

Susan A. O'Dwyer C.A., daughter of Mr. and Mrs. Daniel O'Dwyer, R. R. 5 Simcoe, recently received a C.A. Degree (Chartered Accountant) (Canada Wide). A graduate of Port Dover Composite School. Holder of a Honors B.A. in Business Administration from the University of Western Ontario, London. She has been employed with the Arthur Andersen Accounting Firm, Toronto, for the past two years.

**Port Dover Lakers**  
**TURKEY RAFFLE**  
Canadian Legion, Port Dover  
**Friday Dec. 12**  
Free Admission  
Ladies Welcome - Free Lunch - Games  
Starts at 8pm

**Opening new doors to small business**  
Financial assistance  
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on Monday December 15 1975  
one of our representatives  
**N.J. Clark**  
will be at  
**THE EXPLORER INN**  
No. 3 Highway, Jarvis, Ont.  
Tel. (519) 587-2241  
from 9:00 a.m. to 4:00 p.m.  
If you require financing to start, modernize or expand your business and are unable to obtain it elsewhere on reasonable terms and conditions or if you are interested in the FBOB management services of counselling and training or wish information on government programs available for your business, talk to our representative.

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## Hospital Auxiliary meet

Seizing opportunities is one way to find out the full range of our talents.

The President Mrs. Leone Slack, convened the Nov. 5 executive meeting in the board room. Mrs. Darlene Smith, coffee Shop convenor, gave her

### Christmas Party

The IOOF Banquet hall was gaily decorated for the Christmas season when the club members held their Christmas Party on Dec. 2. The dinner was held at 7 p.m. and catered to by Noble Grand Kay Mitchell and her efficient committee.

Two visitors and 22 members enjoyed the traditional turkey with all trimmings. A vote of thanks was extended to them by the president of the club, Dorothy Walker, and heartily applauded by all for the delicious dinner.

Following the dinner a short business period was brought to the attention of the members regarding the

50th anniversary of Silver Star Rebekah Lodge also the 100th anniversary of the IOOF which will be observed in Jarvis in 1976.

Pres. Dorothy Walker read articles relating to Christmas customs of other lands, followed by Christmas Carols with Lizzie Howard presiding at the piano. Gifts were distributed from the Christmas tree revealing our 1975 Secret Sisters. Barbara Phillips was the lucky winner of the poinsettia plant with a marked saucer.

We all drew names for our 1976 Secret Sisters. Mary Keen expressed appreciation to our president for the favors and an enjoyable evening had by all.

### Sunshine Club

by Ruth Hagan

The Sunshine Club met in the IOOF Hall on Thursday, December 4, with 8 tables of Hoss in play. The winners of the games were: ladies high - Lia Krouse; ladies low went

to Niomi Roberts. Men's high went to Bill McMurchy and low went to Alec Duncan. The Travelling Hoss was won by Edna Keith which was a pound of salt.

Our next meeting will be December 11 at 1:30 p.m.

### Selkirk Scene

by Mrs. Gerald McKenzie

**CORRECTION!!!**

Santa will be coming to the Town Hall in Selkirk on Saturday December 20 not December 13. (The posters say Dec. 20.)

The Faith Centennial Church School held its annual Christmas Concert on Sunday night. The various classes put on skits, choral readings and the senior class had a slide presentation. It was very well done and I'm sure all the classes put a lot of work into this concert. After the concert refreshments were served in the fellowship hall. It was very well attended and enjoyed by all.

The community is saddened to hear about the death of Mrs. Lois Heimbecker (nee Stewart). I'm sure she will be missed by all. The sympathy of us all goes out to Lois' family at this time of extreme sorrow.

The Fisherville Unit of the West Haldimand General Hospital Auxiliary enjoyed their Christmas party on Monday evening at the home of Mrs. Bill Held of Fisherville.

Mrs. Bill Hedges and Billy Joe of Schomberg visited Mr. and Mrs. Gerald McKenzie and family on Sat. evening. If you have any news for the Selkirk area please feel free to call Mrs. Gerald McKenzie at 776-2831. Please call before Monday 10 p.m.

