



Joe Dolezel

Exercise not ugly word to Joe Dolezel

For most of us, exercise is an ugly word. We're known as a nation of slightly degenerate slobs who drink too much, work out too little, and at 30 are behind the average 70-year-old Swede in terms of conditioning.

That may be the norm, but it's by no means the reality for all Canadians.

In Midland, a quiet, introspective doctor of internal medicine has fun with his shoes on. He runs up to 20 miles a day, six or seven days a week, whenever he has the time and inclination. And he does it quite simply, because it's "fun".

Dr. Joe Dolezel came to Midland four years ago to establish a specialist's practice in a part of the province in need of expertise.

But he also brought with him a commitment to physical fitness as a way of life borne of a trial experience in his native Czechoslovakia. At the age of 19 he tried running and found it an enjoyable release from the pressures of everyday life. It made him "feel good" and that's kept him at it past his 37th birthday.

As a diversion, he also enjoys downhill skiing, bicycle riding and taking to the waters of Georgian Bay in a canoe or kayak as a natural extension of his belief that the human body is like a machine that must be kept finely tuned for the health of mind, spirit and body—with the spirit benefitting probably most from the activity.

He's no fitness nut who pushes his activities on others. He just quietly takes to the street or track for an activity session that helps erase the pressures of a demanding profession.

And he feels one of the keys to developing similar interest in young people is the YMCA.

He talks in interviews of the unity of mind, body and spirit, emphasizing that pleasurable exercise rather than fiercely competitive sports first learned in schools is a key to physical and emotional health.

And he adds there "is a large group of people

who want to be fit and need facilities and motivation only organizations like the YMCA can provide."

He says people should set goals for themselves, but "not negative ones. Set positive goals, something you're enjoying."

Dr. Dolezel stresses the difference between the person who works out—preferably with the fellowship of others found at the Y—and competitive sports enthusiasts. They are, in his book, two very different animals.

When you're enjoying what you're doing, be it running, swimming or whatever you should "not be obsessed with like a professional athlete". He stresses instead, that "everybody should take as relaxing an activity as possible—but they have to be told how to do it." And he adds that physical work and physical exercise "have totally different effects on the individual." One is stressful, the other is not.

At the Y, he feels, you can "do your own thing; it's a place to change your clothes, and it makes a tremendous difference if you go out with someone in fellowship."

Few of us will match Dr. Dolezel by running 60 or more miles a week. He claims he would do it whether he was a doctor or not.

He feels, in short, that what he does in his leisure hours can be both fun and beneficial to his health. He sets an example for some of us more inclined to retire to the reading room with book, drink and cigarette in hand.

And that's why he thinks the new building at Little Lake Park for the Midland Y will be an important addition to the area and its citizens. In the end, true recreation and physical activity, he feels, together with developing personal relationships, benefits us all.

The financial campaign for the new Midland area Y is due to be launched next week. Anyone for ping-pong?

Wolves pose real problem for area farmers

by Terri Howell
A \$25 reward is offered for the arrest and slaying of a creature described as grey-haired, and mean with an animal-like build. Witnesses say he often takes fits of howling and bearing his teeth. This creature answers to the name of Timber Wolf.

At a recent meeting of Simcoe County council the \$25 bounty on wolves was a hotly contested issue. Midland Deputy Reeve Bill Ogilvie, Port McNicoll Reeve Robin Talbot and Matchedash Township Reeve Gordon Priestman, all fought for an end to the wolf bounty.

Their fight was lost and the wolf bounty budget was raised to \$9,800. To those of us who sit comfortably in residential houses and make our livings from industry and business in a town setting, the wolf bounty seems like a cruel and senseless waste of our tax dollar.

However, to the man who makes his living from his land and livestock, the wolf is a menace that is becoming more and more destructive and the wolf bounty is a good control.

Gerald Reid, a farmer from RR3, Coldwater lost 10 spring lambs to wolves one night last October. "All the sheep were out in the pasture. The wolves must have come out of the bush and came on them unexpectedly. Seven or eight were killed, the rest died from injuries. They were all froze over when I found them in the morning," says Mr. Reid.

The mass slayings were a shock to him. He claims that usually a wolf won't kill more than he needs to eat.

Ministry of Natural Resources officials came out to the Reid farm to investigate the killings. Mr. Reid says he has lost sheep to dogs before, but was almost sure this mass slaying was not from dogs.

The ministry officials told him there was a good chance that an old wolf with pups had come on his flock. The old mother was probably teaching her young ones to kill.

Mr. Reid claims that he never had trouble with wolves before last October. Since the killings, he has seen and heard wolves "just south of his farm." He can't speculate whether or not he will lose more spring lambs this fall.

"I can't keep them in the barn all the time," he says. Farmers can get compensation for lost

sheep. Mr. Reid says the township paid him the price lambs were selling for on the Toronto market. He didn't want to say how close this was to what his sheep were worth, but he hinted that they might have been worth more.

Mr. Reid says wolves attack in the fall when their normal prey such as groundhogs and rabbits are beginning to hibernate and livestock is still in the fields. He says in the spring the sheep are safe in the barn.

Mr. Reid is in favour of the wolf bounty, as a means of controlling the farming menace.

Howard Dunlop of RR4, Coldwater, lost four lambs last fall as well. He got between \$40 and \$50 each to compensate him for his loss.

