



Eastbridge *insight*

Information for the residents of Eastbridge from your Neighbourhood Association

www.eastbridge.info

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Winter Fun With The ENA:



Eastbridge Easter Egg Hunt

Please join us to do some egg hunting!

When: Saturday, April 18th, 2014
10:00 a.m. - 11:30 a.m.

Where: Bluenose Park
on Eastbridge Blvd.

Who: Free to kids 10 and under.
Must be accompanied by an adult

Find a rare golden egg and win a special prize!

Easter Bunny will be available for pictures

Volunteers needed

Happy Easter From Your Neighbours!



Eastbridge Neighbourhood Association

www.eastbridge.info



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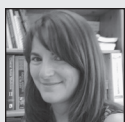
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Message From The Chair

By Cindy Watkin, Chairperson



Lately it seems on facebook many little quizzes and games have popped up. Sometimes they are interesting to take part in,

sometimes the results are outrageous and once in a while I learn something about myself in the process.

There was an interesting such game posted last week that I decided to take a lunch hour at the mall and see what I could come up with as answers. The premise was simple; to pick twelve albums that were meaningful to you at different times of your life for whatever reason. It was suggested to write the list fast without much thought.

That seemed to be tough for me, the not thinking about it part. I never thought of music defining times in my life before in that context and to be honest some of my albums surprised me, especially as when I was younger music didn't seem to be a big part of my life, and the choices in some cases were obscure.

I have vivid memories of riding my bike to U2's The Joshua Tree and becoming aware of music in a different way than I had when younger, it was probably one of the first times I became of the words in music, not just the tune. Meatloaf's Bat Out of Hell was one I discovered as a teen and recall listening to it over and over; there was a certain song somewhat of an institution at dances and one had to know all of the words to!

The Cars' cd was one Jeff introduced me too and I couldn't get enough of it, still one of those classic "go to" cds for me that is always entertaining. Upon discovering one Bruce Springsteen and the E Street band, The Rising was the first album he'd released since

I became aware of his music and words, it was released not long after September 11, 2001 and so many of the songs on that cd really spoke to me and still do today. It was this cd that I listened to very loudly when driving back home upon learning of my dear Grandma's sudden passing in the wee hours of the morning and focusing on that album while driving there literally got me there quickly and safely. One song I couldn't listen to as it dealt with an important person literally being gone but the rest of it got me home to Mount Forest and my parents in one piece.

Upon discovering musicals in Toronto two decades ago led me to "listen to over and over again" musical choices; Phantom of the Opera and Joseph & The Amazing Technicolour Dreamcoat. Experiencing Phantom live was just incredible and Joseph was with Donny Osmond in the title role was as well; I recall thinking before we went that we were spending over a hundred dollars to see Donny Osmond? Images of "I'm a Little Bit Country..." from his & Marie's variety show came to mind but he & the cast gave a wonderful performance and it was very inspiring. As a little girl our Jessie learned the words to those cds, danced around singing to them and I often wonder if they somehow gave her an early appreciation for theatre in some small way!

In recent years I've discovered bootleg live cds and have been given some great ones by likeminded Bruce friends, and those cds too are part of my musical timeline for lack of a better word. Some shows we were at, or our friends were and regardless they are real musical treats for a die-hard fan, priceless really. Sharing them is something I thoroughly enjoy.

I wrote a column last year about discovering the music of Mariana's Trench and their current cd is one that



visit us
on Facebook

Check out The Eastbridge Neighbourhood Association on Facebook!

Stay up to date on current information, such as:

- Social Events
- Volunteering in the neighbourhood
- Updates on news impacting our area

has resonated with me alot. It was seeing them live as well that cemented a love for their music in me, surprising but once more, an experience that opened my mind.

The funny thing about this exercise was I couldn't come up with twelve albums, and it wasn't a quick process either. It did push me to think about the past and how much music has become a part of my life in recent years; an important one and one that I appreciate very much; it has made me think, inspired me and also allowed me to believe in myself.

