



Mrs. Leo McCarthy, Caledonia, displayed a dress she had appliqued at the creative stitchery meeting held at Kohler Agriculture Centre last Wednesday.

Transcendental meditation gets rid of stress problem

By Trisha Banks

Stress is accumulated in your nervous system from the time you are born. Sleep will get rid of some stress, but Transcendental Meditation can get rid of the rest. That is the message Sabina and Michael Pettitt will be bringing to the Hagersville area March 6.

A free public lecture, teaching people how to deal with stress will be held at Hagersville Secondary School, Thursday, March 6, at 7:30 p.m.

Mrs. Pettitt says Transcendental Meditation (TM) is a "technique, not a theory by which if you follow these steps in this sequence, you will get rid of stress." Mrs. Pettitt compared stress to any other sickness or disease. "If

you are sick, the first thing your doctor will prescribe is rest. During TM, a person reaches a different state of consciousness and will get twice as deep a restful inner alertness."

Mrs. Pettitt says that TM is not one of those fads people hear about where, "you stand on your head in a corner completely naked."

It is important that meditation is done only twice daily for 20 minutes per session. This way it fits into a busy schedule. Meditation must be done in a comfortable position.

According to Dr. Hans Selye, there is "stress and there is distress." Distress causes the body to produce catatonic chemicals, which are negative chemicals. These in turn cause ulcers, heart attacks, and

numerous other ailments resulting from stress.

Mrs. Pettitt says that ordinary tension and the excitement of doing something and doing it successfully, is good, but that the frustrations of not being able to do something or not being able to cope are not.

"Free of stress does not mean that you become a vegetable and do not do anything exciting any more, it means you are able to use your complete potential and you do not have to fight the effects of stress anymore," says Sabina Pettitt.

Mrs. Pettitt received her Master in Education from the University of Toronto, before she married Michael, an Anthropologist with a degree from the Berkley University, California, and became interested in TM.

Both of the Pettitts went to Europe where they studied at one of the floating campuses of Maharishi Mahesh Yogi. By "floating campus", Mrs. Pettitt means that the Maharishi takes over a European resort for six months at a time in order to teach his followers. The Pettitts attended a training program in France.

After the free public lecture, if enough people are interested, the Pettitts will conduct a course in this area.

On the first day, students receive one hour of individual instruction. Mrs. Pettitt says that it is possible to learn how to meditate in the first day but that it is important that students also attend lectures for the next three days in

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Former editor named to Mohawk post

Miss Donna Crone, former editor of the Jarvis Record, has been appointed Education Information Officer for the Mohawk-McMaster Education Centre at Hagersville. The appointment was announced by Mr. Peter Hill, Director of Student Liaison at McMaster and Mr. Mark Garber, Head of Secondary School Liaison and Placement at Mohawk.

Miss Crone is responsible for supplying information about part-time, full-time and general interest courses offered by McMaster University and Mohawk College. The joint Education Information Centre was established in Hagersville recently as a base in the evolving Haldimand - Nanticoke urban region for informing the community about educational opportunities available at both institutions.

Miss Crone has been a resident of the Hagersville area for a number of years. She received her early education in Hamilton, Nanticoke and Hagersville and later attended Mohawk College's Communications Arts course. Subsequently she worked for the *Tilbury Times* as a reporter-photographer

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Daley for mayor?

Local politicians may have a fight on their hands. Last week, John Helder, 22, and Cor Visser, 20, both of 43 Main St. S., Jarvis, phoned the Record office and said they had "some balloons" on their hands.

Sure enough, the two men, who are partners in the dry wall subcontracting business, had three balloons with the

phrase, "DALEY FOR MAYOR", printed on them.

Cards attached to the flying missiles say the balloons come from Chicago, Illinois, United States. The tickets are dated Monday, Feb. 17, and read, Esther Saperstein's 49th Ward Children's Party.

Is Daley really full of hot air?

Mail strike delays building of Jarvis P.O.

The recent Toronto postal strike may delay the building of the new Jarvis Post Office, says Larry Scarr.

Tenders for the construction of the new post office have been called and closing date is March 20 at 11 a.m. Tenders must make a \$50 deposit.

Mr. Scarr told the Record that the old post office is too small. "New development in Jarvis, and more families moving into the town have prompted this decision. The old office

facilities are too small to cope with the expansion that Jarvis is about to see." The present post office is leased from Williamson and Bernard.

The new post office will be built on Main St. N. across from the present facilities. The property was owned by Mrs. Jessie Miller. The new building will be 52 by 52, and although Mr. Scarr was uncertain as to the cost of the new building, he estimated it at \$143,000.

29 Years:

Malen Wilkins retires

Saturday, Feb. 22, Malen O. Wilkins, who has served 29 years with Wabisa Fire Insurance Company, retired.

Mr. Wilkins was appointed to the board on

March 2, 1946, and since that time has not only served as director, but also as president in 1960, and again in 1964 and 1965. He was also the company's representative on the group five executive and was

president of the group for one year.

The board, staff and agents of Wabisa presented Mr. Wilkins with a silver tray as a memento and token of 29 years.

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Beef industry needs help: O.B.I.A. will consider beef marketing board

By Trisha Banks
The Ontario Beef Improvement Association

passed a resolution last week to consider setting up quotas, supply management

and a marketing board for the beef industry.

In its annual meeting Friday, Feb. 21 at the Skyline Hotel, Toronto, beef producers voted in favour of directors of the OBIA appointing a committee to review "the advantages and disadvantages to the beef industry of quotas, costings, supply management and a marketing board."

The committee is to report back to the directory on its findings and a report is to be circulated amongst county beef committees two months prior to next year's annual meeting. The

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150 bands entertain

Port Dover Kinsmen Club will be holding its third Country and Blue Grass Music Festival on March 2 at Summer Gardens, Port Dover.

Master of Ceremonies Bob Wood says this festival should be better than the two which have preceded it. Concert begins at noon hour and goes to 7 p.m. Proceeds go to the local association for retarded children.

Over 150 entertainers have donated their time to this cause. Among the many fine performers will be the Blue Grass Open Road and Blue Grass Jam from Toronto, Reg Cable and the Rounders, a local group, and the Riverboaters from Buffalo.

Admission at the door is \$2.50 per person and \$1 for children under 12.



Harvey R. Bassindale, left, President of Wabisa Fire Insurance Company, presented a silver tray to Malen Wilkins, right.