

# THE BEARER \*\* NOVEMBER \*\* 2009

Newsletter Issue #204

Established: August 1989

*Not only has The Bearer been in print for 20 years, The Dekker Team have been serving the real estate needs of your community for over 20 years. When you are making a big decision on Real Estate, you can trust the expert advice of The Dekker Team... Hundreds have and you can too!*



## 20th Anniversary

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

### EVENTS: GENERAL

Connemara House Bed & Breakfast is having a mini trade show/open house to showcase our B&B, Spa & Retreat destination Sun. Nov. 8th 1-5pm. Bring your family & friends. 7060 Donwel Dr. Greely. For More Info: (613) 821-5000. [www.connemarahouse.com](http://www.connemarahouse.com).

Watson's Mill -1860's operating grist mill & the only industrial heritage site in Ottawa. Call for info, or advance flour orders this winter, 613-692-6455. Open: daily through Oct. & weekends in Nov. 10am-5pm. UPCOMING EVENTS Christmas Market: Sat's & Sun's, Nov. 21<sup>st</sup>-Dec. 6<sup>th</sup>: 10am-4pm. Please visit [www.watsonsmill.com](http://www.watsonsmill.com) for a complete calendar of events. Elementary School programs! Call for more details or to make a class reservation (\$3/student).

St. Andrew's Presbyterian Church, in Kars, will be holding their Annual Tartan Bazaar & Christmas Café on Sat. Nov 7th at the Kars RA Hall from 11am to 1:30pm. Free parking, free admission. Come and have lunch with your friends!

Bazaar and luncheon at St. Paul's Main St. Osgoode Sat. Nov. 7 11am to 2pm. Baking, plants, herbs, jam, pickles. Come and relax and treat a friend to a delicious lunch only \$6. salad plate, homemade sweets, tea or coffee.

Knox Presbyterian Church, Manotick Annual Fall Turkey Dinner Sat. Nov. 7. Tickets are available for: 4:30, 5:00, 5:30, 6:00, 6:30, 7:00 & 7:30 pm. Take out orders also available. Call ahead 613-692-4228 to purchase tickets, including take-out. Adults: \$15, children under 12 \$5, under 3 = free.

Breakfast with Santa Dec 5, 7-11am. Enjoy a full breakfast at the Osgoode Community Centre (5660 Osgoode Main St). Have your picture taken with Santa, bid on some great items at our Silent Auction and take home tasty treats from our Bake Sale. Tickets available at the door. For more info call (613) 826-2528. Fundraiser for the Osgoode Cooperative Nursery School.

CRAFTERS WANTED : The Annual Osgoode Crafters Market "Country Creations" is taking place December 4 - 12, 2009 at the Market Square Mall in Osgoode Village. If you would like to be a part of this unique venue, please contact Beth at 613 445-5744 or Judy at 613 826- 1243 email [carev002@sympatico.ca](mailto:carev002@sympatico.ca).


Fall Craft Sale and Luncheon will be held at South Gloucester United Church (Location: Johnston's corners: Albion & Rideau) on Saturday, November 21st. Winning raffle ticket for the Mennonite Quilt valued at \$1675.00 will be drawn during the craft fair.

St. Brigid's Church Annual Bazaar, 2015 River Road, Manotick "A Community Helping One Another" Sat. Nov 14 9am-12pm. Home baked goods, crafts, silent auction, tearoom, gift items and more.

17th Annual St. Mark Craft Fair Sat. Nov 14th & Sun. Nov 15th 10am - 4pm. Location: 1040 Dozois Road Manotick.

## DEKKER TEAM.com



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

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

Let Our **Proven Performance** Move You



"I am responsible. Although I may not be able to prevent the worst from happening, I am responsible for my attitude toward the inevitable misfortunes that darken life. Bad things do happen; how I respond to them defines my character and the quality of my life. I can choose to sit in perpetual sadness, immobilized by the gravity of my loss, or I can choose to rise from the pain and treasure the most precious gift I have - life itself." Walter Anderson

### SERVICES: GENERAL

**MATH TUTOR:** University Engineering student, Grade 12 Math Award recipient will tutor grade 11/12 math students, \$20/hr, references available. Contact Anders at [avanvolkingburgh@gmail.com](mailto:avanvolkingburgh@gmail.com) or call 613-821-9743.

