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New Management, New Menu at Paesano Restaurant in Manotick

Something old is new again in the village of Manotick. Paesano Restaurant, originally opened in 2004, is now under new management. Husband and wife owners Megan and Selo are experienced restaurateurs having owned and operated Cyranos which has been in Bell's Corners for 15 years. They now bring their special Mediterranean flare to Paesano with a new expanded menu which includes such mouth watering dishes as lamb ravioli in plum tomato and butter

sage sauce; seafood creole consisting of butter sauteed scallops and shrimps with chorizo sausage on a bed of cajun rice and grilled lamb chops, thyme marinated with roasted vegetables.

The menu also offers two to three choices of fresh fish daily as well as a wide range of pasta dishes and a variety of pizzas. Gluten free pasta is available upon request. All the dishes are prepared from scratch in the open concept kitchen where you can watch Selo and the other chefs working hard to prepare your dish to your specific needs. All the pasta, breads, sauces and desserts are

made on the premises and there are daily lunch and dinner specials in addition to the regular menu. An extensive wine list offers the perfect compliment to your meal. Or, try one of their ever changing featured wines available by the glass or bottle. Paesano also serves up lighter lunches for \$12 to \$16 and offers a kids' menu with meals starting at just \$8.

For a relaxing, delicious meal, enjoy the warm and inviting atmosphere of Manotick's Mediterranean treasure and be greeted by a friendly, familiar face. Megan worked at Paesano when it first opened and has returned with her husband Selo to



welcome their customers for a wonderful dining experience.

Paesano is open Monday to Friday for lunch and seven days a week for dinner. Reservations are suggested. Call 613-692-6100. Paesano is located at 1160 Beaverwood Road in the Manotick Mews. www.paesano.ca

paesano

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

For a Fresh, Smoother Complexion

Visit Clarite Laser & Medical Esthetics **\$SAVE \$250.⁰⁰**

"Absolutely wonderful - face feels so fresh & plumped up. Would recommend it to everybody - a real treat!"

"The quality of service is so much better here. I did 8 sessions at a different place, and after only 4 here I have seen better results."

After the summer, you may be experiencing an uneven complexion with blotchiness and pigment changes. A consult with a physician, who has advanced training at Harvard, as well as with Hollywood dermatologists, will set you up with a customized treatment plan.

A common misconception is that a series of costly laser treatments is needed. Not at Clarite! We offer options of treatments that are scientifically backed to ensure the best possible outcome.

Our pumpkin peels offer a gentle yet effective treatment and have the scent of pumpkin pie!

We welcome the addition of Trish who has returned from Texas to rejoin Clarite. Trish brings the high quality of a medical esthetician to Clarite and is trained in laser hair treatments.



Due to client demand, we are now offering some Saturday appointments. Check our website for monthly specials www.claritelaser.ca Call 613-822-7956. We're conveniently located in the Riverside South Plaza 665 Earl Armstrong Road.

\$250 off each Juvederm Ultra syringe* (limited time offer while quantities last) Regular price of \$500.

November special....Pumpkin peels - buy 2 get the third at 1/2 price (\$55 saving)**

clarite
LASER & MEDICAL ESTHETICS

Visit Santa at My Toy Shop

Mark December 3 on your calendar

Making a list and checking it twice... My Toy Shop's children have surely been nice!

The shelves are all bursting with toys chosen with care. Bring in your wish lists for Sarah, Etienne or Claire.

Their charming little shop is full of cool toys That are sure to please all of the girls and the boys!

From yoyo's, and card games, and simple craft kits, To kazoos, die-cast cars, and even Charm It's. 3-D Puzzles, lip gloss and brain teasers galore, You are sure to find fillers for stockings and more!

Keepsakes like doll houses are always in stock For the tween try a doodle frame or magnetic clock



Zoobies, Baby Stella, and Corolle dolls to treasure, MagFormers, Mecanno, and LEGO for pleasure.

Cool picks have arrived just in time for the season...

Award winners, interests or for just any old reason.

You'll find it all here in this neat little shop Be sure to make it to your next shopping stop!

December 3rd Santa Claus will be here For photos, laughter and, of course, Christmas cheer!

