

THE BEARER **MARCH** 2010

Newsletter Issue #208

Established: August 1989



The spring market has sprung! Sales in January were up significantly and February numbers are trending up as well. Our government in a move to prevent Real Estate from going into a bubble and to prevent people over-extending themselves with lower interest rates that may rise in the future has introduced some adjustments to the CMHC (Canada Mortgage & Housing Corporation) insurance lending criteria for government backed insured mortgages.

These three changes are intended to come into force on April 19th, 2010:

- 1) All borrowers will need to qualify for the mortgage payments at the five year fixed rate even if they select a lower interest rate and shorter term.
- 2) The maximum for refinance of an existing property will be reduced from 95% of value to 90% of value.
- 3) Non-occupied investment or speculation purchase will require 20% down for government backed mortgage.

"Canada's housing market is healthy, stable, and supported by our country's solid economic fundamentals" said The Honorable Jim Flaherty, Minister of Finance. Call The Dekker Team for information on how the market will effect your buying or selling decisions.

All The Best—The Dekker Team,
Your Real Estate Resource For Life!



EVENTS & CLASSES

Watson's Mill (5525 Dickinson Street Manotick) -1860's operating grist mill & only industrial heritage site in Ottawa. VOLUNTEER OPPORTUNITIES: Typing oral history interviews that were conducted this summer, scrap-booking memories, special event committee members, high school students needing volunteer placement hours. UPCOMING EVENTS: 1) March Break Day Camp (March 15th 9:30am - 3:30pm) "Writing on the Walls" Ages 6-12. Watson's Mill's walls have stories that will be told. We will also examine history's wall art from prehistoric petro-glyphs to modern graffiti, recreate the styles and mediums & have the opportunity to leave our own legacy on the Watson's Mill 150th Anniversary Graffiti Banner. Cost: \$25 (\$20 for members) includes one small snack, bring your own lunch. Register. Call for info, when open and/or advance flour orders this winter, 613-692-6455.

The March meeting of the Bells Corners Christian Women Club is Tuesday March. 9 at 9:15am at Arlington Woods Hall, 225 McClellan Road, Nepean. Featuring J'lene Bradley with Norwex - Cleaning without Chemicals. Admission \$4, \$1. for First Timer. Free Child Care Reserve 721-1257 or 829-2063.

Rideau Community Support Services Upcoming Events - Breakfast & Theatre (Feb. 24), Mrs. Dexter and her daily; Red Hat Society Fashion Show & Lunch (March 3); Sugar Bush visit in March. For more information, please call Terry at (613) 692-4697."

Children and Adult Pottery program in Metcalfe, starting April 8. Make creative day sculptures and projects using hand building techniques. Instructed by local Metcalfe potter and the President of The Ottawa Guild of Potters, Colette Beardall. For information please call 613-580-2424 ext. 30235.

New Saturday morning sports programs at North Gower Public school. Ages 20mths - 2 yrs - Sports For Tots. Ages 3-5 yrs - Just gym. Ages 6-9 yrs - Saturday Morning Sports Club. Registration starts March 11. Programs start March 27. For times and fees call 613-580-2424 ext. 30235.

St Patrick's Home Of Ottawa Foundation (2865 Riverside Drive) —March Festival. March 12th Erin Luncheon 11:30 am—3:30pm. Tickets \$35/person. Entertainment by Gail Gavan & The Shades Of Green, Silent Auction, Lottery draw for \$27,000 in tax free cash prizes—held 2pm. 613-260-2737.

March is Kidney Health Month. Every day 14 Canadians learn their kidney's have failed. There is no cure & survival depends on dialysis or kidney transplant. Over 1,000 people in Ottawa are on some sort of dialysis. When a volunteer canvasser calls at your door, help fund the research & patient services by donating to the kidney foundation. You can also donate on line at www.kidney.on.ca

Yogalates with Baby: Incorporate your baby into your physical and spiritual workout. Classes held at Manotick C.C. starting March 23 and Greely C.C., starting April 12. For information call 613-580-2424 ext. 30235.

