

THE BEARER ** AUGUST ** 2009

Newsletter Issue #201

Established: August 1989



June was the 2nd record sales month in the history of the Ottawa Real Estate Board. We are experiencing the normal cooling of the market for the summer vacation months and yet many sellers and buyers are scrambling to get sold or bought for the coming school year. We can help! Give us a call today at 613-860-HOME (4663).

AREA	STATUS	# of Homes	Average List \$	Average Sale \$	% of Asking
Riverside South	Active	28	\$669,810		
	Conditionally Sold	4	\$307,450		
	Sold	17	\$351,099	\$344,964	98%
Finlay Creek/Blossom Park	Active	18	\$437,661		
	Conditionally Sold	1	\$409,900		
	Sold	4	\$333,147	\$325,775	98%
Greely	Active	114	\$509,331		
	Conditionally Sold	2	\$454,950		
	Sold	12	\$509,512	\$498,666	98%
	Sold	5	\$318,920	\$306,100	96%
Osgoode	Active	9	\$267,244		
	Conditionally Sold	2	\$264,900		
	Sold	5	\$318,920	\$306,100	96%
Manotick	Active	33	\$652,810		
	Conditionally Sold	0	N/A		
	Sold	6	\$510,450	\$501,633	98%
	Sold	1	\$579,000		
Rideau Forest	Active	31	\$1,062,679		
	Conditionally Sold	1	\$579,000		
	Sold	1	\$619,000	\$599,000	97%

If these stats seem hard to apply to the sale of your home, give us a call and we can explain how understanding the market, great marketing, staging your home, and pricing it right can get top dollar for you.

**The Dekker Team,
Your Real Estate
Resource For Life!**

All Stats are from the Ottawa Real Estate Board.

Active as of July 21st

Sold & Conditionally sold
June 20- July 21st.



EVENTS: General

Watson's Mill -1860's operating grist mill & the only industrial heritage site in Ottawa. Call for info, or advance flour orders of 30 lbs or more, 613-692-6455.

Next year, 70 million Watson's Mill stamps will circulate throughout Canada as part of a historic mills series! THANK YOU to all our July volunteers! **Current**

Volunteer Opportunities: sorting used books, Sat& Sun front desk assistants, bake sale supervisors, Cookie bakers for Saturday sales, Mini wheat day camp youth assistants, Watson's Mill Oral History program. **UPCOMING EVENTS:** 1-Used Book Sale: Aug. 10am to 4:00pm. *Accepting donations. 2- **Family Art Classes:** Tues's 1:30-3pm. \$15/Adult + 1 child. \$5 additional persons. Sign up, space is limited! July 28 - Pioneer Toys (Thaumatrope). Aug 4 - Pressed Flower Cards. Aug 18 - Paint like the Group of Seven, Aug 25 - Hats & Fans. 3- **Gossip Tours:** Sat & Sun, starting at 12pm & at 2pm from Watson's Mill: Free! Hear the real stories of Manotick told by characters & indulge in a game of croquet. 4- **Mini-Wheats Summer Camp:** daily, Aug 10-14, 9:15-3:45: For more events: www.watsonsmill.com . **Fundraising Calendar:** for sale at Watson's Mill Gift Shop: \$20. All proceeds go towards the 150th anniversary celebrations.

The next meeting of the Bells Corners Christian Women Club is Tues August 11 at 9:15am at Arlington Woods Hall, 225 McClellan Road, Nepean. Featuring a demonstration by Rachel Lindsay of Epicure Spices & Dips. Admission \$4.00, \$1.00 for First Timer. Free Child Care Reserve 721-1257 or 829-2063

IAMS Wiggle Waggle Walkathon September 13th at the Central Experimental Farm. Just two months away, so gather a team of friends and family to raise funds for the animals of the Ottawa Humane Society register now! For more info: <http://www.ottawahumane.ca/events/walkathon.cfm>

BBQ Fundraiser - Sat, Aug 8th, 11am-4pm at Mountain Meadows Park, Spratt Road in Riverside South. Includes BBQ lunch, FREE kids activities (magic show, petting zoo, science show, face painting, crafts, games, etc)! For more info contact Anna at 613-822-6018, visit www.forlisa.ca, or email at info@forlisa.ca .

Kars Presbyterian Church will be holding a Bake Sale in their church hall at 6810 Rideau Valley Drive South, on Friday Aug. 28th 4-5:30 pm. Doors open 3:45pm. Proceeds go to the Canadian Foodgrains Bank.

