



**Let us love winter, for it is
the spring of genius!**



FALL 2009
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Newest CanScribe Member – Jess!



I have already had the pleasure of speaking with many CanScribe students but for those of you who I have not had contact with, my name is Jessica (Jess) Parker. I have been with CanScribe since the middle of June and I am usually the voice on the other end of your phone if you happen to call in. I was hired on as CanScribe's Receptionist and along with assisting Brenda with her accounting duties I have also begun to assist the rest of the CanScribe crew with their Student Services duties.

I was born on October 3rd in Kelowna, British Columbia 21 years ago and have lived here all my life; I couldn't imagine a more beautiful city to live in! My mother was born and raised here as well (as was her mother) and my father moved here from Winnipeg when he was a young boy. So as you can imagine I have pretty deep family roots here in Kelowna. I have an older sister who I share a great bond with, of course only after all those years of fighting like cats and dogs. Both of my parents come from large families which leaves me with 24 wonderful aunts and uncles and 33 immediate cousins. I am extremely close with all of my family and wouldn't want it any other way.

I feel that it is very important to try and keep my life balanced between work, health, family and fun. I try to fit in some form of exercise every day; my favourite is going for a hike. In the summertime I do a lot of camping and quading. I love to be outdoors! I also spend quite a bit of time out on the lake in the summer. In the wintertime I also spend as much time outdoors as I can. I do not Ski or Snowboard, I have attempted once and I decided it was best to be left alone! I do love to go quading and snowmobiling in the winter. My parents have a cabin at Beaver Lake Mountain Resort (just outside of Kelowna) and I am looking forward to spending more time there this winter. When I have free time I love to read, non-fiction only! I also love to cook and bake. It is something I have enjoyed doing since I was old enough to use the stove and oven! I am always creating new dishes and trying new recipes.

I started working for IDA Pharmacy, which has since been renamed to Paragon Pharmacies, when I was 17. I worked there for 3 years gaining experience in many fields. I started as a cashier and was trained in the Postal Outlet. I continued to receive training and began to open the store, dealing with the cash, deposits and daily reports. I was also trained on receiving and placing orders and inventory control. I did this for 2 years and was then offered the position of inventory control for 7 local pharmacies out of our Head Office. In late 2007 I was approached by my aunt who is a Senior Financial Consultant at Investors Group. She saw me as a perfect fit to assist her in running her business. It was an offer I couldn't refuse! In April 2009, I joined many others out there and was let go due to the current economic situation. I was fortunate enough to get hired on by CanScribe in June 2009. I couldn't have asked for a better company to work for. Between the wonderful students and amazing staff it is truly a pleasure coming into work each and every day.

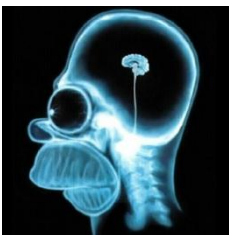
Now that you know a little more about me and my background, I look forward to getting to know all of the students and helping you all successfully complete your training to become a Medical Transcriptionist!

Sincerely,

Jess Parker

"Winners are too busy to be sad, too positive to be doubtful, too optimistic to be fearful, and too determined to be defeated."

Brain Food



The foods you eat directly affect the performance of your brain. It has been proven that by eating the right food, you can boost your IQ, improve your mood, be more emotionally stable, sharpen your memory and keep your mind young.

If you give your brain the right nutrients, you will be able to think quicker, have a better memory, be better coordinated and balanced and have improved concentration. The three key brain foods to boost your brainpower and keep your brain healthy and your mental processes operating effectively are nutritious food, water and oxygen.

Thinking is a biochemical process. For brain cells to communicate effectively with each other to create neural pathways, they require chemicals called neurotransmitters. Neurotransmitters are the 'messengers' carrying messages from neuron to neuron.

Neurotransmitters are made from amino acids found in protein foods e.g., meat, fish and cheese.

Vitamins and minerals are needed to convert ordinary amino acids into these powerful neurotransmitters.

Neurotransmitters are found in the food we eat, hence why some foods are called 'brain foods'.

