

A winning mix

The Georgetown Hockey Heritage people have done it again.

Last week it was announced that Walter Bianchi had been chosen as this year's recipient.

Since Hockey Heritage began, the organizers have been able to come up with a winning mix of recipients. A variety of different personalities, and even one entire group - the Legion, have been honored. Last year it was Bob Goldham, a man largely forgotten by his home town after all these years. His choice was timely and his banquet brought us some cherished stars from yesterday.

But it's also the behind-the-scenes motivators that play such a strong role in promoting hockey for youngsters.

Walter Bianchi is a minor and amateur hockey sponsor with a kind heart and a keen love of hockey.

He was featured in The Herald last January when our newspaper wanted an example of an outstanding hockey sponsor for minor hockey week.

Be there in March, when Walter receives his commemorative picture - King Clancy and our local hockey people know lots of stories about him.

No secrets, please

A secret? Who knows a secret? Have you ever looked across the room and seen people staring at you -- and whispering? Often a person will get suspicious, then become resentful, because they're not in on the little secret.

Secret meetings can have the same effect. Last week Pam Sheldon argued that budget meetings should not be held behind closed doors. We agree with her.

Of course, some government business has to be held behind closed doors, where press and public are not allowed. We respect this, and realize there are some delicate matters involving personnel and tenders that are better handled among only council and town staff.

But closed meetings create suspicions. No matter how well the meetings are actually handled, by turning the public away, suspicion is created that the group has something to hide. Perhaps it's a wrong assumption, but it's being made by people nevertheless.

The truth can be painful, sometimes, but it's always a much better, safer route to take.

Let the public know their money is being well spent by allowing them the chance to see how the decision-making process works.

Encourage war toys boycott

Clergy Comment

By REV. DR. THOMAS BANDY, St. Andrew's and Bathurst United Churches

"Peace on earth and Good Will to All People". Never has this universal message of hope been more desperately needed than in the terrorist-ridden decade of the 1980's. The hopefulness of this message lies, in part, precisely because of its universality. It is genuinely non-denominational, non-sectarian, non-sexist, non-racial good news for everybody. In recent days we have become vividly aware that the good news has no age barrier, either. Old and young can participate in peace and good will, too.

I notice, however, that young people have ambivalent feelings about this good news of peace. The War-toys Boycott to which many of us are committed has hit some children hard. More than once this season I have heard parents and children arguing in the toy department over the purchase of some new sophisticated toy weaponry: the Cobra Tank-Smasher, for example, or the Deluxe Go-Bot Gun.

It appears that our children do not perceive any contradiction between the spirit of Christmas and war toys under the Christmas tree. To be sure, they would be appalled if Santa's sleigh were hijacked by Middle East terrorists; but they seem quite willing to expect Santa to peacefully deliver under the tree the AK47 Combat Set used by the A-Team. I observe that children do not readily ask the question: "Daddy, what does an AK47 sub-machine gun, 2 hand grenades, a handgun and holster, binoculars, dog tags, and ID card, have to do with Christmas?"

If your children are struggling to distinguish which behaviour pattern properly belongs to "peace on earth",

it is up to we adults to teach them. Regulating the toys they play with (and learn from), and guiding the imagination of their play time, seems an obvious place to start. Yet it is difficult to do, as the tears of many a child deprived of his/her Sektuar Warriors of Symbion will testify.

But parents! It's worth the struggle! In 20 years the children who have learned peaceful behaviour in adulthood. Children who have learned to resolve their anger and jealousy in other ways than imagining the destruction of their enemy, will become adults better able to resolve their differences without resorting to fist-fights, intimidation, or nuclear warheads.

