

Lions give . . .



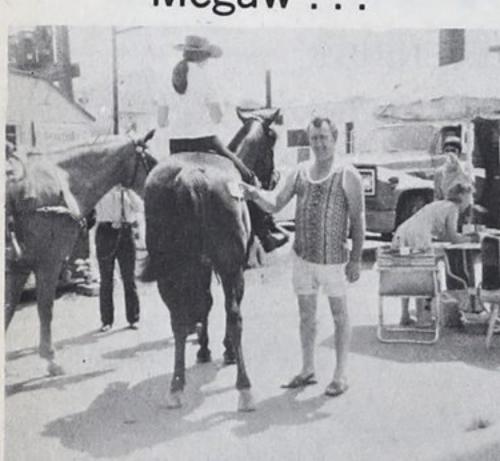
and St. Amants . . .



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 wich 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 Elmvale

Minister: Rev. B. Gazzard Worship: 11:00 a.m.(Nursery during Service) Phones: Church 322-1472, Manse 322-1522 Wyevale 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 finanacial 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

Contact

526-9333 Hours 9 a.m. to 9 p.m. Mon to Fri except holidays



Information Orillia at 326-7743. 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

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.

Yoga relaxes the body

tor warm weather

by Elaine Kraftscik Wow! Are you sur-

viving 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 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 to'."

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 77year-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

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, Main St. W. Stayner Sibbald for treatment of bruises while Fitzgerald sustained broken bones.

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Chalet Sports

23 Main Street

Penetanguishene

549-8642

Centre line: 16'4"

Transom height: 201/2"

Wt. approx. (lbs.): 800 lbs.

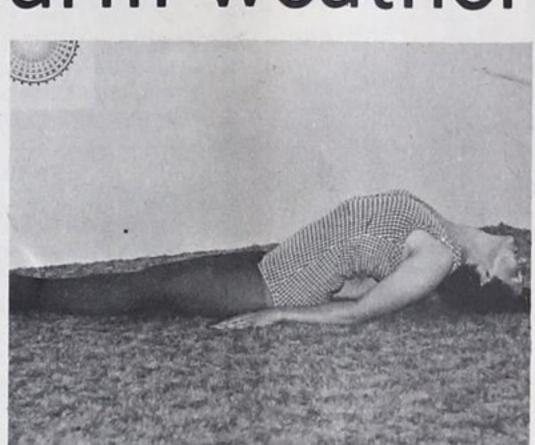
Beam o/a: 77" Max. depth: 33" and 65 HP

Mercury Motor

SPECIAL

OF THE WEEK

Equipped.

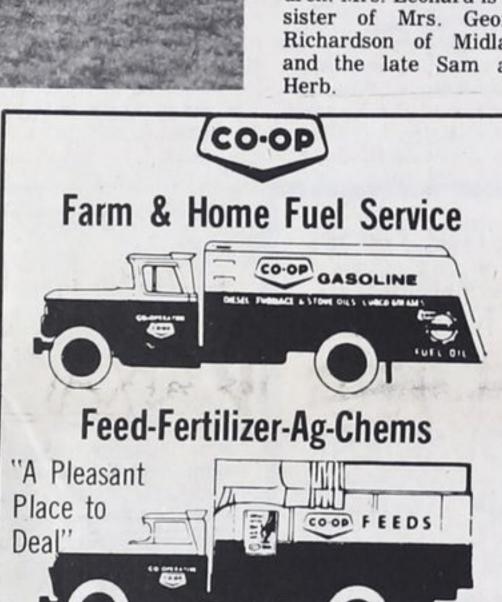


Elaine in "fish" position

NEW HOLLAND Farm Equipment

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726-2282

526-3731

Jean Ney, 92, dies recently

Shepherd Cemetery.

John Hegyi

The death occurred at

Father of John of

Midland and Carla of

Toronto, he will be missed

by brother Julius of

Bramalea and sister

will be remembered by

Linda Shenew of Toronto.

as you

BUY

In

was 58.

memorium

Jean Stephenson Ney the Georgian Manor, the James H. Lynn in Midland. Funeral Penetanguishene on Funeral Homes, First services were held at St. Saturday, June 5, 1975 of Street, Midland before John the Baptist Church, Jean Stephenson Ney, funeral services were Port Severn, on Monday, formerly of 212 Second Street, Midland. Beloved Good Shepherd, wife of the late Robert Wyebridge. Interment William Ney, she was in Church of The Good her 92nd year.

