

World silver for Heelis

Daniel Heelis of Georgetown represented Canada at the recent World Street & Ball Hockey Championships in Bratislava, Slovakia and came away with a silver medal after losing to the host team 2-1 in the final. Canada had gone 6-0 up to that point, defeating Switzerland, Great Britain, Germany, Slovakia and the Czech Republic before downing the Swiss 4-0 in the semifinals. Heelis didn't record any points through the tournament but was a +3 in the plus/minus ratings. The 6-foot-1, 170-pound defenceman played for the Toronto Young Nats last winter and was drafted in the 14th round by the Ontario Hockey League's Owen Sound Attack this spring. *Submitted photo*



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For further information contact the office 905-877-3748 or info@georgetownbaseball.ca



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We would like to say a big **Thank You** to the following that generously donated prizes and sponsored holes for our 2nd Annual Hackers for Hooters Golf Tournament and mostly to our players/customers for their generosity. We were able to raise \$6000 for CASHH (Cancer Assistance Services Halton Hills)

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Below is an excerpt from a fairly typical relationship counselling session:

PERSON A: My boyfriend and I have been together for almost a year now. We were beginning to talk about marriage but now he seems to be changing his mind. I think I am losing him.

DR. E: What makes you think he is changing his mind?

A: He is not loving and seems to avoid me.

DR. E: Let's ask him what he thinks. B, do you think you are pulling away? If you do not want to be with A I am confused as to why you have agreed to come to counselling?

PERSON B: I very much want to be with her. She does not want to be with me.

DR. E: What makes you think that?

B: She is always busy, cold and distracted. She has no time to spend with me. I think she plans to break up with me.

DR. E: So because you feel that she may end the relationship, you have pulled away?

B: Yes, I would feel silly saying and doing loving things only to have her tell me it's over.

A: But I don't want it to be over! It is YOU who wants to end it.

B: No I don't! I love you.

This is a pattern so common I call it the dance. B assumes A's distance is rejection. B, feeling hurt and rejected, withdraws to minimize the pain. B's withdrawal is interpreted by A as rejection and A backs out. One person backs away, the other pursues in vain and then quickly backs away. They both feel rejected. This dance can easily be avoided. How? DON'T ASSUME! Tell your partner what you are feeling and discuss it. Check out your assumptions. But when you do find that the gap has widened, counselling can bring you back into sync.

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Gerry Ross
H.B.Sc. PT, MCPA,
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Q: My pain comes and goes for no apparent reason, what can be done to figure it out?

A: Physiotherapists are expert detectives when it comes to figuring out pain patterns. It is common for pain from postures or activities to go unnoticed when the individual is concentrating on something else (like data on a computer, conversation or sports). In other cases the painful tissue may lie deep within the body and therefore may not have the pain receptor density that is required to give instant feedback, but is sufficiently sensitive to react to inflammatory chemicals once they have had time to accumulate, often long after the aggravating activity has stopped. This produces a time lapse between the cause and effect making self assessment very difficult. Your physiotherapist is very skilled at identifying these subtle sources of aggravation.