

parallel marketplace

SHOP

PARALLEL STYLE



Run for Water a runaway success...

Parallel Marketplace was proud to host the 4th Annual Run for Water package pickup day on Saturday, May 28. It was a fun filled day full of food and entertainment from the rock n' roll sounds of The Moonlighters band to

one of the most creative balloon artists delighting the kids in the crowd at Medora Dental Care.

Kelly Newmann of Run for Water shared with us "We had an amazing race day with 3,500 participants and over \$200,000

raised for clean water projects! We're thrilled with the results. Also, we had a lot of great feedback on our package pickup day at Parallel Marketplace and the location. Thanks for making it a great event in of itself!"

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Hair care and more with **Béllissima Salon & Esthetics**

Béllissima's Salon & Esthetics provides care and attention to every client. Enjoy complete, hair and esthetics services including: bridal up-dos, grade up-dos, and wedding and party make up. Bellissima aims to inspire and share creative ideas while ensuring your visit is relaxed and comfortable. Staff are trained to the highest hair-dressing standards, have excellent product knowledge and a wealth of experience in the cosmetology trade. All esthetics services take place in private rooms.

Consistent with its focus on comfort, Bellissima offers the odorless, ammonia free, Oil Delivery System colour line which ensures optimum scalp comfort and natural looking hair colour. Bellissima provides complete pampering in one easy stop: why not indulge in a massage on your next visit to Parallel?

Opening specials:

- » \$25 off a cut & style with the purchase of colour
- » Free eyebrow waxing or threading with a cut & style
- » 20% off men's cuts

Bellissima is open 10am to 7pm Mon-Fri, 9:30am to 5:30pm Saturdays and by appointment Sundays.

Lush Life Nail Bar summer special

Due to popular demand, Lush Life Nail Bar is continuing its sizzling summer special. Ensure your digits are warm weather worthy with:

- » \$50 mani/pedi combo including free flip flops
- » 15% OPI product so you can indulge in all those summery shades

Soak easy, knowing that every customer enjoys a new set of hygiene products just for you, and that all Lush's tools are sterilized with hospital grade procedures.

Don't forget to pick up Lush Life's loyalty card on your first visit. Have it stamped after each mani or pedi service and the eighth one is on them!

Lush Life is open 10am to 7pm Mon-Fri, 10am to 6pm Saturdays and 11am to 4pm Sundays. Gift certificates available and private parties, appointments and walk-ins welcome.

Vacationing this summer? BMO has the ticket!

Good news for Canada's hospitality, recreation and entertainment industries—more than half of Canadians who plan to take a summer vacation say they'll spend their dollars at home, despite the loonie's higher purchasing power south of the border. BMO Bank of Montreal released survey results showing that almost 80% of Canadians will take a summer vacation this year and the majority plan to vacation

within Canada.

The study, conducted by Leger Marketing, revealed that 57% of Ca-



nadians will vacation in Canada this summer, and significantly less at 18% plan to travel to the United States. High gas prices and

other increasing costs have influenced Canadians' summer vacation plans the most.

With affordability being the number-one factor determining summer vacation plans, BMO's current welcome offer of 1,000 bonus AIR MILES reward miles to all new BMO® Gold AIR MILES®+ MasterCard®** cardholders may come as welcome news. The 1,000 bonus AIR MILES reward

miles represents a round trip flight between Vancouver and Edmonton, for example. Find more details at www.bmo.com/mastercard. To see a variety of places you could fly to for up to 1,000 AIR

MILES reward miles (with the exclusive BMO Gold MasterCard 25% flight discount), check out the new details at www.bmo.com/mastercard. To see a variety of places you could fly to for up to 1,000 AIR MILES reward miles (with the exclusive BMO Gold MasterCard 25% flight discount), check out the new details at www.bmo.com/mastercard. To see a variety of places you could fly to for up to 1,000 AIR

Every Friday in July, join the BMO team at Parallel Marketplace for "That's the Ticket Fridays"—our special client appreciation days—to find out how we can help you choose the credit card product that's right for you.

BMO's 2011 Summer Travel Survey was conducted from May 16-19, 2011, by Leger Marketing. The sample was 1503 Canadians, 18 years or older. The margin of error is plus or minus 2.5 per cent.

Caesar salad with shrimp and grilled filone bread

This is a main course version of one of the world's most popular 'royal' salads.

Prep Time: 25 minutes
Cooking Time: Only a few minutes
Makes: 4 servings

Ingredients:

- » ½ cup mayonnaise
- » 1 to 2 anchovies, finely chopped
- » 1Tbsp. extra virgin olive oil
- » 1tsp. Dijon mustard
- » 1 Tbsp. lemon juice & 1 Tbsp. water
- » 1tsp. red wine vinegar
- » 1 to 2 garlic cloves, minced
- » ½ tsp. Worcestershire sauce
- » Splash tobacco sauce
- » Freshly ground black pepper to taste
- » 8 (½" thick) slices of filone bread, cut at 45 degree angle (see note)
- » 2 Tbsp. olive oil
- » 2 to 3 Tbsp. freshly grated Parmesan cheese
- » 300 grams cooked salad shrimp
- » 1 medium head romaine lettuce, washed, chopped and dried

Method: Whisk first 11 ingredients together in a salad bowl. Preheat grill to medium-high. Brush the bread with the 2 Tbsp. olive oil. Grill the bread until heated through and lightly charred, about 1 minute per side. Add the romaine to the salad bowl and toss with dressing to coat. Divide the salad among 4 plates. Sprinkle with the cheese and top with shrimp. Set 2 slices of the grilled bread on each plate and serve.

