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# Marketplace

NEWSLETTER

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## Simplify Your Home Décor

### Lynwood Window Fashions

Choose ease and simplicity with custom roller shades for your window fashions. Roller shades have come a long way from the fringe trimmed vinyl bedroom shades you could order from a catalogue. Today's roller shades offer an astounding array of fabrics, patterns and style options.

When you'd rather be enjoying life than cleaning your house, roller shades can be your new favourite household item. Easy to

use, they are even easier to maintain with no horizontal slats to collect dust.

Shade fabrics range from solar fabrics to sheers, from décor enhancing patterns to fabric-faced room darkening solids. We can even provide a shade with your own artwork or pictures printed on the fabric. Whether you add a custom fabric valance, a custom wood valance, a cassette or choose a minimalist open roll, there is a roller shade for almost every window. How do you know which shade will be the best choice for your particular windows?

Lynwood Window Fashions is a supplier of quality custom drapery, shutters, blinds and shades including roller shades. Check our **website photo gallery** for ideas. Detailed measurements and professional installation are included.

Trish at Lynwood Window Fashions can consult with you in your home to help you make the proper choice for Roller Shades or any of a wide variety of window fashions. Call now to book your complimentary in-home consultation and receive **15% off all custom roller shades purchased before September 30th.**



Call 613-299-6535, email [trish@lynwoodwindowfashions.ca](mailto:trish@lynwoodwindowfashions.ca), [www.lynwoodwindowfashions.ca](http://www.lynwoodwindowfashions.ca)



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

## Cedarview Guardian Pharmacy

### Where Family Comes First

When was the last time you needed a prescription refilled on a holiday when the store was closed...you called the pharmacist at home and he came in to fill the order for you that day? What about late night advice from the pharmacist who knows your medical history and can suggest the best course of action? That's the kind of service you can expect from Vijay Shukla, pharmacist, Certified Diabetes Educator and owner of Cedarview Guardian Pharmacy. Vijay describes his pharmacy as a "virtual 24 hour store" where he is just a phone call away from answering any of your questions anytime, day or night. He knows his customers profiles and medical history and will even follow-up the next day to check on their progress. It is customer oriented, personal service you can't find at any of the big box drug stores. As Vijay says, "an old-fashioned pharmacy in a newer generation".



Besides the great service, you'll find a wide range of Boiron homeopathic products for all ages; special health products for women by renowned author, researcher Lorna Vanderhaeghe; a large selection of compression stockings by Sigvaris designed to improve circulation and prevent swelling of the feet and legs; home health care items like canes, back supports and pillows and everything else you'll need for your family's health care. Vijay can also provide compounded prescriptions for those requiring special doses or formulations. For a pharmacy where service is a priority and your family's health is paramount, visit Cedarview Guardian Pharmacy at 112-4100 Strandherd Drive in Barrhaven. Monday to Friday 9am-8pm; Saturday 10am-4pm and Sunday 10am-2pm. Call 613-823-1700 or email [cedarview@dt.pharmassist.ca](mailto:cedarview@dt.pharmassist.ca)

**CEDARVIEW**  
**Guardian Pharmacy**

## Green Bucket Cleaning Service

### Summer Chores

**\$27.00 off first cleaning**

Now that our too-short summer is coming to an end, we will all be spending more time in doors. Using **Green Bucket Cleaning Service** lets you move back indoors while letting somebody else worry about any dirt that has accumulated. Spend your time enjoying activities other than cleaning by calling Green Bucket at 613-314-6093.

The Back to School season also forces us to spend more time in doors. Start the new school year off with a clean house by calling **Green Bucket Cleaning Service** at 613-314-6093. You can focus on all the hectic activity that comes with a new school year and let somebody else worry about the cleaning.

You can avoid those mundane chores without sacrificing your environmental principles, because every day is Earth Day for this conscientious cleaning service. The staff works with only environmentally friendly, non-toxic, bio-degradable products, turning your home into a sparkling showcase.

Long-term Ottawa resident and owner, **Shirley Singh**, focuses on safety and satisfaction,



bonding, insuring, and running police checks on her dedicated staff before they are allowed in your home. After a new-client pre-cleaning visit, Shirley develops a checklist of your particular requirements for the staff to complete, and follows up after the service to ensure you are completely happy.

Shirley and her staff provide her growing list of customers with weekly, biweekly, or monthly cleaning. Green Bucket Cleaning Service also tackles those special, one-time cleaning needs, including move-in, move-out, pre-entertaining, or post-renovation. For more information about various services, visit [www.greenbucket.ca](http://www.greenbucket.ca).

