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MARKETPLACE NEWSLETTER®

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Country Spaw & Resort

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The Perfect Gift for your Valentine!

Le's Jewellery will BEAT any Price

Sunday February 14, 2010 is Valentine's Day and Le's Jewellery has the perfect gift for your special someone. Ladies, show the man in your life just how much you care with a **Seiko, Citizen or Pulsar** watch. Gentlemen, make it a night to remember with an SI-quality 1.00ct



solitaire diamond 14k gold ring on-sale for \$6,500 (for a limited time) with FREE life-time inspection, cleaning and polishing services!

This promotion is on a first come, first served basis. They have a fantastic selection of Canadian diamonds like Polar Ice, Canadian Rocks, Canada Goose and Arctic diamonds. All diamonds are from reputable sources and Le's Jewellery fully complies with the Canadian Diamond Code of Conduct.

In addition, police officers,

firefighters, members of the Canadian Forces and their families receive an **additional 5% OFF!** Qualified customers can now also enjoy **0% financing with no administrative fee** and you **don't have to pay for a full year!**

From custom work and on-site repair services, to fair market value for trade-in items, Le's Jewellery is your one-stop jewellery shop in Ottawa South. All custom jewellery comes with a life-time warranty as well as FREE cleanings and FREE inspections.



Plus, the first time you need it resized, it's also FREE!

Give the exquisite and unrivaled quality of Le's Jewellery this Valentine's Day! Stop by **2446 Bank Street** (at Hunt Club Road) or call **613-733-3888** for more information.

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

Summer Dance Camp Registration

Piqué Dance Studio

Spring is just around the corner and Piqué Dance Studio will be opening registration for its extremely popular summer dance camps. This 9-week camp offers both full-day and half-day programs that run from July and August. Each week has a different theme where the primary goals are to have fun and learn some new dance steps.

Dancers are separated into groups based on age and dance ability and each week culminates in a show with costumes every Friday afternoon. In addition, Before Care (8am to 9am) and After Care (4pm to 5pm) are available at an additional cost. Their very popular camps always fill to capacity so parents are encouraged to register as of April 1st.

In addition to regular dance classes, Piqué also offers innovative programs such as "Teens Only" dance classes, a "Boys Only!" hip hop class, and "Mom and Me Music and Movement" class for children ages 12 months to 3 years. They also run very popular adult classes



in jazz, tap, Pilates and a fun & fit conditioning class.

There are open house classes for parents to watch their child's progress, annual performances in the community, and Birthday Party Packages (with games, crafts, themes including "Camp Rock" and lots of dancing). Piqué dancers were even invited in December to participate in the City of Ottawa Parade with the Ottawa 67's (as pictured).

Piqué offers something for everyone at every age and skill level. So what are you waiting for ... Dance! For more information call **613-692-0520** or visit www.piquedancestudio.com. Piqué Dance Studio is located at **5710 Longshadow Street** (head south on Limebank Road – just across from St. Mark High School).



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

The Marketplace Newsletter has a distribution network of 16 regions across the city; reaching an average of 7000 households per



region each month. You'll join an active and interesting team in their quest to give a voice to local entrepreneurs and small business owners. The Marketplace Newsletter offers good compensation and the pleasure of helping to raise awareness of services in our community to people who need them.

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

Total Me Coach Professional Gym & Wellness

Experienced coaching plus professional equipment equals excellent results

Total Me Coach (TMC)'s Sue Mackey is introducing Barrhaven, Stonebridge and Manotick to a new kind of fitness, wellness and life coaching experience. Sue, a certified Personal Trainer, Hypnotist and Life and Wellness coach, blends this background with a holistic approach to help you learn to improve your quality of life.

Combining your medical history, body measurements and a static-postural functional assessment with your current nutrition and activity levels, Sue will help you clarify your goals. This total assessment is the basis for collaborating on an individualized program to use on the high-quality, commercial equipment available in the TMC gym and spa.

Designed to suit your personal



needs and goals, each unique workout motivates you to maximize your fitness level while leaving you refreshed and able to cope with life's stresses. All this, and access to a massage-jet steam shower, infrared sauna and post-workout protein shake too.