Stew Dinner. Friday March 26 from 4:30 to 7 pm at Trinity United Church, Main St., Kars. Cost: Adult \$10, Child \$5, Family of 4 for \$25.

DEKKER TEAM.com



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Home empowerment tools for woman. Save money & do it yourself. Ergonomically designed, durable, stylish, affordable & PINK. Not available in stores. By locally from Rita; shop at www.tomboytools.ca with Web ID # B0392; or call & book your Tool Party (earn FREE & half priced tools). Amazing monthly specials. For more info: 613-302-9671 (Please do not call after 8pm or before 9am) or email cooltoolparties@gmail.com. Come see us at the Ottawa Spring Home & Garden Show @ Lansdowne Park - March 25-28.

Home Movies: Learn to edit your home videos using Pinnacle software.\$20/hour. Manotick. Bring a friend. Children welcome to play while we edit. Nathalie 613-692-3565

MATH TUTOR: Carleton 3rd year aerospace engineering student, high school math award, available to tutor grades 10-12 math in your home. References available, \$20/hour. Contact avanvolkingburgh@gmail.com or 613-866-9743.

SERVICES: HEALTH & BEAUTY

Do you love going to the Spa? But can't always afford it? Don't have the time? Let me show you how you can experience spa quality treatments at a fraction of the price!! Call me today to book your very own in-home Spa Escape! Mallory Ralph, BeautiControl Consultant, 613-978-4677 or mallory_ralph@hotmail.com www.beautipage.ca/mallory

Feeling constantly fatigued, bloated, low on energy? Do you sleep poorly, get sick easily, struggle w/unhealthy foods or have: difficulty losing weight, slow metabolism or joint pain? These are symptoms of TOXIC OVERLOAD! ISAGENIX is the world leader in nutritional cleansing! Detox your body & get back to feeling healthy. Cheryl @ 613-821-4895 or www.ozen.isagenix.com

Computer Repairs Services and Website design. Avazzia Biofeedback devices. Ion Foot Detox Treatments and machines for sale. Rooibos Tea. Black Seed Products(Oil, Soap, Shampoo, Honey, Facial Scrub, Hair Pomade, Herbal Lozenges). MMS "Miracle Mineral Solution", Natural products, Plus more. www.detoxeasier.com. Call Dr. Ali 613-822-3309.

Seamstress/alterations/hemming for any types of clothing. Tops, Skirts, Shorts & Evening Gown . Zippers, Replace Buttons & insert button Holes, Lined Garments, furniture covers, curtains, etc. New Curtains available for sale. For more info call K. at 613-822-3309 or email: korasha@ekismat.com . Located 4477 Shoreline Drive, Ottawa, Ontario, K1V-1S7.

We offer Chiropractic, Medical Acupuncture, and our newest service Graston Technique at Riverside South Chiropractic Center. For more information talk to Dr. Maryam H. Zadeh by calling 613-822-2228

Yanumojia YOGA classes offered: Weds 9:30 am from my home or Sat 9 am at St. Paul's Anglican church. Also: Relax, revive, heal with a wonderful full body THAI MASSAGE that incorporates yoga like stretching and accupressure. For more info: Christine 613-826-1969 or christine@osgoodeyoga.com

Reset your metabolism, give your pancreas a rest, & lose 3-7 lbs per week. Info session: Riverside South. Ideal Protein Nutritional Protocol. Judi.studio@gmail.com. Call Judi to book 613-822-1503.

ION CLEANSE DETOX. Give your feet a treat - your whole body will thank you. Give your metabolism a boost. Colored water? Arthritis? Relieve Stress! Increase Energy! Revitalize! Only 30 min. Get your body ready for Spring! Judi.studio@gmail.com. www.judistudio.com Call Judi to book 613-822-1503

TREES FOR TOMORROW: (City of Ottawa)



Register for 1 free tree today and have it delivered it right to your door at no charge! A variety of species & sizes available. Get it, plant it, grow it. 100,000 trees in the City of Ottawa by 2010 through the Trees, Reforestation and Environmental Enhancement (TREE) Program.

