

Saturday, April 27

The 13th Annual Halton Hills Earth Day Event will take place 8 a.m. to 2 p.m. at the Robert C. Austin Operations Centre, 11620 Trafalgar Rd. Buy trees for \$5, pick up free compost and wood chips, drop off household hazardous waste (HHW), and electronic waste, view various pieces of Public Works equipment and vehicles on display, along with interactive and fun activities for children with prizes; breakfast and barbecue lunch.



An interactive family Earth Day & Sustainability Fair will take place 10 a.m. to 4:30 p.m. at the Georgetown Market Place. View the Mountsberg 'Birds of Prey' Exhibit, 11 a.m. to 1 p.m.; interactive children's activities; Union Gas booth for a free energy kit. Donations to local food banks will be accepted. Take a Green Leadership Tour, a self-guided tour to learn about solar power installations, and others. Info: www.haltonhills.ca

Saturday, May 4

Giant Trunk and Table Sale: 8 a.m. to 12 noon at St. John's United Church, 11 Guelph St. Georgetown.



Doing some spring cleaning, not sure what to do with all those unwanted items that are too good to throw away? Why not sell from your vehicle (\$10) or purchase an inside selling table (\$15)? Donations are also accept-

ed at the church on May 2 and May 3, 9 a.m. to 5 p.m. Info: 905-877-2531, www.stjohnsuc.ca

Monday, May 6

Halton Region Spring Compost Give Away: May 6-11, 8 a.m. to 4:30 p.m. each day, at the Halton Waste Management Site (HWMS), 5400 Regional Rd. 25 in Milton. Residents are reminded to bring their own bags or reusable containers (maximum seven per household) and their own shovel. Residents are responsible for shoveling and bagging their own compost. Compost should

be mixed with topsoil or another gardening fill (60% topsoil and 40% compost) for best growing results. Info: 311 or www.halton.ca/waste.

Saturday, May 11

Halton Region rain barrel truckload sale: Halton residents can purchase a rain barrel for \$40, cash only, (proof of Halton residency required), 9 a.m. to 1 p.m. at Robert C. Austin Operations Centre, 11620 Trafalgar Rd., Georgetown.



Ask the Professionals

Georgetown

Physical and Sports Therapy Clinic

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

Q. I am an avid golfer. Last spring, within 3 weeks into my golfing season, I began to develop pain in the inside of my right elbow. After seeing my doctor, I was told that I had "Golfer's Elbow". It persisted throughout the season, greatly affecting my handicap. It gradually resolved after I stopped playing. Now with golf season approaching again, I'm afraid of ending up in a similar situation. Is there anything I can do to prevent this?

A. Medial epicondylitis is more commonly termed "golfer's elbow" because it frequently affects the players of this sport. It usually results from the repeated strenuous contraction of the wrist flexor muscles (those on the palm side of your forearm). Golfing requires gripping and swinging of a club, which stresses these muscles. Moreso, even, if you are hitting the ground instead of the ball! As a result, the tendinous insertion of this muscle group at the elbow becomes strained and inflamed. Proper treatment can help reduce symptoms.

You are on the right track by seeing preventative measures. The wrist flexors need to be stretched and strengthened, so that they can tolerate the demands that you place upon them while golfing. One good stretch is to hold your elbow straight with your hand in front of you, palm up. With your other hand, grasp the outstretched hand and pull so that the fingers are pointing down. Hold 30 seconds and repeat 3 times. This stretch should be done before, during and after your golf game. Another good strengthening exercise is wrist curls. Sit, grasping a 5 pound weight in your hand with the wrist, palm up, over the end of your knee. Keeping your forearm on your thigh, lift the weight as high as able and then lower to the starting position. Perform 3 sets of 20. If you don't feel any fatigue at the end of your 3rd set, then you can increase the weight. This exercise can be performed every other day. Be sure, however to seek professional treatment early on if the symptoms recur. Otherwise you will have difficulty getting rid of the aggravating ache.

"Sometimes you don't realize your own strength until you come face to face with your greatest weakness."

- Susan Gale

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SEND IN YOUR QUESTIONS TO:
Ask the Professionals



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DOUG RIDING
BA, CFP, FMA
Senior Associate

Q. I am waiting for the forms that report my capital gains but they have not come in the mail yet. What do I ask my financial institution for?

A. If you are waiting to receive forms that report your capital gains received in the year, you will be waiting for a long time. That information is not typically disclosed on a t-3 or a t-5 that you would generally receive for income that came from interest or dividends throughout the year.

If you have non-registered investments (investments outside of a RRSP, RRIF, or TFSA) and you sold some of those investments at a profit, that profit is known as a capital gain and you will owe taxes on those capital gains.

Capital gains have two distinct features:

1. A gain is not a gain until you sell it and
2. When you do sell that property and incur a capital gain, you are only taxed on half of that gain.

It is up to you to report the gains you received for the last calendar year on your income tax return and pay the taxes owing by the end of April in the next year. The amount of capital gains you have incurred throughout the year is usually shown on the last few pages of your year-end statement from the institution that manages your investments. It is very important to include this income in your return because the Canada Revenue Agency does receive a t-slip from your institution and they are very well aware of the capital gains you received.

If you would like help in managing your registered or non-registered income, please contact the Riding Team for a free consultation.



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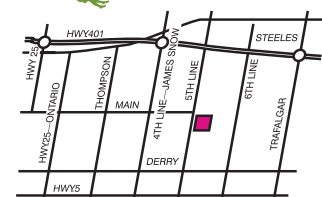
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