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TAG™ - The Anything Guys

One-Stop Shop for all your Renovation Needs

The Anything Guys is a professional renovation company serving the Ottawa community since 2005. Company founder and owner, Tom Rheame takes pride in his ability to offer a large variety of different household and property related services. As he puts it: "No job is too big or small. We strive to provide our customers with a limitless list of solutions so

that our clientele can rest easy and know that the job will be done to meet their expectations."

TAG™ recognizes that improving your home is a major investment and values the unique needs of each client. Clients benefit from the expertise of qualified tradesmen who provide the highest standard of quality, paying particular attention to detail. The goal is to build a longstanding reputation for excellence by delivering superior value and results; and ensuring total customer satisfaction

The TAG™ team will work with you in providing advice on

design options, materials and costs. Some of the services include:

- **Design and Installation:** Basements, Bathrooms, Kitchen.
 - **Painting:** Interior (trim, walls, ceilings) and Exterior (deck, patio, fence).
 - **Services:** Basement Finishing, Drywall, Carpentry, Flooring, Tiling, Foundation Repairs and Waterproofing.
 - **Outdoor:** Lawn Sodding, Interlocking, Deck and Fences.
 - **Small Jobs:** Gardening, Moving, Waste Disposal, Window Cleaning.
- TAG™ owner Tom Rheame provides hands-on, daily project



management to ensure that the work is performed to standard and on schedule.

Whether you need help with a small job, planning on remodeling a room or renovating a whole house, call (613) 301-3549 for a **free estimate**; or visit www.theanythingguys.com and view the videos that demonstrate some of the projects that have been undertaken. **EP**

One of 16 community newsletters. Premium city wide circulation over 112,000.

Put Your Feet in Good Hands at the Healthy Steps Pedorthic Clinic

With more than two dozen listings for "orthopedic appliances" in the Ottawa Yellow Pages, many of them offering "custom-made" orthotics, how do you know which one to choose? Healthy Steps Pedorthic Clinic is the one recommended by many local doctors and health professionals because of the unique quality of care that is offered.

Between them, Canadian Certified Pedorthists Derek Gilmer and Richard May have 17 years of experience in the foot orthotic industry. Their attention to detail and superior customer service is a top priority. That is why their products are made by hand at their on-site lab. There is a growing trend toward computer generated orthotics. However, computers, like all machines, have their limitations and patients are not always getting a truly custom device. A three dimensional cast must be taken. By casting and making the orthotics by hand, Richard and Derek are able to treat certain conditions that would be impossible for a computer. Taking accurate casts by capturing the foot in certain



positions, making note of painful areas and capturing any abnormal bony prominences or pressure points can be done more effectively by casting by hand and making the orthotics by hand. This process provides the optimum support and comfort which ensures the best outcome for the patient.

As well, any adjustments or modifications can be made on the spot. Healthy Steps is the only clinic in the area where you are assessed by the same professionals who will also make your orthotics. They are with you every step of the way and will only be satisfied when you are! For an appointment at the clinic call **613-823-2522** or request an appointment online at www.healthysteps.ca. Check their website for a link where you can follow and "Like" them on Facebook. The clinic is located at 4100 Strandherd Drive, Unit 202 (2nd floor) in Barrhaven. **EP**



Ross' Independent Barrhaven They Put Freshness First

Spaghetti on the menu tonight? A quick stop at Ross' Independent in Barrhaven will get you everything you need for a delicious, fresh meal. Crisp romaine lettuce in the produce department topped with freshly grated parmesan from the giant cheese wheel in the deli...ground beef cut to order for the sauce and a warm, freshly baked baguette from the bakery. Perfect!

Ross' Independent is your destination for freshness in Barrhaven! The produce department is unparalleled and is run by a third generation grower with 40 years in the business. Gilles knows the industry literally "from the ground up". He knows when to expect a good season for produce, what and how much to order and how to ensure their customers always get the freshest fruits and vegetables possible. Unlike many grocery stores today, Ross' has experienced butchers in-store who will custom cut your meat orders on demand. Their exclusive Ontario corn-fed beef is cut fresh by a team of professional meat cutters. Brian expertly manages inventory control and forecasting to meet the demands of the season from steaks for summer grilling to roasts and stewing beef for the winter months.