Working professionals, retired people, or anybody with too much work and too little time can easily fall behind with housework. If you yearn for an immaculate home cleaned by people you can trust with products that are safe, one call cleans it all at Green Bucket.



[www.greenbucket.ca](http://www.greenbucket.ca)

# Sales People, Telemarketing & Writers Needed

Retired? Semi-retired? Looking for a fun and challenging work environment? As the Marketplace Newsletter continues to expand into new communities across the region, we are in need of both full-time and part-time writers, salespeople and telemarketers to join our growing team. You must be experienced, self-motivated and driven to succeed. You can work one or more days a week and you require your own transportation.

The Marketplace Newsletter has a distribution network of 15 regions across the city. Telemarketing experience preferred. No selling required. You'll join an active and interesting team in their quest to give a voice to local entrepreneurs and small business owners. The Marketplace Newsletter offers good compensation and the pleasure of helping to raise awareness of services in our community to people who need them.

If this sounds like the opportunity you've been looking for,



please forward your resume to us at [m@marketplacenewsletter.com](mailto:m@marketplacenewsletter.com). Response to our job openings is always significant so apply as soon as possible. We thank everyone for their interest but only qualified applicants will be contacted. Bilingualism will be considered an asset. 

**MARKETPLACE**  
PUBLISHERS INC.

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

## Rainbow Foods Fall Great for Enjoying Organic Harvest

The renovations that made August a busy time for **Rainbow Foods** will continue into September and October, but the hardest part is over. The new improved Fresh Food Department is progressing and the new freezer section looks good. Check out Rainbow's weekly "Reno Special", which offers a super special on a single item each week.


Fall is harvest season, offering plenty of fresh organic produce, especially squash and corn. Rainbow only carries organic fruits and vegetables, trying to source from local organic farmers whenever possible.

The Back to School Flyer, running from September 9th to October 2nd, features many great specials on your favourite supplements, bodycare and food items. Peanut butter, teas, cereals, juices, jams and snacks for lunchboxes, after-school snacks and hearty breakfasts are all specially priced for this busy time of the year. Start the school year off right by offering the family a healthy and delicious diet. Rainbow has many tasty



recipes, from time savers for preparing meals in a hurry, to delectable deserts for ending your meal with something sweet, all available at [www.rainbowfoods.net](http://www.rainbowfoods.net).

Saturday September 17th is **Gluten Free Day** at Rainbow. Learn about gluten-free diets, taste gluten-free foods, sample gluten-free bodycare, talk to suppliers and pick up gluten-free recipes – a great day is planned. Check the Rainbow website for times and more information.

More evening seminars are being planned for September. Please visit the website, or get more information at the customer service desk when you visit the store at 1487 Richmond Road. 613-726-9200 

  
rainbow foods

1487 Richmond Road in Britannia

# Excavating Excellence Ray's Mini Backhoe Service

Summertime means time spent enjoying the outdoors. It's a time to relax by the pool, entertain friends on your deck or patio and make the most of your outdoor living space. If this is the year you would like to spruce up that area, while adding value and beauty to your home, then be sure to call Ray's Mini Backhoe Service.



Don't let the name fool you....these mini machines pack a big punch. With the same hydraulics as full size backhoes, Ray's machines can go places their larger cousins can't and with minimal disruption to your land. Designed to fit into smaller spaces, there is no need to dismantle a fence to gain access and they won't tear up your lawn. Fully insured, owner Ray Komendat specializes in excavating for patios, trenching and property or laneway grading. He

can also excavate existing foundations for resealing or repairs or drain tile replacement. Ray's mini has a 54" front end loader with a 12" bucket for trenching and fence posts and an 18" bucket for larger holes. A box blade with scarifier, a landscape rake and a post-hole digger with a 9" auger are also available. Ray's equipment can also mow heavy brush with a 4' brush hog.

Whether it's improvements or repairs, Ray offers competitive rates and timely service backed by years of experience. For all your excavation needs contact Ray's Mini Backhoe Service in North Gower at 613-286-2921 or by email at [rayk2@sympatico.ca](mailto:rayk2@sympatico.ca) 

**Ray's Mini Backhoe Service**

## Centennial Year Bethel Pentecostal Church

Bethel Pentecostal Church began serving the city of Ottawa in the year 1911, one hundred years ago. We have been celebrating our birthday all year long. We invite the city to join with us on the special days listed below.

