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Customized Landscape Design The Avant Gardeners

There's nothing like relaxing in a beautifully kept and perfectly designed yard on a gorgeous summer day. It can be a calming retreat after a hectic day at work, or a fantastic place to host a barbeque for family and friends. With the introduction of the government's new Home Renovation Tax Credit,

there's never been a better time to renovate your yard!

The Avant Gardeners pride themselves on their ability to create beautiful landscapes entirely tailored to your desires. The potential for change is limitless as owner Donna Warwick works with you to redesign your outdoor living space. Whether you're looking for a small change or a complete overhaul, Donna and her team have the knowledge and experience to complete your project on budget and in time to enjoy the fantastic weather. By combining elements such as bloom colour and duration, as well as foliage texture

and form, you'll get vibrant colours and a unique look for every season. The result is an awe-inspiring and functional landscape for you to enjoy for years!

Maintenance packages include spring and fall clean-ups and regular visits set to accommodate your schedule and budget. The Avant Gardeners are fully insured and have received an A+ rating from the Better Business Bureau. Your satisfaction is the number one priority, and with their competitive prices, the yard that you've always wanted is a lot closer than you think!



Landscaping projects qualify for home renovation tax credit!

Call The Avant Gardeners today at 613-724-9620 to schedule your consultation, or visit www.avantgardeners.com for more information.

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

The Perfect Design for your Lifestyle CPI Interiors

Now that the warmer weather has arrived, many of us will be looking to update our homes. Whether you want to plan a major renovation or are just looking to invigorate an existing living space, the talented designers and decorators at CPI Interiors can help!

For over 11 years, CPI Interiors has helped thousands of clients create the perfect living space. The designers are experts at space planning and colour schemes and they take the time to fully understand your style and taste. They then help you to find inspired solutions that you will love for years to come.

You may already have an idea of what furniture and accessories will look best in a given space, but involving a designer prior to making major purchases can save you money. Not only will you have



Catherine Pulcine, Owner

access to the expertise of a design professional, a designer will often have access to unique suppliers that are not available to the general public. It is amazing how many wonderful designs will actually fit your budget and your lifestyle.

Your home should be everything that you want it to be because you deserve to love where you live! Call CPI Interiors today at 613-599-5564, or toll free at 1-866-446-4415 to speak with a member of the CPI Interiors team about transforming your home. Visit www.cpiinteriors.ca for more information.

Reduce Your Monthly Payments! Consolidate Your Debts and Save Money 5 Year Fixed Mortgage Rate: 3.75%*

Is your DEBT LOAD hurting your ability to save money and causing you stress? Would you like to reduce your monthly payments? Frank Napolitano of MortgageBrokersOttawa.com can help consolidate your debts and SAVE YOU MONEY!

Fact: Many Canadian home owners hold high interest debt on credit cards, personal loans and lines of credit. These debts can be easily consolidated into your mortgage and turned into **One Low Monthly Payment**. This reduced monthly payment will give you the ability to SAVE MONEY again for the future.

The 3.75%* rate can also be applied to HOME PURCHASES and MORTGAGE RENEWALS. If your mortgage is up for RENEWAL BEFORE OCTOBER, please give Frank a call to book your appointment and ensure that you have the best rate. Don't Auto Renew. This could cost you over \$300.00 per month!!



Save Your Money! Contact Frank Napolitano of MortgageBrokersOttawa.com today for a FREE, no-obligation appointment at 613-798-1973, or by email at frankn@mortgagebrokersottawa.com. Don't delay – the best service and the best rates are just a phone call away! Visit www.MortgageBrokersOttawa.com for more information. You can also listen to my expert mortgage advice every Saturday morning at 10:00 am live on 580 CFRA.

*Rates subject to change without notice. On Approved Credit Only.



EXCEPTIONAL PRODUCTS AND SERVICES IN YOUR NEIGHBOURHOOD

“THE BIG GIVE” at Bethel Pentecostal Church

As the summer approaches, we are preparing to serve our community in new ways. On Saturday, June 6th, we are organizing “THE BIG GIVE”, a day when we give things away to everyone who comes. This will be like a huge garage sale only there will be no cost for the items people take home with them. In addition, we are offering free services such as haircuts, manicures, shoe shining, help with computer issues, advice on resume writing, photos, and tips on guitar playing. The food is **free**, the lemonade is **free**, Bibles are **free**, entertainment by Bethel’s musicians and singers is **free**, and admission is **free**. The gates open at 10 AM and everything shuts down at 2 PM.

Throughout the summer months in parks close to our church, we will conduct educational classes and sports for neighbourhood children every Wednesday night.

