

Saturday, June 19

Big Daddy Festival

val: a giant Father's Day weekend festival with 50 dad-related activities to choose. For more details about this weekend go to www.bigdaddyfestival.ca



Festival on Main: Downtown Georgetown transforms itself to become a fun-filled festival with stage and busker entertainment as well as street vendors and rides at the Festival on Main/Big Daddy Festival. Come down Saturday between 3 and 11 p.m. and on Sunday, noon to 5 p.m. Weekly Farmers' Market on Saturday mornings.

Georgetown Little Theatre will be at The Big Daddy Festival in Downtown Georgetown on June 19 and at Devereaux House on June 20 serving tea and cakes. To find out more about Georgetown Little Theatre's 50th anniversary season and how you can be part of this special season, visit www.georgetownlittletheatre.ca

Doors Open at Knox: at Knox Presbyterian Church, 116 Main St. S., Georgetown, in conjunction with the Big Daddy Festival, 10 a.m. to 3 p.m. Take a walk through the sanctuary and learn about the history of Knox. All are welcome and there is no charge. A meat pie lunch will be available from 11 a.m. to 2 p.m. Lunch \$5, beverage \$1. Come and celebrate our 150 years on Georgetown's Main Street.

Dad & Me Karaoke: in Prospect Park 3-8 p.m. Come and sing your favourite tunes with Dad.

Movies In The Park: in Prospect Park, Acton. Party Cinemas presents the launch

Community Calendar

of their monthly family oriented outdoor movie nights. This year with a new 40' wide screen! Admission is free, however please bring a non-perishable item for the Acton Foodshare food bank. Starts at dusk. Info: www.partycinemas.com



Taste of Acton: restaurant sampling tour from 2-6 p.m. Tickets are \$12 in advance or \$15

the day of the event. A portion of the proceeds will go towards Acton Soccer Club. Info: Acton BIA 519-853-9555 actonbia@cogeco.net

Nordic Pole Walking Group: Bring a toonie for Cancer Assistance Society of Halton Hills or the Upper Credit Humane Society to enjoy Nordic Pole walking group, Saturdays until October, 9-10 a.m. Meet at Creature Comfort Co., 92 Main St., S. in Downtown Georgetown.

Habitat for Humanity Halton's Resto hosts its fourth Annual Open House Sale at 1800 Appleby Line. Discounts of 33% will be offered on top of the usual 40% off all building items and household products.

Dance: hosted by Parents Without Partners (PWP), 8 p.m. at Loafer's Lake Rec Centre, 30 Loafer's Lake Rd, Brampton. Info: 905-874-1279 or visit www.pwpbrampton.com

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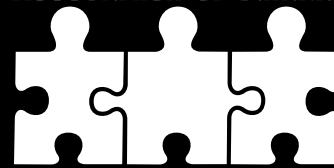
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TONIGHT

Muscular Dystrophy Association of Canada



1 800 567-CURE

Until there's a cure, there's us.



HALTON HILLS

Working Together Working for You!

COURTESY NOTICE

The 2010 Classics Against Cancer will take place in Cedarvale Park on **June 20**. The following park admission charge(s) will be in effect. Adult \$6.00, children 6-16 \$3.00, children 5 and under accompanied by an adult FREE and parking \$5.00. Please note that during the period from June 19-20, normal park operations will be suspended (including leash free zone).

Please refrain from bringing backpacks and refreshments.

Special Events Restrictions

Prior to admittance, we reserve the right to:

- Inspect all bags
- Refuse entry to anyone under the influence of alcohol or drugs
- Remove alcohol, drugs, weapons or other items detrimental to public safety from those seeking admittance

During the event, please report any security issues to the Halton Police.

Contact the Recreation and Parks Department at 873-2601 ext. 2269 for more information. 68

1 Halton Hills Dr.,
Halton Hills, ON L7G 5G2
Tel.: 905-873-2601
Fax: 905-873-2347

Ask The Professionals

Georgetown

Physical and Sports Therapy Clinic

83 Mill Street, Suite B,
Georgetown, Ontario
Tel: (905) 877-8668
Fax: (905) 877-4165



Marta Masley
B.Sc.(PT), M.C.P.A.