With its abundance of equipment, Sue offers a wonderful, spacious environment that welcomes clients of any age or gender, individually or in groups. She also has an extensive network of professionals in the nutrition, massage, fitness-training and kinesiology disciplines to consult. Contact Sue by e-mail at totalmecoach@hotmail.com or call 613-692-8643 or 613-799-4112 to begin bringing balance to your life. 



"Life is an adventure in forgiveness." Norman Cousins

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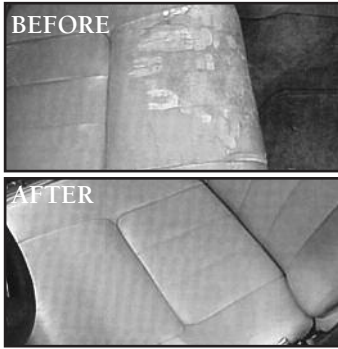
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The Absolute Ultimate Interior! Fibermagic

Does the interior of your car, boat or RV look as good as when you bought it? Are the seats cracked, faded, stained or torn? Trust the experts at Fibermagic to make your car's interior beautiful again in time for the gorgeous spring weather!

From plastic and vinyl, to leather and cloth, Fibermagic will eliminate the toughest stains and repair cigarette burns, cuts or abrasions. They can even re-dye your couch material if it's looking a little dull. In fact, Fibermagic specializes in high performance dyes and fibers to enhance any leather, vinyl or plastic interior finish.

Fibermagic works for some of the largest companies in Ottawa including Leon's, The Brick, EQ3, Ford, GM, Toyota as well as several government agencies. Whether you are home or at the office, the



mobile service means that Fibermagic will come to you.

Boating season is just around the corner and Fibermagic has worked on some of the most luxurious yachts in the city. They will also re-dye or do general household upholstery to your couches, love seats and chairs.

Enjoy a beautiful vehicle just in time for spring! Contact Fibermagic today at 613-295-2000, or by e-mail at fibermagic@magma.ca. Visit www.fibermagic.biz for more information.



Lots of Winter Activity at Bethel Pentecostal Church

We are a church that values reaching out to people. On Sunday January 18, we took up an offering to help in Haiti and we raised \$11,000 in one offering. Our people will continue to give to provide assistance as time goes along. One of our members helps in a humanitarian mission in Haiti. He was unhurt in the earthquake, and worked to rescue people from collapsed buildings. In the process of rescuing the living, he found and removed many bodies. We are praying for him and those he works with, and for all who are suffering loss in this tragic event.



creative activities for couples. We are showing the film *Fireproof* at 6 PM February 14 which will provide inspiration for this 40 day program.

Our retirees will meet on Wednesday Feb 10 at noon for a Valentine's party. Our cook prepares great meals for our meetings. This month, he will be featuring his special Hungarian goulash. We will be talking with members about their favourite memories of dates they have enjoyed. There will also be a dating game, where spouses try to predict the answers to questions that will be asked to their partners.

We meet every Sunday morning at 10:30 AM. You are welcome to join us for worship.

For more information call 613-226-1383, visit our website www.bethel.ca or come to visit us at 500 Viewmount Dr. Nepean.



Creative by PS design group 613-838-7212 • Writer: Randi Saunders Morry 613-851-0057 • Sales: Siggy Rajzman 613-769-3044

For the Health and Value of your Home Call Quality Carpet Cleaners

Quality Carpet Cleaners is your local carpet and upholstery cleaning business. We offer competitive pricing. Owner Lorand Nagy is a family man, and 100 percent committed to providing healthier homes for his clients. Quality Carpet Cleaners' unique five-step cleaning process includes a thorough pre-vacuuming, application of a professional cleaning solution, physical agitation of the carpet fibres, steam cleaning and grooming of the carpet to set it up for drying. The process leaves no streaks; the carpet pile will face one direction for a nice final touch. Certified by the Institute of Inspection, Cleaning and Restoration, Lorand is known for his customer service, punctuality and dedication to a job well done. He offers not just clean carpets, but an entire cleaning experience. His courtesy and willingness to go the extra mile sets him apart in the industry. With weekend appointments available and a flexible schedule, Lorand will work



to find a time that is good for your family. Green products and hypo-allergenic products are available. Contact Quality Carpet Cleaners at (613) 302-0563, or visit the Web site at www.qualitycarpetcleaners.ca. Lorand Nagy wishes all of its new and returning clients a very healthy 2010.

