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Marketplace

NEWSLETTER

KANATA NORTH • MORGANS GRANT • BEAVERBROOK ZONE E 1111



Ace Dry Cleaning

5 items
\$30⁰⁰

(Seamstress Onsite)

471 Hazeldean Road
(Next to Fabricland)
613-831-8642

Furnace Factory Direct INC.

Six Reasons to Call Us Today

From friendly service, fantastic pricing and the best products on the market, there are many reasons why you should let Furnace Factory Direct take care of your heating and cooling needs.

Here are six great reasons to call Furnace Factory Direct today:

1. Service: Our technicians are so courteous and friendly we were nominated for the BBB Torch Awards last year.
2. Pricing: Fantastic pricing is definitely one thing we are known for, and the reason we are growing so fast.
3. Financing: 0% financing is now available for a limited time.
4. Government Rebates: Save up to \$2,590

on some systems with government rebates.

5. Products: We have nothing but the best products from brands such as American Standard, Whirlpool, Viessmann, Buderus, Bosch, Honeywell, Armstrong & more.

6. Free Estimates: One of our comfort advisors will visit your home to provide a free no-pressure estimate.

Furnace Factory Direct sells, installs and repairs brand name heating and cooling equipment such as furnaces, boilers and fireplaces. Comprehensive protection, maintenance and cleaning packages, as well as 24-hour emergency service, are also available.

Owner Tom Kingdom and his team service homes in Ottawa and surrounding



areas with professionalism, courtesy and respect. From the friendly office staff to the uniformed, factory-trained technicians, they are committed to providing exceptional customer service.

Furnace Factory Direct is located at **174 Colonnade Rd. Unit 9**. For more information about their products and services, please call (613) 829-8186, or visit www.furnacefactorydirect.ca. 

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

CPI Interiors

Value Added for Any Project


Whether you are customizing a new home or need a brief consultation to get you started redecorating a room, the talented designers at **CPI Interiors** offer tremendous value. Hiring an interior designer is worthwhile for more than just major renovations; shrewd consumers recognize that professional advice can save time, money, and disappointment. Investing in the services of professional designers can help you avoid the costly mistakes that will haunt you every time you enter the room.

An hourly consultation costing \$125.00 to \$150.00 provides a plan for transforming a space to match your lifestyle and personality, at the pace suited to your budget. This consultation can be used for space planning, colour-scheme selection, or resource locating and project coordination. For many, particularly those needing help choosing



a paint colour, the one-hour consultation is all that is necessary.

Using their eye for detail, designers help you work with existing furniture and decorations, leaving room in the budget for signature pieces or speciality fixtures. Avoid the expense and heart-break of a room full of out-of-scale furniture or the wrong paint colour.

Call CPI Interiors today at 613-599-5564, toll free at 1-866-446-4415, or visit www.cpiinteriors.ca, and access the wealth of design knowledge on owner Catherine Pulcine's blog. Whether it's a brief consultation or a major renovation, the aim is to ensure that the journey to your new environment is as pleasant as the completed project. 



March Dental – Where Smiles Come Alive!

Caring, community dentistry – at its best at **March Dental!** With combined experience of over 43 years both **Dr. Sam Towell** and new owner **Dr. Yolande Dmytrowski** are happy to accept new patients from the growing community of Kanata. Having been a familiar face at March Dental for years, Dr. Towell is now scaling back his practice. He'll continue to see his patients on a more limited schedule. Dr. Yolande is excited to see the practice flourish and is eager to offer her exceptional dental skills to new and returning patients. Hygienist Marlene Othmer is new to the clinic as well. She brings a devoted following of patients.

Treating patients with compassion and reverence are just a couple of aspects of March Dental's Mission Statement. The professional March Dental team are respectful of patients' personal needs and concerns and keenly dedicated to meeting patients' dental goals and aspirations. Patients at March Dental are assured of a lifetime of optimum oral and dental health.



Dr. Yolande's general practice focuses on cosmetic, comprehensive, restorative and neuromuscular dentistry. Preventative dentistry is also important. Dr. Yolande, Dr. Towell and their enthusiastic team provide advice on gum and bone disease, oral cancer screening and missing teeth, to name a few. March Dental offers both nitrous oxide and oral sedation and they can accommodate patients looking for cosmetic whitening and smile improvements and make-overs. Complete dentistry service in a caring, community environment.

Growing and growing with Kanata – March Dental – Where Smiles Come Alive! New patients are always welcome. Visit **March Dental** at 1120 March Road, Unit C. Call 613-271-0674 and book an appointment today. Check out the March Dental website at www.marchdental.ca for more information. 



