



The Grand River

March 2020

Booster

Magazine



TJL Mechanical

Honest and professional service

Page 30

Treasure found through a message in a bottle

Fate smiled on a young Pat and Audrey.

By Kristian Partington

Audrey put a message in a bottle that found its way to Pat on an English seashore. This started a year-long correspondence ending with him turning up on her doorstep. They were engaged not long after and married in 1951.

Their family has blossomed around them. A daughter and two sons have blessed them with grandchildren and great grandchildren, and today Pat's love for Audrey is as strong as it has ever been. Their family is their greatest treasure.

Pat and Audrey now live together at **The Village of Riverside Glen**. Audrey's needs are greater than Pat's so they live in separate neighbourhoods, but they are together as often as possible. Team members in the Village's **Emma's Neighbourhood**, where Audrey lives, say the depth of the connection they see in the Robinsons is as pure as anything can be.

The winds of fate carried a message in a bottle to Pat, and he chose to answer. In doing so he set a course that led him and his love to a beautiful life



together. The team members at the Village who've come to know Pat and Audrey find inspiration in this simplicity.

Dementia changes how people perceive and experience the world around them. At Schlegel Villages, we believe there is no "loss of self", but rather a "change in self". **Emma's Neighbourhood** supports people living with dementia as they tap into their strengths, express themselves and enjoy the comfort and security of friendships.

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schlegelvillages.com



George Mochrie

Red Brick Real Estate Brokerage
Sales Representative

From George's Desk

It's True ... Not Everybody Likes Me As A Realtor

That headline got your attention, didn't it?

Let's face it, everyone wants to be liked — I want to be liked. But, it's taken a long time for me to accept the fact that being liked as a Realtor by everyone might not be possible, and the last couple of months crystallized that for me.

Over the last little while, I have had 3 different people call me — new potential clients — and incredibly one of their opening comments to me was almost identical in each case (keep in mind these people didn't know each other):

"You know George, not everybody likes you, but I think you are the Realtor that I want to sell my home." Hearing that for the first time was a bit unnerving, but hearing it 3 times in such a short period of time was a bit of a revelation. I guess it must be true.

Of course, as I got to know each of my new clients, it became evident that part of the criticism is due to an ultra-competitive industry. As one of my clients stated, "some of your competitors think you throw out too high of a listing price", but then proceeded to answer their own implied question with "but you did sell those properties at or over asking price, correct? (Yes, I did). That's why I called you." One of my other new clients confided in me after I sold their home for top price: "You aren't the most "warm and fuzzy" realtor George, but I liked your confidence. The fact that you stated, without hesitation, how much we could list for, and what you needed to do to get top price was clearly different than the wishy-washy "we can try to get this price" approach from another Realtor. That's why I picked you."

I am direct. My approach is very straightforward and honest — but I have discovered that not everyone likes my approach. I

believe if you are going to commit to getting your client top price, you have to be very confident you can actually do it ... otherwise you will fail. You know, it's a lot easier to say to your client: "your home looks perfect the way it is, there's no need to do anything" so you won't upset them. So many Realtors do this, and I get it. But that's just not me. If I truly believe your pink family room wall or your favourite 30-year-old oversized floral chair that sits in the middle of your living room is going to prevent me from getting you top price, I'm going to tell you. (By the way, I will pay for painting the wall and temporarily storing your favourite chair, as well as professionally staging your home at no cost to you).

I'm certainly not perfect by any means, however, I'm always working hard to be better. That's what motivates me every day. The fact remains, **I am Centre Wellington's top listing realtor***, largely on the strength of the way I market my client's homes, my unrivalled work ethic, my expert knowledge of the local market, my approach, and of course, my results.

I now have come to understand and accept not everybody likes me as a Realtor. But if you are looking to sell your home for top price, accompanied by supportive services that I offer to help make this as seamless as possible — then I am the Realtor that you want to sell your home.

Call me direct anytime at **519-766-3716** for an honest, straightforward discussion about your real estate needs. And don't forget, I'm happy to offer a free valuation of your home, no strings attached.

**(highest # of residential listings in Centre Wellington in 2019 – Guelph & District real estate board statistics)*

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What Is That Brake Noise I Hear?

When it occurs, **brake noise** may be extremely irritating. However, some sounds are a very normal part of brake operation, while others may indicate a problem. How can you tell when noises from your vehicle's brakes are something to ignore or a problem that needs attention? Let's try to clarify some of these.

Things to observe:

Where does the brake noise seem to originate from? At what speed does the noise occur? Does it happen when the brakes are cold, or when you have been driving for a while? Does it happen after multiple stops, or only after the first few stops? Does it happen in wet conditions (such as rain, humidity or after a car wash)?

A bit of history first. Environmental concerns with asbestos prompted automobile manufacturers to switch to semi-metallic brake linings, which provided excellent brake performance. However, because of the metal-to-metal contact between semi-metallic pads and the brake rotor, these pads often produced more noise than pads with asbestos or organic linings. Since the introduction of ceramic brake materials which are a more



Tony from Buehler Automotive

a continuous audible noise, present when driving but disappears when braking, then the pads probably need to be replaced.

Grinding noise – This noise may occur during the first few stops due to the formation of surface corrosion on the brake rotor facings. If the noise disappears after a few stops, it does not indicate a problem. If it does not disappear or the brake pedal pulsates as you apply the brakes you should have your brakes inspected right away.

Trace squeak/squeal noise – Some brake linings may emit a soft squeak or squeal noise at medium speeds under light-to-medium braking. It may occasionally occur during the first few stops with cold brakes (especially in the morning), or in conditions of rain or high humidity.

Groan noise – It is perfectly normal for some ABS systems to make a groaning noise when the ABS is activated. On some vehicles equipped with automatic transmissions, a slight groan may be heard from the brakes just as the vehicle comes to a complete stop or when allowing the vehicle to creep forward slowly from a stop.

ABS self-check – If you hear a small click and feel slight brake pedal movement when first starting to drive (at 5-10 kilometers per hour), this is most likely the Anti-Lock Braking system properly performing a system self-check to ensure that the system is functioning properly.

Another thing to note is if the ABS activates every time or intermittently on a dry road on a normal gradual stop this is not normal. This is usually the result of a faulty wheel speed sensor requiring replacement or service. If your vehicle develops brake noise, and you feel unsure about what it means, you should always take it to a qualified shop for an inspection and accurate diagnosis of your vehicle's brake system. Be aware of the various qualities and types of brake lining, drums and rotors that are available for your vehicle. While less costly brake components may provide satisfactory braking performance, the consequences may be noisy brake operation along with shorter brake life or the cursed black brake dust accumulating on your nice clean alloy wheels.

If you have any questions or concerns about brake noises coming from your vehicle please drop by and we will road test your vehicle to see if it has any issues that may require service. We are located at the lights in Alma. We are here to serve you Monday to Friday 8:00am to 5:00pm. Call **519-846-9221** or find us on the web at www.buehlerauto.com. Follow us on Face Book at www.facebook.com/buehlerauto to stay up to date.

superior product, but also are more costly (be aware that there are different qualities of ceramics).

One may think any noise they hear indicates a problem with the braking system. A certain amount of noise from brake components is not unusual. The following are generally considered characteristic of all braking systems. These noises do not generally indicate any malfunction of the braking system or improper operation, but may indicate it is time to perform normal brake service.

Loud squeal noise – Some disc brake pads come with wear indicators. If you have

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Using RRSPs as a down payment? What you need to know

Are you a first time home buyer and looking to use your RRSPs as a down payment? Here's a few things you need to know:

1. To use this program you must have not owned a home in the last 4 years but did you know that if your spouse owned a home previously and you didn't live in the house then you may still qualify.

2. RRSP contributions need to be in the RRSP account for at least 90 days before they can be used. If you are a monthly contributor to the account then only the amounts there for more than 90 days can be used for down payment.

3. You can borrow money to put into an RRSP and have it be there 90 days to use for down payment. Using this method of acquiring the RRSP means that you must be sure of two things, one being that the lender is ok with you taking it out in 90 days. Secondly that it isn't put into an account that will not have fees to take the money out, money market funds or simple 90 day term certificates shouldn't cost you any penalty.