DEKKER TEAM.com



Ken & Yetta Dekker
Broker of Record, Broker



Let Our **Proven Performance** Move You

KELLER WILLIAMS
SOLID ROCK REALTY INC
BROKERAGE, INDEPENDENTLY OWNED AND OPERATED

Tel: (613) 733-3434
Fax: (613) 733-3435
Direct: (613) 860-HOME

SERVICES: General

Bookkeeping Services - Personal/Business/Law Firms. Experienced in PC Law, QuickBooks, Excel, etc. Perform month/year ends, all government remittances, payroll, A/R, A/P, bank reconciliations, financial statements, inventory, etc. 11 yrs experience. Contact Diana 613-822-6128 or 613-799-3591.

Osgoode Mini Storage - small & large units available. Short & long term. Safe, secure with 24-7 access. Call 613-826-2511 or 613-258-6379 for info.

PETE GARIEPY PHOTOGRAPHY. Specializing in restoring old, discoloured and damaged photographs. Also available: photo scanning, portraits and local signed photo cards for all occasions. Superior quality. Great rates. Free estimates by email at PETEGARIEPY@GMAIL.COM, or (613) 867-1626.

SERVICES: Home

Infinity Home Inspection Services. Thinking of renovating? Tired of paying through the nose to run your home? Take advantage of the Eco-Energy program run by Natural Resources Canada. Receive up to \$10,000 in federal and provincial rebates toward your energy saving upgrades! Take the first step toward reducing your carbon footprint. Call us today for more information, or to book your home energy efficiency audit. Call today! 613-821-2462

Beyond the Basics Cleaning - cleansing your home naturally. No chemicals, no toxins...just a fresh, thoroughly cleaned home. Fully insured and bonded. We also offer organizing/decluttering services. Call Jeanne 613-889-3223, Kandie 613-864-9225, or Email beyondthebasics@live.ca. You won't be disappointed!

SERVICES: Health & Beauty

We offer Chiropractic, Medical Acupuncture, Orthotics, & our newest service Graston Technique at Riverside South Chiropractic Center. (665 Earl Armstrong Rd. Unit H). We have complimentary health talk this month on "BACK PACK AND SAFETY" on Aug 20, 2009 at 6:00 at our clinic. For more info talk to Dr. Maryam H. Zadeh by calling 613-822-2228. Coupon: Save 20% on 1st initial visit when you bring this add.

Seamstress/Alterations /hemming: Zippers, Replace Buttons, insert button Holes, Lined Garments, covers for: chair, couches, curtains and drapes, etc). Info: korasha@ekismat.com / 613-822-3309. Location: Riverside South.

THANK YOU!

1 in 9 people in you life will be affected by Breast Cancer. I walked in the 60 km Weekend To End Breast Cancer June 6 & 7 and raised over \$3000. I would like to Thank my family, friends, colleges, and some local businesses, The Red Dot, Cooper Physio, Osgoode 3 Pitch, Osgoode Snow Ball for there sponsors. & my husband & 3 girls for their continued encouragement and support. You can make a difference! Kim Adams.

CONGRATULATIONS!

Osgoode Lions Award Bursaries annually to St. Mark Students. Congratulations to **Katherine Martin & Bridget Kelly**, each received \$500 from the Lions Club. They support youth, seniors, and those in need, and focus on leadership as well as athletics for the young women and men in our community. All our members are proud to assist students in their pursuit of post secondary education.



Beautiful Country Oasis, Dunrobin \$339,000
Fully remodeled & redecorated 5 BDRM home on 3.5 acres Granite kitchen.. Great Hobby Farm/ Organic gardening potential! 1000sqft insulated garage/workshop w/100amp service.
<http://www.dekkerteam.com/home/72>



Nature lovers...Dunrobin Lot \$239,000,
Opportunity to build your dream home or invest for future gain! 94 acres of land, 60% is diverse forest to enjoy. Wonderful Privacy. Property could potentially be re-zoned agricultural. <http://www.dekkerteam.com/home/73>



Charming 4 BDRM in Richmond. \$160,000
Spacious master with main bath. Sunny front room. Large eat in kitchen with laundry. Mud room leads to large fenced backyard. Play-structure available. Close to school, nursery school, arena & store.
<http://www.dekkerteam.com/home/71>

