

REGIONAL MUNICIPALITY OF DURHAM
PLANNING & DEVELOPMENT COMMITTEE

OFFICIAL PLAN OF THE REGIONAL MUNICIPALITY OF DURHAM

PUBLIC MEETING

Tues. Sept. 30th
7:30 p.m.

UXBRIDGE MUSIC HALL

The purpose of this meeting is to present to the Council and the public of the TOWNSHIP OF UXBRIDGE various choices for the future population growth and land use, as part of the process of preparing an OFFICIAL PLAN for Durham.

The public is invited to attend and present their ideas and concerns regarding the development of the Region.

In addition, the public is invited to view INFORMATION DISPLAYS at Council Chambers, Uxbridge (Oct. 1, 10 a.m. to 8 p.m.) Council Chambers, Uxbridge (Oct. 2, 10 a.m. to 8 p.m.)

Further information concerning these meetings and information displays, can be obtain from Jim Moyer, the Region's Planning and Development Department, Whitby, 416-668-7731.

Clark Mason,
Chairman
Wm. F. H. McAdams,
Commissioner

Who's the most important person to help you get in shape? \$100 says you'll never guess.

Of course you want to get yourself in shape.

Of course you know that inside that puffy, panting shape you've got now is a trim body, screaming to get out.

But how do you do it?

Simple: get started.

Simple all right; but not easy. It's no secret: *getting started is the toughest part of all.*

We know it and you know it. It's tough to break your pattern of living, to find the time. It's tough to walk into a place where you think everybody else is brimming over with health and fitness and all you're brimming over with is flab. But most important, it's tough to do it alone.

Someone's got to help you. But who?

It's probably not your husband or wife. If it were, you'd be in good condition right now. (*Where were they when you needed them?*) It's not your lover; it's tough enough trying to disguise how you look from him or her, never mind going together to do something about it. It's certainly not us: You don't even know us, so how can we help you? Finally, it's not yourself. If you could do it yourself, you'd be somebody else by this time.

So who's this vitally important person who's going to help you get in shape?

One hundred dollars says you can't guess. Bet?

Ready?

It's your friend.

That's right, your friend. (NB: This friend could be your wife or husband. If so, fine. But it's our experience that husbands and wives

who say they want to work out together, but aren't doing it, won't do it.) Who you're after is the kind of person you've known for years. That person who has the same life-style as you do. Is probably of the same sex. Who's free at the same time you are. Who's in more or less the same condition. That person who feels as badly about their condition as you feel about yours.

Know someone like that? Sure you do.

Well, that's the kind of person who's going to help you help yourself to a trim body, glowing good health and that feeling of well-being you haven't had for years.

It figures, doesn't it? Your friend will come down with you when you visit us for the first time. Your friend will start with you the first day. Your friend will force you to come on days when you don't feel like coming. Your friend will be happy to see you improving and even happier to tell you about it.

And you know what you'll be doing? Exactly the same thing for your friend. You'll share that first stiffness together, the little set-backs, the big triumphs. You'll egg each other on, encourage each other, *keep each other going.*

What's that you say? You knew it all the time? You knew a plain and simple friend was the most important person to help you enjoy your body as you deserve to enjoy it?

Okay, you win the bet.

Call your friend, tell him or her what we've just told you. Make an appointment with us and the pair of you come on in together. One of our courteous, thoughtful and thor-

oughly trained staff will show you both around (the club is stunning and modern and beautifully decorated).

Then we carefully check you out with a few tests: cardiovascular fitness, flexibility, muscle tone, relaxation, strength, endurance. (We want to know what we're working with, so you'll know what you're shooting for.)

Out of that will come a program tailored for you both. A program you can hack right from the beginning; a program you can do together (under our watchful eye, of course); a program that'll mix exercise, swimming, sauna, tennis, squash and, for relaxing afterward, some of the best sandwiches in town.

If you and your friend agree that it's a wonderful idea, and the two of you join us, we'll knock one hundred dollars off your combined membership.

There now. You and your friend have won a hundred bucks right off the bat.

As for us, we haven't lost a thing. As a matter of fact, we've gained two good friends for ourselves, and that's worth a hundred dollars any day.

Markham Fitness & Racquet Club

One Laidlow Boulevard, Markham
Telephone 294-6161

Wed in Claremont Village couple married locally

CLAREMONT — Gwendolyn Ella Hammond and George Melvin Ingram were married in Claremont United Church, Sept. 6.

She is the daughter of Mr. and Mrs. Thomas Hammond, and Mr. Ingram is the son of Mrs. Mary Ingram, all of Claremont.

Church has

anniversary

celebration

By MILDRED McTAGGART

GREENWOOD — Sunday, October 19, is the date set for our Anniversary Services in the Greenwood Church. As it is the 50th Anniversary of the United Church we are planning to make it a special occasion and are asking former members, adherents, and friends to be with us on that day.

The Women's Institute met at the home of Mrs. Wm. Young on Wednesday evening. Mrs. Stan Nicholson presented an interesting program.

We are pleased to report that Mr. Irvin Perkin is home again after undergoing surgery in the Western Hospital.

Guests were from London, Walkerton, Mississauga, Markham, Uxbridge, Brampton, Georgetown, Toronto, Claremont and Stouffville.

They are now residing in Stouffville.

After the reception, held at Claremont Legion Hall, the newlyweds motored to Niagara Falls, Fort Erie and visited Marine Land.

Claremont Scouts will be holding their regular meetings on Monday evenings from 7 to 9 p.m. and the Cubs will meet Tuesdays from 7 to 8:30 p.m. at Claremont Legion Hall. It's called Court Whist; very simple to learn, but makes for very hilarious playing.

The ladies of the Baptist Mission Circle are planning a supper meeting for Monday, Oct. 29, at 6 p.m. in the Sunday School rooms.

The United Church Choir is anxious to have the assistance of anyone who is interested in singing in the choir. The

Wedding was conducted by Rev. Eldon Linstead, with Mrs. Jack Hill as organist.

The church was decorated with yellow and white potted mums and white wedding bells. The bride wore a sheer gown covered with white flowered embroidery, her three-quarter length veil was attached to a white pearl headband.

The bride's attendants and matron of honor, Linda Vernon, wore a yellow polyester gown trimmed with lace. Bridesmaids, Karen Hammond, sister-in-law of the bride, and Lori Ingram, sister of the groom, wore identical orange colored polyester gowns trimmed with lace.

After the reception, held at Claremont Legion Hall, the newlyweds motored to Niagara Falls, Fort Erie and visited Marine Land.

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