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NEWSLETTER

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Sina Fattizzo, Coldwell Banker

Prepare Early for Spring Market

Spring is high season in the real-estate world and listing your home early to catch the start of the spring market will bring you the largest pool of qualified buyers. If you are thinking of moving at the end of this school year, the time to list your home and start searching

for the perfect new one is right now. To get a closing date convenient for your family, you need a minimum lead time of 90 days.

To leverage the most from your home's sale requires more than allowing the first agent you meet slap a sign in your yard. Now is the time to freshen the interior of your home and make all those minor repairs that never makes the top of your to-do list. It is also the time to find the right agent for you. That agent can then guide you through all the steps necessary

to maximize your sale. If you want to sell your home this spring, talk to **Sina Fattizzo** at **613-314-SINA (7402)** about listing dos and don'ts and where your money is best spent on repairs and updates.

Sina offers valuable skills, including knowledge about current market conditions and how to showcase a property's unique assets. She is the right agent, with the right attitude and marketing strategies for capturing both active buyers and the indecisive. If you want an agent who treats every transaction



as if it were her own, email sina@coburnrealty.com, or visit sinahomeinottawa.com.
Bringing your home to you.

We never stop moving.®



COBURN REALTY
BROKERAGE

Independently Owned And Operated

One of 15 community newsletters. Premium city wide circulation over 112,000.

Caress Electrolysis Introduces New Skin Enhancement Treatments

Caress Electrolysis has long been dedicated to helping clients permanently rid themselves of unwanted hair. A team of experienced certified electrologists have been committed to making electrolysis a pleasant and satisfying experience. Caress is now delighted to introduce new skin enhancement treatment options that will improve the appearance of your skin.

Using an advanced technology known as Thermocoagulation, the technicians at Caress are now able to treat a variety of unwanted skin anomalies such as:

- Skin Tags - benign flaps of dark skin
- Cherry Angiomas - or Campbell spots
- Visible Facial Capillaries - or spider veins
- Pigmented Anomaly - age/liver spots
- Keratosis - waxy or wart like appearance
- Milia - tiny white bumps
- Angiokeratome - colourless mole like
- Traumatized Pores - visible pores
- Unwanted Piercings - self explanatory



Thermocoagulation is an effective non-surgical cosmetic treatment which will minimize or remove skin anomalies. The procedure involves inserting a probe with current into the anomaly; causing the anomaly to become less visible or disappear. Treatments are gentle and quick. In most cases many anomalies may be treated during one session.

Caress Electrolysis is offering a free consultation to determine whether you are a candidate for Thermocoagulation. You can visit Caress Electrolysis at 35 Larkin Drive (off Greenbank), conveniently open Monday through Friday from 9:00am to 8:00pm and Saturday's from 9:00am till 4:00pm. Please visit the website at www.CaressElectrolysis.com or call 613-825-2299 to book an appointment.



Now Offering Eyelash Extensions Nails by Eileen

First fill FREE

To better serve her many loyal clients, Eileen of Nails by Eileen is now offering EYELASH EXTENSIONS in addition to her other services. Now you can have longer and thicker eyelashes permanently.

Imagine not having to wear mascara ever again!

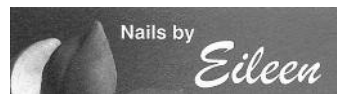
Sleep, shower or swim without worrying about removing and reapplying mascara and eyeliner. The results are immediate and spectacular. The service is painless, safe and very relaxing. Eyelashes are applied one by one to your natural lashes without touching the skin. Now you can have the same look you see in magazines and on your favourite celebrities.

With her friendly and cheerful personality, Eileen will make you feel at home and relaxed in her quiet, private and intimate setting. Located in Briargreen, Eileen is available Monday to Friday, offering a very flexible schedule. Whether



you want perfectly manicured hands, pampered feet and now EYELASH EXTENSIONS, Eileen's diverse range of services can accommodate you.

To celebrate Valentine's Day Eileen is offering a FREE EYELASH FILL to each new client who books their appointment in February and March. Call 613-225-4697 or e-mail nailsbyeileen@rogers.com.



POSITIVE NEWS ABOUT GOODS AND SERVICES IN YOUR NEIGHBOURHOOD

Legacy Valuing Tradition Pet Food Available at Country Spaw & Resort

There are almost as many types of dog food on the market as there are types of dogs! How do you know which is best for your pet?

