

Being there...

it's different

by Don Lawrence
Saturday's "Put Yourself in the Picture Wheelchair Obstacle Course" proved to be an education for a lot of people in Midland Huronia Mall that day.

Having spent the better part of a month in a wheelchair myself at the age of 13, trying the course brought back memories.

If the trouble experienced by those who tried the course along with myself is only a portion of the day to day frustration felt by those who are permanently confined to a wheelchair, then I have grown to respect these people for their courage.

The course was set up to simulate curbs, narrow doorways and corners, such as might be encountered by persons in wheelchairs.

Upon attempting the course, my first time was 3:38 and by the time my third try was completed, my time was down to 3:05.

Yet, there were people there who could finish the course in under two minutes.

A person in a wheelchair permanently can finish the course in only 25 seconds

This is not something to brag about though because to them it is not an accomplishment.

It is an everyday fact that they must live with, trying to work their way in a world that seems to be totally devoid of understanding.

Before trying the course, I hadn't fully realized how much work there was to getting around in a wheelchair.

Temptation

There was always that temptation to put my feet down to stop myself but a person in a wheelchair hasn't got that option.

Being in a wheelchair was a fun experience for many that day as they laughingly made their way around the course.

Even I could enjoy the learning experience but I knew I would be getting out of the wheelchair again.

The horror of it lies in the fact that some never get out of the chairs.

For those people, it's a constant struggle to keep their spirits up and to not let their handicap dishearten them.

I know the feeling well, for when I was in the wheelchair, I thought I might never walk again and I wanted to die.

It's that feeling that must be avoided and being in that wheelchair reminded me how dangerous it can be to let it get to you.

It also taught me something else I hadn't realized before.

The only handicap these people face are those which we, as able-bodied citizens, impose on them.

All they need is a chance to prove they can function in today's society as normally as you or I.

A lot of people in Ontario are saving energy right now. Join your neighbours and save some yourself.

