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Jeff Lumby's view from the country

EMAIL JEFF AT LUMBY@HALTONCOMPASS.COM

It's all behind me

Let me see, what did I do this week? Cut the grass, went to a Jays game, celebrated my anniversary, had a colonoscopy, cleaned the barbeque....the usual I guess. I know what you're thinking, "YOU CLEANED YOUR BARBEQUE?" Hey, I'm just following the instructions in the book. As you near 50, have a colonoscopy... and clean your barbeque. Now as a point of interest, though it's important that we men continue to express open dialogue about procedures like colonoscopies, I wouldn't recommend recounting the nuts and bolts of one on a first date.

Due to its graphic nature, the following column is rated PG, pretty gross. It contains paragraphs involving vivid probing, exposed heinies and sarcasm. Reader discretion is advised.

Colon cancer, though deadly, is one of the most preventable cancers there is. All men around the age of 50 should be taking action to receive the thumbs up. Maybe that's not the best choice of words. Ah, the all clear, the A-OK. A colonoscope is an amazing, multifunctional instrument.

First and foremost there's a light and camera at the end of this thing allowing the physician to view the results on a large TV screen. Gone are the days when he or she had to jam a viewfinder into their eye like a microscope. Also contained within this tube, about the size of your middle finger (how ironic), is an air-hose which can inflate and enlarge the colon when needed, tools that can easily capture biopsies or remove polyps and I believe some of the high-end models come with Bell ExpressVu.

The primary preventative purpose a colonoscopy provides is to locate and remove potentially cancerous polyps before they develop. Fortunately in my case none were found. Secondly, the rectum, bowels and intestines can be viewed for swelling or other unusual symptoms possibly leading to early detection of Crohn's disease or Diverticulosis. The procedure itself is nothing compared to the lead up, or what I call colonoscopy foreplay.

Your preparation begins the day before the miner heads into the shaft, so to speak. For the doctor to obtain an accurate result, the colon must be as clean as possible. That means nothing but clear fluids for about 36

hours prior to the *Invasion of the Polyp Snatchers*. Clear fluids are defined as follows: Black coffee, tea, apple juice, lemon-lime sodas, ginger ale, beef or chicken broth and jello. Yeeehaa, I'm a wild party. I tried to make a case for Martinis but was swiftly rebuffed. At about 5pm, the day before, a very special potion is added to your clear liquid of choice. Its official name is Sodium Phosphates Solution. When I bought this stuff at the Acton Shoppers, the pharmacist advised me to be sticking around the house after I took it. I said, "Really?" And he said, "Well, let's just say I wouldn't be downing a glass then driving to Toronto." Boy was he right. To give you an idea, let's say you just polished off an entire box of chocolates, only to find out that what you ate was actually an entire box of laxatives. Without getting overly colourful, what occurred about an hour after gulping this crap down could have powered the space shuttle. You get to repeat the countdown and lift-off the following day about 5am.