**Backhoe Services.** For more information call Keith Tierney at 613-795-5637.

Mon - Fri Tierney Bus Service picks up at your door. Osgoode, River Rd, Doyle, Snake Island, Stagecoach, Mitch Owens, Albion, Greenboro Transit. Opposite route in evening. At Greenboro the OTrain/OCTranspo take over. 1-way fare: \$10. Monthly pass: \$200. For \$6 get Adult OCTranspo bus pass. Long Distance Trips available. For more info 613-795-5637. Drop off at the end of the day.

Need wood prepared for a project you're doing? I can saw, cut, plane, and joint the wood to meet your requirements. For these services and more, contact Mike's Custom Wood Products at (613) 826-3296 or by email at [mikekilfoil@sympatico.ca](mailto:mikekilfoil@sympatico.ca). *You should see what I saw!*

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 more info.

Cakes made to order. Classic Buttercream icing. You create the theme and I can create the cake. Great taste, great value, "It's a Piece of Cake!". Call Jen for details, 613-821-4022.

### SERVICES: HEALTH & BEAUTY

**Salon Posh.** A unique hair salon in Greely offering cutting edge styles plus the latest trends in color & highlights for women & men. Privately owned & operated by a stylist with 15+ yrs experience in prestigious Ottawa salons. A warm & relaxing atmosphere awaits. Book today! Ginette 613-821-3381

Zumba, Pilates, Spinning, Circuit Training, Boot Camp Classes Private Fitness Studio near Parkway & 8th Line [www.wellnesswithsusanna.com](http://www.wellnesswithsusanna.com) 613-821-5031.

Seamstress/alterations /hemming for any types of clothing. Zippers, Replace Buttons, insert button Holes and Lined Garments . Also sew any types of covers, eg chair, couches, curtains and drapes. New Curtains available. For info: 613-822-3309 or [korasha@ekismat.com](mailto:korasha@ekismat.com). Located 4477 Shoreline Drive.

Got Pain? Get Relief. Avazzia Micro-Current Electrotherapy Biofeedback devices. Ion Foot Detox Treatment & machines for sale. Rooibos Tea. Black Seed Products( Oil, Soap, Shampoo, Honey, Facial Scrub, Hair Pomade, Herbal Lozenges, etc.). MMS "Miracle Mineral Solution". Plus more. [www.detoxeasier.com](http://www.detoxeasier.com). Call Dr. Ali 613-822-3309.

Mary's Fitness & Variety class new session begins Nov. 3- Dec. 17. Tuesday's & Thursday's 9:15-10:15 AM. Located in the Osgoode Karate Club facility. Cost is \$84. For info please call Mary at 613-826-3341. All welcome!

**ION CLEANSE Detox** -30 min foot bath to remove impurities, increase energy, relieve stress, sleep better, revitalize. Book your appointments now! Available times: Weds & Sat afternoons, Tues & Thurs evenings. Only \$100 for 3 sessions or \$40/ session. [judi.studio@gmail.com](mailto:judi.studio@gmail.com) 613-822-1503.

Loose 3-5 lbs/week - keep them off-forever! - proven European designed weight loss protocol for over 35 years. Call Judy 613-822-1503 [judi.studio@gmail.com](mailto:judi.studio@gmail.com). Ideal Protein nutritional products. Available times: Weds & Sat afternoons, Tues & Thurs evenings.

Yanumaja Yoga Classes/Thai Massage Weds' 9:30am or Sat 9am Osgoode! An innovative approach to yoga appropriate for all skill levels. Thai massage is full body & modality that incorporates acupressure & yoga-like stretching. Ideal for reducing stress. It can also help you relax and avoid fatigue and illness. Contact Christine at [christine@osgoodeyoga.com](mailto:christine@osgoodeyoga.com) or 613-826-1969.

Certified Bio-Sculpture Nail Technician now taking new clients-instant length, no damage to the natural nail, works well with all other nail systems (acrylic, porcelain, gel), available in clear, French manicure or permanent color. References upon request. Call 613-614-8299 or 613-826-2525.

