

New executive director named

Mr. Ted Smith, Chairman of the Halton District Health Council, is pleased to announce the appointment of Ms. Marlene Longdon as Executive Director of the Council. Ms. Longdon has twenty years experience in direct patient care, health care program planning and management, health service evaluation and administration.

Ms. Longdon holds a Bachelor's Degree in Nursing from McGill University, a Master's of Science Degree in Psychiatric Nursing and Research from the University of Toronto and is currently a Ph.D. candidate in the Department of Sociology at York University. She is also an Assistant Clinical Professor in the Department of Psychiatry at McMaster University.

Health Service of St. Joseph's Hospital in Hamilton. She is also Chairperson of the Ontario Mental Health Foundation and a Board Member of the Clarke Institute of Psychiatry.

Currently, Ms. Longdon is the Manager of the East Region Mental

Get your car checked now

With winter weather officially here, the Hamilton Automobile Club encourages you to maintain a smoothly running automobile. A well-maintained car benefits everyone. You'll avoid costly repairs and have fewer problems on these cold, winter mornings by checking the following:

- Recharge or replace weak batteries and check your voltage regulator.
- Check the headlights, parking lights, directional signals, tail lights, and brake lights for proper operation.

- Have the brakes checked and, if needed, properly adjusted to ensure equal braking on all four wheels.
- Check your tires for wear and tear and, if necessary, purchase snow tires or all-season radials.
- Have a mechanic check your exhaust system for leaks.
- Check your radiator and hoses for leaks and cracks and add a sufficient amount of antifreeze to your vehicle for the coldest weather. Test the heater and defroster for proper operation.
- Check your windshield wipers for proper functioning. Replace blades

that streak and fill the washer reservoir bottle with an antifreeze washer solvent.

- Carry the following invaluable items in case of an emergency: small snow shovel, extra clothing, traction mats, ice scraper, booster cables, warning devices such as flares or triangles, a small bag of abrasive material such as sand or kitty litter, snow brush, flashlight, cloth or paper towels and blanket.

The HAC advises motorists to drive with extra care and caution when roads get slippery.

Beating the holiday travel rush

Flying away to a holiday on a modern airplane - a sleek, smooth, speedy airplane - is terrific. It's the waiting in airports, beforehand and afterwards, that is so terrible.

At this season, we are bombarded with warnings about how congested the airports are and how much worse they will soon become. "Experts" sagely counsel us, in print and on the air, to allow plenty of time - as if that would never occur to anyone otherwise.

A genuine expert would answer some of the more difficult, more pressing, more fundamental questions, such as:

- Why do so many airlines and airports make the airport experience as disagreeable as possible?
- Why do they dispense so little reliable information, and in such incomprehensible form?
- Why do they instruct you to proceed to Gate C, when that gate is going to be kept closed for the next quarter-hour?
- And why do they all seem to behave as if the last thing they expected to see was passengers?

Well, let it be granted that non-passengers - that is, friends of those actually departing or arriving - often are in the majority, thus adding to the congestion that is abhorred by travellers and airlines alike. But at busy times, a friend at an airport is worth four friends anywhere else.

BE PREPARED

What can you do to make your airport experience less of an ordeal, especially if you have to travel during the peak holiday period?

First, before setting out from home, call the airline to learn whether your flight is expected to depart on schedule. That is more easily said than done, of course, since some carriers don't keep their taped announcements up to date. You may, however, save yourself an unnecessary trip to the airport to catch a flight that hasn't yet taken off, because of a winter storm.

Try to acquaint yourself with your airport's lay-out in advance, so that you can look for a parking space as close as possible to your check-in counter. A few airports are ingeniously designed to reduce the distance between curb and airplane to a minimum, while others are in-

tended to draw passengers past as many concessionaires shops as possible.

Travel With Vince Egan

If there's a feasible choice, opt for an early-morning flight. The risk of delay is reduced if your airplane arrived the previous night, and should you miss your flight or fail to make a connection along the way, you have more alternatives than if you were on one of the last flights of the day.

THE RIGHT FLIGHT

Connections are often inevitable, but naturally a direct flight to your destination is better, and a nonstop is best of all for avoiding airports. Note that there is a growing tendency among airline schedule-makers to apply the term "direct" to flights that actually involve a change of airplanes en route; they simply give the same flight number to two consecutive but distinct flights.

If you must make a connection to another airplane at an intermediate point, request a seat close to the exit (usually the front of the airplane) so that you can be among the first off. A minute or two can make the difference between making a connection and missing it.

Take along a survival kit, in case you are seriously delayed en route, or your baggage should go temporarily astray. Pack in it your overnight essentials, any medication you may require, and some snacks to ward off hunger.

Should you unexpectedly find yourself in a position where you and dozens of fellow-passengers have to make new reservations (when you have missed a connection, for example, or your flight has been cancelled) and you are facing a long line-up at the airline's counter in the terminal, find a public telephone and call the carrier's reservations number to request new arrangements.

