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# Marketplace

NEWSLETTER

ALTA VISTA-HUNT CLUB • RIDEAU PARK • PLAYFAIR PARK • HUNT CLUB PARK ZONE G 1011

## THE DRY CLEANER

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Inside **Loblaws**

### Winter Coat Special

**\$8.97**

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Zip out lining extra.  
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leather & fur.

With Incoming order.  
Cannot be used in  
conjunction with any other offer.  
Excluding Suedes/Leathers.  
Expires November 21, 2011

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FREE PICK UP & DELIVERY  
[thedrycleaner.com](http://thedrycleaner.com)

## Fendor Glass and Aluminum

### Energy efficient windows and doors

Increase the energy efficiency of your home this fall by installing quality windows and doors from Fendor Glass and Aluminum.

Windows and doors not only add style and beauty to a home, they also add insulation, which can help reduce your heating bill. Fall is the perfect time of year to choose new windows and doors as it takes four to six weeks to order and install them.

From modern to classic doors, and sliding to hanging windows, Fendor can customize a door or window to fit any space,

suit your taste and meet your budget. Choose from brand names such as Fenplast, Gengrove and Haas, and select your favourite features, styles and colours. Visit Fendor's Westboro showroom, or arrange for one of their friendly and knowledgeable staff to visit your home to provide you with a free quote.

Family owned and operated since 1941 Fendor Glass and Aluminum sells, installs and repairs residential and commercial windows, entrance and garage doors. Fendor also manufactures and sells Fendock aluminum docks.

Owner and President Greg Westwell bought Fendor from his father in 1993 and works with his sons in the same Westboro location Fendor has been operating out of



since 1941. Greg and his long-standing team are dedicated to customer service and take pride in installing quality products to enhance the look of homes throughout the Ottawa area.

Stop by Fendor's showroom at 335 Roosevelt Ave, or call (613) 722-6581 to arrange your free consultation. For more information, visit [www.fendor.ca](http://www.fendor.ca).



Windows ■ Entrances ■ Garage Doors

One of 15 community newsletters. Premium city wide circulation over 112,000.

## Unique Vision at Optical Excellence!

When you want glasses or shades that are exclusive, diverse and artistic - look no further than **Optical Excellence!** Husband and wife team **Wendy and Bruce Tobin** provide an extraordinary selection of frames along with a warm and comforting atmosphere, because they understand that buying glasses can be a difficult experience. Bruce is the 'go-to-guy' if you have a problem with your frames or lenses and provides ongoing after-care by solving problems long after the purchase is made. At Optical Excellence many of their frames are truly works of art or 'optical jewellery'. **Optical Excellence is an independent business**, so they deal with the best suppliers. They carry the Yabi Spirit line - one of the most elite lines in the world. Made exclusively for Optical Excellence are Walter Wissing hand-made frames - simply superb.

**Award winning optician Bruce Tobin** has been in the optical business since the 1970's and at the Bank Street location for the last eight years. With his past work in the production of lenses, Bruce truly understands how lenses



function. He knows what makes a lens great. Bruce provides perfect lens with hands-on craftsmanship, using the most technologically advanced cutting tools available. Custom fitting and shaping of each lens is done on site. Bruce is also a contact lens specialist and works closely with the Irlens Syndrome Institute.

When you want the best for your eyewear needs - from contact lenses, to optical lenses, to sunglasses or to athletic eyewear - visit Optical Excellence. Optical Excellence - 779B Bank Street in the Glebe - call 613-232-8586. Visit [www.opticalexcellence.ca](http://www.opticalexcellence.ca) and check out the Optical Excellence page on Facebook.



## A Sound Decision! Free Hearing Test Davidson Hearing Aid Centres

Since 1943, three generations of the Davidson family have been serving the needs of Ottawa's hard of hearing community. Located at 1399 Bank Street in Ottawa and at 28 Thorncliff Place in Bells Corners, this customer-centric practice offers the best service and the latest hearing aid brands and styles. Is your hearing where you want it to be? Visit a Davidson Hearing Aid Centre today for your **FREE Hearing Test!**

If you require a hearing aid, the Audiologist or Hearing Instrument Specialist will explain your results and help you to make a decision about which one meets your needs. Davidson Hearing Aid Centres stands behind every hearing aid that they fit and your satisfaction is guaranteed. There is a 60-day trial to ensure that your device is the best solution for your hearing needs.

Your hearing aid should be checked every six months to ensure



that it's providing you with the best possible sound. Unfortunately, many people delay having them looked at because of the cost. For this reason, Davidson Hearing Aid Centres will **check and clean your hearing aid for FREE**. In addition, Davidson Hearing Aid Centres offers an earwax removal service as well as house calls for people who are house-bound.