Protein

Protein is found in meat, fish, milk and cheese. Protein provides the building blocks for most of the body's tissues, nerves, internal organs (including brain and heart). Proteins are used to make neurotransmitters and are essential to improve mental performance.

Carbohydrate

Carbohydrates enhance the absorption of tryptophan, which is converted into serotonin in the brain. Within about thirty minutes of eating a carbohydrate meal, you will feel more calm and relaxed. The effects will last several hours.

Grains, fruits and vegetables are key sources of carbohydrates.

Digestion causes the breakdown of carbohydrates into glucose (sugar) which is the brain's primary source of energy. If your glucose levels fluctuate too much, you may experience mental confusion, dizziness and if severe, convulsions and loss of consciousness.

Fat

The brain is more than 60% fat. This is because the brain cells are covered by the myelin sheath which is composed of approximately 75% fat. Fats also play a crucial role as messengers. They regulate key aspects of the immune system, blood circulation, inflammation, memory and mood.

Omega 3 fatty acids are essential to the optimum performance of your brain. Lack of omega-3 fats in your diet can lead to depression, poor memory, low IQ, learning disabilities, dyslexia, ADD and many more mental disorders.

To ensure that your diet is rich in omega-3 fats, ensure that you eat plenty of oily fish like salmon, sardines, trout, tuna, herring, mackerel and anchovies.

Vitamins & Minerals

Vitamins and minerals are essential for the growth and functioning of the brain.

The 'B' complex vitamins are particularly important for the brain and play a vital role in producing energy. Vitamins A, C and E are powerful antioxidants and promote and preserve memory in the elderly.

Minerals are also critical to mental functioning and performance. Magnesium and manganese are needed for brain energy. Sodium, potassium and calcium are important in the thinking process and they facilitate the transmission of messages.

Drink Water!

Water makes up 83% of the blood and acts as a transport system, delivering nutrients to the brain and eliminating toxins.

Your brain needs to be fully hydrated so that the circuitry works well and it functions at optimum levels. Water is essential for concentration and mental alertness.

Studies have shown that most people are permanently partially dehydrated. This means that their brain is working considerably below its capacity and potential.

O2 ~ Breathe!

After a big meal, most of your body's oxygen is being used by your stomach and digestive system as it digests the food you have eaten. This means that your brain is being denied much of the oxygen it needs to function effectively and stay mentally alert. This is why you tend to feel sleepy after a big meal.

Therefore, you should try to eat little and often as well as eating your main meal either at lunchtime or before 7pm.

An Intelligent Diet

Boost your brainpower by feeding your brain 'brain foods'. Here are 4 tips for an intelligent diet:

1. Balance your glucose - it provides fuel for your brain. Try to eat carbohydrate foods in the evening as it promotes relaxation and sleep.
2. Eat essential fats - ensure your diet is rich in omega-3 fats found in oily fish.
3. Include plenty of protein rich foods in your diet. Proteins are essential to make neurotransmitters which are vital for the thinking process. Try to eat a protein based lunch to optimise your mental performance and alertness throughout the day.
4. Eat foods rich in vitamins and minerals to 'fine tune' your mind.
5. Drink 1.5 to 2 litres of water a day to keep your brain well hydrated.
6. Oxygenate your brain by exercising and eating little and often. Eat your main meal before 7pm.

By Carolyn McEwen

Perfect Desk Posture



This month I'd like to address the subject of ergonomics, which is defined as the applied science of equipment design, as for the workplace, intended to maximize productivity by reducing operator fatigue and discomfort.

Sitting in front of a computer screen 8 hours a day (or more) 5 days a week (or more) can take its toll on your body. Tension in the neck, back, shoulders or wrists are some of the common problems that plague desk-bound workers. As we all fit into this category, it is so important that we break any bad posture habits as soon as we can! There are simple and efficient ways to prevent these aches and reduce the risks of developing related health problems or injuries; the secret lies in adequate desk posture. Read on for tips on making your workspace more ergonomically correct.

