

# A pre-50 mind will always lose to a post-50 body

Every once in a while, when you pass that 50-year mark, your body finds a way to remind you.

Not often, mind you, so long as we can overlook that creaking and cracking that takes place as we swing our legs over the side of the bed first thing in the morning.

Nope, I'm talking about those moments when you most assuredly know 'you ain't no spring chicken no more...'

Recently, I bit the bullet and called a drywaller to come in and price out redoing my master bedroom. The old plaster was tired, I was tired of wallpaper and I just felt it would be nice to have it drywalled and painted.

Usually I do my own drywalling, but this time I had given myself a deadline. If I drywalled the room myself, I would simply never make it.

A  
TED  
BIT



Ted Brown

Enter Howard the drywaller.

A walk about the room, a measurement here, another there, and in minutes he had a list of materials. Howard is a one-man show, so I asked if he wanted me to get the drywall and have it in the bedroom, ready to install and tape, without him

having to haul it up the stairs.

Upstairs— my house has a somewhat steep and narrow stairwell. In fact, due to the limitations of those stairs, 8-ft. sheets of drywall are as big as they get. Nothing longer will fit.

Howard took a look at the stairs, and like the wise man he was, readily agreed to have me look after the drywall delivery.

It was my 'pre-50s' mind that accepted that deal, not my 'post-50s' body.

Misery always loves company, so, typical of most my escapades, I called co-worker Kevin.

Kevin is a good ol' boy— big, strong, and like me, over 50. We make a great team.

And unlike my little Ford Ranger, his truck is a full-sized F150, meaning 4 by 8 ft. drywall lays flat in the bed of the truck— ideal.

The load was 17 sheets, and Kevin readily accepted the challenge. (Kevin has never been upstairs at my house, and, silly me, I'd completely forgotten to mention the stairwell.)

After picking up the 17 sheets of drywall, we arrived at my place to begin unloading. Taking the end of the first half-inch thick sheet, I started up the stairs, Kevin bringing up the rear.

"Ah Ted," I heard him say as

we were halfway up, "Did a !#\$%& shipbuilder built this house? These \$%!&\* stairs look like they came outta a !#\$%& sailing ship!"

I discreetly let on like I hadn't heard.

Huffing and puffing, we decided to stop at sheet number seven.

"I need a smoke," Kevin said, translating to "WE need a smoke and a beer..."

That break took 45 minutes before returning to the pile. At sheet 10, we needed another 'smoke' (complete with liquid accessories.)

Stopping at sheet 14, we gave ourselves a 'rest' period, (to top up our fluids) just before that last push, to take sheets 15 to 17 upstairs.

After, we sat quietly basking in our accomplishment, the entire 17 sheets upstairs— our thigh and back muscles relatively pain-free.

When you're over 50, having a pain-free moment after moving 17 sheets of drywall up a veritable ladder is quite significant.

We were damn proud of ourselves.

But neither of us talked about our next challenge— getting out of bed the next morning.



The Regional Municipality of Halton



## NOTICE TO CITIZENS

### Join the Halton Regional Transportation Advisory Committee

This is an opportunity to participate in the public consultation process for new Provincial transportation initiatives being carried out by the Ministry of Transportation, the Ministry of Public Infrastructure Renewal and GO Transit within the Region of Halton.

The establishment of a Halton Regional Transportation Advisory Committee will help in addressing the broad spectrum of interests from local Halton residents, business and development communities, Chambers of Commerce, and other Regional Advisory Committees. The Halton Regional Transportation Advisory Committee will help in reviewing and commenting on documentation, provide input on the consultation programs, and be engaged by the Province as part of the stakeholder consultation for various Provincial transportation initiatives.

Participation from across Halton (Oakville, Burlington, Halton Hills and Milton) is encouraged. One member will be chosen from each municipality.

If you are interested in applying for a position on the Halton Regional Transportation Advisory Committee, please submit an application form.

Application forms are available on our website [www.region.halton.on.ca](http://www.region.halton.on.ca) or from the Office of the Regional Clerk, Halton Region, 1151 Bronte Road, Oakville between 8:30 a.m. and 4:30 p.m. Send completed forms by email to [RegionalClerk@region.halton.on.ca](mailto:RegionalClerk@region.halton.on.ca) or by fax to 905-825-8838.

Completed application forms must be received at the Office of the Regional Clerk no later than **Thursday, October 6, 2005**. All applicants will be contacted for an interview. For more information concerning the Halton Regional Transportation Advisory Committee, please contact Edward Soldo, Manager of Transportation Services and Infrastructure Planning at 905-825-6000 ext. 7475 or by email at [soldoe@region.halton.on.ca](mailto:soldoe@region.halton.on.ca).

### Business Excellence Series—October 19 to December 14

The Business Excellence Series is designed to give local business leaders an opportunity for candid dialogue with experts in the fields of Executive Management, Human Resources and Marketing. Three seasoned business executives will provide real-world strategies business leaders can use to address their toughest challenges. Limited to 25 participants, this nine-week series is designed for CEO's, principals and senior executives from companies with \$5 million and more in revenue.

