

# HEART 2 HEART COUNSELLING SERVICES

We specialize in:

- Pre-marriage Counselling
- Marriage counselling
- Grief/ Bereavement Counselling
- Family and Children Counselling
- Personal Counselling
- Sexual Abuse Counselling
- Addictions Counselling
- Spiritual and Emotional abuse Counselling
- Physical and Psychological abuse Counselling
- Stress management Counselling

At present, all counselling at Heart 2 Heart Counselling Services is done by Rev. Delta McNeish.

Rev. Delta McNeish was born in Jamaica and has lived in Canada for over 42 years. During this time she has been a Minister, a Chaplain and is now a counsellor and a pastor. She has worked as a rehab counsellor at a brain injury facility and earned a certificate in "Neurobehavioral Rehabilitation" while there. She is a certified marriage counsellor (CMC) has earned a certification in Pastoral Counselling (CPC) from The Evangelical Order of Pastoral Counsellors of America, is recognized as a General Practice Psychotherapist (GPP) by the

Canadian Christian Clinical Counsellors Association, and has obtained a Masters degree in Counselling from California State Christian University. She is presently studying for her doctorate.

Delta has been living in Alvinston with her husband George since 1999. She facilitates a Wellness Group at Dale Brain Injury Services and a support group at Beth Emanuel Church in London where she is the pastor. Since 2004 she has been working for the Christian Counselling Centre (CCC) and counsels for them at their Lambeth office as well as in London, Alvinston and Chatham. She also does private counselling and operates as Heart 2 Heart counselling Services

## Making the Right Connection



Counsellor  
Rev. Delta McNeish  
MCE/C

### Mission Statement

Our mission is to foster better relationships, improve quality of life and promote growth and development. Taking a holistic approach we regard the total human with honour and respect. We pay special attention to the connections between body, soul and spirit.

with offices in London and Alvinston. Delta's policy is to counsel those who need it regardless of religious persuasion and no attempt is made to alter the belief system of any client. She uses strategies that come from her many years of experience and the inspiration of Holy Spirit. Her success rate is very high. All clients that are willing to follow her strategies show improvement almost immediately. Many have completely resolved their issues in as little as 2 or 3 sessions.

Delta's first book Crisis: Identity is now available. This is an autobiographical account of how she recovered from abuse using the strategies that she now passes on to clients that have suffered similar abuses. She

also offers strategies in this book that will help everyone learn their Identity as being made in God's Image and therefore lead a more peaceful and successful life. For more information, go to [www.crisisidentity.net](http://www.crisisidentity.net).

For more information about Delta and Heart 2 Heart Counselling Services, you can contact us at

Heart 2 Heart  
Counselling Services  
424 Grey St.  
London, Ontario.  
N6B 1H3,  
Office phone:  
519-679-9402  
email:

[h2h@intercessionministries.org](mailto:h2h@intercessionministries.org)  
Web Site [www.heart2.org](http://www.heart2.org)

Graphic Design, Web Design & Hosting  
Digital Audio Recording,  
Digital Video Production  
CD / DVD duplication  
**George McNeish**  
P.O. Box 404  
ALVINSTON, ON. N0N 1A0  
Phone: (519)898-5341  
Web site: [we-r-digital.com](http://we-r-digital.com)  
E-MAIL: [info@webmallnumber1.com](mailto:info@webmallnumber1.com)  
Now setting up offices at New-Used-Consignments  
5313 Nauvoo Rd, Watford ON. 519-521-4677

# The Watford WORD

THE TRULY FREE NEWSPAPER

MARCH 2009

Starting a new newspaper is an exciting challenge. I feel it is important to have an alternate paper with a local feel. I plan to provide a means for individuals and charities to announce upcoming events. I also want to offer free word ads to individuals while offering discounted advertising to businesses.

This paper is destined to be an outlet for students and amateur reporters. If you have a story to tell, an opinion to express or a pet peeve to vent, here is the place to do it. I will maintain full editorial rights and will ultimately decide what does or does not get printed.

