

Features

Georgetown resident embarks on incredible journey

By LISA BOONSTOPPEL-POT
The Herald

Last Monday, Georgetown resident Don Campbell's canoe paddle sliced the waters of a river in Lachine, Quebec, as he and 35 other Lakehead University students embarked on an incredible summer voyage to Winnipeg re-enacting the historical voyages of Sir Alexander Mackenzie.

Mr. Campbell, 22, and his fellow students donned costumes of the late 1700's and set off on the expedition that will take them 3,000 km across Canada from Quebec to Manitoba, in three, seven-hundred pound canoes. The trip is expected to take three months. This is the second phase of a four-year project called The Sir Alexander Mackenzie 'Canada Sea to Sea' Bicentennial Expeditions organized by Lakehead University in Thunder Bay to celebrate the 200th anniversary of the first recorded crossing of Canada from the Atlantic to the Pacific Ocean.

"I joined this trip because I want to know, and I want Canadians to know, more about their own history," said Mr. Campbell, who graduated from Georgetown District High School in 1988 and is now enrolled in the university's honors outdoor recreation program.

And learn about history he will. Along their travels, the team will visit more than 50 communities, presenting an historical pageant to dramatize Mackenzie's journey and to promote the federal government "Stay in School" initiative.

Lakehead University stated in a press release that by "celebrating Alexander Mackenzie as a significant part of Canadian history, the Canada Sea-to-Sea expeditions recognizes the attributes of dedication, cooperation, vision and commitment which should inspire modern generations of Canadians." The release goes on to state the voyage reinforces the importance of staying in school as a means of reaching success and achieving personal growth.

The University reveals that Mackenzie was knighted because of his determined realization of the importance of education.

"With visitations to over 50 communities, the voyage provides an ideal medium for presenting the 'Stay in School' message to Canadian youth," the release stated. "The voyage also provides an incentive to reflect on the things that make us Canadian, such as the fur trade era."

"Stay in School" is a program developed by Employment and Immigration Canada and the

