

'Dynamic deep rest' method

By TED WILCOX
 UNIONVILLE — Eat the right food, get plenty of sleep and exercise — and practice Transcendental Meditation twice daily. That might be one way of describing the view of Grace Tancock, who each week initiates a group of five to 10 local residents into "TM".

Actually, Mrs. Tancock believes the phrase "dynamic deep rest" would be a more apt description of the "technique" she regularly teaches than is "Transcendental Meditation". Since July, about 110 people, from ages five to 92, have been taught the method by Mrs. Tancock.

Next week, Mrs. Tancock leaves for Lucerne, Switzerland, where she will spend 20 months in advanced TM training at Meru University.

As to the benefits of TM, Mrs. Tancock cites several success stories, including her own.

While four years ago

she was "almost a shut-in" with an asthma condition, and lacking in enough confidence even to drive her car, Mrs. Tancock says her life today "has been rejuvenated."

"I feel the way I did as a teenager," she told The Tribune. Through TM, she has "lapped back the years," she said.

She calls TM "just a mechanical tool," and thinks that through its regular use, "a higher level of civilization can come into being."

Businessmen, students, housewives and athletes across North America testify to the effectiveness of TM, saying it helps them to think more clearly, work more effectively, sleep better and handle the stresses of modern day life better.

Mrs. Tancock admits that "some of my friends think I'm a kook," but claims that "people criticizing (TM) really don't know what it's about...No one can object

to the body getting a deep rest so that it can function better."

Adherents practice two 20-minute sessions of meditation daily in which they enter a "fourth state of consciousness" which researchers identify as different from sleeping, waking or dreaming.

The practice originated from the Vedic tradition of northern India, but Mrs. Tancock says it "does not involve belief or faith" and "can't possibly be called a religion."

The Veda refers to "the ancient sacred literature of Hinduism consisting of...collections of psalms, chants and sacred formulas," according to Webster's dictionary.

However, Transcendental Meditation, as popularized in the Western world by Maharishi Mahesh Yogi, has been presented merely as a scientific technique, free of religious attachments.

The Maharishi

himself says TM promises a life free from suffering, free from weakness. It promises society free from crime, drug abuse and all that is undignified to the family of man. Here is that formula, here is that technique whereby fullness of life could blossom in every phase of living.

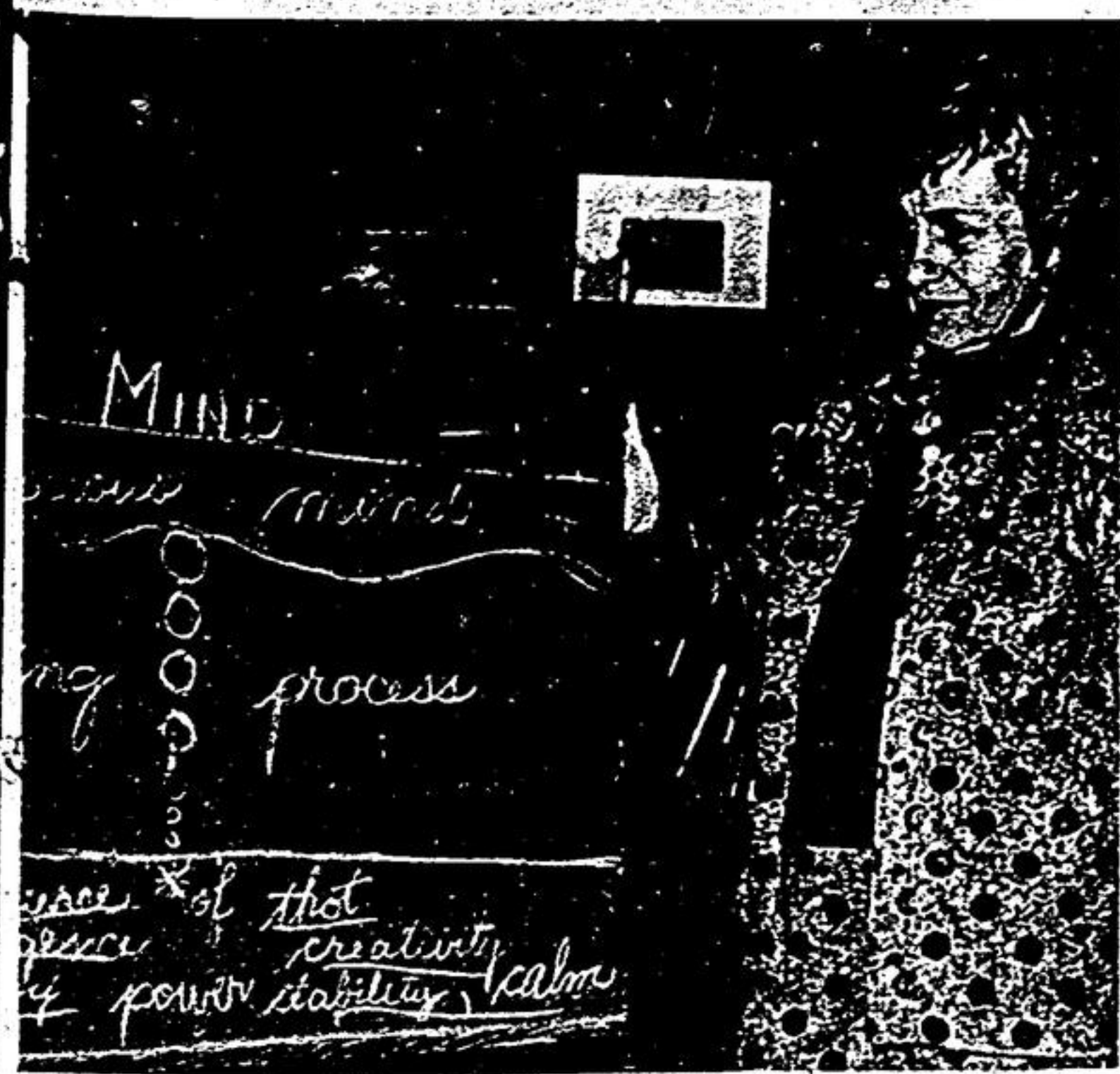
While critics might say that few religions have made greater claims, most practitioners tend to look on TM as merely a means of improving their grades, their hockey game or their working habits.

