



77-year-old Dr. Malcolm Coultis on his bicycle in front of house he was born in on Main Street South in Georgetown

Doctor, 77, pedals home for visit

By GEORGE EVASHUK
Herald staff writer

A 77-year-old doctor travelled a long way to visit his boyhood home on Georgetown's Main Street the last 11 miles in style on his ten-speed.

"Today I'm going to do 75 miles, no sweat," Dr. Malcolm Coultis told The Herald last Tuesday as he wheeled his bike along the street to view 129 Main Street S., the house where he was born in 1901.

Although he now makes his home in San Diego where he retired three years ago from his medical practice, Dr. Coultis combined his nostalgic visit to Georgetown with the 50th reunion of his class in medicine at the University of Toronto.

He picked up the bicycling habit in 1965. He felt tired and thought about retiring when he entered in a dressing room another doctor who was in excellent physical shape. "I knew it was because the guy was bicycling."

He took his son's bike out around the block when he got home that day. "It nearly killed me." Now he has biked through most of Europe and the United States. His most miles per day was 125 on a trans-continental tour, he said.

His father, Richard David Coultis, was principal of Georgetown high school from 1898 to 1914 when the family moved to Saskatchewan where his father completed his career as a school inspector and normal school teacher at Moose Jaw, Dr. Coultis said. He was also Sunday school superintendent at Knox Presbyterian church and his

mother was active in church work.

Malcolm began his career as a teacher after graduating from the University of Saskatchewan then moved to Toronto to study medicine, graduating in 1929. After graduation he said he moved to Rochester, New York, because they paid intern there, and didn't in Canada.

"I wanted to get off my father's back," he said. From Rochester it was to New York City where his practice of orthopedic surgery was interrupted by World War II. He served with General George Patton's army in Europe in a mobile army surgical hospital, like in MASH, the television program.

"All the incidents portrayed in that series have happened," he said. While in New York he married and fathered three children, the eldest a son who has taken over the medical practice. Dr. Coultis established in San Diego where he settled down after the war.

In San Diego he met another orthopedic surgeon and "I grew prosperous and I got fat," Dr. Coultis said. His weight at the time was 180 pounds on a five-foot, six-inch frame. One day as he was leaving his car three little boys taunted him with being "a fat man," he said, "and that was my moment of truth."

He dieted down to about 160 pounds and stayed there for 15 years, he said.

He and his wife had two more children in San Diego. He said he worked hard to build up an organization of seven surgeons and has a medical centre of 70,000

square feet in three separate buildings adjacent to a community hospital in San Diego. It is projected that the centre will expand to 100,000 square feet.

Since retiring, he devoted his life to business affairs and bicycling, he said.

The doctor had some free advice to offer on "how to live long and feel good."

"Keep your weight down. Have some regular physical activity. Stress your heart for 10 minutes daily."

"And don't smoke."

He said he bicycles because "It's exhilarating and the health benefits are not exactly incidental. I wanted to look and feel like my friend."

During his walk up Main Street he called out the names of the families who had lived in the houses back when he was a boy.

He noted that the sidewalk has moved in front of the house and a stone marker with the name Dr. Rainey, who no one could seem to remember, had disappeared.

He had also taken the opportunity to look up his old friend John Barber.

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Big Brothers hold local run

Halton Hills Big Brothers will be holding their own runs June 11 as part of the national fundraising "Big Run for Little Brothers." Sunday afternoon from 2 to 5 p.m., runners will be starting at Acton high school and Cedarvale and running five kilometer routes through the respective towns back to their starting points.

Pledge forms are located in a number of centres in both communities. Group president George Wagner says that 90 per cent of the money pledged to the runners will be used in Halton Hills to fund the local group. Only 10 per cent of the money collected goes to establish new Big Brothers operations in Canada.

Resident on first, last course

Fennella Browne, of Georgetown, was among the first and last graduates of a unique course offered at Sheridan College of Applied Arts and Technology.

The program of independent design was discontinued by the college last year to concentrate its efforts on crafts training. There were four graduates of the course.

