

# In your opinion

**Q - Who will be in the Grey Cup, who will win, and what will the final score be? (Asked at the Georgetown Bowl, prior to the Eastern and Western Conference finals on Sunday).**



**ROBERT MARR-OWS, 14, Mountainview Road - "Argos 28, B.C. Lions 21. The Argos have a great throwing team. They should have won it last year, but they were unlucky."**



**GREG PEACOCK, 15, Dawson Crescent - "Argos 28, Winnipeg 21. The Argos have a good offense."**



**RUSSELL CURTIS, 18, Baird Crescent - "Argos 31, Winnipeg 30. Holloway is playing great right now, and I don't think Tom Clements is quite good enough. The Argos have Terry Greer, too."**



**DAVID HICKS, 14, Moore Park Crescent - "Argos 33, B.C. Lions 24. The Argonauts have a better offense. Home field advantage won't mean much, because the fans at the Grey Cup come from all over the place."**



**MARK SEE, 18, Prince Charles Drive - "Winnipeg 30, Ti-Cats 24. Tom Clements is a better quarterback than Dieter Brock, plus, they are playing the game out west."**



**BRENT OSATCHUK, 15, Mountainview Road - "Toronto 25, B.C. Lions 20. Toronto has the better defence. Terry Greer will be the most valuable player."**

**By ANI PEDERIAN Herald Staff Writer**  
Dessert lovers know to sit next to Dorothy Bergmann, and she's popular at Chinese restaurants when the sweet and sour chicken balls are being passed. Mrs. Bergmann is a diabetic. She's spent most of her life having to refuse the temptation of pies, strudels, chocolate bars, pasta and candies.

Even more remarkable, she's baked cakes and other sweets for her four, now grown-up children, and not cheated, well, not often.

"It was very difficult, and, I must admit, I cheated a few times," she smiled ruefully. "It takes willpower to leave it there. Sometimes you cheat and get into trouble."

As a diabetic, Mrs. Bergmann has to monitor her carbohydrate intake. If she eats two pieces of garlic bread and a potato at dinner, her blood sugar will soar and she'll feel lousy the whole next day. To avoid the upset, she allows herself to eat only half a potato or a piece of garlic bread.

"You learn to pick out

what you can eat and the amount," Mrs. Bergmann explained. "Desserts are usually something I can't handle."

A nurse at Vanier Institute in Brampton, Mrs. Bergmann calls the diabetic diet a very healthy diet for anybody.

However, if you've been Italian all your life, you may not agree. With the onset of diabetes, a whole plate of spaghetti or pizza becomes a thing of the past, and pies and cakes are gone forever from your diet.

"They're now discovering if you have a cookie, it's okay, but you have to watch the quantity you eat," she said. "At one time, you never put any sugar at all in anything you fed a diabetic."

**COMPLICATIONS**  
A disease that runs in families and affects nearly one million Canadians, or one in 20 persons, diabetes is the third leading cause of death in Canada and has complications like blindness, kidney disease, gangrene, heart disease and stroke.

Most cases of diabetes



DOROTHY BERGMANN

occur in people over 40 and overweight. Symptoms indicating the onset of the disease may include drowsiness, itching, blurred vision, excessive weight loss, numbness or pain in the extremities or slow healing of cuts and scratches.

Mrs. Bergmann was 14 when she was diagnosed with the disease. Although 80 per cent of

diabetics are Type 2 diabetics, which means their pancreas is producing insulin but the insulin receptor cells aren't functioning correctly to help with the metabolism of carbohydrates, Mrs. Bergmann is a Type 1 diabetic. That means there's almost no insulin being produced by her pancreas and she must depend on insulin injections.

Type 1 diabetes comes on suddenly, whereas Type 2 diabetes is gradual and can follow emotional or physical stress like a death or an operation. However, it's unknown just what causes it to develop.

To stay alive, Mrs. Bergmann gives herself a daily injection of insulin in the thigh, abdomen, buttocks or arms.

"It's important to change the site of the injection because after a while it gets to be a pad of hard tissue and insulin no longer is properly absorbed from that area," she said.

