

Speaker believes diet is a four-letter word

By Melanie Cummings
SPECIAL TO THE BEAVER

Diet, the word and its practice, should be obliterated from our vocabulary.

As a mother and teacher for 20 years at the all-girls school, St. Mildred's-Lightbourn, June Cockwell has witnessed the devastation caused by diets.

"Every eating disorder started with a diet that went too far," Cockwell told a group of 30 women gathered at the school Wednesday night to hear her presentation titled *Body Wars and Body Thieves*.

She's immersed herself in the subject since discovering the anorexic behaviour of a longtime friend back in her university days, and as a result of another friend's daughter who's suffered for six years. The girl is only 13 now.

To be model thin is a pervasive, almost insidious idea that begins to seep into the minds of young people — especially girls — from a young age.

Cockwell reported results of a recent study of Grade 4 girls that revealed 80 per cent of them had already dieted.

Research revealed in 1998 that among 10,000 girls surveyed, 17 per cent of the 8 to 12-year-olds had induced vomiting, used laxatives or diet pills.

It doesn't seem to matter to most women and girls that waifish bodies are natural to only five per cent of the population, said Cockwell.

"Advertising and celebrity culture bombard us with only one image of the skinny girl to convince us that that is normal. It makes us feel inferior if we are not," she added.

The growing years from age 8 to 15 are rapid and physically altering. Youths spend the whole time wondering if they are normal. Considering their primary goal through these changes is to avoid embarrassment, despite roaring hormones and fluctuating moods, their challenge is difficult.

Educating young women about media distortion is vital, said Cockwell.



Jill Kitchener • Special to the Oakville Beaver

June Cockwell discusses eating disorders and how models contribute to a child's desire to be thin during a *Body Wars and Body Thieves* presentation at St. Mildred's-Lightbourn School.

"Tell them about the work of Pascal Danguin, the man who digitally enhances photos of famous people. Young people don't know these aren't accurate depictions," said Cockwell.

She suggests focusing on images of athletes, whose bodies are healthy and fit.

Social attitudes toward weight have changed from Marilyn Monroe's curvaceous size 14 figure to Kate Moss' protruding ribs.

Miss America in 1922-1923 was 5 feet 7 inches and 140 pounds. Fast-forward to fashion model Twiggy in 1967 whose 91-pound frame ignited a craze toward thinness. Move 29 years ahead to Miss Universe who stood just as tall and weighed slightly more at 116 pounds.

It doesn't seem to matter to the advertising world that the average American woman between aged 25-45

is 5 foot 4 inches tall, weighs 140 pounds and wears a size 14.

Yet, the so-called "ideal" woman portrayed by models is a 100-pound, 5 foot 7 inch, size 8.

Fat is the last bastion untouched by political correctness, said Cockwell.

The \$50 billion diet industry inundates us with its latest 'research' about what not to eat or ideal weight loss formulas. In the past few decades we've been told not to eat salt, sugar, red dyes, fibre, fat, starch, a lot of protein, and then a little.

"Dieting actually makes us fat," said Cockwell.

Rid ourselves of all the diet talk, negative body flaws, and scales.

"We are not fish to be weighed, we are people to be enjoyed," she added.

Emphasize that food is necessary to live, but only one aspect of a life well lived, Cockwell urges.

Flynn suggests funding formula could change

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closed because of the Liberal program, it's worth it," Currah adds.

In its election platform, the Liberal party promised to provide more money for education and to cap class sizes for junior kindergarten to Grade 3 students.

The call for patience on the part of trustees is being supported by Kevin Flynn, who has just been elected as the Liberal MPP for Oakville.

"They had a process in place based on the old rules, but at this point, I think it would be foolhardy to go forward without knowing what the rules will be," said Flynn.

"There will definitely be some changes to the funding formula," he added. "I think there will be some very specific funding for (growth) commu-

nities like Oakville."

By delaying the closure process, Currah says the board could also avoid the problem of having major decisions made by a "lame duck" board.

