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Expert Advice Before you List your Home

Spring is around the corner and the hot real estate market is here. If this is the year you've decided to trade-up or downsize, then Luigi Aiello at Royal LePage Gale Real Estate has some expert advice before you even call an agent. Luigi suggests getting together:

- the survey of your property
- a floor plan if possible
- your city tax and utility bills (gas, water, hydro, oil)



- photos of your house and the yard in the summertime
- receipts for any work done in the last 3 to 5 years
- a list of positives about your house, the neighbourhood, the proximity to shopping, the park nearby, why you've enjoyed the house

Having these prepared gives your agent great tools for selling your house and maybe a faster sale. Dive-by appeal is important says Luigi and with spring around the corner, make sure your home looks attractive on the outside. Sweep the driveway, porch and

steps. Wash the windows and front door. Open the windows – this brings fresh air in and shows that the window cranks work. Put garden tools and toys away – the yard should be clutter free. Buy a couple of baskets of flowering plants and put them at the front door – what could be more welcoming than cheery, colourful flowers.

Simple advice on selling your home - and when you need more, Luigi Aiello is just a phone call away. Call Luigi Aiello at 613-723-5300. Royale LePage Gale Real Estate is conveniently located



at 383 Parkdale Avenue – right across from the Parkdale Market.

One of 16 community newsletters. Premium city wide circulation over 112,000.

New Executive Medical Clinic Raises The Bar

Personal, prompt and professional – ExecHealth's new medical clinic raises the bar for medical care.

Since 2005 ExecHealth has been providing comprehensive medical assessments to executives, diplomats, professionals and their families. These ½ day assessments, which include detailed diagnostic testing, go far beyond standard physical exams and are designed for the early detection and prevention of diseases such as cancer and heart disease. Health assessments are conducted in a single morning by an onsite team of medical doctors, nutritionists, nurses, physiotherapists and fitness experts. Clients are provided with a written health report and action plan to ensure appropriate lifestyle modifications are made.

ExecHealth is pleased to announce that it is now offering a personal physician service to a limited number of clients in its new state-of-the-art medical facility located on Albert St. 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 as much time with your physician as is needed to ensure all health concerns are addressed.

The new clinic also boasts equipment not normally found in a typical family doctor's office. 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 this service.

When further testing is needed, ExecHealth clients benefit from a medical concierge service that expedites 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 enrolling clients in its new personal physician service. For more information about this service, please contact our offices at 613-216-EXEC (3932), or visit our web site www.exehealth.ca.



EXCEPTIONAL PRODUCTS AND SERVICES IN YOUR NEIGHBOURHOOD

Need an MRI? Don't Wait!

Waiting for an MRI can be frustrating and worrisome. Now there's a choice. MRI Plus is the Ottawa region's most advanced private MRI clinic, offering appointments within 48 hours, and faster for emergencies. At MRI Plus, we offer high quality MRI images for:


- breast cancer screening
- joint pain or injury
- abdominal pain,
- muscular-skeletal conditions
- brain, neck, and spine problems, and
- many other clinical indications.

MRI scanning does not use radiation, making it one of the safest imaging techniques available. MRI scans can take pictures of most parts of the body, and provide more detailed information than X-rays or CT scans. Our radiologists are specialists and trained in MRI techniques. Diagnostic



reports are typically available the same day of your MRI exam.

MRI Plus is located five minutes from Parliament Hill in Gatineau, Quebec, directly across from the Museum of Civilization, and offers free parking. Visit www.mriplus.ca for more information, or contact us at (819) 771-1674 or toll-free at 1-877-771-1674. MRI Plus has flexible service hours. When your health is on the line, you shouldn't have to wait for your MRI. Contact us today and get your results sooner!

As a special promotion, receive a \$125.00 discount on your next MRI when you mention the Marketplace Newsletter. Book by April 15, 2010 (excluding breast cancer screening and contrast enhancement). Your MRI will cost only \$625.00. 

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IDEAL OTTAWA GRANITE INC.

Granite is for You & You & You

Ideal Ottawa Granite Inc. is a worldwide importer and fabricator of granite, marble and stone products for both commercial and residential clients. We supply and install quality products to residential and commercial clients from all economic spectrums.

Company owner **Manuel Vieira** has established strong relationships within the industry and the community. An avid soccer fan and former player, he supports community involvement through St. Anthony's Soccer Club and the Carleton University Men's Soccer Team where both his sons are team members. His tireless enthusiasm is a driving factor in his business and continues to influence those around him to attain new heights.

