



Membership Renewals

January - March
2006

1596441 Ontario Inc.
77 Market Street Restaurant
A.H. Office Services
A.L.T.E.R.
Absolute EA
Acton B.I.A.
Acton Sobeyes
AGL Marketing Limited
AMJ Campbell Van Lines
Andrews Scenic Acres/Scotch Block Winery
A-Plus Self Storage
Apple Auto Glass
Ares Family Restaurant
Asbuilt Climatecare Inc.
Avila Investments Ltd.
Bank of Nova Scotia
Beachcomber Hot Tub & Home
Bell World - Georgetown
Best's Harbour
Bev Gray and Associates
Blue Springs Golf Club/A Property of ClubLink
Blue Springs Spa and Salon
Brampton Real Estate Board
Bulldog Appliances
Camax Construction Limited
Cancer Assistance Services of Halton Hills
Cathy Oving, Bookkeeping Services
CDH Design Limited
Central Georgetown B.I.A.
Chris Miller/Starkarts
Clinic in the Woods
Colonial Tree Service

Communication Associates
Creative Embroidery Works & Promotional Products
Crownseal Basement Waterproofing Inc.
Cynmar Cleaning
Deborah Gilmore, Johnson Associates Halton Ltd.
Doorn Gardencentre
Dover Flour, Halton Flour Division
Dr. Caroline Teske - Optometrist
Dufferin Aggregates
Dynamic Interiors
Edward Jones
Edward Jones - Georgetown
Edward's Roofing
Elayne Tanner & Associates Inc.
Erik Schubert Excavating Ltd.
Fargo Transportation Services Ltd.
Feet In Motion
Fibrenew Industries Halton/Peel Inc.
Galvcast Manufacturing Inc.
Gear Box Pro Ltd.
Georgetown Bread Basket
Georgetown Chrysler Jeep Dodge
Georgetown Kia
Georgetown RV
Glazed Expressions Ceramics Studios
Haltalarm Systems Inc.
Halton Commercial Printers Ltd.
Halton Compass, The
Halton Hills Fibre Optics Inc.
Halton Hills School Of Dance
Halton Hills Sports Museum & Resource Centre

Halton Place Horse & Country
Harbison-Walker Refractories
Holly Industries
Howell Pipe & Supply
Interiors By Decorating Den
J.V. Clothing
James MacLeod Group
Job Connect/Sheridan
Jordi Machinery Services Inc.
Kinetic Canada Inc.
Kingsclere Consultants Corporation
Kiyō's Japanese Car Service Ltd.
KP Building Products Ltd.
Leathertown Lumber Inc.
Left of Centre Photography Services
Life Chiropractic Centre
Living Lighting
Lori's Family Fish & Chips
MacMillan's Gourmet Frozen Foods
Marsh, Reg & Associates
McClure Carpentry, G.
McDonald's (Beatty Foods Ltd.)
Metalscape
Mountainview Residence
National Instore Services Corporation
Neilson Dairy Ltd.
Nellis Construction Ltd.
Norbram Group Insurance Benefits Inc.
Norval Plumbing Centre Inc.
Ollie's Cycle & Ski Ltd.
Parisi Computers
Passion For Wood

Perma-Shine Inc.
Pictures & Presents
Plumbing Warehouse Bath and Kitchen
Power Quest Electric Ltd.
Provincial - Ted Chudleigh, M.P.P.
Purity Life Health Products Ltd.
RBC Dominion Securities
Ricter Web Printing Ltd.
Samuels, Marilyn J. LL.B Barrister: Solicitor
Savvy Staging Solutions
Smitty's Family Restaurant & Josh's Pub
Stride
T. Buttle and Associates
Tee Mac Electric
The Carpet Palace
The Doll Emporium
The Electrolysis Clinic
The Georgetown Naturopathic Wellness Centre
The Power Zone Fitness Centre
The Royal Academy of Arts & Education
The Sign Shoppe
Training Services/A Div Of John.A.Ford
Truestar For Women Nutrition & Fitness Centre
Tutt Electric
United Way of Halton Hills
Uptown Collision Ltd.
Varanelli Daniel, CGA, CFP
William McKeown, Assoc Broker &
Janet McKeown, Sales Agent
Woodchuck Farms Inc.

Ask The Professionals

Send your questions for any of these professionals:
"Ask the Professionals"
Independent & Free Press,
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OXFORD LEARNING
Since 1984
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211 Guelph Street.,
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(905) 877-3163



Shari White
Education Director

Q: Shari, I need help! I just had my interview with my son's teacher and he said that Dave is "not writing enough". How can I help him?
A: This problem has become more and more common lately. Chances are your son only does his writing at school and doesn't always have the opportunity outside of assignments and reports to practice his writing and to see just how useful it is. Here are just some suggestions to get him into the "writing habit".
✍️ **WRITE TO YOUR CHILD.** These notes can take the form of reminders, thank-you notes, invitations to do something together and so on. Place these notes in fun places.
✍️ **SHOW YOUR OWN ENJOYMENT OF WRITING.** Let your children see you writing letters and cards. Show them how helpful it is to make lists for groceries and other things that need to be done. Reveal your own excitement when you receive notes or letters.
✍️ **WRITE WITH YOUR CHILDREN.** Let them see that you make mistakes and revisions. Children will learn that writing takes time and that reviewing and rewriting is part of the process.
✍️ **ENCOURAGE RISK TAKING.** Don't concentrate on spelling and sentence structure on the *first draft*. This will come after all the ideas are down. Encourage experimentation with new words and stronger vocabulary. On the semi-final draft, begin the editing process.
If you need more suggestions, or would like to register for our summer programs, please call me at 905-877-3163.

