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Postcards

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Each time you visit Prisma for your hair services or buy hair products, you **receive reward points** that can be redeemed for products or services.

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**Happy, Merry and Blessings
this Holiday Season**

JD
David Jamestee
Chartered Accountant

I wish each of you and your families a very warm and happy holiday season and a particularly prosperous new year! David

Phone: 416-633-9212
E-mail: david@davidjamestee.ca

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Janet Amare, D.N.M., C.I. is an intuitive coach, natural healer, and expert in regression.

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Doctor of Natural Medicine
Author of Soul Purpose
Workshop Facilitator

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Raffle Time

The Burlington Alumni is trying to raise funds for the upcoming conference and annual general meeting. Ask your Executives for tickets.

Draws take place June 6, 2012.



Leather Duffle Bag Value \$480.00



Swarovski "best cuff" Bracelet Value \$420.00



Portable Toshiba DVD Value \$230.00

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Inserts for Mailers

Other **Options** to support us at the **National 2012 Conference and Annual General Meeting of the Burlington Newcomers Club** happening October 12 & 13, 2012.

Goodie Bag Inserts



te and welcome any contribution of for our goodie bags.

approximately 150 women to attend. sert has some real value for our

Your contribution(s) will be recognized at our event. Hope you can help make our event more special!

Door Prizes

If you would like to donate a do one of our Committee Members call.

We will arrange for pick up last ber or first week in October.



Welcome Ladies to Burlington!

If...

?

- You recently moved to Burlington (within the past two years)
- You have experienced a change in life circumstances in the last year such as: divorce, widowhood, retirement, etc
- You are looking to make new friends, establish a social network, or get to know your new community

Join Burlington Newcomers Club



Activities include:

- Badminton
- Book Clubs
- Bridge
- Socials

- Golf
- Hiking
- Walking
- Euchre
- Lunches

- Canasta and much more...

For more information
Call: **289-208-9183**

or visit
burlingtonnewcomersclub.com

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Date: Feb. 22nd, 2011

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Eric McCarron, Bcomm



Business Growth Specialist

Take your business to the next level of growth.

What Eric can do for you & your company:

- ✓ Boost business growth
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- ✓ Spot market opportunities & penetrate untapped markets
- ✓ Develop your people to do all of the above

Eric's Expertise:

- Business operations
- Vendor relations
- Sales Planning, Sales Training, Sales management
- Business Planning & Implementation
- Coach for small business growth

Eric's Experience:

Renaissance Executive Forums - Founder/President
Various clients include:
• Industrial generator Manufacturer
• Hardwood Flooring Manufacturer
• Energy Management Experts
• Human Resource Firm
• Staffing Firm
• Air Liquide Canada Inc.
• Seacoast Oxygen Ltd.

Contact us at 905.662.5130 or visit match@bm2b.ca

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Newsletters - Electronic and Hardcopy

EMPOWERING Perspectives

On You

Connect the Dots

To truly live your magical life it is imperative that your Body, Mind and Soul are in balance. We often devote our focus on one aspect rather than equally on all... hence we are out of balance. When we do this we are not truly recognizing that our Body, Mind and Soul are really one. When we are in total balance we feel our life. YOU know what needs balancing.

Are you listening to your body and nurturing it the way it needs nurturing? Are you treating your body like your temple or are you treating it like a pain in the... and complaining about all the things that are wrong with it? Are you ignoring it when it tells you it needs rest, or feeding it poor fuel and overloading your joints and bones or keeping it motionless and finding that you are full of aches and pains when you finally do move it?

What about your mind? Are you giving it the healing it needs by staying in the present and focusing on your peace and joy or are you dwelling in the past and beating yourself up.

Spirit, how much time are you giving it? 5 minutes of prayer each day (formal, dialogue or both) and 5 minutes of meditation is a really good start. Or how about spending time in nature each day. Ever noticed how gentle you can become with your thoughts and how peaceful you feel when you are out in nature?

Mistakes are part of our Soul's journey. It is vital that you never try to seek perfection. Your Soul's journey is always about practice...never perfection. Angels are asking that you stop worrying about making mistakes. When you worry about making mistakes or ponder on mistakes you have made in life you attract energetically more mistakes. When you focus on your mistakes you can block your creativity.

We all need to start somewhere.

Ever watched a child begin to walk... they fall and tumble a lot but they keep getting up and eventually after they have learnt their mistakes with balance etc... they eventually get it. So love yourself to keep trying. Love yourself and let yourself make mistakes. Love yourself to have fun and keep learning.

Do what you can and keep going, mistakes and all!!!

Angelic Messages



Angel Messages for Us All

If you are out of balance in one of these areas the Angels encourage you to take this weekend to jump start your balancing. Your balanced Body, Mind and Spirit will lead you instinctively on your wonderful souls journey! **CONNECT YOUR DOTS! BODY, MIND AND SOUL!**

Ask your Angels for guidance...and don't forget to thank them...this too is a form of prayer.

Thanks to Mary Guarino, owner of Kazooticals, for all of these wonderful sentiments.



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Place cards/ Gift tags



mudpies and daisies

CHILDREN'S BOUTIQUE

Presents "Chalkboard" a newsletter for moms of today's fashionable kids!


Date: Spring 2012

SHOP online at: www.mudpiesdaisies.com

Antonietta Morgante is the owner of Mudpies and Daisies and is an expert on today's fashion for kids from infants to teens. Each issue she will give you the lowdown on what's happening in the industry.

Hi Parents
Here's what's Hopping... this spring
Spring of 2012 introduced??? And this colour or trend will continue throughout the summer.
Watch for designers such as ?? And ?? They will be introducing new patterns, colours and materials in their summer collection.

