

Jarvis Happy Losers Count Calories

Sit-ups, knee bends, scissor cuts and moving across the floor on your rear are just a few of the exercises executed in the American Hotel every Thursday night.

Jarvis Happy Losers, a new branch of the Canadian Calorie Counters, use the dining area of the hotel for their weekly meetings where approximately twenty weight conscious women gather to discuss

ways of "sticking" to a diet and exercise.

The Jarvis branch of this non-profit organization was formed two weeks ago by four members of the Hagersville group - Sandra McDowall, Leigh Mills, Elsie Singleton and Sharon Sherk.

Each member must obtain a doctor's approval card giving her permission to exercise and stating the minimum

to maximum range of calories she must be taking, President Sandra McDowall said.

"There is no particular diet. We adhere to the Canada food rules and use a guideline calorie book," she said.

After the initial exercise and weigh in period, attendance is taken by recording each weight gain or loss and the distribution of tags. Losers wear a Beaver

emblem, a Pig means a member gained weight and those who record no change wear a stubborn Mule.

Since the object of the group is to trim up, members who put on extra pounds must pay a fine. A "pig" is taken home by the one who indulged the most.

In a discussion period, members concluded that the hardest time to remain faithful to a diet is when they are watching television in the evening, when they

have company, when they are bored and when they come home from school (the group is open to all ages and all sizes).

And what do you do when you are going out? Eat! was the unanimous response. However, some suggested taking smaller portions.

Canadian Calorie Counters, which began in Jan. 1967, has 6,600 members in nine provinces, with their

National Head Office in Hamilton. For a membership fee, weight watchers receive a calorie book, a monthly bulleting and help with weight problems. There is no trick dieting. Members lose weight simply by reducing food intake and keeping track of calories.

Canadian Calorie Counters, "Help Yourself to a Trimming Figure!"



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Remember When Hagersville Had The Regah Theatre

Today's youthful "jet set" thinks nothing of driving to Hamilton or Simcoe on a Friday night and paying three dollars at the ticket wicket to see "Getaway," "Fiddler on the Roof" or "Deliverance."

But, what did they do back in the 20's and 30's when travel was slower, distances seemed further and every dad didn't own a car?

Young men took their ladies to the Regah

Theatre in Hagersville, of course!

Prior to 1926, the old "Opera House" located on Main St. (Canadian Tire Store) was the entertainment high spot for many West Haldimand people. A young couple could even go and see "real live" horses clattering up the stairs to do their act on stage.

Progress ended the horse shows and moviegoers were then able to sit and watch lantern slides, called limelight viewers, which ran on batteries.

In the spring of 1916, one local gentleman recalls taking his girlfriend to the Old Opera House to see his first silent movie. "Only paid

Slow Start For Program

One worker in Walpole Township is the only person benefiting from the Ontario Employment Incentive Program to local municipalities at this time.

Hagersville has not implemented their program yet and Jarvis did not apply for the grant. Walpole received \$2,000 grant and Road

Superintendent, Roy Craddock, applied for an additional \$2,000.

The program began Dec. 15 and will finish around May 31, Dave Wilson, Walpole clerk said. Their one worker is cleaning up brush and elms and trimming

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Ski the Giants: Sunshine Village is a self-contained ski retreat just 14 miles from Banff, Alberta, in the Canadian Rockies. Dry, fast snow conditions are so consistent here, they are taken for granted. (Canadian Government Travel Bureau Photo)

County Seeks Aid

Haldimand County will seek federal and provincial aid to ease the financial burden created by abnormally high water levels during the winter months. County Council decided last Wednesday.

Bruce Meehan, deputy-reeve of Walpole, seconded a motion by Neil Emerson, deputy-reeve of Moulton Township, to appeal to the governments of Ontario and Canada for funds over and above the normal road and drain subsidies.

Mr. Meehan said after the meeting that the resolution covers damage to roads, cottages located on narrow frontages and property bordering upon the Great Lakes in Ontario.

Walpole is battling increased erosion damages and Rainham township reeve, Blake Gloyd, reported \$15,000 damage to township roads along Lake Erie.

The resolution will be sent to all municipalities bordering the Great Lakes in Ontario for support.

Proposal Rejected

A proposal by Haldimand County Warden, Lorna Miller to begin County Council meetings a half an hour earlier than usual was rejected by council members.

Mrs. Miller suggested an earlier start so that more could be accomplished. However, John Kincaid, reeve of Hagersville, said his business would be affected if he had to start at 9:30 instead of 10 a.m.

"I would have to resign from council if the starting time is changed," he said. Other members said they would also be affected if they had to attend council at an earlier time.

Council News Briefs: A resolution was passed asking the Grand River Conservation Authority to conduct a

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Exercise is good for everyone - even the slim members of Jarvis' newly formed Calorie Counters group. Here, Sharon Sherk conducts an exercise period. (Staff Photo)

Passing And Failing

by Derek Bishop

"Did you pass?" is a question not as easy for a high school student to answer today as it was five years ago. It used to be that if a student failed one or two subjects, and did not have a sufficient average, he was asked to repeat his whole year, including subjects that he had passed. That always seemed a bit unfair, but it was almost impossible to take subjects in more than one grade at a time.

With the advent of the credit system, passing or failing a year's work is more properly asked "Did you get all your credits (courses)?"

Let's assume a student in Year 1 (Grade 9) is taking credits in English, History, Geography, Mathematics, Biology, French, P.E., and Music. In June, his report shows that he passed all but History and French. He would have six successful credits towards the 27 he needs for his Graduation Diploma.

In his second year, he would likely continue with the next course in each of his successful credits, and repeat the History or French. Or, if he decided he was not going to be a French student, he might look

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Bill Knowles Must Seek Provincial Help

Bill Knowles, Progressive Conservative Member of Parliament for Norfolk-Haldimand called upon the government to provide assistance and compensation to victims of rising water levels in Lake Erie and all the other Great Lakes. In a hard-hitting presentation to Parliament, the Member of Parliament for Norfolk - Haldimand called on the government to refer the whole issue of the cyclical rise in the water level of the lakes to the International Joint Commission.

Bringing to the House of Commons many of

the letters constituents had written to him asking for help, Mr. Knowles called on the Minister of Public Works to intervene on behalf of all those affected by the rising water level. Citing statistics to show that the level of Lake Erie is now almost two feet higher than normal for this time of year, Mr. Knowles, challenged the Minister to provide immediate technical assistance to those most adversely affected, complimented by financial remuneration for loss of valuable pro-

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