First of all, for children we are presenting Kidz Blitz, a group that puts on a multi-media, interactive, high energy program for children. Kidz Blitz will be with us on Saturday September 10 from 2-4 PM. This is a free performance that no one will want to miss. We ask that children be accompanied by an adult. You can find more information at [www.kidzblitz.com](http://www.kidzblitz.com).

PRO, a hip hop, rap artist is coming to perform a concert for the youth of our city on Friday September 23 at 7 PM. This concert is offered as a free gift. PRO has a positive message of hope to share with those who attend.

On Sunday October 9, Carter Conlon from Times Square Church in New York City will speak in the morning at 10:30 am. Carter Conlon is a native of



Ottawa. Everyone will enjoy listening to this dynamic speaker.

In addition to the events planned as celebrations of our 100th anniversary, here is something for retirees.

Wednesday September 14 at 12 noon, Eileen McMillan will be speaking to our seniors' group about her early memories of growing up in Westboro. Eileen is a highly entertaining personality with great stories of days gone by in Westboro. Her talk will be preceded by a full roast beef dinner. Tickets for this event are \$7. Come enjoy a wonderful meal and a great time of fellowship.

For more information you can check our web page [www.bethel.ca](http://www.bethel.ca), email us at [info@bethel.ca](mailto:info@bethel.ca) or call us 613-226-1383. We would love to have you visit with us some Sunday morning. Our meeting starts at 10:30 am. 

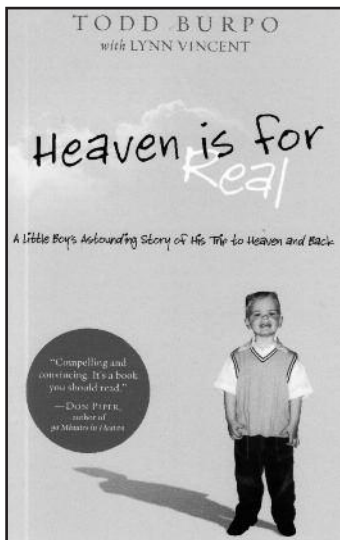
  
BETHEL  
PENTECOSTAL CHURCH

## Food for the Soul Salem Storehouse

Customers of all ages find something at Salem Storehouse to feed their soul. **Heaven is for Real**, the New York Times #1 bestseller, tells the story of a young boy who, after a misdiagnosis, visited heaven and then returned to tell us what he saw. Also for adults is the novel **Courageous**, which will be in theatres September 30. This story of police officers focuses on fatherhood, and is by the creators of the popular "Fireproof."

For teens, **Soul Surfer** the movie, and **Soul Surfer: Ask Bethany** both feature Bethany Hamilton, the young surfer who lost her arm to a shark and continues to surf and inspire everyone around her with her faith and determination.

**Princess and the Popstar** is the latest **Veggie Tale** movie. It encourages children to be content with who they are rather than wishing they could be someone else.



With two locations to serve you, Salem Storehouse is your Ottawa location for soul-inspiring books, music, videos and giftware. Our main store is at 1558 Merivale Rd., just north of Meadowlands (613-727-0203). Our downtown location is at 315 Lisgar, just east of Bank (613-688-2761). Find us on-line at [www.salemstorehouse.com](http://www.salemstorehouse.com)

## Custom Concrete by Creative Hardscapes Enhance Your Property

End of season and last call for concrete repairs and reseals; call and book today, there are a few spots left! It is important to have your concrete strong for the winter and beautiful for the spring. Unlike your average landscaper, **Creative Hardscapes' Chris Doyle** is an accomplished artisan and his canvas is concrete.

From driveways and patios to walkways and steps, Chris can create a customized, unique look for you to enjoy for years to come. Unlike traditional inter-lock stone designs, "stamped" concrete will never shift or become uneven because it contains rebar. The design possibilities are also endless because concrete can be stamped in any pattern and can be matched to any colour. Dedicated to providing high-quality craftsmanship, Creative Hardscapes also offers



"concrete coating" to dress up your old steps, walkways, and patio.

Are you looking for that unique touch to enhance the interior of your home? Chris also crafts beautiful concrete **counter tops, fireplace surrounds, bathroom vanities, and table tops**. Contact Creative Hardscapes today at 613-482-9414 or by email at [chris@creativehardscapes.ca](mailto:chris@creativehardscapes.ca) to arrange for your free estimate. Visit [www.creativehardscapes.ca](http://www.creativehardscapes.ca) for more information.