If you previously received a tree you are eligible for a second! First-come, first serve while quantities last. Delivery = Spring (May/June) or Fall (Sept./ Oct.). The online registration form indicates when your tree will be delivered.

A potted tree requires care following delivery. Planting instructions, compost & mulch provided. If you will not be home during the delivery period, a neighbour or friend will be required to water the tree until your return. It is your responsibility to obtain underground utility locates prior to planting. For more info or to register: call 3-1-1 or www.ottawa.ca "register for your tree."



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
- Take a tour with us at one of the below feature properties or 1 of the 1000's more available!

For more info: 613-860-4663 or visit www.dekkerteam.com

So Much for So Little In Vernon \$220,000

4 BDRM, 2 bath bungalow on spacious lot, only 45 min from Southkeys! Country kitchen is open w/bright dining room. Finished basement w/large family room & storage area. Ensuite is in the 3rd BDRM. www.dekkerteam.com/homes/88



Family Values in Barrhaven \$325,000

BDRM, 2 bath split level w/space for all w/living, family & rec rm! Large eat-in kitchen overlooks family rm w/gas fireplace & screen doors to fenced yard w/ cobblestone sitting area & in-ground pool. www.dekkerteam.com/homes/90



This is Your Move! \$270,000 4 BDRM Hi

Ranch Bungalow w/lots of space. Freshly renovated. Privacy & Proximity! No rear neighbors. Minutes to Greely. Nice drive to city! Oversized garage w/workshop space & inside entry. www.dekkerteam.com/homes/86



Updated 4 BDRM on private lot \$279,900

Lots of updates -Shows beautifully! Open & spacious main living area. Large bright windows w/ great view! Large Kitchen/Eating area. Laundry by kitchen. Den/hobby rm on Main. Basement awaiting your touch. Proximity to Ottawa: 25KM! www.dekkerteam.com/homes/87



8 MORE PROPERTIES — GET THERE FIRST ! .

They will be listed on MLS in the next 2-3 weeks. Call NO W for details & for your advance showing: 613-860-4663 ! Locations: Orleans, Manotick, Metcalfe, Osgoode, Kemptville, Brinston

SERVICES: HOME

Landscaping/ Interlocking stone installations and repairs. Please contact James at 613-296-9271 and visit our website www.ybrc.4t.com

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

Custom Concrete Floors specializes in creating one of a kind residential, commercial & industrial floors. Low waste, high strength & artistic concrete flooring finishes over wood or concrete substrates. Contact: Jean-Marc @ 613 327 9127 or www.CustomConcreteFloors.ca for a free no obligation estimate.

Take advantage of the EcoAction program. Become eligible for up to \$10,000 in federal & provincial grants to make your home comfortable & energy efficient. We guide you through the process, handle the admin, & help maximize your rebates. Save money- beat the HST- book an energy audit today! Infinity Home Inspections 613-821-2462 infinityhomeinspectionsservices.ca

EVENTS & CLASSES CONTINUED

Burn calories, have fun & meet new friends! Join our *Women's Fitness class*. *Every Weds 12:15 – 1:15pm*. No cost. Drop-ins welcome. Certified Fitness Instructor 2176 Prince of Wales Dr. at The Metropolitan Bible Church. 5-min inspirational "Fit Tip"! Info? Church office - 613-238-8182."

"It's An Art Thing" New Art School & Studio offering art classes for children, youth & adults in Greely. Complete a drawing, painting or creative masterpiece while discovering your own artistic expression. March Break Art Camp – Come Explore the Magic of Art! A fun filled week of creativity, March 15 – 19! Campers can choose a half day or a full day camp. For more info: www.itsanartthing.ca or call Sharon at 613-821-9846

