

# NEIGHBOURHOOD

## NEWSLETTER

OTTAWA CENTRAL 0212

**NEIGHBOURHOOD**

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ON LINE  
BUSINESS LISTING**

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## Fine Touch Dental®

### Finding Your Ideal Dental Clinic

The perfect dental clinic should not only offer personalized dental care, but also a convenient location, convenient office hours and a variety of payment options. **Fine Touch Dental®**, Ottawa's premier dental-practice management group coordinates management services for dental clinics across the National Capital region. Proud members of the Fine Touch Dental® Group have locations that are near your work or



home and offer hours that suit your busy schedule. Many offer free parking, wheelchair accessibility and are close or on public-transit routes.

Fine Touch Dental® member clinics offer a variety of payment options such as direct insurance billing, including their convenient VIP Express Checkout. Visa, MasterCard and debit cards are also accepted.

Call 613-695-FINE (3463) today to book an appointment for you and your whole family. They can customize a search to meet your needs to find the most suitable clinic for you. Visit their website at <http://www.finetouchdental.com> to see all of their locations and find out more. 

**Fine Touch Dental Clinics**  
Call 613-695-FINE (3463) to find the most suitable clinic for you

**West Ottawa**  
**Dr. E. Berger:**

1637 Woodroffe Ave., Suite 301  
**Cityview Family Dental Centre:**  
1580 Merivale Rd., Suite 306  
**Hogsback Dental Centre:**

1390 Prince of Wales Dr., Suite 201

**Viewmount Dental Centre:**

350 Viewmount Dr.  
**Dr. V. Chander:**  
2249 Carling Ave., Suite 423

**Downtown/Central Ottawa**

**Dr. R. Begg:**  
381 Kent St., Suite 326

**Dr. R. Hacking:**  
381 Kent St., Suite 205

**Sandy Hill Dental Centre:**  
222 Daly Ave.

**East Ottawa**  
**St. Joseph Orleans Dental Centre:**  
2446 St. Joseph Blvd.

Premium city wide delivery.

## For a Memorable Valentine's Day... Le Cordon Bleu Bistro@Signatures

Looking for a memorable night out this Valentine's Day? **Le Cordon Bleu Bistro@Signatures** offers a unique and modern dining experience. **Chef Yannick Anton** has created a special Valentine's Day menu pairing seasonal and Canadian fare with a French touch. Choose February 11th or February 14th 2012 for reservations.

Back by Popular Demand! The Bistro@Signatures seasonal dinner menu for two is featured every Wednesday. Enjoy a 4 course dinner including wine for \$99.95++ per couple.

Get creative with a Le Cordon Bleu Ottawa Saturday demonstration and practical class. There are fabulous classes for every taste and interest.

- **Chocolate Techniques – March 3, 2012** – Learn how to temper and mold chocolate for heavenly gift ideas.

- **Cooking with Maple – March 10, 2012** – Discover new ways to cook with maple syrup and how to pair its depth and flavor with other ingredients.

- **Petit Cordon Bleu – Pastry – March 16, 2012** – Spend the day with your budding pastry chef. Kids learn easy



desserts to build their baking skills and confidence in the kitchen. Youths ages 8 to 12 years team with parents or guardians in this 1 day workshop.

- **Tour de France - March 26 - 29, 2012** – Explore French regional cuisine. Participants will prepare specialties that showcase the flavors of France.

- **The Art of Wedding Cakes - March 26-28, 2012** - Just in time for the wedding season! Participants will prepare, decorate and assemble wedding cakes in this 3 day demonstration and practical class.

**Le Cordon Bleu Ottawa** – superior dining in the heart of Sandy Hill at 453 Laurier Avenue East – parking is available. For restaurant reservations please call 613-236-2499 or visit [www.bistroatsignatures.com](http://www.bistroatsignatures.com). For course and school information please visit [www.lcbottawa.com](http://www.lcbottawa.com) or call 613-236-2433. 