CHANGING SPACES: Featured Properties

For Sale Read on to find out about the great properties we have for sale then give us a call for your personal tour. We are ready to help you Change Your Space! 1,000 More Available! **Call The Dekker Team at 613-860-4663 for more information or visit www.dekkerteam.com**



Marble 4 BDRM Back-Split -\$425,000
1.25 Acres! Living room with 2 bay windows. Walk out to deck. Updated kitchen. Family room with fireplace & access to glass & screened in in-ground pool. www.dekkerteam.com/homes/64



3 BDRMS, 2 BATHS in Metcalfe \$200,000!
Central location -perfectly for a storefront business & starter home combined. Great Kitchen & Dining area. Main floor laundry, central vac, whirlpool bath
www.dekkerteam.com/homes/54



Charmingly Reno'd in Brinston \$158,000
w/ 2nd floor balcony off Master. Hardwood & ceramic. 2nd floor laundry. Cherry kitchen Cabinets w/Island w/granite counter top open to great/living room w/bay window. <http://www.dekkerteam.com/homes/68>



Large 4 Bedroom, Carp Road \$465,000!
Private 4.83 Acres ! Minutes from Kanata! Many updates, 2 fireplaces, crown molding. Games room with professional pool table!
www.dekkerteam.com/homes/6



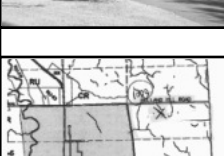
Location! -Rothwell Heights! \$600,000
4 BDRM split level close to parkway, river, trails, Park, tennis. Spacious corner lot on a quiet street. Big windows, cozy sunroom & walkout to deck.
www.dekkerteam.com/homes/49



Stop The Car! This is it! \$330,000
Spacious 4 BDRM. Walk out to large deck. Kitchen with plant Solarium. Main floor laundry. 5 piece bath w/ensuite privileges. Large Renovated basement. 2 car garage -indoor entry. Large yard.
<http://www.dekkerteam.com/homes/69>



Work From Home! \$800,000
4 BDRM & home business on 3.8 acres! 4 bay garage & 3 floor insulated warehouse with 3 offices & 4 loading dock doors. 5 min from Ottawa.
<http://www.dekkerteam.com/home/34>



A Lot To Love in Carp! \$225,000
100 acres of mature trees, ponds, rocks, outcroppings & some open areas. Located on South side of Holland Hill Road, For permanent home, must bring road to township standards. Zoned: RU-8.
<http://www.dekkerteam.com/homes/32>



Stunning Georgian Style Home. \$525,000
on 4 acres w/picturesque pond & trees. 10 minutes to Kanata. 3 car garage & insulated outbuilding. Cherry hardwood floors. 3 Fireplaces. Spacious master w/custom closet, sitting area & beautiful tiled ensuite. Walk outs to lovely brick terrace & adjoining wood deck. <http://www.dekkerteam.com/homes/67>



Prime Manotick waterfront. \$499,000
Large 5 BDRM on quiet street. Great view from raised deck accessed by French door walkout of dining room. Large windows throughout. Kitchen with fresh white cabinetry & lots of counter space.
www.dekkerteam.com/homes/60

EVENTS: Camps & Classes

Aug. 17 -21 Amazing Miracles!! Bible Day Camp @ Knox Church by Watson's Mill for ages 5-10 from 9-11:30. Bible stories, crafts, games & snacks. Hosted by Layton Kerr. Reg. begins 8:30am Aug 17. No charge. Info 613 692 4228.

CAMP GENESIS - Kars (Aug10-14). Time: 10am-3 pm. Ages 4-12 . Cost - \$60/child (\$50 if paid by June 15). Reg. forms available: www.trinityunited.org

Osgoode Rideau Hockey Camp Aug 24-28, Osgoode Arena. Age 7-13. 3 hours on ice instruction & games. Some outdoor activities. Cost: \$275. Register: www.OsgoodeRideauHockeyCamp.ca. Q's: Mary @ 613-826-2048 evenings.

Kindermusik Classes: Now accepting registration for fall, ages infant-7 years. Classes offered in Greely for ages newborn - 7 years and in Riverside South for newborn - 18 mos. kindermusikwithdeb@rogers.com (613) 821-9161.

Art Classes for kids & adults in Osgoode at The Village School of Art. Sculpting, painting, drawing, & more -no experience necessary. New classes & workshops start Sept. Details: www.artmadefun.com or call (613)826-6662.

