

Minor hockey advocate Pries passes

The minor hockey community in Georgetown and beyond is mourning the loss of local resident Wayne Pries.

Involved with the sport for close to 40 years, Pries died suddenly Sunday at age 77.

The 2001 Georgetown Hockey Heritage Award recipient has worked in almost every level of minor hockey, joining the Georgetown Minor Hockey Support Group in 1978.

Pries was named the Canadian Amateur Hockey Association Volunteer of the Year award winner in 1987 and served several executive roles with the 130,000-member Ontario Minor Hockey Association starting in 1992.

He was OMHA chairman in 2010-11 and upon being acclaimed for the position, told the *Independent & Free Press* that his number-one priority was to try to keep the sport affordable for young people in this province.

"The cost of hockey is getting ridiculous with the HST adding another eight per cent to what's already too much for what a lot parents can afford," he said.

"It's not so much the registration, because most of our kids are under age

13 and won't be subject to the HST, but when you consider gas and hotels and everything else, that's the big thing we need to focus on."



WAYNE PRIES

A native of Neustadt, Ont., Pries joined the All-Star Support Group rep organization in Georgetown when son Mark was playing in the 1970s. Sensing resentment

between the All-Star and minor hockey bodies that co-existed in Georgetown at the time, Pries helped merge the two groups in 1981 and would serve as president of the GMHA from 1985-90.

In 1991, he became the founding chairman of the Halton Hurricanes' organization that allowed local residents to play at the elite AAA level without having to lie about their home address or move to another municipality.

Selected to the Halton Hills Sports Hall of Fame in 2013, Pries had been battling cancer for nearly 15 years. A craftsman carpenter, he worked as a contractor and later as building inspector for the City of Brampton.

He is survived by wife Judy for 54 years, daughters Kimberley and Jacqueline (Jay Anderson) and son Mark (Diane), with three grandchildren.

Visitation was held Wednesday at J.S. Jones & Son Funeral Home and a celebration of Wayne's life will be held in the chapel today (Thursday) at 1 p.m.

In lieu of flowers, donations can be made to the Canadian Lung Association or the Minor Hockey Foundation Ontario (Financial Relief Program).

Hockey Heritage dinner March 2

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Favourite memories? When good friend Gary Stone's then 12-year-old daughter Teri was receiving cancer treatments and a bone-marrow transplant at Sick Children's Hospital in Toronto, Lefebvre promised her that she could shave his head at the next Day of Champs when she'd recovered.

That spring day arrived and about two-dozen members of the GMHA executive — house league and rep — had their craniums buzzed too, raising more than \$20,000 for cancer research.

Another highlight happened every Saturday morning at the now-demolished Memorial Arena when as house league convenor, Lefebvre would settle in to watch the day's full slate of games, which would run from 6 a.m. to 2 p.m.

"There was nothing like sitting in that arena at 8 o'clock in the morning with a Tim Hortons' coffee watching novice hockey in the end zone, because that's the perfect age and it's a perfect-sized rink for an eight-year-old. It was just a beautiful place. I played ball hockey at Memorial in the over-30 league. Was I sad to see it go? Yes, but I knew it had to."

The Details: Monday, March 2 at the Acton Legion, 7 p.m. Special guest speaker former NHLer Kris King, currently the league's Senior Vice President of Hockey Operations. Tickets are \$65 each

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A: You know it's important for your child's health. As a parent, you want to do the right thing. When it comes to regular tooth brushing, though, it's become a struggle just to get your child to brush their teeth.

Some parents, unfortunately, give in and allow their children to neglect good oral hygiene. Don't make the mistake! Your children should be taught very early how to brush. This can be encouraged as a regular habit by using some of the flavored children's toothpastes now available. Try to reserve brushing for the same time each day so it comes to be an expected activity. If your child still resists, make a game of it. You may even wish to pretend to be a "dentist" for your child, in the process doing the needed brushing for them. Older children may respond to a reward system that you establish.

Perhaps most important, set a good example. Your daily brushing, flossing, and avoidance of sweets will do more to develop good dental habits than anything else.

Carolyn Dew

BPHE, DTCM, RAC, RTCMP

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Acupuncture helps rebalance your reproductive hormones by improving function of the hypothalamic-pituitary-ovarian axis, through a process called homeostatic regulation. Herbal therapy can be used to replenish deficiencies, stimulate your own hormonal production, and address the specific symptoms that you are suffering from. Taking charge of your lifestyle through diet, exercise, and stress management can also greatly assist with hormonal transition.

For further information as to whether TCM might be the right fit for you, please take a look at www.healthspan.ca or www.carolyndew.ca