

# Men discard old values and rebuild their lives

**EDITOR'S NOTE:** This is the second of a two-part series on Halton's Recovery House for Alcoholics. This week reporter Donna Ridley talks to some of the men involved in a rehabilitation program.

By DONNA RIDLEY  
Herald Staff

When some of the men shared their personal feelings about Recovery House, it was clear that while their expression came from the heart, it was also articulate and thoughtful.

Cam, Jim, "Coop", Les and David were the men who spoke of their experience at Recovery House.

Cam began the discussion: "I'm very excited about the program here. It gives us a chance to get out of society for a period of time - this helps us with the life-issues we must resolve in order to stay sober."

By the term "life-issues" he uses the example: "resentments from the past which we used as an excuse to drink, which will cause us to drink again if we don't resolve them."

He also said the group sessions help them to learn basic coping skills

without the aid of alcohol or drugs.

The re-learning of basic coping skills is an on-going, daily process at Recovery House. For example, all the men share in the household chores, whether it be cleaning, cooking or laundry.

"Coop" the acquired the nickname because his actual name is Bob and there were so many "Bobs" it became confusing), spoke about the importance of values:

"The programming is giving me a chance to look at my old values; to discard the ones that were destroying me - that led to my alcoholism; allowing me to rebuild and to become an asset to the community," he said. The guidance of staff and residents, he added, make possible the fact that "I'm getting the freedom to do this."

Les said that although everyone is unique, "one of the really important things about this place is that we all have the same common denominator - the alcohol."

The proximity of living, that is, eating together and sharing together and the opportunity to discuss

problems is enhanced because "something similar has happened to all of us."

"If I have a problem with anger, or with coping, or with the law, we can identify with each other," Les said. The same principle is at work in A.A.: "They have speakers but it doesn't end there - the emphasis is on friendship, self-confidence and self-worth, as well as the joys and pleasures of life."

He added that the help of Peg Arden and the staff is so valuable and strong because they are not simply academicians (although indeed, their backgrounds include formal education) they "know" through personal experiences. Not all of the staff members are recovering alcoholics but some of them are. Director Peg Arden is herself a recovering alcoholic.

Cam elaborated on the "common denominator" theme by relating a past experience he had in a group home in Oakville. There, the residents included people with various problems - some were manic depressive, some were schizophrenic - problems that are, considerably different than his

problem of alcoholism.

Cam said that because of the diversity of problems, they had difficulty really understanding one another. "There was no fraternity, as there is here."

David was described by Peg Arden as the "comedian" of the group, but also as a "staunch supporter of the House." After reading a humorous poem that he wrote about Recovery House he became more serious: "It (Recovery House) has given me a new start in life...to think more positively."

"I was always in the realm of the negative. It's good to see some positive things - things I didn't even know existed." David also said that they all learn how to deal with society, with the community at large.

"I used to shut myself away, to isolate myself, but through the camaraderie here I like people now, I like being with them." He said he does need his moments of quiet reflection, but added that this is true of most people. David also said that he is happy these days because he is actively engaged in a job search.

Finally we have Jim's poignant statement: "I'm here because I'm powerless over alcohol. I tried to cure myself on my own but I couldn't cope with the loneliness. But now, through the Grace of God, we have a place such as this."

Without Recovery House - which means the staff as well as other residents - "I'd be lost - I'd be a derelict, or I'd be dead."

An important aspect of Recovery House is their long-term focus. This is exemplified by their job-search program. With a network of resources to assist them, each man's individual needs are assessed and the job search begins.

Once a job is found however, the next important task is to keep it. Mrs. Arden explained that for alcoholics, this is especially difficult. Keeping in mind that the alcoholic frequently suffers from a lack of self-esteem, this may in turn be displayed by behavioral problems - for example hypersensitivity.



