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NEWSLETTER

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Enjoy Custom Cabinetry and more from Bytown Woodworking!

Craftsmanship and skill – both key components of **Bytown Woodworking**. Since 1979, owner **Sigmund Regensburger** has been providing satisfied clients with superior custom cabinetry. Sigmund had been focusing on large commercial projects, but now he wants to use his cabinet-making and woodworking skills on smaller residential jobs and renovations. Having apprenticed many years ago with a Master Carpenter, Sigmund takes his woodworking seriously. His work is always hands-on and hand-done.

Cabinet-making is definitely his forte, but with his varied skills, Sigmund can take on any woodworking or small building job. From a kitchen or bathroom renovation, to

moving walls and dry-walling to reframing a door – Sigmund gets it done, expertly. Does your bathroom or kitchen just need a face-lift? Sigmund can resurface the cabinets, beautifully, for a completely new look. When you need perfection, Sigmund and Bytown Woodworking deliver. If you have your plans ready, you can drop by his workshop on Sieveright Road. For convenience you can email your drawings or picture. Or better still, call and have Sigmund drop by. He can get an exact idea of what is required and talk to you directly about your needs.

With over 30 years of knowledge, Sigmund knows woodworking. When you want custom cabinetry, or just a job well



done, call **Sigmund Regensburger** for his craftsmanship and skills. Contact Sigmund by calling **613-612-7486** or email bytownwoodworking@bellnet.ca. Bytown Woodworking is located at **1501 Sieveright Road, Unit 10** – just past Hunt Club Road. 

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

Expert Advice for Selling Your Home

Lola Desrosiers, Coldwell Banker Coburn Realty

A new year....a new home perhaps? If you're thinking about selling your home, go to an agent with a proven track record. Lola Desrosiers with Coldwell Banker Coburn Realty knows the Ottawa area market and knows how to get results. She can advise you on how to make your home more marketable. She offers access to a large database of professionals from painters to home inspectors to contractors....all of whom have worked with her or other agents in her firm to provide excellent service when it comes to renovating or upgrading homes that are being prepped to sell. Improvements don't have to be costly. Sometimes a fresh coat of paint and some minor upgrades can pay dividends in the thousands. Lola can also refer excellent home stagers who can provide valuable tips and suggestions to vendors.

'Once your home is ready to go on the market, enlist the services of professionals like Lola. Fully licensed and insured, she acts as the gatekeeper



between vendor and potential purchasers, bringing forth qualified buyers which results in the quick, stress free sale of your home. Agents are trained in negotiation and skilled at getting the best deal for both sides. And by hiring a licenced professional it gives you peace of mind that your home is on the market, even when you aren't home or available.'

Whether you are looking to buy or sell, visit Lola's website for a link to all listings being offered by Coldwell Banker Coburn Realty. Then call Lola Desrosiers at 613-291-1196 or drop by the office at 3777 Strandherd Drive in Barrhaven. www.LolaforRealEstate.com 

Protect Your Pet from Winter's Chill

At The Village Groomer in Manotick


Winter can be a dangerous season for pets. Like humans, dogs are also vulnerable to hypothermia and frostbite and should not be left unattended outdoors during very cold weather. And, just like in the heat of the summer, don't leave a pet unattended in a cold car. The vehicle can act like a refrigerator, ultimately freezing your pet to death.

Make sure your dog is dressed for the weather. The Village Groomer in Manotick has a large selection of winter clothing to keep your pet happy and warm. Booties can prevent a painful buildup of ice on their paws and between their toes. It's important to keep your pet well groomed in the winter for the same reason. Long, unruly fur will tangle and matte easily with the snow and ice.

Take care of your pet inside and out. The Village Groomer carries the top quality FROMM Tri-Natural pet food line with an extensive selection for both cats and dogs. The Fromm family just got bigger" with two new flavours in the Four-Star rotational diets, Salmon Tunalini and Game Bird. Both new flavours are grain-free entrees. Salmon



Tunalini is made with fresh wild salmon and tuna with a medley of Mediterranean garden vegetables. Game Bird is made of fresh duck, turkey, quail, and pheasant with fruits and vegetables. The award winning, Canadian made pet food Orijen is also available. It is made with human grade meat, no by-products, and is grain free.

And of course, The Village Groomer offers caring, attentive grooming for all breeds of dogs and cats. Please call for an appointment. The Village Groomer is open Tuesday to Friday from 8:30 -4:00 and Saturday from 9:00 to 4:00. They are located in the strip mall at 5511 Manotick Main Street. Call 613-692-5580. 



POSITIVE NEWS ABOUT GOODS AND SERVICES IN YOUR NEIGHBOURHOOD

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 "humaneness" 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



Upstanding Foot Care For Happy, Healthy Feet

Did you know that one in six Canadians has a problem with their feet? Considering the pressure we put them under, it's hardly surprising that they need a little extra care. Pamela McLeod, RPN, is also a Foot Care Nurse who offers foot care services in the comfort and convenience of your own home. She is a graduate of the foot care course at Algonquin College. Her clients include the elderly, diabetics, those who are visually impaired or vascularly compromised. She gives what she calls a "medical pedicure" addressing issues like corn, calluses, proper nail and cuticle care as well as providing educational information on how best to care for your feet. If there is a problem, like pain in the heel, ulcers, or other discomforts, she will recommend the best course of action whether it is to see a doctor or orthotics specialist.