## U Weight Loss™ Opens First Clinic in Ottawa

U Weight Loss™, a leading health and wellness company, with nearly 70 locations across Canada, opened its first clinic in Ottawa on January 23, 2012 at 1366 Clyde Avenue (corner of Baseline Rd.). Developed by a team of health professionals, including medical doctors, naturopaths and registered nutritional consultants, U Weight Loss™ provides a successful and rewarding journey to lasting weight loss and a lifetime of good health. A team of Certified Personal Health Coaches, led by clinic owner and operator, Edie Germain, will help you develop a nutrition and exercise program designed to suit your lifestyle.

The program starts with a **natural cleanse**, freeing your body of toxins, improving digestion, increasing energy and controlling appetite. Detoxification relies on achieving the right dietary balance of protein, fats, fiber, vitamins, minerals and plant compounds.

Next, U Weight Loss™ teaches how to control your **hormonal response** to food to achieve lifelong weight control and optimal health. This not only allows you to lose body fat safely and effectively, but manage the conditions associated with obesity.

The third step involves increasing the **metabolic rate** at which your body uses energy.



Metabolism affects weight because it determines how many calories or how much energy the body needs on a daily basis in order to function efficiently.

These three steps can be further combined with a complete line of award-winning and customized Intelligent Nutraceuticals™, formulated to accelerate weight loss, ensure optimal nutrition and improve overall health.

For additional information, visit: [www.uweightloss.com](http://www.uweightloss.com); or contact the clinic for a free consultation and Healthy Weight Analysis at 613-695-7546 or by email at [uottawaclyde@uweightloss.com](mailto:uottawaclyde@uweightloss.com).

(Follow U Weight Loss on Facebook at [www.uweightloss.com/facebook](http://www.uweightloss.com/facebook) or Twitter at [www.twitter.com/uweightloss](http://www.twitter.com/uweightloss) for weight loss and health tips, recipes, client testimonials and more.) 




## The Perfect Kitchen for Your Lifestyle

Have you been dreaming about a new kitchen?  
Don't delay, call CPI Interiors today.

For more than 14 years, CPI's talented designers have helped over 3,500 clients turn their dreams into reality. The designers at CPI Interiors take the time to fully understand your tastes and desires. They then customize your design to ensure that your new kitchen is both functional and aesthetically stunning – a perfect custom layout that efficiently uses every inch of space, whether you want to replace your appliances or not. The cabinet and backsplash style and colour choices are endless, as are the selection of hardware options. Counter tops can be made from granite, quartz or a host of other material. Then, of course, you have the sinks and faucets, with incredible choices. The kitchen floor options range from ceramic, porcelain, and hardwood, to elegant stone tiles that



will help to complete the look and add value. Upgrading your home is one of the best investments that you can make.

Recently nominated for 2011 Small Business of the Year in Kanata for the upcoming Kanata Chamber of Commerce People's Choice Awards, CPI Interiors makes the journey to an improved environment as pleasant as the completed project. Whether you are contemplating a brief consultation or a major renovation, call 613-599-5564, toll free 1-866-446-4415 or visit [www.cpinteriors.ca](http://www.cpinteriors.ca) and checkout the Services Link that shows you Kitchen Design & Build information. 

**CPI**  
**INTERIORS**  
7276630 CANADA INC.

## DaSantino Ristorante

### Delectable Summer Specials

Nothing warms a cold winter's day quite like the thought of a delicious Italian meal. **DaSantino Ristorante's** Chef Santo Zacconi, a Little Italy native, features home-style Italian food to warm even the coldest days. Being Algonquin-trained and with more than 15-years experience, including at an Ottawa favourite, Salo San Marco, Santo will more than do justice to all your Italian favourites.

An ideal venue for socializing with friends, colleagues, and family, this home-style restaurant, with its a warm and inviting setting, may remind you of the trattorias found throughout Italy, where both tourists and natives love to gather to enjoy good food and good company. The friendly staff serves fresh and authentic Italian specialties to tempt any appetite. Enjoy the luncheon specials that are available Monday through Friday, or the wide array of great selections made using the freshest and highest-quality ingredients. Take advantage of their Valentine's Day menu to romance that special someone.



A family-owned and operated restaurant, DaSantino's also offers take-out and catering menus with a wide selection of delectable choices that will accommodate any family, business, or work function.

