

The Kingston & Area



HOME BUSINESS ASSOCIATION

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NEWSLETTER



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What Is KAHBA?

The **Kingston & Area Home Business Association (KAHBA)** is a group of home-based entrepreneurs, both full and part-time, offering experience, education, information, and support to each other. KAHBA is proud to announce its 17th year of operation. Yearly membership to KAHBA is \$75.00. For more information, please contact our Membership Director, David Kempson at (613) 544-2178, or any executive member on our website www.kingstonhomebiz.ca

KAHBA's Executive

President - Rej Bruneau; Vice-President - Lorayne Bradshaw;
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Treasurer - Lyle Merriam; Guest Director - Sidney Berry;
Publicity - Gerry Koster; Guest Speaker Co-ord David Sergeant/Lynne Lepage;
Programme Member - Lynne Lepage Newsletter Editor - Fred Georgeadis

Mailing Address

KAHBA
322 - 427 Princess St.
Kingston, ON K7L 5S9

Web Site

our web site is:
www.kingstonhomebiz.ca

KAHBA Meetings

Monthly meetings - 2nd Saturday of each month - next mtg at 08:00 hrs. at the 560 Legion located at 731 Montreal Street. KAHBA also holds evening meetings on the last Monday of each month, times, 6:30 - 8:00 pm. - place is announced via our website.

Our next Monday night meeting is 26th Apr, 2010.

Guests and Potential Members Are Always Welcomed

Membership to KAHBA is always Welcomed. Bring a friend who may be considering, or already has, a home-based business. Guests who wish to just check us out, are welcome to do so. See you at the meeting!!

KAHBA Showcase

KAHBA hosts a Small Business Showcase in the October timeframe. This is our largest annual event and is a great opportunity to expose your business - ideal for members and non-members. The 2010 year's venue will be at the Cataraqui Mall (Kingston). Ask us for information to participate.

This Newsletter designed by:



Choosing Paint Colours

Article submitted by Martha-Stanton Smith

Whether you are getting ready to sell or thinking of a fresh look for your home, paint is a very cost effective way of improving your surroundings. But getting the right colour can be a lot harder than it looks. Apparently 40% of all paint sales globally are as a result of purchasing the wrong colour the first time.

An easy way to choose a colour scheme is to start with artwork, fabric or a rug which has a colour combination you love. Pick out some of the colours to create a scheme for the rest of your room.

Use the proportions of 60-30-10. Cover 60% of the room's surfaces in the first colour which will dominate, 30% in a secondary colour which will harmonize and 10% in an accent colour. Include all surfaces as part of this formula: furnishings, accessories, walls, ceiling and floors.

Unify a home by re-using colour choices in varying proportions and in different ways throughout your home. For example, if you have a red chair in the living room you might have some red in the art in the dining room, some red accessories in the kitchen and perhaps even a red feature wall in the powder room.

High contrast colour schemes, for example black and white, are more formal. They are more suitable in formal living and dining rooms. Lower contrast colour schemes are more restful, soothing and laid back. These are often used for bedrooms or informal family rooms.

You will get a pleasing effect by keeping

floors darker, walls in medium tone, and ceilings in the lightest colour. But sometimes you can create desired illusions by playing around with this formula. Dark rich wall colour will draw the room in. Darker ceilings will make them seem lower.

Colour creates emotional response. Consider whether your choices will give the feeling you want to enjoy in your room.

And most importantly, live with the colour for a few days before you commit. Bring home accessories and furnishings on trial for a few days. Invest in test pots or oversized colour swatches before you commit to the wall colour. Try your colours on various walls to see how it changes. Lighting from different directions and at different times of day can completely change the appearance of your selection. Think about how it will look at the time of day when you use the room most.

If you are tired of off-white or builders beige, you can have a little fun with colour. But remember, circumstances sometimes change unexpectedly and you could be stuck with hard to sell decor. If there is a sale before your next paint job, you will be better off with your main colours in neutrals, so that they will suit almost any buyer.

