



Dr. Skála with the highest honour



110 years of Woodcraft Zdenek Fisera pg. 8, 10

ENGLISH LANGUAGE SUPPLEMENT

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Coalition leaders support Varvařovský for ombudsman

The Czech government coalition parties will recommend their MPs to support former constitutional judge Pavel Varvarovsky for ombudsman at the lower house session on September 7, Prime Minister Petr Necas (Civic Democrats, ODS) said after a meeting of the coalition leaders Wednesday.

The coalition of the ODS, TOP 09 and Public Affairs (VV) holds a comfortable majority in the lower house of parliament.

Varvařovský was nominated for ombudsman by a group of ODS and TOP 09 senators to replace Otakar Motejl who died in the spring.

The three other candidates are Prague Jewish Community head Frantisek Banyai, also selected by the Senate, former regional governor Jan Zahradník (ODS) and activist John Bok. Zahradnik and Bok who were proposed by President

The Chamber of Deputies tried to select a new ombudsman already once, in July, but none of the four candidates received a majority of

Klaus will deliver a speech in the lower house during the extraordinary session. He last addressed the Chamber in October 2003 when he criticised the record-high state budget deficit planned for 2004 by the then government led by the Social Democrats (CSSD), the public finance reform and the alleged growth of state power at the expense of individual freedoms.

Czech media wrote that Klaus will deal with the country's future in his address next week.

The coalition leaders Wednesday also agreed to support the amendment to the law on public orders submitted by two VV deputies and concerning companies with Co ČTK.

Dr. JOSEF SKÁLA WAS AWARDED THE CMA'S HIGHEST HONOUR

Ottawa, August 11, 2010 - On August 25, the Canadian Medical Association (CMA) presented the 2010 F.N.G. Starr Award to dedicated researcher, talented actor and community builder Dr. Josef Skála from Vancouver, BC.

The vigour and driven approach to which Dr. Skála approaches medicine is matched only by his passionate, enthusiastic approach to the Czech arts community, both in Vancouver and internationally," said CMA president Dr. Anne Doig. "He has taken great strides to advance medicine, while remaining equally as dedicated to enriching lives through a focus on the arts.

"I have been blessed by brilliant teachers, who taught me that a true physician should not only master the skills to deal with the functions of the human body, but also to perceive the well-being of each individual within the context of family, society, civilization and ultimately nature," said Dr. Skála. "I am deeply grateful to the CMA, and I hope this recognition indicates I have used my limited talents and energies to substantiate my gratitude to my adopted homeland, Canada, for opening her arms to me 41 years ago and giving me the freedom to pursue my dreams."

Dr. Skála studied medicine at the Charles University of Prague, graduating with honours in 1964. Escaping political persecution after the Soviet military occupation in 1968, he left Prague for Sweden, where he worked at the Wenner-Gren Institute in Stockholm. In 1969 he won a Medical Research Council (MRC) fellowship and moved to the University of British Columbia (UBC) in Vancouver. He obtained his PhD in physiology at UBC in 1972, went to Hammersmith Hospital in London for a fellowship from 1972 to 1973, and became MRC Scholar in UBC's departments of pediatrics and of obstetrics and gynecology between 1975 and 1980. He obtained his FRCPC in 1977 and became a full professor

of pediatrics and obstetrics-gynecology in 1984.

In the early 1990s Dr. Skála became a visiting professor at Charles University in Prague, where he helped establish a bone marrow transplant program. He was associated with the development and operation of the bone marrow transplant program at UBC until his retirement in 1998. and he was instrumental in establishing official collaboration between Charles University and

He has published over 100 research papers, contributed to numerous monographies, lectured at multiple international conferences, and was responsible for obtaining over \$2 million in research grants as a principal inves-

Equal to his passion for medicine is his passion for the arts, particularly theatre. In the early 60s in Prague he was artistic director of the university group of classical comedy, and his interest in theatre followed him to Canada where he has been an actor. director and producer.

