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NEWSLETTER

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New Management – Same Friendly Atmosphere!

One of the friendliest mainstays of The Glebe is the **Arrow & Loon Pub**. New manager **Jacob Samaha** has kept the welcoming neighbourly surroundings but has added a new menu featuring fresh locally produced items. The fish and chips are still a favourite, as are the gourmet burgers, specialty pizzas, delicious wraps and a wide variety of delectable vegetarian dishes. Monday is ½ price burger night, Tuesday

features ½ price wings, and Wednesday has ½ price vegetarian food – easy on the pocket book! Looking for an interesting cold one? One of the best selections of locally brewed beers in the city including Beau's and Kitchissippi can be found here.

Make yourself comfortable at the bar with friends or settle into the dining side and tuck into a tasty dish from the new menu. Need a quiet corner for a personal conversation? Why not try the only indoor patio in the Glebe. The newly renovated outside deck, which is the biggest in the Glebe, is ideal for warm afternoon

lunches or pleasant evening dinners and drinks. Every Sunday afternoon after 5 pm you can enjoy **FREE fresh corn on the cob** from the local farmers market with \$4.50 pints or \$13 pitchers of Loon Lager. UFC fights, live entertainment (including Jazz the first Sunday of each month) and Thursday night trivia are mainstays and there is also free wireless internet.

Personal and friendly, The Arrow & Loon is everything you want a neighbourhood pub to be. It's easy to find in The Glebe, there's plenty of underground parking



which is free for customers after 4:30 and weekends and its wheelchair accessible. Good food, great beer and a warm and inviting atmosphere. **The Arrow & Loon** is located at **99 Fifth Avenue** and Bank Street in Fifth Avenue Court. Open 11 am (9 am weekends for \$4.99 breakfast) to 1 am Monday to Sunday, call **613-237-0448**.



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

Styles and Fashions come and go, but Eyebrows are Forever... Permanent Makeup at Sophia Esthetic

Putting on makeup. Everyday. Don't you wish there was an alternative? There is – permanent makeup at **Sophia Esthetic**. With over 27 years of experience in micro pigmentation, **Sophia Harvey** expertly provides a long-term solution for you. Using the latest equipment from **Nouveau Contour** – an industry leader – Sophia can make your fabulous look permanent. She specializes in eyebrows, eyeliner and lips. The procedure is similar to getting a tattoo. Although the pigment doesn't go as deep, the results can last for 15 to 20 years. Sophia first meets with you to discover your lifestyle and needs. She'll make note of the features you'd like highlighted and what colours you'd like used to ensure a completely natural look. Sophia makes sure the process is all about you and about getting your best results.



Sophia says there has been a huge leap in esthetics because of new, state-of-the-art beauty treatment technology. Sophia Esthetic has much more to offer at her full-service spa - customized facials: including anti-ageing treatments,

brown spot treatments and acne treatments, relaxing massages, laser hair removal and much more. Sophia and her well trained staff can customize an esthetic program just for you.

If permanent makeup is ideal for you, call Sophia for a private consultation. If you're looking for a fabulous spa, then indulge yourself with a trip to **Sophia Esthetic** – you'll enjoy the relaxing atmosphere. Make an appointment today call **613-233-3366**. **Sophia Esthetic** is conveniently located at **190 MacLaren St.** at the corner of Elgin Street. There is plenty of on-street parking. Visit www.sophiaesthetic.com for treatment details.



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EXCEPTIONAL PRODUCTS AND SERVICES IN YOUR NEIGHBOURHOOD

Protecting Non-Profits – Community Guard

Are you a non-profit organization? Do you use volunteers? **Then you need insurance.** All it takes is one disaster – a fire or flood in your building or being held liable for a volunteer's action to wipe out your assets or jeopardize your organization. **The Co-operators** developed **Community Guard** insurance to protect non-profit organizations that contribute to the community. The Co-operators understand that every organization is unique and has specific requirements, so they have special agents trained in voluntary sector insurance.

The Co-operators extensive research has helped them create insurance with distinctive features and benefits that address the needs of the voluntary sector. **Stable, affordable and accessible** – Community Guard helps your organization tailor a plan so you really do get the insurance your organization needs. **Stable** – Community Guard offers long-term price stability to minimize premium increases. **Affordable** – Community Guard is priced fairly and they provide risk



management tools and annual policy reviews. **Accessible** – Community Guard has a 24 hour claims emergency hotline with special agents trained in the volunteer sector.

