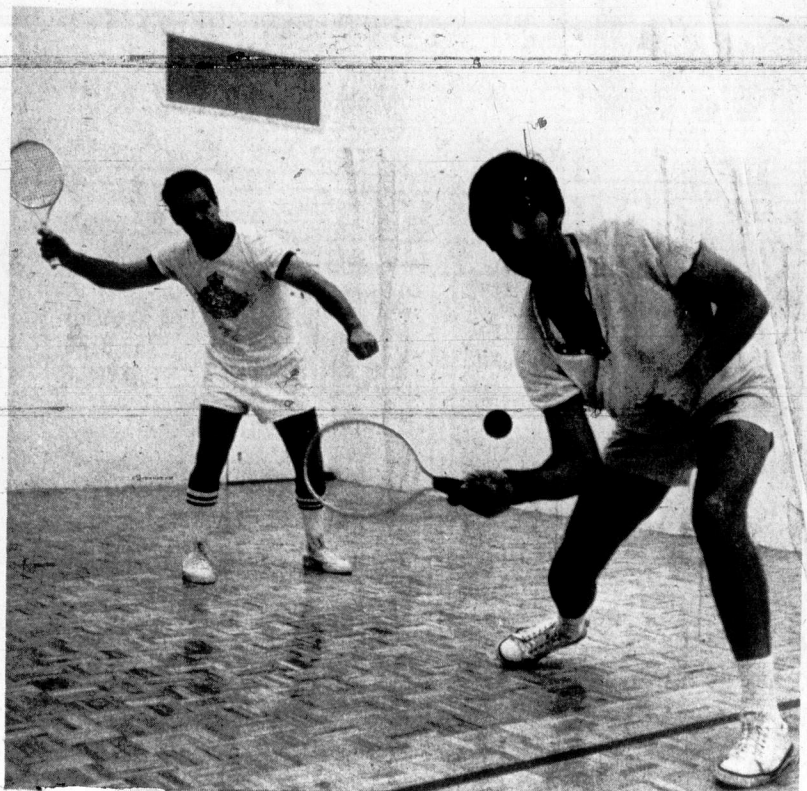


Births, Deaths & In Memoriams



Anthes Equipment in Mississauga is deeply involved through the efforts of employee Harold Forbes in a physical fitness program for their staff. Here Forbes (left) gets ready for the return from Gene Weleschuck in a game of racket ball, a daily event for Anthes' employees, both men and women.

After all the good food comes the vital exercise

By DIANNE RINEHART
It's widely accepted that physically active people are more mentally active and capable of producing more on the job, but little action has been taken on this knowledge within Canada.

Loss to economy

For instance, about \$200 million is lost to the Ontario economy every year because of heart disease.

Xerox Corporation estimates it costs \$600,000 to replace an executive who dies prematurely, while Ian Thomas of A. E. LePage Limited says the average executive brings business into his company worth a minimum of three times his salary.

"If an executive earning \$40,000 a year dies 10 years before his time because of heart disease or some other problem brought about through lack of physical fitness, it will cost the company more than a million dollars in lost business," Thomas says.

In the United States several large corporations have invested in their employees physical fitness and the idea is beginning to catch on in Canada.

Two local programs

In Mississauga, The Times interviewed employees of two businesses who had fitness programs for their staff.

Harold Forbes, a divisional training officer at Anthes Equipment, spearheaded a fitness program for employees at his company.

Forbes said he was mostly concerned with administrative employees who are desk bound all day. "Shop people tend to be more physically fit," he said.

Forbes, a self described fitness buff, said he sold the idea to the president of the firm to subsidize two thirds of an employee's membership at Huron Park Recreation Centre.

Besides the financial stimulus to become physically active, Forbes supplied employees with a support system.

Group participation

Everyone has good intentions when they start into a fitness program, Forbes said, but the novelty soon wears off. Group participation prevents this. They motivate each other, he says.

To encourage activity, Forbes organizes tournaments. The company even supplies a trophy to the winning team, as well as sports supplies to participants.

Over half the administrative workers at Anthes have taken out full memberships and another quarter participate about two nights a week, Forbes says.

Women unmotivated

Forbes says he has been unable to motivate women employees to participate to the extent the men do, but they at least get out a couple of nights a week.

Physical activity rewards both the employees and the company, according to Forbes.

Forbes himself has lost 10 pounds since the program began a year and a half ago, and says he can think of three good examples of other employees who are taking off weight and feeling better.

The competitive program promotes good spirit among employees and although Forbes says it's hard to measure efficiency, if you feel fit you naturally work harder he believes.

Employees who are involved are doing a better job for the company, Forbes insists.