He has been the performer



US vs. U.S. - SO WHO IS BETTER SERVED? Peter Worthington has tested the health system on both sides of the border

With health care a riveting issue in the U.S. that causes heartburn to Republicans, maybe a Canadian's experiences with medicare would be instructive.



I've had more experience that most with our health care system, and have benefited more than most, dating back to my first (triple) heart bypass surgery in 1987 followed by seven more bypasses and replacements in 1993 - all performed by Tirone David who, since first introduced to me by cardiologist Gary Webb, became recognized as one of the world's most innovative and gifted heart

No argument from me. Since the first bypass, I've not noticed a decline in energy or ability to do basically whatever I'd wanted to do - which included covering crises in various parts of the world, mountain climbing, bungee jumping, and incidents in between.

As an aside, it should be noted there is no history of heart disease in my family, and I have never smoked in my life - something vital in my various recover-

I've recently had another brush with our health care system - a supposed three-day confinement in hospital for a pacemaker/defiblillator implant that stretched into nine days in Toronto's University Health Network (UHN), three hospitals which, I my experience, cannot do enough for patients. The staff is patient-oriented - which isn't to say I'm uncritical of our health case system. For example:

- * Canada's universal "no choice" medicare forbids doctors to opt out of the system which forces patients who wish to pay for treatment to go to other countries for it.
- * Canadian doctors are always tempted to leave for greener field.
- * Who you know, or privilege, guaranties quicker access to treatment.
- Long queues or time lags for those awaiting all but emergency surgery result in prolonged pain and/or unknown numbers deaths among those who wait and hope.
- * Shortage of MRIs results in appointments stretching into months, and sometimes scheduled at unreasonable times, like 3 a.m.

My first encounter



Introducing



For the first time ever this traditiional Brew master Miloš Hrabák Czech pilsner beer has been brewed in

Canada from nothing but Canadian water and Czech ingredients, using traditional brewing methods!

A group in Prague, led by Jiří Kopenec, CEO of AGRA Group, has developed a unique method of brewing traditional Czech beer using only Czech ingredients. The result is a beer that is not imported or merely a pale substitute for the best beer in the world, but it is the real thing, brewed locally for the Canadian market.

It's not available in Canada yet. We will have to wait for the big official launch next year. But, in October, you will have a special opportunity to taste Milos Beer at all six of the Dukes pubs in Toronto.

Nový domov č. 18 - 9. 9. 2010



ANNIVERSARY OF WOODCRAFT 110 YEARS Zdenek (Klen) Fisera

(and 150th anniversary of Black Wolf-E.T.Seton's birth)

MOST CANADIANS probably do not know what Woodcraft is; haring the name they probably visualize a carving or some other use of wood. Most do not realize that it is a name of a movement which was similar to scouting - designed to awaken in young people an interest in nature and camping. Most people are familiar with the name of Lord Baden Powell, hero of the Boer War in Africa, who is generally credited with founding of the scout movement. In the same 19th century another personality was also associated with the return-to-nature idea. It was Ernest Thompson Seton. Ernest Evan Thompson was his real name. (He started to use the name Seton in his twenty second year).

Seton was born on August 14, 1860 as the eleventh boy of thirteen siblings to a family of owners of several freight ships in South Shields - a city on the East coast of England near the Scottish border. Not very far from this town is the Roman Hadrian Wall built to prevent Scottish invaders from reaching England, Joseph Logan Thompson's business started to decline and therefore Seton's father decided to move his whole family to Canada. They settled in Ontario near the little town of Lindsay where they bought a farm. Here little Ernest started to develop an interest in nature. Immediately he became familiar with animals at home and the farm and at each opportunity he accompanied his older brothers on their trips to local woods.