4. You can withdraw up to \$35,000 dollars from your RRSP to put down on a home. Locked in LIRA's are not eligible for this program so make sure before you start down this path that you know what type of account you have your money located



ROGER HICKS,
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in at the bank.

5. You have to pay the amount you borrowed back to the RRSP account over the next 15 years. If you took \$15,000 dollars out you would need to repay \$1,000 a year to the account. Failing to pay this money back may result in CRA taxing it as income.

The government recently announced a program to provide first time buyers with an **interest free loan, up to 5% of the purchase price** (10% for new homes) that can be used to increase the total down payment, in addition to the 5% down from the purchaser. There are no payments required, but the loan must be repaid when the house sells. There are rules for the maximum house price and income limits so call me to discuss.

Contact **Roger Hicks, Dominion Lending Centres, located at 672 Woolwich St. in Guelph, or call 519-546-3772. Visit www.rogerhicks.ca**

Roger can help you take advantage of this opportunity to enter the home owners market... *We've got a mortgage for that!*



Plumbing Repairs & Renovations

Spring is almost here! The time has finally arrived to get to those **plumbing problems** you have been putting off all winter.

At Aquarius Water Treatment, it's not just about how your water tastes but where it goes. If your drains are running slowly, they can clean them out and if they are leaking, they can repair them. If your taps are loose or leaking, they can change them or if your water softener is not working, they can repair or replace it.

Aquarius Water Treatment is more than just water softeners and reverse osmosis units – we are also a **PLUMBING SERVICE** company. Simon Davies and his son MacKenzie have more than 30 years in the service end of plumbing as well as 10 years in the construction and remodel-



Simon and MacKenzie
Davies with Stella

ing of factories. They've worked on all types of piping from acid lines to gas lines.

They also offer **Aquamaster Water Softener** which has 3 different models for whatever your needs may be. The Aquamaster 950 softens water and helps reduce the chlorine taste and odor. The Aquamaster 900 for larger families softens and can remove up to 10 PPM of iron, and if you have a family of 3 or less the Aquamaster 700 softens and can remove up to 10 PPM of iron. Both the 900 and 700 are designed for well water situations but work great on

city water as well.

Call Aquarius Water Treatment at (519) 846-9090 or (519) 831-6465.



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“He taught them confidence behind the wheel”

The Fergus-Elora Driving School continues to grow its stellar reputation as Centre Wellington’s Number One Driving School. Paul Coombe’s excellent driving instruction has led students to earn a 95% success rate. Another family has come forward with an amazing testimonial.

Ted and AnnMarie Imre are pleased with the family’s experience at The Fergus-Elora Driving School. All three of their sons are graduates.

They describe it as a “great experience.” “[Paul] was very flexible and accommodating to his students.” They say that when it was time for their sons to practice driving, Paul would pick them up at school or work if it was easier for the student.

The Imres say Paul was a very professional instructor who made the boys very comfortable during the lessons. “He taught the kids confidence behind the wheel and proper driving skills that we as parents forget.”

Paul emphasizes excellent driving habits while the road course puts the emphasis on defensive driving — gaining the ability to avoid even the collisions which would be the fault of the other driver. Not only does Paul teach good driving habits, he also teaches valuable emergency maneuvers (including head-on collision avoidance), city driving experience in Guelph and 401 freeway entrance procedure. These are all skills that help young people become confident and vigilant drivers.



Award-Winning Instructor Paul Coombe with recent grads John and Brian along with their dad Ted

Watch for their next two classroom courses over the March Break from March 16th to 19th. One course is from 9 am to 2:30 pm and the other is from 3:30 pm to 9 pm. The next evening course will be on Monday and Wednesday evenings, starting Monday, April 20th for 4 weeks until Wednesday, May 13th.

Call **519-787-9300** for more info. The office and classroom are in Fergus at **122B St. Andrew St. W.**, across the road from Ron Wilkin Jewellers. Their website is **www.ferguseloradrivingschool.com**. Gift certificates are also available.



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Northern Elements Refrigeration is owned and operated by Denver and Samantha Cudney along with official company mascot Joni Mitchell. Together, they are ready to take on all of your heating + cooling project needs, large and small. Your comfort is our first priority!

Based in Guelph, and servicing all of Wellington County and surrounding areas, Denver has over 15 years experience working with heating, cooling, refrigeration, and gas equipment. With a G1 Gas license, Denver specializes in all HVAC settings, including residential, commercial, and industrial.

Our hope is to bring a personable, small-town-feel to every contract and customer, with all the knowledge and experience you'd expect from larger companies, with integrity in our pricing and service. Do you find yourself looking ahead to warmer weather? We service and install A/C units! Require a contracted Refrigeration and Gas Technician to service + repair your company's equipment? We have you fully covered. Give us a call or visit our website, and we will be happy to assist you with your specific questions and requirements.

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Allergic reactions to your dentures?

Hypoallergenic solutions are available

If you wear dentures but have experienced allergic reactions to the mainstream denture materials that are currently in use, **Parada Dentures in Guelph and Fergus** is pleased to offer **hypoallergenic denture options** that prevent sensitivity.

Denture wearers can sometimes experience oral sensitivity and allergic reactions to dentures. Many conventional dentures contain resin-based substances that have been known to cause hypersensitive reactions in some patients.

In the same way that someone might have naturally occurring sensitivities or develop allergies to food and other substances over time, oral hypersensitivity to denture materials can occur. Itching, redness and discomfort in your mouth may all be indicators of allergic reactions to your dentures. These same symptoms can be experienced soon after receiving new dentures, or can even develop later.

Relined dentures can, in some cases, also contain substances that might cause oral sensitivity to one patient but not to another. Metal clasps have also been known to cause adverse allergic reactions in some patients.

The good news is that new innovative materials are available for dentures and partial dentures that didn't previously exist — and these new hypoallergenic solutions are available at Parada Dentures.

The groundbreaking material is called **ThermoSens**. It was



Franklin Parada

developed by leading denture material manufacturer **Vertex** in response to requirements for a low-allergen denture material that would meet a broad set of demanding criteria. The new Nylon based material is ideal for full and partial dentures and is rapidly becoming a modern solution to conventional denture substances that cause sensitivity and allergic reactions.

There's no reason for you to suffer with pain or sensitivity associated with your dentures. Excellent, modern-day solutions now exist like never before. To learn more about this — and especially if you have any sensitivity to

your dentures — get in touch with Parada Dentures.

ThermoSens also gives Parada Dentures the ability to offer an option to its patients to have metal-free partial dentures.

Parada Dentures offers a broad range of the most innovative denture products and services, including a mobile denture clinic that's available to the Wellington County area. The best part is no additional fees are charged for in-home visits.

They are conveniently located in the **Freshco Plaza at 749 St. Andrew St. W, Fergus N1M 3H2** or in **Guelph at 261 Edinburgh Rd. S., Guelph N1G 2J6**. Call **519-766-1113** to book your appointment today or visit **www.paradadentures.com** for more information.



Flexible dentures

Effluent filters are mandatory in Ontario

Have a cottage? Or maybe you live in a rural area or small community. You'll have to deal with a septic system. Knowing how your septic system works is a must.

Think about this: all household wastewater exits your home through an underground pipe that leads to a buried septic tank. The waste flows to the first compartment of the tank where the heavy solids settle and the lighter materials like fats, oils and grease float to the top as scum. This scum is removed when the tank is pumped during regular maintenance.

On newer systems, any remaining organic material is trapped on a screen called the effluent filter located at the outlet of the tank (after 2008, effluent filters became mandatory on all installations and upgrades in Ontario).

The effluent filters in your septic tank always need to be regularly maintained. These filters are an inexpensive way to keep your weeping bed clean. However, sewage, paper products, greases, laundry soaps can suddenly fill up in the piping. When was the last time you had it checked?