Take advantage of Quality Carpet Cleaners' New Year Special! With each complete house cleaning (value \$149) including carpet cleaning of up to 1100 square feet except stairs, you will receive completely FREE OF CHARGE a cleaning of your 3-seater sofa, love seat or recliner made of synthetic fabric OR an area rug cleaning (synthetic fibre) to a maximum size of 12 ft. by 12 ft. OR one set of up to 13 stairs. Expires March 31, 2010.

QUIT SMOKING – THEN WHITEN YOUR TEETH!

Good for you! You've decided to quit smoking! **Omega Laser Therapy** can help you quit for good - in one treatment. You may have tried other methods - gum, medications, cold-turkey - but couldn't resist the craving and quickly found yourself smoking again. Smokers have higher levels of "endorphins" and they're triggered by cigarette smoke. Low Level Laser Therapy (L.L.L.T.) uses acupressure on acupuncture points on your ears, hands and face. The laser's light pulse helps your body release endorphins helping you to decrease stress and increase energy. The endorphin release period lasts for 3 to 5 days after your treatment and continues to aid your body to alleviate the stress from giving up nicotine. It's that simple and it works.



Then, put on a dazzling Omega white smile! In less than an hour you can have a picture-perfect smile with **Omega Teeth Whitening**. It's

fast, effective, done in a relaxed environment and best of all its affordable. For only \$149 you can have a bright, white smile! Your friends will be impressed and it will boost your confidence. Or boost the confidence of someone you know with a gift certificate.

Quit smoking! Use Omega Laser Therapy and get two free sessions within a year if you need follow up treatment. Then get your teeth pearly white with Omega Teeth Whitening! Results can last two years, but a 6 month follow up is recommended. Make an appointment today. Call 613-680-4931 or email quitsmoking@omegalaser.net. Omega Laser Therapy - 1581 Bank St. 2nd Floor. Visit www.omegalaser.net.



Time to Change your Lenses? Spinnewyn Opticians

Did you know that 75% of progressive lens wearers complain about adaptation issues? Or that 46% of progressive lens wearers describe lack of clarity and narrow field of vision as the main problem related to progressive lenses? When it's time to change your prescription, let **Spinnewyn** and **Nikon Optical** offer you their ideal lens technology. Your Spinnewyn optician will determine exactly what you need judged on your past experiences with lenses and by finding out about your daily tasks and hobbies. The Spinnewyn opticians are familiar with the most advanced lens technologies available. You'll get the best lenses suited to meet your lifestyle and your expectations.

Nikon Optical is at the forefront of ophthalmic lens technologies. They offer the best quality progressive lenses to ensure the fastest adaptation period. Nikon research and development is unchallenged for its expertise in the optical field. They've created a new lens design approach which completely



eliminates distortion and adaptation problems. Each prescription is individually created by Nikon state-of-the-art digital technology. **Presio Power** is a new generation digital progressive lens. This specially engineered lens optimizes visual acuity, wearing comfort and virtually eliminates all your adaptation problems. **SeeMax Power** offers uncompromised design concepts and customization features. Every SeeMax Power progressive lens delivers the smoothest far to near vision transition with minimum distortion and blurriness.

Visit **Spinnewyn Opticians** today and find out what these new technological advances in lens technology can offer you! We are conveniently located at **2515 Bank Street** in the **Southgate Shopping Centre**. There is plenty of free parking. Call **613-733-2020** to book your appointment or e-mail spinnewynopticians@gmail.com. 



Attack Your New Year's Resolutions at Eastwind Budo Life Centre!