Ernest loved to spend entire days in the local forests, however, his parents were very devout Presbyterians. Therefore even 'free' Sundays were filled with visits to religious services, prayers, and singing of religious songs. After four years of tiresome work and after the older sons left for other employment, father Thompson came to the conclusion that considering his insufficient knowledge of farming, his farm is not producing enough for the family to depend on. Therefore in 1870 he sold

the farm and moved the family to Toronto where he found employment as an accountant. No one in the family appreciated the return to the city, least of all Ernest who had come to love the countryside at Lindsay. Since the experiment in farming had consumed a considerable part of the family's assets, the Thompsons had to live in a poorer part of the city. The school which 10 year old Ernest attended was full of experienced lawbreakers. Ten year old Ernest who was small for his age and also had squinting eyes, soon become a target of bullying and often received black eyes and other injuries in fights with bigger boys. When he was not quite fourteen he passed his exams with honors and was accepted as the youngest of twelve students to the "Collegiate Institute". From his childhood Ernest showed a great talent in drawing, especially animals and birds. His talent in drawing helped him in 1876 at the age of sixteen to be accepted for two years of practice by John Colin Forbes, a well known Toronto artist. The eighteen year old Ernest then became a student of the Ontario School of Art and Design.

lotte Schreiber who shared his love of nature. Animals and birds were her favorite subjects. She had a deeply developed sense of the anatomy of animals and birds and to a great degree it was her realism that gave Ernest a scientifically accurate sense for the same subjects. In 1879 Ernest's efforts were honored by a gold medal. After this success his father softened and promised him a loan of approximately 25 dollars monthly for studies at the Royal Academy in London. For an impoverished family it was big money but to Ernest in London it was barely enough for very modest accommodation and unhealthy meals. The Royal Academy rejected his picture of Hermes and it took till December 1880 to accept his picture of Satyr. In the meantime Seton earned a small income by providing

"strong" boys, including several

His favorite teacher was Char-

black and white illustrations for the publishing house of Cassell Petter & Galpin. At that time he also discovered the library of the prestigious British Museum which proudly housed huge quantities of nature and

science books

At that time Ernest was only 19 years old, and the director of the library, Sir Edward Bond, explained to him that no one under 21, could receive permission for visits. Seton, however, immediately decided to ask the directors of the library for an exception. The Members of Directors were prominent personalities like the Prince of Wales, the Archbishop of Canterbury and Lord Beaconsfield. Ernest wrote to all three and received encouraging letters from all of them.

On the basis of these letters he received from the Library Director a lifetime membership in the Society of the Museum. That empowered Ernest to study natural sciences and gave him the opportunity to study the work of best known nature scientists of the day - ornithologists like James Audubon, Alexander Wilson, Thomas Nuttal.

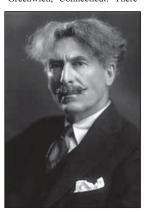
When Ernest was accepted by Academy as one of six novices (probationers) he had automatically secured studies for seven years without school fees as well as free admission to Regent's Park Zoo which at that time had the richest collections of animals in the world. Almost daily he spent his afternoons there - paint-

Due to poor nourishment and exhausting studies Seton decided to return to Canada after two years in London. In November 1891 he arrived in Montreal on a livestock transporting boat, full of lice, with damaged health. He was twenty one. Thanks to his mother's good care, nourishing meals and walks in the forests around

Toronto his health he recovered somewhat. His father explained to him that at the age of 21 it was time to find employment and showed him records kept since Ernest's birth, showing that he spent 538 dollars and 50 cents on Ernest and that Ernest should repay as soon as possible. Seton received about sixty dollars by painting Christmas cards and left to see his brother Arthur who had a homestead in a little town of Carberry in Manitoba. Ernest

helped Arthur with work on the farm and did some hunting in the surrounding forests. While hunting he occasionally met native Indians and had the opportunity to study their characters personally. In the years that followed he worked as illustrator and paid his debt to his father Occasionally he made trips to the wilderness where he found information for his articles and books which he himself illustrated. Often he met Indians and learned from them how to live in nature without the comforts of civilization.

