

FEATURING TIMELY NEWS AND INFORMATION TO ENHANCE YOUR LIFE IN OTTAWA SOUTH

Ottawa South

TUESDAY, APRIL 27, 2010

AROUND YOUR COMMUNITY

Saturday May 15th is Customer Appreciation Day at Rockland Textiles

Community Business

Citizen advertising features
There's always lots of fun going on at Rockland Textiles, celebrating 38 years of "working with the fabric of success."

"Last year we had the Ugliest Couch contest, and this year we're running the Ugliest Drapes in your Window contest," says owner Ellie Greenberg. "Watch for details in the Citizen and on our Rockland Textiles website."

For eight years, the fabric and home decor store has also been running its popular customer appreciation day. "This year May 15th is our big customer appreciation day," says Ellie. "It's a fun day, with seminars, door prizes and refreshments. It's nice for the customers because they get to chat with the sales reps and learn what's coming up; they get new sewing tips and they get to just have fun and eat."

Keeping to its warehouse roots, Rockland Textiles is centrally located at 2487 Kaladar Avenue, just west of Bank Street



Rockland Textiles is on a roll, celebrating 38 years in business.

off Heron Road. Rockland Textiles boasts the largest selection of upholstery, drapery, and dress fabrics in Ottawa, sold at the lowest possible warehouse prices.

Using every corner of its 1900 square feet, the store is loaded with over 5,000 rolls and bolts of dazzling selections and thousands of samples from which to order. There are vinyl, denim, canvas, and foam, cottons, polyesters, silks, and taffeta. The store also boasts an array of eco-friendly upholstery fabrics.

To complement the fabrics, there is a vast selection of trims, tassels, tiebacks, rods, and other drapery hardware, along with custom order blinds and shutters.

Just off the huge upholstery room is an ever expanding dress and quilting fabric department with a full range of silks, wools, cottons, evening wear, and eco-friendly bamboo, tussah silks, and organic cotton, along with patterns, buttons and trims.

There is also a complete custom order service specializing in drapes, comforters, boxed cush-

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— Ellie Greenberg
Owner, Rockland Textiles

ions, pillows and valances, and a free shop-at-home service with experienced decorators and installation service.

Rockland Textiles can be reached at 613-526-0333 or view www.rocklandtextiles.com.

Share your news

If there's a South Ottawa person, place or event you'd like to see mentioned on an upcoming Ottawa South page, please e-mail Louise Rachlis at lraclis@thecitizen.com or canwest.com

Race Weekend high point for Hillcrest High

BY LOUISE RACHLIS
Citizen advertising features

The students of Ottawa's Hillcrest High School take their Race Weekend seriously.

Last year, Hillcrest had over 200 runners racing in the 5K and 10K events and about 80 students volunteering at the marathon, staffing street barricades, on Sunday.

"Our phys ed students are all training for a 5K run and the Personal Fitness class for a 10K run," says teacher Simone Wilson of Hillcrest. "Most of our students are registered for the races on Race Weekend, and those that can't run on Race Weekend will run a 5K or 10K at Hillcrest the following week."

Hillcrest will also have about 80 volunteers along the marathon and half-marathon route on the Sunday. "In September we had about 75 kids volunteer at the Army Run which was a first for us," says Ms. Wilson. "Many are keen to do it again this spring even though it requires them to be at Hillcrest at 5 a.m. on a



Some of Hillcrest's runners gather pre-race at the fountain in Confederation Park.

Neighbours

Sunday morning!"
If you drive by Hillcrest during the school day, you are likely to see a class or two out running. "With the great weather we've had, our classes have been able to get out and run earlier than normal," she says. "Weather permitting, most of us try to run about three times per week - Monday, Wednesday, Friday - and each week the distance

"Most of our students are registered for the races on Race Weekend, and those that can't run on Race Weekend will run a 5K or 10K at Hillcrest the following week."

— Simone Wilson,
Hillcrest teacher

increases a little bit."
She says it is "so rewarding" to see the students improve their fitness levels over the two months leading up to the run.

Ottawa Therapy Dogs promotes animal-human bond

Charities

Ottawa Therapy Dogs provides quality animal-assisted activity and animal-assisted therapy programs in health care setting such as hospitals, long-term care facilities, mental health programs, nursing and retirement homes and day programs.

The next event for Ottawa Therapy Dogs is the Member Appreciation Event & Annual General Meeting on May 25th at 7 p.m., at Ottawa Paramedic Services, 2465 Don Reid Drive in Ottawa. The event will feature Stephanie B. Reid, DVM, CVA, speaking on Traditional Chinese Veterinary Medicine.

Visitors are welcome, but please RSVP via www.ottawatherapydogs.ca.

Ottawa Therapy Dogs' mailing address is Suite 750, 1500 Bank Street, telephone 613-261-6834.



Right is Margot Montgomery of Ottawa Therapy Dogs with her Portuguese Waterdog, Jazz, in front of OTD's favourite UPS store in South Ottawa. "Being a volunteer organization, we rely on the mailbox service of UPS for our print mail," says Margot.

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