

# Belly Dancing reduces waistlines

Fitness-conscious women bored with just plain exercising might try belly dancing. Randi Cherry, who teaches belly dancing to 100 women in five Ottawa classes, plays down the burlesque and nightclub connotations of this art form.

"Belly dancing is mainly a good way to get the mind and body together," she said. When done properly belly dancing is described as a series of movements that can be graceful, flowing, winding and erotic.

Mrs. Cherry said many of the women in her classes want to try something different and for most of them it is a fascinating experience. Learning to control the muscles in the body was the most important aspect of belly dancing.

One woman in her 30s said she had reduced her waistline by 21/2 inches since she began the course three months earlier. Aerna Lubbert said she had tried fitness programmes before but found none of them as successful or as stimulating. "Plain exercising is boring, which is why no one stays with it," she said. "This has been interesting as well as physically demanding."

Mrs. Cherry also teaches the history of the dance and helps her students make their own costumes. She said belly dancing may have been originated to assist in the ritual of childbirth since many of the movements are similar to contractions. The dance instructor said belly dancing and yoga can complement each other, noting that much of the same discipline is required.

"I don't think North American people are really ready for the theory of yoga and would be much better with something like this," she said. ♦

# Recycling to save environment

Waste newsprint, which previously would have been consigned to garbage dumps, has been incorporated into a recycling process at the Ontario-Minnesota Pulp and Paper Co. Ltd. plant at Kenora, Ontario.

The wastepaper, collected by boy scouts and other groups, is sold to dealers who have the equipment to bale it in the required



Artist, Daphne Odjig Beavon in The New Warehouse Gallery, located behind her native arts store in the downtown section of Winnipeg. The gallery is believed to be the first of its kind totally owned and operated by native people in Canada. It is a place where artists can exhibit their works without paying the heavy commissions and fees charged by some galleries. A variety of art forms will be presented, not simply the traditional work often identified in the public mind as the only kind of native art.

unit size. The paper arrives in Kenora in 1,700-pound bales from Winnipeg and Minneapolis.

The process, which is designed strictly for newsprint, begins at the northwestern Ontario plant with the removal of the paper from railway cars by a forklift machine. The paper then enters the production mainstream. Primary treatment involves subjecting the wastepaper to a solution of hot water and caustic soda. Next the moist pulp is pumped over a screen to remove ink and other foreign matter, and mixed with ground wood. Eventually the pulp finds its way into the paper machine operation for the finished product.

Bob Birch, resident manager of the mill, said the recently-initiated recycling process reflects the company's concern about the environment. Every ton of waste paper that was recycled leaves one cord of wood standing in the bush. The scheme is planned eventually to handle 40 tons of wastepaper a day.

The Kenora plant, a subsidiary of Boise Cascade Corp. Ltd., produces as much as 800 tons of high-grade newsprint each day, with most of its production shipped to the United States midwest.

Both ground wood and chemical pulps used in the manufacturing process are made from pulpwood harvested in the surrounding area. The mill has been producing newsprint since 1924. All the wood used in the manufacturing process arrives at the mill by truck, rail or water, in the form of eight-foot logs. ♦

# Parable returns profits

A Bible parable and a minister's faith have resulted in a United Church of Canada congregation bringing back profits of more than four times the size of its investments.

Early last December, Rev. Ben Hodder handed out \$2,500 in crisp, new \$5 bills to his Kew Street congregation in Toronto and asked the churchgoers to invest the funds.

On Sunday, January 26th, the congregation, which filled the church to its 650-seat capacity, gave the minister \$11,100 with the promise of more profits to come.

"It's fantastic," Rev. Hodder said in an interview. "The idea got away beyond the dollars-and-cents area — it was a real experience." Rev. Hodder said his inspiration was a parable in which a man entrusted eight "talents" — a monetary unit comparable to \$1,000 — to his servants before departing on a journey. He was given 15 talents on his return.

The minister said the congregation used his money for concerts, bazaars and purchase of materials to produce goods for sale. He said some of the profits may be used to sponsor similar programmes in other churches. ♦