

FOCUS ON BUSINESS

Crown Mouldings & Ceiling Makeovers

- 5" Crown Moulding from \$4.95 lin. ft.
- 7" Crown Moulding from \$5.95 lin. ft.
- Crown Moulding by Plasterworks fr. 8.95 ft.
- **Yes!** You can replace builders stucco ceilings!
- Ceiling Makeovers from \$2.50 sq. ft.
- Baseboard & Casing Upgrades. Raised Panel Moulding
- Pot lights installed from \$149.00 ea.
- Financing Available (OAC)

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Ron Beer Family Self Defense
905-294-6044 www.grappling.ca

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"Music Night"
Date: Nov. 24, 2005
Time: 7pm
Admission: Free
Lockridge Hi-Fi

16th Ave
Woodbine
Lockridge
Warden

50 Lockridge Ave #14, Markham. Tel: (905) 475-6300

To Advertise in FOCUS ON BUSINESS

Call Your Sales Representative at

905-513-1717

Great Interior Makeovers Begin with Great Trim

Dale and Patricia Russell, founders of Canadian Trim and Decorative Ceilings Inc., have been beautifying homes in the Markham area for over 14 years. With an early focus on hand crafted plaster crown mouldings and unique decorative ceilings, the Russell's **PLASTERWORKS** brand developed a stellar reputation for quality, reliability and, most importantly, customer satisfaction.

The launch of Canadian Trim & Decorative Ceilings Inc. in March of last year was Dale and Patricia's response to overwhelming customer requests for more trim products to complete their makeovers. The company now offers:

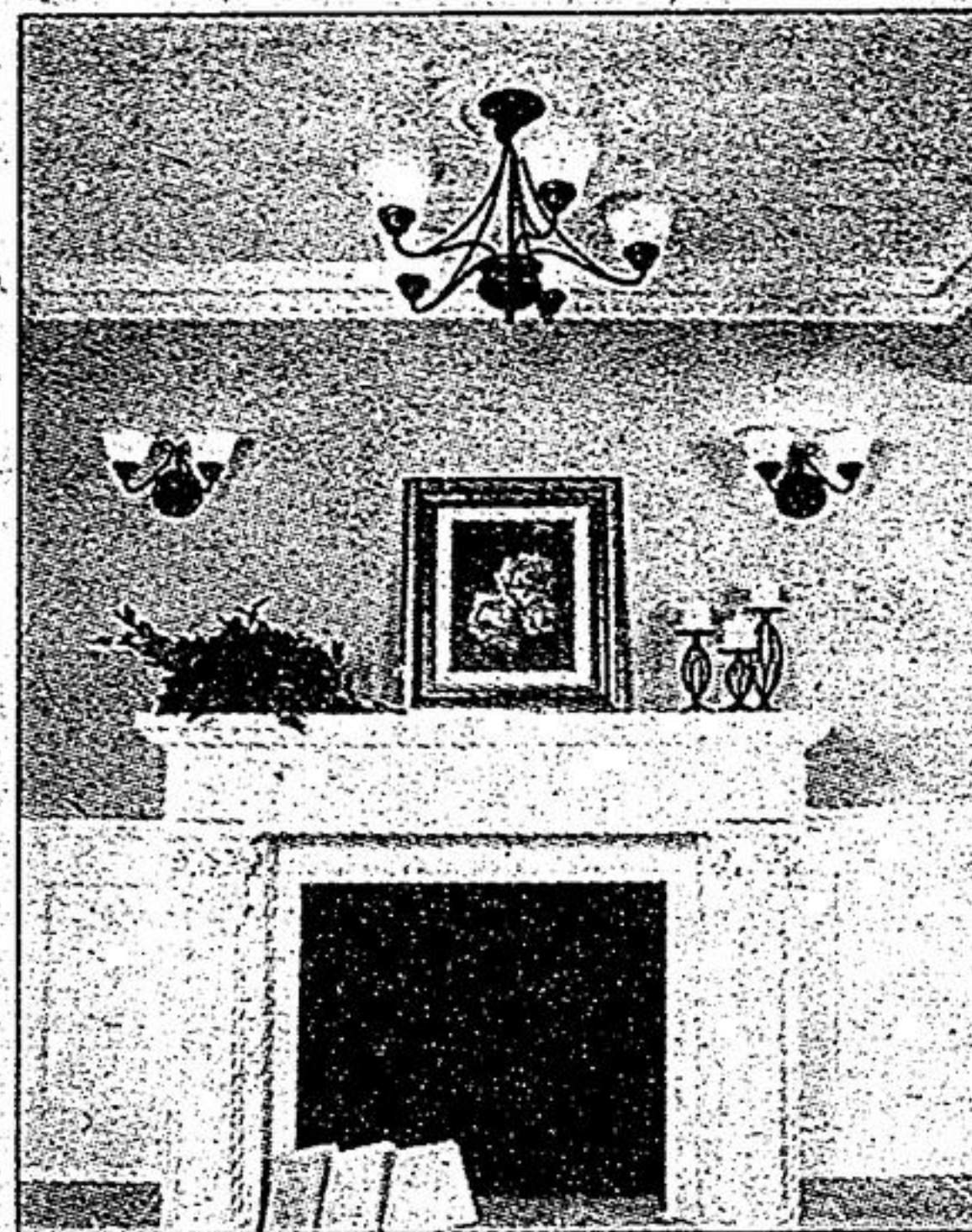
- ✓ The full line of **Plasterworks** classic plaster crown mouldings
- ✓ Economical MDF and Polyurethane crown mouldings starting at \$4.95 per foot installed
- ✓ A new line-up of baseboard and door casing upgrades that include classic Georgian, Colonial and Contemporary profiles
- ✓ Interior pillars, pilasters and raised panel mouldings
- ✓ Ceiling medallions, corbels and other decorative accents
- ✓ Ceiling refinishing; replacing builders' stucco with classic plaster lace, swirl or other custom patterns developed with the homeowner

