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# Marketplace

NEWSLETTER

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## Protect your teeth - Get a custom-made mouth guard!

Staying active in sports is good for you. So is protecting your teeth and your smile. Dr. Luc Ducharme and Dr. Olivier Julien say 'protect your teeth and especially your children's teeth with a custom-made mouth guard'. Properly fitted mouth guards are extremely effective in preventing dental and facial injuries in contact sports and even

in non-contact sports. In many sports, mouth guards have become a standard part of the equipment required to participate. Studies have shown that a properly fitted mouth guard can protect against chipped and broken teeth, as well as soft tissue and gum injuries. They also help diminish the effects of a concussion.

face could not only be painful but expensive. The brackets on braces could be knocked out of place and there could be cuts to lips or gums. A properly fitted custom-made mouth guard for upper teeth and sometimes lower teeth helps prevent serious damage and injuries. Your dentist makes an impression of your teeth and then builds the guard over the model. It's painless and simple. Replacing the guard regularly is recommended for growing children and adolescents.

Protect your pearly whites and your children's! If you're active



in any sport - hockey, soccer, martial arts or football - invest in your smile and get a properly fitted custom-made mouth guard. If you're looking for a friendly, bilingual neighbourhood dentist, drop in with your questions or visit [www.drduccharme.com](http://www.drduccharme.com). Dr. Luc Ducharme & Associates is located at 156 Beechwood. There's plenty of free parking. Call 613-749-1785.



Does your sport-playing son or daughter wear braces or any other kind of orthodontic device? Then protecting their teeth has even more significance. An accidental elbow or smack in the

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

## Leonard Levenscrown – Family Law Counsel...When it's a legal challenge...

In his over 38 years, Family Law Specialist, Leonard Levenscrown has seen it all. Leonard Levenscrown Family Law Counsel has been involved in complicated divorce work, property division and difficult trust and corporate legal issues as they pertain to family law. He is a Law Society of Upper Canada certified Specialist in Family Law. In family law, Leonard Levenscrown has become the 'go-to' guy for extremely difficult cases. Many of his cases are leading edge and he has had his fair share of 'celebrity' cases.



**Tough cases are Leonard's speciality.** He enjoys the challenge. Leonard Levenscrown Family Law Counsel has had cases heard in the Superior Court of Ontario, the Ontario Court of Appeal, the Quebec Superior Court, the Quebec Court of Appeal and the Supreme Court of Canada. He looks for practical resolutions to complex and intricate disputes using leading edge litigation and settlement techniques. Divorce, separation agreements, support claims, or property division – Leonard has extensive experience in all areas. He has even handled Hague Convention cases dealing with international custody disputes.

**Giving back is important.** Leonard actively shares his expertise with the legal

community at numerous Family Law Seminars. He was a part-time lecturer at the University of Ottawa Law School and a seminar leader at the Bar Admission Course. Leonard gives back to the community at large as well. He's been involved with the Kiwanis Club of Ottawa, Kiwanis International and now sits as a board member for the CHEO Foundation.

When you have a complicated family law matter and want a practical resolution call Leonard Levenscrown Family Law Counsel at 613-244-2106, Fax 613-421-1535 or email [leonard@levencrownfamilylawcounsel.com](mailto:leonard@levencrownfamilylawcounsel.com). Leonard Levenscrown Family Law Counsel is located at 90 George Street, Suite 1402 in downtown Ottawa.

**LEVENCROWN**  
FAMILY LAW COUNSEL

## 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, Stéphane 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.apearlabove.com](http://www.apearlabove.com) for all of A Pearl Above -- Elite Caregivers services.



# Survival

by Lesley Dort

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

It has been almost 5 months since Tracy's accident and we continue to be try to be strong for Tracy, but there are days when our "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](http://www.tracydortkyne.com)

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# 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](http://www.strokesurvivors.ca).

