

NEW EDINBURGH NEWS

October 2006

www.newedinburgh.ca



Fireweavers lit up the night with their magic.

Photo: John Burridge

Cocktails for Crichton/Santé à Crichton!

CCCC to Hold First Annual Fundraising Auction Oct. 14

By Jane Heintzman

It's party time again at the Crichton Cultural Community Centre, and what a party this is shaping up to be! On Saturday, October 14, the Centre will host "Cocktails for Crichton/Santé à Crichton," the first in what we hope will become an annual tradition of fundraising Auctions. It promises to be a lively event with lots of action on the agenda, including both a Silent and Live Auction, delectable hors d'oeuvres from our incomparable local caterer, **Mackay Street Epicuria**, freely flowing wine and (naturally enough), cocktails – and dancing to wrap up the evening and work off those extra pounds packed on over Thanksgiving weekend.

This year, there will be two notable departures from tradition, both of which we think you'll warmly welcome. First, you won't need winter coats, boots, gloves and hats to brave the elements en route to 200 Crichton (yes!). Second, the ticket price (\$35) covers all the food, wine and cocktails you'll need to sustain you while you bid (well, within reason!). So you needn't worry about fumbling for change to purchase extra tokens for the bar or food tables.

The theme of the evening, as the name implies, will take you back to the cocktail culture of the late 1950's and early '60's, the age of the "Rat Pack" with shades of Frank Sinatra, Dean Martin and Sammy Davis Jr. While fedoras, swishy skirts and suits are not mandatory dress, by all means come appropriately attired for the era

if you're so inclined. And don't forget your dancing shoes!

Our amazing co-hosts for the event will be veteran CBC broadcaster and writer, **Mildred MacDonald** and that well known Man About the Burgh, **Joseph Cull**. Mildred has had an astonishing 50 year career in broadcasting, and is perhaps best known in Ottawa

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An Enchanted Night at the 2006 Ottawa Lumière Festival

Thanks to every one of the 8,500 people that visited, participated and performed in the Third Annual Ottawa Lumière Festival, hosted by the Crichton Cultural Community Centre and partially funded by the City of Ottawa, the Ministry of Citizenship and Immigration and many generous sponsors. A special thanks goes to the festival's most sup-

portive sponsor - Uniform Development – whose generosity enabled us to publish a festival brochure and Crichton Cultural Community Centre Fall/Winter Activity Guide.

What a wonderful night of community!

It was a beautiful evening that seemed to be created especially for the Lumière Festival. With a route that was triple the size of the last two years, and with over 2000 lanterns, Lumière 2006 was a sight to behold. As participants streamed into Stanley Park they were greeted by enchanting lanterns such as the Cheshire Cat and the Queen of Hearts, created by Manon Doran and Michelle Peterson. This was only the start of the magic.

Little fairies and lots of other colourful costumed participants watched a variety of performers from the ever popular Renfrew's and the Marching Knights to the awe inspiring Fireweavers. New this year was young Chinese and Afro-Caribbean dancers, lovely ladies dancing in white and the

enchancing Earthwise Puppets.

People of all ages proudly carried their handcrafted lanterns through the labyrinth - made from 600 paper bags, and from one amazing entertainer to another, which included dancers from various cultural groups, trapeze artists, performers and musicians. As the sun set the park was lit by thousands of crafted lanterns. Star-gazing was made even more extraordinary with astronomers present to point out the planets.

Joanne Hughes, the festival coordinator and community facilitator for the Crichton Cultural Community Centre, was thrilled by the attendance of over 8,500 people. She was also amazed by Cecile Latour's installation of a train station, complete with a four-piece train - truly a showpiece of the community's creativeness.

Three of Lumière's newest initiatives proved to be overwhelmingly successful. From the *Illumination Tunnel* there were flashes of light and the

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Cocktails for Crichton

- ✓ Cocktails
- ✓ Hors d'oeuvres
- ✓ DJ
- ✓ Silent Auction
- ✓ Live Auction

A fundraising event for the Crichton Cultural Community Centre

Saturday, October 14, 2006 - 7pm

200 Crichton Street (Avon Lane Entrance)
Information: (613) 745-2742

Tickets: \$35 (food & drinks incl.)
Available at Books on Beechwood
& the Crichton Cultural Community Centre

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NECA President Gemma Kerr Reports

October 2006

I hope that you all had a great summer and that you are easing in to fall and winter activities. On the community front there is plenty of action.