**The Tanning Centre**  
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# FAMILY SECTION

the HERALD  
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## ABOUT THE HILLS

**'Top citizen' dinner**  
Mayor Russ Miller, MP John McDermid and regional chairman Pete Pomeroy are all expected to be on hand for the Georgetown Lions Club awards dinner for the recipient of this year's "Citizen of the Year" award, Steamer Emmerson. A number of tickets are still available for the Feb. 23 prime rib dinner at \$15 each which will also include a dance. Lions members may be approached for sales or contact Al Watt at 877-1666 (daytime) or 877-8674 (evening).

**Christian fellowship**  
Feb. 25 is the date for Halton Hills Christian Women's Fellowship monthly dessert and coffee meeting held at St. George's Anglican Church Hall 7:30 p.m.  
Carman McLelland, a Christian lawyer, will be speaking about estate planning and wills. Music will be performed by Denise DiSarro, a member of the musical team of Campus Crusade for Christ. Guest speaker will be Norma Campbell. Reservations call 877-4158. Cost is \$3.

**Photo exhibit Feb. 20**  
The entries are in and now it's just a matter of letting the judges decide.  
Photoart '85 will be presented at the Halton Hills Library-Cultural Centre Wednesday Feb. 20 from 7-9 p.m.  
The Mayor's wife, Geraldine Miller will officially open the exhibition and announce the prize winners at 8 p.m.  
The showcases in the lobby will exhibit photographs by the members of the three man jury.

**Streetproofing talk**  
The Parent Information Exchange (North Halton) Inc., a non-profit group, is holding a general meeting Feb. 20 at 7:30 p.m. at Centennial Public School in Georgetown.  
Parents and care-givers in the community are invited. Streetproofing is the topic of discussion, with special guest speaker Janet Still.

**Books, books, books**  
Is your attic full? The University Women's Club are looking for books and magazines in good condition for their annual book sale in April.  
If you have something you'd like to donate, bring it along to either the library in Georgetown or McDonald's Restaurant on Guelph Street.  
The UWC are also accepting children's records. Proceeds will go to community projects. For more information call 877-0489.

**Elkettes get \$631**  
Thanks to the Elks Service Club, they'll be baton twirlers in town for another year.  
Recently George Dayler and Harold Colpitts of the Elks Club handed over a cheque for \$631 to the Halton Hills Elkettes.  
The money will go towards expenses the Elkettes incur in their training and travels representing Halton Hills.  
The proceeds came from the Elks Beef Draw and was donated at their Feb. 4 Bingo night at intermission.

**Kick-off**  
On Wednesday, Feb. 27 at 7:30 p.m. there will be a March Campaign-for-Funds Kick-Off Night in St. George's Anglican Church Hall. Excellent entertainment by local talent. Interested persons welcome. Coffee and cookies served. Door prizes.

**PC riding dinner**  
The Brampton-Georgetown federal Progressive Conservative riding association will be holding a fund-raising dinner Friday, April 19, at the Orion, 8095 Dixie Road (at Steeles Avenue), Brampton.  
The Hon. Pat Carney, Minister of Energy, Mines and Resources, will be guest speaker.  
Subscription - \$100. Advance information available from Dr. David Dickson or Mr. Tom Hendy. Call 457-1229.

**Committee costs \$2,030**  
Having a committee of adjustment cost the town \$2,030 in 1984.  
That's how much was paid in salaries to seven members of the committee which holds hearings when residents want changes in town zoning laws.

**CVCA brochure**  
The Credit Valley Conservation Authority have a new brochure available to the public.  
The brochure is in a question-answer format and outlines the areas subject to the regulations, and the process a landowner must follow to obtain approval of the Authority.  
For more information call 451-1615.

## Drug expert refutes myths on addiction

By ROBIN BAKEWELL  
Herald Staff

Drug consultant Norman Panzica said booze is still the number one drug in Georgetown and is wrecking more teenage lives than any other.

"The most dangerous drug there is, is the one you're not afraid of," he told The Herald in a telephone interview from Toronto.

