

DEATHS

BEAUMONT, Shirley Ann (nee Dobbie) Suddenly on Sunday August 19th, 2012 at the Toronto General Hospital. Shirley, in her 80th year, beloved wife of the late Junior Beaumont. Loving mother of Rod and his wife Kathleen of Guelph. Cherished grandmother of Tyler. Dear sister of Thomas and his wife Cathy of Alberta. Predeceased by her sister Joan. Shirley will be sadly missed by all of her family and friends. Friends will be received at the J.S. Jones & Son Funeral Home, 11582 Trafalgar Road, north of Maple Avenue, Georgetown, 905-877-3631 on Friday from 2-4 and 7-9 pm. Funeral service will be held in the chapel on Saturday August 25th, 2012 at 11:00 am. Interment Greenwood Cemetery, Georgetown. Reception to follow in the Trafalgar Room. In memory contributions to a charity of your choice would be appreciated. To send expressions of sympathy visit

www.jsjonesandsonfuneralhome.com



DAVID LEE KELLEHER
1955 - 2012

"Strong and wise with an innocence so pure of heart." That is the Dave we remember. Passed away peacefully on August 11th, 2012 in the loving arms of his soulmate. Amazingly devoted husband and best friend to Amy (née Parker), loving father to Ross, Brooke, Maevie and Murphy the dog. Cherished brother to Brian, Lorraine (Renis), Loretta (Graham), and Anita (Jim). Pre-deceased by parents John and Yvonne. Dave's wisdom, wit, kindness and sense of humour will be missed by his family, friends, staff and students at Bramalea Secondary School. We will remember Dave for his extensive knowledge of history, hockey, the love he gave to his family, his passion for tennis, his infectious laugh and the quiet strength with which he battled brain cancer. Dave is our valiant hero and we are a thousand times richer for having had him in our lives. We are so grateful for the constant flow of love and support shown to us by so many. Condolences may be sent to [jsjonesandsonfuneralhome.com](http://www.jsjonesandsonfuneralhome.com). Donations may be made to Bethell House Hospice in Inglewood or Cancer Assistance Services of Halton Hills. A good old-fashioned Irish wake, Kelleher style, will take place on Saturday, August 25th at 7:00 pm at St. Alban's in Glen Williams beside the river. Please bring a lawn chair in case of an outdoor service.

IN MEMORIAM

DAVIS, Kassandra (Kassie)
August 18th, 2011

In loving memory of our dear granddaughter and niece.

Death leaves a heartache no one can heal,
Love leaves a memory no one can steal.

Always in our hearts.

Love,
Grandpa, Nana Davis
Aunts and Uncles, Marie and Paul, Heather,
Bruce, cousins Nathaniel and BrieAnne

In Loving Memory
of **Ruth Paynter**
August 21st, 2003

May the winds of love blow softly,
And whisper so you can hear,
We will always love and miss you,
And wish you were here.

Always remembered,
by Husband, James Paynter
and family

Ask the Professionals

SEND IN YOUR
QUESTIONS TO:
Ask the Professionals

280 GUELPH ST., #29
GEORGETOWN, ON L7G 4B1
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MANON Dulude
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COACHING AND COUNSELING
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Q: What can I expect from couple counseling?

A: In my experience, when people talk about their relationship problems, they tend to attribute the responsibility to their partner and how they are just not living up to their expectations. These biased conversations are rarely effective as they fail to acknowledge the relationship as an independent entity and how each spouse contributes to the "dance" they create together.

When couples come to counseling, their first session often resembles a court proceeding where the therapist is expected to act as judge and jury. This experience is rather painful and discouraging, and explains why many don't follow through with counseling.

Counseling should be viewed as a process where spouses assist each other to grow and appreciate each other rather than one that is meant to criticize. Counseling should assist you in learning the following: how your relationship is a special space where you will keep each other safe, avoid war by having collaborative conversations, understand that your approach to intimacy is hard wired in your brain rather than intentional, how to sooth each other emotionally instead of jumping into the melee and escalating the exchange, build in rituals for connection in your busy schedule, become each others go-to person, and how to rekindle love and erotic desire.

Follow the next few issues of Manon's short articles to learn more.

Manon Dulude Ph.D. is a certified member of OACCPP and a professional certified coach.

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Christoph Summer
Owner/Administrator

Q: My mother is moving to a retirement residence. One day she is enthusiastic about the idea, the next, she is not. How do I handle the situation?

A: First of all, be supportive. Listen and then try to accentuate the positive aspects of the move. This is a big decision for your mother because any move, at any age, is stressful.

If your mother is like many seniors she may be lonely. You might discuss the enriched lifestyle she can enjoy as most retirement homes provide a variety of recreational programs. You can also highlight the fact that most retirement homes have 24 hour staffing if she is nervous about being alone in the house.

If independence is the issue, point out that a residence is a hotel-like setting. Your mother (and any visitors) can come and go or phone at any time. She can entertain friends and family without the worry of cooking meals or cleaning house.

Remember too, that if she changes her mind, retirement homes cannot ask your mother to sign a lease. She will only need to give 30 days notice.

The important thing to remember is to be patient! Take the time to listen to her concerns and help her see the many advantages of moving to a retirement home.

ROSS *Bounce Back*
Ross Physiotherapy Solutions

905-873-7677

318 Guelph St.,
Georgetown



Gerry Ross
H.B.Sc. PT, MCPA,
res. CAMT

Q: I have heard a lot about kids health and backpacks. What should I look for when I buy my child's back pack?

A: Here are some helpful guidelines:

- Choose shoulder straps that are padded and wide, but allow free arm movement even in a winter coat
- Consider back pack compartments to prevent shifting of the contents
- Adjust backpack straps so the bottom of the pack sits above the beltline.
- Make sure that it's cool/ hip/ happening or whatever term is being used these days
- Also be as selective as possible with what is placed in the backpack the child should be able to get the pack on and off without straining.

Call us if you have any other questions... I posted a few more tips on our website under children's health at www.rossphysio.com under children's health, bottom left of the home page.

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to inform our
readers & answer
their questions

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asykes@theifp.ca



Sports Camp sports

The Sports Adventure Camp, offered by the Town of Halton Hills Summer camp programs saw Duncan Scade, 10, pitted against Layla Jelen, 11, in a game of one-on-one basketball in the gym at Christ the King Catholic High School.

Photo by Ted Brown

Cruisin' for the Arts set for Saturday

The Williams Mill Visual Arts Centre presents "Cruisin' for the Arts" on Saturday, Aug. 25, 12-5 p.m. at Williams Mill, 515 Main St. in Glen Williams. The event is being presented in partnership with Cruisin' in Motion and Alta Nissan Infiniti, and includes live music (3 bands), refreshments, Cruisin' Lounge, prizes, outdoor arts display, awards and lots of "FUN"draising activities. Info: www.williamsmill.com



Fore Georgetown Hospital

At the Boston Pizza/Georgetown Hospital Foundation Charity golf tournament on Monday, Aug. 13 at Eagle Ridge Golf Course, Jake Harding showed his great form as he teed off.

Photo by Ted Brown

"Many of life's failures are people who did not realize how close they were to success when they gave up."

~ Thomas Edison