



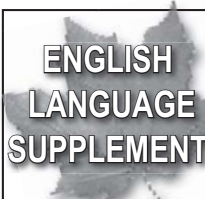
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CZECH AND SLOVAK BI-WEEKLY NEWSPAPER www.masaryktown.ca

DANA ZÁTOPKOVÁ recalls past Olympic triumphs

By Daniela Lazarová

With the summer Olympics fast approaching Czechs are gauging their chances and reliving past triumphs. One of the highlights of these past successes was the 1952 triumph at the Olympic games in Helsinki when 30-year-old runner Emil Zátopek and his wife Dana bagged four gold medals in quick succession. Sixty years on Dana, now just weeks short of 90, recalls their incredible life together and the hard-won successes that made them a household name.

Thinking back to the 1948 Summer Olympics in London, Dana has good memories of those days. It was the year she met her future husband Emil Zátopek. Dana had just set a national javelin record with a throw of 40 meters which proved to be her ticket to the Olympic Games in London. Emil, already well-known, came over to congratulate her and they got talking – finding that they not only shared a love of sports but that they had been born on the same day, in the same month and year.

They travelled to the London Olympics as a couple. Emil Zátopek won gold in the 10,000 meters and came second in the 5,000 meters. Dana Ingrová, as she was then, came seventh in the javelin. Their romance blossomed and Emil proposed on the trip to London, buying rings at Piccadilly Circus. The rings were the wrong size and were eventually melted down into one that Dana alone wore, but the marriage was rock solid and lasted until Zátopek's death in 2000.

Today with 60 years of hindsight Dana says that the 1948 Olympics were in many ways a revelation.

"I must say that the London experience influenced my whole life. Imagine what a shock it was for a simple Moravian girl to suddenly find herself in London admiring

Big Ben and Buckingham Palace and Westminster Abbey. It was like a dream come true. It was a fairytale world. But what made an even bigger impression was the spirit of the Olympics which was palpable. It was in London that I started to take my sporting career seriously, that I developed a strong admiration for the Olympics idea and intensely wanted to be part of it."

Four years later the couple shared



their greatest sporting triumph at the 1952 Olympic Games in Helsinki. Dana recalls that the journey to the Olympics that year was fraught with problems due to the political situation at home.

"Few people know what a dramatic time the beginning of the games was for us. All because of politics. We had a friend in the Dukla club where we trained – a certain Standa Jungwirth - who was an extremely promising and talented young runner – but he was politically in hot water because the communists had jailed his father for speaking out against the regime. It was the hard-line 1950s and without political clearance you were finished. So there was talk that Standa wouldn't be going to the Olympics no matter how good he was. But Emil put his foot down and said if he's not going then neither am I. You let him come and I will vouch for him. He had a huge showdown with the communist top-brass but it didn't help. On the day our

flight was due we were at the airport and Emil noticed Standa was not on the list of passengers. He promptly turned around and left, leaving us to depart alone. It was an awful situation but he called their bluff and won. Three days later both Emil and Standa were on a plane for Helsinki."

Despite their nerve-wracking start for Dana and Emil, the 1952 Olympics were a huge triumph – that was told and retold by them months and years later. Emil Zátopek won gold in the 5 km run, 10 km run, and the marathon. He also broke the existing Olympic record in each of the three events. Simultaneously his wife bagged the gold in the javelin throw. Dana remembers that after Emil won the gold in the 10 km race she was preparing for her own competition and keeping her fingers crossed for him at the same time.

"I was closeted in the changing room alone trying to concentrate on the ordeal ahead and trying to stay composed but it was impossible. So I listened to the crowd cheering trying in vain to figure out who they were cheering for. When the noise died down I could wait no longer. I jumped up and ran out of the changing room bumping into the Soviet coach Romanov. Who won? I blurted out. And I remember he looked at me dumbfounded because of course Emil had won and his own wife had not gone to watch."

By then Dana was on her way to the pitch for her own contest but on her way there she sought out Emil on his way back in to shower. Here is how he recalls the incident.