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

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## Dynamic Décor at Alteriors Contemporary Furniture

### Save on taxes all of February!

Clean lines, understated elegance, unique pieces – when you want furniture to reflect your distinctive style **Alteriors Contemporary Furniture** is the place to go and this month, save on taxes! With a completely re-done showroom, **Jacob Visutskie** and **Monika Durczak** are ready to show off some of the sensational new pieces they've acquired. From alluring accessories, to fashionable Italian wall clocks, to beautiful and warm Austrian-made blankets – Jacob and Monika can help you find that perfect focal point for your home. If you're looking for local craftsmanship they are now carrying a line of dramatic, eye-catching wooden bowls. More Canadian workmanship in wood is available in striking tables and gorgeous cabinetry from Benson.

Need some help determining how your furniture will look at home? Alteriors offers in-store design services. Whether it's simply helping with a new layout to actual renovations, Jacob and Monika are at your service. They and their staff are well-versed in interior design, architectural design and creative



elements so you get not just the 'wow' factor, but function as well. Don't see quite the style you want in the store? Then visit Alteriors' website [www.alteriors.ca](http://www.alteriors.ca) for sofa's, lighting and accessories from outstanding manufacturers.

February is Birthday month not just for Jacob and Monika, but employee Mark too – so why not a sale! **Save on taxes all month at Alteriors.** Jacob says it's also a 'thank you' to the community of Westboro for being friendly and supportive. If this year includes re-decorating to a contemporary style then you absolutely must visit **Alteriors Contemporary Furniture**. **Alteriors Contemporary Furniture** is conveniently located in Westboro at 1304 Wellington Street, call 613-722-1661 or email [info@alteriors.ca](mailto:info@alteriors.ca).

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**A L T E R I O R S**

## Time to Review the Performance of your Investments?

There are several ways to improve your investment return. One of them is of course to reduce investment expenses. Every year, Patrick Lenouvel, a long time resident of Ottawa and founder of Japa International hears the same comments: Canadians are charged some of the highest investment fees in the world. Many investors believe that they are not charged any fee as they buy mutual funds. However, there are hidden fees. These fees are referred as MER (Management Expenses up to 3%). In addition investors are often also charged front or back load fees up to 5%. Managed accounts at brokerage firms often charge fees around 2% for "balanced" accounts. These fees definitely reduce your return.

Patrick believes that the most important factors in portfolio management are risk management and a disciplined approach to identification, selection, rebalancing and managing portfolios.

At Japa International, portfolios are managed on a discretionary basis. In other words, a client no longer needs to make day to day investment decisions, select the right funds and rebalance their portfolios regularly. The firm believes that clients need to understand risk and return expectation, volatility, but also portfolio management processes and be kept informed on a regular basis. Fees should also be linked to performances and the creation of values.



FOR A FREE CONSULTATION\*  
ask to speak with Patrick

Patrick Lenouvel hold a Master in Finance and is a registered Portfolio Manager. He is often invited at MBA, EMBA and MSc Finance programs to speak about Portfolio management, corporate Finance or behavioural Finance. His firm provides portfolio management services and due diligence on portfolios and investments.

JAPA International  
Capital Asset Management  
Tel : (613) 745-9177 or by e-mail at:  
info@japainternational.com

\*This offer is limited to household with investment assets (RRSPs and taxable accounts) over \$200,000.



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## Get 10% off your first purchase at Truly Swedish Design!

If you want fine design that is truly Scandinavian you have to drop into **Truly Swedish Design** at 341A Richmond Road. Owner **Annika Ek**, a Swedish native, has pulled together a superb selection of beautiful and extraordinarily functional items that reflect the clean lines of Swedish design. From step ladders that are amazingly stylish and hang on walls, to moveable tables, to clever wall hooks that fold down – everything in her shop has a novel trick. Even the exceptionally comfortable chairs are on tracks and lean back for maximum relaxation. Annika's selection of lighting is avant garde and funky – but would truly work with just about any décor!

Truly Swedish Design focuses on independent Scandinavian design and the type of pieces you see in design and decorating magazines. Now you can buy them here. And you don't need to put your purchases together. Annika's assortment of fabrics is a decorators dream – beautiful linen for drapes and a stunning collection of fabrics for upholstery. Her fabric comes from a region in central Sweden and is made on old-style traditional looms. The



non-iron table cloths are also pure linen and come in an array of fabulous colours. Truly Swedish Design has cuddly soft blankets for warmth or wool and leather rugs for the ultimate in chic. Ideal for front entrances are Annika's amazing Pappelina rugs. They take a beating from wet and slushy winter boots, are extremely absorbent and look new again after a quick wash!

