

Business

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Mold-Masters president is keynote speaker at Halton Innovation Showcase

Halton Region is providing an opportunity for local business owners and executives to learn about the best practices of leading Halton companies at the Halton Innovation Showcase on Nov. 4 at the Halton Regional Centre.

This event presented in partnership with the National Research Council of Canada, will feature Halton Hills-based company and innovation leader Mold-Masters.

"The Halton Innovation Showcase provides local businesses the opportunity to look beyond the traditional business model and to try something new," says John Ayling, Director of Business Development, Halton Region. "Our objective is for attendees to leave with creative ideas to enhance their own business practices. Through events such as this, Halton



JONATHON FISCHER

Region and the National Research Council are helping to create a culture of innovation. Such an environment encourages research and development, investment and technology transfer, which sustains employment opportunities."

Keynote speaker Jonathon Fischer, president, Mold-Masters, will discuss how he set the course for his company to develop from modest beginnings to achieving leadership in the highly dynamic and competitive hot runner industry. Having grown from its early days with just five employees, Mold-Masters now employs more than 900

people worldwide, serving customers in 62 countries. The company's unique systems and technology are used in the production of a wide range of plastic products from automotive components to disposable medical devices and everyday consumer items.

Fischer will share his vision of what it takes to become a global leader.

The Halton Innovation Showcase will take place 7:45-10 a.m. and the registration fee of \$25 per person includes a breakfast.

To register (before Nov. 1) or for more information, call 905-825-6000, toll free 1-866-4HALTON, TTY 905-827-9833, e-mail busdev@region.halton.on.ca or visit www.haltonbusiness.com.

The roots of success at the next HHWIB

Halton Hills Women in Business holds its monthly networking luncheon on Wednesday, Nov. 3, 11:30 a.m. to 1:30 p.m. at Ares Family Restaurant.

The business presenter will be Pat McLeod of Tiburon Business Services, who will demonstrate a solid ink printer. The educational presentation is *Simple Roots: Our Beginnings*— three successful businesswomen will be discussing how

they started up their business.

Each woman attending the luncheon has an opportunity to stand up and introduce herself and give a 30-second networking statement or infomercial.

Reservations are necessary. Reserve by Nov. 1, 905-877-7119, fax 905-877-5117 or membership@haltonhillschamber.on.ca or go to event registration at www.haltonhillschamber.on.ca.

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

GEORGETOWN PHYSICAL AND SPORTS THERAPY CLINIC

(905) 877-8668



83 Mill St., Suite B
 Georgetown, Ont.
 L7G 5E9



Marta Masley
 B.Sc.(PT), M.C.P.A.

Q: I have been having right hip and knee problems. My physiotherapist has told me that I overpronate at my feet and orthotics would help correct this. Is it possible that poor foot biomechanics can cause hip and knee pain?

A: Your body is all part of one kinetic chain. The foot is the most important link within the kinetic chain, since it is the first part to hit the ground as you walk. In general, your foot motion can be described as normal, overpronated or oversupinated. Imbalances with the chain can have effects as high as the neck region.

For overpronators, the purpose of orthotics is to maintain the foot in a "neutral" position. For oversupinators, the purpose is for the orthotic to absorb some of the ground forces, since a supinated foot is a "locked and rigid foot."

How your feet react with the ground determines how the rest of your body reacts as well. In a normal kinetic chain, muscles must contract against the forces generated by abnormal foot biomechanics. This leads to muscles and tendons having to work improperly. As a result, they eventually fatigue and breakdown. When the muscles and tendons cannot work properly, they are unable to keep joints in alignment. This can have effects throughout the body. More prevalent however, are problems closer to the feet such as in your case, the knees and hips.

You orthotics are transferable between shoes. They may take a few days to get used to, but will play a great roll in decreasing your symptoms.

Dale Grindley LAC, DIHOM

Homeopathic & Holistic Health Care

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 (416) 809-3244



Dale Grindley
 LAC, DIHOM

Q: I am a 42 year old mother of two, with a stressful job, and I've noticed this last year I've been more impatient, my libido is decreasing, and I'm getting what feels like hot flashes. Is this menopause? And can natural medicine help, because I'd prefer not to take any drugs if I don't have to? ... TJ

A: Hi TJ, yes I think you're right, sounds like pre-menopause. And yes, there are many things that can be done using a natural health approach. I would suggest that first you may want to see your family doctor, just to have a check-up and rule out any major medical issues. Let me tell you about a very similar case I had recently. I'll call this woman Linda.