Stand firm in your boycott of war toys, parents! And to encourage you in the struggle, here are some further suggestions:

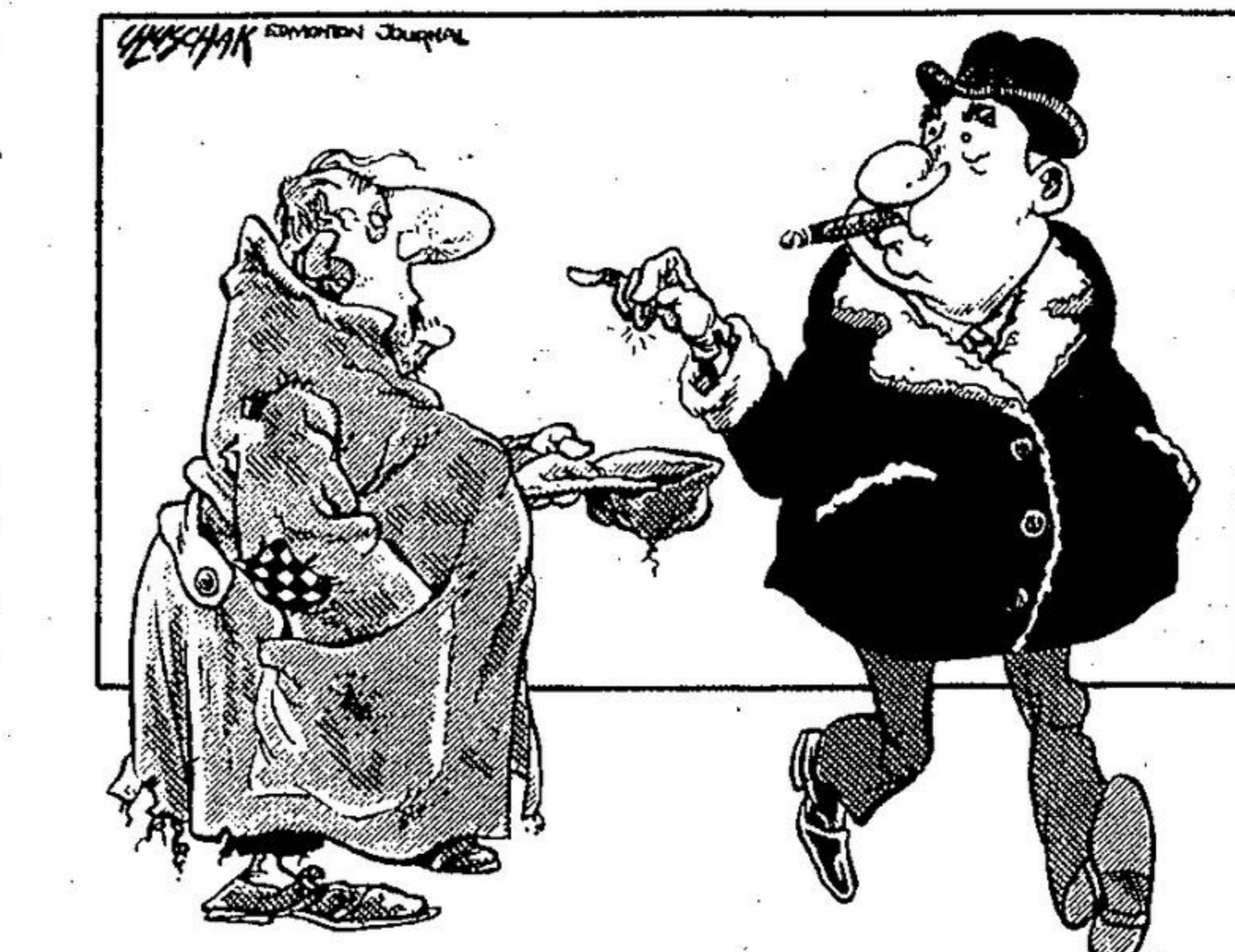
- 1) Talk to the grandparents and enlist their cooperation. Real life anarchists in the world have already discovered one can appeal to more than one source for weapons. Bring the grandparents in on the plan and head off this possibility for the imaginary world of playtime. Grandparents may communicate the behaviour of peace more effectively than you can.
- 2) Take the kids on Boxing Day to exchange any war toy presents that mistakenly were left by mischievous elves under the Christmas tree. And as added incentive, give an additional \$5 to the exchange price to purchase a more peaceful toy. This will convey to your children that your concern is more than a quirk in the parental personality, but something important enough to spend money on.
- 3) Talk to your children now, well in advance of Christmas Day. Let them know how you stand against war toys and the reason for it, before the enchantment of the toy grips your child's imagination. Reach a mutual family agreement for peace. Write it down. Pin it to the Christmas tree. And even the combined strength of GI Joe, Voltron, and the Transformers shall not prevail against it.

