

NEIGHBOURHOOD NEWSLETTER

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Fashions for the Fashionista at Manhattan Marque!

Why travel to Toronto or Montreal for the latest fashions when they're readily available at **Manhattan Marque** – right here in Ottawa! Operated by a mother and daughter team, **Claudine and Bianca** travel the world to bring unique and exclusive fashions to the city. Their experience and eye for fashion makes sure that you have an extensive choice of contemporary designs from France, Italy, Germany, Holland, New York and L.A.




Manhattan Marque also carries some of the finest Canadian designers and labels on the market. The staff is completely knowledgeable, fashion savvy and provides expert personalized service. They're not there just to sell. They want to make sure you look great and feel fabulous about your purchase before you walk out the door.

Manhattan Marque can pull together an entire wardrobe for you from designers like Mackage, Laundry, Marc Aurel, Save the Queen and many more! Or they can suggest unique accessories like jewelry and belts or funky tops that will make a spectacular addition to your wardrobe. La Fee

Maraboutee from France makes exquisite and elegant 'must-have' pieces. They also carry Cookie Johnson, Cambio and James jeans. Whether you're looking for casual wear, business attire, everyday items or evening wear, Manhattan Marque has the variety and the choice is yours.

For over 18 years, Manhattan Marque has been uncompromising when it comes to quality clothing. When you need wearable, but want something different that you won't find elsewhere, you need to visit Manhattan Marque – your key fashion destination in Ottawa. Talk to Claudine, Bianca or the fashion informed staff about the



exclusive selections at Manhattan Marque. **Manhattan Marque** is located in the heart of the Byward Market at 17A York Street. Call 613-562-0518 for more information. 

Premium city wide delivery.

Add a touch of History to your wood flooring!

There's nothing quite like the beauty of a fine wood floor – especially one made from historic wide plank flooring. **Logs End** – located at 1520 Triole Street – showcases some of the finest reclaimed and FSC certified wood flooring available. When you visit **Steve McCord** and **Rob Black** at the company showroom, you are literally walking on history. Logs End recovers up to 10,000 logs from the Ottawa River every year. Often these logs have been submerged for 100 to 150 years resulting in the wood taking on stunning colours and unique grain patterns from the natural water minerals. These old growth timbers are over 25% denser than today's new, fast growing woods. About 85% of the logs recovered are pine, but Logs End also salvages yellow birch and both red and white oak.

When Logs End says customized, they mean customized. Your future flooring is run through their mill with your exact specifications, whether you want long lengths, mixed width and grade combinations – it's up to you! Logs End also end matches your floor. Your flooring will have



tongue and groove on all 4 sides, ensuring a tight and precise fit and an easy installation. You can order your flooring pre-finished or have it finished on site. Logs End also offers other FSC hardwood options, some of which include Hickory, Walnut and Cherry. The Forest Stewardship Council ensures wood is sourced from managed, responsible forests.

Bring part of Ottawa's logging heritage into your home! Every order of reclaimed wood flooring comes with a **Certificate of Authenticity**. Visit the **Logs End** showroom and the mini logging museum at 1520 Triole Street and walk over history that is dramatic and eye-catching. Find out more about reclaimed wood flooring on the website www.logsend.com. Open Monday to Friday 8:30 am to 4:30 pm, Saturday 9:30am to 2pm. Or call 613-738-7851 for a personal appointment. 



Ecology Friendly Lawn Care! Nutri-Lawn's Vital Steps to a Healthier Lawn

You can feel it. Spring is right around the corner. Here are the tips you need to get the lawn you deserve. Call the professionals at **NUTRI-LAWN** for expanded information on these great tips:

- **NUTRIENTS:** Change the formulation of the nutrients every application. Different weather, different formulation.
- **CORE AERATION:** Aeration is a key factor to guarantee deep roots. Annual aeration = deep roots = great lawn.
- **OVERSEEDING:** Grass plants naturally die off and must be augmented annually. Use 'Ottawa Blend' seed, not just 'any' seed.
- **ORGANICS-PLUS TOP DRESSING:** "biology in a bag" enhances microbial activity in the soil which acts to break up thatch and debris while adding valuable micronutrients to the soil.
- **MOWING:** A dull blade or mowing too short allows damaging insects and diseases to move in. Sharpen that blade and cut every 5-7 days, but never under 2.5 inches.
- **WATERING:** Use it wisely! Water deeply (1 inch) and infrequently (every 5-7 days). This reduces water usage.