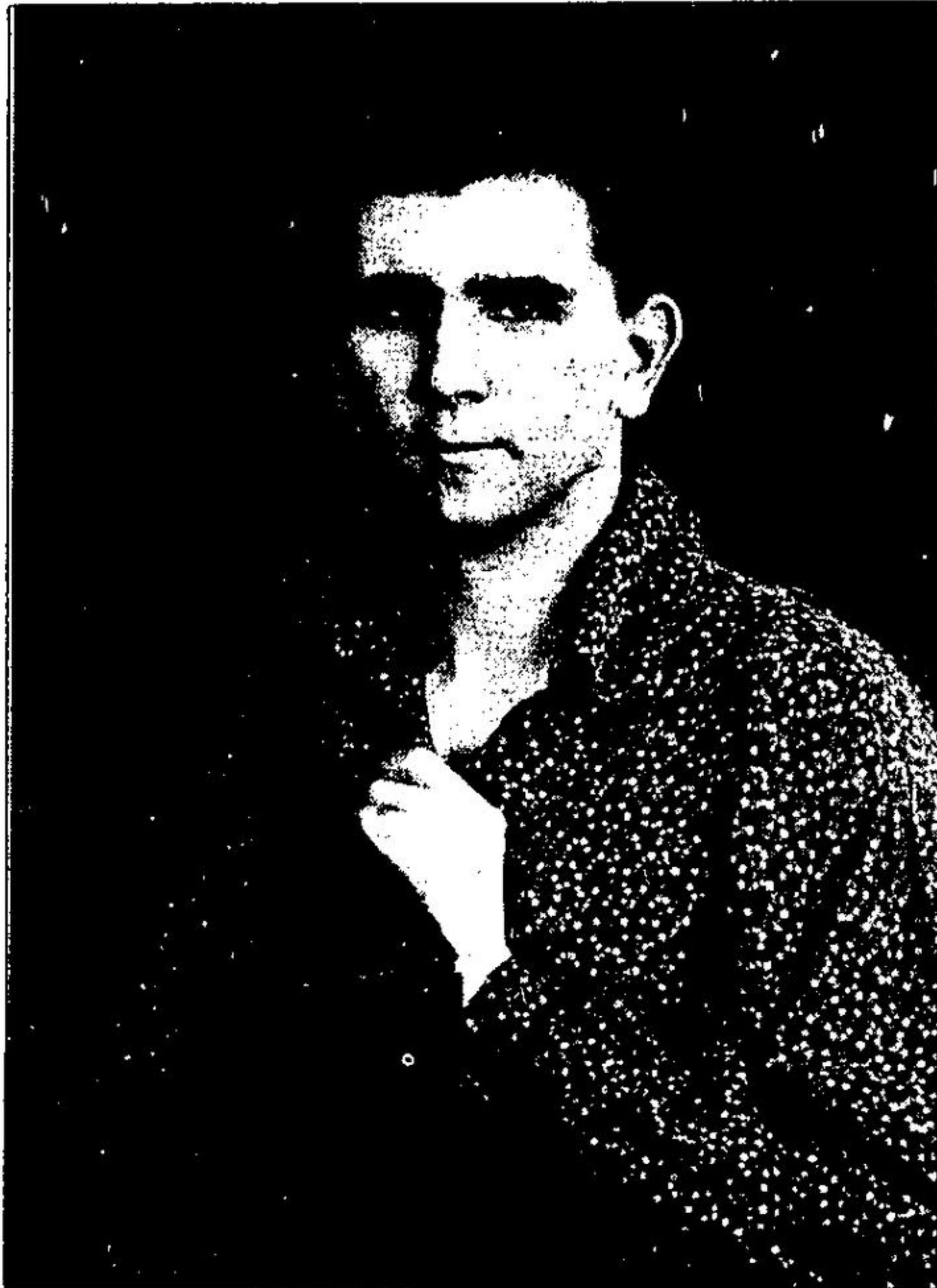
Minister of State for Youth. It's objective is to encourage young people who are at risk of dropping out to stay in school. Currently, 30 per cent of Candians students leave school before they graduate. By the year 2000, statistics predict one million under-educated, untrained students will have entered a labor market that has rising skill demands.

Mr. Campbell said "I stayed in school to further my educational experiences and to give me a better chance at a good career in the future."

Mackenzie himself discovered he was lacking in skills in astronomy and navigation on one of his Canadian travels and he returned to school in 1791 to study.

With his knowledge, Mackenzie became the first man to cross the North American continent from the Atlantic to the Pacific Ocean north of Mexico, a feat he achieved before the later government-supported expedition of Lewis and Clark in the United States.

Next year's Canada Sea-to-Sea voyageurs from the University will travel from Peace River to Bella Coola, British Columbia on the Pacific Ocean which is scheduled to end in time for the 200th anniversary of Mackenzie's arrival at the Pacific Coast.



Don Campbell

Hospital launches out-patient program

By L. WILLSON
Herald Special
Hospital's new out-patient program focuses on lifestyle changes

Georgetown Hospital has launched a new out-patient program that's sure to capture everyone's heart.

Known as "Heart Beat," this five-part lifestyle management program was designed by the Hospital's dietitians to assist individuals in creating lifestyle changes by promoting heart health.

Georgetown Hospital's director of Dietetics, Linda Dawson; and clinical dietitians, Karen Bottomley and Edith Burch were involved in getting this program off the ground. "The Hospital was very anxious to expand its educational services to out-patients," explains Karen Bottomley.

"Heart Beat offered us an excellent opportunity to provide a variety of educational/interactive group sessions - each centred on improving overall health and vitality. In fact, Georgetown and District Memorial Hospital is one of the first in the area to offer such an extensive program."

The program, which was first developed in early January of this year, is targeted primarily to individuals considered to be "at risk" fortherosclerotic or cardiovascular disease and especially those with elevated cholesterol levels.



Heart Beat takes a multi-disciplinary approach with support from an Occupational Therapist and Physiotherapist, as well as the Hospital's dietitians.

Phase I (Session One and Two) of this five-part series was held at the Hospital on March 27th. In session One, entitled "Heart Harmony," participants gained current knowledge of heart disease, lifestyle risk factors and the role of nutrition.