This paper is not a gossip column and I will not permit it to be used to spread gossip. I will also refuse any material that is defamatory to any individual or group. Messages of hate will be excluded as well as anything that would be considered illegal or unethical.

What I want to encourage is positive messages that tell what you or your organization stands for. If you have an amazing or unusual talent, here is where you can tell Watford about it. What has your organization accomplished? What does it plan to accomplish? Watford residents may want to know.

Unusual hobbies, amazing collections of anything, a new product or service. These are a few of the subjects that could be covered on our newsworthy section. You can drop off submission to NEW-USED-CONSIGNMENTS at 5313 Nauvoo Rd. or email them to [news@new-used-consignments.com](mailto:news@new-used-consignments.com).

George McNeish 519-521-4677  
**NEW • USED • CONSIGNMENTS**  
USED APPLIANCES  
LOCALLY PRODUCED ARTS AND CRAFTS  
LOCAL ARTISTS' CD's  
BOOKS by LOCAL AUTHORS

email: [george@new-used-consignments.com](mailto:george@new-used-consignments.com)  
5313 NAUVOO RD, WATFORD ON  
[www.new-used-consignments.com](http://www.new-used-consignments.com)  
*Local artists, crafters and authors*  
Get cash for your art, crafts, music or books.  
Call 519-521-4677 or 519-898-5341 for consignment details or drop in to 5313 Nauvoo Rd during business hours. Open Wed, Thurs, Fri, Sat 10:30 - 8. Also open by appointment or chance.

### There is a new guy in town!

At 56 years of age, George McNeish was down on his luck and out of work. Having run a successful Appliance Timer Rebuilding business since 1984, changing technology and the trend to buy new appliances rather than get the old one fixed, made the timer rebuilding business obsolete. With no accredited training in any other field and at an age where companies were reluctant to provide training, even minimal paying jobs were difficult to obtain. With a growing debt load, Mr. McNeish now finds himself in need of a miracle.

Is Watford the place where miracles can happen? We have yet to see.

With a pretty good knowledge of appliances, McNeish decided to go into the used appliance business. Trying a free ad on the internet he soon found himself overrun

with used appliances. Now desperate to find an affordable place to keep them, he finally found a store front at 5313 Nauvoo Rd in Watford, Ontario. Now, McNeish reasoned, Watford is not likely to be big enough to support a full time used appliance store, so he decided to open it up to consignments. Since he had to use what capital he could borrow very wisely, consignments, rather than investing in expensive inventory, made a lot of sense.

Besides the appliances and consignments, McNeish has augmented his inventory with items he has collected over the years and some new inventory of items not easily found in Watford. "I'm trying to find out what Watford needs and then find wholesalers that supply them. One gentleman came in looking for a USB cable for his printer. I found a supplier in

China and got a shipment of 50 USB printer cables. Later I found another wholesaler in Canada that supplied higher quality cables at a good price, so I ordered an inventory of common USB cables as well as some audio and audio/video cables. I am now able to offer even the high quality cables at a fraction of the price they are in other stores."

McNeish's store, New-Used-Consignments, offers USB cables starting from \$2.99 for 1.5 meter printer cables. The higher quality 6 ft cables start at \$3.99 and go to \$7.99 for the ones with coloured LED lights. Longer cables, transfer cables, extension cables and many specialty cables are available for both computer and audio/video applications.

Another item of note for computer users is a 64 gig high speed USB flash drive for only \$39.99. "I've not seen a 64 gig flash in any other store and even 4 gig flash drives often sell for a higher price," McNeish says. "I could hardly believe it when I found these ones."

For the music buffs, the store carries brand new 3 in 1 chromatic tuner / Metronome / tone generators. Price of these units is only \$49.99.

