



Going, going, gone!

Hundreds of people from far and near including Grade 10 geography students at Midland Secondary School watched the launching Tuesday morning at Collingwood Shipyards of the \$30 million Lake Wabush. These two photos of the side-launching were

snapped by MSS student Tim Reed. In bottom photo you can see the tidal wave that was unleashed as the bulk carrier entered the water. The 730 foot ship was christened by Mrs. Robert Anderson. It is being built for Nipigon Transport Ltd., Calgary.



Always a pleasure

During the opening of the chronic care unit of Penetanguishene General Hospital Monday evening Doris Shirriff accepted a cheque from Elmvale Reeve Ken Knox. To Shirriff's left is the Warden of Simcoe County, John Fennell. To the

left of Reeve Knox is Raymond L'Esperance, chairman of the hospital's board of directors, and over his right shoulder, Minister of Health Dennis Timbrell.



Ellen matches sister's record

Mary Robitaille of Midland, right was awarded her badge for completing her 1,000 kilometer swim at Midland YMCA Wednesday. She has now been

joined by her twin sister, Ellen, who reached that plateau about a month ago. It's taken both sisters almost six years to swim that distance.

Verbal bouquets

Alderman Richard Platt, Midland's finance committee chairman, along with Al Goodchild, the town's treasurer-administrator, came in for some verbal bouquets at Monday night's regular meeting of town council.

Mayor Moreland Lynn in praising the two men's efforts in preparing this year's budget also cited other finance committee members and department heads who had worked together on the budget.



You can't always control a situation, but you can control stress.

Here's how.

You can't always control the situations that life presents. But you can control the stress they create.

And Mental Health Week, May 3 to 9, is a good time to start. So, if you run into a situation when tension, anxiety and pressure start mastering you instead of the other way around, try dealing with it in a few simple ways.

Take the long-range view. Ask yourself how important it will be three or six months from now.

Keep up your general health. Good physical condition can help you cope with stressful situations.

Bring a bad situation into perspective by talking it out with someone you trust. Work off stress through physical activity.

Don't try to be perfect, or solve every problem by yourself. A big problem to you might be routine to someone else.

After all, the more you know about stress, the more you can control it. And wouldn't you rather be in control?

Ministry of Health
 Ontario

Dennis R. Timbrell, Minister

Come and visit us at our
OPEN HOUSE
 Tues. & Wed., May 5 & 6 - 1 to 4 p.m.
Toanche Building
Mental Health Centre

Church St.

Penetanguishene