Continues on pg 5

Did I read that sign right?
TOILET OUT OF ORDER.
PLEASE USE THE
FLOOR BELOW

Two elderly ladies had been friends for many decades . Over the years they had shared all kinds of activities and adventures . Lately, their activities had been limited to meeting a few times a week to play cards .

One day they were playing cards when one looked at the other and said, 'Now don't get mad at me . . . I know we've been friends for a long time . . . but I just can't think of your name! I've thought and thought, but I can't remember it . . Please tell me what your name is . '

Her friend glared at her . For at least three minutes she just stared and glared at her . Finally she said, 'How soon do you need to know?'

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I want the indicated (*) information on the web site only.

Signature:

Date:

Where did you hear about KAHBA?

(Bring this completed form to the next meeting.)

Continues from pg. 3 ..Choosing Paint Colours

Introduce your braver choices in easy to change accessories, art, cushions or furniture which won't be staying with the house. Stick to small doses such as a small feature wall or the inside of an alcove if you really crave strong color on your walls. Expensive to change items in strong colours like red carpet or orange ceramic tiles are a serious commitment. If they turn off potential buyers, they could knock your selling price down by even more than the cost of changing them. If you are really unsure, most interior designers and stagers offer inexpensive color consultations.

Create Optical Illusions with Colour

White or a pale shade will make a low ceiling feel higher while a darker ceiling colour will seem to lower a high ceiling.

Warm and intense colours tend to advance. You can use them on an end wall of a long narrow room to make it seem more square. However, don't use this if your room is small as well as narrow since it will make it seem even smaller.

Shinier paint surfaces can make a room seem lighter. However if there are imperfections in the wall surface a shiny paint will make those more noticeable. Also, a total high gloss paint job can make a space seem institutional. A matte finish in a lighter shade is often better. -----

Continues from pg. 15 ..Photography Course
online, submitting a selection of black and white portraits will become a strong addition to your portfolio.

About The Author

Take stunning photographs with a course online, check out <http://www.photography-courseonline.info> for information.

Continues from pg. 6 ..Preventing Skin from Aging

The more that you care for your body, the better off your skin will look in return, and isn't that the most important thing of all?

.....

Article supplied by:

Jerzy George (Collagenelife Intl.) - with over twenty years of experience in the beauty and anti-aging industry is offering information and products oriented on the market's needs and which have the set of concurrent advantages, favorably separating them from the products of competitors. If you wish to learn more please visit here www.collagenelife.com

We hope this information is useful to you. Please do not hesitate to contact us by phone 613-547-9132 should you have further questions or visit our websites www.collagenelife.com or <http://www.organic-skincarebeauty.com/miessence>



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Preventing Beautiful Skin From Aging

By Jerzy George

What would you do if you knew that it was possible to prevent your skin from aging? Would you want to find out how to keep your skin young and healthy?

The secret about aging skin is that there isn't really any secret at all. Confused? You see, skin can be difficult to manage, but it can also be rather easy to tame if you know how. While nobody can stop the hands of time completely, there are some things that you can do to slow those hands down.

There are lots of things in the world that work against your skin. Free radicals float around in the air causing the aging process to speed up; sun damage can harm your skin; and lack of water can really impact your skin. The good news is that these things are avoidable...but how?

Well, begin by realizing why your skin goes through the aging process to begin with. As you age, the collagen within your skin begins to melt away. Since collagen acts like a glue that holds your skin, muscles, and tissue together, when it starts to dissipate your skin starts to sag.

Then, consider those things that cause you to age...sun and water. Take the time to purchase a great sunblock product, and be sure to drink eight glasses of water per day. Next, think about the things that you can do to slow down the aging process... there are actually quite a lot of them.

Aside from staying out of the sun and drinking water, it is very important that you choose the right skin care products. Your skin care products should be all natural, free of heavy chemicals, and proven effective.

While it may seem tough to find such products, they do exist.

Collagen all natural products incorporate everything that you need in order to keep your skin healthy. These products contain the collagen that your skin needs; they have the natural ingredients that are right for your skin; and they don't contain any harsh chemicals...but they can't work alone.

