

Plant expansion

The expansion project at Techform Products Ltd., in Penetang's industrial park is moving right along. The \$800,000 project will double the size of the existing plant. The poor weather has been a bit of a

nuisance in keeping on schedule, but company president, Reinhart Weber expects the plant will open by early fall.

Diet and health important factors in pre-natal development

by Alleyne Attwood
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There is nothing in this world as fascinating, as heart warming, as lovely and as frightening as well, as a new born baby. A whole life in your hands to mold and guide. What kind of a foundation has been laid for this small bit of humanity in the nine months just past?

This column is directed, not at the countless mothers-to-be who go for regular medical check-ups, who go to pre-natal classes and who not only read all the literature they

can get their hands on about the food a pregnant woman should be eating, but also, more importantly, follows through and eats the recommended foods.

No, this article, I hope, will be read by the surprisingly large number who for many reasons think that all that "stuff" at the Public Health Unit or the pamphlets in the doctor's office is not all that important or they "don't" want to be fat after the baby comes" or they can't stand milk or are in their teens,

probably have been eating poorly for years and don't really understand what it means to eat properly. Single mothers especially, who are more apt to be young and often without the loving support of a family, will often ignore the pregnancy and its responsibilities as long as possible. To these young mothers-to-be let me say it loud and clear - it will depend to a great extent on what you eat and drink and do for the next nine months whether your baby will enter the world healthy, intelligent, easy to handle and with a nervous system that will be able to cope with our stress-filled world.

Before discussing food, let's touch on two things that can make a baby "disadvantaged" before it is ever born. One is drinking, the other smoking. There are many problems which are a direct result of drinking by the mother-to-be. This is called the "Fetal Alcohol Syndrome" and can result in small babies, sometimes facial deformities such as short eye slits, underdeveloped upper lip and poor development of cheek and jawbones. The central nervous system is often affected and as babies, they tend to be irritable and are hyperactive as they grow older. The range of abnormalities is wide and often mild so that it is not recognized as such. Smoking along with drinking seems to raise the risks, while smoking has been proven to result in small babies.

Low birth weight is the most common birth defect. It is the cause of the greatest number of deaths in the first year of life and is the major cause of disability in childhood. By recognizing that low birth weight may be prevented in many cases by cutting out drinking and smoking during the pregnancy and "eating for two" as they used to say years ago a parent ensures her child of a good start in life. But "eating for two" means eating properly. It means eating more protein which is found in milk, meat, eggs, cheese, and dried beans. It means eating fruit and plenty of vegetables especially yellow and green leafy ones and plenty of good brown bread and whole grain cereals. It means going to the doctor, the pre-natal clinics, the public health nurse, and really listening to what they say about the need for proper food. It means remembering that without health that new baby has been cheated out of a person's most precious possession. "At birth we are programmed for life." Keep it in mind.

Next week we will talk about feeding the new baby.

Local school patrollers get specialized training

More than a dozen school safety patrollers from area schools are just now wrapping up a week-long course learning the responsibilities of their job.

The elementary school-aged youngsters from Midland, Penetang and Elmvale are part of 250 safety patrol captains and students from Simcoe and Muskoka Counties attending Camp Sumac in Oshawa.

The camping outing is sponsored by the Ontario Motor League's officer training division.

The week-long training camp began last Monday. The patrollers will be instructed by police safety officers from various municipal forces and the OPP, on such items as how to operate efficient foot and bus patrols, how to conduct patrol meetings as well as on-the-job training at simulated intersections and during school bus emergencies.

First aid
In addition, the summer camp patrollers will be taught how to administer first aid in a St. John Ambulance course. All is not work at Camp Sumac, says OML safety program co-ordinator Patricia Curran.

The training is well mixed with swimming, sports, recreation and relaxation. "So far, the week's been pretty good," Mrs. Curran said yesterday in a conversation from the Oshawa camp. "It rained Monday--but that's the first time in 12 years it's happened. Right now the fire department is demonstrating correct fire evacuation procedures to the campers!"

The students from this area attending the officer training camp were chosen by their schools for their leadership qualities. This safety training ensures that the youngsters are ready to perform their patrol duties in an efficient manner during the upcoming school year.

Recognition
The police force in Penetanguishene pays particular attention to

the safety patrollers at the three elementary schools. Each and every month during the school year, a patroller from Corpus Christi, Ecole St. Joseph and

Burkevale Protestant School is given recognition and thanks by a member of the local police force for the good work they carry out.

