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Marketplace

NEWSLETTER

KANATA SOUTH • BRIDLEWOOD • KATIMAVIK • STITTSVILLE ZONE E 0212



Ace Dry Cleaning

5 items
\$30⁰⁰

(Seamstress Onsite)

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

Reduce Your Monthly Payments!

Consolidate Your Debts and Save Money

5 Year Fixed Mortgage Rate: 3.29%*

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 3.29%* rate can also be applied to **HOME PURCHASES** and **MORTGAGE RENEWALS**. If your mortgage is up for **RENEWAL BEFORE JUNE 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. 

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

The Perfect Kitchen for Your Lifestyle

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

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



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

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



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 



POSITIVE NEWS ABOUT GOODS AND SERVICES IN YOUR NEIGHBOURHOOD

Discover the Power of Natural Healing European Health Connection

Ever since immigrating to Canada in 1991, Conny Udri has pursued a holistic path to natural healing for herself and her family. As a Certified Reflexologist and a Reiki Master, she founded European Health Connection to offer a natural way to relax and relieve stress; and a powerful approach to promote good health and well-being. Conny has additional training in homeopathy, herbal remedies and ear candling.



Each treatment takes approximately one hour and promotes deep relaxation, stress and pain relief, detoxification, energy revitalization and body balance. The overall goal is to enhance the body's ability to heal. Whether you are looking for pure relaxation or suffer from a condition such as edema, gout, hormonal imbalances, digestive disorders, insomnia, plantar fasciitis or post-neuralgia- just to name a few -you are sure to benefit at the hands of Conny Udri.

European Health Connection offers the following health care treatments:

Foot Reflexology - a therapeutic foot massage for Health and Wellbeing. Completely




safe and very relaxing. Improves nerve functioning and blood supply throughout the body.

Reiki - a simple, natural and safe method of spiritual healing for energy balance and pain relief.

The Chi Machine - a therapeutic massager that optimizes oxygen, increases circulation, relaxes the spine and reduces pain and stress.

Far Infrared Rays (FIR) - gentle heat penetrates deep below the skin to expand capillaries, improve circulation, increase energy and remove toxins and reduce inflammation.

Conny's clients span all age groups from children to seniors. She has regular clients at nursing and retirement homes and welcomes you to her home based business.

Take advantage of a special **\$20.00 off** towards your first session until the end of April 2012. Contact Conny Udri at (613) 252-0744 for additional information. 

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. 



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

Professional, Personal Care When You Need it from A Pearl Above – Elite Caregivers

Companions, personal support workers, homemakers -- whatever your needs **A Pearl Above – Elite Caregivers** is there for you and your family. For close to 20 years, **Carol Margerum** has been providing personalized, professional care to clients in private homes, long term care facilities, retirement residences, and hospitals. Both **Carol** and her business partner, **Stépane Trotter, RPN**, understand that seniors cherish the comfort, security and independence of their own homes, but may need assistance, either occasionally or, on a day to day basis. **A Pearl Above** can provide personal care, home care, respite care, palliative care, and more, and provide peace of mind for families dealing with an aging loved one.

Carol personally matches each caregiver to reflect the client's personal needs. She is very much 'hands on', oversees each case personally and when you call her, you get her. Whether your home services include convalescent care, errands, trips to the doctor, meal preparation or outings and companionship, your loved one is treated with dignity and



respect. Both Carol and Stépane have extensive experience with Alzheimer's and Dementia patients in long term care settings with a focus on respite and palliative care. They understand the special patience required dealing with these clients and their families.

When you need personal assistance of any kind -- for yourself after surgery or an accident or for a senior family member requiring extra care -- **A Pearl Above** is only a phone call away. They offer flexible scheduling to suit your needs and pricing is very competitive. With 24 hour, 7 day a week service, **A Pearl Above is there when you need them**. Call them at 613-667-2262. Visit www.pearlabove.com for all of **A Pearl Above – Elite Caregivers** services. 

Survival

by Lesley Dort

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

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



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

www.tracydortkyne.com 



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

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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 your 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. 

Canadian Auto Mall Vehicle Oil Change

Changing your vehicle's oil is one of the simplest and most cost effective maintenance procedures. From now until February 29th, Canadian Auto Mall is giving away a free jug of windshield washer fluid with every oil change service – just bring this article to the service centre.


Your vehicle needs an oil change approximately every 3 months, or every 5000 km, according to most manufacturers. You should consult your owner's manual for exact recommendations as the fine print can vary for different vehicles. What you may consider "normal" driving may actually be severe driving for your car, especially if you are making short (10 minute) trips in cold weather, are in stop-and-go traffic, or driving in dusty conditions (gravel road). For maximum protection, every 3 months is a good guideline to follow.

