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Following the 'soft power' principle

The appointment to the position of Parliamentary Secretary to the Minister of Foreign Affairs has given a whole new meaning to the word busy.

Canada plays an active role around the world in aid, trade, peacekeeping or peace-building and sometimes all at the same time. Some countries have governments and power regimes that we disagree with vehemently. However, as a matter of policy we believe that constructive interaction is the means by which isolationism can be reduced and economic growth can be generated so necessary for social progress and ultimately the respect for human rights.

We believe in the principle of "soft power." Simply put, that means the power of persuasion and example invites countries to join our cause. Relations with China are a sample of what can happen. It was not very many years ago when China in its isolationism exhibited characteristics that are apart to Canadians.

The turnaround in a decade has been astonishing, and Canada has had an important role to play. We do things like training judges and helping China establish a new judicial system. They come to our country to look at our municipal structures and, of course, to trade. The Canada-China relationship has improved in all dimensions, trade and economic exchanges, regional security, sustainable development and of course co-

PARLIAMENT
HILL
REPORT



Julian Reed

operation on legal issues. Canada's relations with China are based upon those multiple linkages representing the diversity of our interests in China.

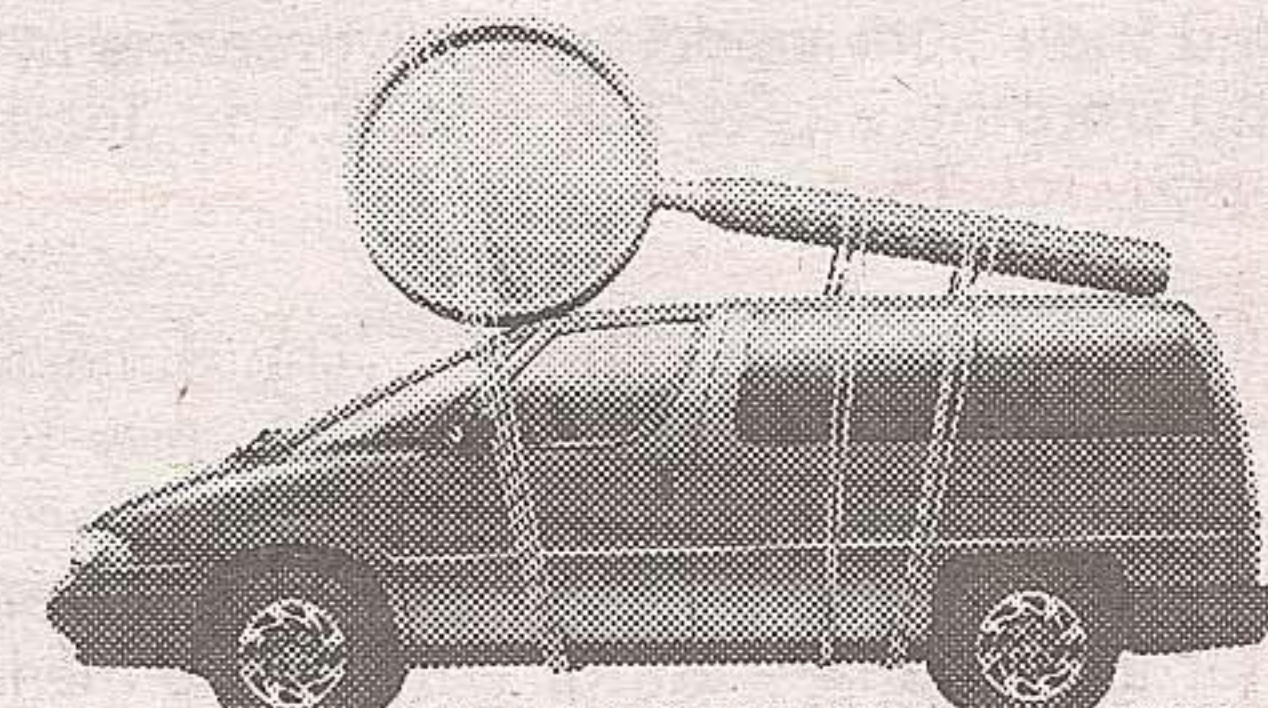
We use every appropriate opportunity to speak to the senior leadership regarding Chinese human rights record, most recently during the Prime Minister's meetings with President Jiang Zemin in November 1997.