Councillor Diane Freeman's article on page 4 talks about inspiration on a totally different mode, one that is quite interesting to read about and check out page 8 for an update on Waterloo residents who train at RIM Park every day and recently competed in Sochi at the Olympics; Kirsten Moore-Towers & Dylan Moscovitch.

While this winter has been long, it's also brought back memories of way back when the snow banks were this high in my youth and in reading a random facebook post I've discovered something about myself. Music can also inspire in many different and fun ways; I've realized it's better to embrace listening to something new than to miss out on something beautiful and sometimes, live changing. I'm so thankful for the gift of the music given by those who choose to share it.

Ladies – need a break from the kids?

By Judy Sewell, Special Events Director

The Special Events Committee is looking for some ladies who might be interested in coming out with us to help brainstorm and plan our events. Where do we do this? Usually at William's or other nearby establishments where we can sit and talk about upcoming events and discuss possible new ideas. You will not be required to make a commitment to the ENA board. We would love to hear if you have any thoughts or suggestions to keep things fresh and interesting. You're welcome to come out to help with a specific event or all of them.

Please let Shari, Becky or Judy know you're interested in joining us. It's that easy! If you have time to make a few phone calls during the day or do some prep work, even better, but no commitment is required – we promise (unless you want to). If you are new to the neighbourhood, and want to get to know us we would love to get to know you and what you are looking for from the ENA events committee. It's easy and its fun.

SPECIAL EVENTS DIRECTOR NEEDED

Do you want to get involved with your community?

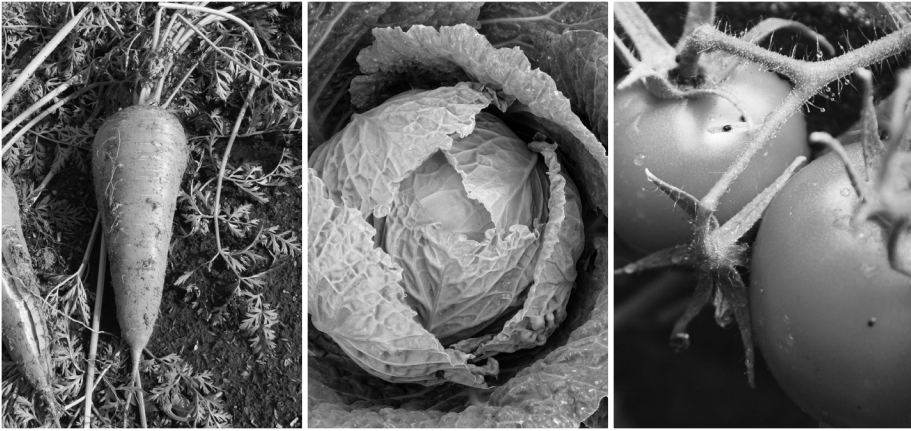
Here is your chance! The ENA is looking for a new Special Events Director to organize events throughout the year. This volunteering role gets a lot of help from the board.

Please email specialevents@eastbridge.info for more information.

VOLUNTEERS WELCOME

If you are interested in helping with any Eastbridge events, please email volunteers@eastbridge.info.

Highschool students:
Hours spent volunteering at ENA events count towards your community service hours, so come out and help - you will have fun doing it!



By Amy Britten, Garden Coordinator

The community garden, located in Haida Park between Breakwater and Chesapeake Crescents features 20 plots that are available to Eastbridge residents for a fee of \$20.00 per year. Each gardener is assigned a plot, and they plant, tend and harvest the produce from that plot for their family. Returning gardeners have committed to their

If you would like to join the waiting list, please email Amy at environment@eastbridge.info. Include your name (first and last), address, phone number and email.

By Amy Britten, Environment Director

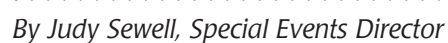
Here are some tips for dividing and potting up your perennials for the Swap:

2. Divide – Plants that have strong or fibrous root systems (like grasses) need to be cut with a sharp spade. Other perennials can be easily separated by hand or with a trowel. Try to avoid damaging the roots as much as possible.

5. Water – Keep the transplanted perennials and those that you replanted in the ground well watered for the first few weeks to allow them to re-establish themselves and regenerate root growth. Keep potted perennials in a sheltered area as they may dry out faster in pots.

