

May 2011



The Grand River

Booster

Advertising Magazine



**New Owner at the
Cellar Pub in Elora! p. 23**

www.youtube.com/boostermagazine

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*All Day
Breakfast*

Blondie's Lunch

*Home Cooked
Meals*

5km South of Elora Race, Track on Wellington Rd. 21

Blondie's Holiday:

CLOSED: May 19-June 2

RE-Opening June 3

Join us on FaceBook! Search for "Blondie's Lunch"

Friday Night Dinners:

May 6: Roast Beef Dinner

May 13: Schnitzel Dinner

May 20: **CLOSED**

May 27: **CLOSED**

June 3: Roast Beef Dinner

*Join us for
All day Breakfast
Everyday!*

New Winter Hours:

Mon: Closed

Tues: 7am - 3pm

Wed: 7am - 3pm

Thurs: 7am - 3pm

Fri: 7am - 7pm

Sat: 8am - 2pm

Sun: CLOSED

519-846-0987

New Youtube video:

How fast can you set-up a banner stand?

Even if the weather doesn't co-operate with us, always a sure sign of Spring is the Fergus Lion's Homeshow at the Centre Wellington Community Sportsplex. This year's event was another success thanks to the hard work of the Lion's Club. The event wraps up Friday night with the annual Fish Fry. It's always great to see the community come out and support this event.

If your business or not-for-profit needs to get its message out consider a banner stand from Alpha Graphics and Signs in Fergus. Owner Jeff Katerberg can show you just how easy it is to assemble one of their beautiful, full color banner stands on the Booster Magazine's Youtube page - visit www.youtube.com/boostermagazine - A reminder to watch for more videos on the Booster's Youtube page in the coming months!

The warmer weather means the return of our Golf Page with this issue and it runs until August. This month's feature course is Guelph Lakes Golf Club.

A warm welcome to Jon Jefferies, the new owner at Cedar Spring Nursery in Elora. Jon's garden centre is sure to be bustling this weekend for Mother's Day and, no doubt, throughout the month of May. Best of luck Jon!

Congratulations to Michelle, Rhonda and the team at 2nd Chance Employment in Fergus as they recently celebrated their 25th anniversary with some warm hospitality, cake, coffee and a host of goodies at an Open House back on April 29th. This non-profit-community-based organization provides personal, customized services for people who want to find employment or explore their training and career options. Their staff guide, assist and support job-

FROM THE
PUBLISHER

Mark Waddell
519-843-2346



seekers throughout the process. Most of their clients find jobs or enter education or training to move towards their goals.

There's a new owner at The Cellar in Elora. Stop by for lunch, dinner or a late-night drink or dessert and welcome Janet Scott and her staff. There's never been a better time to stop by, The Cellar boasts an incredible view of the Grand River and is the perfect spot to unwind with friends. There's even HD-TV on the patio for anyone who wants to watch the game and free WI-FI internet for the business crowd in the afternoon. Watch for Live music starting at the end of May. Congratulations Janet!

Finally, best wishes to the congregation at Elora Road Christian Fellowship as they celebrate the completion of their new auditorium. There will be a special building dedication on Sunday, May 29th at 10 am and 6 pm.

Lose it in The Drop Zone



Grand prize includes:

- Spa services from BCr8ive Spa
- Apparel compliments of Cargan Roofing
- A one year membership at Definition Fitness
- A photo session with Sophie Hogan
- Life Coaching from Michelle Linton of Imagine and more!

Contest starts June 1, 2011, and final weigh in is on August 31, 2011.
Contact changeyourlife@definition-fitness.ca or call for details.

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Spring Cleaning Your Vehicle

Our vehicles operate in a harsh environment that affects various automotive components. Vehicles have been exposed to slushy, salt-laden snow attacking every area imaginable. This article addresses some of the things that need attention this spring.

Clean the road grime build-up from the backs of your wheels: Dirt accumulation can cause wheel imbalance setting off severe vibrations that can accelerate wear of tires, steering and suspension components. Also with today's aluminum alloy rims, road salt corrodes rims faster than oxygen. This would be a perfect time to have your tires filled with nitrogen, which has been proven to greatly reduce corrosion of the bead areas on aluminum wheels.

Check your braking system to be sure it is in top condition. Rust and corrosion can impede braking performance but they happen so gradually we do not notice it.

Service your vehicles battery and inspect all wiring. This is an excellent time to have your battery terminals



**CHRIS FROM
BUEHLER AUTOMOTIVE**

cleaned to remove corrosion build up. And while under the hood inspect all wiring. A single loose or dirty connection can leave you stranded as the wiring harnesses are essential pathways for the on-board computer to receive data from all its many sensors.

Internally, gum and carbon can begin

to contaminate essential engine systems (fuel rail, fuel injectors, intake air plenum runners, valves, combustion chambers and the EGR system to name a few). You can restore the health of these systems by performing a fuel system service. The benefits will be instantaneous. You'll have more power, easier starts, improved pick up/ take off response and better fuel economy. The environment will also benefit as you'll have lower tail pipe emissions.

Another spring clean up that may be required is servicing the throttle body and the hot wire grid in the mass air flow sensor. Periodic cleaning keeps your vehicle performing well while giving you the best fuel economy.

And when all that's done, replace your air filter and cabin air filters (if so equipped): Filters should be replaced every 20,000 km or once a year. There's no time like spring to get the benefit of the fresh air.

With today's vehicles, it's easy to ignore regular maintenance schedules. The complex computer systems used to operate late model vehicles have an uncanny ability to hide minor problems, which not only rob your vehicle of fuel and power, but can lead to larger issues if ignored too long. Your best chance for years of trouble-free driving is maintain your vehicle according to the manufacturer's guideline at the mileage intervals recommended.

Buehler Automotive is located at the lights in Alma - call 519-846-9221 and speak to our service department.

Visit www.buehlerauto.com

The Booster's done wonders for our business. Our numbers are up since we started advertising!



The Grand River

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New to the Area?

Greeting people who are undergoing lifestyle changes with a friendly visit; welcoming them to Centre Wellington or expecting a baby.

**Call Centre Wellington
Welcome Wagon
519-843-5570**

2000 pairs of new sandals and shoes

Enough of the snow, rain, and dreariness of April! We are ready for spring at Shoetopia with 2000 pairs of new sandals and shoes that have arrived for spring! Our spring sale events have been excellent so far and there are still more to come!

May 6-8 - Birkenstock days

Becky from Birkenstock will be joining us on the 6th. We've extended our sale as one day just isn't enough any longer! Hurry in as styles and sizes fly off the shelves. Buy one, get one half off all Birkenstock.

