

Recreation Tips

Snowmobiling is young. Ten years ago this fantastic little machine which has captured the imagination of the public was unknown as a means of outdoor recreation. Today, only a small minority of the half-million snowmobilers in Ontario has an adequate and thorough knowledge of safe operation under all conditions. Perhaps even more important, most legislators at all levels of government in our province have little or no personal experience in operating a snowmobile. They are dependent upon the advice of others, usually the most vocal groups in the community which are frequently the snowmobile users. As a result, we have extremely liberal snowmobile laws in Ontario, where they exist, giving the snowmobiler wide latitude, in some cases complete freedom to travel wherever he may choose.

The Ontario Safety League admits that the snowmobile is too valuable a machine to have its development stifled, but in the cause of safety and the future development of this outdoor recreation, intelligent control must be exerted to prevent the tragic deaths and wanton disregard of the rights of others displayed by a few irresponsible operators.

The Motorized Snow Vehicles Act, 1968, wisely puts the onus for township and county control on the local government. Only the local council knows their area of jurisdiction sufficiently well to wisely initiate legislation which

will stop the dangerous use of snowmobiles without becoming unduly restrictive. In many municipalities there are no controls of any kind as yet imposed upon the snowmobiler. The Ontario Safety League strongly urges immediate action on the part of municipal councils to pass suitable legislation, especially regarding the use of public thoroughfares, which will help to reduce the mounting number of snowmobile fatalities in Ontario.

It looks like a record-breaking year for snowmobilers, more units sold, highest speeds ever attained, and MORE PEOPLE KILLED.

The Ontario Safety League claims the big hazard is still a dangerous conflict between the snowmobiler and motor vehicle traffic on public thoroughfares. In the first month of the current season more snowmobilers have met their death on roadways in collision with motor vehicles than the total of such fatalities which occurred in the 1969-70 season. Any snowmobiler who takes his machine onto a heavily travelled public thoroughfare faces a double hazard - the dangerous proximity of fast-moving

motor vehicles and the difficulty of controlling his machine on the hard-packed and often icy surface. Under such conditions it is impossible to turn or stop a snowmobile quickly, a fact which is tragically demonstrated by the number of fatalities incurred by these machines running into parked automobiles.

The operation of snowmobiles on King's Highways in Ontario is well defined in the Motorized Snow Vehicles Act, 1968. Where snowmobile travel on such roadways is legalized, the operator must keep his snowmobile off the travelled portion and as far away from the roadway as is practicable under the circumstances.

Unfortunately, very little has been done to control the use of snowmobiles on township and county roads where most of the fatal accidents are taking place. The Ontario Safety League points out that this is the responsibility of municipal governments who must study their respective problems and create by-laws to restrict the use of snowmobiles on public thoroughfares where there is a dangerous conflict between these machines and motor vehicle traffic. If this

is not done, the needless tragedies will continue to mount in numbers.

"Freeze-up" and "break-up" are two times when ice takes its greatest toll of drowned victims. "Freeze-up" is with us and the Ontario Safety League warns snowmobilers to use every caution before venturing out on freshly frozen lakes or rivers.

These cautions should include checking the thickness of the ice and obtaining information from knowledgeable, local authorities on areas which may be dangerous due to the fast currents or other causes. Remember, there is the weight of the machine as well as that of the passengers which can easily amount up to five or six hundred pounds. Add to this the stress of a fast moving vehicle carrying this weight over an uneven surface resulting, at times, in twice the weight of the machine and passengers being exerted downward - over half a ton. Taking all this into consideration, the Ontario Safety League claims that six inches of ice is the minimum for safe snowmobiling on frozen surfaces. And just because there is six inches of ice within a few feet of the shore, do not take it for granted there is the same

thickness out in the middle of the lake or river. In fact, there may be only sufficient ice to cover the water. So, the Ontario Safety League repeats, get local advice before using the ice-covered surfaces of lakes and rivers for snowmobiling.

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Haldimand Association For The Mentally Retarded

The H.A.M.R. held their regular meeting at the Adult Training Centre on Highway 56 with an average membership attendance. Mr. Wm. Hoskin presided assisted by Sec. John Mellish and Treasurer Mrs. Ross Deagle.

It was interesting to have members from the Haldimand Y.A.C.M.R. group present to tell about their experiences at the

telethon in Toronto on New Year's Eve and of their own participation in the event which marked the tenth anniversary of Channel 9. For 19 hours, volunteers including members from many parts of Ontario took telephone pledges, the proceeds going to the work of mental retardation.

Tentative plans were drawn up for the annual O.A.M.R. Conference to be

held this year in Thunder Bay, May 12-15.

Information was given by the executive regarding our new regional camp at Branchton, which was formerly a 95 acre farm, and which will be ready for this region in 1972. At present, Haldimand is included in Camp Belwood.

At this time, the teachers of the Canfield School, on behalf of the parents, pupils

and bus drivers, presented the Association with the proceeds of the Karl Stengel Memorial Fund for the development of the new regional camp.

Mr. Ed Langley, of Hagersville, as chairman of the nominating committee, is to present a slate of officers for the annual meeting to be held in March.

