

Delivered by



Free Business Listing on Line. [www.marketplacenewsletter.com](http://www.marketplacenewsletter.com) • Marketplace Publishers Inc. • (613) 823-1772

# Marketplace

NEWSLETTER

ORLEANS • AVALON ZONE 1 1111

**DIRECT MAIL**  
from 3¢  
per home

---

Canada Post  
Delivery

Call  
**613-823-1772**  
[www.marketplacenewsletter.com](http://www.marketplacenewsletter.com)



**MyOttawaRealEstate.com**  
DIRECT: 613-850-2020

**MARY CAIRD** BROKER  
**DAN SALHANY** SALES REPRESENTATIVE

**KELLER WILLIAMS**  
OTTAWA REALTY LTD. BROKERAGE, INDEPENDENTLY OWNED AND OPERATED

OFFICE: 613-236-5959

## Tips for Winterizing your Home

Enjoy a relaxing stress-free winter by preparing your home and family for the cold weather now.

Start winterizing your home by bringing potted plants and lawn furniture inside. Clean your gutters, fix any cracks in the foundation or around the windows, and make sure your outside taps are turned off to prevent the pipes from freezing. Invest in a good shovel or snow blower, or hire a reputable snow removal company before the first snowfall.

To ensure that your home will stay warm throughout the winter have a professional inspect your furnace and make any necessary repairs. Replace your summer screens with storm windows and fix any cracked glass. If you have a natural fireplace then inspect the damper, get your chimney cleaned and start stocking firewood.

Prepare for a power outage by making an emergency kit complete with non-perishable food items, bottled water, flashlights and candles,

blankets, a first-aid kit and a battery operated radio. Test your smoke detector and carbon monoxide detector to be sure that they will work in the event of an emergency.

For more information about winterizing your home, or for help buying or selling a house, contact Dan Salhany, Mary Caird and the rest of the first class team at [www.myottawarealestate.com](http://www.myottawarealestate.com) at (613) 850-2020.

Tip: If you are going away make sure to have someone check your home.

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

## Senior wellness-testing vital

Age is not a disease but a life-stage

The change of seasons reminds us that life is moving forward. The inevitable result is that we – and our pets – are getting older.

Unfortunately our pets (unlike people we all know) can't complain to us about the aches and pains which they may be experiencing as part of getting older. We may notice subtle changes in appetite, activity level, mobility or even the loss of hearing. Cats require even closer observation because we are used to them doing their own thing. Most of us assume that our buddy is "just getting old."

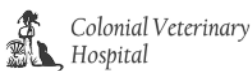
What is critical to remember is that age is not a disease but a life-stage. What we are seeing may actually be the early stages of age-related disorders. Conditions which may be found more frequently in older pets include arthritis, kidney disease, heart disease, and so on.



The good news is that with regular check-ups and appropriate senior wellness-testing these conditions can be detected early and managed effectively to ensure your pet has a long, healthy, and happy life.

While you're making your Christmas list, don't forget to check it twice and take a break to call your veterinarian to arrange an appointment for your best friend. It's probably one of the best presents he'll get.

For more information about the Colonial Veterinary Hospital, call 613-835-2883, visit the website at [www.colonialvet.ca](http://www.colonialvet.ca) or email them at [colonial\\_vet@hotmail.com](mailto:colonial_vet@hotmail.com).



## Trusted Teamwork at Mister Transmission!

For almost 40 years, the family owned Mister Transmission at 904 St. Laurent Blvd has been the 'go to' garage for east-end transmission needs. Owner Robert Aitchison and his long-time staff have over 75 years on their experience odometer for your transmission needs. Transmissions are their speciality, but anything that makes your car move – from wheel bearings to axles – Mister Transmission can repair. This all Canadian company offers a 100% parts and labour warranty. The warranty is valid in both Canada and the United States. It doesn't matter whether your car is domestic or imported, automatic or standard – Robert and his team can get any make or model back on the road running smoothly.

