

Opinion

MUSKOKA MOSAIC

Introducing Dr. Ian Hastie

BY PAULA BOON

Dr. Ian Hastie has played many roles: emergency department chief, anti-nuclear war activist, teacher, expatriate, husband and father. For the past few years, though, he has been enjoying his life as a semi-retired Huntsville resident.

While Hastie spends several days a week in the emergency department at Huntsville District Memorial Hospital and teaches students of the Northern Ontario School of Medicine, he spends the rest of his time in typical Muskoka pursuits. He and his wife Lesley curl, golf, canoe, cross-country ski and snowshoe. "We are thrilled with the community, the country and the hospital," he says, adding it has been good to step down the pace of his life.

And what a busy life it has been.

Hastie, who grew up in mining towns in northern Quebec, studied medicine at the University of Toronto and then became a 'casualty officer' (a British term for emergency doctors) at Wellesley Hospital.

In the 1970s, while working at the hospital, he opened a general practice with five classmates, married his wife Lesley, and became father to two sons. Later, after a further five years of clinical training, he graduated in 1983 with a specialty degree in emergency medicine and became the first chief of emergency medicine at Wellesley Hospital.

Around the same time, Hastie joined a group called Physicians for Social Responsibility, which later became International Physicians for the Prevention of Nuclear War (IPPNW). "Lesley and I felt an overwhelming concern about the direction we were heading as a civilization," he says. "We had to try to do something about it."

Hastie, who was president of the Toronto chapter for several years, gave many talks about the medical consequences of nuclear war to alert and educate the public. "We hoped an informed public would change the political rhetoric, that people would realize nuclear war was not winnable and would be mankind's final epidemic," he says.

The organization received the Nobel Peace Prize in 1985. Not long after, the west and east began to take steps toward disarmament. "We like to think doctors had some impact on that. Sadly, new nuclear risks are emerging," he says.

In 1989, after 20 years at Wellesley, Hastie decided it was time for a change. When he learned of an opportunity to practise emergency medicine in Riyadh, Saudi Arabia, the family packed up their belongings and left for a one-year contract. It ended in December 1990, about a month before the Gulf War began.

The family returned to Canada briefly in 1991, then left for the Sultanate of Oman, where the dean of a new medical school had invited Hastie to open an emergency department. They stayed for 15 years.

"When I began in March, 1991, there was just me and one Canadian oncology nurse, who knew nothing about emergency medicine but could write policies and guidelines," he says.

When he left in 2005, the emergency department had grown to include 25 nurses and 15 medical staff who treated 40,000 people per year. During those years, Hastie also taught undergraduate emergency medicine, and in the last seven years he started a residency training program that had 24 residents on his departure.

"It was a unique opportunity to contribute to the development of a new medical system in a country where 20 years before there were perhaps one or two doctors," he says. "And the Omanis were wonderful people: civil, courteous, and very grateful for what they saw you giving their country."

The family travelled a great deal during that time, to Asia, Africa, the Middle East and Europe. "That was part of the adventure," says Hastie.

However, the Hasties always spent their summers on Lake Vernon, as they had since 1981. "Summer in Oman is awful for expatriates," he says. "It's about 45 degrees and

90 per cent humidity."

In 2005, the Hasties decided it was time to move to this area for good. "We had been in Oman a long time and done everything we wanted to do," Hastie says. "And we had always intended to retire here. We love the lakes, trees, hills, and vibrant community. Huntsville has everything you could want."

Thanks to Dr. Pierre Mikhail for suggesting that Dr. Ian Hastie be profiled.



LETTERS

Three cheers for the wolves

Re: *Concern over rising wolf population*, Forester article, March 11.

The article brought joy to my heart. In my little bit of heaven on Lake of Bays the deer population has done irreparable damage.

It is years since we have seen trilliums; the forest floor is bare save the trees tall enough to miss the deer's hungry mouths; there is no hope of any sort of a garden; I worry about soil erosion.

So I say, let the wolves live. They are part of nature's way of keeping all things in balance. I hope they find my neck of the woods soon.

Joan Arthur
Etobicoke

Nature has its own checks and balances

After reading your headline story on the wolf I thought, "Is there a more maligned animal on the planet than the wolf?" From Little Red Riding Hood to present day, the wolf bears the brunt of our fears that go with folklore and tall tales.

We have become a reactive society that jumps to conclusions before the facts are in. The media can elevate our fears by playing on our emotions and by not doing its due diligence. That is, making sure we the readers have all the facts. Why are there so many wolves coming into our area? How many incidences have there been to date?

Studies have shown that the wolf population in the Algonquin area follow

the food supply, the deer in this case, to where they migrate to. This winter and past winters local residents have set up feeding stations throughout our area for the deer. Wild turkeys have also taken a liking to these stations. With the heavy snowfall we have experienced this year these feeding areas can have quite an impact on the deer population.

On South Portage it is not uncommon to see small herds of deer at any one time. The more we encroach on the wolf habitat, adding roads into natural areas, subdivisions, etc. the chances of dealing with wildlife issues becomes even greater. Before MNR decides to go into wolf control, let's look at the

facts and the factors surrounding the perceived surge in the wolf population. What might be seen is that we are the ones to blame in attracting the wolf closer to our homes. The deer population is doing quite well and by eliminating one of its natural enemies before we have all the facts we will not only harm the health of the deer population but the also the wolf.

Nature has her own set of checks and balances. When left alone, these work quite well and it seems that the further we get away from nature, the less we understand.