Septic emergencies are messy and costly. Remember the golden rule about septic tanks -- you can't ignore them! A little bit of attention goes a long way. A 16-point inspection from Snorks goes even further. A comprehensive inspection and detailed report by Snorks means no unpleasant, septic-tank surprises for you.

Call Kevin and Lisa Dolderman at Snorks - 519-837-3661.



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Design the Life that You Want

Change is inevitable and we do not always get to choose what happens in life. When change occurs we can feel stuck, helpless and overwhelmed.

Jodi Murray is a professional **CAN Life Transition Coach, educator, entrepreneur, motivational speaker and workshop facilitator**, dedicated to helping you discover your next step(s) and see the possibilities when navigating a life change.

Life changes can take different forms, for example: it may be considering post-secondary education, new baby, empty nest, family changes, loss of a loved one, career or job change, feeling restless in your current job or feeling undervalued, considering retirement, or have retired and are wondering "what now?"

In her work as a life transition coach, Jodi endeavors to provide the tools, strategies and supports to work as your "guide on the side" for individuals, couples and groups. She loves her work because helping people shine and fulfilled is deeply meaningful to her. Jodi has navigated her way through life transitions at pivotal times in her life. Some that were part of a life



JODI MURRAY

journey, some that were overnight changes not within her control. She gets it! Her life experience & education have fostered a strong belief that by enhancing change in our lives, we build our personal character and who we are. Our value as an individual is reinforced through our life experiences and interaction with others.

As a life coach Jodi acts like a personal trainer for the rest of your life by helping you:

- Gain clarity about what you want in life
- Improve your confidence
- Overcome obstacles, fear & insecurities to help set you ahead of the pack
- Set an action plan

- Recognize the possibilities you have
- Create a plan to reach your goals faster

It's time to push doubts aside, discover your passion and put your transition plan into action!

Email Jodi at jodi@jemcoaching.ca to book your complimentary consultation. www.jemcoaching.ca

Connect with Jodi for a Personal Consultation that will help you navigate your life transition. What we talk about is up to you!


You may have questions about "who you are" as you navigate your life transition. You may wonder how you can manage, balance and enjoy life as you move through a life transition. Or maybe you want to better understand what vitality means and how it can help you build the life you desire. JEM Consultations are focused on you!

Testimonial: "A good life coach should be empathetic yet able to take an arm's length view. A good life coach should be knowledgeable, creative, and current. A good life coach should be trustworthy and make you feel comfortable. Jodi has all of these qualities. Jodi helped me at a very difficult time in my life. I was grieving the loss of my husband as well as retiring from my job. With so much change taking place, Jodi helped me organize my thoughts and actions. She gave me strategies and ideas. She allowed me to just talk. I would highly recommend Jodi if you need help and a friendly, good listener."

– Mary Ann Vaughan

Watch for Jem Coaching's **Lunch and Inspire Series April 2nd and May 7th** at the Fergus Library. Special guest **Kelly Nolan**, Pharmacist and owner of **Avita Integrated Health** will be there discussing self care for women and investment in your health.

For more information, contact Jodi by emailing jodi@jemcoaching.ca or calling **519-505-0634**. Visit her website at jemcoaching.ca or follow her Facebook page for updates.



Retirement for Women

Lunch and Inspire Series

Women Inspiring Women
Spring 2020
Fergus Library
– 3rd Floor

Baby Boomer Women – Women Heroes

Thursday April 2nd
11am – 1pm


Fergus Library 3rd Floor

A social revolution is occurring as Baby Boomer Women enter their "golden years".

This is an exciting time for women who are thinking about retiring or have retired.

This luncheon will challenge you to consider what lights your fire & what you want to fit into your life.

Attendees will receive a copy of the *Out of the Box Retirement* book. Lunch provided by Fergies Fine Foods will include individual quiches & salads.



Visioning Your Retirement Dreams

Thursday May 7th
11am – 1pm

Fergus Library 3rd Floor

This is a time to celebrate you & give yourself permission to "dare to dream" about what retired life could look like.

Visioning helps you focus on what is important to you. This luncheon will be an opportunity to create a community vision board to stimulate retirement possibilities.

Attendees will receive a vision board planning activity plan. Lunch provided by Fergies Fine Foods will include building your own Buddha bowl.

Tickets: available on www.Eventbrite.ca
Email: Jodi@jemcoaching.ca

www.jemcoaching.ca
[f/jemcoaching.ca](https://www.facebook.com/jemcoaching.ca)

Menopause & My Weight Loss Journey

The Weight Loss Journey can often be one that feels impossible and frustrating. As we age and start to struggle with hormone imbalance, this battle becomes even harder to win. We work out, eat healthy and yet our weight & body fat won't budge. Most research shows that hormonal shifts, **perimenopause and menopause** can be yet another reason for lack of success even with great efforts.



Kelly- Pharmacist

My name is Kelly Nolan and my journey began in early 2012. At that time, I was going through some personal changes and needed to lose some weight. My **true needs were as follows: severe hip pain, low self-esteem and feeling generally unhappy with my body shape.** I started the weight loss program with no expectations and was overwhelmed with the results. Within two weeks my hip pain disappeared, my energy soared and I was on the road to success. In 2 months, I lost over 30 lbs and 6 years later have not re-gained. I truly believe in the success of our Homeopathic Weight Release System which burns stubborn fat in unwanted places and re-sets the metabolism.

Over the years we have made modifications to enhance the clients' success. For example, In September 2017 I began to incorporate the **Saliva Hormone Test** for women in perimenopause and menopause recognizing the connection between weight gain & hormone imbalance. This is a great tool for

women struggling not only with weight gain, other symptoms as well such as anxiety, depression, hot flashes, irritability, mood swings, low libido, night sweats, and sleep issues (insomnia). Testing provides the client with the opportunity to balance hormones with a tailor made program of natural pharmaceutical grade supplements. Drug free! Side effect free!


My vision is to assist our clients in establishing long term **Success Habits and Consistent Lifestyle Changes** (never referring to our program as a Diet!). During Phase #2, the Membership Program, clients are monitored for continued success and accountability, transitioning to Maintenance.

Many Women struggle with weight gain during Menopause which can not only affect their physical health but also their emotional health with low self-esteem and poor self image. Our greatest success comes from working with a positive accountability partner through a guided lifestyle modification. At our age, it's all about putting ourselves first and staying healthy for our families.

Lets get started! Call NOW OR TEXT **416-884-8444** to book your **Complimentary Consultation** or email Kelly at **kelly@avitaintegrativehealth.ca**. Also visit **hormonetesting.ca**. They are located at **245 St. David St. N. in Fergus**.


IS YOUR BODY SHAPE A WEIGHT ON YOUR MIND?

DO YOU WANT TO FINALLY GET THAT WEIGHT OFF... FOR GOOD?



"I have tried every diet out there with some temporary success, losing around 20 lbs. After a few months, I am back up with more. I contacted Kelly, as with most women in their 50's; I was starting to experience health problems associated with the weight gain. Their program is distinct from the others because of it's homeopathic approach to address more than what goes in your mouth. It was attractive to me because it is using scientific research and natural products to assist me." – PAT


"My name is Liz and I just turned 65. I started with the program in May 2019 after my cruise, determined to lose at least 20 to 35 lbs. I have worked with many programs, always gaining the weight back! I was guided with kindness and it taught me the value of a positive mind-set." – LIZ



it's time Call or text **416-884-8444** & let's get YOU started!

The Menopause Diet

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Go Green with Elora Home Hardware's new Refill Station

Good news for the Centre Wellington community — **Elora Home Hardware** has introduced an environmentally friendly way to restock your cleaning products. The staff has been working hard to get it ready — introducing their new **Refill Station!**

Customers will now be able to refill cleaning vinegar, Hardwood and Laminate cleaner and laundry detergent at one convenient station within the store, all three products are environmentally friendly. This will help reduce one-use plastic one bottle at a time.

The new Refill Station also comes with a Stamp Card. Use your card and **buy 6 refills to get the 7th one FREE.**

Elora Home Hardware first opened in February of 2010. Patty Smith and her



team are committed to helping the community in an environmentally friendly way. They know how much going green means to their customers, and they look forward to being a part of the growing trend of greener products and services.

