



**Staff  
comment  
by  
Richard  
Petrashek**

## Changing the shape of things to come

The 1980's.  
What do they hold in store for the unsuspecting people of Halton Hills?

To find out what will transpire in the future, most people go to fortune tellers, but not I. I decided to go to the real professionals in the field of prediction - the politicians.

Last week, I asked councillors Marilyn Serjeantson, Terry Grubbe, Roy Booth and Ed Wood to gaze into the future and tell me what they saw for Halton Hills in the 1980's.

While most of their answers dealt with subjects that were of particular interest to the individual councillors, a couple of themes kept repeating themselves.

Councillors Wood, Booth and Serjeantson, like Mayor Pomeroy commented in an earlier interview, expect a solution to the sewage capacity problem in 1980. The provision of additional capacity could open the door to some badly-needed industrial development.

"A lot of what happens in the near future hinges on sewage capacity", Coun. Wood said.

All four look forward to the building of the new arts and library centre in Georgetown in the early 1980's.

"The arts and library centre will provide the town with a badly-needed facility", Coun. Booth said.

Industrial development, road restructuring and various other forms of building and physical change were mentioned, but the most intriguing comment came from Coun. Grubbe.

"I hope that in the 1980's we'll see a greater awareness of each other's needs, between the people of Acton and Georgetown," she said. "I had two calls today (Thursday) from people who were concerned about a feeling of division between the two communities. People have to start feeling that they're a part of Halton Hills, not just Acton or Georgetown."

Mayor Pomeroy expressed a similar comment when he said he expects to see a greater community spirit in the 1980's simply because "people will need each other more".

Therein lies the message for the 1980's.

In the '80's, we will all have to shake off the narcissistic shackles of the 1970's and start thinking of the common good.

People will no longer be able to survive as entities unto themselves in the difficult times that lie ahead.

In the 1980's we will have to become a community.

# U.S. gas sales could hurt Canada

By JULIAN REED, M.P.P.  
(Halton-Burlington)

## LEGISLATION ON DISCRIMINATION

The proposed rights bill for handicapped people has run into considerable opposition, and its fate is very uncertain at the present time. Various groups representing handicapped people have opposed the legislation because it singles them out for special treatment, a form of discrimination. It has been charged that the government chose to introduce a separate bill because it didn't want to re-open the Human Rights Act. Amending that Act to cover handicapped people would leave the government open to lobbying from other groups, especially the homosexual rights community, which would want a section banning discrimination based on sexual preference. There is a possibility that amendments covering handicapped people will have to wait to be included with those dealing with mandatory retirement age and pensions, which may result from studies currently under way. The Minister of Labour stated that it's "only realistic to recognize the legislative process will be protracted."

**ENERGY SUPPLIES**  
Liberal Leader Stuart Smith has been hammering away at the Minister of Energy to get

natural gas into areas of Ontario where it is lacking at present. During an emergency debate on home heating oil, he told the Minister that Ontario has been sitting on its hands instead of "converting to natural gas, expanding gas lines into various communities and across various boundaries within the province." Already in Ontario, 19,650 homes have switched to natural gas this year, compared to 8,600 last year. The forecast for next year in Ontario is 26,500 conversions, but brisk demand has meant that manufacturers of conversion kits "have been unable to meet the demand". Stuart Smith told the Minister that gas companies are discouraging new conversion requests until the end of January because they are swamped with people trying to convert. David Peterson (Lib. London Centre) stated that some firms such as Union Gas cause serious difficulties for people wanting to convert to natural gas. "They will not pump out the oil. They will not take out the oil tanks people have in their homes. They will provide no trade-in value for perfectly good oil furnaces."

The Minister of Energy has condemned the federal government's decision to approve extensive natural gas exports to the U.S., calling the decision premature and inappropriate. Canadians could be hurt

because domestic natural gas prices will rise as exports deplete our conventional reserves. Such a consequence will force the use of higher-priced frontier reserves, and Canadians should be compensated for the higher prices they will have to pay. He told the Legislature that he did not believe Ottawa or the National Energy Board's view of possible heating oil shortages this winter. Based on his own consultations with the major oil companies, he had concluded there would be no shortages this winter, barring unforeseen circumstances. Opposition parties have attacked the government for not expressing its outrage with Ottawa over the gas exports until after a commitment had been made. In defence, the Minister said the government had clearly opposed natural gas exports until two criteria are met: that a surplus has been determined and a complete national energy plan is established. While Stuart Smith did not dispute the point, he attacked the government for even giving credence to the concept of a natural gas surplus, saying that all Canada's natural gas reserves should be kept for the future. He also questioned the Minister's apparent selective reliance on NEB figures when discussing potential surpluses, one day acknowledging that he did not trust NEB data with

respect to heating oil supplies and the next approving the Board's calculation of a national surplus figure and exports based on that.