Creative: PS design group 613-838-7212 • Writers: Lynda Steele 613-489-2636, Peggy Vice 613-596-9832, Erica Simmonds 613-422-8692, Sheryl Bennett Wilson 613-730-5530 • Sales: Siggay Rajzman 613-769-3044

## Nutri-Lawn can Help your Lawn Recover from this Season's Summer Stresses

Top Dress and Overseed your lawn this fall and get a great lawn next spring! **Nutri-Lawn** uses their patented soil amendment – a revolutionary new compost product – to Top Dress your lawn so you get lush, green growth – usually within 30 days. This season has been particularly hot and dry. Lawns are suffering from the severe lack of water this summer. The Top Dressing also helps your lawn retain moisture, adds important nutrients to your lawn, helps prevent turf diseases and speeds thatch decomposition. With Nutri-Lawn's **Organics Plus Top Dressing** you get amazing results! This Top Dressing also helps when you Overseed to thicken your existing turf. The trained Nutri-Lawn technicians apply the seed above manufacturer's specifications. Your lawn gets a core aeration, with professional equipment, first to loosen the soil allowing air, water and nutrients in. Good core aeration also allows better seed-soil contact and Fall is a good time for germination. All you have to do is add water! But remember – *if it dries, it dies.*



Keep your overseeded lawn well-watered daily for three weeks and you should have grass starting to germinate in a week.

Top Dressing and Overseeding right now will give you good growth to enjoy in the next few weeks. Taking care of your lawn this fall will also ensure a spectacular lush lawn next spring. Call **Nutri-Lawn** and get them to apply **Organics Plus Top Dressing** and then Overseed for fabulous lawn results! Prices start at only \$199.00 (plus taxes) for lawns up to 2,000 sq.ft. Talk to Thom Bourne and his **Nutri-Lawn** team at 613-317-2333. Get up to the minute local agronomic updates and special offers at [www.nutrilawn.com/ottawa](http://www.nutrilawn.com/ottawa) or [www.facebook.com/NutriLawnOttawa](http://www.facebook.com/NutriLawnOttawa). Nutri-Lawn is located at 1038 Belfast Road.



## Caress Electrolysis.... "Best Decision I Ever Made"

"Caress Electrolysis is a warm and inviting experience. The professional demeanour of all the staff is quite refreshing and much appreciated. The decision to book an appointment was made after my mother raved about her experience at Caress. I always believed electrolysis was painful and expensive. I was wrong on both counts. For me it was the best decision and investment ever made. I am always telling friends the great experience I have had at Caress and encourage them to at least book a consultation and see for themselves. No more waxing or tweezers. Who would have thought! Thanks Caress!" - Sue

Nothing says more about great service than a personal referral from a satisfied customer. Once you enter the pristine and calm oasis of Caress, your concerns about sterilization and cleanliness vanish as attention to detail is evident. Kathryn and her staff of professional certified electrologists, three with over 20 years experience offer a complimentary consultation and



sample treatment with absolutely no obligation. As an educated consumer you will now have the facts to make an informed decision on whether to proceed with electrolysis. Caress Electrolysis is located at 35 Larkin off Greenbank with free parking at the door or easily assessable by bus route 170 or 95. Conveniently open Monday through Friday from 9:00 to 8:00 and Saturday's from 9:00 till 4:00. It is THE Place to go for professional electrolysis services. Please visit our website at [CaressElectrolysis.com](http://CaressElectrolysis.com) or call 613-825-2299 to book an appointment.



## A year of fun at My Toy Shop A world to explore, discover in Manotick

My Toy Shop offers a wide range of products – from crafts to science kits – to help parents encourage, inspire and foster a love of learning.

In the small, cozy space you'll find a variety of tools to help develop skills in fun and meaningful ways. Melissa and Doug's wipe-off learning mats range from printing and addition to more advanced skills like solar systems and geography; on top of that – they are great take-along place mats! Magformers are powerful magnetic construction kits and teach concepts of geometry, magnetism and 3D.


For quiet moments try Puzzibits (3D puzzles where construction toy meets jigsaw meets arts and crafts toy) and more traditional puzzles or brain teasers like Find It tubes, Thinkfun and Perplexus to name a few.

Family games night is a great way to encourage reading, math, logic and



strategy. My Toy Shop carries classic games like Chess and Monopoly along with unique bamboo games and award winners like the Sandwich Stacking game.

