

Environment

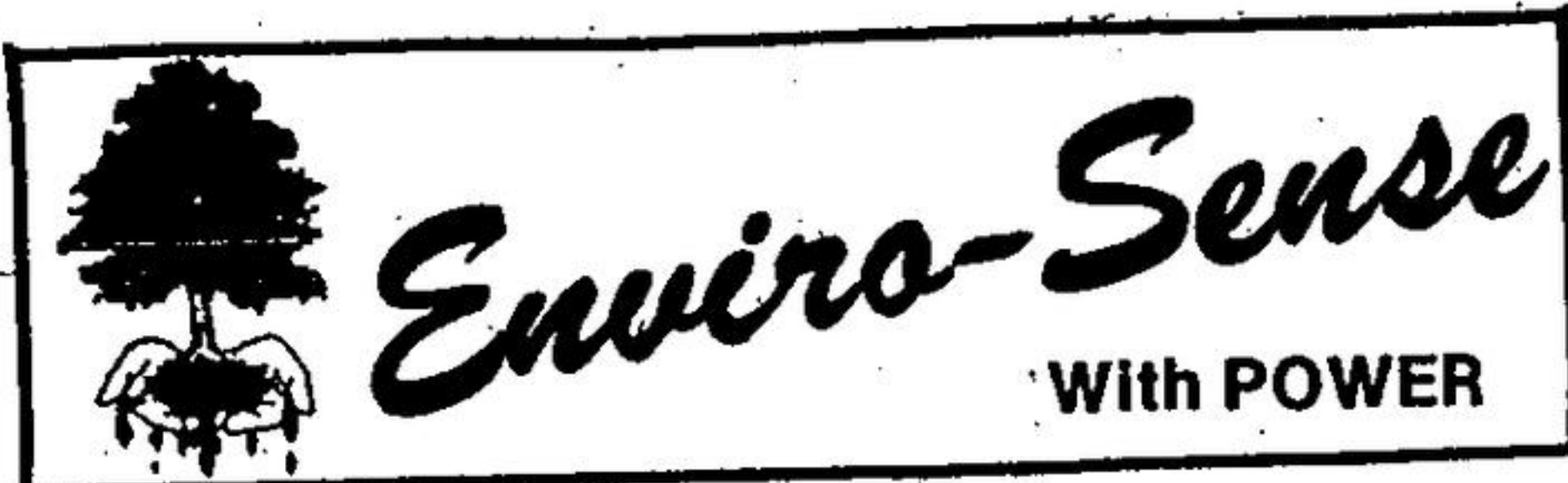
Volunteers will live longer

By BARBARA HALSALL
Herald Special

P.O.W.E.R. volunteers will outlive those doing nothing. When you read this you might think that I am hinting that keeping our water supply protected will give volunteers a longer life. While that is probably true, my article today is referring to information contained in the Sept. 24/91 issue of "Woman's Day" magazine. The "Woman's Day" article titled, "How to Prevent Disease" looks at factors, other than diet and exercise, that promote a healthful life. They state: "Helping others is now known to bestow physical as well as psychological benefits."

The University of Michigan's Survey Research Center studied 2,700 people over 10 years. They found that, "...doing regular volunteer work, more than any other activity, dramatically increased life expectancy. Men who did no volunteer work were two and a half times as likely to die during the study as those who donated time at least once a week."

The health benefits for women were not as dramatic and the researchers theorized that it may



be because women already give time to other people.

The volunteer work must be done on a regular basis to realize health benefits. Volunteers must feel that their efforts are appreciated. One to one contact seems to give the most health benefits.

Although some of our volunteers are stretchd as they try to help P.O.W.E.R. and maintain work and family life, now I can feel very good about asking for help. I will be increasing the volunteer's life expectancy.

While the "Woman's Day" report did not specifically mention P.O.W.E.R., remember you heard it here first. P.O.W.E.R. has many, many jobs, big and small that you could do. We are working to protect the well water

supply of Halton Hills, to preserve the unique, Niagara Escarpment and to educate citizens on environmental issues so that we can all work to save this planet.

Give us a call if you would like to help. You would be helping yourself, as well as your community and the world. Call Barbara Halsall at 873-0344 or Ruth French at 853-1328.

We are most grateful for the wonderful volunteers P.O.W.E.R. has. You are appreciated! Now that we know that you would be healthier if we better demonstrated that appreciation, we'll be making a special effort to let you know how much we value your support. You do make a difference!

The Game of Georgetown

By LISA BOONSTOPPEL-POT
The Herald

Pretty soon Georgetown will not only be a town to live in, it will be a game to play with.

Halton Hill's environment group, Protect Our Water and Natural Resources (POWER) has hired David and Helen Colvin of Acton, distributors of the town game idea, to establish the 'Game of Georgetown' to help the group raise funds.

Ms. Colvin said the Game of Georgetown idea is the brainstorm idea of an American company called G and J Ideas and has already been used in the Robert Little Public School parent group in Acton to raise money.

He explained the game is like the popular Parker Brothers board game, 'Monopoly' in that players move around the board buying property and paying property taxes towards their goal to earn the most money and win the game.

What makes the game unique to each town, is that the property spots are actual local properties and businesses within the community the game is being created for.

"There are 38 squares altogether," said Mr. Colvin. "Businesses pay \$195 for a regular space on the board and \$295 for the corners." A deed card goes along with each square and both the card and the square have the business name, phone number and description, along

with a price tag.

After a day-and-a-half of selling, Mr. Colvin had already sold 17 squares including the four corners and predicted the entire board would be sold in short order.

The game becomes even more personalized with an inner ring that contains the name of local residents who order the game before it's printed. The game costs \$20. The interior of the game will be artwork of town landmarks.

"It will be a piece of history for the town," said Mr. Colvin.

Mr. Colvin said the game should be out near the end of November in time for Christmas giving.

The sale of the squares pays for the cost of producing the game so POWER, which will get the first 200 games free, stands to make \$4,000 if the 200 games are sold. Then, additional games will be sold to POWER at cost which is less than the \$20 selling price.

POWER president Barbara Halsall said the organization hopes to make \$10,000 with the Game of Georgetown.



David Colvin of Acton has been spending his days playing games with Georgetown businesses, including the Halton Hills Herald, to establish the Game of Georgetown - a game similar to Monopoly except the property spaces will be actual Georgetown properties. Spaces are selling faster than he could pass go and collect \$200, said Mr. Colvin. (Herald photo)

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