

Local Counsellor receives Phil Hedges Award

By SARAH O'ROURKE

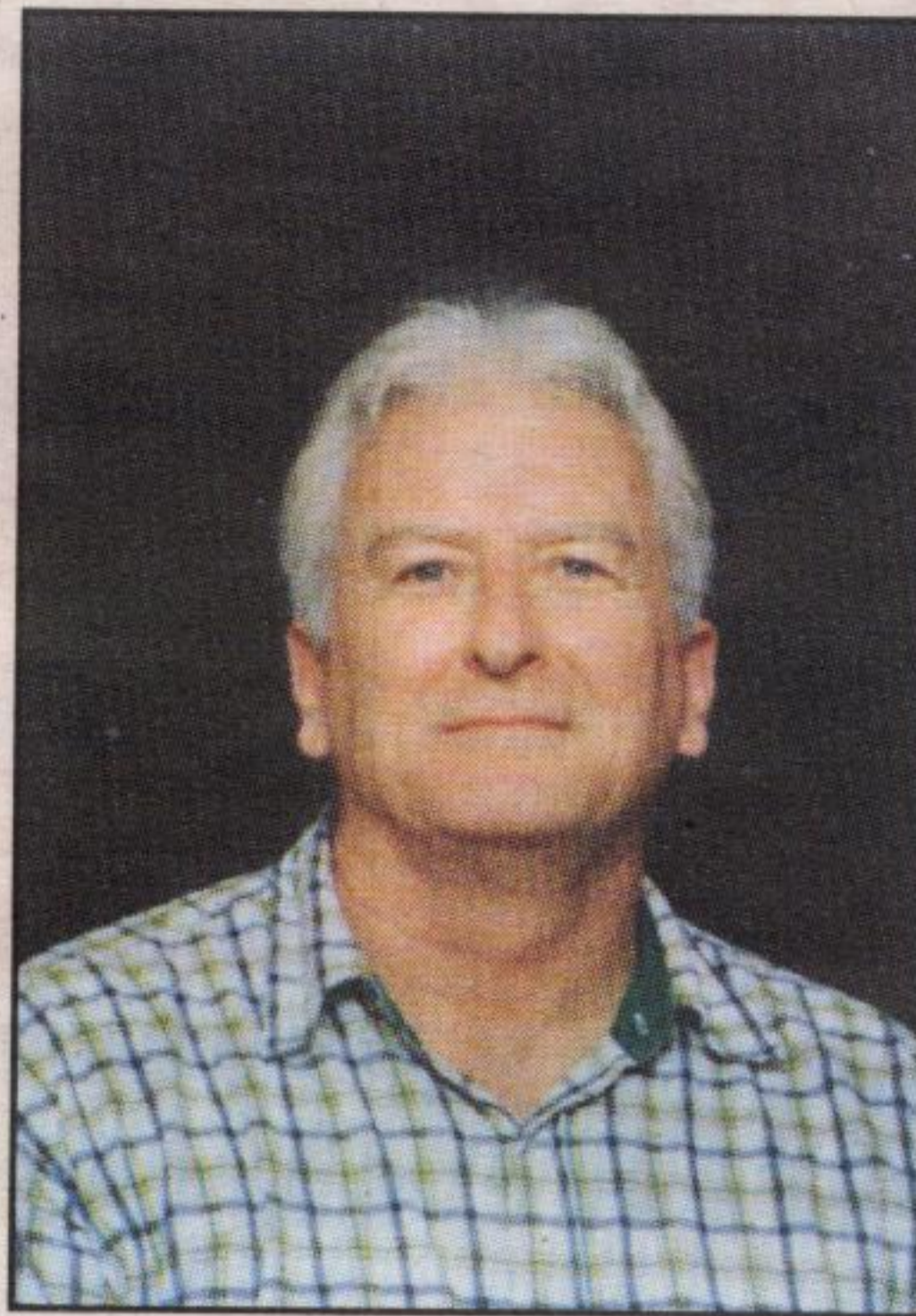
At the Ontario School Counsellors' Association (OSCA) Awards Banquet this past November, Don Crowder received the Phil Hedges award in recognition of his dedication and contributions to Guidance and Career Education in the Greater Toronto Area. As a high school counsellor for the Peel School Board for thirty-one years and a Department Head for eighteen years, Crowder has had a profound impact on many students over the years.