STAGE Children's Theatre Group is taking registration for Sept. 2009. 2 programs available: 1) STAGE I, grades 1-3, Creative Drama. 2)STAGE II, grades 3-8's major production to be performed February 2010! To register/ more info: Christina (613)-826-0725 or www.stageonline.ca. SPACE IS LIMITED!!

EVENTS: General

Canadian Guide Dogs Events: 1) SUN. AUG 16 UK DAY GARDEN PARTY & TEA: Tea, scones, live music, croquet, etc. 12pm-3:30pm. 4120 Rideau Valley Dr. North, Manotick. Tickets: \$14/person (purchase in advance 613-692-7777). 2) Golf Tournament, Mon, Sept 14, at Carleton Golf & Yacht Club in Manotick (on Marina Drive). 18-holes with cart,lunch,dinner & fantastic prizes, live and silent auction Register your foursome today, or play as an individual. Cost is \$160/person. Sign up: 613-692-7777 or www.guidedogs.ca .

HOT CUP CAFE Presents: ART&JAVA NANCY M. GREEN Recent Works: A year in the life of the artist as seen through mixed media paintings and drawings. July 3 to Aug 7. HOT CUP CAFE 1133 Concession St. Russell ON. For more info: www.artandjava.blogspot.com

Employment

Osgoode/Rideau Recreation looking for dynamic & motivated individuals on our Part-Time staff. Instructors/leaders needed for: Before & After School, Preschool, Children&Adult Dance & Children Sports Programs. Also for Fitness/Speciality Fitness classes. We're always looking for new & unique program opportunities, if you are interested in instructing something or for more info contact: Julie 613-580-2424 ext.30655 or Julie.Huot@ottawa.ca _Mona at 613-580-2424 ext. 30330 or Mona.Warkentin@ottawa.ca.

I work for the City of Ottawa in the village of Metcalfe, and we are looking for a Pilates instructor for the Manotick arena starting Sept.14th from 8:10-9:10pm. All persons seeking information, please call Karen Fernie at 580-2424 ext. 30264 or email me at www.karen.fernie@ottawa.ca

Wanted

Kayak or similar vessel. 613 692 6286

70 yr old female (Snowbird/Avon Lady) needs the right situation.. accomada-tions for 6 mnths/yr. Would consider companionship: j.macvicar@yahoo.ca

Silver plated cutlery Call Gail 591-6320.

Greely Village 1or2 BDRM apartment, availability flexible. Tara:613-304-6886.

Good used basketball net and used kayak in good condition 613-723-6550.

—Client Support is our #1 goal—



Welcome!

Welcome New & Returning Clients! *Pino & Angelo, Andrew & Jodi, Rita & David, Melanie, Mary, Adam & Holly, Nicolae & Gabriela*



Congratulations! *Kerry & Chris, Tara & Robert, Ole & Lynn, Rachel, Deb, Pino & Angelo*



Thanks for Your Referral! *Judy, Laurel, Simona*
Thank you for trusting in the Dekker Team and referring us to those you care about. We appreciate and value the opportunity to serve you and those you refer to us.

—It just makes good sense for everyone involved. —



Save Home Energy: Find Air Leaks and Drafts

Doors & windows are the most likely sources of air leaks. To find them, wait for a windy day, slowly move a lighted candle, smoke pencil, or incense stick around window and door frames.

Whenever the flame or smoke flutters or drifts, an air leak is the cause. It needs to be closed, caulked, or weather-stripped.

Less-obvious leaks can occur where plumbing, ducting, and electrical wiring penetrate exterior walls. Using the flame or hanging plastic technique, check around your electrical service panel (circuit-breaker box), plumbing where it passes through exterior walls, electrical outlets, ductwork, exhaust vents, window-mounted air conditioners, and other places where outside air might be sneaking into the house.

When you find a leak, seal it with caulking, insulation, or a gasket. For more info: <http://www.hometips.com/install/energy/SB136weatherstripping18.html>



There is no substitute for persistence! It cannot be supplanted by any other quality! Remember this in the beginning and it will hearten you when the going may seem difficult and slow.

Those who have cultivated the habit of persistence seem to enjoy insurance against failure. No matter how many times they are defeated, they finally arrive up near the top of the ladder. Sometimes it appears there is a hidden guide whose duty is to test people through all sorts of discouraging experiences. Those who pick themselves up after defeat and keep on trying arrive; and the world cries, "Bravo! I knew you could do it!" The hidden guide lets no one enjoy great achievement without passing the persistence test. Those who can't take it simply do not make the grade. Those who can "take it" are bountifully rewarded for their persistence. They receive, as their compensation, whatever goal they are pursuing.

