

# COMMUNITY



**50TH ANNUAL CHICKEN BARBECUE:** Some of the 60+ volunteers who make the Norval United Church's 50th anniversary Chicken Dinner and Silent Auction possible show off the pies they served for dessert on Saturday, May 28. Their annual event was held at the Huttonville School.

Photo by Ray Lavender



**CELEBRATING 85 YEARS:** Georgetown Lions Club president Linda Dilks received an 85th Anniversary congratulatory plaque from MP Ted Arnott during their anniversary dinner on Saturday, May 28.

Photo by Ray Lavender

## Time Out



Sports and Taps

**Fri June 3 Sat June 4 Fri June 10 Sat June 11**

**Grand River Band**

**Diane Pepper**

**Royal Pains**

**Lake Shore Boys**

**WEEKLY LIVE MUSIC & DANCING IS BACK! Every Sat is Ladies Ngt! \$3.50 shooters**

### DAILY SPECIALS

\*Dine-in only

•Mon - Pound\* & Dom. Pint \$13.75

•Tues - Tall Boy (Can./Coors) \$5

•Wed - 1/2 price wings\*

•Thurs - Tall Boy (Can./Coors) \$5

•Fri - LIVE MUSIC & Dancing Mini Dom. Draft Pitchers \$7

•Sat - LIVE MUSIC & Dancing

•Sun - JAM Night 5-9 pm with Crosstown Band &

1/2 Price Wings\*

**905-877-1913**

**68 Main St. N., Georgetown (Moore Park Plaza)**

Located at  
**2 KERSEY LANE**

*We treat:*

- PDD • Communication Problems
- Dyslexia • ADHD
- Auditory Processing Disorders
- Visual Spatial Disorders
- Anxiety and Stress Disorders
- Memory and Retention Problems

Our methods include:

TOMATIS

**EXCEL**  
STRATEGIC LEARNING CENTER

**519-939-0617**  
[www.excellearning.ca](http://www.excellearning.ca)

# Ask the Professionals



Find local professionals here every Thursday!  
For advertising information please call 905-234-1018 or email [kkosonic@theifp.ca](mailto:kkosonic@theifp.ca)

## SEPARATION & DIVORCE MEDIATION



**ACCREDITED MEDIATORS**  
GEORGETOWN, BRAMPTON,  
BOLTON, MISSISSAUGA,  
ORANGEVILLE  
FLEXIBLE HOURS

Professional Workplace and Family Services

[www.pccs.ca](http://www.pccs.ca)

**905-567-8858 REDUCE COST & CONFLICT**

**1-866-506-PCCS (7227)**

**DIVORCE WITH DIGNITY AND KEEP YOUR MONEY IN YOUR POCKET!**

MANON *Dulude*

Ph.D., RP

COACHING AND COUNSELING SERVICES

905-873-9393

[info@coachmanon.com](mailto:info@coachmanon.com)



**Q:** What is emotional resilience?

**A:** When someone is said to have resilience, they display the ability to bounce back despite challenge or adversity. Resilient people are able to utilize their skills and strengths to cope and recover from problems both great and small. These can be anything from job loss and financial difficulties to illness or the death of a loved one. Originally an engineering term, Resilience is knowing how far you can push things without breaking them.

Emotional resilience looks at how far we can bend before we break and how far we can stretch before we can no longer go back to our original state. Those who lack emotional resilience may become overwhelmed by experiences that leave others unscathed. These individuals are often slower to recover from life's challenges and may experience higher levels of psychological distress. They may dwell on problems or resort to unhealthy coping mechanisms to deal with the challenge.

There are things we can do to increase our emotional resilience. How you replenish yourself with getting enough sleep, food, exercise, and fun are crucial to increasing emotional resilience. Being well supported by a caring social network also feeds our emotional resilience.

If you believe that your emotional resilience is at a low point, consider working with a therapist to acquire new strategies and tools.

Manon Dulude has created some exercises to help you strengthen your resilience. They will be posted weekly on her website. If you want to learn more, visit <http://www.forgecoachingandconsulting.com/ManonDuludePersonalSolutions/ResilienceCoaching/tabid/196/Default.aspx>

**youngdentistry**  
SMILE CARE

Contact Us  
324 Guelph St. Unit 8  
Georgetown ON L7G 4B5  
905.873.4800  
[youngdentistry.ca](http://youngdentistry.ca)  
[smile@youngdentistry.ca](mailto:smile@youngdentistry.ca)



**Q:** Is it true that I should not give my baby or toddler milk or juice in a bottle to get them to sleep? I need her to sleep. I really need her to sleep.

**A:** I know that in moments of desperation, parents might try anything they can think of to get the precious little one to lay down and go to sleep. I have personally employed rocking chairs, white noise, recorded sounds of nature (including whale song and tropical rainstorm), and most lullabies in the western canon. Results have been middling to fair.

But please don't try and take the easy way out. The most damaging thing that a parent can do for a young child's oral health would be to put them to sleep with a bottle of milk, formula or juice in their mouth. The sugar in these liquids will fuel cavity-causing bacteria. The liquid tends to pool around the teeth after the child falls asleep which means the bad bacteria will be active for a prolonged period of time. The result is called Bottle Caries and it can be devastating for the child's teeth. I have seen cases where each and every tooth in a child's mouth requires a filling or extraction. Extensive dental work and tooth loss can make eating food and proper nutrition more difficult, and can adversely affect the healthy development of the child.

If they feed shortly before bed, make sure to clean the teeth after milk, formula or anything with carbohydrates. If the child requires a bottle to sleep, make sure it is only water. The kid will get used to it and fall asleep (eventually). You can then proceed to fall asleep on the couch to CSI reruns yourself.