Improved hearing is just a phone call away! Call Davidson Hearing Aid Centres today at 613-233-4374 (Ottawa) or at 613-721-8218 (Bells Corners) to make an appointment. Visit [www.davidsonhearingaids.com](http://www.davidsonhearingaids.com) for more information. Hours of operation are Monday to Friday from 9am to 5pm.



POSITIVE NEWS ABOUT GOODS AND SERVICES IN YOUR NEIGHBOURHOOD

# Hope and a Future

## Annual Fundraiser Auction & Dinner Friday Oct. 21

Jericho Road Christian Ministries is committed to bringing hope and healing by offering homes and assistance to the poor, addicted and mentally ill. While Jericho Road's Care Homes provide support and assistance to men with mental illness, the Discipleship and Graduate Houses address the needs of men striving to overcome drug and alcohol addiction. At Jericho Road, we have seen a total transformation in men who have completed our residential Christian addiction treatment program. We have also seen men with mental illness find stability, hope and a place to call home under a Jericho Road roof. Men are referred to Jericho Road from addiction treatment centers, hospitals and jail. Jericho Road is recognized by the judicial system and is highly respected by judges, lawyers and probation officers. Emphasis is placed on building personal discipline and structure.

This ministry was started 25 years ago by Ray Desmarais on the streets of Ottawa. A barber by trade, Ray began cutting hair for men on the streets and later rented the basement of a church to serve coffee, a meal, offer friendship and a message of hope to all who would listen. Jericho Road still operates its coffeehouse on Wednesday nights for the homeless and hungry of Ottawa's streets. From such simple beginnings, this non-profit, inter-denominational organization now operate 8 homes for men, an



Ray Desmarais - Director

addiction treatment program and employs 13 full and part-time staff. What a track record of hope and healing!

However, there is still work to be done; individuals in need of hope and a future still walk the streets of Ottawa. If you are a supporter of Jericho Road Christian Ministries, I thank you. If you want to join our support team, cheque or credit card donations may be made directly to Jericho Road, designate your United Way contribution to Jericho Road Christian Ministries charity number 894761436RR0001, or plan to attend our **annual fundraising Dinner and Auction on Friday, October 21 at the Hampton Inn.**

Hope R. Versluis, Executive Director  
613-567-5134

Jericho Road Christian Ministries  
73 Springhurst Ave., Ottawa, ON K1S 0E2  
www.jerichoroad.ca



# Only the Best Best Quality in Ottawa

"Only the best." That is Nenad Vreca's, owner of Neno Painting, promise to you. Nenad has been painting for over twenty years now and is very skilled at what he does. He has always been dedicated to the customer's satisfaction which is why he searched the whole city to find the best tools, the best paint, and promises you not only the best job, but the best price in Ottawa.

Before Nenad completes a job he inspects the whole site to ensure that everything is perfect. "I refuse to do anything less for them" he assured me while we were talking. He also informed me that his customers are always kept up to speed with the work that he is doing; after all they are the ones who are living with these walls. Whether you want to add some spice to your living room walls, or if your commercial building needs a face-lift Nenad is the one to phone for all your paint jobs. Personable and dedicated are



two skills that any worker needs, and Nenad has got them both.

For any questions or for more information Nenad can be reached at home at 613-737-5632, or on his cell phone at 613-240-8923. If your walls need a change then contact Nenad immediately.

## NENO PAINTING



"We are all faced with magnificent opportunities, brilliantly disguised as impossible situations." Charles S. Swindoll

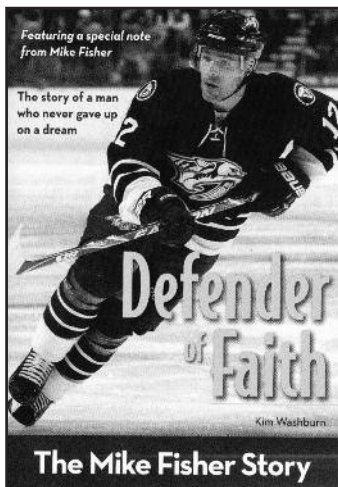
# Inspiring Biographies at Salem Storehouse

What Senator has been as popular in recent years as Mike Fisher? He is a wonderful role model for the children in our city, even though he no longer plays for Ottawa. His biography, written for 8-12 year olds but appropriate for readers somewhat older as well, tells of how he got his start in hockey, and what inspires him in life. This book sells quickly; come in today to pick up a copy for the young person in your life!

