

## COMMUNITY CALENDAR

**Thursday, March 21**  
**Limehouse euchre:** Euchre will be held at the Limehouse Memorial Hall, 7:30 p.m. Lunch and prizes provided by the Limehouse Women's Institute.

**Emotions Anonymous:** Is your life becoming unmanageable? Emotions Anonymous can help! No cost, no commitment and no appointment necessary. The group meets every Thursday, 7:30 p.m. sharp at Norval Presbyterian Church, 499 Guelph St. in Norval, rear entrance to the meeting room.

**Overeaters Anonymous:** Overeaters Anonymous-Acton meets Thursdays, 10 a.m. at the Acton Christian Reformed Church, Queen St. (Hwy 7).

**Friday, March 22**  
**Foot care clinic:** VON foot care clinic will be held at Georgetown Seniors Centre, 9 a.m. to noon. By appointment only. Call 1-800-387-7127, ext. 2210.

**Saturday, March 23**  
**Spring Breakfast:** Meet the Easter Bunny at the third annual Limehouse Public School Spring

Breakfast. A pancake and sausage breakfast will be served with seatings at 9 a.m. and 10 a.m. Children's admission also includes guessing games, face painting, a craft station and treats from the Easter Bunny. Tickets are \$5 for children and adults, preschoolers are free. Info: 905-873-7188.

**Sunday, March 24**  
**Community brunch:** The Kinette Club of Acton hosts a community brunch at the Acton Arena & Community Centre, 9:30 a.m. to 1 p.m. Cost for the all-you-can-eat buffet is \$5 per person with preschoolers free. Menu includes eggs, ham, sausage, French toast, desserts, fruit cocktail, desserts, juice and coffee and tea. The brunch supports Robert Little School.

**Artisan workshop:** There are still spaces available in Felted Pendant Pocket workshop, offered by the Credit Valley Artisans, 1-5 p.m. Info: Susan Kerr, 905-877-4507 for details.

**Monday, March 25**  
**Quilters Guild:** Halton Hills

**Quilters Guild meets at Centennial School in Georgetown, 7 p.m. Info: Wendy McHugh, 519-833-0483.**

**Toastmasters:** Come to Halton Hills Toastmasters 7:30-9:30 p.m. at St. Alban's Church Hall, Main St., Glen Williams. Info: Francois van Heerden, 905-702-7443.

**TOPS:** The Acton branch of TOPS (Take Off Pounds Sensibly) meets at St. Joseph's Catholic Parish, 64 Church St. E. Weigh in 6-7 p.m.; meeting 7-8 p.m.

**Youth drug use:** Georgetown District High School hosts a public meeting on youth alcohol/drug use in Georgetown and what can parents do to help their kids? This session will be held in the school library, 7:30-9 p.m.

**Tuesday, March 26**  
**Bid euchre:** Georgetown Seniors Centre hosts a bid euchre at the centre, 7 p.m. All welcome.

**Free breathing program:** March 26 is the deadline to register for a free program being offered by William Osler Health Centre's Georgetown hospital. A seven-week Chronic Obstructive Pulmonary Lung Disease education and exercise program for people with chronic bronchitis or emphysema will begin April 2 for two afternoon per week, 1-3 p.m. To register call 905-873-0111, ext. 112.

**Portrait drawing:** Palette and Pencil Guild of the Credit Valley Artisans hosts Portrait Drawing for adults every Tuesday, 7:30-9 p.m. in the Cedarvale Lodge in Cedarvale Park. New members welcome. Info: Rita Ladjansky, 905-873-2290.

**Foot care clinic:** VON foot care clinic at St. John's United Church on Guelph St., every Tuesday, 1-4 p.m. By appointment only. Call 1-800-387-7127, ext. 2210.

**Wednesday, March 27**  
 The Parent Partners in Education will be holding a bake

sale on Wednesday, March 27, 10 a.m. to 4 p.m. at Georgetown District High School. Donations from GDHS parents gratefully accepted between 8:30-9:30 a.m. at the school library entrance. Info: Barb Mansfield, 905-873-6280 or Janet Scott, 905-877-7501.

**St. John Ambulance:** The Halton Hills branch of St. John Ambulance will hold its annual general meeting, 7 p.m. in the community room of the Georgetown police station on Guelph St. New members welcome.

**Business After Five:** Blue Spring Golf Club hosts Halton Hills Chamber of Commerce's Business After Five, 5-7 p.m. All businesses are welcome to come network.

**Thursday, March 28**  
**Acton BIA:** Halton Region Chair Joyce Savoline is the guest speaker at Acton BIA's annual general meeting, 7 p.m. at the Acton Legion. Village Constable Gary George will also address Acton policing concerns. Info: Josey Bonnette, 519-853-1031.

# Ask The Professionals

Send your questions for any of these professionals:  
**"Ask the Professionals"**  
 Independent & Free Press,  
 280 Guelph St., Unit 29, Georgetown L7G 4B1

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IDA MAE WOODBURN

**Q:** What is a diffuser?

**A:** A diffuser is a method of dispersing essential oils to fill a room with natural fragrances to revitalize the air, and to produce a purifying and invigorating effect. When it comes to purchasing a diffuser there are many different types available at varying prices and each has its advantages and disadvantages. The easiest way to diffuse an oil is to place 3-4 drops on a tissue near you and as movement occurs in the room you will notice the aroma. You could also place 10 drops in a bowl of boiling water and the steam will heat the oils causing them to evaporate. Unfortunately the aroma in this method is not very long lasting. One of the most popular is an electric scent ball that plugs into an electrical outlet and the advantage of this type is it is affordable and can fragrance a large area but you need to purchase absorbent pads. Electric diffusers are more expensive but are very effective in dispersing aromas to large areas and are also efficient for the thicker oils such as sandalwood and patchouli. No matter which method you choose you can enjoy the benefits.