"Favoured Fare", (second session) featured in-depth nutritional guidance with a look at "taking the mystery out of product labelling," shopping and recipes suggestions. Attendees

were then encouraged to evaluate their own lifestyle by looking at ways of better handling today's stresses.

Following the first Phase, each individual was given a private consultation and invited to attend Phase II (Sessions Three, Four and Five).

Session Three, "Success with Stress" will offer attendees information on identifying and understanding stressors, as well as providing practical relaxation techniques.

"Living Lifestyles" is featured in Session Four and focuses on exercise, smoking and alcohol, and how these factors can affect health. This will be followed by the final session, "Power Plus" which uses motivation and the process of change to assist individuals in creating long-term results.

Heart Beat also includes private consultation, and follow up to address individual needs.

Those interested in the program must have a referral from their physician. Heart Beat is expected to be fully operational by the fall of 1991.

In addition to Heart Beat, other out-patient programs are currently in the works and are expected to grow over the next few years. As a result, the expertise available at hospitals like Georgetown will be further expanded to the community at large.

Excitement building towards anniversary

Georgetown and District Memorial Hospital 30th Anniversary Committee is beginning to get a true sense of excitement as plans are finalized for the Hospital's Open House on June 23rd.

In addition to the request for warm, sunny weather, committee members have organized a full program that will include:

- The best strawberry cake in Halton Hills
- Ice cream and lemonade
- Musical entertainment by the Choral Society, Georgetown Girl's Pipe Band and the High School Jazz Band
- Commemorative tree-planting ceremony
- 1960's style contests: Bubble-gum blowing and hoola hoops

- Hospital tours
- Give-aways and more
- That's not all. On June 21st and 22nd, Georgetown Little Theatre will hold two special benefit performances with all proceeds going to the hospital. At a price of only \$12.50 per person, you're sure to be guaranteed a "spook-ful" evening of fun and merriment.

Mark these dates on your calendar and why not make a note to contact any former GDMH employees too. They're more than welcome to join us as we celebrate our past, present and future.

Watch the bulletin boards and the June issue of Hospital Beat for more information on this once-in-a-lifetime event.

Special "Planning for the 90's"

"Planning for the 90's: Challenges and Changes" is the topic for discussion at the Annual General Meeting of the Halton Social Planning Council. Celebrating the successful completion of seven years as a regional planning organization, the Council will present its vision for the 90's.

Council President, Michael Howarth, noted the Halton Social Planning Council is a "new look Council." He points out that "Over the past couple of years, we have strengthened our volunteer Board, and we plan to redefine the position of the Council within planning in Halton. The Council wants to make the whole business of planning mean something to the citizens of Halton. Planning can't be left to the experts, or to politicians - we all have a place in planning our community."

Jody Orr, the new Executive Director of the United Way of Burlington/Hamilton-Wentworth will be the guest speaker. Ms. Orr brings to the community a wealth of experience and a broad knowledge of the challenges facing human services and the volunteer sector. Prior to joining the United Way in January, Ms. Orr was Executive Director of the Social Planning Council of Metropolitan Toronto. Prior to 1988, Ms. Orr was Ex-

ecutive Director of the Social Planning and Research Council of Hamilton-Wentworth. Ms. Orr is a strong advocate of citizen participation in community planning and will address the challenges facing us in planning for the 90's.

The Annual General Meeting is open to the public. If you plan to attend, telephone 632-1975. The meeting will be held Tuesday, May 28th at 7:30 p.m. at the Holiday Inn in Oakville.

"Living With Cancer"

Living With Cancer groups involve group discussions to provide emotional support and practical guidance to patient, families and friends.

Groups are sponsored by the Canadian Cancer Society and led by nurses.

Held at Living With Cancer

Group, Canadian Cancer Society, Milton Branch, 751 Main Street East, Milton, Ontario (West of Bunsmaster Building on 2nd Floor).

Held every 2nd Thursday from 7:30 to 9:00 p.m.

Next meeting dates: June 13 and June 27.

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