

Delivered by



WESTBORO WEST • WEST OF CHURCHILL • CARLINGWOOD • MCKELLER HEIGHTS • LINCOLN HEIGHTS ZONE D 58

email: info@marketplacenewsletter.com

MARKETPLACE NEWSLETTER®

FREE Business Listings www.marketplacenewsletter.com • Marketplace Publishers Inc. • (613) 823-1772 • Volume VII Issue V

Spring Renovation Sale!

ACCO Renovations Inc.

Now that spring has officially arrived, there's no better time to start a home improvement project. If you've been dreaming about remodeling your kitchen or bathroom, **ACCO Renovations Inc.** should be your first call!

For over 15 years, ACCO Renovations has been exceeding expectations and



delivering incredible results. Owner Mike Zilberbrant and his team of designers and decorators can help make your vision of perfection a reality, or create one for you. With a focus on modern sensibilities, ACCO is the exclusive dealer for **ALNO Kitchens**. These stunning and practical German kitchens add a modern twist to old-world European craftsmanship. ACCO uses state-of-the-art computer programs to create 3D perspectives of your living space to help you visualize your design plan. Mike and his team work within your budget to customize these kitchens to meet your lifestyle needs. ACCO also specializes in

exquisite bathroom renovations. From plumbing and electrical, to flooring, countertops, vanities and sinks, Mike and his team can create your dream bathroom.

ACCO Renovations has expanded its showroom to offer the very unique and trendy **Eurostyle furniture**. Complete your home makeover with stunning modern European furniture for the dining room, living room and bedroom.

As a special promotion for spring, ACCO Renovations is offering **up to 60% off many of its showroom kitchens and vanities**. You'll also find great savings on new flooring tiles and laminate counter tops.



Whether you have a specific renovation plan, or are just looking for ideas, call ACCO Renovations Inc. today at **613-724-2847** to arrange for your **Free Consultation, Design and Estimate**. Visit www.accorenovations.ca for product images and supplier links. The ACCO Renovations showroom is located at **747 Richmond Road** in Westboro.

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

It's Your Retirement Lifestyle! Cartier Place Suite Hotel & Residences

Downtown Ottawa's most unique suite hotel is pleased to offer an unparalleled concept of retirement living. Located just a few minutes from the heart of the city, nestled within a quiet neighborhood, Cartier Place Suite Hotel & Residences has all of the benefits of retirement living combined with the many amenities of a world-class hotel!

As a Diamond Award Winner from Toronto's Tourist Magazine, this family owned and operated hotel is well known for its exceptional guest services and comfortable atmosphere. The new retirement residence has 72 spacious one bedroom suites with fully equipped kitchens, living and dining areas. Each suite has a private balcony, individual climate control and many safety features. Take advantage of the exclusive entertainment lounge or enjoy the hotel's indoor pool, whirlpool, sauna and exercise room. If you are looking to kick back and relax, the garden patio, complete with a



children's playground, shuffleboard and BBQ area, is the perfect way to unwind.

The elegant restaurant will provide delicious meals in the dining room as well as hotel room service. A choice of housekeeping services is offered. The carefree hotel lifestyle and services are complimented by the 24 hour security provided by the caring and professionally trained staff.

To arrange for an appointment to tour Cartier Place Suite Hotel & Residences, please call Eileen at 613-236-5000 ext 3114, or toll-free at 1-800-236-8399. Cartier Place Suite Hotel & Residence is located at 180 Cooper Street near Elgin.



The Cartier Place
SUITE HOTEL & RESIDENCES

Paint & Trim Contracting Our Community Choice!

Now that the pile of snow around your house has finally receded, it's a good time to think about those interior and exterior home improvement projects. If your home is in need of painting, repair work or minor renovations, your first call should be to my friends at Paint & Trim. They are our community contractors and have the experience and know-how to get the job done right, on time and on budget!

Paint & Trim owners Mike Oki and Ralph Mask are extremely proud of their reputation for professional and quality service. Many people in our community have come to rely on them for their home improvement needs, and the regular referrals that they receive are a testament to their honesty, dedication and skill.