Legacy Valuing Tradition Pet Food is all natural with local fresh ingredients provided weekly from within 100km of the manufacturing facility just north of Waterloo. They do not warehouse their pet food. It is made to order to ensure it is fresh and palatable.

Legacy Valuing Tradition offers complete, all natural nutrition for the life of your pets. It is a completely balanced diet that provides optimum levels of highly digestible proteins from fresh chicken, lamb and salmon. This provides an accurate balance of amino acids, natural glucosamine and the perfect ratio of calcium and phosphorus to maximize the health of muscles and bones.!

They use three high quality energy sources: brown rice, dehulled oats and dehulled barley. These unrefined grains release energy slowly and keep pets feeling satisfied longer. The coarse ground heart shaped kibble also creates a natural abrasion essential for keeping teeth and gums clean and helps with sensitive stomachs. It slows digestion and helps clean out the digestive track. Legacy Valuing Tradition products are also an



excellent source of Omega-3 and Omega-6 fatty acids which are great for your dog's heart, skin and immune system.

Legacy Valuing Tradition provides your dog with superior nutrition from puppy through to senior years. It is available for sale and/or a free sample at Country Spaw & Resort in North Gower where all the "clients" enjoy this fine dining experience. You can also purchase the dog food on line at www.countryspawandresort.com. Delivery available. Try Legacy Valuing Tradition on your pets and see the difference. Ask about the frequent buyers' club at Country Spaw & Resort. Call 613-489-5281.

**Country Spaw
& Resort**

Dave Stoddard's Auto Service Keeping Your Vehicle in Peak Running Condition

Dave Stoddard's Auto Service has been upholding the highest standards of old-fashioned customer service for more than thirty years. The success of this neighbourhood business has been built on a foundation of customer satisfaction. Dave is also an integral part of the Nepean community, as anybody who spends time at local sports fields and arenas can see from all the Dave Stoddard's Auto Service jerseys on kids' backs. Dave is committed to "helping children develop the necessary skills to grow and take their place in society".

Area residents have come to depend on Dave and his staff, and

to rely on their technical expertise to keep their family vehicles in peak running condition. They will ensure your ignition, brake system, battery, cooling system, thermostat, lights, fluids and exhaust systems are all working at optimum levels. Using the latest in computer diagnostics, his trained technicians can interpret the readings, recognizing small difficulties before they become expensive problems. This expertise increases the life, efficiency and fuel economy of your vehicle.

Entrust all of your vehicle's service and repair needs to the team of automotive professionals at Dave Stoddard's Auto Service. Call 613-828-7171 today to book your next appointment; or visit 20 Bexley Place, Unit 101-105, in Bells Corners.

**DAVE STODDARD'S
AUTO SERVICE**

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

Get the best price in town for your coins and gold and silver jewellery - At Universal Coins!

For the last 25 years, Universal Coins has been the go-to place to get the best value for your coins or your old gold and silver jewellery. Owner Frank Rossi is always up-to-date on competitor's prices and gives you the best up-to-the-minute pricing for your coins, bank notes, scrap jewellery and gold, silver or platinum bullion. Universal Coins is not a roadshow and operates from an established location. Frank and his staff welcome walk-ins and are happy to answer any questions you've got about the value of your coins or old jewellery.

What have you got lying around?

An old coin collection? Old gold or silver jewellery that isn't fashionable? Wouldn't you prefer cash in hand for items you don't need or want? Or maybe you'd like that inherited silverware tested for silver content. Frank offers free, no-hassle appraisals so you know the value of what you've got immediately. An appraiser is always on-hand during business hours. Any final appraisals are always done in



person. If you're wondering about the value of old coins, silverware or jewellery in an estate, Frank can appraise that too. Universal Coins works with a number of members of the legal community doing estate valuations as well.

When you want an expert appraisal or just some straightforward advice, then head over to Universal Coins and get the best price in town! Universal Coins is located at 2440 Bank Street, Unit 3 – right at Hunt Club. Call 613-737-3341 toll-free 1-800-668-2646 or email universalcoins@gmail.com. Visit www.universalcoins.ca for great tips on selling your gold or silver.



MAACO Collision Repair & Auto Painting Complete Collision Service

If you are unfortunate enough to have an accident on our icy roads this winter, call MAACO Collision Repair & Auto Painting. This full collision service centre is familiar with the accident insurance-claim business, speeding you through the process. They can arrange towing and car rentals, contact your insurance company, help you resolve the claim and complete the paperwork. MAACO does all this and more to make your experience positive and to get you back on the road faster than independent body shops.

