

# Halton Hills Outlook

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## Their Outlook

### The double standard of the north and south



#### Ottawa Report

By Stewart MacLeod

The Canadian political conscience may have been shocked to hear that businessmen paid \$5,000 to meet with cabinet minister Roch LaSalle - but apparently it wouldn't be any big deal in Washington.

There, it seems, prices go higher. Mr. LaSalle, we are told, submitted a letter of resignation to Prime Minister Brian Mulroney - not immediately accepted - largely because of the uproar over the \$5,000-a-head meeting. The CBC reported that Mr. LaSalle was guest of honor at a gathering which individual businessmen paid this amount in hopes of getting government contracts.

Earlier, Mr. LaSalle suffered the embarrassment of having to fire two aides who, it was learned, had criminal records.

But it was obviously the pay-to-meet-the-minister incident that caused the greatest political furor, coming so soon after the Mulroney government was being buffeted by other scandals.

Mr. LaSalle has suggested that, if such fees were involved in meetings he attended, he had no part of it. He has decided receiving any money from the get-togethers.

But he told the prime minister he felt physically and mentally exhausted from what he has gone through.

#### HIGHER PRICES

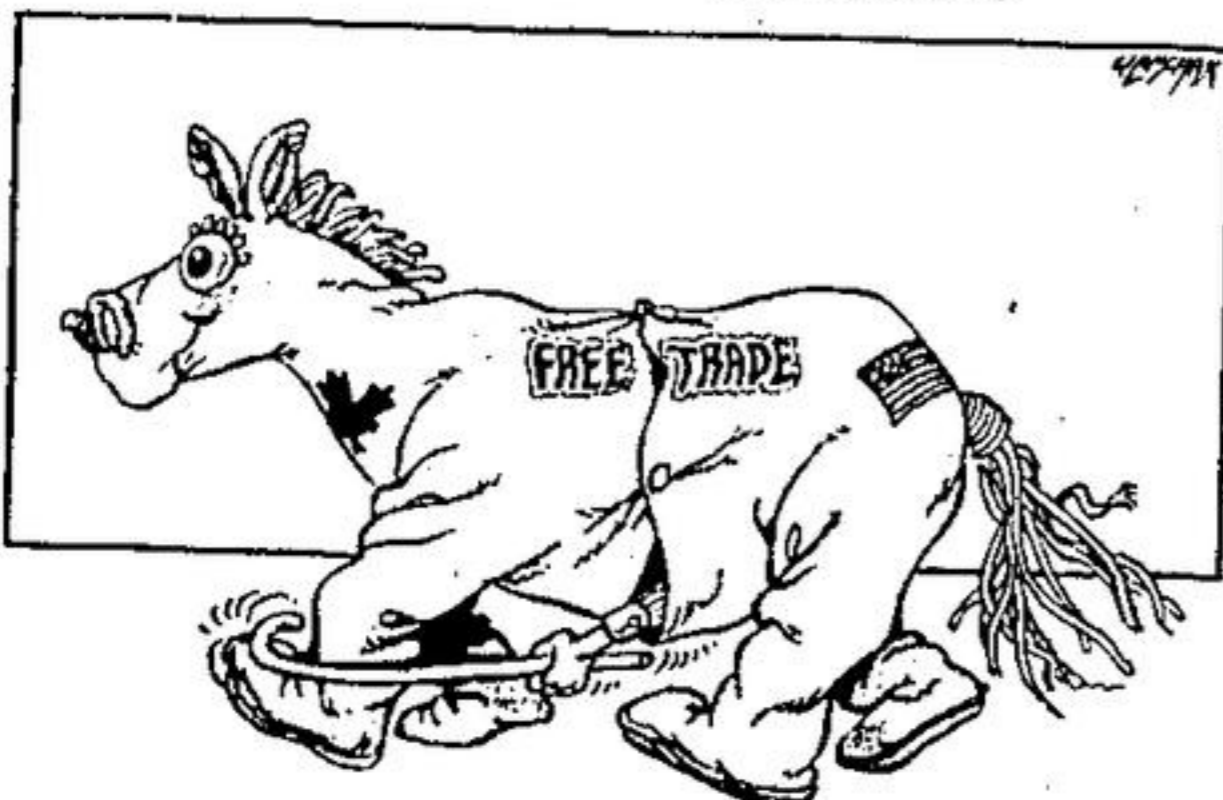
There was no suggestion of exhaustion in the Washington version. Actually, this story comes via the Miami Herald, courtesy of its