"The impact of newly installed crown moulding on a room setting is stunning. Upgrading other interior trims to complement the ceiling mouldings pulls the entire look and feel of the room together. We consider the ceiling the 5th wall. Most people assume they have to live with builders' stucco or are afraid to touch up water marks on ceilings. We love doing ceiling makeovers."

Patricia, who helps homeowners plan their trim and ceiling makeovers via in-home consultation, says people are surprised at how economical it all can be. A 12' X 12' foot room can have crown moulding installed for just \$237.50 and the ceiling in that same room resurfaced for \$360.00.

Dale and Patricia's answer to frequently asked questions is **YES!**

- ✓ We install everything we sell and have a cash & carry program too
- ✓ We can do curved walls.



- ✓ We can refinish any ceiling.
- ✓ We do complimentary in-home consultations.
- ✓ We offer financing packages.
- ✓ You can view our products in our new showroom located just off the 407

Owner Dale Russell believes that his clients say it best. "...our house just did not look complete until the mouldings and ceilings were installed. We painted, bought new furniture etc., but it was the mouldings that pulled the look together. You might say it was the **Crowning Touch** to my interior makeover"



Call 905-669-0505 or 1-866-869-TRIM (8746) or visit our website www.CanadianTrim.ca

Reach Your Fitness Goals While Learning Self Defense

Do you want to be in great shape while enjoying the enormous benefits of self-defense training and increased self-confidence?

Ron Beer Family Self-Defense is celebrating its 28th year and is now accepting students into three exciting programs.

Boxing

Boxing provides a great cardio workout while building strength and improving flexibility, and is also great fun! If you're tired of sitting at the gym in front of a TV, and want to try something a little more exciting while learning how to defend yourself, boxing will provide you with challenging exercises designed to help you reach your full potential. Furthermore, small class sizes allow for all students to be challenged at their own individual athletic ability.

Ron also offers a program specifically designed for young men, between the ages of 17 and 23. These classes are offered at a higher intensity level, and are more combat-oriented. Students will build confidence and stamina while testing their skills through sparring.

Women's Boxercise

The Boxercise program was created for women searching for a unique way to reach their fitness goals. This all-women program combines a great cardio workout, strength and flexibility training with the use of a medicine ball, all combined into a fast and energetic way to shed pounds and gain muscle tone.

The program also includes fun two-person boxing drills, however, there is no combative activity.

The Boxercise program is offered in a convenient pay-as-you-go format, costs only \$10 per class, and is offered Tuesday and Thursday mornings from 10 a.m. to 11 a.m. Class space is limited.



Shoot Wrestling

Shoot Wrestling is an extremely effective mixed martial art combining wrestling and boxing. Founder Ron Beer developed this self defense style and brings 28 years of coaching experience directly onto the mat in the form of personal quality instruction.

Ron's comprehensive Shoot Wrestling program will empower you with all the necessary skills to defend yourself while on the ground. You'll learn how to properly apply a wide range of highly effective, and possibly life saving, techniques including takedowns, submissions and finishing holds.

Shoot Wrestling also provides an excellent all-around workout. The quick movements develop muscular strength, and a session of Shoot Wrestling also develops muscular endurance and is a great cardio workout.

Call Ron for a free introductory class today. Classes are available for men, women, children and teens. Please call 905-294-6044 or visit www.grappling.ca. Family Self Defense is located at 15 Heritage Road, Unit #6, just east of McCowan, one block north of Highway 7.

WILD WING

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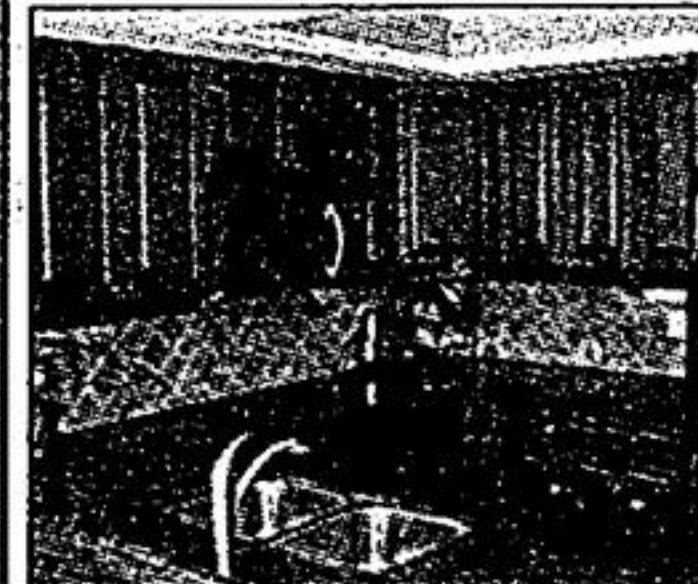
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