May 13, 14, 15 - Saucony days

Buy one, get one half off all Saucony shoes. Saucony has long been known as a Runner's shoe. New minimalist styles have arrived along with the new Echelon walking shoe that has replaced the Grid Stabil which has been a longtime favourite.

We have recently received some great new



PETER MOHR FROM SHOETOPIA

Boots from Blundstone - it's their first full boot, great for riding and motorcycle boots and we have them in black and brown. We also just received some motorcycle boots from Martino; these boots are lace up the front, but also have an easy entry side zipper and come in women's and men's waterproof leathers. Best of all they are made in Canada!

Looking for some lightweight composite green-tag workwear? Along with Terra, Cofra, and Kodiak we now have some great Timberland Pro boots that are ready for work. Our safety lines include many shoes and women's wear as well.

We want to be your favourite shoe store, and every day we are working to do just that! Come into Shoetopia for quality, comfort and style today. We're located in between the Tim Horton's and McDonalds on highway 6 in Fergus. Follow what's happening at Shoetopia Footwear Outlet on Facebook or www.shoetopia.ca

Shoetopia

FOOTWEAR OUTLET

Affordable, home-made food and bottomless coffee!

After a lengthy wait, the spring season has finally arrived! And the return of the warm weather means Belwood Lake is busy once again. A popular spot for breakfast, lunch and dinner with locals and tourists is Belwood Super Snax located in the heart of Belwood.

When customers enter the 5 George St. location, one can't help but notice the warm, friendly atmosphere of this quaint eatery. That's what owner Marlene Gaasbeek, along with her husband Bill, had in mind when they opened Belwood Super Snax 26 years ago.

Belwood Super Snax is the ideal place for those looking to phone their order in advance and then pick it up.

Their open-concept kitchen lets customers see how their food is prepared and that their staff take pride in their work.

Marlene and her staff make



MARLENE GAASBEEK

homemade soups, cole slaw, batters and dressings, garlic bread, pies, vegetarian dishes, pastries, potato slices, wraps and muffins. A popular choice is their bacon, eggs and shrimp as well as their delicious pancakes and waffles.

Open all year-round, Belwood Super Snax always has a long list of regular

specials in addition to its moderately priced menu. In fact, there's often 3 or 4 specials every day.

Regular specials include...

- Thursdays - Liver and Beef Pot Pie
- Fridays - Fish and Chips
- Saturdays - Steak
- Sundays - Roast Beef

Belwood Super Snax, a five-time Eat Smart Award Winner, also offers a Kids menu, with a selection of smaller portion meals that kids just love! Seniors are not overlooked either as there is always a discount on all regular menu items.

Oh, did we forget to mention that there's bottomless coffee too? Calling 519-843-5655 is not necessary, but recommended on weekends. Spring hours are Sunday to Thursday 8-8 and Friday and Saturday 8-9.

Elora Writers' Festival May 29th

Roxanne's Reflections Book & Card Shop has just what you need for Mothers Day on Sunday, May 8th. It's important to make sure that the mom's in your life know how much you love and appreciate them. We have greeting cards with humorous and sentimental messages for your mom, wife, grandma, daughter and more. Need a gift idea? Many women would love a great book to read and the time to read it. Our friendly staff are ready to suggest a great read.

On Saturday, May 7th, join us at the Fergus Branch Library for an author event with J M Frey. Frey grew up in the Fergus area so this is a great opportunity to celebrate our young local talent. She will be answering questions and signing her newly published science fiction novel, Triptych. The event starts at 1:00 pm. See you there for refreshments and the chance to hear her amazing story about getting published. Call the Fergus Branch Library for more information at 519-843-1180.

We are also very excited that Geronimo Stilton is returning to visit us in May. This adventurous mouse journalist has been on many adventures, but he is making time to visit his friends in Fergus. He will be here on Saturday, May 14th so mark your calendars now. There will be story time with Geronimo, crafts, refreshments and



**ROXANNE
BEALE**

prizes to win. Don't forget to bring your camera and have your picture taken with Geronimo Stilton. Drop by between 9 - 12 or 2 - 4. Geronimo's stories are great fun for kids age 7 to 10.

Looking forward to June, Winnie the Pooh is coming to visit on Saturday, June 11. Drop by between 9 - 12 or 2 - 4 for Winnie the Pooh stories, crafts, treats, and more. Bring your camera and have your picture taken with this fun loving bear. This year the Elora Writers' Festival is happening in May. On Sunday, May 29 from 1 - 4, six incredible authors will be on hand to read from or discuss their works, sign books, and meet fans. The festival is being held in Aboyne Hall at the Wellington County Museum and Archives. The authors being featured are Johanna Skibsrud, Richard Greene, Sarah Selecky, Alison Pick, Cynthia Holz and Nicholas Ruddock. Skibsrud is the Giller prize winning author of The Sentimentalist. Greene won the

Governor General's award for his collection of poetry, Boxing the Compass. Selecky's collection of short stories, This Cake is for the Party, was shortlisted for the Giller prize. Holz has a new novel, Benevolence, and has been touted as one of five Canadian novelists to watch in 2011. Ruddock is an author from Guelph and his first novel is The Parabolist. Pick's most recent novel is Far To Go and she grew up in Kitchener. The dinner following the readings is being held at Aboyne Hall as well and will be catered by Fraberts. Tickets are available at Roxanne's Reflections, \$15.00 for the readings only and \$60.00 for the readings and dinner. You don't want to miss this stellar event so get your tickets now.

Roxanne's Reflections Book & Card Shop is an independently owned bookstore. We stock a lot of books, but if we don't have the one you're looking for, we would love to order it in for you. Please come by the store at 152 St. Andrew St. West in historic downtown Fergus, call 519-843-4391 or email reflections@cogeco.net for more information. Our business hours are Monday, Tuesday, Wednesday 9 - 6, Thursday and Friday 9 - 8, Saturday 9 - 6 and Sunday 11 - 3. Happy Reading from Roxanne, Abby, Kim, Mimi and Patricia!

The attack of corrosion on our vehicles

Over \$25 billion dollars in damage to vehicles is attributed to corrosion annually in Canada and the US. This is mainly due to the highly-reactive nature of calcium, magnesium and sodium chloride brine put on the roads for winter safety.

This brine accumulates on both the underside and exterior of your vehicle, accelerating the corrosion process. With the increase in humidity and moisture causes rust to appear on a vehicle. This is why spring and summer are in fact the harshest seasons.