Attending Camp Sumac this week for the OML's officer training sessions from Penetanguishene schools are Aimee Marchildon, Paula

McClinton, Nicole Ouellet, Janet Parent, Paul Ryan and Heather Willson.

Midland area students at the camp are Beverly

Carruthers, Robert Charlebois, Ann-Marie Forget, Tami Hicks, Allan Wright and Lisa Quesnelle. Judy Devitt of Elmvale is also at the camp this week.

Snowbirds to perform 'ballet' high in sky Aug. 2

'It's going to take 23 minutes.

If you're not there, with eyes turned upward, you'll miss it.

Canada's Snowbirds, nine Canadian built CT-114 Tutor jets, at a speed of 375 miles an hour, will give a breath-taking aerial performance over Barrie at 3 p.m. on Saturday, Aug. 2.

As part of Barrie's 10th annual Kempenfest activities, the Snowbirds not only offer a number of precision routines, but solo maneuvers, the favorite Stage Cross and Split, and an aerial ballet, performed to the music of the Snowbirds theme.

The aerial ballet begins with the form of the Canada Goose, with seven planes moving through team manoeuvres culminating in the Double Diamond Loop and silhouette.

All routines are tightly choreographed and various formations are really patterns of precision. Trails of white smoke appear throughout the show, leaving behind figure eights, hearts, palm trees, and pyramids.

The Flight of the Snowbirds features 24 different manoeuvres, a little more than one per minute. With less than eight seconds between manoeuvres, it's a fast paced, exciting performance that the entire family will enjoy.

Best viewing locations for The Flight of the Snowbirds are Centennial and Heritage parks (located at the foot of Bayfield St. on Kempenfest Bay).

The air show, scheduled for 1979's Kempenfest, but cancelled because of bad

weather, is brought to Barrie by the Downtown Improvement Board and the Chamber of Commerce as a contribution to what is an exciting, fun-filled, Lake Simcoe weekend.

Weekend

Aug. 2, 3, and 4, Civic Holiday Weekend is when Barrie's waterfront and parks become host to a colorful, exciting summer festival, complete with water competition, a huge outdoor arts and culture exhibit, dog show, chicken barbecue, outdoor theatre, refreshment booths and much more.

Canada's Snowbirds, with their single performance, promise to make the first day of Kempenfest a truly national kick-off. The red, white and blue jets, part of the Canadian Armed Forces air demonstration squadron, fly out of Canadian Forces Base Moose Jaw, Saskatchewan.

The 11 pilots, all Canadian Armed Forces personnel, bring years of precision flight experience to Barrie's skies, and a truly Canadian heritage, as they represent the entire country, east to west. Now stationed at Moose Jaw, the team is a cohesive unit, capable of interchanging with each other for this dynamic presentation.

Team leader is Major Tom Griffin, now in his final year with Snowbirds. He joined the RCAF in 1963 and has served with the aeronautical team for four years, with over 250 air shows to his credit.

Captain Jim Fowler, team coordinator, joined the CAF in 1968

and trained at Base Borden as well as Moose Jaw. He's also in his last season with Snowbirds, having joined the team for 1979-80 seasons.

Captain Denis Mercier also joined the CAF in 1968 and will be one of the Snowbirds team coordinators for the 1980-81 seasons.

Captain Dan Dempsey flies the opposing solo position, having joined the CAF in 1970. He was selected as a solo pilot for Snowbirds for the next two seasons.

Lead solo

Captain Larry Rockliff flies the lead solo position. A CAF-er since 1974, he joined Snowbirds in 1978 and is now in his second year with the team.

Captain Wally Stone graduated from Royal Military College, Kingston in 1966 and was selected for Snowbird membership in the 1979 trials. He will fly the outer left wing position for the 1980-81 air show seasons.

Captain Frank Thorne joined the RCAF in 1967. He is deputy commanding officer and deputy team leader for the 1980 season and flies the outer right wing position.

Captain Yves Bosse flies second line astern. He joined the CAF in 1968, was selected for Snowbirds in 1977 and is now in his third year with the team.

A physical education graduate from University of Alberta in 1973, Captain Bob Drake joined the CAF and was selected for the Snowbirds last fall. He flies first line astern for the 1980-81 seasons.

Captain Graham Miller joined the CAF in

1974, flies inner left wing in the Snowbirds show. He's in his second year with the team, having been selected in the fall of 1978.

Captain Jim (Chuck) Gillespie flies the inner

right wing position for Snowbirds, having joined the team after last November's tryouts. He'll keep this position for the 1980-81 air show seasons. He joined the CAF in 1974.

