

COMMUNITY VOICES



MOUNTAIN NEWS

(est. 1968), is published every Thursday at 333 Arvin Avenue, Stoney Creek, Ontario, L8E 2M6, by Hamilton Community News, which is a division of Metroland Media Group Ltd., a subsidiary of Torstar Corp.

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Hamilton Community News publishes Ancaster News, Dundas Star News, Mountain News, Stoney Creek News, Real Estate News and New Homes News.

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Audited circulation: 50,308

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THURSDAY, MARCH 15, 2012 • MOUNTAIN NEWS • WWW.HAMILTONNEWS.COM

We need to dive head first into bullying problem

Hamilton is home to kind-hearted individuals who dedicate time and resources to charities and institutions that lend a helping hand to those less fortunate, the disabled or those simply in need of material and emotional skills and resources necessary to eke out a daily existence.

This city, home to these fine people, is also home to the bully. Bullying runs deep ... deep inside you. Moulded and shaped unconsciously and perhaps inadvertently by those closest to you in childhood. But how does this happen?

The bully intimidates, harasses, oppresses, mistreats and victimizes. The bully uses these tactics because he or she is self-doubting, lacks confidence and in childhood was never taught love, understanding, gratitude or what Ester Hicks calls in her book *The Law of Attraction*, "The Art of Allowing" — to paraphrase, it means you live your life, I live my life and our realities coexist in harmony, neither affecting the other.

The bully doesn't know how to feel grateful, praise someone for getting a good grade or a job well done; they are not helpful or supportive. The bully doesn't appreciate what he or she has, but rather only sees what he or she doesn't have. The bully, though, is also scared.

The bully is incapable of embracing the new and the different; wincing at a strange mode of dress, or a different skin colour or sexual orientation. Not having been educated with the necessary life skills to accept and support these differ-

ences, fear sets in and the bullying begins.

Bullying doesn't end in the school yard, though, but carries on into adulthood. It may rear its ugly head in the unsupportive manager, the person making a negative comment at a party or in a work setting at your expense. It may also be the person tailgating you or who cut you off in traffic. These are all the actions of a bully — the manifestation of lifelong self doubt and insecurity.

How do we begin to fix this problem? By diving head first into the problem. These are deep rooted psychological issues that must be addressed or we risk perpetuating the problem generation after generation. Bullies should seek therapy and education to address the fears and anger issues they hold that cause them to lash out on those perceived to be better than them or a threat to them.

Also, talk about it! Whether you're an adult, teen or child, sharing your feelings will reassure you that there is nothing wrong with you, it's the bully that has issues to resolve. Your school, as well as the Hamilton Police Service's community services department are both great resources to get help.

Lastly, with much focus placed on the person being bullied, it is interesting to note that the same life skills that the bully lacks are also the same skills needed by that individual to withstand and rise above it. Lucio Palazzo is a Mountain resident. If you would like to write in this space, call editor Gord Bowes at 905-664-8800 ext. 335 to discuss your idea.



LUCIO PALAZZO
COMMUNITY COLUMNIST

The bully is incapable of embracing the new and the different; wincing at a strange mode of dress, or a different skin colour or sexual orientation

Remember, make note of those who fought for our country

My thoughts are of the war veterans, who have served their country for our freedom, yet at times they are not even acknowledged by some.

This was my experience as our family recently lost our 22-year-old son, Cpl. Justin Matthew Stark. He had been deployed for seven months in Afghanistan, working in some of the worst conditions, in some of the most dangerous regions, constantly on the lookout for danger.

When he passed away, I found out just how uncompassionate my co-workers, managers, etc., were. Being a health care professional, I never would have imagined my coworkers' response to our son's sudden and tragic death. There were no phone calls, cards, flowers, visits to the fune-

ral home.

I found their uncaring attitude and disrespect for our Canadian fallen soldiers to be shameful.

On the other hand, both my oldest son and my husband's workplace were extremely supportive and still remain that way today. Neither of them work in the health-care system.

We must remember that freedom has a price — it is not free. Let us never forget the forgotten. All military personnel, whether alive or deceased, deserve the respect for the job and efforts they have put forth for this country.

May those who have gone before us, rest in peace.

Denise Stark
Hamilton Mountain

Rush wrong but what about others?

The comment made by Rush Limbaugh was no doubt uncalled for; however, he did half-heartedly apologize, which is a lot better than some of the people on the left side of the spectrum, who do not apologize at all.

This issue has very little to do with women's rights and everything to do with faith-based institutions to pay for services that they find morally objectionable — it is all about the culture of entitlement.

When regarding women's rights or issues by some prominent conservative women on the media circuit, these women are attacked and slan-

dered, including being called "sluts." Like Al Gore's current TV man, Keith Olbermann, badmouthing two columnists. Then there's MSNBC's Ed Schultz calling talk show host Laura Ingraham a "talk slut" for criticizing President Obama. Feminist Gloria Steinim called Texas Republican Sen. Kay Bailey Hutchison a "female impersonator."

The list goes on. Why all the fuss about Rush Limbaugh when you have the left that are just as bad, without the headlines?

Scott Camillo
Hannon

Harper trying to invent a crisis

The Conservatives intend to cut the program Prime Minister Stephen Harper said was untouchable. Exactly how they will cut poor seniors' pensions is uncertain, although Canadians were assured via Switzerland that "major transformations" are coming.

Why did the Conservatives wait until after the election? Why did the 2011 election campaign feature billions for faulty fighter jets and prisons Canadians don't need?

Their 2012 explanation for how they're going to pay for vain and unaffordable pet projects has yet to arrive, but the Conservatives have declared they intend to (again) break their promise of a balanced budget.

The chief actuary of the OAS system "projected that the cost of OAS as

a percentage of GDP would be 2.2 per cent in 2007; it would then peak at 3.1 per cent in 2030, then fall (as baby boomers die off) to 2.7 per cent in 2050."

If GDP grows, the system will actually end up costing less and less.

Harper promises cuts "will not affect those who are currently retired or nearing retirement."

While their plan is a half-baked abstraction, their message is clear: if you don't fit into their arbitrary and undefined group, expect to work longer for a smaller share. Will political expediency decide who will end up suffering?

Andrew Goodridge, president,
Niagara West-Glanbrook
Federal Liberals

Bill nothing more than spying effort

I am appalled by the arrogance shown by Vic Toews' efforts to push through the ludicrous online spying bill (Bill C-30). There is already more than enough Internet surveillance. This is nothing but a veiled legislative endeavour to spy on every Internet activity that Canadians indulge in.

My parents fought in the Second

World War to protect our freedoms, and I, for one, am not willing to lie down and have our freedoms taken away.

"We will fight them on the beaches... we will never surrender." — Sir Winston Churchill.

Jim Chamney
Stoney Creek

Submitting your letter to the NEWS



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