

together a 15-page business plan and prototype, as well as pitch the product to and face Q-and-As from a panel of four judges.

"They really loved how innovated and unique our product was," said Keeler, noting her team won the best overall award.

In addition to the DE project, the SHAD program offers lectures, workshops, labs, group projects and recreational activities.

Once participants have completed the program, which runs in July, they join a network of close to 17,000 SHAD fellows, including an NHL hockey executive, NASA researcher, an international bestselling author and 32 Rhodes Scholars, according to SHAD's website.

This year, there were 1,000 students from across Canada participating, including 47 from Halton Region.

"We are thrilled that we are reaching a record 1,000 students this year. Support from our partners has allowed us to include more opportunities to transform

lives," said SHAD president and CEO Tim Jackson.

"Our outreach team has been busy spreading the word to youth from different communities who can benefit from a month at SHAD. We are actively working to eliminate barriers and are now reaching into underserved communities."

Keeler was assigned to attend SHAD at its University of British Columbia campus and said among the life lessons she picked up the one that affected her the most was the idea to live life by always choosing courage over comfort.

"I was definitely nervous going in on the first day to meet the 51 strangers I'd be living with for the next month, but everyone was so kind and accepting, and we all quickly became friends," she said.

"Everyone brought something amazing and unique to the table.

"Once I started working with them, it had felt like I'd known them all my life. The students there were

absolutely incredible and the program would not have been the same without them."

Keeler said her favourite SHAD experience was conquering Mount Garibaldi, about 80 kilometres north of Vancouver, B.C.

"It was definitely a challenge getting up the mountain, but it was an amazing bonding experience," she noted.

Keeler said participating in SHAD was life-changing for her and she would encourage other high school students to think about applying for it.

"I think my program director said it best, 'SHAD is not the best month of your life; it's the best month for your life,'" she added.

#### MILTON STUDENTS:

- Zorawar Gill, Grade 11, Bishop Reding Secondary School - attended the University of Calgary campus;
- Shrija Govil, Grade 11, White Oaks Secondary School - Ryerson University. Burlington students:

## It's Not Win or Lose, It's How you Play the Game

Around August every year we pull out the fall calendars and the cheque books and the sports bags and dance bags hoping some of that equipment will still fit. Time to register the kids for their fall activities.

Managing the kids' activity schedules and the associated costs is enough of a challenge in an intact family. When parents separate, the kids' extracurricular activities can become a divisive issue. Here are a few things to consider when creating a parenting plan to avoid possible conflict over activities when registration time comes around every year:

### 1. Set a budget. Put it in writing. Stick to it.

This is obviously helpful even where parents are not separated. When coaches and instructors tell us our children have "what it takes" it's hard not to give in to pressure to pay for the next level of training, etc.

Consider all of the costs - not just the initial registration fees but tournaments (and associated costs such as travel, meals and hotels), equipment, costumes, private coaching, dance exams, makeup, photographs, videos - and how you will fund these throughout the year.

### 2. Set out your mutual goals.

Separated parents won't agree on everything. When it comes to the kids you probably have some common goals surrounding their best interests including health and well-being and academic standards. If you put these in your parenting plan all future discussions about

whether to increase or reduce the extra-curricular activities can refer back to these goals to help with the decision-making process.

### 3. Set limits.

Whether it's the number of hours in a week, or days, or tournaments or the number of activities in which a child will participate set this out in a parenting plan to avoid future disagreements.

### 4. Set out responsibilities.

Who will do the driving? Who will be responsible to care for siblings when one child is participating in an activity? Are parents required to volunteer? Will all parents have the opportunity to attend practices, games, recitals, etc. regardless of the schedule?

### 5. Include a detailed "Dispute Resolution" provision.

Think about...

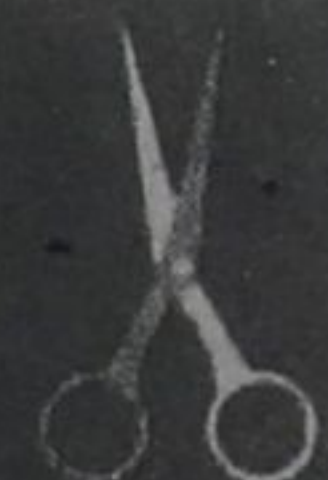
What will you do if there is a disagreement in the future? How will you come to a child-focused resolution?

Will you work with a mediator (and, if so, how will you choose the mediator and how will you share the cost?)

If you really can't agree will you outsource the decision-making to a third party such as a parenting coordinator or an arbitrator?

For help creating the best parenting plans for your family please do not hesitate to contact us at Berry Gage LLP Family Law, Mediation, Wills & Estates.

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