"I am very, very proud to be chosen. There are literally thousands of counsellors who could have been selected. There are thirty-two high schools in the Peel County each with three or four counsellors. It's an amazing privilege," said Crowder.

Crowder's excellence as a counsellor is undeniable, yet he is a humble man who modestly refers to a letter from the OSCA to summarize his lengthy list of achievements. The letter describes his commitment to helping young people deal with personal crises, and his unwavering support in aiding students in their plans for the future and their efforts to attain their academic and career goals.

During his time as a public school counsellor, Crowder was greatly involved in numerous school functions and sport events. He even implemented a Newcomers Club to help immigrant students adjust to the demands of high school life in a foreign culture. For these reasons and more, Crowder has been described by the OSCA as going "above and beyond the call of duty."

Even though Crowder retired from the Peel School Board in November, he remains actively involved in counselling. Crowder opened his own private practice in Milton sixteen



Don Crowder

months ago, D.E. Crowder & Associates, which specializes in family mediation, substance abuse, advocacy, educational counselling and career planning, among other things.

"What I've always tried to be is a creative problem solver in conjunction with the client," explained Crowder. "We work hand-in-hand to reconstruct the problem and to break it into manageable chunks. It's not so much counselling as lifestyle coaching. There tends to be a negative stigma attached to 'counselling' as though it involves a mental issue of some kind. What I provide is advocacy, which is broader than the purely therapeutic approach."

According to Crowder, the most rewarding aspect of his job is that he has had the opportunity to make hundreds of friends of all ages who continue to remain in touch. "My clients range from six years old to fifty-three and are located anywhere between Oshawa and Waterloo," said Crowder, who travels to homes, malls, and coffee shops to meet with his clients and to avoid the feeling of what he calls an "antiseptic office environment."

In addition to running his own practice, Crowder is also involved with Promotions Canada. He is a sponsor for many local athletes, including boxer Matt Hart and triathlete Harry Barnes. "People ask how retirement is going, and I just say the difference is that now I have a seven day week instead of a five day week," laughed Crowder. Thus, even in his retirement Crowder continues to demonstrate his dedication to helping others.

For more information about Don Crowder and his practice, D.E. Crowder & Associates, visit his website at www.haltoncounselling.ca or call him toll free at 1-866-378-7109.

The Regional Municipality of Halton A Partnership That Works!



Halton Waste Management Site

The Halton Waste Management Site (HWMS) is Halton Region's one stop solution for the 3 R's (reduce, reuse, recycle), yard waste composting, safe disposal of household waste and of course, garbage disposal.

Use of the HWMS carries a nominal charge of \$5.00/vehicle for up to 150 kg and 9.8 cents for every kg thereafter (commercial loads - \$98/tonne).

Please secure all open loads.



Container Station

In addition to garbage disposal, the following materials are collected and diverted from our landfill:



- Yard waste
- Scrap metal
- Appliances
- Tires
- Wood
- Drywall
- Electronics (computer hard drives, stereos, VCR, etc.)
- Foam (cushions, under padding)
- Blue box recyclables (free of charge for residential loads only, all commercial loads are subject to charge)

New

Halton residents can now drop off, for reuse or recycling, old or unwanted cell phones, eyeglasses and printer cartridges free of charge.



Salvation Army Reuse Depot

Drop off unwanted, reusable items and help the community at the same time. Acceptable items: clothing, linens, paired shoes, kitchenware, toys and undamaged furniture.



Blue Boxes & Composters

Blue boxes and composters are available at the scalehouse. Blue boxes: first one is free of charge, \$5 per additional box (3 max.). Composters: \$15 each (2 max.).

Household Hazardous Waste Depot

Each year the Depot receives, and properly disposes of or recycles, over 700,000 litres of residential hazardous waste. Visit the Depot for safe, free of charge disposal of household hazardous waste items.