Elora Home Hardware's staff is happy



to help you with your home improvement and repair projects. They have the largest selection of Paint Chips in the area, representing Beautitone and Benjamin Moore. The friendly, experienced staff is here to help offer helpful advice.

Visit the store at **6458 County Rd. 7 in Elora**, call **519-846-5393** and like them on Facebook and Instagram for updates.

Open 8-8 Monday to Friday, Saturday 8-6 and Sunday 10-5.

ELORA PHYSIOTHERAPY



We are thrilled to announce we are expanding our team and services to include **Registered Massage Therapy treatments!** You can call us or book online now for evening and weekend appointments available starting March 10th! With over 20 years of combined clinical experience, our commitment is to always provide you exceptional one-on-one care with your dedicated therapist. Our goal is to deliver the highest quality of physiotherapy and massage therapy care to our community.

Services:

- Advanced manual therapy (with a CAMPT-certified physiotherapist)
- Pediatric physiotherapy
- Acupuncture/needling
- Massage therapy (with a Registered Massage Therapist)
- Individualized exercise programs
- Custom and off-the-shelf bracing and wellness products



ASHLEA WILSON
Physiotherapist
Co-owner
BKin(Hon), MSc(PT),
Dip.Manip.PT,
CMAG, FCAMPT



CAITLIN WILLIAMS
Physiotherapist
Co-owner
BKin(Hon), MSc(PT),
MScCI(Manip Ther),
DPT, FCAMPT

www.eloraphysiotherapy.com • info@eloraphysiotherapy.com • Mon-Thurs: 7am-7pm; Fri: 7am-3pm
54 Victoria St - Unit 202, Elora • 226-384-1100

Mission Thrift Store Fergus ...

Proudly serving the local community for 12 years

If you haven't visited yet, we invite you to stop in and check us out. Shopping second hand is an awesome way to purchase quality goods for a great price. Your donations and purchases benefit your pocketbook, the local and global community and keep discarded items from the landfill.

Shopping at Mission Thrift Fergus is more than a bargain hunters thrift-venture! It's an opportunity to participate in all aspects of a successful, recycling program. Mission Thrift Stores help reduce landfill waste by promoting the stewardship principles of reduce, reuse and recycle. Your donations convert to cash through store sales, and fund global Christian literacy programs through Bible League Canada.

Mission Thrift Fergus is home to a wonderful community of volunteers. They're commitment, time and service make all this possible. Our manager Eric and our volunteers believe in saving you money and helping the environment, which enables us to impact lives through education and Gods word.

We are committed to engaging with the community and invite you to join us. You can keep updated by following our social media accounts and checking out our website.

facebook.com/mtsfergus/
www.instagram.com/mtsfergus/
Mission Thrift Fergus
525 Maple St., Fergus, ON
Phone 226-383-5753

Store Hours - Monday to Saturday 10am to 5 pm.

Donation Drop offs - Monday-Friday 11 am to 4 pm - Saturday 11 am to 3 pm.

www.missionthriftstore.com/store/fergus/

Engaged volunteers ... community driven with global vision



CUSTOM EMBROIDERY

- ✓ Golf towels for tournaments.
- ✓ Polo shirts for office or Restaurants.
- ✓ High-viz shirts & vests for Landscaping companies.



All embroidery done
IN HOUSE
 (no sending it out)



Make your company stand out
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Two
 locations
 to serve
 you!



*We offer a huge selection
 of **premium scrubs**,
 accessories and workwear at
 unbelievably good prices!*

Instagram



The Scrub Room
 Medical, Chef and Work Wear

St. Andrew Street West Fergus (226) 383-4303
 Frederick Mall Kitchener (519) 208-8867

The Federal Home Accessibility Tax Credit

The Home Accessibility Tax Credit (HATC) was first introduced in the Federal 2015 Budget, received Royal Assent in June of 2015 as is now law. It is a non-refundable tax credit and is Federal only so provides a maximum tax savings of 15% on qualifying expenses of up to \$10,000 (maximum tax savings of \$1,500). The HATC must be claimed by a qualifying individual or an eligible individual.

A qualifying individual is someone who is 65 years or older before the end of the taxation year or who is eligible to claim the disability tax credit. An eligible individual includes a spouse, common-law partner and certain supporting relatives of a qualifying individual. Home renovation expenses qualify for the credit if they are of an enduring nature and allow the qualifying individual to gain access to, or to be mobile or function with the eligible dwelling or reduce the risk of harm to the qualifying individual within the eligible dwelling or in gaining access to the dwelling. An eligible dwelling is the principal residence of the qualifying individual or of an eligible individual who ordinarily lives in that residence.

In a recent Tax Court case, *Patrie v The Queen* (2019 TCC 276), the Canada Revenue Agency (CRA) took issue with a claim for a new deck that cost over \$11,000 on the basis that such renovations do not meet the requirements in the definition of a qualified renovation. The CRA argued the new deck was not of an enduring and integral character to the house, and that Mrs. Patrie's accessibility and mobility in or around the house

TAX TALK

Ed
Mitukiewicz



was not sufficiently assisted through the renovations. The Court analyzed the facts and found that Mrs. Patrie's mobility was worsening, the previous deck was over 18 years old and in rickety shape which restricted Mrs. Patrie's ability to access her garden and kitchen entrance to her home. The Court ruled that the expenses did qualify for the credit and ordered the CRA to reinstate the credit for Mrs. Patrie.

Baker Tilly GWD

Guelph office:
450 Speedale Ave. West
Unit 113
519.822.7670

Elora office:
0342 Gerrie Road
519.846.5315

AUDIT • TAX • ADVISORY



Open to new insight?

We're open to new clients

At Baker Tilly GWD, our audit, tax and advisory experts take a customized, hands-on approach to help your organization thrive in an ever-changing business climate. Trust our experienced professionals to help you navigate uncertainty and maximize opportunity – to build a more prosperous tomorrow.

Driving excellence with expertise



Connect with us
Baker Tilly GWD | gwd@bakertilly.ca | Guelph office – 519.822.7670 | Elora office – 519.846.5315

Now, for tomorrow

AUDIT • TAX • ADVISORY



Suicide Prevention in Centre Wellington: 800km Pilgrimage to Raise Awareness & Funds

ClaresHike4Hope.ca

*Wellington County has a suicide rate
almost 3x the provincial average.*

*1 in 5 People struggle with Depression or
Anxiety, and 90% of those people never seek
help.*

*Mental health is a crisis within our community,
and more services are needed, especially for
youth to learn strategies in order to
build resilience to life stresses.*

On April 15th **Claire Knight**, will embark on a 800km SOLO journey which will take her 5 weeks to complete, away from work, family, friends on an Ancient Pilgrimage, over the Pyrenees Mountains of France and Spain on the Camino de Santiago trail. She will be walking 30Km a day to raise funds and awareness for Mental Health Initiatives in Wellington County.

Claire is a Kinesiologist, Nutritionist, Realtor and mom of 4 teenagers. It is her mission to raise awareness of mental health needs within our community, and to raise \$20,000 for CMHA and Big Brothers Big Sisters.

Healthy Bodies = Healthy Minds:

Presentation for Employees and Organizations

Claire offers businesses, factories and organizations 1-hour presentations on how Lifestyle and Physical Health directly impacts Mental Health when it comes to sleep, healthy eating, body movement, and relationships. Claire volunteers her time and knowledge as a Kinesiologist and Nutritionist, to offer these presentations in exchange for a donation throughout Waterloo-Wellington -Dufferin County.

Healthy Bodies = Healthy Minds is being offered to the public at no charge (donations accepted for CMHA) on: **Monday April 6th at 10am Victoria Park Seniors Centre 150 Albert St W Fergus.**



Claire Knight
RHN, HBHK, MBA

Sponsor a Kilometre

Support Claire's initiative to raise \$20,000 by sponsoring a KM with your donation. 100% of donations go directly back into our community via CMHA or Big Brothers Big Sisters, with an income tax receipt. To Donate click the link at www.clarishike4hope.ca

Sign the Flag

Claire will carry a Canada Flag in her backpack for the duration of her journey. Anyone who donates to Clareshike4Hope can sign this flag on behalf of themselves or a loved one who struggles with anxiety or depression. This flag is symbolic of the weight and burden that people carry on their shoulders, that she will carry on

hers for 5 weeks.