"Dana rushed up to me jumping up and down in her excitement and saying Oh my God you won, how wonderful – do let me see your medal! And I show her the medal and quick

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TORONTO, ONTARIO – The Central and Eastern European Council of Canada, representing nearly 4 million Canadians of European heritage, have announced plans to commemorate National Black Ribbon Day on August 23rd, 2012 in cities across Canada.

Evening ecumenical services are planned in Toronto, Vancouver, Edmonton, Winnipeg, Ottawa and Montreal. In each city, all communities will be invited to a central place of worship. Details regarding services in cities across Canada are listed below.

In November 2009, a resolution declaring Black Ribbon Day, August 23, an annual day of remembrance for the victims of Communism and Nazism in Europe was unanimously passed Canada's Parliament.

Black Ribbon Day historically commemorates the anniversary of the infamous Molotov- Ribbentrop pact, a sinister partnership treaty between Nazi Germany and Soviet Russia that allowed each to violently and illegally seize the lands



and peoples situated between them. Twenty Five years ago, Canada's Central and Eastern European communities, by initiating Black Ribbon Day, were instrumental in bringing international attention and understanding of the plight of their heritage nations. This Canadian initiative organized demonstrations in 21 cities on both sides of the Iron Curtain. In 1989 close to 2 million people formed a human chain across the Baltic republics and by 1991, demonstrations were held in 56 cities on three continents.

Coinciding with the Church memorials is a conference co-sponsored the CEEC and the Black Ribbon Day Foundation (location TBD). The conference has attracted leading historical political and historic academic figures. The conference will examine current historical issues and historical and current energy security issues in Europe. Information about the conference will be released at a later date.

Edmonton, Edmonton City Hall
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Monitoba, President Manitoba UCC, obondarchuk@hollyfamilyhome.mb.ca

Montreal, Contact, Joana Kuras, joana.kuras@sympatico.ca

Ottawa, St. Hyacinth Polish Church
201 LeBreton Street North, Ottawa
Contact: Andris Kesteris, akestr0542@rogers.com, 613 837 4928

Toronto, *Dormition of the Mother of God (St. Mary's)* at 7 pm
3625 Cawthra Road, Mississauga
Contact: Markus Hess, mjhess2003@yahoo.ca, 647 231 0058

Vancouver, St. Peter Estonian Lutheran Church,
6520 Oak St, Vancouver
Contacts: Mirko Petriw, mirkopetriw@shaw.ca, T 604 936 6177 F 604 936 6174

Winnipeg, Holy Ghost Church, 341 Selkirk Ave, Winnipeg, Contact: Grazyna Galezowski, President, Canadian Polish Congress, MB. Branch, <http://kpkanitoba.ca>, 204 589 787, Oksana Bondarchuk

Dana Zátoková recalls past Olympic triumphs

▶ from pg. 7 as a flash its in her handbag for good luck and she's running off with it. I went to prepare for the marathon and was just in the shower when our coach rushes in and says: Emil you are not going to believe this – Dana set a record with her first throw – she's going for the gold! It was a wonderful day for us."

With a throw of 50.47 meters Dana did indeed win the gold medal and crowded with delight that she could show it off to her famous husband.

"He was waiting for me at the bus and I will never forget how he looked at me. It was as if he had never seen me before, as if I were a revelation. And later he teased me about throwing the javelin 50 meters because I was so happy over his victory. He said he had made a significant contribution to my gold medal because he inspired me. Of course the story filtered through to journalists who reported Emil's version of events."

In reality Dana gave as good as she got and whenever Emil teased her about this retorted "Oh you inspired me, did you? Okay, go inspire some other girl and see if she throws a javelin fifty meters!" That remark too made headlines as did much of their witty, good-natured banter.

Emil retired from active sports in 1957, Dana some years later – after winning the silver at the Rome Olympics in 1960. Although they received many offers the Zátokes never thought to emigrate since they felt that this was their home. They stayed and devoted their time to coaching.