• **GRUB DAMAGE PREVENTION:** Flights of beetles in your neighbourhood in the spring are a sure sign of impending, expensive grub damage. Professional grade nematodes can prevent this damage.

• **PROFESSIONAL MONITORING:** Trained technicians minimize lawn damage with early detection and action on lawn problems.

Call **NUTRI-LAWN**, your local experts in lawn care for a **FREE Estimate** at 613-739-3399 or email Ottawa@nutrilawn.com and visit www.nutrilawn.com/ottawa for more information. Nutri lawn is proud to be the 2010 BBB Torch Award Winner for Marketplace Ethics – Home Improvement/ Maintenance Category. Check out Nutri Lawn on Facebook at <http://www.facebook.com/NutriLawnOttawa> for up to the minute local agronomic updates and special offers! 



Get your Dessert and eat it too at Todric's!

Enjoy a free dessert at Todric's during March! Spend over \$75* for dinner and get two of Todric's delectable desserts for free when you present this article! A dinner at Todric's is a gourmand's delight. Chef Eric Patenaude makes sure there is something for every taste on the menu. The wine list includes international and Canadian selections that even the most discriminating oenophile will enjoy. Todric's desserts are famous and provide the perfect finish to an evening out.

For the ideal start to a Saturday or Sunday, Todric's offers one of the finest brunches in the city from 9am to 3pm. Chef Eric suggests you get your April 24th Easter brunch reservations in early – it's always a sell-out. Also in April is Todric's fundraiser for Bruce House. Book your reservations from 5pm for Taste for Life on April 27th – 25% of the proceeds raised goes to the charity. It's never too early to think about Mother's Day! Make your dinner reservations for May 7th or surprise mom



with a brunch on May 8th – Mother's Day. During the week, lunch is served daily from 11am to 4pm. Can't dine in? Chef Eric offers mouth-watering entrées that you can take home. If you have party plans in the future, **Todric's Catering** can take care of everything. Chef Eric can build a customized menu to suit your needs and budget. Hold your event at home or use Todric's restaurant facilities for groups of 20 to 40 people.

Reserve for those special dates now and don't be disappointed. Visit www.todrics.com for more information and check out the newsletter for Chef Eric's recipe of the month – always delicious! Todric's is located at 10 McArthur Avenue. Call 613-321-0252 or email info@todrics.com. *The \$75 is before taxes and gratuities and cannot be combined with other promotions.



If You can Dream it, We Can Build it!

When you want the fireplace of your dreams, then you have to visit **Romantic Fireplaces & BBQ's**. Owner Mike Pilon has created a spectacular state-of-the-art showroom in the heart of Orleans at 5929 Jeanne D'Arc Blvd. With over 40 gas, ethanol and electric units on display and operating, you're sure to find your ideal fireplace from the featured exclusive product lines. **You have to see it to believe it!** – just installed in the showroom – the **XTreme Gas Fireplace** from **Travis Industries**. This is artwork in a fireplace 'fire art' and absolutely stunning. Mike's expert knowledge and experience in the hearth industry has been acknowledged not just by satisfied customers, but by prestigious design awards for his superior custom work. Imagine your fireplace with not just a custom wood mantel, but with a full fireplace surround with shelves, display cases or curio cabinets. What about a matching bar unit or an exquisitely crafted entertainment centre with finely finished doors to hide the television? At Romantic Fireplaces & BBQ's anything is possible. Mike has something for every budget from good, to better to best.