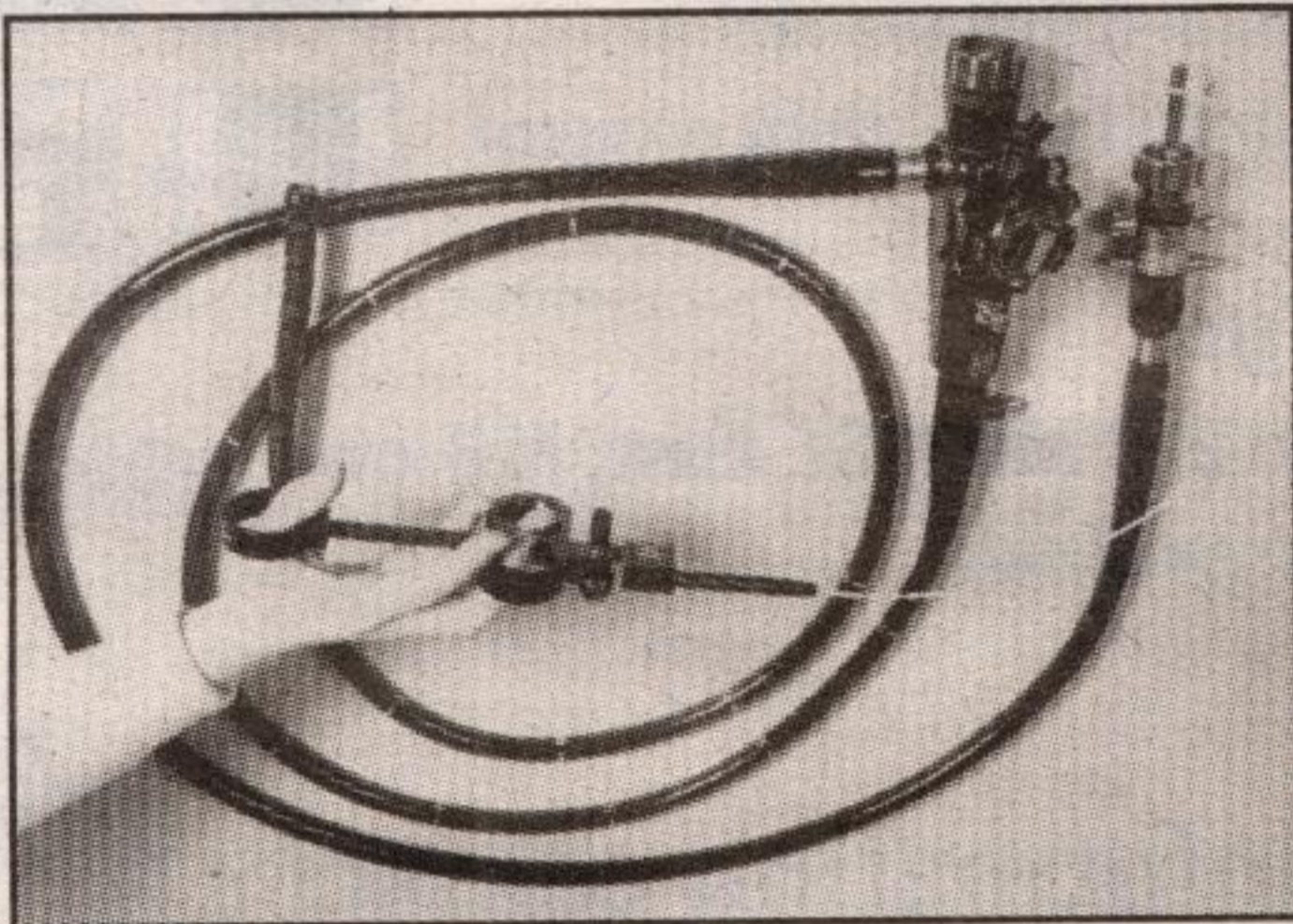
So by the time you arrive at the hospital for your appointment at 11:30 that morning, you're hungry, tired and cranky. Lovely combination. You are then instructed to put on a couple of flattering hospital robes, give a blood sample and do some stand-up comedy. "Thanks, I'm here all week, try the jello-pops!"

Things begin to move pretty quickly from this point on, largely due to the anesthetic. They administer enough to reduce any pain you'll feel but not enough to prevent you from enjoying the 30-minute documentary entitled,

"I found your car keys!" It's weird, I remember watching this thing on the TV but never really associated it to my own ass. In retrospect, had I been lucid, I might have said something like,

"hey, get outta there!" But, before you know it, it's over and with the exception of a couple of crampy moments; the whole thing is relatively painless.

I'd like to extend a large debt of gratitude to Dr. Marcus Burnstein and the staff of St. Michaels Hospital Endoscopy Unit. I hope I was as small a pain in the butt as you were.



Colonoscope: Dinner & movie not included
PHOTO COURTESY OF MT. SINAI HOSPITAL-TORONTO

Ontario Trillium Foundation to finance major renovations at Milton's Country Heritage Park

Country Heritage Park is pleased to announce its \$96,000 grant from the Ontario Trillium Foundation. The funds will be used to paint 20 of the Park's 33 exhibit buildings and to install a digital safety and security system.