Later, Seton was improving his painting techniques in Paris but mainly he wrote very successful books about animals, which brought him fame not only in natural sciences but also as an accomplished artist. These works put him on a solid financial base for the first time in his life. In 1894 on a boat trip to France Seton met Grace Gallatin whom he married two years later. She was well known writer and feminist. In 1900 they bought 100 acres of forest together in Cos Cob near Greenwich, Connecticut. There



was a creek, a swamp, a lake, rocky slopes, squirrels, birds, fish and tortoises in the lake - a paradise for a natural scientist. Seton was planning to bring in additional mammals and surrounded the land by a two-meter high fence with three rows of barbed wire. The fence, however, did not appeal to local boys who assumed that the land was theirs. They were shooting squirrels, swimming in little lake and collecting nuts.

Very soon they made holes in the fence and inscribed the gate with filthy signs. There was no point in making repairs - they would not last very long. Seton rejected suggestions that he call police on the rascals. Instead he went to the local school and asked the principal for permission to talk to all boys over 12. He invited them to a weekend camp-out on his land, which would start after school on Friday afternoon and finish on the Sunday evening. Everyone should bring only two blankets - nothing else. His offer was met with silence but when he asked individual boys they nodded. The school principal suggested he should expect 24 boys, but 42 came. On Friday evening several boys were jumping in the water, running through the forest naked and making such noise that neighbors about mile away complained. During the evening the boys ate all the food prepared for whole weekend so Seton had to send for more. At dusk Seton lit a fire and was telling the boys stories about Indians.

When he finished he asked them if they would like to camp the Indian way. They all agreed. They wanted him he to be their chief but he explained that the chief and the council have to be elected, voted in by the boys themselves. Seton became the medicine man (shaman) and accepted the name Black Wolf, the name he supposedly received from Indians because his hair was blacker than their own. By the way at about the same time Ernest who used the pen name "Seton" for number of years, officially changed his name to Ernest Thompson Seton. That was on October 24, 1901.

Thus during one weekend in the year 1901 the first tribe -"Senewauk" was founded. Having founded the first tribe Seton contacted Edward Bok, publisher of "Ladies Home Journal" and convinced him that his magazine, published in editions of 800,000 issues, needed a column for boys. In July they signed a contract that the first column would be out in May 1902. Had Seton acted on the suggestion of his friends and asked police for help in the beginning, some of the boys might have ended up in correctional institutions or jail. This way he raised a number of good lifetime friends.

When Seton was not travelling, he devoted to lot of his time to the "Senewouk" tribe. He used the tribe to certain degree as his own laboratory in education. Thanks to the articles in "Ladies Home Journal", in the following year Woodcraft spread into United States like wildfire; in 1903 there already existed more then fifty tribes under the names of either Seton Indians or Woodcraft Indians. Seton gave this new movement his

own Seal that suggested

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My name is Lucy Janiga

I'm 25 years old and am in my second year as a police officer with the Edmonton Police Service. Although I am still young, being a police officer has been my life long goal and attaining that goal wasn't always easy.

My parents and my older sister originally came to Canada from the Czech Republic 27 years ago. They struggled as most new immigrants do and shortly after their arrival I was born.

From about 10 years old I was set on becoming a police officer. I can't explain where this obsession came from. I don't have any family who are police officers, and never had any real interaction with police, but regardless it became my goal. Whenever I saw recruiting stands I would pick up pamphlets, I researched into the requirements, and I went crazy over anything bearing the words Edmonton Police Service (EPS).

Upon completion of high school I tried to get into the Police Studies program at Grant MacEwan College. I was rejected. Since I wasn't given any reason, I decided to do everything I could to make myself the best candidate the next time around. I started volunteering with the Edmonton Police Service, hired a personal trainer, and the next year I was accepted into Grant MacEwan. I completed the two year program at the top of my class.

At this point you'd think getting into the EPS would be a breeze. Unfortunately genetics were not on my side and my terrible eye sight was holding me back. I went for an eve assessment for surgery and was told the only surgery I qualified for was not being accepted by the EPS. Needless to say I felt like I'd been kicked in the stomach and I cried all the way home thinking my dream was coming to an end.

I began working with Canada Border Services Agency in my second year of Grant MacEwan and continued to work there until thankfully a year later they began accepting the eye surgery I needed. \$7000 and an excruciating surgery later my eyes were no longer holding me back. EPS here I come!!

