



Hall of Fame's new inductees

Georgetown's John Elliott Theatre played host to the eighth-annual Halton Hills Sports Museum Hall of Fame's induction ceremony last week, with five names added to the honour roll in 2014. Pictured above (front, from left) are: David Kentner (builder), Kaitlyn Andrews (athlete). Top row: Dan Ralph (builder), Tim Murdock (athlete) and accepting for his vacationing brother Brian Hayward (athlete/builder) is his brother Bruce.
Photo by Eamonn Maher

'Dogs face Gloucester

After some more controversy about the Ontario Lacrosse Association's tiebreaking formula, the Halton Hills Jr. B Bulldogs will have to make a long bus trip for the first round of playoffs for the third year in a row.

Three East Conference teams — Halton Hills, Oakville and Akwesasne — finished the OJBLL regular season with 16-4 records the behind front-running Green Gaels of Clarington, forcing the league to revert to a tiebreaker to determine the first-round matchups. The fourth-ranked Bulldogs must travel to the Ottawa area this weekend for the first two games of their best-of-5 matchup against the fifth-place Gloucester Griffins.

The remaining games of the series will be played next weekend in Georgetown. 11-9 Gloucester defeated Halton Hills 12-9 on the opening night of the season with the Bulldogs putting out a depleted lineup.

Coach Blaine McCauley's side has won 13 of its last 14 games.



Getting Weekend of Champs underway

This year's Halton Hills Minor Lacrosse Association Weekend of Champs for its house league teams was named after a longtime volunteer who conducted the official faceoff to get the action started last Friday at the Alcott Arena. Gord Lyons, who has coached many teams over the years and was instrumental in amalgamating the Georgetown and Acton associations into the HHMLA, is joined for the draw by Nolan Witter (left) and Colton D'Amico. Check our website over the next few days for results from the Weekend of Champs. *Submitted photo*

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Effective communication is possible when people are committed to come up with the best possible outcome for all parties involved. Prior to a conversation, inform the other person that you would like to discuss a specific issue. Agree on a time to have the conversation. This gives everyone time to formulate their thoughts about the topic. Avoid taking people by surprise. They may feel attacked and respond in defensiveness and anger or become stunned and speechless. If caught off guard, consider listening to what is said then ask for a time out to formulate your own thoughts. Agree on a time to resume the conversation. Use the delay to process your feelings and create a response that is not based on defensiveness. During the conversation, remain aware of your intention. Do you want to dominate or to work out a solution which favors every one? Manage your emotions. If you become emotional, step back and calm down. Remember that once words are spoken, they cannot be taken back. Hurtful words and behaviors will impact trust between people and damage your credibility. Sarcasm, digs, put downs do not set the tone for positive communication. During a conversation it is best to stick to the issue you agreed to discuss. Bringing up past unresolved issues into the conversation will derail the dialogue and most likely lead to an escalation of blame and finger pointing. Avoid playing games. Saying things to test people's reaction is not a healthy approach to communicate. Remember assertiveness means expressing your needs without being hostile and respectfully listening to the other person's needs. If you find yourself in a situation where a conflict is not getting resolved and it is getting worse, consider getting the support of an objective trained professional, they can assist you with difficult conversations and creating a positive outcome. This may help you put your relationship back on track.

Manon Dulude is a Professional Certified Coach, Psychotherapist and is trained in Mediation. She can be reached at 905 873-9393.

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SUSAN S. POWELL

Q.What financial disclosure has to be made when a couple separate?

A.You are required to provide your complete Income Tax Returns and Notices of Assessment for the last 3 years. You are also required to provide your most recent pay statement if you are an employee. If you are self-employed there are documents such as Financial Statements and Income Tax Returns for the Business that are required.

It is important that you retain these documents from year to year and not throw them away.

If there is an issue about the division of property, ensure you retain your financial records which show your assets and debts you had as at the date of your marriage and as at the date of your separation. For example, bank account statements, RRSP's, GIC's, Canada Savings Bonds, purchase and sale of vehicles, pension statements, life insurance policies, credit card statements, line of credit statements, car loans and other financial documents.

If you are uncertain as to what financial documents to retain, you should consult a lawyer. It is better to be safe than sorry.