In starting a new retail enterprise, McNeish feels it is important for every customer to leave with a feeling that he or she got a bargain. He is doing his best to accomplish this, often sacrificing profit for goodwill.

Attention *artists and crafters*. NEW-USED-CONSIGNMENTS  
is now taking consignments of art, crafts or anything new or used.

[www.new-used-consignments.com](http://www.new-used-consignments.com)  
5313 Nauvoo Rd., Watford. 519-521-4677

Open Wed- Sat 10:30 - 8

# MY TEDDY BEARS

by Brianna Tobin

Hi! My name is Brianna and I have about 100 or more teddy bears! My most favourite one is Monkey Emily. I named her after a super star!!!! My next favourite ones are penguin Happy Feet and his mommy Happy Feet. I named them after a movie that I LOVE. Its called Happy Feet too (lol). The fourth one is a kit-

ty named Lea. I named her after my cat because they look alike. The last but not least, Muscle Man is really important because George gave him to me and I even got to stuff him my self. I named him that because I stuffed him so full that he looks like he has big muscles, man! I LOVE all of my Teddy Bears.



[www.ptautocosmetics.com](http://www.ptautocosmetics.com)

Opening Soon:  
**Watford Business will save you money**

Over the past few weeks I've had an opportunity to get to know Paul Tobin, and he is definitely a man who cares about his community.

When Mr. Tobin found out there was a company that designed web sites across the street from his soon to be opened rust proofing / dent repair business, it was a no brainer. He definitely wanted to support local business, so he had Digital Reproductions design his site. You can see the results at [www.ptautocosmetics.com](http://www.ptautocosmetics.com).

Tobin is the kind of guy that likes to please everybody. That is why he will offer two kinds of rust proofing; Econo-shield for the budget minded person and Dura-shield for the quality minded person.

He also will offer a great alternative to expensive body repair when it comes fixing those minor dents and dings. It is paintless dent repair and, as the name suggests, there is no need to paint when the repair is done. Tobin recently gathered a lot more experience in this field when he went to Chatham to repair many hail damaged vehicles.

Many of us don't think about our headlights until we can't see the road ahead. Did you know that many headlight lenses turn yellow over time limiting their ability to illumine the road ahead of us. Well Mr. Tobin has a solution for that also. He can resurface your headlight lenses and cover them with a UV resistant coating that will retard

yellowing in the future.

There are lots of gravel roads around Watford. How often do we meet a vehicle and a spray of stones flies up and bounces off our windshields. Right away we look for damage and sometimes we find minor chips and cracks. Did you know that, if you get it repaired in time, you can often avoid a costly windshield replacement? And did you know that soon you can get that repair done right here in Watford? Yes PT Autocosmetics will soon be offering windshield chip repair to further serve the residence of our little town.

Rust proofing, dent and ding repair, headlight lens resurfacing, windshield chip repair. What else might you think Tobin would get involved in. Well how about mini spot cosmetic repair to fix small chips and scratches on your vehicle. Yes Paul Tobin will soon be offering many ways for you to get your vehicle repaired at a significant cost saving. And best of all you don't have to go to the city to get it done. He will be setting up PT AutoCosmetics right at 5312 Nauvoo Rd, Watford, ON.

Yes, but when is this all going to happen? Rumor has it that PT AutoCosmetics will be opening as early as April of this year. You can call Paul Tobin at 519-402-DING (3464) or email him at [ptautocosmetics@execulink.com](mailto:ptautocosmetics@execulink.com) for more information.



## Classified ads.

### ADVERTISING



The Watford Word is now calculating the cost of printing and distributing the paper so we can come up with an advertising structure. We want to distribute the paper free to every home in Watford and Watford rural routes if possible. We also want to offer free word ads to Watford residents while offering reduced cost and full colour ads to local businesses. If our budget allows, Display advertising would be about \$6 per column inch with about half the paper dedicated to paid advertising. We are aiming at a monthly distribution. For free word ads, Watford residents should email their ad to [word@new-used-consignments.com](mailto:word@new-used-consignments.com) or bring them to 5313 Nauvoo Rd. Watford. All free word ads should be for advertising personal property (buy or sell) or making personal announcements. (birthday, anniversary, deaths, births etc.) and should include a local phone number.

