

Ask The Professionals

Ask Questions. Get Answers.
"Ask the Professionals"

E-mail your questions to:
features@independentfreepress.com

Community Calendar

Thursday, March 27

Parkinson's Support Group: meets 7:30 p.m. at Georgetown Seniors Centre. Newcomers welcome. Info: Marion Faulkner, 905-877-5858.

Acoustic Jam Session: 8-10:30 p.m. at the Georgetown Legion, 127 Mill St. Bring your instruments, voice and enthusiasm! Info: Hugh or Wendi, 519-853-1383.

Book Club for Kids: meets for the first time for kids (9-12 years of age) in the Georgetown branch library at 6:30 p.m. Kids must register ahead of time, 905-873-2681 ext. 2520.

Daffodil Days: watch for members of the Acton branch of the Canadian Cancer Society selling daffodils at various places around town during Daffodil Days March 27-29. This is a kickoff fundraiser for the spring campaign. Members of the Brampton Caledon Georgetown and Dufferin County CCS branch will be selling daffodils in Georgetown March 27-30.

Limehouse euchre: Limehouse Women's Institute hosts euchre, 7:30 p.m. at the Limehouse Memorial Hall. Admission \$3, light lunch provided.

Runners meet: Georgetown Runners are a group of local runners who meet at the Gellert Centre, 10241 Eighth Line 6:30 p.m. Thursday evenings. Current members vary in fitness levels from the novice who is just beginning a new running/fitness program, to the more seasoned athlete who is training for an event. All are welcome to join the runs of varying distance and time. Visit www.georgetownrunners.ca or call Jim, 905-702-1162.

Phoenix Warriors: meets 7:30- 8:30 p.m., 42 Mill St., Acton. This self-help peer group is for individuals with a mood disorder, which includes change in mood, thought, energy and behavior. The facilitator encourages everyone to express themselves, listen, and support each other. Info: 519-853-9793.

Cocaine Anonymous: a 12-step based fellowship meets Thursdays, 7 p.m. at Sacre-Coeur Church, 39 Guelph St., Georgetown (use back door basement). This meeting is open to all people who might have difficulties overcoming their addiction to cocaine and any other drugs. Info: Cocaine Anonymous, toll free: 1-866-622-4636 or www.ca.org.

Prenatal program: Halton Region Health Department Healthiest Babies Possible prenatal program is accepting registration for its six-week program Thursdays at Ontario Early Years Centre-Georgetown, 96 Guelph St. To register: 1-866-442-5866. Info: www.halton.ca.

Friday, March 28

Georgetown Children's Chorus: gives us a *Taste of the Maritimes* on Friday, March 28 at 7 p.m. and Saturday, March 29, at 2 p.m. and 7 p.m. at the John Elliott Theatre. Join 150 kids as they treat their audiences to foot stomping music and beautiful ballads from Canada's East Coast. Tickets: 905-877-3700 or www.haltonhills.ca/theatre. Info: 905-877-6841.

Friday night euchre: 7:30 p.m. at Georgetown Legion. Admission: \$2.

Saturday, March 29

Sweet Taste of Spring: Enjoy pancakes, Ontario maple syrup, maple baked beans and maple tarts, 9 a.m. to 1 p.m. at Limehouse Memorial Hall. Adults \$5, children (6-12) \$3 and under age 5 free. Bake table and maple syrup for sale.

Annual Bruce Trail Pancake Breakfast Hike: Meet at 9:30 a.m. in the school parking lot in Limehouse to hike the 4 km. loop for about an hour and a half in the Conservation Area and then to the Hall for pancakes and maple syrup hosted by the Limehouse W.I. Good footwear essential. Bring money for breakfast. Leader: Maureen, 905-873-9757 or mosmith@cogeco.ca for more information.

Wellness Day: Georgetown Lioness Club hosts its annual Wellness Day, 10 a.m. to 3 p.m. at the Gellert Centre, 10241 Eighth Line, Georgetown. Over 50 natural health practitioners, mini treatments, demos, displays, presentations and healthy lunch. Admission: \$2. Door prizes. Proceeds to local charities.

Euchre fundraiser: Ride to Conquer Cancer euchre evening, 7:30 p.m. at Peel Region Police Association hall, 10675 Mississauga Rd., 2 km north of Hwy 7. Cost: \$20/player— tax receipt issued. Prizes, food included. Tickets: Anna, 905-877-7082 or Rose, 905-877-1326. Proceeds to the Ride To Conquer Cancer and Weekend to End Breast Cancer Walk.

Earth Hour: Halton Hills will participate in Earth Hour. At 8 p.m. March 29, the world will turn off its lights for just one hour— Earth Hour— to show it's possible to take action on climate change. Info: www.haltonhills.ca

Euchre: is held 7:30 p.m. Saturdays at the Hornby Co-operative Nursery School on Steeles Ave. All welcome.

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Georgetown

Physical and Sports Therapy Clinic

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

Q: I hurt my low back about a year ago. It got better within a month, but I frequently have recurrences of low back pain. The episodes usually last a few days and are usually provoked with over-activity. Is there anything I can do to put an end to my back pain?

