

Twisters blanked in tourney final

The North Halton peewee B Twisters went through the first four games of the Niagara Falls Fall Classic with just one loss, then fell 2-0 in the BB division final to the Hamburg Hawks in a tight defensive contest.

Preliminary round— North Halton 1, Mississauga Chiefs 0: Grace Lounsbury (G); Danielle Paul (SO).

Niagara Falls Rapids 3, North Halton 0
North Halton 1, Hamburg Hawks 1: Jocelyn Whittall (G).

Semifinal— North Halton 3, Mississauga Chiefs 0: Lounsbury (2G); Amelie Brown (G); Paul (SO).

Championship— Hamburg Hawks 2, North Halton 0

Georgetown natives on the team include forwards Lounsbury, Samantha Eardley, Emma Coulter, Jocelyn Whittall, Paige Macaulay, Melissa Green and Caitlin Kennel and on defense are Lily Turnbull, Katie-Jo Smith and Emily Mowatt, along with Acton's Logyn Nytra.



Georgetown's Grace Lounsbury launches a shot at the Niagara Falls Rapids' net during a pre-season girls' hockey tournament in Niagara Falls.

Lounsbury had three goals in the tourney and led her team to the final, which they lost to Hamburg 2-0.

Photo by Didier Kennel



Citation Awards handed out

The Georgetown Hockey Heritage Council presents its Citation Awards and the Murray Ezeard Memorial Plaques every three years and the recipients were acknowledged for their volunteer work at a recent dinner at the Royal Canadian Legion in Georgetown. Pictured above are the 2013 Citation Award recipients (clockwise from bottom left): Barb Hanman, Stan Lorusso, Clint Peacock, Gord & Theresa Campbell. Honoured posthumously with the Murray Ezeard Memorial Plaques were Bill Anderson, Jack Gudgeon, Harry Levy, Dave Martin, Howard Murphy and Bill Smith.

Photo by Eamonn Maher

Ask the Professionals DIRECTORY

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Q: What happens when 60 years old is the new 40? And what does it mean in the way we will choose to live and work?

A: Not only has the Baby Boomer changed the rules of living, they are also rewriting the rules of retirement. Boomers are no longer looking at their chronological age. Instead, they focus on their functional age. Sixty is the new forty. Boomers are vibrant, creative and looking for the new challenge of their life. They still enjoy working and to want to fulfill their purpose through it.

Twenty years ago, 55 years old meant freedom from work, now it means freedom to change. As a matter of fact, many Boomers are postponing retirement and seeking to repurpose themselves by changing their field of work. As Boomers stay in the work force beyond 55 years of age, they also redefine how it is done. They seek meaningful jobs or roles that will give them work/life balance.

As a result, Boomers don't need a calendar to keep track of time. They need a compass to find their new direction. Career coaches are now involved with as many Boomers as they are involved with Generation "Y", assisting them in finding their next job. Since 50 percent of those under 50 years old are likely to live to be 100 years old, there is a real need to transform our view of work beyond 50 and adapt it to the physical and psychological needs to these individuals.

If you are a Baby Boomer and looking for a new career challenge, ask yourself what would I want to do if I were 20 years younger? Don't let age get in your way. It may not be realistic to consider a career choice that would require 5 to 7 years of education but by looking closely at your interests and your passions, you will open yourself to new possibilities which could lead to paths you probably would never have considered before.

Manon Dulude is a psychotherapist and Professional Certified Coach. She offers career and executive coaching.

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Q: I had a full ergonomic assessment of my office workstation and my pains haven't gone away. Why?

A: The field of Ergonomics plays a key role in injury prevention but even the best ergonomic set up will not allow workers to stay in the same position indefinitely. Our bodies rely on muscle contraction and relaxation as well as regular joint movement to stay healthy and efficiently coordinated. By analyzing your work station, your work demands and your pre-existing posture we can provide you with an at work postural health program that is designed to increase your comfort. Everyone is more productive when they are comfortable.

"Act as if what you do makes a difference. It does." ~ William James