Experimental Farm: 1) Tues's 7-9 pm Lecture Series: April 6: Managing Fruit Trees & Shrubs. April 13: Solutions to Common Garden Problems. April 20: Creating a Monarch Waystation/attracting pollinators to your garden. April 27: Home Grown Produce. Individual lecture: \$15 (\$12 FCEF members) Series: \$50 (\$40 FCEF members). 2) Craft & Bake Sale April 24 & 25 10am-4pm. Free admission. Events in Building 72, Arboretum. Parking-free. For info/to register for lectures: 613-230-3276 or info@friendsofthefarm.ca

Euchre Tournament Fundraiser Sun. Feb 28 1-4:30pm Metcalfe Lions Den, 2803 Eighth Line Rd. \$10/person. Light Refreshments & Great Prizes. For Girls Guides International Travel Group. Info: Martha @ 613-821-4288.

Free Senior's Bingo. Thurs Mar 4. Light Lunch 12-1pm, Cash Bingo 1-3pm. Location: Royal Canadian Legion, Osgoode. Free gift for first 100 players. Free will donations to fund "coffee for veterans." Everyone welcome.

Woman's Event: March 11th 9:30-11am. BEE HEALTHY care for your skin w/ natural vegetable glycerin soap base, containing pure raw honey, bees wax, lavender, spicy orange & many more. Singer & Speaker Sonja Milsom "Give my regards to Broadway," door prizes, refreshments, nursery. Location: Fred Barrett Arena (G. Lion Hall) 3280 Leitrim. Info: 613-249-0919.

Kars Public School Annual Community Used Book Sale April 16, 4:30-8pm & April 17, 10am-2pm. Donations of children & adult books, movies, can be dropped off at the school Mon-Fri 8am-3:30pm before April 12. For info or to have your books picked up: Megan 489-0631. A portion of proceeds donated to "Help Lesotho" helping families in impoverished Lesotho, Africa.

Free Adult, Child, Infant CPR/AED course. Sat. March 6th 9 am-1 pm. Greely Community Centre. Pre-register: 613-580-2424 X32434 or cpr@ottawa.ca.

March Break Art Camp. 9am - 3pm, March 15 - 19. \$175/ child. Painting, drawing, sculpting, multimedia and more. The Village School of Art. Osgoode Village. 613-826-6662 www.artmadefun.com

Mon Mar 29, 10:45- noon Free S.A.L.T. presentation by Ottawa Public Health Dietitian. Learn about hidden salt, how to choose food wisely & how to cook w/less salt. Osgoode Community Centre, 5660 Mai n. 613-580-6744 x26173.

Bunny Breakfast (& Easter bunny visit, silent auction, craft tables & Ray's Reptile Zoo) Sat Mar 27 8-11am. Fundraiser for Metcalfe cooperative Nursery School. Location: Metcalfe Community Centre (2785 8th Line Rd). Tickets available at the door: \$3 Little Bunny, \$5 Big Bunny, \$6 Hungry Bunny.

"KIDS to Be and Me Fair." Sun. April 11th @ Fred Barrett Arena & Sun. April 18th Nepean Sportsplex. Something for everyone! Book your table now. Kidstobeandme@gmail.com 613-822-1503 www.KidstobeandMe.com

Weds March 17th 7-9:15pm. Free Info Session: Systemic Autoimmune Rheumatic Diseases (SARD). Speaker: Dr. Douglas Smith of the Arthritis Centre. Location: Ottawa Hospital Riverside Campus: 1967 Riverside Dr (Main auditorium/lower level). Refreshments. Info: Gail at 613-526-5433.

Osgoode Ottawa Public Library : 1) Story time Mon's 10:15am (30 min). 2) Book Club: Last Mon. of Month 11am (30 min) [March 29th = Book "Deafening" by Francis Itani. 3) March Break Program: Mon. 10:30am, Elliot Smith, Magician (60 min), all ages. 4) Challenge: 52 books in 52 weeks, ongoing registration. Info? 613-826-2227.

WANTED

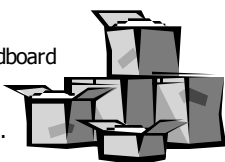


Silver plated cutlery. Call Gail 613-591-6320 or Carol 513-821-3736.



