

# Today's abused child is the abusing parent of tomorrow

An organization such as Parents Anonymous should be formed in Halton Hills. A group such as that would not only be of benefit to those parents who abuse their children but would also be beneficial to the community as a whole, said Lynn Rae, a director of the Toronto-based, Parents Anonymous, in speaking to the Local Council of Women, Friday afternoon on the topic of "Child Abuse."

Mrs. Rae, cautioned that if such a group was established in Halton Hills, great care must be taken when selecting the directors and helpers of the groups. She pointed out that a person who was chosen to head the sessions must not be at all

biased and must be able to understand the reasonings behind why a parent or parents abuse their children.

"If a parent saw the slightest hint of prejudice against them by the personnel the parent will not relate and in fact would not return to the sessions," explained Mrs. Rae.

Mrs. Rae introduced her topic of child abuse by presenting a half-hour film entitled "Fragile Handle with Care" a production made in the United States, which, unlike the many medical films based on child abuse, relates to the public and to the abusing parent.

The very emotional and profound film illustrated the

reasonings behind the abuse and the help that was given to these parents.

Mrs. Rae outlined the functions behind Parents Anonymous and explained that it is a community, self-help organization operating with a handful of volunteers and a handful of professional people. Parents Anonymous meet once a week in two locations in Toronto in informal discussion groups.

The parents relate their past week and if a parent has had a so-called good week he or she explains how they coped throughout the week. If a parent found it a very difficult week he or she explains why

and what happened. Mrs. Rae pointed out that advice is not directly given but the parents themselves tell how they coped with a similar situation and the parents help work out each other's problems.

"We are a non-critical, non-judging group but we do lend lots of support," said Mrs. Rae.

"Many child abusers do not wish to see a professional person because they do, deep down feel guilty for what they are doing. They have a lack of a good concept within themselves."

Mrs. Rae explained that it is often parents who were abused themselves as children, who are later abusing parents.

"When we speak of an abusing parent we are not talking about a parent who

occasionally spans a child or strikes a child, we are talking about parents who damage their child either emotionally, physically, sexually or ritually continuously."

Mrs. Rae told that Parents Anonymous findings that abusing parents often have similar stemming emotional problems. They cause the inability for a parent to cope with stress and do not allow the parent to handle his tempers.

An abusing parent frequently expects too much from a child, just as the expectations were too high when that same parent was a child. Such a parent demands the

love of a child and in the case where a child cries, a parent refers this as an example of rejection and thinks the child does not love the parent if and when the crying continues.

Mrs. Rae said that the frequency rate of child abuse is higher in lower income families who are in financial difficulties are often faced with greater amounts of stress and problems. She did quickly point out that child abuse is common in higher income families as well.

It is a rare occasion when a child will reveal that he or she is being abused and by who

whether it be by immediate relatives as mother and father, sister or brother, by more distant relatives as an uncle or aunt, or their babysitter or any other known persons.

Mrs. Rae said that children are too fearful of losing their security if the treatment they were receiving was known just in case their bit of security was taken from the child.

Mrs. Rae also noted that a child often feels that he or she deserves the names and the beatings. In turn when this child ages the child feels he or she is old enough now to beat their own children.

An abused child also in many

cases, thinks it is the same situation in all families and if a child does not tell of the beatings then it is up to the other members of the community to call the Children's Aid Society who in turn will investigate to their fullest.

"Parents need help. If there is love and respect in oneself then this reflects on the child. If a parent has no respect for themselves they will relate this to their child. Abusing parents need to be parented as they themselves are parenting. They need the support of the community. If you handle yourself with care you will handle your child with care," concluded Mrs. Rae.

Cost of learning the technique, which, since last August is tax deductible, is \$180 for a family, \$115 for singles, \$60 for college students, \$50 for high school students and \$30 for children aged 10 to 15.

In advanced classes, which are free and held at the Mississauga offices of the International Meditation Society, meditators, can listen to tape recordings or view video tapes of the Maharishi speaking on meditation.

The remaining four lessons



Lynn Rae

## They're OUR cops Sports and family are important to this policeman

One of the things constables now to the Halton Police force in Halton Hills are asked to do when they first report for duty is to make sure the buffalo at the Georgetown Fairground Park gets fed at night. It is a hopeless task for there are no buffalo there but some new recruits have spent a frustrating week at it before realizing it was the way the detachment has of initiating a new man.

