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FREE PARKING

Friday, April 10, 1981

Seminar on coping with family loss had kindred spirits sharing tears

A seminar on grief and bereavement held at Milton District Hospital Thursday brought tears to the eyes of a quarter of the audience members.

The talk by Toronto West Park Hospital chaplain Clinton Rohr was the second meeting of the North Halton Palliative Care and Interest Group.

The Palliative Care group, organized by Karen Ferguson and Eva Sanson, hopes to help people cope with death and significant loss in their lives, making them aware of the standard responses to these situations.

Rev. Rohr defined grief as "the emotional, physical, mental and spiritual stress resulting from the loss, separation or death of an object, person or value."

"The way that we will respond to these losses depends on how closely related we were to the object or person that we lost," he explained.

"We are fighting our body's natural responses when we try to repress painful experiences. Illness is our body communicating who we are. Repression causes psychosomatic disease and depression."

Rev. Rohr explained the six stages of response to death and dying as defined by American psychologist Elizabeth Kubler Ross, author of the bestseller "On Death and Dying". Dr. Ross asserted that these six stages would be experienced by the dying and those close to them in sequential order, beginning with shock, then denial, anger, bargaining, depression and finally acceptance. It was Rev. Rohr's contention that these stages will be experienced intermittently for a two-year period, but not in regular sequence.

"It is important to allow oneself to go through the grief process without restriction," he said. "We must be patient with those who are going through the grief process, because they have the necessity of expressing their pain by talking to others about their loss in order to be healed."

"There is a need at the beginning of the grief process to be alone, then to share the loss with others, and then to reorganize one's life independently, after self-esteem has been re-established," he stated.

He explained how one's relationship to one's culture and to the whole of mankind could determine the length of time required for recovery.

"If someone is very much a part of their own culture and has a sense of belonging, they will find it easier to rejoin that culture after the death of a significant other," he said.

After the talk, Rev. Rohr urged group members to share personal experiences of loss, and people who had been strangers prior to the meeting shared tears over each others' losses.

Guest speaker for the next meeting will discuss the nursing aspects of dying May 21, 8 p.m., at Acton High School.

"There will be a weekend retreat called 'Working It Through For People Who Have Suffered A Loss' at the United Church Retreat Centre Cedar Glen near Bolton June 5 to 7. For more information, call 483-7189.



CLIMBING THE RANKS

The 156th Squadron of the Royal Canadian Air Cadets were presented with promotional badges and trophies by their sponsoring Royal Canadian Legion Monday. Pictured (left to right) are Sponsoring Committee Chairman Joe Polrier, Corporal Mike O'Bryan, Flight Sergeant Roger Parsons (top marksman), Flight Sergeant Frank Bernhart and Corporal Frank Harrison.

(Herald photo)

Town readies Stewarttown, Glen plans while doubt remains over legality

The town's planning department will soon be presenting final drafts of secondary plans for Glen Williams and Stewarttown despite lingering concerns that the documents may not be legal under the Planning Act.

Although the provincial government prefers to have the secondary plans added to the town's official plan through an amendment to the latter, town planners hope to include the secondary plans through resolutions passed at both regional and local councils.

Under regional planning guidelines, secondary plans for villages and hamlets deal with road patterns, location and types of housing and other land uses in the area. Intended to closely follow policies outlined in larger municipal official plans, they often deal with problems peculiar to the smaller areas.

Meanwhile, one business and a local resident are seeking changes to the Glen Williams plan.

Brent Morris told planning board members last Tuesday night he wants his five-acre property zoned residential like his neighbor's across from him on Main Street. Only 20,000 square feet of his property is residentially zoned, while the remainder, characterized by steep grades, is designated as hazard land.

A representative of Halton Hills Sand and Gravel, the purchasers of the Bishop gravel pit north of the plan's boundary suggested including the pit before settling on a final plan for the village.

Clare Reipma, a company engineer, said the area may eventually be residentially developed once the pit operation closes "in the next few years".

The company would like to outline a road plan as it quarries out the pit and fills in the 135-acre site, Mr. Reipma said, adding that potential developers want to make sure the proposal would conform with the secondary plan.

However, at least one board member expressed disappointment with the idea.

Coun. Russ Miller, chairman of the town's pits and quarries committee, said Halton Hills Sand and Gravel officials had assured the committee there was enough resource left in the pit to continue a quarrying operation for 10 to 20 years.

He expressed concern that the company may have originally bought the pit for "development reasons and not for pit reasons".

