

THE SHOPPES® OF OSHAWA

and surrounding areas

Established 1997

10th Anniversary



Read about all the Shoppes Newsletter communities at...

theshoppes.ca

Volume IV Issue II October 2007

To participate call 905-903-7307

Franchises available to request information contact: franchises@theshoppes.ca

The Shoppes® Newsletters Inc. Profiling exceptional businesses in your community since 1997.™

To participate call 905-903-7307

Articles and community events are published monthly online at www.theshoppes.ca

The Shoppes' circulation is target-marketed and delivered separately through Canada Post.



THE SHOPPES® and LOGO are trade-marks of The Shoppes Newsletters Inc. All material copyright 2007, Creative Media Communications. All rights reserved.

Helping you enhance your health, wellness

Allowing your body to heal naturally is the cornerstone of the Chiropractic Centre, where Dr. Crystal Bradshaw and her dedicated staff are committed to treating patients the way they themselves want to be treated! Dr. Bradshaw, an associate there since 1996, has newly renovated the clinic since purchasing it last year. With a 35-year history, The Chiropractic Centre offers chiropractic, acupuncture, massage therapy, orthotics, and is now home to a naturopathic doctor.

Naturopathy addresses the root cause of illness

Crystal A. Bradshaw, B.S., D.C.
Doctor of Chiropractic
& Clinical Acupuncture

and promotes health and healing through natural therapies. Conditions treated include allergies, eczema, digestive problems, and hypertension, to name a few.

As a Chiropractor, Dr. Bradshaw can help enhance health and wellness by assessing, diagnosing, and treating musculoskeletal conditions. These include back, neck pain, headaches and repetitive strain injuries. "You can't replace your spine, so you need to take care of it," advises Dr. Bradshaw. She takes pride in caring for your entire family, including newborns. In some instances,

she recommends chiropractic care which may relieve symptoms of colic.

Acupuncture can treat a wide variety of health concerns, including arthritis and tennis elbow, while massage therapy helps alleviate soft tissue discomfort, muscular overuse, and chronic pain conditions, all associated with everyday and occupational stresses.

The Chiropractic Centre, located at 18 Gibbons St., offers direct billing to Green Shield. Book an appointment at 905-728-5512. Watch for their upcoming Open House in October.



Friendly, knowledgeable service.

Profiling exceptional businesses in your community since 1997.™

Trust your memories to Aldsworth's Photo

It's often been said that every picture tells a story and no one understands that better than Aldsworth's Photo World. They've been helping families like yours enjoy cherished memories for the past 50 years!

Is your collection of videos collecting dust? Count on this family-owned and -operated business to transfer your VHS and old home movies to DVD. Order an extra copy to share those memories with your extended family! Aldsworth's can restore damaged or aged photos so they look brand new and can even merge two photos together. They also scan slides, photos, film or digital images to CD. Aldsworth's offers popular custom framing and plaquing solutions to update your old prints and artwork, and they take business and graduation portraits, too!

Are your digital images stored on your computer? Aldsworth's offers quality printing, making density

needed – even when you use the self-serve kiosk. For added convenience, use their online photofinishing service. Trust your memories to a long-standing company with a proven reputation and the latest digital technology! Ready to take advantage of digital photography or want to upgrade an older camera? Not only are their cameras competitively priced, you can count on Aldsworth's trained professionals for knowledgeable advice, instruction, and service. Capture life's special moments with trusted brands like Canon, Nikon, and Sony. Visit Aldsworth's Photo World at 907 Simcoe St. N. or www.aldsworthphoto.ca. Call 905-576-5123.



Caring about your memories.



Make Marlin Travel your first destination

If the thought of winter leaves you cold, now's the time to plan your Ultimate Winter Sun Destination with Marlin Travel! Book now and reach sun-kissed destinations even sooner!

Plan your escape with one of Marlin Travel's participating partners by November 30th and double your Air Miles Reward Miles for travel from November 1st through April 30th, 2008. You'll also be entered for a chance to double the length of your stay, with one winner drawn weekly until November 30th. The sooner you book, the greater your chances of winning! Plus, you can now use Unlimited Air Miles Reward Certificates to book your vacation.

Plan your holiday with Marlin Travel and enjoy the peace of mind that comes with their 24-hour emergency hotline if you encounter any problems while on vacation. With more than 300 offices across Canada, Marlin's Oshawa Centre location has

helped area residents
marlin travel
The place in your mind. We'll get you there.

plan dream vacations for more than 20 years. You'll appreciate first-hand advice from seven seasoned travel consultants, whose combined experiences cover the globe!