Mountainview Residence
owned and operated by the Summer family
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Christoph Summer
Owner/Administrator

Q: With so many price variables when choosing a retirement home how do I make a comparison?
A: This seemingly daunting task can be made easier if you plan ahead, give yourself time and ask *lots* of questions.
Find out exactly what is included in the quoted rate. Is the cost all-inclusive or is it for the room only?
What nursing services are provided and are any extra costs clearly itemized? Be sure to ask about costs you may incur now and "down the road". You don't want any surprises.
Are three meals a day provided in the cost? Are snacks included? if there is a meal plan, what are the costs and what is included? What is the cost if you have guests stay for a meal? if you are ill, will you get a tray to your room at no added cost?
If housekeeping is included, how often is the room cleaned and is the bathroom cleaned daily? Is personal laundry included and if not, what charges can you expect?
Ask to see the rooms and establish how the room size is determined. Find out the area of *living* space. Some rooms include the bathroom area in the equation, some don't. Also, don't hesitate to see rooms with furniture in them.
Are there private bathrooms or are the bathrooms shared? Do the bathrooms include a shower in addition to a sink and toilet? Sometimes the shower is down the hall.
In short, ask many questions so that you are comparing the cost of similar services and living space.

The Natural Choice Naturopathic Clinic
Dr. Jennifer Fitzgerald, B.Sc., ND
Naturopathic Doctor
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Q: What is detoxification and who should do a detox?
A: Detoxification is a process which occurs naturally in our bodies all the time. It is the process of removing or neutralizing toxins from the body. However, as our environment becomes more polluted with an ever-increasing number of synthetic chemicals, we are exposed to a growing number of toxins from food, water, air, household chemicals and our workplaces. Even our normal metabolism creates by-products which are toxic if not neutralized or excreted. Our body's ability to detoxify depends on the efficiency of our detoxifying organs: our lungs, liver, colon, kidneys and skin. If any one of these organs becomes compromised, proper detoxification cannot occur. When toxins accumulate in our bodies, they can cause a wide variety of symptoms such as fatigue, headaches, mood changes, pains, coughs and gastrointestinal problems. Long term exposure weakens our systems, increases our susceptibility to infection and eventually leads to chronic illness (cancer and cardiovascular disease to name a few). A detoxification typically lasts from 1 week to 2 months depending on your particular health goals, and is recommended once or twice per year. Generally, a detoxification will consist of dietary modifications, nutritional supplements and cleansing herbs, exercise and physical therapies such as dry skin brushing and saunas. Detoxification is not recommended for everyone, and even healthy people should consult a Naturopathic Doctor or other holistic practitioner before embarking on a detox. Individuals on prescription medication or with diabetes, cancer, cardiovascular, kidney or liver problems must be closely monitored during a detox. If you are pregnant or nursing, a detox is not recommended. For a safe and effective individualized detoxification program, visit your Naturopathic Doctor today!

If you want to sell your property and get top dollar - you need to team with the experts at Savvy Staging Solutions!
Savvy Staging Solutions
"Solutions that Sell"
333 Mountainview Rd. S., #30003, Georgetown
Bus: (905) 877-3880 Toll Free: 1-877-80-STAGE
www.savvystagingsolutions.com
Lara Torrance, ASP, CSP
Catherine Torrance, CSP
Home Staging Specialists



Q: We were hoping to sell our property quickly but to date we have had one low offer. We have moved into our new home so our old house is now vacant. How can Home Staging Services be of benefit to us?
A: It is unfortunate vacant properties are placed on the market because they do not tell a story or sell a lifestyle. When a house presents as cold, empty and non-inviting, people are unable to make an emotional connection to the property, struggle to understand the function of a room and overlook the special features the home has to offer.
In order to capture the interest of a potential buyer, have the property staged by a professional. A Home Staging Specialist will address issues right from the curb to the backyard, including both the interior and exterior of the home. Professional Staging Services are beneficial because the property is prepared for sale to maximize appeal in a timely manner and within your budget. A buyer will offer top dollar for a house that has been staged because they are able to connect with the property and are happy to see that it is move in ready.
Savvy Staging Solutions can bring a vacant property to life by incorporating tasteful accessories and the use of furniture to accentuate the space. Staging a vacant property creates an inviting appearance, sells a lifestyle and highlights all the best features of the property. Be sure to have a Home Staging Specialist visit your property so they may transform your vacant listing into a desirable home!
Our customized services permit our clients to choose the level of investment (time and money) to best meet their needs. Call Savvy Staging Solutions at 905-877-3880 or TF 1-877-80-STAGE visit www.savvystagingsolutions.com.