



### UPSTREAM SWIM

Several First Georgetown, "A" Colony Beavers recently swam up to Cubs in a ceremony at St. John's United Church. Pictured with Keo-Cub Shawn Gambles (right) are Joe Bilik, Robbie Crawford, Shawn Curry, Trevor Elmesky, Scott Friend, John Jickling, Nicholas Kilpin, Scott Lightowler, David Lipp and Jimmy Siles. Other new Cubs not pictured are Peter Lee, Michael James and Alastair Kernack.

(Photo by Jean Layman)



Leader Brenda Lee handed the new Beaver flag for the First Georgetown "A" Colony recently and presented it to Trevor Elmesky and his fellow Beavers last week. Trevor, meanwhile, was one of 12 Beaver veterans who swam up to Cubs at a ceremony in St. John's United Church. See photo inside.

When you have transmission problems . . .

### MR. TRANSMISSION

18 THOMPSON ROAD  
UNITS 9 & 10 (AT MAIN)  
MILTON 878-8426

## Halton had 3,000 on UIC - StatsCanada

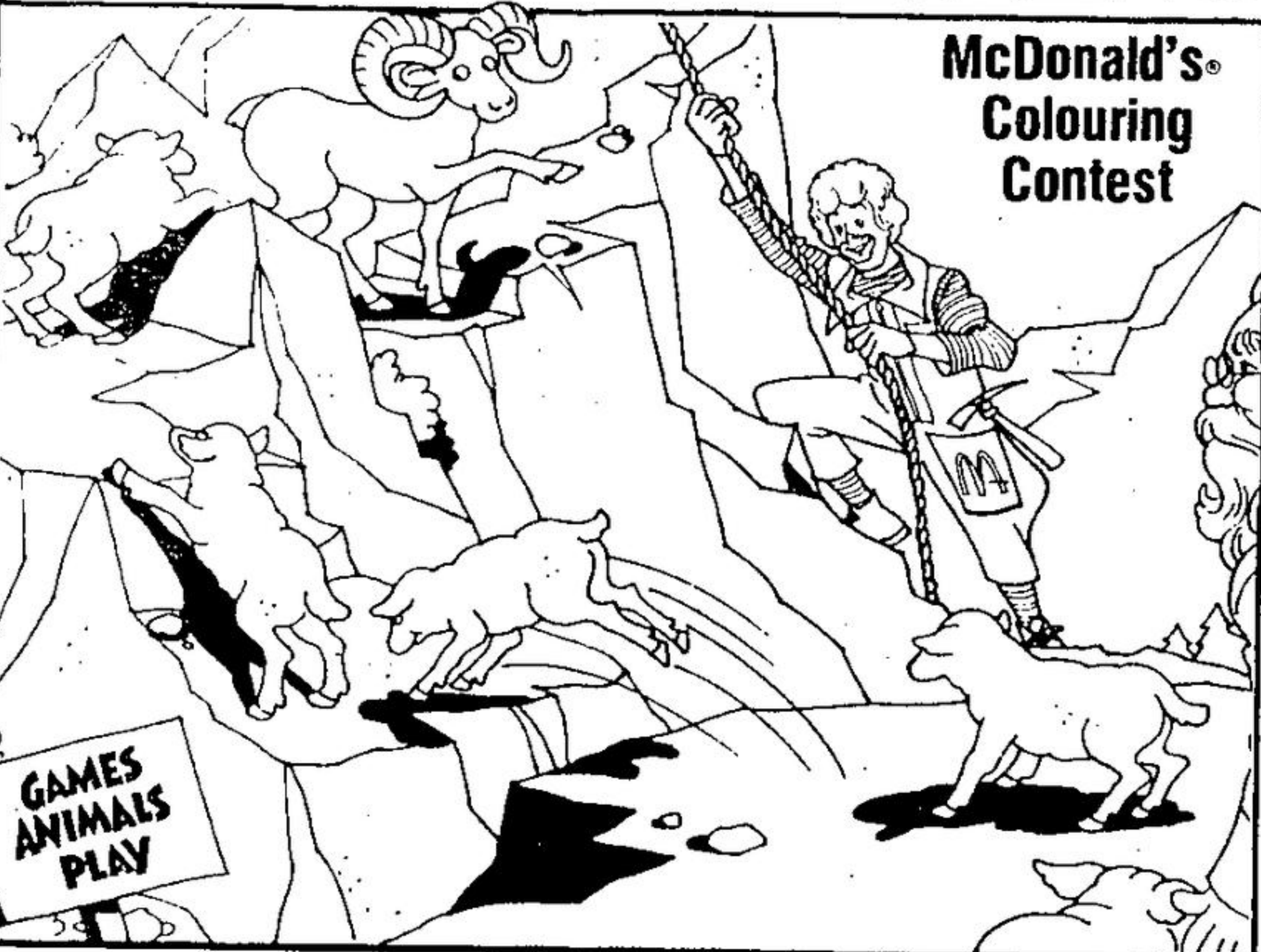
From the Ottawa Bureau Of The Herald  
There were exactly 3,158 unemployment insurance beneficiaries in Halton region as of last July, Statistics Canada has reported.  
In a detailed report on the operation of the Unemployment Insurance Act, the federal agency said that 3,219

