



By Mike Harris

Spring has sprung and it is time to move your game outdoors. As you go to hit balls for the first time one of the most important, and overlooked factors, is the importance of stretching and working your body slowly into the rhythm of the movement.

Your golf muscles have been ignored for a while, so to start I would recommend working your way back from the hole, all the way to the Driver.

What I mean by that is to simply start with a chipping and/or pitching exercise, hitting the balls only about 20 – 50 yards with your wedges.

This will accomplish two things: First you will slowly warm up the hitting muscles, and secondly you will develop some confidence and smooth tempo that you can gradually stretch into your full swing.

From this starting point work your way through your set of irons with the more lofted clubs first and then proceed to your woods after you are thoroughly warmed up.

The Driver should be the last club you hit, really trying to maintain the same smooth tempo you started with in your shorter clubs.

**Golf Thought of the Week:** When you have to hit a ball across a water hazard, you can either hit one more club, or two more balls!

**NORTH HALTON GOLF & COUNTRY CLUB**  
 363 Maple Ave. W., Georgetown  
 905-877-5236  
 www.northhalton.ca

**TOWN OF HALTON HILLS**  
 Working Together Working for You!

**EMPLOYMENT OPPORTUNITY**  
 Planner - Policy  
 Job Posting No. 200616

Reporting to the Manager of Planning Policy, the successful candidate will use their understanding of the relationship between policy and development review to work on a variety of long-range planning projects undertaken by the Town, including the Town's Official Plan Program and the Comprehensive Zoning By-law.

**Qualifications:**

- University Degree in Urban and Regional Planning or a related field
- Minimum of four years of relevant work experience
- Membership in the Canadian Institute of Planners
- Excellent written and oral communication skills;
- Excellent research skills
- Proficient with Microsoft Word, Excel and PowerPoint
- Familiarity with Access, ArcView GIS, AMANDA and other data-management, computer-mapping and Web-site software is preferred

**Salary Range:** The salary range for this full time position is \$52,710 to \$62,751 per annum.

Qualified candidates may submit a detailed resume in confidence by **4:30 p.m., Friday, April 21, 2006.** Please quote Posting No. **200616** on your resume.

Ms. Jackie Kerr  
 Manager of Human Resources  
 Town of Halton Hills  
 1 Halton Hills Drive  
 Halton Hills, ON, L7G 5G2  
 Fax: (905) 873-1431  
 Email: humanresources@haltonhills.ca

Personal information is collected under the authority of the Municipal Act, 2001 (S.O. 2001, C.25) and will be used to select a candidate. Questions regarding this collection should be directed to the Manager of Human Resources. Only those persons being interviewed will be contacted.

**AN EQUAL OPPORTUNITY EMPLOYER**  
 1 Halton Hills Dr.,  
 Halton Hills, ON L7G 5G2  
 Tel.: 905-873-2600  
 Fax: 905-873-2347

# HHCSI gala raises \$11,000 for youth centres

The lucky winners of our raffle were revealed at our 'Champions for Youth' Gala, which was held on March 4 at North Halton Golf & Country Club. Congratulations to the following people:

- First prize: first class VIA Rail tickets for two, Georgetown to Ottawa, including a two-night stay at the Lord Elgin Hotel, downtown Ottawa. The winner was Chris Brown.
- Second prize: lunch or dinner for two at Woodbine or Mohawk Racetrack. The winner was Anita Valvasori.
- Third prize: basket of fine wines. The winner was David Burland.
- Fourth prize: dinner for two at Tanner's Restaurant, Acton. The winner



was Joan Robson.

Congratulations to all these lucky winners, and thank you to our sponsors and everyone who purchased tickets in support of our youth centres.

Our 'Champions for Youth' Gala was a great success! The event raised profits totaling over \$11,000 for our youth centres in Halton Hills. Thank you to everyone who supported the event by either donating or

attending. Your support will enable our youth centres to continue offering quality programs to the youth of Halton Hills.