**Want to watch your car being fixed?** No problem. Robert has a 'bring your lunch' policy. You can literally stay for the day and watch every aspect of the repair job done on your car. Mister Transmission is also part of ATSG – Auto Transmissions Service Group. This group provides updates on service for existing transmissions and does their own research on the rebuilding of transmissions. Robert likes staying on top of what's going on



in the transmission industry. Teaching the next generation of reliable mechanics is important. Mister Transmission is proud to sponsor co-op students from local high school automotive programs. Robert and his team also sponsor many outstanding local hockey and soccer teams. Being part of the community is important too.

Service, reliability and teamwork – available at Mister Transmission since 1963! When your transmission needs work – let Mister Transmission at 904 St. Laurent Blvd keep you moving. Call Robert at 613-746-8880 or email [mr.transmission.ottawa@sympatico.ca](mailto:mr.transmission.ottawa@sympatico.ca). Visit [www.mistertransmission.com](http://www.mistertransmission.com) for more information.



POSITIVE NEWS ABOUT GOODS AND SERVICES IN YOUR NEIGHBOURHOOD

# 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](mailto:hottubs@ottawahottubrentals.com). For more information, visit our website [www.ottawahottubrentals.com](http://www.ottawahottubrentals.com). 



# 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](http://www.oreillybrothers.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

## DIRECT MAIL

from 3¢  
per home

Canada Post  
Delivery

Call

613-823-1772

[www.marketplacenewsletter.com](http://www.marketplacenewsletter.com)

**MARKETPLACE**  
PUBLISHERS INC.

Navan  
Wear  
**Jay's**  
EMBROIDERY

**FOR ALL YOUR  
BUSINESS &  
SPORTING WEAR**

**CLOTHING  
WORKWEAR  
SILKSCREEN  
PROMOTION  
PRODUCTS**

*Come check out our showroom  
or visit our extensive product  
listing on-line*

[www.jaysembroidery.com](http://www.jaysembroidery.com)

3417 Trim Road  
Navan  
613-835-3364

Helene Edwards-Jenner  
Owner

[jaysembroidery@webruler.com](mailto:jaysembroidery@webruler.com)

Life  
Insurance  
for your  
Peace of Mind

 **the co-operators**  
A Better Place For You™



Marc Morency, Agent

613-824-1141

[marc\\_morency@cooperators.ca](mailto:marc_morency@cooperators.ca)  
2-1968 Portobello Blvd

## RESTORE and CARE plus

INTEGRITY  
RELIABILITY  
EXPERIENCE

COMMERCIAL AND  
RESIDENTIAL

Tile and grout restorative floor  
cleaning and maintenance

Professional carpet  
steam cleaning  
(IICRC Certified Carpet  
Cleaning Technician)

**Free No obligation  
estimate**

613-691-0800 Ext. 101  
[matt@restoreandcareplus.com](mailto:matt@restoreandcareplus.com)  
[www.restoreandcareplus.com](http://www.restoreandcareplus.com)

# Klein Optical – Ottawa's secret gem

For precision and highest quality lenses...Klein Optical is second to none!

Established for 20 years in Ottawa's east end, Klein Optical's outstanding record for providing highest quality lenses, excellent personal service and great value has kept customers coming back time and time again. "I have been coming to Klein Optical for over 15 years," says Bob McKay. "The eyewear is definitely of the highest quality and their service is excellent."

Dan Klein will provide you with the very latest in stylish designer frames. "I run an independent optical store that can offer more unique styles. We carry a very wide selection of fashionable frames from designers including Silhouette (of Austria), Cogan (of France), X-IDE (of Italy), Face (of Sweden), and La Matta (of Italy).

Registered Optician Dan Klein uses the best technology to ensure the most accurate high quality results. He was one of the first opticians in Canada to use the Zeiss i.Terminal. i.Terminal is a unique integrated dispensary system that combines a new level of fitting and measurement precision. To further ensure the highest quality lens, all prescriptions are



sent directly to the lab of the manufacturer (rather than a local lab). "The lenses we use – including Zeiss, Nikon and Essilor – are clearer and provide better optics than most of our competitors," Klein says.