Bonnie runs the deli and prides herself on superior customer service and staff. They oversee the finest variety of sliced meats and cheeses, again sliced on demand to ensure optimum freshness. Salads are made fresh on site daily. And what could be better than warm bread on a cold day! Elvie's bakery department bakes multiple times during the day, so stopping in on your way home from work can often reward you with the tantalizing smell of baguettes, crusty bread and rolls fresh from the oven.

At Ross' Independent they put people and freshness first. Consistently good value, excellent quality and a real focus on great customer service sets it apart from other conventional grocery stores. Stop by today and see the difference! 3777 Strandherd Drive in Barrhaven or call 613-843-9413. **EP**



POSITIVE NEWS ABOUT GOODS AND SERVICES IN YOUR NEIGHBOURHOOD

Spring is coming: Think 'clean'

Call Concierge to scrub away your winter blues

Shower your spouse, significant other, or honey, with flowers this Valentine's Day. Nothing says 'love' better. Buy a bouquet, or buy a single stem...they both get the sentiment across.

First cut the stems on an angle under water, then arrange them in a pretty vase. Remove leaves that fall below the water line, and don't forget to freshen the water daily. If the bouquet comes with plant food, add that, and in order to keep the blooms perky and bright, keep them out of direct sunlight.

If you should happen to get pollen on your clothes, sponge it away with rubbing alcohol; don't use ammonia because ammonia sets the stain.

Even though there's still snow on the ground and always unpredictable weather in March and April, spring is anticipated. With spring comes spring cleaning and if you need a full house cleaning or just a few rooms, keep



TIP: To prevent a fire, don't forget to clean your dryer hose when getting your furnace ducts cleaned. Lint from the dryer gets trapped in there, so clean the dryer hose as well as the dryer.

Michelle Hamelin, the franchisee for Concierge Home Services (Centrepointe to Manotick) in mind. For information about what she can do for you, visit www.conciergehomeservices.com, call her at 613-686-1505, or email her at Barrhaven@conciergehomeservices.com.

Or why not give a gift certificate for a new mother or a senior in your life. There's nothing like a gift of time.

MAXimize Your Health, Fitness and Power

The Best Gym in Ottawa

GYM-MAX is what many gyms aspire to be but few achieve. The industry likes to call it "synergy"—one of those notions so intangible as to be pure fantasy—but at GYM-MAX it's real: a fusion of all things positively related to health and fitness. It's also remarkably spacious (22,500 sq ft), beautifully lit and ventilated, hyper-clean, ultra-modern and at the same time surprisingly intimate.

Among the many concepts that makes GYM-MAX unique is the fact that it features over 100 pieces of Magnum Equipment, 70 Cardio machines (with NO time limit) and a full Cardio-theatre TV system. There's a free KID-MAX training and play area (ages 3-14), a women-only section with circuit and free weights, group exercise room (with free Spinning, Yoga, Step and other classes), an Ideal Protein weight loss clinic, juice bar and more!



For your convenience, GYM-MAX also boasts spacious change rooms equipped with shower, sauna and locker facilities. And should you choose assistance and instruction by a top Certified Personal Trainers you will find those too!

After more than 15 years in the Ottawa area, GYM-MAX has developed a solid reputation and very satisfied membership. Find out why, by contacting or visiting. We are located at 530 West Hunt Club Road off of Merivale Road. Our phone number is 613-727-0496, or check us out on-line at www.GYM-MAX.com.



"You are never too old to set another goal or to dream a new dream." C. S. Lewis

Stroke Survivors Association of Ottawa

Providing Support to Stroke Survivors and their Families

Stroke is the third leading cause of death after cancer and heart disease; and yet, it is often misunderstood by the general public. Stroke is unique to each individual and the rate of recovery can vary significantly. Our city is very fortunate to have an active stroke community through the Stroke Survivors Association of Ottawa (SSAO) that provides stroke survivors, families and caregivers with innovative programs, education, peer support and connections to Ottawa-based resources. SSAO is a non-profit community association that understands the challenges that survivors and their family members face; and the rewards that community stroke re-engagement can provide.

SSAO offers a wide variety of programs including:

- **SSAO Stroke Warm Line** - an answering service to assist families in need.
- **Connections** - an integrated education and support program.
- **Living with Stroke Self-Management Program** - coping strategies.
- **Monthly Members Meeting** - education, information, and social events.

"We are very proud of our *Living with Stroke Program*, presented by stroke survivors and their caregivers.