If you're a non-profit organization using volunteers, you need insurance. Protect your organization – talk to **The Co-operators** about **Community Guard** and protect your organizations assets. The Co-operators encourages volunteerism and donates \$3.5 million to Canadian charities every year. Call **Jacqueline Hunter** at **The Co-operators** 613-236-0781 or email Jacqueline_hunter@cooperators.ca

Jericho Road Christian Ministries Your generosity will make a difference!

I was born into dysfunction, abuse and rejection; then adopted at age 3 by loving Christian parents. I grew up around God, but I never knew God. I wanted to be loved, accepted and valued, but didn't know how to receive these things. I discovered that alcohol, girls and drugs gave me immediate relief. In these things I felt accepted. But I found myself 15 years later addicted to drugs, with 2 children, no job, living a life of violence. I was faced with my options: death, jail, a mental hospital or surrendering and getting help. I decided to get help. I entered a six month rehabilitation program, and that was only the beginning. It wasn't easy giving my life and my WILL over to God, but He has restored me. My family is reunited and I am grateful to have a job at Jericho Road Christian Ministries. I spent a year supervising a home for men struggling with mental illness. I now supervise two second-stage recovery homes and facilitate a discipleship program for men committed to their recovery and seeking a deeper relationship with Jesus Christ. The lives of these men are being transformed as they surrender to their higher power,



Jesus Christ. I am grateful to be a witness and I know this job helps me more than it helps them. Jon Ruby

We are a non profit ministry who is gratefully supported by our local church family and local businesses. To grow with the needs that are in front of us, we would like to raise an extra \$71,000 per year. Please pray about how you could partner with Jericho Road to commit to a monthly donation this year. www.jerichoroad.ca/donations 613-567-5134



“The miracle is this – the more we share, the more we have.” Leonard Nimoy

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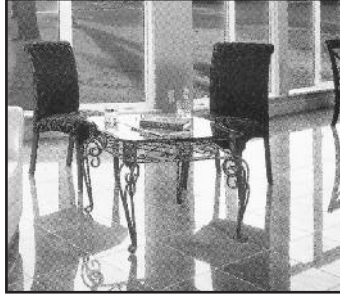
ROMANCING THE STONE SUPERIOR EUROPEAN WORKMANSHIP

If you are in love with the beauty and elegance that natural stone brings to your home, you may be wondering how to revive the natural beauty that lies within. Even in this age of environmental consciousness, few are aware of the exquisite results that can be achieved through restoration.

While natural stone is a durable and lasting investment, it can show the effects of time and use. Scratches, chips, stains, or even cracks, can mar the look of quality stone.

Enzo Martelli, Master Stone Restorer and Owner of **MARBLEMaster**, combines traditional European workmanship and practices with innovative and modern processes – producing spectacular results.

With his training originating in Italy, Enzo has been delivering superior quality restorations in the Ottawa area for over fifteen years. **MARBLEMaster** provides onsite



grinding, honing, polishing and sealing services using “**dust-free**” Diamond Abrasive Technology so your home stays clean and free of dust.

From marble and granite to travertine and slate, Enzo and his team of experts can bring your flooring, furniture, countertops, and fireplaces back to life!

Nothing compares to the breathtaking beauty of finely restored natural stone. Call today at **613-230-8538** to book a free onsite visit, or go to www.marblemaster.ca to view before and after photos. Mention the Marketplace Newsletter and you'll receive a **Free Sealant Treatment** with your restoration. 

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Partnering with the Bible House; Salem Storehouse

As of this summer, Salem Storehouse and the Canadian Bible Society have entered a joint venture with the Bible House downtown. Combining the resources of Salem with the customer knowledge of the CBS, we are confident that you will still enjoy shopping at the Bible House, and we look forward to getting to know our downtown clients!

The Bible House is still located at 315 Lisgar. We at Salem are happy to serve the retail market that the CBS has so wonderfully served for so many years. This is a smaller but full-service store, drawing on the resources of our main store in Nepean. We are open at the Bible House 10-6 Mon. to Fri., and 10-4 Sat.

