

# CK SPRING 2012 outdoorliving

Highlighting services and products that help you  
enjoy outdoor living in Chatham-Kent

## Chatham-Kent **Communities in Bloom** Flower of the Year - **Red Geranium** Pg. 9



# Welcome

## Welcome to CK Outdoor Living, Spring 2012 Edition

As we all move to the outdoors this time of year, it's time once again to experience life beyond your front door. Although this past winter was nothing but a tease it still feels good to be able to take off your socks and put on your sandals. Spring has got to be one of the most refreshing seasons of the year; when all is new and the fragrant spring blooms begin to fill the air it somehow rejuvenates us.

Nothing says spring quite like that car that pulls up beside you with music playing and windows wide open, or the motorcycle that zooms past, or even the endless people out and about in their yards as you make your way home from a day that started out with crispness in the air and is ending with a beverage on the patio. Here in Chatham-Kent we are actually pretty lucky to have an extended outdoor living window. The winters are lighter, the summers are hotter, and the spring & fall weather in our area is absolutely beautiful - starting early and ending late.

With all that in mind we believe that we all can be a little more reassured that what we invest to make our *Outdoor Living* more comfortable for ourselves and our surrounding is both money and time well spent.

We hope you enjoy this 3rd issue of *CK Outdoor Living*. As always, it's been a pleasure to put together and we are thankful for all of the advertisers who make it possible each year.

### Have a safe and enjoyable season!

Sincerely,

Andrew Thiel, *President*  
Mark Requena, *VP / Website Development*  
Grant Smith, *IT Specialist*  
Lisa Persyn, *Graphic Designer*  
Jaclyn Gillier, *Graphic Designer*  
Nancy Schlereth, *VP Sales*  
Jill Gale, *Sales Rep - Dresden/Wallaceburg*

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# Red Geranium - Great in the Garden and in pots



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McGrail Farm Equipment offers two stores to support their customers' equipment, parts, and service needs – one located at 23550 Prince Albert Road and the other, in Essex County, located just east of Comber at 8705 County Road 46. Both stores boast parts and service personnel with several years of experience and training in the industry. As the official source for all your John Deere parts and service needs, just bring your machinery in to either store and our expertly trained technicians will solve your problems.

From the farmer to the homeowner, McGrail has become an essential part of the community, and we look forward to upholding our core values of integrity, quality, and outstanding customer service for another 50 years.

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The engine horsepower information is provided by the engine manufacturer to be used for comparison purposes only. Actual operating horsepower will be less.

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## Your Finest Duds.

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If you are looking for outdoor work wear clothing, then look no further than Dover Duds - your Chatham Kent work wear specialist! Dover Duds is a family owned and run business located at 26662 Bear Line Road, in Dover Centre. Judy and her staff carry the finest in outdoor work wear for the whole family. You'll get a great reception upon entering this country store and feel extremely comfortable as you browse around.

If you choose to wear Carhartt, then you're wearing a legend as it has been producing rugged outdoor wear since 1889. The Carhartt name stands for the best in rugged outdoor clothing. If you're working outdoors in all weather conditions, then you are most likely not a stranger to the Helly Hansen line. This clothing features fibre-lock that traps body heat for extra warmth and rain gear to help keep you dry.

For your feet, Red Wing Shoes provide insulated, waterproof footwear giving you serious protection from Mother Nature. With their Irish Setter Boot line you'll also find exceptional under foot comfort and slip resistant soles. Both these shoes and boots provide craftsmanship that lasts for years and are definitely made for more than just walking!

# The Outdoor Life...

## Outdoor Living Spaces at their Finest.



At Rural Roots Landscape and Design, the team helps you dream, plan, and create a landscape that reflects your unique personality and vision while utilizing your site elements to their greatest potential.

Complete landscape services are offered from garden beds to unique water features, outdoor living spaces to interlock paving, and all novelties in between.

Rural Roots strives to build lasting relationships with clients for years to come. Their clients are located across Chatham-Kent and surrounding areas. You are guaranteed an enjoyable and relaxing landscape experience from your initial consultation, through construction, to your completed paradise. Design and installation options are available to suit your needs; from a design for the do-it-yourself person or complete installation. Let Rural Roots Landscape and Design create a design that can be constructed in phases to best suit your plans.