Looking for used moving cardboard boxes 613-826-3142.

Board Game: Bargain Hunter. Contact Christine: bearer@dekkerteam.com



The 24 Hour Perspective

Not long ago I woke up with a "brown" taste in my mouth and everything started to just go wrong! I remember thinking, "Why is everyone against me!" Then I stopped and thought, "Wait a minute! Not everyone is against me!"

I grabbed a note pad and started writing down the names of everyone that was openly resisting my efforts to just live in peace and joy. Three....That's right - 3 people! Then I thought about how many people were "in favor" of me and supported me in some way. Double digits! Then I thought globally. Most people don't even know I exist and out of the ones that do know me and have some interaction w/ me they remain involved in their own lives & are basically "neutral" toward me.

Then I started thinking about how out of ALL THE PEOPLE IN THE EARTH only 3 people resisted me and how much time did I spend a day interacting with these three people? On even the worst days I couldn't think of more than a few minutes of actual interaction. So then I thought about ALL THE NEGATIVE ENCOUNTERS that I had in a single day. You know everything from the guy who cuts you off in traffic to the rude comment by someone I don't even know. I was hard pressed on even the WORST day to find more than 5-15 minutes of actual interaction with unpleasant people a day!

This reality hit me with insight! There have been times when my 24 hour day has been ruined by 15 minutes (and in most cases less than 15 minutes) a day of actual interaction with negative people! How could that be possible? I survived the 15 minutes so why did this ruin my entire day? Even when I was "cussed" and "cursed" the words didn't hurt me and the curses never came to pass. Everything that was spoken against me was a threat and did not manifest as a reality! How could something as false and "unreal" as a "threat" ruin my day?

The answer is simple. The threat got into my own thinking and contaminated my mind. People annoyed me for less than 15 minutes and I annoyed myself in my thinking for 23 hours 45 minutes or more a day and I ruined my day! Now I have learned to put my focus on the positives in my life and to be grateful for all that I have!



Jami Sell

Life is all about choices. Is the glass half full or half empty? You decide.

CLIENT SUPPORT IS OUR #1 GOAL!



Welcome!

Welcome New & Returning Clients! Geoff & Heidi, Gillian, Murray & Pam, Don & Audrey, Bob & Tara, George, Paul & Suzanne, Kat & Brock



Congratulations! Deb & Don, Geoff & Heidi, Andrew & Amy, Bill & Susan, Laurel & Dan



Thanks for Your Referrals! Allan, Tim, Matt, Vicki & Jamie, Jeremy & Charleen

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. —

CHILDREN'S: DAYCARE

CHILD CARE - Greely - Responsible woman, experienced with children of all ages available to babysit evenings and weekends. Advanced first aid & CPR, ambulance training, nursing school. Call Wanda 613-821-5562.

Enchanted Castle Home Daycare openings: Hourly, before & after school. Full/part time & weekend. Opens 6:30am, closes 6:30pm. Flexible schedule. Excellent rates. 30+ years of experience. CPR, 1st Aid & daycare certified. Bilingual. Non-smoker. References available. 613-826-1928. Denise

Home Daycare in Osgoode with opening for 2+yr olds. Small group of children, Healthy snack & meals, Large Fully Fenced Yard with 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.

Home daycare in Greely has openings for full or part time. 24 yrs in business. Child CPR, home cooked meals. Large back yard for play. Bus routes to all schools. Call Carrol 613-821-3736.

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

ITEMS FOR SALE

08 Chevy Silverado 2500HD, automatic, 4x4, air, trailer pkg, standard cab, 37000kms. asking \$24,900.00 Phone 613-826-2581

Electric Lazy Boy Chair. Great condition \$300 firm. Wanda 821-5562.

