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Marketplace NEWSLETTER

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Recipe for a 2012 Financial Diet

Are your monthly payments weighing you down?
Is it time to put your finances on a diet?
Kim Powell Steele & Dorothy Smith of Mortgage Centre Ottawa will help you trim the fat off your interest rate and reduce your monthly payments.

Call today for your free mortgage workout to see if our 2012 financial diet will save you thousands of dollars.

As independent mortgage brokers Dorothy and Kim work with many reputable lenders to get you a competitive rate that can apply to refinancing, new purchases or transferring existing mortgages.

Mortgage Centre Ottawa is conveniently located



@ 725 Churchill Ave., Suite 300 (near Carling Ave.). For more information call 613-798-8080 or email Dorothy at dorothy@mortgagecentreottawa.com or Kim at kim@mortgagecentreottawa.com. ☎



Dorothy ext 230 Kim ext 222

Current Finances	Balance	Payment
Mortgage @ 5.75% 25 yr. am.	\$250,000	\$1,448
Credit Cards	\$10,000	\$300
Line of Credit – LOC	\$15,000	\$450
Car Loan	\$25,000	\$600
Total	\$300,000	\$2,798
Re-Financed Mortgage	Balance	Payment
Mortgage @ 3.39% *OAC Fixed 30 yr. am.	\$300,000	\$1,325
Credit Cards, LOC, Car Payment	Paid off	Paid off
Total	\$300,000	\$1,325.00
		MONTHLY SAVINGS \$1,473.00
<small>Annual percentage rate based on 3.39% for 5 year period fixed term OAC, based on no CMHC fees (rates subject to change)</small>		

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

Red Salon and Spa Creating the Look that Suits your Lifestyle

Red Salon and Spa is a full service studio with highly qualified beauticians ready to provide hairstyles, nail care, and spa services individualized to your look, taste, and desire. Carolyn Goguen and her talented team of stylists and estheticians are continuously on the cutting-edge of creative hair design and skin care. Carolyn's goal is to "give you the best service and to exceed your expectations by giving you a stunning and glamorous new look, as well as the skills to maintain it."

Red Salon offers the newest trends in hair styling, highlighting, and colouring, using a wide selection of the best products on the market. When it comes to colouring, the stylists use their expertise to create vibrant hair color and highlights, while keeping the hair in great condition.

The staff at Red Salon is also trained in the most advanced skin care treatment techniques using state-of-the-art equipment such as the 6 in 1 Diamond Micro-dermabrasion machine which provides a non-surgical skin enhancement procedure. This procedure removes skin debris, imperfections, blemishes, wrinkles, and unwanted pigmentation on the skin



to create a healthy, glowing, and beautiful skin.

Whether you want to update your look, need help preparing for a special event or simply want to unwind with a relaxing massage, Carolyn and her team will help you look and feel your best.

Red Salon and Spa is open Tuesday to Saturday from 9:30 am to 6:00 pm; and is located at 1369 Wellington St. West. Call (613) 792-4488 to book your appointment prior to March 31, 2012 and you will receive a complimentary manicure with any pedicure; or a complimentary eyebrow shaping with a haircut.



Hampton Park Dental Centre Meet our Dental Team

The Hampton Park Dental Centre has been helping people throughout West Ottawa achieve healthy smiles for more than a decade.

Dr. Kenneth Crossman and his team offer a full range of oral health care services for people of all ages in a fun and relaxing environment. They pride themselves on staying at the forefront of the latest technological innovations and developing lasting relationships with their patients.

Dr. Kenneth Crossman has been practicing dentistry for 20 years. In 1994, he purchased an existing practice and in 1999 he moved it to Hampton Park Dental Centre with his wife and office manager Pam Crossman. Their team now includes dental assistants Nicole and Natasha, hygienists Christine and Meredith as well as Andrea, a restorative hygienist, Julie a hygiene coordinator and Jenna, a treatment coordinator.

Together Dr. Kenneth Crossman and his team have over 100 years of dental experience. From check-ups and



From left to right: Third row: Dr. Kenneth Crossman; Pam Crossman, Office Manager; 2nd Row Nicole, Dental Assistant; Andrea, Restorative Hygienist; Christine, Hygienist; Natasha, Dental Assistant; Meredith, Hygienist; 1st row Julie, Hygiene Coordinator; Jenna, Treatment Coordinator

cleanings, to fillings, implants and teeth whitening the team at Hampton Park Dental Centre is ready to meet your oral health care needs.

Hampton Park Dental Centre is located at 1399 Carling Ave. in the Hampton Park Plaza. It is open Monday, Tuesday and Thursday from 8:00 a.m. to 5:00 p.m. and Wednesday from 10:00 a.m. to 7:00 p.m.

For more information, or to book an appointment, call (613) 792-4040 or email reception@hamptonparkdental.com.☎



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



Save with Tops Club

Join the **Tops Unlimited Wash Club** and get your car washed as often as you like for one low monthly fee.