The years between 1968 – the Soviet led invasion – and the fall of communism were tough. For his support of the Prague Spring movement Emil Zátok – four times Olympic champion with 18 world records to his name – was barred from coaching and forced into manual labor. Dana's salary was cut and the family lived on a pittance. The communist media shunned them. But they clung to their dignity and convictions.

After 1989 they were reinstated and Emil Zátok was named the Czech Republic's Olympian of the Century by the Czech Olympic Committee in 1999. He died a year later of a stroke. His wife now lives a quiet life.

Source: <http://www.radio.cz/en/section/panorama/dana-zatopkova-recalls-past-olympic-triumphs>, 19.07.2012

Photo: <http://www.mkuh.cz/in-dex.7917>, Dana Zátoková

In 1949, a tall, thin 26-year old escaped over the Czech border into West Germany in search of freedom and a better life. His name was Miroslav Pouzar, but to us he was Dad. Miroslav was born on October 17, 1923, in Kladno, Czechoslovakia, and passed away peacefully with his wife Nofi by his side, on May 6, 2012. We are writing this article in our father's honour, to share the captivating story of the life of a kind, gentle and loving man.

Our father's story began in Czechoslovakia, where he grew up in Kladno with his parents, Antonin and Ruzenka, and his sister, Libuse. It was there he completed his public school education, including four years of real gymnasium, four years of college in Slany and four years of commercial college, and graduated with honours.

At the age of 14, Miroslav joined the "National Guard", and went through a military course on the weekends. His duties included standing as an honour guard in St. Wenceslaus square for the funeral of President T. G. Masaryk, and during the mobilization of Czech army, he guarded buildings full of Czech refugees from the Sudetenland. As part of his military service Miroslav was later awarded with "DEKRET" Pametni odznak 1938, for his participation in May 1945 revolution with PAMETNI LIST, and with "Stribnou medaili krale Karla IV." at the end of his service.

During WWII, all Czech men born in the early 1920s were sent to Germany to work in factories or do manual labour, however, after his graduation in 1942, Miroslav was sent to Austria to work for Flugmotorenwerke Ostmark as a bookkeeper in Vienna. He continued working there until January 1945, when he returned back to Kladno and was asked to take over from his sick father in his textile wholesale business.

After the end of the war, he worked in Sudetenland until the time he was called to the army. There he spent 21 months and was released as Sub-Lieutenant into civil life. Miroslav then became employed with a Textile Distribution Centre in Karlovy Vary. During his time there, he was approached by the communist party with the opportunity to be promoted to manager. This opportunity, however, came with a condition: to get promoted, he was told he would need to fire all of the Jewish employees, which was the majority of the people he had been working with and had become friends with. He decided to go on vacation and never went back; he would rather not have a job than have to betray his friends. It was at this point that he began his plan to leave the Czech Republic.

It was in October 1948, that Miroslav and five of his friends planned to cross the border close to Cheb, Czechoslovakia, into Germany. The group decided that on one day, two couples would cross, and on the following day, the last couple would cross, and that they would all meet on the

and Trafalgar Road, and took a bus straight into Toronto.

Miroslav's first job in Toronto was in construction, as a general labourer, and as soon as he passed his Canadian driving test, he started delivering concrete blocks to construction sites.

A Tribute to our father MIROSLAV POUZAR

By Justin Pouzar
& Rosemarie Pouzar

other side. In this small town, there was a school overlooking the border, with a teacher who would instruct them on where and how to cross. When Miroslav and his partner reached the school, the teacher informed them that their four friends had been caught the day before. Miroslav and his friend left immediately and rushed towards the border, accompanied by the sounds of barking dogs and loud whistles. As soon as they had crossed the border and had a chance to turn around, to their fright, they saw two policemen approaching. They quickly hid behind a bush, hoping the policemen had not seen them. They had been spotted, but fortune was with them as the policemen were in fact two West German border guards, who welcomed them and assured Miroslav and his partner that they were safe.