By Shari Chantler, Special Events Assistant

Registration to take place from 10:00 a.m. - 10:30 a.m.



Please contact Judy at specialevents@eastbridge.info or Shari at specialeventsassistant@eastbridge.info if you have any questions or would like to consider sponsoring the Chase.

News From The Ward

By Diane Freeman, Councillor



I am reminded, as I approach my 48th birthday next month, how fortunate I am to live, work and serve as a politician in Canada. In the past few weeks, I have had the opportunity to mentor an elected member of the Sawla-Tuna-Kalba district assembly from Ghana.

Sarah Kunyangna is an elected assembly member who is well known across her district as someone with excellent communication skills, speaking nine languages. As the most active assembly member, she takes pride in working hard to improve her communities' livelihoods. She has recently joined the Abantu Network for female assembly members to share experiences, which can enable her to support and encourage other female assembly members from other districts in the Northern Region. Sarah campaigned to be an elected assembly member to show young girls that they can do anything. From this, she's been a strong advocate for the assembly supporting female education and health concerns.

Sarah was selected to be a delegate to the leadership program entitled Kumvana. The program was developed and organized by Engineers Without Borders (EWB) a Canadian not-for-profit organization. The Kumvana program brings change makers from counties in Africa to Canada for a month in January of each year. The primary objective of the Kumvana Program is for African change agents to have an increased capacity to create systemic changes that significantly benefit their communities. To achieve this, activities are aimed at strengthening leadership, strengthening profession-specific knowledge, facilitating reflection and comparison, and facilitating networking and collaboration. While in Canada, EWB seeks individual specific leadership opportunities for each delegate. Sarah is the only elected official attending Kumvana 2014 and I was asked if she could spend some time with me, observing political life in the City of Waterloo.

As always happens when you volunteer, I have received so much more than I have given. Sarah stayed with my family for five nights and during that time I marveled in viewing our beautiful country through her eyes. The following are some memories that I share with you:

- Sarah shovelling snow with vigour and excitement. "Take my picture of me working", she said
- Ice skating in the public square and watching someone put on skates for the first time ever on one of the coldest nights of the year

- Walking my son Adam to the bus so Sarah can see how children are transported to school in Canada and having Sarah see the bus come through the snow and say, "wow you would never see that in Ghana; a woman driving a bus"
- The joy on her face as she finished a very Canadian hamburger and fries luncheon at the first Canadian Restaurant she ever ate in
- While watching me knit a baby gift, she said in Ghana a woman would put away their knitting after becoming a politician. Knitting work would be a job that I would hire someone else to do for me. She spoke in this conversation about how people once they succeed to higher office would discontinue any work seen to be "below" their station. I explained that in Canada we value the sharing of our time and talents and that many people are creative. Further, regardless of title or office of title it is ok to be seen working at things such as knitting, sewing or woodworking.
- Sarah shared her stories of attending Budget day at Toronto City Council and was surprised that the Councillors called each other names. She also commented on seeing two men getting married at City Hall and how it would never be supported or accepted in Ghana.
- I worry about managing a 100 million dollar operating budget with the goal of ensuring all citizens in Waterloo feel equally served and she worries about all of the women she represents dying of undiagnosed breast-cancer. She is working to raise \$12,500 Canadian dollars to provide breast screening clinics for over 300 women per year
- Sarah's is an unpaid position where she is provided with a motorcycle with no money for fuel. She uses the motorcycle to meet with her constituents, some of which are over 300 km away.
- Sarah is one of only two women elected to her assembly and with four other appointed women she is one of 6 women out of 48 members of assembly.
- The assembly is focused on issues of housing and building infrastructure associated with water supply.

While in Canada, Sarah had the chance to explore many levels of Government in Ontario having visited with several members of provincial parliament (MPPs) including Kitchener-Waterloo MPP Fife and several City Councillors including Councillor Stintz from the City of Toronto.