For the collector, Romantic Fireplaces & BBQ's is now featuring the exquisitely beautiful **Moorcroft Fine Pottery** from England. These pieces are collectors 'must haves'. If you're a winter BBQ fan, Mike has everything you could dream of in specialty barbequing products. From Kamado Joe, Vermont Casting, Traeger and RH Peterson for grills to superior charcoal and tantalizing sauces and rubs, Mike has it all! Whether it's a magnificent eye-catching living room fireplace, or your dream BBQ for the summer, let **Romantic Fireplaces & BBQ's** build it! Visit the fabulous showroom at 5929 Jeanne D'Arc Blvd in Orleans or check out their products on-line at www.romanticfireplaces.com. Let Mike light a fire in your life – call 613-834-1777.



"You may forget how you behaved when the going got tough, but others won't." Mark Burnett

Fabulous Gourmet Short Courses from Le Cordon Bleu!

\$26.00 - 3 Courses

Say goodbye to boring, say hello to fabulous food – take a one day cooking course from **Le Cordon Bleu**! Fall in love with French food, learn classic sauces, snazzy-up your vegetables, or even discover the flavourful, fragrant food of India. **Le Cordon Bleu International Flavours** cooking courses are one-day classes that focus on demonstrations, learning proper techniques and developing your palate. Do you have a blossoming Chef in your household? Le Cordon Bleu offers superb courses on pastry for youngsters aged 8 to 12 to take with their parents. Or participate with your teen and learn dishes that are far from hum-drum! The hands-on aspect of these classes reinforces your knowledge and is fun! With a state-of-the-art kitchen to work in and the expert guidance of a Le Cordon Bleu Chef, this is the ultimate cooking experience! You'll learn Le Cordon Bleu's philosophy of learning by doing and tasting.

Looking for an inspired place for lunch after a skate on the canal? **Le Bistro@Signatures** offers a new lunch menu for each season. At just \$26.00 for three



courses. If you need space for a special celebration or a corporate event, Le Cordon Bleu is the ideal location. The setting is exquisite. The building at 453 Laurier Avenue East has been completely renovated. They can accommodate intimate dinners, business lunches and cocktail parties to chic and stylish weddings.

Le Cordon Bleu – right here in Ottawa. Approachable and friendly, enjoy the delights of French cuisine for lunch or dinner. Take a course and learn the intricacies yourself. Visit the boutique for terrific gift ideas for the gourmards in your life! For reservations call 613-236-CHEF (2433). **Le Cordon Bleu** is located in the heart of Sandy Hill at 453 Laurier Avenue East. For course information visit www.lcbottawa.com.

A Tradition of Quality Printer Service in a Disposable World

In this era of big-box stores and disposable equipment, **Qualtec's** owner, George Bartlett, and his team of long-term staff bring something unusual to the printer-cartridge and IT-service markets. After more than 20 years in the business, they still put their focus on service and quality.

Offering superior, professional imaging services and products, Qualtec's competitively-priced, fully guaranteed replacement cartridges are manufactured onsite and fully tested before you receive them by free delivery. With an onsite HP-authorized technician, Qualtec is so certain of the quality of its products that they offer free printer cleaning and printer-repair labour for cartridge and printer customers. Their cartridges are reliable, providing high page yields and sharp, defect-free images, all fully guaranteed. All this at a competitive price and with prompt, personal service and same or next day delivery.



Qualtec offers other products and services with the same attention to customer service. Avoid capital, maintenance, and repair costs, along with equipment obsolescence, by using their managed print services at a cost of one cent per page. They offer printer sales and services on all major makes and models, with free printer installation and after sale service. They also specialize in helping small businesses setup and maintain computer systems and networks, providing solutions on time and on budget.

For satisfaction guaranteed, call 613-723-8252 or visit www.qualteclaser.com. Qualtec is located at 1B 190 Colonnade Rd.

