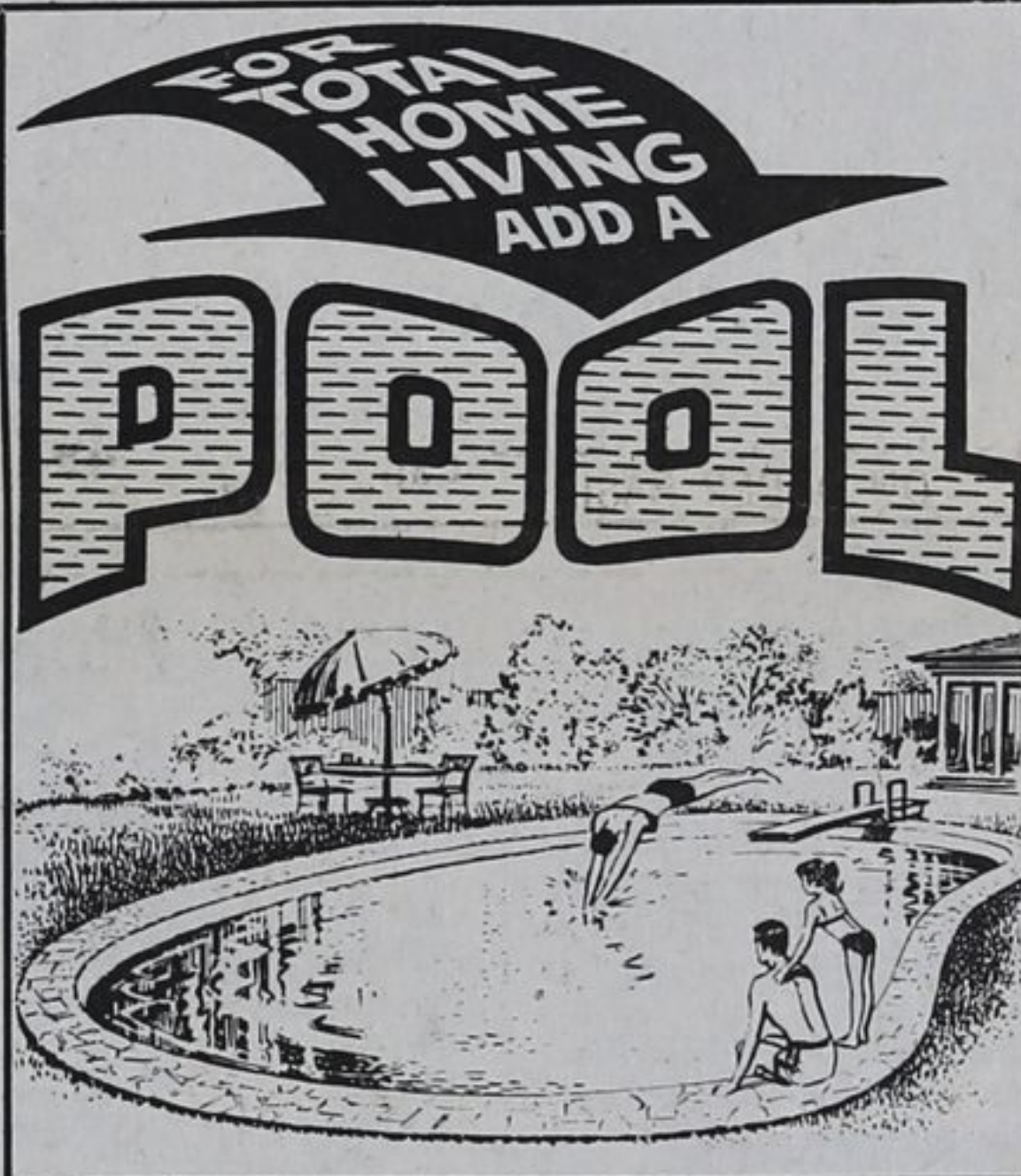
teaches for Georgian College and for the Penetanguishene Recreational Council.

Her first summer course in Midland begins on May 5 and runs until Monday and Wednesday from 1:30 till 3:00 p.m. until May 28. There are later courses in June, July and August.

"My classes are open to men and women," says Elaine. "And there are certainly no age limitations. In fact, one of my best

classes is with a group of senior citizens."

If you're seeking to increase your own body potential and you'd like to learn how to relax, Hatha Yoga with Elaine could be the answer.



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## Recreation scene

by Ron Marchildon



This past week a meeting was held in the Arena Lounge to try and set up an executive for Boys and Girls Minor Softball. To say we had a poor showing would be over estimating the situation. The turnout was pathetic. Because we know that a lot of children want to play ball we will hold one more meeting to try and form an executive. This will take place on Monday April 28, 1975 at 7:30 p.m. in the Arena Lounge. If enough people do not show interest minor ball will be scrapped for this year.

There will also be another meeting for minor soccer on Wednesday, April 23 at 7:30 p.m. in the Arena Lounge. Anyone interested please attend. April 22 will see the beginning of the Ceramics Glazing Course to be held in the Arena Lounge commencing at 7:30 p.m. At this writing only a very few registrations have been received so it is possible the course may have to be cancelled.

