

Continued from page 32

SUNDAY, APRIL 9

Bruce Trail Halton Hills Chapter Hike: Medium Pace, rocky terrain, approximately 10 km. Depart 10 a.m. from Georgetown Market Place parking lot south of the Medical Building. Car-pool to start of the hike. We will loop through the Forks of the Credit Provincial Park and around Kettle Lake. Dress for the weather, hiking boots or good walking shoes are required, bring adequate water/snacks. Hike Leader: Angelika Sommer. 905-877-7805. asgk.canada@sympatico.ca

MONDAY, APRIL 10

Cribbage: Come out to the Hillview Active Living Centre-Georgetown, 318 Guelph St. Mondays, 7-9 p.m. and play and have fun playing cribbage. Everyone welcome: \$2/member, \$4/non-member.

Introduction to Rug Hooking: 6:30-9 p.m. at Norval United Church, 486 Guelph St. Tickets are \$20. Info: JoAnne Harris: (416) 236-2161 or email rugrugs@hotmail.com

TUESDAY, APRIL 11

The Palette and Pencil Guild of Credit Valley Artists: Meets every Tuesday afternoon at the cottage in Cedarvale Park from 1-3:30 p.m. Open Studio, come and paint with other local artists. For more information please email: sheila@creditvalleyartists.ca

TOPS: Take Off Pounds Sensibly will host

their weekly meeting at 6:30 p.m. at St. Andrew's United Church, 89 Mountainview Rd. S., Georgetown. Info: www.tops.org.

WEDNESDAY, APRIL 12

Al-Anon Georgetown: 10-11 a.m. every Wednesday morning at Knox Presbyterian Church, 116 Main St.

Acoustic Jam: at the Shepherd's Crook on Wednesdays, 8 p.m. Players, singers of all levels welcome.

Halton Hills Men's Basketball League: offers both competitive and recreational play every Wednesday at 7 p.m. and at 8:30 p.m. at Christ the King Secondary School in Georgetown until April. Minimum age is 21. Cost is \$60. For more information contact Victor Estevan at 905-873-8188.

Soup Well: Every Wednesday from 11:30 a.m.-1 p.m. downstairs in the cafe in Bethel Church, 365 Queen St., Acton. Offering a warm cup of soup and sandwiches to anyone in the community of Acton.

THURSDAY, APRIL 13

English Conversation Circle: 6:30-8:30 p.m. at the Hillview Active Living Centre, #9-318 Guelph St., Georgetown. For Syrian refugees to practice English, meet new friends, learn about programs and services and find volunteer opportunities. For more information, please contact Shinobu Yajima at (905) 842-2486 ext. 241 or email syajima@hmcconnections.com

SANDERSON

WASTE REMOVAL



Scrap or Waste

Bin Rentals for waste, wood, scrap and landscape

A FAMILY TRADITION SINCE 1953!

One of a kind same day service

www.sandersondisposal.ca

519-833-2614

LASTMAN'S
BAD BOY
SUPERSTORE
PRESIDENT'S SALES EVENT!

UP TO **62% OFF**

TONY BALASINGHAM
PRESIDENT OF LASTMAN'S BAD BOY

SAVE 35% ON ALL WALL MOUNTS!
WITH PURCHASE OF ANY TV

55" 4K SMART LG SUPER UHD TV

SAVE \$800
\$1298

4K HDR | 120Hz

EVERY TUESDAY IS SENIORS DAY!

ASK FOR YOUR EXCLUSIVE DISCOUNT!

Ask the Professionals



Find local professionals here every Thursday!
For advertising information please call 905-234-1018 or email kkosonic@theifp.ca

SEPARATION & DIVORCE MEDIATION



Professional Workplace and Family Services
www.pccs.ca

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

905-567-8858 **REDUCE COST & CONFLICT**
1-866-506-PCCS (7227)

DIVORCE WITH DIGNITY AND KEEP YOUR MONEY IN YOUR POCKET!



SMILE CARE
Contact Us
324 Guelph St. Unit 8
Georgetown ON L7G 4B5
905.873.4800
youngdentistry.ca
smile@youngdentistry.ca



Q: My uncle Walter had a root canal and then two years later, bam!-they had to take the tooth out. What happened?

A: When I hear about uncles like Walter I usually ask "Well, did he get the tooth crowned too?". And the usual answer is "How should I know? I'm not his biographer". And then everyone has a good lol. Then when we track down uncle Walter and press him for details, he usually admits that he blew the crown money betting on the ponies. And we all shake our heads sadly. A tooth that requires a root canal is likely already in rough shape. It may have suffered from a break or big cavity that has injured the nerve. Once completed, the tooth has an even deeper hole leading right down the roots. When filled in with a regular filling these teeth have a nasty habit of cracking under pressure. One almond or popcorn kernel and, bam!-they can break down to their roots. And dentists are good but we can't fix broken roots, so the tooth needs extraction. A crown acts like a suit of armour for a tooth, covering up all the exposed areas and deflecting damaging forces. It looks natural and best of all, prevents breakage. A crown is an important part of successful root canal treatments. So that's why uncle Walter promised us that next time he will choose the wise investment and get the crown done instead.

MANON
Dulude
Ph.D., RP
COACHING AND COUNSELING SERVICES
905-873-9393
info@coachmanon.com



Leadership Qualities You Didn't Know You Had

People aren't usually born leaders. They grow into the role by building skills and a mindset that inspire others. Regardless of your role at work and in your personal life, consider fine tuning these skills to develop the leader in you. Even if they aren't readily obvious to you, these qualities may already be simmering under the surface. With mindfulness, you can enhance them.

1. **Focus**– Stay organized and plan ahead. Develop a game plan and remain flexible to address the unpredictability of life.
2. **Confidence** – Formulate opinions based on facts. When proven wrong, quickly reevaluate.
3. **Integrity** – Embrace the values of honesty, effort and reliability. Remain transparent.
4. **Passion**- Bring your passion and commitment to any activity you are involved in.
5. **Decisiveness** –Make the best decision you can with the facts available to you at that moment. If it does not turn out to be the right one, adjust your course and make a new decision.
6. **Empowering** – Be willing to empower others, show people that you want to assist them in their success.
7. **Accountability** – Take responsibility for your performance. Own your mistakes and seek new solutions.

Every time you practice the qualities listed above, you are acting in a leader-like manner and that can positively impact your life and the life of others around you.