Present students have been transferred to the school of visual arts. Ms. Browne is currently working on set design.

The Halton Hills runs are local fundraising efforts in conjunction with a nation run, Mr. Wagner says. The national relay started at St. John's, Newfoundland, and Victoria, British Columbia on May 27 and makes it way toward a finish in Ottawa on Father's Day, June 18.

The runners will carry banners containing a ceremonial scroll to be signed by local dignitaries in each location and will travel at a jogging pace.

Wintario grants

Wintario has announced grants to a number of local groups. Halton Hills library will receive \$5,000 for the purchase of Canadian materials and materials for the home appraiser.

Halton Hills parks and recreation will receive \$2,000 to help purchase gymnastic equipment.

A \$600 grant to the Georgetown and district Y.M.C.A. for a share of a preschool day camp and fitness program.

Survival Community Association will receive \$250 to share costs of the Queen's Silver Jubilee celebrations in Halton Hills.

Largest Island Encompassing 840,000 square miles of land mass, Greenland is the world's largest island.



HIRE A STUDENT WEEK

Mayor Tom Hill signs a proclamation declaring the week of June 10 to June 15 as Hire A Student Week. Looking on is Anita Waldman of the Canada Manpower Centre for Students.

Red Cross emergency course

A training course for workers in emergency services is to be held Saturday by the Red Cross Society in Georgetown at Cedarvale Community Centre.

There is no charge for the course which runs from 9 a.m. to 5 p.m. Free lunch and coffee will be provided.

Blanca Goudekting, emergency services chairman, says the purpose of the course is to train persons to become emergency workers in the event of a major or minor disaster.

The topics to be covered are emergency preparedness; a survey of Georgetown; basic principles and requirements for emergency shelter, clothing and food, public relations and public information; a needs assessment; the individual in an emergency; the support offered by other Red Cross Services; effective leadership and management; a review of the basic principles and procedures; and coordination of services offered by police, ambulance, Citizen Band operators, churches and other groups.

A certificate will be offered to all completing the course and they are eligible to take three and a half days of training to become instructors. Anyone or any group interested in taking this course can contact the Red Cross office in Georgetown at 877-5233 or North Halton Contact Centre at 877-1211.

A few words in the right place...

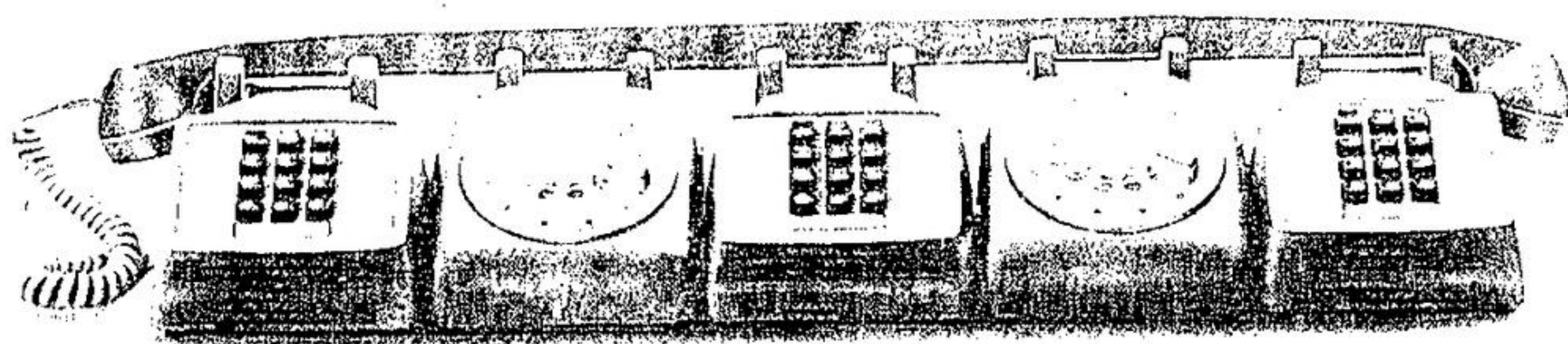
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of

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