Together with feedback from returning clients, they can recommend destinations, hotels, and more! Marlin Travel represents all major tour operators and cruise lines, so they can help you create a holiday that meets your dreams and needs, while getting the most out of your holiday allowance. Visit Marlin Travel in the Oshawa Centre at 419 King St. W. or www.marlintravel.ca/oshawacentre. Call 905-723-7726.



Make Marlin Travel your first destination!

Oshawa Paint and Wallpaper says thanks

Oshawa Paint and Wallpaper welcomes all of their customers to come and join in their 15th anniversary celebration during the entire month of October! Originally opened in 1992 by Garth and Tena Wilson, Oshawa Paint and Wallpaper started out with just one tinter and two shakers! There are now eight very experienced people to help you with your projects! "Our staff is what sets us apart," says Aaron Wilson, who took over after his parents retired. "Now, we'd like to thank the community for their support over the last 15 years." Renowned for the latest products, Oshawa Paint and Wallpaper now carries the innovative 'Back to Style' selection of colours from Benjamin Moore. Featuring inspiring colours for work and play, find the perfect shade to update your child's or teen's room. Encourage your child's creativity with these whimsical colours! On Friday, Oct. 5th, 12th, and 19th, radio station KX 96, New

Country FM will broadcast live from Oshawa Paint and Wallpaper from 5pm - 7pm. During the week of October 14th they will offer incredible low prices on all Benjamin Moore premium paints as a special thank-you to their customers. Then, enjoy the charity BBQ on Saturday, October 20th with all proceeds benefiting Grandview Children's Centre. And don't forget that every week in October features special promotions and giveaways! Oshawa Paint and Wallpaper is located at 894 Simcoe St. N., at the corner of Simcoe and Switzer Drive; call 905-721-2854.



Celebrate with Oshawa Paint and Wallpaper.



Get your wine ready for the holidays

Have you thought about your entertainment needs for the upcoming season yet? Making your wine now will give it plenty of time to age properly for the festivities ahead, and at a fraction of the retail cost. At Still Brewing you will get premium results with your wine and beer every time using their premises and equipment in the temperature controlled rooms. Discover dozens of red and white wines and make 30 bottles (750ml.) from just \$90. Still Brewing offers customized labels for any special occasion. Round out your entertainment needs with coolers, in refreshing flavours like Cabernet Sauvignon, Merlot, Pinot Chardonnay. Make 30 bottles (750ml.) for just \$90.

With more than 50 varieties of beer to choose from, there's something for every taste, from lighter to fuller bodied beers. You can even enjoy

brewed beer in cans that can be tossed in the recycling bin when you're done. Brew 6 cases of 24 cans for just \$114, including taxes. Fill your own 5-gallon water bottles with reversed osmosis water for just \$3. Bottles are available for purchase. Water coolers start from just \$149. Visit Still Brewing, located at 133 Taunton Rd. W. at Somerville for 15 years. They're open Mondays, Tuesdays, and Fridays 10am to 6pm, Wednesdays and Thursdays 10am to 8pm, and Saturdays 8am to 3pm. Call 905-434-6564. Customer satisfaction is not one of their goals but their guarantee. Any batch that you are not satisfied with can be exchanged or refunded.

Brew Beer & Wine on Premises

\$10 off your next batch of brew-your-own beer or wine. Not valid with any other promotion. Expires October 14, 2007.



Owner Doug Still and Matt Mersereau.

Chatten's Better Hearing hosts open house

It's often been said that silence is golden, but for those with hearing loss, it might be better defined as 'lonely.' The knowledgeable and compassionate team at Chatten's Better Hearing Service is dedicated to helping you hear the world around you properly! Do you often ask people to repeat themselves? Do others complain about the level at which you listen to the TV or radio? Those are among the signs that you should have your hearing checked, advises new owner Jim Maizis. According to research, people are experiencing hearing loss 20 years earlier than in the past. "Increasingly, 40- to 50-year-olds are coming in for a hearing test," says Jim, who has 15 years' experience in the industry. Together with hearing specialist Lou Gualtieri, who has 35 years' experience, they take pride in treating clients like family. Chatten's offers state-of-the-art diagnostic equipment, the newest technology from all

manufacturers, a 60-day trial period on new hearing aids, and a two-year manufacturer warranty. They've earned their reputation for honesty and integrity! Come join the 10th anniversary celebration open house on Tuesday, Oct. 9th from 9am-noon with a live broadcast from 740AM. Drop by for demonstrations, prizes, and giveaways! Chatten's, located at 340 King St. W., follows the government pay schedule and can direct-bill to most extended health care plans. Visit www.chattenshearing.com. Call 905-432-7464 to book a complimentary hearing test.