Regular washing not only helps your vehicle look its best, it also increases its lifespan. If you wash your vehicle more than twice a month, you will save by joining **Tops Unlimited Wash Club**.

Choose from the **Exterior Wash Club** for \$39.99/month, or the **Full Service Wash Club** for \$69.99/month. With a dedicated line for **Tops Club** members, you'll avoid line-ups and be out in less than 20 minutes.

As a **Tops Club** member, you will also save 10% on express detail services such as carpet cleaning and interior super cleans. The **Tops Club** membership card is specific to one vehicle. Each vehicle requires its own plan.

Tops Car Wash is a full-service car wash with state-of-the-art automated equipment. Your vehicle will



be washed with envirosoft foam, then rinsed with spot free water and dried by our powerful touchless drying system. Any leftover drops are wiped dry with clean soft cotton towels.

For fast, convenient and thorough service that will leave your vehicle spotless every time, visit **Tops Car Wash**. Family owned and operated, **Tops** has been washing and maintaining vehicles for over 40 years, and truly is Ottawa's best car wash.

Tops Car Wash is located at 979 **Richmond Rd.** and is open Monday to Saturday. For more information about the **Tops Club** call (613) 728-4232, or sign up online at www.topscarwash.com.



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

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-wall 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**.



Faye Fortune Drapery Design Benefits of Window Coverings

Window coverings are not only a beautiful way to add touches of warmth and elegance into your home they are also a great investment.

Blinds, shades and drapery protect your privacy and can hide unsightly views, like your neighbour's clothesline. If you travel a lot, window coverings offer security from unwanted intruders. Believe it or not, they are also an effective way to reduce outside noise.

Window coverings, and especially fully lined drapery panels, create a barrier that will keep cold out in the winter and heat out in the summer, which will save you money on your heating bill. As spring approaches the sun's UV rays get stronger. By investing in quality window coverings you will protect your furniture, floor, walls and artwork from fading.

For help choosing window coverings that will suit your home, offer privacy, protect your furniture and reduce your heating bill, trust the mother-daughter team at **Faye Fortune Drapery Design** to bring a custom elegance into your home.

Faye Fortune Drapery Design specializes in window coverings, custom bedding treatments, unique accent pieces, such as throw



pillows, and paint colour consultation. With a passion for design and a commitment to quality service, **Faye** began her business in 1987 and welcomed her daughter **Heather** into the business in 2006.

To book your in-home consultation, or to visit their **Kanata** showroom, call **Faye Fortune Drapery Design** today at (613) 591-9500, or email heather@fayefortunedrapery.com. Visit **Faye's** new blog at fayefortune.blogspot.com, like them on Facebook and follow them on twitter @fayefortune.



Sign up for a March Break Musical Theatre Camp! At Stabback Music Studio...

Is your child or teen keen on Musical Theatre? Then the **Musical Theatre Camp** offered by **Stabback Music Studio** could be the answer to their 'Glee' inspired aspirations! Owner and teacher **Tracey Stabback** is offering a sensational opportunity for eager performers. This week long program will provide the opportunity for young performers to hone their skills at acting, singing, movement and dance. Each day will touch on a different aspect of learning a show. From prop building, to learning lines and music – your young performer will learn how a cast has to work as a team to make the production work.

Tracey understands how creative kids can be, so she makes sure the cast gets lots of input into the vision of the show. There is also an audition component and a lead-up of six weeks to practice. The audition process is relaxed and gives Tracey a chance to see their skills. At the end of the March Break week parents and friends get to see a performance of the show. The admission? A donation to the Ottawa Food Bank – otherwise, it's free! Tracey has been teaching music for over 12 years and has loved music since she was a child



herself. She's had extensive experience in dance, theatre, voice, choirs and vocal workshops. Tracey has both a Bachelor of Music in voice and composition from Mount Allison University, and a Bachelor of Education from the University of Ottawa.

Stabback Music Studio will also be offering a Musical Theatre Summer Camp for aspiring performers. Tracey gives private and group lessons throughout the year. Check out **Stabback Music Studio** programs for your performer! Call **Tracey Stabback** at 613-558-2425 or visit www.stabbackmusic.com for more information. 

Gain Peace of Mind with Award Winning Care for Your Loved Ones

For ten years, Qualicare, a Canadian company, has been serving families who face challenges caused by aging and medical issues. The Ottawa branch of Qualicare is owned and operated by Eddie and Kathy Chu, who became aware of the need for homecare when their own parents faced health- and age-related challenges.

Eddie and Kathy describe the services provided by Qualicare: "The quality of care is what you might expect from your own family caregivers. Whether you need a companion, personal support worker, or medical professional, Qualicare can help. We provide a tailored and goal-oriented care plan approved by a nurse, taking a holistic approach to improve quality of life. Since government services are often limited, we help clients navigate the healthcare system to maximize available services and provide the supplemental care that they need."


