

# calendar

WEDNESDAY, JANUARY 5

It's storytime for preschoolers at Clarkson-Lorne Park library, 1:30 p.m.  
**The Lively Art of the Picture Book** is the title of a film to be shown for adults at 2:15 p.m., Burnhamthorpe library.  
**Irene Mechem** shows how to make bread, Central library, 2:30 p.m.  
**After-school films** at Woodlands library, 4 p.m., include Ski, Trouble with Ice, Figure Skating, Winter Mosaic.  
**Films of mystery and suspense** on screen at Central library, 7 p.m., include Ice Storm, The Ingenious Reporter, The Lady or the Tiger?  
**The award-winning Canadian feature film**, I Heard the Owl Call My Name, is showing at Burnhamthorpe library, 7 p.m.

THURSDAY, JANUARY 6

**Thora Dolan** discusses consumer awareness, Central library, 10:30 a.m.  
**Stories for preschoolers** at Lakeview library, 10:30 a.m., and students from Sheridan College demonstrate makeup and skin care for adults at the same time.  
**Port Credit library's Muppet Club** meets at 10:30 a.m.  
**The Lively Art of the Picture Book** is showing at Burnhamthorpe library, 2:15 p.m.  
**Irene Mechem** shows how to make bread, Central library, 2:30 p.m.  
**Family films** at Burnhamthorpe library, 7:15 p.m., include The Frozen Logger, Hang Gliding, The Mad Baker, The Music Box.  
**Bill Biggs** tells how to rent a villa in the Caribbean, Clarkson-Lorne Park library, 7:30 p.m.  
**The Frozen World** is the title of the first film in the series Civilization, Malton library, 7:30 p.m.

FRIDAY, JANUARY 7

**Thora Dolan** discusses consumer awareness, Central library, 10:30 a.m.  
**Terribly Strange Bed** is the title of a movie showing at Central library, 8 p.m.

SATURDAY, JANUARY 8

**The Little Match Girl** is showing for youngsters at Woodlands library, 10 a.m.  
**Film, discussion and stories** about wolves are scheduled for Burnhamthorpe library, 10 a.m.  
**Schoolage youngsters** are invited to a singalong with Laurie McAllister, Central library, 10:30 a.m., and there's a separate storyhour for preschoolers at the same time.  
**Lakeview library** offers Adventures with Paddington, stories about Michael Bond's lovable bear, for schoolage youngsters, 10:30 a.m.  
**Edward A. Read and Al Maughan** of Credit Valley Philatelic Society discuss stamps with youngsters, Port Credit library, 10:30 a.m.  
**Malton library** shows the film Boy and a Boa, 10:30 a.m.  
**Park Royal library** has crafts for schoolage youngsters, 10:30 a.m.

MONDAY, JANUARY 10

**Central library's creative writing group** meets, 7:30 p.m.  
**The Concert** is showing for adults at Woodlands library, 10 a.m.  
**Home economist Thora Dolan** discusses consumer awareness, Clarkson-Lorne Park library, 1:30 p.m., and there are stories for preschoolers at the same time.  
**Stories for preschoolers** are told at Lakeview library, 2 p.m.  
**Bill Cosby on Prejudice**, a film, is showing at Park Royal library, 2:30 p.m., and there are stories for preschoolers at the same time.  
**The Novelist as Poet** is discussed at a book talk session, Burnhamthorpe library, 2 p.m.

TUESDAY, JANUARY 11

**A film series** entitled Carefree Travel begins at Central library, 2:30 p.m., with Cote d'Azur, The Gardens of Britain.  
**At the Caribou Crossing** is the title of a film in a series on the Netsilik Eskimos, Central library, 7:30 p.m.  
**Bill Barber**, curator of Peel Museum, discusses the history of the Burnhamthorpe, Summerville, Dixie areas, Burnhamthorpe library, 8 p.m.  
**The Prize** by Irving Wallace is discussed at Park Royal library, 8:30 p.m.

