



# TENANT CONNECT

From Sunny Ridge Management Corporation

Issue One July 2009

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## Tandem Web Design!

Tennant Connect and sunnyridge.ca is now done by Matthew Adams and Aaron Stapley of Tandem Web Design. So be sure to check out the new website

as well as tandemwebdesign.ca, and if you like what you've seen be sure to contact Aaron at aaron@tandemwebdesign or Matthew at matt@tandemwebdesign



Well it is mid-summer and you have not heard from me for a while. We have had some changes to our website and Tenant Connect. We are in the process of redoing our website and incorporating our newsletter into the website to cut down on



printing. So for those who wish to read the newsletter at their leisure, go to our website at [www.sunnyridge.ca](http://www.sunnyridge.ca).

We would like to welcome the Bombay Grill to our Pickering Village plaza, as well as a big welcome to Scotties at 1618 Dundas St E in Whitby. Investor's Group will be happy as we have re-paved the North parking lot. Lastly I would like to congratulate Co-Operators Claims Office on their new expansion to serve you better.

*Doug*

## Your Healthy Alternative

Cup of Tea Bakery and Cafe is Durham's only organic and gluten-free bakery and take-out cafe. Owned and operated by husband and wife team Brad & Nicole Owens, together they wanted to provide residents with a healthy alternative to the typical bakery experience. The store offers approximately 100 different loose leaf teas, fair-trade coffees and yummy treats that are actually good for you! Currently the Cup of Tea baking team are working on diabetic and vegan options as well. The new owners would love to meet their neighbours, and are eager to find unique ways to cross promote local businesses.

[www.cupoftea.ca](http://www.cupoftea.ca)

# Decode the World of Computers

Computers Plus can decode the world of computers for even the most technologically challenged customer! The school year is beginning in just a few months, and Computers + carries a variety of affordable laptops, perfect for high school, college or university student! Laptops are inexpensive, and convenient, also catering to the needs of small business owners, or those who work from home. Wireless networking for laptops is a snap to set up, and secure. Also available are competitively priced computer systems, PC components and technical service.

Computers +'s helpful staff is chiefly interested in ensuring that customers leave the store well-informed and feeling confident about their purchase. They rely on word-of-mouth advertising from loyal and satisfied clientele, something the "big box" electronic stores just don't have time for.

Their technicians can install network cards, anti-virus protection and firewalls for customers, for a very reasonable price. The service department is open to assist customers seven days a week, with a turn around time averaging at 48 hours. Therefore, clients are ensured a prompt response, with service that delivers the desired results at a fraction of the time it would normally take the competition!



Computers+ only carries name-brand quality components, sold at affordable prices. Competitive pricing is guaranteed the lowest in the Durham region. They also carry reasonably-priced refurbished PC's monitors and notebooks. It's perfectly alright to have a budget going into their store. The friendly staff understand that each client's need and budget can be unique, and strive to help the customer find the right computing system that will work for them, specifically.

As a special gesture to Sunny Ridge Tenant Connect cardholders, Computers+ is offering a "save the P.S.T. Or regular price (6% or 25%)," off labour rates! If you're in the market for a new computer or even a couple computer parts, visit Computers+ at 25 Thickson Rd, Unit #4c.

To get in touch with Manager Jonathan Weston, call: (905) 429-2345,  
e-mail: [jweston@cplusweb.com](mailto:jweston@cplusweb.com),  
fax: (905) 429-2426. or  
visit the website at [www.cplusweb.com](http://www.cplusweb.com).

# A Taste ABOVE the Rest

It's been a long day, You rush home, wondering all the while what to do about dinner. You could use something a little tastier and more exotic than the usual burger and fries, but what? Then, it hits you! Chinese food. Suddenly, visions of sweet and sour chicken balls and fried rice fill your head. Egg rolls, chicken chow mein, Cantonese noodles, wonton soup, stir-fried vegetables, BBQ pork tenderloin, honey garlic spare ribs... the only problem now is deciding what to order, because all of this and more can be found at New Hong Kong.

New Hong Kong specializes in those delectable dishes that have made Chinese food a favourite the world over. From hot and spicy Szechwan beef to Cantonese-style sweet and sour pork and curry dishes such as Singapore rice noodles to mild but tasty chicken chow mein, New Hong Kong has something for everyone. Sample from their extensive seafood menu, which includes exotic scallops, shrimp and squid with snow peas, and one of the most popular Chinese seafood dishes around, Tai dop voy.

At New Hong Kong, nothing but the best ingredients are good enough for their loyal customers. Fresh vegetables, seafood and meats are always used in the preparation of all the dishes New Hong Kong's masterful chefs create. Quality is assessed each time a dish is prepared to ensure professional standards have been met. This way, customers can always expect consistency when ordering their favourite dishes. In addition, New Hong Kong takes pride in offering these high-quality standards at affordable prices, making theirs one of the most widely-accessible Chinese food menus in the Durham Region. Chinese cuisine consists of approximately eight main regional cuisines: Cantonese (arguably one of the most popular in North American Chinese restaurants), Szechwan, Anhui, Fujian, Hunan, Jiangsu, Shandong, Szechwan, and Zhejiang. At New Hong Kong, chefs reflect the diversity of Chinese cuisine, representing many regional specialities.