Putting clients at ease.

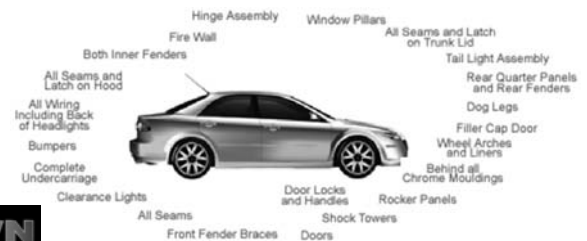


Protect your car and save with Krown

To help maintain your car's value and save on costly repairs, be sure to have your vehicle rustproofed with Krown Body Maintenance. Proud owner for 15 years, Lloyd Mosher suggests protecting your new or used vehicle now to avoid damage from winter salt and ice. Recommended by the Automobile Protection Association and CAA, Krown rustproofing products outperform all competitors, lifting moisture and creeping into inner metal seams and crevices for complete protection. Environmentally friendly and backed by a national warranty program, Krown lubricates vehicle suspension, brake cables, power windows, power antennas and even reduces door lock freezing!

last longer, increasing its re-sale value! It only takes about a half hour and can be done while you wait. And Krown also washes your car after every application - now that's super service! Krown Body Maintenance also offers Aquapel, a windshield treatment that repels rain and snow so you can see clearly and drive more safely. Lloyd says, "It dramatically improves visibility and lasts up to six times longer than any other leading glass treatment!" Make an appointment to protect your car. Call Lloyd at 905-433-4105, or drop by 120 Russett Ave, Unit 3 (facing Somerville).

Rustproofing with exceptional Krown products will make your vehicle look better and



Mention this article for a free spray can of Krown.

Brandom Kitchen & Bath has fresh fall ideas

Let Brandom Kitchen & Bath Centre help you design the kitchen and bathroom of your dreams!

Brandom's design professionals take pride in making your home renovation dreams a reality. They want to exceed your expectations by creating an elegant, unique kitchen or bathroom that adds warmth and value to your home, while reflecting your lifestyle and budget.

You will be inspired when you visit their large, 8000 sq.ft. showroom and browse through their many kitchen and bath displays. From the traditional to the more contemporary, Brandom's showroom is filled with wonderful design ideas that are sure to impress.

As a full-service kitchen and bath centre, Brandom



takes the stress out of renovating by managing your project from beginning to end. Their team of craftsmen is skilled in all aspects of home remodeling, and uses only top-quality products to create a kitchen or bathroom that is a wise investment in your home. Brandom Kitchen & Bath Centre is located at 1732 Baseline Rd. W. in Courtice. Take Hwy 401 to Courtice Rd. (just east of Oshawa). Go north to the first set of lights and turn west. They're open Monday, Tuesday and Friday 9am to 5pm, Wednesday and Thursday 9am to 8pm, Saturdays 10am to 4pm. Call 905-432-3300. www.brandom.ca.

Anger management counselling in Uxbridge

Anger is a healthy and valid emotion, but can lead to problems if it is not expressed in healthy ways. Dr. Kathryn Jennings' Anger Management Counselling Practice provides anger management counselling to individuals, families and organizations. "We offer a dedicated group of highly-accredited professionals from the fields of Psychotherapy, Corrections, Social Work, Individual and Family Therapy, and Addictions," says Dr. Jennings.

Dr. Jennings is a certified member of the Ontario Association of Consultants, Counsellors, Psychometrists and Psychotherapists, and has over two decades of experience working with clients on issues such as anger and its related emotions. She has a broad range of skills in working with individuals, couples, youth and children. Court-mandated clients and employer referrals are also welcome.

The Anger Management Counselling Practice is now offering a set of workshops on Teen Relationship Violence in many locations throughout Ontario. Geared

towards 13-18 year olds, workshops will be offered in Uxbridge on Tuesday, October 9th (for mothers and daughters) and Wednesday, October 10th (for fathers and sons) from 7pm - 9pm at the Zehrs Community Room at 321 Toronto St. S. Tickets are \$30/person. Single tickets are also available. Seating is limited; register on their secured website at www.angeronline.com, or call 905-862-3002. Visit the website for other locations and dates.

