

# Local paranormal expert catches attention of European filmmaker

European documentary film maker Fritz Polzer recently contacted local resident Barbara Ford of the InSpirit Centre, eager to interview and film her for his upcoming documentary on paranormal phenomena.

Ford first began studying paranormal phenomena over 20 years ago and has quickly risen to become one of Canada's top paranormal experts. She has been consistently voted Canada's Top Paranormal Expert on Yahoo Answers, an international forum of over 19 million people, since 2007. In addition, she has clients come from all over the world to visit and talk with

her at the InSpirit Centre right here in Georgetown.

This is not the first time Ford has received accreditation for her expertise. Ford was featured in Richard Palmisano's book "Meeting Place of the Dead" in 2014, and has been featured in a number of TV shows including YTV's "Ghost Trackers", Cogeco's "The Halton Insider", and Roger's "Arts In B-Town."

Polzer interviewed Ford and filmed her teaching workshops on paranormal phenomena, as well as a private reading.

Polzer's documentary is anticipated to be aired at the British Film Institute in February 2016.



Barbara Ford, a local paranormal expert, will be a part of a documentary about paranormal phenomena filmed by European filmmaker Fritz Polzer, left.

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**Q:** I cannot sleep at night due to pain; I can manage all my daily activities without a problem but as soon as I lay down, I toss and turn all night. What is wrong?

**A:** Sleep quality and quantity is essential in life. Occasionally our sleep position, pillow and/ or mattress can be the problem. However, very often it is the activities or postures we use throughout the day that have a huge impact on our sleep quality. Inflammation is a component of pain that is present all day; however our other body systems are also rapidly working all day which can minimize the pain levels. At night when we settle into bed, everything slows down; however, the inflammatory response in your body continues to be active, causing pain and not allowing you to sleep. A physiotherapist in discussion with you and with a physical assessment can help you determine the cause of your night pain and provide strategies in the form of home remedies and hands on treatment to assist you in getting a good night sleep.



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**Q:** New Years and I made resolutions...but I feel like such a loser. I have already quit trying and I have accomplished nothing. What's wrong with me?

**A:** First of all, there is nothing wrong with you. It is pretty normal. Gyms, diets, grocery stores all count on people having difficulty maintaining their resolutions. But why are you so hard on yourself? Does that help you feel more motivated? I doubt it. I suspect that those words that are so wounding come from way back in your childhood and now they are the voice of your inner critic rather than any one else's opinion.

We hear much about positive self-esteem and how important it is to build. But building self-esteem based on messages you do not believe is a somewhat futile effort. I believe that many of us go out of our way to teach our children compassion for others and while the concept of compassion is not new, focusing on self-compassion is.

Compassion is the ability to feel kindness and empathy for another person. The concept of self-compassion is the idea that you will treat yourself with kindness as you would a good friend. Rather than noting your failings and being judgmental, you recognize your imperfections and accept them with compassion. We teach our children to love themselves and be kind to others in spite of differences or perceived inadequacies. A compassionate approach reduces both, bullying and self-harm because hatred and denigration is replaced with kindness and compassion. A compassionate perspective to your dilemma would see you saying something that would acknowledge that changing behaviours is difficult and although you haven't achieved your goals yet, you are a good and caring person and would not think poorly about a loved one who was working toward changing habits. You would then make a plan to work towards the resolutions again. This is a more honest and much kinder approach. Criticism never makes anyone feel better or helps them reach their goals. Learning to replace negative self-talk with compassion is a skill, which will leave you feeling more motivated and will cultivate positive self-esteem and understanding for yourself and others. If you find yourself frequently using negative self-talk and undermining yourself with criticism, learn how to replace it with self-compassion and become your own best friend.

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Zachary Fiddes  
B.ENG., O.L.S. President

**Q:** Do I need a survey of my property?

**A:** The purpose of a survey is to provide the owners with information about the property including the size and shape of their property and any improvements made within the limits— paying particular attention to improvements built near the boundary such as fences and sheds. According to the law, only a licensed Ontario Land Surveyor can provide you with this information.

A survey is often required by property owners who wish to make changes to their property, like adding a garage or building a fence but a survey can also be useful for owners looking for more information about their property. A survey may also be required to settle a dispute or when buying or selling a property as part of a condition of sale or mortgage.

As a licensed Ontario Land Surveyor I will be happy to discuss your particular situation with you and help you determine if a survey of your property is recommended for your needs.