



Lions give ...



and St. Amants ...



Stoneleigh staff ...



Megaw ...



... and a horse?

There were many contributors during Penetanguishene's Old Home Week celebrations to the Canadian Olympic Fund decal promotion sponsored by the Penetang Bottling Company Ltd. and Coca-Cola. Shown in the top photo is the presentation from the Penetanguishene Lions Club represented by Clyde Campbell; the St. Amants from H.S. St. Amant and Sons Plumbing; the employees' association of Stoneleigh Motors; a representative from R.J. (Bob) Megaw Real Estate of Midland; and in the bottom photo...well, we just couldn't leave the horse out.

church directory

THE CATHOLIC PARISH OF FLOS
SUMMER SCHEDULE OF MASSES
which will commence on the long weekend
of May 17th-19th

Allenwood — 6:30 p.m. Sat — 11:00 a.m. Sunday
Phelpston — 7:30 p.m. Sat — 9:00 a.m. Sunday
Elmvale — 8:00 a.m. — 10:00 a.m. Sunday

PRESBYTERIAN CHURCH
IN CANADA
Minister: Rev. Sydney McDonald BA
Phones: The Church 322-1411, The Manse, 322-2453
Elmvale Church: Christian Education, 10 a.m.
Christian Worship, 11 a.m.

UNITED CHURCH OF CANADA
St. John's Elmvalle
Minister: Rev. B. Gazzard
Worship: 11:00 a.m. (Nursery during Service)
Phones: Church 322-1472, Manse 322-1522
Wyevalle United Church: 11:30 a.m.
Waverley United Church: 10:00 a.m.
Rev. E. John Gazzard, Minister

Council grants Contact \$1000

"You progress not through improving
what has been done, but reaching toward
what has yet to be done."

Midland town council has appropriated \$1,000 to Contact in the finalization of their 1975 budget.

I am happy to announce their assistance to our funding locally. This kind of positive action speaks to the support of the service of Contact by Midland council and hopefully will lead the way to stronger and more permanent financial support from other councils and service clubs in the Huronia area.

Thank you Mayor Boyd and members of council. To raise one third of our budget, \$10,000, from local sources has been difficult. Your understanding and interest of Contact's service to people should make this time consuming necessity of raising money somewhat lighter.

I would also like to include our deep appreciation to all who have taken seriously the financial support of our service. The Senior Civitans contribute monthly on a permanent basis, a fine tribute to them and their concern for people. Thank you all Civitan members.

Turkish Family
A request has been received from Orillia for contact with any other Turkish families in the general area. A new family has arrived there and is seeking companionship. If you can help, please call Contact or

Yoga relaxes the body

A "fish" for warm weather

by Elaine Kraftseik
Wow! Are you surviving the heat?

This pose, if in name only, is suitable to the weather we're having? I don't really look like a fish, but in effect you could do this posture in the water and find yourself more able to stay afloat than the traditional "float" because the centre of gravity is moved towards the middle of the body, allowing improved ventilation of the lungs.

However, it is not for its seaworthy qualities that we are about to study this pose, but because of its counter balancing effect following the shoulder stand and plough? The "fish" arches the nape, frees and stretches the neck and stretches the abdomen.

Technique: Sit on the floor, legs outstretched and bending slightly to the right, bring the right elbow to the floor, do the

same on the other side. Push the chest up, drop the head backwards, and slowly move the elbows forward and lower the head to the floor.

Hold as long as comfort permits and relax.

Nutrition Note: Dr. Max Warmbrand is a 77-year-old expert on the relation of nutrition to good health. Besides his stressing the eating of natural foods, he feels it is important to rest after eating. In terms of health this is a highly underrated pastime.

Another rule he stresses: "Keep your cool...control your emotions. When the body is in optimum condition the mountains of our problems often become mere mole hills."

Don't look for pictures for a couple of weeks because the next couple of articles are on "massage - body tension and 'how to'."

In \$3,000 wreck

Driver charged

Alexander Sibbald, 22, of Midland has been charged with careless driving following an accident on County Road 25 just west of Highway 27 last Thursday. The Midland detachment of the Ontario Provincial Police report that the car was eastbound when it left the road, drove through the ditch, hit a culvert and rolled over.

Police report that the car, a 1973 Toyota, sustained \$3,000 damage. Sibbald and a passenger in his car, James Fitzgerald, 24, also of Midland were injured and were taken to St. Andrew's Hospital by ambulance. Sibbald for treatment of bruises while Fitzgerald sustained broken bones.

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Meals-on-Wheels drivers

Since July and August are holiday months, our volunteers are not as available for Meals-on-Wheels service to our Senior and handicapped citizens. We need drivers and runners. The runner takes the meals from the car into the homes. If you can drive or could help deliver these meals, which provide balanced nourishment for our special citizens, please call Contact.