POSITIVE NEWS ABOUT GOODS AND SERVICES IN YOUR NEIGHBOURHOOD

Living a 'new normal' as a Quadriplegic... Never giving up hope...

On Sunday September 4th while cycling alone on Scenic Caves Road near Collingwood and in training for the Centurion Bike Race, my sister Tracy Dort-Kyne had a very serious accident. She broke her neck at her C3/C4 vertebrae severing her spinal cord. She went off the road and was found in the ditch. An amazing young man named Mike Hermanovsky found her and stayed with her until the ambulance came to take her to the hospital in Collingwood. Shortly afterwards, she was flown by air ambulance to Sunnybrook Hospital in Toronto.

The devastating news of her injury was overwhelming for us. We were all affected by this tragedy with intense emotion, pain and loss – of the life she had. **Tracy's prognosis:** Spinal cord injury "Complete" - meaning quadriplegic **Definition:** "complete" spinal cord injury means having no voluntary motor or conscious sensory function below the injury site, in Tracy's case C3 vertebrae in her neck. Luckily, Tracy did NOT suffer any brain damage.



Photo by Michelle Valberg
www.valbergimaging.com

Tracy spent 47 days at Sunnybrook, and on Monday October 17th she was transferred to Toronto Rehab where she will learn to live a "new normal" as a quadriplegic. She is a single mother of three young boys.

We've encountered many people along the way both in and out of the hospital who have inspired us, motivated us to keep going and taught us to never give up hope. Every day we learn a new lesson. It's what we do with it that changes us! To help Tracy visit www.tracydortkyne.com.
Article by Lesley Dort

Ace Dry Cleaners

With excellent customer service and consistent quality results, you'll quickly see why Ace Dry Cleaners has gained a loyal customer base.

Owner Armando Pineda is a master dry cleaner with a diploma in textiles and chemicals in dry cleaning with 35 years of experience. He knows how to clean and treat all fabrics and how to get rid of the toughest stains. Originally from El Salvador, he lived in Montreal before moving to Ottawa and taking over Ace Dry Cleaners 12 years ago.

From dress shirts to suits and hockey jerseys to wedding dresses Armando and his Ace team take special care in cleaning and repairing your clothes. Everything is cleaned on site, and their expert seamstress does alternations and repairs on site as well.



Choose from their next day or express service, and save 10% when you prepay for your dry cleaning. Bring in five items and get them cleaned for only \$30. If you are having problems with your washing machine, or don't own a washing machine, then take advantage of their wash and fold service for \$1.50 a pound.

Ace Dry Cleaners is a full service dry cleaning and laundry plant located at **471 Hazeldean Rd.** (near Castlefrank Rd.). It is open Monday to Friday 9:00 a.m. to 7:00 p.m., Saturday 9:00 a.m. to 5:00 p.m. and Sunday 12:00 to 4:00 p.m. For more information call (613) 831-8642.



"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." Albert Einstein

Ottawa Hot Tub Rentals

Imagine relaxing in your own soothing spa. Warm bubbling water caressing you from head to toe...

Ottawa Hot Tub Rentals is pleased to offer you a full Hot Tub and Spa Rental Service. We cater to any hot tub occasion, you provide the reason and we provide the fun! A Hot Tub Spa makes a great addition to any birthday party, bachelor/ette party, romantic evening, family get-together, backyard bash with friends, on a boat, down by the shore. Or how about surprising that special someone with an evening of stress relief and relaxation. An Ottawa Hot Tub Rental is guaranteed to make any occasion memorable. All you have to do is sit back and relax in a hot tub.

Ottawa Hot Tub Rentals has been in business for eight years and is a Family run business based in Kanata.

Our hot tubs are all Canadian made and have seats, lights and hydrotherapy jets. Weighing as little as 80 lbs. (empty) these hot tubs set up in minutes and simply plug into a 110V



outlet; no special wiring or plumbing is required.

Our full-featured hot tubs pamper you with hot water fun, hydrotherapy, and relaxation, and are unlike any other hot tub in the world! These hot tubs are comfortable, with no hard surfaces. The spacious interior provides soothing, luxurious comfort with open, barrier-free seating to allow unlimited positioning for serene relaxation or stimulating massage. Enjoy relaxing in your Hot Tub spa and soothe away the stress of everyday life.

Call John at 613 878-9573 to reserve your hot tub, or email hottubs@ottawahottubrentals.com. For more information, visit our website www.ottawahottubrentals.com.