### POETS CORNER

untitled

I would gladly have rounded shoulders if it meant sharing your load or hugging you

—By MARLOWE C. DICKSON, RR2, Beeton



Washington bureau. And there, it appears, the pay-to-meet process is much more out in the open - as is official lobbying.

The story begins: "In a letter giving new meaning to the old adage that time is money, Senate Finance Committee Chairman Lloyd Bentsen, D-Texas, has offered to host once-a-month breakfast briefings with lobbyists - for \$10,000 each."

It goes on: "Bentsen, who holds a position of substantial influence, recently wrote to 200 lobbyists and political action committee directors, inviting them to join his 'chairman council'. For a \$10,000 contribution to his 1988 re-election campaign, Bentsen promised them a chance to meet with him and about 40 of their colleagues for monthly discussions on the trade and tax bills that pass through his committee."

Now if that isn't an enticing invitation for lobbyists, I don't know what is. Under the circumstances, it's difficult to imagine the sponsoring firms getting too excited over the \$10,000 fee. It's an offer that wouldn't easily be refused.

We're not talking here of an isolated meeting of hopeful contractors, but regular monthly meetings of lobbyists to discuss legislation with elected politicians.

No doubt it does wonders for Mr. Bentsen's re-election campaign fund.

#### MORE OPEN

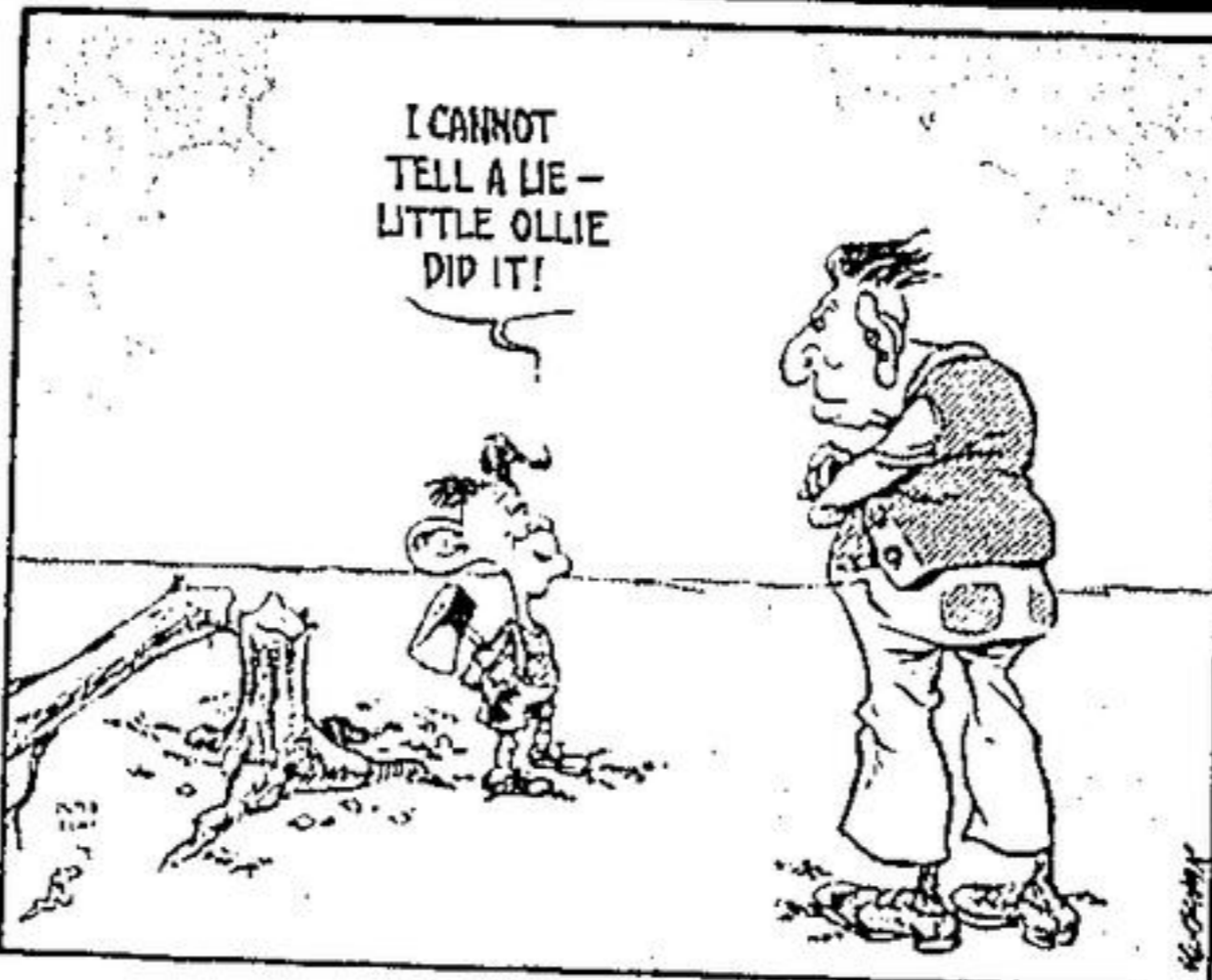
But it's comforting to know that, just as the pay practice outrages Canadians, it doesn't sit well with all Americans.