It's well known that karate, along with other forms of martial arts, can increase self-esteem and self-discipline in children. Eastwind Budo Life Centre helps build unique skills and develop confidence for students of all ages through their many fitness and self-defense programs. Eastwind Budo Life Centre promotes authentic and traditional martial arts for both children and adults. We strive to improve the quality of life of our members so they may do the same for others. We believe in setting a positive example and striving for a life of tolerance for others and their beliefs. There are many proven benefits to martial arts:

- Help to control ADD and ADHD
- Improve self-esteem, self-confidence and self-discipline
- Improve focus, attention and impulse control
- Improve our emotional well-being through the camaraderie of working with others on common goals
- Establish spiritual well being, which comes from the non-violent philosophy of



martial arts and the importance of a martial artist's duty to others.

Both children and adults are encouraged to do martial arts. Students who attend Eastwind Budo Life Centre are destined to succeed in life; we teach the importance of goals, self-esteem, discipline and persistence at every stage of life. These traits learned at Eastwind will pay off for the rest of our lives!

Stay on track with your New Year's resolutions. To find out more about the many programs offered at Eastwind Budo Life Centre, call **(613) 878-6833** or go to www.eastwindbudo.org. We are located downstairs in Tudor Hall, at **3750 Bowesville Rd. North**, off Uplands Drive and just behind IBM. 



"Give all to love; obey thy heart." Ralph Waldo Emerson

Treating Facial Spider Veins Caress Electrolysis Ltd.

In addition to electrolysis – the only permanent method of hair removal – the staff at Caress can also treat facial spider veins. These veins are frequently a problem for fair skinned people. The name comes from their appearance – a red spot with little tentacles spreading from the center. They can also be long slender capillaries just under the skin's surface causing a red or blushing appearance to the skin. Typically, these unsightly veins are found on or around the nose, cheeks and the chin area. Unfortunately, some people are predisposed and inherit the condition. Spider veins can also be caused by trauma.



Eliminating a spider vein involves the technician inserting a fine probe and cauterizing that capillary. The capillary blanches immediately and disappears in most cases – some larger capillaries may need additional treatments. The procedure is gentle and fast with immediate results. The number of treatments is determined by how severe your problem is. Larger veins on the legs must be treated by a doctor with injections of saline solution.

Located at **35 Larkin Drive** at Greenbank Rd., the contemporary office of Caress offers a private and relaxing atmosphere. The clinic is equipped with state-of-the-art equipment and is staffed by 5 certified electrologists; 2 with over 20 years experience. Sterilized disposable probes are used and strict sterilization procedures are followed. The use of Zeiss microscopes ensures gentle and more accurate insertions for the best results.

Look your best in 2010! Call Caress Electrolysis today at **613-825-2299** or visit www.caresselectrolysis.com for more information. For your convenience, Caress Electrolysis Ltd. is open six days a week and five evenings. There is free parking at the door and is easily accessible by bus. 



We're Opening a Secondary Location – in Orleans! Salem Storehouse

Opening **Tuesday, February 16** is our secondary store at **839 Shefford Rd.** in the Greenbelt Baptist Church building, with our **own entrance around back**. This will be a smaller but full-service store, drawing on the resources of our main store in Nepean. For your convenience, we will transfer products from our main store to our Shefford Rd. location.



The hours at our Gloucester site will be 9:30-6:00 Mon. to Thurs., 9:30 – 9:00 Fri., and 9:30 – 6:00 Sat. Watch for our Grand Opening Celebration in April! (At the time of printing there was not yet a phone number for the Gloucester site; please phone our Nepean site to get the phone number).

Three particular aspects make Salem Storehouse a popular destination:

- Shopping here is an experience. Our customers love our **warm,**

peaceful atmosphere. Our staff are helpful without being pushy, and we are about ministry as well as business.

- Many of our staff have been with us for years; over the years they have built up an **extensive knowledge** of what is available in the Christian book and music market. We have Bible experts, book experts, music experts, and gift product experts.

- We are **locally-owned**, and involved in the community.

Salem is your Ottawa supplier of Christian books, Bibles, music, greeting cards, and gift products. Our main store is at **1558 Merivale Rd.**, in the Nicastro Centre, open 9-9 Mon. through Fri., and 9-6 Sat. Call **613-727-0203**; visit www.salemstorehouse.com for more information or to order products on-line. 