Located at 1491 Merivale Road, there is ample parking at the rear and the restaurant is fully licensed. Call 613-723-2111 for reservations to Little Italy West, and have a truly wonderful and enjoyable dining experience, or visit [www.dasantino.com](http://www.dasantino.com) for more information.

*A la prossima!* 

#### DaSantino Ristorante Hours

Monday to Thursday, Sunday:

11:00 a.m. to 10:00 p.m.

Friday and Saturday:

11:00 a.m. to 11:00 p.m.



"You are never too old to set another goal or to dream a new dream." C. S. Lewis

## Survival

by Lesley Dort

*Never Give Up!* These are the words that Nando Parrado, survivor of the epic passage of the Andes and co-author of book and movie "ALIVE" signed in his book for me to Tracy. He was the speaker at my company sales kick off this weekend and his story really resonated with me. It is a message about perseverance, choices and never looking back. He also says we should "never ask why", because there are no answers, and it's not helpful.

It has been almost 5 months since Tracy's accident and we continue to be try to be strong for Tracy, but there are days when our "human-ness" overcomes and at times our emotions take over – among them are anger, sadness and despair. Nando's story is inspirational and the message of resilience and a positive attitude gives me hope. If he could



survive two and a half months in the Andes and live to tell his story, we can help Tracy to transition to her new life as a quadriplegic. I continue to believe that she has a calling, and her story just like Nando's in the future will inspire others to be better and do better in their own lives.

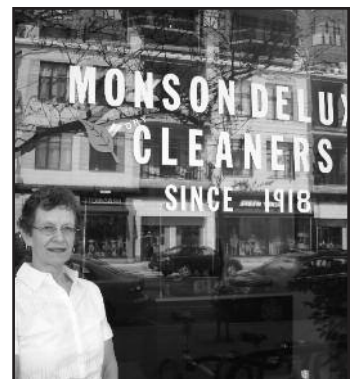
[www.tracydortkyne.com](http://www.tracydortkyne.com) 

## NOW IN WESTBORO – ENVIROMENTALLY FRIENDLY CLEANING!

Silk gowns? Fine suits? Designer label outfits? Trust them to **Monson Deluxe Cleaners** the **FIRST** and **ONLY** drycleaner in Ottawa to offer **100% WET CLEANING** of your clothes and garments. Wet cleaning is a new method of cleaning clothes. It was developed over many years and is widely used in Europe. Wet Cleaning uses specialized soaps instead of toxic dry cleaning chemicals. **WET CLEANING** is:

- SAFE for your garments
- SAFE for the environment
- SAFE for our employees and neighbours

Let the experts at **Monson Deluxe Cleaners** take care of your clothing. Conveniently located at **434 Richmond Road** in the Westboro Station condo development and **110 Beechwood Ave.** Monson has been the cleaner of choice for Prime Ministers, Governors General, Senators, politicians and the business elite. No matter who you are if you want your finer clothing carefully and caringly cleaned - and now you can have them



**WET CLEANED** – then no-one does it better than Monson's. For over 90 years Monson's has been confidently saying: "**If we can't get out a stain, then nobody can.**" Monson Deluxe Cleaners also offers exceptional laundering. Their high-tech washing methods are second to none and they use only biodegradable soaps. Come in and ask the knowledgeable and friendliest staff in Ottawa how **WET** Cleaning works.

**Monson Deluxe Cleaners** is open at **7am – 6pm on weekdays and 9-1 on Saturdays**, for your convenience. Call Westboro 613-722-5969 or Beechwood 613-749-5969. [www.MonsonDeluxe.com](http://www.MonsonDeluxe.com) 

**Monson Deluxe**  
Cleaners • Nettoyeurs

613-722-5969

# Rainbow Foods

## February is Heart Month

Unless you are lucky enough to be travelling to warmer climes, February is often just a month to suffer through in Ottawa. **Rainbow Foods** will try to bring some sunshine into the month with their annual **Tropical Day Extravaganza**. This year, Tropical Day will be held on Friday, February 17th from noon to 5 p.m. Join Rainbow staff in their colourful holiday shirts, listen to some Caribbean music and enjoy some tropical treats. Forget about the wind and snow and 20 below temperatures outside for a few hours. Sunglasses should be worn!