Contact Dr. Jennings through the website, or email her at info@angeronline.com. Call 905-862-3002 for the Uxbridge office 1-866-826-4370 (toll free) or 416-489-5281 for the Toronto office. Don't get mad - get help!



Dr. Kathryn Jennings' Anger Management Counselling Practice.



Call 905-903-7307 to profile your business.

When the weather outside is frightful...

You will feel warm, toasty and delightful with a new furnace or fireplace from Woodland Fireplaces! Dave Watkins, owner of Woodland Fireplaces, wants your furnace to be ready for winter. "Every furnace should be checked yearly to make sure it's working properly," he says. "Now is the best time to have your furnace replaced to avoid being caught in the cold this winter." According to Dave, furnaces should be upgraded when they are 10-15 years old. And by upgrading to a high efficiency system, you'll save on heating costs, conserve energy and help the environment, too.

Woodland Fireplaces is now your full Lennox Dealer. Choose from their selection of high-, mid-, and low-efficiency furnaces as well as a full line of Lennox accessories including thermostats, HEPA filters and humidifiers. A Lennox furnace will dramatically improve your indoor air quality by balancing humidity and maintaining a consistent temperature. Let their expert staff help you select the right system for your home.

They'll install it and then keep it running flawlessly for years to come. Curl up by the fire this winter with a natural gas, propane or electric fireplace. Shop the in-store showroom at Woodland Fireplaces for a vast selection of fireplaces and mantles in wood or stone with tile or brick accents. They also offer custom design, installation, and fireplace cleaning.

Don't get caught in the cold this winter! Visit Woodland Fireplaces, located at 898 Simcoe St. N. Call 905-579-3122. www.woodlandfireplaces.ca.



Keep cold weather outside.



Put Fall on your feet at Brock's on Foot

It's time to put those sandals away and slip on some comfort for fall at Brock's on Foot. For those new to Brock's on Foot, this century old, family owned store offers comfort footwear, widths, orthotic friendly styles and old-fashioned customer service all in a beautifully renovated Victorian building in downtown Port Perry.

The selection for fall is great - with thousands of pairs of shoes in stock, you will be able to find the fit, and the comfort that you are looking for! With names such as Rieker, Ecco, New Balance, Geox, Hush Puppies, Birkenstock, Merrell, Columbia, Finn Comfort, Naot, Clarks, and much more, it makes sense to start your footwear shopping excursion at Brock's on Foot in Port Perry. The fall collection of Rieker, the German footwear maker, has arrived for men and women. The strength of this year's collection is the fashion boots - tall, mid or short - it doesn't matter - but they are soft, and fit like a glove! Watch for this year's trend - buckles - on boots, purses and fashions.

New this year at Brock's on Foot is Franco Sarto - fashion

forward footwear with a no nonsense attitude. Sleek, black slip on shoes with great heels and several styles of boots are available - fashion with great comfort. For Geox fans, Brock's offers the latest styles in the lineup for men, women and children. They are breathable, flexible shoes that provide the most comfortable fit imaginable and are available in casual and boot styles.

And when visiting Brock's on Foot, don't miss the women's wear and men's wear shops offering great weekend looks by Columbia, Woolrich, Linda Lundstrom and more - three stores under one roof. Brock's on Foot - 168-178 Queen St, Port Perry, 905-985-2521 or visit their web site www.brocks.ca.



Boots, boots, boots at Brock's on Foot.

Breathe easier in your home this fall

Did you know that the dust in your home can make you sick? Just turning on your furnace this fall and having hot air go through a contaminated system can often trigger asthma and allergies. It's time to remove buildup in your ducts and breathe easier - call Greg and the staff at Ontario Duct Cleaning for the latest and most progressive technology.

Their exclusive VB12 Truck features truck powered suction and has a 10" flex hose that attaches to the ductwork at the furnace. Compressed air is then blown down the vents and returns to clean the system of both heavy dirt and debris and also finer particulate.

Says Greg: "Think of what would accumulate if you didn't vacuum underneath your bed for two or three years. Our system improves furnace efficiency up to 20% and will fix air flow problems in your home. Even ducts in new homes have

a lot of sawdust, drywall dust, food, and nails.