We are also offering summer camp experience for children in our city. The camps will run from July to August. Our goal in offering this summer camp is to create stimulating times of learning, foster new and lasting friendships among the children who attend, provide healthy activities and encourage



children to become good citizens. We place high value on principles of life as taught in the Bible and endeavour to develop these principles in the lives of children.

Fathers are invited to join us on June 21 for our Father’s Day extravaganza. Every father will receive a great gift. Rob Dale has been asked to be our guest speaker. He will present an informative talk, sure to speak to the issues men face today.

On Wednesday June 17, seniors are invited to a KFC lunch and a movie. Lunch will be served at 12 Noon. For a \$3 ticket, you will enjoy a wonderful afternoon of entertainment with friends.

For more information about these events, call the church at 613-226-1383 or visit our webpage www.bethel.ca. You will find our church at 500 Viewmount Drive, Nepean. We look forward to meeting you this summer. 



Boost Your Business Without Spending a Cent

Imagine having your roof professionally reshingled without paying a penny? How about enjoying a salon treatment or a sumptuous restaurant meal, all without opening your wallet?

A growing number of small business owners and business savvy individuals have already discovered the benefits of trade exchange or bartering. **Tradenet America is an exciting international trade exchange that is now in Ottawa.** It helps businesses thrive by promoting the trade of goods and services to other members.

Joanne owns a beautiful condo at Mont Tremblant that sits empty much of the year. Since joining Tradenet America, Joanne has found more clients to rent the condo. She benefits from thousands of dollars in bartered goods and services, including trips to Disneyworld, dental and cosmetic work, as well as printing and advertising for her company. She is now looking for a company to landscape her lawn.


Tradenet America helps business owners **turn potential losses into real capital** by drawing in buyers that businesses can’t reach through usual means. An online trade exchange helps small businesses compete with



larger firms. With business and personal expenses paid in trade, members **free up cash** to use when and where it is most advantageous.

Another way Tradenet America helps businesses increase their cash flow is by creating new business. Bartering **attracts more paying customers** through referrals and word-of-mouth advertising.

Remember Joanne, with the condo at Mont Tremblant? She says the best part about Tradenet America is that it is **free to join**. Members pay a nominal fee for transactions made through the system. Valuable marketing advantages are part of the package, including access to local and international markets with 50,000 members, free listings for products and services, and invitations to networking events.

Find out more about Tradenet America at www.oneworldbarter.com or by calling 613-296-4871, and put cash back in your pocket today. 



“We make a living by what we get. We make a life by what we give.” Cynthia Brian

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Residential and Commercial Irrigation Systems Yates Custom Lawn Sprinklers

Summer is a busy time, and with holidays thrown in it can not only be difficult, but sometimes impossible to find **time to water your lawn** and flowerbeds. From small garden bed systems to large commercial projects, Yates custom designs and installs sprinkler systems best suited to a client's needs and budget. Their experience, professional staff, and state-of-the-art materials and equipment get the job done right the first time. Best of all, they maintain what they sell with **superior warranties and service packages**.

Yates is a trusted name in the irrigation industry in the Ottawa area. As they enter their 20th year in business, they have become one of Ottawa's finest irrigation contractors. Here are some reasons to consider an irrigation system in 2009:

Take advantage of the HRTC! Irrigation System installations qualify as an eligible expense for the 2009 Home Renovation Tax Credit (HRTC).



Chuck Yates, General Manager

Prepare for the pesticide ban! Never has it been more important to have an irrigation system.

New lawn care products generally will be more expensive than previous products, have a shorter window of success, and require the correct timing & amount of watering. To maintain the investment in your landscape, installation of a quality irrigation system is essential.

Yates Custom Lawn Sprinklers provides peace of mind for your landscape investment...because you've got better things to do than water your lawn. Call **613-692-1937** for a **free estimate** or more information, or visit their website at www.yatessprinklers.com.

Award Winning Landscape Designs Yards Unlimited

Over the years the Yards Unlimited design studio has become known for its innovative and award winning designs. Our designers will thoroughly evaluate your property and discuss with you in detail your wishes and desires for your new landscape. We have become an industry leader by designing and installing beautiful landscapes for great clients, and we would like you to be next.

We approach every job in a professional manner, with an eye for planning and detail, and we will treat your project with the same level of commitment. Not only have our 20 years in business earned us an A+ rating from the Better Business Bureau, our installation & design staff have won several "Awards of Excellence" from Landscape Ontario.



In 2009, we were honoured to have been chosen as an Ontario finalist in the national competition as well.

We would love to help you create your vacation destination right in your own backyard this summer, and with that in mind, we'd like to remind you of the new Home Renovation Tax Credit program introduced in the latest federal budget. Projects such as decks, patios, laying sod, driveway resurfacing and others, purchased or installed between January 27, 2009 & February 1, 2010, are all eligible for 15% tax credit on your 2009 return.