The uniqueness of the designs and installations clients receive from Rural Roots was evident at the recent Home and Garden show in Chatham. Mark Moir's design talent incorporates both modern and rustic elements seen below.

Rural Roots operates under the leadership of Landscape Designer Mark Moir with credentials from Fanshawe College – holding a Landscape Design diploma and a Landscape Architecture degree from the University of Guelph. Moir has over 10 years of experience in the landscape industry and operates with a very knowledgeable and experienced team.

Rural Roots is a member of Landscape Ontario and the Chatham-Kent Chamber of Commerce, and is an authorized Unilock Contractor.



*\* Photos from the Home & Garden Expo in Chatham, ON.*



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Sweetness - Blenheim

A photograph is more than just a gift to bring or send. And more than just the likeness of a relative or friend.

It is a kindly greeting and a memory to hold. Of happy times and pleasant things. However new or old.

It is a mirror that reflects companionship and cheer. And now and then the wistfulness that turns into a tear.

A photograph is something to adorn a desk or wall. Or carry in a pocket and display to one and all.

It is a faithful portrait the smile that friendship shares to add its sunshine and to show that someone really cares.

by: James Metcalfe

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276 Grand Avenue West Chatham, ON N7L 1C1

## A New Face in Town.

### Blush Medical Aesthetics is Now Open!



On April 16, 2012 **Blush Medical Aesthetics** was pleased to hold their open house inviting everyone in to meet their team. **Tammy Hundt R.N.,CPNc** Owner/Operator now joins her husband, **Dr. Hans Hundt MD, FRCSC**, who opened his

business as an Orthopedic Trauma/ Foot & Ankle Doctor in January of this year at 276 Grand Avenue West.

**Blush** is excited to offer a variety of services to meet your needs in a clean, calm, inviting environment for your comfort and safety. As a guest of Blush you will receive the highest level of quality treatments. Our certified clinicians include a Dental Assistant, Registered Nurse, Aesthetician, Lash Technician, Certified Laser Specialist, and IN HOUSE Licensed Surgeon. Our goal is to develop good rapport with all our clients. We also have a strong emphasis on after care, because what you do after the procedure is as important as the procedure itself. Every treatment comes with a complimentary two week follow up visit to ensure all your needs have been met to your liking.

Get ready for the outdoor sun and fun and let us help you to keep your youthful **Blush!**

# “LET’S TALK FOOD” CHATHAM KENT

What do you eat? Where do you shop?  
Where do you eat?

The Chatham Kent Public Health Unit, Healthy Communities Partnership, and Food Link Chatham-Kent, along with the help of the Centre for Community Based Research, are attempting to strike up a conversation around **FOOD**. We want to know what the food culture in Chatham-Kent looks like. This will include everything from *what we eat, why we eat it, what do we grow and make, and how we get rid of it.*

## To do this, over the next few months we will be:

- Hosting approximately 30 focus groups across the community with various groups of individuals.
- Holding interviews with key community stakeholders.
- Inviting residents to complete an online survey. You also may see us around town with our clip boards asking for your input.
- Sharing our information at your local library.

## Why are we doing it?

In October 2011, the Chatham-Kent Municipal Council approved an amendment to the Municipal strategic plan to include a Sustainable Food Security Master Plan. But before we can begin to discuss where our food system needs to go we must:

- Understand what our current food system looks like in Chatham-Kent. This includes Food Production, Processing, Consumption, Waste, Preparation, and so on.
- Engage the community in a conversation around Food. We want to know what people eat, where they shop, why they shop there, what they like, what they do not like, and what they need but cannot get.

By participating, you can add **your** voice to the conversation and help to shape the direction of the Food system in Chatham-Kent.

## How can I get involved?

- Check out the list of dates for community focus groups on our website.
- Fill out the online survey at:  
[www.chatham-kent/PublicHealth/letstalkfood](http://www.chatham-kent/PublicHealth/letstalkfood)

## Don't have access to internet? No problem.

You can go to your local library and find out where and when our community focus groups will be held and/or fill out a paper copy of our online survey.

# Let's Talk FOOD

WHAT DOES  
FOOD  
MEAN TO YOU?