The Beechwood Design Plan, which will guide building, parking and traffic decisions on Beechwood, has been completed and the draft document was reviewed and approved by the City Planning Committee in September. Members of the community made presentations to the Committee protesting the zoning change for a section of our park at St. Patrick Bridge to allow construction of a restaurant. This recommendation is not in keeping with the spirit of the Steering Committee's suggestion that a small pavilion *might* be erected to act as a gateway to the Beechwood corridor and as a rest stop for enjoying a view of the river. I am pleased to report that all mention of a restaurant has been removed from the plan, although the zoning change does still allow construction of a small "community centre". Councillor Legendre has indicated that he will ask for this use to be removed when the document is presented to City Council. Since a pavilion would still be permitted, I

think we need to remain vigilant, and NECA needs to work with City planners to ensure that any future construction proposals for that location are scrutinized thoroughly by New Edinburgh residents.

Recently, NECA was pleased to receive an award of \$5,000 from the City under its community environmental program. The grant will be used to establish an annual Clean-up Day for our section of the Rideau River (in the past this has been an occasional informal event). We are very lucky to have persuaded **Catherine Canning** to take charge of the planning for the 2007 event. She has many years of experience in river stewardship and the project will include production of a handbook which we hope will capture her expertise and help other communities on the Rideau River to implement their own clean-ups. For more details, see the article on page 6.

After more than a year of hard work and negotiating by **Colin Goodfellow** and his team, it looks as if the first artwork on our Ottawa Sculpture Trail will be in place by the time you read this report. If you are walking in the park, look for it near the tennis courts.



Summer concert at the Governor General's.

Drawing by Martha Markowsky

A Community Walk on the Night of a Thousand Dinners: Coming Soon!

Once again this Fall, **Pam Siekierski** of the Physical Therapy and Sports Medicine Institute is at work on the organization of a **Night of A Thousand Dinners** in support of the **Canadian Landmine Foundation**. But this year, Pam is hoping to add a whole new dimension to the evening. If all goes as planned, the dinner will be preceded by a **Community Walk** in support of both the Landmine



Foundation AND the families of Canadian troops in Afghanistan where the fighting has been fierce and the casualties mounting. The event is currently slated to take place in late October (precise date to be determined). For details call the Institute at **613-740-0380**, watch for posters along Beechwood and check for updates on the community website at www.newedinburgh.ca.

Editor's Notes

By **Cindy Parkanyi**

When the leaves begin to fall I know that it is time get busy. We have received a healthy dose of community input for this issue which is a testament

to the level of engagement that exists in our little village. I know that many other community papers struggle to pull together enough copy for their publications, but that is not the case in New Edinburgh. **Kudos to you all!**

In addition, I am fortunate to be working with a terrific team of dedicated individuals to produce the paper each issue. This year's NEN team includes our very diligent and capable Advertising Manager, **Pierrette Tousignant**; woman-about-town Business Reporter, **Jane Heintzman**;

Distribution Manager, **Charles Wesley-James**, who manages to get the paper out to all the homes and businesses; and **John Jarecsni**, our industrious Breezy Bits Editor.

NEN needs more paper carriers for Beechwood

We are in need of a few volunteers to help deliver to the establishments on Beechwood Avenue. If you can afford a couple of hours once every two months and would like to help, please contact our Distribution Manager, Charles Wesley-James at **613-746-7060**.

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Cocktails

Continued from page 1

for her Saturday morning pieces on CBC Radio's weekly program, In Town and Out. Coincidentally (or not!), she also happens to be the mother of our Auction Committee Chair, **Alex MacDonald**, the organizational whiz whose energy and flair are making this whole event possible. As most readers know, the incomparable Joseph Cull has been a pillar of our community and is a gentleman of many talents ranging from social worker to gourmet chef, aerobics instructor and craftsperson (wait 'til you see his one-of-a kind Bird House made expressly for the auction!) The Mildred/Joseph team promises to keep the bidding lively and the party rolling, so make sure you don't miss the community social event of the Fall season.

Let the Bidding Begin: Tuscany 2007?

While donations to the Auction are still rolling in as this goes to press, there are already a host of wonderful items for all ages, tastes and interests. Lovers of travel, magnificent landscape and the allure of history and culture can bid on one of our prize auction packages: a week in a delightful 16th Century apartment in Angiari,



You could be only a bid away from enjoying "la bella vita" in the picturesque village of Angiari, Tuscany.

