

Silver medalist inspires the kids

By KAREN SMITH

Holy Rosary School students recently received some inspiration to succeed from someone who knows all about it.

Olympic free-style skier Meredith Gardner spoke to Grade 7 and 8 students yesterday about how to achieve what you want in life.

"Success is a really personal thing," said the 28-year-old Oakville resident. "It's a combination of goal-setting, mental practice and controlling stress."

Miss Gardner, who was a silver-medalist in the 1988 Calgary Olympics, explained the steps which led her to success and encouraged students to be the best they can be through hard work and determination.

"A lot of people are going to have an idea about what you should do in your life," she said. "You have to do what you feel inside is what you want to do."

Miss Gardner, now retired from the sport, began skiing at a young age and was named the most promising senior skier for Southern Ontario in 1976.

"I learned to ski at Glen Abbey Golf Course in Oakville when the ninth hole was still a ski slope," she said.

She then made the switch to freestyle skiing because it offered more challenge and excitement. In 1981, she qualified as an instructor and freestyle coach and competed successfully for a spot on the National Ski Team.

Since then, Miss Gardner has competed around the world and has won numerous World Cup and other competitions.

She currently plans to attend university.

Major survey

Halton takes long look at the future of elderly

By BRAD REAUME

Halton is taking a long look at the future through the eyes of the present.

A wide-ranging survey of Halton's present elderly population will pave the path toward elderly services in the future. The first part of that survey was released to the health and social services committee of Halton region Monday.

The initial stage of the study concerned identifying the areas which need to be looked at. Many questions refer to issues being raised in the wake of the planned redevelopment of the Halton Centennial Manor, the regional home for the aged.

The study focused on groups for the elderly, resident associations, community service groups and other interested parties. The majority of organizations were from the Burlington and Oakville areas, though many had a Halton-wide focus.

Income variations among the elderly aren't important to creation of programs for them, according to the survey. Programs are geared to age and gender.

The survey also identified a problem which occurs in almost every regional concern. In services for the elderly people would rather deal with their own towns than with the region. A majority of respondents feel there are gaps in the service system

for the elderly in every centre in Halton. Perhaps surprisingly, large numbers of respondents admitted ignorance about the available services.

When asked about service duplication, again many respondents admitted they didn't know whether it existed.

The trend of ignorance continued when the level of community-based services, like Meals on Wheels, was questioned. For example, 41 per cent of Milton respondents suggested more community services were necessary, but 51 per cent didn't know.

Those surveyed agreed alternative housing ideas for the elderly need to be explored. Most often mentioned as alternatives were granny flats, group home arrangements and home sharing. Only two per cent said they would not have a granny flat on their property, though considerations of cost and compatibility with the relative were expressed.

The survey found that 83 per cent of the respondents feel there should be a bylaw to set standards for care in rest and retirement homes. Nutrition, support programs, staffing and home care were among the subjects people felt should be covered.

The results of the survey will be used to formulate a more comprehensive study, which is more suitably aimed at problem areas in the care of seniors.



Olympic free-style skier Meredith Gardner of Oakville spoke to Holy Rosary School students yesterday about achieving success in life.