Are you tired of looking at those same old wall colours or unsightly drywall cracks? Would you



like to add a closet or dress up your hallway with beautifully crafted woodwork? Are you ready to rejuvenate your chipped and improperly closing doors? Don't let your home improvement projects overwhelm you. Get help from the experts!

Regardless of the size of the project, you can count on Paint & Trim to treat every job with the same care and attention that they would for their own home.

Whether you're in need of molding, woodwork, painting, plastering, repairs or installations, Paint & Trim Contracting would be happy to help! Call them today at 613-850-5559.



EXCEPTIONAL PRODUCTS AND SERVICES IN YOUR NEIGHBOURHOOD

Home Maintenance Tips for Spring From Experienced Building Inspectors

With spring upon us and the snow rapidly melting it is a good idea to make sure that the water run-off from your home is under control. There are two important things that home owners can do to reduce the chances of general water damage and water infiltration into basements. They are:

1. To make sure that the gutters are clear of leaves and debris, and downspouts from the gutters are extended five to six feet away from the house.

2. To make sure that the grading (the ground around the house) is raised and sloped away from the house.

This is the kind of advice that **VC Home Inspections** give their clients. VC Home Inspections is named after its owners, Valmont and Carle Bérubé. This father and son building inspection team have experience that will put your mind at ease when you are thinking about buying a home. Their main business is conducting **comprehensive home inspections**. It is important to know if the home has any structural issues before purchase.

At every inspection a report is generated and details are provided about the following items:



VC Home Inspections



the heating system, the plumbing, the electrical wiring and panel, the foundation, the insulation, the chimney, the fireplace and drainage. A summary is also included with the inspection report which provides repair and/or replacement requirements. A timeframe in which these should be done and a cost estimate is included as well.

VC Home Inspection's experience is hard to match. Valmont was a general contractor for 25 years and Carle was in the construction business for 15 years and they have been inspectors for the last nine years in the Ottawa/Gatineau region. They work for the potential home and commercial property buyers and provide them with valuable knowledge so they can make an informed purchasing decision.

The next time you are thinking about making a property purchase or need advice about the structure of your home, give Valmont and Carle a call at 613-282-4395 or 613-282-0878. To find out more visit their website www.vchomeinspections.com

Home Renovations Begin with Home Finances

With Spring on the horizon, I'm sure many of you, like me, have turned their thoughts to spring cleaning and renovating your home. There's nothing like being caught in doors "hibernating" for a few months to bring the focus onto all the things you'd like to do or should do around the house.

Of course finding the money to create the living space you and your family deserve often holds us back from making our projects reality. It doesn't have to be like that though, thanks to Frontline Financial.

Paul Leaver, Branch Manager explained to me how Frontline offers financing for home renovations and immediately projects I thought I'd only be able to do in a year or two suddenly became possible today. Come in and find out what Frontline can do for you.

And while you're at it, it might also be a good time to consider a financial clean up or review. Their experienced staff are here to provide



advice and assistance in completing your projects and putting you back on the right financial track.

Can you imagine having a bank that literally did work for you? Frontline Financial offers all the services you've come to expect from your current banking institution and many more. Discover what Frontline Financial Credit Union can do for you. Their main branch is located right here in Westboro at 365 Richmond Road. Phone: 613.729.4312 www.frontlinefinancial.ca



"We find comfort among those who agree with us --- growth among those who don't." Frank A. Clark

A Safe and Natural Alternative Medicine Marian Toth, Doctor of Acupuncture

Marian Toth is a Doctor of Acupuncture who works out of the Bridlewood Chiropractic Clinic in Kanata. Marian studied acupuncture for four years in Toronto before doing a hands-on clinical internship in Sri Lanka in 2000. Since that time, she's been helping people live healthy, pain-free and more productive lives.