Interested in GLUTEN FREE cooking classes? Then call Nature's Way health food store in Kemptville for more information and to register. Next classes are November 24th and December 1st. Join us for a hands on gluten free holiday baking exchange! Call 613-258-7772.

## CHANGING SPACES:



### Find out what the Dekker Team can do for you!

- A free no obligation market evaluation of your home
- Information about real estate in your area
- Home finder system to find your next home

### Featured Properties For Sale

Read on & then give us a call for your personal tour. We are ready to help you Change Your Space! 1,000's More Available!

**Call The Dekker Team at 613-860-4663**

**for more info or visit [www.dekkerteam.com](http://www.dekkerteam.com)**

#### Prestigious Executive-Metcalf \$440,000

3 BDRM, 3 Bath on forested acreage. Bright windows throughout with panoramic views. Great Room w/cathedral ceilings, 2 sky lights, fireplace, and dramatic staircase with balcony above. <http://www.dekkerteam.com/homes/77>



#### Beautiful 4 BDRM on 1/2 acre \$400,000

Osgoode Ridgewood. Mature trees, gardens, fenced yard & privacy. Sunrm, huge kitchen. Laundry & Den on main. Family rm w/fireplace. Master walk-in closet, ensuite w/jacuzzi. 3000 sq ft. <http://www.dekkerteam.com/homes/79>



#### Country Living at its best in Moose Creek!

**\$210,000** Kitchen opens to a warm & spacious living rm featuring beautiful hardwood & cozy wood stove. Just a short drive to Casselman Amenities. Come see...you'll be pleased! [www.dekkerteam.com/homes/81](http://www.dekkerteam.com/homes/81)



### LOST

Red small suitcase with red pom pom and green lock Oct. 8th 2009 @ 5:00 a.m. some where on Rideau Valley Dr. N. going through Manotick, River Road, Hunt Club to Airport. No name outside or inside If found would like to have it back 1 613 220-8009.

### SERVICES: HOME

**HOUSECLEANING** - professional, thorough, reliable & honest cleaning help that takes pride in my work! I've served the Manotick & Riverside South area for over 8 years & currently have *limited* weekly & bi-weekly openings. For more info: Diane (613)692-0864. I look forward to discussing your cleaning needs with you and to arrange a free estimate!

Interior/exterior painting, free estimates, references avail, Glen 613-692-1388

J's Cleaning service offering weekly, bi-weekly or 1X service. Complete cleaning service. Experience the difference! James 613-826-3276.

Beyond the Basics Cleaning - Naturally clean! No chemicals/toxins. Fully insured & bonded. Also offer organizing/decluttering service. Jeanne 889-3223, Kandie 864-9225, or [beyondthebasics@live.ca](mailto:beyondthebasics@live.ca). You won't be disappointed!

Custom Concrete Floors specializes in creating one of a kind residential, commercial and industrial floors. We provide many low waste, high strength and artistic concrete flooring finishes over wood or concrete substrates. Contact Jean-Marc Begin at 613 327 9127 or visit [www.CustomConcreteFloors.ca](http://www.CustomConcreteFloors.ca) for a free no obligation estimate.

## EVENTS: CONTINUED

**DUPLICATE BRIDGE** - Every Monday night at St. Leonard's Church, Long Island Road, Manotick 7:30 pm. Come when you can with your partner and enjoy a pleasant evening of social duplicate bridge.

Enjoy winter bowling with other Senior's at North Gower Mondays 1pm. We're not serious bowlers, it's just for fun. Call 826-2751 For more details.

Experienced piano teacher is accepting new students in the Manotick, Osgoode and North Gower area. I am able to travel to your home to give lessons. Lessons are \$20 per half hour plus \$5 travel fee. For more information please contact Teresa Kelly at 613-283-9011.

Isle in the River Review Theatre Company presents "The Murder Room" a comedy spoof. Performances are at the Osgoode Community Centre, Nov. 6th-Nov. 14th. Tickets: \$12 for adults & \$10 for senior/students. Box office: at 613-860-1291. [www.itrtheatrecompany.com](http://www.itrtheatrecompany.com).