February Special: Mention this ad and buy one printer cartridge to get a second one at half price.



THE BUZZ ON NATURE'S BUZZ!

Fresh, organic, locally grown – no wonder the neighbourhood is buzzing about **Nature's Buzz!** From fresh fruit and vegetables (local when possible) to gluten free, whatever your needs are for organic or natural food, Nature's Buzz has it. They have a spectacular selection of FRESH organic meats including beef, pork, chicken and lamb, as well as organic salmon, local bison and wild caught fish. In addition, owner Dale Heins and manager Eric Passmore have stocked the shelves with an excellent selection of dry goods, natural beauty products, and enviro-friendly cleaning products. New local products include ecologically farmed trout, Siren Bakery granola, Michael Dolce jams, and more.

Nature's Buzz makes the world a little greener by supporting organic and sustainable farming and carrying products that are friendly to the environment. Some of the store's area suppliers include Field Gate Organics, Les Viandes Biologiques de Charlevoix, Ferme Takwanaw (bison), Bekings Poultry Farm, YNEW Bakery, and Little Stream Bakery. Fresh organic meat and bison arrive Wednesday,



organic salmon and nitrite-free ham and bacon are delivered Thursday, and fresh produce, bread, and dairy products are received on Tuesday and Friday.

Today's focus on healthy living is rapidly changing the way people shop, so drop in and explore Nature's Buzz. The store is warm and inviting and even smells wholesome! Eric and staff are happy to help you find the products you need. Make sure you check out www.naturesbuzz.ca for great information on natural health, nutritional information and hundreds of healthy recipes. Present this article and get 10% off your next purchase! (Offer valid until April 30, 2011.) Open Monday to Friday 9 am – 7 pm, Saturday 9 am – 6 pm, and Sunday 11 am – 5 pm. Nature's Buzz Organic and Natural Foods is located at 23 Beechwood Avenue in Ottawa's trendy New Edinburgh village. Call 613-842-0280.



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Personal Physician Service Raises The Bar

Personal, prompt and professional – ExecHealth's personal physician service raises the bar for medical care.

ExecHealth physicians offer clients year-round comprehensive medical care. By limiting the size of this practice ExecHealth is able to ensure that each client receives the highest level of care including punctual appointments – usually same-day or next-day – and ample time with your physician to ensure all health concerns are thoroughly addressed.

Onsite ECG, vision testing, lung function testing, and hearing tests eliminate the need for ExecHealth clients to make separate appointments with 3rd parties. An onsite blood collection lab, which operates via punctual appointment, also allows ExecHealth clients to effectively schedule blood work when needed.

Annual fees include access to a medical concierge that acts to expedite surgeries, imaging (such as MRIs) and specialist appointments. Clients are given the option of scheduling these



appointments through private channels when public wait times are too long.

ExecHealth is currently accepting a limited number of patients into its personal physician service. A waiting list will be available once this practice is full.

For more information about our services, please contact ExecHealth at 613-216-EXEC (3932), or visit our web site www.exechealth.ca.



Creating tomorrow's heirlooms...

SAVE \$1000.00

As Don Murray, the energetic founder and CEO of **The New Oak Tree** points out – "Quality is not afraid of time." If you want furniture that your grandchildren will inherit with pride then you have to visit The New Oak Tree. Whether you're looking for bedroom furniture, a stunning dining room set or an eye-catching bar for the family room every piece manufactured by The New Oak Tree is the definition of superior craftsmanship. Don knows that savvy consumers do their homework when buying up-scale items. The furniture he sells in your choice of wood – oak, cherry, hickory, maple, elm and walnut – stands up to the most discerning inspection. This is solid furniture with dove-tailed full extension drawers, the slides have ball-bearings and it's all **unconditionally guaranteed**. If you don't find something you like in the extensive show room, bring in a picture and your dream piece can be made for you or have your piece customized and sized.