At the Waterloo Region Municipal Woman's

UPCOMING EVENTS

- Upcoming registration dates for Community Activities:
 - Spring leisure/activity programs / camps / carl - March 5
 - Spring aquatics programs - March 11
 - Minor Soccer registrations open www.waterloominorsoccer.com
- Uptown Waterloo Jazz Festival: July 18-20, 2014
- Waterloo Buskers Festival: August 21-24, 2014
- Open Streets will be happening in Uptown Waterloo this summer. For details check out: openstreetsutw.ca
- Municipal Election Day: October 27, 2014

Campaign School, Sarah provided an overview of her work as an elected official in Ghana, some of her many challenges and her passion to affect change for the people she represents. So while I hope that I have inspired Sarah, I know she has inspired me.

Waterloo Regional Police Services

The new north division of Waterloo Regional Police Services (WRPS) is now located in Ward 4 at the corner of Columbia Avenue and Weber Street. Since the official opening in the summer, I have had the chance to tour the facility a couple of times. The building provides a much needed home to officers that have been working in Waterloo for many years in the old Carnegie library building on Erb Street.

We often take community policing for granted. We all hate getting a speeding ticket, but when we see a speeder we wonder where the police are. If our neighbours children are having a wild party and we call for service we are frustrated by response times. Prioritizing limited police resources is a big challenge. They are needed to respond to crimes in progress and are required at all times to consider the priority of the many calls they are receiving. A 911 emergency will be responded before a noise concern. I thought you might be interested to know that the cost of service per household for WRPS was \$531 in 2012.

If you are interested to learn more about WRPS please check out their annual report: www.atyourservice2012.ca

I am going "squirrely" being off of my bike. I look forward to clear roads and sunny days that I am confident will be arriving soon. Until then I will continue to ski as often as I can and be thankful for the wonder seasons we have here in Canada. I leave you will one last thought: imagine waking up tomorrow with only the things we are thankful for today.

I welcome your comments on my columns so please do not hesitate to contact me at:
email: Diane.Freeman@waterloo.ca
twitter: @dianelfreeman



"Let's continue to build a better community together!"

RE-ELECT

Diane FREEMAN

Ward 4 Councillor

www.dianefreeman.ca
519.885.7208



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LPGA CLASSIC

June 4 – 8, 2014

The third annual Manulife Financial LPGA Classic is right around the corner. Once again Grey Silo Golf Course will be the host location for the tournament. Over its first two years, the tournament has attracted more than 125,000 spectators making it one of the most well-attended events on the LPGA Tour. In 2014, the tournament will return to a June date, June 4 – 8, 2014.

The City of Waterloo and the Eastbridge Neighbourhood Association will continue, as always, to work together to address any tournament related issues including traffic and parking. Spectators will be encouraged to park in the designated off-site parking lots and take shuttles to and from the golf course.

For more information on the tournament, visit www.manulifeclassic.ca or follow on twitter @ManulifeClassic.



Waterloo Fire Rescue reminds homeowners to clear the snow from fire hydrants

By John Percy, Public Education Officer

Waterloo Fire Rescue is asking homeowners to clear any snow accumulation from fire hydrants. Please have 1 metre clearance around fire hydrants so as they are readily visible and accessible for firefighters at all times.

We are also reminding homeowners to clear snow from all exits in their homes and ensure that your house number is visible from the street.

Keep intake and exhaust vents for furnaces and heating appliances free of ice and snow accumulations to reduce the risk of carbon monoxide buildup from inefficient combustion.

Important reminders for business and property owners include the following:

- fire access routes must be free of snow and ice accumulation at all times. Routes shall be maintained so as to be immediately ready for use at all times by fire department vehicles.
- all exits and fire escapes must be kept clear of snow and ice. These must be free of any type of obstructions so as they can be used during a fire emergency.
- ensure that fire department sprinkler and standpipe connections are free of snow buildup & are readily visible and accessible by firefighters.

Make sure that you have working smoke alarms and carbon monoxide alarms in your home. Ensure that you have a home fire escape plan for you and your family and make sure to practice so you are prepared what to do in the event of a fire.

For more information on fire and life safety, please visit the Waterloo Fire Rescue website.