### Seniors shopping

North Halton Rides coordinates monthly shopping trips for seniors in Acton. The trips are held on the third Tuesday of each month and alternate between Stone Road Mall in Guelph and the Georgetown Market Place mall. The cost is \$10 to Guelph and \$8 to Georgetown. If you would like to take advantage of this service, please call Jacqueline at North Halton Rides, 905-875-1459.

HHCSI is a member agency of United Way of Halton Hills.

## HALTON HILLS MINOR LACROSSE ASSOCIATION



**FASTEST GAME ON 2 FEET**

### 2006 HOUSE LEAGUE

All participants in the House League Clinics must be registered with the Association prior to being allowed on the floor. Full equipment is mandatory, including mouth guards. All Clinics will be held at Memorial Arena.

Final registration will be held during the Clinics. This will be your last opportunity to register for this year. New players to the Association must bring a copy of their birth certificate. **There are currently spaces available at all House League**

**REGISTRATION**  
**APRIL 15 & 22**  
**8:00 AM – 1:00 PM**

- Jr. Peanut (2002) - \$120.00
- Peanut (2000 - 2001) - \$120.00
- Tyke (1998 - 1999) - \$130.00
- Novice (1996 - 1997) - \$130.00
- Peewee (1994 - 1995) - \$130.00
- Senior (1990 - 1993) - \$130.00

Please make cheques payable to HHMLA

#### HOUSE LEAGUE CLINICS

April 15, 2006	April 22, 2006
Jr. Peanut/Peanut – 8 am	Jr. Peanut/Peanut – 8 am
Tyke – 9 am	Tyke – 9 am
Novice – 10 am	Novice – 10 am
Peewee – 11 am	Peewee – 11 am
Senior – 12 pm	Senior – 12 pm

## HALTON HILLS MINOR LACROSSE ASSOCIATION



**FASTEST GAME ON 2 FEET**

### 2006 REP TRYOUTS

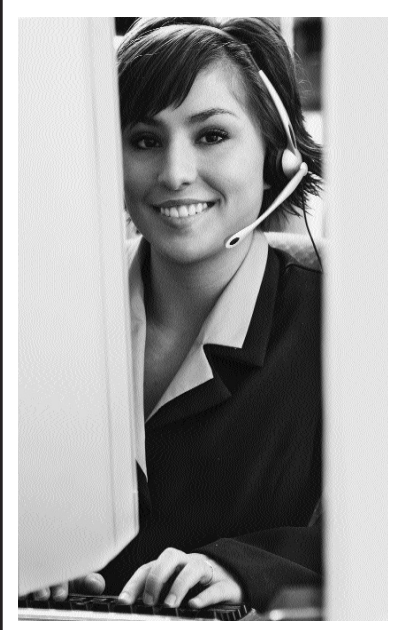
All participants in the Rep Tryouts must be registered with the Association prior to being allowed on the floor. Full equipment is mandatory, including mouth guards. All Tryouts will be held at Memorial Arena.

Final registration will be held during the Tryouts. This will be your last opportunity to register for this year. New players to the Association must bring a copy of their birth certificate.

#### REP PROGRAM TRYOUTS (cards \$20 each)

April 4, 2006 Tyke – 6 pm Bantam – 7 pm	April 5, 2006 Tyke – 6 pm Novice – 7 pm Peewee – 8 pm Midget – 9 pm	April 6, 2006 Novice – 6 pm Bantam – 7 pm	April 7, 2006 Novice – 6 pm Peewee – 7 pm Bantam – 8 pm Midget – 9 pm
April 8, 2006 Peewee – 12pm	April 10, 2006 Tyke – 6 pm Novice – 7 pm Peewee – 8 pm Bantam – 9 pm	April 11, 2006 Peewee – 6 pm Midget – 7 pm	April 12, 2006 Tyke – 6 pm Novice – 7 pm Bantam – 8 pm Midget – 9 pm
April 13, 2006 Tyke – 6 pm Midget – 7 pm			

# MEET... Rachel Black!



Meet Rachel and others like her in an upcoming special section profiling our Business People of Halton Hills...

## PROFILES IN BUSINESS

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**THE INDEPENDENT & FREE PRESS**

For more information  
 please phone  
**905-873-0301**