## Elayne Tanner & Associates Inc.

*Elayne M. Tanner*  
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 Counselling & Psychotherapy  
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Elayne M. Tanner

**Q:** I have heard of Inner Child work. Can you tell me what that is?

**A:** As children we learn many things. We learn what to expect of people. We learn how we anticipate being treated. We develop beliefs regarding child-care, proper behaviour, men and women's roles, values and morals. Ideally, we learn that we are safe and can trust those around us to take care of us. In that way, we learn to trust. We also learn that we can play, have hopes and dreams, be excited, or angry and still be loved. Unfortunately, some children learn the opposite. They learn that they have to accommodate others in order to be cared for. The playfulness and spontaneity of the child is lost and replaced with a sense of emptiness, which lasts into adulthood. Often the adult will try to fill the void by buying things or by getting involved in one relationship after another. When we do Inner Child work we re-examine the beliefs that were formed in childhood with the intention of re-shaping those that are untrue or no longer valid. When the Inner Child is blocked, we often suffer from low energy, anxiety, and depression. We may never let others see our true self or emotions, which means that it is impossible to experience true intimacy with others. Freeing the Inner Child usually involves on-going psychotherapy. The length of time depends on the individual and their childhood experiences. People often do this work when they feel an ongoing sense of emptiness or chronic depression. We re-evaluate childhood messages and develop new beliefs where necessary. In this way, we allow the childlike joy and spontaneity to emerge and individuals gain a sense of purpose and meaning to their lives.

## BETTY E. McTAGUE

### CHIROPODIST

### FOOT CARE SPECIALIST

Georgetown 702-0111



BETTY McTAGUE

**Q:** Can being overweight cause me to have knee pain?

**A:** Most definitely. As when we were all cute chubby little babies with a natural fat pad in the arch of our feet to assist us by providing stability as we learned to stand, our little feet were far apart (this was not caused by diapering) and our knees were friendly being very close together. However, if we carry extra weight our bodies try to resume this once natural now painful stance. This can lead to chronic knee pain, internal roto knees, low back pain (at external rotation of the hips), heel spurs/plantar fasciitis. Usually a reliable weight loss program is recommended along with daily light exercise program specifically for feet. The wearing of a custom made orthotics with a properly fitted shoe is most effective. Monitoring of progress will help keep patient on track.

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Neil Young  
 B.Sc., Phm.

**Q:** I am an adult who does not drink a lot of milk. Am I at risk of developing osteoporosis?

**A:** You may be! A low calcium diet can increase that risk. All men and women lose bone mass as they age. They may develop osteoporosis, where their bones become "porous" and more prone to breaking. Osteoporosis is of particular concern to women. When a woman stops producing estrogen, her rate of bone loss accelerates unless she takes other action. There are many other factors that can indicate risk for men and women, several of which include lifestyle, exercise, drug usage and heredity. Assessing bone density by a direct measurement of the hip and spine is the best way of determining if there is osteoporosis risk. This involves an expensive hospital procedure. Recently, ultrasound devices have been used to precisely measure level bone density, which has a strong correlation to the hip and spine. When heel ultrasound measurement is considered along with other risk factors, a doctor can better assess the necessity for the hospital procedure. Even is risk is not indicated, a baseline heel bone density reading is of value as a comparison for future readings.

We have acquired a state of the art ultrasound heel densitometre. Your measurement from this convenient test can be taken with the results of our "risk evaluation" questionnaire for your doctor's consideration. Talk to us about your osteoporosis risks and how they can be identified and minimized.

## Edward Jones

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Lisette A. Logan  
 Investment Representative  
 905-873-7630



Colin M. Brookes  
 Investment Representative  
 905-702-9289

**Q:** What is a RRIF? (pronounced RIFF)

**A:** A RRIF may sound like something you'd hear in a jazz club. In fact, it's an account that helps fund your retirement lifestyle. Canadians must decide what to do with their RRSPs by age 69. A RRIF, or Registered retirement income fund, is one of the options. Like RRSPs, RRIFs can contain a variety of investment products, such as stocks, GICs, mutual funds and bonds. The difference is that scheduled minimum withdrawals must be made from a RRIF, beginning the year after the plan is set up. While these withdrawals are subject to tax, the money remaining in the RRIF continues to grow tax-sheltered. The withdrawal schedule is based on factors such as your age and the value of your RRIF at the beginning of the year. You may withdraw more than the minimum your schedule indicates, but any amount over and above the minimum is subject to a withholding tax when the withdrawal is made.

## Attention Readers

Send any questions you may have for our professionals on this page clearly stating who your question is for and with the heading

"Ask The Professionals"  
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**The Independent & Free Press**

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 Fax # 905-873-0398  
**Attention: Ask A Pro**

If you are a Professional who would like to be part of this page ~ call **Jeanette 873-0301**