

Station House reunites for Homecoming 2007

LOIS (ELLIOTT) FRASER
Special to The IFF

It has been some time since the name "Station House" was heard in the Georgetown area. Musician hopefuls growing up in Georgetown in the 1970s remember Station House as the yardstick by which other bands would be measured.

The band is reuniting as the feature act at the Georgetown Homecoming Dance July 28 at the Mold-Masters SportsPlex.

"There has been much talk and excitement over the whole event" says Homecoming co-chair Neil Cotton. "It will be a great night."

The members of Station House are Peter McCormick (drums), Bryan Day (bass), Brent Barkhouse (guitar), Larry Thompson (keyboards), Larry Fraser (lead vocals) and horn players John Wilcox (trumpet), Kevin DesRues (sax) and Bruce Gregg (trombone).

The band's origins and namesake are rooted in the local Station House tavern. In 1970, under the leadership of Gig Hillock (drums), founding members Barkhouse, Gregg & Wilcox formed the band along with members Tom Thompson (bass), Chris Todd (sax) and Dave Booth (vocals, formerly of the local group, The Deadbeats).

The musical focus of the Station House sound were in the style of bands like Chicago, Blood Sweat and Tears and Lighthouse. Some cover material from these bands is still included in the current Station House set list.

In the early 1970s, the Station House line-up changed to the current members that would remain with the band through the early '80s. During their time together, the band was courted by several record companies and producers. Several of the members including Day, Barkhouse, Thompson and

Gregg (who toured with Downchild Blues Band and also won a Juno award in the '80s with a fusion jazz band Manteca), had professional or semi-professional careers in the music biz, while others moved on to other professions.

According to local musician and music teacher Paul Thompson, who attended a recent rehearsal, "The band sounds amazing. It's incredible considering that some of these guys have not played together in years."

Also on the show will be several other Georgetown bands including Neil Cotton and Hawk's Nest, Double Exposure, Blue Steel, and Middle Age Crazy. Each band will do a 45-minute set with Station House doing a slightly longer finale.

Appearances by other local celebrity musicians such as Phil Sykes, Jorge Lasso and Edgar Thatcher are in the works.

"We have had such an incredible response to the event," says music



The Station House band will reunite for Homecoming 2007. In front (from left) John Wilcox, Larry Fraser, Larry Thompson, Peter McCormick, Bruce Gregg and in back (from left), Kevin DesRues, Brent Barkhouse, Bryan Day. Photo submitted

co-ordinator Bill Kent, "that there is no way we could possibly get all the talent that has come out of Georgetown in the past 40 years on stage in one or two nights.

"Registration has been brisk,"

says Homecoming Chair Dave Smallwood. "We are anticipating a big crowd."

For details go to www.Georgetown2007.ca or call Smallwood, 905-877-7466.

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MANON DULUDE

Q: What is an effective way to promote open communication? I have learned to listen actively and somehow it does not seem to be enough

A: Communication is one of the leading issue and source of conflict between individuals. As a coach and therapist, I have met many who already have received training in the area of "Active Listening" and yet they have little success in changing the quality of their interactions.

When I coach someone to improve their communication skills, I encourage them to consider whether their style promotes collaboration, safety and openness in their interpersonal exchange. Firstly, be sensitive to your tone of voice, gestures and posture. Over 50% of the cues a person receives from you come non-verbally. Secondly, explore your intent. Do you want to point out a fault and blame or do you intend to be collaborative and find a positive outcome for all involved. Thirdly, be aware of how you initiate a conversation. Do you realize that asking a "WHY" question kills a conversation? "Why" is certainly, the least effective question you could ever ask. It usually promotes defensiveness. The automatic response to a "why" question is "I don't know", which ends the conversation unless you persist in entering in an argument over the "I don't know" response. "Why" often implies that one has made a poor choice or that you disagree with them. Rarely do people volunteer their thoughts or take responsibility for their actions if they anticipate being criticized.