I completed the lengthy EPS application in January 2009 and nervously waited. I had heard so many horror stories about people being deferred for random reasons, because of things they said in their polygraph, or because of people they knew. All I could think was "What if they defer me because I backed into my neighbors car and even

though I didn't cause any damage I should have left a note, damn why didn't I leave a note!'

After several interviews, a polygraph test and a fitness test, I waited. The day I received the call that I was scheduled to start class March 9, 2009 I couldn't hold in my excitement. I did it! I called everyone I knew, people I hadn't talked to in years, anyone willing to listen.

After 21 weeks of physical, emotional, and psychological stress training was over and I hit the streets. Now in my second year I love every day of my job, I love my coworkers, and have never laughed so much while at work. It makes me wonder why more people don't do this job. Getting there is tough but once you do it it's worth it.

I have 23 years before I can retire and am looking forward to every day of it.

An article could be realized thanks to the care of Radka Mayer, member of the Nový domov Consultation Board.



them may think twice before committing these barbaric acts.

If the families of terrorist's are innocent - so are all the potential victims and their families! Implications for the terrorist's families could be, for instance, deporbe adjusted to allow the the terrorist's families. 'martyrs' know that his parents may have to go back to the living conditions they have escaped, about harming innocent people in a country which took them under its wings to help them prosper and live a peaceful life. Maybe those

Dr. JOSEF SKÁLA WAS AWARDED ...

in more than 40 ra-➤ from pg. 7 dio drama productions by the CBC. One such production led to Dr.

Skála being recognized for best performance in a leading role of a Canadian radio drama. He has also served for many years as a member of the board of directors of the Vancouver International Fringe Festival.

Probably his crowning achievement in the arts, however, was the founding of the Czech theatre group, Theatre Around the Corner. Not only has the theatre been recognized for its high artistic standards, it has profoundly influenced the lives of members of the Czech community of greater Vancouver. Over three decades Dr. Skála produced, directed, was involved with stage design, and sometimes even played the principal parts, in more than 30 productions by the theatre he founded. He was instrumental in bringing to Vancouver many leading Czech actors and artists for guest performances.

The achievements of the Theatre Around the Corner were recognized in 2008 by the Czech government, when the theatre was selected for the prestigious Gratias Agit award. The award recognizes the promotion of the Czech Republic and its culture abroad and the promotion of friendship among nations. Recordings of Dr. Skála's productions are in the collection of the Theatre Institute of the Czech Republic.

Dr. Skála has become a wellknown and highly respected personality among the Czech and Slovak communities in British Columbia and across Canada. He was instrumental in founding.

and for several years leading, the British Columbia branch of the Czech and Slovak Society of Arts and Sciences. In 2010.



Dr. Skála received the "Masaryk Award" from the Czech and Slovak Association of Canada. He is also well known in the Czech Republic, where he has regular broadcasts on radio and publishes frequently in newspapers and magazines. In collaboration with the Czech and Slovak Documentation Centre and the National Museum, he established a database entitled "Lives derailed by communism," as part of his "We must not forget" initiative. His artistic contributions alone could represent a lifetime of achievement. That he was able to accomplish these things in addition to being a professor, publishing numerous medical research papers and contributing greatly to the field of medicine, is truly remarkable.

Dr. Josef Skála became the 45th recipient of the CMA F.N.G. Starr Award at a special ceremony as part of the CMA's 143rd annual meeting.

Congratulations!

Vladimir Kalas's letter:

DEAR CANADIAN READERS,

canadian police has recently charged four citizens suspicious of preparing terrorist's acts in our country. They are all members of a Muslim community. I know, we heard that story before, but this time it is a bit different! These 'brave' mujahedin had all terrorist training. The bombs they planned to detonate were intended to cause immense destruction and death. I am afraid it is just a matter of time, before some terrorists do succeed in this country. Are we going to wait for it to happen, or are we going to do something about it? For myself, I have decided to e-mail the Member of Parliament for my district Mr. Wallace. I am enclosing a copy of it. If you agree with it, you can send this or your own version to your Member of Parliament.