In April 1997 Canada negotiated a human rights package with China and several meetings have taken place since then to further this process. China has evolved much more quickly because of the open constructive dialogue than would otherwise be the case.

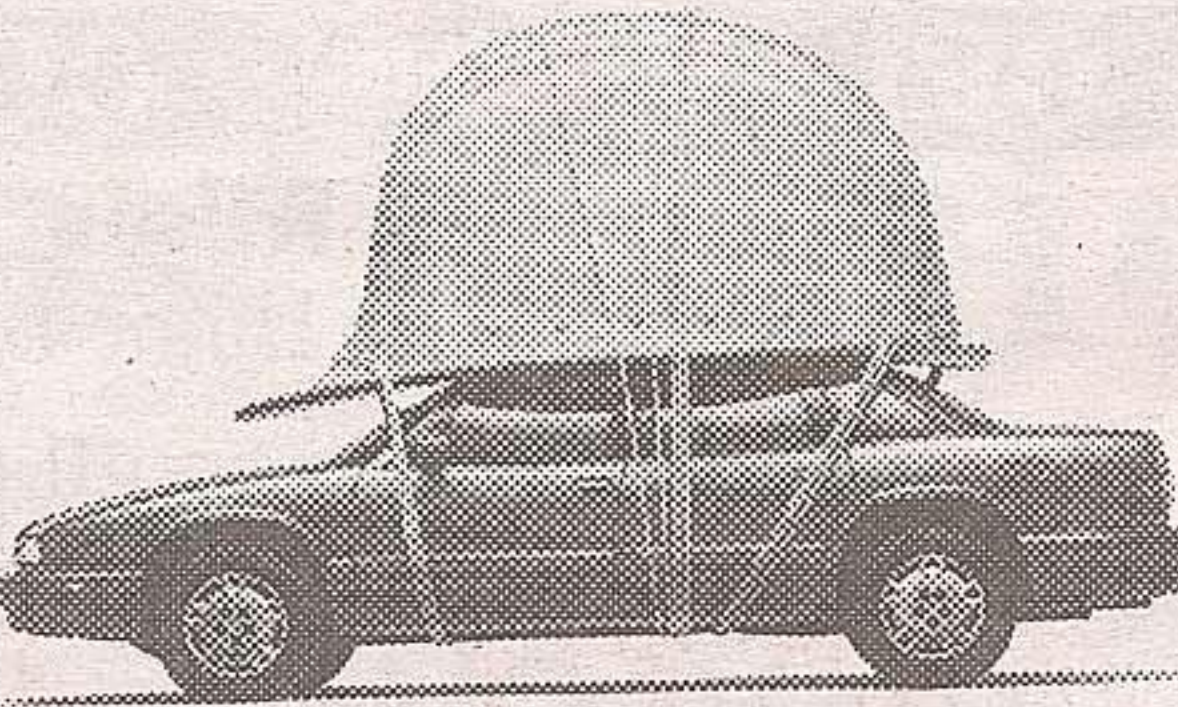
The same process is taking place in many other countries in the world and is proof that by building mutual trust and the quiet insistence on moving towards positive goals, great stride can be made. And I am personally very honored to have been made part of it.