Chair and Sitting Position

- Adjust your chair height so that your feet rest flat on the floor.
- Sit as far back as possible in your chair. If you have a lumbar support, it should fit in the small of your back. Your torso should form a 95 to 110 degree angle with your thighs; adjust the incline accordingly.
- Sit with your thighs parallel to the floor and fully supported by the seat pan of your chair. You should be able to fit 3 to 4 fingers between the edge of the seat and the back of your knees. Your knees should be bent at a right angle (90 degrees).
- Adjust the armrests (if any), so they are at elbow level when your shoulders are in a relaxed position.

Computer Monitor

- Place your monitor at arm's length (20 to 30 inches) directly in front on you.
- Adjust the height of your monitor so that your natural eye level is within the top 1/3 of the screen. Your head should not be tilted forward or back.
- Use an antiglare filter to reduce eye strain if your screen has a highly reflective surface.
- Avoid squinting. If you can't see clearly try cleaning your screen, changing its resolution, or adjusting the brightness. If these steps don't help, consult an optometrist.

Mouse and Keyboard

- Relax your shoulders and let your arms hang to the sides. Raise your wrists to elbow height until your forearms are parallel to the floor. Your keyboard should be positioned around this point.
- Keep your wrists straight; not angled up, down or sideways. If needed, use a gel or foam wrist rest for support.
- Choose a mouse that fits your hand; one that isn't too big or too small.
- Place your mouse right next to your keyboard, as close to it as possible to avoid rotating your shoulder.
- Try using your entire arm when moving the mouse instead of just the wrist.

Helpful hints

- Change positions throughout the day to give your eyes a break and clear your head.
- Rest your eyes regularly by looking at a distant object for a few seconds.
- Take the time to stretch your muscles during the day.
- Stay hydrated: always keep a bottle of water with you.
- Keep often-used items close to you (phone, notebook, etc.)
- Avoid crossing your legs so you do not cut off the blood flow.

If you feel discomfort or pain after trying the abovementioned changes, don't hesitate to consult an occupational therapist for an ergonomic assessment or a physical therapist for further treatment.

By Jo-Ann Clarke

Angie's Kitchen Corner



As much as we don't want to admit it, summer is coming to an end and fall is creeping in. At my house, that means hearty food and warm drinks. I popped out to my garden and was happy to see one lone eggplant ready to be made into something delicious. In my search for the perfect recipe for this single eggplant, I found this mouthwatering dish.

Ratatouille Stuffed Eggplant

Ingredients

SERVES 8

- 4 medium-sized eggplants, halved lengthwise
- 1 Tbs. olive oil
- 1/4 tsp. crushed red pepper
- 5 cloves garlic, minced
- 1 large red onion, chopped
- 1/2 cup chopped red bell pepper
- 3 medium-sized zucchini, halved lengthwise and cut into 1/4-inch-long slices
- 1 6-oz. pkg. sliced button mushrooms
- Juice of 1 lemon
- 4 large plum tomatoes, peeled
- 1/2 cup tomato paste
- 1/2 cup dry sherry
- 4 Tbs. Parmesan cheese
- 2 Tbs. chopped fresh sage leaves
- 3 Tbs. chopped flat-leaf parsley
- 1 Tbs. dried thyme

Directions

1. Preheat oven to 350F. Spray baking pan with non-stick cooking spray.
2. Place eggplant halves face down on prepared pan. Bake 25 minutes, or until flesh is soft. Increase oven temperature to broil.
3. Spray cut sides with added oil, place face side up on pan and broil 3 minutes, or until browned. Remove from oven, and set aside to cool. Reduce oven temperature to 375F.
4. Scoop flesh from cooled eggplants into colander, sprinkle with salt and set aside. Sprinkle insides of eggplant shells with salt, and place them cut side down in separate colander to drain.
5. Heat oil and crushed pepper in large skillet or 5-quart saucepan over medium-high heat, 1 minute. Add garlic, onion and bell pepper, and sauté 3 minutes. Add zucchini and mushrooms, and cook mixture 3 minutes, stirring frequently. Add drained and rinsed eggplant flesh and lemon juice, and reduce heat to medium. Dice tomatoes, and add tomato paste, sherry, 3 Tbs. Parmesan cheese, sage, parsley and thyme. Reduce heat to low, and cook 10 minutes, stirring frequently.
6. Rinse drained eggplant shells with cold water, and place face side up on baking pan. Divide Ratatouille among shells, and sprinkle with remaining 1 tablespoon cheese. Cover shells with foil.
7. Bake filled shells at 375F for 45 minutes. Remove from oven, and serve.