After spending six months in the refugee camp in Germany as a "displaced person", Miroslav was accepted as a farm labourer in Canada and in April 1949 arrived in Halifax, at Pier 21, like many other Czech immi-

Having to manually transfer the blocks one-by-one from truck to construction floor was strenuous work and caused him to injure his back, which lead him to look for another job.

He spent some time as a temporary messenger for the Bank of Nova Scotia, and then as an Inventory Balancing Clerk at the Head Office of the United Cigar Stores. In a very short period of time, his obvious dedication to hard work paid off, and he became supervisor of the department. During his free time, he wanted to expand his knowledge and enrolled in the Certified General Accounting program, and easily passed his examination. With this great accomplishment, he found a few small stores and restaurants, and filled his extra time by being a bookkeeper on the side.

One of these stores was Central Bakery, a wholesale bakery in Toronto, manufacturing various specialty breads for some of the most prominent restaurants and hotels in Ontario. After working with co-owners Tony and Victor

employees. It was during this time that he met his beloved wife, Nofi, and where our story with our father begins.

The bakery was successful and had a good market share in Toronto, which was something bigger companies wanted to get a hold of. When the partners were close to retirement age, a purchase offer came from Canada Bread. The three partners accepted the offer and in November 1989, the bakery was sold. The sale was a blessing, allowing Miroslav to spend more time with his young family, volunteer with some groups he felt strongly about, and reconnect with many of his friends.

Miroslav spent some of his free time with the Czechoslovak Credit Union as the Chair of Credit Committee, working beside Frank Jecmen and Frank Tesar, two of his closest friends. He also continued as a proud "brother" of Sokol Toronto where he volunteered as the Treasurer.

More of our father's free time was with us. Although we missed the times when our father brought us to the bakery to play in his office and re-stock the vending machines for employees, he now dedicated whatever time he had to make our lives easier, and he made us feel like we were the most important people in the world. Not only did he drive us to and from all of our activities and school every day, but he encouraged us to get our first jobs, cheered us on in any endeavour we chose, and sat on the side lines of every single football and baseball game with a "Pouzar" jersey on the field.

He, like his own father, was also very strict. We had our curfews, we knew which of our friends he liked and which he didn't, and of course, he told us which parties we were not allowed to go to. We always tried to obey, not because we were scared of him, but because we never wanted to disappoint him. He taught us a few unforgettable lessons in our lives with him: respect one another (especially your parents!), love and know the importance of your family, and never forget where you came from.

He was so proud to be Czech, and he shared this pride and his history with us. We visited the Czech Republic as a family once during the communist time. When he showed us Wenceslaus Square, and the dark, sad looking buildings, there was almost a look of disappointment in his face. This was gone on our second trip in 1994, for the Sokol Slet, the first one in over 46 years. When the Czech Hymn was played, a tear was in our father's eyes: so proud to be there, with his family, to witness something so momentous, and so important to him.



grants, with only the clothes on his back. In April 1950, after the completion of his one-year contract working on various farms, including dairy, corn, and tobacco, he was dropped off at QEW

for about a year, they offered him one third of the business, which he accepted in June 1961. Under the leadership of these three men, Central Bakery expanded in operations, and in em-

In August 1998, Hana Smithinová and I wrote an article for *Nový domov*, in Czech, entitled "Společná měna: nové možnosti, nebo hrozba?" (the single currency new opportunities or a threat?). We made it clear that we thought it was a threat. We had been watching the patriotic fervour of the European football (soccer) fans on television during the World Cup that year, and were amazed that the supporters of some of those countries were unaware that their nations would effectively cease to exist as separate economic units able to control their own destinies, by the end of that year. On January 01, 1999, 11 of the then 15 countries of the European Union (EU) adopted a single currency, the Euro, which would be under the control of an international agency the European Central Bank (ECB), not that of the individual national central banks or national governments.