The best way to keep rust from eating away at your vehicle is remove the corrosive chemicals with MR 35 Salt Eliminator treatment. It works on any surface, the undercarriage and



Protect. Maintain. Save.



**Salt
Eliminator
available
at Cotton's
Auto Care
in Arthur**

even interior carpets.

After desalting the exterior, follow up with an annual Krown application. This will help extend the life of your vehicle and it represents significant savings on future maintenance and repair costs. Your vehicle will look better and last longer.

Come on in, March through June are optimal months for a Krown application.

Cotton's Auto Care also offers a full vehicle cleaning/detailing, window tinting services as well. Call today 519-848-3515 to leave winter behind and get ready for spring driving.

Save money on your alterations

Spring is definitely underway for SewWhat?! as the days are rapidly filling up with brides and their wedding parties starting on their alterations!



ELSKE DEGROOT

“Why should I take my dress from the bridal store and have fittings done elsewhere?” You might ask. So we turned to a wedding planning guide for advice and this is what we found.

Perfect Wedding Dress Finder.com said “The popular wedding planning book Bridal Bargains by Denise and Alan Fields, suggest using a wedding alterations seamstress who has a business independent of the bridal shop..... Their expertise in fit and workmanship is of the highest standards! Since the majority of their business is altering wedding dresses they are very skilled in working with wedding dress fabrics and fitting bridal gowns..... Because there is a shortage in the field, bridal shop seamstresses are now being trained on the job in a short period of time. If you ask, you will find some of them have not been altering wedding dresses very long. This is why the bridal message boards and forums generally show more complaints against bridal shop alterations seamstresses than independent sewing professionals..... An independent wedding dress alteration specialist will without a doubt give attention to the details necessary to give you that polished look to become a “picture perfect bride!” Plus... as an added bonus---you save! money on your alterations, because an independent seamstress charges are usually more affordable than the bridal shop.”

With 15 years of experience we couldn't agree more! Remember to

book your first fitting appointment for formal wear approximately 4 to 6 weeks before the special occasion to leave enough room for the multiple fittings.

We always have time for your regular alterations such as pant hemming, just drop in on Tuesday's and Thursday's between 10am and 8pm and Friday's 10am to 6pm and you can have your garment back ready for you to wear the next week. If you have an alteration

“emergency” we will always try to accommodate you sooner. Fittings and consultations may also be made for Mondays, Wednesdays and Saturday mornings.

We hope to see you soon with your sewing project be it a new zipper in a pair of pants or custom dress to be made.

You can find SewWhat?! at 150 Hill St.W. in Fergus or call 519-787-6618.



Phillips Fortress Solutions. Krista, Matthew, Renee

PENSION PLAN CHANGES

The Canada Pension Plan (CPP) is implementing changes to retirement pension benefits over a six year period. If you have not already applied for CPP retirement pension benefits, the changes may affect how and when you choose to retire from work and when you decide to apply for benefits.

WE CAN GUIDE YOU

For more information on the upcoming changes to CPP, please contact Matthew Phillips and ask for a complimentary copy of our publication “Canada Pension Plan (CPP) – 2011 Changes”.

Phillips Fortress Solutions

Matthew Phillips, Director, Wealth Management

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Hi! It's me, Roger Haviland, the owner of AM Roofing here in Fergus

A big thank you to everyone who dropped by our booth at the Lion's Club Home Show in Fergus. It's such a great event and it's always great to connect with the community.

The days continue to get longer, the warm weather feels great, but it sure would be nice to get some more sunshine, wouldn't it?

Fergus resident Tim Demers, our General Manager and Junior Partner at AM Roofing, says things are going very well at our new Collingwood location. Way to go Tim! We are all very proud of you.

If you don't know already, AM Roofing now offers a complete line of in-house soffit, fascia, eavestrough as well as blown-in insulation to save you money and keep you warm in the winter and keep you cool in the summer.

Thank you to all our customers over the years for making AM Roofing a very successful company. We plan on serving our community for another 3 generations. I would also like to thank our 30 employees in Fergus for being there and giving you all everyday.

Without you, we would not be here today. Our employees are members of our community and put their hard-earned dollars right back into our local economy where it belongs.

Hey don't forget, we're offering a number of great spring specials until May 15th, 2011...

- 12 Months No Interest No Payments or
- 24 Months Equal Payments No Interest
- Save 50% on all duration upgrades
- Save 30% on your soffit, fascia & eavestrough.

Thank you again for your valuable time!

Roger Haviland, owner of AM Roofing



Office/Showroom
515 Dickson Drive, Fergus,
519-787-0926



www.amroofing.ca

Mortgage Insurance/Creditor Insurance/Life Insurance

What's in a name? The 3 different names mean about the same in that it's insurance on the "Life Insured" and the benefit is payable on the insured's death. While not fun to talk about, it is one of those realities in life (and the other one is taxes).

I want to take this space and briefly explain some of the differences in the insurance products.

Generally, Mortgage and Creditor Insurance is the term referred to by the Banks, Credit Unions and others including Auto Dealers and Don't Pay 'til 20?? The thrust of this Insurance is to have the consumer (you) and perhaps your spouse insured by an insurance arm of the company you're buying the product from to have Life Insurance; or if you don't like that term, protect themselves (YES THEMSELVES) against you or your spouse's death. NOTE: Due to this type of contract and the questions they ask regarding the underwriting of the insurance, you need to be VERY careful and make sure you actually have the insurance. If that were to happen, the company you purchased the product from would collect the outstanding balance from the insurance arm and the survivor would not owe any more for whatever it was you purchased.

So here you have it: You and/or your spouse are the insured and the premium



**The Staff At Ecclestone
Financial with TED
ECCLESTONE
(INSURANCE AGENT)**

payor while the company you bought whatever it was from (mortgage, car, big screen T.V.) are the beneficiary.

Now let's say you bought life insurance from an Insurance Specialist for the same type of product. That insurance would be fully underwritten by the Insurance Company and, if accepted by the company, you have the insurance on you, your spouse or your business partner.

With this type of Insurance, you, your spouse or your business partner are the insured. Potentially the owner, the payor and the beneficiary. There are a few other opportunities if this insurance is used for business purposes that I can explain if you want to give me a call or e-mail.

So what does this mean to you? Well, you would get a superior insurance product for less money, here are a couple of examples...

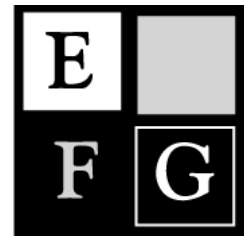
In both examples, I am illustrating a male and female, age 40 and non-tobacco users the cost shown is the total cost.

