

Look for March Break events on page 18

Halton Hills Toastmasters: meets Mondays, 7:30-9:30 p.m. at St. Alban's parish hall, 537 Main St., Glen Williams. Become comfortable in front of an audience with the added benefits of learning leadership skills. Info: Brenda, 519-853-3274 or hhttmembership@gmail.com or www.haltonhillstm.org.

TOPS-Acton: meets Mondays at St. Joseph Church, lower level, 64 Church St. E. Weigh-in: 5:30 p.m. with meeting, 6:30-7:30 p.m. Take Off Pounds Sensibly encourages wellness through a healthy lifestyle that includes a balanced diet, exercise and on-going encouragement at the weekly meetings. Info: Jacquie, 519-853-1019.

Celebrate Recovery: Are you looking for a place to go where you can safely admit that you are struggling with addictions or compulsive habits? Experience freedom through this internationally-recognized, Christ-centred 12-step recovery program. All welcome Mondays, 7 p.m. at Georgetown Alliance Church. Info: Doug, 905-873-0249 or CR@togetheratgac.com, or www.celbraterrecovery.ca

Tuesday, March 13
RWTO Social Luncheon: Peel North Branch of the Retired Women Teachers of Ontario will meet 11:30 a.m. at the Mandarin Restaurant, 238 Biscayne Cres. in Brampton. All retired women teachers are welcome. RSVP to Karin, 905-796-2146.

Acton Legion holds its ham roll 2 p.m.

TOPS-Georgetown: Tuesdays at St. Andrew's United Church, 89 Mountainview Rd. S. Weigh-in: 6:30 p.m. Meetings follow at 7:30 p.m. Info: 905-877-7056.

Free Spring Library programs: Beginning March 13 you can register online at www.hhpl.on.ca for Baby Tales (6 to 23 months), Tales for Twos (24 to 35 months) and Library Lion Tales (3 to 5 years). Programs begin in April. All you need is a Family PIN and personal identification numbers for each child. PIN form online at www.haltonhills.ca/recandparks or at the library or Town facilities. Info: 905-873-2681 ext. 2511, 519-853-0301 or www.hhpl.on.ca



Georgetown Seniors Centre euchre: first/third Tuesday and bid euchre second/fourth Tuesday, 7 p.m. at the centre on Guelph St. Admission \$2.

Community Calendar

North Halton/Peel Naturalist Club: present Glen Morris, Professor (emeritus) of Zoology at the University of Toronto who will regale with stories about the only katydid (grasshopper) found solely in

Canada. The males of these grasshoppers broadcast mating calls beyond the range of human hearing. Morris discovered that the calls are made with "elastic energy", a sound production mechanism that is shared with katydids in the Amazon. Find out more 7:30 p.m. at St. Alban's Church, 537 Main St., Glen Williams.

Youth support: HOPE (Halton Organization for Pride and Education) offers a Halton Hills "Colouring Outside the Lines" Youth Group for all LGBTTIQQAA youth, ages 14 to 24, 7-9 p.m. on the second Tuesday of each month. The group provides different activities of interest to youth, as well as time to chat. The location for meetings will be forwarded upon request. Email HOPE, info@haltonpride.org. Info: www.haltonpride.org.

Wednesday, March 14
Esqueing Historical Society: meets 7 p.m. for refreshments and 7:30 p.m. start at Knox Church, 116 Main St. S. Topic: The War of 1812, Two Centuries Later. Brampton historian Steve Collie explores a war that defined a nation for the first time. Free admission — all ages welcome.

Wills & Power of Attorney-What you NEED to know: 1-4 p.m. at the Milton Seniors Activity Centre, 500 Childs Dr. Milton S.A.L.T. (Seniors and Law Enforcement Together), in partnership with the Halton Police, host Judith Wahl, Executive Director at the Advocacy Centre for the Elderly. In addition, Blake Hurst from Halton EMS will speak about the "At Home Do Not Resuscitate Order". To register for this free event, call Halton Seniors Helpline, 1-866-457-8252.