This was a disastrous development because it placed formerly independent countries with long histories such as France, Italy, Spain, Holland, Greece, and so on, in the same precarious fiscal position as provinces in a federal state. But, why is provincial status a bad thing? In Canada we do have a federal state, and nobody expects the individual provinces, even an Ontario or Quebec, to be able to have as much influence on the economy as does the government of Canada. The provinces all use Canadian dollars, and it is clear that they are unable to engage in the credit creation and macroeconomic policy initiatives routinely undertaken by the Bank of Canada and the federal government. Nobody in Canada complains about this, and it is accepted that the provincial governments do have to be more careful with the public finances, pay more attention to "balancing the books", etc., than the Feds. This is acceptable in Canada because the political arrangements have already been worked out long ago. The relationships between the provinces and the federal government, and between the federal government and the Bank of Canada, have already been elaborated. This is known as the system of "fiscal federalism". It makes life bearable for the individual Canadian provinces and enables some of the money created at the federal level to be shared among the provinces.



THE EURO DEBACLE

By John Smithin (for New Homeland)

A huge error in the design of the Euro-system (these days usually politely referred to as a merely a "structural flaw") is that literally no system of fiscal federalism was put in place. There is no European federal government, and the ECB itself was set up as a purely bureaucratic institution, supposedly aloof from any and all of the national governments and their individual concerns. Its sole mandate was to provide "sound money" and low inflation for the Euro-zone as a whole. It seemed obvious to Hana and me that this would lead to big trouble as soon as there was the slightest hint of economic difficulties. Apparently, though, it was not so obvious to the vast majority of politicians, economists and bureaucrats. There is a school of thought today that actually the Euro was "designed to fail" the idea being that once the crisis hit, it would then seem that there was no alternative to an immediate push for the creation of a true federal state in Europe, somewhat along the lines of the existing federation in Germany. This however, is at once too cynical, yet gives too much credit to the foresight of politicians and economists of the mid-1990s. My own view is that most people simply accepted the consensus of mainstream neo-classical economists at the time that "money does not matter" and that a complex real-life capitalist economy can be made to work as if were a barter exchange economy. Of course it cannot.

When the current "Euro crisis" first hit the headlines in the late summer/fall of 2010, my first re-

nent of the crisis, the collapse of the "restored" gold standard, came along more-or-less exactly two years later in 1931. In the present crisis there was again a stock market crash in 2008, materially affecting the outcome of the US presidential election that year and, for a moment in 2010, it seemed that break-up of the



Euro-zone was about to happen right on cue. Things did not work out as "neatly" as that in practice and the whole farce has dragged on for another two years. Who knows how long it might be further stretched out? Nonetheless, there will have to be some sort of resolution, sooner or later. Things cannot continue as they are.

What, however, is the true nature of the Euro crisis? In the popular press it is portrayed as a crisis of government spending, particularly in countries such as the so-called (and insultingly called) PIGS, Portugal, Ireland (or now even Italy), Greece, and Spain. But there could be no crisis without the existence of the single currency itself. A sovereign country with its own currency may well increase government spending and/or cut taxes as it sees fit, and this may or may not be a good idea at the time it occurs for all sorts of reasons that depend on the particular circumstances. However, this would simply be a matter of internal politics (as in Canada or the US). There would never be any question of how to "find the money", or of not paying on time. Beneath the surface the Euro crisis is actually an old-fashioned exchange rate crisis somewhat disguised. The European nations are not actually provinces (as yet), and therefore the single currency in Europe, though rarely billed as such, has up to now behaved like a (supposedly) irrevocably fixed exchange regime rather than a true federation. It was meant to be the hardest of "hard pegs" enforcing a one-for-one nominal exchange rate regime. The simple fact of the matter, however, is that such a regime is ultimately unstable, and inevitably must eventually break-up in some sort of crisis. Though not widely understood, these are

the lessons of both theory and history. (Examples are the collapse of the gold standard as mentioned earlier, and more recently the end of dollarization in Argentina a decade ago). The reason for this is that, without the privileges of provinces or American states, the countries in a binding fixed exchange rate regime are nonetheless forced to behave "as if" they are provinces. They obviously have no control over monetary policy (the setting of interest rates), nor ultimately over government spending and taxation. As we have now seen that will be dictated by others.

