

POWER co-hosts road rally training to aid invasive species cause

Invasive alien species is one of the main threats to biodiversity, and the ability of native species to thrive in their natural environments.

Halton Peel BioDiversity Network (HPBDN) and P.O.W.E.R., with the generous support of the Invading Species Awareness Program (ISAP) are partnering to host the first Invasive Species Road Rally training on August.

The purpose of a road rally is to record where invasive species are occurring and then sharing the information, through the ISAP, with the municipality where the invasion is occurring. HPBDN will

also maintain a copy of the information with the goal of mapping invasive species in Halton Peel. With this information invasive species can be tracked and mapped in Halton Peel Region with the goal of taking actions to stop their spread.

People in Halton-Peel who are interested in learning the ins and outs of the road rallies and who will help in future road rally events should send an email to info@powerhalton.ca or call 905-873-1820 to register.

Training will be during the morning, and lunch will be provided for participants.


Aug. 18-19 MS Bike Tour needs volunteers

Saturday, August 18 to Sunday, August 19, the Multiple Sclerosis (MS) Society needs individuals, families, groups, friends, teens, corporations, or anyone passionate and enthusiastic to volunteer in Acton (Prospect Park), Waterloo, or at checkpoints in between during its MS Bike Tour.

There are so many ways to volunteer, and all are flexible based on your schedule, in-

terests, and abilities. You can assist with registration in the morning, cheering cyclists through the finish line as they accomplish their goals, or anything in between.

The MS Bike Tour could not operate without the help of extraordinary volunteers. If you'd like to volunteer, contact Nicole Dube at volunteer@mssociety.ca, or 1-800-268-7582 ext. 3111.



... Lend Me Your Ears

By Cory Soal
R.H.A.D.

HOW DOES LOUD NOISE CREATE HYPERTENSION?

It appears to affect the nervous system, signalling the peripheral blood vessels to constrict as though under attack/ This triggers a surge of adrenaline and other fight-or-flight chemicals into the bloodstream - a response that carries with it the potential for glandular or cardiovascular changes, in other words, unwanted noise creates the same final results as increased stress (try to avoid)!

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"Great minds discuss ideas; average minds discuss events; small minds discuss people."

~ Eleanor Roosevelt




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

www.erasomaphysio.com

Q: I injured my back and my doctor diagnosed me with facet joint syndrome. What are the facet joints and can physiotherapy help?

A: The facet joints are found on the back of each vertebrae in the back. Articular cartilage lines each of the bones. The role of the facet joints is to limit excessive movement and to provide the spine with stability. Facet pain can occur due to trauma, repetitive movements and arthritic changes in the facet's articular cartilage. Poor posture can also lead to undo stress on the joints as well as improper body mechanics. Injuries to the facet joints often result in one sided back pain that is accompanied by muscle spasm and stiffness and is aggravated by bending backwards and side bending to the affected side. Pain is often described as a dull and achy pain that can become sharp. It will usually occur with prolonged sitting or standing or lifting and carrying heavier items.

A majority of the time facet joint syndrome is treated without surgery. Physiotherapy or conservative treatment is usually prescribed. In the initial stages, treatment is directed to settling down pain and muscle spasm and improving your mobility. The Physiotherapists at **Eramosa Physiotherapy Associates** will then proceed to direct you into the positions and postures that will help to reduce your discomfort. Manual therapy techniques and modalities such as acupuncture, TENS, heat and ice can also be employed to decrease your pain while specific exercise will be incorporated to strengthen **YOU** and return you to your activity pain free!

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to inform our readers & answer their questions

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