

## Volunteers essential

by Carol Clark

Many people are under the impression that volunteering is something for the homemaker who has nothing else to do, it doesn't do much for our society but keep these women busy.

Well, volunteers are far from being "the little woman at home." Many very busy women and men find time to get involved as volunteers.

Out politicians would not make it to any height without volunteers to work for them or promote them. The many organizations, agencies, service clubs and groups could not exist without their volunteers. Whether it be locally, regionally, provincially or nationally, we all benefit from volunteer work.

Many boards consist of volunteers—men and women, young and old, paid workers or homemakers or retired persons. They're all out there working for us.

Our country could not function without the help of our volunteers nor could our country afford to pay for the many man-hours donated by these people. If you are a volunteer or know of one, consider the number of hours this person gives, not only at meetings or working but thinking time. Now multiply those hours by the minimum hourly rate. That doesn't seem like too much.

Now consider that in 1980, a study showed that 2.7 million Canadians were volunteers. Those involved in this study may have gone to each person in Canada to inquire but it is possible that a few people were overlooked.

There may have been a few instances where those persons did not consider themselves volunteers.

A volunteer is defined as "one who performs a service without pay" or "to give or offer (help, services, information, etc.) freely and without solicitation." This does not say that this involvement should be with an agency or organization. A man may shovel his neighbor's driveway or be on the board of directors of the Children's Aid Society. He or she is a volunteer. He does his job willingly and free of charge.

A woman may help at the school or she may sit on the Housing Authority Board. She is a volunteer. She does her job willingly and free of charge.

Volunteering does not know sex, age, social standing, educational or financial background. Volunteering only recognizes caring and sharing.

To learn more about volunteer positions available in your area, call Carol Clark at the North Halton Volunteer Centre 877-3219.

*It's not too late to plot and plan,  
Do all the secret good you can,  
Take young and old folk by surprise,  
And scatter stardust in their eyes.  
For you won't know the joy of living  
Until you share the thrill of giving.*

—Author unknown.



Therapist Jaye Larry and Linda Longman spoke to about 20 people about Sexuality in Later Years at the Glen Town Hall

## Touch-deprived says therapist at workshop

Conditioning over the years contributes to North Americans becoming gradually "touch-deprived", says Linda Longman, a therapist who spoke to about 20 people at a workshop in the Glen Town Hall Saturday.

The all-day workshop, entitled Sexuality in Later Years, focused on values and relationships, communication, sexuality, touching and maturing years.

Longman said that many people are not comfortable touching others. "We become touch-deprived which sometimes leads to mental illness, depression, alcoholism and drug problems," she said.

She stated a common problem is the association of touching only with sex and not for caring and healing. "So many people feel more comfortable with a safe handshake or a clap on the back," said Longman.

Another therapist at the workshop sponsored by the North Halton Social Planning Council, Jaye Larry said nursing homes can create problems for the elderly and their sexuality.

"It's always easier to perceive the elderly as helpless, just sitting there rocking in a chair or something," he commented.

"It creates a lot of discomfort if you think older people you know are sexually active," he added.

He claimed many nursing homes have anti-sexual prejudices against older people. "Even touching is discouraged and there is always a lot of supervision in the nursing homes," he said.

## Rural workshop Tues., March 29

Leadership Workshops (nicknamed R.S.V.P.—Rural Seminars for Vital People) are ready to roll. The workshop in this area for all rural people will be held on Tuesday, March 29, 1983 at the Meadowvale Inn, Mississauga. The goal of the R.S.V.P. program is to further develop leadership skills within members of rural organizations.

The main topic of each workshop is how to run an effective meeting or program. Sessions include setting goals and objectives for your organization, parliamentary procedure, and evaluation. The program which commences at 9:45 a.m. will be preceded by registration from 9:00-9:45 a.m. Speakers will include Dale Carnegie, Institute staff, Marilyn Sewell, Farm Safety Consultant; and Chuck Jacobs, Rural Leadership Development Specialist.

