

Find your own artistic voice, Storey recommends

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The award-winning comedy series about life in small-town Saskatchewan went on to air around the world for six seasons.

The veteran director said one of the biggest things he's learned in 40+ years in the arts business is the importance of finding your artistic voice.

"It's a difficult thing to do," he said. "But when you find it you're going to know it, and that's when people start to pay attention. That's the magic moment."

And despite popular belief, he said it's also possible to make a decent living in the Canadian arts industry.

"I was persistent. I think persistence is huge," he said. "You have to be persistent and you can't give up. You also really have to be adaptable in Canada because you never know what's going to happen and you need to work. I did fashion commercials; somebody had to do it, so I did it."

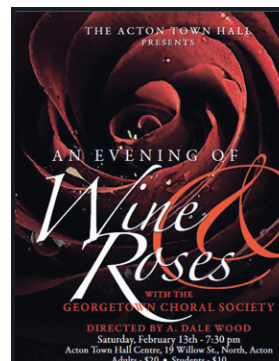
Throughout his career as a director Storey has also pursued his love of music, writing songs and playing the guitar.

"I'm just having fun with it," he said. "I encourage anybody interested in playing the guitar to get out and do it. There's lots of open mics around the area here in Georgetown, so take the plunge, go out and do it."

The evening also included a Halton Hills Cultural Year in Review video, presentation of the United Way of Halton Hills' Eudaimonia youth music video contest award to Shaela McCracken and Jon O'Neill, and the annual general meeting of the Halton Hills Cultural Roundtable, which hosted the symposium.

Take your sweetheart to An Evening of Wine & Roses

An Evening of Wine & Roses with Georgetown Choral Society will be held on Saturday, Feb. 13, 7:30-11 p.m. (doors open at 7 p.m.) at Acton Town Hall Centre. Tickets: adults \$20 and students \$10. Available for purchase at Acton Branch Library, Home Hardware, Halton Hills Furniture & Appliances or at the door.



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Q: I put off dental care because I am very frightened. Do you have any recommendations?

A: Oh man, dental phobia is not uncommon. It may stem from an unfortunate childhood experience or simply going to the dentist in the British Isles in the bad old days. Patients unfairly describe themselves as wimps or cowards because they fear coming to the dentist. We don't use those words (not even in back in the lunchroom believe it or not). My personal phobias include snorkeling with fish and "Gremlins" the movie, so I am the last one to judge.

At the office, I will take time to discuss the nature of the patient's fears and sometimes we can find a 'workaround' to avoid particular aspects of dental care and make them more at ease. However, having a phobia means that even if rationally there is nothing to fear, the anxiety will often still be felt. This is when we open up the discussion about sedation options.

At Young Dentistry we are equipped to provide nitrous oxide gas, which is great for mild to moderate anxiety. We can also provide deeper sedation through the use of a short-acting sleeping pill combined together with nitrous oxide which we utilize in more severe cases. I will save the details of each for another column but know that there are options and we are here to make it a more pleasant experience. And as I have mentioned in the past, delaying or not pursuing treatment can make small issues much more complicated. Let's keep it simple.

Susanne Dorder, M.A.

Binge Eating Disorder/Food Addiction
Specialist

905-601-3268



Q: WHY DO WE OVER EAT?

A: Over-eating involves eating more than what our body requires. When the human body is full it sends signals to tell us to stop eating. It is common for people to over-eat partly because of the way we eat. For example it has become common to make eating a secondary task. A lot of people eat while watching television, driving or doing other tasks. As a result it becomes difficult to "hear" when our bodies tell us we are full. There is also the factor of conditioning. Learning when to eat, what to eat, how much to eat that is taught from an early age forming the relationship we have with food. Some examples of conditioning behaviours include, eating everything on the plate regardless if we are full. Going through a drive through and buying food while completing chores or purchasing pop-corn while at the movies. Furthermore eating while out with friends although we have already done so not prior to that engagement. Eating behaviours are created because of developed life style patterns. Many people eat from being conditioned either through learned behaviours and/or social influences.



Ph.D., RP

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10 Tips for Time and Energy Management

Time and energy management are two concepts that should be considered simultaneously when you wish to maximize your performance. Combined, they enhance your understanding of priority management and effective work flow.

Effective time management will have you organize your tasks by level of importance and urgency. It is always best to tackle tasks that are important and non-urgent first. When you procrastinate and let a task become important and urgent, you are most likely going to find yourself very stressed.

Energy management is about working mindfully by leveraging your energy flow. Identify the times of day when you are energized and focused and the times when you experience low energy. Dedicate your high energy segments to complete demanding and energy draining tasks, and use your low energy moments in time to tackle simple or preferred tasks.

Here are extra tips for managing your time and energy:

- Increase positivity - practice gratitude and de-escalating negative self-talk,
- Set boundaries on self and others,
- Develop a restorative routine,
- Manage distractions,
- Address your energy drainers first.

To learn more about managing your time and energy, contact a professional coach at info@forgecoachingandconsulting.com or call Manon Dulude at 905-873-9393.