Three particular aspects make Salem Storehouse a popular destination:

- Shopping here is an experience. Our customers love our warm, peaceful atmosphere. Our staff are helpful without being pushy, the coffee is free, and we are about ministry as well as business.

- Many of our staff have been with us for years; throughout their time with us they have built up an extensive knowledge of what is available in the Christian book and music market. We have Bible experts, book experts, music



experts, and gift product experts.

- We are locally-owned, and involved in the community!

Drop by to see us today! Salem is located at 1558 Merivale Rd., in the Nicastro Centre, and is open 9-9 Monday through Friday, and 9-6 on Saturdays. Call 613-727-0203. Visit [www.salemstorehouse.com](http://www.salemstorehouse.com) for more information, or to order products online. Or visit our downtown location at 315 Lisgar St.; 613-688-2761.

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**KARATE KIDS**  
Do It For Them  
**JOIN NOW!**

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**613-733-5656**  
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## Personal Service at Hunt Club Pharmacy...

When was the last time you got personal service on your prescription? At **Hunt Club Pharmacy** personal, friendly service is the way they do business. They often know their customers by name! Conveniently located at the corner of Hunt Club and Bank St., Hunt Club Pharmacy has everything you need for personal, up-to-date health care with the warm, welcoming feel of an old-style pharmacy. From greeting cards, to an array of over-the-counter drugs, to foot care and first aid, Hunt Club Pharmacy has it all. They have a selection of home health care products and devices for elderly family members, or after an injury. There's even a comfortable waiting area while you wait for your prescription. Hunt Club Pharmacy has everything you need as well as excellent pharmacy advice and a personal approach to your health care needs.

Partners and pharmacists **Solly Saloojee**, **Ian McNeil** and the welcoming staff have made Hunt Club Pharmacy a respected and trusted community institution. Solly has been serving the



south Ottawa community for over 20 years. With new partner Ian McNeil, they've made Hunt Club Pharmacy – part of the Rexall family of pharmacies – the go-to place for health care advice in the neighbourhood. Hunt Club Pharmacy is open 7 days a week and on statutory holidays - so when you need a prescription filled, you get it filled. Hunt Club Pharmacy also offers FREE DELIVERY.

When you want personal service along with expert advice on your medications – talk to Solly, Ian and the friendly staff at Hunt Club Pharmacy. **Hunt Club Pharmacy - 2430 Bank Street** at Hunt Club – there's plenty of free parking. Call 613-521-7955 or fax 613-521-6022. 

**Guardian**<sup>TM</sup>

Creative: PS design group 613-838-7212 • Writers: Erica Simmonds 613-422-8692, Peggy Vice 613-596-9832, Sheryl Bennett Wilson 613-730-5530

## Medical Care...When you Need it at Southbank Medical Centre

From kids to grandkids, from parents to grandparents – **Southbank Medical Centre** is there when you need medical care. Last year the clinic was open 365 days! *The Walk-In clinic makes seeing a Doctor Convenient, Fast and Easy.* Most of the time, you are seen by a physician within an hour. If you need further treatment, you'll be immediately referred. Southbank Medical Centre offers a number of services including PAP tests, Pregnancy tests, Immunizations and care for Foot pain and Orthotics. All you have to do is walk-in. Other services that require an appointment include Annual physicals, Aviation and Driver exams and Pediatric and Baby Care.

**Southbank Medical Centre also offers** medical services in a number of specialized areas. Doctors are available in Obstetrics and Gynecology, Pediatrics, Aviation Medicine and Dermatology, as well as Family Medicine. Many of these specialized services are available without a referral - check by calling the centre first.



At Southbank Medical Centre your records are stored electronically. So when time is of the essence, your records are quickly available to other doctors and hospitals.

**Southbank Medical Centre actively supports** and participates in community events for CHEO, especially the CN Cycle for pediatric cancer. Giving back is important. Southbank Medical Centre makes it *Convenient, Fast and Easy to take care of your health.* You can even fill your prescription fast; Hunt Club Pharmacy is right next door. Southbank Medical Centre is there for you...365 days a year Monday to Friday, 8:30am - 8:30pm, weekends 9:00am - 5:30pm. Call 613-736-6946 to request an appointment. Southbank Medical Centre is located at 2430 Bank Street at Hunt Club. Visit [www.southbankmedicalcentre.com](http://www.southbankmedicalcentre.com). There is plenty of free parking. 



## Furnace Factory Direct<sup>INC.</sup>

### Finally the Service you've been looking for

Furnace Factory Direct has the service you've been looking for when it comes to all of your heating and cooling needs.