You must maintain a healthy lifestyle in order for these skin care products to work. What does it mean to live a healthy lifestyle? Eat foods that are high in nutrients and vitamins; try not to drink too much caffeine or alcohol; and stay away from any form of cigarette smoke (including second hand smoke).

Living a healthy lifestyle combined with skin care products such as Collagen can actually slow down those ticking hands. There's nothing you can do about the aging process, but you can fight the signs of aging with a strong hand that's armed with the right weapons.

Those of us that neglect our skin often look tired and old...even when we're not. You don't have to be one of these people. Instead, take the time to care for your body.

Continues on pg. 5

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Amplifier & Effect Settings For That Country Guitar Sound

You've all seen country guitarists with "The" guitar. The guitar that practically has "Country" written across the body. This is the guitar that screams for all the country licks to get thrown at it and it keeps coming back for more. I'm talking about the quintessential Telecaster.

Do you have to own a Telecaster to play Country guitar? Of course not! But whenever I pick up a Tele I can't resist the urge to play a few Country or Rockabilly licks. A Telecaster does give you that familiar sound that's indigenous to this style, however you can achieve great results using other guitars as well. If you own a guitar with humbuckers, use the bridge pickup. This will give you that "Twang" that works so well with Country guitar techniques. I use the bridge pickup on my Minarik Lotus guitar and I'm very happy with the sound. If you own a guitar with single coils, use the middle and bridge pickup in combination or the bridge pickup alone.

Depending on the sound of the guitar, you'll want to toggle between both and choose the option that sounds best. The most popular thing to do is use a small amount of echo or delay in your signal. The amount of delay is short to produce what's known as a "Slapback" echo.

The "time" is usually set to about 100-200 milliseconds. I like to set the level of the delay just under the dry signal of the guitar to achieve space and fullness without getting in the way. I'll be using this effect throughout this course in demonstrations. You'll also want a hint of reverb as well to help add space to your sound. I don't like to

add too much reverb, as it tends to make my sound less articulate.

This is why the delay really shines - it can add space without sounding muddy. Another effect you might want to try is a "Compressor". This is optional however, this will tighten your sound and even your dynamic levels so you can "pop" and attack the strings without worrying about being too loud. If your playing in a band, the compressor will help seat you in the mix by placing a ceiling on the louder notes and a floor on the softer notes.



This will achieve a perfect blend with the other instruments. Amplifier settings should be set flat with a little high-end sparkle if you don't have enough from your guitar. If you're going for an overdrive effect you can

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Continues from pg. 9 ..English - A Crazy Language

praught? If a vegetarian eats vegetables, what does a humanitarian eat? Sometimes I think all the English speakers should be committed to an asylum for the verbally insane. In what language do people recite at a play and play at a recital? Ship by truck and send cargo by ship? Have noses that run and feet that smell?

How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites? You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out and in which, an alarm goes off by going on.

English was invented by people, not computers, and it reflects the creativity of the human race, which, of course, is not a race at all. That is why, when the stars are out, they are visible, but when the lights are out, they are invisible.

Yes - English is considered a crazy language by many. But, next time you park on a driveway, or drive on a parkway, you can be the judge.

Continues from pg. 7 ..Country Guitar Sound

add a bit of "dirt" from the amp - especially if it's a tube amp.

This also helps to add a bit more sustain to your notes while bending. Just remember to use these effects in small doses. Less is certainly more here. Abusing an effect will result in a loss of definition to your sound. Of course there are ALWAYS exceptions to every rule - so experiment and listen to your favorite Country guitarists to obtain your sound.

.....
Article supplied by Chris Elmore of Elmore Music P.O. Box 8366 - Sunnybank, Brisbane Queensland 4109 - AUSTRALIA. Elmore Music provides on-line guitar lessons for all levels of guitar players.



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English - What a Crazy Language!!

Authour Unknown

Let's face it - English is a crazy language. There is no egg in eggplant, nor ham in hamburger; neither apple nor pine in pineapple. English muffins weren't invented in England or French fries in France . Sweetmeats are candies while sweetbreads, which aren't sweet, are meat. We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea nor is it a pig. Here, try some of these!!