Photo by JOHN WARREN

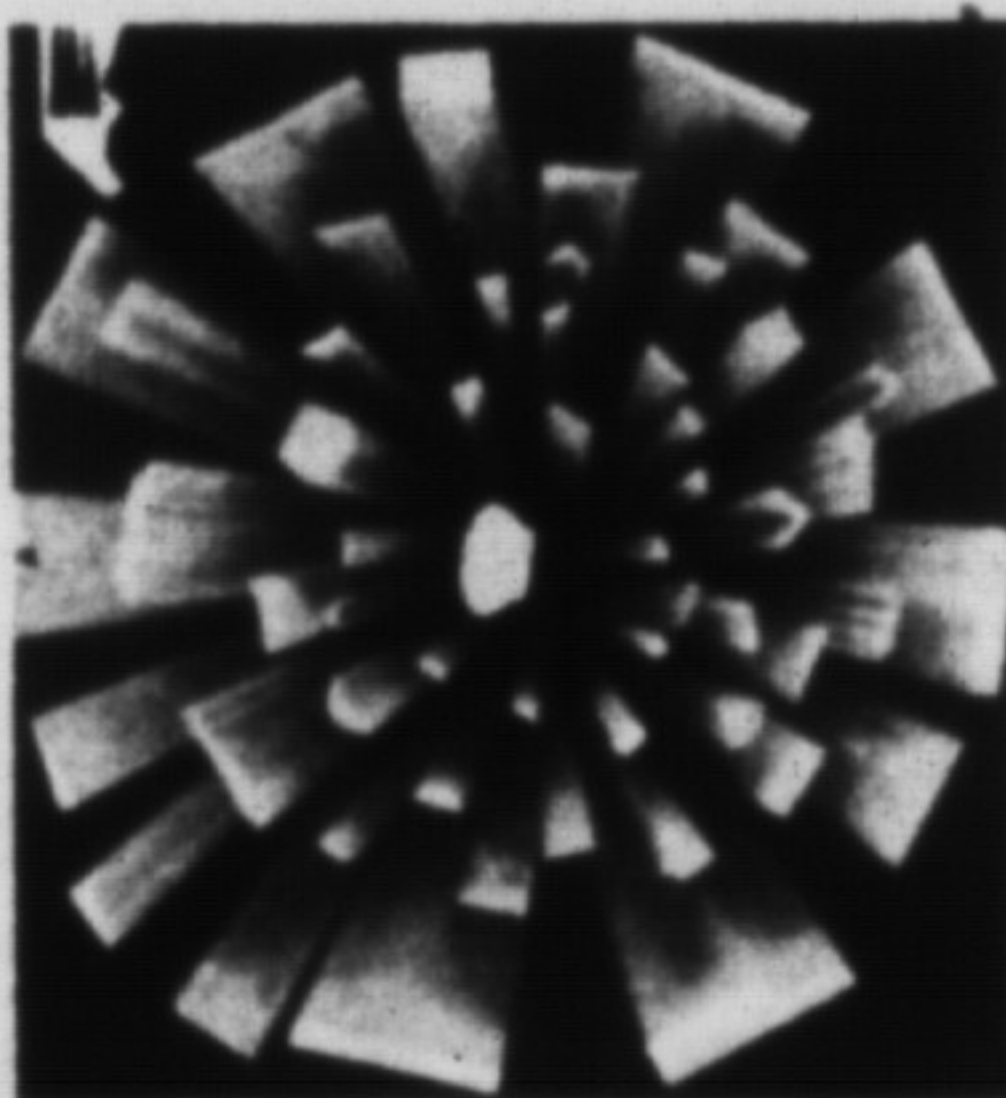
The Canadian Champion, Friday, October 27, 1989

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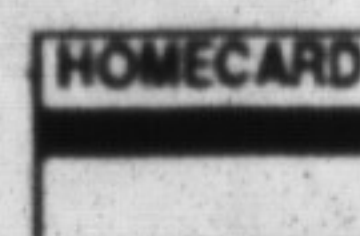
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Obituary

Margaret Snow passes on peacefully

Margaret F. Snow, a longtime resident of the Milton area, died peacefully at Milton District Hospital Oct. 14 in her 94th year.

The funeral service was held at the McKersie Funeral Chapel Oct. 16 and was conducted by Rev. Ian Grieve of Grace Anglican Church.

Burial took place in the family plot at Evergreen Cemetery beside her husband, the late Wilfred Oliver Snow, who predeceased her by almost 30 years.

The pallbearers were grandsons Bill Snow, Jamie Snow, Jeffrey Snow, grandson-in-law John Osborne and nephews James Devlin and Frank Ward.

The daughter of James and Ellen Devlin, Mrs. Snow was born on Sept. 30, 1896 in Omagh and received her schooling at Omagh Public School. She was one of 14 children.

In 1917, she and Mr. Snow were married at Omagh Anglican Church and later purchased a farm in Esquesing, where they farmed and raised their three sons William, Thomas and James. They later moved twice in Trafalgar Township.

During World War II, the family lived for two years near Manswood in Esquesing. In 1949, they moved to Oakville and built a new home, where they resided until Mr. Snow's death in 1959. Mrs. Snow stayed in Oakville until 1972, when she returned to Milton. Since October, 1985, she resided at Halton Centennial Manor.

Mrs. Snow was an active member of Boston Presbyterian Church, the Scotch Block Women's Institute and the Boston Church Ladies Aid Society.

She is survived by sisters Hattie Harris and Minnie Ward, sons Delbert and James and grandchildren Bill, Gwennie, Jamie, Jeffrey and Jennifer Snow and Julie Osborne. She is also survived by her great-grandchildren Tara, Tabitha, Amy and Ryan Snow and Travis and Matthew Osborne.