

# 2016 Golf Tournament

Golf, Dinner, Awards, Contests, Silent Auction  
50/50 draw and more!

**When**  
Saturday, May 28, 2016 - 1:30 PM - Shotgun Start

**Where**  
Eagle Ridge Golf Club - RR#4 11742 Tenth Line  
Georgetown, ON L7G 4S7

Golf & dinner	\$175
ClubLink Members -	\$120
Golf only	\$145
Dinner only	\$50

**To Register**  
**Registration Forms:**  
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## ENTERTAINMENT



**GAME ON!** Several high school students from North Halton volunteered their time to participate in the organization of the Enthusiast Gaming Live Expo earlier this month at the International Centre in Mississauga. eSports have become a huge industry worldwide and running massive video game tournaments has become the specialty of Georgetown's Martin Omes, one of the organizers of the inaugural EGLX, which drew more than 10,000 participants in person and an estimated 200,000 more watched online on Twitch.tv through the weekend. Professional gamers from as far away as Europe played games such as Halo and Smash Bros., vying for \$65,000 in prizes. Sponsored by Metroland Publishing, there were also 85 exhibitors with nine Virtual Reality exhibits showcasing the new forms of Virtual Gaming. Pictured above in the front row, from left, are: Christ the King Secondary School's Tom Savage, Jake Anderson, Eric Buchyns, Josh Mosher. Back row: Bishop Reding's Peter Drab, CJK's Ryan Haire, Kamil Forsys.

Photo by Eamonn Maher

# Ask the Professionals



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Gerry Ross  
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FCAMT

**Q** : I cannot sleep at night due to pain; I can manage all my daily activities without 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.



**DR. ELAYNE TANNER**  
Registered Social Worker

Counselling & Psychotherapy

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[www.DrElayneTanner.com](http://www.DrElayneTanner.com)

**Q** : With all the recent child pornography and sexual abuse charges, I am scared. What if my child was assaulted?

**A** : Child sexual abuse is an appalling crime and generates many emotions in families and in society as a whole. Anger, disbelief, fear and grief are some of the emotions that surface. Although normal, try to not share these feelings with your child at this time. You of course want to let your child know that sexual abuse is not acceptable, but in the event that your child may have been abused, you do not want to compound the problem. Children are egocentric and will often personalize your thoughts by thinking that they are to blame for your feelings. Rather than grasping that you are angry at the person who may have hurt them, children think that you are angry at them. They will close off.

It is important to children's healing that they talk about what happened to them and you do not want to risk shutting them down. Talk to your child about friends and games and listen to what is said that might suggest abuse has occurred, but also listen carefully to what is not said. If your child refuses to talk about a certain adult or game, this could be indicative of discomfort or of a secret related to that aspect of their life. Much of what is sexual abuse does not seem abusive to a child. Children can misunderstand your reaction and think you are appalled at their behaviour. This will build shame and self-doubt in your child. You want your child to know that although you hate abuse, you love them.

Abusers do not want their victims to disclose the abuse. The stories they tell children to gain their silence can be as damaging as the abuse itself. You want to dispel any untruths that your child may have been told, stories such as 'this is our secret and if you tell mommy, she won't love you any more'. You may have to guess and test out some potential lies that the child may have been told. We want to reassure the child that these scare tactics are not true. Even if there was no actual abuse, many abusers try to frighten their victims during the grooming process. Recognizing the untruths your child was told, gives you an opportunity to dispel them.

This is a very difficult topic. I can only touch on it briefly here. Many families find it beneficial to come in to talk about their fears and emotions and learn how to talk to their children about sexual abuse. Even when we cannot fully protect our children, we can mitigate the damage to them.

"HELPING YOU HELP YOURSELF"

Elayne Tanner Social Work Professional Corporation