These heirlooms of tomorrow are all made with renewable hardwood. The finishes



are ultra-smooth from strict sanding procedures and no hazardous chemicals are ever used. The attention to detail for this hand-crafted furniture is exceptional. Don purchases the raw lumber at the best possible price and passes those savings on to you. Right now at The New Oak Tree, purchase a bedroom set in any of the four major woods including cherry for \$4999.99. Don is giving out **300 gift certificates worth \$1,000** towards your next purchase when you buy. The offer also applies to any dining room set over \$5,000. Solid wood, solid service, solid quality – find your future heirloom at **The New Oak Tree**. Visit the huge showroom at 3495 Trim Road in Navan or go on-line at www.thenewoaktree.com. You can call 613-835-9792 or toll free 1-888-830-9792.



Accent your Home

Faye Fortune Drapery Design

Bring warmth, colour and personality into your home with unique accents from Faye Fortune Drapery Design.

Custom-made accent pieces, such as pillows, are a simple way of updating, making over or adding finishing touches to your home. Faye Fortune, and her daughter Heather Williamson will help you pick out colours and fabrics that reflect your personality, and compliment your furniture and existing colour scheme. Choose to add new throw pillows, recover your favourite armchair, or footstool, install new drapes or paint the walls a new colour.

Whether you want a complete makeover, or are looking for simple ways to update a room, Faye, Heather and the local seamstresses, installers, reupholsters and painters they work with will make the entire process easy and hassle free.

In addition to their **Accent and**



Paint Colour Consultation services, the mother-daughter team also specializes in **custom drapes, blinds and bedding treatments**. A skilled seamstress and decorator, Faye started her business in 1987. Heather helped out in the sewing room when she was growing up, and later joined the business in 2006.

To book your in-home consultation, or to visit the Kanata showroom, call Faye Fortune Drapery Design at (613) 591-9500, or email heather@fayefortunedrapery.com. For more information visit www.fayefortunedrapery.com.




Why wait for Spring? Think about landscape maintenance Now!

It's never too early to start thinking about your landscape maintenance! Get a plan in place now with **PML Contracting** for your spring clean-up, landscaping, lawn maintenance, tree maintenance or all your gardening needs. PML Contracting does it all! Owner **Paul Lalonde** says a well maintained lawn and yard preserves your property's value, protects your investment and makes your home look great. With over 25 years of experience PML Contracting understands the business and understands what people need – it shows with their five-year Landscape Improvement Plan. PML helps to identify potential problems with your property, suggests solutions and will give you advice on how to control costs. Paul says that long-term relationships are an important part of what PML Contracting has to offer. Reliability and dependability account for their customers' loyalty. PML offers both residential and commercial services – **there is no job too large or small.**

PML Contracting employees enjoy what they do and **customer satisfaction is their number #1 goal.** PML guarantees a one hour call back. Their uniformed, qualified



technicians arrive with clean, state of the art equipment to provide you with quality workmanship. PML works from a proven operational system and quality control reports are delivered monthly. PML employees enjoy what they do, strive for excellence and it shows. Starting next winter, PML Contracting will be offering residential snow removal. Just as PML lays out a landscaping plan, they'll develop a snow removal plan customized for your property. It makes for fast and efficient snow removal.

Remember, there is no job too large or too small for **PML Contracting.** Think ahead for your landscaping needs for this spring and enhance your home. Call **613-748-7870** and talk to Paul Lalonde about your maintenance needs. Visit www.pmlcontracting.ca for full details on all their services and for next year's snow removal service. 




Preserve and present your precious memories with *Show of Affection*

Dig out your old photos, videos or DVD's and let **Show of Affection** arrange them together in a beautiful digital memoir or photo book. **Amy O'Reilly** uses her background as a Graphic Artist to put a professional polish on your history. Your digital memoir can include music and voice-overs and can be displayed on your computer, television or loaded to a digital photo frame. Do you wish you had the time to organize and merge your videos, printed pictures and old home movies into one, easy to use, format? Amy and her team take the aggravation out of managing your different raw materials. The result, a treasured collection of memories that's easy to share.