"They never pulled any jokes on me," Constable 4th

class Bob J. Andrews said as he put his coffee cup on the table and pulled up a chair.

Such was not the case with him, he explains, because he grew up in Acton and knew Georgetown well from the days when he played minor and intermediate hockey.

Const. Andrews admits he is "athletically inclined" and always has been. At Acton High School, to which he went after attending M.Z. Bennett Public School, he helped the school's track team to three

championships with his cross-country running in 1967, 68 and 69.

In winter he played hockey and began to referee games in Acton and Georgetown until it became "a little too hectic with this job," he says.

Although he stopped being a cop on the job, he still manages the time to play centre for the Christian Reform Church team.

"My recreation is sports," he says. In fact, it was while playing softball and hockey as a youth that he met some senior officers on the police force who were playing or coaching.

He takes a pull at the coffee mug and shifts his position in the chair.

"I wanted to become a police man," he says, "but I shied away from it because I didn't know if I had the self-confidence."

His first job was in his home town of Acton until Halton Region came into being. For a year and a half he worked at the sewage disposal plant until he grew dissatisfied with the rate of advancement.

But why the police?

"With this job here," he says, "you get to develop your mind by using it. You've got to be thinking all the time."

What also is important to Const. Andrews is job satisfaction, he says. "If I wanted to get a job with more money but less job satisfaction, I could have gone to Ford in Oakville. But if you've got job satisfaction, you can be content with life."

Part of the contentment Const. Andrews enjoys comes from his family. He has a wife, whom he met while playing hockey at Limehouse and an infant son who was born during Const. Andrews' fifth week at the Ontario Police College in Aylmer. His mother lives in Brampton and two brothers, Bruce who teaches physical education at Acton High School, and Keith, both live in Acton. His father died when he was three.

Const. Andrews remembers that brother Bruce's first job as a teacher was trying to teach history to a grade 10 class Andrews was in. It is a fond memory now and he laughs as he says, "It was tough."

Asked if he has any beefs about the public he is paid to protect, Const. Andrews hedges for a bit before saying the one he has is common to all police on every force.

"It's common courtesy," he says. "Our job is to serve the public. We enjoy doing our job or we wouldn't be in it and we'd like the people to be courteous to us, friendly to us."

He says he doesn't like handing out tickets or summonses, but, "I think people have to realize this is the job of the police department. If they are courteous to us, it makes our job just a little easier."

As for bouquets, he adds, they come from the public. "It helps to have someone write a letter or say something nice. It's the same thing in any job."

Const. Andrews takes a last pull at the coffee mug. Police work is a "24 hour job," he says. "You go shopping and you're recognized as a cop." Sometimes people exhibit shyness when they find out you are a cop, Const. Andrews says. "But once they get to know us they can relate a little better."

"Being new in town, I'd like to meet more people. I'm not a loner. I enjoy companionship."



Constable Bob Andrews

## World Day of Prayer

"Education-For All of Life" is the focus for the 1978 World Day of Prayer on Friday, March 5. Approximately 3,000 communities across Canada and 170 countries around the world will be sharing this interdenominational day of prayer and fellowship. This year the service was prepared in Latin America.

In Georgetown, a Holy Cross Church at 1:30 p.m., hosted by the Catholic Women's League. Rev. Patrick Dundon, a member of the Holy Ghost Missionary Society, who has worked for ten years promoting Socio-Economic Development programs for the benefit of the people in Latin America, will be the guest speaker.

Babysitting will be provided during the service and a coffee hour will follow. Men, women and children of all faiths are welcome.

The World Day of Prayer is sponsored, in Canada, by the Women's Inter-Church Council of Canada which is made up of representatives from ten Christian denominations, the Y.W.C.A., the John Milton Society for the Blind in Canada, and the Armed Forces Chapel Guilds.

## TM works: The charts prove it

Teachers of transcendental meditation—a mental technique with roots stretching back 5,000 years to India—came to Cedarvale Community Centre last Thursday and told 35 people that "things go a little more smoothly" and that you "can accomplish more by doing less" after meditating.

Rob Bassford, 25, and Dave Mitchell, 24, both of Mississauga and disciples of Maharishi Mahesh Yogi, are full time teachers of the technique brought to North America by the Yogi in 1959.