Claire encourages everyone to put the HERE 24-7 Help Line phone number in your contacts on your phones, and on your fridge. You never know when you or someone you know may need help, or to be connected with services within our community: **1-844-437-3247** (1844-HERE247).

Family Counselling and Support Services has **FREE Walk In Counselling** every Thursday from 3:00pm-6:30pm in the old Target building at **900 Tower St S Fergus**, between Marks and Pet Value under the Skyline sign. No appointment necessary. Everyone welcome – **519-824-2431**.

*Follow Claire's preparation and journey
on her website or social media:*

www.clarishike4hope.ca

#Clareshike4Hope

@Clareshike4Hope

@Hike4HopeClaire

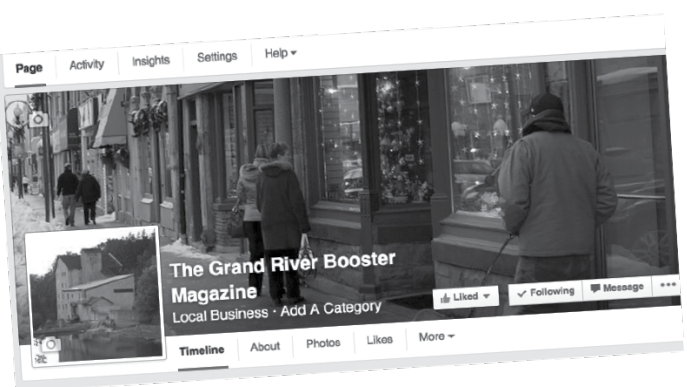


Facebook: www.facebook.com/Clareshike4Hope

Twitter: www.twitter.com/Hike4HopeClaire

Instagram: www.instagram.com/clarishike4hope/

CHECK FOR UPDATES



Take Advantage of our Spring Oil Change Special

If you are like the rest of us, we can't wait to get out on the open road again after the winter we just experienced. Now is the time to get your car ready. Why not start with a spring oil change special at Center Wellington (Fergus) Canadian Tire. From March 2nd through March 13th we will feature the **Oil Change Specials** (shown below).

Call Darko (Service Manager) or Brett (Service Advisor) at 519-843-3680 to book your appointment today. Spring is on the way so make sure you are ready to start cruising again.

Remember we also have no cost financing available, offer nation wide warranties, and can provide repair services on most makes and models. We can help keep your car safe for your commuting, weekend, and vacation travel needs.

Also, remember you can visit www.canadiantire.ca and choose from over 40,000 items in our 25,000 square-foot store. Then, type in your postal code and make Fergus your home store. After you're done shopping, you will be notified when it's ready for



Brett and Darko from Canadian Tire

pick up by email — usually within 4 hours for most items. Canadian Tire is located at **950 Tower St. South in Fergus**. Our Phone number is **519-843-3680**

\$29.99 Conventional Oil Change*	\$49.99 Synthetic Oil Change*
Includes up to 5 Liters of 5W20 or 5W30 Conventional oil	Includes up to 5 Liters of 0W20, 5W20, 5W30, 5W40 Synthetic Oil
Oil Filter	Oil Filter
Free Vehicle Inspection	Free Vehicle Inspection
<small>*Includes \$5.00 allowance for filter. Some vehicles may require an additional charge. Vehicles requiring more than 5 liters or grades other than those listed above will have additional charges applied. This special can not be combined with any other offer.</small>	<small>*Includes \$5.00 allowance for filter. Some vehicles may require an additional charge. Vehicles requiring more than 5 liters or grades other than those listed above will have additional charges applied. This special can not be combined with any other offer.</small>



Check your Cheques



Maximize your protection from cheque fraud with High Security Cheques

According to a survey published by The Nilson Report, cheque fraud alone is estimated to cost Canadian businesses between \$1 to \$2 billion dollars each year. Avoid becoming part of this statistic.

Deter Criminals would rather infiltrate an account that's easy to access than one with many roadblocks. Our NEW High Security Cheques include 22 security features that will help deter criminals from attempting cheque fraud.

Detect High Security Cheques improve the odds that fraud will be detected more quickly by bank staff, merchants and employees.

Defend Purchasing High Security Cheques is one of the easiest ways for companies to

demonstrate their commitment to reducing cheque fraud.

At R&R Printing, we offer a selection of software-compatible and manual cheques to help you run your business or personal chequing.

- **MULTIPLE FORMATS** – Choose laser, continuous or manual cheques
- **HIGH SECURITY CHEQUES** – 22 security features to help you fight fraud
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Visit us in Downtown Fergus
208 St. Andrew St. W., Fergus

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The miracle of walking, and when it hurts...

Did you know that your foot absorbs forces greater than twice your body weight when walking? Multiply this by four when you are running.

Your foot however does not do this job of shock absorption by itself. Your feet purposefully deform (change shape) shortly after you strike your heel. The foot rolls in (pronates) and when it does, the leg above it internally rotates, the knee buckles and your hip (femur) is rotated inward relative to your line of gait. The pull of gravity connects all the joints from the foot up into the hip and spine in the "closed kinetic chain".



BOB WITTE

For these types of conditions and many others there are non-surgical solutions that will ease pain and make it easier for you to walk. Solutions that may surprise you in their simplicity and ease of application. The only thing touching the ground when you are walking is your feet, and that is the interface used to make the changes to help relieve pain and make you walk easier.

The interface used is a variety of different type of custom-made orthotic devices, bracing, footwear and modifications to footwear available at Fit to Walk: **135 St.David St.S. Fergus.**

Together with the lower limb, the spine stores and releases energy to help propel you forward. The shock absorbing effect that occurs from the deformation of the foot at heel-strike helps to protect the spine against the forces of impact. In fact, the movement of walking involves the whole body. That is why when joints stiffen as a result of arthritis the whole body is affected by it.

For example, an arthritic big toe joint (1st metatarsal phalangeal joint) can alter your gait so drastically that it can cause pain in your knee, hip or spine.

Call: **519 843-7979**. Website: fittowalk.com



Thank you

**FOR YOUR PATIENCE
AS WE RE-MERCHANDISE
OUR STORE**

RONA

**306 Wellington Rd. 18
Elora, ON**

(519) 846-5381



Responsible Investing

Responsible investing can lead to better financial returns while contributing to positive social and environmental change.

You don't have to protest a pipeline to make a statement about your concern for the environment. Consider a responsible investment strategy for your RRSP, TFSA and more in order to put your money to work not just for you but for a healthier future as well.

Responsible investing can be as simple as avoiding investments in companies that profit from environmental degradation or social harms such as the energy, weapons, gambling and alcohol industries while examining a company's governance to ensure it is well run and equitable to all stakeholders.

Another option is to consider impact investing where you invest in companies that are striving to solve the complex problems of tomorrow through new technology, new processes and new ways of thinking. It could be green energy development, energy storage technology, zero waste management facilities or water conservation.

We're clear on the challenges of the future. What if we put our money to work in order to start solving those problems?



Contact Allan Hons, RIS, Investment Advisor, Manulife Securities Incorporated, today to discuss how a responsible investment strategy might be right for you.

Ecclestone Financial Group is here for all of your insurance and investment needs. Call us



The staff at Ecclestone Financial Group

today at **519-843-5110** or visit us on the web at www.efginc.ca and don't forget to 'Like' our Facebook page.

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SPRING ARRIVALS
STORE IS PACKED
COME BY SOON!

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Union Street West
to River Road Elora!*

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Quality Family Footwear

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www.shoevillaelora.com

...everyone needs a little help now and then

**Now
Open**

Who are we?

A non-profit organization that understands the value of a resilient community and the importance of accessible supports for mental health.

What do we have to offer?