Napoleon Hill From Think and Grow Rich



CHILDREN'S: Daycare

Space is still available for the After School Program at the Osgoode Community Centre. Space is also still available for the Before & After School Program at the Metcalfe Community Centre, Greely Community Centre and North Gower Marlborough Public School, these programs now have a new drop-off time of 7:00 am. For more information, please contact: Cathy Bertinato at 613-580-2424 ext. 30235 or Cathy.Bertinato@ottawa.ca

Are you looking for summer care for your school age child? Trisha, (from Trisha's Home Daycare) is running a 10 week summer program (June 29-Aug. 28) out of her house. ECE graduate, CPR & First Aid, Police Check, small number of children! Weekly program will consist of daily swims in my above ground pool, trips to the park, weekly out trips, baking activities and lots of free play and structured game time. Sign up for the whole summer or just the weeks you need. Competitive rates with receipts! Greely 821 3497

New bilingual home daycare opening soon in Greely. Experienced mother of 2 grown children. Loving environment. Nutritious meals & healthy snacks. Indoor/outdoor activity. Arts & crafts. Circle & story time. 1st aid & CPR. Updated police check. For more info Joanne's Play House 613-821-9209.

Enchanted Castle Home Daycare has openings. Hourly, before & after school. Full/part time & weekend care. Opens 6:30am, closes 6:30pm. Flexible schedule. Excellent rates. References available. 826-1928. Denise

Caregiver, 24 yrs experience has openings for full & part time. Home made meals, buses to all schools in greely area lots of TLC, call Carrol 613-821-3736

Home daycare: Osgoode. Mother of 3 has 1 Full time daycare spot available for Fulltime 3 or 4 year old, starting in the middle of August. Also Part time & before & after school available. Near bus stops. Smoke & pet free. Nutritious meals & snacks, play time, play groups, arts & crafts, singing, story time & outdoor play. Current police check, CPR & 1st Aid, & a member of CCPRN. More info: Madeline 613-826-3392 or email mshine5696@hotmail.com.

Sandra's Homedaycare has openings. Well established daycare in Greely. Excellent rates, flexible hours, non-smoker, bilingual care. For fun-filled days, crafts, preschool teaching in a safe, caring environment please contact me for more information. Excellent references always available! Part-time, full-time, 1/2 day care or before and after school care. Please contact me @ john.schenck@sympatico.ca or 613-821-5087.



FREE Submissions to the Bearer ♦ Space is limited ♦ Deadline is AUGUST 20th for the SEPTEMBER Issue

Email: bearer@dekkerteam.com ♦ Call 613-860-4663 ♦ Fax 613-733-3435

Items for Sale

Oval Gibbard Dining Table and 4 Chairs (Walnut). Includes two 16 inch leaf inserts, & leather pad cover. Fully Opened: 76 inches long x 43 inches wide. As round table: 43 inches round. \$400 or best offer. 613-425-1133.

An upright piano by Orme Ottawa, includes the bench, works great but might need tuning. Best offer. View on Kijiji Ottawa, posted May 4, 2009. email nicole.tomkins@hotmail.com.

96 Sunlite truck camper, queen bed and 3/4 pull out, stove, micro, toilet, shower, a/c and heater, stored inside. Asking \$6500.00 Phone 613-826-2581.

42x60 fabric covered Winkler building with 2 doors 613-826-2581.

Monitor \$25. DVD Player \$25. Music stand \$5. Music Tuner \$10. 2 Door cabinet \$25. 4 shelf video equipment w/glass doors \$35. 1 heavy duty speaker \$25. 2 VHS players \$20 each. VHS tapes \$3 each. 32" flat screen TV \$300. Bell Cable receiver \$20. Pioneer receiver \$250. William 613-821-4555.

Matching white 'Kitchen Aid' Fridge (22.5 cu. ft) & Stove. Lg. self-cleaning oven convection, Ceran cook top, 3-dual size elements, 3 oven racks, warming drawer. Both just 4-yrs old. \$1000 for both or will separate. Small Sears Kenmore chest freezer, approx 10 cu.ft. 31-1/2" x 34-1/2" x 24" i\$75. 2 colour TVs (Sharp 12" - \$15) & (Sanyo 27" - \$30). Call 613.692.5235.