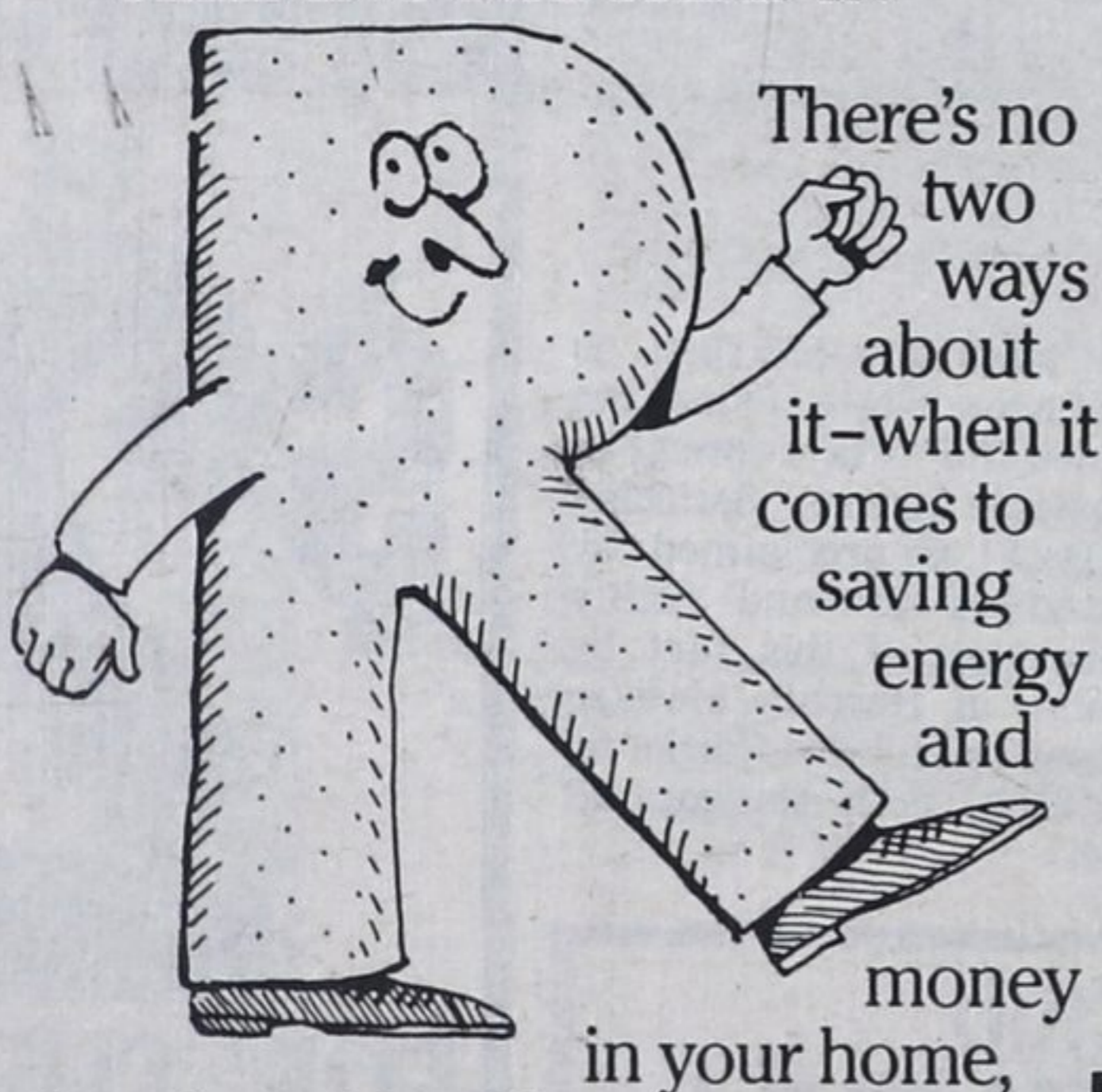
DRAFT DEFENSE

A 1/4 inch crack along the bottom of a door can leak as much warmth as a hole in your wall the size of a baseball!

Caulking and weatherstripping to plug heat leaks are the best defenses going—because these measures save your valuable energy (and money) from heating the great Canadian outdoors. You can find out more in "Draft Defense", one of a series of brochures we've published to help you save energy.

While you're checking out those gaps in your draft defense, you might want to take a close look at how your home's insulation measures up for winter.

THE 'R' FACTOR IN KEEPING THE HEAT IN



There's no two ways about it—when it comes to saving energy and money in your home,

there's nothing like properly installed insulation.