### ANNOUNCEMENT

Mr. Bill Knowles is pleased to announce the opening of a **CONSTITUENCY OFFICE** for Norfolk-Haldimand at 61 KENT STREET NORTH, SIMCOE Telephone 426-3062  
Inquiries related to the Federal Government directed to this office. Secretary, Mrs. Jean Hoskins  
Hours: Monday to Friday 10-12 and 1-4  
Mr. Knowles personal interviews by appointment Saturday mornings.

report and with it a list of hints for more efficient operation of the Shop. These will be handed out later.

Mrs. Gladys Hewitt, Treasurer, brought us up to date on our finances. As we are part of the Hospital Auxiliaries Association of Ontario, it is interesting to note that the 64,087 members raised \$3.5 million in 1974 and spent \$2.5 million of the total on equipping and decorating hospitals across the province.

Each Unit will receive its quota of Christmas stockings for the December babies. These are cut out and ready to sew and later deliver to the Sewing and Pegboard Convenor, Mrs. H. Stribell. Many articles are needed for the pegboard - items such as candles, puzzles, slippers, babygates, corsages, small gifts, aprons, dolls, mitts, and novelties.

The coffee Shop will be closed Saturday and Sunday evening until further notice.

### Executive Board Meeting of Hospital Auxiliary

Wonderful is the season which engages the whole world in a conspiracy of love.

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Mrs. Leone Slack, President convened the meeting held in the board room Dec. 3.

The plans for the Crystal Ball were finalized. Each unit reported the number of tickets sold. Volunteers will decorate the Summer Gardens on Thursday.

Mrs. Darlene Smith gave each Unit Chairman a comprehensive printed list of hints for the new Volunteers.

### Federation News

by Otto Crone

The Annual Federation of Agriculture Convention took place late in November in Hamilton. After the three-day meeting was over, new people had been elected to the executive, about 50 resolutions and policy papers on various matters dealt with.

Upon a suggestion from Peter Hannam, the new 1st Vice President, the delegates decided to take part in a freedom from hunger project in Lesotho in South Africa. It is a mountainous, dry country-one of the poorest in Africa. The average income is about \$200 per year. The economy consists primarily of subsistence agriculture. They supported The Masite Agriculture Project which is

A sympathy card was signed to be sent to the family of the late Mrs. E. Baigent, a valued member and one of the organizers of the original Hospital Auxiliary.

A baby born at Christmas will go home in a tastefully decorated red stocking. Many thanks to those who used their talents to make someone else happy. A baby born on New Year's Day will receive a baby spoon.

Each chronic patient will receive a unique gift from the Executive. Ladies - a fresh hairdo and gentlemen a pair of socks.

One Volunteer from each Unit will help hang the Christmas decorations in the Hospital Dec. 15. New decorations will be purchased.

Tray favors for Dec. will be made at the school for the retarded. Caledonia unit will provide the January favors.

The Coffee Shop will be closed four days in Dec. and once in January. (Dec. 24, 25, 26 and 31 and Jan. 1).

### Dual Purpose Shorthorn

Recent outstanding record of performance by this Dual Purpose Shorthorn is as follows:

High Bridge Hope's Pride (2 years) 11, 638 m - 505 f; BCA 215 m - 231 f (305 days) Total Production: 12,978 m - 571 f (351 days)

This cow is owned by Andrew Nelles, Caledonia, Ontario.

situ ated in a rural village. Between 20 and 30 with problem backgrounds, are learning to adjust to community life, and at the same time receiving schooling and training in agriculture. A major part of the project is a farm which, as well as providing practical training for the boys, also provides foodstuffs for the community and also for other charitable programs in Lesotho.

A gayly-wrapped Christmas box was passed among the delegates for them to contribute in. When the monies were counted, there was enough to provide a tractor of about 35-horsepower for the Masite Agriculture Centre, with maintenance, fuel and an operator for the first year.

### BAND CHRISTMAS BAZAAR

Sat. Dec. 13th  
Hagersville Secondary School  
12 NOON - 7 P.M.  
There's baking, crafts, booths, a penny sale, a draw for a stereo, and games  
- NO ADMISSION -



## ENERGY IS AGELESS

by Rose Armstrong  
Editor, Jarvis Record

Peter and Ruth Bachand, aged 73 and 71 respectively, are just two of many elderly persons who are living proof that zest for life does not cease beyond the age of 60 - at least, it need not.