Ideal Ottawa Granite Inc. selects only the best material and offers it to our customers at the best price. Manuel's love of natural stone and a keen sense for design and color are a natural fit for the company he has spent years building. Our high client satisfaction stems from the fact that Manuel genuinely cares about quality and always places the customers' needs first. Manuel is involved in every step of creating an excellent



product, from the very first cut to the final polish of the granite being fabricated.

Our workforce shares Manuel's commitment to quality products and service. The same team of core workers has been with him for more than five years. In addition, experienced frontline people fulfil the positions of General Manager, Operations and Manager of Administration to ensure a high level of efficiency in plant operations and accounts receivable/payable functions. Both of these people have many years of experience in managing material/inventory, scheduling, human resources, customer service and computer accounting software: all essential to our growth as a company.

We will help you make the right choice for your renovation projects. Contact Ideal Ottawa Granite Inc. at (613) 521-7564 or visit our showroom at 3326 Limebank Road for a free consultation. 

 **Ideal Ottawa Granite Inc.**

"Sometimes your best investments are the ones you don't make." Donald Trump



Hypnotherapy Works!

If you struggle with:

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- Low self-esteem & self-worth
- Anger or self-control
- Chronic frustration, poor sleep
- Focusing attention/procrastination
- Fears, phobias, public speaking
- Weight management
- Smoking
- Relationship issues
- Grief, sadness, depressive feelings
- Stress
- Motivation
- Pain
- Study and learning habits; exam anxiety
- Sexual issues
- ... and more

Contact us now!

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www.graceplacewellness.com

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Bookkeeper and Sales People Needed

Are you a professional with 5 years current experience with Simply Accounting? If so, Marketplace Publishers Inc. is **PAYING TOP DOLLAR** for you. This is an incredible opportunity if you have the accounting experience. Start making the money you deserve and send your resume today to m@marketplacenewsletter.com.

Retired, semi-retired, or want to work part-time in a fun and challenging work environment? As the Marketplace Newsletter continues to expand into venues across the region, we are in need of both full-time and part-time salespeople to join our growing team. You must be experienced, self-motivated and driven to succeed. You can work one or more days a week and you require your own transportation.

The Marketplace Newsletter has a distribution network of 16 regions across the city; reaching an average of 7000 households per region each month. You'll join an active and interesting team in their



quest to give a voice to local entrepreneurs and small business owners. The Marketplace Newsletter offers good compensation and the pleasure of helping to raise awareness of services in our community to people who need them.

If this sounds like the opportunity you've been looking for, please forward your resume to us at m@marketplacenewsletter.com. Response to our job openings is always significant so apply as soon as possible. We thank everyone for their interest but only qualified applicants will be contacted. Bilingualism will be considered an asset. 

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TALARICO LAW OFFICES LLP

“Combining Experience with Common Sense”

With almost thirty years of legal experience, **Ross Talarico** knows the law. He also knows the value of common sense when you have to deal with legal issues. Although his expertise lies in residential and commercial real estate, **Talarico Law Offices LLP** has developed a significant practice in wills, estates and business law practice. But when you need real estate advice on the purchase or sale of your home, Ross and his dedicated staff provide you with years of experience and a grounded common sense approach to complete the deal.

Ross knows Ottawa. He was born and raised here and graduated from the University of Ottawa Law School. Ross knows his community. He proudly served as President of Villa Marconi Long Term Care Centre and was on the Board of Directors from 1999 to 2005. He gives back his legal expertise as well. On the firm's website Ross provides client access to several issues of LAW BULLETIN. He realizes that many of his clients will find the information on recent legal developments and court decisions interesting. It's also



helpful for real estate and mortgage professionals. Ross recognizes the importance of giving back.

Talarico Law Offices has also developed an **extensive business immigration law practice**. Ross assists qualified high net-worth business persons with their immigration to Canada under the Immigrant Investor Program. For experienced real estate legal advice or wills, estates and business law practice, Ross and his staff provide exceptional service. **Talarico Law Offices LLP** are conveniently located at 406 Queen Street. Call 613-236-8000, email ross@talberglaw.com or visit <http://www.rosstalarico.com>. 



Is Your Home Insurance Keeping Up With Your Home?

It's becoming increasingly important to protect your assets—they're tough to replace. **The Co-operators** suggest the best way to protect your home and personal property is to make sure you are adequately insured. You've worked hard for what you've got, now protect it.