She is the dear mother of the late Cyril George donations to The Church Ney, grandmother of of The Good Shepherd, Richard Ney, Geraldine Wyebridge, would be (Mrs. Tom Borsa) and appreciated. L.O.B.A. Nancy Ney, all of services were held at the Midland, and great funeral home, Sunday, grandmother of Jennifer June 29 at 8 p.m. with the Ney. She leaves sister Rev. David Long of-Mrs. Mabel Cameron of ficiating. Toronto.

Mrs. Ney rested at the A. Barrie Chapel of the Lynn Funeral Homes, 290 First Street, Midland. Funeral services were Soldiers' Memorial held in the chapel Hospital, Orillia, on yesterday, Tuesday, July Friday, July 4, 1975, of 8 at 2 p.m. Rev. Norman John Stephen Hegyi, Watson officiated. manager of the Bayview Interment Lakeview Hotel in Port Severn. He Cemetery, Midland.

Mary Leonard

The death of Mary Ann Ellery Leonard occurred her Margaret (Mrs. A. suddenly at residence, R.R. 1, Ryding) of Ste. Wyebridge on Friday, Catharines. Mr. Hegyi 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 Wyevale 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

Home Gifts You'll be amazed at the scope and variety of gifts for the home

we've assembled for your selection. Sensibly priced, too, in the tradition we have proudly upheld for many years. Drop in and browse. We'll welcome the opportunity to serve

FOLEY'S

Furniture & Appliances Hwy. 26 **COLLINGWOOD**

Mrs. Leonard rested at Mr. Hegyi rested at the The death occurred at the A. Barrie Chapel of Nicholls Funeral Home, held at The Church of The July 7. Interment St. John Cemetery, Waubaushene.

Edna Taylor

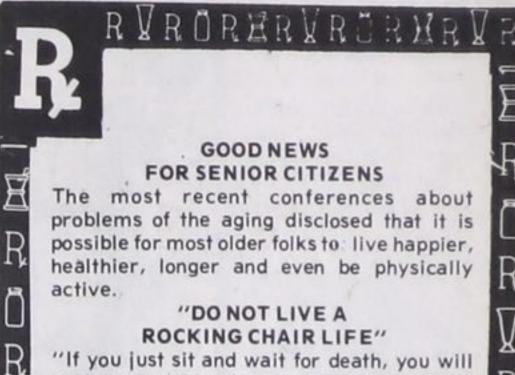
The villagers were saddened last week to learn of the death of Edna Taylor, wife of Burton Taylor, of North River. Born at Fairhope Farms, Medonte Township, in 1919, she was the only daughter of the late Ada and Albert predeceased by her

brother Ernest. River for many years, Fairvalley.

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 A resident of North at St. George's Cemetery,



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. "A great many people entrust us with their prescriptions, health needs and other pharmacy products. We consider this trust a privilege and a duty. May we be your personal family phar-

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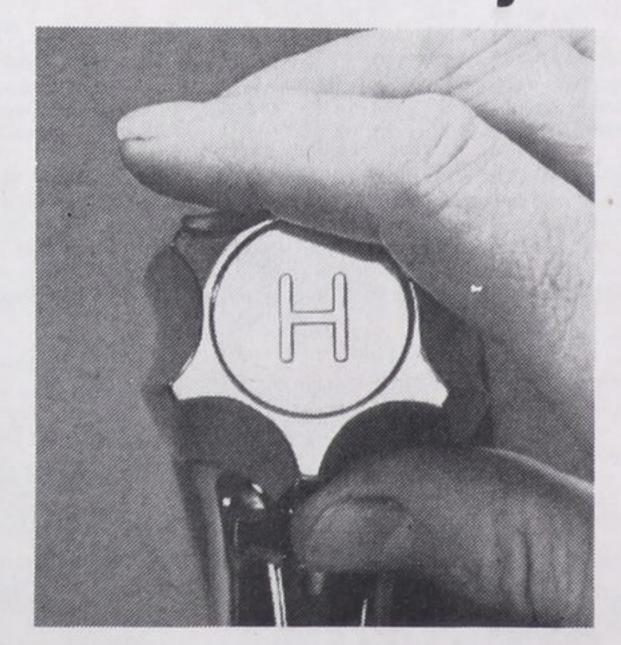
To 6 p.m.

Closed Sunday

IRETON'S

PHARMACEUTICAL CHEMIST

Use hot water wisely Save energy ...Save money



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.



C55 4948

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

your hydro

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