The Chatham-Kent Public Health Unit, along with the Healthy Communities Partnership, is conducting a community food assessment. You can participate by filling out a short online survey or a paper copy at your local library.

Help us shape a more sustainable food system for Chatham-Kent and enter for an opportunity to win 1 of 6 \$100<sup>00</sup> grocery store gift cards.



www.ckremedy.ca

# Remedy's Rx

The Local Drug Store

## Don't forget your Sunscreen!

- The sun is strongest between 11 & 4 or when the UV index is 3 or higher
- The sun can burn your skin even when it's cloudy
- Use waterproof sunscreen with SPF 15 or higher

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## CK Spotlight

### Did You know?

Chatham-Kent houses over 160 parks within all of its communities. Amongst those is Kingston Park, located in Chatham, Ontario. Kingston Park was awarded the Landscape Ontario "Green for Life" - Park Award (2011 Provincial Communities in Bloom Award).

Provincially, Chatham-Kent's Kingston Park project has earned the municipality one of its three brand new Landscape Ontario "Green for Life" Community Awards. The winners for this award were selected based on Community Spirit, Innovative Ideas, and Environmental Sustainability in three possible categories: Communities, Schools, or Parks. Built using a recycle/reuse theme wherever possible, the Kingston Park revitalization project was recognized as the winner of the Landscape Ontario "Green for Life" - Park Award out of 25 Ontario applications.

We encourage you to get out and enjoy not only Kingston Park but any of our parks located throughout CK!



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Rural Roots



Southwest Surfacing



Tom & Al's



Up & Running

# CiB Flower Pick of the Year.

## Why the Red Geranium for 2012?

As Chatham-Kent commemorates the Bicentennial of the War of 1812 the Chatham-Kent CiB committee has chosen the Red Geranium as Flower of the Year.

It is a tribute to the late Ruth Redmond, a Niagara area teacher who spent her life acquiring the property that was part of the Lundy's Lane 1814 battlefield. Redmond resisted pressure to sell her land to hotel and fast-food restaurants and in 1996, she donated her Niagara Falls property to be used as a commemorative park to honour the soldiers who fought and died at Lundy's Lane. Redmond died in 1999, at age 96. She had a tradition of annually planting red geraniums on her property – the high ground of the battlefield – in memory of 1812 combatants.

After winning the 2011 international CiB Heritage Conservation Award, it is only fitting that Chatham-Kent CiB join in this tradition as we commemorate the War of 1812 in our own area.

Red geraniums are a traditional staple in summer flower beds, containers, and hanging baskets. Their bright red blossoms provide a nice contrast to the light green foliage. They are tolerant, easy-to-grow plants and will be featured in many public display gardens and community entrances.

To enhance this unifying effect, CK CiB would love everyone to add a splash of them in their front yards as well.

For more details on Chatham-Kent Communities in Bloom, please phone 519.360.1998, e-mail [ckpch@chatham-kent.ca](mailto:ckpch@chatham-kent.ca), or visit [www.chatham-kent.ca](http://www.chatham-kent.ca)

### **Chatham-Kent Communities in Bloom awards & accomplishments:**

- 2011 International Heritage Conservation Award
- 2011 provincial "Green for Life"- Park Award (for Kingston Regional Park)
- 2010 NATIONAL WINNERS
- 2009 International Tidiness Award
- 2006 International Best Community of Gardeners Award
- "5 Blooms" (the highest bloom rating) nationally since 2005



[www.chatham-kent.ca/CommunitiesinBloom](http://www.chatham-kent.ca/CommunitiesinBloom)



# Sherry's CORNER

As I sit at my desk looking out the window at the beautiful flowering daffodils and hyacinths, I am sure that Spring is just around the corner. Of course this year, Mother Nature gave us an early taste and spoiled us...

I am eagerly planning my spring plantings - colour themes and locations...and maybe a new water feature. We are already proud and satisfied owners of a pond, and this year I think we will add some type of bubbling vase to our front yard. These are simple enough to install and very easy to maintain, as the water just recirculates from a holding tank. It will add visual beauty and, for our front yard guests, interest and also the sound of bubbling water...

I now want to talk about safety in the garden. After owning a garden centre for many years, I have seen many accidents and predicaments that people have gotten themselves into...