Skaters applaud club

Dear Sir,
As a skater in the recent Central Ontario Sectional Championships I want to say thank you to Mrs. Hódinott and Mrs. Garrison and all their volunteers who worked long hard hours to make this competition run successfully. I have been to many competitions and I want to say

Georgetown you can be proud.
What an undertaking future Sectional Competition hosts will have, to meet the high class that it had the year it was hosted by the Georgetown Figure Skating Club.

"Georgetown Rules!"
Darren Kemp



Can't pretend it's over demand



Queen's Park
By Derek Nelson

TORONTO--Two stories that appeared in the press recently illustrate the absurdity of pretending we have an over-built Hydro electrical generating system in Ontario.
One told the tale of demand for electricity being so strong that Hydro actually had to import power from Michigan to make up a shortfall.
The other was a threat from an anti-Hydro activist group named the Central Ontario Coalition that it would attempt to further delay construction of power lines out of the Bruce nuclear station on Lake Huron.
These are power lines that Hydro has been trying to get built since 1968. Without them, at least one-quarter of the power that will be generated at Bruce when the station is finished will remain "trapped" there, doing no one any good.
Of the proposed eight reactors at Bruce, six are now operational, with the others to come on-stream in April

next year and January the following year.
Yet the power lines to carry that new juice, especially into power-short southwestern Ontario where we needed the imports from Michigan, won't be ready until 1989 or 1990 at the earliest.

Even now, conditions have to be just right for Hydro to bring out power from the six working reactors.
And should Hydro succeed in doing so, there is still the difficulty of getting the power to where it is most needed.
What happened in southwestern Ontario was a combination of cold weather that drove demand to record heights, coupled with breakdowns at the coal-fired Lambton generating station near Sarnia.
Fossil fuel plants, of course, are inherently inferior to nuclear in every way, from safety to environmental cleanliness to reliability.
But, even so, for three of the four units at Lambton to go out (from tube leaks and bearing problems) just when they were greatly needed was first-class bad luck.
Four other coal-fired units around the province were inoperative at the same time.
The point, of course, is that we are

building superbly efficient nuclear generating capability that can prevent us suffering these shortfalls.

Unfortunately, standing in the way of getting the power to where it can be used are groups like the Central Ontario Coalition.

They aren't alone in being the villains of this piece, mind you.

Government bears its share. It was the provincial government that originally insisted Hydro get into the "citizen participation" business in a big way.
So Hydro did, holding hearings about possible routes for its power lines that served mainly to rally everybody living along the proposed right-of-ways to oppose them.
The Central Ontario Coalition is one such group, and a presumptuous one at that, demanding provincial financing for its obstructionist tactics.
The real long-term worry is that if the provincial demand for electrical energy continues to grow at the same medium-high rate it has shown the past two years, power shortages like this recent one won't be rarities but will become commonplace.