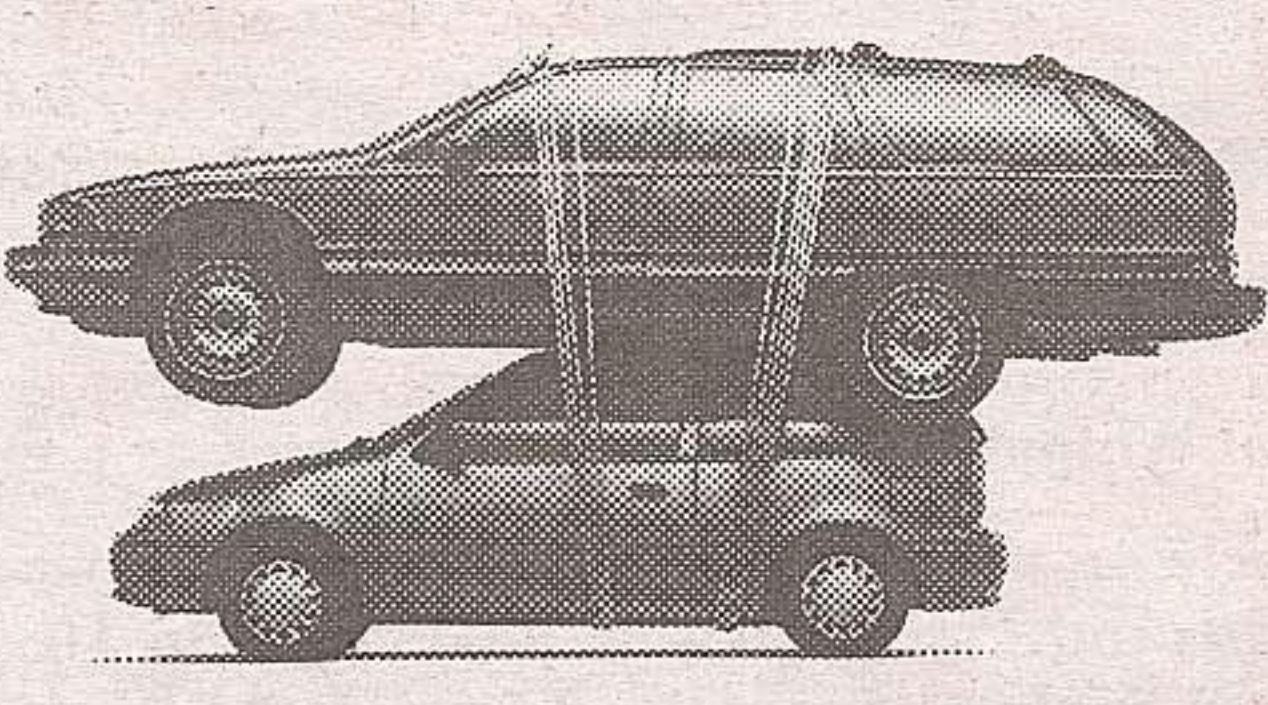
Peace of Mind



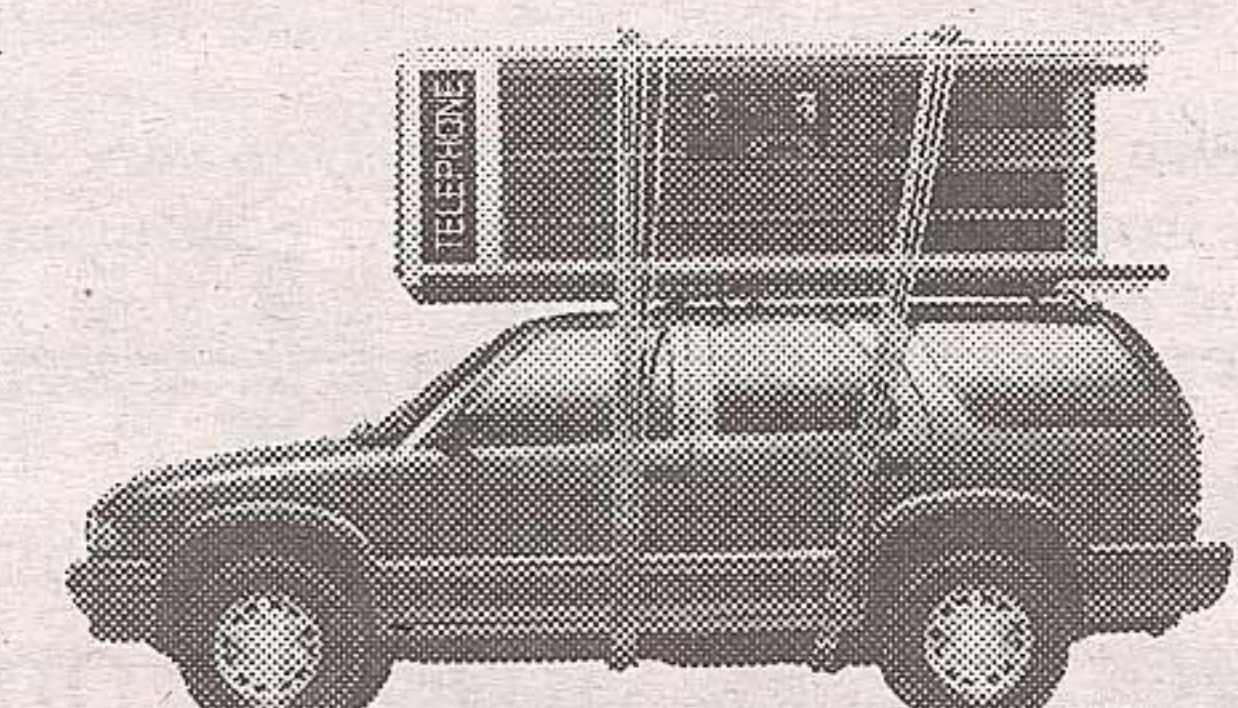
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Halton Police honored for fund-raising