February also includes Valentine's Day on the 14th and a Leap Year month with one extra day. Rainbow offers many romantic and innovative gifts for your spouse, partner or even your best friend. Pick up some organic fair-trade chocolate, a luxurious bar of locally-made soap or beautiful beeswax candles. Check out the Valentine display in store for



ideas or talk to staff for suggestions and recommendations.

On Wednesday February 22nd, Rainbow is pleased to welcome back **Nelson Narciso**, nutritionist, herbalist, writer, health consultant and educator. Nelson will be presenting "Fish Oils and Heart Health", a timely subject for Heart Month and you are invited to come to Rainbow for this free talk. Space is limited, so please sign up at our customer service desk or through our website.

All news about events, specials and new products can be found on Rainbow's website at [www.rainbowfoods.ca](http://www.rainbowfoods.ca). 613-726-9200



1487 Richmond Road in Britannia



# Green Bucket Cleaning Services

## Professional Cleaning at an Affordable Price

**NEW CLIENTS - \$25.00 off first cleaning**

Cleaning your home is a time consuming task best left to professionals. **Green Bucket Cleaning Services** is an Ottawa-based company founded on the principle of delivering high quality cleaning services at an affordable price. Owner **Shirley Singh** summarizes her philosophy as follows: "We take the time to understand our clients' needs and to respond to their specific requirements. Our company has established standards of performance so that our valued customers consistently get high levels of service. Your home is cleaned just the way you want each and every time!"

Green Bucket Cleaning Services uses **eco-friendly** non-toxic, biodegradable products that are **safe** for the environment, your family and pets. The company is committed to strong **work ethics and security**. The staff are bonded and insured; and must pass a police check before being allowed in your home.



Shirley and her team will work around your schedule to provide weekly, biweekly, or monthly cleaning services. They are also available for those one-time special needs, including move-ins, move-outs, pre-entertainment and post renovations.

The first visit is like a "spring cleaning" involving a deep, heavy and thorough going over of every room in the house. Each subsequent visit will follow a checklist that has been customized to individual client needs. In addition, Shirley does regular spot checks at various clients' homes and follows up on every job to ensure you are completely happy.

For more information about the services provided by Green Bucket Cleaning Services, you can contact Shirley at 613-314-6093; or by visiting [www.greenbucket.ca](http://www.greenbucket.ca). Free in home estimates.



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



Creative: PS design group 613-838-7212 • Writers: Sheryl Bennett Wilson 613-730-5530, Peggy Vice 613-596-9832, Erica Simmonds, Keith Belinko 613-435-5075

# Westboro Spa & Hair Studio

## Facials for all Skin Types

Rejuvenate your skin this winter with a relaxing facial from Westboro Spa & Hair Studio.

Using natural plant and marine extracts from G.M. Collin, your esthetician will create a customized facial for your skin type, and recommend a treatment plan to maintain your skin's youthful and radiant look.

There are a variety of facials to help your skin look its best including the five-phase anti aging Hydro Lifting Facial. A potent moisturizer and toner it exfoliates, hydrates, restores, lifts and firms. The Sea C Spa Facial is an antioxidant, anti aging mask designed to rejuvenate the skin by stimulating collagen synthesis and replicating elastin to restore the skin's youthfulness.

To subdue the look of aging without surgery or botox, try the Collagen Facial, which hydrates, rejuvenates, tightens and reconfigures the skin's surface, or the Botinol Facial, which is clinically proven to improve lines and wrinkles.



This Valentine's Day treat someone special to a facial or a relaxing afternoon at Westboro Spa & Hair Studio. Gift certificates are available in any denomination and there are several indulging packages including the Couple's Escape.

Family owned and operated, Westboro Spa & Hair Studio is a full-service day spa offering a variety of services including massages, body treatments, manicures and pedicures, and the latest haircuts and colours.