Room and Board critical

Many requests for room and board have been received recently. If you have space and could take a roomer or boarder in your home - Call Contact.

Last week's column

I hope you clipped the Call Contact column from last week's paper. It was a useful list to keep of frequently called numbers of numerous services in the Huronia area.

Odd jobs

We have people listed in our office for babysitting and for any odd jobs. If you need someone to help you, call Contact.



Jean Ney, 92, dies recently

Jean Stephenson Ney
The death occurred at the Georgian Manor, Penetanguishene on Saturday, June 5, 1975 of Jean Stephenson Ney, formerly of 212 Second Street, Midland. Beloved wife of the late Robert William Ney, she was in her 92nd year.

She is the dear mother of the late Cyril George Ney, grandmother of Richard Ney, Geraldine (Mrs. Tom Borsa) and Nancy Ney, all of Midland, and great grandmother of Jennifer Ney. She leaves sister Mrs. Mabel Cameron of Toronto.

Mrs. Ney rested at the A. Barrie Chapel of the Lynn Funeral Homes, 290 First Street, Midland. Funeral services were held in the chapel yesterday, Tuesday, July 8 at 2 p.m. Rev. Norman Watson officiated. Interment Lakeview Cemetery, Midland.

Mary Leonard

The death of Mary Ann Ellery Leonard occurred suddenly at her residence, R.R. 1, Wyebridge on Friday, June 27, 1975. She was 93. Beloved wife of the late Watson Alton Leonard, she is the dear mother of Gertrude (Mrs. Leslie Hart) and Howard, both of Midland, Clarence and Clayton, of Wyebridge, Albert of Dundas, Jean (Mrs. David Wilcox) of Wyevalle and the late Roy and Eldred. She will be lovingly remembered by 31 grandchildren, 50 great grandchildren, and four great-great grandchildren. Mrs. Leonard is the sister of Mrs. George Richardson of Midland and the late Sam and Herb.

Mrs. Leonard rested at the A. Barrie Chapel of the James H. Lynn Funeral Homes, First Street, Midland before funeral services were held at The Church of The Good Shepherd, Wyebridge. Interment Church of The Good Shepherd Cemetery.

In memoriam donations to The Church of The Good Shepherd, Wyebridge, would be appreciated. L.O.B.A. services were held at the funeral home, Sunday, June 29 at 8 p.m. with the Rev. David Long officiating.

John Hegyi

The death occurred at Soldiers' Memorial Hospital, Orillia, on Friday, July 4, 1975, of John Stephen Hegyi, manager of the Bayview Hotel in Port Severn. He was 58.

Father of John of Midland and Carla of Toronto, he will be missed by brother Julius of Bramalea and sister Margaret (Mrs. A. Ryding) of Ste. Catharines. Mr. Hegyi will be remembered by Linda Shenew of Toronto.

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COLLINGWOOD

Mr. Hegyi rested at the Nicholls Funeral Home, in Midland. Funeral services were held at St. John the Baptist Church, Port Severn, on Monday, July 7. Interment St. John Cemetery, Waubaushene.

Edna Taylor

The villagers were saddened last week to learn of the death of Edna Taylor, wife of Burton Taylor, of North River. Born at Fairhope Farms, Medonte Township, in 1919, she was the only daughter of the late Ada and Albert Walker. She was predeceased by her brother Ernest.

A resident of North River for many years, Edna was active in the work of St. Matthias Anglican Church in Coldwater, and the North River Women's Institute. She was also a Brownie leader of the North River group, and District Commissioner of Guiding for Medontay.

She is survived by her husband, sons Tom, Tim, Tony, Joe, Jim, Mark, and daughters Mary, Adah and Grace, and two grandchildren. The Reverend William Kibblewhite conducted a memorial service in St. Matthias Anglican Church on Saturday, June 28. Following cremation, interment will take place at St. George's Cemetery, Fairvalley.

GOOD NEWS FOR SENIOR CITIZENS

The most recent conferences about problems of the aging disclosed that it is possible for most older folks to live happier, healthier, longer and even be physically active.

"DON'T LIVE A ROCKING CHAIR LIFE"

"If you just sit and wait for death, you will not have to wait so long" said one prominent physician. "The results of such inactivity increases atrophy of the mind, which speeds up degenerative diseases."

AVOID EXTREME STRESS

Cut down on excessive physical efforts, but moderate exercise, some work and companionship are all helpful in maintaining good health and vitality.

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Use hot water wisely
Save energy
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Apart from home heating, a family usually consumes the most energy in producing hot water. Here are just a few small things you can do, that can add up to a considerable energy saving. Turn off hot water taps so they don't drip, fill clothes washers to match the size of the load, wait until you have a full load before using a dishwasher and remember showers usually require less hot water than baths. Try not to use more hot water than you need.

Cascade

The Cascade electric water heater will give you a dependable supply of hot water, but it's up to you to use it wisely.

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