- 1) The bandage was wound around the wound.
- 2) The farm was used to produce produce
- 3) The dump was so full that it had to refuse more refuse.
- 4) We must polish the Polish furniture.
- 5) He could lead if he would get the lead out.
- 6) The soldier decided to desert his dessert in the desert.
- 7) Since there is no time like the present, he thought it was time to present the present
- 8) A bass was painted on the head of the bass drum.
- 9) When shot at, the dove dove into the bushes.
- 10) I did not object to the object.
- 11) The insurance was invalid for the invalid.
- 12) There was a row among the oarsmen about how to row .
- 13) They were too close to the door to close it.

14) The buck does funny things when the does are present.

15) A seamstress and a sewer fell down into a sewer line.

16) To help with planting, the farmer taught his sow to sow.

17) The wind was too strong to wind the sail.

18) Upon seeing the tear in the painting I shed a tear.

19) I had to subject the subject to a series of tests.

20) How can I intimate this to my most intimate friend?

And why is it that writers write but fingers don't fing, grocers don't groce and hammers don't ham? If the plural of tooth is teeth, why isn't the plural of booth, beeth? One goose, 2 geese. So one moose, 2 meese? One index, 2 indices? Doesn't it seem crazy that you can make amends but not one amend? If you have a bunch of odds and ends and get rid of all but one of them, what do you call it?

If teachers taught, why didn't preachers

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Manure **An Interesting Fact**

When commerce was a growing business in the 16th and 17th centuries, everything had to be transported by ship and it was also before commercial fertilizer's invention, so large shipments of manure were common.

Manure was shipped dry, because in dry form it weighed a lot less than when wet, but once water (at sea) hit it, it not only became heavier, but the process of fermentation began again, of which a by product is methane gas. As the stuff was stored below decks in bundles you can see what could (and did) happen. Methane began to build up below decks and the first time someone came below at night with a lantern, BOOOOM!

Several ships were destroyed in this manner before it was determined just what exactly was happening.

After that, the bundles of manure were always stamped with the term 'Ship High In Transit' on them, which meant for the sailors to stow it high enough off the lower decks so that any water that came into the hold would not touch this volatile cargo and start the production of methane.

Thus evolved the term 'S.H.I.T', (Ship High In Transit) which has come down through the centuries and is in use to this very day. You probably did not know the true history of this word. *(End)*

Delete Data From Your Harddrive With DBAN

by: Chris Holgate

I felt the need to re publish an article that my web designer wrote a few years ago. It was written about formatting files from a hard drive to make them unrecoverable. This is very important when selling a computer, giving it away to charity or just disposing of it.

I am still meeting people on a weekly basis who would happily sell their computer without deleting data properly, this is why I felt it would be worthwhile to recycle an old article of mine as it is just as relevant today.

With data security becoming a greater issue on a daily basis it's important to make sure that you securely remove all your data from your hard drives before you decide to

Continues on pg. 13

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Understanding the Importance of Marketing

Author: Joe Polish

There's something that Dan Sullivan taught me, which is his way of looking at tools that you use every day. Think of it as three drawers. Since we're not visually able to draw a picture, picture a three-drawer, little cabinet. The top drawer is labeled "tool belt," and the middle drawer is labeled "tool box," and the third drawer, the bottom drawer, is labeled "tool shed."

So, every day, people are using tools in their business. It could be cell phones. A carpet cleaner could be using equipment. A doctor could be using scalpels and things like that. Dentists could be using a drill. Poodle groomers could be using whatever you groom poodles with. I've never done that. I've cleaned carpets, but I've never groomed a poodle.

Nonetheless, whatever the deal is, whatever somebody's glop is, they use tools. The point is if you're going to use a tool every day, like a computer, you should probably have the best tool you can get your hands on. If you're going to use a cell phone every day and you have a cell phone that keeps dropping calls or the battery wears out after 10 minutes, go get another cell phone.

What amazes me in business is things that people focus on, that they actually think are important. So, your software, your database, your follow-up system, that doesn't

need to be in your tool shed. It's not something you use every six months. You use it every day. So tool belt are tools you use every day, day-in and day-out. Toolboxes are things that you use frequently, and the tool shed are things that are special need.