The Bells Corners Christian Women Club upcoming meeting: Tues. November 10th at 9:15am (Feature: Fashion show by Bonnie & Co. Fashions) at Arlington Woods Hall, 225 McClellan Road, Nepean. Admission \$4 (\$1 for First Timer). Free Child Care Reserve 721-1257 or 829-2063.

Live and Learn Resource Centre (Rural Family Connections - supports families of children 0-6 in Ottawa South) Free Events: Location: 8243 Victoria St., Metcalfe. Please call to register for all classes: 613 821-2899. **Oct 29 6-8pm**: Dad's: Enhance parenting skills & strategize your children reaching their full potential. **Nov. 4 9-11am**: Parent's of babies 0-12mths: What Happens in communication during the First Year. **Nov. 10 7-8pm**: Parents: looking for home daycare options? **Nov. 26 6-8pm**: Parents: how to connect to a full range of non-emergency community, social, government & health services. **Nov. 3-Dec. 22 Tues & Thurs 1-3pm**: Children planning to attend 4yr old kindergarten Sep 2009 or 10 Ready to Learn - literacy, numeracy, motor, cognitive & self-help abilities. **Monthly Thursday events**: **1st Thurs** of month 7-8pm: Women, Words, & Whimsy. **2nd Thurs** of month 7-9pm: Metcalfe Community Knit Together. All fibre artists welcome. **3rd Thurs** of month 7-8pm: Book Club. Bring a book for discussion.

"Listen to the Whispers" - Free, 50-min. talk on ovarian cancer. Learn: facts, signs, symptoms & risk factors Weds. Nov 18th, 7:15-8:15 pm at Moncion's Independent Store, 671 River Rd- Riverside South. For info: Carol: 613-830-8833, [psprott@rogers.com](mailto:psprott@rogers.com) or Keltie: 613-832-9192, [keltie@nehi.ca](mailto:keltie@nehi.ca).

Rideau Community Support Services Activities: 1) Nov 4<sup>th</sup> 11am-1:30pm **VICTORIAN FASHION SHOW & LIGHT LUNCH**, North Gower Richmond Outreach Office, 6556 Prince of Wales Dr. Cost: \$15, Volunteer MODEL positions available. 2) Dec 2<sup>nd</sup>, **CHRISTMAS MAGIC** in Morrisburg. We'll travel to the McIntosh Inn for Turkey LUNCH with all of the fixings and then onto Upper Canada Playhouse for "THE CHRISTMAS EXPRESS." Cost: \$69. To reserve tickets for any of these events call Terry: (613) 692-4697."

Are you caring for a spouse, parent or a friend? Our support group for rural caregivers will be meeting the 2nd Tues. of each month at the Greely Fire Hall from 10:30 to 12:30. The 3rd in the series will be on Tues. Nov 10<sup>th</sup> "Going Home From Hospital." How do you deal with coming home-whether after a hip operation, pneumonia, or a heart operation? What services are available, and what should one expect? For more info and to reserve a spot, RSVP to Osgoode Home Support at 821-1101 or Rideau Community Support Services at 692-4697 as a light lunch will be served."

### — Client Support is our #1 goal —



#### Welcome New & Returning Clients!

Jennifer & Chris, Kevin & Lydia, Matthew & Davina, Bernie & Angela, Penny,



**Congratulations!** Roland & Angela, Adam & Holly, Luc & Kim, Bob & Carol, Matthew & Davina, Therese, Roberto, Kevin & Lydia.



#### Thanks for Your Referral!

*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.—*



## TIPS ON PREPARING YOUR HOME FOR WINTER:

**ELECTRICAL:** Turn off & On all breakers to see if working. Check & tighten fuses in electrical panel.

**HEATING:** Turn it on & ensure it is delivered through vents. Check the filter & change it if necessary.

**HUMIDIFIER:** Open damper at duct for humidifier. Turn dial up to 30/40. Inspect tray, replace with clean water & replace foam drum every 3 mnths.