Visit their website at www.MyToyShop.ca, call 613-491-8697 & drop in at 1136 Tighe Street in Manotick. For after hours/Private shopping call 613-302-4862. Open Sat. to Wed. 10-5, Thurs. & Fri. 10-7.



POSITIVE NEWS ABOUT GOODS AND SERVICES IN YOUR NEIGHBOURHOOD

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

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.



"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

Winter boots for easy walking

Style, comfort, warmth at Tanda Shoes

Snow's coming! You can bet your boots on that!

For a great selection of winter boots, check out Tanda Shoes at Strandherd and Greenbank; boots include Olang, Merrell, Keen and Sorel. For seniors, or anyone who does a lot of winter walking, Olang boots have a unique system of spikes that increase stability and grip on icy surfaces. When you need them, fold them forward; when you don't, fold them back.

This year Merrell is including brown, black and red leg warmers with many of its winter wear. Under-arch elastics keep them snug in the boot, and quilted material adds a stylish flair.

Of course, teens love from toe-to-knee lace-ups; find Cameo boots by Keen at Tanda Shoes. They're warm and waterproof, and to make them easier to pull on, there's a zip up the side.

Frolicking in winter snow is great if you're wearing Sorels; they're made in Canada for Canadian weather. Tanda Shoes carries them in red, beige and black with a froth of fur on top adding a dash of fun.



And have a look at Berries and Bogs. Waterproof Berries come in green, burgundy and black and are made from a four-way stretch fabric. Bogs are good up to -40°C with a waterproof upper and a durable rubber lower. Find them in stylish prints or solid colours.

Look for Tanda Shoes at 3777 Strandherd at Greenbank, or 2727 County Road, Unit 3, in Kemptville. For more information call 613-825-6100, or visit the website at www.tandashoes.com.



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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

Pain Relief Just a Call Away The Manotick Massage Therapy Centre

Are you feeling stiffness or tension in your neck and shoulders? Perhaps you are having trouble sleeping at night, suffer from frequent headaches, or are finding yourself less productive at work. According to registered massage therapist Eric Robert, these are classic symptoms for what he calls "The Computer Athlete".

These sufferers spend hours in front of their computer every day, putting repetitive strain on their upper body. Some people have symptoms for years without seeking relief. Eric says there is no reason to live in pain or discomfort when it can be helped. He says most clients will experience relief within three to four massage therapy sessions.

As well, patients are given instructions for proper home care. Eric says it's crucial for patients to do things on a daily basis to ease the strain on their injuries...things like stretching and strengthening their bodies, keeping limber to avoid tight muscles. "Make stretching a part of your



lifestyle...10-15 minutes in the morning and again at night is all it takes to be healthier."

Eric and his experienced staff at the Manotick Massage Therapy Centre offer therapeutic-based massage. Eric, Stephanie, Pamela, Norm, Ruth, Kate and Jodie, all registered massage therapists, deal with sports injuries, victims of motor vehicle accidents, repetitive strain injuries and pre and post natal issues.

Visit their informative Website at www.manotickmassagetherapy.com where you can take advantage of the convenient on-line booking system.

Take the first step toward a happier, healthier life. Call the Manotick Massage Therapy Centre at 613-692-4526 or drop by the office at 5524 Main Street in Manotick.



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DeBray Solutions Inc. Your Electrical Problem Solver

An electrical problem that leaves your home or business without power can, at best, be annoying...at worst, costly or dangerous. Don't be left in the dark! Call DeBray Solutions for emergency electrical repairs. A family owned business with more than 38 years of experience, DeBray can handle any electrical job, no matter how large or small.

Whether you're building new or making renovations to a home or business, DeBray can tackle all your electrical needs from the ground up. Commercial, industrial or residential, master electrician Ray Moberg and crew do it all. If your office is being reconfigured or is undergoing energy efficiency upgrading, DeBray can meet your needs. They also install generators and fire alarm systems, perform service calls and provide regular maintenance and repairs. They are a full service electrical contractor!

Fully insured, DeBray will provide a free estimate and follow-up to ensure



total customer satisfaction. Your business is important to them! Even a minor electrical job requires a professional. Don't attempt it yourself. If there is a problem in the future, your insurance may not cover work not done or overseen by a licensed electrical contractor. If you are looking for an electrical contractor, do your homework... make sure they are ESA licensed; ask for a no-obligation, free estimate for your job and make sure their work will be inspected by the Electrical Safety Authority.