Web: www.waterloo.ca/fire

Email: john.percy@waterloo.ca

519-884-6030, ext. 3009 TTY: 1-866-786-3941

Twitter: [www.twitter.com/citywaterloo](https://twitter.com/citywaterloo)

YouTube: www.youtube.com/citywaterloo

Shaping Our Fire Safe Community

Overflowing garbage cans – how can you help?

Kristy Smith, Coordinator, Neighbourhoods, Community Programming & Outreach Services, Community Services, City of Waterloo

Smelly, overflowing garbage cans in neighbourhood parks and on trails are sometimes a problem during the summer months.

City staff empty these garbage cans every 10-days/two weeks. Unfortunately, some residents use these cans to dispose of items such as yard waste, oversized household items and dog waste. When residents use the garbage cans to dispose of these items, the cans fill up quicker, causing the smelly, unsightly problem residents would rather not see.

You can help prevent this issue by disposing of household items and yard waste appropriately – drop off large items at the landfill, use yard waste bags to dispose of branches, grass clippings, etc., on regular yard waste collection days, and use the green bins to dispose of dog waste.

While we appreciate residents picking up after their dogs, dog waste in garbage cans has a negative impact on people and the environment for the following reasons:

- Dog waste poses a health hazard to city staff who empty the cans

- It causes an unpleasant odour during hot summer months
- The waste contributes to overflowing cans that spill out onto the ground
- And it contributes to filling up the already burdened landfill

The Region of Waterloo has stated that pet waste is an acceptable item for its green bin program. As of July 2013, the Region accepts compostable dog waste bags in the green bin (check for the compostable logo noted below).

When walking your dog through our parks and trails, please take your dog waste bags home and dispose of them in your green bin. This will help reduce the smell, prevent the cans from overflowing and lessen the burden on the landfill.

For more information about the green bin program, please contact the Region of Waterloo at 519-883-5100; TTY: 519-575-4608; www.regionofwaterloo.ca/waste

For information about your Waterloo Parks, please contact the City of Waterloo 519-886-2310; TTY: 1-866-786-3941; www.waterloo.ca/en/gettingactive/parksandtrails.asp

Rental licensing in Waterloo

Kristy Smith, Coordinator, Neighbourhoods, Community Programming & Outreach Services, Community Services, City of Waterloo

- **Are you renting a property in Waterloo?**
- **Do you own a rental property in Waterloo?**
- **Did you know that all low-rise residential rental properties must be licensed by April 1, of every year?**

The City of Waterloo aims to ensure safe, suitable housing for property owners, landlords and tenants. The rental housing licensing bylaw allows the municipal enforcement services team to ensure residents are provided with safe, adequate and properly maintained rental accommodations.

The bylaw serves to:

- Equip city staff with the ability to manage low-rise residential rental housing in Waterloo;
- Balance the needs of property owners with the needs of residents looking for safe, adequate and properly maintained accommodation; and
- Limit the impact of large rental housing units on residential neighbourhoods.

By licensing rental units, city staff are better able to identify and remedy unsafe and/or unhealthy conditions in small scale residential rental properties.

Q. What type of rental housing requires a license?

A. Any low-rise building containing three or less rental units (including single detached dwelling, semi-detached, duplexes, triplexes, converted dwellings, townhomes) and any owner renting out one, two, three or four bedrooms in their residential unit. Apartment buildings are exempt.

Purchasing a rental license is quick and easy. You can save time and avoid long line-ups by purchasing your rental license online at mypermits.waterloo.ca. You can also use this website to report bylaw infractions, apply and pay for licenses or request inspections.

For more information about residential rental licensing in Waterloo, visit www.waterloo.ca or contact municipal enforcement services at 519-747-8785.

Local Lookout



If you see a crime in progress, please do not hesitate to contact the police immediately. This is a key part of the Parkswatch program.

Recent concerns in the area have been kids walking into traffic, speeding in school zones, thefts from unlocked cars and graffiti.

If you spot any graffiti in the neighbourhood, please contact Kevin with the location of the offense at: kevinmisch@eastbridge.info

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Pet Emergency and First Aid Basics; building a first aid kit and tips to being prepared

By Dr. Tracy Buhrows, Veterinarian and Administrator of Lincoln Village Animal Hospital – providing care for Eastbridge’s wonderful pets for over 15 years!