Mary Hasenfus, director of political action for the U.S. Chamber of Commerce, is quoted as saying, "There is a lot of frustration at this because it's an example of what is happening everywhere." She said business representatives are beginning to feel they have to give-in order to have access.

It seems that Mr. Bentsen's predecessor, Robert Packwood, R-Oregon, held similar breakfast sessions with business lobbyists, but they didn't attract so much attention because, not only was the price lower - \$5,000 - but no letters of invitation were written. "We just invited folks by word of mouth," said a folksy spokesman.

When Mr. Bentsen was confronted about the disparity between the fees charged by the two men, he replied: "I guess that's part of inflation."

And that, so far as we can tell, ended that. No scandal, no offered resignations, no nothing.



YOUNG RONNIE REAGAN

### Remember a nutritional month of March

March is Nutrition Month in Canada, a time when nutritionists and dietitians encourage us to stop and consider our nutritional health.

The food you eat affects the way you look, feel and act. Sensible eating and lifestyle habits can reduce your risk of diet-related diseases later in life. It's up to you to consider the facts and make healthy food choices now.

Here are eight ways to get your eating habits in style by cooking better and eating better.

1) Don't Peel Those Veggies - Leaving the peel on vegetables and fruits will keep in vitamins and minerals. For example, peeled carrots lose thiamine, riboflavin and niacin - important B vitamins. Eating unpeeled fruits and vegetables also increases their dietary fibre content - something the Canadian diet is relatively low in. For vegetables you usually peel - potatoes and carrots - try scrubbing with a vegetable brush. To remove the waxy coating on cucumbers, peppers and apples, wash in soapy water and rinse thoroughly.

2) Cook Occasionally in A Cast-Iron Pot - Iron pots are not only perfect for browning foods, they are a great way of adding iron to the diet. This is important as many Canadians - dieters, vegetarians, endurance athletes - don't get enough iron in their diet. Cast-iron pans and pots actually add iron to the foods cooked in them - for example, a fried egg triples its iron content. This is especially true when cooking with acidic foods such as tomatoes. So simmer your spaghetti sauce in an iron pot.

3) Steam Vegetables - Don't Boil Them - The more water used to cook vegetables, the more nutrients that are lost. For example, potatoes lose 50 per cent of their vitamin C when boiled compared to only 30 per cent when steamed. Microwaving saves even more vitamins as vegetables can be cooked in a very small amount of liquid. Lightly cooked vegetables also have a higher fibre level. If you can mash your carrots with a fork, it's not adding much fibre to your diet.