Trustees are scheduled to vote on the closures on Nov. 19, nine days after the municipal election, but prior to the swearing in of new trustees.

That means the trustees making the decision may not have a mandate from the voters.

Currah, himself, will be in that position, as he is not seeking re-election as a trustee. He is running for an Oakville council position, representing the Bronte area.

He believes the closure decision should be made by the newly-elected trustees, rather than the outgoing trustees.



OAKVILLE

COUNCIL & STANDING COMMITTEE MEETINGS

Monday, October 20, 2003

Planning & Development
Council Meeting
Council Chambers
7:30 p.m.

Monday, November 24, 2003

Council Meeting
Council Chambers
7:30 p.m.

Monday, December 1, 2003

Council Inaugural Meeting
Council Chambers
7:30 p.m.

Additional meetings for the month of December 2003 will not be determined until after the Municipal Election.

THE CORPORATION OF THE TOWN OF OAKVILLE

PROPOSAL NUMBER PROP-18-2003

REQUEST FOR PROPOSAL FOR JANITORIAL BUILDING MAINTENANCE SERVICES AT VARIOUS MUNICIPAL INDOOR POOLS

SEALED PROPOSALS on forms provided will be received by the Town Clerk, 1225 Trafalgar Road (2nd Floor), Oakville, Ontario, L6J 5A6 until **12:00 noon, local time, on**

TUESDAY, NOVEMBER 4, 2003

Specifications, proposal forms and proposal envelopes may be obtained from Town of Oakville Purchasing Services (Finance Department), 1225 Trafalgar Road (1st Floor), Oakville, Ontario L6J 5A6; Telephone 905-338-4197.

NOTE - MANDATORY PRE-BID SITE VISITS

Pre-bid meetings for potential bidders have been scheduled for each Town facility. Prospective bidders should contact the Purchasing Department at the number above regarding the scheduled meeting dates, in order to ensure that they do not miss any of the mandatory visits.

FAILURE TO ATTEND AND REGISTER AT ONE OF THE SITE VISITS FOR EACH FACILITY BEING BID ON WILL DISQUALIFY THE BID SUBMISSION FOR THAT FACILITY.

A certified cheque or Bank/Trust Co. draft for the amount specified in the proposal document **MUST** accompany each proposal and will be retained without interest as a performance bond for the due and proper performance of this contract.

The Town of Oakville reserves the right to reject any or all proposals and the lowest price will not necessarily be accepted.

Manager, Purchasing Services

NOTICE TO OAKVILLE RESIDENTS CONSTRUCTION OR DEMOLITION IN YOUR AREA

Should you have any concerns regarding demolition or construction activity in your area, the following individuals can be reached during the business hours of 8:30 a.m. to 4:30 p.m. or alternatively, a message can be left by calling (905)845-6601 and dialing the respective extension.

Should the matter occur outside business hours and be serious or persistent, you may call (905) 878-5511 and ask for "communications" where your inquiry will be directed through Oakville Parking Control to the appropriate individual.

For construction: John Tutert, Manager of Inspection Services, Ext. 3195, email: jtutert@oakville.ca

For noise beyond the hours of 7 a.m. to 6 p.m. or nuisance: Phil Bouillon, Manager of By-law Enforcement, Ext. 3093, email: pbouillon@oakville.ca

For daytime on-street parking issues: call Parking Control at 905-338-4394. Evenings and weekends, Parking Control can be reached through Halton Regional Police at 905-878-5511, ask for "Communications Operator" who will radio dispatch information to Oakville Parking Control. Alternatively, email can be sent to: fastley@oakville.ca

For drainage and grading: John Kwast, Manager, Development Engineering, Ext. 3320, email: jkwast@oakville.ca

For road works: Glenn Anger, Draftsperson, Survey & Drafting, Ext. 3344, email: ganger@oakville.ca

This information is also available on the Town of Oakville website. (www.oakville.ca)

As per Council's direction, individual notices will no longer be issued to residences adjacent to construction or demolition projects.

