

# Adult Learning Centre seeks volunteer tutors for adults

It's a New Year— why not help another adult make a new start?

The Adult Learning Centre (Literacy North Halton) is currently looking for volunteers who would like to help another adult in the community upgrade their reading, writing, and basic math skills. Training is provided. Can you spare three hours per week?

Our tutors come from varying backgrounds and have many reasons to volunteer. However, they all share one thing in common— a desire to help someone improve their skills, opening doors to new opportunities. Here's what a few of our volunteers have said about their experience:

"I feel that I grew and that I was able to touch the lives of my two students in a small way. I will always remember these two courageous men who were excited and eager to learn. Should the opportunity arise in the future, I would be honored to serve my community again."

"For the last two years I have been a math and English tutor for Literacy North Halton, a charitable non-profit organization offering educational upgrading programs for adults. I had students, who either dropped out of high school or finished school without interest in further education. They are now ready to go to college, but need to fill



## Literacy Matters

905-873-2200

gaps in their knowledge. Motivated to learn, with the help of a friendly tutor, they are progressing very fast. "

"Being a tutor is by far the most enjoyable volunteering experience I have had. It is wonderful to see people change their attitude towards math and English. In the beginning, students are frustrated, anxious, and sometimes have a negative image of their own abilities. The process of learning depends on the student's preferred learning style. Being able to help students surpass learning difficulties, and to improve their skills has been a very rewarding experience."

We are also looking for volunteers to teach our Essential Skills Computer Training Workshops. There are very few jobs that do not require computer literacy. Do you have knowledge of computer basics and an interest in joining our volunteer team?

Together, we can all make a difference. For further information and to register for our spring training, call The Adult Learning Centre, 905-873 2200 and visit our website [www.literacynh.org](http://www.literacynh.org)

## Ask The Professionals

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

**Q:** I want to keep my New Years Resolution to "get in shape" but when I started working out I started to have pain. Now I have pain in day to day life as well.

**A:** Sometimes our bodies are used to the normal day life routine. As soon as you place abnormal demand on your body via exercise, your body reacts with pain. This pain may be a sign that you have a biomechanical problem (ie/ unstable ankle, loose ligaments in your back) that is affected by increased activity. If the problem is not identified and corrected the pain will continue to hinder your ability to exercise. A physiotherapist can create a recovery program by analyzing your pain and the body part that is causing the problem. Check out [www.rossphysio.com](http://www.rossphysio.com) for more information on how we can help.

### RBC Dominion Securities



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**Q:** I hold income trusts in my non-rsp portfolio and I am wondering if there are any tax concerns I need to address regarding the conversion to corporate structure that has/is taking place.

**A:** Yes, the start of the 2011 tax year brings new rules for the taxation of income trusts. The rules coming into effect in 2011 are designed to impose a tax on income trusts that is equivalent to the corporate rate and to tax distributions from income trusts in the investors' hands in the same way that dividends from a corporation are taxed.

Most conversions will happen on an automatic tax-free rollover basis that will not require you to do anything. However, a few will convert with a requirement for you to complete a "joint tax election" for a tax-free rollover. There is generally a 60 or 90-day time limit imposed by the income trust on filing a joint tax election. If an election is not filed within the specified time, the income trust may not sign their part of the election. This will result in automatic recognition of your capital gain.

Feel free to email me or call to get additional information on your specific holdings and whether or not you need to take action.

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### Tooth Chatter



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Alexander Trenton, DD, F.C.A.D. (A)  
Denturist

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905-877-2359

(Across from the Library and Cultural Centre)

## Ask The Professionals



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Meryl DaCosta  
B.Sc. (P.T.), B.Sc. (KIN)  
Registered  
Physiotherapist,  
Clinic Manager

**Q:** How can I avoid winter weight gain?

**A:** 1) Increasing your Activity. Physical Activity can alleviate feelings of depression. Research suggests that exercise triggers the release of your body's hormones that influences your behaviour positively, it can also provide you with increased energy and can help to reduce food cravings. Increased activity does not necessarily imply hitting the gym for a session on the elliptical, it can mean bypassing the elevator and taking the stairs, parking at the back of the parking lot at work, or taking the kids for a walk.

2) Spend some time outside: decreased sunlight in the winter months reduces the brain's level of serotonin and can leave you feeling depressed and reaching for comfort foods. Walking outdoors or participating in outdoor winter activities such as skating is a great way to keep you feeling your best.

3) Get any injuries treated! At Eramosa Physiotherapy Associates we tend to see a lot of individuals in the spring still hampered with injuries they sustained from the summer before. People often think that the rest that they receive over the winter will help to cure their injuries, but what they often find is that they are unable to restart their summer programs.

Hopefully these tips will help you go out and enjoy the winter months and prevent the extra pounds from tagging along!!!

Call Amy for more info  
905-877-0301 ext. 237



By Cory Soal  
R.H.A.D.

## ... Lend Me Your Ears

### SECOND HAND SMOKE INCREASES EAR INFECTIONS IN CHILDREN

Ear infections are the Number One reason young children visit their doctors and take antibiotics. A new study finds many of those infections could be avoided if parents who smoke would make one important change.

A recent study in the archives of pediatric and adolescent medicine is giving parents another reason to quit. It finds exposure to cigarette smoke in the home increases children's risk of middle ear infections. The smoke inflames the tissues of the middle ear so that viruses and bacteria can invade more easily and cause infection.

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## Shelly's Chocolates honoured

Shelly Silk (left) of Shelly's Chocolates, at 388 Mountinview Road S., is Halton Hills Chamber of Commerce Business of the Month for January. Chamber members Tracey Wellon and Lana Walsma were on hand to present the sign. Photo by Ted Brown

## Learn to snowshoe at Terra Cotta



Learn the basics of snowshoeing while enjoying the beautiful winter scenery, on Saturday, Jan. 29, 10 a.m. to 12 p.m. at Terra Cotta Conservation Area. Snowshoeing Explorer I is intended for those who have never tried snowshoeing before, although, all skill levels are welcome. Snowshoes are provided.

Also on Jan. 29 is Snowshoeing Explorer II, 2-4 p.m. This program is intended for those who have learned the basics and are ready to explore a longer route with more difficult terrain.

These programs, also on Feb. 5, are free with admission to the Conservation Area. Registration is required, [www.creditvalleyca.ca/education](http://www.creditvalleyca.ca/education) or 905-670-1615 ext. 221.

## Free skating

Free skating, courtesy of Ted Arnett, MPP Wellington-Halton Hills, will be held at the Acton Arena, 2-3:20 p.m. on Sunday, Jan. 30.

## Best Buy CORRECTION NOTICE

To our valued customers: We apologize for any inconvenience caused by an error in our flyer dated: January 14 - January 20  
Product: Acer Laptop AS5742-6406. On this week's flyer, page 14, please be advised that this product does NOT have an i5 processor as advertised. It has an Intel® Core™ i3 processor. SKU: 10161869

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