Contact us soon to get your project under way so you can start enjoying your yard the way you've always wanted to. **613-721-8195**. www.yardsunlimited.com/

Creative by PS design group 613-838-7212 • Writer: M.J. Mancini 613-222-4264

Exceptional Quality and Elegant Presentation Enjoy Zolas Catering at your Next Special Event

You're planning a special party, a rehearsal dinner, or maybe even a wedding reception. You'll be entertaining your family and closest friends – you want everything to be perfect. Whether you are two or too many, Zolas Catering provides a complete range of services designed to suit any occasion, including private parties. Zolas opens at 4:30pm on Sundays, however, parties can be catered during the day.

Catering for special events can be very demanding. Your budget is limited and your expectations are high. That's why Zolas offers excellent quality at affordable prices. Their catering experts will work with you to prepare a customized plan that meets your needs and sticks to your budget. Regardless of your choices, their exquisite dishes are enhanced by elegant presentation and meticulous attention to detail. Their



service is attentive, courteous and discreet.

For over twenty years, Zolas has offered its customers an experience in modern Italian cuisine. Whether your preference is pizza, pasta or seafood, you always get the freshest ingredients made from scratch every day. Zolas is also pleased to offer a variety of gluten-free options.

For your next special event, enjoy the comfort and elegance of Zolas Catering. Call **613-721-0227** or visit www.zolas.ca for more information. Zolas Restaurant is located at 194 Robertson Road in Bells Corners.



Restaurant & Fresh Pasta Shop

HIGHLIGHTS FROM OUR NEW CATERING MENU

FRESH BAKED PASTA

(VOTED BEST LASAGNA IN OTTAWA)

LASAGNA	SMALL (6-9)	LARGE (12-18)
Meat	32.95	59.95
Grilled vegetable	34.95	64.95
Sundried tomato & mushroom	36.96	66.95

CANNELONI

Spinach & cheese	34.95	64.95
Three meat	39.95	69.95
Grilled vegetables	36.95	66.95

PENNE ALFORNO

Baked w/ napolitana sauce & three cheeses	32.95	59.95
Baked w/ bolognese sauce & three cheeses	33.95	62.95

MIX & MATCH HOMEMADE PASTA & SAUCES

Pasta: Linguini, Fettucini, Pappardelle,

Penne & Spaghetti	SMALL (4-6)	LARGE (8-12)
Napolitana	30.95	65.95
Penne	30.95	65.95
Alfredo	30.95	65.95
Prosciutto & mushroom	54.95	99.95
Dried tomato & mushroom	54.95	99.95
Calabrese sausage	54.95	99.95
Primavera	54.95	99.95
Rapini, broccoli w/ olio	54.95	99.95

(Gluten-Free corn penne available - extra charge may apply)

SALADS

- Caesar
- Chopped salad w/ Balsamic dressing
- Arugula & mixed greens w/ parmesan chips
- Artichoke & sesame seed
- Sundried tomato tortellini
- Vegetable tarragon pasta salad
- Caribbean slaw

FOCCACCIA SANDWICHES & WRAPS (8.50 each)

- Anjou pears, toasted walnuts & four cheese
- Grilled vegetable, feta & fresh dill
- Poached salmon, baby spinach, ricotta cheese
- Grilled chicken & mango
- Roasted chicken, pesto & smoked gruyere
- Portobello mushrooms, tarragon mayo & grilled onions
- Roast beef, arugula & horseradish mayo
- Italian meat w/ spicy eggplant

(Gluten-Free wraps available - extra charge may apply)

Monique Tardif's Perfect Card Anytime/Every time

When was the last time that you wanted to send someone a card, but didn't have the time to purchase the card or the stamp? Perhaps you had both but kept forgetting to get the envelope to the mailbox. Whether it's for a birthday, a get well, or a just because card, Monique can help you get that card sent!

In this age of cell phones, computers, and all things impersonal, many of us have lost track of our "giving selves." Some people don't even think of sending cards anymore. For Monique, cards are sunshine for the person on the receiving end. Just think about how wonderful it would be to send all your cards in less than 20 minutes and keep in touch with family, friends and all your clients.

Like Monique, you could send cards for encouragement; to thank someone for a job well-done; to congratulate someone for the house they purchased (from you); to wish a client a happy birthday; to thank you for a referral; and the list goes on.

The Perfect Cards



Change your life from impersonal emails to a lovely card of comforting words that will make someone's day. How would you feel if this happened to you? Think about it!

