



## Bid buddies

Ten-year-old Andrea Huckins of Milton and 11-year-old Christina Martin of Georgetown help preview auctions items on the block for auctioneer Don Thompson during the St. Andrew's United Church annual live auction.

Photo by Jon Borgstrom

## Kilometre of Koins set for June 7

The Georgetown Lioness Club holds its annual Kilometre of Koins campaign on Saturday, June 7. Club members will be at several locations in Georgetown asking for support, with all monies being donated to the Georgetown Hospital for medical equipment.

# JOIN US!

SATURDAY JUNE 14, 2008  
BRONTE CREEK PARK

Registration between 8:30am & 9:30am; Start time 10:00am

FOR OUR 6TH ANNUAL

## Brant Arts DISPENSARY

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Special Guest **GORDIE TAPP** from "Hee Haw"

# HEALING FOR BREAST CANCER 5 & 10 K WALK/RUN

Join us for a 5k and 10k Walk/Run at Bronte Creek Park in support of Breast Cancer Support Services

## GREAT PRIZES

T-Shirts will be given to the first 300 entrants

### Incentive Prizes

- \$150 or more in pledges and you will receive a prize
- Grand Prize for most money raised
- Door Prizes

For Information on the Healing for Breast Cancer 5 & 10k Walk/Run and to receive an information package please call:

# 905-634-2333

l Stevenson@breastcancersupport.org

Register and pledge online at [www.vrpro.ca](http://www.vrpro.ca) and set up your own pledge site and email friends.

With \$60 in pledges received your registration will be free

Help us by donating a bag of used clothing on the day of the Run/Walk.

Breast Cancer Support Services Inc.

SPECIAL THANKS TO OUR SPONSORS

**The Independent & Free Press**

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**Race & Events Listings**

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# Ask The Professionals

Ask Questions. Get Answers.  
"Ask the Professionals"

E-mail your questions to:  
[features@independentfreepress.com](mailto:features@independentfreepress.com)

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**Q:** What is a healthy marriage like?

**A:** A healthy marriage is one where:  
you take time to understand each other's psychological world  
you have compassion for each other  
you acknowledge all the good your partner does  
you build a culture of appreciation, affection and respect  
you respond lovingly when your partner wants connection  
you assertively express needs (not passive or aggressive)  
you think positively about each other  
you think of your partner as your friend and lover  
you adequately manage conflict together  
you help each other work towards your dreams  
you develop a shared sense of meaning  
you build a bank of emotional gifts

If you don't have a healthy marriage or want to make yours better, come talk to our counsellors. We can assist you in making your relationship blossom like the spring flowers!

Any Questions? [info@pccs.ca](mailto:info@pccs.ca)

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Cyndi Olsen  
Education Co-ordinator

### Year-end School Checklist for Parents

Although the school year is winding down, there are some things parents need to think about now, that are important to their child's education next year and beyond. Oxford Learning presents Part II of this handy list:

**Handling Your Child's Final Report Card**  
When your child presents his final report card, look carefully at each grade and compare final marks to previous grades. Read teacher comments for additional information about your child's progress and behaviour. If you don't understand something, contact the school immediately because teachers remain at school for a few days after classes end.

Praise your child for a great report card, but don't get visibly upset over a less-than-perfect report card. Instead, talk about the progress that's been made during the year and make goals and plans to do better for the next grade.

**Make Time Over The Summer for Learning**  
There are lots of methods for kids to improve learning skills during the long summer holiday so they can return to school with added confidence. In addition to swimming lessons, soccer camps, etc., look for learning camps and programs that are run by libraries, colleges or universities, or by tutors such as Oxford Learning. Just a few hours of learning each week over the summer will keep your child's mind and learning skills sharp and ready to learn when school starts in September.

For more information or related articles please visit our web site @ [www.oxfordlearning.com](http://www.oxfordlearning.com)

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Theresa Portelli, B.Sc.Phm.  
Pharmacist

**Q:** How often should I check my blood glucose?

**A:** Different people need to check their blood glucose at different times so there is "no one size fits all" answer. The Canadian Diabetes Association recommends:  
For Type 1 Diabetes - Test at least 3 times per year  
For Type 2 Diabetes (on insulin or oral medications) - at least once per day

In either type of Diabetes, it is also a good idea to test more often:

1. When you are making changes to your diet, medications or lifestyle such as exercise.
2. When you are sick.
3. Anytime you just do not feel right
4. Before, during and several hours after exercise

If you have Type 1 Diabetes the best times to test are just before a meal, 2 hours after a meal and before bedtime.

Research has shown that people who check their glucose levels more frequently and who are able to make changes to their diet, exercise and medications based on their blood glucose results have better control over their diabetes and this can result in lower A1c levels.

Ask your doctor or diabetes educator to help you understand and interpret your blood glucose results.

**RBC Dominion Securities**

905-450-1850



Barbara Byckowski  
Investment Advisor, BBA, PFP, CFP

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**Q:** I am interested in buying preferred shares. What do I need to know about this investment?

**A:** There are a few key terms you need to be familiar with prior to considering whether or not a preferred share is suitable for your portfolio. The dividend tax credit makes \$1 of dividends equal to well over \$1 of interest income for most taxable Canadian investors. Even U.S.-dollar dividends paid by Canadian firms get this tax credit.

- You only get preferred dividends when the company's directors felt the company can afford to pay. But a company has to pay all preferred dividends before common shareholders get anything. Dividends are riskier than interest because companies can stop paying dividends without risking bankruptcy.
- A company must pay off all cumulative dividends - or dividends in arrears - before it can resume paying common dividends
- Floating rate preferred pay a dividend that varies with the banks' prime lending rate
- Redemption is the company's right to buy your preferreds back at fixed times and prices. Most preferred are redeemable. If you buy above the redemption price, remember you could lose some of your capital. If preferreds trade below their redemption prices, you could earn capital gains. Keep the yield-to-call in mind.

Please feel free to give me a call for a complimentary one-hour consultation.

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## 91 Years and Still Beautiful Inside and Out

NOW

and

THEN



May 28,  
1917

Eileen Sykes (nee Wilkinson)  
of the "Sykes Bakery"

Happy Birthday Grandma Great  
Love all your family & friends