

COMMUNITY CALENDAR

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FRIDAY, MAY 15

May Madness youth event: 6:30 p.m. to 1 a.m. at Acton Town Hall Centre. Come join us for an evening of mingling, pizza and inspirational performances and speeches. We'll be finishing the evening with a dance that you can't miss! Admission: \$12/person \$20 for 2 or \$15 at door. Info: events@inspirehalton.ca

SATURDAY, MAY 16

Annual Plant Sale: 9 a.m. at Acton Arena, 415

Queen St. Get some great deals on an excellent selection of perennials and shrubs for sun and shade including: ground covers, herbs, hostas, day lilies, iris and much more. Hosted by the Acton Horticultural Society.

SUNDAY, MAY 17

Bruce Trail Halton Hills Chapter Hike: Medium pace, moderate terrain, south of Hockley Valley approximately 10 km loop hike. Depart at 10 a.m. from the Georgetown Market Place parking lot, south of

the medical building, east of Walmart. Dropout points along the way. Dress for the weather, hiking boots required, bring adequate water/snacks/lunch and bug repellent. Hike Leader: Sara, 289-890-0439 saramaed@hotmail.com

SATURDAY, MAY 23

49th Annual Chicken Barbecue: 4-7:30 p.m. at Huttonville Public School (Embleton Rd., west of Mississauga Rd.) Call 905-873-7211 to reserve your tickets. This annual event is hosted by Norval United Church.



By Cory Soal
R.H.A.D.

... Lend Me Your Ears

HEARING INSTRUMENT PRACTITIONERS

In Ontario, the Association of Hearing Instrument Practitioners was derived from the former Ontario Hearing Aid Association and the Association of Hearing Aid Dispensers. As the Professional Association for practitioners in Ontario it outlines provision for registration, which includes the requirement of education and competency standards, sponsors the most strict code of ethics in the industry and enforces sound grievance and ethics procedures. The Hearing Clinic is proud to adhere to the strict regulations and guidelines put forth by the Association. For more information feel free to call...

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2015 SUMMER YOUTH HOCKEY

Our 18th Youth Boys/Girls 7 to 17 years old

- 4 on 4 • Registration forms may be printed from our website & dropped off at South Fletchers
- No games on long week-ends. • Games are played late Sunday and Monday evenings

4,5 & 6 years old Instructional

(905) 451.9275

Our 38th Summer Mens Team Reps

(We welcome individual players)

To show our appreciation, we are offering a draw for a Spring get away in 2016 for team Reps. Summer and Winter players are eligible.

(905) 497.5667 or (905) 796.7876

All Games will be played at South Fletchers Sportsplex in Brampton

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Learn Spanish

Unica Solutions

Location: Gellert Community Centre

905-334-7876
info@unicasolutions.ca

Happy 60th Anniversary!

Mr. and Mrs. Stan and Enid Muir

celebrated 60 years of marriage on **April 23, 2015**
Wishing them many more years of happiness!

Love, Lynn, John and all the extended family!

Ask the Professionals



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Q: My teeth feel nice after a professional cleaning, but am I really healthier for it?

A: At Young Dentistry most of our day is spent battling invisible enemies. Some might say people like us should be institutionalized. But before you call the authorities, please hear me out. The enemies we are after are microscopic bacteria, and they are living in the dental plaque and tartar that gets removed at your cleaning. These single-celled jerks produce foul smelling byproducts and acids that can damage teeth. On top of that, your body's natural defense system knows they are trouble and reacts with inflammation wherever your gums are contacting bacterial plaque. Have you ever had gums that were puffy, red or bled when you flossed or brushed normally? You, my friend, have experienced gingivitis (aka inflamed gums). Short periods of gingivitis are not going to hurt you, but when it exists for weeks or (gasp!) months it can damage the bone that supports the roots of your teeth. This is called periodontitis (aka gum disease). Can we all agree that more bone is better than less? Bone loss can create gum recession or deep pockets between the gums and the teeth which then can collect more plaque. Lots of bone loss can increase the risk of not having any teeth left. Surely, you say, like my hair after a bad cut, it will grow back? Wellll... let's talk about that next column.

MANON Dulude Ph.D.

COACHING AND COUNSELING SERVICES

905-873-9393

info@coachmanon.com



Q: What is emotional resilience?

A: When someone is said to have resilience, they display the ability to bounce back despite challenge or adversity. Resilient people are able to utilize their skills and strengths to cope and recover from problems both great and small. These can be anything from job loss and financial difficulties to illness or the death of a loved one. Originally an engineering term, Resilience is knowing how far you can push things without breaking them.

Emotional resilience looks at how far we can bend before we break and how far we can stretch before we can no longer go back to our original state. Those who lack emotional resilience may become overwhelmed by experiences that leave others unscathed. These individuals are often slower to recover from life's challenges and may experience higher levels of psychological distress. They may dwell on problems or resort to unhealthy coping mechanisms to deal with the challenge.

There are things we can do to increase our emotional resilience. How you replenish yourself with getting enough sleep, food, exercise, and fun are crucial to increasing emotional resilience. Being well supported by a caring social network also feeds our emotional resilience.

If you believe that your emotional resilience is at a low point, consider working with a therapist to acquire new strategies and tools.

Manon Dulude has created some exercises to help you strengthen your resilience. They will be posted weekly on her website. If you want to learn more, visit <http://www.forgecoachingandconsulting.com/ManonDuludePersonalSolutions/ResilienceCoaching/tabid/196/Default.aspx>