**EXTERIOR:** Check foundation for cracks in concrete or for low spots in soil against foundation where water can accumulate. Refasten loose trim, caulk around trim, windows & where water & oil pipes, ac lines, dryer ducts, etc. come into house. Repaint wood to prevent water entry.

**BASEMENT WALLS:** Check for water stains, peeling paint, damp spots.

**THE ROOF:** Look for missing shingles, cracked flashing. Check the chimney for mortar deterioration and loose bricks. Clean debris from gutters. Check attic for signs of leakage on underside of roof & for evidence of pests. Cut back shrubs, broken or over-hanging tree branches to prevent animal access.

## CHILDREN'S: DAYCARE

Home Daycare: Osgoode w/opening for 2+yr olds. Small group of children, Healthy snack & meals, Large Fully Fenced Yard w/ 2 large indoor play areas, 6 yrs experience, First aid, CPR, Non-smoking. Teachers welcome. Please call to arrange a meet & greet. Sherri 826-1717. Other caregivers please call and say hello, I am interested in doing a craft exchange for the upcoming year.

My Buddy's Home Daycare has available spaces. Bilingual mother of three with 17 yrs experience. Loving environment that includes nutritious meals and snacks, indoor and outdoor play, crafts, circle time and storytime. Come and join the FUN!!! ECE qualified, smoke free CPR and first aid. References and receipts available. Call Catherine 613-826-3532.

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

Home daycare: Osgoode. Mother of 3 has Full time daycare spots available. Also Part Time & before/after school available. Near buses. Smoke & pet free. Nutritious meals & snacks, play time, arts & crafts, singing, stories & outdoor play. Police check, CPR, 1st Aid & member CCPRN. For more info: Madeline 613-826-3392 or [mshines5696@hotmail.com](mailto:mshines5696@hotmail.com).



"Often we allow ourselves to be upset by small things we should despise and forget. We lose many irreplaceable hours brooding over grievances that in a year's time, will be forgotten by us and by everybody. No, let us devote our life to worthwhile actions and feelings, to great thoughts, real affections and enduring undertakings."

Andre Maurois 1885-1967, Writer



## EVENTS: CHILDREN'S CLASSES

Kindermusik Family Time and Village. Come join in on the musical fun with Kindermusik. In a Kindermusik Class you'll see in 8-10 weeks how music helps your family laugh together, share, take turns, and how musical learning can be a family thing. Cost: approx. \$10 per class. Classes offered in Kars, Manotick and Metcalfe. For more information please call Paula 613-489-1635.

KUMON MATH & READING CENTRE OF NORTH GRENVILLE is now open in Kemptville at "Upstairs at Jonsson's" Your Independent Grocer. Classes on Mon & Thurs, 4-7 p.m. Call to schedule an Information Session and a FREE Placement Test. Email [nelsongroening@ikumon.com](mailto:nelsongroening@ikumon.com) or call 613-258-4924.

Kindertime : A preschool learning centre for 3 & 4 year olds. Focusing on learning skills such as the alphabet, phonics, math readiness skills, colors, shapes, with creative activities such as arts and crafts, stories, songs, all in a fun, positive environment. Tuesday and Wednesday mornings 9a.m. - 11 a.m. For more info. contact Sherry @ 613-826-0360 . Starting September 22, 2009, (runs throughout the school year.) Join Anytime!

BALLS, MATS, & STORIES FOR PRESCHOOLERS. Come run, roll & romp 9:30-10:30am Every Weds. Drop-In rate \$5.per child. Rideauview CC in Riverside South. [judi.studio@gmail.com](mailto:judi.studio@gmail.com) Judy: 613-822-1503.

Is your son or daughter falling behind in school or are they really not understanding? Do they have a learning disability that makes them struggle to keep up or stay organized? A fully qualified, experienced high school math/science teacher is available for tutoring. If interested call 613-826-3908.

**FREE Submissions to the Bearer ♦ Space is limited ♦ Deadline is NOVEMBER 20th for the DECEMBER Issue**  
**Email: bearer@dekkerteam.com ♦ Call 613-860-4663 ♦ Fax 613-733-3435**

## ITEMS FOR SALE

Filing cabinet: metal, vertical, letter size, 4 drawers. \$100. Inquiries [cdpol-lock@xplornet.com](mailto:cdpol-lock@xplornet.com).