Also offering free shuttle service, the latest equipment, and free estimates, MAACO has full-time appraisers on site. Technicians that are both Gold-Class I-Car certified and Nissan-authorized will ensure your vehicle will be back to pre-accident condition while maintaining its original equipment manufacturer specifications, safety, structural integrity

**Bring in this Newsletter
and receive
\$100.00 off a complete
paint service.**

and resale value. MAACO's colour match systems includes PPG products, approved by car manufacturers, with a warranty honoured at 500 centres Canada-wide. All MAACO repairs are warranty-approved, and they can also fix any rust, dings or dents discovered after our harsh winter driving conditions.

To enjoy the services of a Canadian-wide company at a family-owned franchise that has been offering award-winning customer service for more than 25 years, bring your vehicle to 9 Caesar Ave., around the corner from Merivale and Cleopatra, for a free estimate. Visit www.maaco.ca for more information on their services or call 613-224-9932 for complete collision services. MAACO Collision Repair & Auto Painting and Hunt Club Nissan Collision have now merged to serve you better.



Stroke Survivors Association of Ottawa

Providing Support to Stroke Survivors and their Families

Stroke is the third leading cause of death after cancer and heart disease; and yet, it is often misunderstood by the general public. Stroke is unique to each individual and the rate of recovery can vary significantly. Our city is very fortunate to have an active stroke community through the **Stroke Survivors Association of Ottawa (SSAO)** that provides stroke survivors, families and caregivers with innovative programs, education, peer support and connections to Ottawa-based resources. SSAO is a non-profit community association that understands the challenges that survivors and their family members face; and the rewards that community stroke re-engagement can provide.

SSAO offers a wide variety of programs including:

- **SSAO Stroke Warm Line** - an answering service to assist families in need.
- **Connections** - an integrated education and support program.
- **Living with Stroke Self-Management Program** - coping strategies.
- **Monthly Members Meeting** - education, information, and social events.



"We are very proud of our *Living with Stroke Program*, presented by stroke survivors and their caregivers. The Program teaches coping strategies and treatment options; and allows stroke victims to share their valuable experiences."
Abe Schwartz, Chairman, SSAO

- **Monthly Newsletter** - the latest news related to programs and events.
- **Members Website Visit** - the latest information and services.
- **Education SSAO** - education and information

Members enjoy many benefits including the *Stroke Recovery Newsletter*, free admission to monthly meetings (including lunch), discounts on SSAO programs and events, and a charitable tax receipt for the amount of the membership. Charitable donors and volunteers are welcome to contribute to the stroke community; and to assist those affected by this condition.

Whether you are interested in becoming a member of SSAO, volunteering or making a donation, you can call 613.237.0650 or visit www.strokesurvivors.ca.

Take the Stress Out of Your Tax Preparation

Let Strategic Tax and Accounting Services prepare your tax return

Filing your own personal income tax return can be a daunting task. Canadian tax laws are constantly changing, making it difficult to keep up with the most current rules and regulations. Leaving your tax return to the professionals at Ottawa-based Strategic Tax and Accounting Services can **save you both time and money**.

Many individuals do not take full advantage of the tax credits and benefits to which they are entitled since it is becoming increasingly difficult to be aware of every entitlement that may apply. With over 80 years of collective experience, the staff at Strategic Tax and Accounting Services can ensure that you take full advantage of current tax laws to minimize your tax burden.

Dave Johnson of Strategic Tax notes that "We provide rapid turnaround and personal service. We also assist individuals who have not filed their income tax for several years by taking



advantage of Canada Revenue Agency's Voluntary Disclosure Program".

Strategic Tax provides a wide range of accounting and tax services to individuals, home-based businesses, small business partnerships, sole proprietorships and corporations - including tax planning, business planning, book-keeping, payroll, and HST filing. You can view the services of Strategic Tax at www.strategictax.ca.

Take the stress away this tax season by contacting Strategic Tax and Accounting Services at (613) 596-5556; or at dave@strategictax.ca. 39 Robertson Road, Suite 101, Ottawa, ON K2H 8R2



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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 "humanity" 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

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. Apply as soon as possible. We thank everyone for their interest but only qualified applicants will be contacted. Bilingualism will be considered an asset.



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; or contact the clinic for a free consultation and Healthy Weight Analysis at 613-695-7546 or by email at uottawaclayde@uweightloss.com.

