

Time to pull together for Links2Care fundraisers on Friday and Saturday

Links2Care is holding its annual Class Acts for Backpacks Talent Show fundraiser, tomorrow (Friday), 7 p.m. at the Georgetown Christian Reformed Church.

This is an evening of local dance, music, comedy, refreshments, and fun with all proceeds in support of the Links2Care Backpack Program which provides school supplies to local children in need.

Doors open at 6:30 p.m at the church, located at 11611 Trafalgar Rd. Tickets are \$10 per person.

Tickets are available at the door, in Acton at 47 Mill Street, and in Georgetown office, 36 Armstrong Avenue, Unit 1. For more details contact: Patty at 905-873-6502 or pcolautti@links2care.ca

The next morning, Saturday, June 22, from 11 a.m. to 1 p.m., Links2Care is holding its annual Fire Truck Pull fundraiser in support of Links2Care Youth Centres in Acton and Georgetown.

Teams compete to see who can pull a fire truck a set distance in the fastest time.

Enter a team or enjoy the show with food, face painting, splash pad, music

and prizes at Christ the King Catholic High School, 161 Guelph St., Georgetown.

This event is sponsored by Hungry Hollow Smokehouse and Grille, www.hungryhollow.ca

For more information on this event contact Amanda Kostjuk at 905-853-9825 or akostjuk@links2care.ca



St. John Ambulance participated in last year's Fire Truck Pull.

CARP Halton Chapter celebrates 20th anniversary on Tuesday

The Halton Chapter of CARP, the Canadian Association of Retired Persons, will be celebrating 20 years of service to Halton residents on June 25. Anniversary celebrations will be held in the Founders Room at the Crossroads Centre, 1295 North Service Rd. in Burlington beginning at 5:30 p.m. Tickets are required to attend and can be purchased in advance for \$15 or at the door for \$20.

Over 30 local businesses and organizations have teamed up to support and sponsor this event. All will have displays where visitors will be able to meet and chat with their representatives and to gather additional information. In addition the award-winning chefs of the Chartwell Classic Retirement Residence of Oakville will be providing mouth-wa-

tering celebratory refreshments.

To mark this major Halton Chapter milestone, and a highlight of the evening celebrations, there will be a concert featuring legendary Halton resident and acclaimed jazz musician Peter Appleyard and his musical ensemble.

Halton Chapter began in 1993 and was one of the first local Chapters to form under the umbrella of CARP National. Halton is the oldest surviving Chapter. The Chapter was launched by a group of dedicated CARP members and has grown to be recognized as one of the largest and best Chapters in Canada.

The Chapter continues to gain strength and recognition as a voice for seniors in Halton with the help of volunteers who also serve as Chapter Board

members. Its mandate is to support the priorities of the National organization while focusing on improving the quality of life of the aging population in Halton. The key objectives of the Chapter are to address and support the issues of CARP members across Halton for the betterment of our communities.

Since inception the Chapter has expanded its membership from approximately 500 families to over 4,000 families and has supported an array of quality of life issues for so many in all areas of Halton.

For more information about CARP Halton Chapter or how to purchase tickets go to www.carp.ca/haltonregion or send an email to carphaltonchapter@gmail.com or call 905-319-7345.

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Q: If I can't change the past, how can I get over it?

A: While events that occur over the course of your life cannot be changed, the meaning you give to these events and the way you choose to think about them can be changed. The perception you have of your life is not only influenced by events and circumstances you have experienced but also by the stories and intricate belief system you build around them. The stories you construct around events and situations directly impact your self-esteem, your world views and your reality. Over time, these stories have a way of becoming the "truth" from which the rest of your decisions and choices emerge.

Often personal stories perpetuate emotional and behavioural patterns that cause pain and distress. Counselling can assist you with transforming the meaning you give to events and situations in your life. By doing so, you are free to see new perspectives to maximize your personal wellbeing and success. Consequently, not only can you alter the way you feel in the present but also the way you carry your past and anticipate the future.

Manon Dulude Ph.D. can be reached at 905 873-9393.

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 SUSAN S. POWELL

Q: I have recently separated. When can I get a divorce?

A: There are 3 grounds for a divorce:

1. Living separate and apart for one year;
2. Adultery;
3. Cruelty.

People rarely proceed with a divorce based on adultery and/or cruelty as it is time consuming and expensive. The majority seek a divorce based on their having lived separate and apart for one year.

If you have other issues to settle such as custody/access, child or spousal support and the division of property, it is usually less expensive and timeconsuming to first negotiate the terms of a Separation Agreement. A Separation Agreement may include all of the outstanding issues except a divorce. Once the Separation Agreement has been negotiated you can then proceed with the divorce on an "uncontested basis." There would likely be no Court attendance necessary if all other issues were settled by a Separation Agreement which could be done prior to one year after you separated.

DO YOU READ THESE QUOTES?
 Let me know & you could win when you mail
 Amy with your answer & a question to:
Ask the Professionals
 280 GUELPH ST., #29 GEORGETOWN, ON L7G 4B1
 ASYKES@THE IFP.CA

"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, "I will try again tomorrow." - Mary Anne Radmacher