Silver-Wood Women's Institute: meets 7 p.m. at the Acton Library where members will review their favourite books. Info: Donna Thompson, 905-877-0592 or Hazel Armstrong, 905-877-1325, or go to www.silver-wood-womensinstitute.yolasite.com

Al-Anon Family Group meetings: for families and friends of alcoholics on Wednesdays- One

Day at a Time Group, 10 a.m. at Knox Presbyterian Church and Acton Al-Anon Family Group, 8 p.m. at Trinity United Church, 70 Mill St., Acton- use back door. Info: 1-888-425-2666.

Asphasia recovery: Halton Aphasia Centre can assist persons recovering from a stroke or other trauma and living with aphasia (the resultant language disorder from damage to the communications centre of the brain). Program runs Wednesdays, 9:30 a.m. to 1:30 p.m. at Glen Williams Town Hall, 1 Prince St., Glen Williams. Info: 905-702-5312 or www.haltonaphasiacentre.com

Nordic Pole Walking: Wednesdays, 6:30 p.m. outside Gellert Centre; bring toonie for the Heart and Stroke Foundation. Info: Ginger Quinn, 905-691-9122.

Thursday, March 15
Second Career Funding Info: a free session, 1 p.m., at Link-s2Care Employment Resource Centre, 45 Mill St. E., Acton. Find out what your options are. Info: 519-853-5014.

Halton Hills Camera Club PhotoArt 2012 Gala: with presentations to the winning entries, 7 p.m. at the Halton Hills Civic Centre. The display then moves to the Georgetown Market Place March 17-18. Info: www.hhcc.ca **More at www.theifp.ca/whats-on/events**

Ask the Professionals DIRECTORY

"Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning."

~Albert Einstein

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Q: With Golf season approaching, what can I do to get ready?

A: As the days start to get longer, we begin to hibernate about our golf clubs that have been in hibernation for the winter. It's now time to start to think about what we need to do to get ready for the golf season. There are the simple things like re-gripping your old clubs or looking for new ones if you are so lucky, and finding indoor golf ranges to practice. Did you know that the single most important thing that people overlook is themselves.

To execute the "perfect" golf swing, it requires a certain level of flexibility, balance, strength, coordination, endurance and power.

Did you know that common swing faults occur because of one's inability to maintain good posture as a result of a decreased flexibility and mobility of the shoulders, hip, spine and wrist's.

Poor posture as a result of excessive stiffness in the spine or weak abdominal and back musculature will prevent the trunk from rotating effectively which will increase the shear forces on the low back. This will cause the golfer to compensate by shifting their body weight to their front hip which can lead to pain in their hip.

When shoulder range of motion is restricted the body compensates with excessive spinal rotation which can create back injuries especially if there is a lack of flexibility in the spine and shoulders.

Likewise decreased flexibility in the hip can lead

to injuries in the spine and shoulders.

Repetitive strain injuries are also commonly seen in the wrist when they are overused to drive and decelerate the golf club due to the lack of mobility in the spine.

To get your-self prepared for the golf season consider the following:

- 1) Participate in aerobic exercise 3 times per week for 30 minutes to prepare yourself to walk the golf course.
- 2) Start a stretching program. This will help promote a more efficient swing by reducing some of the adverse forces that can be placed on your golf muscles and joint.
- 3) Start a strength program. This will help to improve your posture and provide you with more consistent swing.
- 4) Rehabilitate any injuries left over from last season. Rest is good, but it will not correct any flexibility or strength deficits.
- 5) If you are not sure what exercises are appropriate for you because of pre-existing injuries or medical conditions consult a physiotherapist. The therapists employed at Eramosa Physiotherapy Associates have excellent knowledge base and have extensive training that can get you ready for your upcoming golf season.

Need Help in designing a pre-season golf program for you, our Physiotherapists can help. Contact our clinic in Acton or Georgetown to set up an appointment!

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