The Halton Regional Police Service raised close to \$1 million from this year's Ontario Law Enforcement Torch Run for the Ontario Special Olympics Spring Games, and became the ninth recipient of an award recognizing this contribution.

Chief Peter Campbell accepted the Ontario Law Enforcement Torch Run Trophy—a mounted replica of an Olympic torch—at a press conference held Wednesday at the Halton Regional Police Service headquarters.

"I accept this award not on behalf of the police alone, but on behalf of the hundreds of volunteers who helped make this \$1 million in fund-raising possible, I humbly accept it," he said upon receiving the trophy from Glenn MacDonell, executive director of Ontario Special Olympics (OSO).

Campbell said the OSO's Spring Games held in Oakville and Burlington in May was the "jewel of our 25th anniversary celebrations, a

highly successful event. It was wonderful to see the athletes perform and to see the volunteers coming in droves. More importantly, people had fun doing it. For us, it was an enormously pleasurable event."

For the police, organizing and raising funds for the Spring Games "was an extension of our involvement in the Torch Run," he said. The Torch Run is held each spring, either in May or June, said the chief. Additional funds are raised through donation requests and numerous fundraising events.

The Ontario Law Enforcement Torch Run Trophy is awarded to police forces which raise more than \$500,000 for OSO. "Halton more than doubled the requirements for receiving this award," said MacDonell.

The Torch Run, which raised more than \$980,000 in Halton includes \$300,000 from last year's third annual Great Dream Home Lottery.