Dear Mr. Wallace,

I have read about the four suspects who have planned to bomb and kill innocent people here in Canada and can't stop asking myself Why? How can we defend ourselfs?

It is not the first time Muslim ter-

rorists have tried to explode bombs here in Canada, but this most recent incident is even more frightening. Such attacks would cost many innocent lives. These suspects are not incompetent amateurs. It is only a matter of time for some of them to succeed on Canadian soil. What can we do? What are our options? Jailing those proven guilty? Yes, but that is not enough. Why?

Because they would only become, in their twisted minds, religious martyrs on their way to Heaven. We have to find some other punishment. Perhaps some way of penalizing the terrorist's families may work as a deterrent. We as a society have to think differently in order to protect and defend ourselves. We know that we can't judge all Muslims by the same measures. They are as different as is the rest of our society. The solution has to be an individual approach. Our legal system has to be adjusted to the new circumstances. Terrorism is the worst kind of

crime and as such should be dealt with by our law. Simply jailing the potential terrorists is not an adequate deterrent. If, however, the potential terrorists know that their families may also have to face punishment for their actions, many of

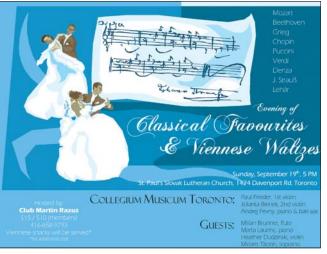
tation. Our law should option of deportation of If any of the potential wife, children and/or they may think twice Muslim families who observe anything suspicious will not then be so hesitant to report it.

Is this solution too radical? it is, but probably necessary and certainly less radical than the planned crime. Mr. Wallace, I believe our message to the potential terrorists has to be

clear. Everybody, who wants to work and contribute to our society, is welcome to Canada.

Those who want to use Canadian citizens as pawns in their private "struggle" are NOT welcome! With best regards constituent

Mr. Vladimir Kalas, Burlington



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ANNIVERSARY OF WOODCRAFT ...

"The best from the > from pg. 8 best of Indians." It

was therefore not meant to copy In-

dians in everything. The base of Woodcraft is the Law. From the Great Spirit which is symbolized by fire there are four ways leading to four torches. Each of these Torches is further divided in three beams which together form the twelve points of

WOODCRAFT LAW:

This is the Torch of Beauty:

- 1. Be clean.
- 2. Respect your body & spirit.
- Respect nature.

This is the Torch of Truth:

- 4. Word of honor is sacred.
- 5. Play fair.
- 6. Be reverent.

This is the Torch of Fortitude:

- 7. Be brave.
- 8. Respect the elders.
- 9. Be obedient.

This is the Torch of Love:

- 10. Be kind.
- 11. Be helpful.
- 12. Be joyful.

Hundreds of 'acts' re-described in one of Seton's best known publication 'The Birch Bark Roll'. To reach a certain rank or degree in a tribe the candidate has to select his acts in such a way that all four torches are represented in his acts. Woodcraft is attempting to help young people in Quest for honor to have harmonic growth in light of all four torches. In October 1906 during a speech engagement in London, Seton met General Robert Baden-Powell, hero of the Boer war (Mafikeng, town in South Africa.) Even before this meeting Seton sent Baden-Powell a copy of his 'Birch Bark Roll' already in sixth edition. In February 1908 Baden-Powell gave Seton his book 'Scouting for Boys'. That reminded Seton of "Birch Bark Roll" where, however, references about Indians were replaced with military expressions. Seton was not excited about this change. In spite of that he cooperated with American Daniel Brad in founding the Boy Scouts of America.

He was then certain that his influence on an American organization would be sufficient to develop it according to his ideas. Although he was the head of the Executive Council and later obtained the title 'Chief Scout, growing philosophical differences between him and other leaders of Boy Scouts of America forced him to leave this organization. The Executive Secretary was J. E. West, a lawyer, and politicians and soldiers joined the new executive Board. Several times during Seton's life it was suggested to him he should abandon the Indian character

which he gave to his organization. H. W. Lanier from the publishing house Doubleday-Page wrote to him: There are many Americans who are convinced that Indians are nothing but dirty, lazy and degenerate savages".

