

ACROSS THE FENCE

With Joanne Stevenson



Only a flesh wound

We all know that exercise is good for you, right? A stronger heart works more efficiently; healthy lungs make for healthy, oxygenated blood; firm muscles support your bones and cartilage. The whole healthy package can lead to a happier outlook and a longer life.

That's the common wisdom anyway, and every magazine has a section on healthy living/eating/playing. But for every Jane Fonda, Cindy Crawford and Sweatin' to the Oldies video, there are dozens of accidents in waiting.

Never mind the sore muscles – we expect that when we start an exercise program. I'm talking about the injuries that would have been avoided, were it not for the exercise plan.

From shin splints to tennis elbow, sometimes you can do more damage by exercising than by *not* exercising.

I had such an experience this weekend. We were invited to go downhill skiing with friends in Collingwood. I haven't been on skis for 12 years, and even then I'd only been skiing twice. I enjoy cross-country skiing, and manage to keep up with my 9-year-old daughter and her class at school, but downhill is a different story.

The drive up was quite an experience in itself. We set out on the evening of Groundhog Day and everything was fine until we got to Stayner. If you saw the movie *Groundhog Day*, where Bill Murray keeps reliving the same day, you'd appreciate the irony. I couldn't seem to get out of Stayner – we drove through the town and half an hour later, we were back in Stayner.

The next day we headed for the slopes. The ski conditions were perfect. The shushing, the sun, the fresh air. After my first run down the hill, I realized this skiing business is wonderful!

The second run – not so wonderful. I guess I zigged when I should have zagged. I took a tumble when getting off the chair lift.

This is what I learned about downhill skiing:

- Dress for the weather and you'll be comfortable all day.
- Wear sunscreen and lots of chapstick.
- Knees are meant to bend backwards only. If they bend the wrong way it can lead to extreme pain and a nasty sprain.
- Those emergency toboggans are really neat, but I could have lived without the experience.

My buddy Mike on Page 7 will have a hey day with this one I'm sure, but if you fall when water-skiing, you don't sprain your knees.

I'd like to thank the ski patrollers at Craighleith. (They called the one fellow Hannibal Lechter – but only because of the face mask). They were prompt, caring and professional.

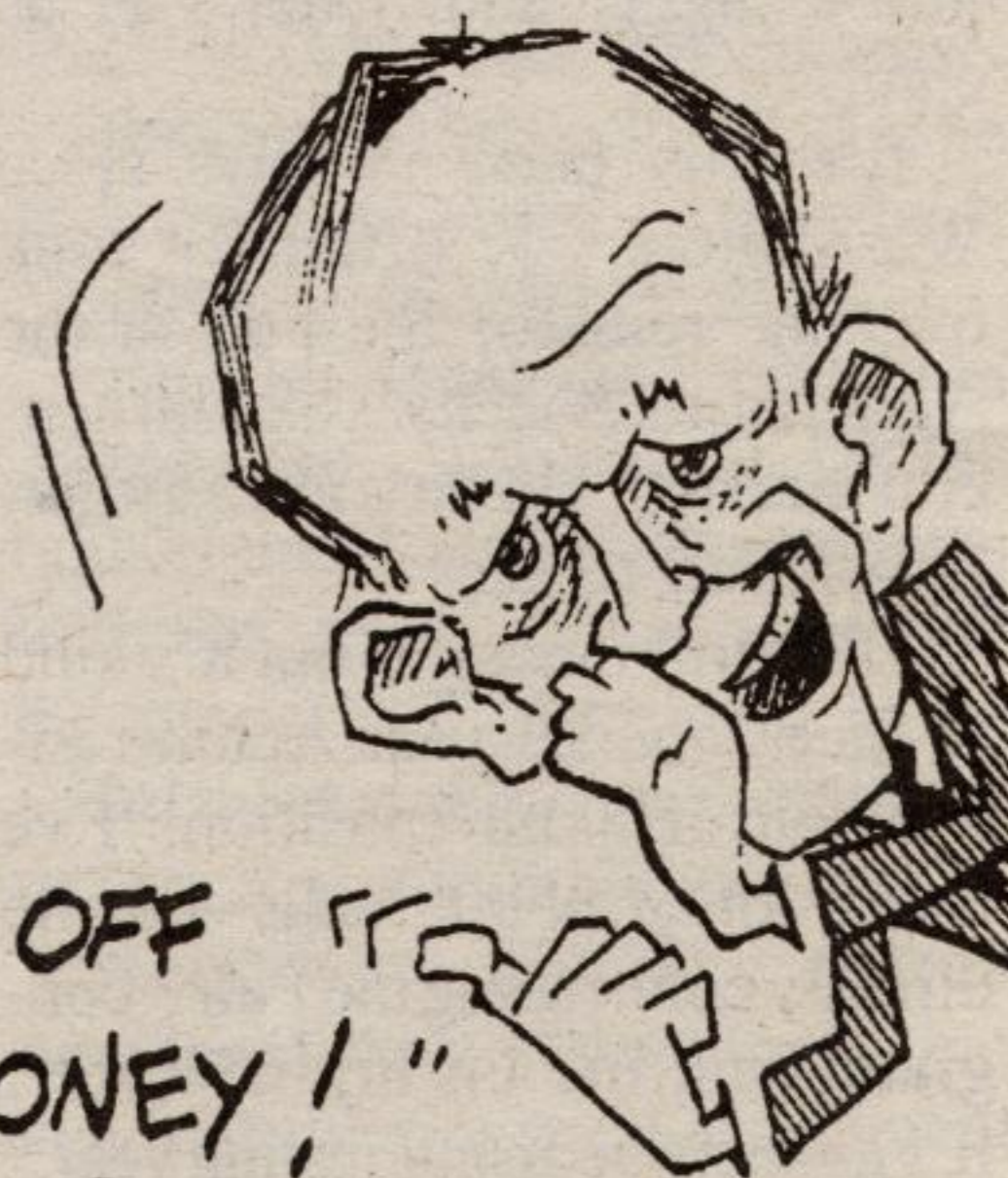
I'd also like to thank all the club members who showed their concern, but particularly the couple who brought me ice for the swelling, Tylenol for the pain, and the hug for my spirits.