Hydro pole hit in collision

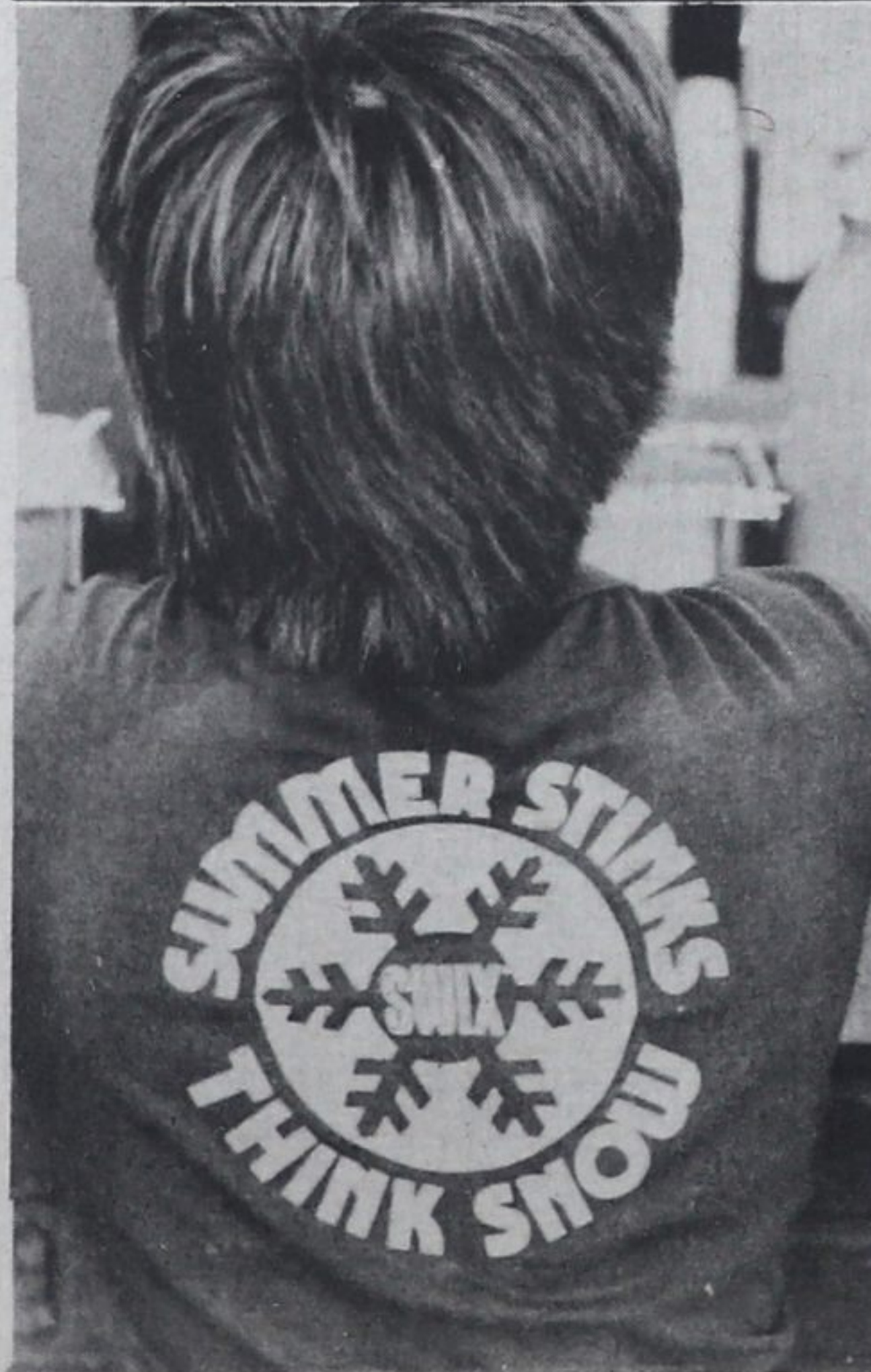
A Thornton woman has been charged following a collision early Tuesday afternoon with the car of a Midland man at the intersection of Fifth Street and Bay Street.

Raymond Lesperance, 48, of 216 Ninth Street, was crossing Fifth Street, while driving east on Bay Street. Diane Flemming, 20, of R.R. 1,

Thornton, was travelling north on Fifth Street. She has been charged with failing to yield at a yield sign. Her car was struck by Lesperance's car.

Upon collision Flemming's car continued north and struck a hydro pole, Midland police say. No injuries resulted.

Estimated damage was \$1,800 to each car.



Subtle

Not everyone loves the hot summertime. Ask any Alpine or cross-country skier.