Mrs. Bachand never before rode a bicycle - now she enjoys doing so on a three-wheeler purchased in the State of New York. Her bicycle "broke the ice" in Hagersville (the Bachands' hometown), she says. And now there are four other such cycles being ridden by local residents.

Mr. Bachand also enjoys riding the cycle, although he still rides his two-wheeler as well.

Among various hobbies, such as painting, photography (Mr. Bachand is an amazingly competent photographer), and growing indoor plants, the Bachands recently began lessons in Yoga exercising at Hagersville's extension of Mohawk College.

Mr. and Mrs. Bachand say that they do these exercises primarily for the purpose of

relaxation and that their instructor, Tina Wilson, teaches the art of relaxing. Mrs. Bachand says that "a lot of old people will sit in front of the TV and get stiff - I wasn't going to do the same."

Tina Wilson says that the exercises are just a small part of Yoga (Yoga is described in various dictionaries as the Hindu system of philosophic meditation and asceticism designed to effect the reunion of the devotee's soul with the universal spirit).

Mrs. Wilson says that the exercises are known as Hatha Yoga - which is essentially a preparation for mental Yoga (concentration and meditation). The term Hatha Yoga is in Sanskrit which is the ancient and sacred language of India.

The Yoga instructor's own interest in the practice started out of curiosity. "to keep fit" and because her husband was reading books regarding Yoga. She started on the road to her present career with a few lessons at the YWCA. Now she is furthering her studies at

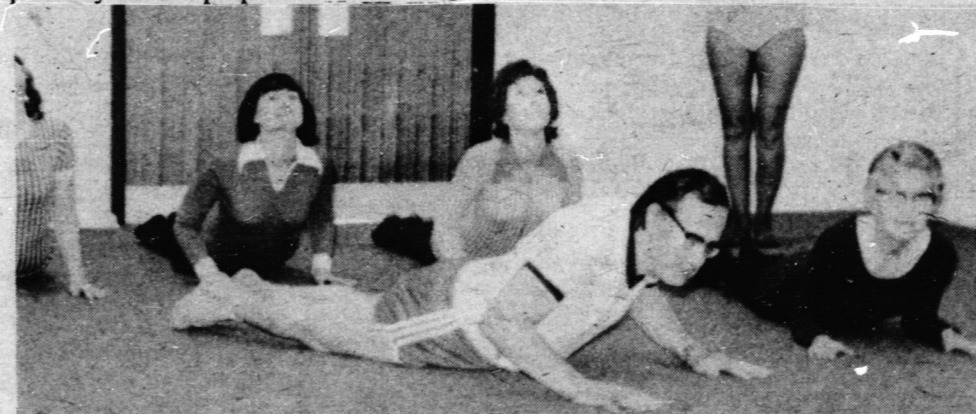
Shanti-Yoga Institute in Waterdown. An instructor of Mrs. Wilson, Klaus Karras, hesitated to speak of what a Yogi's (a practitioner or follower of Yoga) conception of the universal spirit would be except that it does differ from the Christian concept.

Mrs. Wilson admits that she can no longer regard herself as a Christian since she does not believe that Christ is or was superior to some ancient leaders such as Buddha.

However, the Bachands say they do not intend their participation in Yoga exercise to lead them into the deeper philosophies of the religion itself.

On the contrary, the Bachands had already decorated their house in preparation for the Christian celebration of the Birth of Christ.

One may even envisage Peter and Ruth Bachand seated at their home-assembled organ (another of Mr. Bachand's masterpieces) while they sing out Christmas hymns on Christmas Eve...



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### Capital Equipment

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### Sales Tax Rebate New Automobiles Expires Soon

Arthur Meen, Minister of Revenue, in a letter to members of the legislature December 4 reminded them that the program for rebating retail sales tax on new cars is winding down and will expire December 31, 1975, as originally announced.

Mr. Meen reviewed the criteria for receiving the rebate: "In order to qualify for the rebate, a new automobile must be registered in the purchaser's name on or before December 31, 1975. No tax rebate will be made for vehicles registered after that date.

"New car buyers should be aware that qualification is determined by the registration date, not the date of delivery," he added. "Therefore, cars that are purchased and registered by December 31 but delivered after the new year, will qualify for the rebate."



Orloff and Eliza Almas have just celebrated their 60th wedding anniversary. Mrs. Almas looked radiant as any young bride as she posed with her husband for the above photograph.



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