Special thanks goes to our friends Steve and Kim, who kept my glass full of spirits, in case the Tylenol didn't work.

And as for the exercise program, I'm not packing it in, but I can't help but think that the worst injury that could befall a couch potato is eye strain.



"CANADA IS NOT A REAL COUNTRY!"



"GREAT! WE'LL PAY OFF HIS PENSION WITH PLAY MONEY!"

LETTERS

Bouchard should go; CBC should stay

To the Editor,

Well, Lucien Bouchard has made his first major gaff, stating that Canada was never really a country to begin with. This statement is obviously as offensive to Quebecers as it is to citizens in all parts of Canada. The families of veterans will be particularly offended by such a statement. His charade is clearly beginning to unravel.

Add to that the federal government's renewed determination to get the truth to all Quebecers far more directly than in the past, (i.e. the mailing that was done in December) and of course the new inclusion in Cabinet of ministers Dion and Pelligrew.

Bouchard may well lose his wings before the year is out and we are reminded of the saying variously attributed to Abraham Lincoln and P.T. Barnum, neither of whom may have been the author, "you can fool some of the people all of the time and all of the people some of the time, but you can't fool all of the people all of the time."

the time."

Once again, we ask your help. This time it is about funding for the CBC. A few weeks ago at the urging of many constituents, I made an appeal to preserve the international short-wave service of the CBC. Sheila Copps, the new Minister of Canadian Heritage, has committed to keep this service alive. Along with many of my colleagues, I have supported a serious look at just how deep the cuts to the CBC need to be.

I want to go on record as stating clearly that I believe the CBC is one of the ties that binds this country together and that privatizing it would be no different than privatizing CN.

In as much as thousands of miles of track are going to be shut down and therefore the mandate of the railway has changed dramatically, I believe it would be wrong to ignore the fact that many people beyond the southern border of Canada depend on the CBC for communication. I also support reinstating that portion of the CBC's mandate, which calls for it to be an instrument of national unity.

Please jot your thoughts down and send them to me. In Georgetown, the number is (905)877-2900 or 1-800-363-6178, fax (905)877-2924, 360 Guelph St., Unit 38A, Georgetown, Ontario L7G 4B5.

Julian Reed, MP
Halton-Peel

Bill 26 a needed tool

To the Editor,

The tools needed by our partners and the government to begin the rebuilding of Ontario are now in place with the passing of Bill 26, the Savings and Restructuring Act, on Jan. 29.

Ours is a jobs, hope, growth and opportunity plan for all Ontarians. Bill 26 means doing better with less. Our major transfer partners now have the authority and tools they requested to help find their own savings.

About 70 per cent of the province's annual budget is spent by its transfer partners, the health and education sectors and municipalities. We all must work together if there is to be job creation and financial-rebuilding in Ontario.

Bill 26 plays an important role in repairing what is a broken system in desperate need of real change. The situation is urgent. The province spends \$1 million more each hour than it takes in. If we don't act now, the situation will deteriorate and later choices will become much more painful.

The Mike Harris government remains committed to implementing its agenda for job creation and a balanced budget.

We are determined to deliver on that mandate but first needed the legislative tools to do so. The government and its major transfer partners can now get on with the challenges that lie ahead in creating an Ontario where opportunity outweighs dependence.

Ted Chudleigh, MPP
Halton North

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