The Supervisor of the workshop, Mr. Keith deBorde, gave a report of the work contracts and a summary of activities. Mrs. Deagle, assistant supervisor, told of the Christmas Dinner Party on Dec. 21, which was prepared by the trainees, having as their guests, the executive of the Association, the bus drivers and their partners.

Mr. Lynne Brown and our guests from the Y.A.C.M.R. group gave a very interesting account of the splendid work that they are doing in the country, by sponsoring social events for the trainees on Friday evenings.

Cayuga PNG Club

by Helen Hobbs

The Past Noble Grands Club met at the home of Sister Nellie Adams. Sister Elsie Reece was co-hostess. There were 17 members present. Sister Cory Brooks, president, presided. The meeting opened with "Bless Be The Tie That Binds" followed by The Lord's Prayer.

The roll call was then called. Travelling expense money presented. Sister Elsie Reece then gave the treasurer's report.

The president's chair was vacated. Sister Agnes Bates took charge for the nomination of new officers, as follows: President, Sister Joan Metcalf; Vice-president, Sister Grace Baldwin; Secretary, Sister Mary Walker; Treasurer, Sister Cory Brooks; Visiting Committee, Sister Leafy Armstrong and Sister Ann Limk; Auditors, Sister Eleanor Baigent and Sister Mable Bamrick.

Homes for the meeting in the year ahead were then lined up. Sister Cory Brooks thanked the ladies for their help during the year.

Plans were made to attend the "Ice Follies" held in Kitchener in March.

The program consisted of games which were much enjoyed. The winners were Sister Eleanor Baigent, Sister Hattie Dell and Sister Mable Bamrick.

Lunch was served by the hostesses.

Courtesy for the evening was extended by Sister Mary Walker.

Friends N' Neighbors

by Jessie Miller

Mr. Charles Davidson is a patient in St. Joseph's Hospital, having been taken by ambulance on Wednesday of last week.

Mrs. Earl Marr spent Wednesday at the home of her granddaughter Mrs. George Wardell in Paris.

Mr. and Mrs. Carroll Lindsay, the Rev. and Mrs. Earl M. Sider and Mrs. R. A. Miller attended the annual meeting of the Norfolk Historical Society held in the Eva Brook Donley Museum in Simcoe last Thursday evening.

Firemen were called out on Thursday noon to a fire in the former Elliott's school building in Woodhouse Township. Little damage was done. This building has been converted into a dwelling.

We are pleased to report that Mr. J. A. Duncan was able to return home on Friday after undergoing surgery at West Haldimand Hospital.

Sunday visitors of Mrs. Myrtle Wheeler were Mr. and Mrs. Fletcher Lampkin of Simcoe and Mr. and Mrs. Tom Randall of Paris.

Mrs. Elgin Jaques and Miss Helen Miller were in St. Thomas on Sunday in honor of the 90th birthday of Mrs. Monty Irvine.

Mr. and Mrs. Harold Porritt of Simcoe and Mr. and Mrs. Jack Walsh of Port Dover visited Mrs. A. L. Belbeck on Sunday.

Mrs. Fred Martin has been elected an honorary president of St. Paul's ACW in appreciation of a long and faithful service.

Mr. and Mrs. Ross Huffman of Hamilton visited Mrs. Effie Huffman on Sunday.

Rockford
Ivan Hall is a patient at St. Joseph's Hospital, Brantford, having undergone surgery. He is expected to be confined to the hospital for some time.

Mr. and Mrs. Don Chambers and Lorna visited on Thursday evening with their grandmother Mrs. Wilbert North of Garnet.

Mr. and Mrs. Arnold Howard and family of Galt visited on Sunday and were supper guests of Mr. and Mrs. Gordon Howard.

Sunday visitors with Mr. and Mrs. Roy Kenny were Mrs. Wm. Brown and Frances of Tyrrell, Mr. and Mrs. John Hill and Cheryl of Delhi and Mr. and Mrs. Peter Cosley of Port Dover.

How To Prevent And Control Gum Disease

There is still no cure for gum disease, commonly called pyorrhea, although dental scientists have devoted a great deal of study to it.

Prevention is the key in controlling gum disease, and regular tooth brushing is one of the most effective ways to prevent and control mild cases.

Dental plaque - the slimy substance that forms on teeth - is a prime factor in gum disease. Plaque contains bacteria that attack the teeth causing decay. Plaque often becomes mineralized into tartar (calculus) as it clings to teeth, irritates the gums, causing them to recede.

As the gums recede, they leave spaces or pockets

between the teeth and gums where bacteria and debris collect. This causes further irritation and the possibility of infection. The process is continuing and, if untreated, eventually destroys the gums and bones around the teeth. Teeth loosen and fall out.

Gum disease accounts for most tooth losses in adults, but it also affects children. About one in five children has some form of gum disease. The longer they have it, the greater the chances of their losing teeth.

However, even if the disease has made considerable progress, your dentist can often control it

through regular cleaning of the teeth to remove plaque and tartar. He may also perform a gingivectomy - surgical removal of diseased tissue - to halt the spread of the disease. This treatment does not rebuild the destroyed tissue, and the patient must take excellent care of his teeth and gums to prevent the disease from recurring.

Again the best method of home prevention is regular brushing after all meals to prevent plaque from forming. Combined with regular visits to the dentist to remove hardened deposits, this treatment will help to prevent or stop the spread of the disease. - Canadian Dental Association.

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