WEDNESDAY, JANUARY 12

**The Book Beat group** at Lakeview library meets at 10 a.m.  
**Bill Cosby on Prejudice** is on screen at Park Royal library, 10:30 a.m., and there are stories for preschoolers at the same time.  
**Stories for preschoolers** are told at Clarkson-Lorne Park library, 1:30 p.m.  
**Adults are invited** to tour the new Malton library, 2 p.m., and there are stories for preschoolers at the same time.  
**Mrs. R. Platt** describes the Montessori Method of Education, Burnhamthorpe library, 2:15 p.m.  
**Constable Graham Hibbs** discusses child safety, Central library, 2:30 p.m.  
**After-school films** at Woodlands library, 4 p.m., include Big Lighthouse, Little Steamship, Stowaway, Incredible Diving Machines.  
**Films of mystery and suspense** on screen at Central library, 7 p.m., include The Bet, The Open Window, Dr. Jekyll and Mr. Hyde.  
**Reincarnation** is the subject of a talk by Ken Dixon in a series on mind awareness, Burnhamthorpe library, 7 p.m.

**Central library's book-discussion group** considers Surfacing by Margaret Atwood, 7:30 p.m.  
**Rising land values**, rising mortgages and inflation affect the amount of insurance householders need to carry, says Jon Clipperton, of W. N. Atkinson Insurance Co., Streetsville, who will speak at Streetsville library, 112 Queen St. S.  
**The Toronto Furniture Show** starts at the International Centre, Airport Road, Malton.

schedules, phone the Mississauga Recreation and Parks Department at 279-7600.

## CLUB CHIMO

Club Chimo, for singles over 30, meets at 8 p.m. the second and fourth Monday of each month at St. Dominic's Church, Cawthra and Atwater. For further information on this non-denominational group, call 279-7600.

## LA LECHE LEAGUE

La Leche League meets at 224 Pinetree Way, Port Credit, Tuesday, Jan. 11, 8 p.m. Subject is nutrition and weaning. For more information, call 278-9935.

## SERVICE CLUBS MEETING

A general meeting for all service clubs in Mississauga to plan Festival '77 will be held in Committee Room 2 at Mississauga city hall on Jan. 16 at 1:30 p.m. For more information call Jim Hoshko at 279-7600.

## PRE-SCHOOL RHYTHMS

Preschool-rhythm classes for children are being held at Burnhamthorpe community centre, Huron Park recreation centre and Streetsville United Church. Fee is \$15. For more information, call 279-7600.

## MODELLING COURSE

A modelling course is being held Saturday mornings at Malton community school, Darcel Avenue. For details, call Marion Mason, 677-1397. For information on other programs at the school, call 677-9891.

## DANCING PROGRAM

A dancing program for women has been organized for the winter of 1977 at Hillside senior public school, 1290 Kelly Rd. Women can take ballet, tap dancing and modern-jazz dancing for fun and fitness. Programs begin Jan. 6, 7:30 p.m. to 9:30 p.m. For further information, call 279-7600.

## OVEREATERS ANONYMOUS

If you're a compulsive eater, Overeaters Anonymous may be able to help. The club meets Mondays at 8 p.m. at the Park Royal Plaza. There are no fees and no weigh-ins. For more information, call 783-9445.

## SELF-HELP PROGRAMS

Mississauga Hospital invites relatives of people with a drinking problem to take part Wednesday in AL-ANON, a program of self-help for relatives, 8:30 p.m. AL-ATEEN meets at 8 p.m. It helps teenagers deal with the problems of alcoholic relatives. The meetings are at the hospital.

## LEUKEMIA DATA

Crusade Against Leukemia now has an audio-visual presentation describing the disease, the progress in research and fund-raising work. The presentation is available for educational purposes. For further information, call 223-0681 or 636-0234.

## DRIVERS NEEDED

The Clarkson Cancer Society needs volunteer drivers to transport patients to the Princess Margaret Hospital in Toronto. For information, call 822-9639 or 277-8356.