Business may also bring their ideas for display advertising to 5313 Nauvoo Rd. or they can call George at 519-521-4677 or 519-898-5341. Email inquiries or submissions can be sent to [ads@new-used-consignments.com](mailto:ads@new-used-consignments.com). I will be glad to stop into your local place of business to discuss your advertising needs and how the Watford Word could be the answer.

I also offer poster and flier design and printing, business cards, letterhead, Web design and many other services through my graphics company "Digital Reproductions."

## ATTENTION WRITERS AND REPORTERS.

*The Watford* **WORD** needs your help!

Since we are providing this paper for free, we don't have a lot of money for staff, so we are looking for free stories, news, etc. to publish. We welcome articles about hobbies, charities, church news, student essays or anything that may be of interest to Watford residents. Teachers; we want to cooperate with you. Perhaps an essay contest could be arranged where the winners would be published in the WORD. If there is a business that would like to contribute a prize, that would be great also.

Student reporters; get your news articles published here. You get to see what your finished article looks like in print while you build up a portfolio of your work.

I anticipate that this will be a different kind of paper. It will be one that everyone will anxiously wait for so they can find out which of their neighbours has something published this month in the WORD.

The **WORD** is getting around.

This space could be yours.

Call

519-521-4677

or

519-898-5341

for details

Full **COLOUR** Advertising at an affordable price.

# This Space could be yours

for as little as \$6.00 per column inch

## Classified ads.

### FOR SALE

USED fridge. \$150.00 very clean. NEW-USED-CONSIGNMENTS. 5313 Nauvoo Rd. Watford. 519-521-4677 or 519-898-5341.

Two used stoves. \$150.00 each. NEW-USED-CONSIGNMENTS. 5313 Nauvoo Rd. Watford. 519-521-4677 or 519-898-5341.

USED electric Dryer. \$150.00 large capacity. NEW-USED-CONSIGNMENTS. 5313 Nauvoo Rd. Watford. 519-521-4677 or 519-898-5341.



Only 2 left but more are on their way. NEW-USED-CONSIGNMENTS. 5313 Nauvoo Rd. Watford. 519-521-4677 or 519-898-5341.

Antique radio in cabinet with stereo speakers. Was \$60.00 now only \$30.00. NEW-USED-CONSIGNMENTS. 5313 Nauvoo Rd. Watford. 519-521-4677 or 519-898-5341.

By now you must be getting tired of seeing ads for NEW-USED-CONSIGNMENTS. 5313 Nauvoo Rd. Watford. 519-521-4677 or 519-898-5341. Watford residents, try putting your free word ad here. Businesses pay only \$6.00 per column inch for word or display advertising. Full colour available.



[www.ptautocosmetics.com](http://www.ptautocosmetics.com)

PT AutoCosmetics is opening soon. Call Paul Tobin at 519-402-DING (3464) or email him at [ptautocosmetics@execulink.com](mailto:ptautocosmetics@execulink.com) for more information.



NEW-USED-CONSIGNMENTS is looking for artists and crafters who want to sell their work. Our goal is to provide an outlet for locally made items of all kinds. If you or someone you know would benefit from this service, please call 519-521-4677 or 519-898-5341 or drop in to 5313 Nauvoo Rd. Watford. (Near Library)

Email: [art@new-used-consignments.com](mailto:art@new-used-consignments.com)



Original Oil Renaissance Painting by Hilary Higgins. \$75.00 We encourage artist to bring in their work for consideration. We have a very reasonable consignement agreement. NEW-USED-CONSIGNMENTS. 5313 Nauvoo Rd. Watford. 519-521-4677 or 519-898-5341.