

Guide News - continued .....

The Guides of Terrace Bay were lucky to have 2 guide camps this year, and 4 senior guides Sheena Caldwell, Diane Jones, Carla Crockford and Leigh-Anne McBride have been successful in attaining their 'Camp Leader' Badges under the supervision of Mrs. Olive Ross Camp Advisor of Marathon. This enables the girls to help as Senior Leaders at any camp with a small group of guides.

The Guides and Brownies of Terrace Bay were asked in the Fall for an extra \$1.00 fee and not all had been received to date.

It was noted that Brownie Registrations have been slow and if anyone wishes for their daughter to join, then they must contact Mrs. Irene Kettle as soon as possible. The girls must be 7 years old by December 31, 1973 and can attend a Brownie meeting on Wednesday, September 26th or Thursday, September 27th, these being the 2 Brownie nights. Regular Brownies will start on September 19th and 20th.

Leaders for Pack I (Wednesdays) Brown Owl - Marilyn Saranpaa and Tawny Owls Cathy Jo Wallwin, Pam Jones and Snowy Owl Miss Theresa Falzetta.

Pack 2, Brown Owl, Myrtle McBride. Guide leaders are Bibianne Robitaille, Lois MacRae and Connie Cvitkovich. Leader for Rangers (Girls 14 years - 18 years) Pam Jones.

Lunch was served by Mrs. McBride at the close of the meeting.

Frank England, chairman of Kenora Hydro, second from left front row was elected president of District 3 of the Ontario Municipal Electric Association for 1973-74 at the annual meeting in Fort Frances this week. Other members of the new executive are, from left front row, Marv Kelly of Atikokan, secretary-treasurer; Mr. England; Webb Calder of Atikokan, past president and Don Bainbridge of Atikokan, second vice-president.

Back row left are Ron Wilmot, Thunder Bay; Martin Euler, Dryden and Gino Caccamo, Schreiber, directors. Missing from photo are Ed Ariano, Sioux Lookout, first vice-president; and Bill Spicer, Thunder Bay, director.

- Photo next column .....



**ADELAIDE DANIELS SAYS**



**The Wonderful Society of Walkers**

Let me introduce a distinguished and rapidly growing society: the walkers. They are anonymous, unorganized, without a constitution or by-laws. Some have a favourite daily walk; some will walk anywhere, any time.

Most walkers are sociable people who would like company. But a walking companion is not easy to find. Most friends will come to dinner, parties and stay up until any hour, but few will go walking — unless there is a destination in mind.

All walkers, whether they are on a diet or not, should begin by practicing good nutrition. Eating the right foods which contain maximum nutrients with minimum calories is the key to a slim and healthy life. By starting good nutritional habits, we can begin to change what we eat and when we eat, in order to maintain ideal weight and keep fit. It is important that we eat regularly and to the point of being sated.

If you are on your way to your ideal weight, but you sometimes feel discouraged and depressed, go for a walk. Put on your most comfortable shoes. Walk with your head up, take long steps, let your arms swing freely and easily, and deepen your breathing. Keep a good rhythm, not necessarily fast but steady. See how your mood changes, how the dark colour of your thoughts becomes gradually brighter. Low spirits will not accompany you very far on a good walk. Psychologists remind us again and again that the mind cannot remain depressed when the body is in motion.

Walking preserves health and lengthens life. It relieves tensions, insomnia, chronic fatigue and a host of minor physical and mental complaints that drag down the spirit and body and take the joy out of living.

Free-striding, free-swinging, rhythmic, unhurried and unharried walking is the perfect aid to digestion, elimination, circulation and relaxation of mind, body and spirit.

Believe me, walking can do all these things for you, and furthermore it is a very special pleasure. Why not make it part of your daily routine? Join the walking society today and see what a difference it makes in your life!

Answer to today's

**MINIQUIZ**

Elizabeth Smellie

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