Truly Swedish Design is exactly that – truly Swedish! When you want authentic Scandinavian décor for your home, simply drop in. **Mention it's your first purchase and get 10% off until February 29, 2012!** Find Truly Swedish Design at 341A Richmond Road at Churchill. Call 613-725-3401 or visit Annika's website at [www.TrulySwedishDesign.com](http://www.TrulySwedishDesign.com).



## Interested in Owning Your Own Business?

**Marketplace Menu Partners** is looking for sales partners to join our growing team. We provide menus to area restaurants while offering local businesses an opportunity to advertise to the many customers that frequent those restaurants.

This very successful multi-million dollar industry has been established in every major market in the United States since 1982. As a leader in the publicity business, Marketplace has brought this concept to Canada. You will enjoy working with an active and professional team in the quest to give a voice to local entrepreneurs and business owners.

You must be experienced, self-motivated and driven to succeed. You will have the option of working full or part-time; and must provide your own transportation. We supply all samples and sales collateral.

Marketplace Menu Partners offers good compensation and the opportunity to help raise awareness of the services available in the



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 you CV to [m@marketplacenewsletter.com](mailto: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.



# NATURE'S BUZZ IS BACK IN BUSINESS!

New Edinburgh is a-buzz with the news that **Nature's Buzz** is back in business! A devastating fire last spring leveled the store but now they're back at 55 Beechwood mere steps away from the old store. The neighbourhood is delighted with the return of fresh, organic and locally grown fruits and vegetables. Nature's Buzz also has a spectacular selection of FRESH organic meats including beef, pork, chicken and lamb, as well as organic salmon, local bison and wild caught fish. Nature's Buzz has a new larger freezer, so there are a few new frozen items to try. They also have more prepared foods and are bringing in selected frozen items from the fabulous Les Fougères in Gatineau – absolutely delicious.

Nature's Buzz makes the world a little greener by supporting organic and sustainable farming and carrying products that are friendly to the environment. Some of the store's area suppliers include Field Gate Organics, Les Viandes Biologiques de Charlevoix, Ferme Takwanaw (bison),



Bekings Poultry Farm, YNEW Bakery, and Little Stream Bakery. Local products include ecologically farmed trout, Siren Bakery granola, Michael Dolce jams, and more.

Today's focus on healthy living is rapidly changing the way people shop - drop in and explore Nature's Buzz. The new store is warm and inviting, just like the old one. Eric and his staff are happy to help you find the products you need. Check out [www.naturesbuzz.ca](http://www.naturesbuzz.ca) for great information on natural health, nutritional information and hundreds of healthy recipes. Open Monday to Friday 9 am – 7 pm, Saturday 9 am – 6 pm, and Sunday 11 am – 5 pm. Nature's Buzz Organic and Natural Foods is located at 55 Beechwood Avenue in Ottawa's trendy New Edinburgh village. Call 613-842-0280.



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

## Superb Table-d'hôte ... At Todric's Fine Dining and Catering

In need of a special dinner out to combat the February blues? Enjoy the sensational table-d'hôte at **Todric's Fine Dining and Catering!** Chef Eric Patenaude has created two fabulous three-course dinners in addition to the regular menu. You can choose the \$30.00 or \$40.00\* dinner – both sensational. To see the menu, visit 'Flavour of the Day' on Todric's website. The table-d'hôte menu changes every week. Todric's Fine Dining and Catering is open for dinner from Wednesday to Saturday.

Impress your special Valentine with a gourmet Valentine's Day dinner the weekend of February 10, 11 and 12. Chef Eric promises a gourmet treat. Make sure you reserve ahead of time. When you need that special brunch, Todric's Fine Dining and Catering will do the trick. Chef Eric is proud to introduce a new menu for the Saturday and Sunday brunch. Main courses include *Chorizo Sausage with Monterey Jack Quesadilla*, *Pork & Beef Ragu Lasagne*, *Salmon Filet with Pesto Cream Sauce*, *Breast of Chicken*



stuffed with *Roasted Garlic* and *Sundry Tomato Mousse* – all delicious and inspired. Regular brunch items are always available as well. If a catered party is in your future, **Todric's Fine Dining and Catering** can take care of everything. Eric offers a **FREE** consultation.