Shelly Switzer, P.Eng., CBCO, Director
Building Services Department

1225 TRAFALGAR ROAD • OAKVILLE, ONTARIO • L6J 5A6
(905) 845-6601 www.oakville.ca

Arsonist sets fire to new home

Halton Regional Police are investigating an arson fire at a new home under construction in northwest Oakville.

On Saturday around 5 a.m. the Oakville Fire Department received a telephone call from a person driving in the area of Postmaster Drive and West Oak Trail, who indicated that they smelled smoke in that area.

Firefighters and police responded and found that multiple fires had been set in a single house on the northeast corner of Postmaster and West Oak Trail that was nearing completion.

The fire was quickly extinguished but not before there was some interior structural damage estimated at approximately \$75,000.

The house had yet to be sold and was still the property of the builder.

It was determined that the origin of the fires was suspicious in nature and at press time the police and fire investigation continued.

Anyone with information on this incident should call police at 905-825-4777 or Crime Stoppers at 1-800-222-TIPS.

If you have a news tip or story idea, call the Oakville Beaver at 845-3824.

The Leaves Aren't The Only Things Turning This Fall

Call the dance professionals at Fred Astaire Dance Studios and you'll be dancing and twirling, too! Ballroom dancing is fun - and great exercise. What are you waiting for?

Fall Special
5 hours of dance for \$20*

Limited to first 35 callers



225 Lakeshore Road East, 2nd Floor
Downtown Oakville
1 block west of Trafalgar Rd.
(Entrance from both Lakeshore Road and parking lot off Church Street)
(905) 842-3797

*New adult students only



Residents may soon dial 311 to access government

Halton Regional Council has approved a recommendation for the Region to participate in a joint application to the Canadian Radio-Television and Telecommunications Commission (CRTC) to designate the use of the 311 telephone number for non-emergency municipal services.

"Participating in this application reflects the Region's commitment to providing Halton residents with more integrated and seamless access to government services," said Regional Chair Joyce Savoline. "Recent studies show that access is one of Canadians' biggest barriers to getting government services. 311 would provide

Halton residents easier access to information regarding issues such as water quality, growth management and construction, through a single telephone number."

Co-applicants in the 311 request include the cities of Toronto, Calgary, Montreal and Gatineau and the Halifax Regional Municipality. The Canadian Federation of Municipalities and several other municipalities have provided letters of endorsement for the application.

"As we near the close of Customer Service Week, this application shines as a prime example of the importance Halton Region places on providing residents with excellent customer service, all year round," added Savoline.

Butterfly exhibit at Monarch Ball

John G. Powers, founder of Wings of Paradise and president of Flying Jewels Inc., makes a special guest appearance at the Monarch Ball on October 25 at the Harbour Banquet and Conference Centre.

Accompanying Powers will be a 30-piece display showcasing butterflies and moths from around the world. - a unique exhibit that will make its first appearance in Oakville during the Ball, the third annual fundraiser for the Butterfly Park and Winter Skateway.

The gala evening includes a host reception, dinner with wine, dancing, auction and much more.

Tickets are \$200 per person for this black tie optional event and patrons will receive a charitable tax receipt for the maximum amount allowable. Reserve individual, group or corporate tickets by calling the Bronte Butterfly Foundation at 905-825-2245.



October is Public Library Month in Oakville!

Enter for a chance to win!

1. The Oakville Public Library is "Your Centre for _____".

2. What are our official 4 NEW colours? _____

3. Did you learn something new about us this month that you didn't know before? Yes _____ No _____ If yes, what? _____

4. How did you hear about Public Library Month?

Check all that apply:
_ Library web site _ Announcement
_ Library Month pamphlet
_ Oakville Beaver _ Library Staff
_ TV Shows _ In-library posters
_ Library Volunteers

5. Did you receive a copy of our Public Library Month brochure? If yes, where? _ In the library _ Delivered to my home

Name: _____

Address: _____

Phone #: _____

Please fax your entry form to:
905-815-2024
by Friday,
October 31st.