Accepted Free of Charge:

- Paint
- Oil
- Solvents
- Propane tanks
- Household and garden chemicals
- Full aerosol cans
- Automobile batteries
- Household batteries

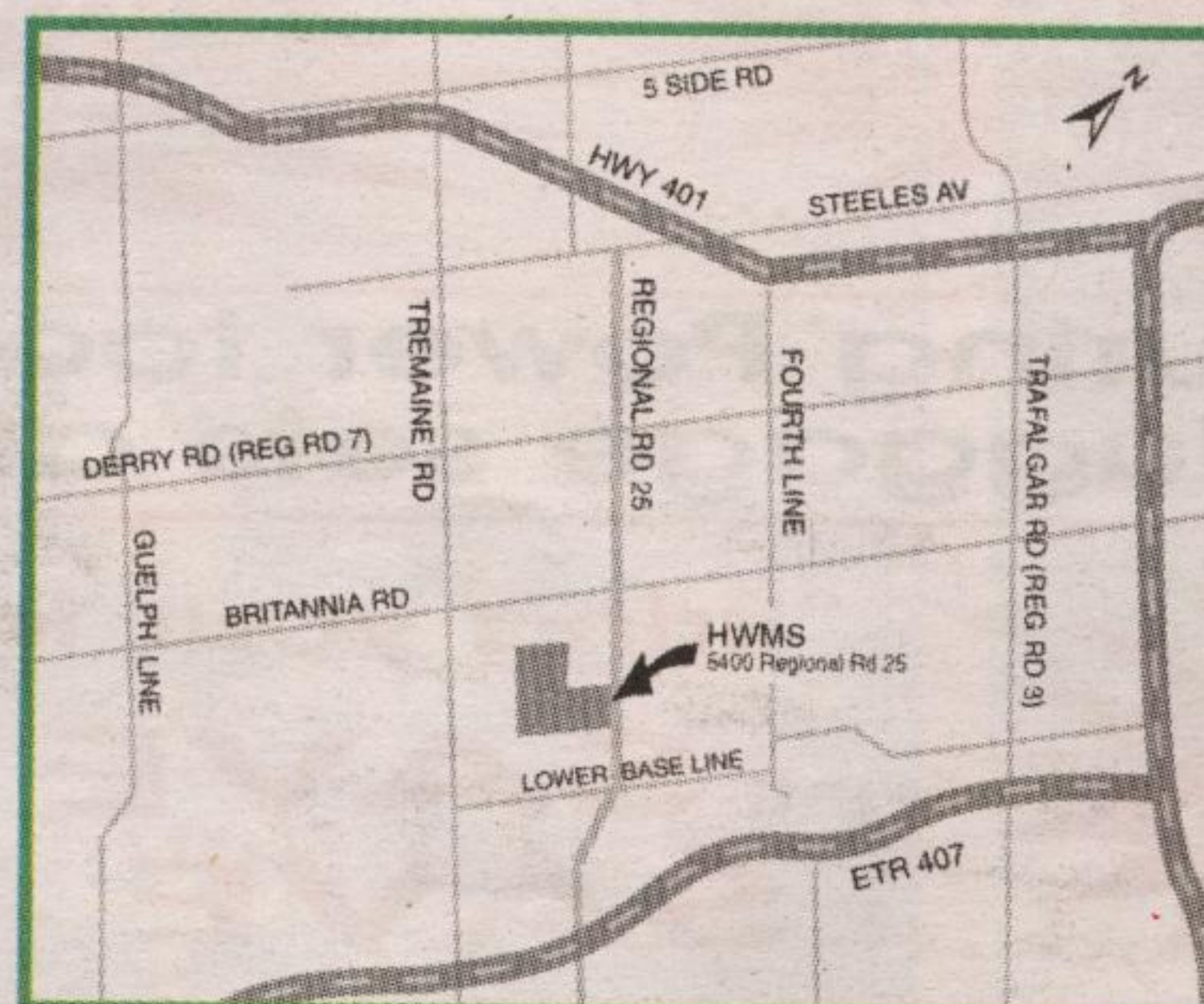


There is a 20 litre maximum per visit and no commercial hazardous waste can be accepted.

Empty paint cans (dry with lids removed) and other empty containers (with no liquid or powder residue) can be disposed of with regular garbage.

Paint ReUse Shed

Drop off or pick up usable paint and stain at the ReUse Shed free of charge. Conveniently located beside the Household Hazardous Waste Depot. Open from Spring to Fall.



HWMS

5400 Regional Rd. 25, Milton
Open: Monday - Saturday
8:00 a.m. - 4:30 p.m.

Closed every Sunday and the following Holidays:
New Year's Day
Good Friday
Easter
Victoria Day
Canada Day
Civic Holiday
Labour Day
Thanksgiving
Christmas Day