Canadian Auto Mall

Rust-proofing Advice & Tips

Rust forms on your vehicle through daily driving, as pebbles and stones hit it and it is exposed to snow, moisture and road salt. The result of a chemical reaction between iron and oxygen, a tiny spot of rust is not threatening, but if left untreated it can spread.

Canadian Auto Mall's rust-proofing service slows down the spread of rust. Their odourless and eco-friendly Non-Drip Rust-proofing technique, which is harmless to plastics and electrical circuitry, displaces moisture and offers outstanding coverage and crevice protection.

Not only will Canadian Auto Mall's Non-Drip Rustproofing package protect your vehicle from moisture, snow and salt, it will also add to its resale value. You will spend less money on vehicle repairs, and it will NOT void your existing manufacturers' warranty.

Rust often forms on the fender immediately behind the tires, the exterior flooring under the driver's and passenger's seats, the interior flooring underneath the



carpeting/matting, the trunk, and around the engine compartment and wheel wells.

To help prevent your vehicle from getting rusty here are a few tips from Canadian Auto Mall:

- Keep the underside of your car clean. Use a lawn sprinkler turned on full blast moving it occasionally to reach all areas.
- Shampoo the rugs in your car and clean the upholstery professionally or by yourself.
- If you chip the paint on your car, clean it promptly and apply touch-up paint or clear nail polish.

For further information about rust-proofing visit www.canadianautomall.com and look under "Car Maintenance" or call (613) 831-3332.



You Saved our Christmas...

Those are words that the **Christmas Exchange Program** hears over and over again from families and individuals who otherwise wouldn't have a Christmas. "It is nice to know that someone cares." The Christmas Exchange Program part of the **Caring and Sharing Exchange** helped close to 10,300 families – 25,000 people last year says **Executive Director Marilyn Matheson**. People like Marie and her family who had a comfortable life and helped others when they could. But when her husband became ill and couldn't work they were forced to sell their house and Marie sold diamond wedding ring to pay bills and buy food. Marie turned to the Christmas Exchange Program so they could have a Christmas.

The Christmas Exchange Program has a long history in the city having started in 1915 during WWI to help the families of the men fighting overseas. Today over 300 community organizations such as schools, faith communities, food bank outlets and other social service agencies in Ottawa send in the names of those they know need assistance. The Exchange's



Coordination Service reviews all the applications to eliminate duplicates to ensure every donated dollar goes to where it is most needed. Over the past three years this has met that over \$2 million donated dollars has been saved and redistributed back into the community.

You can help save Christmas for an individual or a family in our community. These are people who through no fault of their own need some assistance due to job loss, illness, or tragedy such as a fire in their home. "Someday I will be on the giving end." Visit www.CaringandSharing.com to find out how you can save someone's Christmas. Donate on-line or call the **Caring and Sharing Exchange** at 613-226-6434 or email info@CaringandSharing.ca.



the Caring and Sharing Exchange
Échange cœur et partage
People helping people since 1915 | 12500 471/1070000-0309/1915

Fall Health Tips From Fairfield I.D.A Pharmacy



Ah fall, you can sense the air is getting cooler and days are getting shorter. As the weather begins to change, flu season gets into full swing. Everyone should be taking steps to stay healthy as no one enjoys being sick!

Here are a few health tips from **Fairfield I.D.A Pharmacy's Pharmacist/Owner Prem Arora** to help you and your family stay healthy and enjoy the season.

1. Exercise and stay active. Gradually move some of your activities indoors, or start a new exercise regime.
2. Get a flu shot. The city will be announcing dates soon.
3. Add more fruits and vegetables to your diet. Root vegetables, which are now in season, are an inexpensive and nutritious way to add variety to your diet.
4. Drink plenty of fluids. You can get dehydrated in cooler weather too.
5. Continue to wear your sunscreen.



The sun's rays can still damage your skin in cooler weather.

6. Stay away from second hand smoke. If you smoke, then make plans to quit.

If you have any health related questions, or concerns, need to fill a prescription, or purchase over the counter medication, visit **Fairfield I.D.A Pharmacy**. All drug plans are accepted, and **prescription deliveries are free**. Medication consultations, specialty compounding and compliance packaging are also available.

Transferring your
Prescriptions is easy.
Just let us know.

Located at 474 Hazeldean Road (at Castlefrank Rd), **Fairfield I.D.A Pharmacy** is open seven days a week. For more information, call (613) 435-7887.