The senior consultant to the Council on Drug Abuse will be in Georgetown Feb. 26, 27 and 28 speaking to students, parents, teachers, social workers and other professionals in town.

Students can expect Mr. Panzica to angle the sessions towards myth debunking with a question and answer period to follow.

One such myth Mr. Panzica cited was that some drugs are addictive and others are not.

"All drugs have the potential to be addictive. The addiction occurs in the person not the chemical," Mr. Panzica said.

Parents can expect to hear about the effects of drugs, how to prevent

their children from using drugs and how to tell and what to do if they suspect their children are using drugs.

While working for the CBC as an investigative reporter in 1960, Mr.



NORM PANZICA

Panzica came in contact with a heroin addict through an assignment. He crossed the journalistic line, became involved rather than objective, and the heroin addict spent the next six months with Mr. Panzica and his wife.

Today he has had over 50 clients live at his home and has been involved with case work for 25 years.

Mr. Panzica said when he started counselling drug abusers he never dreamed there could be 17 year old drug abusers, but was quick to add that there are now.

In his involvement with students he said it has only been over the past couple of years that boys would ask questions about birth defects relating to drugs.

"I'm absolutely delighted. It's about time. Before then if you heard anything about birth defects it was from girls," he said.

On the common argument surrounding the idea that marijuana is less harmful than alcohol, Mr. Panzica said the comparison was invalid.

"The big difference is most Canadians don't get drunk but I've never met anyone who smoked grass because they liked the taste," he said.

On Thursday, Feb. 28 an appearance at Centennial and a combined talk to the separate schools in town is slated. Students will have the opportunity for private lunch hour sessions with Mr. Panzica during his lunch hour.

## Halton Hills' women seek shelter's help

By ANI FEDERIAN  
Herald Staff

It's good to know there's a door open somewhere if things aren't going well on the homefront.

Last year, 38 women and children who sought shelter at Halton Women's Place in Milton were from Halton Hills.

That's 12 per cent of all the women and children who temporarily moved into the home for abused women.

The rest of the residents came from Oakville, Burlington, Milton, Campbellville, Peel and other regions.

The two and a half storey, red-brick home with its five bedrooms has had its doors open to women since July 1980.

There, women who've been physically and emotionally abused by the man they live with, get a chance to consider their options.

Whether they decide to go back to their man, or strike out on their own, they get encouragement and support at Halton Women's Place.

According to the home's statistics, over 24 per cent of the women go back home, but 12 per cent of them go back

with a reconciliation and a change in the relationship, co-ordinator Jo Davis said.

The other 12 per cent have thrown in the towel and returned, because the man they live with has told them to get home. These women aren't ready to face life on their own as single parents, Ms. Davis said.

Another 16 per cent moved in with family or friends, and 11 per cent of them found their own accommodation or shared with someone else in the same situation.

## Recession isn't top demand time

Herald Staff

When money's tight and unemployment high, the shelter for battered women has empty rooms.

"During the recession, we thought we'd be full, but we had our least number of women when the economic times were toughest," Halton Women's Place volunteer Susan Davis said.

Ms. Davis is head of the shelter's board of directors and explained that when times are tough, women stay with their man. They don't leave him when he's down.

But, when the economic conditions are better, and the women are still being abused, then they haven't any excuses and walking out is much easier.

Because women are the centre of family life, traditional family times like Christmas also mean women stay at home and put up with the abuse.



GREG JOHNSON, 8:

"French Week means talking French. I think it's lots of fun, doing the activities such as skiing and skating."



DOMO KOVACEVIC, 9:

"French Week represents the French language because it's different than English."



ROSE-MARIE BASKIN, 12:

"To me it is the sharing of my culture with family and friends, and that's why I organized it."