Expert therapists located in Mount Forest and Fergus to provide **one-on-one same day counselling services**. Everyone can expect to leave with an action plan.

How can we help?

Come see us at one of our same-day locations.

Mount Forest Family Health Team (Claire Stewart Clinic)

Mondays 9:00 am to 4:00 pm

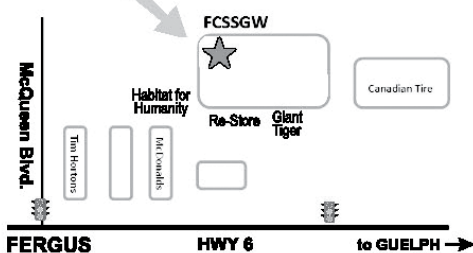
Call 519-824-2431 ext.36, or
email intake@familyserviceguelph.on.ca
our intake workers starting at 9 am to
get a same-day appointment

New Fergus Location ★

900 Tower Street South, Fergus

Thursdays 3:00 pm to 6:30 pm

★ starting January 2, 2020



**No appointment necessary just Walk-In
Everyone welcome**



**Family Counselling and
Support Services**
FOR GUELPH-WELLINGTON



519-824-2431 | 1-800-307-7078 | www.familyserviceguelph.on.ca

There's no limit to what you wear on top!

Before you know it, bridal and spring formal season will be upon us. Whether you are a beaming grad, the blushing bride, a member of the wedding party or a proud guest, you will want to look your best. However, formal silhouettes can place particular demands on your underthings. Never fear, we at **Sensational You** are up to the challenge!

With a bra as versatile as **'Felicia'** from **Fit Fully Yours**, there is no limit to what you wear on top! The edge trim has little loops built in so that the extra long straps, including the bonus set of clear ones, may be fully moved to meet any profile: halter, crossed or way out at the sides. We've pictured **'Felicia'** with the straps crossed at the front, but you could just as easily cross them at the back, wear one halter style or one from right to left (or left to right for that matter!). Or take the bandeau plunge and go totally strapless!

"Felicia" is available in white, black and nude in sizes 32C – 42F inclusive. G, H, I, J cups are available in select band sizes, and may require us to order the bra in for you. Of course we are happy to do that, that's part of our Sensational service after all, but do allow four to six weeks for delivery.

Fitting strapless bras can be an extra challenge – you may



find that a smaller band size than usual is required. This wide silicone-trimmed band will help you feel less prone to the forces of gravity, but it still takes some getting used to, and we don't want you tugging and hoisting as you walk down the aisle! So why not make an occasion of it? Give us a call to make an appointment for your whole bridal party – bring your dresses and we will make sure that you all get properly fitted with extra-special one-on-one service to help you get ready for your extra-special day.

In addition to specialty bras, you may require a little cheat for a slim smooth profile. We are in love with Shapeez Unbelievabra Ultimate bra! This bodyshaper will eliminate visible bra lines and back bulges while providing superior support and tummy control.

Made in Canada from moisture-wicking all-way stretch fabric, this is not your grandma's girdle! Available in black and nude, Shapeez will give you a Sensational silhouette for all your formal events.

Visit us at our street level boutique at **181 St Andrew Street East**, or call us at **519.766.8818**. And remember to like us on Facebook to keep track of all our new arrivals!

MODEL TRAIN SETS



From beginner to advanced, we have everything for the model train collector. Call or visit our Facebook page for more information.



www.2bintrains.com



(519) 787-3280
6168 Wellington Road 29
Fergus, ON

Want help starting your small business?

Do you have a **business idea** and don't know where to start, or do you currently own a business and feel that it's time to grow? The **Business Centre Guelph-Wellington** can help!

Business Centre Guelph-Wellington advisor Corina Sipkes can meet with you in your own community or you can book an appointment at the business centre's **downtown Fergus office on Provost Lane**.

Corina has extensive business experience, having owned and operated two salons in the Netherlands. She opened another hair studio in Ontario, and became a partner with a nail-enhancement product company.

Remember to ask about **government funded programs**. Currently they offer:

- *Starter Company Plus and Summer Company*. Through Starter Company Plus, you will participate in 5 business workshops, qualify to pitch for an up to \$5,000 business grant, and much more.

- *Summer Company* is for young people between 15 to 29 years old. Start and run your own summer business with funding, advice and services provided by the government of Ontario and the Business Centre of Guelph-Wellington.

If you're accepted into the program, you'll receive an award of up to **\$3,000, and more**.

Don't Forget! You can book a **free one hour consultation with a business advisor of the Business Centre** to get advice for your new or growing business.

Let's get into Business!

Check **www.guelphbusiness.com** for upcoming training and events for new and growing small businesses.



CORINA SIPKES

A Fresh Coat

One of the **quickest** and most **cost effective** ways to add value to your home is to paint its interior.

Many homeowners might not think to call a **professional painter** during the winter months, but this in fact is one of the best times of year to do it!



Call Steve for more info

519-362-4190

whiskeyjackpainters.com

steve@whiskeyjackpainters.com

Burke's Tent Rentals Does Dishes!

Another holiday is fast approaching, time to start planning, what to make for dinner, and who all will be coming. Uh oh, you only have place settings for eight and ten people are coming and your wine glasses are more odds and ends than eclectic.

Your practical needs = **Burke's Tent Rentals'** stylish solutions. From formal affairs to casual get togethers Burke's Tent Rentals has a terrific selection of dishware, flatware and glassware for your table.

This is a great opportunity to try something new. Had your eye on gold cutlery for a while now? Brushed Gold Coventry flatware is just waiting for you.

Don't forget about serving spoons, salt and pepper shakers, platters, chafing dishes; Burke's Tent Rentals has what you need.

When it's all said and done would you rather face a sink full of dishes or multiple load in the dishwasher OR simply empty, scrape, rinse and pop them back in their containers? Let Burke's do the dishes, so you can spend more time with the ones you love.

For more information, call **800-219-2947**, or visit our showroom at **275 Gordon St.** in Fergus, and don't forget to follow us on Instagram and Facebook for updates.



Does everyone mumble?

It's time to get your hearing checked.

Fergus

731 St. Andrews Street West

519.787.0206 •
connecthearing.ca



*Free hearing tests are only applicable for customers over 50 years of age. No purchase required. Some conditions may apply. †Based on national physician referrals over the tenure of the corporation's Canadian business operations compared to the disclosed referral count of leading competitors.



Introducing Rob!

We are thrilled to announce our Centre Wellington team of experienced accountants and business advisors is growing.

"At RLB, people really do count! I look forward to building strong relationships with the members of my community to position their business for success," says Robert Millman, CPA, CA

Rob is a Senior Manager at RLB with 10 years of experience in the accounting industry. He is passionate about ensuring his clients have all the tools they need for success, and is excited to support small businesses grow in Centre Wellington!

At RLB, People Count.

robert.millman@rlb.ca | 1-519-843-2320 | rlb.ca



Have your hearing aids cleaned by a certified specialist

Muffled sounds. Muffled voices. Perhaps over the winter months your hearing aids have gotten to sound a little dull. Naturally, you're frustrated. Maybe you even put your hearing aids away in a drawer because they stopped working for you. Don't give up on your hearing! This is a great time of year for a "Spring Cleaning" of your hearing aids.

Brian and his dedicated team of hearing professionals will always provide a thorough check-up of your hearing aids, cleaning them with special equipment as well as perform a sound check. Even if it's been awhile since you've worn your hearing aids, we welcome you to make an appointment with us so you and your hearing aids can receive the best in hearing care. Proper maintenance will ensure that your hearing instruments continue to give you years of trouble-free service and keep you hearing properly.

Brian says it's good to remember that, sometimes, in addition to a cleaning, an adjustment is necessary to "tune-up" the sound of your hearing aids, and Brian will let you know if it's recommended after a cleaning.

Here are a few "At-Home" tips for cleaning and maintaining your Hearing Aids:



**EVELYN, BRIAN,
SHANNON AND JESSE**

- Cleaning agents like "Rubbing" Alcohol can damage or weaken the shell. Use only a soft, dry cloth or tissue to gently clean the instruments whenever they are removed from your ears.