Despite promising indications that high grade gravel was plentiful on the site, Mr. Reipma said the company now feels the "resource is not there".

While Mayor Pete Pomeroy suggested the proposal to include the pit in the Glen secondary plan was premature, planning director Mario Venditti assured council that the developer can apply for an amendment to the plan if the company wants to build on the property in the future.

But, he added, residential expansion in the Glen plan is oriented southeastward toward Georgetown and not beyond the plan's other boundaries.

GDHS' student jet-setters back from Spain, Morocco

EDITOR'S NOTE: The Herald's Georgetown District High School correspondent, Harold Bransch of Danridge Crescent, recently returned from a one-week trip to Spain with the school's travel club. At our invitation, he's written the following account of the annual March break overseas trip, enjoyed this year by ten students and five chaperones. After a delay at Montreal's Mirabel Airport caused by the group's original airline over-booking their flight, GDHS teacher and veteran traveller Ron Nelson finally led his group aboard a new flight bound for the sunny Mediterranean.

By HAROLD BRANSCH
Herald Special

The original itinerary had the tour fly directly to Malaga, Spain, but we were now stopping in Zurich to switch flights for Geneva, and then Malaga.

The delay caused by the re-routing was enough to make the entire group late to see a bullfight, held only on Sundays.

After finally getting checked into the hotel Principe de Sol by 4:30 the remainder of the day was spent doing a variety of things prior to dinner at 9:00 p.m.

The next morning, a local fur merchant invited our tour to some champagne and a fashion show of Zebou fur coats. This was the only thing planned for the day, and many people walked through Torremolinos or stayed on the beach.

On Tuesday, several people from the Georgetown group and other schools took a full-day tour past the Rock of Gibraltar, to Tarifa and with a hydroplane over to Tangier in Morocco. On the bus, the tour guide said Tangier and the Casbah are like totally different worlds; he was quite right.

Right from the dock at Tangier, the local merchants would literally "mob" you and try to sell their stolen wares. Along the way and at a lookout point, these vagabonds would try and sell you everything from 18 karat "gold" brass rings to Jilbas, the national dress, and other merchandise.

At the same time you're trying to shake these locals, you must watch your wallet because pickpocketing is described as the second most famous national sport.

The biggest national sport is haggling over the price of anything.

After a Moroccan lunch and a belly dancing demonstration, the group was brought to a "department store" which tot-

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Regional policemen charged by ex-cop

Herald Special

A former Milton policeman testified Monday that three Halton Regional Police officers dragged him across a parking lot, choked him with his own necktie and hit him without saying why or whether he was under arrest.

Russel Connor, 46, who resigned in 1968 from Milton police (now part of the regional force), has sued the three officers for false arrest and damages.

He said the June 28, 1979, incident occurred after he had called a service station attendant a "dummy" when he discovered his car's gasoline cap wasn't tightened properly, he had been over-charged for gas and the licence plate number on the receipt was incorrect.

He said he ripped up the receipt and asked for a new one but the attendant called the police.

Mr. Connor said, that when Constable Rod Plant, one of the defendants, arrived, "I asked him, 'What's the problem?' and 'Is it OK if I leave?'" He said, "You're getting in the cruiser." He didn't tell me why and grabbed my arm."

Mr. Connor said he resisted and when two other police officers arrived, his coat was put over his head and his suit was ripped when he was dragged across the parking lot.

He said he was handcuffed and thrown into the cruiser. Then another of the defendants, Constable Arnold Vanciel, choked him by pulling on his necktie, hit him on the temple with his billy club and swore at him, said Mr. Connor.

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Federal program has jobs for you

Katimavik, the national volunteer youth program funded by Secretary of State, is currently accepting participant applications for projects beginning this summer and fall. Programs will commence July 8, and Sept. 9.

Now entering its fifth year of operation, Katimavik anticipates placing 1,300 young people in some 39 community projects across Canada. Katimavik is designed to offer young Canadians between 17 and 21, from all regions, backgrounds and cultural groups, a challenging alternative educational experience.

With Katimavik, participants have the opportunity for valuable community service, development of employment skills, discovery of country and second language learning.

Each Katimavik team of participants will spend three months on three specific project sites, each chosen to offer a wide range of work experience and living situations. The basic components of the Katimavik concept, including physical work aimed at protecting and improving the environment, community service through local organizations, and cultural education, are emphasized throughout the nine-month experience.

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