Klein Optical is located in the Surgical Medical Eye Building at 879 Shefford Road (near the Queensway, at the Montreal Road exit). It is open Monday to Wednesday 9:00am – 5:30pm, Thursdays 9:00am – 7:00pm and Fridays 9:00am – 12:00pm. They can be reached at 613-745-0616. Please visit their website at [www.kleinoptical.com](http://www.kleinoptical.com).

 Klein Optical

# A Pearl Above -- Elite Caregivers

A Pearl Above - Elite Caregivers offers professional personal care services to clients in private homes, long term care facilities, retirement residences and hospitals. A Pearl Above is owned and operated by Carol Margerum who has been working with seniors and in long term care for 16 years.

Together, with her business partner, Stéphane Trottier, RPN, they provide companions, sitters, homemakers, housekeepers, personal support workers, and more. They both have extensive experience with Alzheimer's and Dementia patients in long term care settings. Home services may include personal, convalescent and respite care, errands, trips to the doctor, meal preparation, shopping, companionship, and housekeeping.

Services For Seniors And More™



Working With Seniors Since 1994

End of year special,  
up to \$100 gift value!

Carol has always prided herself on matching her clients with a caregiver particularly suited to their personal needs. A Pearl Above strives to offer the best possible care with dignity and respect in a professional and compassionate manner. When extra care is needed they are there for you or your loved one.

Please call for a no obligation assessment or visit their web site.

Phone : 613-667-2262

Web : [www.pearlabove.com](http://www.pearlabove.com)



Creative: PS design group 613-838-7212 • Writers: Erica Simmonds 613-422-8692, Lori Hutton 613-218-9147, Sheryl Bennett Wilson 613-730-5530, Jocelyne Campbell 613-748-7886, Sally Smith 613-489-0313

# How are you doing... Food Wise?

Do you know how your body makes fat? Lise Hamilton-Carriere at Food-Wise Weight Loss can tell you how. She can also explain why you're likely to gain it back with traditional weight loss methods. With over 22 years of experience and background in weight loss management, Lise can help you lose weight safely and keep it off. Your first session starts with body fat facts – how you store it and how it gets released. Lise will then show you how to keep track of what you are eating in your own personal diary. After that, she'll meet with you once a week, review your food intake and identify problem areas. Do you love chips? How about chocolate? She'll help you figure out the 'triggers' and understand why your eating or over-eating is often emotional. Food, says Lise, provides a chemical release to your brain. It can act like an addiction. At Food-Wise Weight Loss, you'll learn to understand 'why' you are eating certain foods and as your personal coach, Lise will help you curb that craving.

Often your gaining weight is hiding



other issues. Lise takes as much time as needed to determine your specific needs. She understands your weight-loss battle and points out that "successful weight-loss means not just losing the pounds – but keeping them off." Lise says she strives to be the last diet you'll ever go on! Her protocol for losing weight is a medically-developed, trusted method that has been around for 25 years.

So, how are you doing...Food Wise? Let Lise help you curb your cravings, review your food intake and make you literally Food Wise. Call for an appointment today 613-297-5090 or email [foodwisewl@gmail.com](mailto:foodwisewl@gmail.com). Visit [www.foodwisewl.ca](http://www.foodwisewl.ca) for a better chance at weight loss!

# Learn to play Piano – at your very first lesson!

You can learn to play a piano or keyboards any style – from contemporary, classical, blues, gospel or popular – at your first lesson – really! Brigitte Lachance at Piano Allegretto uses an amazing method developed in Australia. Simply Music uses a 'playing based' methodology. Simply put, the method uses a unique 'learn by doing' approach. Brigitte says the process is easily understood by children, adults and seniors. The method focuses on a natural approach to music. With Simply Music you will actually have fun right away – you'll immediately be able to play tunes and great sounding music! The piano and keyboard program is used by thousands around the world.

Brigitte says it's a totally different approach to learning jazz, blues, popular, classical, accompaniment and even improvisation and composition. Her own background in music is in the more traditional style of learning. She says she stuck with it because she



loved music but this kind of method would have made it more enjoyable. Using the Simply Music method in her Piano Allegretto business has made it fun.