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

Warren Clinic of Chiropractic Welcome, Dr. Bell

Dr. Frederick W. Warren would like to welcome Dr. Andrew Bell to the **Warren Clinic of Chiropractic**.

Dr. Bell studied at Ambassador University in Big Sandy, Texas, receiving his Bachelor of Science in Psychology and minor in Theology, and then graduated from Parker College of Chiropractic in Dallas, Texas in April, 2002. He worked for the next 7 years as a Chiropractor in the Dallas/Fort Worth area and during this time he also became a certified provider of Active Release Techniques®, the gold standard in soft tissue treatment.

In 2009 Dr. Bell returned to Ontario and met Dr. Frederick Warren, immediately made a friendship and knew they would one day work together.

In January 2012, Dr. Bell joined the Warren Clinic of Chiropractic. He incorporates Chiropractic care with Active Release Techniques, exercises and patient education to promote



greater health and prevent future recurrences of symptoms and discomfort. He is accepting new patients daily and will be available on Saturdays as well.

Registered Massage Therapy and Registered Holistic Nutrition services are also offered, and for more than 38 years, The Warren Clinic of Chiropractic has been helping people in the community live a more comfortable lifestyle, emphasizing a gentle approach to reducing or eliminating pain, increasing mobility and improving physical well-being. Call (613) 224-4080 today to make your appointment and start living pain-free.

**WARREN CLINIC
of Chiropractic**
1453 Woodroffe Ave.
613-224-4080

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

Spring is coming: Think 'clean' Call Concierge to scrub away your winter blues

Shower your spouse, significant other, or honey, with flowers this Valentine's Day. Nothing says 'love' better. Buy a bouquet, or buy a single stem...they both get the sentiment across.

First cut the stems on an angle under water, then arrange them in a pretty vase. Remove leaves that fall below the water line, and don't forget to freshen the water daily. If the bouquet comes with plant food, add that, and in order to keep the blooms perky and bright, keep them out of direct sunlight.

If you should happen to get pollen on your clothes, sponge it away with rubbing alcohol; don't use ammonia because ammonia sets the stain.

Even though there's still snow on the ground and always unpredictable weather in March and April, spring is anticipated. With spring comes spring cleaning and if you need a full house cleaning or just a few rooms, keep



TIP: To prevent a fire, don't forget to clean your dryer hose when getting your furnace ducts cleaned. Lint from the dryer gets trapped in there, so clean the dryer hose as well as the ducts.

Michelle Hamelin, the franchisee for Concierge Home Services (Centrepointe to Manotick) in mind. For information about what she can do for you, visit www.conciergehomeservices.com, call her at 613-686-1505, or email her at Barrhaven@conciergehomeservices.com.

Or why not give a gift certificate for a new mother or a senior in your life. There's nothing like a gift of time.



F.E.E.L. Flooring Great Selection of Quality Flooring

With the seemingly endless array of flooring choices available, home owners can become overwhelmed when trying to make decisions. Rely on the experienced staff at **F.E.E.L. Flooring** for advice on the flooring that best suits your needs and that will bring the most value to your home.

After more than 25 years supplying and installing quality products throughout Nepean and Ottawa, this family-owned and operated business carries a wide selection of the industry's top brands, such as Canadian Hardwood by Mercier and Seasons. Many of the choices are eco-friendly and green-certified, including Godfrey Hirst wool carpets, bamboo flooring, an exciting and impressive range of cork flooring, and Marmoleum® Click; Marmoleum is also available in tile and sheet goods.

Specializing in residential floor coverings, including ceramic tile and vinyl, F.E.E.L. Flooring offers quality products, quality service and quality results. They also supply and install unique and exciting kitchen backsplashes



and complete bathroom floor and wall tile. Owner, Laura Lee Morin, is involved in each and every project, ensuring their experienced installers meet your expectations.

F.E.E.L. Flooring carries a complete range of high-quality cleaning and polishing products from HG, a Dutch company that offers biodegradable products. They also carry brand-name cleaners by Armstrong®, Congoleum and more to help keep your floors, new and old, looking their best.

Visit the showroom at **1891 Merivale Rd.** just south of Hunt Club to see the unbelievable array of flooring choices available, or call 613-225-2365 to arrange to speak with a seasoned professional about your project.

F.E.E.L. FLOORING
Carpet • Vinyl • Ceramic • Cork • Wood • Rugs