

Opinion

MUSKOKA MOSAIC

Introducing Tony Lupton

BY PAULA BOON

Tony Lupton is a coach who goes out of his way for the young players on his teams – but he says he's only doing what others did for him as a kid.

Lupton grew up in Newholm, not far from his current home on Britannia Road. His father was a logger who worked in the bush a lot and his mother didn't drive for a time, which made it difficult to participate in many extra-curricular activities. "We also had animals to care for: chickens, turkeys, cows and pigs. So there wasn't a lot of time for organized sports," he says.

In high school, when he joined the Huntsville Youth Club led by Brian Maxwell and Peter Gelderbloom, he was most passionate about its floor hockey program. "I was addicted. I'd have to be in the hospital to miss it," he says with a laugh.

Looking back, Lupton says the youth club was the single biggest influence in his life. "A lot of kids my age blossomed out of that club," he says. "People went on to be successful because they were all guided in the right direction and shown values."

After graduation, sports continued to be important to Lupton. He played ice hockey and football while studying to become a licensed mechanical technician at Durham College in Oshawa. In fact, his football team came third in Canada one year, but he missed the final two weeks of play because of a knee injury sustained during a practice.

When he returned to Huntsville in 1989 and got a job at Domtar (now Panolam), Lupton played slo-pitch, broomball and touch football. He also joined the Metro Toronto Ball Hockey League when Domtar sent him to George Brown College to become a millwright. Unfortunately, while playing in that league he tore the anterior cruciate ligament in one knee, which put a damper on his athletic endeavours. "Slo-pitch is the one sport I haven't given up," he says.

Lupton's first coaching experience came in 1992 when he was asked to help with a bantam hockey team. "I caught the bug," he says. "I loved it."

He has been coaching hockey and soccer seriously for the last six years, and he has many videos, DVDs and manuals in his home attest to his dedication.

"I've taken quite a few clinics for soccer," he says, adding that the best one was given by Larry Green about coaching troubled kids. "By the end of the day I realized every kid was going to be troubled at some point. I need to treat all the kids like their dog just died."

Lupton says he never stops learning from his players. "There isn't a day I'm not surprised by something a kid said to me," he says. "It's made me have a lot more respect for little people. I think everyone should coach a



kids' sports team for at least one season, just for that."

At first he was a competitive coach who wanted his team to win, Lupton says, but he has come to realize that coaching is about teaching kids skills and attitudes they'll need as adults. "They're probably not going to be pro athletes, but they're all going to be adults," he says. "They need to learn about sharing and compromising."

Between work, coaching and volunteer positions as chair of the Panolam social committee and road captain of Britannia Road, life is busy for Lupton. However, he always manages to find time to be with his wife of 12 years, Diane, and kids Autumn, Aaron and Arrick. "We schedule movie nights and have game nights," he says, "and I rarely miss a school field trip. They're a lot of fun."

And Lupton also makes time, after early-morning practices, to drive four of his hockey players to school. "I don't mind. They're going to miss that opportunity if I don't," he says. "Peter Gelderbloom and Brian Maxwell did that for me. It's like payback. There's no doubt in my mind these kids will do that when they get older too."

Thanks to Angela Brunet for suggesting that Tony Lupton be profiled.

LETTERS

Arena entrance is too smoky

I took my grandson to the arena in Huntsville this past Sunday afternoon. Much to my dismay we had to walk through a cloud of cigarette smoke. On either side of the entrance doors there were people smoking. I don't intend to put smokers down but please think of the children who have to walk through this cancer-causing smoke. The children go to the arena to play and exercise, not to inhale cigarette smoke.

To add insult to injury some of the smokers just threw their butts into the snow while another threw hers into the garbage can. Hello, there are two receptacles on the wall to put your butts into.

Can we get the same rules for the arena as we have for the hospital and keep smokers thirty feet away from the entrance doors?

John Gallagher
Huntsville

Stop proposed tree-cutting bylaw

To all Muskoka landowners who own 10 acres or more, did you know that the district of Muskoka has drafted a proposed new regulatory tree cutting bylaw that targets landowners with 10 acres or more? These landowners who want to cut any number of trees on their property with the intent of selling any wood products will need to apply for a tree-cutting permit. Muskoka has had a tree-cutting bylaw since 2001; this bylaw is seven pages long. The new proposed bylaw is 48 pages in length. The following is a summary of the drafted bylaw. You must apply for a permit if:

- You cut more than 10 acres per year (Sec. 5 Sub c).
- You want to sell any firewood from trees cut (Sec. 5 Sub g).
- You want to sell any logs from trees you cut (Sec. 5 Sub g).
- You plan on having your property professionally logged and selling the timber for the purpose of receiving extra income (Sec. 5 Sub g).
- You want to sell wood products crafted from trees cut on your property (Sec. 5 Sub g).
- You want to harvest trees during March, April or May, even if you are cutting less than 10 acres (Sec. 5 Sub c).

Applying for a permit involves:

- Drawing to scale the location of proposed trees to be "injured and destroyed" (Sec. 8 Sub 1).
- Identifying on a map all significant features such as wetlands, steep slopes, and streams etc. (Sec. 8 Sub 1).
- Waiting 15 working days for application to be reviewed and returned to you, either approved or requesting additional information (Sec. 12 Sub 2).
- Paying \$50 for each permit (Sec. 8 Sub c).

Note that applying for a permit gives the district bylaw officer irrevocable permission to enter onto your property (Sec. 8 Sub 3).