benefitted from the act in June and another 3,817 collected benefits in the month of May. During the three-month period, the agency found that on average, 37 per cent of the eligible claimants resided in Quebec, 30 per cent in Ontario, 17 per cent in the Atlantic provinces, 10 per cent in British Columbia and seven per cent in the Prairies.



ASSOCIATE DEALER - CHRIS BYDEVAATE  
**NEVER WAX YOUR CAR AGAIN**  
OUR COMPLETE CAR CARE SERVICE - INCLUDES -  
• Permanent Finishes  
• Upholstery Guard  
• Vinyl Roof Restoration  
• Steam & Dry Cleaning Interiors  
• Pin Stripping, Touch-up Paint Etc.  
FOR FREE ESTIMATE CALL 877-6136  
111 MOUNTAINVIEW RD. N. GEORGETOWN

### McDonald's Colouring Contest



### Win McDonald's Gift Certificates And Watches

Get your Crayons and Felt Markers going to win certificates for delicious food at McDonald's. Entries will be judged on originality and each month there will be a draw for a unique "Ronald McDonald Watch". Enter as often as you like.

SUBMIT YOUR ENTRY TO THE HERALD.  
NAME .....  
ADDRESS .....  
TELEPHONE .....  
AGE .....

SHANNON FOSBURY 42 Rosemary Rd. Acton.  
ERIC BRADBURY 94 Weber Dr. Georgetown.  
NANCY BLACK 17 Noble Ct. Georgetown.  
LISA BRADBURY 94 Weber Dr. Georgetown.  
EMANUEL KRITICOS 57 Storey Dr. Acton.

### Education Week

Nobody can do it like McDonald's can™  
May 3-9.  
Activities at Many Local Schools Including:  
WRIGGLESWORTH SCHOOL  
Fri., May 8, 5-8 p.m.  
SPRING FAIR BAKE SALE  
Fun For All!

### Third palliative care workshop May 20

# RN to share ideas on care of dying

**Herald Special**  
The next meeting of the North Halton Palliative-Hospice Care Interest Group will be held at Acton District High School May 20 at 8 p.m. This is the third meeting in a series of four that are planned for this season.

The guest speaker will be Karen Bojin, R.N., who has been diagnosed as having a potentially terminal illness. Mrs. Bojin will discuss her own feelings and reactions to the disease and her personal experiences in a hospital setting as a patient with a nurse's understanding.

In this series of meetings there is a focus on the needs and experiences of the dying and their families with the hope of stimulating community interest and involvement in Palliative-Hospice Care.

Karen Ferguson of Glen Williams, Marguarite Knechtel of Milton and Eva Sansom of Acton, arrange public presentations and distribute information to interested persons. The organizers are looking for support from community groups and are available to speak at group meetings.

At the last meeting in Milton, the topic of bereavement was discussed. Reverend Clinton Rohr of Toronto differentiated between an individual and a

person in the following ways:  
1. Individualism suggests independence, living lives separate from the group. This may isolate and lead to loneliness and estrangement. Suffering is done alone because one tends to respond to suffering with the idea of being vulnerable and thus one withdraws from the community.  
2. To be a person is to co-operate interdependently and to live in community with our fellowmen. It is to enter into the journey of life with others and together face hopes, struggles and even death.

The concept of hospice care is based on the idea of personal rather than individual contact. Getting involved in sharing one's life and in caring for the dying on this basis requires the statement: "I'm willing to experience this pain"; for each time another person dies, a part of us dies with them. Although this pain does not get easier with every contact, the other side of this coin is that every personal contact between two persons enriches both lives immeasurably.