- Remove any accumulated cerumen (the clinical name for "earwax") daily. If using a cerumen removal tool, for example a "wax-loop" (the small tool with a curved metal wire on the end of a black handle) or a brush, always clean the instrument from below. This will prevent particles of wax or dirt from falling back inside the instrument.

- If the sound of your instrument becomes weak, it is likely that the wax-guard, microphones or sound outlet are blocked with cerumen (earwax). Either replace the wax filter or ask the professionals at Ward Hearing Centre for advice on corrective action. (Often, Brian can provide you with wax-guard replacements free of charge, even if you didn't initially receive your hearing instruments from him).

- The microphone inlets are less than 1mm wide and can easily become blocked if handled incorrectly. To prevent debris from entering the microphones and sound outlet on your hearing aids, ensure your fingers are clean and dry before handling them.

Brian says "it's important to remember that, while at home, day-to-day maintenance will ensure your hearing aids work properly every day, you still need to benefit from an in-office cleaning service that provides the in-depth cleaning that only a Hearing Professional can give."

Remember, "An unaided hearing loss is far more noticeable than a hearing aid."

For more information, please call **(519) 843-4327**. Ward Hearing Centre is located at **160 St. David St. S. Unit 100** in the historic Groves Mill.

Visit us online at www.wardhearing.ca to learn more about the services Ward Hearing Centre has to offer you. We also have a new email address it's: wardhearingfergus@gmail.com

Whatever your hearing needs, you can rest assured knowing that Brian and the staff at Ward Hearing Centre are caring, experienced professionals who will always put your interests first to ensure your peace of mind.

*Ward Hearing Centre- Expert Hearing Care
You Can Count On!*

BRIAN WARD
H.I.S., reg. AHIP
Ontario Ministry of Health
ADP Authorizer #2010150004

- Complete Hearing Testing
- Hearing Aid Fittings
- Lifetime Cleaning & Adjustments
- Batteries/Repairs/House Calls

We Carry All Major Brands of Hearing Instruments & Accessories

All Major Health Plans Accepted: ADP, WSIB, DVA/VAC, Private Insurance

519.843.4327 Free Parking

160 St. David Street South, Unit #100 (behind the Brew House) FERGUS

wardhearingfergus@gmail.com

Try A New Summer Camp This Year!

Join us for a full week of building and programming **Lego robots**, learning to **design and code video games**, science experiments, games and more! Your child will learn valuable skills all while making friends and having fun with **STEM** (science, technology, engineering and math).

Every day of **Sylvan** camp is different. We have new themes, prizes and surprises each day! Families will receive fun pictures and videos of the day's creations and collaborations. We end the week with a celebration including a pizza party!

This year's camps will run the weeks of **July 13th-17th, July 20th-24th, August 10th-August 14th and August 17th-21st**. The camps will take place at our centre on **Woodlawn Road**.

Summer camps sold out quickly last year so don't wait to enrol - call, email or drop by the centre today!

Campers should be in grades SK-6. Camp runs from 8:30am-4:30pm with early drop off and late pick up available. Cost will be \$260. **Mention Booster Magazine for \$10.00 off!**

Visit: www.sylvanlearning.com email: sylvan.guelph@gmail.com or call: **519-823-5711**.

Ask about our **PA Day** and **March Break** camps!

Sylvan Learning has been providing education and enrichment programs for Wellington County families for over 34 years.



Sylvan
EDGE

STEM COURSES

ROBOTICS • CODING
ENGINEERING

GET AHEAD
GET CHALLENGED
GET AN EDGE!

FOR GRADES
SK-6

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GET AN EDGE!

MARCH AT YOLANDA'S FASHION BOUTIQUE

30 % OFF ANYTHING ON A HANGER

FOR THE MONTH OF MARCH!

Some restrictions apply



Spring Fashion Show

March 24 and 25th

\$ 25 per ticket

Receive a \$ 25 spending credit for that evening in the boutique

Contact us at stylingwithyolanda@gmail.com or visit the store for tickets today!



Contact store for more details
519-341-5560
stylingwithyolanda@gmail.com

13th
Annual

Victoria Park Seniors Centre presents:

Active Living & Retirement Show



Friday, March 27, 2020

10:00 am—2:00 pm

Free Admission. All ages welcome.

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10:00am - 2:00pm	Exhibitor Information Booths
10:00 am	Seminar: Ride Well Service
10:15 am	Tap Dancing & Belly Dancing
10:30 am	Seminar: Wills, Powers of Attorneys and Living Wills
11:00 am	Tai Chi
11:45 am	Fitness Kickboxing
11:45 am	Seminar: Frauds & Scams
12:30 pm	Zumba Gold-Toning
1:00 pm	Seminar: Overview of Ontario's Estate Administration Tax
1:15 pm	Zumba Gold

This event is hosted by Victoria Park Seniors Centre in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by The Ministry for Seniors and Accessibility.



For more information: 519.846.9691 x278

"The team at Ron Wilkin Jewellers were a delight to work with..."

A whole book could be written about the many *heart-warming experiences* the community has enjoyed over the years at **Ron Wilkin Jewellers**. Michael and Amber are just one more couple who say they had a wonderful time working with their staff to create some special pieces for their wedding day.

"Graham, Amy, and the whole team at Ron Wilkin Jewellers were a delight to work with throughout our whole wedding journey. They delivered unparalleled customer service and high quality products and craftsmanship with all of the rings and many wedding party gifts," says Amber.

Amber says the team at Ron Wilkin Jewellers went out of their way to ensure every detail was looked after.

"They resized the engagement ring in record time, happily took care of returning and reordering a wedding band when we accidentally ordered the wrong size, followed up with us by email to clarify a question on engraving some glasses that we ordered, and cleaned the engagement ring to a shining sparkle for our big day."

She adds, "The staff are knowledgeable about their products and passionate about their work. We're incredibly thankful to the Ron Wilkin Jewellers team for their part in making our wedding day the perfect start to the rest of our lives together in



marriage."

Ron Wilkin Jewellers is a full service and full product jewellery store. Everything from engagement rings, wedding bands, anniversary jewellery to full on custom design jewellery and gifts plus a full service repair facility for all jewellery and watch needs.

Drop by and see them at **109 St. Andrew St. W. in downtown Fergus**. Visit their website at – www.ronwilkinjewellers.com and follow them on **Facebook** and **Instagram** for updates. Call **519-843-1225**. See their full page ad on page 31.

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Shockwave Therapy Helps with a wide variety of conditions

Are you suffering with chronic foot or heel pain, or have been diagnosed with plantar fasciitis, shoulder, elbow or knee tendonitis? Or you might be dealing with the debilitating effects of a rotator cuff injury, or carpal tunnel syndrome. Shift: A Family Health Centre offers a treatment that could help you.

ShockWave Therapy is a highly effective, non-invasive therapy that is being used to treat a variety of soft tissue, muscle and tendon injuries. This non-surgical therapy has no unwanted side effects, and promotes accelerated healing of soft tissue, tendon injuries, bone, heel and joint pain.

A “shockwave” is a very intense, but short vibrational energy wave which travels faster than the speed of sound. Shockwave helps break down damaged, inflamed and/or calcified soft tissue allowing for faster regeneration and healing. The technology for shockwave therapy has been used for decades in Europe, but has only recently been introduced as an effective therapy modality to treat people in North America.

Shockwave has been shown to help a variety of conditions, but its primary effectiveness is in treating “tendinopathies”, like those found in the shoulders, elbows, wrists, hips and feet. Scientific research and studies show a **75-90% success rate** in treating the following common conditions:

- Achilles tendonitis
- Plantar fasciitis
- Carpal tunnel syndrome
- Golfers and Tennis Elbow (Medial and Lateral Epicondylitis)
- Patellar Tendonitis
- Calcific Rotator Cuff (Shoulder) Tendonitis



Dr. Kira Bailey DC

Some people will see changes within 72 hours, while others will take a bit longer. Typically 6-8 visits will see the complete resolution of most conditions. No ongoing maintenance visits will be required, because the goal of Shockwave Therapy is to make the affected tissue healthy again.