## SHAPE-UP SESSIONS

Shape up after the holiday feasting at Erindale College. A Ladies' Recreation Hour, Tuesdays from 10 a.m. to 11 a.m.

and involving volleyball, badminton and basketball, will be conducted by Patty Goodson, assistant director of athletics at the college. Cost of the 10-week program, which begins Jan. 11, is \$15. For more information, call 828-5268.

## SELF-DEFENCE COURSE

A 10-week self-defence course is being held at Port Credit secondary school Tuesdays. It costs \$20 for teenagers, \$23 for others. For more information, call 279-7600.

## DANCING

A 10-week dancing course (jazz, tap, simple Charleston and rhythm routines) for women will be held at Woodlands secondary school and Huron Park recreation centre. To register for the \$18 course, call 279-7600.

## GYMNASTICS

A modern rhythmic gymnastics course to develop feminine grace, balance and self-expression will be held at Burnhamthorpe fitness centre and Clarkson community centre. Cost is \$18. For more information, call 279-7600.

**BALLET AND RELATED ARTS**  
 Humber College opens a School of Ballet and Related Arts this month. There will be four programs, from beginners to advanced levels. Cost of each 36-hour program is \$50. The program begins on Jan. 10. Instructor is Sarah Lockett, an Associate of the Royal Academy of Dancing. The programs will be held at York-Eglinton Centre of Humber College on Eglinton Avenue, east of Dufferin Street. For more information, call 676-1200.

## \$14,500 FOR ROTARIANS

The Rotary Club of Mississauga reports that its profit from the T.V. Auction is approximately \$14,500. The money will be used for Rotarian Community activities.

## LIONS HELP OUT

The Lions Club of Clarkson have assisted with the renovation and redecorating of a house on the Lakeshore Road for a needy family. The club also gave five turkeys to needy families over the holidays.

## CLUB HISTORIAN

Zonta Club of Mississauga has appointed charter president Barbara Skinner as club historian. Zonta club has 700 clubs in 48 countries, with total membership of 25,000. Pearl Walpole of the Mississauga club was chosen Zontian of the Year.

## GOLDEN JUBILEE TOUR

Kinsmen Club of Mississauga reports that the National Kinsmen Association is inviting 10 couples from Canada to attend the Golden Jubilee Tour, June 6 to 19. There will be three tours, all starting at Manchester, Eng. Information can be obtained from Pete Hanly, Executive Director, The Association of Kinsmen Clubs, 7-55 Glencairney Rd., Thornhill, Ont. L3T 1P2.

## MALTON DANCE

Malton community centre opens Feb. 5. Opening ceremonies will include a dance. It starts at 8:30 p.m. The centre is at 3540 Morningstar Rd. Tickets are \$3 per person and sales close on Feb. 1. For tickets, call 677-5716 or 677-0636 after 6 p.m.

# arts and crafts

Helen Lucas displays her art work depicting the turmoil of women, Brampton Library and Art Gallery, 150 Central Park Dr., Bramalea, to Jan. 8.

## FRED MANCUSO

The work of Mississauga artist Fred Mancuso, confined to a wheelchair because of multiple sclerosis, will be on display at Burnhamthorpe library to Jan. 29. His wife Angles is also an artist and their work is displayed in art galleries in the Toronto area.

## JAN PETER MICHALOWSKI

Paintings by Jan Peter Michalowski are on display at Central library Jan. 27. Michalowski of Oakville was a winner at Peel Museum and Art Gallery's juried show this year. His work includes prints and acrylic paintings.

## STUDIO TEN SHOW

The 12 members of Studio Ten, a group of amateur artists, have a show at

Clarkson-Lorne Park library to Feb. 2.

## TIME PIECES

Fred Kolishenco, operator of the Clocke Shoppe on Lakeshore Road in Port Credit, has a display of antique timepieces on display at Port Credit library during January.

## CIVILIZATION

Civilization, a series of films about great works of art, architecture and literature, is being shown at 7:30 p.m. on Thursdays at Malton library.