Improves performance

Jack Rose of Pete, Marwick, Mitchell and Company says "people can work better if they're in really good physical shape."

Rose along with other partners in the public accountants company, were members of the Fitness Institute and the Cambridge Club, and felt the activity was giving them a lasting benefit.

The Mississauga company now sponsors memberships at those two fitness clubs from 100 per cent and down depending on the employee's position within the company.

There are currently eight men participating in the program, Rose says all the members are over 35.

Old, fat and jolly

"We were getting old and fat and jolly looking," he says. "The greatest percentage of employees who are under 35 don't need the program," Forbes added.

Because of the varied schedule of management, the fitness program members work out on their own. "I rarely see anyone else from the company when I work out," Rose said.

Rose says he's lost 10 pounds since he began participating regularly and another member of the company lost 25 pounds in about three months.

The company also sponsors hockey leagues for employees.

Rose says as an employer he feels the program is good. He finds his employees are "sharper."

Fitness caravan

In an effort to encourage Mississauga companies to start fitness programs and to make residents themselves more aware of their fitness level, the city's Recreation and Parks Department ran a fitness caravan last summer.

The results show that Mississaguans are in as poor physical shape as the rest of the country. Only 13.5 per cent of the employees tested scored well.

The results of the test show that fitness decreases as the age groups get older, and fat layers increase.

In contrast it is in the senior years of life when the fitness level of the body is most important. Cardiovascular diseases and general medical problems of any nature are increasingly more difficult for the body to repair as it deteriorates through old age.

Maintain fitness

Although it is relatively easy to maintain a good level of physical fitness it becomes increasingly difficult to regain it once you stop being active.

Susan Tesar, a project leader for a similar test caravan in Brampton with the YMCA says the more fit employees are, the better they can cope with the stress and strain of their daily job. This coping ability will lead to increased production, she says.

Ms. Tesar says in the United States, companies give their employees time off to work in facilities located right in their office building. She says she hopes to see businesses in Canada encouraging physical fitness in this manner in the future.

Deaths Deaths Deaths Deaths Deaths

WARD FUNERAL HOME

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2035 WESTON RD. | 52 MAIN ST. S.
Weston 241-4618 | Brampton 451-2124



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Telephone 259-3705

GRAY, Thomas Gifford — Member of Mount Dennis Lodge AF and AM Number 599 G.R.C., Scottish Rite Hameses Temple, R.C.L. Number 213, Weston. Sudden death at home, December 28, 1976. Survived by wife, Joan and his wife Patricia, Joan and Kim, dear grandfathers of Derrick, son of the late Robert and Hattie Gray formerly of Larwick, Scotland; brother of Marion Mrs. B. Davis, Weston, Evelyn (Mrs. W. Barger), Weston and the late Harry, Alfred, Jean, Gordon and Dorothy. Funeral to St. Matthias Anglican Church, 1428 Royal York Road, Weston, for service Thursday 3 p.m. Interment Riverside Cemetery.

HARRIS, Irene Annie — Sudden death at her home, Weston, on Sunday, December 28, 1976. Irene Harris of Weston, daughter of the late Matthew and Minnie Harris, dear sister of Mary (Dot) and Ruby Bernadette. Dearly loved by her nieces and nephews. Funeral mass Wednesday, 11:15 a.m. Interment Mount Hope Cemetery.

MADGETT, Sarah (Bertie) — At the Queen Elizabeth Hospital on Monday, December 20, 1976. Bertie Madgett, wife of the late Thomas Madgett, dear mother of Harold, Vera (Mrs. P. Dexter), Ronald, Allan and Bruce, sister of Edith (Mrs. W. Atkinson), Clara (Mrs. F. Clark) and Mary (Mrs. J. Madgett). Dearly loved by her 18 grandchildren and 6 great-grandchildren. Service was held in the chapel Thursday 2 p.m. Interment Glendale Memorial Gardens.

MANSFIELD, Ada — On Tuesday, December 21, 1976, Ada Mansfield of Downsview, wife of the late Wilbur Mansfield. Dear mother of Thomas of Downsview and Thomasine Mrs. J. Sinnott of St. Catharines. Sister of George Gough of Scarborough and the late Eileen Terrore of Rosheid, New York. Dear grandmother of Jack Jr., Luanne and Alan Sinnott of St. Catharines and Lydia and John Mansfield. Service was held in the chapel Friday 11 a.m. Interment Mount Pleasant Cemetery.

McDOOLING, James Lenard — At Humber Memorial Hospital on Saturday, December 25, 1976. James Lenard McDooling, beloved husband of Nora Bullock of Weston. Dear father of Doris (Mrs. J. A. Lithgow), Margaret (Mrs. A. Todd), Irene (Mrs. A. Todd). Dearly loved by his 11 grandchildren, and great-grandchildren. Dearly loved by his brothers and sisters. Service in the chapel Wednesday, 11 a.m. Interment Glendale Memorial Gardens. Remembrances may be made to the Canadian Cancer Society or Gideon Bibles.

