

# Poulstrup among six inductees

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## FINN POULSTRUP

Without his organizational and fundraising efforts as a volunteer, many of Georgetown's most-notable sporting accomplishments likely would not have been possible.



For the past four decades, the 66-year-old Denmark-born Poulstrup has had his fingerprints on the inner-workings of hockey teams, charities and the Hall of Fame he's now entering, often spearheading the charge to financially support their existence.

His involvement with various organizations is too numerous to list here, but it includes being a founding member of the Halton Hills Sports Museum & Resource Centre

in 2000 and the Kiwanis Club of Georgetown, secretary of what's now the Ontario Junior Hockey League from 1993-2009, co-chair Stay at Home and Play Campaign to fund the three new arenas in Halton Hills, president of Jr. A Raiders' hockey club from 1990-97, vice president Georgetown Intermediate 'A' Raiders 1979-82, a Level 4 GMHA coach, a Level 3 referee, team sponsorship through the real estate firm he sold last year, Johnson Associates, and general manager of the Georgetown Baseball Association's Jr. Eagles in 1981.

He received the Georgetown Hockey Heritage Award in 2010 and has helped organize several international exhibition games, along with the successful 2005 Dudley Hewitt Cup Central Canadian Jr. A championship tournament.

It's estimated that Poulstrup has raised more than \$1 million for hockey alone in Georgetown.



**MAKING WAVES:** The Georgetown Waves Special Olympics swim club hosted its first-ever swim meet at the Milton Sports Centre on Sunday. Above, Dylan Inukpuk, 9, competes in the 50m backstroke. More than 100 athletes attended the meet, including 29 members of the host Waves, along with swimmers from clubs in Brampton, Credit Valley, Dundas, Mount Hamilton and Oakville. The meet was made possible by the volunteer support from members of the Halton Hills Blue Fins, the GDHS Rebels' swim team, Town of Halton Hills staff and the Georgetown Pathfinders.

Photo by Justin Greaves/Metroland Media Group

## Jr. B Bulldogs start season Saturday

The Halton Hills Bulldogs begin defence of their Ontario Jr. B Lacrosse League's East Conference championship this Saturday night with a matchup against their new division rivals, the Brampton Excelsiors.

Game time at Victoria Park Arena is 7 p.m.

The Bulldogs completed their exhibition schedule with a 12-6 loss at home to the Markham Ironheads Sunday. Chris McLaughlin and Matt Hodgins had two goals each.

## Centennial girls in HDSB Tier I hoops final

A well-balanced attack propelled Georgetown's Centennial Chargers to a 25-20 victory over Oakville's Maple Grove on Monday in the Tier I semifinals for the Halton District School Board's girls' basketball playdowns held at the Milton Velodrome.

The Chargers built a 10-6 first-quarter lead and never relinquished it as Rachel Smith scored nine points and Hayley Armstrong netted six more. Centennial will face Burlington's Alexander's in Thursday's Tier I championship matchup, to be held at Craig Kielburger S.S. at 7:45 p.m.

# Ask the Professionals



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**Q:** What do I do for a Dental Emergency?

**A:** **Toothache**

First call your dentist. Explain your symptoms and ask to be seen as soon as possible. Then ease the pain. Take an over-the-counter pain medicine that works for you, but do not put the pills on your sore tooth. Hold an ice pack against your face at the spot of the sore tooth.

Do not put a heating pad, a hot water bottle, or any other source of heat on your jaw. Heat will make things worse instead of better.

**Chipped or broken tooth**

Broken teeth can almost always be saved. Call your dentist and explain what happened. He or she will see you right away. If it's a small break, your dentist may use a white filling to fix the tooth. If the break is serious, a root canal may be needed. Your tooth may also need a crown (also called a cap).

**Knocked out tooth**

If the knocked-out tooth is an adult (or permanent) tooth, your dentist may be able to put it back. You must act quickly. If the tooth is put back in place within 10 minutes, it has a fair chance of taking root again. After 2 hours, the chances are poor.

If the tooth looks clean, put it back in its place (its socket). If this is not possible, or if there's a chance that the tooth might be swallowed, put it in a container of cold milk. Go to your dentist, or to the nearest dentist, right away. If you get help within ten minutes, there is a fair chance that the tooth will take root again.

## Carolyn Dew

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B.PHE, R.AC, R.TCMP

**Q:** Can Acupuncture help treat morning sickness and breech position in pregnancy?

**A:** When provided by a Registered Acupuncturist that has completed obstetrical training, acupuncture is a safe and effective modality to assist women through all stages of their pregnancy. It can effectively treat morning sickness, digestive complaints, sleep disturbances, depression and anxiety, threatened miscarriage, and blood pressure issues. Acupuncture can also help manage common pregnancy-related pain conditions such as low back pain, sciatica, headaches, and carpal tunnel syndrome.

Acupuncture can help prepare for childbirth by addressing positional issues and ripening the cervix, both of which can contribute to a more efficient labour. The combination of acupuncture and moxibustion can safely address breech position. Acupressure techniques utilized during labour can reduce the need for pain medications. Traditional Chinese Medicine can help restore physical and hormonal balance in treating post-partum conditions as well.

For further information on TCM Pre-Natal Programs, check out [www.healthspan.ca](http://www.healthspan.ca)