Q: I am an avid golfer. Last spring, within 3 weeks into my golfing season, I began to develop pain to the inside of my right elbow. After seeing my doctor, I was told I had "Golfer's Elbow". It persisted throughout the season, greatly affecting my handicap. It gradually resolved after I stopped playing. Now with golf season approaching again, I'm afraid of ending up in a similar situation. Is there anything I can do to prevent this?

A: Medial epicondylitis is more commonly termed "golfer's elbow" because it frequently affects the players of this sport. It usually results from the repeated strenuous contraction of the wrist flexor muscles (those on the palm side of your forearm). Golfing requires gripping and swinging of a club, which stresses these muscles. Moreso, even if you are hitting the ground instead of the ball! As a result, the tendinous insertion of this muscle group at the elbow becomes strained and inflamed. Proper treatment can help reduce symptoms.

You are on the right track by seeking preventative measures. The wrist flexors need to be stretched and strengthened, so that they can tolerate the demands that you place upon them while golfing. One good stretch is to hold your elbow straight with your hand in front of you, palm up. Hold 30 seconds and repeat 3 times. This stretch should be done before, during and after your golf game. One good strengthening exercise is wrist curls. Sit, grasping a 5 pound weight in your hand with the wrist, palm up, over the end of your knee. Keeping your forearm on your thigh, lift the weight as high as able and then lower to the starting position. Perform 3 sets of 20. If you don't feel any fatigue at the end of your 3rd set, then you can increase the weight. This exercise can be performed every other day.

Be sure, however, to seek professional treatment early on if the symptoms recur. Otherwise you will have difficulty getting rid of the aggravating ache.

Mountainview Residence

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Christoph Summer
Owner/
Administrator

Q: What is the difference between a nursing home and a retirement home? Why are there so many choices?

A: We all want choices. When you bought your first house, you were offered an array of locations, housing types, neighbourhoods, floor layouts, ownership types etc.

The same is true of specialty housing for seniors. Choose not just what you need, but what you WANT.

Nursing homes are partially funded by the government and offer a range of accommodations from ward to private rooms and have generally higher care levels than retirement homes. Nursing homes are rarely chosen by the individual, they are almost always accepted as a placement due to an imminent need or when there are no other viable alternatives.

Retirement homes, on the other hand are almost always chosen. Each retirement home reflects the personality and style of those who own and operate it. Look for the best - look for the warmth, personality and accommodation style that best meets your needs.

SUSAN S. POWELL

BARRISTER & SOLICITOR

FAMILY LAW

350 RUTHERFORD RD. S.
(Plaza 2, Suite 320)

on the Corner of Steeles & Rutherford

905-455-6677



SUSAN S. POWELL

Q: I have been living with my boyfriend for 4 years. He owns the house we live in and he pays the bills for the house but I pay for the groceries and other expenses. He wants me to move out. Does he have to pay me spousal support (his income is much higher than mine) and can I make a claim against his house?

A: You can make a claim against a common-law spouse for spousal support if you have lived together for 3 years or longer or if you are the parents of a child and have had a relationship of some permanence.

Property claims are different when you live common-law or are married. If you live common-law you do not have a claim against your boyfriend's house, unless you made a substantial and direct contribution to the preservation, maintenance, operation or improvement of the property, which should entitle you to an interest in the house.

If you wish to further discuss this situation please contact me to ensure you understand your rights.

Lea Tufford

M.A., RMFT.

Therapist

416-524-3010

Office in Georgetown



Q: My Husband and I are divorcing. How can we lessen the impact on our children?

A: The emotional impact of a divorce can take a toll on everyone in the family, including the children. Children are often frightened and confused when parents divorce and may blame themselves for their parents not staying together. Children aged 5-8 often report a fear of abandonment while children aged 9-12 may feel angry with both parents. You can help by not expecting your children to take sides or to emotionally support you. Parents should also let children know the manner and frequency by which the non-custodial parent will keep in touch. The ability to co-parent following divorce is essential and children will be helped if both parents contribute to their education, development, and after-school activities. If you are concerned about how your divorce is affecting your child a mental health professional can help in this difficult transition.