The Good Lookin' Caesar

This spicy caesar is delicious! It's also hearty enough that it could stand in as a meal if required. The best way to mix this is in a sealed container large enough to hold all the ingredients.

Step 1. Salt your favourite glass with celery salt and fill the glass right to the top with ice. Pour in the vodka or leave it as a virgin drink.

Step 2. Put all the remaining ingredients in the sealable container and mix well.

- Clamato Cocktail Mix
- Vodka
- Dried Dill - ½ tsp
- Horseradish - your own amounts here, I like about ½ tsp
- Cracked Pepper
- Pepperoni stick, pickled hot pepper or olives or pickled beans, and cheese (Havarti dill is delicious!) Other treats could include: shrimp, celery, grape tomatoes, sliced peppers, etc.

Step 3. Grab a tooth pick and load up on the goodies.

Step 4. Enjoy!

By Angie Lachman

Windows XP – Clean Up!



Is your Windows XP too slow? Do all the programs take a minute or so to start? Does your computer take amount 15-20 minutes to start up? You need to clean it up! You need to speed it up! You need to do the required maintenance! This article will show you how to do this!

Cleaning up your system is a boring and time-consuming task. To help you decide whether cleaning your system is worth the effort, we have given you the "Pro's & Con's" of cleaning your system! This should help you decide whether you want to actually put in the time and effort and

clean your system!

The Pros

The benefits of cleaning up your system are listed here:

Speed: A clean system runs faster than one that needs cleaning. Do you remember when you got your PC? It ran very fast. If your system stays clean, you shouldn't notice it running any slower over time. Unfortunately, most systems don't stay clean and require attention. Give it that attention — do the cleaning — and your system can run just as fast as it did the day you got it.

Reliability: A huge benefit of a clean system is that it is more reliable than one that is not clean. If you do not clean your system, over time it becomes unstable. Unstable systems crash. Unstable systems have a tendency to lose data. Unstable systems are a real pain. Clean your system, and you should see stability.

Stress reduction: Having a clean system can reduce stress and provide peace of mind. How so? Consider the worry you would have if a virus infected your system, or if you weren't sure that the financial data on it was safe...you know what we mean! Worry comes in all shapes and sizes. If you clean your computer, you have a better control on what's on your computer and how it's being used.

Economics: Cleaning your computer can save you money — sometimes lots of money. "Running low on space? Get a new drive! Computer running slow? Get a new system!" That is the general thinking that most people have. Some of those new drives and new systems would have been unnecessary had the users done just a little cleaning.

The Cons

Time-consumption: Cleaning your computer takes time. You probably have little time right now. Cleaning your computer can take anywhere from a small amount to a substantial amount of time. How much time will your clean-up take? We can't answer that, but we can say be prepared for a time commitment and be patient — your time will pay off in the end when your computer is running more smoothly. You don't have to do all the cleaning together, although you could. You can spend the time over a period of days or weeks, as the time becomes available. We have showed you how to "schedule your cleaning" later in this article.

The bother: We won't lie to you — cleaning up your computer can be boring. But we encourage you to not procrastinate cleaning; don't put it off!

So, are you going to clean your system? We HIGHLY recommend that you do! But before you start deleting files and cleaning up your system, you first need to take some precautions and learn some basics of system maintenance!

Before you do anything! Precautions!

Here are some basic precautions or rules to follow so that you do not damage your computer in the process of cleaning it up!