Most policies cover your home and contents against losses from fire, vandalism, burglary and other perils. But coverage varies from one policy to another. For example, some policies automatically insure contents for a percentage of the building limit. So if your building is insured for \$120,000 and your policy is for 75%, your contents would be insured for \$90,000. Could you replace your contents for that amount? Probably not.

Jacqueline Carnegie recommends three ways to ensure you have enough coverage.

- First, add replacement cost coverage to your policy. Your loss would be paid based on the current cost of replacing the item, not on the amount its worth today.
- Second, check your policy for limits on items like jewellery, furs or coin collections. These items might be worth more than your policy's limit. It's advisable to insure them separately based on their appraised value.
- Third, to determine how much coverage you need and to provide proof of ownership take stock of



the contents of your home. Write down room by room descriptions and keep receipts with the list. Videotape each room and describe the items you're taping. Include serial numbers and purchase dates if possible. Take picture of your major items and attach a receipt to the back of the photo.

If that seems daunting, **The Co-operators** have a Personal Property Inventory Record for homeowners and tenants. The form will help you list items room by room, along with columns so you can record the current and the replacement values. Key to any type of insurance protection is what you need. Your insurance company is there to help define your needs and design a policy just for you. Protect what you've got. Talk to **The Co-operators** and make sure your precious possessions are adequately insured. Call **Jacqueline Carnegie** at **The Co-operators** 613-236-0781 or email Jackie_carnegie@cooperators.ca. 



Creative by PS design group 613-838-7212 • Writer: Sheryl Bennett Wilson 613-730-6660

White Cross Dispensary

Your Friendly Neighbourhood Pharmacy

At **White Cross Dispensary** our customers come first! We've added new services designed to keep wait times to a minimum and to maximize convenience for all of our customers. One of our new services is the **Refill Reminder Ready** service, which automatically renews your prescription and effortlessly manages your medications, as well as ensuring your prescription renewal is ready when you need it. The computer will alert our pharmacy team of the refill and this will then allow them to refill your prescription in time. Never Wait for a Refill! Never Miss a Refill! You can enroll for this service in-store or over the phone. A Compliance Packaging service is also available and new clients are always welcome!



16, 2010 all giftware is on sale for 30-40% off, a sale like this has never been seen in the history of White Cross Dispensary. This monumental sale will end March 31, 2010, so hurry in because you will not want to miss it!

Whether you are saving money on giftware or buying your favourite stuffed mascot, don't forget to use your **Guardian Rewards** card, which earns points on every purchase at White Cross Dispensary, with some exceptions. When you earn enough reward points use them towards your purchase. You can pay for some or even all of your purchase, depending on the number of points you have and the cost of the items you are buying. **White Cross Dispensary** – your friendly neighbourhood pharmacy. For more information, please call 613-233-4029 or visit the website at www.whitecrossdispensary.com. 



Every Great City Has One Fabulous Car Wash ... Ottawa Has Tops!


A full service wash from **Tops** is the most thorough and convenient way to keep your car clean and looking its best. They have the most up-to-date car wash equipment available and can get all areas of your car clean, including your aluminum wheels!

The modern conveyor car wash has been proven to be the safest and most efficient way to clean your vehicle. Whether you need a full-service wash, an express detail service, express carpet cleaning, or just an exterior-only car wash, **Tops Car Wash** provides speedy and personal service to every vehicle that it cleans.

The exterior of your car is thoroughly rinsed and is then gently cleaned using **Envirosoft Foam**. It's a closed-cell foam material that doesn't absorb dirt or grit – ensuring that it doesn't damage the clear coat on your paint. The entire process is



completed with a powerful touchless drying system. The quality of the exterior wash and the convenience of the quick interior service can't be matched by any gas station wash. The best part is that the entire process takes less than 20 minutes!

Take pride in driving a clean car year-round! Regular cleaning and maintenance adds life to your car and adds value to your resale price. Visit **Tops Car Wash** today at 979 **Richmond Road**. Phone 613-728-4232 or visit www.topscarwash.com for more information. Gift certificates and discounted coupon books are also available. 



