

One WALL CENTRE

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October 2013

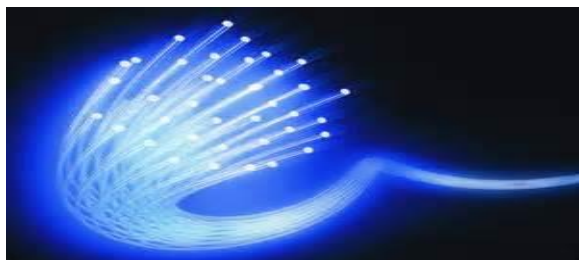
Around the House (1) – Heat Pump Filters

The start of Fall may be a good time to replace the filter/s attached to your heat pump/s. At present we have all sizes in stock at the desk. Ask early to avoid disappointment.



Around the House (2) – Novus Cable TV and Internet

Technicians from Novus are currently pulling cable throughout the residential floors of the tower. Once fully installed, Novus will offer us a cable service alternative to rival Telus or Shaw. Introductory monthly rates will be low. A feature of their internet service that may appeal to some is that it runs on fibre-optic cables, so it'll be blazingly quick.



Both upload and download speeds will be very much faster than those currently available through conventional copper cables.

Around the House (3) - Cybex Arc Trainer

If you are a connoisseur of fitness training equipment, you'll be pleased to know of the latest acquisition at the Health Club. It's a Cybex Arc Trainer which, we are told, works various parts of the body by combining different exercises in a variety of ways. The new machine offers broad incline and resistance ranges which mean it is really 3 machines in one.



Unlike other cross trainers, the Cybex allows the hip and knee to move synchronously while the foot stays under the knee, thus reducing joint pains and providing a more comfortable workout. It also burns more calories than any other cross trainer or elliptical cross trainer.

The manufacturer claims that a 3 minute work-out on this machine every day can significantly transform the way your body looks.

Don't delay – book some time on it before all slots are taken!

Around Town (1) – CIBC Run for the Cure

This annual event takes place again on Sunday October 6th. It is usually centered in the downtown core and around and within BC Place Stadium. Unfortunately at press time the Run web site was out of commission, so interested readers will need to consult the local media for more details, closer to the date of the event.



Around Town (2) – Home and Design Show

The Vancouver Home and Design Show will take place at BC Place Stadium from October 17th-20th. Stop by to plan your latest renovations. Presenters on the main stage will include the “Property Brothers” Jonathan and Drew Scott, and local celebrity Jillian Harris, the newly-appointed co-host of “Love It or List It, Vancouver.”



Show features and highlights will include Casabubble, Urban Barn’s Next Top Designer, the Western Living Lounge and the GVHBA Gallery of Renovations.



Around Town (3) – Il Palazzone Dinner

Richard Parsons, owner of the Il Palazzone Winery, will be hosting a special wine dinner at Cin Cin on October 4th. Executive chef Andrew Richardson will be pairing his contemporary Italian cuisine with 4 different Palazzone vintages. Half of the proceeds from the dinner will be

donated to the Stand Tall Education Network, which supports children’s education in Uganda.



Adami’s bubbly Prosecco will start the evening off, and Palazzone’s Grappa will wrap it up. Cin Cin is on Robson Street, so there’s need to worry about driving.

You can get more information by calling Richard on 604-688-7338, or you can reach him by e-mail at Richard@cincin.net.

Around Town (4) – John Cleese at the Vogue Theatre

The star of Fawlty Towers, Life of Brian, A Fish Called Wanda, Monty Python, and so on and so forth, will be in Vancouver this month. He’ll be presenting his one-man show starting on Thursday October 24th, and running until Sunday the 27th, at 8pm.



Tickets are available from the usual outlets, and will undoubtedly sell out very quickly. (He was originally only going to appear on one night.)

Further Afield – Indian Affair

The Fraser Valley Food Show takes place from October 4th-6th, at Tradex in Abbotsford. One of the exhibitors being talked about is Indian Affair. At their stand you’ll find mouth-watering Indian

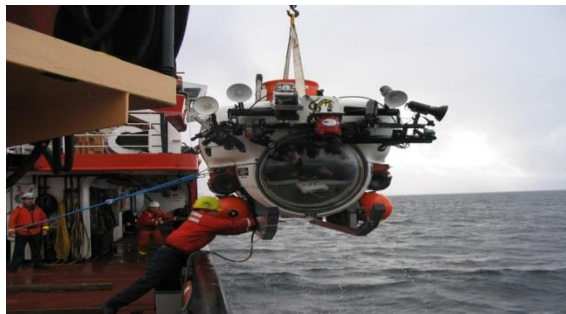
dishes prepared in the most healthy and hygienic way.



Their food is renowned for its consistency, freshness, and for its authentic taste. They will be found in the “Bite of the Valley” section of the show. For details please see www.fraservalleyfoodshow.com, or you can visit the restaurant’s own web site at www.anindianaffair.com. The restaurant itself is located in Langley.

An Unusual Competition – Win a Day in a Submarine

On October 15th or 16th you could have a once-in-a-lifetime chance to explore BC’s ancient glass sponge reefs on a submarine expedition. This will be hosted by the Canadian Parks and Wilderness Society.



One lucky winner will join high-profile Canadians, journalists and scientists on a trip to the ocean floor to see the rare glass sponges that reside in the depths of our coastal waters. A web search for sea-of-glass should give you all of the competition details.

Wine Country

October sees the 29th iteration of the Okanagan Fall Wine Festival. The 10 day 150 event Fall Wine Festival takes place throughout the

Okanagan Wine Country and includes events ranging from fun informal wine tastings to wine education seminars, dinners, music and the arts.

Gary Reynolds, President of the Okanagan Wine Festivals Society and owner of Lake Breeze Vineyards in Naramata states “The Okanagan Fall Wine Festival is the only major wine festival in North America that takes place during the grape harvest. It adds to the allure of the events to know that each one of our 92 wineries will be busy showcasing their harvest to residents and tourists who visit us.”

The WestJet Wine Tastings kick off the opening weekend. These take place on Friday and Saturday, October 2nd and 3rd at the Delta Grand Okanagan Resort Hotel in Kelowna, B.C. These wine tastings are becoming well known as a great place for young wine enthusiasts to have fun, meet friends and each will be a fabulous event for those trying wines for the first time.

There will be over 40 wineries present each night, and tickets will include a souvenir wine glass, all your wine tastings, bread and cheese, and a free taxi ride home. They are \$55 apiece and are available online at ticketmaster.ca or by calling 250-860-1470.

Even Further Afield

If you are thinking of an overseas trip this fall, the website www.yvrdeals.com is well worth a look. Flights to some destinations that never seem to go on sale have been substantially discounted over the October to early December period. KLM was the first airline to come out with reduced fares to Europe, but other airlines are now following suit. Some flights to China are heavily discounted, as are some flights to destinations in South America during this period.



Compliments of your One Wall Concierge Team:
Eleanor, Kerry and Sunny