When Linda came to the office we reviewed her past medical history, and physical complaints, as well as mental and emotional stressors, preferences, fears, thought and behaviour patterns etc.

*Based on this whole-health picture, I recommend a specific homeopathic remedy which best addressed her overall health issues - tired, frazzled, low libido, hot flashes, a little angry, even her chocolate cravings. Within an hour of taking the remedy she started to feel (in her words) "different". her system had been stimulated to start the rebalancing process.

*For nutritional support I suggested reducing coffee; substituting good fat for bad (eg. using extra virgin olive oil vs partially hydrogenated vegetable oil); increasing her green leafy vegetable intake; and optimizing her anti-oxidant profile - Vit. A, C, E, Selenium, etc.

*For exercise she liked walking; and I shared a simple but effective relaxation technique, so that in just 15 minutes she could feel calm and centered.

*In three months, her hot flashes were 80% improved; she felt her old easygoing self again, was better able to handle all the stressors in her life; and the relationship with her partner was better too.

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Don Jones
 Proprietor

Q: I am interested in making wine at a wine on premise store. I know I'll save money, but I am concerned about the quality of the wine. Is it as good as what I can buy at the liquor store?

A: The answer to your question is Yes! The quality is as good as most popular wines from the liquor store, although the comparison can only be done after the wine has been cellared for a few months. The ingredients used at a wine on premise store come from the same vineyards that commercial wineries use. However, wine that is purchased from the liquor store has been in the bottle for at least 6 months before being shipped and therefore has had time to mature. In fact, most of the world's wine is consumed between one and two years after it was made. The wine you make at a wine on premise store is young, so it's important to give it some time after you bottle it to appreciate its taste, body and unique character.

In the past, there were issues with the quality of self made wine and this had to do largely with the quality of the kits comprised mostly of generic concentrates. In recent years, the biggest wine producers in Canada have been involved in producing kits and the quality has improved dramatically. New innovations, such as the addition of crushed grape skin packs to kits have elevated the quality even further.

Making your own wine gives you the benefit of trying new wines at a price you can afford. And best of all it's fun! I encourage you to visit us and learn how easy and affordable it is to make great wine.

SUSAN S. POWELL

BARRISTER & SOLICITOR

FAMILY LAW

2 COUNTY COURT BLVD., BRAMPTON
 (1 block south of Steeles at Hwy. 10)

(905) 455-6677



Q: My wife and I are separating. We have agreed the children will live with her and that I will pay child support to her. We have agreed about everything else but she says we should still see a lawyer. I don't want to spend the money. If we have agreed to everything, do we still have to see a lawyer?

A: Yes. You should each see your own lawyer. Your own lawyer will talk to you about the issues you and your wife have agreed upon. They may then give you advice about issues that you did not consider. They will help you to ensure you and your wife cover all the issues and make sure you understand what you are each agreeing to with each other. They can prepare a Separation Agreement which sets out your agreement in writing and you can refer to in the future in case you forget some of the terms.

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"

MAIL or FAX

The Independent & Free Press

280 Guelph Street, Unit #29

Georgetown, Ont. L7G 4B1

Fax # 905-873-0398

Attention: Ask A Pro

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

OXFORD

211 Guelph Street., Georgetown

(905) 877-3163



Shari White
 Education Director

Q: I would like to know more information about Oxford Learning. What makes Oxford different from those other tutoring places?

A: Oxford Learning began in the mid-1980s when a team of education experts came together to create a unique learning program based on research into how children actually learn. Oxford is now Canada's number one supplemental education system and is expanding throughout the world.

Dedication and continuing research have earned Oxford an international reputation for quality and success. From our acclaimed diagnostic assessment to our proprietary curriculum and teaching methods, Oxford stands out as the premier supplier of quality educational material and programs.

Our proprietary curriculum is developed by a team of Oxford experts, giving Oxford a competitive advantage. Each Oxford student receives an individualized program based on his or her needs. In this way, we fulfill our mission:

- To help children achieve their highest potential;
- To encourage independence and imagination;
- To foster a striving for excellence;
- To awaken a spirit of confidence and enthusiasm;
- To teach the child to celebrate achievement.