

Elaine in Camel position

## Be kind to your spine

by Elaine Kraftsick  
"Peace comes not from the absence of conflict in life but from the ability to cope with it."

How strong is your back? Can you lift, carry and pull and still have a good night's sleep without waking up and feeling stiff as a board? No? Then exercise your back! You exercise your heart by jogging and swimming, your legs by walking and your arms by lifting, but your poor back! It doesn't take care of itself, it needs you! Be kind to your back - be aware of the spine, the

discs, vertebrae, and gently strengthen and firm it by doing yoga postures.

The pose indicated is called the "Camel", a gentle pose to make the spine flexible and strengthen back muscles.

Technique: From a kneeling position, with knees slightly apart, relax, inhale and let the head fall back as you slowly arch the back forward and reach back to grab the ankles. Hold ten seconds to begin, exhale and relax.

For a more advanced

version, instead of grasping the ankles, keep the hands on the thighs and slowly bend back till the head touches the floor (only for the advanced with a strong back). Slowly raise the body and relax.

**Nutritional Note:** As your body shapes up through yoga you change your attitude toward food. Yoga stresses individuality and the innate wisdom and intelligence of the body. One of its objectives is to stimulate and awaken this wisdom and trust it as a guide to eating habits. Diet being very individual, foods that are best for you depend on your age, weight, occupation and way of life.

Sugar, and products into which sugar enters largely, is the most acid-producing food known and should be limited. Try to eat as natural a food as possible - those that are fresh, clean pure and unprocessed. More of the yogic diet next week.

# St. Paul's Spring Sing — memorable evening

There have been many busy days of late at St. Paul's United Church in Midland. Despite the many demands on their services the church choir has still found time to prepare for this year's Spring Sing which was presented on Wednesday and Thursday evening last week.

The opening night's performance was presented to a well-filled house was well received by the audience who several times gave certain performers an extra measure of applause.

It is hard to single out certain individuals for specific mention in a review such as this. But two of the instrumental soloists stood out as delivering particularly impressive performances. Dan St. Amand, who plays a mean trumpet, grabbed the audience's attention twice with solo

performances of Allegro by Fioco-Fitzgerald and Cole Porter's Begin the Beguine. He also provided good back up for the mens' choral group's performance of Moe Koffman's Swingin' Shepherd Blues.

Peter Bolte, who certainly is very familiar

with the flute, put the instrument through its paces as he performed the hauntingly beautiful Tranquility by C. Mounter.

Out of the program's total of 26 selections the whole choir performed only nine numbers. The soloists were for the most

part very good and their performances were well done. But in an evening dedicated to the choir the soloists seemed to predominate and the choir as a whole was relegated to what appeared a secondary role in the evening's entertainment.

In their performances the choir was very competent and followed the director's lead as they faultlessly performed their numbers. In some of the numbers, however, the vitality and verve which they manifested in singing Luboff's arrangement of When the Saints go Marching In was lacking.

On the whole the evening was engaging and relaxing offering of entertainment. Whether the selection of the music would suit everyone is a moot point. The offering was, to say the least, not "churchy" including among other things selections from "South Pacific", "Porgy and Bess", and "My Fair Lady". For someone expecting a concert of more religiously-oriented music this could be somewhat disconcerting in a performance by a church choir. Depending

on your point of view it could be seen as a successful departure from a stereotyped choir performance or an abrogation of the choir's proper role. The choice would be up to the audience. Choral pieces by Bach were missing though Bernice Sweeting did sing a solo piece by Bach, Sheep May Safely Graze. This lack of traditional hymns and religious music is relevant only if one

considers it important in a concert by a church choir. Either way the St. Paul's choir evidenced the application of a considerable amount of work and showed that they had applied themselves diligently to the task of preparation. Somewhat fewer soloists and some demanding classical choral pieces might have made it a memorable evening rather than merely two hours pleasant diversion.



To a well-filled house

## Midland Sailing Club starts school June 30

Sailing School begins in Midland on June 30th under the auspices of the Midland Bay Sailing Club. The school will run from the Sailing Club property adjacent to the Sunnyside Marina in two week sessions through July and August.

Beginner sessions will be in the morning 9-12 Monday till Friday, and the advanced group will meet in the afternoon from 1 to 4 p.m. Instruction will be given in accordance with the Canadian Yachting Association Proficiency awards.

A fleet of Flipper Seows has been purchased by the club for use by members of the junior sailing school. The Flipper carries over its 14 foot length, a main, jib, spinnaker and trapeze. For student sailors under 18, the cost of the course is 12.50 per week. Adult fees are \$28.50.

The adult school will run for two weeks Monday, Wednesday, and Thursday evenings from 6 to 8:30, and on Saturday morning. The Saturday morning sessions will be conducted by the club members on keel boats.

The sailing school was established in 1972, when club members loaned their own boats for instruction and Albacore Fleet Captain Ed McGrath conducted sessions.