To such talk Seton always resplied: "The best from the best of Indians". In 1915-1916 he organized his Woodcraft Indians and Seton Indians on the "Woodcraft League of America". In those years Woodcraft began to spread behind the borders of the United States to England, Ireland, Belgium, France, Czechoslovakia and Poland. 1925-1928 Seton's most important scientific work was published - the four volume book "Lives of Game Animals" for which he received the highest acknowledgment from his colleagues-natural scientists a medal with the name of John Burroughs.

Seton's second marriage was to his secretary Julie Moses Buttree in 1938. They adopted a baby girl and named her Dee Seton. In 1930 Seton decided to leave Cos Cob that lay in imminent closeness to the growing New York. In his seventies he purchased some land near Santa Fe in New Mexico. There he built his "Castle" - in the style of an Indian "Pueblo". He died there on 23 of October 1946.



How could a man during 86 years of his life produce so much constructive work? Of course his greatest achievement is Woodcraft which enriched the lives of so many people on this planet. Instead of a long introduction to his book Two Little Savages" he wrote: "Because I have known the suffering of thirst I plan to dig well so that others could drink."

Zdenek Fisera (81) - longtime member of CSSK in Calgary and Edmonton - was one of the founders of Woodcraft in Czechoslovakia. He founded the tribe of Rising Sun and was active in Woodcraft movement until his emigration to Canada in 1952.

In Canada he organized several Woodcraft style summer camps for children near Radium Hot Springs. His dream is to renew the Woodcraft movement in Canada, the country where it was founded by Ernest T. Seton.

(Edited by George Kosut and Barbara Sherriff)

with Canada's na-> from pg. 7 tional health program - medicare,

once derided in Canada as "socialized medicine" - was in Saskatchewan in the early 1960s. At the time, a snippet of chrome catapulted into the white of my eye when I was sawing a fishing line on a car bumped to break it. No doctor would help. They were on strike. Emergency services came to my rescue. TRIPLE BYPASS

My next encounter was after a heart attack in 1977, followed by triple bypass surgery at Toronto General Hospital in 19788.

Three weeks after surgery I was attending spring training with my newspaper's softball team. Four years after the surgery I was a member of a team that tried to climb China's highest Himalayan mountain (Gong-

And my medical treatment cost me the grand total of nothing - save for taxes. I noticed no adverse effects from the surgery, nor was physically inhibited.

I felt I was a wonderful advertisement for bypass heart surgery, and even for Canada's universal "free" health system.

In 1993 I had another heart attack in Cuba that extended o Mexico and finally brought me down in Costa Rica.

After a week in a Costa Rican private hospital (\$ 1,000) as opposed to a free one, I reported to Gary Webb in Toronto. An angiogram was called for to assess damage to my heart. At the time, a big issue in Canada was the long waiting times for surgery. Is is even worse today.

My wait for an angiogram was estimated at six to 10 weeks. Or, if I wished, I could pay \$5,000 to go to Ohio's Cleveland Clinic on a Monday and they would give mi an angiogram on Tuesday and send me home that evening with a video of the results. Rush to Cleveland

As a journalist, I chose Cleveland, and wrote about the differences. Cleveland determined seven blockages, but some were probably too small to be operated on. On Wednesday I gave the video to dr. Webb, who gave it immediately to dr. David, and it was instantly agreed my condition was an emergency that brooked no delay.

I was in the operating room the following Monday - exactly six days after the angiogram. And I had my story: Canada provides excellent and immediate attention to emergency cases.

but the delay in discovering if a condition qualifies as an emergency can be so long, the patient can expire while waiting.

My recovery was again - to me - miraculous. A couple of months later I was bicycling through New Zeeland.