The professionals at Ontario Duct Cleaning have met all the high standards to become proud NADCA members, which adhere to much higher standards of cleaning and care in your home. Just one more reason they stand apart from the competition! Mention this article and receive \$25 off Robotic Duct Cleaning, or receive a free Botanical Air Purifier - a \$50 value.

Fresh air is a phone call away! Call Ontario Duct Cleaning today at 905-655-1099, or visit www.ontarioductcleaning.ca for more info.

ONTARIO DUCT CLEANING 



Duct cleaning makes breathing easier.

Helping families safeguard their futures

Protect what you value most and plan for your future with help from Tammy-Lee Hanlon, State Farm Insurance agent. With State Farm's competitive rates on home, auto, life and business insurance as well as a 'service first' policy, you'll feel safe protecting your future with Tammy-Lee by your side. Winner of the Reader's Choice award for the past five years, Tammy-Lee and her friendly, knowledgeable staff always put their customers first. They will review your current home and auto insurance with you to ensure you have the best protection or help you find the right insurance policy for your individual needs. If you should need to make a claim, you can trust State Farm's 24-hour 'good neighbour' claim service.

You'll feel secure protecting your automobile, home, cottage, business and recreational vehicles with these trusted professionals. State Farm also offers clients a range of other services including



life and disability insurance, vehicle loans, mutual funds and RRSPs.

As a resident of Durham Region and a mother of four, Tammy-Lee understands her clients' needs. She has a child-friendly office with movies, gerbils, and colouring books so parents can relax and learn about insuring their family's future.

Call Tammy-Lee Hanlon at 905-720-2500 for a competitive price quote and save up to 40% when you insure your home and vehicle together. Located at 169 Simcoe St. N. in Oshawa.



Protect your family and your future.

Set your own hours and work close to home

Would you like to set your own hours, work close to home, operating your own publishing business? You can have the opportunity to join a team of professionals by helping local business owners 'tell their story' to connect with residents in Ontario communities by joining The Shoppes Newsletters team.

The Shoppes Newsletters have been helping small businesses succeed by profiling exceptional businesses in communities across Ontario since 1997. Combining their years of publishing, marketing and computer graphics expertise Port Perry residents Dave and Keltie Anderson began featuring small business owners and professionals in their community to help them differentiate themselves in a unique newsletter format. Today, in their tenth year they offer a proven system and ongoing training and support publishing eight Shoppes area newsletters with a group of business development professionals that service the Uxbridge, Stouffville, Markham/Unionville, Aurora, Port Perry,

Ajax/Pickering, Whitby, Kawartha Lakes communities. In Durham Region and surrounding areas Dave and Keltie offer business owners an opportunity to reach new and existing customers through The Shoppes of Whitby, The Shoppes of Ajax/Pickering, The Shoppes of Uxbridge and The Shoppes of Port Perry, personalized newsletters that have been distributed in Durham since June 1997.

Interested in becoming a Shoppes Newsletter business development partner?

If you'd like to work from home, set your own hours and operate a business

that helps thousands of small business owners connect with their communities in a unique format with unprecedented results, find out how to become a Shoppes franchise partner.

Call 905-982-0350 or send an email: franchises@theshoppes.ca or visit www.theshoppes.ca. Select franchise territories now available in Ajax/Pickering, Whitby and Oshawa.



Click with April-Dawn's casual photography

As a photographer and a mother of 3 active children, April-Dawn knows just how hard it is to get kids to sit still for those all-important family photographs! That's why she now specializes in "casual" photography - a wonderful concept for busy people and families who want top-quality without the time commitment and, most of all, the big price tag.

Whether it's a first birthday party, a wedding, a Christmas party, special event or just time to update the family albums, April-Dawn uses the latest in digital technology to take hundreds (yes, hundreds!) of photos of your special day. She will also travel to a special spot up north and work with your beloved pets including dogs and horses.

Take a walk with your family through the forest to view spectacular autumn colours, and let April-

Dawn capture those special moments in a beautiful, casual environment.

At a cost of just \$125 for a CD of 300 to 400 photos, there is no time consuming viewing of proofs, no minimum purchase, no high-pressured sales, and best of all you own the CD. Email to friends and family, choose your favourites for Christmas cards and print as many as you like at home or at a photo shop. Call April-Dawn now at 416-997-5364 to book an appointment. Fall colours won't last long and Christmas is just around the corner!



"Each photo should tell a story," says April-Dawn.