

Travel

with *Bruce Hood*



Bon Voyage
— we have tips for you!

You may not be aware of what is available to you from our Canadian government to assist you in your travel planning. There are several booklets of information you can get, and we have them available for you at our travel offices, so come in and get yours. They are FREE for the asking (a rarity these days), or by calling Ottawa direct. The more you know, the better prepared you can be.

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Crossing the 49th is one we want to tell you about — it is described as "A Compendium of the Bumps for Canadians Going South." Going to the U.S. for the purpose of "remunerative work" without first obtaining the proper authorization is a no-no, and this booklet describes the process. Medical info, U.S. customs applications, pets travel, Canadian contacts in many major cities for assistance throughout the U.S., are more of the areas of interest.

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Most travellers bound for the U.S. are only going for a short period of time, as in travelling to one of the ports to depart on a Caribbean cruise, or the many who travel to Florida, Arizona and other points west for winter getaways. There are those who just go across to the Buffalo/Rochester area for a weekend, or in the summer on a sailboat across Lake Ontario. This book tells you what the specifications are in bringing items back with you — there is a more open system now, but still requirements to meet!

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Tips for Canadians travelling abroad is another booklet. Its title is "Bon Voyage, But..." Passport/visa info, health requirements, currencies, embassy addresses and phone numbers, calls to Canada assistance — a sampling of the info compiled for you.

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DID YOU KNOW DEPT.: Canadians make more than 90 million trips abroad each year for business and/or pleasure!

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TIP OF THE WEEK: When travelling to Mexico, there is no need to change your Canadian \$\$ into U.S. \$\$ before getting your pesos. They accept Cdn money at the banks and the rate is as favourable.

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ROUND AND ROUND!

The churches in Eramosa Township sponsored a square dance at Rockmosa last Friday night where Gordon and Wilma Tosh, above, twirled and promenaded to caller Dave Freure's dance-as-you-go directions. (Eve Martin photo)

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Doula provides labour support

BY FRANCES NIBLOCK
The Rockwood Miller

The scary hospital birth of Laurel Sparrow's first child led the Rockwood resident and self-described "midwife wannabe" to train to become a doula — a birth coach who provides non-medical support to pregnant women and new mothers.

The midwife-assisted home birth of Sparrow's second child convinced her that she wanted to help other women be in control of their deliveries. She began training as a doula, working on a certification program with the Doulas of North America.

Doulas — Greek for wise woman or servant — are non-medical professionals who are trained to provide emotional support, physical comfort, instruction and friendship to women giving birth.

Sparrow, a freelance book editor who plans to study to be a midwife when her children are older, said birth fascinates her and being a doula allows her a great privilege.

"Births are so exciting. Seeing a dog have puppies is exciting for me," Sparrow laughed. "It's even more exciting to see a little person come into the world — it's a tremendous rush."

Sparrow has attended at 10 births, including that of

her former Etobicoke neighbour Gabriella Pattulo.

"I hadn't considered a midwife for my first baby because it was going to be in the hospital but I wanted Laurel with me because she had such a good attitude about birth," Pattulo explained on Friday.

"I was so impressed with the help and care that I got from Laurel that I recommended her to my sister for her baby's birth."

Although several hospitals, including Oakville Trafalgar, have doulas on-call, Sparrow said there is some resistance to doulas, mainly by nurses facing cutbacks.

"They think that you're taking over their job, or that you're taking the nice part of their job which they would like to have time to do, but often they don't," she said.

Sparrow said she attempts to keep her clients comfortable and in control of their birth experience.

"I don't think that a woman ever forgets the births of her children, and so you want the memories to be good ones. The doula is here to help protect that memory for you."

Hiring a doula can cost from \$300 to \$600 and while not covered by OHIP, may be covered by some health insurance plans. For more details call Sparrow, 856-1176.

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