The Workshop is open to all members of rural organizations with a cost of \$5.00 per person. For further information contact the Milton office of the Ontario Ministry of Agriculture & Food. Deadline to pre-register is Friday, March 18.

## Renaissance backs noose

In a letter to the Honourable Mark MacGuigan, Minister of Justice, Rev. Ken Campbell of Milton, Renaissance, has called on the Canadian Government to reinstate and enforce capital punishment "for those proven guilty, beyond a shadow of a doubt, of the cold-blooded murder of a fellow human being."

Renaissance claims "the appropriateness of capital punishment in such a circumstance, is based on neither the primitive reaction of vengeance nor the pragmatic deterrent factor but on the Judeo-Christian concept of justice."

"God requires that Government, as the servant of God and of the people, provide justice. Justice demands that the man who would show no mercy to a 9-year-old girl in sexually violating and then in strangling her, deserves to be dealt with by the law of the land in like manner—without mercy."

## \$10,000 reward

For the first time in Halton Regional Police force's nine year history, the Board of Police Commissioners is offering a \$10,000 reward for information leading to the arrest and conviction of person or persons responsible for the murder of Delia Adriano.

The Oakville resident was kidnapped from her home on September 27 and her body was found on November 6 in a wooded area near Campbellville.

## Veteran councillors want new method for agenda info

Veteran regional councillors are pressing to alter the method of distributing information concerning items on the agenda, because they believe there is duplication which wastes too much time.

Burlington councillor Joan Little suggested that items should only appear once at committee, but the resolution lost at a recent administration and finance committee.

"What happens is you spin your wheels three times and then again in council," commented the Burlington councillor. "For example, we spent at least 30 minutes on this birth control thing and it's not even administration and finance."

Oakville councillor Carol Gooding pointed out that it was a councillor on the administration and finance committee who wanted the birth control report from Dr. Peter Cole, the

"There's no attempt to cut off information," stated Oakville mayor Harry Barrett, who strongly supported the resolution. "I don't want to discuss something that's been discussed three times before."

Burlington mayor Roly Bird has also stated he supports this position.

But rookie councillor Jackie Cutmore admitted attending different committees allows her to get more information about the issue, before going to council to make a decision.

Chief Administrative Officer Dennis Perlin said he is preparing a report outlining guidelines, but he did say he believed the current policy worked well. "It gives a chance for all committees to discuss the item," he said. "And it's important to give councillors the chance to familiarize themselves with the issues."

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## Institutes looking at controversial issues

Women's Institute (WI) members across the province are taking a look at some controversial issues this year.

Women's rights, women's use and misuse of drugs and alcohol, and microtechnology's effect on women in the workplace and in the home, are only some of the suggested topics.

These topics, prepared by provincial conveners and executive members; are being sent to branch conveners in a factsheet to help them plan 1983-84 meetings.

Each WI branch can decide which topics or sub-topics it is interested in developing.

Co-ordinating this effort is Joyce Canning, former home economics supervisor for Ontario Ministry of Agriculture and Food (OMAF).

Canning says her new post as OMAF's co-ordinator of rural women's groups strengthens the ministry's tie with the 88-year-old WI.

"The ministry has always

held a close tie with the Women's Institute. But this is the first time the ministry has been involved in developing specific programming."

The objectives of the WI, founded in 1897 by Erland Lee and Adelaide Hoodless, remain unchanged. The WI encourages sound homemaking skills, develops women's leadership skills, identifies problems and needs in the community, promotes resource material and develops happier, more useful citizens.

Canning says stronger programs, using these suggested topics, reinforces these objectives may give the WI a united voice on some issues.

The WI is one of the largest women's organizations in Ontario with a membership of more than 26,000. Last year, 1,211 new members joined. But Canning hopes stronger programs focusing on key women's issues, will attract many more new members.

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