

Hall of Fame seeks nominees

The Halton Hills Sports Museum is looking for athletes, teams or builders worthy of being inductees into its annual Hall of Fame for the 2014 ceremony.

The museum, located at the Mold-Masters SportsPlex, is seeking nominees for the Museum's gala induction ceremony set for Thursday, June 19 at the John Elliott Theatre.

Tickets are \$40 each and the evening starts at 6 p.m. with a reception and then the formal awards ceremony begins at 7 p.m.

Any person or team who is or has been distinguished as an athlete, an executive member or coach, or who has brought honour to Halton Hills, shall be eligible for election provided he or she was a resident of the Town of Halton Hills at the time of the achievement which is the basis for

this or her or their consideration.

Builder candidates may be either active or inactive at the time of their consideration.

Deadline for nominations is Feb. 28, 2014.

Full nomination criteria and forms are available at The Independent & Free Press office, 280 Guelph St., Unit 77, Georgetown and at Johnson Associates, 247 Guelph St., Georgetown or on the Museum's website, www.hhsm.ca

Drop off, mail or email nomination forms to The HHSM Selection Committee Chairman, Steve Foreman - sforeman@theifp.ca c/o The Independent & Free Press, 280 Guelph St., Unit 29 Georgetown L7G 4B1 or for more information contact Steve Foreman at 905-873-0301 or sforeman@theifp.ca

North Halton to host men's amateur

After hosting a couple of major tournaments last year, the Club at North Halton will be the site for the 2014 Golf Association of Ontario Men's Amateur Championship July 8-11.

Registration opened on Monday of this week for GAO members and qualifying rounds will take place at 14 different

locations across the province, including the Wyldewood Golf & Country Club in Hornby on June 2.

Last year, North Halton hosted the Toronto Star Men's Amateur and the PGA Women's Championship of Canada.

For more info, visit the website www.gao.ca



A 3-2 victory over the Maple Leafs clinched the juvenile division championship for the Senators at the HHMHA's Christmas Tournament. Team members (front, from left) are: Justin Facca, Blair Pierce, Eion Campbell, Alec Littlejohn, Logan Withers. Second row: Billy Neeson, Dane Firhoj, Jesse Gunn, Kris O'Neill, Ryan Bell. Back row: Coach Bill Neeson, Luc Boucher, Scott Gibson, Colin Macdonald, coach Chris Gibson. Photo by Alex Docker/Halton Camera Exchange

Emotional win for Juvenile Sens

Rallying around their sidelined goaltender, a juvenile-age team in the Halton Hills Minor Hockey Association claimed the championship at the annual Christmas House League Tournament.

Seventeen-year-old Eion Campbell, diagnosed with non-Hodkin's lymphoma in November, was on hand and ac-

cepted the championship trophy as his Senators held off the Maple Leafs 3-2 in the juvenile division final.

The Senators wore Team Eion stickers on their helmets and used orange hockey tape on their sticks to show support for their teammate, who has been undergoing chemotherapy treatments.

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10 tips to live in the present and become grounded!

After the challenging holiday season we have just had, we all need some tips to get grounded again. These tips are likely to improve your quality of life. By learning to focus your awareness on the "Here and Now" you will boost the psychological benefits of all the activities you are involved in and possibly decrease your stress.

1. Quiet down your mind... You mind is your worst enemy. It is constantly babbling and stealing the show.
2. If you need to pay attention to do something important - Do it and address it the best you can! If not resolved totally, decide when you will come back to it. Now leave it until the determined time.
3. Learn to show up for life and enjoy every moment. Don't bring your trouble with you every where you go. Allow the current moment to take over.
4. Pay attention to all your senses.... If you go for a walk, pay attention to the wind on your face, and notice the scenery around you. If you are having a meal, take the time to take in all the texture and flavor of your food.
5. Use mind centering activities such as running, drumming, swimming and dancing. Activities which live in their own rhythm are known for soothing the soul.
6. Notice your mindset - Your mindset is influenced by your emotions and your belief system. You can change your mind set therefore alter your choice of reactions to a set of circumstances. Notice that feeding emotions such as anger will keep you out of the moment and color the quality of all your experiences.
7. Connect fully - the art of romance is not about spending lavish amount of money on your lover. It is about being fully present in the moment; to listen with love, to do small gestures full of tenderness and to communicate by your presence that this person is the most important to you in that moment.
8. Visualize the desired outcome - Set a clear intent on what you want. Set the scene for it and let it unfold. You can't control everything!
9. Learn to master a new activity. Whether it is doing puzzles, learning to paint, doing crafts or working on a new computer program, challenging your mind can help you be in the moment.
10. Take care of your body. Every culture knows the power of hot water and body care such as massage. Taking care of your body will feed your soul and remind you that nothing is more important than you and your health.

Manon Dulude Ph.D., PCC, is a Certified Life Coach and counselor. You can reach her at 905-873-9393

SUSAN S. POWELL

BARRISTER & SOLICITOR

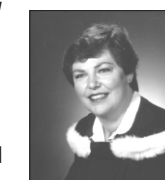
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SUSAN S. POWELL

Q: I have been living with my boyfriend for 2 years. I am thinking about separating from him. Am I entitled to spousal support and do I have an interest in his property since we have lived common-law for 2 years.

A: You can not claim spousal support when you are in a common-law relationship until you have lived together for 3 years or longer unless you have had a child together during the relationship.

You do not have the same rights to share property when you are in a common-law relationship as you do when you are married. In most cases, your car, contents at the home and savings belong to the person who purchased them. If you contributed to an increase in the value of the property that your common-law spouse owns you may be able to claim a share in it.

You should consider negotiating a cohabitation agreement with your spouse to agree to terms with respect to spousal support and your property to protect your rights preferably before you live together although it can also be done during the time you live together.

To understand your rights and obligations when you live common-law you should have a consultation with a lawyer.

"The most successful people are those who are good at plan B." ~ James Yorke
Read more at www.greatday.com