DUNCAN, Thomas — At the Humber Memorial Hospital on Sunday, December 26, 1976. Thomas Duncan, husband of the late Lucy Sibthorpe, dear father of James and Heather (Mrs. A. Sutton). Loving grandfather of Craig, Paul and Curt. A brother of Ross of Scotland. Service in the chapel Wednesday, 11 a.m. Interment Sanctuary Park Cemetery.

MORRISON, Ethel (Bess) — At Newmarket, Ontario, on Monday, December 20, 1976. Ethel Bess Morrison of Downsview, wife of the late George Morrison. Dear mother of George William of London, Doreen (Mrs. C. Dixon) of Downsview, Cecil Roy of London, and Douglas Edward of Vancouver. Dearly loved by her 22 grandchildren and 10 great-grandchildren. Private family services were held on Tuesday morning followed by cremation.

RITCHIE, Rose — Sudden death at Branson Hospital on Thursday, December 23, 1976. Rose Ritchie, wife of the late Milton Ritchie, dear mother of Irene (Mrs. H. Limanski), Margaret (Mrs. W. Spencer) and Wilfred (Mrs. J. MacLennan). Dearly loved by her 6 grandchildren and 11 great-grandchildren. Also survived by brothers and sisters. Service was held in the chapel Monday 10 a.m. Interment Glendale Memorial Gardens.

SMITH, Donald, (Donnie) — On Wednesday, December 22, 1976, at the Hospital for Sick Children, 50, Donald William Smith, 14 years, beloved son of Ann and Sam, loving brother of Liz and Lynn and grandson of Mrs. E. McPhee and uncle of Christine. Service was held in the chapel Friday 2 p.m. Interment Riverside Cemetery.

WHITEFORD, Mary — At the Mount Sinai Hospital, on Saturday, December 25, 1976. Mary Whiteford, in her 85th year. Wife of the late John Robert Taylor Whiteford. Dear grandmother of Jack and Robert T. Whiteford. Great-grandmother of Barbara, Coleen, Shawn, and Kellie. Sister of Ella Anderson, Kathly Jennings, James Dickson, Beth, Margaret Edie, and Ina Baxter. Mother-in-law of Mac. Service and committal were held in the chapel, Tuesday, 2 p.m. Interment Prospect Cemetery.

SODJA, Vlado — At Our Lady of Mercy Hospital on Friday, December 24th, 1976. Vlado Sodja of Alderwood. Beloved husband of Martina Desman. Loving father of Fran, Vladimir, Evelene, Mark, Alan, Vada, Mihaela. Hested at the Itidley Funeral Home, Ltd., 3080 Lakeshore Blvd. W. at 14th Street. Funeral was held on Monday to Our Lady of the Miraculous Medal Church for Mass at 10 a.m. Interment Mount Peace Cemetery.

PT-TRK, Michael — At Central Park Nursing Home, on Saturday, December 25, 1976. Michael Pt-TRK, dearly beloved husband of the late Suzana Lanco, and loving father of Emil, Weston, Michael, Saksun, and John Saksun of Islington, dear stepson of Theresa, Cecoslovakia, brother of Maria, Anna, John, Susan, Anna and Maria, all of Cecoslovakia, lovingly remembered by grandchildren Janez, John, Suzanne, Christopher and Karen Anne. Hested at the Itidley Funeral Home Ltd., 3080 Lakeshore Blvd. W. at 14th St. Funeral was held Tuesday at 9:30 a.m. to St. Cyril and Methodius Church, Clarendmont at Robinson for Mass at 10 a.m. Interment Mount Peace Cemetery, Mississauga.