There are not just actual physical tools; there are psychological tools. I create marketing tools for people. I have sales letters, I have social proof, and merging it together with what you guys know creates a perfect system. You need to really think about that even if you're going to do the best job in your business, no matter what you sell, whether it is products, services or whatever, and you're going to use marketing, if you don't have any clients, it doesn't matter how good of a manager you are. You've got nothing to manage.

From my standpoint, marketing is the most critical thing in the world. Marketing is what brings the catch in.

Tom Kennedy
UsuryFree Creative
Community Currency
Consultant



KAHBA Members are invited to read
The UsuryFree Eye Opener
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Top Tips About Wood Floor Sanding

by: Jackie De Burca

It has been a trend for quite a few years now to restore old wooden floors using wood floor sanding methods. Not only can it have remarkably beautiful results but is an environmentally sound choice as well. You are restoring perfectly good wood that just needs a make-over so not encouraging more wood to be cut down and from a health perspective it is also good as wood floors are much healthier than having carpets which can be full of dust mites and other unsavoury things.

Before taking on the job yourself or deciding to employ specialists as many people do for wood floor sanding London area and other parts of the UK, either way it is important to have a checklist of tips so that you understand the process yourself.

The first thing to be aware of is that in most cases once you take the carpet up there is a high chance you will see narrow gaps and imperfections which will need to be rectified before starting the job. This is the first tip to consider as if this is not done properly the end result will not be as good as it should be. These imperfections and gaps can be filled using fillets and as well as this any older wooden floor boards should be checked and replaced if necessary.

These days there are excellent wood floor sanding machines available to do the sanding work for you, however if you are not familiar with these machines please be careful as if you are not skilled and you stay in one place for too long the machine can eat into the floor. Therefore get used to the machine first by practising with it turned off, walking around the room and dealing with corners.

To do the job professionally you will need to have a variety of different textured sand paper. A really professional wood floor sanding company will use what is called a 7-tier system which eventually finishes the floor with an extremely fine sand paper.

Before applying the chosen lacquer a process which is called de-nibbling needs to be carried out. This will help result in a very smooth surface. Once this is done it is best to apply three coats of high traffic lacquer, remembering that there are many environmentally friendly products available.

Finally you can apply the stain. If the job is done correctly you should be highly impressed with the transformed room. Some people who really like to do DIY

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Continues from pg. 12 .. Wood Floor Sanding

work hire the machines and do the work themselves. Many others opt to choose a professional to do it for them as they do not wish to risk damaging the precious wood. There are many expert London wood floor sanding companies and those who offer their services in other parts of the country.

About The Author

Jackie loves interior design and knows the difference an excellent wood floor sanding job can make to your home. She has written these easy tips to help you find the best London floor sanding company or to know what steps are involved if you do the job yourself.

<http://www.westendflooringmasters.co.uk/floor-sanding-london.htm>

Continues from pg. 10 .. Delete Harddrive Data



sell your hard drive or donate it towards a charity of your choice. For a great amount of time there have been programs available which can miraculously restore data from a damaged floppy disk, with being the token computer guy in the house at university and still people using this decidedly unreliable format I became familiar with the programs used for restoring corrupted or deleted data from the diskettes.

Technically, just deleting a file isn't sufficient to get rid of it permanently; when you delete a file from say Windows XP or any other OS you're not truly deleting the file. You will need to have a rough idea of how file allocation tables work in order to understand this properly. This is based on the current format

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Continues from pg. 13 - Delete Harddrive Data

of your hard drive. Unfortunately formatting the drive isn't necessarily sufficient as data can still be relatively easily restored using an unformatting program which are available readily on the Internet.

If you're intent on selling the drive off to a 3rd party personally I'd recommend the free tool DBAN (Darik's Boot and Nuke) which is used for securely erasing all data from your hard drive, making recovery of previous data from your drive nigh-on-impossible. DBAN performs a military grade format on your hard drive, conforming to American DOD (Department of Defence) standards.