As your engine accumulates mileage, the oil starts to break down.



If it isn't changed often enough, it can lead to accelerated wear and engine problems – loss of performance and fuel economy and increased emissions and oil consumption.

The oil filter is your engine's main line of defence against abrasion. The filter traps dirt, carbon and metal particles from the oil before they can damage the engine. The more dirt and other contaminants the filter can trap and hold, the better. Over time the accumulated dirt and debris trapped in the filter can obstruct the flow of oil, so it is important to change your filter as well.

Visit www.canadianautomall.com and look under "Car Maintenance," or call (613) 831-3332. 

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Put Your Feet in Good Hands at the Healthy Steps Pedorthic Clinic

With more than two dozen listings for "orthopedic appliances" in the Ottawa Yellow Pages, many of them offering "custom-made" orthotics, how do you know which one to choose? Healthy Steps Pedorthic Clinic is the one recommended by many local doctors and health professionals because of the unique quality of care that is offered.

Between them, Canadian Certified Pedorthists Derek Gilmer and Richard May have 17 years of experience in the foot orthotic industry. Their attention to detail and superior customer service is a top priority. That is why their products are made by hand at their on-site lab. There is a growing trend toward computer generated orthotics. However, computers, like all machines, have their limitations and patients are not always getting a truly custom device. A three dimensional cast must be taken. By casting and making the orthotics by hand, Richard and Derek are able to treat certain conditions that would be impossible for a computer. Taking accurate casts by capturing the foot in certain



positions, making note of painful areas and capturing any abnormal bony prominences or pressure points can be done more effectively by casting by hand and making the orthotics by hand. This process provides the optimum support and comfort which ensures the best outcome for the patient.

As well, any adjustments or modifications can be made on the spot. Healthy Steps is the only clinic in the area where you are assessed by the same professionals who will also make your orthotics. They are with you every step of the way and will only be satisfied when you are! For an appointment at the clinic call 613-823-2522 or request an appointment online at www.healthysteps.ca. Check their website for a link where you can follow and "Like" them on Facebook. The clinic is located at 4100 Strandherd Drive, Unit 202 (2nd floor) in Barrhaven. 



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*

Use Segregated Funds for your RRSPs

With a Registered Retirement Savings Plan (RRSP) as part of your annual financial plan, you can ensure a solid financial future. Amounts earned in a RRSP are tax exempt for as long as the funds remain in the plan, and deductible contributions help reduce your taxes. For an even more secure retirement savings option through segregated funds, choose Versatile Portfolios from The Co-operators.

What are segregated funds?

Segregated funds are available only from life insurance companies. The name comes from the fact that the funds are held separate or "segregated" from the general assets of the company.

Similar to mutual funds, segregated funds are invested in equities, bonds and other investments. However, they differ dramatically in that they guarantee all or most of your principal investment upon maturity or death, while mutual funds sold by financial institutions generally have no guarantees at all.

Easy, affordable retirement savings

Through pre-authorized chequing, you may purchase units of professionally



managed, diversified investment funds for as little as \$25 a month. With the power of compound interest in an income tax-sheltered investment, the sooner you contribute, the better your retirement plan will be.

The deadline for contributing to your RRSP for the 2011 tax year is February 29th, 2012, so talk to Wes Zacharuk about your RRSP investment options today. Call (613) 832-2442 or email wes_zacharuk@cooperators.ca. Located at 62 Stonehaven Drive, The Co-operators is open Monday to Friday 9:00 am to 5:00 pm with early morning, evening and weekend appointments available by request.



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

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

Weight Loss Myths From Fairfield I.D.A Pharmacy

How is your New Year's weight loss resolution working?

If you're trying to lose that extra weight you gained over the holidays then don't believe any weight loss myths, short cuts or fast track solutions.

From low fat to high protein to cutting dairy and red meat from your diet to using herbal supplements and drinking lots of green tea, there are no shortages of weight loss methods. While fad diets may help you lose weight initially, they are unhealthy, and in the long run they do not help you lose, or keep off any extra weight.

The best way to lose weight is through eating healthy balanced meals, having sensible portion sizes and exercising. You don't need to eliminate food groups from your diet or stop eating your favourite foods entirely, and you shouldn't starve yourself or skip meals. By incorporating delicious healthy foods and physical



activities you enjoy into your lifestyle you will lose and keep off that extra weight.

For advice and tips on how to maintain a healthy weight visit Fairfield IDA Pharmacy. Pharmacist/Owner Prem Arora will happily answer your questions and concerns, review any medications you might be taking and fill your prescriptions. All drug plans are accepted, and prescription deliveries are free. 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.



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.

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 visit www.zolas.ca. 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