

Relieving stress, anxiety and crisis

"Stress" seems to be one of the most widely used terms these days to explain the pressure we feel at work, at home and even while engaging in recreational activities. "Separation Anxiety" is a phrase mothers hear

when they feel guilt and sadness as they watch a child leave home for a first day or school or leave a screaming toddler at day care or nursery school.

"Crisis" is a word which seems to cover any time in our lives when events feel beyond our control.

There are many other phrases we commonly use to describe our mental and emotional state on any given day. However, none of us, by using these terms, would consider ourselves to be mentally ill — just temporarily out of touch with our usual feelings of happiness, calmness and control.

The term "mental wellness" encompasses all the areas of daily living which affect our mental and emotional health, and is the focus of the new chapter of the Canadian Mental Health Association being formed in the Midland-Penetanguishene area. There have been branches of the CMHA in other areas of Ontario (our closest branch now being Barrie) for many years, but, in the last few years, Midland-Penetanguishene and are residents have expressed the thought that a local group would be of great benefit to our residents with mental health care concerns and interests.

A few meetings have been held with members of the CMHA from other groups to lay the foundation for a local chapter. A series of workshops was held in the spring of 1988, where topics such as life's changes, coping with stress and teenagers were discussed. A visual display in the Mountainview Mall continued to place emphasis on mental wellness and how variations in our general mental health are as common as changes in our general physical health.

At this time, the local group of the CMHA is exploring the needs and interests of the community, in order to provide a service most beneficial to this area. Other groups have focused their efforts on drop-in centres, self-help groups, rehabilitation facilities and other types of community services, depending on the needs of the local residents. A survey will be sent out in September 1988 to various groups and individuals in an attempt to better assess the concerns and interests of local people. Your personal response, by writing a letter c/o Midland Times, Box 609 Midland, would be welcomed and valued. Members are needed from the community to form a board of directors

for the local chapter and volunteers for one of several committees would also be welcomed.

Articles will be appearing in this newspaper on a regular basis, dealing with topics of concern to all of us. Guest columnists will be submitting articles of personal interest and areas of expertise, and, again, your contributions will be welcomed.

There is a certain reluctance to admit to a lack of wellness in our emotional and mental health. Doing so seems to imply that we might be "crazy" or need a mental hospital, or any number of other negative images which come to mind. If we break an arm or have a stomach ache, we readily seek out, and in fact demand, services to relieve our discomfort.

If we feel depressed, anxious or pressured, we stay away from those around us

who could help, seeking out medical and community assistance only when we become desperate.

Help in the home for the person with a broken arm is readily available to assist with activities of daily living. Meals on Wheels, mechanical devices and nursing care will all help restore the person to a state of physical wellness. Similar help is available to restore a person to a state of mental wellness, but, how often do we seek out these services?

The Canadian Mental Health Association has, as one of its mandates, the public awareness of services available and to assist people in reaching out to and using these services.

Mental Wellness will appear periodically in this newspaper. Margot Bartlett is on the committee to form a local chapter of the CMHA.

Letters

Local organizers needed for Fox Run

Dear Editor:

Your community did not host an open Terry Fox Run last year; our office is determined to change this situation and we need your help to locate volunteer organizers.

Terry Fox lived the life of a cancer victim — he died heroically and by doing so made us all more aware of

how vulnerable we are to this terrible disease. Each year runs are organized across Canada to remember his heroism and raise money for innovative cancer research.

The date this year is September 18. There is a need for run organizers in Midland and Penetanguishene. Would

you become one? For more information on how you can set up a Terry Fox Run site in your area, call 1-800-387-1200.

Please get involved.

With best wishes,
Breeda McClew
Ontario Provincial
Co-ordinator
The Terry Fox Run

Port McNicoll Library

Village library is the coolest place to be

Assistant-Librarian Clara Power has left Port McNicoll Library to be the new librarian at Tay-Victoria Harbour Union Library. Good luck in your new position Clara!

Donna Jackson is the new assistant-librarian at Port McNicoll.

Welcome to

all the summer visitors at the library - the coolest spot in town!

New Books:

Adult Fiction
To Be the Best - Barbara Taylor Bradford;
Timothy's Game
Lawrence Sanders;
Alaska - James Michener and

Flying Time - Ann Lovell

Adult Non-Fiction

Light Hearted Cookbook - Anny Lindsay;
Sisters-in-Law; a Palace Revolution - Nicholas Courtney;
I Don't Know What to Say - Robert Buckman;
101 Best Businesses to Start - Sharon Kahn.

Critic's Corner

An evil queen

Long ago, in a mythical kingdom, lived an evil queen. She ruled her land with an iron fist.

This is the premise of Willow, now playing at the Roxy.

One day, a baby was born who would be destined to reign over the people. The queen immediately ordered her soldiers to find and kill the infant to ensure her throne (sound a bit like the story of Moses?). The story follows the adventures of the child through strange lands, confronting weird creatures.

This film will undoubtedly lose something, as it is not being shown in its 70 mm form with Dolby sound.

But the whole family will be more than entertained. Some violence and frightening scenes.

Rating: ***



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