



Examining the membership lists of the University Women's Club of Mississauga are Mrs. Wendy Davies (left), publicity convenor, and Mrs. Pat Lambert, president.

Universary Women's Club members are still learning

BY BERYL LOUCHEZ

Today's women university graduates don't vegetate at home obsessed with housework and what the neighbors are up to. In Mississauga and Port Credit, 240 of them have joined the University Women's Club of Mississauga "for intellectual stimulation and to meet congenial people," as Mrs. Pat Lambert, president of the club, puts it.

Founded in 1953 under the name the University Women's Club of Port Credit, the club has grown through the years and continues to grow. Mrs. Lambert says that most of the early members of the club hailed from Port Credit, but in recent years more and more Mississauga women joined—and she estimates that only one-sixth of the members are Port Credit residents today.

To keep pace with the growth the club's name was altered this year to the University Women's Club of Mississauga.

All members hold degrees from a recognized university, and the greatest service the club provides to the community is raising money for university scholarships for girls and women.

This year the club has been able to give more money than ever before. Two \$500 university entrance scholarships have been awarded, as well as a \$300 scholarship for a mature woman entering Erindale College and a \$50 book prize for the Erindale College female student with the highest standing at the end of her first year.

A \$300 bursary was also given to a Sheridan College student.

The club raised \$1,000 last year through the sale of hasti-notes designed by past president Dorothy MacAulay and the money was sent to the national organization's Creative Arts Fund.

University women participate in any or all of 18 interest groups as well as attending the club's monthly

meeting on the first Monday of each month in the Riverside School auditorium. The interest groups study investing, art, gourmet cooking, Canadiana, international affairs, great books, modern books, art tours and art films among other subjects.

With 15 new members this fall, the club is considering additional study groups. Any subject can be chosen if there are several interested members and a woman willing to chair monthly study sessions.

The University Women's Club of Mississauga has an enviable reputation for getting fascinating guest speakers to speak at its meetings. Speakers are not paid for coming out, but still the club seems to have little difficulty making its meetings really worthwhile. Many members have contact with people in many walks of life who are willing to talk on their subject.

Because of the high educational levels attained by its members, the club is able to provide an impressive number of social services through volunteer work.

Last year 14 women volunteered to coach public school children on an individual basis once a week in Mississauga area schools. The program was developed under the supervision of the Peel County Board of Education's psychology department, with each volunteer sitting down with "her" child in a private room at the school. Children with either emotional or learning problems were assisted through the program which was very successful and will be continued this year.

The club was also responsible for establishing the Art Loan Society which rents original paintings to local residents at a nominal rental fee. Members of the club were able to purchase canvas bags for each painting and to get the system going sufficiently

smoothly after three years of operation to hand over control of the society with everything paid for. The society is still a going concern, holding shows in the Texaco Room of the Port Credit Public Library where patrons can pick out paintings for their homes.

Many members have volunteered to work with the Canadian Mental Health Association, both with its Christmas gift for patients program and in the association's office. Past president Isabelle Johnston is also past president of the CMHA and other members hold memberships in both organizations.

Mrs. Anne Meredith, a member of the University Women's Club, was secretary of the Social Planning Council until she resigned this year to return to Erindale College for further studies.

Women from the club have also volunteered to man the Ask-in-phones for Peel Community Services, and others have judged creative writing contests at local high schools.

It's an active club that welcomes new members who are university graduates. Mrs. Lambert can be reached at 822-9257.

They will be happy to tell you about the club and welcome you to a meeting.



ASK THE CHIROPRACTOR

QUESTION: Whenever I sit down, or get up from a chair, I experience pain and a feeling of weakness in the lower back. My family doctor has had x-rays taken, but says they show nothing wrong. Can you suggest any remedy or treatment?

Mrs. P.G.

ANSWER: Physicians and chiropractors look at x-rays from two different points of view, both perfectly valid. When your doctor says there is "nothing wrong", he probably means there is no indication of bone disease in your pelvis or spine. The chiropractor, however, analyzes the function and mechanical structure of your pelvis and spine, and this may be where the trouble lies. The pain you describe may be caused by irritation of the nerves in your lower back, resulting in the gradual development of muscular weakness. Your nerves are the centres controlling the functioning of your muscles, and the longer the nerve irritation lasts, the greater the weakness and pain may become. A thorough spinal and nerve examination may reveal the problem, which your chiropractor can then treat, since he specializes in the nervous and muscular systems.

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