The Competitor	
\$ 100,000 of insurance	\$ 27.00/mo total
\$ 250,000 of insurance	\$ 67.50/mo total
FROM US	
\$ 100,000 of insurance	\$ 20.56/mo total
\$ 250,000 of insurance	\$ 39.25/mo total

So you decide. We can save you money and give you a superior product. Just give us a call to see if you qualify.

EFG has been operating since 1990 right here in the heart of Fergus (Centre Wellington).

For more information, contact the Ecclestone Financial Group at 519-843-5110.



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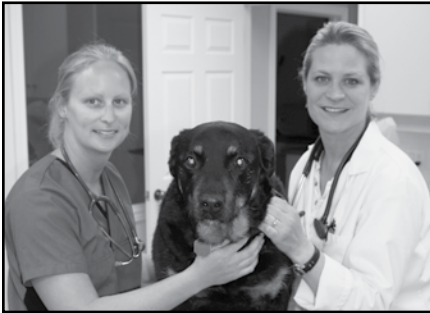
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Heartworm Season is Here

Spring is a busy time of the year at the Elora Gorge Animal Hospital. In the warmer weather many indoor cats begin to go outside, and people are taking advantage of the better weather by walking their dogs at the various parks or on the trails. That is why making sure your pets vaccines are up-to-date is very important.



**JACKIE MCCANN AND
DR. LINDA FRANCHETTO**

Also, with the warmer weather comes other concerns, heartworm disease is a deadly disease spread by mosquitos, your pet is at risk of contracting this disease. Be sure to book an appointment to have your pet properly tested for heartworm to make sure they are negative before they safely begin their heartworm prevention on June 1st through to November 1st.

Other parasites of concern during this time of the year include, fleas, ticks, and mites, plus many internal parasites such as roundworms, hookworms, whipworms, and tapeworms. Many of the products available for heartworm prevention also prevent some of these other annoying and potentially harmful parasites.

"Our staff would like to help educate you on heartworm prevention medications and select the one that is best suited for the needs of your pet and family," says Dr. Linda Franchetto.

The Elora Gorge Animal Hospital can provide a variety of products that can help.

2ND ANNIVERSARY

With 2 years under their belt, the staff at Elora Gorge Animal Hospital has enjoyed serving the veterinary needs of Centre Wellington. They share a goal to provide optimal, efficient veterinary care within a very friendly atmosphere.

"We've met a lot of nice people and we're seeing many of them come back so we know that we've made many long-term relationships in the past 2 years," says Linda.

DOG GROOMING!

Dog grooming is one of your dog's basic needs and an important part of dog ownership. Just like we do, dogs need physical maintenance to look and feel their best. That is why the Elora Gorge Animal Hospital is now offering professional grooming for all breeds of dogs and cats.

Drop by and say hello this month! For more information, contact the Elora Gorge Animal Hospital at 519-846-8400. The vet clinic is located at 6484 Wellington Rd. 7, Unit 2.



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I Can Hear So Much Better Now thanks to Ward Hearing Centre

Web Charette was frustrated with his hearing aids. He was experiencing poor sound quality and his hearing aids would cut out randomly making every-day conversation difficult. He decided to consult Brian Ward at Ward Hearing Centre.

"Brian advised me to have them cleaned at least once every few months in his office," says Web.. "Since then, my hearing aids are 100% better!"

Thanks to Brian's advice and expertise, Web's hearing aids are functioning properly and he can now enjoy clear, reliable sound.

"The difference between having my hearing aids cleaned regularly by Brian and not having that done is unbelievable," Web says.

During your complementary hearing aid cleaning appointment, Brian will thoroughly check your hearing aid's functionality to



WEB CHARETTE WITH BRIAN WARD

ensure everything is working properly. With the help of specialized tools and machines, he will examine your ear canals with the help of his video-otoscope to check for excessive wax build-up. This is displayed on a large TV screen (pictured) that both you and Brian are able to see. Brian can properly remove wax and moisture from your

hearing aid and ear canal to improve your ability to hear & prevent future wax issues.

It's this combination of the latest hearing aid technology and high-quality products, along with friendly small-town service, that gives Ward Hearing Centre an edge.

May is Better Hearing & Speech Month! Be sure to drop by and see Brian for friendly, knowledgeable and personalized service in a calm, unhurried atmosphere.

Complementary home visits are available for clients who have difficulty getting to Brian's office. Evening and weekend appointments available. For more information, call (519) 843-4327. Ward Hearing Centre is located in Unit #2, 135 St. David St. S. (inside the Olde Livery Building) in downtown Fergus. Free parking is available at the back of the Livery across from the Brew House.

Forget about your eavestroughs!

Anyone whose climbed a ladder to clean their eavestrough knows that it's a tedious and unpleasant task. Worse yet, it's dangerous. You could get someone to do it for you, but do you really want the extra yearly expense?

Local contractor Mark Martin has the answer with the Gutter Clean System. This leaf guard patented system prevents leaves, debris, ice and snow from building up in your existing eavestroughs. One call to Mark and you can say goodbye to eavestrough upkeep and cleaning costs. Don't forget to ask about the 25 year warranty.



Don't paint those windows again

Summer arrives next month! If your siding, window frames and eavestrough are looking a little worse for the wear, then consider contacting Mark Martin Complete Home Exteriors.

Are you tired of the endless painting, expensive maintenance and constant frustration involving the wood trim around your windows? Not only can Mark's company provide you with new siding that will breathe new life into your home's outer appearance, his staff can cap your windows with aluminum to protect your windows' exterior from the elements.

Aluminum window capping is simply a custom bent piece of aluminum which covers the window frame. Aluminum is more durable and resistant to water and it won't chip or fade as easily in sunlight.

Mark is a member of the Centre Wellington Contractors Association. For more information, contact Mark Martin Complete Home Exteriors by calling (519) 787-2161 for your free consultation.

Spring Lube Sale

205 Litre Drum Mobil Delvac 1300 15w-40: \$2.87 per litre + HST
205 Litre Drum Mobil Hydraul 56: \$3.12 per litre + HST
205 Litre Drum Mobil Nuto H-C 32: \$2.51 per litre + HST
20 Litre Pail Chalmers Fuels AW 32: \$1.91 per litre + HST

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A Recipe For Pet Food Part 3: Ingredients And Nutrients Continued

Last month we talked about protein (meat) ingredients in pet food and where they often come from. This month we'll continue our discussions on other ingredients and the nutrients they provide.