First and foremost, buy yourself a good pair of gloves - I like the **DIGIT HANDWEAR**<sup>®</sup> brand. They have heavy

*keep your hands  
and nails as  
pretty as your  
garden*

suede paws, and on the top part, a thick section of jersey-type material. I really like these because they move with your hands and are not restrictive. These will save you from thorns, scratches, cuts, and even poison ivy. After your gardening, when you take the gloves off, your hands will be smooth and unscathed...and your manicure still intact...These gloves were invented by two Canadian women; I first saw them on the Dragon's Den - and they got the funding from Kevin O'Leary - why wouldn't you want to use these???

**DIGIT HANDWEAR® Utility and Garden Gloves are sold in all Home Depots across Canada and can also be purchased online at [www.digithandwear.com](http://www.digithandwear.com).**

Always make sure that your tools have been sharpened and cleaned off...this just makes digging a hole easier and makes you look a little more professional when your tools come out of the shed. You can clean with a mixture of soap and water, then wipe off with a cloth and let dry...remove any rust with a bit of sanding paper or steel wool. Now you can sharpen the tool if necessary (remember use your gloves). If your handle is wood, inspect for roughness or splinters, sand with your sandpaper, then follow up with rubbing paste over the handle. Spray your metal parts with penetrating lubricating oil to protect from any future use. Most importantly - store tools in a dry spot, preferably hanging on a designated wall.

In your gardening bag or case, you should also have on hand some type of Benadryl just in case a bee, hornet, or wasp bites you; also an EpiPen if you are allergic to any of these little scoundrels.

You should include some type of sun protection for your skin, and something you can use if you do get a cut or scrape. I have used two

products made by a woman in Chatham. Thanks to Sandy Ewing my hands are well taken care of. The first one is called "Against All Odds" weather element protection cream. Sandy has packed it with organic sun protecting and nourishing creams. It will also help heal and moisturize dry, chapped skin. The second one is called "Rescue Me." This is more like a healing salve, soothing skin conditions and relieving rashes, irritated skin, and minor cuts and scrapes. I really like these products because they are organic and also made locally.

Eye wear is also important - not only to protect from flying debris but also from the sun. You could pick up an inexpensive pair of safety glasses, but I have just invested in a pair of **EYE DIGIT®** made by the same company as the gloves. These are great sunglasses and will give you protection from those harmful UV rays.

Last, but not least remember lift with your legs!! Save your back when lifting heavy items. You will thank me several years from now... If you follow these few safety tips, you will not only have a beautiful garden, but beautiful healthy hands and a stronger, healthier back.

Happy Gardening,

*Sherry Malema*

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Summer is the time for beaches, sunshine, and sandals, but not all sandals are created equal. Patients often come to Bioped Chatham during the summer months with complaints of heel pain, arch pain, and forefoot pain that are due to unsupportive and inappropriate footwear. Here are some things to think about when considering summer sandals.

## 1. Does the sandal have support built into it?

Sandals that have a build up in the arch and metatarsal (forefoot) will support the foot better than a flat shoe/sandal. Examples would be a SOLE flip flop or Birkenstock sandals.

## 2. Does the sandal have a removable insole?

Sandals with a removable insole allow you to put your custom-made foot orthoses into the sandals to help give you better support. Examples would be Naot or Finn Comfort Sandals.

## 3. Is the sandal comfortable?

There is nothing worse than uncomfortable shoes! Footwear, no matter the season, should be comfortable as soon as you put it on. If the shoes are not comfortable in the store, they are not going to get more comfortable when you get home.

## 4. Is the sandal the correct size?

Unlike a closed-in shoe where you have to worry about your toes hitting the end of the shoe, an open sandal does not have the same worry. Ensure that your foot is sitting on the footbed of the sandal correctly and that your toes are not hanging off or up the edge of the sandal.

## Phuket

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The most common alignments we can help with:

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- Bunions/Hammertoes
- Knee pain
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- Arthritis

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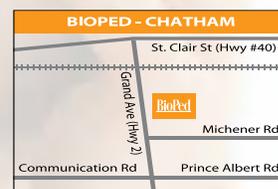
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# Great Value.