Don't delete files without knowing what you are deleting:

When cleaning up your system, you are going to delete many files. However, do not delete a file if you do not know what it is. If you are in doubt, simply move the file to a different directory. If everything goes well and nothing stops working, then you know that you can safely delete the file. If something stops working, then you can always move that file back to its original location.

Make periodic backups of your system:

If you're getting ready to do a huge cleaning session, you might want to make a backup of all your valuable information before you start.

How to backup valuable information?

It's pretty simple. Just take all the files and data that are important to you and burn it on a CD, DVD, Zip Drive whatever. That's all. You need to do this kind of backup from time to time whether or not you are "cleaning up" your system. You never know when a computer will stop working and you will lose all your valuable data.

Be careful how you delete programs:

In the days of DOS, programs usually consisted of a couple of files or all the files in a given directory. It is not so in Windows. When you install a program, the installation program can move pieces and parts all over the system. Because of that, the best way to delete a program is to use either the "uninstaller" provided with the software or the "Add/Remove Programs" applet in the "Control Panel". Don't just delete the main folder of the program — pieces and parts will remain scattered all over your system.

If a new icon shows up on your desktop suddenly, don't double-click it:

If you don't know why it's there, someone (or some program) has possibly put it there. If you don't know what it does, DO NOT double-click it and run it! It's most likely some sort of virus.

Use Windows System Restore Utility:

System restore is a Windows XP utility that basically lets you go back in time! Suppose you change some delicate Windows settings and your computer does not work properly, then you can use system restore to change the settings back to the original settings and make everything work properly again.

Using System Restore:

Before you make any major changes on your computer or delete any risky files or change any major settings, you must use System Restore to create a "restore point". The restore point basically is a note of all the systems settings etc. before you made the changes. If something goes wrong, you can use this restore point to get things back to normal.

Setting a restore point:

1. Choose Start>All Programs>Accessories>System Tools>System Restore
2. The System Restore window appears.
3. Select the "Create a Restore Point" radio button and click Next.
4. Enter a description for the restore point and click Create. You do not need to type in anything technical in the "Description". It's just the name of the restore point so that you can use the restore point in the future. So just put in some simple descriptive term or phrase that you can remember.
5. In a few moments you're notified that the restore point is created.

If something goes wrong and you need to restore your system...

1. Choose Start>All Programs>Accessories>System Tools>System Restore and start System Restore
2. In the first program window, select the "Restore My Computer to an Earlier Time" option and click Next.
3. A calendar appears, revealing all the available restore points.
4. Click any date shown in bold. The right side of the screen shows the description of the restore points available for that date.
5. Pick the restore point desired and click Next.
6. When prompted, confirm that you want to do a restore.
7. When you confirm, System Restore sets another restore point before actually doing the restore you want. It does this so that you can undo the restore you're about to do if need be.
8. After a reboot, your system behaves exactly as it did when the selected restore point was set.

Having understood the basic precautions that you must take, let us take a look at a simple cleaning schedule that you can implement in your busy schedule to keep your computer running fast!

Creating a cleaning schedule...for a fast PC!

As we have said before, cleaning can take some time to accomplish, but you don't need to do the cleaning all at once. You can break up the big job of cleaning into smaller, more manageable tasks. Do a little here and a little there until you're done cleaning completely.

In reality, cleaning is never done completely — it should be done continuously. If you set up a schedule for your cleaning, your system can remain clean and you lower the chance of having a messed-up computer.

So what type of schedule should you set up for cleaning? We have told you about things you can do once a week and once a month to keep your system clean.

Weekly Tasks!

Got some spare time on your hands today? The following list explains just five things that you can do in just 10 or 20 minutes to help make your system cleaner. Try to do these at least once every week:

Clean the trash: To empty your computer trash, right-click your Recycle Bin (on the Desktop) and choose Empty. Eliminate unneeded e-mail messages: Go to your e-mail program and empty the e-mails from three areas: Sent Items, Deleted Items, and Junk E-mail. (These names are typical in Outlook; the folder names may be different in your e-mail program.)
Note: In some cases you may want to keep some of your e-mails in your "Sent Items" folder for example. Please do so. Do not delete things just because we tell you to do so!