Special toys: Teletubbie Set: 4 Lg. push belly-talk & 4 sm. non-talk, 1 Mini Lala (all 9 for \$10), Winnie The Pooh, Eore & Tigger: 1 Lg. Winnie, 2 Lg. Tiggers, 1sm. of each -rattles inside (all 6 for \$7 or \$2 for Lg & \$1 for sm). All TT & Pooh items together \$15. Tickle-Me- Elmo Extrem \$10. Dancing Ernie \$10. Pics avail. contact 613-692-5406 of dmunro@rogers.com

BUNNIES NEED A NEW, LOVING HOME. 2 females (Dwarf Netherland and Mini Rex) sweet, cuddly, and litter trained. They need more attention than they are getting in this busy home. Please adopt these 2 affectionate fluff-balls together. FREE (can also provide a cage if needed.) 613-826-0507.

Generator -GENERAC 4000 XL/Extra Life., practically new, used for about 15 hours. Call Jay at 613 692 6201.

Australian outback water proofed, lined, black long coat. XLarge. Hardly used. Paid \$300, asking \$100. 5.5 horsepower Johnson out-board motor, a classic motor in entirely original condition \$600. "Mill in Winter by River", print by Garnet Hazard, in glass & metal frame, 26"x22" \$40. Men's free spirit racing style bicycle, 10 speed, \$65. Marantz audiofile CD player \$100. 613-822-0755.

1 linen/cream straight back chair with arms \$20. 2 comfortable office chairs (1 large with wheels & arms -orange color Paid \$450, asking \$50; 1 secretary chair w/wheels—blue color \$25). 613-821-4555.

Billy Mates Twin Bed, laminated honey finish, 3 spacious drawers for maximum storage, w/matching Billy bookcase headboard, & single mattress. \$80 firm. Call (613) 692-1981 evening, or (613) 520-2600 x. 2118 daytime.

Retractable Screen Doors & Awnings. Let the fresh air in with an invisible retractable screen door. Cool down your home and save on A/C! Built-in lights available with motorized units. Call now for a FREE in-home demonstration on either item! 613-850-0316 www.mmscreens.com

Noritake Contemporary Fine China "Green Hill" pattern, white w/small yellow & green flowers. 8 settings, cream & sugar, open vegetable dish \$250. Frame w/wheels, for king size mattress (Can be adjusted for queen) \$75. 2 stationary (non swivel) chrome & black office chairs \$10. 613-692-2728.

3 in 1 table - dining table, poker table or bumper-pool table (sticks and balls included) Paid \$700.00 asking \$400.00 and Forest Air-Casement Air Conditioner-8200 BTU's Paid \$500.00 asking \$250.00 - 613-821-7763.

Beautiful beach scene, custom framed picture 24 40" \$45. Moen Kitchen Faucet, Lifetime Warranty, used 1 month \$50. Womens Hi-Tech Rogue hiking boots, Size 10, worn 3x \$30. Large patio umbrella & base \$25. Table& floor lamps \$10 each. Matching end tables \$25 each or 2/\$40. Thomas Kinkadee numbered Vase "End of a Perfect Day." In box. \$100. 613-821-2246.

2 Antique Wrought Iron Wine Racks, Free standing 6 ft from floor. (holds 94 bottles). Call for photos. \$100 each. Children's Books: Full Series: Magic Tree House-39 bks (13 hardcover). Cost:\$350+ Selling for \$100. Rainbow Magic Fairy Series -27 bks \$50. Magic Kitten Series -8 bks \$20. Disney Fairies Collection -8 bks \$20. All books in excellent condition. Several south west (Sante Fe themed) artwork for sale by well known artists such as Helen Hardin. Call for photos. Prices:\$25 - \$50. (613) 608-6799 or (613) 692-6799.

Perfect for cottage or home 36" Sony Trinitron Television Set \$75. Round maple table \$50. Call 613 821-4720 or email pamclarkel@rogers.com.