Italy, one of the prettiest towns in scenic Tuscany. In addition to its own charms as a well-preserved, medieval walled town perched high on a hill overlooking spectacular countryside, Angiari is an ideal base from which to explore Tuscany and neighbouring Umbria and a comfortable day trip distance from Florence, Siena, Assisi and many other fascinating destinations.

The apartment itself has been recently restored to preserve its historic character and boasts high arched ceilings, exposed brick, beautiful antique doors, a working fireplace and two small frescoes in one of the rooms. For those of us who love our conveniences, it has a brand new kitchen and bathrooms and is fully equipped with everything from bed linen to washer, dryer, dishwasher and even a high-speed internet hook up for those who prefer to enjoy their antiquity with one foot in the 21st century.

For this magnificent donation we are extremely grateful to our former (alas!) Board member **Jennifer Barbarie**, a foreign service officer who joined our ranks last spring and shortly thereafter won a competition for a not-to-be-missed posting at the Canadian High Commission in London, England. We wish her well in her new assignment and look forward to her return in four years when she plans to pick up where she left off in her work with the CCCC. (In the meantime, we hope she takes full advantage of her new proximity to enjoy her Tuscan hideaway!)

For those sticking closer to home the auction possibilities are virtually limitless. For aficionados of fine wine and gourmet food here's one you won't want to let slip away. The sommeliers of **The Savvy Grapes** are teaming up with **Epicuria** to offer a sommelier-led Wine Tasting Evening for

10 people (you invite the guests, they take care of the rest). Each of the wines in the Savvy Grapes' selection will be paired with mouth watering Epicuria hors d'oeuvres, and your sommelier will instruct and entertain you with insights into each wine as well as the background on grape varieties, wine tasting techniques and the rules of thumb for matching food and wine.

Art lovers will want to get their bids in on an architectural tour of the National Gallery and an introduction to its forthcoming Holgate and Gagnon Exhibitions, all of this courtesy of well known Burgh resident, **Gyde Shepherd**, a former Assistant Director of the Gallery responsible for Education, Library and Archives, Research Fellowships and Internships.

The list goes on and ranges from custom portraits to gourmet dinners; a generous Gift Certificate to one of the Winter Semester Adult Program Classes at the **Ottawa School for Speech and Drama**; classes in everything from yoga to stretch and strength, prenatal

preparation, navigating e-bay and Afro-Caribbean Dance; voice coaching; dog training sessions; massages—both human and canine!; signed books by celebrated Burgh residents **Charlotte Gray** and **Elizabeth May**; a one-on-one get together with **Len Lee**, founding President of the phenomenally successful **Lee Valley Tools**; "shadow opportunities" with CBC Radio's **Rob Clipperton**, host of In Town and Out, as well as with the capable team at the **Physical Therapy Institute**; lunch for two at the Parliamentary Restaurant with our Member of Parliament **Mauril Bélanger**; tickets to theatrical, musical and sporting events; an evening of bridge with two teaching experts; gift baskets; Gift Certificates from a host of our generous local businesses, and much, much more! Oh, and if your passion is politics, be sure to get in your bid to meet one of the front running Liberal Leadership candidates, **Michael Ignatieff**, and receive a signed copy of his most recent book.

The doors open at 7:00 pm with a reception and with bidding on the Silent Auction items and viewing of the booty for Live Auction. At 8:30 pm the Live Auction gets rolling and continues until about 9:00 pm when the cash desk opens up and the dancing starts. Any inhibitions not already banished by the cocktails, the boisterous bidding and the general revelry, are sure to melt away to the musical strains of the Rat Pack era.

Tickets

If you haven't already got your tickets for this not-to-be-missed event, they are available through the **CCCC office at 613-745-2742** or at **Books on Beechwood**. And one more important thing to remember when you buy your ticket and make your bids: all proceeds go to support the rapidly growing range of programs and activities taking place at the CCCC, and to help us in our efforts to ensure that your community centre continues to thrive and develop as an ever more lively, welcoming and interesting place.

See you on October 14!

NECA MEETINGS: All Welcome

All members of the community are welcome at the monthly meetings and are encouraged to volunteer wherever their interests lead them. If there is an item you would like to have discussed, please call Gemma Kerr, President at 745-7928 to have it put on the agenda.

For the foreseeable future meetings will be held on **Mondays** at the Fieldhouse, 193 Stanley. Changes will be posted on bulletin boards at the Fieldhouse and 200 Crichton.

