

## Business

# Study aims to secure aggregate supply

MIKE RUTA  
Correspondent

The Ministry of Natural Resources will take steps to ensure a healthy supply of sand, gravel and crushed

stone in anticipation of an increase in demand, minister Howard Hampton announced last Wednesday. These materials, called aggregates, are vital ele-

ments in the construction industry. In December, 1990 the ministry commissioned a study to examine issues such as supply, rate of depletion and replacement

potential.

Aggregate Resources of Southern Ontario: A State of the Resource Study, is the result.

The study found that the increased demand could result in higher prices due to added transportation costs from more distant supply areas. This in turn would result "in adding significantly to the cost of road and other construction projects."

"There is a risk that unless we take action now, we will have used up our currently approved aggregate supply," said Hampton in a press release.

"This study gives us the information we need to prevent shortages and keep prices low. And a healthy aggregate sector means more construction jobs."

Dana Hewson, property manager for Standard Aggregates, said "there are shortages right now of good quality (aggregates) because a lot of the high quality stuff has been used up."

Hewson added that "most companies are living off reserves approved 20 years ago."

The ministry also said that it would try and "improve the system for licensing new sources of

aggregates," which Hewson described as "very complicated and very expensive."

Stuart Thatcher, the MNR's Senior Policy Advisor, Aggregates, said the cost of a licence varies depending on the area and whether it is a pit or quarry.

Thatcher said a pit licence now averages between \$500,000 and \$1 million (excluding the cost of the property) and takes up to six years to obtain.

He added that one site in Whitchurch-Stouffville is being applied for.

The study said the ministry is hoping "to streamline the licensing process," but Thatcher could not provide any details on how that might be done.

Stouffville Director of Building Bob Bennett was unaware of the study, but expressed concern as to the location of any future sites.

He said the increased traffic associated with a pit and environmental concerns were some of the issues which would have to be looked at.

Bennett said most of the sites in Whitchurch-Stouffville are depleted, and that they are used as holding areas for aggregate trucked in from Mara and Rama townships north of Barrie.



Photo/LORI EMMERSON

## Meeting the mat

Cathy Takahashi, left, instructs Alex Woodcock during the Sheffield Judo Club's Kinder-Judo centre, and Justin Lacy in the finer points of judo class Saturday in Stouffville.

## Health

# Preventing depression goal of stress management course

KATE GILDERDALE  
Correspondent

Stress has become the S-word of the nineties.

A seemingly endless recession, lack of social support systems for newcomers and coping with life in a rapidly changing world are among the many factors which can trigger excessive stress.

In recognizing and addressing the problem, the mental health team at Markham Stouffville Hospital is offering a 12-week session on stress management, beginning later this month.

Lynne Leamen, a clinical nurse in the mental health out-patient department, has worked with recreational therapist Matt McDonald and occupational therapist Nancy Day to devise a pro-

gram for people in the community who feel overwhelmed by stress.

The program, which consists of 12 one-hour sessions, is open to community residents.

Referral from a physician is not required, but applicants will be asked to undergo a short initial assessment to determine their needs.

"This is the first time we've done self-referrals," said Leamen, whose department is seeing growing numbers of people with stress and depression-related problems.

"Half of the patients we see here come in because of depression and we're hoping this program will prevent people from becoming depressed."

Prevention is one of the program's major goals, she said.

"Education, not therapy, is the focus. We've structured it so that the people who attend are very involved, with lots of tests, activities and exercises."

One of the major benefits for people who attend the sessions is the realization that they are not alone.

As support groups have shown, sharing problems is often the first step towards finding solutions.

Emphasizing the positive aspects of life is another important component of the program, said Leamen.

"We tend to look at the negative side, which means we often fail before we begin."

McDonald, who holds a physical education degree and specializes in health promotion, will be dealing with such areas as leisure, physical health, lifestyle and nutrition.

As well, he said, humor can play a vital role in stress reduction.

"People think when they grow up they have to be serious, but I tell them to be silly and have fun once in a while."

At the end of each session, participants will be asked for their assessment.

"We'll have an evaluation to see what people liked or

didn't like," explained Leamen. "We'll be very open to suggestions."

Because the causes of stress are sometimes difficult to determine, people will be asked to keep their own diary to help them identify the situations that create stress in their lives.

The Stress Management Program begins Jan. 20 and runs from 1 to 2 p.m. weekly.

Enrollment will be limited to between 12 and 15 participants so early registration is advised.

For more information, call Helen at 472-7011.

## Crime Watch

### Pair of snowmobiles swiped

Two snow machines were driven by thieves from their parking spot in Stouffville.

The pair of Arctic Cat snowmobiles were driven through a hole cut in a chain link fence between 10:30 p.m. Jan. 6 and 6 a.m. Jan. 7.

The fence bordered the Aurora Rd. property belonging to the owner of the vehicles.

### Arrest in break-in

A teenager has been colared as the thief who stole \$20 from a Whitchurch-Stouffville house two weeks ago.

In the afternoon on Dec. 28 a suspect forced open the window of a Vandorf Sideroad house. The place was ransacked and money taken. A youth was arrested

Jan. 5 and charged with break and enter.

### Suspects sought

Three suspects are being sought in the theft of a snowmobile from a Manitoba Street home at about 6:30 a.m. Sunday.

Missing is a 1991 blue Indy Classic. Anyone with information on the theft is asked to call York Region police.

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