## F. V. LIPSCOMBE

Art works by F. V. Lipscombe are on display at Port Credit library until Jan. 8.

## WALLHANGINGS

Woven wallhangings by Ann Plante are on display at Woodlands library until Jan. 28.

## FREDERICK ROLFE

Manuscripts of Frederick Rolfe, author of Hadrian VII, are exhibited this

month at Burnhamthorpe library.

## ROSELYN BROWN CRAFTS

Crafts by Roselyn Brown are on display at Burnhamthorpe library this month.

## ART COURSES

Courses in art offered this month by The Mississauga Recreation and Parks Department include Art Awakening (ages 10 to 14), which covers basics of design and composition, printing, macrame, weaving and three-dimensional work; Children's Ceramics, which outlines the basic techniques of working with clay; Creative Craft Adventures, for children aged six to nine; Oil Painting and Animation, for children aged eight to 12.

# performing arts

The Bethesda Concert Series presents Mr. Dressup and Friends on Jan. 9 at 1:30 p.m. and 4 p.m., Glenforest secondary school. The show features puppeteer Judith Lawrence and cast from the Mr. Dressup television show. Admission is \$2 for adults and \$1 for children. For tickets, call 279-0955 or 277-2049.

## DIRECTOR'S WORKSHOPS

The Mississauga Players will hold director's workshops today and Jan. 12, 19 and 26, at Studio Theatre, Erindale College, 7:30 p.m. On Jan. 8, 22 and Feb. 5, Mississauga Players will hold stage manager's workshops at Crookes Park, Beach Street, 12:30 p.m. New members are welcome to all workshops. For more information, phone 822-1710.

## SUNDAY CONCERTS

The Associates of Erindale College present Series '77, four Sunday afternoon

concerts, beginning Jan. 16 at 3 p.m. in The Meeting Place (at the college) with the New Chamber Orchestra. The three other concerts: Camerata, Feb. 13; Mississauga Symphony Orchestra, March 20; and the Moe Koffman Quintet, April 17. Tickets for the series are \$10 for adults and \$8 for students and senior citizens. The college's art gallery will also be open on these Sundays. For more information, call 828-5214.

## MARY VAITIEKUNAS

Erindale College Art Gallery on Mississauga Road is displaying banners made by Mary Vaitiekunas, 9 a.m. to 9 p.m. on week days and 2 p.m. to 5 p.m. on weekends. Her banners have been shown across Canada in the Canadian Guild of Crafts' exhibit. They have also been displayed in the National Arts Centre, Ottawa, the Visual Arts Centre, Montreal and Toronto's Shaw-Rimmington Gallery and Craft Gallery. There's a reception to meet the artist at the gallery Wednesday, Jan. 12, 7:30 p.m. For more information, call 828-5214.

The Appplewood Organ Club presents Frank Iacino Jan. 26 at 8:15 p.m. in the Texaco Room of the Port Credit library. For further information, phone 277-0688.

## ORGAN RECITAL

**SALUTE TO LIVE ARTS**  
 Sheridan Mall presents a Salute to Live Arts from Jan. 12 to 15. The series includes the Mississauga Symphony Orchestra, Clarkson Music Theatre, Classical School of Ballet and choral and barbershop singing.

# seniors

Tickets for the Bethesda Concert Series are available to seniors for 50 cents. Tickets must, however, be ordered well in advance. For tickets to see the Canadian Brass on Feb. 6, give your name to your representative by Jan. 20.

## SWIMMING LESSONS

Swimming lessons will be offered at Cawthra pool for seniors on Tuesdays at 9:15 a.m. The course runs for 12 weeks. Registration costs \$4. A free recreational swim for seniors is held Tuesdays at 10:45 a.m.

## VARIETY OF COURSES

There are courses at Cawthra Senior

Citizen's Centre this month in Oriental dancing, bridge, yoga, ceramics, macramé, square dancing, creative crafts, painting and ballroom dancing. For more information, call the centre at 274-2369.