MD's view of extra billing

EDITOR'S NOTE: The following article is by Robert Kidd, M.D., C.M. He is a practising physician in Renfrew, Ont. Having trouble getting his message across to the Minister of Health and "large urban newspapers", he has written local weekly newspapers in an effort to receive more of a "fair discussion".
Our politicians have been making the so-called extra-billing issue into one of greedy doctors versus the helpless poor. They say that doctors, who are not satisfied with the usual OHP fees, are taking advantage of the sick when they can least afford it, and charging them extra against their wishes.
Politicians have spent millions of dollars of public money turning a very complex issue into a black and white one. Ads have been bought, advocacy groups have been funded and election campaigns have been fought on the issue.
The opinion of the medical profession has been dismissed all too lightly because, according to the politicians, doctors just want to make an extra buck. This political oversimplification is unfair to doctors and disguises the real issues.
At present in Ontario about 12 per cent of doctors bill their patients directly, or are "opted out" of the government plan. They set their own fees which may be the same as, higher

or lower than the government plan. The doctors who bill above the government schedule (or extra bill) feel they are offering their patients something extra, usually time, experience or expertise. No one is forced to go through their doors.
In my own case, as an opted-out physician, I offer my patients time. I see about two patients per hour which is considerably less than in most practices. My patients tell me they appreciate the extra time I spend with them and they are willing to pay the extra fee, usually under \$5.00.
If I am forced into the government plan, the economics of running an office would require me to see more patients in the same time. In other words I would have to work faster and, unfortunately, probably less thoroughly. This isn't in the best interest of the health of my patients.

Politicians argue that doctors are overpaid. They have cleverly used statistics to make it seem that way, often confusing gross and net incomes. The facts are, however, that since Medicare began in 1970 doctors' incomes have declined by 35 per cent relative to inflation while politicians have increased their own by 35 per cent.
Legislation to ban extra-billing will soon be introduced in Queen's Park. If

it is passed every doctor will become in effect, a civil servant. Medicare will become another government controlled monopoly, like the Post Office. Doctors, while recognizing the importance of the Medicare system, believe that patients should have the freedom to choose a doctor from within the system or hire one practising independently.
In addition to both patient and doctor losing a fundamental freedom, we can anticipate a deterioration in service. In Britain, under the National Health Service certain services are rationed and patients have to wait up to years for procedures such as elective surgery.

Politicians also argue that extra-billing victimizes the poor. During the last federal election a great deal of effort was expended searching for the victims of extra-billing. Telephone hot-lines were set up in big cities for this purpose alone, but in fact cases of hardship were rare. It would seem that those less able to pay is still alive, despite the rhetoric to the contrary.

The legislation to ban extra-billing in Ontario will probably be passed within the next few months. The public will not object because they have not been informed. Freedom and democracy are not well in this country.

What was your favorite yule?



JENNIFER ELLIOTT: "The presents. Last year I got a radio, tape player and tapes for it."
CRAIG ROBINSON: "A combination of things: good health, good friends and no problems. This to me is wonderful."
MEGAN ELLIOTT: "It brings the whole family together again. We are not together very often the rest of the year. I really don't have a favorite Christmas."
ROCKY ZAMBRI: "I loved all the presents. The Christmas tree was big."
JENNIFER ELLIOTT: "I loved all the presents. The Christmas tree was big."
HAROLD ELLIOTT: "I guess having the family around. That was the main thing. Having the family all together at least once a year."
KELLY LAWRENCE: "Being with my family and having everybody together. The Christmas before my dad died was the best."

A DREAM COME TRUE
I was a little refugee girl, sent across the sea
Only strangers, in that big land, to care for me
I grew up with strangers, in a part of the world that's free
My Mother, I longed to find her, where I'd like to be
If I have a Mother, where oh where could she be, I plea
I used to think of a Mother only a face in a dream I did see
I sent letters to Vietnam, my story I told with great care
With a picture I made of Mother in the dream, found her there
I set out for Vietnam, I arrived on Christmas morn

Oh what a surprise, a dream came true before dawn
Mother told me of the war, tragedies and hardships everywhere
A Brother and Sister I have, I'm glad they did spare
It was my very best Christmas, we shared the warmest love
With family of my own, brought new life like heaven above
The way they live in Vietnam, I'm glad they took me away
Present time wasn't normal there, I felt I couldn't stay
No matter how far I travel, my family for them I did roam
Now I'm back in Canada, I'm trying to make them a home.