New to Salem? We are your Ottawa supplier of Christian books, Bibles, music, greeting cards, and gift products. We have books that




will support you in your Christian life, and a variety of uplifting music, from worship, gospel, and inspirational, to Christian rock.

Particular aspects of Salem Storehouse that make it a popular destination are that:

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

- We are **locally-owned**, and involved in the community.

Call our Bible House location at **613-668-2761**, or visit www.salemstorehouse.com for more information or to order products on-line. 



Creative by PS design group 613-838-7212 • Writer: Sheryl Bennett Wilson 613-730-6660

Concrete Landscape Designs from Creative Hardscapes

Last call for Fall!

Unlike your average landscaper, Creative Hardscapes' **Chris Doyle** is an accomplished artisan and his canvas is concrete. Born and raised in Ottawa, Chris has spent the past 15 years in the concrete business.



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 redesigning 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 to arrange for your **free estimate**. Visit www.creativehardscapes.ca for more information. 



IDEAL OTTAWA GRANITE INC. Granite & Quartz at Factory Pricing

“Complete Care” is the time-honoured philosophy at Ideal Ottawa Granite Inc. and continues to be the cornerstone of our business. A consultation on design and colour, followed by a timely turn around in fabrication and installation; result in your complete satisfaction. Ideal Ottawa Granite Inc imports and fabricates granite, marble and natural stones for any number of interior decorating applications. Whether it's kitchen or bathroom countertops, islands, backsplashes, fireplace or tub surrounds, shower or window sills or opulent flooring, Ideal Ottawa Granite can create and install your design vision. We also carry an array of exciting colours in quartz, adding a new dimension to our extensive inventory. Our state-of-the-art equipment makes for precision fabrication and reduced production time.

Competitive prices from global suppliers means factory pricing for you. Factory pricing does not mean that quality and service are forgotten, each customer receives the highest standard of both at Ideal Ottawa Granite.



Our expert staff will assist you in choosing the right stone for your project, helping you gain a perfect balance of all the elements. Advice is also available from our designer who can visit you in your home to discuss your needs. We also now offer full service for your project, whether you need renovations, cabinets, plumbing, etc. we can help you get it completed.

Visit Ideal Ottawa Granite's expanded showroom at **3326 Limebank Road, Unit 5A** (near Hunt Club & Riverside Drive) and view the vast array of colours available, some exclusive to us. Call us at **613 739-3777** or **613 521-7564** for your free consultation on how to affordably add the beauty and luxury of granite, quartz, marble or other stone products to your home improvement project. 

 **Ideal Ottawa Granite Inc.**

Expert Advice Before you List your Home

Even though Fall is just about upon us, the real estate market in Ottawa is still percolating. If this is the year you've decided to trade-up or downsize, then Luigi Aiello at Royal LePage Gale Real Estate has some expert advice before you even call an agent. Luigi suggests getting together:

- a recent survey of your property
- a floor plan if possible
- your city tax bill and utility bills (gas, water, hydro, oil)
- photos of your house and the yard in the summertime
- receipts for any work done in the last 3 to 5 years
- a list of positives about your house, the neighbourhood, the proximity to shopping, the park nearby, how you've enjoyed the house

Having these prepared gives your agent great tools for selling your house and maybe a faster sale. Dive-by appeal is important says Luigi. Make sure your home looks attractive on the outside. Sweep the driveway, porch and steps of leaves that may have fallen. Cut back any dead or



dying annuals. Wash the windows and front door. Open the windows – this brings fresh air in and shows that the window cranks work. Put garden tools and toys away – the yard should be clutter free. Buy a couple of baskets of seasonal flowering plants and put them at the front door – what could be more welcoming than cheery, colourful flowers.

Simple advice on selling your home - and when you need more, Luigi Aiello is just a phone call away. Call **Luigi Aiello** at 613-723-5300. Royale LePage Gale Real Estate is conveniently located at 383 Parkdale Avenue – right across from the Parkdale Market.