TRAVEL NOTEBOOK

Here are notes on news of current interest to travellers:

—Until March 31, any two passengers flying from North America to Brussels aboard Sabena Belgian World Airlines are entitled to a week's free use of an Avis rental car, including tax and unlimited mileage.

—KLM Royal Dutch Airlines plans to add Ottawa and Halifax to its Canadian services sometime in 1989, according to Jean Paul Struyve, manager of passenger sales and services for Ontario and Manitoba. The carrier already operates Toronto-Amsterdam and Montreal-Amsterdam nonstop flights.

—Starting this month, the 10,000-plus uniformed employees of Canadian Airlines International are sporting new outfits, predominately navy blue but with red and white touches.

—At Toronto's Terminal One, KLM has just opened its own check-in counters. The Dutch carrier's Amsterdam-bound passengers had previously been processed by CAL.

—The three most popular "attractions" in London, according to Fodor's new guide to the British capital, are the Tower of London (where the crown jewels are displayed), the British Museum and the National Gallery.

—Admission is free to the recently opened museum of the Bank of England, on Threadneedle Street in the heart of London's "City," or financial district. It traces the colorful history of the central bank, founded in 1694 and at its present site since 1734 (although the building now in use was constructed between the First and Second World Wars).

—On Feb. 1 the Canadian branch of the German National Tourist Office will be transferred from Montreal to 175 Bloor St. East, Toronto (telephone 416-968-1570).

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A busy Christmastime



On The Hill With Garth Turner

OTTAWA - The morning of Dec. 12, I walked into the House of Commons for the first time as your Member of Parliament.

What was that like... It was a moment I won't forget. The room is breathtaking - a cavernous stone chamber decked out in carved wood and gilt, with rows of seats facing each other and the speaker's throne between them. This is a special place. This is where laws are made and Canada's decisions are taken. Being here is nothing short of an honor.

Well, I learned a lot on my first day. I saw how the Speaker is elected. I saw the Governor-General read the Throne Speech in the Senate chamber. I saw the golden mace carried in and the 34th Parliament of Canada get rolling. I saw Dorothy beaming as she looked down from the gallery.

But then I saw what partisan politics is all about. Just minutes after the Parliament opened, the circus began.

Just as if an election on the free trade deal had never taken place, the Opposition parties started obstructing business. Two recorded votes were forced, and things dragged on for hours. As a rookie, I had some trouble understanding what the procedural wrangling was about, but things have become clearer each day now.

The Liberals and the NDP say the election didn't matter and they're going to hold up the free trade deal from passing into law. That may not mean much to you right now as Christmas approaches, but let me give you a little insight into what it means for your MP.

The other guys have demanded time to debate free trade - again, after 15 months of being before Parliament and after the seven-week campaign. What should have been a formality here has turned into a war.

Let there be light in Peel

There are many other traditions - besides Christmas - that are being observed at this time of year.

The Region of Peel Museum, part of the Peel Heritage Complex, has captured the essence of these in a show which began last month.

"Let There Be Light: The Origins of Festivals Around the World" features exhibits and sculptures relating to cultural celebrations and festivals around the world.

"It's unique because of its multicultural flavour. The work on the sculptures is impeccable and the research is excellent," says Bill Barber, museum curator. "Nobody anywhere else has a show like this one."

More than 20 sets and 30 sculptures have been constructed to display diverse celebrations such as the Druid Festivals in Britain, the New Year's Festival in China and the Holi Festival in India.

All the works have been produced

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to be done, there are a lot of issues to consider other than free trade - which has been argued to death. I think we need to be talking about affordable housing, protecting the environment, getting the deficit down - and a host of other things.

Instead, the first days of Parliament are being used to go around in the same old circles.

In a sense, I'm writing this to say I am sorry. This doesn't feel like the agenda you wanted followed. It's not a productive use of my day or your tax dollars. Worst of all, it says the decision you made in the election was the wrong one. At least, the Opposition politicians claim it was.

But I will be there - in my seat, every time the bells ring, and I will stand up and be counted, no matter if it's another midnight vote and I have slept on another couch.

If that's what it takes, that's what they got.

And after the trade deal passes, we'll have a lengthy recess-time for our new constituency office to open; time for some Town Hall meetings; time to hear what you want me to bring back to this city when Parliament sits again.

I've learned this job steals your time. I've also learned in just a few days that the games politicians play on Parliament Hill can come to consume them. Already people - even some of the new MPs - are jockeying for position. Already I sense a few of them have forgotten who sent them here, and why.

And I know how important it is to struggle against that. Fortunately, I have help.

One person from home dropped me a note yesterday. I don't know Wayne MacDonald, but the advice on his postcard is now part of my desk:

"What can a backbencher do..." he wrote.

"Keep talking about the real issues: Housing that's affordable for us all; cheaper, good food for everyone; jobs that are suited to the people, not the corporation; taxes spent sensibly. Just talk it up, and write it down."

"Be yourself. Be true to your beliefs. Be willing to listen to others."

I can ask for no better advice. And if I get distracted or partisan or self-important, then make me hear it again.

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