1986 FOUR WINNS Horizon 195 Cuddy Cabin with Trailer \$8,500. This is a nice little cuddy for the family. Fishing, water skiing or tubing won't be a problem behind this boat. Single Chev OMC 190hp, Porta-Potti, Sleeps 2. Includes a tonneau cover, camper top and trailer with surge brakes. (613) 821-4720.

Kids 4 wheeler for sale, 2005 Kawasaki KFX 50cc bought new in 06 at the Goodtime Centre. Machine is in excellent condition. Asking \$1900.00. Call 613-826-0883 or email Doyletamc@rogers.com.

Honda Generator 2500, like new. Paid \$950. Asking \$450 firm. 2005 Dodge Diesel Cummings. Never driven in salt. Utility box. 2000lb trailer hitch. Asking \$28,500 with hitch. \$28,000 without hitch. 613-822-0992.

Play structure, kids' toys, boys and girls clothing, cabinet doors, etc. Please see: <http://thisismyspace.usedottawa.com> for further details.

BABY Fisher Price Healthy Care booster seat for mealtime \$20, Disney Princess booster seat for mealtime \$20, Fisher Price musical potty \$15, baby bathtub \$10, Fisher Price babysitter/breastfeeding pillow with toy arch \$15 smoke and pet free home, can email pictures 826-3677.

4 Michelin X ice 2, one season!, bought for \$600 at Costco last November: 215/70 R15 for minivan-\$325.00; Graco double stroller-\$25.00; Graco battery baby swing-\$15.00; solid pine queen size headboard-\$20.00. Must see customized 1984 Dodge Ram van, 3/4 ton, good tires, excellent condition, 39 000 km on new engine-\$5000.00 o.b.o. 1968 parts for 75hp Evinrude-compatible with 90hp and 100hp-b.o. 613-692-6286.

Solid Pine Bunkbed with Captains bed bottom (4 drawers). Paid \$700. Selling for \$300. 613 692-3608

Bike - Mans - Northland - 26 inch wheel - excellent condition \$65. Bike - Supercycle - Unisex - 24 inch wheel - \$55. Bike for tiny girl - Minnie Mouse pink 2 wheeler (w/trng wheels) \$10. CD Holder - black \$5. Xmas Carousel - w/horses that go around - plays Xmas music - works on electricity & battery - \$25. Cake plate (pedestal) - NEW - pale blue w/ matching server \$5. Picnic Basket - bamboo - w/4 plates, cups, etc. \$5. 613-733-2289.

Hagen Bird Cage & stand 50" \$90 (with toys, mirrors, ropes \$100). CANON CP10160 calculator with tape \$40. SMITH CORONA 2200 Electric typewriter & hard case \$100. 16" standing oscillating fan (white) \$25. 4 Gal wet/dry vac, 2 hoses, bags, turbo nozzle, etc. \$90. Portable shower chair, adjustable \$90. HITACHI 32" Color TV w. stand (glass doors, shelves) \$349. 613-821-5593.

Men's free spirit racing style bicycle 10 speed, excellent condition 75\$ obo. 2 Attractive prints by Garnet Hazard, in glass (metal frame). Scenes: 1) Mill by a river, 2) Harbor. Both 26 x 22" Asking \$40 each. Older 5.5 hp Johnson out-board motor—a great fishing motor. Price negotiable. 613-822-0755.

Canadian Tire electric Lawn boy Mower \$150 obo. 3 blue flood lights \$10/ each or 3 for \$25. Jean 613- 822-7845.

Air hockey table, like new \$150; Croquet Set, \$15; 2-person dinghy, \$30; stove free to take away. Call 613-692-5559.

Interior, hollow, flat doors - 24", 30" & 32" widths \$12. Slatted, louvered doors - wooden, panels 18" wide, could be made shutters, \$15./pair, Medicine cabinet w. mirror, \$20. Bathroom wall mirrors, bevelled, \$10. Assorted white bathroom rods, rings, towel holders, \$3. Ceiling light fixtures - 1 med. size chandelier, \$45. 1 round ceiling mount, \$10. window screens - 24"x 37 1/2" , \$10. Designer curtains with valance & tiebacks, med. weight cotton, soft green, cream & buttercup colours in rectangles, length 46" , finished width 60", \$40. Cordless phone - 2 handsets, many features, \$20. Sun beds - white and raspberry, Ha user, \$50. White acrylic side table \$25. Entertainment unit - open grain finish in forest green. Exterior H 55" W 39" D 24". Interior width 37", \$500. Love seat - solid dark brown, Sofas - striped shades of brown, loose cushions, traditional style, 200. Triple dresser- dark brown distressed pine, \$300. Call (613) 692-2129 Manotick.