**Westboro Spa & Hair Studio** is located at 455 Churchill Ave. North and is open Monday to Saturday with evening appointments available from Tuesday to Friday. Book your appointment online at [www.westborospa.com](http://www.westborospa.com), or call (613) 722-3456.



# Faye Fortune Drapery Design

## Benefits of Window Coverings

Window coverings are not only a beautiful way to add touches of warmth and elegance into your home they are also a great investment.

Blinds, shades and drapery protect your privacy and can hide unsightly views, like your neighbour's clothesline. If you travel a lot, window coverings offer security from unwanted intruders. Believe it or not, they are also an effective way to reduce outside noise.

Window coverings, and especially fully lined drapery panels, create a barrier that will keep cold out in the winter and heat out in the summer, which will save you money on your heating bill. As spring approaches the sun's UV rays get stronger. By investing in quality window coverings you will protect your furniture, floor, walls and artwork from fading.

For help choosing window coverings that will suit your home, offer privacy, protect your furniture and reduce your heating bill, trust the mother-daughter team at Faye Fortune Drapery Design to bring a custom elegance into your home.

Faye Fortune Drapery Design specializes in window coverings, custom bedding treatments, unique accent pieces, such as throw



pillows, and paint colour consultation. With a passion for design and a commitment to quality service, Faye began her business in 1987 and welcomed her daughter Heather into the business in 2006.

To book your in-home consultation, or to visit their Kanata showroom, call **Faye Fortune Drapery Design** today at (613) 591-9500, or email [heather@fayefortunedrapery.com](mailto:heather@fayefortunedrapery.com). Visit Faye's new blog at [fayefortune.blogspot.com](http://fayefortune.blogspot.com), like them on Facebook and follow them on twitter @fayefortune.



## Gain Peace of Mind with Award Winning Care for Your Loved Ones

For ten years, Qualicare, a Canadian company, has been serving families who face challenges caused by aging and medical issues. The Ottawa branch of Qualicare is owned and operated by Eddie and Kathy Chu, who became aware of the need for homecare when their own parents faced health- and age-related challenges.

Eddie and Kathy describe the services provided by Qualicare: "The quality of care is what you might expect from your own family caregivers. Whether you need a companion, personal support worker, or medical professional, Qualicare can help. We provide a tailored and goal-oriented care plan approved by a nurse, taking a holistic approach to improve quality of life. Since government services are often limited, we help clients navigate the healthcare system to maximize available services and provide the supplemental care that they need."

Qualicare offers exceptional nurse managed personal care, companionship, light housekeeping, 24-hour monitoring and support, errands, assistance with doctor visits, live-in care, palliative care, and more.


**Qualicare**<sup>®</sup>  
MANAGED HOMECARE



Let Qualicare help you gain **peace of mind**. Their expert caregivers can provide award-winning care to:

- Take care of your parents
- Give family caregivers relief to prevent "caregiver burn-out"
- Help your loved ones enjoy life in familiar surroundings

Of special note is Qualicare's unique 360° Case Management by a Personal Care Manager who acts as a single point of contact for all care-related activities, like a "professional daughter". This allows the family and loved ones to focus on the patient without being overwhelmed by arranging care services from various sources.

For peace of mind, call Eddie or Kathy at 613-366-2899 or visit [www.qualicare.com/ottawa](http://www.qualicare.com/ottawa). 

## Ottawa Businesses Benefit from Local Barter Network!

Free Membership (\$89.95 value) until March 31st, 2012 for Neighbourhood Newsletter Readers

Small and home-based businesses throughout the Ottawa area have benefited greatly by joining **One World Barter Ottawa**. As a member, you will attain faster growth, save cash and increase profits, while decreasing the cost of doing business. One World Barter Ottawa allows you to purchase the products and services you require with "barter dollars" that you have earned from selling your products or services to other members.

The following are some of the many benefits achieved by member companies:

**Promote new sales** – through One World Barter Ottawa, you will have access to an extensive network of member companies giving you exposure to new clients.

**Preserve cash flow** – purchasing through One World Barter Ottawa eliminates the need for cash. Your

purchases are paid for by the sales you have made to member companies.