Creative: PS design group 613-838-7212 • Writers: Erica Simmonds 613-422-8692, Peggy Vice 613-596-9832, Sheryl Bennett Wilson 613-730-5530

SAVE MONEY by improving your INSULATION!

See it in your energy bills! Upgrading or replacing your insulation WILL improve the comfort of your home or cottage with **O'Reilly Brothers Ltd.**

Protect your investment and slow the aging of your property by upgrading to new products that create barriers to the outside elements. At the same time, help the environment by choosing eco-friendly products for installation - we have smart products for smart owners! We specialize in Sprayed Polyurethane Foam Insulation and excel at blown-in Cellulose.

Since 1967, **O'Reilly Brothers Ltd.** Ottawa, the leading insulation experts for Eastern Ontario, has been keeping Canadians warm and dry in the winter, and cool and comfortable in the summer.

This family owned and operated business is committed to quality service and customer satisfaction. For over 44 years **O'Reilly Brothers Ltd.** has worked earnestly to serve their clients well with experienced project management, employment of qualified personnel, and an overall commitment to quality control. Our diverse list of satisfied clients grows locally, nationally, and internationally every year.



To see our projects through to successful completion, our work crews are certified and safety trained to operate multiple types of insulation abatement and installation machinery. Each job site has a team manager who oversees the crew, ensuring that our work is done properly and efficiently. Our estimators, site personnel, office administrators, and the owners, are all committed to the best insulation service possible for every job, residential or commercial.

We have an impressive history to back up the statement: "The Leading Insulation Experts for Eastern Ontario". See our partial client list below and then call today to benefit from our expert services.

Call today for a FREE estimate! 613-224-1677.

Visit our extensive web site for detailed information, FAQs, videos, pictures, product information, and more. www.oreillybrothers.com

Rainbow Foods Become a Vitamin Angel

Offering specials Friday, November 4th through Sunday, November 27th, the November flyer highlights Rainbow Foods' "Be a Vitamin Angel" promotion, supporting **Vitamin Angels** (www.vitaminangels.org). Purchasing Natural Factors® Calcium-Magnesium, Progressive® multivitamin, Health First® Vitamin D, NOW® Lavender Essential Oil, or several other products marked with an angel symbol triggers a donation to this four-star charity. Vitamin Angels works to reduce child mortality by providing access to essential nutrients, especially Vitamin A, for infants and children under five, enabling their young immune systems to fight infectious diseases. Rainbow is working with more than 100 stores across Canada on this promotion and hopes to raise lots of money for the cause.

Rainbow has been undergoing renovations since early 2011 and is finally well on its way to completing



that vision. Drop by the store soon and check out the new, spacious feel and expanded departments within the store. Their gluten-free, nut-free and dairy-free sections and selections have all been extended. Rainbow is continually searching for new and innovate foods, supplements and bodycare products they think their customers may enjoy.

Rainbow's professional, well-trained staff is always available to help you find the products you need for a healthier lifestyle. For more information visit www.rainbowfoods.net, or visit the customer-service desk in the store at 1487 Richmond Road. 613-726-9200



1487 Richmond Road in Britannia

Size Matters Finding The Perfect Sized House

Is your house beginning to feel too small?

As families grow a house that once seemed big enough can begin to feel cramped and crowded. If your house is beginning to feel too small, or if you're getting ready to welcome a child, then maybe it's time to move into a larger house.

With a larger house your children will have more space to play. Each of your children can have their own bedroom and you can use the extra space for a home office or studio, a gym or a guest bedroom.

As children grow up and move away however, houses that once seemed just big enough can begin to feel too big. Downsizing by moving into a smaller house or condo can simplify your life, reduce stress and free up some cash.

A smaller home means you will have less house and yard work to do,



but it also means that there will be less space. To make sure your new house isn't cluttered or crowded, go through your belongings before you move and decide what to keep and what to throw away, donate or sell.

Whether you need a larger house to accommodate a growing family, or would like to move into a smaller house, let experienced realtor Anthony Johnston, Coldwell Banker Sarazen Realty, Brokerage, help you find a house that's just the right size. Contact Anthony at (613) 552-5553, or email him at anthonyjohnston@rogers.com. For more information, visit www.anthonyjohnston.ca.