A: Studies show that following a low back injury, pain recurs in almost 80% of people within one year. Studies also show, that there is a strong relationship between a dysfunction of the multifidus muscle and recurring low back pain. This important back muscle attaches to other structures in the back that when contracted, can help stabilize the back. Within 24 hours of a back injury, the multifidus muscle is known to atrophy and weaken. Its recovery is not spontaneous. This means that it does not regain its size and strength on its own. It needs to be re-trained specifically. General exercises (i.e. swimming, walking, running) do not guarantee a re-trained multifidus.

Multifidus strengthening is not strenuous, but does require concentration. A basic multifidus exercise involves lying on ones stomach, imagining that you are a Barbie doll and just got your leg pulled out of the hip socket and are trying to pull that leg back into socket. Pelvic movement should be minimal with this exercise, and you should avoid hiking the hip up. It may seem you are not doing much, but in fact the mere visualization of this exercise is already recruiting the multifidus.

Keep in mind though, that since you do not spend your day lying around, you need to retrain the multifidus in a more functional way applicable to your lifestyle. Your physiotherapist will be able to progress you on an appropriate program

SUSAN S. POWELL

BARRISTER & SOLICITOR
FAMILY LAW

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905-455-6677



Susan S. Powell

Q: How do I have my child support increased if my husband is now earning a higher income than he was when we signed our Separation Agreement?

A: You should ask your husband for a copy of his previous years Income Tax Returns and then determine how much child support he should be paying. Once you have determined how much your husband should now be paying you can vary your child support by amending your Separation Agreement. An Amending Separation Agreement sets out the paragraph (i.e. child support) that is to be amended and states the new amount of child support. It should state your husband's current income and the date when the new amount of child support is to start.

If you have a Court Order then you must have the Order varied by the court. If you and your husband agree to the amount of the variation for child support then documentation must be filed with the Court and it is unlikely you will have to attend Court. If you are not able to agree then you will have to attend Court. In either case have a lawyer assist you with obtaining the change in your Court Order and/or preparing and Amending Separation Agreement.

RBC Dominion Securities

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Barbara Byckowski
Investment Advisor, BBA,
FPF, CFP

Q: I am curious about exchange traded funds and how they compare to mutual fund performance. Can you provide me with some information and a review of my mutual fund portfolio?

A: We offer complimentary portfolio reviews and 2nd opinion of your current investments and financial plan. Just call me at 905-450-1850 and we can arrange an appointment.

Exchange traded funds have a history of outperforming most of Canada's mutual funds. By definition, an Exchange Traded Fund will perform approximately at its benchmark index, less a small MER. A recent study completed by Standard and Poor's showed that less than 9% of Canada's equity mutual funds outperformed their S&P benchmark index during the past 5 years. The study on five year performance also showed that actively managed Canadian funds missed their S&P benchmark index by an annualized rate of 4.34%.... that is performance lost to the investor.

Exchange traded funds are also tax efficient, can be bought and sold during the day and are an easy way to purchase a diversified portfolio. The Exchange Traded Funds are easy to understand and track the performance of well know indices for example: the performance of StreetTracks Gold Trust is tied closely to performance of the price of gold.

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PROFESSIONALS WANTED

to inform our readers & answer their questions

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DR. ANOOP SAYAL

Family and Cosmetic Dentistry



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DR. ANOOP SAYAL

Q: What is the importance of flossing?

A: Did you realize that you're only cleaning part of your teeth when you brush them? Each tooth has five sides to it, but only three are cleaned with daily brushing. The other two surfaces between the teeth don't get cleaned. Yet, this is where cavities are most likely to start.

That is why flossing is so critical. It acts to remove plaque and deposits which can build up. If these are not removed on a regular basis, gum disease can sometimes result. But, how is it properly done? After gently working the floss between the teeth, slide it just under the gum and scrape, rubbing the side of the tooth. The floss may be thought of as forming a big "C" shape against the tooth. Do this between all teeth until a squeaky sound is heard, letting you know the plaque is broken up. Your dentist can give a demonstration of the correct technique.

Good dental hygiene begins with you. Brushing, flossing, and regular visits to your dentist help insure your dental health.

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318 Guelph St., Georgetown
Indoor Mall next to Harveys



GERALD ROSS
H.B.Sc. PT, MCPA, res.CAMT

Q: I broke my wrist and strained my back after slipping on the ice. Will easing back into normal day to day activities be enough to get me back to the way I was before?

A: Injuries such as yours are serious enough to warrant a consultation with a physiotherapist. Working with a physiotherapist now will ensure that you recover to the greatest extent that is possible. The degree of recovery that occurs spontaneously may allow you to be comfortable in your current lifestyle but not in the more physical spring and summer activities. Your physiotherapist will discuss your lifestyle with you and set you up with a program that will ensure that you can enjoy the upcoming spring and summer activities without disruption, comfortably and with confidence.