**AUTOMOTIVE INDUSTRY**  
Ontario's automotive industry is apparently in a state of crisis, with 27,000 people laid off and more lay-offs expected, with the possibility of about 8,000 Chrysler workers being laid off at three of its Windsor plants, including about 1,000 on a permanent basis. The Minister of Industry has blamed the cyclical nature of the auto industry and declining North American sales, adding that the lay-offs represent just 9.4 per cent of the industry labour force, compared with 14.8 per cent in the United States, because sales are not as bad here as they are there.

**PILKINGTON GLASS  
LAY-OFFS**  
The Minister of Industry has

stated that it is not his job or the job of the government to take responsibility for the decision of Pilkington Glass Industries Ltd. to close one of its Scarborough production lines and lay off about 400 people, including about 100 non-unionized staff. Also affected are 300 union employees who were not recalled when a 16 week strike at the plant ended October 26th. The Minister of Labour was asked to determine whether Pilkington decided to close the line before the strike began in July, but replied that if there was such an allegation by the union or any employees, "then the Ontario Labour Relations Board should hear about it."

**POLICE COMPLAINTS  
BOARD**  
The Attorney-General has called for speedy passage of a bill to establish a 15-member Police Complaints Board to handle citizen complaints against Metro police. A three

year trial period is envisaged, with members of the Board appointed by Cabinet. Five would have legal training; five would be on the joint recommendation of the Metro Toronto Police Association and the Metro police chief; and five on the recommendation of Metro Council. It would be headed by a full-time Commissioner appointed by Cabinet.



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## Smoking habit hardest one most ever drop

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smoking pattern can be determined, Mrs. Armour said.

The clinic features guest speakers, movies, and group therapy. There are two major lectures each night, from heart specialists, ear, nose and throat specialists, physiotherapists, and chest specialists.

Mrs. Armour said the first night is spent pointing out to the smokers how cigarette smoking affects every part of the body. The first speaker usually deals with smoking patterns and managing smoking.

One of the first films shown during the clinic is entitled "The Feminine Mistake", and shows how the mother's smoking habit can affect all the members of the family.

On the second night of the clinic, a physiotherapist will teach the people how to breathe deeply, something they have to learn to do without a cigarette.

"Smokers miss that long inhalation," Mrs. Armour said.

On Wednesday evening, the program deals with the difference between the smoker's need for a cigarette and the unconscious kind of smoking. A chest specialist talks about methods of handling stress and a physiotherapist talks about relaxation techniques to assist people to relax without a cigarette.

Mrs. Armour said that by Thursday, the approach gets more positive as the speakers talk about the assets of quitting smoking. The last two days of the clinic are spent talking mainly about fitness and diet, which concerns a lot of former smokers who worry about gaining weight after they quit.

The former smokers attend follow-up meetings every Tuesday for as long as necessary after the clinic itself is over, Mrs. Armour said. Out of a group of about 50 smokers, about 15 to 20 usually attend these follow-up meetings, she said.

Mrs. Armour said that about ten per cent of the people arrive at the clinic saying, "Here I am. Make me quit." The rest already want to quit, and many of them may have tried before and failed, she said.

People who reach for a cigarette during a stressful situation have the hardest habit to break, Mrs. Armour said, and she speaks from

personal experience. She was a smoker herself.

"I smoked once when I was in my teens because I wanted to be older, what I thought was a swifter," she said. "I quit fairly easily when my children were young because they were worried about my smoking. Then I started smoking again under a stressful situation about 12 years ago. That was very difficult to give up."

Mrs. Armour said it took her about two years to quit smoking the second time, and because she felt the need for continued reinforcement, she began doing volunteer work with the lung association.

Another smoking pattern involves those who smoke to relax, Mrs. Armour said. They treat a cigarette as a reward at the end of a long day. Others use a cigarette as a focus for their concentration. When they have a problem, they stop for a cigarette, and use the time to think about their problem.

The clinic holds a "puff-out" program after six months to bring the former smokers back together to find out how everyone made out, Mrs. Armour said.

The first 24 hours are a difficult time for a smoker who has made the momentous decision, and Mrs. Armour said the clinic recommends they eat less during the first day and drink a lot of water and non-sweetened juices. They also warn people to stay away from spiced or sweet foods because they are associated with smoking. Smokers tend to spice their food more heavily because smoking dulls the taste buds, Mrs. Armour said.

Smokers are also advised to stay away from coffee and tea, and to switch to milk, to break the pattern of coffee and a cigarette, she said.

For those periods of intense craving for a cigarette, the clinic recommends peeling an orange slowly, and eating it, one section at a time. This maneuver will get the smoker through the worst part, which lasts for about three minutes, Mrs. Armour said.

"We don't say to people 'Promise me you're not going to smoke,'" she said. "We tell them not to promise themselves not to smoke. We tell them to choose not to smoke during the times when they really want a cigarette."

For information on the smoking clinic, contact the Halton Lung Association at 827-2973.



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