In 2012 another big international sporting event, the Olympic games, is taking place as I write and, once again, there is a question whether many of the nations competing have much national sovereignty left. The EU now includes 27 countries, 17 of which are members of the Euro-zone. In fact, all of the countries which joined the EU after 2002 were supposed to make a commitment to eventually become part of the Euro, even if they did not so at first. This now seems almost like a suicide pact, economically. This was the case for both the Czech Republic and Slovakia. The Czech Republic was initially supposed to become part of the Euro in 2007, but sensibly the date was postponed to 2012. It is not going to happen this year, either, and the Czechs would be wise to put off the evil day forever. In the meantime, the koruna has remained in existence and has been floating against the Euro. This has given Czech policy-makers at least some room to manoeuvre. Slovakia, however, is a full member of the Euro-zone, and is very much in the same boat as Greece, Spain and Italy. Perhaps many people in that country (Slovakia) do now see Euro membership as a threat, rather a new opportunity, but they are also told by their leaders that to leave the Euro-zone now would be a catastrophe and there is no alternative but to hang on. This kind of thinking makes no sense. It is certainly the case that a break-up of the Euro system is bound to cause much dislocation and hardship in the short-term. Such crises always do. The system should not have been set up in the first place. The problem with the argument, though, is that continued membership of the Euro is also causing dislocation, hardship, and unbearable uncertainty, right now. Something must eventually be done to solve it. If there was a separate currency and floating exchange rate, they would at least be some hope that the ship would eventually be righted. There would be something that the domestic policy-makers could do. In any event, the only other option, again, is provincial status in a federation or an empire dominated by others. Everyone in central Europe knows how "well" that has turned out in the past.

The deadly Danzig St. and Eaton Centre shootings may be occupying Toronto's consciousness and political agenda, yet both the rate and severity of crime in the city dropped in 2011.

Police-reported crime in Canada dropped 6 per cent last year to its lowest level since 1972, even though murder rates inched slightly higher,

YOU'RE SAVER

THEN YOU THINK

By Emily Jackson and Les Whittington

according to Statistics Canada's latest report.

And in a seemingly gun-plagued Toronto, the severity of crimes dropped 5 per cent.

In fact, Guelph and Quebec City were the only two metropolitan areas with a lower crime severity index than Toronto. (The index measures the seriousness of crime by giving a higher weight to murder than, say, marijuana possession.)

But there were still 86 murders recorded in the Toronto census metropolitan area, compared with 80 in 2010.

When the size of the Toronto census metropolitan area is considered (it includes most of the GTA, but excludes Burlington and Oshawa), it remains relatively safe. The homicide rate of 1.5 per 100,000 people is below the national average of 1.7 homicides per 100,000 residents. Toronto's rate is lower than Winnipeg, with 5.1 homicides per 100,000 population, and Halifax (4.4), Edmonton (4.2) and Regina (3.2).

The numbers confirm that Toronto is "the safest big city in Canada," Toronto police spokesman Mark Pugash said Tuesday.

Violence, such as the recent neighbourhood slayings, attracts peoples' attention, so they are often surprised to learn the city's violent crime severity index is below the national average, Pugash said.

(The index is derived by multiplying an offence's weight by the number of offences, adding them all together, then dividing the total by the corresponding population and standardizing it to 100.)

"It doesn't for a second diminish the seriousness of what we've seen recently," Pugash said — nor does it stop police from wanting to "increase the boots on the ground," a measure he hinted Chief Bill Blair will soon announce.

"You can't look at these numbers and say that's it, we can put our feet up," Prime Minister Stephen Harper and Mayor Rob Ford met Tuesday, snubbing Premier Dalton McGuinty, to discuss Toronto's recent gun problems and how to get tough on crime. Criminology experts differed from the politicians on how to tackle crime. "Everybody wants the cure rather than prevention," said Anthony Doob, criminology

YOU'RE SAVER ...

► from pg. 9 professor at the University of Toronto. After 2005's

"summer of the gun," experts suggested that long-term investments in education and public health could reduce crime, Doob said, but politicians instead made harsher laws to attempt a quick fix.