## Is the Real Bottom Line at Custom Window.

You've heard it said many times before and you have probably said it yourself: "I want 'bang for my buck'." Another variation on the same theme: "I want **GOOD VALUE** for my hard earned dollar." The common element in both of these well worn but wise sayings is **VALUE**.

### What is Value?

'Value' seldom, if ever, means the lowest price. 'Good Value' comes with good product quality at a reasonable price. Since Custom Window opened its doors back in 1996, we have worked hard to provide 'GREAT VALUE' by providing a **HIGH QUALITY PRODUCT AT A MODERATE AND VERY COMPETITIVE PRICE**.

### There's more to a 'high quality product' than meets the eye!

Let's be clear, the 'HIGH QUALITY PRODUCT' that today's very discriminating homeowner requires **IS MUCH MORE THAN SIMPLY THE WINDOW OR DOOR OR SUNROOM** that will become an integral part of their home. Discriminating homeowners also want:

- a **HIGH QUALITY INSTALLATION** by skilled professionals, who insist upon doing the right job.
- a **RETAILER WHO WILL HONESTLY AND ACCURATELY INFORM THEM** about their product choices, without pressure and without false or misleading discounts and deadlines.
- a **RETAILER WHO WILL STAND BEHIND THEM** before, during and after product installation.

### How has Custom Window been able to provide GREAT VALUE?

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- Scouring the market for **HIGH QUALITY MANUFACTURERS WITH HIGH QUALITY PRODUCTS** - specifically **VINYL WINDOWS, STEEL ENTRANCE DOORS** and custom manufactured **SUNROOMS**. A high quality manufacturer stands behind its products with excellent warranties, great service and a commitment to satisfying customers.
- Finding **PROFESSIONAL INSTALLERS WHO TAKE PRIDE IN DOING THE RIGHT JOB** and, because of their considerable experience, are able to readily handle even difficult installation situations.
- At **CUSTOM WINDOW**, we are totally **COMMITTED TO MAKING THE CUSTOMER'S EXPERIENCE WORRY FREE AND VERY SATISFYING**.

There really is a **CUSTOM WINDOW DIFFERENCE**:

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Have an ideal corner or empty space to fill? Choose from a selection of Animals, Bird Baths, Gargoyles, Benches, Gnomes, Buddhas, or European, Oriental, and Greek statues to name just a few. To enhance a fence or wall, we stock a selection of decorative Wall Plaques. You really need to visit to view the wide array.

Has your garden soil fallen a little flat? Build it up with our Top Soil and Mulch for the flowering season. We have a variety of colours to suit your garden theme and competitive pricing.

We invite you to step inside our showroom for many giftware items from Wind Chimes to Boyds Bears; in fact there is so much that you will have to stop at our location to see for yourself.

**\* NEW PRODUCT NOW AVAILABLE!!!**

Come in and see our NEW line of Rubber Mulch. This long lasting durable product comes in many shades to fit your style.

## Perfect Results Every Time, Everywhere!

Drop in and see Tom & Al's selection of environmentally friendly grills.

For an outdoor living experience come in and see our new Convertible Electric Barbeque Grill – become environmentally friendly and say goodbye to flames and tanks that run out of propane. A Dimplex grill is safe, clean, and powerful and is perfect for apartment and condo balconies.

The PowerChef® Convertible Electric Grill offers a Sleek Design with high performance, has dual elements, and is large enough to cook for 4 – 6 people with precise, even heat that cooks on every inch with no cold spots. A manual cooking mode allows for complete cooking control or just program, cook, and enjoy delicious, perfectly timed food cooked to your liking.

The portable BBQ features a locking lid design that allows the lid bar to serve as a carrying handle. It is designed to fit as a table top model or on an additional pedestal base with 2 side shelves and has a durable weatherproof gloss finish with stainless steel accents.

Visit our showroom today and see how easy it is to cook like a pro!

**COOK ANYWHERE WITH THE CONVERTIBLE OUTDOOR GRILL**

**TOM & AL'S**  
Quality HOME FURNISHINGS



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# New Season ~ New You!

Infinity helping you prepare your skin for the outdoors.....