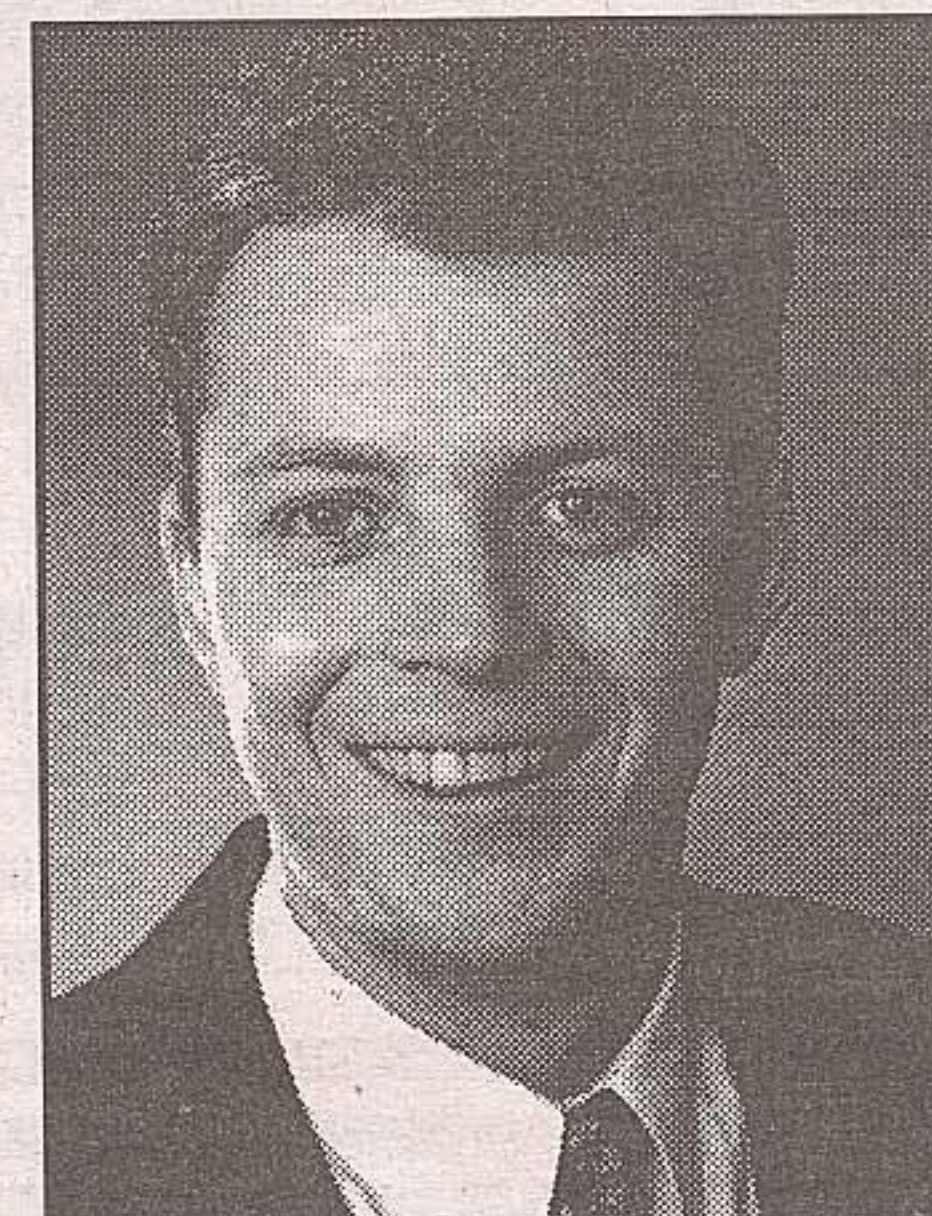
—By Wilma Blokhuis, special

ANXIETY & PANIC

Six years ago, Mike Glugosh was a hostage to his own fears. Constantly worried about his own health and his own state of mind, he found himself wanting to avoid situations that made him feel anxious such as being alone, going to work and socializing. In time Mike realized he was not alone in his suffering. Anxiety disorder is the number one emotional problem in our country today.

Mike will share the story of his recovery and provide coping skills at a seminar open to the public in your area.

Symptoms of anxiety, panic and depression include heart palpitations, chest pains, dizziness, stomach problems, bewildered & spaced out feelings, confusion, shortness of breath, scary thoughts, trem-



bling or shaking, and nervous or panicky feelings, feeling

helpless and hopeless, loss of appetite, excessively tired and easily prone to guilt.

Generally people fear what Mike calls, "losing control," having heart attack, embarrassing themselves, or losing their minds.

The Midwest Center For Stress and Anxiety, with whom Mike works, has done stress and anxiety seminars for companies such as Chrysler, AT&T, and MacDonald's. They have also been featured on OPRAH, REGIS and KATHY LEE and many other well know programs.

If you cannot attend, please call 1-800-318-7766 for information.

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SEE MIKE GLUGOSH:

Monday November 2, 7:30 - 9:00 pm
North Halton Golf and Country Club
363 Maple Avenue West, Georgetown