Around 2000 my heart got out of normal rhythm and I laboured with shortness of breath. Again, Canadian medicare filled the vacuum. Dr. Doug Cameron

US vs. U.S.

tried cardio-version - zapping the heart with electricity to shock it back into regular rhythm. Several times this worked, but didn't last indefinitely.

He recommended a combination defibrillator/pacemaker in my chest, in case I ran into trouble in countries with primitive health care.

The implant was made in 2001, with no adverse effects. The device if it kicked in while I was out of Canada, might keep me going until I could get home, and avoid possible surgery in places like Africa.

Once again I was operational. I attended the first presidential election in Afghanistan showing no effects from the surgery - a total of 10 to 13 bypasses (counting replacement bypasses) - and again at no direct cost to me.

The device in my chest helped, but didn't correct the shortness of breath problem. Tennis became hopeless, and walking entailed stops and starts. I no longer ricocheted when hurting through the newsroom, but limped. I spaced myself like an old guy.

My wife went trekking in Bhutan, Nepal and Tibet without

My body simply said no. I was 83, and together with Dr. Cameron, and my new cardiologist, Dr. Heather Ross, figured another wire from the defibrillator device - this time into the right side of the heart as well as left - would improve my breathing energy.

Apart from annual taxes, my only contributor was time in a hospital bed, subjected to periodic blood tests and barely edible meals. In a week, I lost about 10 pounds I could ill afford. A small price to pay.

If all this sounds positive for Canada's universal health care. it is. But Canada's political fixation that individuals should not be able to pay for treatment needs revising. We like to think we have equal medical treatment, except we don't. Celebrities, politicians, athletes, people with connections, all jump the

When my wife needed a hip replacement, she was told it would be eight months before she could see a specialist, and a year that she'd get the operation. Who you know

However, by knowing certain doctors and friends of surgeons, she saw a specialist immediately and was operated on two months later.

I suppose my various treatments that were free under Canadian medicare (omitting a prohibitive tax rate) would have cost me \$ 500,000 or more in the U.S. It's fair to say I have been a beneficiary of the system, and have been treated generously and courteously step of the way. Even my venture to the Cleveland clinic prompted one Canadian doctor to fret that if only I had called him, he could have had me jump the queue for an angiogram.

I told him that was the point to emphasize how unacceptable and potentially disastrous the Canadian wait-times for operations can be.

If only Canada allowed choice on whether or not paid for health care, it would ease the burden. But that's not the Canadian way - which is why some rich Canadians go to the U.S. for treatment, and why many Canadian doctors leave their country to work in the freer environment of American medical practice.

With Obamacare, all that may change... but I wouldn't bet on it. The Sunday Sun August 15, 2010

Mastered in Prague, brewed in Canada

The Dukes pubs have a two-week exclusive, offering MI-> from pg. 7 LOS Beer to its customers. These lucky people will be invited to give their feedback on how much they like the

beer. Brew master Milos Hrabak and the group at the Bohemia Brewing Centre want the feedback to ensure that future brews truly satisfy the Canadian taste for an authentic Czech pilsner beer.

The two week tasting will kick off with an invitation only gala on Wednesday, October 13 at the Duke of Wellington's Grand Hall in First Canadian Place. Guests will enjoy a night in Prague complete with Milos Czech beer, Czech music, Czech finger food, Czech ambiance and images of Prague and the magnificent Czech landscape on the big screen. The Consul General of the Czech Republic will be present to welcome guests.

The following night the Czech experience will happen at the Duke of Richmond before progressing on to the Duke of York on Friday, October 15; the Duke of Devon on Tuesday, October 19; the Duke of Somerset on Wednesday, October 20; and the Duke of Kent on Thursday, October 21.

Come and experience Czech hospitality and if you are lucky you may even receive some fun giveaways of Milos Beer glasses or t-shirts. MILOS beer will be available at all Dukes pubs until this batch runs

Please join us for what is shaping up to be a great event. Be one of the first to taste Milos pilsner beer and give your feedback on this special beer. With the highest per capita beer consumption in the world the Czech Republic prides itself on flavourful, drinkable beer. Please, be there! "Na zdraví!"