Now is a great time to be looking for a new system. With **Government rebates back** you could be eligible for up to **\$1,690.00\***. With American Standard offering an additional \$1,000.00 on their premium line, you could save a total of **\$2,690.00** in rebates\*.

Owner Tom Kingdom and his team service homes in Ottawa and surrounding areas with professionalism, courtesy and respect. From the friendly office staff to the uniformed, factory-trained technicians, they are committed to providing exceptional customer service. They take the time to ensure your equipment is properly installed and serviced, and to answer all of your questions.

A member of the Better Business Bureau, Furnace Factory Direct is proud to have been nominated for the Torch Awards that recognize local companies that excel in customer service.

Furnace Factory Direct sells, installs and repairs air conditioners, furnaces,



boilers and accessories, such as filters and dehumidifiers as well as duct cleaning. Comprehensive protection, maintenance and cleaning packages, as well as 24-hour emergency service are also available.

If you're looking for a new system or need service, Furnace Factory Direct will be the best choice you'll make. Call today for our great promotional rates.

Furnace Factory direct is located at 174 Colonnade Rd. Unit 9. For more information about their products and services, please call (613) 829-8186, or visit [www.furnacefactorydirect.ca](http://www.furnacefactorydirect.ca). 

## Veronica "Sam" Hunter, Coldwell Banker Coburn Realty Tips for a Safe, Comfortable Winter

### Exterior Maintenance


- Cleaning your gutters can avoid everything from roof damage to a flooded basement.
- Repairing driveway and sidewalk cracks avoids the ice build-ups that worsen current cracks and cause more cracks to surface.
- Inspecting wood-stove or fireplace chimneys before the first use this season is very important. Clogs can be very dangerous, resulting in gasses filling your home or a smouldering chimney fire.
- Draining and putting away hoses when gardening season is over avoids ruining them through freezing and cracking.

### Interior Maintenance

- Testing and replacing smoke-alarm batteries and carbon monoxide detectors saves lives!
- Cleaning or replacing your furnace filters improves furnace efficiency and helps create a healthier environment for your family.



- Checking your home for energy leaks by inspecting your attic insulation and door and window weatherstripping are inexpensive ways to save money on your heating bill.
- Investing in a programmable thermostat allows you to have a comfortable temperature when you are home, yet save energy while you are away.

If you are considering a purchase, looking to sell your home quickly, or need a market evaluation please call **Veronica (Sam) Hunter** at 613-858-6767. Sam always puts your priorities first. Whatever is important to you is always important to her creating a unique approach to each purchase or sale of a home. For top-notch client services in any real-estate matter, call Sam or email [sam@coburnrealty.com](mailto:sam@coburnrealty.com). 



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& RECEIVE A TOTAL OF  
\$2200 OFF A SYSTEM!!!**

**\$510 from Furnace Factory\*  
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\*See dealer for details**

## Desjardins – BANK OF THE YEAR – Canada Maybe it's time you switched banks!

Desjardins caisses – safe, secure banking with a difference and now **Bank of the Year – Canada** for 2010! The prestigious British magazine *The Banker* published by *The Financial Times* presented Desjardins with the award in December 2010. The award not only recognizes outstanding financial acumen but applauds the commitment to community involvement, charitable work and member satisfaction. Desjardins also ranks 4th in the



*top ten safest financial institutions in North America.* They have a state-of-the-art virtual network of automated tellers and internet. Maybe it's time you switched banks!

Right now for a limited time Desjardins is offering **mortgage rates starting at 2.99%**. Ask the experts at **Desjardins** about the best mortgage for your needs. Their qualified mortgage representatives and advisors will determine your mortgage profile and your budget to find the ideal mortgage – just for you. Whether you're looking for stable rates and payments, variable rates and stable payments or both variable rates and payments the experts at Desjardins make sure your money works for you.

**Desjardins caisses** – safe, secure banking with a difference and now **Bank of the Year – Canada!** Go on-line at [www.desjardins.com/home](http://www.desjardins.com/home) for more information on your mortgages needs. You can also call **Desjardins Caisse Rideau** at 613-241-1316, **Caisse Vision** at 613-745-0071 or contact our Mortgage Representative **Sylvain Joannette** at 613-897-1972. **Desjardins – money working for people.**

## Fabulous Decorating Ideas at Custom Home Interiors!

Whether you're a developer, designer or a do-it-yourselfer **Custom Home Interiors** has an extraordinary selection of everything you need to decorate and improve your home. *'Everything under one roof for Every room under yours.'* It's like having ten stores in one! You can choose from furniture, to fabric, to paint, to flooring, to window coverings even to art - all in one place. The show case rooms are spectacular. They'll provide you with great ideas whether you're a decorating professional or a renovating home owner. **Andrew Emmans**, Director of Sales and Marketing and **Tyler Dren**, Director of Operations say Custom Home Interiors is open to anyone. For developers and home builders it's an ideal place to select top-of-the-line finishing's. Interior designers can access an incredible array of sample books from well-known manufacturers. If you're doing your own designing and remodelling, Custom Home Interiors has a sensational assortment to



choose from. If you're looking for decorating or renovation professionals, Custom Home Interiors can provide them too.

