

SafeTALK helps people become suicide alert

Suicide alertness is for everyone—learn four basic steps to recognize persons with thoughts of suicide and connect them with suicide helping resources in a three-hour training seminar called safeTALK.

It will be held 7-10 p.m. on Wednesday, May 25 at the Georgetown police station's community room, 217 Guelph St., Georgetown.

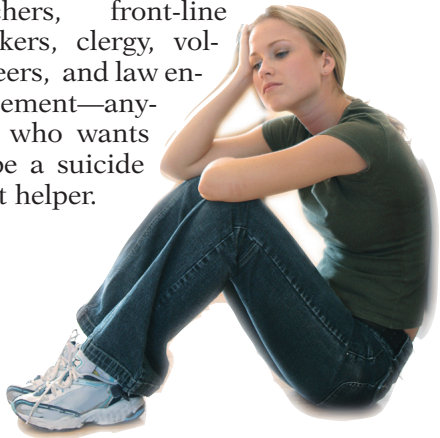
Please e-mail Gail at dcnhalton@bellnet.ca to secure your spot.

Why should you come to safeTALK? Most people with thoughts of suicide invite help. Often these opportunities are missed, dismissed or avoided, leaving people more alone and at greater risk.

SafeTALK training prepares you to help by using TALK (Tell, Ask, Listen

and KeepSafe) to identify and engage people with thoughts of suicide and to connect them with further help and care.

SafeTALK is for everyone who wants to help prevent suicide: parents, youth, teachers, front-line workers, clergy, volunteers, and law enforcement—anyone who wants to be a suicide alert helper.



Georgetown Legion Ladies elect new executive

By JANET MALLOY

Georgetown Legion Ladies Auxiliary

Our new Executive for the term 2011-2012 are the following comrades:

President, Marion Carney; Past President, Liz McNeilly; 1st Vice, Norma Frost; 2nd Vice, Janet Malloy; Secretary, Debbie Smith; Treasurer, Heather Otten; Sgt-at-Arms, Nellie Scheeringa; Membership, Colleen Bond and executive members: Linda Armstrong, Amy Hole, Judy Oerlemans, Pat Rae and Gerda Stefan.

Our new executive starts in June

Upcoming events:

- May 18— Ladies Appreciation Dinner; cocktails 6:30 p.m., dinner 7 p.m.; hosted by the Branch Executive
- May 19— our regular General Monthly meeting at 8 p.m.
- September 17— our 83rd Birthday Supper Honours & Awards Evening
- November 19— our Christmas Bazaar, where you will find the perfect gift for Aunt Myrtle and Uncle Sylvester

To our comrades who are under the weather and to our shut-ins, we think of you fondly and wish you well.

Georgetown Little Theatre Products Inc. is holding a **50th Anniversary Gala Dinner & Dance on Saturday, May 28th, 2011 at Glencairn Golf Club.** If you are a past member, patron, theatre goer or a friend of GLT and have not received an invitation, **contact our studio at 905-877-3422** leaving your name and phone number **An anniversary committee member will contact you!** Tickets are \$75. each

Ask The Professionals

Win a coupon for 50% off a Happy Ad with every question submitted for the Professionals by May 31st, 2011. features@independentfreepress.com or call 905-877-0301 ext. 237

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

Q: I am in my late 60's and looking going into a retirement home. I need cash flow with a high degree of certainty. Can you provide some options other than the run-of-the-mill GIC's at 2-3%?

A: As a Certified Financial Planner at RBC Dominion Securities, I can show the marketplace for the right investment vehicles for you. I would suggest we get together and review your financial plan to find out your specific cash flow, estate planning and tax issues to ensure we find the best vehicles for your personal situation for now and the future. Life annuities and insured annuities provide a high degree of certainty in these uncertain times and provide guaranteed income from your portfolio. Both of these strategies are suitable for clients who want or need more cash flow (yield) with a high degree of certainty. Predominantly, the cash flow from the annuity is "return of capital", which is supplemented with an interest amount fixed for life from the onset. This also results in the life annuity being tax-efficient since the annuitant only pays tax on the interest portfolio not the entire annuity income. Please contact me for more detailed information.

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Q: Is it normal to have to incontinence after I run or squat?

A: No it is not normal to have incontinence after you run, squat or cough!!! Incontinence can occur after trauma or surgery to our pelvic floor, it can occur with age and it can occur as a result of illness. It is a difficult topic to bring up with our family physician, but it is an important conversation to have!

There are many different types of incontinence. Stress incontinence is the leaking of urine associated with exercise, coughing and straining. While urge incontinence occurs when there is an uncontrollable urge to empty the bladder and leaking occurs. Overflow incontinence is the constant leaking of the bladder, while mixed incontinence is a combination of stress and urge.

A pelvis floor physiotherapist (PFP) is one of the main treatment options for individuals with incontinence. A PFP will help you strengthen your pelvic floor muscles manually and provide you with a treatment program to help prevent incontinence with activity.

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www.HomeInspectorsHelp.com
www.GetEnergyGrants.ca

Jeff Brookfield

Q: I manage my seasonal allergies with anti-histamines. Are there other options?

A: To explain our naturopathic treatment strategy I'd like to use an allergy analogy. A healthy immune system is like a pot on a stove – simmering – until there is injury, attack or infection to fight. The immune system then boils over – activates, inflames, fights off the infection, then resumes simmering in stand-by mode. When you're experiencing allergy symptoms your immune system is boiling over. The anti-histamine approach is to put a lid on it. Suppress the symptoms, you may stay comfortable temporarily but stop the anti-histamines and the symptoms come back. The naturopathic approach is to take things out of this boiling cauldron that may be contributing to immune activation. In naturopathic lingo this is called 'lowering the total toxic load'. Food intolerances, constipation, imbalances in digestive flora, nutrient depletion, essential fatty acid deficiency and body burden stores of toxins through past occupational or other exposures can all contribute to a high toxic load. This pending toxicity may not be symptomatic on a daily basis until the pollens you encounter during allergy season tip the scales and symptoms appear. As allergy sufferers lower their toxic load, improve detoxification, clean up their diet, replete with nutrients and use homeopathic desensitizing formulas leading up to allergy season many become less dependent on medication and feel more in control...and that's nothing to sneeze at!

Q: Some bricks are flaking on my chimney. What should I do?

A: Flaking sometimes occurs on a masonry chimney due to the moisture in the exhaust gases. The moisture gets absorbed into the brick and freezes in the winter when the warm exhaust gases stop flowing out the chimney. When water freezes it expands and over time and this freeze-thaw cycle leads to deterioration of the brick, clay tile, and mortar.

The top portion of the chimney is the most exposed area and therefore the most vulnerable to weather. Moisture may also enter the top portion of the chimney from the exterior if the cap is cracked or missing. As well, once the exhaust gases reach the top of the chimney, they may have cooled sufficiently for the moisture to condense, making the concentration of moisture higher at the top.

Once flaking has occurred, the brick requires replacement to prevent further deterioration. Qualified masons should be contacted for quotes and a detailed description of proposed repairs.

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