Infinity Medical Cosmetics is happy to announce the arrival of GLOW By EndyMed to their current list of products and services. GLOW is a non-invasive procedure that uses radio frequencies to provide skin rejuvenation, skin tightening, and body contouring. In as little as four treatments, two to three weeks apart, you will be delighted with the improvement of your skin.



The GLOW system is equipped with a range of safety features and hand pieces. Each hand piece is designed to specifically treat different areas of the body through facial tightening, body tightening, or body contouring. When

having this service done, you feel very comfortable and relaxed, it actually feels really good.

Are you are concerned with putting on that bathing suit, your shorts, or tank top? Are you looking for a non-invasive treatment for wrinkles and lax skin on your face, neck, under your chin, or sagging arms? How about larger body areas such as ridding yourself of that dreaded cellulite. Then GLOW is a wonderful option for you.

Infinity Medical Cosmetics is excited to announce three new members to their team. Dr. Cole (of the Cole Clinic) has now joined the Infinity team as their Medical Director along with Aline Duval, RN who has over 10 years of experience in injections. Dayna Broad (previously from Medical Aesthetics) has also joined their team as an aesthetician. Dayna brings with her 10 years experience, as well as being fully versed on all of the skin care equipment used at Infinity.

So get back your skin's definition and call us today to arrange a personal consultation. There is no pressure; "We are here to answer all your questions," says Kathryn Suitor, owner/operator of Infinity Medical Cosmetics.

We are here to help you to "take back control of your out of control skin today!"

**We also offer pay as you go, making everything more affordable!**



Cheque or Cash, payment available.



## INFINITIY MEDICAL COSMETICS

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Sunspots, Skin Tags, Age Spots **GONE!**  
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**With our latest equipment and technology  
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those and more....**

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- Permanent Fat Reduction Machine
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  - Botox Cosmetics
  - Derma Fillers
  - Soft Lift
- IPL Photo Rejuvenation
- Chemical, Silk and Clay Peels
- Anti-Aging Vitamin C-Facial
- ThermoLo

**We also carry the Vivier Skin Care Line!**

## **We are on the Move...**

Effective June 1<sup>st</sup> you can find us at  
220 St. Clair Street, Chatham

WWW.INFINITIYMEDICALCOSMETICS.COM

# Living the Dream.

## Stellar Mount Stables Inc.



"Living the dream" - that is what Gary and Jennifer VandenDool started doing when they built their equestrian barn last fall. Stellar Mount Stables Inc. is a first class equine facility that provides a multi-disciplinary enterprise with horse boarding, training, lessons, and clinics as well as equine emergency first aid education. Our mission is to provide a rewarding experience with invaluable learning in horse keeping ensuring a pleasant, healthy, positive atmosphere for both human and horse.

Overlooking 100 acres, the facility consists of a cathedral indoor riding arena measuring 220' by 80' with compacted stone dust under a rubber-sand mixture for premium dust free footing. The arena's generous four rows of lighting, 10-speaker sound system and side kickboard of board and baton is esthetically superb.

The 20-stall barn is no exception to the rule, boasting a cathedral ceiling with a ventilation system for continuous fresh air circulation. Custom-made galvanized grilled partitions for an airy open concept add appeal to the large 12' by 12' box stalls with rubber mats over compacted stone dust. It also features an automatic watering system with shut off to each stall, swing feed doors, attractive horseshoe latches, and separate feed and hay storage large enough for a hay

wagon. Think this sounds appealing? It just keeps getting better - radiant in-floor heat optimizes two wash stalls with hot/cold water and two tack stalls, all with custom-made galvanized partitions and blanket bars.

For spectators there is a viewing room with large windows, kitchenette, homework bar, and handicap bathroom. The tack room has custom saddle racks, lockers, tack cleaning area with mop sink, and a separate bathroom with shower. The office, viewing room, and tack room feature air conditioning with an HVAC system for air exchange. The unfinished upstairs has tapered windows that overlook the cathedral ceiling arena and offer a breathtaking view of the surrounding pasture areas.