Bassford told the audience that "TM" allows a person to go beyond the conscious thinking level to a more subtle state of thinking and eventually to reach a level of "pure awareness."

He said that reducing mental activity in the mind has a corresponding effect in the physical body in that the metabolic rate of the body "drops quite dramatically."

He said that "TM" is a "fourth major state of consciousness" after waking, sleeping, and dreaming and that the state of "restful alertness" could be achieved in the first minutes of the first meditation.

Mitchell, who narrated a slide presentation showing charts of how the practice of

meditation benefits the meditator, said that since 1970, 300 research studies have been done on the technique.

A pamphlet the two meditators distributed at the meeting has more than 64 charts and graphs which show that meditators have faster reaction times, increased perceptual abilities, increased intelligence growth rates, improved academic performance, increased productivity and job satisfaction, decreased anxieties, and reduced use of alcohol and cigarettes, to name a few.

Practicing meditation is very simple, they said, as it

involves nothing more than sitting with eyes closed in an easy chair and silently repeating a "mantra" for 20 minutes twice a day.

The evening's presentation was a combination of the first two lessons in a series of seven designed to make individuals meditators. The third lesson required the filling out of an application form and brief interview during which an appointment would be made where the teacher would impart to the student a mantra and initiate him into the practice.

are devoted to meditating and answering questions novice meditators might have.

Cost of learning the technique, which, since last August is tax deductible, is \$180 for a family, \$115 for singles, \$60 for college students, \$50 for high school students and \$30 for children aged 10 to 15.

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COMBINING THEIR TALENTS. Doreen Lister, executive director of the 'Y' in Georgetown. Doreen was nominated president at the 'Y's' annual meeting held last Wednesday evening.

## Regional council moving to take over CAS

Neglecting embarrassing reminders that their participation with the Halton Children's Aid society has been less than "shameful" Halton councillors last Wednesday called for a study into the pros and cons of bringing the CAS under the complete control of regional council.

Councillor Marjorie Powys reminded the councillors that never have more than two of the region's six appointed representatives (all coun-

cilors) on the CAS's board of directors attended the board's meetings.

Frequently, she said, she was the lone representative of the six to attend.

"To have the staff study such a nonsensical suggestion is a waste of the staff's time...We will forfeit a great deal of respect which we cannot afford to lose."

Councillor Carl Erikson, who presented a motion that the regional chairman and ad-

ministrative staff meet with the board of the CAS to discuss the council takeover of the society, replied, "If the CAS was under the regional council we would be there every meeting."

"We owe it to the taxpayers and to the children to at least sit down and talk about it."

By bringing it under the direction of the region's staff Councillor Erikson felt that there may be some savings in costs.

## Come to Church

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11:00 a.m. Georgetown  
Sunday School for all ages. At both places of worship  
Nursery Care

**ST. GEORGE'S CHURCH**  
ANGLICAN  
Rector: The Rev'd. R. Gallagher, B.A., S.T.B.

**Quinquagesima Sunday**  
Sunday February 27

8:00 a.m. - The Eucharist  
9:15 a.m. - Family Eucharist  
11:00 a.m. - Choral Eucharist

Church School 9:15 and 11:00 a.m.  
Nursery service 9:15 and 11 a.m.



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10 A.M. Family School  
11 A.M. Morning Worship  
7 P.M. Evening Service  
Tuesday 7:30 P.M. Youth Night  
Wednesday 7:30 P.M. Bible Study  
Thursday 8:30 P.M. Missions

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## Trinity Teachers

The Georgetown Trinity Teacher's Association held their regular meeting on Saturday, February 7 at the home of treasurer Ruth Wigham. Despite the bad weather which prevailed throughout the day and night there was a good turnout to the meeting.

The agenda for the remainder of the year was discussed and many business items were decided upon. Following the business meeting the members of the GTTA enjoyed a social hour.

## CWL welcomes three members

New members, Anne Wittmeier, Laurie Harris and Elly Kraus, were welcomed at the February meeting of the Catholic Women's League by acting president Dorothy Bergmann. The ladies were happy to hear that President Sue Lorito gave birth to a baby girl on the 12th of February.

Georgette Milliere reported a paid-up membership of 100. Members were urged to attend the spring regional meeting in St. Mary's Church, Brantford on March 13. At this time council presidents present a highlight report of their year's work and it is interesting to hear what other councils are doing.