"I don't think that decisions made on what we can do before sundown are going to serve us well," he said. "That isn't going to stop killings tomorrow." While the StatsCan report shows Toronto is a relatively safe place to live, other experts worry the recent outbreak of gun violence is a warning the city could be changing for the worst.

"There has been an increase in concentration of violence taking place among young males under 30 years of age," says Scot Wortley, an associate professor at the University of Toronto's Centre of Criminology. "Many of the young male victims of homicide are from our poorest and most socially disadvantaged communities."

Wortley said studies show Toronto's middle-class communities have been shrinking and "our poor communities are not only growing but are becoming increasingly geographically and socially isolated — in other words, more like American ghettos."

In the U.S., these communities have been associated with high rates of crime and violence and, if the trend continues, a similar increase can be expected in Canada, he said.

University of Ottawa criminologist Irvin Waller said what's needed is a combination of tougher policing and closely targeted social support programs in communities where crime and violence are growing. Outreach programs to help young people in troubled families stay in school, find jobs and take a constructive role in the community are crucial, he said.

Yet for Canada as a whole, police-reported crime last year reflected the lowest crime figures recorded since the Trudeau era. The decline continues a downward trend that began in the 1990s. This trend continues to be at odds with public perceptions of growing crime, which criminologists say can be traced to growing awareness of crime and anxiety over random shootings of the kind recently seen in Toronto.

Top five safest cities - 1. Guelph - 47.0, 2. Quebec City - 52.2, 3. Toronto - 54.9, 4. Ottawa - 57.9, 5. Barrie - 58.3

According to Statistics Canada, tal, then standardized to 100, these cities have the lowest scores on the Total Crime Severity Index. The crime severity index is measured by assigning weights to different crimes based on sentences. Each offence is multiplied by the weight for that crime. All weighted offences are added together and divided by the corresponding population to

Top five cities with most crime - 1. Regina - 124.5, 2. Saskatoon - 118.7, 3. Thunder Bay - 107.3, 4. Winnipeg - 107.2, 5. Kelowna - 97.4

Source: <http://www.thestar.com/news/gta/article/1231229-toronto-canadian-crime-rates-decline-but-more-homicide-reported,25.07.,2012>

In the last 10 years there has been an emergence of a new class of healthcare called natural or Naturopathic medicine. Natural medicine has its roots in traditional healing practices that have been used and perfected over thousands of years. However, not until the last few decades has it re-emerged, poised to play a role in changing the face of modern healthcare.

The biggest obstacle people have in using natural medicine is that they really don't know what it is. They often associate "natural" medicine with questionable and unproven methods and ineffective techniques. Unfortunately a few illegitimate healers have affected the reputation of board certified Naturopathic doctors (ND's) who undergo a rigorous 4 year, post-graduate medical education that is comparable to that of conventional medical doctors. Once a person learns about or visits a Naturopathic doctor they see tremendous value in their services as part of their healthcare team.

So what does a ND do and how can they help you? The best way to understand their role is to look at them as you would your family physician. The primary difference between ND's and Medical Doctors (MD's) lies in the naturopathic philosophy to 'treat the root cause of illness' and focus on prevention rather than suppressing disease symptoms. This important difference allows ND's to take the time to work with you to explore all the possible causes to your symptoms and systematically eliminate them. A visit with a ND usually lasts 30 to 60 minutes where you have the opportunity to discuss all of your symptoms, health history and undergo comprehensive assessment and diagnostic techniques. Based on your specific case, you will receive a comprehensive and personalized healthcare protocol to restore your health.

The way they treat and the therapeutic tools they use also are different. ND's believe that the human body has the ability to heal itself if given the proper circumstances. To achieve these circumstances, ND's integrate standard medical diagnostic tests and utilize a broad range of natural therapies (such as Botanical Medicine, Nutrition and Lifestyle counseling, Homeopathy, acupuncture and Intravenous (IV) therapy) as opposed to pharmaceutical drugs. Additionally, naturopathic medicine believes that each individual is unique and, therefore, each treatment plan should be tailored to that patient and their unique health concerns. On top of the thousands of years of successful, traditional use, there is a very large and growing body of research that supports the safety and effectiveness of these therapies. NDs will use proven and effective therapies with very little side effects to not only re-

WHAT CAN NATURAL MEDICINE DO FOR YOU?