Not only will you find top end brands and manufacturers of appliances, furniture, fabric and paint, **Custom Home Interiors has everything you need to automate your home.** You can control your home audio, entertainment and security all on one system. In need of a new wide-screen television? Custom Home Interiors can oblige. Speakers? Not a problem. They'll give you advice on how to make the entertainment room of your dreams.

**Custom Home Interiors literally has solutions for every customer.** Whether you're a professional builder, architect, designer or a home owner looking for ideas, Custom Home Interiors has it. Visit the Custom Home Interiors show rooms at **2202 Thurston Drive** or go on-line for ideas at [www.customhomeinteriors.ca](http://www.customhomeinteriors.ca). Call them at 613-248-1244.



**Winner of the 2010**  
Ottawa Citizen People's Choice Award.  
**Winner of the 2011**  
Best Showroom of the Year Award.

"Self discipline is when your conscience tells you to do something and you don't talk back." W.K. Hope

## Creative Hardscapes Kitchen and Bathroom Renovations

Chris Doyle of **Creative Hardscapes** is now offering his creativity and construction skills to discerning clients renovating their kitchens and bathrooms. Book before **December 31** and receive a free concrete countertop on any kitchen renovation costing more than \$10,000, or a free concrete sink for bathroom renovations.

Using Chris to craft your renovation promises you a unique and durable result. Chris is an accomplished artisan, often using concrete as his medium. Concrete has become the material of choice for designers and homeowners. Decorative concrete, with its unique ability to be stained, coloured, moulded, and personalized, is showing up in retail stores, trendy restaurants, offices, and homes. This popularity can be attributed to concrete's versatility, distinctive look, natural qualities, and the superior craftsmanship required when installing concrete countertops, fireplace surrounds, bathroom vanities, and table tops.



Dedicated to providing high-quality craftsmanship along with honest and reliable service, Chris, using one of the world's oldest materials combined with new age technology, will give your house a unique, modern look. He works efficiently while keeping the surrounding environment tidy. With more than 15 years experience in the business, he uses only the highest quality materials, providing a finished product that will exceed your expectations.

Visit [www.creativehardscapes.ca](http://www.creativehardscapes.ca) and a look at the photo gallery that can start your design ideas flowing. Contact Chris today at 613-482-9414, or by email at [chris@creativehardscapes.ca](mailto:chris@creativehardscapes.ca), to arrange for your free estimate.

**CREATIVE**  
**Concrete**

*Kitchens & Bathrooms*

## Are you ready for Flu Season? Kilborn Naturopathic & Wellness Centre

The best way to defend yourself from the cold and flu season is to have a good offence. If you're concerned about the flu season and the arrival of the latest strain of flu **Vivienne Guy ND** at **Kilborn Naturopathic & Wellness Centre** has your health in mind. Start her immune boosting methods now, keep them up for the New Year and stay healthy. Try these tips for boosting your immune system for a 'flu-free' season.

**Fuel up with food** - Eat a diet high in complete protein, essential fatty acids, complex carbohydrates and lots of fruit and vegetables to support your immune system. Avoid processed or sugary foods.

**Wash your hands** – Really, it can be that simple. Clean your hands regularly and thoroughly with 20 seconds of scrubbing with soap and hot water. Avoid touching your face.

**Rest** - Get a full night's sleep. A busy life can get in the way of your health.

**De-stress** – Wind down daily. Emotional stress and worry can depress your immune system.



**Exercise** – Walk, stretch – it will help boost your immune system. If you do have flu-like symptoms, avoid extreme exercises.

**Natural Medicine** – Boost your immune system with safe, effective natural products that will keep your energy and mood up throughout the coming cold season.

Take charge of your wellbeing! **Vivienne Guy ND** can help you understand natural products, your health awareness and guide you on your journey to optimum health. Call Dr. Vivienne Guy at the **Kilborn Naturopathic & Wellness Centre** at 613-738-8000. The centre is conveniently located at 201-1385 Bank Street. Visit [www.kilbornwellness.com](http://www.kilbornwellness.com). Dr. Guy is accepting new patients.

