

Doug Brown, an 18-year-old numismatist (coin collector) shows off a part of the Mississauga Coin Club's collection. The collection includes a 1935 Toronto Dominion \$5 bank note, and a photo copy of a \$50,000 bill held by the T. D. bank. The Coin Club meets the first Tuesday of each month at Burnhamthorpe Library at 7:30 p.m. For information call Ralph Bagnall at 270-1850.

Coin collecting hobby inflation can't hurt

By DIANNE RINEHART
Doug Brown, an 18-year-old numismatist, (coin collector) is concerned that there are many interested Mississaugans who aren't aware that there is a local outlet for their interests.

The Mississauga Coin Club, previously known as the Port Credit Club, meets the first Tuesday of every month at Burnhamthorpe Library and they welcome new members. The club currently has 10 to 12 members.

Getting interested in coins is easy if you stop to look at them.

Brown says he first became involved with coins after studying some owned by his grandmother.

Canadian currency to watch for includes any 1970 mint coin. This was a low mintage year because there was a shortage of nickel, Brown explains.

War-time coins are hard to find and they're valuable because they were made of different materials. This includes the dates from 1943 to '54, Brown says.

Hang on to quarters minted before 1967 because they have silver in them, Brown advises.

Other things to watch for are commemorative currency and mint errors.

The Royal Canadian Mint rarely makes an error, Brown says. Mint errors sell for a very high premium, he adds. The Mississauga coin club has

a \$2 and \$10 bill that were printed on a slant.

Brown says he believes the Canadian mint makes the best quality coins in the world for quality of metal, polish and relief.

Coins destined for proof sets are struck twice instead of once to give a deeper relief, Brown says.

The Mississauga Coin Club is the only one in town, Brown says. It meets at 7:30, the first Tuesday of each month and gives away a door prize (numismatist item) at each meeting.

Membership is \$3 for adults and \$1 for members under 16. Members range from 11 years old to senior citizens, Brown says.

For information call Ralph Bagnall at 270-1850.

Repetition key to being fit

By CONNIE RAE
"Repetition is the key to fitness," Marjorie-Homer Dixon, Olympic kayak competitor and instructor at Huron Park Fitness Centre, told a group of women at Woodlands library last Thursday.

"You don't have to train like an Olympic athlete," she said. You don't want to build muscles — just keep them toned.

The best exercise is to walk briskly for about 30 minutes a day. Jogging is also good and you can get away with about 15 minutes instead of half an hour.

It's the daily energy expenditure that counts. It can be things like reaching up into cupboards, vacuuming, "ironing fast and furiously," walking up the stairs ten times a day or tightening the tummy muscles while you're sitting at the Royal Alex. You can make weights by filling plastic bags with old shoes or cans.

You can go to a fitness centre where you might find it more fun, if you need the incentive, or you can do it on your own, she said.

With regular exercise, you'll not only feel better, you'll burn off calories too — and that means weight loss.

"You have to make time for anything you really want," she said, advising doing a series of exercises ten times — relaxing — then repeating until you do two sets. Then do three. When you can do that comfortably, try three sets of 12.

"Ladies . . . women . . . are human beings. They are not china dolls to sit on the shelf and it's really not bad to work up a sweat," she said.

The scare that doing pushups will cause unsightly muscles is "a lot of bull," she said. "Women have an extra layer of fat and you can never see the definition of muscles that you do on men."

The trouble with women, is they have nothing underneath the fat.

Drooping bosoms, for instance, are nothing more than drooping fat and

mammory glands. To firm your bosom, do pushups, pushing up from the knees, leaving your hands slightly out from either side of your body to build up the muscle underneath the bosom. You don't even have to get down on the floor, you can push against the wall.

Each person should work on his or her own fitness level; "we can't all be Channel Ladies," she said.

When warming up, work from the head down — swinging the arms slowly forward, then backwards in a circular motion.

For the waist, bend slowly from side to side with arms over the head and hands hugging the ears.

Skipping, jogging or walking up stairs are all good for the hips and legs. "Once you get used to your daily jog, you'll feel fidgety without it. We adapt to anything," she suggested.

The "jellyroll sit up" is good for the "jelly belly." Lie on the floor, bend your knees to relieve any pressure on your lower back. Hold your chin in to your body and slowly roll yourself into sitting position and just as slowly uncurl and lie flat again.

"Be aware of what your body can do," and remember vibrating machines "don't do any good." "You have to do the work."

"Don't overdo strenuous exercise. For instance, while shovelling snow, work up to it slowly. Don't go at it hammer and tong because when you sit down and relax, the blood may rush suddenly to the extremities and you can't get up. You may even have a heart attack. It's the stopping that does it, she says.

Huron Park offers \$3 fees per day to use the facilities of the pool, squash courts and exercise rooms. They also have season and yearly fees. For those who just can't work up a sweat at home, call Huron Park at 279-8200.



Photo by CONNIE RAE

Doing the right kind of exercise with the right amount of repetition is the key to fitness. You don't have to strain yourself, but you do have to do some daily repetitive exercise to keep yourself in shape. Marjorie-Homer Dixon, Olympic kayak competitor and instructor at Huron Park, gave some pointers on physical fitness to women at Woodlands library recently. It's not enough to be thin; you have to be fit too, she told them.

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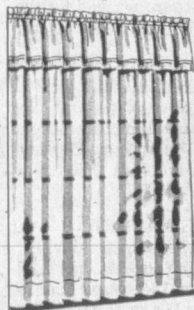
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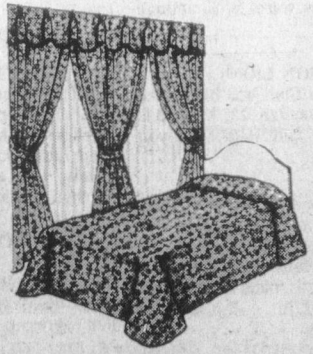
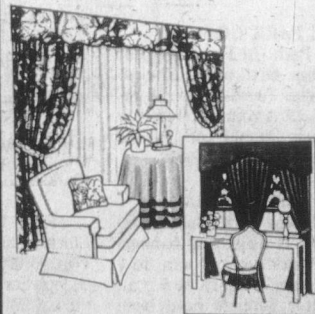
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RULES

1. To enter, please print your name and address on the ballot and deposit in ballot box.
2. Contest is open to all residents of Ontario over 18 years of age, except employees of the T. Eaton Company Limited and their immediate families.
3. In order to win, each selected entrant must answer a skill-testing question.
4. Prizes will be awarded as specified and must be accepted as awarded. They are non-refundable, non-transferable and have no cash value.
5. Contest will close February 5. There will be draws for one winner in each of the following stores: Yorkdale, Scarborough, Sherway, Don Mills, Bramalea, Shoppers' World, Oshawa & Warehouse Store (Sheppard Ave., West).
6. All prizes must be used by Dec. 31, 1977.

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