Marian's gentle and caring nature was evident the moment that we met. When I asked her how she'd gotten her start, she told me a tragic tale about her brother. He was involved in a terrible car accident that left him in a coma clinging to life. Marian had always wanted to be a teacher, but at that moment she decided that she would dedicate herself to helping her brother recover. She began her studies after her brother's condition stabilized, and ever since she has taken an active roll in his recovery. It's with that same compassionate nature that she cares for all of her clients.

Acupuncture is a technique of inserting and manipulating thin needles into acupuncture points on the body to safely



and naturally restore health and well-being. It's a widely recognized alternative form of therapy that can effectively treat most injuries or medical conditions. From sports injuries and migraines, to back, shoulder and neck pain, Marian has the knowledge and experience to help. Acupuncture can also help to **prevent colds and the flu by boosting your immune system**. It can be used to treat conditions such as allergies, menopause, and sleep disorders. It can also help you to **lose weight, reduce your blood pressure, and even to quit smoking**.

Experience Marian's healing needles today and get **10% off your first treatment!** Call 613-599-9822 for more information or to book an appointment. The Bridlewood Chiropractic Clinic is located at 700 Eagleson Road South in Kanata.



The Benchmark for Design Excellence! CPI Interiors Celebrates 10th Anniversary

Thursday May 1st, 2008 was a special day for CPI Interiors President Catherine Pulcine. What began as a small business of one person has since flourished into our community's most dynamic and respected interior design and decorating company. Over the past ten years, CPI Interiors has expanded to a staff of 14 of the industry's most talented professionals, and has worked on over 2300 homes!

Establishing a reputation for creating vibrant and stylish living spaces takes hard work, dedication and many satisfied customers. CPI Interiors offers exceptional services far beyond that of an average interior design and decorating company. Working within your budget, CPI's designers coordinate your project so that you avoid the headaches of renovation pitfalls and get the results you want. At the same time, decorators work closely with you to fully understand your tastes. They are experts at space planning and



colour schemes and always ensure that the finished product is something that you'll love for years. Regardless of the scope of your home improvement project, CPI Interiors is exactly what you need to bring your project to life.

Over the past ten years, CPI Interiors has become our community's benchmark for design and decorating excellence! Call CPI Interiors today at 613-599-5564, toll-free at 1-866-446-4415, or stop by the CPI Interiors Design Centre today at 5933 Hazeldean Road to meet with an experienced designer to discuss your specific needs. Visit www.cpiinteriors.ca for more information.



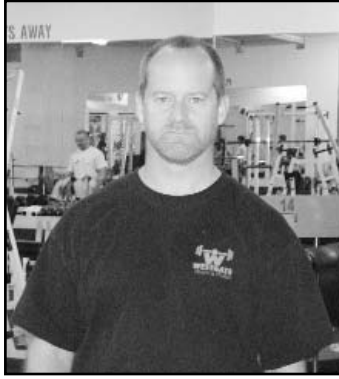
Effective Weight Loss Programs!

Westgate Health & Fitness


Is it time for a spring tune-up? With summer just around the corner, it's time to start thinking about how you'll look and feel in your bathing suit or shorts!

Many businesses offer weight loss and fat loss programs to their clients, but how many of them actually have a weight loss program that will be specific to you? The days of a "one-diet-fits-all" approach are gone. An effective weight loss program has to be designed for a specific person; what works for you may not work for your friend or mom!

Westgate Health & Fitness has put together a team of professionals which include a Naturopath, a Nutritionist, a Kinesiologist, and specialized trainers from the Sports Performance Institute. You'll start by joining Westgate Health and Fitness, and then get booked with their trainer. You'll then consult with the Naturopath and be tested for food



intolerances, digestive problems, liver dysfunction, etc. The Naturopath will then send her findings to the Nutritionist where a sample eating plan is designed for you. Any other health concerns are studied by the Kinesiologist. Only then is a training plan customized to meet your specific needs and goals.

Westgate Health & Fitness offers one of the most accurate and specific weight loss plans in the city. It's effective and designed simply to get the results that you want. With your hard work and their knowledge, you can't "not lose"! Call Jeff Bergin at 613-722-4600 and book your appointment today. 



