

Schedule F of	Applicant:	SEC File Number:	Date:
Form ADV			
Continuation Sheet for Form ADV Part II		801-	

1 D. Our fee structure as shown on our web site

Paying For Our Services:

One Annual Fee*

10 million +	0.50%
5 million to 9,999,999	0.65%
2 million to 4,999,999	0.75%
1 million	1.0%

Our fee level is based on the aggregate market value of each client's related accounts, and is charged quarterly in arrears.

*The annual fee that we charge on your money in non-registered accounts can be tax deducted, and is charged in addition to discount rate transaction costs charged by the broker.

Minimum asset size \$1,000,000.

- 4 B. We use technical downloads from sites like stockcharts.com re price and market internals to input into our own proprietary selection of filters that we have put together over the years to help us determine favourable buy and sell points for our investment universe. We use only Exchange trade funds (ETF's) and individual fixed income holdings to structure our accounts. We do not buy individual company shares.

- 5 We require all of our staff to have college or university training as well as industry courses and certification. But only our two principals Cory Venable and Danielle Park give client advice.

6. Education and Business standards for our advisors:

Cory Venable CIM, FCSI, CMT
Partner, Portfolio Manager

DOB: Feb 10, 1963

A Canadian Investment Manager (CIM) course graduate Cory is a Fellow of the Canadian Securities Institute with over 18 years of market experience, Cory is the technical analyst for the practice.

A Chartered Market Technician (CMT), Cory is a member of the Canadian Society of Technical Analysts (CSTA), The American Finance Association (AFA), and the Market Technicians Association (MTA) based in New York.

Danielle Park LL.B., CFP, CFA
Partner, Portfolio Manager

DOB: July 27, 1965

With over 18 years of professional consulting experience, Danielle is an attorney as well as a Chartered Financial Analyst (CFA) a Certified Financial Planner (CFP) and finance author. She holds a Bachelor of Arts (BA) in English Literature and Psychology as well as a Bachelor of Laws (LL.B.)

Danielle is a regular guest on North American media and a popular keynote speaker on investment markets and money. She is the author of the best-selling book "Juggling Dynamite." and a popular financial blog:
www.jugglingdynamite.com

She is a member of the internationally

recognized CFA Institute, The Toronto Society of Financial Analysts (TSFA), and continues to be a member of the Law Society of Upper Canada.

OUR NON-ADVISING SUPPORT TEAM

Colleen McHale-Hoey, Senior Portfolio Assistant

Colleen brings to the team, over 13 years of experience in the investment administration and support area. Licensed by the Canadian Securities Institute, Colleen is a graduate of the Professional Financial Planning Course (PFP) as well as having just written her final exam to complete the Canadian Investment Manager (CIM) course.

Beth Duncan Senior Office Administrator

Beth brings over 17 years of experience in the investment administration and support area. Beth is licensed by the Canadian Securities Institute, and as a Branch Manager with the Investment Funds Institute of Canada.

Wendy McGean Administrative Assistant

Wendy brings over 8 years of experience in the client administration and support area. Wendy has a Bachelor of Science (Math & Chemistry) as well as a diploma in Computer Science and is presently completing her Canadian Securities Course (CSC).

In addition to our staff above, our account custodian TD Institutional Services brings us many other dedicated professionals to assist with account transactions, admin, client reporting and security.

9. Interest in Client Transactions

We do not sell any financial instruments to our clients. We do not participate in new issues and we do not buy or sell individual company shares. We do utilize Exchange traded funds (ETF's) trading on the open market, some no-load mutual funds and individual investment grade bonds and preferred shares.

We have included a copy of our firm Policies and Procedures Manual.

Paragraph 11 therein, specifically outlines trading policy within any personal accounts of related persons at the firms as follows:

PERSONAL TRADING

The establishment and enforcement of a detailed policy on the personal trading of responsible persons is a prudent business practice.

1. Personal Trading Policy:

The compliance officer shall monitor any personal transactions, maintenance of records, insider trading, restricted securities etc., to ensure that all are in accordance with regulation and at a minimum as outlined in section 118(1) of the OSC Act and its equivalent in other provincial jurisdictions.

An independent staff member shall review personal trades of the compliance officer. This policy shall be accessible for review by all staff.

- i. Firm members shall seek the Pre-approval of the compliance officer before executing any personal trade and shall maintain documentation of the pre-approval and the transactions thereafter.
- ii. Delivery of brokerage account statements and trade confirmations for responsible or access persons.

If any personal transactions are completed at an institution outside of the firm's brokers, staff shall provide the compliance officer with trade slips to disclose the details of it.

10. We have a 1 million dollar minimum deposit per household accounts to become a client of our firm.

11. A) Clients have the ability to view their account holdings and all Transactions on line 24 hours per day through the custodian web site
-Clients receive trading notices and month-end statements as well as year- end tax information directly from the account custodian

-all trades in client accounts are reviewed by the compliance officer and portfolio assistants and are cross-referenced daily with our 3rd party portfolio management software Ndex systems.

11. B) Written account reviews are completed annually and reviewed by the advisors with each client.

In addition clients receive a month end newsletter written by the Portfolio Managers each month on their assessment of market climate and developments. (Sample for November 30, 2009 enclosed, an archive of the past 6 years of market letters are posted on our web site)

12. A. (3) The firm selects one custodian/broker for all of the firm's client accounts. The custodian/broker is selected based on security, service, competitive pricing and reputation to the public.

(4) The commission rates or fees charged by the broker are negotiated and determined upfront and en masse in advance across the entire book of assets. As assets under management grow, the firm continues to negotiate the lowest fee schedule possible for their client accounts. The same rate schedule is applicable to all accounts.

The firm itself does not receive any soft dollar benefit, product, research or services from the broker in exchange for the trades they place.