The Program teaches coping strategies and treatment options; and allows stroke victims to share their valuable experiences."

Abe Schwartz, Chairman, SSAO

- **Monthly Newsletter** - the latest news related to programs and events.
- **Members Website Visit** - the latest information and services.
- **Education SSAO** - education and information

Members enjoy many benefits including the *Stroke Recovery Newsletter*, free admission to monthly meetings (including lunch), discounts on SSAO programs and events, and a charitable tax receipt for the amount of the membership. Charitable donors and volunteers are welcome to contribute to the stroke community; and to assist those affected by this condition.

Whether you are interested in becoming a member of SSAO, volunteering or making a donation, you can call 613.237.0650 or visit www.strokesurvivors.ca.

Interested in Owning Your Own Business?

Marketplace Menu Partners is looking for sales partners to join our growing team. We provide menus to area restaurants while offering local businesses an opportunity to advertise to the many customers that frequent those restaurants.

This very successful multi-million dollar industry has been established in every major market in the United States since 1982. As a leader in the publicity business, Marketplace has brought this concept to Canada. You will enjoy working with an active and professional team in the quest to give a voice to local entrepreneurs and business owners.

You must be experienced, self-motivated and driven to succeed. You will have the option of working full or part-time; and must provide your own transportation. We supply all samples and sales collateral.

Marketplace Menu Partners offers good compensation and the opportunity to help raise awareness of the services available in the



community. You will not only be helping local businesses thrive, but also the people who need them.

If this sounds like the opportunity you have been looking for, please forward you CV to m@marketplacenewsletter.com. Apply as soon as possible. We thank everyone for their interest but only qualified applicants will be contacted. Bilingualism will be considered an asset.



MAACO Collision Repair & Auto Painting Complete Collision Service


If you are unfortunate enough to have an accident on our icy roads this winter, call **MAACO Collision Repair & Auto Painting**. This full collision service centre is familiar with the accident insurance-claim business, speeding you through the process. They can arrange towing and car rentals, contact your insurance company, help you resolve the claim and complete the paperwork. MAACO does all this and more to make your experience positive and to get you back on the road faster than independent body shops.

Also offering free shuttle service, the latest equipment, and free estimates, MAACO has full-time appraisers on site. Technicians that are both Gold-Class I-Car certified and Nissan-authorized will ensure your vehicle will be back to pre-accident condition while maintaining its original equipment manufacturer specifications, safety, structural integrity



**Bring in this Newsletter
and receive
\$100.00 off a complete
paint service.**

and resale value. MAACO's colour match systems includes PPG products, approved by car manufacturers, with a warranty honoured at 500 centres Canada-wide. All MAACO repairs are warranty-approved, and they can also fix any rust, dings or dents discovered after our harsh winter driving conditions.

To enjoy the services of a Canadian-wide company at a family-owned franchise that has been offering award-winning customer service for more than 25 years, bring your vehicle to **9 Caesar Ave.**, around the corner from Merivale and Cleopatra, for a free estimate. Visit www.maaco.ca for more information on their services or call **613-224-9932** for complete collision services. MAACO Collision Repair & Auto Painting and Hunt Club Nissan Collision have now merged to serve you better. 

The Barrhaven IDA Pharmacy Your Community Drug Store

When was the last time your pharmacist greeted you by your first name..... answered your questions by phone at eleven o'clock at night.....or stayed past closing so you could pick up your prescription? For Vijay Shukla, it's all part of the job! Vijay has recently opened his second pharmacy in Barrhaven.....this one is adjacent to the Rideau Valley Health Centre. Now, clients can get prescriptions filled just steps from the doctor's office. Waiting for test results or x-rays.....your medication will be ready for you when you're done. The pharmacy is also equipped with the essentials; cold medications, vitamins, pain medication and more. There is even a private office for consultations where Vijay can answer any questions or concerns.


The pharmacy's hours will soon be extended to match those of the clinic's. Ultimately, it will be open seven days a week from 8 am until 8 pm with "virtual hours" now around the clock. As owner of the Cedarview Guardian Pharmacy, Vijay



**CEDARVIEW
Guardian Pharmacy**



has offered excellent customer service in the neighbourhood for the past three years and is a trusted health professional in the Barrhaven community. As a family practice pharmacist and Certified Diabetes Educator, Vijay's philosophy is the 3C's...community, convenience and caring... all of which are administered daily with outstanding personal service.