MICHAEL NEEDHAM, 12:

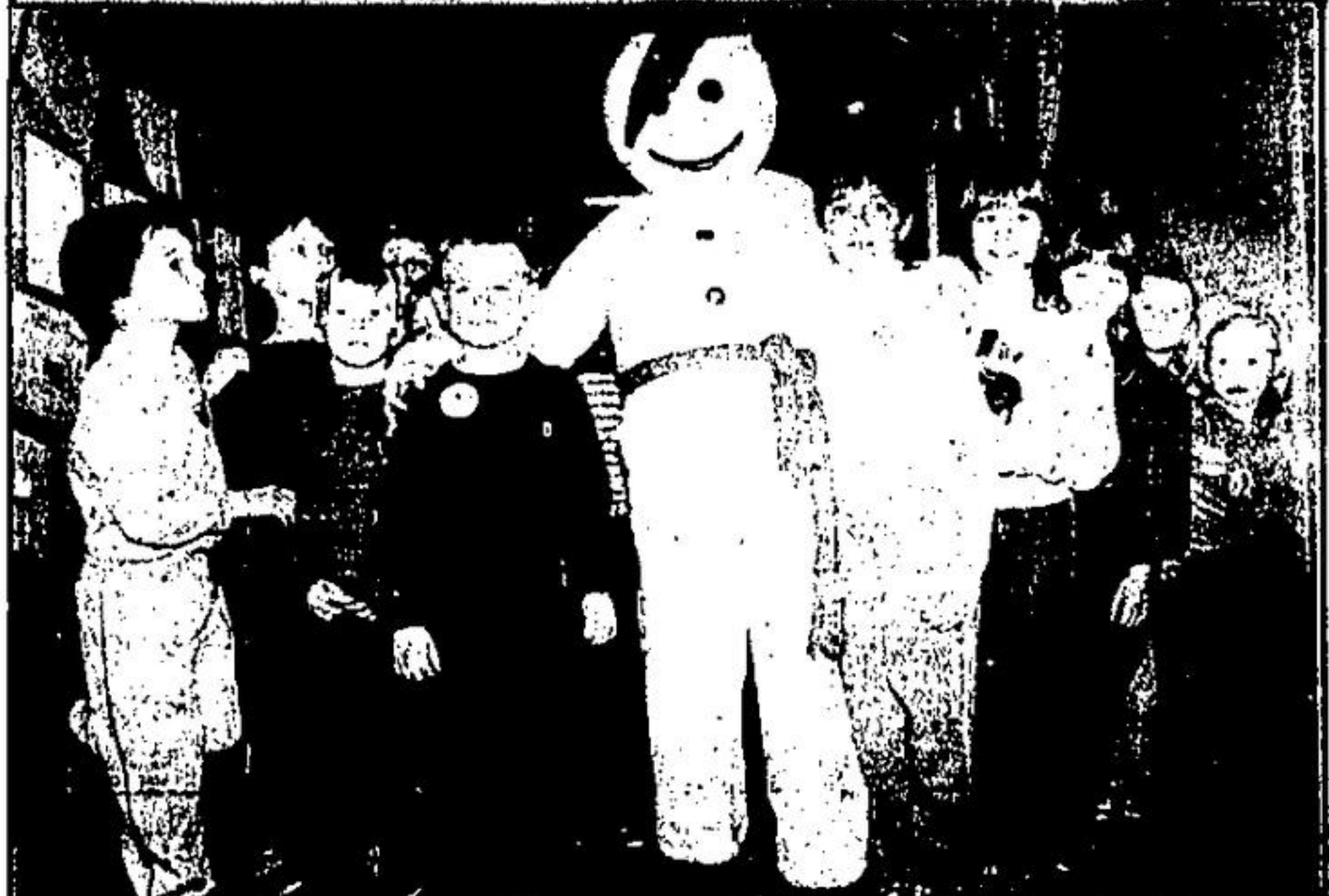
"French Week means we all get to practise the French language we learn in school. Sometimes at school recess we don't speak French."