**Increase profits** – barter sales allow you to complement your cash sales, thereby increasing your profit margin.

**Improve inventory management** – by bartering, you are able to convert your excess inventory into valuable goods and services.

**Enhance productivity and efficiency** – your company's less productive assets can be exchanged for goods and services essential to your business.

**Expand network** - members are able to expand their market reach by promoting their goods and services through One World Barter Ottawa's extensive membership base.

One World Barter Ottawa will allow you to gain exposure and raise your business profile. For more information and/or to activate your free membership please email [memberinfo@oneworldbarter.com](mailto:memberinfo@oneworldbarter.com) or call 613-800-0867. Please identify yourself as a Neighbourhood Newsletter Reader. 

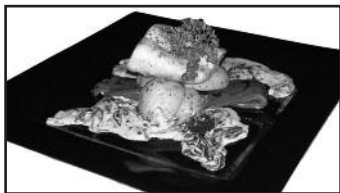
**oneworldbarter.com**  
Barter Without Borders

"When you reach the end of your rope, tie a knot in it and hang on." Thomas Jefferson

## Dantessa Italian Restaurant and Bar A Taste of Italy right Downtown!

Enjoy fresh contemporary Italian cuisine in a comfortable, elegant atmosphere at **Dantessa Italian Restaurant and Bar**! Owner **James Canoy** has created a welcoming oasis in the heart of downtown Ottawa. Located at **131 Cooper Street**, steps away from Elgin Street, Dantessa is an ideal place to stop for a delectable meal before heading to the NAC. Dantessa even offers **15% off** the food portion of your bill when you present your NAC ticket stub!

Try Dantessa's fresh new dinner, lunch, breakfast and wine menus – you'll understand why they've been getting rave reviews! The authentic Antipasti are delicious - like the flavourful Carpaccio; thinly sliced marinated beef tenderloin served with shaved Parmigiano, a balsamic reduction and freshly baked homemade bread – superb! Entrees include a variety of pastas like the Aragosta made with Lobster stuffed Agnolotti; basil pesto, pancetta, calamari, baby shrimp added to our always fresh rose sauce. The dinner menu also includes thin and medium crust



pizzas, tender milk fed veal and more. Dantessa now offers gluten free pizza, pasta, desserts and beer. Be sure to ask the friendly staff about the new wine menu, chosen by **Dantessa's in-house sommelier**, for a suggested pairing to perfectly complement your meal.

Whether you sit by the bar for a glass of wine and an Antipasto with friends, enjoy a romantic dinner in one of the intimate booths or have a family meal in the elegant dining room, Dantessa Restaurant and Bar serves delicious and affordable Italian cuisine. **Dantessa Restaurant and Bar** is open from 7 a.m. to 10 p.m seven days a week. Located at **131 Cooper Street**, downtown dining has never been easier. Dantessa offers free customer parking. For more information or to make a reservation call (613) 239-3137 or visit [www.dantessa.ca](http://www.dantessa.ca) – check out the restaurant and catering menus. 

**Dantessa**  
A Taste of Italy in Cooper St.  
Italian Restaurant & Bar

## Interested in Owning Your Own Business?

**Marketplace Menu Partners** is looking for sales partners to join our growing team. We provide menus to area restaurants while offering local businesses an opportunity to advertise to the many customers that frequent those restaurants.


This very successful multi-million dollar industry has been established in every major market in the United States since 1982. As a leader in the publicity business, Marketplace has brought this concept to Canada. You will enjoy working with an active and professional team in the quest to give a voice to local entrepreneurs and business owners.

You must be experienced, self-motivated and driven to succeed. You will have the option of working full or part-time; and must provide your own transportation. We supply all samples and sales collateral.

Marketplace Menu Partners offers good compensation and the opportunity to help raise awareness of the services available in the



community. You will not only be helping local businesses thrive, but also the people who need them.

If this sounds like the opportunity you have been looking for, please forward you CV to [m@marketplacenewsletter.com](mailto:m@marketplacenewsletter.com). Apply as soon as possible. We thank everyone for their interest but only qualified applicants will be contacted. Bilingualism will be considered an asset. 

**MARKETPLACE**  
PUBLISHERS INC.