Dr. Kira Bailey, DC is very excited to bring this cutting edge and powerfully effective healing modality to Shift Family Health to compliment her family chiropractic practice. Dr. Bailey has 18 years of experience in practice and giving her clients the best in chiropractic health care is her highest priority. If you think that Shockwave might be of help to you, call us today for a **FREE CONSULTATION** to see if this treatment may help. No physician's referral is necessary and most insurance companies and benefit plans will re-imburse you for Shockwave Therapy.

Call us today to book your Complimentary Consultation, to see if we can help you live a life without pain. Shift: A Family Health Centre is located in the Fergus Marketplace building. Call 519-787-8111, visit www.shiftfamilyhealth.com or email us at info@shiftfamilyhealth.com.



Over 30 years of painting experience

When you want to hire a professional painter, you want someone who will stand behind their work.

“I guarantee after I’m finished a job that if anything happens, I’ll see what it is and I will solve the problem,” says Robin Clark, from Town and Country Painters. “I will stand behind my work.”

“In the past year, Robin has completed two exterior paintings projects for us,” says one customer. “One project involved painting of a wooden deck; the other project involved the painting of foundation, windows, trim and a door. Both were completed with the utmost in quality, workmanship and professionalism and we are completely satisfied with the results.”

Other clients appreciate Robin’s reliability.

“We contracted with Mr. Clark to paint our upstairs and kitchen and found his work to be more than satisfactory. Our office is



ROBIN CLARK from TOWN AND COUNTRY PAINTERS
519-848-3473

a 100-year-old house. Robin took the time to repair and replace needed renovations over and above his original commitment to paint. He takes pride in his work and he’s very reliable,” says another customer.

If necessary, before each job, Robin will putty all windows, caulk all window frames/door frames, plaster all holes and cracks, wash salt and mildew deposits and remove all storm windows. Robin uses drop sheets to cover plants, furniture, rugs or any other house or office items.

And after the is finished, he will clean all areas of supplies and materials. “That’s

something I’d like to stress to people, is that Town and Country Painters is super clean,” says Robin.

All work is guaranteed at Town and Country Painters. Call Robin in Arthur for a free estimate at 519-848-3473 for friendly, personalized, super-clean service.

Call TJL Mechanical for honest, professional service

Tyler Leighton of **TJL Mechanical** in Fergus has been servicing the heating, cooling, refrigeration and ventilation needs of the Centre Wellington area for over 10 years. In fact, Tyler has been a Centre Wellington resident his entire life as he continues to live in the area with his family.

Some of the other services he offers include:

- Hydronic heating
- Geothermal
- Gas fitting

One of TJL Mechanical's clients, Dan and Ann Blais, are happy with the work Tyler did on their boiler system in the middle of winter.

"Tyler was very conscientious, efficient and professional in remedying the problems with our heating system. He went above and beyond in his attention to detail and quality of workmanship. He sought the advice of other colleagues on the more technical aspects of planning out a retrofit of some parts of our system."

Dan describes Tyler as a very honest, competent, helpful and extremely friendly individual who took the time to explain all the work he was undertaking.

"Ann and I have only the warmest regard and gratitude for his help in a time of need (the middle of winter)! We look forward to having Tyler taking excellent care of our heating and cooling needs for many years to come."



Call Tyler at **519-829-0707** or visit tjlmechanical.ca for more info and be sure to follow TJL Mechanical on Facebook.



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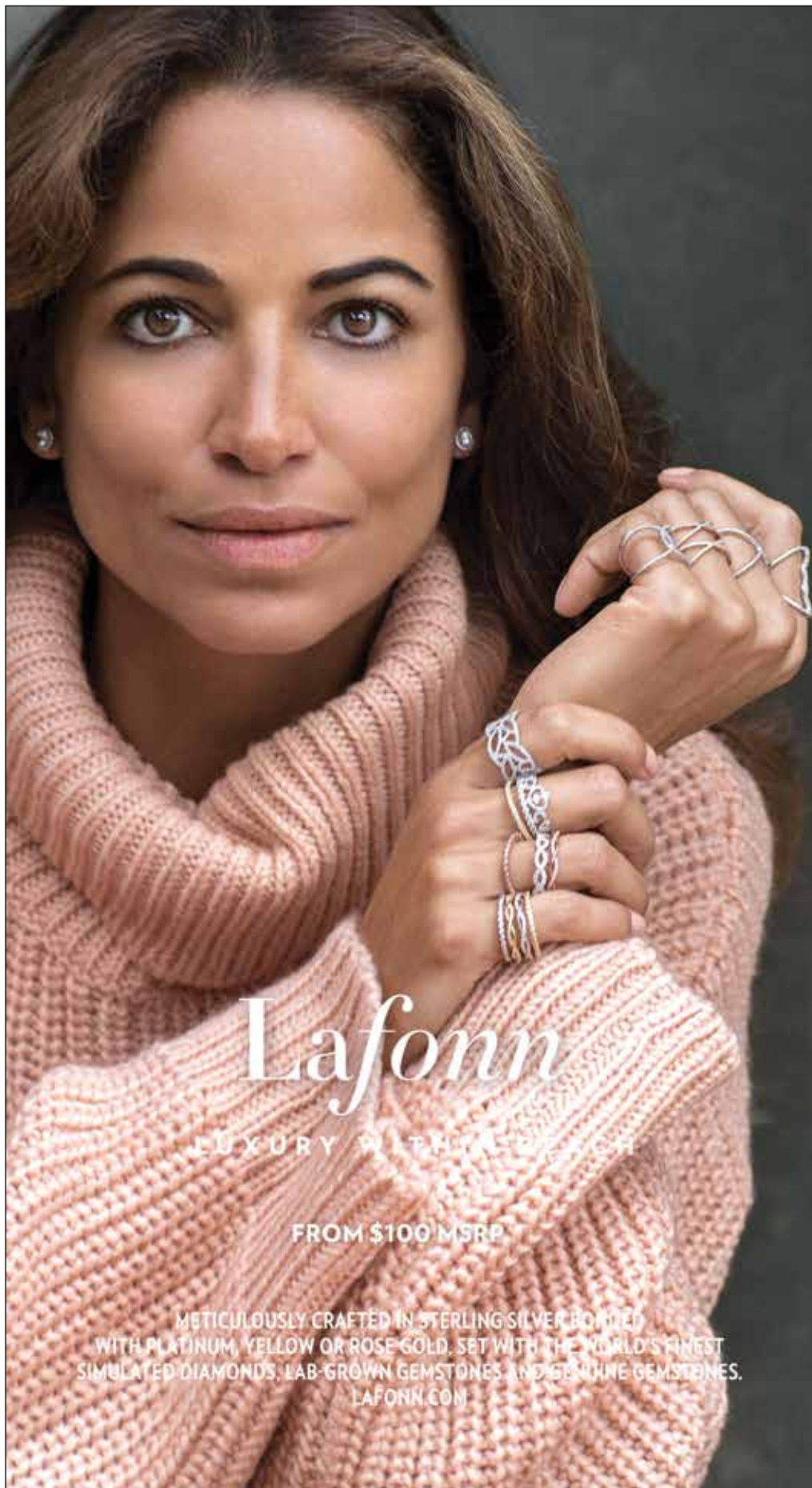
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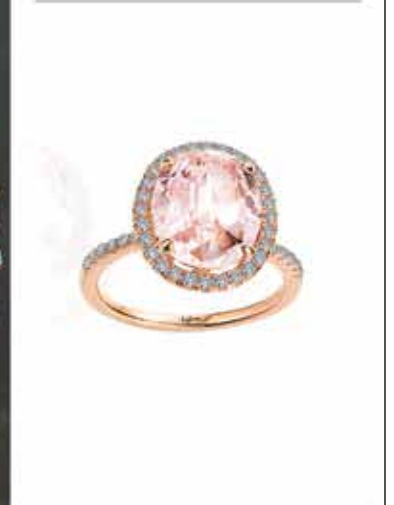
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