DBAN is more effective than the conventional Windows format as it performs multiple passes over the hard drive, on each pass it will randomly flip each binary bit from a zero to a one or vice versa to

completely scramble all the data on the drive. Multiple passes are required so traces of the old data are more difficult to detect. The small, free piece of software called DBAN can be downloaded from <http://dban.sourceforge.net/>

Note it's name "BOOT AND NUKE" - You must be careful not to lose ALL data if you want to keep some. The CD that you create will be bootable when you turn on the computer with CD booting enabled the program will load automatically. Everything on the drive, including the OS is deleted - ALL data means ALL the data.

Ryan Carson, Refresh Creations Ltd "

About The Author

Chris Holgate is a director and copyrighter of the online Ink and Toner website Refresh Cartridges <http://www.refreshcartridges.co.uk> He writes a weekly article of all things tech related.

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Photography Course Online - Discover How To Take Stunning Black And White Portraits

by: Paul Summers

Everyone must have taken photos of their favourite family member or friend posing for them, even if they did not call it a portrait at the time. Mostly these are captured in colour - but by creating a black and white portrait, the image becomes almost timeless, classy and can even create flattering effects on an otherwise unflattering subject. This photography course online article looks at the magical medium of monochrome portraits, providing, in no particular order, some tips to consider when taking your shots.

- * Shoot in colour. This may seem strange when taking black and white images, but if you convert the images to black and white in Photoshop (or equivalent) in post-production, you also have a collection of colour shots you can use later

- * Try getting in close - real close. An image where you can clearly see each line on the subject's face displays their character

- * Capture their natural expressions. We have all encountered the cheesy grin when someone poses - but seeing the subject in their natural state reveals much more and makes for a lasting, memorable shot

- * Create a moody atmosphere by providing some side lighting. This effectively throws one half of the face into shadow, and can make even the friendliest person appear rather menacing

- * Add a depth of field element. For example, ask the subject to partially mask their face with their hand, then move the hand towards the camera. This adds a 3 dimensional feel, and makes an intriguing twist on a normal portrait

- * Make your subject look as 'unposed' as possible. Chat to them regularly throughout the shoot and make them feel at ease. Tell a few jokes and get them smiling. If they are enjoying the shoot, this will leap out from the printed images. A reliable photography course online will cover not just technical aspects, but also include techniques to relax your subject during a portrait session

- * A quirky look or other unnatural pose will tell the viewer something different about the subject's personality and character

- * Carefully study your subject's profile, and take some shots side-on. These can produce striking images, which the viewer would not expect. Prominent shapes of cheekbones, noses, lips can all be revealed

- * Contrast dark clothing against a light background to create impact

- * Frame the subject tightly. This provides an intimate portrait, and successfully eliminates any distractions

- * Try to take all types of shots. A photograph revealing a humorous side to an otherwise serious person will make for a captivating image

- * In post-production, experiment with selective and creative cropping of the image.

A successful black and white portrait can be more powerful than the equivalent colour image. It takes us to the bare bones of the subject, and gives an almost documentary feel to the picture. Black and white lends itself well to portraying characters, revealing raw emotion that does not always show up with the distraction of colour. If you are currently following a photography course

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Canadian Business Grants and Loans

(Extract) - Welcome to the Canadian Business Resource Centre. Are you looking to: Start or expand your business? Hire Employees? Purchase real estate for your business? Train your staff? Invest in capitol expenditures or engage in some research or development? Do you lack the funds to pursue these endeavors?

The Canadian Business Resource Centre can help! Call 1-866-699-2623.

We are committed to helping you get the most funding possible from the various programs you qualify for. Let us show you how to get the money that is put aside for you! Don't delay! You can get government money to help you.

Every day that passes more funding and financial assistance, tax credits, and services are being given to businesses like yours! Make sure that you get the funding that you are entitled to!

Many of these programs provide funding that NEVER HAS TO BE REPAYED ! We have trained agents standing by, ready to provide you the information that you need to move your business to the next stage of success.

Our staff is committed to matching you with the programs that will provide you with the funding you are entitled to. Our Agents can be reached via our Email Enquiry.

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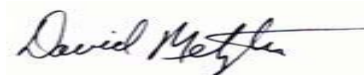
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