#### Upcoming sessions:

**October 19:** Employee Engagement Research on Proven Approaches

**October 26:** How to Achieve Superior ROI in Your Business

**November 2:** Marketplace Differentiation

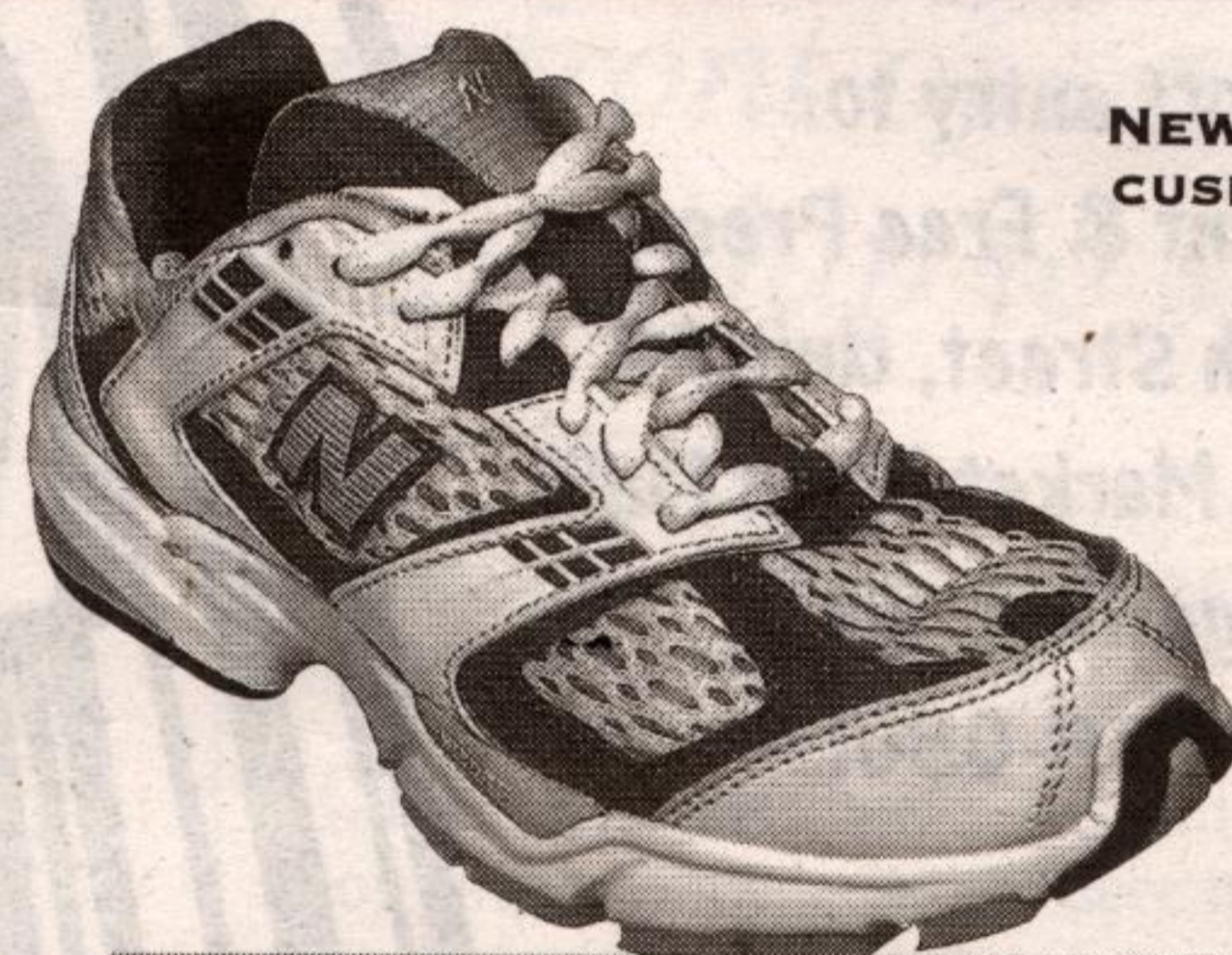
For more information or to register, contact the Halton Region Business Development Centre at 905-825-6000, ext. 7955.

#### Halton Regional Meeting Schedule:

September 27th	9:30 a.m.	-	Health and Social Services Committee
September 28th	9:30 a.m.	-	Planning & Public Works Committee
September 28th	1:30 p.m.	-	Administration & Finance Committee
October 5th	9:30 a.m.	-	Regional Council

1151 Bronte Road, Oakville, ON L6M 3L1

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Hooray for  
silver,  
Now bring  
on the gold!

HAPPY 25<sup>TH</sup> ANNIVERSARY MOM & DAD

Love Mindy & Jennie