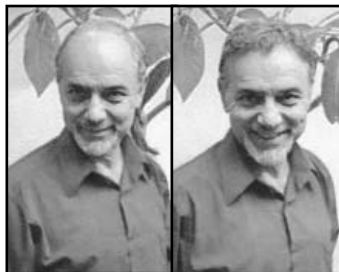
Creative by PS design group 613-838-7212 • Editor. M.J. Mancini 613-222-4264 • Sales. Siggý Rajzman 613-769-3044

Incredible Investment Opportunity!

Vivante Hair Creations Seeks a Partner

Vivante Hair Creations owner Gilio Cesario is turning 68 years old this year. Despite still having an energetic and entertaining personality, he has realized that it's simply too much for him to run Vivante on his own. Gilio would like to semi-retire and is looking for a vibrant and energetic person to become his business partner and shareholder. No experience in the industry is necessary as Gilio is ready to share his more than 50 years of experience!

For over 28 years, the Vivante family business has provided Ottawa and its surrounding areas with incredible personal service and some of the most talented stylists in the city; offering complete hair care and hair restoration services for both men and women. Located at 1024 Wellington Street West (at Fairmont) in the heart of Westboro, Vivante is situated in one of the city's busiest locations. In fact, the city plans to turn the area into a tourist destination similar to Sparks Street by building a train station and a park.



BEFORE AFTER

While the shop offers full hair care services and has been renovated to accommodate a full range of esthetic services, Vivante is one of the few hair salons to specialize in hair replacement. Gilio has a keen eye for shape and colour and can customize a piece for a seamless look that requires very little maintenance.

Vivante's prime location and Gilio's extensive experience make Vivante Hair Creations an exciting and incredible investment opportunity! If you're ambitious and are interested in incredible income potential, contact Gilio today at 613-728-5669.

P.S. Gilio will teach you mens and ladies hairstyling, barbering and hair replacement.



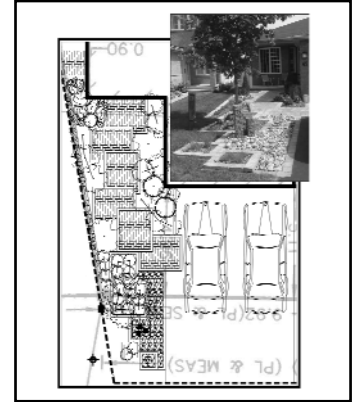
Hurray, Outdoor Living Has Arrived!

Kavamilina Landscape Design

After our very snowy winter, it is now safe to put away your snow shovels, get out your spades and start adding colour to your flowerbeds. Casual entertaining has become fun again as you can fire up the Bar-B-Q, grill some steaks and dine el fresco.

If your goal is to improve your garden this summer, then now is the time to contact landscape design expert Lynda Milina of Kavamilina Landscape Design. Perhaps you have dreams for a back deck, a front porch, an interlocking brick patio, a hot tub, a swimming pool or new flower beds with plants that will suit your garden's exposure. Maybe you need to improve your home's curb appeal before you put your house on the market to sell. Whatever your desire, it should start with an integrated plan.

The landscape design process at Kavamilina takes about five weeks from start to finish. It starts with a no obligation visit from Lynda to understand your goals and to give you some ideas. From there, Lynda draws up a preliminary plan for the garden and returns it to you for any changes. The plan is finalized, computer design drawings are completed, and



plant selections are made. Then you will be armed with an integrated landscape design to give to a contractor to execute or for do-it-yourselfers to tackle. Before you know it summer will be here and outdoor living and entertaining will be in full swing in your new garden.

Call Lynda today to get your landscape designs drawn up so you can start enjoying your new garden as soon as possible. She can be reached at 613-241-9631 or by email at kavamilina@yahoo.ca. Lynda has been designing gardens for four years and her work can be found all over Ottawa. For some inspiration and some before and after photos of Lynda's design work please visit <http://ca.geocities.com/kavamilina>. 

KAVAMILINA
LANDSCAPE DESIGN



Take Pride in your Vehicle's Appearance

Tops Car Wash makes your Car Shine!

