

Join HALC-Acton for Mother's Day lunch

By Julie Conroy

Hillsview Active Living Centre- Acton

Our monthly members draw for May will not start until May 15. Tickets will then be available at the reception desk. The prize is a voucher for four people to play 18 holes of golf plus carts at the Acton Golf Club during the 2017 season.

The Mother's Day Luncheon is coming up quickly. It's on May 14 from 11 a.m.-2 p.m. There is also a bake table, lots of books, a penny table and several draws. See you there!

June is Seniors Month. The Father's Day Breakfast planned for June 18 will not take place due to the many events planned in June, including our 150 anniversary Canada Day Lunch on June 23.

The movie on May 16 at 1 p.m. will be *La La Land* starring Ryan Gosling and Emma Stone. Come and enjoy the movie on our large screen while munching on popcorn.

If you recently joined the Centre you will be invited to the New Members Tea on Tuesday, May 20 at 1:30 p.m. We now have 313 members including 20 new members.

There is always something new happening at the Centre. Did you notice in the newsletter that Susan from North Halton Better Hearing will be here on May 18 from 10 a.m.-4 p.m. giving a free hearing test? Please call Susan at 289-897-8833 to book an appointment.

We are holding our semi-annual golf game and lunch at Blue Springs on Wednesday, May 24. If you are interested, sign up on the appropriate sheet.

Florence Riehl is no longer at the Acton Centre on Friday mornings. The trips are posted in their usual spot. If you wish to take part you will pay at the reception desk and Florence will make the arrangements.

Joan Mathers was the lucky winner of the monthly birthday draw for a free pedicure generously donated by Dorri Bland of the Down Town Spa, Georgetown.

On Thursday afternoon Frances Hogenbirk and Mark Gareau each had one mooner.

Friday lunch on May 19 will be soup and sandwiches plus dessert, tea and coffee.

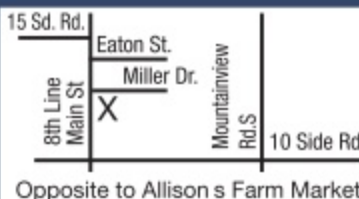
Once again there was no winner for the weekly 50/50 so next week the amount to be won should be around \$300.



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Q: How should I pick a therapist? Is it the same for marriage counselling as individual counselling?

A: Good question! First, you want a therapist who you feel comfortable with. You must trust the person you are opening your life to. You want to feel respected and valued. My office extends that respect and security. Inside, the crackling wood fire, comfortable furnishings and visible wildlife add to your safety and security. Outside, the calming wooded trails, secluded pond, bounding Great Dane and friendly horses will be glad to be part of your experience.

You want a therapist skilled in her craft and with multiple tools in her toolbox: that are backed in science and research, someone who knows what they are doing and not just experimenting on you. I most often hear from clients that they like me because I am hard hitting. I say it as I see it and do not sugar coat. I am well versed in specialized therapies such as CBT, ACT, Meditation, EMDR and Sex Therapy. I am successful with hypnosis for issues including smoking cessation, pain management and anxiety reduction. I successfully work with adults, adolescents and even children to manage OCD, anxiety, depression, school refusal and phobias such as flying. I mend broken hearts and soothe traumatized souls.

My extensive education and specialized training also sets me above others. I have 5 degrees including my PhD from accredited, world-renown Canadian Universities. I have been licensed even when it was not a requirement so that I have accountability. I am a reviewer for international research journals and teach Master of Social Work students at 3 Ontario universities. I am the one who teaches the upcoming leaders their counselling skills, human development and professional ethics. Do you want your future in the hands of the student or the teacher the novice or the expert?

It takes one look at the disciplinary actions of the Ontario College of Social Workers to see how many practitioners are not qualified to do what they are doing. I work within my boundaries and do not test theories out on my clients. It is hard to trust someone to have your best interests at heart when they are acting unprofessionally and unethically.

Lastly, a skilled marriage counsellor has to meet the same criteria. You do not want a neutral 3rd party. You want someone who cares enough to be honest even when it hurts so that you can improve communication and enrich your relationship. If you do not want to save your marriage, you need someone to help you separate in a way that retains the dignity of both parties and does not damage the children.

Whatever your needs, I have the skill, training, and expertise to guide you to an improved life. Hope to see you soon.

"HELPING YOU HELP YOURSELF"

Elayne Tanner Social Work Professional Corporation



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Zachary Fiddes
B.ENG., O.L.S. President

Q: I'm selling my house and the purchaser says I need a survey. Why? What do I do?

A: The purpose of a survey is to provide the prospective owners with information about the property including the size and shape and any improvements made within the limits paying particular attention to improvements built near the boundary such as fences, sheds, and easements that may affect the use of the land.

A new survey is the only way to guarantee the status and existing conditions of a property and, therefore, is the only way purchasers can know what they're buying. Old surveys are sometimes used but beware as they may not include building additions, new road widenings, severances, and any other changes that may have occurred on the property.

If you're planning on selling your property later this year, get ahead of yourself and have your property surveyed now! Depending on the size and age of the property, new surveys can take a few weeks so it's best to have it done early so that closing dates aren't missed.

As a licensed Ontario Land Surveyor I will be happy to discuss your particular situation with you and help you determine if a survey of your property is recommended for your needs.