*Stellar Mount Stables Inc.*

741 French Line, Port Lambton • [www.stellarmountstables.ca](http://www.stellarmountstables.ca) • 519.677.1329



*Horses provide us all with an opportunity to be excited and passionate about riding. Horses help teach us responsibility, dedication and financial commitment. We enjoy a feeling of accomplishment and self worth that comes from achieving small goals everyday. At Stellar Mount Stables, we boast a competitive rate for our many available "Stellar" services.*

Full Horse Boarding • Lessons - Beginner to Advanced in English and Western • Trailer in Lessons • Clinics • Equine Health Instructor  
Lesson Horses available for Part Lease • Arena Rental • Horse Feed Sales • Training & Sales

# Holland Accu Optical has an Eye for Style.

## Spring Line-Up is Here.

When either working or enjoying the outdoors, good protective eyeglasses and/or sunglasses are a must. Most of us find the direct sunlight too bright for the naked eye and many of us choose to have that barrier between our eyes and the elements thus giving us protection from the wind, dust, and dirt.

It has become common practice to protect our skin using sunscreen, so why not make sunglasses as common. UV rays can damage the eye's tissue and can burn the front surface of the eye just as it can burn our skin.

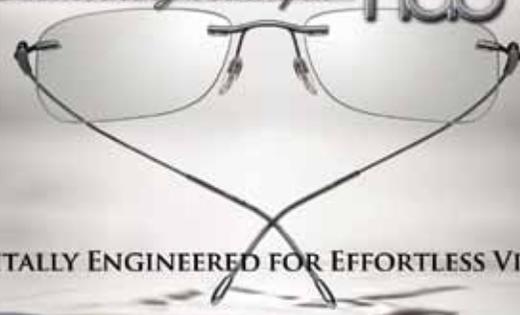
At Holland Accu Optical we carry a wide line of sunglasses as well as numerous brands of frames and styles to fill any of your eye care prescriptions. We have an onsite laboratory in which we can prepare your glasses for you, and can do so in a very timely manner.

Since your eyes are one of your body's most delicate organs, it only makes sense to protect them. Our recommendation for your outdoor living is to wear a good quality pair of sunglasses along with a wide brimmed hat, whether you are out for a walk, working in the garden, driving, or doing anything .... UNDER THE SUN!

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## Protect Yourself.

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Southwest Safety Surfacing is a locally owned company serving the Chatham-Kent and Windsor-Essex area. Our primary goal is to satisfy every customer, one customer at a time!

Slip and fall accidents account for nearly half of all major home injuries. They are amongst the most common accidents in hotels, restaurants, and public buildings. Next to major vehicle accidents, slip and fall injuries are the next major injury source requiring hospitalization. We're here to help you to avoid being part of that statistic by providing a safer surface for your family, your friends, and your customers!

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## One Stop for Healthy Living.

Meet our staff! Learn how they can help you look and feel your best.

Radiance Massage Therapy and Spa is pleased to partner with Dr. Brett Davey, of Davey Chiropractic and Laser Clinic. In addition to his Ridgetown office, he now practices at Radiance several days a week, bringing his chiropractic expertise to the residents of Chatham. Dr. Davey operates a family based practice, offering chiropractic and wellness care to you and your entire family.

As the seasons change, so do our activities. In spring, we find ourselves outside doing yard cleanup, gardening, playing with our kids, or even joining a local ball team. These activities can often lead to stiffness, soreness, and pain as we discover new muscles we didn't even know we had! Massage therapy and chiropractic care can help relieve this pain, relax the muscles, and re-align the spine, allowing you to enjoy these activities all summer long.

And as spring rolls into summer, we find ourselves in shorts and sandals, enjoying what always seems to be the shortest season of all. This is best time to visit the spa for regular pedicures, manicures,

and waxing. We always recommend a facial treatment with every season change, but summer is especially important to treat and rehydrate dull, dry, uneven skin. And while we don't like to admit it, the sun is damaging. Our signature Radiance facial treatment evens out your complexion, lightens sun damage, and corrects discoloration. Just remember that your skin is and always will be the best look you wear.

As we continue to grow, we also continue to offer NEW spa services. We now offer Infrared Sauna treatments that have proven health benefits. Other new services include Brazilian Waxing, Indian Head Massage, and Thai Massage. And make sure to try our new OPI Gel Colours manicure for flawless nails for up to 14 days, a mirror finish, and absolutely no drying time (REALLY!)