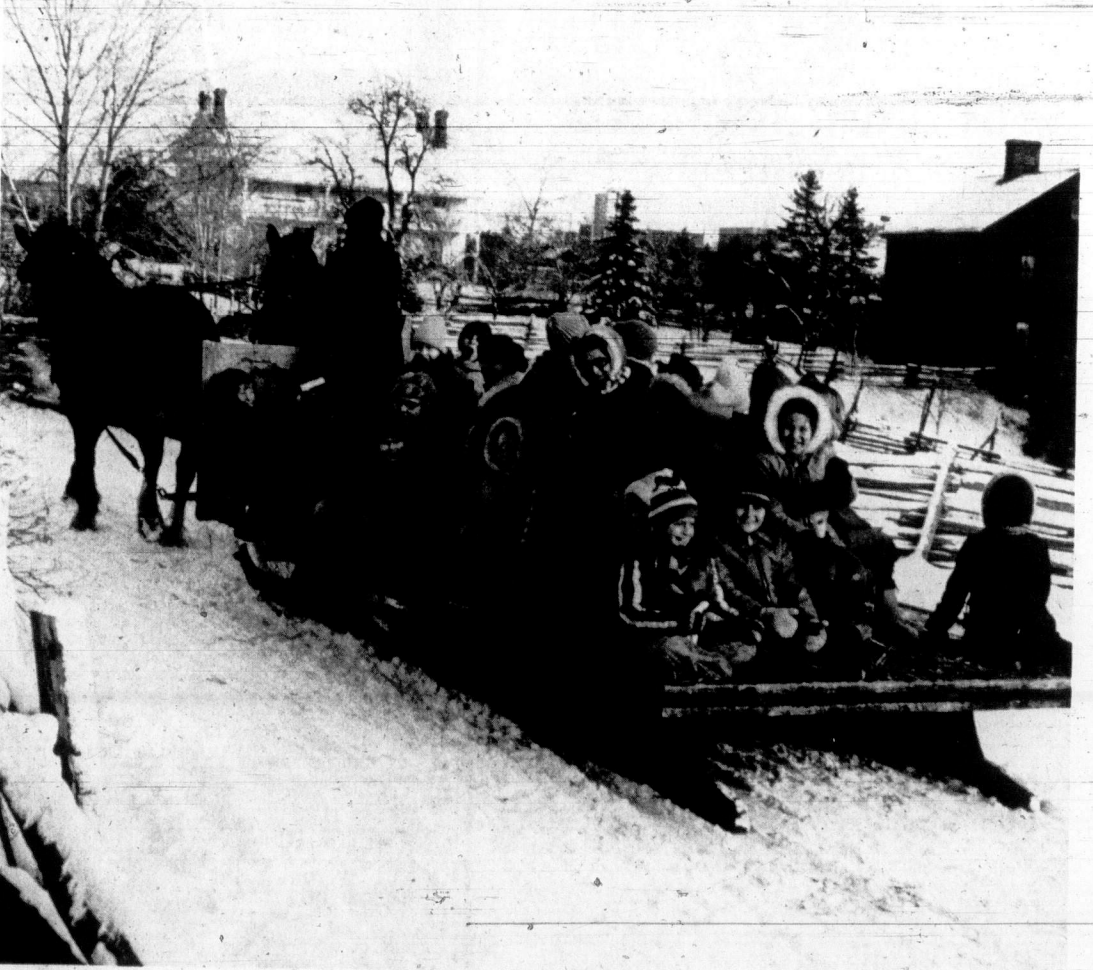
ROSAATI, Andrew R. (Jiggs) — Sudden death at the Queensway General Hospital, Etobicoke, Tuesday, December 21, 1976. Andrew (Jiggs) Rosaati, beloved husband of Anna Fallo of 217 Aldercrest Rd., Lynda (Mrs. David Hutt) of Long Branch. Mr. Rosaati rested at the Wignall Funeral Chapel, 62 Long Branch Ave., Long Branch. Funeral was held from St. Ambrose Catholic Church, Brown's Line at Evans Ave. for Requiem Mass Thursday at 10 a.m. Interment Holy Cross Cemetery. Memorial contributions to the Canadian Cancer Society or the Ontario Heart Fund, would be appreciated.

Cemetery Lots
Riverside Crematorium
2300 Lawrence Ave. West
241-0861
"Book of Remembrance"

HEDDEN, Howard — In loving memory of our father, who passed away December 30, 1968. While you dear Dad rest and sleep Your loving memory we'll always keep. Always remembered by Irene, Joyce, Donna.

HEDDEN, Howard — In loving memory of a dear husband who passed away December 30, 1968. You were a loving husband a pal so good a friend. A better husband never lived. Your equals are but few. Sadly missed by Ethel.

HEDDEN, Howard — In loving memory of our grandfather, Howard, who left us December 30, 1968. Sadly missed along life's way. Lovingly remembered every day. Gail, Paul, Peter.



Winter in the village

The spirit of a pre-Confederation Christmas is in the air at Black Creek Pioneer Village. Old fashioned horse-drawn sleigh rides add to the atmosphere of pioneer preparations for the annual festive occasion. The sleigh rides are featured daily at the village, until Jan. 3, with the exception of New Year's Day. Following the closing of the buildings for

the winter, on Jan. 4, the sleigh rides will be available on weekends, between 10 a.m. and 4 p.m., and by reservation only, on weekdays. For information and reservations contact Metro Region Conservation, at 661-6600, Extension 263.