With Hallowe'en quickly approaching, take a peek at the array of costumes – firefighters and fairies, wizards and mermaids as well as reversible costumes...yes 2 in 1!

This is a special month for My Toy Shop; it's their first anniversary. Join owners Claire & Etienne on Saturday September 17 for cake, entertainment, free face painting and more. Visit the website at [www.MyToyShop.ca](http://www.MyToyShop.ca), call 613-491-TOYS (8697), or drop in at 1136 Tighe Street in Manotick. 



## Compliment your landscaping with CurbStyle!

This is concrete curbing like you've never seen before! CurbStyle creates decorative curbing to enhance your landscaping in any colour, any style and any pattern – the design options are limitless. Owners Scott and Deborah Russell learned the process, bought the equipment and brought CurbStyle to Ottawa. The process has been around for over thirty years and you can have it done in usually one day. Imagine improving the look of your expensive landscaping with curbed flower beds, ringed trees or a sensational driveway border. You can even use CurbStyle for garden pathways. Place it around your above ground pool for a fabulous look. **This is not interlock.** CurbStyle is one continuous piece of concrete. It won't rot, rust, shift or pop up like plastic borders. CurbStyle is heavy and durable. CurbStyle adds freeze/thaw additives, reinforcing fibre mesh as well as cutting of expansion joints to prevent any cracking and shifting due to our winter.

**Your choices are unlimited.** CurbStyle can be made to look like brick, slate, flagstone, old stone or random rock to name a few. Coordinate with your house colours for a great



look. You can even build in lighting for a stunning dramatic effect. CurbStyle helps prevent erosion and will keep your gardens bedding material in place. The best thing? **CurbStyle is affordable.** Already have interlock, flagstone or concrete? CurbStyle also provides a sealing service that can make it look new again.

Durable, affordable, beautiful – CurbStyle compliments your landscaping and helps increase the value of your property. Visit [www.curbstyle.ca](http://www.curbstyle.ca) and check out both the residential and commercial CurbStyle jobs. Call Scott and Deborah Russell at CurbStyle - 613-695-CURB (2872) or email [drussell@curbstyle.ca](mailto:drussell@curbstyle.ca) for a FREE no obligation quote. 



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

## Furnace Factory Direct INC.

### 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.

Even though the weather has been a scorcher, **now is actually the best time to be thinking of a furnace!** September is typically one of the slower times of the year for H.V.A.C. companies which equals great deals for the consumer. Even better still **the govt. rebates are back** and can get you up to \$1690.00 on a system and if you're on oil heat and want conversion there are more 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, from American Standard and other brand names. 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). 

## Proper Footwear a Must for Children Healthy Steps Pedorthic Clinic

Fall means back to school shopping... not just for school supplies but for children's clothing and footwear. When buying your kids shoes, it's important to make sure they are the proper fit. According to the American Academy of Orthopedic Surgeons, many foot problems experienced by adults began with ill-fitting shoes they wore when they were children. Bunions, corns, calluses and hammertoes are foot problems caused by poor-fitting shoes.

Some tips to follow when shoe shopping for children: shop in the late afternoon or evening as feet tend to swell during the day; always have your children's feet measured each time you buy them new shoes; there should be about a half an inch between their big toe and the end of the shoe; never buy more than one size too large as that can cause children to trip or develop foot problems; shoes should never have to be "broken in"...they should be comfortable from the start and don't sacrifice proper fit and support for trendy styles.



If your child is experiencing foot or leg pain, visit Healthy Steps Pedorthic Clinic in Barrhaven. Canadian Certified pedorthists, Derek Gilmer and Richard May will perform a detailed assessment and gait analysis. They can make sure your child is wearing the proper footwear, address any pain or discomfort issues and recommend orthotics, if required. They run the only clinic in the area where clients are assessed by the same professional who will also make their orthotics. Their on-site lab means no lengthy wait for custom made orthotics. They offer no charge follow-ups and adjustments. Derek and Richard guarantee the highest standard of care for clients of all ages. For an appointment at the clinic call 613-823-2522 or request an appointment online at [www.healthysteps.ca](http://www.healthysteps.ca). The clinic is located at 4100 Strandherd Drive, Unit 202 (second floor) in Barrhaven. 



**BUY BEFORE SEPTEMBER 30<sup>TH</sup> 2011  
& RECEIVE A TOTAL OF  
\$2200 OFF A SYSTEM!!!**

• \$510 from Furnace Factory\*  
• \$1690 from government rebates\*