To all Sunny Ridge – Tenant Connect cardholders, New Hong Kong offers Special catering prices!

For more information, contact Tom Seto at (416) 738-0890, or visit New Hong Kong, located at 1800 Dundas St. East, Whitby, ON. To order for pick-up, delivery or to place catering orders, call the restaurant directly at (905) 579-8828.

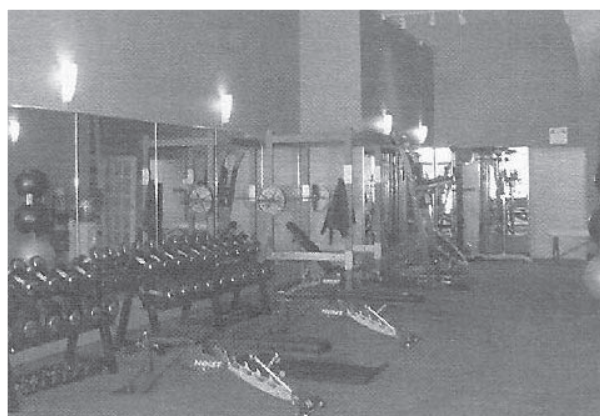
New Hong Kong offers a 10% discount on pick-up orders over \$22.00 before tax, payable in cash only, and free deliveries on orders over \$24.00 before tax.

New Hong Kong is opened Sunday to Thursday from 2:30 pm to 10:30 pm, and Saturday from 2:00 pm to 12:00 am.

Take a trip to the Exotic Orient.  
Take a trip to New Hong Kong!

# TEAMBUILDING TIME IS HERE

ATTENTION BUSINESS OWNERS/MANAGERS - TEAMBUILDING TIME IS HERE!.....Has it been a tough year? Are your employees a little stressed-out? Are you looking for a fun and effective way to boost moral and recharge their batteries? Then Optimum Bodies has the solution. Optimum Bodies offers a variety of FITNESS TEAM BUILDING solutions to meet any team size and company budget. Do have a bunch of avid GOLFERS in your team? Then try out our TEAMBUILDING with GOLF FITNESS. How about a group of people looking to get ACTIVE? Then try out our TEAMBUILDING BOOT-CAMP. Or how about STRESS reduction? Then try out our TEAMBUILDING with YOGA. Optimum Bodies TEAMBUILDING programs are conducted at our studio in the heart of Pickering Village or



## • Optimum Bodies •

at your site. Sessions typically run for 2 hours. For more details please call Optimum Bodies at 905-231-2234 or visit us at [www.optimumbodies.com](http://www.optimumbodies.com)

# Different Kind of Insurance Company

We're a different kind of insurance company. That's because we're dedicated to delivering a more personal, caring approach to your insurance experience. Our service doesn't end with the policy purchase. We'll stay in touch and keep you informed of any changes or new products. And in the event you have a claim, you can reach us 24 hours a day. We're a true Canadian Champion – The Largest 100% Canadian multi Product Insurer in Canada with agents in over 600 locations nationwide. Together, we protect over one million Canadians with the same care and personal service that have made us a true Canadian Champion for 60 years.



## • The Co-operators •

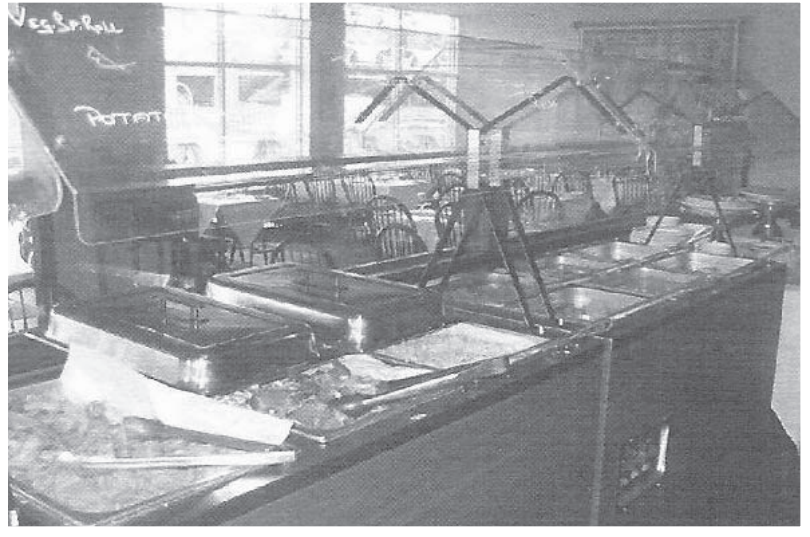
Ask us about our complete line of insurance and investment products.