Fido just cut his foot, Boots started to seizure or Cuddles ate a plant... your life suddenly became complicated and stressful! Let's take a step back and see how to turn the table on unpredictable situations and be able to jump in with both feet and take charge!

Emergency situations and accidents are never expected events, so, it makes sense to take some time to think ahead and try to become as prepared as possible for when one of life's little emergencies affects your pet. As a pet parent you're bound to be anxious, worried and in a panic wondering "what do I do now?"

Having a pet first aid kit is the first step in being prepared for when a pet emergency happens.

Although there isn't a "one-size-fits-all" list of items to have in your kit, there are items that should be included in all first aid kits. By assessing your pet's lifestyle and specific health issues and medical needs, it is possible to customize your first aid kit to be ultra-prepared! We're happy to help you build a great kit for your pet!

Basic Items to Include in Your First Aid Kit

- A list of phone numbers - LVAH, the local Emergency Vet Clinic, the local Humane Society, Animal poison control, 24hr Microchip provider, Pet Insurance company... and be sure to program these numbers into your cell phone to always have easy access
- Scissors - for cutting out debris that may become matted in fur, freeing your pet from entanglements
- Sterile eye wash - make sure it is eye wash, not contact lens solution – for flushing foreign material out of the eye, cleaning the eye or wounds around the eye
- Tear gel – a non-medicated eye lubricating gel for irritated eyes
- Tweezers - to remove splinters or other foreign material from wounds
- Tick remover tool - to easily remove ticks and reduce additional damage or infection during removal, it is best to remove ticks within 24 hours of attachment to prevent disease transmission, vial to save the tick for identification
- Toenail trimmer and styptic pencil – to routinely trim nails and to trim broken nails that don't require medical attention
- Bandage Tape - preferably 1" white medical tape, it is easy to tear off and holds well
- Gauze Squares – use to clean wounds, apply pressure to bleeding areas and for padding bandages
- Roll Gauze - use for bandaging, as an aid to stop bleeding, and padding for splints.
- Vet Wrap - this is a conforming bandage wrap that is

used over a telfa pad or roll gauze that clings to itself and is semi-watertight... be cautious to not wrap it too tight

- Telfa pads - non-stick dressing for applying directly over a wound
 - Bandage Scissors - these scissors have a blunted blade to easily slip between skin and bandage material and not cut the pet's skin
 - Antibacterial wash – Chlorhexidine is a non-stinging soap that can be used on open wounds - rubbing alcohol and hydrogen peroxide are not recommended for open sores or wounds
 - Antibiotic ointment - over-the-counter "general purpose" antibiotic cream such as Hibitane or Polysporin
 - Veterinarian-prescribed pain relief (NSAID) - speak to us about a prescription for an as-needed first aid kit pain relief medication...never use human prescriptions or over-the-counter pain medications for pets... some medications, such as Tylenol or Ibuprofen, are poisonous and may even be fatal to pets
 - Latex or plastic exam gloves - for your protection and your pet's protection
 - A muzzle - or materials to make a muzzle...even the most well-mannered and well-trained pet may bite when injured or afraid
 - Thermometer – taking your pet's temperature under the armpit is accurate provided the pet is dry, the sensor is tucked in well and the elbow is pressed against the body... normal for dogs and cats is 100-102°F or 37-38.5°C
 - Towels, washcloths and a blanket - use for cleaning, keeping your pet warm/cool, and if necessary, as a sling or stretcher to transport an injured pet
 - Benadryl Allergy tablets (Diphenhydramine) – antihistamine for insect stings and allergic reactions - speak with us about proper dosing for your pet
 - Pepcid AC tablets (Famotidine) – anti-nausea and reduce stomach acid production – speak to us about proper dosing for your pet
 - Syringe or large eye dropper - to flush wounds or administer fluids by mouth
- Customizing a First Aid Kit for Your Pet**
Different species, age groups, and pet lifestyles have different first aid kit needs. Consider the following -
- Diabetic pets and ferrets should include corn syrup in the event of a low blood sugar episode
 - Pets who regularly take medications should have a