The district of Muskoka bylaw officer will review your application: (Sec. 8 Sub 2)

1. To determine whether the trees proposed to be "injured and destroyed" are located within a designated woodland.
2. Then determine which of the following classifications the "designated woodland" falls under:

- Ordinary woodland — means you can cut, but must follow the regulations as described under schedule "d" of the bylaw.
- Conservation woodlands — you can cut but must harvest under schedule "d" and "e" of the bylaw which stipulates, for example, that you must preserve native trees, provide proper environmental conditions for wildlife, protect against floods, erosion and water supplies.
- Sensitive natural area — no cutting. Includes wetlands, regional areas of scientific interest, significant areas attached to approved official plan, and others (which means what?)

If a permit is issued it can be revoked if it was issued on mistaken information or if issued in error (Sec. V Sub 11). It is also the responsibility of the landowner to erect a sign with a standard format, as established by the district of Muskoka, at the entrance to the property. The sign and lettering must be of a certain size (Sec. 7 Sub 2). Under this bylaw you are not allowed to "injure or destroy" trees withing 50' of an open road allowance. The only exception is an approved entrance (Sec. 13 Sub 7).

If you want to protect your property rights call your local councillor now.

There will be public input meetings concerning this bylaw on Dec. 8 at 7 p.m. in Partners Hall, Algonquin Theatre, Main Street, Huntsville and Dec. 9 at 7 p.m. in the council chambers at the district of Muskoka offices, 70 Pine Street, Bracebridge.

Deborah and Scott Madill
Huntsville

Poverty is linked to ill health

BY DR. CHARLES GARDNER

Nutritious food is an important ingredient for healthy growth and development and for maintaining good health at every age and stage of life, but not everyone can afford the food they need. This usually isn't because food prices are too high, but more often because people on fixed incomes can't afford a basic healthy diet for themselves and their families once they have paid for housing.

Poverty, access to healthy foods and health are closely linked. People living in poverty have less money to spend on food and buy more foods that are higher in calories, fats, sugars and processed grains, which tend to be more affordable. Families on low incomes also tend to eat fewer nutrient-rich foods such as vegetables, fruit and milk products than higher-income families.

People with low incomes are also more likely to report poor health and multiple chronic conditions such as heart disease, diabetes and high blood pressure. Young children in low-income families suffer from stomach upsets and headaches and make more visits to the hospital than do children from higher-income families.

Every year the Simcoe Muskoka District Health Unit conducts a Nutritious Food Basket (NFB) survey of food prices in grocery stores across Simcoe Muskoka. Results are used to find out the affordability of a nutritious diet based on local food and housing costs.

This year's survey for Simcoe Muskoka shows that many people with income from social assistance, a pension or minimum wage employment can't afford a basic healthy diet for themselves and their families. A family of four on Ontario Works, for example, would need to spend up to 91

per cent of their income for food and rent alone. A single man would need up to 108 per cent of his Ontario Works income just to cover his rent.

But having a job does not necessarily mean that food as well as other basic needs can be met. In a family of four living in Simcoe Muskoka and with one person working full time at minimum wage (\$8.75 per hour), up to 75 per cent of family income is needed just for food and rent.

None of these scenarios consider the cost of other basics such as telephone, transportation, clothing and personal care items. Unlike rent and other fixed costs, money set aside for food can easily end up spent on other pressing items like bus fares, winter boots and medications.

Food and budgeting skills are important for everyone, but can do little to narrow the enormous income/expense gap for Simcoe Muskoka residents with limited incomes. Poverty reduction is at the heart of the solution.

Social assistance rates and wages that keep pace with inflation and based on the actual cost of living can have an instant and positive impact on the health and well-being of vulnerable people, especially when combined with community supports such as affordable housing, child care and public transportation.

Some work is underway to help achieve these goals. The provincial government is working on a poverty reduction strategy for Ontario, with implementation originally planned for the end of this year. For more information, check www.simcoemuskokahealth.org or call Your Health Connection at 721-7520 or 1-877-721-7520 8:30 a.m. to 6 p.m. Monday to Friday.

Food can spoil during outages

Some residents across the region have been affected by power failures due to the weekend snowfall. Where power has been off for four hours or more, the Simcoe Muskoka District Health Unit advises that residents and businesses should plan to check their refrigerators and freezers to be sure that perishable food items have been kept cold.

As power is gradually being restored, residents in the area may wish to take extra precautions to keep perishables such as meats, fish, poultry, dairy products, eggs and leftovers at a safe temperature for the duration of the power outage.

Most household refrigerators will maintain safe temperatures for foods for four to six hours as long as the door is kept closed. Ice bags and freezer packs can be used to

help keep temperatures cooler for longer. Residents should also check that refrigerators and freezers resume normal operation when power is restored.

Any perishable foods that increase to temperatures above 4° C (40 F) for more than two hours may become unsafe, and should be discarded.

As well, those people who have private wells with private treatment systems for their drinking water should ensure their system is running properly once the power is restored. Before drinking the water, flush all lines, letting the water run for two minutes.

More detailed information about managing food and water during the power outage can be found in the health unit's website at www.simcoemuskokahealth.org.



HEALTHCARE HEROES

Ontario Order of the Eastern Star, Chapter 252

Jane White, Worthy Matron, Order of the Ontario Eastern Star, Chapter 252 continues the long standing tradition of generous support of health care in our community. In November, Jane & Ray Porter presented a cheque from the group for \$1,000 for Huntsville Hospital.

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Thank you to all members of Chapter 252.

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