## Subtle Tastes and Flavors

The Bombay Grill is the second restaurant to be opened by 4 brothers; their first restaurant was opened in Burlington a few years ago and is doing extremely well. Their food is a mix of subtle tastes and flavors are as varied and exotic as that of the climate and people of India. Each dish has its own distinctive flavor and aroma which cannot come from any curry powder; spices are prepared separately each day for each individual dish. The blending and preparation of spices is a centuries-old craft and indispensable to Indian cuisine.

Their traditional dishes are rooted in the soil of Bengal and Northern India and they are prepared in the restaurant as they would be in their own homes. They make use of the Indian clay oven called a Tandoor, to bake bread or to roast lamb and chicken. All the food is marinated in yoghurt with special spice and herb preparations prior to being cooked in the charcoal heated tandoor. Due to the high heat, all the juices and flavor are sealed into the food. Please come and join us for dinner or try out our 'all you can eat' lunchtime buffet for \$8.99 per person.

Our hours of operation are Mon – Fri at 11:30 am – 3:00 pm for lunch, and 5:00 pm – 9:30 pm for dinner. Saturday we are open from 12:00 noon – 10:00 pm and Sunday from 12:00 noon – 9:30 pm.



• Bombay Grill •

## The Name Canadians Trust

Canadians know that Sears is a name they can trust to provide them with great savings and selection on the finest floor covering. Everyday, more people are discovering that in addition to featuring great carpeting, Sears also has an amazing assortment of hard surface flooring. From the classic look of hardwood or ceramic tiles, to the versatility of vinyl and laminate flooring, we have the fashion style to make you smile!

You're invited to visit our Sears Floor Covering Centre today and discover for yourself the reason why so many Canadians trust us for all their flooring needs. Also we would like to extend special pricing to all our fellow tenants of Sunny Ridge. We look forward to meeting you and to celebrate our upcoming 10th year anniversary in June.

Till then Thanks

Dave and Marg Bartlett.



# Connections

## Tenant List

### 15 Thickson

Durham Four Seasons •  
905-579-3608  
Vocational Pathways •  
905-571-3811  
CBI Health • 905-725-5055  
Meta Vocational Services •  
905-725-0087  
LCBO • 905-579-1023

### 25 Thickson

KFC • 905-728-2719  
Rogers • 905-433-0701  
Enjoy Convenience •  
905-433-7006  
Cup of Tea • 905-429-2448  
Royal Windows • 905-720-1818  
Computer Plus • 905-429-2345  
Dr. Rudy Enns • 905-579-9180  
Rice to Go • 905-404-8866  
Dr. Fitzgerald • 905-728-7017

### 1614 Dundas

Investors Group •  
905-434-8400  
Copy Zone • 905-436-2711  
Durham Podiatry •  
905-433-0200  
Co-operators - Broker •  
905-728-4141  
Comprehensive Logistics •  
905-725-4141  
Dr. Kara • 1-800-390-5611

Carnevale Law Office •  
905-571-1503  
Co-operator's - Claims •  
905-434-6616  
Dr. Dina Phillips • 905-576-0123  
Dr. Omar Usman • 905-448-0644  
Dr. Ronald Sperber • 905-725-9530

### 1618 Dundas

Party Giant • 905-432-7660  
Sears Flooring • 905-443-1007  
Scotties • 289-240-4709  
Dance Fever • 905-433-7877

### 1608 Dundas

Hooters • 905-571-4668

### 1800 Dundas

Crisply Cleaners • 905-720-3024  
New Hong Kong • 905-579-8828  
Crew Cutz • 905-404-4421  
Daybreak • 905-438-0063  
Nutrition Depot • 905-720-0457  
OPSEU • 905-720-3434

### 619 Kingston

Dr. Fenwick & Dr. Klein • 905-619-0464  
Optimum Bodies • 905-231-2234  
Crew Cutz • 905-426-4421  
Family Convenience • 905-426-6195  
Bombay Grill • 905-239-4077

Share Your Business  
Stories or Give and  
Receive Advice!

Regardless of your endeavor, everyone in the Sunny Ridge framework shares in the mindset of business promotion and success. In the spirit of "Tenants Helping Tenants", feel free to share a brief story, anecdote or even advice. It's a great way of networking, extending some goodwill and even giving your company a little extra Pub!

So, just fill out (printing) the form below and drop it off at the Sunny Ridge office OR send an e-mail to [matt@tandemwebdesign.ca](mailto:matt@tandemwebdesign.ca) or [aaron@tandemwebdesign.ca](mailto:aaron@tandemwebdesign.ca) which will include all of the information below that we've requested.

Here's how...

Name: \_\_\_\_\_

Business Name: \_\_\_\_\_

Contact #: \_\_\_\_\_

Business e-mail: \_\_\_\_\_

What's YOUR story? \_\_\_\_\_

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