Grains such as corn, oats and wheat provide carbohydrates the pet can burn for energy, fats and sometimes essential amino acids (small bits of the stuff that makes protein). Sometimes special fibre sources for intestinal health (such as beet pulp) or special ingredients such as flax seed are added for the specialized nutrients they can provide. A list of vitamins and minerals then follows on the ingredient list. Some manufacturers simply list the words 'vitamins and minerals' on the bag while others spell out specifically which ones are included. Do not be turned off by a list of what looks to you like chemical soup! For example 'pyridoxine hydrochloride' is just another name for vitamin B6. Preservatives are also listed on the ingredient list. Many people have issues with preservatives in food



**KAYTE ARMSTRONG
FROM THE ARTHUR VET CLINIC**

so many pet food companies are moving away from using synthetic ones like BHT and ethoxyquin, and are using naturally occurring ones like mixed tocopherols and rosemary extract instead. Preservatives are essential to prevent the pet food from spoiling or degrading before the pet gets to eat it.

Whatever ingredients are used in the food, remember one thing: they must be digested in the body, breaking them into their smallest component pieces (nutrients) to be used. Assuring yourself of the nutritional

adequacy of the food you purchase for your pet once again becomes a very important consideration (see our March Booster article for ideas on how to do this).

Many people tell me they have concerns with certain ingredients being listed on pet food labels because of food allergies. It is true that some pets have allergies to specific food ingredients just like people do. It is important to remember that allergic reactions are specific to an individual and just because one pet might react to a particular ingredient, it does not mean that all pets will. Pet food companies include specific ingredients in their foods for the nutrients they can provide. If your pet requires a special diet because of medical concerns, such as allergies, you should consult your veterinarian for a list of foods containing ingredients appropriate for your particular pet.

We continue to welcome new clients to our practice.

Please do not hesitate to call the Arthur Veterinary Clinic, 519 – 848 – 2536.





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A Drug-Free Approach That Helps Golfers Improve Their Swing and Play Without Pain

Is your back pain ruining your golf game?

It starts out as just a twinge, but by the last 5 holes it becomes unbearable. You're hesitant to really swing that new driver for all it's worth – fearing that you'll injure your back even worse. Or maybe you've had to stop playing golf completely because your back pain and

Do Any Of These Conditions Affect Your Golf Game?

- Back pain
- Arm and Hand Pain
- Sciatica
- Disc bulging/herniations
- Muscle spasms
- Pinched nerves
- Leg weakness

sciatica are so bad.

Sure, you can numb the pain if you take enough Vicodin, Soma or some other pill. But the real problem is while you play through all “numbed up”, you are definitely injuring your back even more....without knowing it.

Friends May Tell You Back Pain Comes From a Bad Swing...They're Wrong!

If your drives are getting shorter and shorter and your putts less smooth, it has more to do with your back than your swing.

Studies show that about one-third of touring PGA and LPGA players are playing with back pain right now. These pros have the best swing mechanics in the world, yet still have back pain!

In addition to that, another study conducted at the University of Calgary showed... “Pain-free golfers demonstrated over twice as much trunk flexion velocity on the downswing”.

This means the less back pain you have, the more flexible your spine is and

Dr. Jim Kaminski



IF YOU READ NOTHING ELSE, READ THIS:

Your driving distance is determined primarily by club-head speed. The larger the arc that the club-head travels through, the faster the club will be going when it contacts the ball. The size of your swing arc will depend on your spinal and pelvic flexibility, not your strength.

Flexibility is much more important to your long game than strength. If you want to hit longer and more powerful golf shots you must improve your posture and flexibility.

the faster you can swing – hitting the ball straighter and farther.

“If It’s Good Enough For The Pros...”

The PGA has a full time chiropractor present at every PGA event year round. Even Tiger Woods has had a chiropractor on his team since the beginning of his career. In fact, he rode on the Chiropractic Centennial Float in the 1995 Pasadena tournament of Roses Parade. Before the parade, he said...

“I’ve been going to the chiropractor for as long as I remember. It’s as important to my game as practicing my swing!” – Tiger Woods

If it’s good for Tiger Woods and other pro-golfers it can definitely be good for you.

Over the next 14 days our clinic would like to offer you the opportunity to receive a Special Golfer’s Evaluation.

When you contact our office before May 19th, 2011 you will receive a complete chiropractic consultation, thorough spinal exam and any x-rays if necessary for \$30 (our normal charge for these services is \$130).

Call 519-843-1500 today and we can get started as soon as there is an opening in the schedule.

Don’t let back pain handicap your golf game any longer.

Is Back Pain Keeping You From Enjoying Life?



Call by May 19th to receive your:

- in-depth consultation
- exam
- x-ray (if necessary)

for \$30 (a savings of \$100)



Call 519-843-1500 and re-discover your life!

198 St. David St. N., Fergus

“Totally satisfied” with K5 Drinking Water Station

Watermatters in Fergus has a host of water treatment solutions at their St. Andrew Street store. Products such as their Whole Home Water System with NEW Kinetico K5 Drinking Water Station and designer faucet help to ensure clean, soft, pure water for all your family’s needs.

Woody Dumart, owner of Fergus Fireplace, recently had a K5 Drinking Water Station installed at his home.

“We couldn’t drink our water before we had this unit installed. It was full of sulfur and iron,” Woody says. After installing the new unit, Woody says he’s now “totally satisfied” with his drinking water. He also likes the convenience of the K5 unit.

“I don’t have to carry bottles anymore,”



GREG MONTGOMERY

says Woody. “It works great!”

Right now you can get 6 MONTHS NO PAYMENT, NO INTEREST* on all home water systems including Kinetico’s K5 Drinking Water Station. Some of the benefits of using Kinetico products include...

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salt, less water, less cost and less waste.

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Comprehensive 10 Year Warranty and Full Performance Guarantee.

“Compare Kinetico’s warranty with any of our competitors; you’ll find their warranty is the best!” says Greg Montgomery from Watermatters.

If you have any questions about water softeners or a reverse osmosis system for your home, then contact Greg at Watermatters. They’re your local water treatment specialist at 519-843-4753 or visit the store at 180 St. Andrew St. W. behind Fergus Fireplace.

Can you help save a life?

K. & L. Health Care Consultants Inc. has been providing quality First Aid, CPR, AED and other emergency care instruction since 1994. Clients include, Emergency Medical Service providers, hospitals, dental offices, clinics, industry and businesses.