Mr. Dunlop says that wolves were a problem last year and have been in years before.

James Lindsay of RR4 Creemore lost 90 lambs from his farm between mid-May and October last year.

According to the Ministry of Natural Resources 31 complaints were filed last year involving wolves in the county. Fifty claims for compensation were filed with the Ministry of Agriculture and Food.

Simcoe County pays \$25 for a dead wolf. People who shoot one must take

proof of the kill to their township office. Here they fill out a card and the money is sent to them.

Some townships have a wolf bounty as well. In Medonte Township where Mr. Dunlop and Mrs. Reid live, there is another \$25 bounty on wolves. This means that a wolf shot in Medonte is worth \$50.

According to a spokesman from the Medonte Township office, if you shoot a wolf within the township boundaries you must bring the entire wolf to the office. The clerk will check to be sure it is a wolf and clip the ear.

There is no township bounty on wolves in Tiny or Tay, so wolves shot in these areas are only worth \$25.

At last month's Simcoe County council meeting, the three main objectors to the bounty objected to the inhumane way of killing the animals. Deputy-Reeve Ogilvie says, "the province did away with bounties several years ago." He pointed out that there are more humane ways of animal control.

The deputy-reeve says the wolf bounty isn't economical. He outlined the fact that people from other counties and townships will come into Simcoe County in order to collect the wolf bounty. He added that the wolf pelt can also be sold.

Arena capacity set

A meeting of fire department officials, which was held on Wednesday, has set the legal seating capacity of the new arena, when the ice is in place, at 1,350 people.

According to fire chief Francis Miller, an anonymous phone call to the fire department on the day of the first hockey game in the arena was the cause of the Wednesday meeting.

He outlined that the caller said there were too many people in the arena for safety. Chief Miller

says the fire department was not called ahead of time and told about the game and there were no signs posted outlining the maximum crowd capacity.

There doesn't seem to be any clear cut figure for how many people attended the April 2 Major Bantams game. Jim McLaren, manager of the arena told The Times that 1,200 attended. Francis Miller says everyone seems to give him different figures.

When the ice isn't in the

arena more than 1,350 will be allowed. Chief Miller says that when the ice is gone and the event being staged at the arena requires floor space, the Public Halls Licencing Act bylaw takes over. He says there are different figures for crowds size, depending on the type of function being held in the arena.

The Shriner's Circus, which is coming up and is being held in the arena, will be governed by the Public Halls Licencing Bylaw, he said.

CKVR at full power

Tune up your television sets, Wednesday night for the first time since last

September, CKVR television in Barrie, sent a picture booming in

clear again. Wednesday the station returned to full power according to Doug Garaway, CKVR programming services director.

Five people are after PUC controller job

Five people are vying for the position of controller of the Midland Therrien tops at track meet

Pierre Therrien, of Penetanguishene Secondary School claimed the highest placing for his team, last week at the Georgian Bay Indoor Track and Field meet in Toronto.

Therrien ran to a fourth place in the Senior boys' 400-metre race held at the Canadian National Exhibition grounds.

Dave Downey of PSS finished fifth in the Senior boys' long jump and John Roi placed seventh in the Junior boys' 800-metre race.

Louis Lepage also of PSS, was the fourth member of her team to qualify for the finals, after placing well in the Simcoe County meet the week before. But in doing so, she injured herself and could not participate in the Junior girls' long jump.

Public Utilities Commission.

According to general manager Art Evans, he has interviewed all of the candidates and will be making a recommendation to the commission next week.

Mr. Evans said if he feels there isn't a suitable candidate after interviewing all five, he will discuss reopening the competition with the commission. He pointed out that they may have to raise the salary range to attract more people.

The applicants range in age from 29 to 44.

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Board to review costs of retrainable retarded

The Simcoe County Board of Education voted Wednesday night to petition the Ministry of Education to have it review the total costs of providing education for trainable retarded children, and to ask it to make adjustments to Ministry funding schemes for programs for the trainable retarded.

The recommendation for the petition came from the board's Advisory Committee on School for Trainable Retarded Children, which recently reviewed the costs of education for trainable children within the board's current operating budget. It had embarked on this review in light of a resolution sent the board by the Leeds Grenville Board of Education, asking the SCBE's support in its attempts to persuade the ministry to alter its funding for trainable retarded programs.

The committee noted in

its deliberations that a slight adjustment, based upon enrollment factors, had been granted the SCBE by the ministry for its 1978 budget, but determined that constantly increasing costs for trainable students outweigh the small increase this adjustment provided.

Chairperson of the committee, Mrs. Wendy MacKenzie of Elmvale, explained that the funding problem lies in the fact that trainable mentally retarded students are included by the ministry in the same funding category as secondary school students. The difficulty with this, she said, is that the cost of educating a trainable retarded child is about double that of a secondary school student.

It costs \$2,040 per year to educate a secondary school student, while the cost of educating a trainable child amounts to \$4,039. The net effect of

this difference, Mrs. MacKenzie explained, is that undue strain is put on the secondary school budget.

She said that if the ministry were to revise its funding for trainable retarded children, as requested in the petition passed by the SCBE, the situation would ease somewhat.

The SCBE will request the Ontario Public School Trustee's Association to support the petition.

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