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couple of days worth of all current medications (be sure to rotate meds to make sure they don't expire)


- A camping/hiking dog kit should consider a splint in the event of a broken leg, prescription medication for diarrhea (Metronidazole), bootie(s) in the event of a foot or pad injury
- Pets who suffer from noise phobias should consider anti-anxiety medication, a Thunder shirt, DAP spray (pheromone spray)
- Smaller pets who may become cold easily can add pet clothing
- A spare leash and/or collar in the event that your pet gets loose
- Pet treats
- Skunk off shampoo
- Ice and hot packs - cool down skin after a burn or keep an animal warm if hypothermic - always use a cloth between the pack and skin, keep your hand on one side to gauge the temperature, check frequently for redness or irritation and keep ice packs moving

Building a First Aid Kit Isn't Enough

Building a kit is a great first step, but it won't be a lot of help in the event of an emergency if you are not familiar with how and when to use the items in it. It is highly recommended to consider any or all of the following to be prepared in the event of an emergency:


- Take a pet first aid class – register for a Pet First Aid and CPR training course with LVAH
- Read pet first aid or animal health books – consider including one in the first aid kit... consider "The Complete Healthy Dog Book"
- Download an App – consider the "Live Media iPhone app for Pet First Aid" as well as the iPhone "Pet Poison Help" app – to help familiarize yourself with basic first aid and have a quick reference to identify toxins
- Familiarize yourself with pet emergency clinics - in your area and to places you travel to... it's good to think ahead
- Pet Identification – microchip your pet (be sure to register online and keep your information up to date and know what your pet's microchip number is), current tags (rabies, city licence tag, microchip tag), custom embroidered collar with pet's name and emergency contact number (your cell phone is ideal if you travel a lot with your pet)

Remember that being prepared in the face of an emergency can be calming and helps to enable you to act and ensure the health and safety of your pets. Have fun and stay safe out there! Visit lvah.ca for further healthcare information.



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wumba@waterloomb.org • 519.885.5330



Gardening Advice to Prevent Injury

By Dr. Greg Lusk, Eastbridge resident and Chiropractor at Vital-Links, located at the corner of Bridge & Frobisher



With this being the March newsletter, it may seem premature to discuss gardening as a subject. However, I figured it was a good idea to get the information out early and perhaps discussing a spring activity will influence its early arrival. It's been quite the winter this year, reminiscent of my formative years in Timmins, Ontario, but I think we'd all agree that it's time to move life outside!

To novice gardeners, this recreational activity may hardly seem demanding, but seasoned green thumbs know there's plenty of hard work required to make your garden grow. Raking, lifting and hauling, digging, aerating and planting are all good exercise, but they can also lead to injury if the gardener isn't properly prepared. In fact, 88% of Ontario's chiropractors report that gardening is the most common source of back and neck pain during the warm weather season. Like any new activity that hasn't been performed in a while, your body needs to be gradually re-conditioned to the demands.

Improper gardening techniques can cause:

- Repetitive strain injuries of the wrist and elbow
- Sprain/strain injuries to muscles throughout the body, especially in the lower back
- Wear and tear on joints and muscles.

Here are a few handy tips that will help you make your garden the envy

of the neighbourhood while helping you be pain free:

1. Warm up.

Take a short walk around the block or climb up and down the stairs a few times. The goal is to elevate your body temperature and increase your circulation. You can also do some leg, spine, shoulder and forearm range of motion stretches to get those areas ready for activity. Your muscles and joints will appreciate this prior to being asked to do work.



2. Alternate tasks and change positions.

Switch between heavier tasks such as digging and raking and lighter tasks such as planting every 10 to 15 minutes. The change of body position with each different task allows you to recover and avoid fatigue. Changing hands when raking or digging also helps to share the load on both sides of the body.

3. Have the right tools.

An ergonomically designed tool with padded handles and spring action features can decrease the stress on your body. Make sure they are the right size and weight for you. Carts and wheelbarrows minimize the need for lifting and carrying, reducing your risk of injury.