BABY NEEDS: Graco Travel System: Car Seat/Stroller (accident free) <http://www.graco.net/e/item.asp?code=2975&s=0930JDA> (Model C7411BLB); bath tub & towels; Lady bug (exersaucer); play mats; Nursing pillow; Jolly Jumper; swing that converts to high chair; 1 box of burping towels, receiving blanket & bibs; 1 box of Newborn PJ's & bodies; 1 box of 1-2 mnths PJ's & bodies; 1 box of 3 mnths PJ's, bodies & clothing; 1 box of 6 mnths PJ's & bodies; 1 box of 6-9 mnths clothing; Newborn-12 mnths Snowsuits; Glider rocking chair; Various books & VHS RE: raising young children (call for details). High chair, Baby blankets & crib sheets, easel, Little Tikes Adventure Wagon; Toddlers activity tables; Pink toddlers shoes size 12, 1 box of girls clothing size 3. **MATERNITY CLOTHING:** Grey t-shirt size M; Navy blue dress pants size 12; Green pants size 14; Grey/white fleece jacket size L; White/blue sweater size L. **MISC:** 2wood chairs; Danby Portable 4 Season Home Comfort (Air Conditioning, Dehumidifying, Heating & Independent Fan). Trailer mirrors for van/truck. Make an offer. Pictures available. If interested, email sunshine1xoxo@gmail.com or call 613-302-9671 between 9am-8pm.

Bike w/ training wheels-silver \$25; Toddler bike-purple \$20; Cleveland Quad-Pro golf driver \$50; Figure skates (size 25.5)-brand new \$50; Hockey skates - Bauer Supreme 1000 Custom size 4.5 \$25 & Easton UltraLite Pro size 3 \$25; 2x Office suite's \$500 & \$1000. Please call 821-6131.

Men's bike 18 speed, blue, 18" wheel diameter, 31" from ground to cross bar, helmet included 80\$. New never used golf bag/club travel bag with wheels 60\$. Andrea Audsley 613-822-9547

Rain barrels. 200L. Plastic, recycled, food grade. Tap. Screened top. Overflow hose. Only \$79.99. 613-447-9975.

1881 Rogers by Oneida Ltd. Silverware set for 12. (knives, forks, salad forks, soup, tea & coffee spoons & 1 sugar spoon & 2 serving spoons), in a wooden chest, bought in 1960. Like new. Asking \$650. Call Rita 613-822-9651.



"Whenever you are asked if you can do a job, tell'em, 'certainly I can!' - and get busy and find out how to do it."

Theodore Roosevelt
1858-1919, Twenty-Sixth U.S. President

For Rent or Time Share

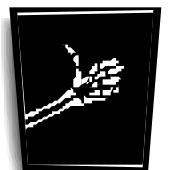
Cottage for Rent: 1/2 hr from Ottawa, on Dam Lake, Perkins, QC. 300 ft waterfront. Fully renovated & furnished 2 BDRM with modern furniture, 6 appliances & full bath. Sleeps 5. Includes, dishware, paper goods, linens, towels, life jackets, tv,dvd,video and CD/radio player. Upper & lower deck & 40' dock. Canoe & paddle boat included. Private, sunny with shade. Outdoor fire pit (wood provided). Call 613-612-9973 for pictures and more info!



YOUR HEALTH:

Carpel Tunnel Syndrome. The tight space between the fibrous band and the wrist bone is called the carpal tunnel. The median nerve passes through the carpal tunnel to receive sensations from the thumb, index, and middle fingers of the hand. Any condition that causes swelling or a change in the position of the tissue within the carpal tunnel can squeeze and irritate the median nerve. Irritation of the median nerve in this manner causes tingling and numbness of the thumb, index, and the middle fingers, a condition known as "carpal tunnel syndrome".

TREATMENT: Graston Technique is used diagnostically, as well as to treat carpal tunnel syndrome. The carpal tunnel syndrome will be treated at the site of the pain or restriction. For more information call 613-822-2228



This Newsletter is not intended to solicit buyers or sellers currently under contract.