Ten-year-old Donna Ronson of Markham, who was taught TM along with

the rest of her family even, wrote a poem praising the practice:

"Meditating two times a day,
 To feel more refreshed during work or play...
 Go to the lecture closest to you,
 And learn all about something new..."

Cost for the five-hour teaching sessions, plus lifetime membership in the Transcendental Meditation — Program comes out to \$180 for a husband, wife and dependents; \$150 for single adults; \$50 for high school students; and \$60 for university students.



Grace Tancock of Unionville teaches classes in Transcendental Meditation, with free lectures every Friday night. She says she "regained confidence and order" in her life through TM.

Greenwood News

Local musicians shine in PDHS music night

By MILDRED McTAGGART
 GREENWOOD — Music night was officiated at the wedding of Bruce Peeler and Carol Moore in a candlelight ceremony in the Greenwood Church at 7 p.m. on Friday Nov. 28th. A reception followed in the Community Centre. Tuesday Dec. 2 at the P.D.H.S. Cathy Shortt with her flute, Rosalie Brooks her trumpet, Jane Mowbray,

Dickson's Hill

Local pastor hosts breakfast

By VERA MOYER
 DICKSON'S HILL — Mr. and Mrs. Lorne Grove were happy to have their parents visit them for a week recently. Mr. and Mrs. Elmer Stoltzler from Reading, Pennsylvania, while in the area, Mr. Stoltzler spoke at Wideman Menonite Church and visited other friends. Mr. and Mrs. Barry Sanderson, visited her parents, Mr. and Mrs. William Warnock over the weekend. Barry and Carlene were guests at the Hallman and Johnson wedding. Saturday evening in the Stouffville Missionary Church, Mr. and Mrs. Warnock also attended the wedding.

It was reported in correctly earlier that Don Reesor, graduated from

saxophone; Lisa Hansen, trombone; and Louise Cranfield, Carolyn French and Annette Hansen their Clarinets were part of the Training and Senior Bands under the direction of Mrs. Virginia Sullivan. Beth Hoar was one of four in the tap dances.

The Park Board is planning a Christmas program for Dec. 19 at 7:30 p.m. in the Community Centre. Santa has promised Mrs. Rita Byberg that he will drop in to see the boys and girls.

The Senior Citizens went on a shopping trip to the Scarboro Town Centre on Wednesday of this week, and will be treated to a Christmas dinner at the Sheridan Mall on Sunday Dec. 14th.

The Christmas Party of the Kinsale W.I. was at the home of Mr. and Mrs. Milton Parkin, Brooklin on Wednesday evening Dec. 10th.

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Lost malamute feared shot

STOUFFVILLE — When the dog of Mr. and Mrs. Charles Shimmers ran away Nov. 28, their first thought was that someone might have mistaken him for a wolf.

The two-year old purebred Alaskan Malamute wandered away from the Shimmers Elm Rd. home with a neighbor's dog. One dog returned but not Chimo.

"We are afraid that he might have been shot by a farmer," Mrs. Shimmers told The Tribune.

He is grey white and black with a nylon collar and has dog tags. If he was shot the Shimmers would like to know. Anyone with information should call 640-5021.

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