Antonietta




SHOP online www.mudpiesdaisies.com - SAVE 15% in April - Cpn

LOCAL KIDS POSE FOR Mudpies and Daisies

Last month a few local little ones graciously volunteered to model for Mudpies and Daisies Children's boutique to profile the spring collection. It was a fun day for all of us, the kids had a great time.

If you are interested in your child modeling for our Fall collection email us at info@mudpiesdaisies.com.


Photos were taken Danielle Wilson Photography.
www.daniellewilsonphotography.com



Join the Mudpies Daisies "Birthday" Discount Program

SIGN UP TODAY!!!!

We know how special your child's birthday can be and we want to help you celebrate. Simply provide us with your child's name and birth date and receive discounts, freebies and more to celebrate your child's birthday. Email us at: info@mudpiesdaisies.com



Lake Winds News

DRAFT COPY

Upcoming Social Events

May is filled with wonderful things to do:

The Coffee Club generally meets every other Monday at 10am in the Party Room. May's Coffee dates are May 2nd, May 16th.

Several of our Social Committee members will be there to greet you and ensure the coffee and tea will be hot and ready. So come out for a chin-wag and get to know your neighbors. Cost: \$1.00 per person



Movie Nights continue through May. Your Social Committee will be popping popcorn and holding a seat for you.

Include:

13th - August Rush A drama with fairy tale elements, where musical prodigy uses his gift as a clue to finding his birth parents.

27 - Morning Glory A new romantic comedy set in the fictional world of morning television.

MOVIES start at 7:30 pm so be there on time and enjoy the company of others as we watch a movie together.

We do our best to ensure that the content is wholesome. Hot buttery popcorn is served.

Uncork 'em
Drink 'em
Give 'em



Donate your empty wine, beer and/or liquor bottles to support us. Just drop them off in the boxes provided in the recycle room. We'll take them back to the liquor store and use the refund to build our Social Committee fund. Thank you for recycling.

Social Events Coming in June

We are planning a Cruise Lunch and Theatre trip to Bracebridge for June 16th.

Watch the bulletin board for details.

Celebrations in June

Anyone celebrating a Birthday or Anniversary in June?

We don't need to know how many years you are celebrating, just your name and the date of your celebration, that way when we meet you on the elevator or at the mall box we can say, CONGRATULATIONS!



Jean Lemoine 1002

Your Social Committee

Barbara Lovegrove	508
Kathy Campbell	607
Lauraine Catryse	706
Don Thornton	1201
Donna Perry	305
Brenda Turino	903

We want to reside where people have a twinkle in their eyes and a spring in their step in anticipation of what fun they might have with their neighbours and new friends.

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Brochures

Quick Overview

102 Floribunda Crescent
Brampton, ON
L6T 4S2

Detached single-family home
Treed 36' x 158' lot (approximate)
on greenbelt
Brick & aluminum siding
Attached single car garage with
automatic opener
3 bedrooms
1 - 4 pc bath & 2 - 2 pc washrooms
High efficient furnace with electronic
air cleaner
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Fast closing date

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Or visit www.102Floribunda-Cres.com

Janet Amare is an Intuitive and Speaker, current Ontario. She is a certified Doctor of Natural Medicine in helping people in the way of their health. She uses psychoprophylaxis to facilitate healing and to help people connect with their inner self.



Janet Amare
D.M., M.D., B.Sc.

As an intuitive healer from across Canada, she works with clients in America by phone, video and in person. She has a unique approach to her healing on the emotional, physical, spiritual and mental levels. Her clients come to her to reconnect with their true self and to release their past and that will move them forward.


When you seek the answers and are ready to make the changes contact Janet Amare at:

Soul Purpose Inc.

Brampton Office:
107 Professor's Lake Pkwy.
Brampton, ON L6S 4P8
(905) 790-8231

Toronto Office:
130 Elvaston Drive
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Welcome To Our Destination Wedding Week in Mexico July 3rd - 10th, 2010

Arriving in the Mayan Riviera



We will be here!



It's time to start counting down the days until we are all together in the Mayan Riviera! Thank you for making our destination wedding more enjoyable with your presence! There are a few things we wanted to share with you, as well as helpful information that will assist you as you begin packing.



Can't wait to see you in paradise and we hope you have a great flight!

We will be arriving at the Cancun Airport and from there we will board a bus to the Grand Sunset Princess in the Mayan Riviera.

Toronto flight will arrive on July 3rd at 9:20 am (Mexican time). It's about 50 minutes by bus to the hotel.

Paradise awaits at the...

Grand Sunset Princess Mayan Riviera, Mexico

The Grand Sunset Princess is an all-inclusive resort where all your food, drinks, and entertainment are included. When you arrive, a hotel representative will greet you with a drink. The very courteous staff will check you in and then you can make your way to your room to put away your baggage. You won't want to stay in there long, as on your way you will see everything the resort has to offer, its amazing pool, well manicured lawns, bars, restaurants, and the beautiful beach. So hop in your bathing suit and join us outside.

Dinner Reservations
For the a la carte restaurants (long pants and closed shoes are required) you will need to book your reservations early in the morning to avoid line ups.

Check out more about the resort at www.grandsunsetprincess.com

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Saturday
September 24, 2011

1 - 4 pm

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Our Auntie,
Aunt, Great-
Aunt, Sister,
Sister-in-law
& Friend
turns 90 on
September
22nd, 2011

Linda Ewen



Party will be held in the party room at
Brenda's new condo. Buzzer # 197
You can park in Reserved spots on side
and back of building.

RSVP Brenda Turino by Sept. 1st

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