With DeBray, you can be confident you are hiring the best. Whatever your electrical needs, call DeBray Solutions Inc. They are "Your Electrical Problem Solver". 613-293-8107 www.debraysolutions.ca ECRA/ESA License #7000656

IDEAL OTTAWA GRANITE INC. Complete Care

"Complete care" is the time-honoured philosophy at Ideal Ottawa Granite Inc. and continues to be the cornerstone of their business. A consultation on design and colour, followed by a timely turn-around in fabrication and installation will result in your complete satisfaction. Ideal Ottawa Granite Inc. is a worldwide importer of granite, marble and natural stones for any number of interior-decorating applications.

Whether it's kitchen or bathroom countertops, islands, backsplashes, fireplace or tub surrounds, shower or window sills or opulent flooring, Ideal Ottawa Granite can create and install your vision. They also carry exciting colours in quartz from leading manufacturers. Their state-of-the-art equipment offers precision fabrication and reduced production time while the competitive prices negotiated from global suppliers delivers savings to customers.

Their expert design and renovation staff will assist you in choosing what you need for your project, gaining a perfect balance of all the elements.



They offer full renovation services to complete any project, including cabinets and plumbing.

With lots of granite pieces still taking up space in their yard, the sale on in-stock granite is ongoing. Now is the time to get granite for your powder room or bathroom, or do a table top at a really affordable price.

Visit the showroom at 3326 Limebank Road, Unit 5A, Hunt Club and Riverside Drive, or www.idealgranite.ca to view the colours available, some exclusive to Ideal. Call 613-739-3777 for your free consultation to affordably add the beauty and luxury of granite, quartz or marble to your home-improvement project.



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
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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 




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

Mortgage Centre Ottawa For All Your Home Financing Options

When it comes to financing your home, do you know what your options are? Most people are still of the belief that the only way to get financing for your home is to go to your local bank branch and get financing from them. That couldn't be further from the truth! Mortgage Brokers/Agents primary expertise is locating funding for mortgage financing. They know where the best rates and products for your specific needs can be found. What's more, they have the knowledge required to present a proposal for financing to lenders in the best way possible to successfully obtain mortgage financing. Mortgage Brokers/Agents represent you, the customer, not the lender. Because they are not employees of a lending institution, Brokers are not limited in the product they can offer you. Brokers/Agents seek out the best lender package to suit



your specific situation, whether it's with a Chartered Bank, Trust or Insurance Company, or Private Funds. Looking to see what is available to you? Talk to Kyle Miller of Mortgage Centre Ottawa and see what he can do for your situation. Check him out at www.kylemillermortgages.ca. You can email him at kyle@mortgagecentreattawa.com or call him directly at 613-863-1979. 



Fix a smile, change your life New technology makes braces easy to fit

Straightening teeth has changed dramatically over the last 50 years, and even more rapidly in the last ten. Dr. Nick Karaiskos, a certified specialist in Orthodontics, utilizes many of the newer cutting-edge technologies in his practice in Manotick.

Braces today have "doors not elastics". The wire slides through the door, the door shuts on the bracket and holds the wire in, and the combination of bracket and sliding wire moves the teeth. Elastics are no longer necessary, but Dr. Nick says children and teens like coloured elastics anyway and often request them to decorate the bracket. Halloween colours (black and orange) are very popular this month!

Super-elastic wires help improve the effectiveness of how teeth move and have improved the discomfort factor, he explains. These wires are lighter but exert a constant force which "moves teeth more efficiently" in a fluid motion. In other words, they bring the anxiety level down, and for many facing the prospect of braces, that's a big factor.



And he also offers two newer technologies: Invisalign®, a clear plastic aligner that progressively moves teeth into the proper position, and Incognito®, braces on the inside of the teeth. Both hide the fact that teeth are being straightened.

For more information about these exciting technologies, or to make an appointment (no referral necessary), call 613-692-4555, email info@drnickortho.com or visit the website at www.drnickortho.com. He has offices at 5524 Manotick Main and 4188 Spratt Road in Riverside South. 