

The Georgetown Choral Society is recruiting new members



All you need is a love of singing and a willingness to attend rehearsals. To find out if you would enjoy singing with the choir, we invite you to participate in our rehearsals during the month of September. Before you formally join the choir, there will be a simple audition to assess your voice.

The 2013-14 season includes a traditional "Olde English Christmas" concert on Dec. 7th, (featuring John Rutter's *Magnificat*) and an exciting exploration of "Choral Meets Bluegrass" on May 3rd, 2014.

Rehearsals are every Monday evening, 7:30 p.m., (starting September 2nd) at the Christian Reformed Church, 11611 Trafalgar Road, Georgetown (across from the Jones Funeral home).

Further information on the choir is available from the web site:

www.georgetownchoral.ca or by calling 905-877-7795.

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Team of the Week



The Halton under-14 Hawks captured top spot in the Plate Division at last weekend's Softball Canada Fast Pitch Jamboree in Montreal, defeating London 10-7 in the championship game. Team members are: Bat boy Graham Dark (forefront). Second row: Shelby Harper, Kara Braun, Erika Degabriele, Haley Hudson, Hayley Joy, Brittany Marchese. Third row: Dawn Bodrug, Amanda DiMascio, Chelsea Richard, Rachel Nevins, Breanna Dark, Megan Wiedekowsky. Back row: Assistant coach Carlo DiMascio, head coach Casey Hermanus, assistant coaches David Joy, Steve Nevins. Absent: Assistant coach Andrew Braun, Jayden Lawrence. **See story page 27.**

Submitted photo

Ask the Professionals DIRECTORY

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SUSAN S. POWELL

Q: How do I have my child support increased if my husband is now earning a higher income than he was when we signed our Separation Agreement?

A: You should ask your husband for a copy of his previous years Income Tax Returns and then determine how much child support he should be paying. Once you have determined how much your husband should now be paying you can vary your child support by amending your Separation Agreement. An Amending Separation Agreement sets out the paragraph (i.e. child support) that is to be amended and states the new amount of child support. It should state your husband's current income and the date when the new amount of child support is to start.

If you have a Court Order then you must have the Order varied by the court. If you and your husband agree to the amount of the variation for child support then documentation must be filed with the Court and it is unlikely you will have to attend Court. If you are not able to agree then you will have to attend Court. In either case have a lawyer assist you with obtaining the change in your Court Order and/or preparing and Amending Separation Agreement.

Georgetown

Physical and Sports Therapy Clinic

83 Mill Street, Suite B,
Georgetown, Ontario

Tel: 905-877-8668

Fax: 905-877-4165



Marta Masley
B.Sc.(PT), M.C.P.A.

Q: I had my third baby 6 months ago. All 3 of my labours were rather difficult and I was wondering if this is contributing to my inability to "hold my urine" when I laugh, cough or sneeze. Can I do anything to help this?

A: The organs in the lower abdomen area are supported by your pelvic floor muscles. For many reasons child birth being one of them these muscles can become weak. As a result the muscles are not able to keep the urine fully contained with movements that put pressure on the pelvic floor such as laughing, coughing, sneezing and heavy lifting. As with any weak muscles these muscles need to be strengthened in order to prevent the problem. Unfortunately, these muscles are laden and cannot be seen or felt like those in your arms and legs, so training them is not always an easy task. You may be familiar with the term "Kegel Exercises". These are a series of exercises that are specific for pelvic floor muscle strengthening. A visit to your physiotherapy it will greatly benefit you in being educated on how to correct this embarrassing problem.

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