4) Don't Overcook Meat - Keep B vitamins at peak levels by not overcooking meat. Rare and medium-cooked meats contain more thiamine than well-done steaks and roasts. Broiling and baking also retain more nutrients than braising and stewing due to the shorter cooking times.

5) Cook It Whole - Save nutrients by cooking vegetables whole. Vegetables cut into small pieces lose significantly more vitamins during cooking. If necessary, peel and cut your carrots and potatoes after cooking them whole.

6) Hold The Salt - Most Canadians use more salt than necessary. Getting that salt shaker off the table and using salt only during cooking is one way to cut back on sodium intake. However, there are times when salt shouldn't be used during cooking. Don't salt the water for rice, pasta or vegetables as you'll tend to over do it. Salting according to taste after cooking will actually save on sodium. Cooking in salted water can also toughen the skins of vegetables. (Remember, you haven't peeled them!). And salting meats and fish before cooking can result in a loss of juices and nutrients.

### Some short notes on some long subjects



#### Queen's Park

By Derek Nelson

Some short notes on the separate topics of immigration and Amerika.

First, immigration.

Not many people realize this, but immigration isn't just a responsibility of the federal government.

Under the constitution, it is a shared jurisdiction between Ottawa and the provinces.

Yet you'd never realize it from how the Ontario government acts.

The only Ontario programs connected to immigration, like Welcome House or English As a Second Language, deal with the results of immigration rather than immigration itself.

Ontario totally ducks any comment or position on matters such as illegal immigrants posing as refugees or the screening of immigrants to be sure they are wanted in Ontario.

Quebec doesn't, incidentally. When Boat People were interviewed in Malaya for immigration to Canada, a Quebec immigration officer sat at the Canadian official's shoulder and exercised a veto over those going to his province.

In Ontario, the politicians won't even talk about immigration. They especially don't want to discuss illegal immigration.

(And, by the way, when did that good English word "refugee" become a synonym for "illegal immigrant," as you'd have to believe if you read, heard or watched the media?)

It rather tells you the bias of reports and editors in this matter.)

In any case, have you noticed the total silence from the province as illegal immigration swamps our emergency facilities to the point where special dormitories are having to be set up?

And it is going to get worse. The so-called tightening-up of border controls by the federal government is being operated in such a way that it is simply a disguised form of

amnesty.

As usual, the politicians are being gutless on the issues that really matter to people. Unlike earlier waves of immigration - and unlike real refugees like the Boat People and the Ugandans - the current crop is coming to the land of the instant welfare cheque and free medicare.

A country of citizen suckers and politicians without backbones - that's Canada.

Second, Amerika.

That television equivalent to Heaven's Gate in its suffocating boredom was shot partly at Queen's Park.

Retiring member and former Tory leadership candidate Dennis Timbrell's office was used.

And, as usually befalls anything that might be judged the slightest bit anti-Soviet, a miscellaneous collection of leftists, including some of the sitting NDP here, didn't like the idea one bit.

All kinds of anti-American tripe crosses the airwaves daily and no one cares, but dare even hint that the Soviets aren't pillars of virtue and watch the ideological ton of bricks fall.

Suddenly, there were calls from censorship and the laying of charges under the "hate literature" section of the Criminal Code.

As it turns out, the moaners needn't have worried.

When a KGB general shoots himself in remorse because he orders a couple of hundred Americans killed (politicians at that) you can only shake your head at such soft-soap portrayal of the Soviet secret police.

And while Amerika had some good things to say about the nature of the United States and the nature of patriotism, collaboration, and so on, the self-indulgence of the director in allowing a four-hour movie to run 11 hours (plus four hours of commercials) ruined it for most watchers.

Perhaps the line in the film that should be remembered - and it applies as much to Ontario and Canada as to the U.S. - is that Amerika didn't lose its freedom to the Soviets; it gave it away.

Barring the unlikely event of a successful Soviet first strike, that is exactly how we're going to lose it.