The Barrhaven IDA offers delivery service and accepts all benefit plans, including the Rexall Network Card. It is part of the Coughlin PPN. It is ready to meet the needs of urgent care patients seen at the Health centre as well as all other members of the community. Drop by the new store at Greenbank and Berrigan for all your prescription and medication needs or call **613-825-1200** or email barrhavenpharmacy@rogers.com 

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Call on the Experts for your Electrical Needs deBray Solutions - Your Electrical Problem Solver

Safety is the number one concern when it comes to electrical work. Over one third of all residential fires are caused by faulty wiring – and your insurance may not cover work that is not performed or overseen by a licensed electrician. Whether you are in need of minor electrical repair work or are planning major renovations to your home, you can rest at ease with the professionals at **deBray Solutions Inc.** This family owned business is operated by Master Electrician Ray Moberg who has over **37 years of experience** with a total commitment to quality service and customer satisfaction.

deBray provides solutions to all your electrical needs. Whether your requirements are residential, industrial or commercial, Ray and his team will meet or exceed your expectations. Some of the services provided by deBray include:

- panel upgrades;
- new installations;
- lighting upgrades and pot lights;



- electric generators and fire alarm systems;
- planned preventative maintenance;
- regular maintenance and repairs.

As well, if your office is being reconfigured or is undergoing energy efficiency upgrading, deBray can satisfy all of your requirements.

Make sure that your next job is performed by an ESA licensed electrician. Ask deBray for a no-obligation, **free estimate** for your job. With deBray, you can be confident that you are hiring the best; and that the job will be done right the first time.

Whatever your electrical needs, call deBray Solutions - "Your Electrical Problem Solver" at **613-293-8107**; or visit their website at www.debraysolutions.ca. ECRA/ESA License #7000656 

Get a Brighter Smile Today Affordable Teeth Whitening with WaveLight

Smiling is one of the nicest and easiest things you can do for yourself and others. But if you find yourself a little self-conscious about flashing those pearly whites or have wondered what it would be like to "up the wattage" by having your teeth whitened, try the easy and affordable method offered by Tracy-Lynn Hayball. A dental assistant for 12 years, Tracy is now offering advanced teeth whitening services in the comfort and privacy of her own home. In just 20 minutes, you can brighten your teeth by three to four shades.


The WaveLight method uses a gel and UV light to work through the enamel and bleach the dentine beneath. The results are instant and amazing! There is little to no sensitivity as a result, unlike some of the much costlier and harsher procedures employed by some dentists. Depending on your habits, whether you smoke or are a heavy caffeine drinker, your teeth will stay noticeably whiter for up to a year. If you prefer, maintain or improve the whitening every six months with another 20 minute visit or take home the do-it-yourself maintenance kit.

For your first visit, Tracy often recommends two twenty-minute, same day



sessions. That will kickstart the whitening process and give even better results. The process is safe for veneers, caps and crowns. It is not recommended for people with braces or who are pregnant or breast feeding. Whitening at a dentist's office can cost hundreds of dollars for similar results. A twenty minute treatment with Tracy costs just \$99. An initial double treatment offers even greater value at just \$149.

The WaveLight method is perfect for events like proms, weddings, job interviews, etc. or just for the every day satisfaction of knowing your smile is the best it can be. To book an appointment that will fit your schedule call Tracy at **613-302-5192** or email her at brightwhite@rogers.com

Enjoy an introductory offer of a double session visit for just \$99 until the end of March. Refer three people and your next treatment is free. 



Zolas Celebrates 25th Anniversary

A Bell's Corner's institution, **Zolas Restaurant**, is celebrating 25 years of offering discerning palates modern Italian cuisine in relaxed, tasteful surroundings. Along with their famous fresh-baked white and whole-wheat rolls, they also offer fresh-made pasta and a mouth-watering take-out menu from 9 a.m. to 9 p.m. every day of the week.

For the early risers, Zolas' breakfast is the perfect way to start the day. Whether your preference is home-fried potatoes, rosemary-roasted tomatoes, corn beef hash, grilled Italian sausage and ham, the scrumptious three-cheese omelette or the perfectly poached Eggs Benedict, you get the freshest ingredients made from scratch every day. Are you looking for something a little lighter? Try Zolas fresh fruit-salad medley or the creamy Brie with yogurt and granola. You'll also be able to stay connected to the office with



Zolas' free wireless internet network. Simply bring in your laptop and you won't miss an email.