Pamela says there are two basic reasons foot problems arise...improper footwear and inadequate foot care. She says it's crucial to have proper fitting shoes with good support and plenty of room at the toes, allowing them to move freely and comfortably. Shoes should be professionally fitted. As for



footcare...wash and dry your feet well, especially between the toes; apply moisturizing cream nightly; never go barefoot in public showers and wear light cotton socks for absorption and good ventilation. Pamela says diabetics need to be extra vigilant, checking their shoes every time before putting them on to ensure there are no foreign objects that can cut or scratch and lead to other problems.

Don't take your feet for granted! Painful feet can affect your overall well being and your day-to-day activities. Call Pamela at **Upstanding Foot Care** for convenient, in-home assessment and care. 613-723-6162 or 613-324-5423 or email at upstandingfootcare@hotmail.com

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



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MAACO Collision Repair & Auto Painting Complete Collision Service

If you are unfortunate enough to have an accident on our icy roads this winter, call MAACO Collision Repair & Auto Painting. This full collision service centre is familiar with the accident insurance-claim business, speeding you through the process. They can arrange towing and car rentals, contact your insurance company, help you resolve the claim and complete the paperwork. MAACO does all this and more to make your experience positive and to get you back on the road faster than independent body shops.

Also offering free shuttle service, the latest equipment, and free estimates, MAACO has full-time appraisers on site. Technicians that are both Gold-Class I-Car certified and Nissan-authorized will ensure your vehicle will be back to pre-accident condition while maintaining its original equipment manufacturer specifications, safety, structural integrity

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and receive
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and resale value. MAACO's colour match systems includes PPG products, approved by car manufacturers, with a warranty honoured at 500 centres Canada-wide. All MAACO repairs are warranty-approved, and they can also fix any rust, dings or dents discovered after our harsh winter driving conditions.

To enjoy the services of a Canadian-wide company at a family-owned franchise that has been offering award-winning customer service for more than 25 years, bring your vehicle to 9 Caesar Ave., around the corner from Merivale and Cleopatra, for a free estimate. Visit www.maaco.ca for more information on their services or call 613-224-9932 for complete collision services. MAACO Collision Repair & Auto Painting and Hunt Club Nissan Collision have now merged to serve you better.



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



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. 

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Energy Weight Loss Centre Free Consultation

Mention code #2435 when booking to receive free consultation

Syndrome X, encompassing the symptoms of obesity, high cholesterol, high blood sugar and hypertension, is reaching epidemic proportions. The result of insulin hypersecretion, eliminating this syndrome requires resetting the pancreas' insulin balance. The Energy Weight Loss Centre helps Syndrome X victims accomplish this reset.


Losing weight obviously requires consuming fewer calories than are expended. However, to specifically target fat loss, requires a more complex nutritional balance. Using a medically-designed protocol, the Ideal Protein Diet, clients enjoy rapid fat loss while retaining their lean body mass. This protocol simultaneously removes carbohydrates as a fuel source to decrease glycogen storage and provides high biological proteins, forcing the body to burn stored fat instead of muscle.

While you are on the protocol, the Centre provides you with everything you need: the program, supplements and food.



Phone support and education ensure you are never alone. Reducing cellulite, cholesterol, and blood sugar levels; increasing energy; and improving mood are the protocol's additional benefits.

Offering many delicious dietary options, the centre can accommodate vegetarians, Celiac patients and those with dairy and soy sensitivities. Their nutrition packets are easy to prepare and incorporate into today's busy lifestyles. Once the pancreas is reset to secrete a normal amount of insulin, you begin or resume a balanced diet, without compromising your new and improved state of health.

To book your free, no-obligation consultation with coach Jonathan Russell, call 613-226-5677. Drop by the centre at 530 Hunt Club Rd. West or visit the website at www.energywlc.com. 

Creative: PS design group 613-838-7212 • Writers: Sheryl Bennett Wilson 613-730-5530, Lynda Steele 613-489-2636, Peggy Vice 613-596-9832, Keith Belinko 613-435-5075 • Sales: Siggy Rajzman 613-769-3044

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. 



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 Trottier, 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 Stéphane 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. 



Take Control of Your Finances in 2012 Mortgage Centre Ottawa Can Help

Are you struggling to pay off your high interest credit cards but feel that each month you are no further ahead? Did you look at your yearly Mortgage Statement and wonder if you are missing the boat on these all time low interest rates? Is 2012 the time to move from the Rental Market to the Property Ladder?

