



Membership Renewals

July - September
2011

A & W Restaurant
Acton Auto Tech
AD Webdesign
Adams Equipment Sales, Service Rent-All Inc.
Alexanian Carpet & Flooring
Alta Electronics Inc.
Arnie's Collision Centre
Ashgrove Welding Ltd.
Atria Networks
Barrager's Cleaners
Bergsma's Paint & Wallpaper Ltd.
Bill Van Ryn Weed & Pest Control
Boothroyd Bookkeeping Services
Brilliant Gold
Caledon Laboratories Ltd.
Can-Pro Horse Equipment
Casa Lena
CATT Contracting
Catron Theimeg Canada Ltd.
Cedar Springs Motel
Cole International Inc.
Dawson Home Services
Dianne Penrice, Broker,
Johnson Associates Halton Ltd.
Dr. T. Murphy & Associates,
Psychological Services of Halton

Dominion Lending Centres - Ernie Mowat AMP
Drewry, Lynn and John,
ReMax Realty Specialists Inc.
Endzone Sports Exchange
Enterprise Rent-a-Car
Eramosa Physiotherapy Associates
Erin Refrigeration & Air Conditioning
Family Optical
Fendley Florists
GEM Health Care Services Halton
Georgetown Honda
Georgetown Volkswagen
Glen Valley Furniture Restoration Inc.
Gold Tele-Care Ltd.
Granite Ridge Golf Club/Albatross Restaurant
Habitat for Humanity Halton Restore
Halton Automotive & Industrial Supply Ltd.
Halton Camera Exchange
Halton Engine & Industrial Hose Ltd.
Halton Hills Gymnastics Centre
Halton Hills Sewing Machine & Vacuum Services
Halton Region - Income & Employment Services
Halton Window & Door Company (The)
Henry Controls Inc.
Hungry Hollow Smokehouse & Grille
i'm inspired

Joe Spiteri Geological & Mining Consultants
JSB Solutions Inc.
Kamercorp Holdings Inc.
Knowledge Management Enterprises
Links2Care
Manon Dulude Counselling and
Life Coaching Services
Maple Lodge Farms Ltd.
Markeck Manufacturers Inc.
Matthews Design & Drafting Services
McIsaac Environmental Services
McKab Taxi
McMaster's Meat & Deli
Media Pull Inc.
Michale Construction & Consulting Inc.
Mike Francis Insurance Agency, State Farm
Move Activity in Motion Clinic
Odyssey Systems & Solutions
Oxytech Industries Inc.
Park Thermal International (1996) Corporation
Party Cinemas
Peel Exterior Maintenance Inc
Peel Landscape Depot
Pixels Photography & Video Services
Quik Auto Repair/Krown Rustproofing
Ramrock Electric

Rice & McHarg Ltd.
Riteway Auto Body
RJ's Muffler Shop, Complete Auto Repairs
Ronald K. Henry Law Firm
Royal Bank of Canada
Royal LePage Meadowtowne Realty, Brokerage
Sign Central
Star Limousine Service
State Farm Insurance, Phil Karda
Stephen P. Saxe Ltd.
Strictly Dance
Super Lube
TD Canada Trust
The Hide House
The Knolcrest Centre
The Way We Were
Tiburon Business Services
Tina's Homemade Cooking
Tk's Catering
Town of Halton Hills
U Weight Loss Clinic
Unilock Ltd.
United Fire Safety Co. Ltd.
Water Store
Williams Mill Visual Arts Centre

Ask The Professionals

Ask Amy about our "NEW"
Ask The Professional Directory
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905-873-0301 ext 237

Georgetown

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

Q: My doctor has suggested that I go for a massage for the neck pain that I am experiencing. Will a massage help, and is it covered by OHIP?

A: Massage therapy is a regulated health profession in Ontario. It involves the hands-on manipulation of the soft tissues (muscle, tendons, connective tissues) of the body. It has significant effects on the circulatory and nervous system. Massage therapy is recommended for athletic and work related injuries, sprains, strains, muscle spasms and numerous other conditions. However, be certain that you are being treated by a registered massage therapist. This ensures the qualifications of the therapist, which often included thorough schooling. As well, this may allow for reimbursement from your private or extended health insurance since massage treatment is not covered by OHIP. Many people do not realize that they have an annual allowance for massage therapy through their health benefits they receive through work. The exact amount varies between plans and frequently requires a doctor's referral. If you yourself do not have any insurance, inquire about your spouse's plan. Often, health plans allow coverage for one's spouse and children.

MANON Dulude

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Q: I have a problem with motivating myself, what tools can I use to address this problem?

A: Motivation comes from an internal sense of satisfaction we get from engaging in an activity. That is why we usually don't have problems motivating ourselves to do tasks we like. We all want to do more of what makes us feel good.

Lack of motivation is not a personality trait and is not related to laziness. Judging and punishing yourself for a lack of motivation is not likely to work. Have you noticed that even when we bribe ourselves with all sorts of rewards, we still procrastinate when it comes to completing a task we are not motivated to do? So, what needs to happen for us to get our motivation going?

I suggest that when you want to increase your motivation toward completing a task, give it meaning. When you make a task meaningful, you give it more emotional investment and it becomes easier to draw energy to complete it. You would also benefit from seeing the greater purpose this task serves. You might not have a great deal of motivation to do some boring paper work however you know how much relief you get from becoming organized.

Make sure that whatever task you are to tackle, you have the right level of competence to accomplish it. If it is too simple or too hard, it is likely to lose your interest. In those cases, gather knowledge or support to complete the task. Having support can often help us get through difficult aspects of a task.

When you are facing a large task, break it down into manageable components. When you break down a task, you can measure your successes and see the progression of your work. Don't forget to celebrate the completion of each component. Celebrating is not childish. We all thrive on validation and recognition.

If you continue to struggle with motivation, try talking with someone about your objections to the task. Maybe it is the process or the people with whom you need to work that you have a conflict with.

Manon Dulude is a Professional Certified Coach she can be reached at 905 873 9393.

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Barbara Byckowski
Investment Advisor, BBA, PFP, CFP

Q: Is the tax-free savings account really worthwhile?

A: Yes, the tax-free savings account is a way to tax-shelter \$5,000 a year. Whether you are young or old, the tax-free savings account is a way to tax shelter income and growth. It allows you to split income with spouses/partners and you can withdraw assets (both original contribution and growth) from the TFSA at any time, for any reason, tax-free. If you are over the age of 18, you are eligible for a TFSA. To give you an idea of the power of this plan, a 22 year old who puts in \$5,000 a year and only earns 4% on the funds each year, will have \$470,000 at the age of 60. If you would like to see how this works, give me a call and I will send you the information.

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Q: Does pregnancy cause tooth decay?

A: This longstanding myth has been circulated for years. It is understandable. Pregnant women experience hormonal changes which may cause some puffiness and bleeding of the gums. This will usually occur in the last three months or so of the pregnancy.

In addition, it is very easy for the pregnant women and "new mom" to put off proper dental care and hygiene. After all, is there anyone busier than a new mother? The delay in dental care may pose problems for the teeth, including decay. Keep in mind, most dentists will try to avoid x-rays when examining pregnant women. If done, it may only be for a single suspected tooth.

The experts agree that proper rest, good nutrition and excellent prenatal care help the new baby and the mother. Good dental care is a crucial part of the care you need as a mother-to-be.