Kieran Ballah,

E.M.C.A. is an experienced Paramedic Emergency Medical Service Manager, and past Base Hospital Paramedic Program Director for Waterloo Region,

Wellington County and Dufferin County. In July of 2004 he was the recipient of the Emergency Medical Services Exemplary Service Medal awarded by the Governor General of Canada. He has been a certified instructor for the Canadian Red Cross and the Canadian Heart and Stroke Foundation since 1974. He is currently an Instructor Trainer with the Canadian Red Cross. In 1997 he received his certificate from Conestoga College as a Teacher/Trainer of Adults. He has also held a position with the Ministry of Health as a Regional Paramedic Training Coordinator and has held teaching positions at both Conestoga College and Georgian College.



Lois Ballah

R . R . T . . , B.H.S.A. is a Respiratory Therapist currently holding the position of Manager of Quality & Risk for the Wellington Health Care Alliance.

Previous to this Lois was the Coordinator of Education for Groves Memorial Hospital. She has been a certified instructor for the Canadian Red Cross since 1992. She has held teaching positions with the Georgian College Ambulance & Emergency Care Program and with the Health Sciences Division of Conestoga College as an instructor of Preparatory Biology and as an instructor with their CPR and First Aid Program.

DO YOU HAVE THE SKILLS TO HELP SOMEONE IN AN EMERGENCY OR SAVE A LIFE?

In Canada approximately 40,000 people sustain cardiac arrest outside hospital. Approximately 7,000 of these SCA events occur in Ontario. Electrical defibrillation is well established as the only effective therapy for cardiac arrest caused by ventricular fibrillation (VF) or pulseless ventricular tachycardia (VT). The scientific evidence to support early defibrillation is

overwhelming; the delay from collapse to delivery of the first shock is the single most important determinant of survival. If defibrillation is delivered promptly, survival rates as high as 75% have been reported. The chances of successful defibrillation decline at a rate of about 10% with each minute of delay. CPR will help to maintain a shockable rhythm but is not a definitive treatment.

An Automated External Defibrillator (AED) is safe and easy to use. There are currently over 125 AEDs deployed throughout Wellington County. Every First Aid and CPR course taught by K. & L. Health Care provides hands-on training in the use of an AED. If you are interested in a AED for your business or organization or First Aid/CPR/AED training, please contact us.



*Learn to Save a Life
- Give the Gift of Tomorrow*



Contact

*Kieran or Lois at 519-787-2506
or kl_health@wightman.ca*

New Owner at The Cellar in Elora

The Cellar in Elora recently reopened under new ownership! Local resident Janet Scott, born and raised in Centre Wellington, brings her 10 years of restaurant experience to this new venture.

"Owning my own place feels like a dream," says Janet.

If you haven't been there already, this Mill Street East restaurant offers a great little dining spot on the banks of the Grand River where you can enjoy lunch, dinner or a quiet drink with friends inside or outside on their Riverside Patio. It also offers an upscale late night destination where people can enjoy a 'date night' dinner or an anniversary party.

Upon entering The Cellar you'll notice the charming stone fireplace and the fully-stocked, solid-oak bar with an array of local beers on tap. The restaurant comfortably seats 30 patrons inside. But Janet says you don't want to miss 'the best riverside patio in Center Wellington'! There's HD-TV on the patio for anyone who wants to watch the game and free Wi-Fi internet for the business crowd in the afternoon. Watch for Live music starting at the end of May.

There's a new Executive Chef at The Cellar - Jamal (Jimmy) Mohammad. The Elora resident was the owner and Head Chef of Shelburne Trattoria, Italian Fine Dining, and he was a chef at Hockley Valley resort in Orangeville. Jamal's created a refreshing new menu with something for everyone from delicious lunch wraps, salads and quesadillas, to gourmet pasta, Pad Thai and Ocean Roughy. Some of his most popular House specialties include Chicken Asiago, Salmon Wellington and French Chicken Curry. Fresh soup is made daily and their homemade sirloin and lamb burgers are also a popular choice.

Look for Mill Street Beer on tap along with Organic and Tankhouse - they have new Lemon Tea from Mill Street that makes for a refreshing patio drink. Their Iced coffee is a great drink outside as well.

Many of their patrons enjoy their extensive wine list. In fact, a number of people enjoy a glass of wine paired with their delicious baked goat cheese appetizer (especially after a movie night at the Gorge cinema!).

Hours are Sunday to Tuesday 11am 'til 11pm, Wednesday to Saturday 11am 'til midnight. The atmosphere, the crowd and the hours make The Cellar an idea place for late-night conversations with friends.

What else can you find at The Cellar?

- There's Savory Prime Rib every Friday and Saturday
- \$10 Budweiser pitchers on Tuesday
- Half Price Buffalo Chicken Wings on Wednesday

Snap fitness Fergus members will receive 20% off food anytime they come in.

The Cellar is available for private parties and catering as well. Reservations are recommended but not always necessary. For more information, contact the staff at the Cellar Pub and Grill, located at 13 Mill St. E. in downtown Elora (located behind Macadi Jewellery and across from New Orleans Pizza). Call 519-846-1333.



Janet Scott
new owner at The Cellar



The Staff at The Cellar



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Helping you achieve employment & training goals

As a thank you to the community, 2nd Chance Employment Counselling celebrated their 25th anniversary in Fergus and Wellington County at an Open House on Friday, April 29th.

This non-profit-community-based organization provides personal, customized services for people who want to find employment or explore their training and career options. Unlike trying it

on your own or using a temp service, their staff guide, assist and support you throughout the process. Most of their clients find jobs or enter education or training to move towards their goals.

"We serve youth, students and adults out of locations across Guelph and Wellington County," says Michelle Huestis, Program Manager at 2nd Chance Employment Counselling during the Open House.



MICHELLE HUESTIS AND RHONDA JAMES

Providing counselling and advocacy to help individuals achieve realistic employment and training goals, 2nd Chance offers full service provision, one-on-one support, group workshops, job placement opportunities, resource centre with computers, faxing and photocopying.

Their goal is to provide free services to anyone looking for a job, adults, youth, students and those wanting to improve their current employment situation.

Michelle says you'll find a relaxed, no pressure atmosphere where staff care about helping you meet your goals.

Their staff provide:

- employment counselors to meet with you one-to-one
- assistance writing and editing resumes and cover letters
- access to training opportunities
- help with career exploration and goal setting
- workshops on resumes, interviews, job search, computers, and more
- extra support and employer contacts from a Job Developer

All services are free and confidential. 2nd Chance offers employment services to people of all ages at their Fergus office, conveniently located in a historic stone building next to the Grand River. There's lots of free onsite parking. Travelling employment counsellors are also able to meet with clients in surrounding rural areas.

"Our staff would like to thank the community for supporting our organization," Michelle says.

For more information, call (519) 843-5513 or toll free 1-800-478-0961.