Qualicare offers exceptional nurse managed personal care, companionship, light housekeeping, 24-hour monitoring and support, errands, assistance with doctor visits, live-in care, palliative care, and more.



Let Qualicare help you gain **peace of mind**. Their expert caregivers can provide award-winning care to:

- Take care of your parents
- Give family caregivers relief to prevent "caregiver burn-out"
- Help your loved ones enjoy life in familiar surroundings

Of special note is Qualicare's unique 360° Case Management by a Personal Care Manager who acts as a single point of contact for all care-related activities, like a "professional daughter". This allows the family and loved ones to focus on the patient without being overwhelmed by arranging care services from various sources.

For peace of mind, call Eddie or Kathy at 613-366-2899 or visit www.qualicare.com/ottawa. 

Qualicare[®]
MANAGED HOMECARE

Creative: PS design group 613-838-7212 • Writers: Sheryl Bennett Wilson 613-730-5530, Keith Belinko 613-435-5075, Erica Simmonds • Sales: Siggy Rajzman 613-769-3044

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. Apply as soon as possible. We thank everyone for their interest but only qualified applicants will be contacted. Bilingualism will be considered an asset. 

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.**

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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 Alterior's website www.alteriors.ca for sofas, 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. 

ALTERIORS

The Medicine Shoppe Pharmacy Be Heart Healthy this February...

February is Heart Month – but do you know the risk factors for heart disease?


At **The Medicine Shoppe Pharmacy** we can help you understand heart disease risk factors and give you tips on prevention. The Medicine Shoppe is your friendly neighbourhood pharmacy. No cosmetics, no cigarettes, no gifts and no lottery terminals - just patient-centred pharmacy care, quick and accurate prescription filling, and solid health advice and health products. The Medicine Shoppe helps you take care of your health and your family's health.

You can keep your heart healthy by:

- Not smoking
- Getting regular exercise
- Eating a healthy low fat diet
- Maintaining a healthy weight
- Limiting your alcohol consumption
- Being as stress-free as possible

The Medicine Shoppe is 100% focused on your health. Whether it's over-the-counter medications or personalized



prescriptions, Pharmacist/owner **Shola Egunjobi** is always available to answer your health related questions and recommend treatment options. You can also visit www.medicineshoppe.ca for information on community support groups, common medication problems, and easy-to-use information on prescription drugs and advice on a wide range of natural products. Remember, you can reduce your risks for heart disease, but when you have questions about your health, drop by **The Medicine Shoppe** at 476 Holland Avenue (at Carling) – or call 613-729-3151 - and just ask. 

The Medicine Shoppe
PHARMACY

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

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!



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 Churchhill. Call 613-725-3401 or visit Annika's website at www.TrulySwedishDesign.com. 

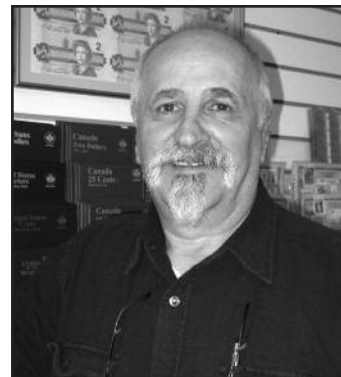
TRULY SWEDISH DESIGN
Scandinavian Style For Your Home and Life

Get the best price in town for your coins and gold and silver jewellery - At Universal Coins!

For the last 25 years, Universal Coins has been the go-to place to get the best value for your coins or your old gold and silver jewellery. Owner **Frank Rossi** is always up-to-date on competitor's prices and gives you the best up-to-the-minute pricing for your coins, bank notes, scrap jewellery and gold, silver or platinum bullion. Universal Coins is not a roadshow and operates from an established location. Frank and his staff welcome walk-ins and are happy to answer any questions you've got about the value of your coins or old jewellery.

What have you got lying around?

An old coin collection? Old gold or silver jewellery that isn't fashionable? Wouldn't you prefer cash in hand for items you don't need or want? Or maybe you'd like that inherited silverware tested for silver content. Frank offers free, no-hassle appraisals so you know the value of what you've got immediately. An appraiser is always on-hand during business hours. Any final appraisals are always done in



person. If you're wondering about the value of old coins, silverware or jewellery in an estate, Frank can appraise that too. Universal Coins works with a number of members of the legal community doing estate valuations as well.

When you want an expert appraisal or just some straightforward advice, then head over to **Universal Coins** and get the best price in town! Universal Coins is located at 2440 Bank Street, Unit 3 – right at Hunt Club. Call 613-737-3341 toll-free 1-800-668-2646 or email universalcoins@gmail.com. Visit www.universalcoins.ca for great tips on selling your gold or silver. 

