

## Allegations may have been election rhetoric

Acton councillor Norm Elliott is still waiting for a meeting with Halton staff to discuss allegations of political interference of a regional committee investigating future water supplies for Georgetown.

When Public Liaison Committee member Mike Foley, a defeated candidate in November's municipal election, made the allegations six weeks ago, Elliott asked for an investigation into what he called "a very serious criticism of a very important process."

At a recent Town Council meeting, Elliott asked what had happened with his request for a meeting with regional staff.

"To think that we have any Public Liaison Committee with a member who says the committee is not working, well we should investigate," Elliott said.

Town staff replied that a meeting regarding the issue would take place in the new year.

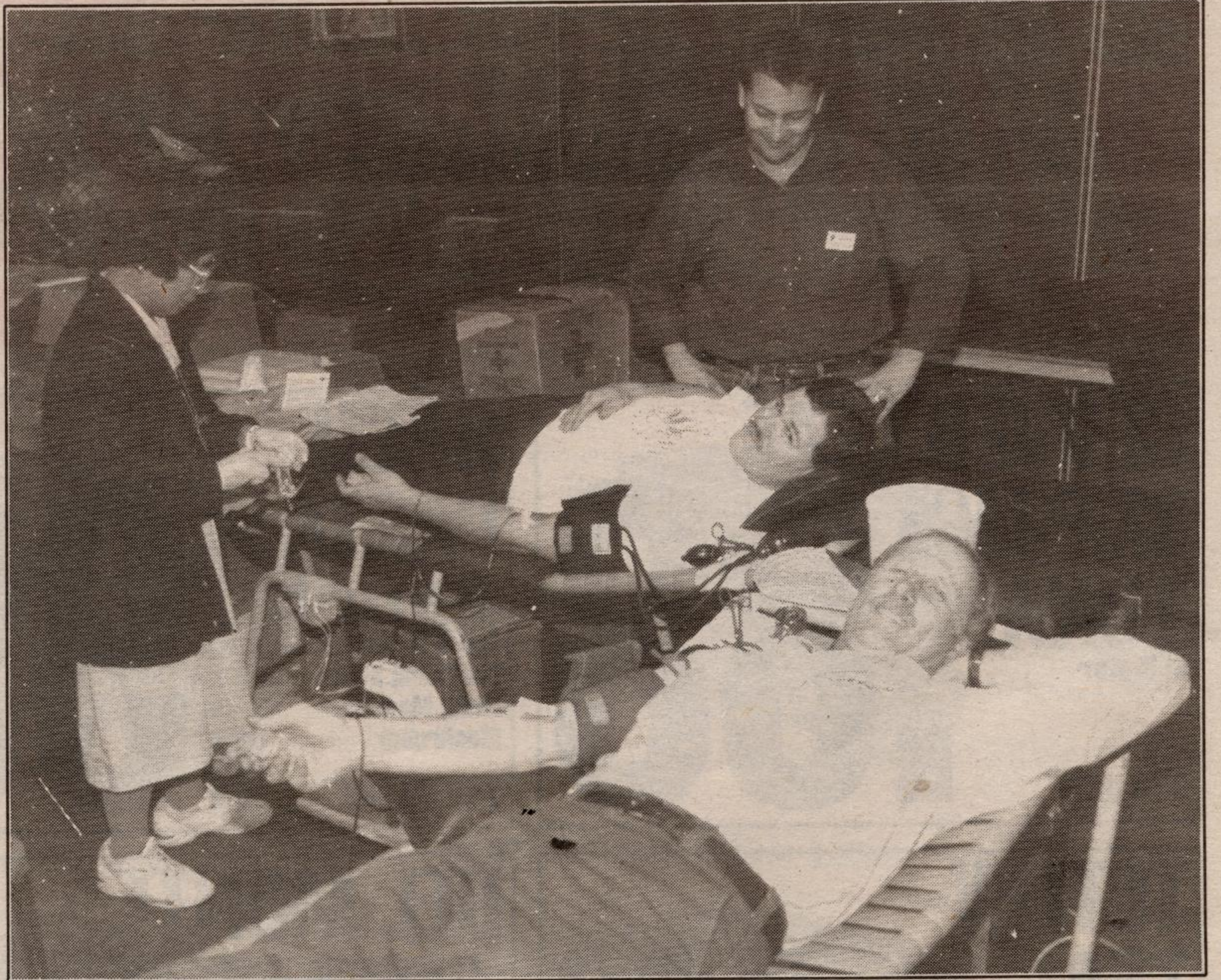
Later, Elliott said his concerns have been "moderated substantially."

"I have reason to understand that the allegations were pre-election rhetoric."

"I now think this committee will continue to act effectively and I think the meeting with Halton staff in January will re-establish the committee's legitimacy."

## Society meets Jan. 17

Ron Crawford of Crescent Nurseries will be guest speaker at the Acton Horticultural Society's annual pot-luck dinner on Tuesday, Jan. 17. The meeting will be at Knox church at 6 pm. For more information call Max at 853-0001.



**LONGTIME DONORS!** Michael Grant, left, and Jim Hunter gave blood for the 11th and 42nd times at the year-end Red Cross blood donor clinic at the Acton Legion. Looking on are clinic assistant Evangeline Garcia and Acton Blood Donor Clinic co-ordinator Joe Graf. (Eve Martin photo)

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## Stress workshop is offered

Acton residents now can get help combating the harmful effects of stress in their lives.

The Canadian Mental Health Association, Halton Region Branch, is offering "Energize Your Life Through Stress Control," a six-week series for anyone wishing to better understand the role stress plays in their life and wants some concrete coping techniques.

According to a recent press release, "Canadians are experiencing disturbing levels of stress and depression in their lives, yet admit to having little understanding about mental illness and fail to regard their mental health as seriously as

they should."

The first nationwide survey to explore stress was released in September 1992 by the Canadian Psychiatric Association and the Canadian Mental Health Association. The survey reports that almost half (47 per cent) of respondents said they feel "really stressed" a few times a week or all the time, and one in three (33 per cent) indicated that they feel "really depressed" once a month or more.

Frequent high levels of stress were most prevalent among the high income group: 66 per cent reported feeling "really stressed" a few times per week or more.

In an effort to assist the citizens of Halton in combating the harmful effects of stress, the Canadian Mental Health Association, Halton Region Branch, is offering the "Energize Your Life" program.

Participants will learn the causes of stress, to identify their own stress levels and coping techniques.

Subjects such as the physiological reactions to stress, the effects nutrition and exercise play on coping with stress, lifestyle choices and attitudes that affect our stress levels and, as well, a variety of relaxation techniques will be both demonstrated and practised in the sessions.

The course will be held Monday, Jan. 23 through Feb. 27 from 7:30 to 9 pm at the Milton Community and Information Services office at 540 Childs Dr. in Milton.

The fee is \$75 and pre-registration is required.

For more information and to register call the Acton office of the Canadian Mental Health Association at 853-4477, or phone Leanne Clarke at 905-845-5044.

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