Sarazen Realty, Brokerage
Independently owned and operated

Reduce Your Monthly Payments! Consolidate Your Debts and Save Money 5 Year Fixed Mortgage Rate: 3.39%*

Is your **DEBT LOAD** hurting your ability to save money and causing you stress? Would you like to reduce your monthly payments? **Frank Napolitano** of MortgageBrokersOttawa.com can help consolidate your debts and **SAVE YOU MONEY!**

Fact: Many Canadian home owners hold high interest debt on credit cards, personal loans and lines of credit. These debts can be easily consolidated into your mortgage and turned into **One Low Monthly Payment.** This reduced monthly payment will give you the ability to **SAVE MONEY** again for the future.

The 3.39%* rate can also be applied to **HOME PURCHASES** and **MORTGAGE RENEWALS.** If your mortgage is up for **RENEWAL BEFORE FEBRUARY 2012,** please give Frank a call to book your appointment and ensure that you have the best rate. **Don't Auto Renew. This could cost you over \$300.00 per month!!**

Save Your Money! Contact Frank Napolitano of MortgageBrokersOttawa.com



today for a **FREE, no-obligation appointment** at 613-656-0757, or by email at frankn@mortgagebrokersottawa.com. **Don't delay - the best service and the best rates are just a phone call away!** Visit www.MortgageBrokersOttawa.com for more information. You can also listen to my expert mortgage advice every Saturday morning at 10:00 am live on 580 CFRA.

*Rates subject to change without notice.
On Approved Credit Only.



"We turn, not older with years but newer every day." Emily Dickinson

Zolas Celebrates 25th Anniversary

A Bell's Corner's institution, **Zolas Restaurant**, is celebrating 25 years of offering discerning palates modern Italian cuisine in relaxed, tasteful surroundings. Along with their famous fresh-baked white and whole-wheat rolls, they also offer fresh-made pasta and a mouth-watering take-out menu from 9 a.m. to 9 p.m. every day of the week.

To enhance your November, Zolas is offering a take-out special, the 4 for \$40: Any 4 fresh pasta dishes or 4 9-inch gourmet pizzas from the restaurant menu for \$40, take-out only. Visit www.zolas.ca and to choose your four items from such delicious menu items as linguine prosciutto mushroom or BBQ chicken pizza.

For the early risers, Zolas' breakfast is the perfect way to start the day. Whether your preference is home-fried potatoes, rosemary-roasted tomatoes, corn beef hash, grilled Italian sausage and ham, the scrumptious three-cheese omelette or the perfectly poached Eggs Benedict, you get the freshest ingredients made from scratch every day. Are you looking for something a little lighter? Try Zolas fresh fruit-salad medley or the



creamy Brie with yogurt and granola. You'll also be able to stay connected to the office with Zolas' free wireless internet network. Simply bring in your laptop and you won't miss an email.

Call 613-721-0227 to make a reservation, or use the convenient online reservation system. Located at 194 Robertson Road, Zolas serves breakfast from Monday to Friday from 7 a.m. to 11 a.m. and on Saturday and Sunday from 8 a.m. to 3 p.m.



Restaurant & Fresh Pasta Shop

Country Spaw and Resort Peace of Mind for You and Your Pet

At some point, most pet owners will need to leave their dog or cat behind when they travel. To do so with peace of mind, it's important to ask a few questions to make sure your pet gets the very best care while you are away. Where will my dog stay and how often will he be walked? What kind of food will he be given and will he interact with other dogs? What if he becomes sick? If I have more than one dog, can they share accommodation? Can I see the kennel before I drop off my pet?

At Country Spaw and Resort near North Gower, owners Francine and Maria insist on an intake interview so that both you and your pet can rest easy. They offer a country setting that includes a third of an acre of fenced-in wooded playground. The dogs are taken out for frequent supervised play times of up to 45 minutes when they can run and socialize with other dogs under the watchful eye of their caregivers. Their indoor "lodgings" consist of large 4'x4' kennels in an open concept, heated and ventilated area. The kennels can be expanded to accommodate families with more than one dog. You are welcome to bring a favourite toy or blanket to make your pet feel at home.



Food is included in the flat rate of \$22 a day and is a top quality brand of all natural ingredients which can be enjoyed by even the finickiest of eaters!

Maria and Francine have been in the pet care business for years, once owning a pet store in Manotick. Their knowledge and compassion for pets makes this the ideal choice for your dog or cat's "home away from home". You can also take your pet just for the day for a reduced cost. They also accommodate cats in a large indoor area for just \$14 a day.

Take your vacation or business trip knowing that your pet is getting the best care available at Country Spaw and resort. To arrange a visit, please call 613-489-5281.

www.countryspawandresort.com

*Country Spaw
& Resort*