Rob Stimpson
Huntsville

Good nutrition doesn't have to be complicated

BY DR. CHARLES GARDNER

Health column

March is Nutrition Month, when Dietitians of Canada challenge Canadians to look at their eating habits and make a change for the better. This year's theme is about nutritional needs of active bodies. The theme is especially apt given that many families will be busy with lots of physical activities during March break.

Eating well is an important part of our overall health. Healthy eating habits are a key factor in preventing chronic diseases like heart disease and Type 2 diabetes. Nutrition habits formed during childhood not only affect many aspects of growth, development and learning, they also set the stage for a lifetime of healthy eating.

Healthy eating is an important partner to physical activity as an active body needs fuel from healthy food to perform its best. But with so many supplements, products and meal "replacements" being marketed to

us, making the healthy choice isn't always easy.

The good news is that making the best nutritional choices for a healthy body doesn't have to be complicated. If you have an active lifestyle, choosing food from Canada's Food Guide can meet all of your needs.

In the few hours before activity, fuel your body with a small meal that includes fluids, and that is mostly carbohydrate—the main fuel for athletes—along with some protein and a little fat. Protein is important for growth and protein sources like lean meat, eggs, and meat alternatives like dried peas, beans or lentils help to build and repair body tissues. Try a sandwich made with whole grain bread and egg, chicken or peanut butter, along with a piece of fruit and a glass of water, low-fat milk or 100 per cent juice.

Stay hydrated before, during and after being active by drinking water, the recommended beverage for most active children

and adults. Milk, 100 per cent fruit and vegetable juices, decaffeinated beverages, and even regular tea and coffee can count toward hydration. Sports drinks are usually not needed by most children and adults; however, they do provide carbohydrates and electrolytes, as well as fluid, for competitive athletes involved in prolonged intense exercise when sweat loss is high.

Food and fluids are just as important after being active, when you need fluids and fuel to help your body to recover. If mealtime is several hours away eat a light snack and drink a healthy beverage.

For the last year, the City of Barrie and the Town of Bracebridge have been participating in the Eat Smart! provincial pilot program. The Eat Smart! choices you might find are fresh fruit, 100 per cent juices, salads, milk, low-fat pudding and yogurts, cereal and multigrain bagels. Vending machines also offer healthier items such as grain-based bars, fruit bars and baked snacks.

In Barrie, you will find healthier Eat Smart! choices at the Holly Recreation Centre. In future months, the program will begin at Allendale Recreation Centre, East Bayfield Recreation Centre, Eastview Arena and the Sportspark Complex.

In Bracebridge you can find these healthier Eat Smart! options at the Sportsplex. It is hoped that these healthy choices will be made available at all sporting venues during the 2010 Youth Winter Games being held in Muskoka.

You can get a head start on fuelling your body for an active lifestyle by checking out the Dietitians of Canada's Nutrition Month website, www.dietitians.ca/eatwell, where there is a wealth of healthy eating tips, practical food solutions and educational tools. For more on eating well, call Your Health Connection at 721-7520 or 1-877-721-7520 Monday to Friday, or check www.simcoemuskokahealth.org.

Dr. Gardner is Simcoe Muskoka's medical officer of health.



**MOE'S
PICK OF THE WEEK**
2008
CHEV IMPALA

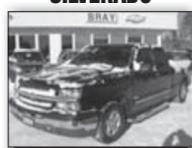


3.8 L, 6 cylinder engine, auto,
29,702 km. Stk# TP8649

WARRANTY

\$17,995

**2004 CHEV
SILVERADO**

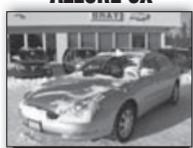


5.3 L, 8 cylinder engine,
auto. 149,472 km.

Stk# 8513

\$11,995

**2005 BUICK
ALLURE CX**



3.98 L, 6 cylinder engine,
auto. 30,646 km

Stk# 9093

\$13,995

**2006 PONTIAC
VIBE**

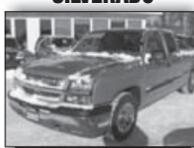


1.8 L, manual trans, 4 cyl.,
104,766 km

Stk# 9059

\$12,995

**2005 CHEV
SILVERADO**

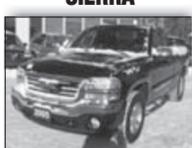


5.3 L, 8 cylinder engine,
auto., 80,396 km.

Stk# 8666

\$15,995

**2005 GMC
SIERRA**

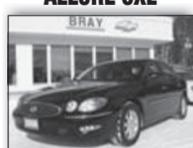


5.3 L, 8 cylinder engine, auto.,
72,195 km. Stk# 8278

WARRANTY

\$19,995

**2006 BUICK
ALLURE CXL**

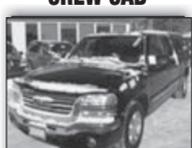


3.8 L, 6 cylinder engine, auto.,
47,562 km. Stk# 9187-A

WARRANTY

\$16,995

**2006 GMC SIERRA
CREW CAB**

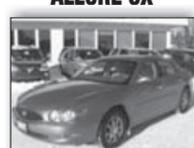


5.3 L, 8 cylinder engine, auto.,
77,702 km. Stk# TP0867

WARRANTY

\$20,995

**2007 BUICK
ALLURE CX**



3.8 L, 6 cylinder engine,
auto., 30,376 km.

Stk# 9137-A

\$16,995

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