IKEA MALM twin sized bed frame with side table, beech colour, \$70. Colonial 6 drawer dresser, 20\$. Bed size table 10\$. 613-791-4998.

Toronto Maple Leaf "SUNDIN" Jersey, Like new, CCM XL, white with blue trim \$80. 57 Chevy 121,600 Original Miles, X Door SEDAN, No RUST, \$10,000. 4 Antique solid wood arm chairs (swivel, rock) \$40 each. Brian 613-692-1321.

Playstation Portable, Black (Never used) \$80. Dora Toddlers bed \$20. Easy bake oven (Never used) \$10. Many toddlers play sets from Little people & Fisher Price from \$5-\$15/set. Baby Crib set sheets and table lamp and comforter matching set (Winnie The Pooh) all for \$60. Kristina 613-822-2183.

Crystal chandelier: 5 lights, brass base 18"H \$50. Air Conditioner: HAIER 5200 (2008) horizontal, energy efficient 18 w x 13d x 11h - \$50. Ice fishing auger - Swede, brace & bit 6" hole, handdrill cutters premier quality hardened steel, 5" skinner & polar tip up - fishing set lines & hooks, \$50. Bike: Unisex Supercycle, 24" knobby wheel 18 spd falcon equipped indexed shifter -red - \$65. Bike: Mans Minelli Hybrid, large frame 18 spd 28" touring wheels, shimano equipped thumb shifter - mottled burgundy \$85. 613-733-2289.

Dell Precision WorkStation 670, 2 Intel Xeon CPU 3.60GHz, 4GB RAM, NVIDIA Quadro FX 3400/4400, 2x36 GB SCSI drives + 80 GB drive, Windows XP SP3. CD-RW/DVD ROM. \$300. 613-822-9717 - Rob.

Home grown, very lean, freezer beef for sale cut & wrapped as you like it. Sunlite truck camper - Be ready for your next vacation with your reservations right with you. 30 Winkler Structure canvas building 42' X 60'. Will deliver in Osgoode area. Call to place your order or for details 613-826-2581.

Dining Room set—solid bleached oak, excellent condition. Includes 6 chairs & 2 12" extensions. Asking \$350. 613-821-1455.

4 Goodyear winter tires used 5 months 195/70/R14 (no rims) \$500. 4 Toyo truck tires used 3 winters 225/75/R15 (no rims) \$100. Brand new tonneau cover bought for 1999 Dodge Dakota \$300. Rainbow vacuum cleaner with attachments \$400. Call 613-826-0485 after 6 PM.

8HP dual-stage snowblower with electric start \$450, Shocks & manual for Intrepid (new) \$200, 20" monitor \$50, computer speakers \$25, trailer hitch assy \$50 821-1384.

Business Closing. Selling: Quilting materials, craft supplies, crafts, shelves. Must see inventory. Cost \$6,000. asking \$3,000. Call 613-822-4555.

7" Toshiba portable DVD player (includes power cord, battery pack, remote control, audio cables, AC adapter, vehicle adapter, owner's manual, DVD carrying case & Roots protective bag). Paid over \$200. Asking \$175 obo. Decanting Wine for dummies (2.2 L decanter, funnel, instruction book) \$25. 5 cup Westinghouse Cool-Touch Rice Cooker \$25. All "like-new."

Mens full-length raccoon fur coat, size 38-40. Like-new condition. \$2000. Set of 4 Wide Radial-Style Mag Wheels (Without Tires), 8.5" wide, 15" diameter. Five-bolt pattern fits older model Corvettes and GM products. Makes your wide tires look REALLY wide. \$400. Renegade Midnite 12 racing-style bicycle, model 9095 with rear carrier, 27" wheels, 12-speed. \$80. (613) 822-9898.

Organ \$40. Little Tykes: pink & white toy box 39"x24" \$40; pink & white make up vanity & stool \$30; red car bed (full sized single bed) \$125; play house 54.5"H x 54"W \$70. Step-2 blue & grey toy box 27" x31" \$40. Various boys hockey equipment. All in excellent condition. Call: 613-692-5493.

