





Where quality and friendly service meet.

www.adamsonspa.com 905-877-1604 2 Adamson Street, Norval, Ontario, LOP 1KO

Ugly Kitchen or Bath? Refinishing Saves you Time and Money!



In addition to countertop and cupboards... bathtub and tile refinishing can also extend the life of your existing fixtures!

Miracle Method of Brampton has a solution to help update your kitchen or bathroom without the high cost of renovation! "Why renovate when you can refinish, in just a few days?", says Bruce Edgar, owner.

Not only is refinishing fast, but you'll save up to 50-75% over the cost of replacement. Since surface refinishing doesn't require weeks of messy construction, in just 2-3 days, your kitchen and bathrooms will be beautiful again

customers can thousands of dollars and the results are beautiful! We can create an updated new look over your existing surfaces using our Natural Accent® finishes". continues Bruce.

Natural Accents® are available

in a wide array of colours and can be applied on laminate, tile, fibreglass, acrylic, Corian® and cultured marble surfaces. Miracle Method can give you a high-end look without the high-end cost.

"Kitchen counter tops are the new WOW factor for homeowners," continues Bruce. "We also spray and refinish cupboard doors and bases and the transformation is simply amazing! We use an HVLP spray system, NOT a paintbrush, the topcoat lacquer is the same that kitchen cabinet manufacturers use." Compare refinishing to the cost of replacing or re-facing and you'll see that

Miracle Method is the largest surface refinishing company in North America & provides residential and commercial services. "As a company, we

fix problems at hotels, schools, senior care centres, apartment complexes, universities, colleges and more. We are always ready to help!" Be inspired by the amazing transformations in our photo gallery and explore all the services we have to offer by going to our local website at:

miraclemethod.com/brampton



VISIT OUR SHOWROOM

247 Armstrong Avenue #10 Georgetown, ON L7G 4X6

> Monday-Friday, 9:00-5:00 For a free estimate call:

905-494-1915

MiracleMethod.com/brampton Each franchise is independently owned and operated

COMMENT

Leaving the operation in small, but capable hands

By Ted Brown tedbit@hotmail.com

As most my friends and colleagues know, the sheep at Brown Farm have started having their

With the exception of one early bird who had her lambs Feb. 24, the rest of the flock started lambing Feb. 28. For the most part, there have been lambs born almost every day, with the exception of a couple days break in the process between March 2 and 5.

Now that's a good thing—I like to see them arrive at a moderate pace, rather being bombarded, like one day two years ago when I had more lambs born that day than I knew what to do with them.

However, as good as it's been, there is a small hitch this year.

You see, momentarily slipping on my Halton Hills Ward 2 Councillor 'hat,' I'm traveling to China next week, to take part in a trade mission with Mayor Rick Bonnette and Councillor Clark Somerville, and some Town staff.

When I was invited to attend, I had a major conundrum.

What if the lambs aren't all born by then? (And there's good chance that could happen.)

The Sidekick and I discussed our options. She works full-time, and being a midwife to almost 40 pregnant sheep can also be a full-time gig.

So for her to do both, it would have been a

We weren't sure what to do.

But a couple weeks ago, she came home from work, all excited.

It seems she has that week off, and will be able to oversee the lambing operation while I'm in

Now I have complete faith in The Sidekick's competency when it comes to lambing.

Her being a woman is certainly an advantage. Women are sympathetic to the mother ewe when in labour. Sometimes, when the ewe is in particularly hard labour, The Sidekick starts sympathetically 'pushing' with her.



A Ted Bit

Now that's passion.

But she has another advantage... she has little

On more than one occasion, when one of the lambs was coming out breech (backwards), or has a leg caught back, The Sidekick's little hands have been great for 'going in after it,' so to speak.

More then once she's saved a lamb with those

But this time, there's more on her plate. She might put up a brave face, but overseeing the entire operation can be intimidating.

There's more than just delivering lambs. They have to be weighted, tagged and docked, as well as receive a shot of Vitamin E and Selenium. They're also moved from the big pens to the lambing pens, which can be a bit of a challenge with a stubborn ewe.

And occasionally some lambs need to be bottle-fed to get them started nursing from their

I often receive a helping hand from her when I'm moving them around the barn, and we almost always work together tagging and weighing them. So I can understand her trepidation— I've been there many times myself.

Having said that, since that Feb. 28 start date, as of today (Tuesday), approximately 80 percent of the ewes in the flock have given birth. That leaves about 10 ewes remaining to deliver their lambs (providing, of course they are all pregnant.)

And it's still almost a week before I leave.

Between a neighbour and my brother-in-law, I've established back-up for her, should she need help. I also arranged for someone to clear the lane should we be hit by a heavy snowfall.

Yup I'm sure The Sidekick will be fine, especially when it comes to delivering those lambs.

After all, she is the one with those wonderful small hands.

Dr. Todd Murphy

Understand difficulties in a new light • Develop healthier coping strategies • Increase meaning in life









Offering a range of assessment and treatment services for both individuals and couples

311 Commercial Street, Suite 108, Milton, Ontario L9T 3Z9 www.drtoddmurphy.com

905-878-9665