Note: Baguette-like in shape, filone bread is available in the bakery department.

Options: Make spinach caesar salad by replacing the chopped romaine with a 5 oz. tub or bag of baby spinach. Instead of shrimp, top each salad with flakes of hot smoked salmon or grilled chicken breast, cooled and sliced. Instead of grilled filone bread, serve the salad with grilled slices of olive bread.

What to serve alongside: Serve this main-course salad with a cool glass of BC white wine, such as Pinot Blanc or Gewürztraminer. Pick this up at Parallel Marketplace at Whatcom Wine & Spirits!

Find these and other fresh and flavourful recipes online at thriftyfoods.com



The upper crust at Thrifty Foods

With the royal couple Wills and Kate enjoying their first visit to Canada this month, our attention naturally turns to upper crust indulgences.

Luckily, Thrifty Foods has you covered. Enjoy the taste of traditional bread-making with Sensations by Compliments Crafted Breads. What makes Thrifty's Crafted Breads different from everyday sliced bread is that they each use a sourdough starter—or "mother dough"—which contains the culture and gives the bread its unique and distinct flavour. The care and attention given to these breads is true to the art of traditional bread-making, creating a finished product that's worthy of any royal table. With a distinct and delicious flavour, we're sure you'll agree the Crafted Breads are the perfect complement to your back-yard barbecues.

Light up your smile at Medora Dental Care

Medora wants you to have a healthy mouth and a beautiful smile that will last a lifetime. They treat all patients with tender loving care, striving to provide a comfortable and fun environment, and minimize your stress. Stop worrying about your next appointment and actually look forward to your next visit! New patients are always welcome. Current promotions at medoradental.com

Book your appointment before July 31, and you'll be eligible for a free Oral B electric toothbrush or home whitening kit (while paying for exam, x-rays and cleaning).



Sign-up to get your Parallel e-news!

We're going green. We've enjoyed sending your introductory newsletter to help you get better acquainted with Parallel Marketplace. Now we're going virtual and switching to an e-newsletter. Don't miss your regular fix. Sign-up now at parallelmarketplace.com to make sure you'll continue to get your Parallel news.



Healthy pets all year long with Ellwood Park Animal Hospital

Summer's here, the weather's finally warmed up and fleas have started hopping! While it's true that there's an increase in the flea and intestinal parasite load in companion animals during the summer months, Ellwood Park Animal Hospital recommends flea and deworming treatment twelve months a year.

Why? Here in the Fraser Valley we see fleas and intestinal parasites

year round, not just in spring and summer. The Center for Disease Control (CDC) is seeing increased cases of human infection with ascarids and hookworms due to the growing popularity of dogs and cats.

For dogs Ellwood recommends Sentinel™ — a once-a-month oral tablet for prevention of fleas and treatment of intestinal worms. It's conveniently packaged in boxes of 12 chewable beef flavour

tablets, making it easy to purchase a one-year supply most dogs love to eat as a treat!

For our feline friends, Ellwood recommends using a combination of Milbemax™ for intestinal parasites, and Program™ or Advantage™ to treat fleas.

Come see our team at Ellwood Park Animal Hospital for help. 8am to 5:30pm Mon – Fri, 9am to 4pm Saturdays.



Last chance to win a \$1,200 grocery shopping spree!

Imagine winning a \$1,200 grocery shopping spree courtesy of Thrifty Foods. One lucky Parallel customer will win this amazing prize. Contest closes August 1—simply complete the entry ballot in this newsletter and drop it at Thrifty Foods or any Parallel Marketplace retailer.

ENTER to WIN!

Parallel Marketplace \$1,200 Grocery Shopping Spree Contest. Prize draws take place August 9, 2011

NAME (First) (Last)

PHONE NUMBER POSTAL CODE

EMAIL ADDRESS

Yes, I would like to receive info on future promotions and news from Parallel Marketplace.

* Full contest rules and regulations available at Parallel Marketplace retailers and online at parallelmarketplace.com

THRIFTY FOODS	778.880.6661
BMO BANK OF MONTREAL	604.504.4989
BÉLISSIMA SALON & ESTHETICS	604.853.9999
ELLWOOD PARK ANIMAL HOSPITAL	604.855.8900
LUSH LIFE NAIL BAR	604.746.3999
LYLE INSURANCE SERVICES	604.854.3458
MEDORA DENTAL CARE	604.746.1295
SCRUFFY TAIL PET FOOD & SUPPLIES	604.746.1051
WHATCOM WINE & SPIRITS	604.746.3455
WIRED MONK	604.746.1136

OPENING LATE SUMMER 2011:
 PARALLEL YOGA – get your zen on at a brand new yoga studio
 PUDDLEJUMPERS CLOTHING CO. – the destination for designer children's clothing & accessories

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