During the next few weeks we will be advertising for some summer staff for the coming season. This includes lifeguards, and swimming instructors. We may at a later date advertise for various other staff. This will depend a great deal on the approval of our budget.

The Girls who played Ringette this winter have asked if it would be possible to buy winter jackets. I have made arrangements with Gauthier Sports to have the girls go in and be measured for these jackets. A meeting was held with the Senior Girls and they have picked out the design etc. that they would like. The jackets will cost in the neighbourhood of \$30.00 each. Juniors and Senior Girls are welcome to go in and be measured at any time up to the end of the month.

A meeting will be held in the Arena Lounge on Thursday May 1, 1975 at 7:30 p.m. to try and organize the Penetanguishene Red Sox, Intermediate "C" Ontario Champions last year, for the coming season. All interested players, coaches, umpires, and executive members are asked to attend. This will be an organizational meeting to form an executive and appoint coaches and a manager, for the coming season. Everyone is welcome!

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## Recent visitors in and around Vasey

by Alberta MacDonald 835-5274

Recent visitors with Mr. and Mrs. John Prentice were Mr. and Mrs. Ted Younger and daughter Debbie from Toronto.

Mr. and Mrs. Nelson Love from Rexdale visited with Mrs. Wilma Fallis and Norma last Thursday.

Last Thursday, Mr. and Mrs. Horace Vasey and Mrs. Lloyd MacDonald attended the funeral of their cousin, the late Mr. Charles Rankin, in Orillia.

Mr. and Mrs. Bill Drury, Warren and Billie-Jo of Crown Hill visited on Sunday with Mr. and Mrs. David Jones, Michelle and Kim.

Ian Vasey has returned home from Western University in London after completing another year there.

Mr. and Mrs. Lloyd MacDonald visited on Sunday with Mrs. Ed McCunday in Elmvale.

Mrs. Morgan Edwards of the Georgian Manor in Penetanguishene spent the past weekend visiting with

Mr. and Mrs. Orval Edwards and Gregory.

Last Wednesday, Mr. and Mrs. W. A. Isaac of Midland visited with Mr. and Melverne Isaac and family.

Mr. and Mrs. Bruce Edwards and family from

Barrie visited on Sunday with Mr. and Mrs. Manley Edwards.

Last Wednesday, Mr. and Mrs. Robert Sheardown from Elmvalle visited with Mr. and Mrs. Manley Edwards.

## Centre d'Activités Françaises

INSCRIPTION POUR LA GARDERIE

Les petits anges de PENETANGUISHENE

Inscription prendra place

Mercredi le 30 avril Wednesday

Jeudi le 1er mai Thursday

Registration will take place

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rue Robert St

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1970 Fargo 1/2 Ton Pick Up - 6 cylinder, standard transmission, long wide box, fully reconditioned, painted, certified, Lic. M119 79.

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1969 International Travelall - (Window Wagon), 8 cylinder, standard transmission, certified, Lic. HCM 264.

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1967 International 3/4 Ton Pick Up - big 6 cylinder motor, 4 speed transmission, (As Is), Lic. M 786 01.

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1972 Ford Pinto - 2 door, 4 cylinder, (2000 cc motor), automatic transmission, radio, tape deck, reconditioned, certified, Lic. FLT 901.

\$1995.

1972 Renault - 2 door, 4 cylinder, low mileage, certified, Lic. FKW 178.

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1971 Renault - 4 door, 4 cylinder, standard transmission, (As Is), Lic. FKX 101.

\$500.

1971 Ford Pinto - Runabout, 4 cylinder, standard transmission, reconditioned, painted, certified, Lic. BJM 994.

\$1195.

1970 Ford - 4 door, 6 cylinder, automatic transmission, radio, certified, Lic. BKU 386.

\$1195.

1970 Toyota Corolla - 2 door, 1200 series, 4 cylinder, standard transmission, certified, Lic. EZK 560.

\$950.

1970 Vauxhall Viva - (As Is).

\$150.

1969 Pontiac Parisienne - 4 door, hardtop, 350 V-8, automatic, power steering, power brakes, radio, vinyl roof, reconditioned, certified, Lic. CML 106.

\$1195.

1969 Pontiac Laurentian - 2 door, hardtop, 8 automatic, power steering, power brakes, radio, painted, certified, Lic. DOT 206.

\$1595.

1969 Austin 1800 Series - 4 door, automatic, 4 cylinder, radio, low mileage, certified, Lic. BRM 136.

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1969 Ford XL - 2 door, hardtop, (Fastback), 8 automatic, power steering, power brakes, radio, vinyl roof, certified, Lic. BZA 669.

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1968 Chev Impala Custom - 2 door, hardtop, 8 automatic, power steering, power brakes, radio, certified, Lic. HAR 251.

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1968 Chev Impala - 2 door, hardtop, 8 automatic, power steering, power brakes, radio, certified, Lic. FKR 236.

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