

Pam Follett of Elm Rd., kneeling, here gives a demonstration to the pre-natal class she teaches at St. Mark's School. Mrs. Follett, a nurse, is one of several instructors of the classes for the York Regional Health Unit. Lying down in the picture is Pat Rennie of Clark St. —Ted Wilcox

Pre-natal classes

Husbands, wives learn to be parents

STOUFFVILLE — A relaxed atmosphere for "people in the same boat," is the goal of Pam Follett of Elm Rd. as she teaches pre-natal classes at St. Mark's School.

The classes, sponsored by the YORK Regional Health Unit, are held five times yearly, with the next series coming up in September. Mrs. Follett, a registered nurse, currently is winding up one of the six-week courses for both future mothers and fathers.

Oh yes, fathers, too, learn how to change diapers, feed the baby, and about maternal changes during pregnancy, labor and delivery, and a host of other matters related.

Fathers are even encouraged to do the exercises with the wives during the classes, and "they usually will," says Mrs. Follett.

Sessions at St. Mark's always begin with a period of controlled breathing with various exercises designed to relieve aches and strengthen muscles.

The sessions "help you to realize what to sort of expect," commented Mrs. John Morrow of Winlane Dr., who took the classes last fall. "They were very helpful. I wouldn't have missed one for anything."

Another former class member, Karen Brunton of Elm Rd. herself a nurse, says the sessions are "very informative. There's no gliding over certain parts of it."

During the second session, a film of an actual delivery is shown to members of the class. "I tell them they can leave" during the film if they so desire, says Mrs. Follett, but her pupils all have stuck it out so far.

Her current class, with 18 couples registered, is her largest so far. Mrs. Follett thinks: "She has taught pre-natal courses on and off for several years, including two or three years while working as a public health nurse."

The classes, she said, give the expectant parents "a little bit of everything." They are meant to "supplement the doctor's instructions" and to provide an opportunity for sharing with others in a similar situation.

Hopefully, through the classes, childbirth will be "more comfortable, although not painless," said Mrs. Follett.

The classes "are not really toward 'natural' childbirth as such, but if someone wants to try it, I won't discourage them," she said.

Breathing exercises are taught, mainly to give the mother something positive to think about during delivery and as a means of relaxing her.

Mrs. Follett finds the husbands "very good to contribute" in the classes. "The kind who are going to come to this kind of class are quite interested," she said.

A regular feature of the classes, according to Mrs. Follett, has been a post-birth get-together of class members so that parents can compare notes on their new offspring.

Programs solicited for use of old post office

STOUFFVILLE — The old post office building on Main Street will be rented to the municipality at a nominal fee by the federal government, it was learned last week.

Council voted to solicit programs for the building from churches, service clubs or other community oriented groups to put the building to some use.

According to the resolution, council would maintain the building, paying for heating and hydro provided an interested party would organize a program.

Mayor Gordon Ratcliff said that one complaint has been that there is "nothing to do for teenagers if they don't play hockey." Needed, he said, are people willing to supervise such a project for young people.

Another age group mentioned that might make use of the building would be senior citizen groups. If no such use was found for the building it would be boarded-up, council learned.

Lake secondary plan delays permit

MUSS LAKE — A concession 8 property owner was told by planning board he would have to wait to obtain a building permit, at least until the secondary plan for the lake area is completed.

Keith Fockler, who owns property on lot 18, said his land fronts on Sunny Bank Road. The road, at present, has not been assumed by the town although they do some maintenance on it.

Board Chairman Eldred King told Mr. Fockler that development in that area "has to be done by a package deal... not a building permit here and there."

He added that while some additions have been granted to homes there, that "they're non-conforming uses."

Mayor Gordon Ratcliff pointed out that no new homes have been permitted there.

A barrier to developing the lot at present, Mr. Fockler was told, was that it does not front on an assumed road.

Mr. Ratcliff said that when a developer has the town's secondary plan completed, "hopefully we're no more than a year away from accomplishing it," said Mr. King.

10 acre parcels rejected by board

STOUFFVILLE — Planning board resisted a request to allow a 30-acre lot on lot 6, Bethesda side-road, to be divided into three 10-acre parcels last week.

Realtor Howard Lee, appearing on behalf of the owner, told the board that several properties 10-acres or less were in the same area.