Delete unused programs: Choose "Start >Control Panel > Add/Remove Programs" to open the Add/Remove Programs window. Examine the programs listed there and see if you can delete any. If you don't use it any more, you should delete it.

It is important to be brave here. You might not want to delete any programs even if you have not used them for the last 3-4 months. But you must delete them. Many times you will find programs that you used many months ago for some particular task and do not use any more. Delete these programs. You can always re-install them. We know that takes time to re-install, but think of the time these installed programs take by slowing down your computer each day. So delete them. Be brave.

Clean out the Web cache: The Web cache is your system's storage of files downloaded from the Internet. Why are they downloaded? So that next time you visit the site, the site is completely stored on your system and everything goes faster! However, you must delete these files from time to time because if you don't the build up and eat a large part of your systems space.
Exactly how to remove your web cache depends on the type of browser you have. In Internet Explorer you choose "Tools>Internet Options" to display the Internet Options dialog box. Select the General tab and click Delete Files.

Clean out the root directory: Every drive has a root directory, the place at the top of the drive's file hierarchy. For instance, the root directory for the C: drive is C:\. All paths for other files and folders start with the root directory. You can clutter up your root directory by putting lots of files and folders there, but doing so can really slow down your system and make it much less organized. Periodically clearing out your root directory helps prevent this slowdown and disorganization.
Take a look at the files and folders stored there. If possible, move the files elsewhere or delete them. The only folders that should be in the root directory are those that represent major data divisions. Move folders of lesser importance further down in the hierarchy.

These are just some small tasks that you must do weekly to keep your systems performance up. However, there are some more important tasks that you must do at least once a month to keep your system from breaking down.

Monthly cleaning tasks...

Clean up your desktop: Take a look at your desktop. It is probably filled with all sorts of different and useless icons. Remove all the icons that you do not use anymore. Be brave here too! Leave only the programs and files that you use frequently. Remove everything else!

Store away project data: If you're a project-oriented type of person, you probably finished up a few projects this past month. Why not remove the data associated with those projects so that it no longer clutters your hard drive? Keep the current projects on your desktop! Just remove the projects that are already completed!

Eliminate spyware: Spyware is a growing! Spyware started as a way for "unethical marketers" to track what you do with your computer. Now it has grown to include all sorts of pop-ups. A pop-up blocker may suppress the pop-ups, but the underlying problem — spyware — is still there.
Most of the time, spyware is hiding itself on your computer and recording information about you like: which sites you visit, what you do on the Internet... Some of them even record usernames and passwords. So you must get rid of spyware.

If you really want to understand how spyware works and all the damage it can do, you could check out these links: www.spywareguide.com & www.spywareinfo.com

Eliminating spyware

Spyware is hard to remove. Spyware programs often install themselves in several places on your system and include methods for "healing" themselves. This means that, if you don't get rid of all the spyware, it reinstalls itself

from the pieces and parts that are left on the system. Spyware often hooks itself deeply into your operating system. Deleting the wrong files could make the system unusable.

Please Note: You could seriously cripple your system if you start deleting files left and right. So don't do that either. If you suspect undetected spyware on your system, a number of detection utilities are available. The best free program we recommend is "Spybot Search & Destroy". You can get it by downloading it from www.download.com or www.safer-networking.org

To use Spybot Search & Destroy, follow these steps:

1. Download and install the program.
2. Run the program by choosing Start > Programs > Spybot - Search & Destroy > Spybot - Search and Destroy.
3. The main program window appears shortly. The interface for Spybot S&D is very easy to use.
4. Click "Check for Problems". The program runs through thousands of permutations of spyware programs that could be on your system. Depending on your number of files and hard drives' sizes etc. that you have, the program will take some time. (On an average PC it takes 15mins.)
5. After the checking is done, select which things you want the program to correct (by selecting the check box beside each item) and click Fix Selected Problems. Most problems are solved through deletion, but Spybot S&D automatically creates a Windows XP system "restore point" before doing anything.
6. In case the spyware deletion causes problems; you can then use Windows XP to restore the system to its condition just before the restore point was set.
7. When Spybot S&D is done, exit the program and restart your system. You should notice a difference in performance right away.