Sienna Van Hoekelen requested volunteers for the Blood Donor Clinic on March 8 and the Red Cross Convass on March 9.

Suzanne Moore, resolutions convener, pointed out that National Council has presented to the federal government twenty-one resolutions dealing with abortion, child battering violence on TV, alcoholism, pension rights of widows, world food crisis, status of Indian women, pornographic and obscene publications, packaging of consumer goods, medical research grants, penalties for the use of cannabis and consumer protection.

In co-operation with the Unitarian Women's Committee, the League is collecting warm clothing to send to Korea and Bangladesh. Sienna Van Hoekelen offered her home as a drop-off point.

A motion was passed to accept the dispersal of bazaar profits as presented the previous month.

Project Todd, \$500, Contact Centre, \$100, Sunshine School, \$100, Tinkerbell Nursery School, \$100, Mount Alverno School, \$100, Mount Alverno School, \$100, Scholarship For Student at G.D.H.S., \$100, Gift to student at Holy Cross, \$25, at St. Francis, \$15. Vestments and equipment

for church, \$300, The Church To-Day TV Program, \$50, Canadian Missions, \$100, National C.W.L., \$100, Halton Pro-Life, \$50, Volunteer International Christian Service, \$500, Home of Compassion, Ceylon, \$100, Save a Family Plan, \$100.

A card party, organized by

Suzanne Moore, followed the meeting. A pot of mums, generously donated by Vanderburgh Flowers, was won by Peggy Beach.



DAY CARE CENTRE IS OPEN. Pat Wood (left) supervisor of Halton region's newest Day Care Centre located at 65 Maple Avenue in Georgetown, plays with the three of children who presently attend the centre. Beside Pat are Linda Gorlick, Sean Murphy and Kelly Parliament.

## Pollution Probe surveys if pop program is working

If you notice, in the next few days, someone carefully scrutinizing the soft drink display at the grocery store, you're probably seeing a statement by former environment minister Bill Newman being either proven or disproven.

Georgetown Pollution Probe

members are currently carrying out a survey to see if provincial guidelines supporting a "return to returnables", to be fulfilled by March of this year, have, in fact, been followed by soft drink manufacturers.

The survey consists of filling out sheets on everything from the prices of the pop at each

store to how the returnables (versus nonreturnables) are promoted in each store.

"We are anxious to bring to the notice of the present minister (of the environment) George Kerr, that returnables are not always available and pricing does favour throwaways," a spokesman for GPP noted.

## March is Red Cross Month

March is Red Cross Campaign-for-Uncle month. Halton Hills residents are advised by the Red Cross to keep the Information Sheet, delivered by mail, handy by the phone. The sheets list all available services,

and their phone numbers. Acton and Georgetown district residents, business and industry, canvassed by mail, are asked to make a donation (with address given for receipt). P.O. Box 106 of the Georgetown and District Red

Cross Branch. If not canvassed by March 13, please, send your donation to the Red Cross in Georgetown. If there are sufficient canvassers Acton will have residential canvass

## Work on sewage plant can begin

Last Wednesday regional council approved Bill 19-76 which authorizes regional chairman Allan Mason to sign an agreement with the ministry of the environment with respect to the construction and operation of Project 2-0306.

Project 2-0306 is the extension to the Georgetown sewage plant, a project which will provide a green light, after years of caution, to developing more industrial and residential properties in Georgetown.

For Georgetown councillors its approval by Halton council marks the end of an eight-year struggle to get to this point plus the beginning of a year-

and-a-half's construction of the \$3.5 million plant. The plant will provide an additional 1.5 million gallons per day capacity to the already over-taxed sewage plant.

"This may not mean a great deal to councillors from Oakville and Burlington," commented Councillor Ernie Sykes, "but it means a lot to us."

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**TONIGHT, (Wed., Feb. 25), 7:45 P.M.**  
at the Galaxie Club, Oakville

**"THE OLD WAYS FOR OUR MODERN DAZE"**

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**Sunday, Feb. 29th,**  
WHITE OAKS HIGH SCHOOL, Oakville

**3:00 P.M. SACRED CONCERT** featuring:  
Jim Reese and Larry Campbell  
"The Song You Were Born to Sing"

**7:00 p.m. INTER-CHURCH REGIONAL**  
**8:15 p.m. RALLY OF WITNESS**

**"Creating a New Man for a New Age"**

**ALL WELCOME**