Does the exterior of your car look as good as it did when you bought it? Are salt stains and sand spoiling your vehicle's interior? There are two sides to every car – the inside and the outside. The trained professionals at Tops Car Wash provide customers with hands on service that helps to keep your car clean year-round. From a full-service wash, to exterior-only car washes, Tops Car Wash will make your car shine!

Tops Car Wash provides speedy and personal service to every vehicle that it cleans. The exterior of your car is thoroughly rinsed with high-pressure water and is then gently cleaned and shined with Tops exclusive Envirosoft cleaning process. A full-service wash ensures that the interior of your car is also serviced. The floors and seats are vacuumed, your interior rubber mats are rinsed, and your dashboard is dusted. The entire process is completed



with a powerful touchless drying system, and any remaining droplets are polished with soft, clean, cotton towels. The best part is that there's no need to make an appointment as the whole process takes less than 15 minutes!

Tops Car Wash offers several different Ticket Packages and gift certificates are available for any amount and any service. Coupon books with discounted package rates are also available so that the more you use their services, the more you save!

Regular cleaning and maintenance adds life to your car and definitely adds value to your resale price. Take pride in driving a clean car year-round! Visit Tops Car Wash today at 979 Richmond Road or phone 613-728-4232 for more information.



Condo Insurance Basics

From "The Real Estate Guys"

Are you're ready to make the move to a condo lifestyle? While condo ownership is a magnificent way of life, it's extremely important that you protect your investment with condo insurance that meets your needs. Here's some advice from "The Real Estate Guys" that you should consider prior to choosing your condo insurance.

The first thing that you should do is contact your insurance company for a booklet on condo insurance. This can be very helpful in understanding the coverage umbrella. Most condominium corporations request that owners obtain an additional \$1 Million liability coverage. Your insurance company can explain the cost and what this coverage gives you. This will be of benefit to all owners in the corporation. There are specific coverages for condo owners and should be looked into for your own benefit. Additional coverages are available, such as loss of use of your unit and additional living expenses to



name a few. Many other options are available and should be explored to suit your specific needs. Some insurance brokers offer discounts on rates for people over 55 years. It's important to shop around for your insurance just as you would before purchasing your condo.

Joseph Forte and Bill McCormick of Royal LePage Team Realty Brokerage are "The Real Estate Guys" and condo owners themselves. They will provide you with the most up-to-date condo information available to help you find a home that suits your needs. Call them today at 613-725-1171 and they'll be happy to answer all of your real estate questions. Call them for a **Free Market Evaluation** or visit www.the-realestate-guy.ca for more information. 



Enhance your Soil with Nutri-Lawn!

"Biology in a Bag" Organics Plus Top-Dressing

Now that spring is finally here, creating a healthy and vibrant lawn is on everyone's mind. But don't be surprised if things get off to a slower start this year because of the massive amounts of snow that we've had. If your lawn is in need of a jump start this spring, Nutri-Lawn's Organics Plus Top-Dressing is the answer!




Nutri-Lawn's lawn care specialists call it "Biology in a Bag" because the high nutrient content literally feeds your soil; producing a thicker, healthier and more colourful lawn within 30 to 45 days. Organics Plus Top-Dressing is ideal for poor soils (excessive clay or sand) that lack nutrients and organic matter because it creates new soil by promoting the decomposition of plant matter on the surface. It supports overseeding and is excellent for drought conditions because it acts like mulch and helps to contain moisture. It's made from 100% organic material and is 100% weed-seed free. **Organics Plus Top-Dressing is exclusive to Nutri-Lawn and will produce the best results for a tired, thin and drought-stricken lawn. Call today and have a gorgeous, healthy lawn tomorrow!**



For almost 20 years, Thom and the staff at Nutri-Lawn have been our community's first choice for both organic and traditional lawn care services. A member of Landscape Ontario and the Better Business Bureau, Nutri-Lawn has been an annual Consumers' Choice Award winner since 1996. Their qualified and experienced technicians use the most environmentally-friendly and cost-effective technologies to safely manage your lawn. **From their exclusive Organics Plus Top-Dressing, aeration, overseed, and fertilizer, to weed, grub, and insect management, Nutri-Lawn professionals work with you to create a healthy and vibrant lawn.**

Rejuvenate your lawn this spring with Organics Plus Top-Dressing! Call Nutri-Lawn today at 613-739-3399. Visit www.nutri-lawn.com for more information. Nutri-Lawn is located at 1038 Belfast Road.