There is one last step to "monthly cleaning" that must be done to make your system run fast:

Defragmenting your drive!

One thing you really benefit from every month is "defragmenting" your hard drive. As you add, change, rearrange, and delete files, information stored on the hard drive, it can become very unorganized.

Information is stored in bits and pieces here and there so that Windows has to grab data from all over your hard drive when you open a file. That slows down the system. You can organize things by defragmenting your hard drive, which essentially puts pieces of individual files back together. When done, Windows can more easily and quickly access your files. You should defragment your drive at the end of every month.

How to defragment?

1. Click Start>My Computer. If you have a My Computer icon on your desktop, you can double-click it. Windows displays the My Computer window.
2. Right-click the drive you want to defragment and choose "Properties" from the context menu.
3. Windows displays the drive's Properties dialog box. Click the Tools tab.
4. Click Defragment Now. You see the Disk Defragmenter window.
5. You can then defragment by clicking Defragment.

The process tends to take some time, depending on the information that is stored on your system. This is a time consuming activity but we recommend that you do it at least once a month.

After performing all these weekly and monthly tasks, your system should be moderately clean.

By Frank Takacs

Graduate Corner



Graduation 2009

We are so proud of all the CanScribe graduates and would like to congratulate you for a job well done! Please keep in touch and share your experiences with us! Email: info@canscribe.com

Graduate Corner
June 2009 – August 2009

Nicole Victoria A.	Peachland, BC	Kelly M.	Kamloops, BC
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Keri B.	Lake Cowichan, BC	Rilee M.	Selkirk, MB
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Bobbi C.	Kamloops, BC	Jodi M.	Sandford, ON
Karen C.	Calgary, AB	Penny O.	Parksville, BC
Kimberly C.	Tillsonburg, ON	Kristina O.	Revelstoke, BC
Heather C.	Hubbards, NS	Laure O.	Grand Forks, BC
Kerry C.	Brampton, ON	Connie P.	Hepburn, SK
Carilyn C.	Port Moody, BC	Sandra P.	London, ON
Gail D.	Kimberley, BC	Renea P.	Lloydminster, AB
Melanie D.	Winnipeg, MB	Kim R.	St. Catharines, ON
Andrea D.	Brandon, MB	Jennifer R.	Edmonton, AB
Aliya E.	Aurora, On	Leanne R.	Midland, ON
Kimberley E.	Abbotsford, BC	Meaghan R.	Nobleton, ON
Penny F.	Eston, SK	Marjorie S.	Mahone Bay, NS
Sharon F.	Oshawa, ON	Megan S.	Aldergrove, BC
Tanya F.	Lantzville, BC	Crystal S.	Calgary, AB
Diane G.	White City, SK	Gordon S.	Ottawa, ON
Michelle H.	Green Lake, SK	Sally S.	Dryden, ON
James H.	Vulcan, AB	Melina S.	Toronto, ON
Kimberley H.	Carseland, AB	Treena S.	Summerland, BC
Julie H.	Penetang, ON	Alyssa S.	Vancouver, BC
Leila I.	Pickering, ON	Karen S.	Cobble Hill, BC
Anne J.	London, ON	Joyanne S.	Acton, ON
Julia J.	Abbotsford, BC	Lana T.	Vernon, BC
Kimberly J.	Delta, BC	Sheryle T.	New Westminster, BC
Kristy J.	Yorkton, SK	Kelly T.	Dartmouth, NS
Barbara Nichole K.	Houston, BC	Alicia T.	Black Diamond, AB
Lynn K.	Black Creek, BC	Vickie T.	Peterborough, ON
Crystal K.	Mayerthorpe, AB	Jaimie T.	Kelowna, BC
Sandy K.	Canora, SK	Esther V.	Bon Accord, AB
Kristen K.	Trochu, AB	Carolyn W.	Kakabeka Falls, ON
Jacey K.	St. Albert, AB	Lisa W.	West Branch, NB
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