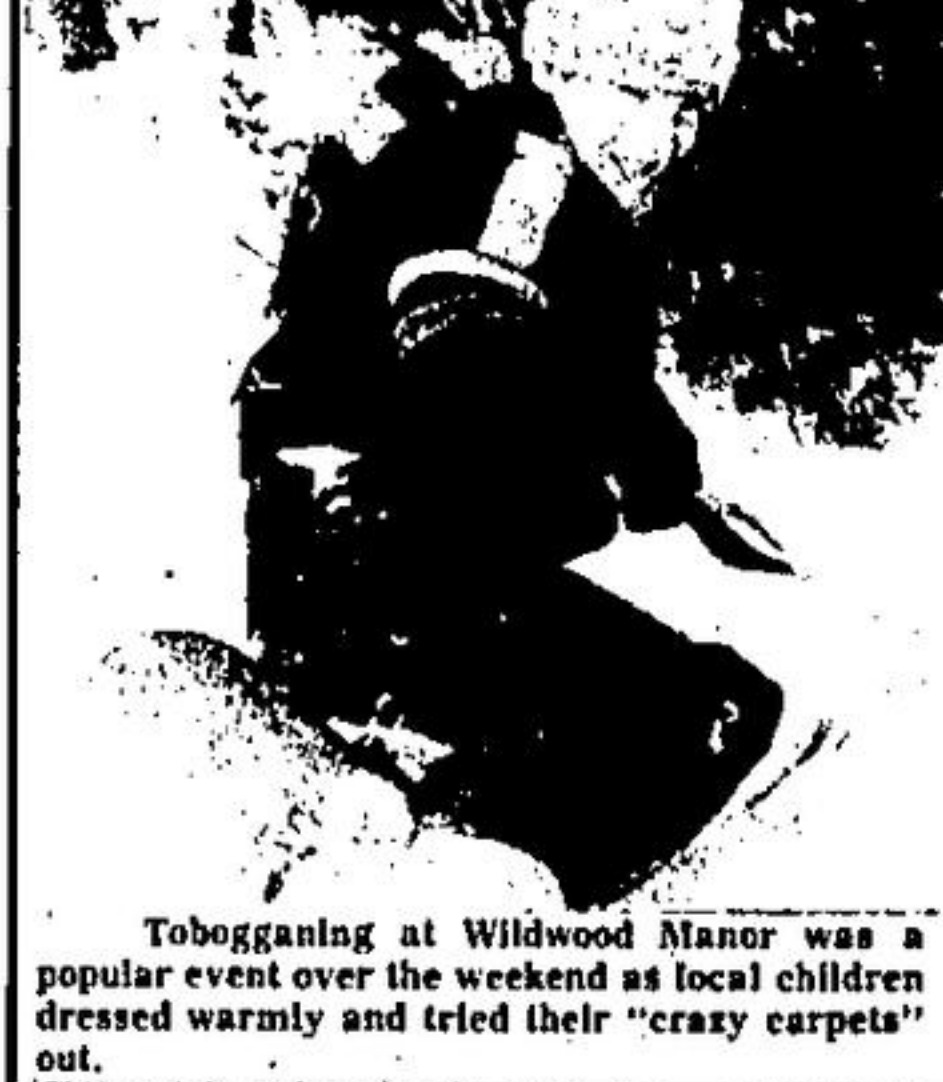
MONIQUE BASKIN, 6:

"It means talking French and playing games."

## FRENCH WEEK FESTIVITIES



This favorite of the Quebec City Carnival made a surprise visit to George Kennedy Public School last week to help celebrate French Week. (Herald photo)



Tobogganing at Wildwood Manor was a popular event over the weekend as local children dressed warmly and tried their "crazy carpets" out.



This young girl captured on film at Wildwood Manor in Georgetown only looked to be in skiing difficulty. A couple of seconds later she was on her way. (Herald photo)



Regional chairman Pete Pomeroy, complete with "party hat", helps with the lyrics to Alouette during the festivities surrounding French Week kick-off at Sacre-Coeur Hall, Saturday night. Emcee Larry Thibault led the gathering in song and dance.

## IN YOUR OPINION:

What does French Week mean to you?