A visit to Todric's is always special. Lunch is every day from 11am – 2pm, brunch is Saturday and Sunday 9am – 3pm and dinner is served Wednesday to Saturday from 5:30pm to closing. Reservations are recommended for dinner and brunch. Visit [www.todrics.com](http://www.todrics.com) for Chef Eric's recipe of the month – always delectable – and for the Flavour of the Day. **Todric's Fine Dining and Catering** is located at 10 McArthur Avenue. Call 613-321-0252 or email [info@todrics.com](mailto:info@todrics.com). \*other beverages, tax and service not included in price.



## Eye-care Excellence at Elmvale Optometry...

Excellent eye-care is now available at the newly opened **Elmvale Optometry**. Optometrist **Dr. Maysoon Raouf** is ready to welcome patients to her brand new clinic, conveniently located at 1910 St. Laurent Blvd. in the Elmvale Shopping Centre. She has everything available for your complete eye care. Whether you require a full eye examination or specialized exams using digital retinal imaging, automated refracting and keratometry or testing for glaucoma, Dr. Raouf has it all available. She is qualified in the management and treatment of glaucoma and other eye diseases including inflammations such as 'pink' eye. Elmvale Optometry takes all forms of health insurance and Dr. Raouf does referrals to an ophthalmologist when required. Eye emergencies are immediately dealt with and then referred for further care and assessment, according to their nature.

If you're looking for new glasses or want to switch to contact lenses, Dr. Raouf can take care of it all – from frames, to lenses to measuring for sure-fit contact lenses. Her selection of stylish frames will appeal to all tastes. She also carries a number of high-end



fashion frames for the daring or young at heart. Taking good care of your eyes is important to Dr. Raouf and she can accommodate clients of every age – from newborn to seniors. Dr. Raouf worked for over 5 years as a highly trained ophthalmologist in the U.K. and now brings that experience and expertise to her clients at Elmvale Optometry. She is currently taking bookings for February. **Elmvale Optometry** is conveniently located in the **Elmvale Shopping Centre at Unit 32 - 1910 St. Laurent Blvd** – there's plenty of free parking. Make your eye appointment today – call 613-454-8232 or email [info@elmvalloptometry.com](mailto:info@elmvalloptometry.com). You can also visit [www.elmvaleoptometry.com](http://www.elmvaleoptometry.com) for more information.



## Puppy Training... Starting the relationship on the right paw

Do you dream of having a potty trained, chew trained, socialized, confident, well-mannered puppy? The first step: talk to a professional! Chantal Mills owns the Ottawa Canine School, the newest dog training facility in Ottawa. Located near Manor Park, on St. Laurent Blvd, the school is perfectly positioned to make Puppy Kindergarten classes easy and fun.

The second step: start training now! It is a fact that a dog's adult behaviour is conditioned between birth and eighteen weeks. It is important during these weeks to socialize the puppy as often as possible with different types of dogs, people, loud noises and different objects. More and more vets are extolling the virtues of early socialization.

The Ottawa Canine School offers two Puppy Kindergarten classes. Puppy Kindergarten I is for puppies between the ages of 9 weeks and 13 weeks at registration. Puppy Kindergarten II is for puppies between



the ages of 14 weeks and 20 weeks at registration. Some of the skills your puppy will learn include:

- Walking nicely beside you on a loose leash
- Sitting and staying
- Coming when called
- Settling down on cue

Puppy Kindergarten I is offered Mondays at 5:50pm, Tuesdays at 11:15am and Sundays at 10am. Puppy Kindergarten II is offered Tuesdays at 10am, Tuesdays at 6:15pm, and Sundays at 1:30pm. Both Puppy Kindergarten classes are 5 sessions long and cost \$100 + HST. Sign up for both classes at the same time and receive a \$20 discount. For more information, visit [www.ottawak9school.com](http://www.ottawak9school.com) or call (613) 296-3643. Give your puppy the gift of a well-adjusted future.