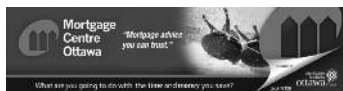
If you can relate to any one of these questions, then it's time to call Kyle Miller at Mortgage Centre Ottawa today. As an independent mortgage agent Kyle and the Mortgage Centre Ottawa Team work with over 40 different Lenders to get you the most competitive Rate that you can apply to a Mortgage Refinance, a Mortgage Switch or a New Purchase.

Kyle will sit with you and review your mortgage for Free and help you establish a strategy that will meet your financial goals. By Refinancing or Switching and using the savings available through the equity in your home and lower interest rates you can



reduce your monthly expenses and the interest you pay. With Rate holds of up to 120 days Kyle can secure an interest rate for your new purchase from as low as 3.19%* for 5 years. Because Kyle works for you and, not the lender, he always has your best interest in mind. Call him today at 613-863-1979 or email him at kyle@mortgagecentreottawa.com.

*OAC(rates subject to change without notice)



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

IDEAL OTTAWA GRANITE INC. Add Value to Home

This is the season when home owners prepare their home to put on the busy spring real-estate market. Kitchens and bathrooms are the rooms that are most likely to recoup any renovation investment and granite countertops add tremendous value to these rooms. Let **Ideal Ottawa Granite Inc's** skilled and creative staff help you maximize your home's asking price.

As an importer of granite, marble and natural stone from all over the world, Ideal Ottawa Granite can provide the perfect stone for any number of interior-decorating applications. Whether it's kitchen or bathroom countertops, islands, backsplashes, fireplace or tub surrounds, shower and window sills or opulent flooring, they can create and install your vision. Leveraging their relationship with global suppliers to negotiate competitive prices, they pass these savings on 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.



Using the latest in equipment, they offer precision fabrication and reduced production time. Ideal Ottawa Granite also carries exciting colours in quartz from leading manufacturers. Full renovation services are available to complete any project, including cabinetry and plumbing.

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

 **Ideal Ottawa Granite Inc.**

Pamper Your Skin & See Results

At Clarite Medical Esthetics **50% off Gentle Fruit Peel**

Winter's harsh conditions can wreak havoc on your skin, leaving it dry and dull. Refresh and revive your skin with a gentle fruit peel. It helps exfoliate the dead skin on the surface, revealing smoother, more refreshed skin for a healthier look and feel. It's so gentle, it's safe enough for pregnant ladies. At an introductory 50% off special, it's a treat you can't afford to miss.

No matter what skin concerns you may have, the professionals at Clarite can help. Whether you are a teenager with acne, an adult with rosacea or a senior with sun damage, the Medical Director can advise you in the very latest knowledge of skin rejuvenation. Expensive laser treatments are not always the answer! More economical ways can be used to help you with your skin care needs.

There are lots of clinics offering various skin treatments. Before you go, do your homework. What are the credentials of the professional who will be treating you? At Clarite, the Medical Director has studied at Harvard University and has over 23 years of experience in medicine. She has extensive training in cosmetic dermatology and has attended conferences across the United States



over the years. She has trained with some of the top dermatologists of the Hollywood stars.

And her clients are thrilled. "My skin hasn't looked this good in 10 years" -JP..... "Fantastic Results" -TS

To find out more visit the website at www.claritelaser.ca or call 613-822-7956. Clarite is conveniently located at 665 Earl Armstrong in Riverside South Plaza. It's the clinic you can trust!

1/2 price Special * \$65 Gentle Fruit Peel for smoother, refreshed skin. Valid Feb.1-29, 2012.

\$50 for spider vein treatment (Based on small area when 3 sessions are purchased) Valid Feb.1-29, 2012.

clarité
LASER & MEDICAL ESTHETICS

Travel to the Mediterranean

Paesano Restaurant in Manotick

Looking for a winter escape? Enjoy your own little corner of the Mediterranean with a visit to Paesano Restaurant in Manotick. Treat yourself to mouth watering dishes like 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. For those with more traditional tastes, sample the chicken parmesan or linguine with prosciutto and mushrooms. Top it off with a selection from their impressive wine list.

There are always two or three choices of fresh fish daily and a variety of pasta dishes and pizzas. Gluten free pasta is available upon request. All the pasta, breads, sauces and desserts are made on the premises. And now you can enjoy some of Paesano's finest dressings at home. They are selling their famous Caesar dressing, Pesto and Balsamic Vinaigrette.... Take a bottle home today!

There is also an extensive lunch menu featuring new sandwiches and salads and also including the return of

Wireless Internet Available



the Apple Celery Salad and butternut squash cannelloni. Lunches range from \$12 to \$16 and kids meals start at just \$8.

For a relaxing, delicious meal, enjoy the warm and inviting atmosphere of Manotick's Italian Mediterranean treasure. Or visit them at Cyrano'stheir Bell's Corners location. Paesano is open Monday to Friday for lunch and Monday to Saturday for dinner. Closed on Sundays. Reservations are suggested. Call 613-692-6100. Paesano is located at 1160 Beaverwood Road in the Manotick Mews. www.paesano.ca

Owners Megan and Selo and the rest of the Paesano staff would like to say THANK YOU for all the great feedback and well wishes in their first months since taking over.

paesano