Many diabetics don't know this and you have to fight to get them to change their injection site. "But it doesn't hurt any more," they say.

When she was studying at St. Michael's Hospital School of Nursing in Toronto in the 1950s, there were no

disposable needles and diabetics had to boil up the glass syringe and needle every morning.

"I can remember being in a hurry in the morning, dropping the syringe and it would break and I'd have to wait for the pharmacy to open to get another one," Mrs. Bergmann said.

She was the first diabetic to graduate from the three year nursing course in 1953. A doctor with a good attitude, who presented diabetes

as a challenge to her when she was in her teens is responsible for her positive attitude, Mrs. Bergmann said.

"You have to live with it," she said. "There are very few perfect diabetics, because then, you're living for your diabetes." "You have to live as normal a life as possible and not forget you have to keep this balance act going between exercise, diet and insulin injections," Mrs. Bergmann concluded.

## Crafts and bake sale

There will be a crafts entertainment and a bake sale plus demonstrations at the Halton Region Museum located at the Kelso Conservation area in Milton, Dec. 9, 10, 11.

Sunday features a bake sale and Santa Claus. The fun starts at 1 p.m. to 5 p.m. Admission is \$2 for adults, \$1.50 for seniors and \$1 for children. For more information call 878-3232.

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RESULTS OF THE DRAW:  
Marg Clarke - Quill, Pillows  
Lillian Kirley, Spagetti  
Edna Rippon, Train Set  
Becky Rippon, Crown - C. Stone, Friendship Doll - Julie Atkinson, Christmas Stocking - Molly Atkinson, Log - Ian Lee, Lamp - Yvonne Louusso, Crockpot - Marion Carney, Gingerbread House - Sandra Murray, Christmas Box - Sandra Murray, Ceramic Xmas tree - E. Davis, Cake - Trudy Paul.

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## Legion bazaar penny sale

The winners of the Royal Canadian Legion ladies auxiliary Christmas bazaar penny sale:

- 7706 J. Evans, Apron; 3718 Marg Haydon, Friendship Doll; 2797 J. Evans, Wine; 8479 Eleanor Hurren, B.B.Q. Apron; 8167 Doreen Fry, Necklace; 1922 Rhylis Booth, Cheeseboard; 1790 Lynn Richardson, Necklace; 3027 Elaine Lewis, Wine; 7825 Max Drew Todd, Ceramic Candy Dish; 1257 Verna Stapleton, Wine; 1889 Audrey Lyons, Chokery Bracelets; 303 Peg Lewis, Necklace; 8095 J. Gilson, Mums shirt; 3134 Helen Davis, Wine; 8174 Betty Snow, Times Watch Band; 8254 M. Johnstone, Ceramic Mug and Bowl; 7876 Linda Pringle, Hot Chocolate; 1923 Bob Carwell, Childs Toy; 7766 Eleanor McClead, Kitchen Tools; 1933 F. O'Reilly, Childs Tea Service; 3124 Dorothy Ireland, Wine; 8238 Lois Findley, Tupperware; 3074 Edna Rippon, Candles; 3005 M. Ferguson, 3 bars soap; 7729 D. McCartney, Egg Cups; 1650 W.R. Webb, Centrepiece; 8073 Betty Nease, Umbrella; 1799 K. Prusi, Wallet; 3162 Nicki Carney, 8 Glasses; 3024 Ethel Murray, wine; 381 B. McDonald, Baby outfit; 8231 S. Matheson, Ceramic Figure; 3019 Robert Kennedy, Wine; 3464 Elaine Higgins, Christmas China Cups & Saucers; 3131 G. Thompson, Pulling Partner; 1789 Irene Richardson, Vinegar Set; 3506 Bill Oates, Christmas Candles; 3508 Bill Oates, Vase & Flowers; 1561 E. Arlison, Towel; 1431 Pat Russell, Wine; 8260 Linda Paul, Clown; 8090 D. Mutholland, Soap Set; 1833 Ruby Bailey, Friendship Candle; 3031 Sandra Murray, Christmas Wreath; 3874 P. McClure, Childs teddybear; 8283 L. Lee, Set of glasses; 1605 R. McAuland, Mums

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