Wouldn't you like to be able to play a song in your first class? Let Brigitte show you how with the Simply Music method. Until December 31, 2011 Brigitte is offering Level 1 material including music book, CD, DVD for FREE to new students taking two months of lessons. For group or private lessons in English or French call Brigitte Lachance at Piano Allegretto and learn the Simply Music way! Call 613-824-4459 for a complimentary introductory lesson. Visit [www.pianoallegretto.ca](http://www.pianoallegretto.ca) for more information.



# Cold wind and dry weather...

## Ways to protect your body, your skin and your Sanity.

Cold weather is here and unfortunately, it is here to stay for at least five of six more months! We need to take care of our minds and bodies through those cold winter months. Relaxing and rejuvenating massages and facials are the perfect way to pamper your dry, winter-ravaged skin and prevent damage from cold air, dry climate and lack of sun.

Ezcape Spa and Salon offers the perfect packages to keep you going all winter. They are offering a way take the chill out of your body and your soul with a thirty minute relaxation massage and a thirty minute Bioline facial for \$79 if you book between October 15th and November 15th. Regularly \$91, this is a great value on something you can't put a price on – Tranquility and relaxation.

Cold weather brings aching muscles, bones and joints; not to mention colds, coughs and flu's. Massage has many fantastic benefits including improved circulation and healthier blood pressure levels as well as increased flow of oxygen throughout



the body. Massage also promotes better immune system function, helping to chase away the cold and flu bugs.

Ezcape offers treatment for Massage, relaxation, pregnancy, sports, hot stone and couples massage. Times vary from between thirty and ninety minutes. Prices range from \$48-\$189. As an added bonus, if you have been considering purchasing a gift certificate for family or friends this Christmas, consider purchasing between October 15-November 15th to enter for a chance to win two tickets to a Senator's game in the New Year!

Ezcape Spa and Salon is located in Orleans at 900 Watters Rd. For more information visit [www.Ezcapespaspa.com](http://www.Ezcapespaspa.com) or call 613-841-8400. 



# 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 WW1 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](http://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](mailto:info@CaringandSharing.ca). 



the Caring and Sharing Exchange | cœur et partage  
"People helping people since '95" | L'Éclaireur/le partage depuis '95

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

## CG Dentistry – a dental office like no other – opens its doors to new patients.


Dr. Ben Cheng has been serving the Orleans community for over 20 years. He has a well-established clinic at Vantage Dental Centre in Orleans and has now recently opened a second clinic. Tucked in behind the Convent Glen Shopping Centre you will find CG Dentistry – a dental office like no other. The office is thoughtfully decorated to create a welcoming and comfortable environment. Patients are greeted by a team of dedicated and cheerful professionals. "We have had a great response to the new office," says Michele, Dr. Cheng's administrator. "People have commented on the decor and ambiance. Existing patients from this community love the location."

Appointments for new patients at CG Dentistry can be scheduled within a week. Time is always taken to answer questions and address any concerns. Patients of all ages are welcome. Dr. Cheng and his team of dentists are well-known for their calm and warm manner with children. Children who come for their first



appointment, will discover that visiting the dentist can be a positive experience. They look forward to their next visit!

Patients can be confident knowing that they will be given the highest quality care. The office is equipped to handle, promptly and attentively, all emergencies. The most current dental techniques and state-of-the-art equipment are used. Dr. Cheng and his team attend seminars to keep informed of the latest developments in dentistry.

CG Dentistry is located behind the Convent Glen Shopping Centre (and facing the Metro) at 6505 Jeanne d'Arc Blvd. North, Orleans (613) 830-8886. The CG clinic hours are: Mondays, Tuesdays and Wednesdays from 8:30 am – 4:30 pm, and Wednesdays from 6:00 pm – 9:00 pm. Fridays they are closed. For more information, please visit [www.dr.cheng.com](http://www.dr.cheng.com). 

## 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 Defintion: "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](http://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](http://www.tracydortkyne.com). Article by Lesley Dort 