Last year, funds to initiate boat purchases

were raised by the ladies of the Sailing Club. Further donation came from the Rotary Club, and the Midland Recreation Council awarded the group a grant. There were 65 participants in the sailing school last year. The sailing school gives everyone an opportunity to learn the fundamentals

of this fast growing and exciting sport at a nominal cost.

There are registration forms at the library at the office of the Midland Times, or are available by mail from the Midland Bay Sailing Club, Box 63 Midland.

Further information may be obtained from H.T. Payne, 526-7282.

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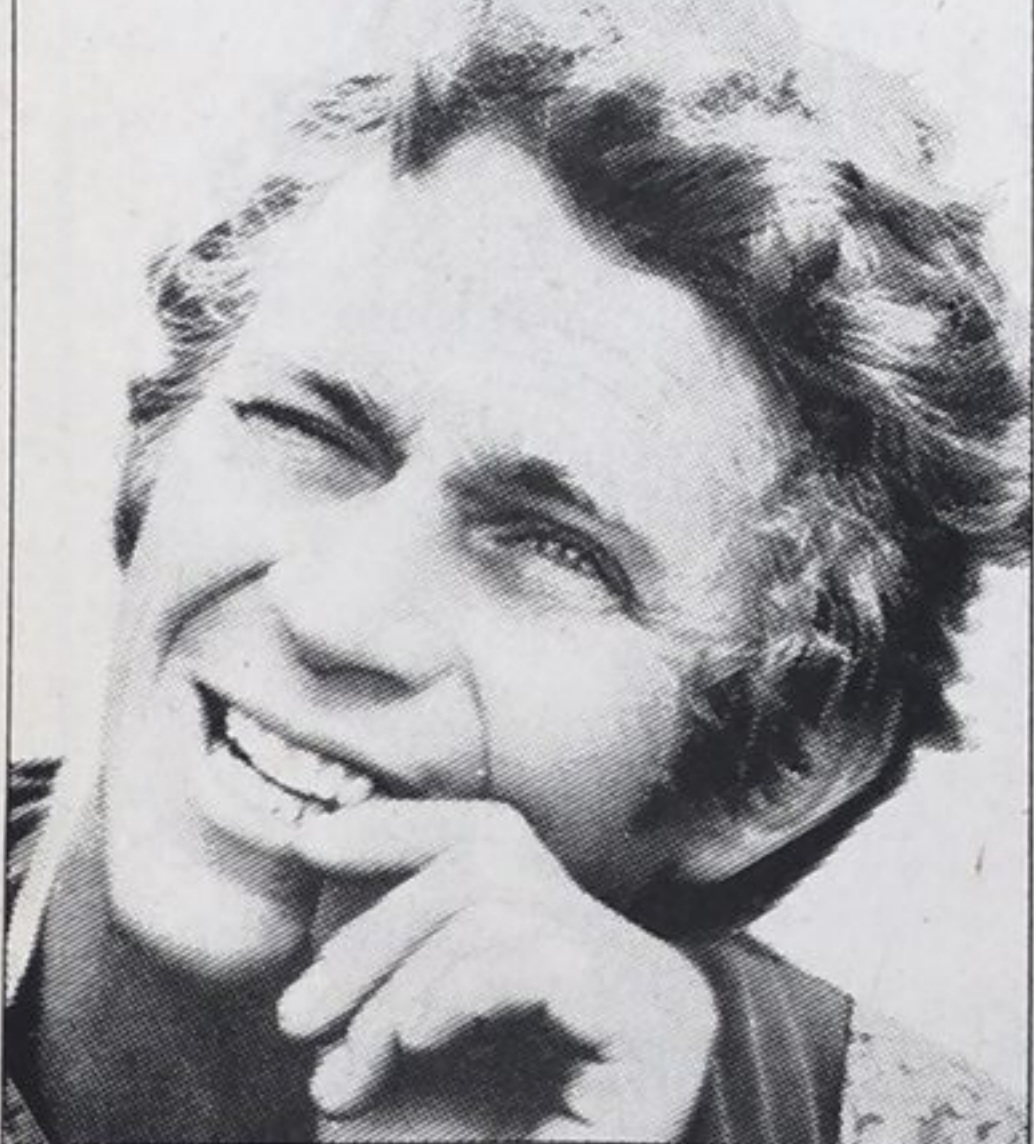
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## Field day at Vasey

The annual field day and softball tournament sponsored by the Vasey Orange Lodge will be held in Vasey Community Park on Saturday, June 21, beginning at 12:30 p.m. Eight teams are entered from Barrie, Orillia, Elmvale, Vasey, and the Toronto area. Horseshoe pitching contests and base running competitions will also be featured.

## Three baby girls born

Three baby girls were born at St. Andrew's Hospital in Midland last week.

On June 10, Mr. and Mrs. Paul Nadon, 235 George Street, Midland became the parents of a baby girl.

Mr. and Mrs. Michael Dorion, 116 Fourth Street, Midland celebrated the arrival of a baby girl on June 11.

On June 14, Mr. and Mrs. Joseph Kaus, Jepson Street, Victoria Harbour welcomed a daughter to the family.

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