TV STAND 21H"x16W"x27"L \$25. Kitchen table with 5 chairs \$25. Band Saw \$60. Desk & Chair Best offer. Kitchen Table 24"L (no chairs) \$10. Exercise Ski machine \$25. Working Dryer \$10. Contact 613-826-3374.

Columbia Winter Jackets: Men's size small - one in black and - one in off-white and light & dark olive green - \$15 each. Call 613-592-3907 evenings.

Ski boots (Roxy) pink, youth 39/ladies 7. Skates (Nike), ladies 8. Hockey helmet (CMA), black, adjustable. All items worn 1X -best offer. 613-692-5597.

Boys skates size 9"D", Baby Sleigh with pad, Solid Wood Crib, Evenflo Trail Treck, Graco Stroller, Avent Isis Breast Pump, Black "Buster Brown" dress shoes size 8, lots of "Boys" Good Quality dothes (some dress clothes) like new - mostly sizes 3&4. Please call 613-821-3797.

## REDUCE THE TRAUMA OF MOVING!

A move may be an important step forward for adults but it is harder on the children. According to Ronald Raymond (clinical psychologist) 70 % of adults have difficulty with moving. 2 months after moving it hits the hardest. You are no longer on a high and the readjustments give you a feeling of dislocation. Even the smallest things such as: where your kitchen utensils are, which aisle of a store to look in, or the unexpected culture shock of differences in food, language, clothing, and social rituals agitate adults & children alike. How much harder is it for children? They have spent a life-time in that home!

The best step for the whole family is to take the initiative! Make contact immediately with the athletic, religious, cultural or political organization closest to your interests. Locals won't be coming to you. They are too busy.

Remember, the newness will wear off! New friends will become old & best friends and the new house will become home. In the end, everything will work out fine.

For the rest of this article & specific struggles children face and some great tips on reducing their trauma due to moving please call **The Dekker Team @ 613-860-4663.**

## WANTED

Extendable wooden dining room/ country kitchen table that would seat 10-12 call 613-692-0235.



"When the archer misses the mark, he turns and looks for the fault within himself. Failure to hit the bull's eye is never the fault of the target. To improve your aim - improve yourself."  
**Gilbert Arland, Writer**

## FOR RENT or TIME SHARE

6 months Bungalow Condo rental in Manotick Village. (2 BDRMS, 2 Baths, living, dining, kitchen, laundry, sun room, finished basement, garage, rear deck—looks onto creek. Nov 15 - April 15 2009. Business and Professional people only as it will be fully furnished. \$1200/month + utilities. Contact: Maggie 613-222-6113 [maggie001@gmail.com](mailto:maggie001@gmail.com).

CHRISTMAS @ CALABOGIE LODGE. 2 BDRM, 2 bath, sleeps 6, available Dec. 19-26 '09. Faces the lake. Features: equipped kitchen, gas fireplace, Jacuzzi, & washer/dryer. Indoor pool, Skating on lake. Skidoo Rentals, Restaurant, Sauna, Games Rm, Organized Activities, Library, DVD Rentals. 10 min. from Skiing Calabogie. Walking distance to grocery store & LCBO. Short drive to Churches. \$900/week. [mytimesharesforrent@rogers.com](mailto:mytimesharesforrent@rogers.com) or 613-692-5276.

MARCH BREAK IN ORLANDO-Sheraton Vistana Resort, 2 BDRM, 2 bath, sleeps 8, available Mar13 - 20 for \$950 (Fountains Section). Fully refurbished last year. Features: 3 TVs, full kitchen, living rm, dining rm, in-unit washer/dryer. 1 mile to Disney. [mytimesharesforrent@rogers.com](mailto:mytimesharesforrent@rogers.com) or 613-692-5276.

## NOTHING SELLING?

So your home was listed and didn't sell. The reason may have nothing to do with your home or the market. In reality your home may have been one of the better homes on the market. We can identify the reasons your home did not sell.

To find out how The Dekker Team can get YOUR HOME SOLD FAST & for TOP DOLLAR, call us today @ 613-860-4663.

**PS: We have helped hundred's of families just like yours make the right Real Estate Decision.**