However, board chairman Eldred King said the property in question now is zoned rural and would require a change to a rural residential designation to permit the severance.

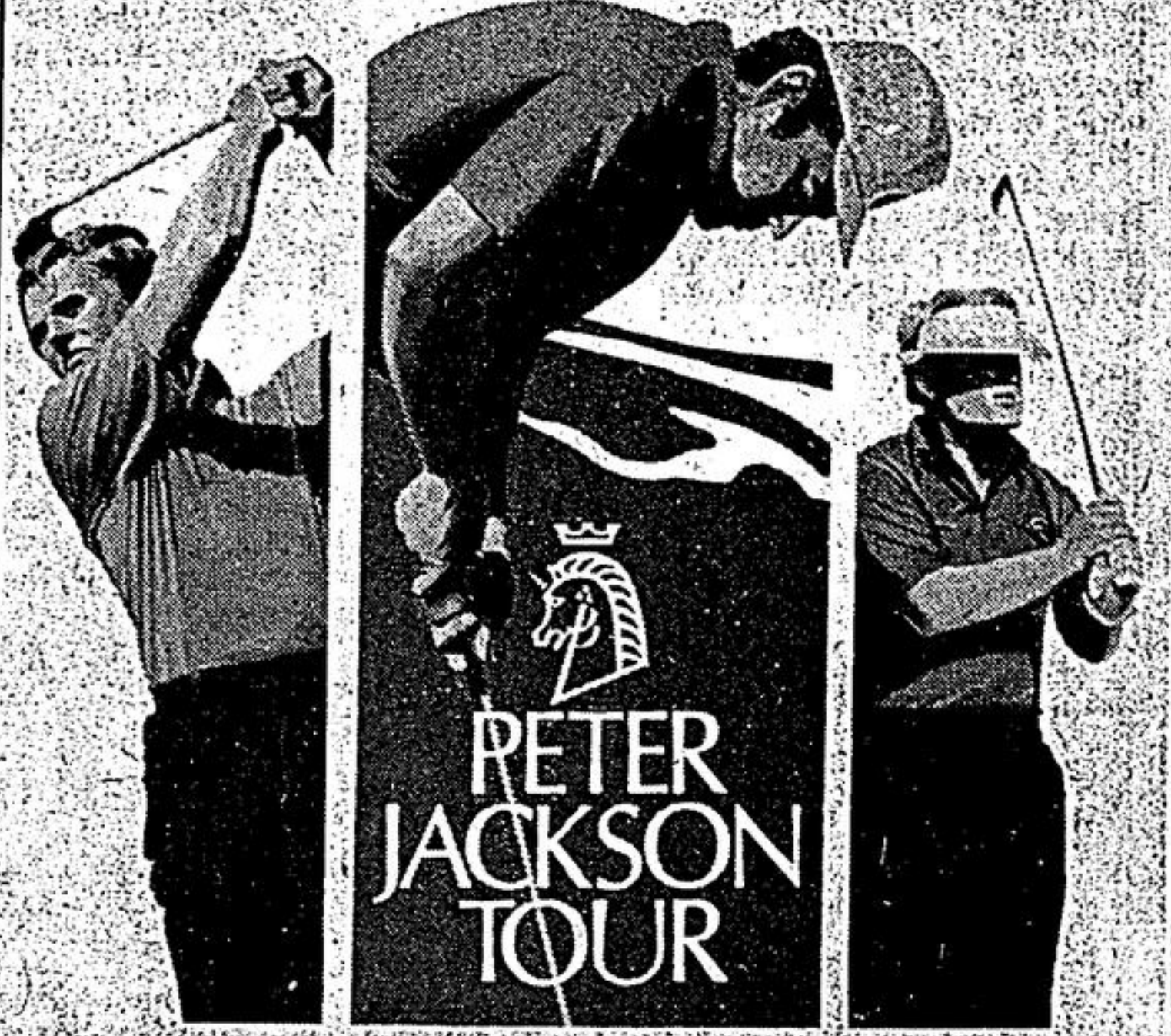
Mayor Gordon Ratcliff pointed out that the adjacent landowner had gotten a permit from the provincial agriculture ministry so that the land in question would have to remain rural.

Mr. King suggested that there must be buyers "who'd require a 30-acre lot and maintain the rural character" in that area.

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