Did you know that after pregnancy it is COMMON, but not NORMAL to suffer from: 1. Low Back Pain 2. Incontinence 3. Pelvic Organ Prolapse 4. Sexual Dysfunction 5. Pelvic Pain 6. Block Ducts and Mastitis 2-853-9292 3103 | www.eramosaphysio.com

COMMENT A moment in time

By Ted Brown tedbit@hotmail.com

Every night, I sit at my little desk in my bedroom, and gather my thoughts.

Then, I write in my diary.

On that desk is an old brown envelope it s an aerial photograph of my farm, taken years ago by someone who had boarded a small airplane and photographed working farms in the area.

Those guys were quite common back then they d fly over and shoot a bunch of farms in the area on spec, then drop by the farm a few days later to see if they could sell some aerial photos of the property.

Usually, my dad would politely say he wasn t interested, but on this one occasion, I guess the guy caught him at a weak moment. He bought a print of the farm — a detailed study in greens and browns of the Brown farm taken from 1,000 feet.

And that print is still in its original envelope, sitting on my desk.

My mother had written the year 1975 on the back of it, but after I did some thinking, and studied the details of the print, I realized that was impossible it had to be 1976.

The summer of 1976, to be exact probably right about this same time of the year.

I must admit, it s almost spooky to study a photograph of something so familiar as my life long home, frozen in time 40 years ago.

The one thing that told me it wasn t 1975, was one of our two silos. It was already standing that same silo wasn t built until the fall of 1975.

I could see the photo was taken in summer. I could actually see the freshly cut hay fields, the brown stubble showing through, and the bright red New Holland haybine was parked in one field.

Around the barn was the large paddock where our 40 dairy cattle lay basking in the sun, and the small field around the farmhouse showed a dozen young cattle grazing on the grass in the fenced area. That same area is now lawn, and the paddock is now part of a larger



A Ted Bit

hay field.

There were apple trees where there are none today, and the driveway up to the barn was a well-worn gravel road, kept bare by the wheels of the milk truck, which picked up the milk every other day.

Today, it s a grassy driveway.

The barns look pretty much the same and the old stone milk house hasn t changed a bit. Even the little frame henhouse is the same as it was 40 years ago.

But I think the most obvious thing staring me in the face was there was no evidence of my parents house, not a trace of it at all.

That house was built during the summer of 1977, which also confirmed the fact the photo was taken in 1976.

When one talks about 1976, it seems like only a few years ago (to people my age anyway.)

But if you really think about it being 40 years ago almost half a century the perspective changes dramatically.

As I looked at the photo, the expression, the decisive moment, came to mind. The phrase, coined by 1930s French photojournalist Henri Cartier-Bresson, was used to explain how he waited for all elements to come together at one precise instant, to visually freeze that moment in time with his camera.

And sometime, in the summer of 1976, all the elements did come together in the viewfinder of a camera in the hands of a photographer in some single engine airplane, to freeze that moment.

The proof of Cartier-Bresson's theory was in my hand. The cattle are long gone, the buildings have endured countless hot summer days since that moment, and many cold winter ones as well.

And time marches on, until, sometime down the road in time, another photographer will freeze another decisive moment in time.

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- It is well known that almost half of all pregnant women and 25% of postpartum women suffer from pelvic and/or low back pain
- 1 in 2 childbearing women will suffer with some form of pelvic dysfunction, including pelvic pain, incontinence and prolapse.
- Over 40% of women experience Urinary Incontinence during their first pregnancy and up to 25% of women after their first pregnancy will experience altered fecal continence.
- Like incontinence, prolapse is common, with 1 in 2 women experiencing some degree of prolapse. Common symptoms that occur with prolapse are sensation of heaviness, irritation, pressure or pain.
- In a large study of women after their first pregnancy; 62% had pain with intimacy at 3 months post partum

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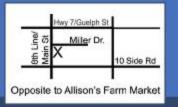
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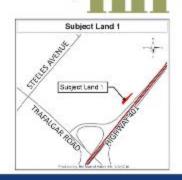
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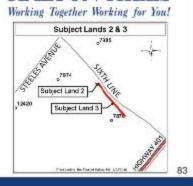
NOTICE is hereby given that Council for the Town of Halton Hills will be considering the passage of a by-law to authorize the transfer of the following lands at its meeting to be held on Monday, July 11, 2016 at 6:30 p.m., in the Council Chamber at the Civic Centre, 1 Halton Hills Drive. Georgetown:

- 1. Part of open space land shown as Part 2, 20R-20288
- 2. Part of open space land shown as Part 12, 20R-20375; and
- 3. Part of a 0.3m reserve shown as Part 11, 20R-20375.

Inquiries regarding the proposed sale should be directed to Romaine Scott, Planning & Infrastructure at (905) 873-2601 x 2344.

Council shall hear any person who claims to be prejudicially affected by the by-law, and who applies to be heard by completing and submitting the application at http://www.haltonhills.ca/forms/delegation.php by no later than 4:30 pm on Friday, July 8, 2016 or by contacting the Council & Committee Coordinator at (905) 873-2601 x2333.





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