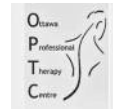


De-stress your life with Massage Therapy

Let the professionals at the **Ottawa Professional Therapy Centre** help you get to the root of your muscle aches and pains. **Stacey Ardiel, Devon Lancaster** and the rest of the highly trained staff at the Centre focus on getting you back to your optimum health using massage therapy, acupuncture or integrative manual therapy. Your pain and discomfort could be the result of sitting at your workstation for extended periods of time, strains and sprains from sports injuries or tensed muscles from chronic stress. Many people resort to over-the-counter medications to help relieve the pain, but drugs can actually mask the problem. The therapies offered at the OPTC get to the root of the problem so you get back to normal and stay that way. Usually 4 to 6 treatments are recommended. The Therapists also provide you with exercises and stretching routines you can do at home. They even provide you with a gift of Epsom salts for a relaxing and soothing bath.



You know the minute you walk through the door at the OPTC that they are serious about getting you relaxed and de-stressed. The office is quiet; the walls are painted in warm inviting tones. Their clients include everyone from children to seniors - as Stacey and Devon point out decreasing pain and de-stressing through Massage Therapy can be beneficial to all ages. The OPTC offers on-line booking and direct billing for Veterans and RCMP through Blue Cross. Talk to the **Ottawa Professional Therapy Centre** and let them help you enjoy a pain and stress free lifestyle. They have five massage therapists available from Monday to Saturday for your convenience. Call 613-565-0763. Visit them at www.theoptc.com. The OPTC is conveniently located at 240 Catherine Street, Suite 203.



“Heaven is under our feet as well as over our heads.” Henry David Thoreau

Redecorate this Fall @Home

Thinking of some new decorating touches for your home? **@Home** has a fabulous selection of just about anything you need to add some pizzazz. From picture frames, to martini-shakers, to elegant dinnerware – Mike and Jeff Martineau have it all @Home. For those that love to cook and demand the best in utensils, there is a selection of just about every kitchen utensil or gadget imaginable, including a variety of the superb Henckel knives. Smaller appliances from well-known companies like Breville and Krup are in ample supply. @Home also has a wide choice of wine glasses, floor mats, table settings from Maxwell Williams and a fragrant selection of soaps from Upper Canada Soap Company. Right now take advantage of the **Maxwell Williams sale**.

Stroll the condiment aisle and you'll find an incredible assortment of jams, jellies, and a great selection of Mrs. McGarrigle's mustards to tickle the most discriminating palette. @Home carries gourmet brands like Perth Pepper & Pestle, Chef Carlton's



and Stonewall Kitchen. There is also a fine selection of teas, biscuits and pasta. Need a delightful hostess gift or a fantastic wedding or shower gift? @Home has a selection to suit every taste and budget. The next time you want something for your home, think @Home! There are two convenient locations for @Home – 231 Elgin Street in downtown Ottawa and Kanata Centrum Mall (across from the LCBO) in the west end. Call either 613-569-9344 or 613-270-1121 or email mjmartineau@yahoo.ca for more information. From @Home to your home all the best for your decorating needs!



Ottawa's Best Garage Door Company 30+ Years of Quality and Service

Enhance the look, value, and energy efficiency of your home with an expertly installed garage door from The Door Company. Whether you are thinking of a standard replacement door, decorative windows, or the latest carriage house styling, The Door Company has numerous options to choose from.

Rely on The Door Company's free on-site design advice, where their knowledgeable staff will work with you to determine the style, colour, and options that best suit your needs. Being the largest provider in the area, they carry a wide range of products to meet all budget requirements. If you dream of crawling into a warmer car this winter, you might consider an insulated door offering up to R16 value. The Door Company also carries a full line of automatic openers to ensure reliable service for years to come.

Having problems with your current garage door or opener? Their responsive, highly skilled technicians can quickly assess the problem and ensure repairs are



completed to your satisfaction. Being the biggest moving part of your home, annual service is recommended with The Door Company offering a reasonably priced maintenance package to keep your door operating safely and efficiently.

Whether your needs are residential or commercial, if you've decided it's time for a new garage door then call the company that Ottawa area trusts most – the Door Company - with 1,000s of doors installed each year. Complete satisfaction guaranteed as a local Better Business Bureau “A+” rated company.

Call 613-821-2130 to schedule an onsite visit with one of their friendly door specialists, or visit their website at www.thedoorcompany.ca to view a sampling of products and services available. Count on The Door Company for prompt, reliable, personal service. You won't be disappointed.