Visit us at Radiance Spa - your one stop to looking good and feeling better.



Dr. Davey, B.Sc., D.C.  
Chiropractor



Jill Northcott, RMT,  
Owner



Shelley Kitamura,  
RMT, Cert. Reflexologist



Rachel  
Vandecavey, RMT



Shannon Brown,  
RMT



Amanda Greeley,  
RMT



Marsha Thelosen,  
RMT



Hillary Murphy,  
Cert. Esthetician



Lauren Sparks,  
Cert. Esthetician



Sylvia Myers,  
Cert. Esthetician



Julie Guyitt,  
Cert. Esthetician

# What are your reasons for running?

Cardiovascular Health

Weight Loss/ Maintenance

Improved Bone Health

Stress Relief

Social Activity

Personal Time

Race Training

Cross Training

Everybody has his or her own reason for running. No matter what your reason is, it is a good reason. Above are a few reasons, which are elaborated on in the remainder of the article.

Running is one of the best cardiovascular and fat burning exercises you can do. The weight bearing impact leads to increased calorie expenditure, which is dependent on a runner's weight, gait, efficiency, and effort level. It is common for a runner to be able to burn 100 calories for every mile run. Running also helps to keep blood pressure lower and to keep arteries healthier. Heart health is therefore much improved.

Weight bearing exercise such as running keeps muscles and bones healthier as they are taxed.

Running allows you to get out and use your body and your mind at the same time. Often, going for a run can give you the opportunity to think through a problem or a stressful situation. The physicality and this opportunity to think in a quieter setting leads to stress relief, as does the simple side effect of increased physical health.

Running can be used as cross training for other sports, or can be its own end. There are many local races for a runner looking for a new challenge or goal.

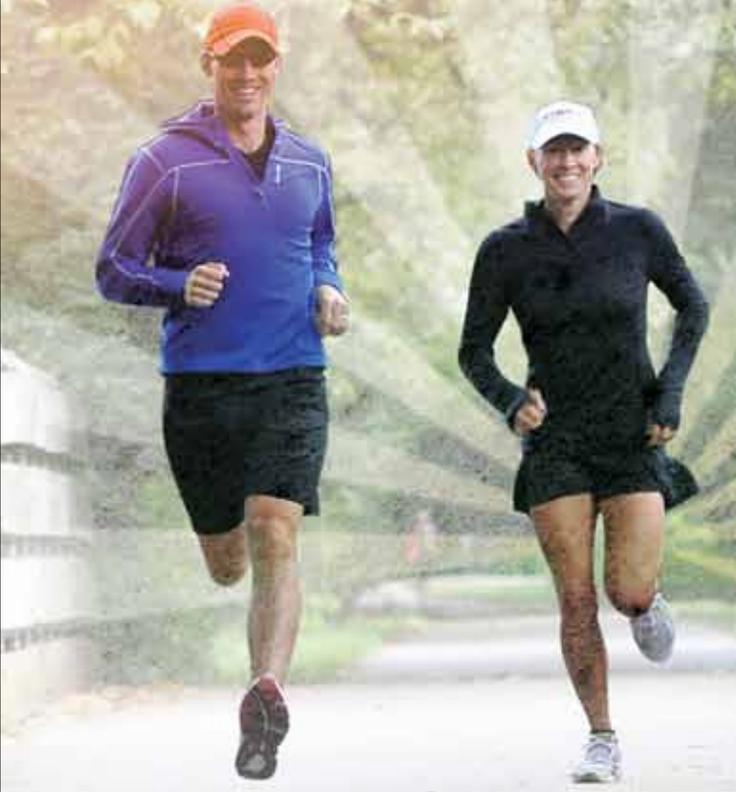
Last, but certainly not least, is the benefit of running as a social activity. There is a healthy running community in Chatham which is continually growing. Running by yourself is wonderful, but knowing that there are always others who are looking for running buddies is a great motivator.

To meet other runners, please feel free to stop in to Up and Running, 138 King Street West. We look forward to meeting you!

*Kim & Matt Wood*

find out more at  
[www.getupandrun.ca](http://www.getupandrun.ca)  

Everyone RUNS  
Everyone runs  
for their own reasons  
for their own reasons  
we are here to  
keep you moving



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