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 visit www.nutrilawn.ca for more information. Nutri-Lawn has an A+ rating with BBB and was a 2009 Top 3 Winner for Ottawa Chamber of Commerce Business Achievement Awards!

nutri-lawn™
ecology friendly lawn care
inground sprinkler systems

DESJARDINS – Making your Mortgage Personal

What do you need to do? Buy a new home? Renew or transfer your mortgage? Renovate? Or maybe finance a project, using your home. **DESJARDINS** gets **money working for people**. Mortgage representative Sylvain Joannette's personalized service gets you the advice and products you need. As full service mortgage brokers, Desjardins Caisse populaire Rideau d'Ottawa offers exactly the same products as other banks, but many of their products aren't available anywhere else. Exclusively available at Desjardins is their closed '5 in 1' Yearly Rate resetter Mortgage. You can ask Sylvain how it might work for you.



Are you looking for an open mortgage or closed? Do you want your rate to be fixed or variable? Not sure? Check out www.desjardins.com/home and find the borrowing profile that fits you. Desjardins offers a wide range of mortgage products with really competitive rates. Starting **March 15 keep your eyes open for a highly attractive promotion you won't want to miss!** You've chosen your new home with care; now make sure you choose your mortgage

wisely too. Desjardins can help you do that with their superior advice and support.

Let Desjardins Caisse populaire Rideau d'Ottawa get your money working for you. Whether it's a personalized mortgage for your dream home, loan or home insurance or a versatile line of credit – Desjardins starts you off on the right foot. Call **Sylvain Joannette** and discuss your mortgage options or other financial choices and find the perfect solution today. **DESJARDINS – Money working for people.** Reach Sylvain at 613-897-1972 or email sylvain.joannette@accordd.com let him make it personal. Cartier branch located at 230 Main Street.

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"Do not protect yourself by a wall, but rather by your friends." Czech Proverb

Take Charge of Your Health with Far Infrared Technology

Backed by medical research and health professionals, heat therapy is recognized as an easy and affordable way to ease the discomfort caused by such common health issues as **fibromyalgia, osteoarthritis, and rheumatoid arthritis**. Northern Lights Saunas is a local distributor of California-based West Coast Saunas, a manufacturer of fine wood far infrared saunas. Far infrared is a form of radiant heat, and is the safest and most beneficial type of light emitted by the sun.



Apart from sheer relaxation and stress relief, Northern Lights Saunas also allow you to **eliminate harmful toxins** from the body, reduce weight by ridding the body of cellulite, improve cardiovascular conditioning, and improve the **tone, texture, and elasticity of your skin**. One 30-minute session can burn up to 900 calories, and drastically reduce muscle aches and pains associated with lactic acid that builds up during physical exercise.

Right now get our new upgraded 2010 sauna models at 2009 prices! All our models come with chromotherapy lights, a Pioneer AM/FM CD/MP3 player, cup holder, towel rack and ionizer to remove toxins from the air. Our Malibu Hemlock CD 2-person model can be plugged into a 15 amp outlet, making it ideal for an apartment or home, or you can go for deluxe with our 5-person model.

Northern Lights saunas start at \$2195 and include free shipping. **Take charge of your health with Far Infrared Technology.** For more information on the benefits of owning a sauna, visit www.northernlightssaunas.com, or phone Tracy Wilson at 613-878-9199.

Northern Lights
SAUNAS
A BRIGHTER FUTURE...
A division of West Coast Saunas

GET HIGHER MARKS!

Tutor Doctor offers one-on-one learning at home

Help your child achieve higher marks by the end of the school year by getting a tutor in March. The tutors at **Tutor Doctor** help students by using their homework as the core curriculum for helping them succeed in the classroom. One-on-one instruction provided by Tutor Doctor has been proven to be the best way to help children who are behind in their studies. The individualized instruction helps to boost your child's confidence and prepare them for exams.



Sylvie Landriault, owner of Tutor Doctor Ottawa

Tutor Doctor comes to you. We provide students with professional, individualized tutoring services in the comfort of your own home. Parents greatly value the flexibility that Tutor Doctor provides as they are no longer limited to the times dictated by center-based tutoring companies. Lesson times can be arranged to fit into the family schedule.

Tutor Doctor's services cover all levels from kindergarten to university,

and incorporate an understanding of different student learning styles. We even provide tutoring for adults. Each in-home tutoring program is custom-designed to meet the student's specific needs and interests while addressing the underlying foundations of concepts learned. The program fills in missing bricks of academic structure, consolidates that with current expectations, and then moves the student ahead to future requirements.

Tutor Doctor was established 10 years ago in Toronto. It now has offices across the country, the United States as well as locations in England, Ireland and Scotland. For a free, no obligation consultation you may reach the Ottawa office at 613-266-1116.

tutor|doctor

"We Make House Calls!"