"The volunteers, Board of Directors and staff are absolutely thrilled with the support we have received from the Ontario Trillium Foundation," said Reg Cressman, General Manager. "An agricultural heritage site of 80 acres and 50 buildings requires a significant investment in repair and maintenance. We rely on volunteers who contribute over 600 volunteer days each year to do a lot of the work on smaller projects."

"These projects are more than we can handle, and that's where the Ontario Trillium Foundation stepped in. Work is expected to start immediately and guests will really see a difference this summer. Each building will look like new and fit the time period it represents," said Cressman. "The digital camera surveillance system is a major component of our risk management strategy. It will ensure that the collection of agricultural artifacts is secure."

"We have an outstanding collection that depicts 170 years of agricultural innovation and entrepreneurship. Some items are one-of-a-kind and our tractor collection is rated as one of the best in Canada, ranking in the top five in North America," said Cressman. "These items were collected to preserve our rural and agricultural heritage and we have a responsibility to protect them. In addition, the system will provide an increased level of safety and security for guests, staff and volunteers. Country Heritage Park is a safe place for families and we want to keep it that way."

The Ontario Trillium Foundation's support is not new to Country Heritage Park. In 2000, the Park received a grant that assisted in a re-branding initiative from the Farm

Museum to Country Heritage Park. It also supported the installation of a heating system in the Gambrel Barn, and the launch of a horticultural program. This initiative proved to be a cornerstone of the Park's current success.

In 2002, as a part of its "Great Grants, Great Results" awards program, the Ontario Trillium Foundation presented its Community Impact Award to Country Heritage Park. "We are especially proud of this award," said Cressman, "because it recognizes the heart and soul of Country Heritage Park. We are agriculture, we are rural, and we are a contributing part of a dynamic Ontario community".

Country Heritage Park is nestled in the shadow of the Niagara Escarpment south of Highway 401, on Tremaine Road west of Milton, Ontario. It offers educational programs for school children, special events, attractions, tour group programs, day camps, historical interpretation of exhibits, an outstanding collection of antique tractors, steam engines, farm equipment and rural life artifacts. As well, Country Heritage Park offers facilities for weddings, trade shows, corporate and family celebrations and business meetings. Country Heritage Park is operated by Country Heritage Experience Inc., a not-for-profit association. For upcoming attractions and facility bookings, please call 905-878-8151 or visit www.countryheritagepark.com.

The Ontario Trillium Foundation, an agency of the Ontario Ministry of Culture receives annually \$100 million of government funding generated through Ontario's charity casino initiative. The Foundation allocates grants to eligible charitable and non-for-profit organizations in the arts and culture, environment, human and social services, and sports and recreation sectors. For more information, please visit www.trilliumfoundation.org.

Country Heritage Park

A Farm & Country Experience Milton, Ontario

Event
of the week

Discover
Heritage Homes

July 2 & 3

12:00 p.m. - 5:00 p.m.



Coming next week!

Orphan Car Show

Studebaker Drivers Club
& Crossroads Zone Meet

July 9 & 10

9:00 a.m. - 5:00 p.m.



- ◆ 1830 Pioneer Home
- ◆ 1860 Victorian Home
- ◆ Period furnishings
- ◆ Costumed interpreters
- ◆ Demonstrations

- ◆ Tractor drawn wagon rides
- ◆ Other heritage exhibits open

Program subject to change.

- ◆ Judging Studebakers
- ◆ Judging Orphans
- ◆ Vehicles from Across North America
- ◆ Old Time Games
- ◆ Swap Meet
- ◆ Value Cover Races
- ◆ Park Exhibits Open

- ◆ Studebaker Show
- ◆ Orphan Show
- ◆ Parade at 11:00 a.m.
- ◆ Expert Commentary
- ◆ Park Exhibits Open

Program subject to change.
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Check out our website

www.countryheritagepark.com

for event updates!