Their office is located at 160 St. David Street. S., Fergus. Website is www.2ndchance.on.ca





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The ABC's of Homeopathy

Let's get down to basics. What remedies do you need to have on hand in an emergency? The ABC's of Homeopathy are:

- A for Aconite (for intense fear)
- B for Belladonna (for intense fever); and
- C for Chamomilla (for intense pain).

Aconite is great for the fear and restlessness that result from a shock or trauma. But Aconite can be used to prevent fear too. If your child - or husband!! - is afraid to go to the dentist from fear of the pain, try giving him/her a dose of Aconite 30C the night before and the morning of the appointment. If you continue this approach with each appointment for a while, you will find the fear lessens to the point that the remedy is no longer needed.

Belladonna 6C is a must for any parent. Infants can spike a fever very suddenly. Instead of reaching for children's



Marg Gollinger, DSHomMed

tylenol, try some homeopathic Belladonna instead. It will allow the body to maintain a reasonable fever, which is important for eradicating a virus, but it will ensure that the fever doesn't reach dangerous levels. Belladonna is a remedy for treating convulsions, so it also helps to prevent the convulsions that can occur when a fever is too high.

Chamomilla is so well known for in-

fant teething problems that people forget it can be used for older children or even adults. The typical Chamomilla child is absolutely miserable from the pain of teething and can't be comforted. No matter what you try, it doesn't help. The pain is just too intense. When I was a pig farmer, I had a sow who was in so much pain giving birth to her piglets that she began savaging them - a dose of Chamomilla calmed her down and helped her deal with the pain.

There are many other remedies you'll want to have in your first aid kit, but start with just a few until you get to know them well. Here's a few others you can check out:

Arnica - for any injury, and especially to prevent or treat bruises

Arsenicum - for stomach flu or food poisoning with vomiting and diarrhea

Calendula cream - to prevent infection of wounds

Cantharis - for pain from burns with blisters

Hepar-sulph - for any kind of infection, including toothaches

Ledum - for any puncture wound including dog bites and insect stings

Ruta - for any inflammation, but especially for sprains, strains and tennis elbow

For an appointment with me call 519-846-5574 or for information see www.marggollinger.com.

If you have a group that's looking for a speaker, I'm happy to speak about homeopathy and healthy living - no charge.



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Preferred player packages now available!

Guelph Lakes Golf and Country Club marks their 14th year in business with all-new 2011 Preferred Player Packages. Golfers can choose from 50-game, 40-game, 30-game and 20-game packages for weekend (anytime) or weekday (Monday to Friday plus after 2 pm weekends and holidays). They even have a Twilight Package which is perfect for those looking to get out for a round of golf after work.

Guelph Lakes is an impressive 18-hole course that is a 3-time Reader's Choice Award Winner. With its rolling terrain and picturesque holes in and around Guelph Lake, designer architect David Moote successfully designed this championship length course by making full use of the land's natural assets. He preserved the environmentally sensitive area that bisect the course



by an adult.

The course has come a long way since it opened in the summer of '98. Course manager Jim Farrelly, a life-long resident of Guelph, along with his staff have worked hard to keep the course in such good condition. When it originally opened, the greens were already in excellent shape at the time and since then, the greens have quickly matured well.

to give it a mature look. And, there are 4 tee decks on each hole which makes the course enjoyable to players of every calibre. Last year, a secondary chipping area around all greens was added to allow for a more player-friendly course. The club will also continue their family night this year. Tuesday after 4 pm, juniors can play free when accompanied

Guelph Lakes offers golfers the chance to hone their skills on the practice areas equipped with target greens at various distances, while side bunkers give hackers the chance to practice their sand play. A 5,000-square-foot putting green was also added last year. Some other amenities include: a clubhouse, dining facilities, pro shop, tee time reservations, club rental and lessons available.

Guelph Lakes is located on Highway 124 (formerly 24) northeast of Guelph. It is most visible west of the Jones Baseline area from the Guelph Lake Conservation Area. To book your tee time at this marvelous course, contact the staff at Guelph Lakes Golf and Country Club by calling 519-822-4222. For more information, visit www.guelphlakesgolf.ca.

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Canada Pension Plan Changes

There have been a number of changes announced in respect of the Canada Pension Plan (CPP), some of which are effective at the start of the year and others that are either effective in 2012 or will be phased in starting in 2012.

As of January 2011, your monthly CPP retirement pension was increased by a larger percentage if taken after age 65. Before the change the increase was 0.5% for each month after age 65 (up to age 70) that you delayed receiving it. For 2011 the increase per month will be 0.57%, in 2012 the increase will be 0.64% and it tops out at 0.70% in 2013. So in the future someone waiting until age 70 could receive 42% more than they would have at age 65.

Starting in 2012 taking CPP early will cost you more. Currently you can start as early as age 60 and the reduction is 0.5% per month for a maximum reduction of 30%. In 2012 the monthly reduction will be 0.52%, 0.54% in 2012, 0.56% in 2013 and so on until it tops out at 0.60% in 2016. Once fully phased in taking CPP

TAX TALK

Ed
Mitukiewicz



pension at age 60 will result in a reduction of 36% of your normal pension.

Also starting in 2012 the number of years of low or zero earnings that are automatically dropped from the calculation will increase and you will be able to start receiving CPP without any work interruption.

Perhaps the biggest change also starting in 2012 is that if you are under 65 and you work while receiving your CPP retirement

pension then you and your employer will have to continue to make CPP contributions. These extra contributions will increase your CPP retirement benefits but it also increases the cost of taking CPP early if your plan is to continue working.

The CPP death benefit remains at a maximum \$2500 so anyone within 10 years of age 60 who has the flexibility of avoiding CPP (ie. an incorporated business owner) should look at the cost and benefits of continuing to contribute, especially when they are paying both the employee and employer portion of the CPP.

*** Personal and Corporate Tax Planning**
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Collins Barrow
846-5315

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The Salad Days of A New Gardening Season

Even though spring has been slow to show her colours, the grass is greening up and the buds are starting to open. Come out and see our new “edible



kitchen garden” greenhouse. We have been busy at the garden centre, seeding and transplanting hundreds of new heirloom varieties of veggies, and stocking the best selection of fruit trees, small fruit and herbs in the county. New and exciting annuals,



THE BRAUN FAMILY

perennials, trees and shrubs continue to arrive on a near daily basis, so make sure you mark us as a destination and come and check out the latest and greatest! It's our goal to take the 'chore' out of gardening and replace it with 'leisure-time.'

Happy Mothers Day From Our Family to Yours!

