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## Halton Police: Car seat install fail rates alarming

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Although those compliance numbers have gotten a little better over time, we're still seeing significantly high failure rates, he added.

Among some of the more glaring violations identified by Snow that day were: A motorist who left his car seats intentionally loose to fit three car seats across the rear seat; parents prematurely moving their children from a car seat into a booster seat; and a number of U.S. car seats being used, which aren't allowed in Canada. One motorist even secured their child with a grandparent in one seatbelt.

Snow said the inspections also found a perception that larger vehicles such as pickup trucks will protect unrestrained children, which Snow says is definitely not the case.

If you're wearing your seatbelt and you have an airbag in front of you, those functions together are going to protect you as a motorist. But your child in the back seat—kind of imagine a ping-pong ball in a glass bottle. Your child is not going to fare as well as you are if you get into that collision, he said.

Nine times out of 10, it's not going to be

an issue. It's when that child needs the protection of that seat in the event of a collision where now you're subjected to forces that generally your body doesn't experience.

So, if you're not properly restrained, that's generally when you suffer bone-type injuries, tissue-type injuries or muscle injuries—and that's where we try to say to people, That's why you need to ensure your car seat is properly installed and utilized in the first place, for the needs of your child, added Snow.

The HPCSS, a partnership between Halton Health, Halton police and the region's four municipal fire services, rarely fine motorists during such campaigns, which Snow says are conducted three or four times a year around Halton's municipalities.

Snow added HPCSS volunteers and officers go over individual issues with each motorist they speak to in an effort to educate them. As long as they comply on the scene, they are allowed to go on their way—hopefully with better knowledge of how to properly use the equipment.

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# Ask the Professionals



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**Q:** I used to love my job. Now I have a hard time even getting up and going in. I don't know what is going on. Should I look for a new career?

**A:** It sounds like you may be experiencing job burnout. You already told me that you have to drag yourself to work. Do you find that you are critical and cynical at work? Are you irritable or impatient with your co-workers? Are you consistently productive or are you wondering why they keep you there? Are you using drugs or alcohol to get you through the day? Have your eating or sleeping patterns changed? Any physical complaints that you don't have a cause for? These are all signs of job burnout.

There are many reasons for job burnout. You may no longer have your input valued there and feel a loss of control. Your job description may be unclear and you have responsibilities without the corresponding authority. Do you have to deal with difficult personalities such as an office bully, or a clique that tells you that you don't have an appropriate personality for this office? If that is the case, you may also feel that your values no longer line up with the office values, you have a lack of social support there and your work is taking up too much of your actual time or too much of your mental energy. If you are not finding time out of work to enjoy yourself, you are at high risk of job burnout.

Job burnout can have many negative emotional and physical outcomes. I won't get into those here but be aware that the consequences to your health can be significant.

More important to our purpose here, job burnout does not have to signify the end of your career. First of all, with the support of a counsellor such as myself, you can identify the source of your burnout and manage the stressors that are contributing to it. A counsellor-therapist can also help you to evaluate your options when considering new careers, and help you to manage the office bullies so that you do not feel on constant high alert. You can also learn to find a better life-work balance and begin to enjoy yourself again. Exercise and sleep are the last two points that I will mention as an integral part of the job burnout repair package.

Remember, you work to live; not live to work, and *If you are what you do, what are you when you don't?* When your work has become such a negative force in your life that you do not enjoy your home life, something is wrong and needs to be changed before you do burn out.

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**Zachary Fiddes**  
B.Eng., O.L.S. President

**Q:** What is the process involved when my property is surveyed?

**A:** A survey is a specialized map of a limit or a parcel of land that provides details determined after thorough research and field measurements. In Ontario, only a licensed Ontario Land Surveyor (OLS) has the authority to prepare a document that shows the boundary of your property.

The process to prepare a survey is governed by statutes and generally accepted surveying principles which includes research of prior surveys, existing and past legal descriptions, and evidence found onsite to determine an opinion of the location of your current boundary. Once the boundary is determined, the surveyor will mark the corners with new monuments and/or flag any existing monuments set during previous surveys.

The OLS can then prepare a final plan of your property on paper, pdf, or CAD. This plan will show your property size and shape, the underlying legal lot pattern (i.e. registered plan or concession, etc.), the location of any right of ways or easements, and/or the location of any permanent structures on your property. The survey is then ready to be used by anyone looking for the information, like a real estate agent confirming the lot to be purchased or an architect preparing a site plan for new construction.