These digital memoirs from **Show of Affection** are ideal for many occasions. Imagine the history you could share at a family reunion, an anniversary or a significant birthday! Amy and her team help you personalize and customize your precious memories. Weddings are ideal events for digital memoirs, share your love story at your reception, as well, you can place different digital displays on party table for guests to enjoy. **Show of Affection** is also pleased to offer professional, caring and timely assistance for bereavement



services and memorials. Family and friends will appreciate the presentation of beautiful images that they can later have for their own reflecting. Make a tribute memoir now, while you can still share the wonderful memories with your loved one.

Capture your precious memories in a way the whole family can enjoy. **Show of Affection** will ensure that your priceless photos, films and videos are preserved, as deterioration can be a factor with older formats like paper photos and film. Create your digital memoirs; call **Show of Affection** at **613-229-9653**. Visit www.showofaffection.ca for more details. Enjoy your family memories as well as keeping them preserved! 



"A mother understands what a child does not say." Jewish Proverb

The Best GIC Rates in the City! Ottawa Asset Management

Certified Financial Planner **Roger Crandlemire** at **Ottawa Asset Management** guarantees it! Ottawa Asset Management Inc. is affiliated with over 40 banks, trust companies and credit unions in Canada, with all deposits guaranteed. With over 20 years of service to clients in the community, Rogers' specialty is **Retirement Income Planning and Estate Maximization.** Using Product Allocation, he'll explain how you can **maximize your income and protect your assets.** Your current plan is assigned a Retirement Sustainability Quotient. Roger then adjusts your RSQ with a number of products that protect you from risk and meet your individual needs. You end up with the ability to maximize your retirement income and make it last. For straightforward information Roger suggests checking out Manulife's Product Allocation advice at www.helpmysavingslast.ca.

With Ottawa Asset Management's **Legacy Planning** you can maximize your estates value. Roger has means to assure that the accumulated value of your estate stays within your legacy. His focus is preserving your hard-earned assets so that



your children, your beneficiaries or even your favourite charity(s) benefit.

You've worked hard for your retirement savings. **Ottawa Asset Management** creates a plan that addresses the risks of inflation, market unpredictability and helps ensure that you don't outlive your savings.

Let Roger **increase your income and maximize your estate.** Call Ottawa Asset Management at **613-748-7770**, email roger-c@rogers.com or visit www.Ottawacfp.com and start planning your retirement future today. 

OTTAWA ASSET MANAGEMENT 

The Kitchen of your Dreams at Irpinia Kitchens...

Breathtaking designs, superior quality materials – when you want the kitchen of your dreams you need to visit **Irpinia Kitchens.** Manager **Mike Sacca** and Senior Designer **Jeannette Alvarez** can make your dream kitchen a reality. Jeannette will integrate your design specifications into a plan to suit your needs. Mike follows through supervising the building, using the best material and mechanisms. These are kitchens that are built to last and they meet the highest of industry standards. Know you want a new kitchen but don't know where or how to start? Let Jeannette help. Her years of experience will make sure you get a dream-worthy kitchen that is not only functional but looks fabulous. Irpinia Kitchens also carries a wide selection of tiles, fixtures and all-natural stone countertops. Your kitchen is designed, fabricated and installed all in one place – you don't have to go anywhere else.

If you need superior, high-end cabinetry work for other rooms in your home,



Irpinia Kitchens does that too. This 60 year-old company has been satisfying clients for years with their excellent custom mill work. Whether your needs are traditional or contemporary, Irpinia Kitchens can make mill work of any style and size. When you want your dream kitchen or any other cabinetry work let **Irpinia Kitchens** make your dreams come true. Visit their showroom at **1329 Wellington Street** and see their exceptional examples of kitchens and cabinetry or visit the company at www.irpinia.com for more stunning examples. Call Mike or Jeannette and make an appointment today for the kitchen of your dreams – **613-729-6200.** 