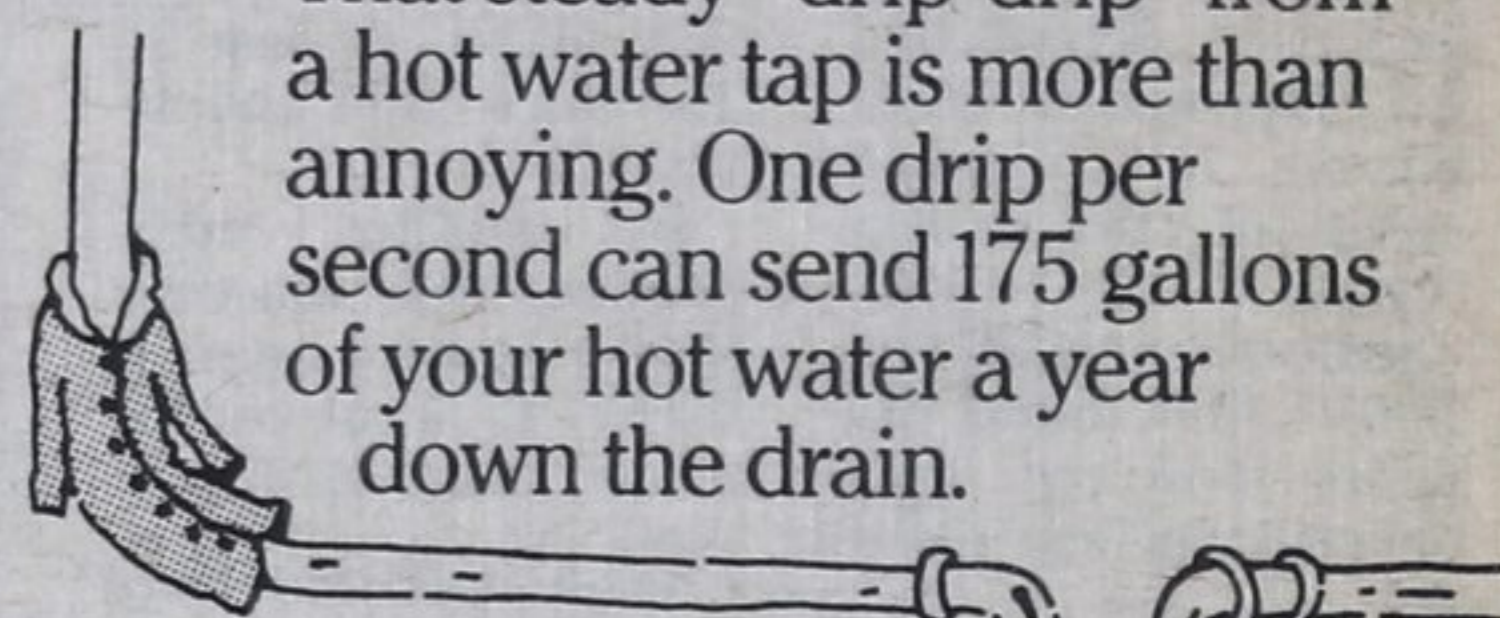
Check out the "R" factor of your home's present insulation, and proceed from there. You may even qualify for a CHIP grant that will help you carry the cost of insulating.

As you size up your home's

WAYS TO SAVE ENERGY UNDER YOUR ROOF

KEEPING THE HOT IN YOUR HOT WATER

That steady "drip-drip" from a hot water tap is more than annoying. One drip per second can send 175 gallons of your hot water a year down the drain.



Fixing that dripping tap is usually simple. There are lots of ways you can cut back on energy waste with your hot water supply—insulate the tank and the first few feet of the hot water outlet pipe. Use your dishwasher only when full. And there are many more ways to save!



Find out about ways to save energy under your roof by sending the coupon below. You'll receive handy, informative brochures that will give you the lowdown on higher energy savings. Follow their advice and you'll be doing your part to make sure that Ontario's energy future keeps on looking good.

And remember—winter's coming!

Life is good, Ontario. Preserve it. Conserve it.



Ministry of Energy
Hon. Robert Welch,
Minister



insulation, don't forget to look at your furnace with an eye to making it more frugal with energy.

THE FRUGAL FURNACE



Regular maintenance and some very simple steps are all you need to make your furnace more energy efficient. Have your furnace checked and serviced once a year. Set the thermostat back a few degrees. Check

your air filter once a month and replace as needed. Make sure heat registers aren't blocked by drapes or furniture—use deflectors when registers are under drapes. If you use electric heat, vacuum your baseboard heaters regularly.

There are a lot more helpful furnace tips you can find out about. But now, there are just a few words to be said about keeping yourself in hot water.

Yes! I'm interested in saving energy under my roof. Please send me the following brochures:

- Draft Defense
- The R Factor in Keeping the Heat In
- The Frugal Furnace
- Keeping the Hot in Your Hot Water

I'd also like information about saving energy in these other ways:

- The Cosy Renovation
- Buying a Home with Warmth in Mind

And for my car:

- The Drive to Save
- Extra Life Through Simple Upkeep
- Buying the Car that Guzzles Less

Send to: Ministry of Energy, GMS Box 37,
Queen's Park, Toronto, Ontario M7A 2B7

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