



New Members!

By Wendy Hue,
Partners in Progress

Acton Town Hall Centre, 19 Willow Street North, Acton, L7J 1Z6, 519-853-5302

The jewel of Halton Hills, this newly renovated historical building in downtown Acton is a perfect venue for your AGM, fundraiser, training, sales presentation or holiday celebration. Multiple rooms are perfect for gatherings of any size with a warming kitchen and bar available. We invite you for a tour!

Student Works Painting, 1-800-803-1100.

With 30 years of experience and dedication to customer satisfaction, we provide professional interior and exterior painting/staining. We can help you beautify and protect your home or business with a three-year written guarantee. Call to reach your local manager and set up a free estimate!

Northwood Mortgage Ltd. Halton Hills, 905.702.3042, bscade@northwoodmortgage.ca.

There are many types of mortgages. There can be costly errors if the wrong mortgage is chosen. Northwood Mortgage can help make the process quick and informative, allowing you peace of mind while saving money and time.

St. John Ambulance, 202-407 Speers Road West, Oakville 905-469-9325, Oakville@on.sja.ca.

St. John Ambulance provides the first aid training and supplies your business needs in order to comply with WSIB Regulation 1101. We offer public courses in Halton Hills at the Mason's Lodge (Trafalgar Road and Highway 7). We are happy to be able to offer all Chamber members a 10 per cent discount.

T-Zone Georgetown, 360 Guelph Street, Unit 43, Georgetown, L7G 4B5, 289-891-7874.

T-Zone's whole-body vibration technology machines give you a one-hour muscle-building workout in 10 minutes. The machines assist in toning and increasing muscle strength, metabolism, fat burning and more with a low-impact workout that is healthy for all ages. Approval by Health Canada gives the technology credibility by acknowledging 18 different health and wellness benefits.

In Focus Physiotherapy & Wellness Centre, 324 Guelph Street, Halton Hills, L7G 4B5, 905-702-7891, infocusphysio@gmail.com, www.infocusphysio.com.

Owned by Jenni Veneruz. In Focus is a private rehabilitation and wellness clinic devoted to providing the utmost in quality care to the people of Halton Hills.

What's Cookin', 98 Main Street, Erin, 519-833-0909, www.whatscookin.ca, info@whatscookin.ca.

Celebrating its 12th year, What's Cookin' offers creative corporate catering with deliveries to Georgetown and area. Book The Scullery at What's Cookin' for your next meeting, class, event or tour. This new 600 square-foot rental space is stylishly appointed for half-, full- and multi-day use, with catering available onsite.

White Rabbit Books, 16 Main Street South, Georgetown, L7G 3G5, 905-702-0316, www.whiterabbitbooks.ca, info@whiterabbitbooks.ca.

Located just up the hill from downtown Georgetown in a charming century home, White Rabbit Books aims to be Georgetown's go-to place for quality used books at

great prices. Check out our inventory of 10,000+ books covering virtually every genre. Bookish giftware and cards are also available. Coffee and tea are free.

Sei Wynn Media Trading Co., 200 Woolwich Street, Suite 204, Guelph, 416-206-0161.

Sei Wynn Media Trading Co. is a marketing company presently producing a free health, home and business quarterly magazine for the Acton-Georgetown community. Participation as exclusive associate editor or advertiser is based on invitations to businesses that match the magazine format and topics of seasonal interest.

Home Instead Senior Care, 13-1 Nelson Street West, Brampton, L6X 3E4, 905-463-0860, www.homeinstead.ca/3019.

Owners Gavin and Priscilla Fernandes have been serving seniors in the area since 2006. The company develops one-on-one care plans that provide customized care details based on the needs of the senior. Services include encouraging independence with the help of a CAREGiver from Home Instead. Included are meal preparation, medication reminders, light housekeeping, personal care, and much more. Cost assessments of needs can be arranged.

Higgins Electrical Contracting Services, Acton, 519-853-5558, info@hecs.ca, www.hecs.ca.

HEC is a family owned and operated electrical contracting business founded by Greg Higgins and his father, Gord, and is managed by Greg and his wife, Laurie. HEC specializes in residential and commercial electrical work and has recently expanded its enterprise as a dealer and installer of WSE Solar Systems for the Microfit program in Ontario.

Yourway Auto Repair, 262 Main Street North, Acton, L7J 2Y9, 519-853-0900.

Yourway Auto Repair is a full service garage that is committed to providing a high standard of customer service. We can take care of your everyday car care needs as well as providing specialty services all under one roof. We also have a full service cleaning/detailing shop on site.

Great Lakes Landscape Contractors Inc., RR #1, Acton, L7J 2L7, 519-853-4994.

Owner David O'Drowsky has been in the landscape business for 30+ years completing many projects including decks, yard maintenance, irrigation and water features, landscape design and construction, and septic systems. Plan your fresh-air oasis and call us to book a visit. We also do woodlot management & managed forest tax incentive approval.