Mom's are beautiful by nature and the love and support they provide for their families is truly endless. That's why the staff at LittleTree

has decided to make Endless Summer Hydrangeas the official plant of Mother's Day.

Easy to grow in the garden or in a container on the patio, they'll delight mom with their ability to bloom continuously all summer long. Enter to win and your mom could be the recipient of a luxurious day of beauty at a Centre Wellington Spa!

Two lucky winners will receive a \$500 gift certificate to indulge in a spa day and 10 runners-up will receive a \$100 spa treatment of their choice.

At LittleTree Horticultural, we pride ourselves on ensuring that every visit is informative and entertaining, and for us 2011 is the year that we become your Garden Centre destination of choice! Please feel free to drop by if only to walk through and see what we're up to – We'd love to see you! We're located just off Highway 6 in the north end of Fergus or call 519-843-5394.

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*This offer good while supplies last. Certificates must be purchased before May 31, 2010 and must be redeemed by December 31st, 2011. Certificates includes 18" x 24" canvas print on wooden frame. Offer does not include graphic design charges.

Guelph Storm hockey player chooses The Fergus-Elora Driving School

"Before getting my licence my parents insisted on attending a driver training course. Through word of mouth, we were convinced that The Fergus-Elora Driving School was the way to go. The experience I received did not disappoint. Paul's professionalism and patience with me throughout the duration of the course was very much appreciated. Since getting my drivers licence, I feel confident and comfortable that I can handle any driving situation that may arise. Being a Guelph Storm player, it wasn't always easy to meet with Paul in Fergus for my driving lessons. Paul was very accommodating and when necessary, he met me in Guelph for my driving lessons."

Brock McGinn
Fergus resident and Guelph Storm player



Award-winning instructor Paul Coombe with recent graduate Brock McGinn and his mother Cori

As many Centre Wellington residents have found out, Paul Coombe from The Fergus-Elora Driving School is passionate about driver training. That's evident in the success rate of students like Brock who have, on average, a 95

per cent road-test success rate on their first try.

One of the reasons for the success of their program is the one-on-one in-car instruction owner Paul Coombe and his other instructor Shawn, give every student. They've earned their reputation as not only the best trained and most experienced instructors, which translates into superior results for their students, but also as the most patient and caring instructors for new drivers who need that type of approach in order to gain confidence on the road.

Brock's mom Cori couldn't agree more. She says "as parents we feel very comfortable in Brock's driving ability since attending The Fergus-Elora Driving School."

Contact The Fergus-Elora Driving School now and sign-up in one of their upcoming courses:

In Fergus

A day course is scheduled on Monday June 27th to Thursday June 30th

In Drayton

A day course will take place Tuesday July 5th to Friday July 8th

Call The Fergus-Elora Driving School at 519-787-9300. The office and classroom are in Fergus at 122B St. Andrew St. W., across the road from Ron Wilkin Jewellers. In Drayton call 519-638-9990.

Their website is
www.ferguseloradrivingschool.com

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Announcing the Brewhouse Summer Concert Series

At the Brewhouse, we're impatiently awaiting the arrival of patio season and our Summer Concert Series. This year's concert series line-up promises to be better than ever! Come down to see us on any Thursday or Saturday night all summer long to catch the very best local and touring acts around. Rock to folk, blues to reggae, if you like music, chances are, we've got something for you - we're bringing back some old favorites and some amazing new artists.

Watch for these upcoming acts on the Brewhouse's patio...

- Robbie Hancock
- Danielle Todd

- Kenny Phelps
- Ryan Wilford
- Sarah Whynot

Sarah was this year's winner of the Brewhouse's Song Writing contest - this year's contest was the best one yet! A special thank you all the song writers and their fans for their support. Watch for more bands that will be added to the line-up in the coming months.

By the way, where are you taking mom this Mother's Day? We will have a talented Harpist playing during our Mother's day brunch - it's not too late to make a reservation.

We hope to see you around this spring and summer; and with 18 taps, a wide



SARAH WHYNOT

variety of tasty specials, live music, big screen TV, the best riverside patio around and two incredibly quaint rooms in our B&B, I'll bet that we probably will! The Brew

House is located at 170 David St. S. in Fergus; call 519-843-8871.

Spring Water Softener Sale

Aquarius Water Treatment will be having a Spring Water Softener sale for the month of May; softeners will be reduced by 10%.

We have the Aquamaster 700 and 900 that are made for Well water but work great on city water too. The 700 and 900 both use as little as 30 gallons of water per regeneration and less than 5lbs of salt.

We also sell the Aquamaster 950 which is for City water; it reduces chlorine taste and odor, uses as little as 20 gallons of water per regeneration and less than 5lbs of salt. It costs about



SIMON DAVIES

\$3.50 in hydro per year to run these softeners. The warranty for the units is 1 year labor and 10 years on the tank

and parts.

Aquarius Water treatment also sells 5 gallon and 3 gallon bottled RO water; delivery can be arranged if required. And don't forget that owner Simon Davies is a licensed Plumber and Gas fitter, so if you are doing any spring renovations or need the new gas BBQ hooked up we can help.

Aquarius Water Treatment is located at 195 Geddes Street in Elora; our phone number is 519-846-9090.

Pain during normal walking and Pedorthic treatment

One of the best ways to stay in shape and keep the weight off during the spring and summer is going for an evening walk. If ten to twenty minutes into the walk, pain is experienced in the lower limb we may head right back home and cut the walk short. We may experience foot pain in the heel (fasciitis) or ball of the foot, shin splints, knee pain or hip pain.

The average person walks, depending on activity levels up to 15000 steps a day! At heel strike, forces greater than the weight of the body are transferred throughout the bone structure of the lower limb. After heel strike a complex series of movements occur to allow us to walk. If pain occurs



BOB WITTE

anywhere along the "closed kinetic chain" of the body, the compensation in walking affects every other part along that chain. For example, a foot movement called pronation is associated with internal rotation of the leg. Excessive pronation may cause foot, leg, knee or hip pain due to changes in bone

position and soft tissue strain. Orthotic foot support and footwear are designed to control pronation.

Custom-made prescription orthoses and footwear are available at Fit toWalk at 135 St. David St S. at "The Olde Livery". Clinical evaluation, casting, manufacturing and fittings are all performed at our on-site lab. Call Bob Witte, your local Certified Pedorthist at 843-7979 for flexible appointment hours and a no-obligation consultation. Services are recognized by major insurance providers.

Also check our website and blog at fittowalk.com.

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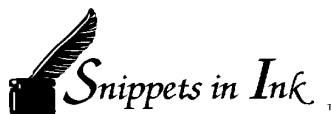
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