

# OP ED

"Op Ed" — old time newspaper term meaning the page opposite the editorial page. This page has traditionally been held open for opinion pieces, letters, and comment from various sources.

## Activity Line Fit Kids

By Laurie Burns

You don't need to start your child exercising before the age of 2 as most kids are naturally very active all on their own, just ask any mom.

Children between the ages of 2 to 5 can begin organized activities. With your guidance you can help your child develop hand and eye coordination. Teach your child to kick, throw, catch or bat a ball. These skills are basics for other activities and can be a lot of fun right now.

Children between the ages of 5 to 8 should be encouraged to exercise aerobically with walking, dancing, skating, some team sports such as soccer, and playground activities. Getting your children involved with other kids help keep exercise fun and can prevent them from losing interest

when they get older.

8 to 10 years olds can get more actively involved in more vigorous activities. Let your child try all sorts of sports and games to find out which ones suit them. Kids are different. Allow your child to select an activity (they'll stick with it), play down the competitiveness and let them enjoy.

10 to 14 year old adolescents can be very lazy. Encourage your children to be active. It is especially important to provide the support and enthusiasm needed to help your child stay interested in exercise.

Teens. If you haven't made regular activity a part of their lifestyle by now, the you could be in for an uphill struggle. Most teens have reached their growth potential but you can help encourage a strength-training program for both boys and



girls. Weight training may appeal to older teens by creating tangible physical rewards (muscle size, definition) that offer psychological benefits. Weight training is an individual activity that helps teens avoid the competitive pressures of team sports that alienate those who are not as skilled as others.

For more information about exercise, feel free to contact Laurie Burns at 877-0771.

**Laurie Burns is an Exercise Physiologist and operates Work That Body Fitness Programs Inc. in Georgetown.**

## Queen's Park Report



Noel Duignan MPP  
Halton North

Last week I told you about the section of the Charlottetown Accord dealing with Canada's Social and Economic Union and I mentioned some of the elements having to do with our social well-being.

The negotiators of the agreement also drafted a list of the things most needed in our economic union. These items are crucial because they reinforce our social objectives. The economic concerns would include:

- °working together to make the economic union stronger
- °making sure that people, goods, services, and capital have free movement to every region of the country
- °the goal of full employment for Canadians
- °ensuring that all Canadians have a reasonable standard of living
- °ensuring that our economy continues to develop in a way that is fair to all

This section goes on to say that Canada's first Ministers must create a mechanism for monitoring the social and economic union to make sure that all governments are working toward these objectives.

And finally, the Charlottetown Accord says the Social and

Economic Union would not water down any of the protection that Canadians have under the Charter of Rights and Freedoms.

Another important concern of some provinces has been representation — making sure that their concerns receive due attention.

Under the accord, the Senate would have a brand new look. The agreement would give each province six seats. The two territories would have one each. And the First Nations would represent their governments with their own seats.

All this reform is meant to make the Senate more useful — to provide a better balance for the regions and to emphasize the important idea of the equality of the provinces.

I talked about this part before but it's worth mentioning again. Ontario had also wanted gender equality on the Senate.

We didn't get that guarantee But we did get for each province and territory the right to provide gender equality when they choose their senators. And Ontario has decided to have equal representation.

With these changes in the Senate, it made sense to make some changes in the House of Commons as well.

Under the Charlottetown Accord, additional seats would be added to the House so that it better reflects the system of representation by population.

In this way we would strike a balance between equal representation of the provinces in the Senate and equal representation of individuals in the House of Commons.

There are other important aspects of the Charlottetown Accord. The division of powers between the provinces and the federal government would be altered. Those changes would help make the delivery of government programs more cost effective, with less duplication of services.

The Charlottetown Accord is a long and involved document. Even so, it can't be all things to all people or answer all concern. But it does give Canada an opportunity to move out of a crisis situation into a new era of stability.

It gives governments an opportunity to leave constitutional bargaining and get back to the business of any federation — working to improve life for its citizens.

It's time to move forward. And the Charlottetown Accord will help us chart our course for the future.

## Vote cast in frustration

Dear Editor,

I love my country. Canada is a wonderful place to live.

On October 26 we are being asked to support the constitutional accord. I've listened to the arguments and heard my political colleagues' viewpoints. I consider myself a fairly educated voter.

Still, I am asking myself a lot of questions. Will this agreement change anything, practically speaking? Will duplication and overlap-

ping of services be eliminated? Will costs be reduced?

Why are we voting on this now? Why two federal votes within a year? How much money is being spent on advertising propaganda and administration?

Why, when people in our country are jobless, homeless and starving, when our economy is a bust, are we spending tax dollars on this? What is the federal government doing about violence against

women and children? What are they doing to make our country and environment safe?

What are they doing to encourage investment? Our interest rates just rose two points. Another blow.

In the last two years I've listened to people talk of leaving our country. Some have already gone.

And now, according to pollsters, the No vote seems to be growing. But we must vote.

A Yes vote means the government might get on with major issues that affect you and I daily.

A No means we will continue to deal with the constitutional issue.

Sometimes I feel disgusted with priorities. I have much respect for Garth Turner but I am frustrated by the actions and inaction of our provincial and federal governments.

However I vote, it will be cast in frustration and exasperation. I'm fed up.

Sincerely,  
P.B. Johnston

## Letters Welcomed

Halton Hills This Week welcomes your letters. Letters must be signed and include your full name and address. Names will be withheld on request.

Halton Hills This Week reserves the right to edit, revise, or reject any letters on the basis of factual errors, punctuation, spelling errors

or as a result of space limitations.

Send your letter to:  
**The Editor**  
Halton Hills This Week  
232 Guelph St., Unit 9  
Georgetown, ON  
L7G 4B1

## For Pete's Sake



by Roe

Have your Children's BIRTHDAY PARTY at ACTON BOWLING LANES call 853-0470

**INCONTINENT PROBLEMS?**  
Now available in Canada - New unique underwear with washable liner. Guaranteed to replace adult diapers. Free confidential demo.  
Call 877-0950  
GDS Distributions

**Carl's Catering Company**  
~ Catering Since 1959 ~  
NOW OFFERING Our NEW Limousine Service ... '56 Rolls Royce & New Lincoln Stretch  
Brampton 457-2813  
Georgetown 873-2277

We'll Meet Your Travel Needs  
**TWG TRAVEL INC.**  
48 MAIN ST., S  
Georgetown  
877-2252  
IATA

**GLENLEA DrugMart LTD.**  
FAX SERVICE 853-1855  
ATTENTION: Bottle water users Distilled water available  
**CHECK OUR PRICES!**  
294 QUEEN ST. E. ACTON, ONT.  
853-2220