Give Monique a call at **613 829-3721** or send her an email at moniquetardif@sympatico.ca to find out how you can change your life from one of emails and text messaging to one which is made of mail box surprises. Cards do make a difference – give it a try and feel the happiness that giving is!

Kitchen Enthusiasts Rejoice! Matheson Woodworking

Are you tired of using inferior, environmentally unfriendly kitchen tools when cooking for your family? Matheson Woodworking is pleased to offer a complete line of Maple kitchenware that is both eco-friendly and extremely practical.

From salad bowls, cutting boards and coffee grinders, to spoons, spatulas, ladles, and other specialty tools such as spurtles, mojito sticks, and spaghetti measuring bars, there's a tool for every occasion! Matheson Woodworking kitchen tools are uniquely designed and made from locally grown and milled Maple. They are finished with their own original food safe wax.

If you are concerned about the cleanliness of using wooden kitchenware, research has shown that bacteria remain in the grooves of plastic tools for much longer than wood when washed by hand. In fact, Maple has a natural antiseptic quality, which



makes it a safe choice in the kitchen. All products can be personalized and make a wonderful gift.

Shawn is not only a talented wood artist, but also a remarkable hockey player. He has been on the Canadian Men's Sledge hockey team since 1990; competing in 4 winter Paralympics and winning Gold, Silver and Bronze medals. His goal is to collect another Gold medal at the 2010 Vancouver Paralympics.

Matheson Woodworking will be at the **Carp Farmers Market** most Saturdays from 8am to 1pm. Contact Matheson Woodworking today at **613-839-0865**, or by email at info@mathesonwoodworking.com. Visit www.mathesonwoodworking.com for more information.



"Keep your mind on the objective, not the obstacle." William Randolph Hearst

A Home for Your Lifestyle Bridlewood Trails Retirement Community Opening Early July

Finding the right home for your retirement years is important. You'll want a comfortable atmosphere and a safe environment where you can maintain your lifestyle. Bridlewood Trails Retirement Community will make you feel right at home.

With the full time activities coordinator planning a wide variety of daily activities and regular outings on the accessible bus, you can be as busy as you choose to be. Flexible meal plans, chef prepared meals, housekeeping and laundry services, heated underground parking and a nurse on duty 24 hours each day mean you'll be free to relax and enjoy life.

Opening in early July, Bridlewood Trails is a full service, luxury retirement residence offering a complete continuum of care. Whether you choose to live independently or require extra care in a secure assisted living area, Bridlewood Trails can meet your current and changing needs.



Choose from a one or two bedroom suite, a one-bedroom suite with a den or a studio. Fully furnished suites are also available for short-term stays – for guests, for trial stays or for convalescent or respite care stays.

Whether you enjoy socializing with friends over a game of cards, working out in the exercise room, watching a movie on the large screen TV, spending some quiet time in the library, working on a project in the arts and crafts room or spending time in your comfortable suite, Bridlewood Trails has something for everyone. The choice is yours.

Bridlewood Trails Retirement Community is now accepting reservations. Visit the presentation centre at **185 Romina Street** (off Fernbank Rd near Eagleson Rd.) for an information package. Call **613-595-1116** or visit www.bridlewoodretirement.com for more information.

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Unique Business Solves Automotive Wheel Problems bent, scraped, cracked, corroded, curbed wheels ... like new again!

Most cars, vans and SUVs these days come with wheels made of aluminum alloy. Strong, lightweight and made in a dizzying variety of styles, aluminum alloy wheels add to the looks and performance of your vehicle. In most cases, they last the life of the vehicle with nothing more than routine washing.

Curbs, winter salt and Ottawa's notorious potholes can play havoc with your wheels. And with most wheels costing between \$300 and \$800 from the dealer, replacement is very expensive. Fortunately, there is a better option.

Alloy Wheel Repair Specialists are experts in repairing and restoring aluminum wheels (sometimes referred to as mags) to serviceable or like-new condition.

Corrosion, scrapes, curb rash and other damage to the face of a wheel can be removed, and the wheel refinished to like-new. Custom finishes are also available. AWRS stands behind their



work with an exclusive 1 year warranty.

Potholes and even speed bumps can cause bends or flatspots that can cause vibration, make a wheel and tire unbalanceable or cause a leak. AWRS can return your wheel to straight and true.

Not all wheels can be repaired and safety is their first priority. If a wheel cannot be repaired, AWRS can find you a used or refinished wheel of the exact original specification. A used wheel is often the best bet on an older vehicle where a refinished wheel would stand out.

AWRS is conveniently located just south of Scotiabank Place at 135 Iber Road, off Hazeldean Road. Their website is at www.alloywheelrepair.ca. They can be reached at 613-836-2300.