Call 613-721-0227 to make a reservation or visit www.zolas.ca. Located at 194 Robertson Road, Zolas serves breakfast from Monday to Friday from 7 a.m. to 11 a.m. and on Saturday and Sunday from 8 a.m. to 3 p.m.



Restaurant & Fresh Pasta Shop

Smarter products. Safer homes. Lynwood Window Fashions

At Lynwood Window Fashions we believe window coverings should be safe for everyone in your home. That's why we've made it our top priority to bring you innovative products that meet or exceed today's safety standards. Ensure your home is safe, energy efficient and great looking inside and out with beautiful custom window treatments from Lynwood Window Fashions.

Go Cordless – The safest window coverings for children and pets are cordless products. They eliminate potentially harmful dangling cords while giving you functionality and a cleaner look. Many of today's shades and blinds are available with manual cordless control. Shutters are inherently kid-safe products because they don't use cords.

Motorize it – Raise, lower, tilt or open and close your window coverings with battery-operated remote control or home automation control. Many motorized products don't require hard-wiring and are great for any room in your home.

Get control of cords – Should a child or pet become entangled in a cord,



break away tassels and cord stops can be a life saver. These small innovations are designed to break apart under minimal pressure.

Ensure your home is safe, energy efficient and great looking inside and out with beautiful custom blinds, shutters and drapery treatments from Lynwood Window Fashions.

Don't waste your time shopping online or traveling from store to store. Contact Trish today at 613-299-6535 for a **FREE in-home consultation**, or by email at trish@lynwoodwindowfashions.ca. Visit www.lynwoodwindowfashions.ca for more information.



"When you reach the end of your rope, tie a knot in it and hang on." Thomas Jefferson

Bark & Fitz Barrhaven Pet Food & Grooming Spa

This pet health-food store is paradise for dog lovers and their canine companions. Featuring an incredible selection of dog gifts, accessories and gear, the store also offers all-natural and holistic pet food and fresh-baked treats, each formulated so dogs and cats can live longer, healthier, more active lives.

Owned and operated by long-time Barrhaven residents, Gaetan and Rosi Ladouceur, **Bark & Fitz** is all about providing great service. Meeting an ever-increasing demand, the talented, knowledgeable pet-styling team has grown to three stylists in less than two years, offering a complete array of grooming services. During a visit, the grooming expert not only provides the best style of cut, but also notes and reports on the dog's general health, behaviour and hygiene. **All appointments booked in February will include teeth brushing at no extra charge.**



Their store also acts as an educational center by offering referrals to local training and socialization programs and in-store seminars.

The Ladouceurs believe in giving back to the dog-loving community, offering the store as a backdrop for professional pet photos, with the proceeds going to regional rescue charities such as Hopeful Hearts, Bullies in Need and Tiny Paws. Drop by the conveniently-located store in Cedarview Square, at the corner of Cedarview and Strandherd, or call them at 613-825-2828.

Pet-errific Professional Pet Services & Gifts Dog Walking Services & Gifts

Enrol your dog for a six-month, full-time walking service and receive a free pet toy.

In today's hectic world it is difficult to give your pets the attention they deserve. Let **Pet-errific Professional Pet Services & Gifts** help out. Offering a happy, healthy pet, peace of mind and a clean yard, Pet-errific promotes responsibility, safety and a caring environment where your pets can flourish.

Owner and long-time Ottawa resident, **Warren Jones**, begins any service request with a free home visit. New clients are asked to fill out a pet-information sheet, including emergency-contact and other pertinent information. Upon agreeing to a starting date and time, you can relax and put your pet's care in the capable hands of Pet-errific's dedicated, animal-loving staff.

Both dogs and cats like routine and using a walker or sitter allows



your pet to keep their normal eating, playtime, exercise and sleeping schedule. In addition, dogs are social creatures; group walks offer the socialization they thrive on. After each dog-walking or cat-sitting visit, owners receive a signed and dated Report Card for feedback.

Fully-insured and bonded and members of various pet associations, Pet-errific also offers pet taxi and yard-waste cleanup services, along with a variety of high-quality pet and animal-lover gifts. Visit www.pet-errific.com for more information about this wonderful pet service, or call 613-867-6463 and talk to Warren.

