

# Blue fins smash records

Members of the Halton Hills Blue Fins Swim Club have finished their short course season with a total of 22 club records broken so far this season.

Five of those records fell at the annual HHBF Record Breaker meet recently held at the Georgetown Indoor Pool.

Interestingly, a tie of a long-standing record went to 12-year-old Ben Holt, who swam a 25-metre freestyle race in 13.73 seconds, matching the previous best time set by current head coach Chris Henderson in 1996.

The Blue Fins also recently completed their annual Swim-a-thon, which is a 5-km swim to raise funds and awareness for the club. Team members James Keenleyside and Matthew Jackson were the two highest fundraisers this season, while Aleksandar Plackoski completed the 5-km swim in the shortest amount of time.

Moving into long course season, the Blue Fins will build on the strong Intro program led by coach Shannon Crawford, who has been teaching the FUNDamentals.

Another new addition to the program is coach Garrett Lyall, who has taken over the role of Age Group coach. The competitive groups have

grown and improved their speed and racing skills, resulting in some fast times this season.

The senior group, under the supervision coach Henderson, continues to swim fast and represent Georgetown on a provincial level.

**BRONZE FOR CIEPLUCHA:** Georgetown resident Tess Cieplucha returned home with a bronze medal from the Canadian Swimming Pan Pacific and Commonwealth Games Trial in Victoria, B.C.

National-level swimmers from across the country, as well as many international competitors, attended the event.

Fifteen-year-old Cieplucha, who currently trains with the OAK Aquatic Club, captured a bronze medal in the women's 1,500m freestyle race held at the Saanich Commonwealth Place. As a result of her finish, she has been selected to attend the 2014 Flowers 5k Open Sea Swim to be held in the Cayman Islands in June.

The latter event will be a selection meet for the Junior Pan Pacific Games to be held in Kihei, Hawaii later this summer and the FINA World Junior Open Water Championships to be held in Eilat, Israel at the end of August.



Ball carrier Evan Bhattachary of the Georgetown Rebels is met by several Christ the King Jaguar tacklers during their Halton Secondary School Athletic Association senior boys' rugby match Friday afternoon at GDHS. CtK's Aidan Nesbitt scored three tries to propel the 2-2 Jaguars to a 27-17 victory. Cory Carpenter responded with two tries for the 3-1 Rebels.

Photo by Brendan Cleary

## Jaguars claim own field tourney

Connor Mayner scored the clinching goal in overtime as Christ the King's Jaguars edged Peterborough's Crestwood Mustangs 6-5 last week at the inaugural CtK Varsity Boys' Field Lacrosse Tournament in Georgetown.

The Jags reeled off three straight one-goal victories to take the title. Cody Menzies (2), Matty Hodgins (2) and John Vezina also scored for the

home side in the final.

In game one, CtK's varsity squad downed Holy Cross of St. Catharines on goals by Vezina (3), Hodgins, Menzies and Teagan Gilian.

Menzies (3), Mayner (2), Bret Allonby-Swan (2) and Braidyn Vidler found the net in an 8-7 victory over Caledonia's McKinnon Park in the Jaguars' second game of the day.

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**Q:** You have spoken about many mental health issues. Are the families of those suffering from these issues ever impacted?

**A:** This being mental health awareness week, your question is especially relevant. I have covered many topics of mental illness. But loved ones of those suffering from mental illness endure their own issues that often get ignored.

Everyone in a family is impacted by mental illness. While watching your loved one suffer their illness, it is not uncommon for you to run the gamut of emotions from fear, confusion, loss, guilt and anger. You have worries now that you were not prepared for—some mental illnesses cause erratic and frightening behaviour; some cause financial problems after job loss.

When it is your partner that is ill, and you have children, you may be left with not only the childcare but dealing with children who do not understand why their other parent is rarely available to them and erratic when they are present. You have lost your partner and your marital intimacy. You frequently cannot go out as a couple but you do not want to tell people why you refuse invitations.

If you are the parent of a child with mental illness, you suffer as you watch your child experience pain, disconnect with reality, or just experience rejection. You suffer social isolation with them. You may feel resentful for the way the child's behaviours interferes with your plans and future. You may be angry at how your ill child sets a bad example for and challenges your other children.

No matter what the relationship, mental illness affects everyone in a family. Unfortunately, however, family members often do not get the support and counselling that they need and this can lead to their own stress, anxiety and illness. With counselling, you can learn to take care of yourself without guilt, stigma or judgment.

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**Gerry Ross**  
H.B.Sc. PT, MCPA,  
FCAMT

**Q:** How can I tell the difference between a pain that needs therapy from one that will go away on its own?

**A:** This is a great time of year to ask that particular question. I usually tell my patients that noticeable aches that last more than 3 to 5 days will benefit from a consultation and perhaps further treatment.

The reason for this is that an ache that lasts longer than one or two days may go away because of your body has adjusted its movement patterns so as to reduce the stress on the injured area, not because the injured area has truly recovered.

These altered patterns of movement can become habitual and place stress on other areas of the body that will cause that area to become fragile. This physical stress due to compensatory movements will be more likely to become a source of disability in the event of a lifestyle change - such as that which occurs during the changing of seasons.

Some cases may require hands on treatment while others may only require the application of a handful of simple exercises done over a few weeks. It pays to take care of the little problems before they become big ones.

People are often surprised at how much they get out of a Physiotherapy consultation. In some cases a relatively small number of movement types account for a great deal of the pain that reduces one's ability to work and play.

A Physiotherapist can give you insights into the activities and movements that slow or in some cases stop the healing process. Having an awareness of these movements allows you to have much more control over your level of comfort and recovery.

The assessment and treatment skills of a Physiotherapist ensures that a wide variety of treatments like massage, joint mobilization, joint manipulation, therapeutic ultrasound and therapeutic exercise are applied to the areas of the body that need it most and in ways that the most beneficial.

Reducing pain enhances mental productivity. Increasing one's physical abilities enhances physical productivity.

Rehabilitation is a sound investment of your time.