You could win a Smart Car. Go to www.nutrilawnsmartcar.com. 

"Bring ideas in and entertain them royally, for one of them may be the king." Mark Van Doren

Save 15% on your Next Purchase!

Incredible Quality and 100% Satisfaction Guarantee

If you're someone who uses your printer often, you've likely been told at some point that it would be cheaper to buy a new printer than to replace your printer cartridge. While this may be a mind-boggling notion and a terrible burden on our landfills, it's a reality at many big box stores. The next time you need to replace your laser printer cartridge, save money and help reduce landfill waste by calling **Qualtec Laser Products Inc!**

Qualtec manufactures replacement cartridges for laser printers and fax machines. Empty cartridges are picked up and brought to Qualtec's local manufacturing facility where they are disassembled, inspected and cleaned. New components are then installed and the cartridge is reassembled, filled with toner and thoroughly tested to ensure that it will produce crisp, clear images. This process is more energy efficient than recycling and is **guaranteed to be low cost**. Qualtec's compatible cartridges are certified by the Canadian General Standards Board (CGSB) which means that they **meet or exceed the**



standards of the original brand name cartridges.

Qualtec offers a **100% satisfaction guarantee** for all of their printer cartridges. In fact, customers who buy a Qualtec printer cartridge will receive **FREE printer maintenance!** Qualtec offers **FREE delivery** in the Ottawa-Carleton area on orders over \$100 and it provides many **no-charge maintenance and repair services** for a wide range of printers, multi-purpose and fax machines. Should you need repairs, you'll receive a free loaner while your machine is being fixed.

Call Qualtec Laser Products Inc. today at 613-723-8252. Mention this article and receive 15% off your first compatible cartridge purchase by May 30th, 2008. Qualtec is located at 1B-190 Colonnade Road. Visit www.qualteclaser.com for more information.

BE ACID AWARE!

Acid wear is becoming increasingly common. It's linked to our modern diet and lifestyle – and even teenagers can develop it. Acid wear damages your enamel; which is the hardest material in the human body; and gradually changes the shape, texture and appearance of your teeth. In the process, it can make your teeth extra sensitive to certain foods, tastes and temperatures.

The acids in many healthy foods and drinks, including fruits (e.g., grapes, strawberries, oranges and bananas), salad dressings with vinegar, fruit juices (e.g., apple, cranberry and orange juices), and wine – can damage teeth by softening the protective enamel surface, which can then become more vulnerable to the effects of brushing. This process is called acid wear and it is a growing dental condition that can lead to sensitive, transparent and yellow-looking teeth. We should keep eating the healthy foods but we should take preventive steps to protect our teeth.

- Avoid brushing your teeth immediately after consuming acidic food or drinks when enamel is at its softest and more likely to be



Dr. Derek Turner, Dr. Mark McCullough, Dr. John Hill, Dr. Robert Ganske, Dr. Welberne Reesor

damaged. It's best to brush teeth before meals or wait at least one hour after eating before brushing.

- Swallow acidic drinks immediately versus swishing them in your mouth. Consider drinking soft drinks through a straw directed away from the teeth to avoid contact with your teeth.
- Get regular dental check-ups and follow your dentist's or dental hygienist's advice.
- Brush twice a day, every day.

Call Holland Cross Dental Centre today at 613-728-1511 to book your appointment. Visit www.hollandcrossdental.com for more information. Holland Cross Dental Centre is located at 20-1620 Scott Street.



Holland Cross Dental Centre
Caring Dentists. One Exacting Standard of Treatment.