If you want to ask a question that will maintain openness in your conversation try the following questions - 1) Help me understand, what were you trying to? 2) What happened with ...? 3) What led you to decide to do "XYZ" when...? 4) What were you hoping to achieve when...? 5) Can you tell me more about?

Interpersonal communication is needless to say the key to successful relationships and to conflict resolution. Take the time to learn more about your own style and build new skills.

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H.B.Sc. PT, MCPA, res.CAMT

Q: I think I train for my running properly but I recently developed pain with running. What could be the problem?

A: Here's a neat trick. Enter 6 months (or whatever you have) of your recorded run times on a spreadsheet and your run distances on another. Hit the graphing tool to see if your distances progress and taper in manner that our training program recommends. If it does then try this same exercise with average speed (your daily distance over time). If there are sudden and large differences throughout the graph then your training may be overwhelming your body's ability to adapt resulting in overuse injuries. It is easy to forget about those runs that took you farther than planned because you had extra time available or you felt extra strong that day.

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Shari White
Education Director

Q: What are the benefits of an Oxford program during the summer?

A: Summer is a great time to get ahead, or get caught up!

Teachers around the world will tell you that it takes a lot of time for students to settle back down to learning after they've had a holiday. There is the distraction of students getting reacquainted with each other and the reviewing of memorized material from before the break. More importantly, they have forgotten how to learn.

Brains that take a break during holidays take awhile to get back into the swing of things when school restarts. Kids that stay mentally active during the break are ready to learn, and are often ahead of their peers. Oxford Learning's Summer Programs offer all ages of students a flexible opportunity to keep their minds active. Each program begins with Oxford Learning's **Dynamic Assessment**, a combination of internationally recognized assessment tools and Oxford's own highly respected observational assessments. The result of this assessment will determine the program best suited for your child.

All the Summer Programs include the **cognitive skill development** for which Oxford has become famous. You can see your child developing an actual love for learning! For more information, please call or email us at georgetown@oxfordlearning.com.

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Q: Is thumb sucking bad?

A: Yes and no. First, it must be understood that thumb sucking is a "natural reflex". An ultrasound test on a developing baby will often show him or her sucking a thumb. When this habit goes on for too long, however, orthodontic problems can often occur.

By the age of six or seven, the child's permanent teeth are just beginning to arrive. Before then, thumb sucking will cause few problems. After permanent teeth arrive, abnormal pressure from the thumb can cause the front upper teeth to become "bucked." The bottom front teeth then become crowded backward. A misalignment of the teeth occurs.

So, how do you stop thumb sucking for your four-or five-year-old? Some have found gloving the hand, dipping the thumb in vinegar, and increased attention to the child help. In the end, though, treatment depends on how long and often the thumb sucking occurs. To avoid any permanent damage, don't delay your attempts to stop this habit.

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Christoph Summer
Owner/Administrator

Because of the many benefits of gardening for seniors, we thought that instead of answering a question this month, we would offer the following gardening suggestions:

- Carry a whistle or a cell phone.
- Check medications for reactions to the sun.
- Garden early or late in the day to avoid the heat.
- Use faucets that enable turning water on and off easily.
- Raised beds or beds that are no more than four feet wide are easier to tend.
- Try vertical planting using trellises or walls.
- Hanging baskets can be raised/lowered by using pulleys; containers are easier to move if on castors.
- Wide, level, garden paths allow for safer walking and permit use of labour saving carts.
- Buy equipment that make gardening easier such as light, large-gripped, ergonomically designed tools, kneeling benches with sides and garden wagons or carts.
- Paint the handles of your tools a bright, easy-to-see colour.
- Purchase materials in smaller packages to avoid the stress of lifting heavy bags.
- The water source should be near the garden and use a soaker hose, as water weighs eight pounds per gallon.
- In the heat, wear lightweight, loose fitting clothes of cotton, wide-brimmed hats and of course, sunscreen.
- Take time to smell the flowers.