## CAMERA CLUB

The camera club meets Jan. 13 at 1:30 p.m. at the Cawthra centre. Guest speaker is Fred Loek. New members are welcome.

## FILMS ON INDIA

Films on India will be presented at the Cawthra Centre on Jan. 14 at 2 p.m.

# churches

A Church of St. Luke executive meeting will be held on Jan. 11 at 8 p.m. in the Fellowship Hall.

## MARRIAGE TOPIC

Kay Cook will speak on Marriage and Marriage Enrichment at the Unitarian Congregation of South Peel on Jan. 9 at 10:30 a.m. Mrs. Cook is working on a marriage-enrichment program and is chaplain for Northwest Unitarian Congregation.

## WEIGHT WATCHERS

Weight Watchers' meetings are held

at St. Christopher's Church Hall, Clarkson Road, every Tuesday morning at 9:30 and Tuesday evening at 7:30. For further information, call 275-5222.

## TAKE-A-BREAK PROGRAM

Reheboth Christian Reformed Church, 800 Burnhamthorpe Rd., offers a Take-A-Break Program for women on Thursday mornings. The program includes Bible study. Free babysitting is provided. The program runs from 9:30 to 11:15.

# guides & scouts

Chris Weber and Wendy Barber have been presented with All-Round Cords at a ceremony of the 106th Mississauga Company. During the ceremony, the following girls were also enrolled as Guides: Kimberley Bishop, Sarah Brocklehurst, Ruth Butt, Sandra Crawford, Jacqueline Feeley, Reenie Gardner, Laura Hansen, Fiona Harvey, Karla Hay, Sandra Holl, Ann-Marie Minshall, Glynn Ross, Jill Rudderham, Alison Simpson and Leanna Vanstone. The 106th Company has awarded the following badges: Backyard Camper, Wendy Barber; Landress and Little House Emblem, Chris Weber; Junior

Camper, Nancy Harrison, Krista Ferguson, Cheryl Gillson, Heather Beamish, Tracy Gardiner and Gloria Gardiner; Outdoor Cook, Nancy Harrison, Cheryl Gillson and Krista Ferguson; Outdoor Adventure, Heather Beamish; Bow Paddler, Cathy Claydon; Swimmer, Leslie Atkin and Glynn Ross; Ecology Helen Riddell; Interpreter, Heather Beamish and Kimbi Barrett; Baker, Catherine Claydon and Helen Riddell; Hostess, Fiona Swain, Sherry Summers, Sherry Maidens and Heather Cameron; Collector, Cheryl Gillson and Krista Ferguson; Handywoman, Bobbie-Jo Wilson.

# clubs & events

Lamplighters Camping Club will hold its annual family bowling party at 3 p.m. on Jan. 8 at Plantation Bowl, Dundas Street West, followed by a pot luck supper at Islington United Church, Burnhamthorpe Road.

## WOMEN'S CLUB

The Lakeshore Business and Professional Women's Club will hold its monthly meeting on Jan. 17 in the Mayfair Dining Room.

There will be a guest speaker. For more information, call Ida Potts, 252-5421 or 259-8922.

## FURNITURE SHOW

The Toronto Furniture Show will be

held at the International Centre, Airport Road in Malton, on Jan. 12 and 13.

## TERRA COTTA ACTIVITIES

Winter activities at Terra Cotta Conservation Area during January and February include cross-country skiing on marked trails. Snowshoes are also available on a first-come, first-served basis. Special events are planned for the Sundays from Jan. 9 to Feb. 27. For further details, call 451-1615.

## GO FOR A SKATE

There is public skating at six Mississauga arenas: Burnhamthorpe, Malton, Cawthra, Huron Park, Clarkson Community Centre and Port Credit. For

# You've had your fun... now take it all off

By CONNIE RAE

Some people get fat because they eat too much at the dinner table. But Marie Ludwick, 43-year-old area director for Weight Watchers, says she "got fat because my arm was stuck perpetually in the cookie jar."