It takes a great deal of emotional energy to protect others and oneself from the idea of death and to carry out the pretense and denial. This applies equally to the dying and to their families and friends. What is left then, for sharing and living? Where is the dignity in a lonely life no matter how close to death?

Because of the emotionally taxing experience of sharing in a death, hospice care takes into consideration the needs of the survivors and thus can provide measures of support and relief that help to reintegrate the bereaved gently back into the community.  
It is important, for example, to understand that grief takes a long time to work through, for if rushed, it may create physical as well as emotional problems.

Grief may take several forms and although the use of formulas, when dealing with people, is strongly discouraged, three general phases may be identified. These phases may also be similar to the grief experienced by a patient informed of his/her terminal illness.  
These may be:  
1. Numbness and shock  
The person seeks to protect self from the loss and needs emotional distance to "lick the wounds". He/she is able to make everyday decisions but not complex ones. The feeling is one of isolation, being totally lost, suspended animation; something like holding one's breath.

As the numbness wears off anger and/or guilt may surface, but as these emotions break through, so do other emotions and one is able to start breathing again.  
2. Disorganization  
As the numbness subsides, there is the feeling of over-

whelming loneliness and sadness. This may include self pity, weeping, sleep problems. In contrast to the initial withdrawal, the need here is for personal intimacy; sensitive caring to facilitate the ventilation of feelings. The person needs to acknowledge the impact of the loss, to talk about the loved one, about death.

This is a critical phase and often unfulfilled since it may not occur until several weeks or months after the initial shock and by then relatives and friends have lost the continuous contact with the grieving person. They may unknowingly communicate the expectation that grieving should be ended and may not be willing to listen to reminiscences about the life as it was or accounts of pain endured.  
3. Re-organization  
If the grieving is allowed to take its course without rushing to "get it over with", the

bereaved slowly begins to experience more frequent peaceful periods, a lessening in the intensity of sadness and a willingness to renew participation in life. This time the person needs to make sense of what has happened and to accept control for the further development of his/her life.

Neither living nor dying is easy. Help is needed to be born, one cannot journey through life in isolation and help is needed for dying. The word "Hospice" means a community for travellers along the way, a place for replenishing, refreshment and care. Any feeling of community cannot but enhance the welfare of all involved, thus everyone benefits. The whole idea behind hospice can only be achieved if there is time to listen, to understand and to care. This idea is as import-

ant to the terminal patient as it is to the survivors. People tend to forget that a dying person is still alive, growing and can still contribute to life, so these opportunities are removed from his/her control; then "the living are frightened to think that they can be so disregarded when their turn comes."

Hospice-Palliative care seeks to correct these mistakes so that everyone may live with dignity until they die and in this way, the legacy that is left behind will make the grieving easier to bear.  
The North Halton Palliative-Hospice Care Interest Group invites you to take part in such a community of support. For further information please call either Karen Ferguson, 877-3431, Marguarite Knechtel, 878-5933 or Eva Sansom, 853-1703.

## Teachers select new executives

Joe Harwood defeated Ron Ness as Ontario Secondary School Teacher's Federation president for District 9 at a recent OSSTF election in Burlington. President-elect Harwood assumes office June 30.  
Bill Bowman and David Trueman will be the new joint vice-presidents of District 9, taking over from Kit Rankin, Joe Harwood and Ron Nelson from Georgetown District High School. Mr. Nelson said that the position was "too demanding

## MILLGROVE FLEA MARKET

OPEN: Sunday, 9 a.m.-5 p.m.

Directions: Hwy. 401 West to Hwy. 6 - South 12 miles to Millgrove

For Further Information  
(416) 689-8051

# SILVER'S MOTHER'S DAY VALUES

## 20% OFF

GROUP OF SPRING DRESSES  
Reg. 26.00 to 65.00

LADIES' DRESS SLACKS  
Reg. 18.00 to 39.00

LONG & SHORT NIGHT GOWNS  
Reg. 11.00 to 52.00

DUSTERS  
Reg. 9.99 to 44.00



LADIES' - By GWG and Leculottier  
**FASHION JEANS** REG. TO 31.99 NOW **24.99**

**25% OFF** THIS SEASON'S STYLES  
REG. 34.99 to 129.99  
**SPRING COATS**



GREAT ASSORTMENT - LADIES' SUMMER TOPS  
POLYESTER AND COTTON PRICED RIGHT 4.99 to 9.99



GREAT GIFT IDEA  
**CANVAS BAGS** REG. 8.99 NOW **4.99**  
FASHION RIGHT

# SILVER'S