

GO trains to roll into Acton next year

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cars behind and use transit. This is also good news for existing Georgetown and Brampton customers who will have improved service as a result of this expansion.”

“As a former Metrolinx board member I would like to thank Metrolinx for expanding the Georgetown GO line into Acton,” said Halton Regional Chair Gary Carr. “Halton Region is a growing community, and increased GO train service to Halton Hills is the type of infrastructure investment needed in Halton.”

GO Transit is a division of Metrolinx—the regional transportation authority for the Greater Toronto and Hamilton Areas.

To begin offering train service by the end of next year, GO will be constructing new infrastructure—a storage facility in Kitchener and ticketing service at new stations in Acton, Guelph and Kitchener, as well as bringing an additional 54 new route-kilometres into the system.

“This \$18-million investment in expanded transit will ensure that the

residents of Guelph, Acton, Kitchener-Waterloo and surrounding areas have more transit options when they travel between these communities or into the Greater Toronto and Hamilton Area (GTHA),” said Metrolinx President and CEO Bruce McCuaig. “We appreciate the continued support from the Province of Ontario to deliver Metrolinx’s important mandate to provide transit solutions.”

An Environmental Assessment (EA) for the expansion of train service from Georgetown to Kitchener-Waterloo was completed in 2009 and approved by the Minister of the Environment in January 2010.

End of term accomplishments

Halton Region continues to be recognized for its quality of life, being an innovator, and a strong fiscal manager, continuously acknowledged with AAA credit ratings. As regional council embarks on its new term, I am proud to look at what we’ve achieved over the last four years.

Beginning in 2007, through the launch of our Fairness for Halton campaign, council worked with the local municipalities to engage the provincial and federal governments in addressing key funding issues. Our efforts resulted in the Ontario government reducing GTA Pooling each year until the program is eliminated in 2013. The Province also announced that the Region will no longer fund disability support payments and drug benefits through property taxes. These costs will be taken off the property tax base and funded by the Ontario government.

In 2008, we launched weekly collection of both the Blue Box and GreenCart. By embracing this new program, we are diverting approximately 60% of waste away from the landfill site, extending its life by nine years, to 2032. In addition, we are also contributing to protecting the environment by reducing greenhouse gas emissions and creating useful recycling and compost products, for a better planet.

To address Halton’s infrastructure needs, in 2009 we applied to the federal government’s Stimulus and Building Canada Funds. As a result, Halton received \$103 million for the expansion and upgrade of

Gary Carr



the Skyway Wastewater Treatment Plant in Burlington—the single largest investment in Halton’s history; \$33.4 million for improvements to the Southwest Wastewater Treatment Plant in Oakville; and \$10.6 million for the widening of Tremaine Road between Main Street and Derry Road in Milton.

Being fiscally responsible and prudent is important to Halton’s residents and businesses, and something that we take very seriously. Over the last four years, the combined tax increase for Regional programs and services has been less than 0.5%—one of the lowest among municipalities in Canada.

These are just a few examples of significant accomplishments over the past four years. I look forward to working with you to continue the great progress we have made in making Halton Region a great place to live, work, raise a family, and retire.

For any regional questions or concerns, please feel free to email me at gary.carr@halton.ca.

—Gary Carr is the chair of Halton Region

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MANON DULUDE

Q: What happens when 60 years old is the new 40? And what does it mean in the way we will choose to live and work?

A: Not only has the Baby Boomer changed the rules of living, they are also rewriting the rules of retirement. Boomers are no longer looking at their chronological age. Instead, they focus on their functional age. Sixty is the new forty. Boomers are vibrant, creative and looking for the new challenge of their life. They still enjoy working and to want to fulfill their purpose through it.

Twenty years ago, 55 years old meant freedom from work, now it means freedom to change. As a matter of fact, many Boomers are postponing retirement and seeking to repurpose themselves by changing their field of work. As Boomers stay in the work force beyond 55 years of age, they also redefine how it is done. They seek meaningful jobs or roles that will give them work/life balance.

As a result, Boomers don’t need a calendar to keep track of time. They need a compass to find their new direction. Career coaches are now involved with as many Boomers as they are involved with Generation “Y”, assisting them in finding their next job. Since 50 percent of those under 50 years old are likely to live to be 100 years old, there is a real need to transform our view of work beyond 50 and adapt it to the physical and psychological needs to these individuals.

If you are a Baby Boomer and looking for a new career challenge, ask yourself what would I want to do if I were 20 years younger? Don’t let age get in your way. It may not be realistic to consider a career choice that would require 5 to 7 years of education but by looking closely at your interests and your passions, you will open yourself to new possibilities which could lead to paths you probably would never have considered before.

Manon Dulude is a psychotherapist and Professional Certified Coach. She offers career and executive coaching.

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Q: How old would you say children should be for their first dental exam? Five or Six? In years past, it was rare for a child to see a dentist before five or six years old. Would most dentists agree that is too long to wait?

A: Today, most dentists recommend the first dental exam to be scheduled around the age of two. Because not all the teeth are present, this visit is mostly a consultation. Parents can ask questions about their child’s teeth. The dentist can also show how to best clean the infant’s teeth and advise the parents on the best dietary habits for their child’s optimum development. This visit also helps the child to realize the dental office isn’t something to fear. As the child gets older, it is important that the parents not discuss their own negative experiences with dentists. Questions should be answered truthfully and with a positive attitude. Modern day dentistry is much better than when we were children. Keeping your children’s teeth healthy begins with timely visits to your dentist.

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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 the problem be?

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 your 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.

Lea Tufford
M.A., RMFT.

Therapist

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Q: Do I gamble too much?

A: For most people gambling is a recreational activity and involves taking the chance of losing something of value (most often money). Gambling comes in many forms: purchasing lottery tickets, betting at racetracks, playing in bingo halls, internet or online gambling, or engaging in stock speculation. Some people develop serious problems associated with their gambling. Here are some warning signs: withdrawal from friends and activities, giving away possessions, cashing in on savings, feelings of guilt and shame, neglecting responsibilities, being late for work, and decreased attendance at family functions. People gamble for many reasons: the thrill of a win, to raise self-esteem, and to avoid feeling lonely. If you are concerned about your gambling, a mental health professional can assist you to determine if you have a gambling problem, develop personal guidelines to manage your gambling and help you to think differently about gambling.