She chalked up her 200 pounds on her five foot six inch frame to Oreos and Fig Newtons.

Always a skinny child, her weight snuck up on her quite suddenly one summer, when she went away on a five-week vacation. When she left she was a skinny 16-year-old teenager. She came back with 20 pounds excess baggage. She didn't know what hit her, but noted her prayers to "fill out" had been answered a little too generously.

It didn't bother her a great deal until she went to work in an advertising agency, where most of the girls were glamorous.

"I worshipped the copy chief from afar," she confessed.

She realized she'd better take a closer look at herself when the object of her affection came over to her desk one day, pinched her chubby cheek and said, "You look like a Campbell soup baby."

## FAD DIETS

From that time on, Marie was up and down "like a yo-yo," hitting on

every new diet that "flashed across the scene like a hoola hoop."

"I could lose weight on all of them, but every single one bit the dust eventually, because none of them taught you how to eat after you lose the weight. What I needed was an uncomplicated maintenance diet to live with for the rest of my life."

It was always just a matter of time before the weight came back, she said.

Marie started with Weight Watchers nearly 10 years ago. After shivering and shimmying on gym machines, starving to death and then regaining the weight, she joined Weight Watchers and was sold on it. So much so, in fact, that she and her husband took out a franchise from the company to handle Weight Watchers in Maine, where they lived at the time.

Being a "sixth generation Nova Scotian," it was natural to work her way back to the Maritimes, too, and finally to take on the franchise for Central and Southern Ontario, a district that now has about 180 groups with 10 in Mississauga.

When Marie first joined, she was hooked by the "hang in there baby" Weight Watchers promoter who promised you could "wear a bikini next year."

Her weight loss was consistent and

she has maintained a weight of about 140-145 pounds since, she says.

**MEDICAL ASSOCIATES**  
 Weight Watchers is staffed by medical director, Dr. William Sebrell, nutritionist Reva Frankel of the U.S.A. and Dr. Richard Stuart, author of the best seller, "Slim Chance in a Fat World."

Dr. Stuart's career has involved him in behavior modification of obese persons.

He supplies the groups with what Marie calls behavior modules to help change behavior patterns in dieters.

**PEOPLE NEED PEOPLE**  
 "It's easy to be positive and strong when reinforced with weight watcher classes, but that's only one day a week. People need a positive influence to strengthen them through the week before returning to an "environment in which he or she got fat."

People need a little encouragement, she says. It may seem childish, but when a dieting person has worked hard and lost 25 pounds, when she goes out to dinner with her husband, she needs praise for refusing all the wrong foods.

When nobody comments on her will power and her winning all the tiny little victories, she gets annoyed and may take an extra helping, she explains. That is sure to bring attention,

even if it's abuse, she says. We need a little approval for our effort — not criticism when we slip.

One woman had gallantly lost 96 pounds and her husband went out of his way to pick up her favorite pastries on his way home from work. Perhaps he wanted her to stay fat due to a basic insecurity of his own. She was some terrific looking gal 96 pounds lighter, Marie says.

If loved ones care, they will share our concern and encourage us or they're not loved ones at all, she says. "Women cry at the scales when they weigh in. They can't understand why they do this to me."

Weight Watchers encourages members to ignore those who persuade you to "go off the diet just this once," reward you with gooey chocolates or try and shame you into eating the lasagne "they prepared with their own little paws," she says. "We have to learn to protect ourselves."

It also encourages members to keep track of when they eat to try and see a pattern emerge they were never aware of before. This type of feedback is vital in order to attack the problem, Marie says. "We have to learn to ignore food cues, avoid temptation and escape from it."

## SECRET EATERS

One lady stored cookies in the

bathroom, turned on the tap and munched so no-one would suspect she was cheating.

"It's the "don't tell daddy, mommy was eating candy," approach, and it's not that uncommon, she says.

Most members of Weight Watchers are victims of the creeping disease. They gain a pound or two a year and nobody notices until one day — surprise! Some are newlyweds, teenagers or new mothers who put on 100