4. Kneel to plant and weed.

Constant bending strains your back, neck, and legs. Use knee pads for comfort and keep your back straight.



5. Do the "scissors" when you rake.

Stand with your legs in a split stance and alternate which leg is forward every few minutes. This will decrease the strain on your back.

6. Lift correctly.

Bend your knees, position your feet shoulder width apart, keep the back straight/"neutral", and tighten your core. Keep the load close to your body. Pivot at your hips and ankles if you need to change directions and avoid twisting your spine. Share the load if it is heavy.



7. Take frequent breaks.

Three brief breaks each hour is recommended. Have a drink, stretch, or sit and relax. Life is busy but you don't want to make this a race. Spread the work out over a few days.

Dr. R. Gregory Lusk

Chiropractor

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8. Dress correctly and Hydrate.

Your feet should be protected with thick-soled supportive shoes. This will avoid direct injury to the feet and best support your body to minimize back pain and muscular strain. Wear loose fitting, comfortable clothing to not restrict your flexibility. Also drink plenty of water to keep your muscles and joints moving freely.

Stop gardening if you experience persistent muscle and/or joint pain. If you experience back pain that lasts more than two to three days, contact a licensed health professional for an evaluation. Chiropractors are skilled in the diagnosis and treatment of muscle and/or joint pain. For more information, please visit www.drlusk.ca.

Dr. Lusk credits the Ontario Chiropractic Association (OCA) for the production of this educational material. For more information about the Plant and Rake Without the Ache program, visit the public education programs and material section of the OCA web site at www.chiropractic.on.ca. Photos also courtesy of the OCA.

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Congratulations To Silver Metal Olympians Dylan Moscovitch and Kirsten Moore-Towers

By Cindy Watkin, Chairperson



Pictured here with Mayor Brenda Halloran and Member of Parliament Peter Braid with Kitchener-Waterloo Skating Club members Dylan Moscovitch and Kirsten Moore-Towers at the recent “Olympic Send-Off” held at RIM Park. The event was held by the KWSC to celebrate the figure skating pair team being named to Team Canada, to wish them well in the 2014 Olympic Games and raise funds to assist with expenses involved with attending the games in Russia. Over \$4,600 was raised that evening that went directly to the pair.



Kirsten and Dylan performed on the ice as did other notable KWSC club members at the sold out event, folks had the opportunity to have an autograph signed by the duo and also meet former Olympians who coach at RIM for the KWSC.

Kirsten and Dylan have skated together since February, 2009 and have climbed the National and World ranks quickly. In addition to being Silver Medalists at the recent National Championships, they placed a very impressive fourth at the 2013 World Championships where they brought the sold out crowd to their feet. They were National Champions in 2011 and in 2014 in Ottawa set a new Canadian record with a combined short & free score of 209.44 until it was topped later in the competition by the gold medalists.

Both train at RIM Park daily and have resided in the City of Waterloo for several years, volunteering their time and working at the skating club with youngsters. Kirsten, 21 and Dylan, 29 have put all of their dedication to competing at the upcoming games in a rigorous training regime spear headed by former Canadian champions and Olympians and current coaches Kristy Sargeant-Wirtz and Kris Wirtz.



Also longtime residents of Waterloo, Kristy and Kris are well known for their participation in the 1994 and 1998 Olympic Games with Coach Paul Wirtz, Kris’ brother. Together Kristy and Kris have coached numerous national medalists and many pair teams to national and international success. They are 3 time Skate Canada Western Ontario Section’s competitive coaches of the year.

Two other former Olympians currently coach at the KW-skating club: Melinda Kunhegyi who represented Canada the 1984 Sarajevo Olympics with Lyndon Johnston (Pairs) and Michael Farrington who represented Canada in Ice Dance with Melanie Cole at the 1988 Calgary Games.

As we go to press, I’m thrilled to report that Kirsten and Dylan have just placed second in the Figure Skating Team Event and 5th in the Pairs Event. An outstanding Olympic debut! Congratulations to you both on such an accomplishment and making your dreams come true! All the best at Worlds in just a few weeks!




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