—By ALBERT BROOKS



THIRTY YEARS AGO--Five new members joined the Rotary Club when they met at the Fairview Inn. Jack Muckart introduced the new members who are: Ernie Pearce, Ralph Ursel, Bob Barber, Gordon Bowers and Bill Carr.

James F. Evans was elected Worshipful Master of Credit Lodge, AF and AM, at the Masonic Hall. Mr. Evans succeeds Walter Fidler who held the job for the last year.

J.B. McKenzie and Son submitted the lowest of five tenders and got the contract to renovate the municipal building. Their bid was \$34,798.

The Halton and Georgetown Poultry Association held a euchre night at the Odd Fellows Hall. Mrs. Audrey Wilson won first prize for the women and Bill Wilson won first for the men.

FIFTEEN YEARS AGO--Arthur Silver of Terra Cotta, lecturer in History at Glendale College and York University, won the president's medal from the University of Western Ontario. The award is for the best scholarly article written by a Canadian this year.

James Singleton, director of education for the Halton County Board of Education, will be making a presentation after his month-long work trip. He visited six countries where he learned about their different educational systems.

The local group, The Changing Thyme, played for the Red Cross as people donated blood. Members of the group are Pat McAuley, Brian Markham, Phil Hensinger, Ken Majury and John Stevens.

TEN YEARS AGO--Al Pilutti presented plans to the Halton Hills Planning Board for a six-lot subdivision for southwest Stewarstown. The board will make a report for town council before work goes ahead.

The Georgetown District High School wrestling team placed first in a Smith Falls quad-wrestling tournament. Twelve Georgetown wrestlers were undefeated. Former Georgetown coach Lew Martin coached Smith Falls to second place, 13 points behind Georgetown.

Mario Venditti, Halton Hills Planner, received his Masters Degree in Combined Urban Studies and Urban Geography from York University. He has been town planner since regional government was created.

FIVE YEARS AGO--The Halton board of education superintendent of business and finance, Bruce Lindley, resigned. He has worked in Halton for 25 years.

Georgetown's Kris Barber and his skating partner, Kelly Johnson of Willowdale, placed fifth in the Skate Canada Competition in Calgary. Now they are preparing for the Canadian divisional championships.

Manager Dave Kentner's promise to give free tickets to fans at the Raiders game if the Raiders lost against Collingwood did not spark his team to victory. They lost 5-3 before 750 Raider fans.



By PAT WOODE
Herald Columnist

Our beliefs, our feelings, and our attitudes toward life can influence our own health in the same way as exercise and diet.

In the book, "Getting Well Again", Dr. Carl Simonton and his wife Stephanie explain how psychological factors can play a vital role in a person's recovery. After years of treating cancer patients the couple determined that a positive attitude and a "will to live" often insured better health. The common thread among those that improved was the belief that they exerted some influence over the course of the disease.

As a result of this discovery, the Simontons developed a method of treating the whole person, both internal and external. Their technique, which they began practising in 1973, does not replace standard medical procedures but is used in conjunction with them.

The program includes techniques for learning a positive attitude, relaxation, visualization, goal-setting, managing pain, exercising, and building an "emotional support" system. These leading practitioners describe how an individual's reaction to stress and other emotional factors may contribute to the onset, progress, and/or recurrence of disorders.

According to Dr. Simonton stress, in most cases, is the cause of depression and despair. These feelings, which are recorded in the limbic system, influence the body primarily through the hypothalamus, a small area in the brain. These messages are then translated in two ways.

They participate in the control of the immune system and regulate the pituitary gland which, in turn, regulates the endocrine system responsible for the hormonal balance of the body.

Since the immune system is designed to control cancerous cells' suppression of immunity due to anxiety can result in cancerous growth. Coupled with this is the hormonal imbalance which can lead to an increased production of abnormal cells in the body.

The Simontons believe that this cycle can be reversed and the purpose in writing their book was to show others their approach. If you are interested in finding out about their treatment, you can enquire at your local library or bookstore.

As this is my last column until January, I would like to take this opportunity to wish all my readers the best for the holiday season and the coming year.