BABY ITEMS: Booster seat for eating \$20, baby "Snuggli" carrier \$10, baby sleigh \$8, Kick & Crawl Gym \$10, Cosco umbrella stroller w/sunshade & basket \$20, bed rail \$10, Ride-on-scooters: Winnie The Pooh \$20 & Mermaid \$20, Body Glove sunsuit/flotation suit 18-30lbs \$10. Fisher Price: Ocean Wonders crib aquarium \$15, bathtub \$10, infant to toddler rocker \$15 & Kick and Play Bouncer \$15. email pics available 826-3677

Beveled bathroom mirror, 50 1/2" x 43 1/2", \$70. 2 window coverings, verticals by Levlor, size 27" x 82", fabric tweed, light grey \$75. Patio door vertical made by Levlor, fabric tweed, light grey 82" x 73", \$100. Call: 613-692-1204

High chair \$20(older "Baby Trend" clean & in working order) photo avail. Ideal for "grandma's house." 10gal complete acrylic aquarium \$25, Metal Aquarium stand \$10. Danna: dmunro@rogers.com Hm:613-692-5406.

Bikes: Unisex Teckteam Ringer-24" alloy AT wheels, 18 speed, indexed thumb shifter sidepull cant. Brakes, red \$75. Unisex SCI800 Supercycle -24" chrome wheels 18 speed, red \$75. Bike Seat Cover - CCM Gel \$5 each. 613-733-2289.

Foosball/Multi-Game Table \$80; Puma Soccer Cleats, Women Size 7, worn 3 times \$75; Brass Unit with glass shelves \$50. Call Martina 613-826-1546.

FOR RENT or TIME SHARE

FOR RENT - Sublet May 1 - September 30 1 bedroom apartment in Greely. \$575 month inclusive + washer / dryer / A/C References + refundable \$575 deposit required Wanda 821-5562.

Spacious Florida Vacation Home for rent. 4bed/2.5bath, fully furnished with heated pool and spa, sleeps up to 10 people. Just 15 minutes from the Disney Theme Parks. From US\$120/night. Check out our website at myvacationhome.ca for more details or call Paul/Sheila at 613-826-7171.

Mont Saint-Sauveur Condo For Rent. Only a 5 min. walk to the slopes and waterpark. Fully furnished 3 bdrm condo, BBQ, 2 parking spots. Call 613-850-0316 to reserve for the busy winter! www.montsaintsauveur.net

Cottage for Rent -1/2 hr from Parliament Dam Lake, Perkins, QC. 300 ft waterfront on clean lake. Fully renovated & furnished 2 BDRM w/ 6 appliances & full washroom. Sleeps 5. Includes: dishware, linens, towels, drinking water, entertainment unit w/ tv,dvd,video,CD/radio player. Deck, BBQ & propane, dock, canoe, paddle boat & life jackets. Private, sun & shade. Outdoor fire pit (wood provided), 40 acres. Call 613-612-9973 for pictures & info! Rents by the week.

EMPLOYMENT

St. John the Baptist Anglican Church, Kars is seeking an organist for Sunday mornings & occasional services. For enquiries contact cdpolllock@xplornet.com

Experienced PT house cleaner. Must have car. Service Ottawa south: Greely, Barrhaven, Manotick, Osgoode. Call Kandie/Jeanne 864-9225, 889-3223.

Seeking entrepreneurs to participate in cutting edge opportunity. Executive level income. Please e-mail: info@honestincomeonline.com for more info.

VOLUNTEER OPPORTUNITY

Whether you are new to the area or if you have been a long time resident, Rideau Community Support Services is always looking for new friends to join our volunteer team. To learn about volunteer opportunities, call Bev at 613 692-4697. Sharing time with seniors results in unbelievable rewards!

Canadian Guide Dogs for the Blind requires foster families to home a puppy in training. The puppy must be welcomed as a member of the family, learn basic obedience and be introduced to a multitude of situations. An adult has to be home most of the day or have permission to take the dog to work. You will work closely w/a professional dog trainer. Commitment: 12-18 months. We provide for puppy's food & veterinary expenses. Info Session: March 5th or 19th. Registration required. 613-692-7777 or cqdb@sympatico.ca



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.

Experience The Dekker Team

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 hundreds of families just like yours make the right Real Estate Decision.

YOUR REAL ESTATE RESOURCE FOR LIFE