By Dr. Paul Hrkal, ND

solve your symptoms but also correct the underlying cause so you can have lasting relief and optimal health.

The last question most people have is "Do we have to pay for this medical service?" Like massage or chiropractic treatments, Naturopathic Medicine is not covered under OHIP. However, most insurance plans have coverage for naturopathic treatments. Most people have coverage and don't even know it because they have never looked for it in their policy. Additionally, the fact that it is not covered under OHIP allows a ND to spend a much longer time with you to explore your health concerns, identify the root cause and provide you with a comprehensive treatment plan.

I hope this article has shed some light on what naturopathic medicine is and how effective it can be in restoring optimal health. It is no secret that our current healthcare system is letting people down. Long wait times, side effects and ineffective treatments for chronic conditions have caused people to start looking for a system of medicine that puts the patient first. The time is now for Naturopathic medicine to shine. Join the thousands of people that have had their lives changed and health restored. For more information please visit www.paulhrkalnd.com.

Meet the Doctor: Dr Paul Hrkal
In the spirit of community and relationship, I wanted to share a lit-

tle bit better.

I was born in the Toronto area, spending my childhood years in Caledon East, which is north of the city. I graduated from McMaster University with a degree in Kinesiology and then went on to complete my medical studies at the Canadian College of Naturopathic Medicine in North York.

During my university years, I was member of the McMaster varsity volleyball team. I had the privilege and opportunity to compete at the national level, traveling throughout North America to play against the top teams from both Canada and the United States. I have a strong background in sports medicine and work with athletes to allow them to quickly recover from injuries and optimize their performance.

In addition to my physical and sports medicine background, I actively have an interest in a number of clinical areas. These include, but are not limited to pain management, cancer, men's health and neurological health. Despite my interest areas, I maintain a broad practice base, applying Naturopathic principles and tools to numerous conditions.

One of the most exciting areas in natural medicine are the cutting edge technologies that are now being used by Naturopathic doctors. The beauty of naturopathic medicine is that the wisdom of ancient and proven therapies

and energetic assessment techniques. Powerful and safe results can be achieved through the synergy of the traditional and modern approaches. Stay tuned for more postings about the latest cutting edge techniques I am using with my patients.



I pride myself in taking an active role in the community. One of the key principles of Naturopathic medicine is the doctor as teacher. In fact, the word doctor actually comes from the latin word docere, which means 'to teach'. I work with a number of organizations in the GTA area and am an active public speaker, educating patients on the science and application of natural medicine. For my latest public event and speaking event please visit the lectures and events page or stay tuned to my facebook and twitter feeds.

I am very excited to be practicing at pure Balance Wellness centre in Port Credit. It is an integrative clinic that features naturopathic and chiropractic medicine, massage therapy and other healing arts. The clinic has a great reputation in the community for changing the lives of each patient that walks through the doors. To learn more about how to book an appointment please visit the pure Balance website under the 'contact' tab.

What excites me the most is seeing the power of patient-centered medicine at work. So many factors and stresses impact us on a daily basis, pushing us into a state of disharmony, which ultimately leads to illness and dysfunction in multiple bodily systems. The strength of naturopathic medicine is to get to the root cause of our disease and restore our health at every level. Naturopathic medicine is strategically positioned to use tools and strategies to bring about not only symptom relief but disease resolution and a higher state of health. I hope you join me to promote optimal wellness and spread the word on how naturopathic medicine can change your life; I know it has changed mine.



tle bit more about myself and my clinical practice as a Naturopathic doctor. For those of you I have not met in person I hope this will

such as acupuncture and botanical medicine are complemented with the latest approaches such as intravenous therapies, bio-punc-