

Ask the Professionals DIRECTORY

"Success is the sum of small efforts, repeated day in and day out."
~ Robert Collier

INSURANCE

COVERAGE YOU NEED FROM A NAME YOU KNOW

Call me today.



Lora Greene, Agent
905-873-1615
www.loragreene.ca



statefarm.ca
State Farm Insurance Companies
P02605CN Canadian Home Office: Aurora, Ontario 9/05

MEDIATION

SEPARATION & DIVORCE MEDIATION



Professional Workplace and Family Services
www.pccs.ca

ACCREDITED MEDIATORS
GEORGETOWN,
MISSISSAUGA,
ORANGEVILLE
FLEXIBLE HOURS AND
PAYMENT METHODS

905-567-8858 **REDUCE COST & CONFLICT**
1-866-506-PCCS (7227)

DIVORCE WITH DIGNITY AND
KEEP YOUR MONEY IN YOUR POCKET!

In Focus Physiotherapy and Wellness Centre

324 Guelph St., Georgetown
Halton Gate Plaza
905-702-7891

The Greatest Wealth is Health - Virgil

JENNI

Q: My back and knees are sore after gardening. How can I prevent this from happening?

A: Back and knee problems are common with gardening. Consider how low you need to squat or bend in order to get to your flowers. Before starting, consider warming up your body with a short walk or stretch.

Make sure you have lots of time, have supplies and equipment well organized and ready ... many injuries happen when people are rushing through an activity.

Garden kneelers are useful as they have bars to hold onto while lowering yourself down. This helps to prevent strain on the knees and back. Simply sitting on a stool instead of kneeling or squatting helps.

Invest in good tools that are ergonomically correct and well designed. Proper wheelbarrows or garden carts can take a load from place to place without strain.

If you have to lift, keep the load close to you, use your legs and tighten your abdominals while breathing out. Avoid twisting - if it's too heavy, don't lift it.

Take lots of breaks and change the activity and positions regularly ... rotate from sitting and standing if you can and avoid frequent bending over.

Repetitive activities are one of the main causes of injury so change activity often. Make sure you stretch your shoulders, elbow, wrists and hands - lots of people over do gripping activities and get painful hands and arms.

If it's a big job, get help... or if it's too much, hire help.. Talk to your physiotherapist for more ways to prevent injury.

Adult Learning Centre
Serving Georgetown, Milton & Acton

EMPLOYMENT ONTARIO
Ontario's employment & training network

Look no further. We can train you.
Part-time adult upgrading. Tuition is FREE.

Your Local Adult Learning Centre offers the following part-time programs:

Tutoring Program for Adults

(Year round free assessments, Georgetown, Acton & Milton)

Improve your employment and life skills in:

Reading • Writing • Basic Math • Computers

Sheridan ACE Academic Upgrading Program **

(Evenings Georgetown) Sept—June

Prepare for College Entrance—Earn Grade 12 Equivalency

Meet requirements for Apprenticeship/Pre-apprenticeship

• English • Math • Biology • Chemistry

**ACE certificate recognized by all Ontario Colleges

Essential Skills Computer Training for the Workplace

(Georgetown, Acton & Milton) Sept—June

10 week Computer Course content includes:

- Free skills assessment and orientation
- **Employment focus**
- Introduction to MS Office Applications
- Introduction to Email and Internet
- Web and Employment Research
- On-line Learning

Information session for students (all welcome) Weds. Sept. 5th
6.30 pm—7.30 pm 72 Mill St., Suite 207, Georgetown

For further information and a free assessment:
Call: (905) 873 2200
www.literacynh.org

Literacy North Halton is a non-profit charitable organization #107782609 -RR0001 and is supported by the Ministry of Training, Colleges and Universities; United Way of Halton Hills; United Way of Milton; community agencies and individuals. This Employment Ontario service is partially funded by the Government of Ontario.



August Business of the Month

The Halton Hills Chamber of Commerce Business of the Month for August is Communication Associates, who has offered integrated marketing communications solutions since 1994. The group is proud to have played a role in the Chamber and the local service and business community, featuring special clients like the Chamber itself, Georgetown Hospital Foundation, Georgetown Bread Basket, Town of Halton Hills, and many Chamber of Commerce members. On hand for the photo were, (front, from left) Communication Associates members Arthur Sciberras, art director; Marnie Hughes, writer and SEO specialist, Betty-Anne Whipp, social media specialist and project coordinator and Grant Lee, strategic planning. Andrea Dubravsky, web development was absent. In back, Chamber board members Michael Huggins and Tracey Wellon presented Eric Doubt, Communication Associates president, with the sign.

Photo by Ted Brown

Cats Anonymous dinner

Get your tickets before Sept. 5 for Cats Anonymous Rescue & Adoption 2012 Silent Auction & Dinner, on Sept. 15, at The Wellington County Museum, 0356 County Road 18, Fergus (the museum is located on the north side of the road midway between Fergus and Elora). Auction bidding begins at 3 p.m. Dinner at 5.30 p.m. Appetizers, Greek salad, choice of entrée: pork tenderloin in white wine, mushroom sauce or herb marinated chicken breast, or spanakopita, dessert, tea/coffee. Advance ticket sales ONLY; \$60/person. Last day for tickets September 5th. Info/tickets call 519-855-6850.

Scouting registration

Registration for Georgetown area Beavers, Cubs, Scouts, Venturers and Adult Leaders will be held on Thursday, Sept. 6, 7-8:30 p.m. at St. George's Church, 60 Guelph St. or contact 1-888-726-8876 or

www.credithills.scouters.ca

The Studio Shows

Georgetown Little Theatre presents The Studio Shows, Sept. 6-8. at the GLT Studio, 33 Stewarttown Rd. Evenings at 8 p.m. Plays are *This is a Play* by Daniel MacIvor and *White Rabbit Red Rabbit* by Nassim Soleimanpour. Tickets are \$10 at door or (pay-what-you-can). Call the Studio, 905-877-3422 to reserve seats. Info:www.georgetownlittletheatre.ca

Zumba for The Old Armoury

Zumba with Elizabeth Bell, 6:30-7:30 p.m. at The Old Armoury in the Georgetown Fairgrounds. Move at your own pace and every step is the right step. Suitable for all levels of fitness. Fall dates: Thursdays, Sept. 6-Nov. 8, 6-7 p.m. Cost: \$10 drop-in rate. All proceeds go to Globe Productions for the Old Armoury. Info: www.globeproductions.ca or email Georgetown_globe@yahoo.ca

the Cellar

Steak and Seafood

Cellar Licious!

Enjoy this menu
Tuesday-Thursday
during September!

\$30
Per person*
*Applicable tax and gratuities are extra. No substitutions.

Fridays in October:
Fresh Herb Roasted Prime Rib
served with Yorkshire Pudding,
Seasonal Vegetables and
Roasted Potatoes

Soup du Jour OR Spinach Salad OR Cellar Caesar	Ricotta Ravioli OR Sesame Crusted Rainbow Trout OR Braised Beef Ribs
Sticky Toffee Pudding OR Triple Chocolate Brownie	

78 Main Street South • Downtown Georgetown • 905-873-7402