Additional New Members:

- Alta Electronics Inc.
- Andgio Gas Services Inc.
- Budget Blinds of Halton
- Canpages
- Dini & Co.
- Extreme Pita
- Frank Anthony Land Rehabilitation
- Fringe Hair Salon by Red Lemon
- Georgetown Import Inc.
- Halton Trophies & Awards
- Just Cupcakes
- Melissa's One Stop Gluten-free Shop
- Michale Construction & Consulting Inc.
- Norval Pancake Factory
- Roger R. Foisy Personal Injury Law
- Sharon Wilson, Group Benefit Consultant
- Ultra Cleaning Services
- Vanderburgh Flowers Ltd.

Ask The Professionals

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Q: My relationship has reached a standstill, what can we do to bring it back to life? Is it too late?

A: Many clients come for Relationship Coaching to assist them in giving a new breath of life to their relationship. It is not unusual after several years of marriage that couples find themselves being somewhat disconnected from each other. As the feeling of disconnection increases, people may resort to filling their time and needs through personal activities. This choice can lead to even more distance between the partners.

There are other factors which can contribute to the breakdown of a marriage, besides many years of shared life. Unresolved conflict, lack of quality time, lack of intimacy, over scheduling due to work, house responsibilities and children activities, and financial stress, etc. are other possible factors which create a strain on a relationship.

If you find yourself at a standstill, consider that it is probably time to reintroduce courtship into your marriage. The routine of everyday life has probably taken its toll on you. Don't wait for your partner to initiate. Look at your calendar and set dates, discuss what would be fun to do together. Consider trying new things that will give you new stories to talk about and a chance to discover new shared interests. Stop making excuses that there is no time. Make your relationship a priority. After all, your personal and family well-being depend on the health of your relationship.

If you have some challenges that need to be overcome, seek help. Don't wait for things to be very bad and for hopelessness to set in before consulting. You would never drive your car without tune ups. Why expect that your relationship can be left unattended for years before looking after it. Invest in your relationship today to keep it strong and healthy for many years to come.

Manon Dulude is a certified member of the Ontario Association of counsellors, consultants, psychometrists and psychotherapists. She is also a Professional Certified Coach. She can be reached at 905 873 9393.

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Q: I have been told that I need to be careful with my feet? Why is that?

A: The high blood glucose (sugar) levels in people with diabetes can, over a period of time, damage the nerves to the feet and the small blood vessels to the feet, resulting in poor blood circulation and impaired feeling in the feet.

This can put people with diabetes at risk for neuropathy (nerve damage) and infection in the feet.

- Signs of problems with feet could include:
- change in skin colour
 - change of skin temperature
 - swollen feet or ankles
 - painful legs or feet
 - ingrown toenails
 - sores that do not heal or heal slowly
 - loss of feeling or burning/tingling in the feet

It is important to check your feet daily for any of these changes, wash and dry your feet daily, wear shoes that fit well and use a lotion only on your heels and soles, not between toes.

Do not cut away any corns, calluses or warts yourself or use any acids on your feet. Even using hot water bottle or heating pad could damage your feet if you cannot feel how hot it is!

Never walk barefoot or wear tight socks. Be sure to see a foot specialist for regular foot care and especially if you notice any changes in your feet. Prevention is the key to healthy feet.

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Diana Coryn
Sales Representative
905-609-4613



Diana Coryn

dcoryn@amjcampbell.com
www.amjcampbell.com

Q: I have used AMJ Campbell in the past and your company really looked after my family, my question is in my upcoming move I have 2 weeks in between moving out of my current home and getting my new one. What happens with our stuff?

A: Great question. Many times we have customers with the exact same scenario. We will simply move your goods from your existing home and put them in our bonded, climate controlled fully secure warehouse until your new home is ready for you to move in.

Whether it is 2 weeks or 2 years AMJ will look after your goods and treat them like we would treat our own.

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905-873-3103
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Georgetown, ON L7G 6E8



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

www.erasosaphysio.com

Q: What is involved in concussion treatment?

A: Concussion treatment initially involves determining a baseline for the athlete's neuro-cognitive function (the ability of the individual to think and problem solve).

This allows the doctor to track the athlete's recovery. The goal of the treatment is to allow the brain to heal. Treatment will initially include rest from sport, work and school or any activity until all concussion symptoms (headaches, blurred vision, difficulty concentrating, vomiting etc.) have been eliminated. Once you are not demonstrating any symptoms, the doctor will allow you to graduate your return to activity. The following are the series of steps you will follow. (You can not be progressed into the next step if any of your symptoms reoccur):

- 1) Return to activities of daily living i.e. school or work
 - 2) Return to sport specific training without body contact
 - 3) Return to practice with body contact
- The guidelines may seem stringent, but the risk of a permanent brain injury is the risk.