The meeting date is the third Monday of every month at **7:30 pm**:

October 23, 2006

No meeting in December

January 15, 2007

February 19, 2007

March 19, 2007

April 23, 2007

May 21, 2007

June 18, 2007

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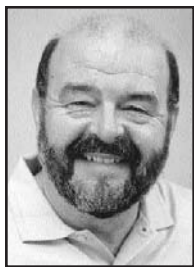
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Ottawa City Councillor Jacques Legendre Reports

Light Rail – My Reasons for Voting NO

Increasing public-transit ridership from 17% to 30% is a crucial part of Ottawa's "smart-growth" strategy for developing the urban area. I did not believe that the proposed North-South Light Rail Transit would help us achieve our target or that the system would actually work as intended. My rationale (and potential solution) was published in major daily newspapers (Citizen July 2005 & 2006; Le Droit, juillet 2006). The articles are available on the Rideau-Rockcliffe web site.

I felt obliged to vote AGAINST the system proposed - not because it was imperfect, but because I fear that it will fail too often in the congested downtown. I did so with considerable regret. I hope that I will be proven wrong because I would take no joy in saying "I told you so". I was in the minority, so the system will go ahead as proposed. I truly hope that it works, but I could not in all conscience rely on hope for such an important decision.

C.F.B. Rockcliffe

The first public meeting at the Aviation Museum on the evening of June 27th was very well attended. The Canada Lands Corporation (CLC) introduced themselves, and their team of consultants, to the community. Jim Lynes, acting president of CLC, and Mr. Ken Greenberg, on behalf of the consulting team, spoke in broad terms of their intentions to focus on sustainable development and to maintain a close and open dialogue with the surrounding communities. Jane Brammer & Charles D'Amour, spoke on behalf of CARAD - Community Action for Rockcliffe Airbase Development, the newly created network organization representing community associations in the surrounding area. Many remarked that the stated intentions of the proponents and the wishes of CARAD were closely aligned. It seemed to be a good start.

I have established a special 'corner' of the Rideau-Rockcliffe web site as an information centre for CFB Rockcliffe issues. CLC, consultant and CARAD PowerPoint presentations are available as well as an audiovisual reproduction of the Rogers TV broadcast of the Q&A portion of the meeting. Look also for the excellent article by Jeffrey Thiessen, "Rockcliffe Base: Principles for Sound Development" first published in the May 2006 issue of the Manor Park Chronicle and other relevant background information. Regular updates on upcoming meetings will be posted.

Beechwood Community Design

Planning Committee, on September 12, approved the Beechwood Community Design Plan. There were two amendments of note. One dealt with the controversial 'restaurant-pavilion' notion for the southern tip of Stanley Park. The restaurant option was removed. The possibility of a pavilion or a facility of some sort was retained. It is important to remember that the City owns the land. As such, the City has full control of the use to be made of this land. I believe that leaving the possibility for some imaginative proposal that would be fully compatible with the gateway entrance to the park, adjacent to the river, preserves a healthy flexibility. Any proposal would of course have to meet with significant community approval as determined by a thorough consultation process. You should also know that currently no proposal exists (to my knowledge). The second amendment sought to preserve the existing view sightline of the Peace Tower on Parliament Hill from the newly inaugurated "Poet's Hill Literary Heritage Site" of Beechwood Cemetery. Poet's Hill is the point of departure for a proposed extended Poet's Pathway network that will connect sites of literary-historical importance throughout the Capital. The amendment called for a study of any height restrictions that might be necessary along this sightline.

Speed Limits on Residential Streets

Ontario sets the 'default' speed limit at 50 km/h on roadways within local municipalities. This limit applies to all roads, regardless of the nature of the road (local, collector, major collector, etc.), unless signed otherwise. In June, I requested information on the procedure to change the default limit on local residential streets to 40 km/h.

Basically a Council request to the Ministry of Transportation is necessary.

The Safety and Traffic Services Division are prepared to do a comprehensive speed zoning report in 2007, with public consultation, should Council approve. The report would include a section addressing the issue of 40 km/h speed limits on residential streets or in school zones and near playgrounds on a case-by-case basis. Prior to amalgamation various municipalities (e.g. Gloucester) signed many, or most, of their residential streets at 40 km/h. Staff has estimated the cost of following this approach everywhere in Ottawa at over \$2 million!

Councillors receive many requests every year to have lower speed limits posted in some of their neighbourhoods. Even if successful, and not many are, the effort is long, difficult and costly (to count only the staff time!) Then there are the implementation costs for those that succeed. The way things work now, communities wishing lower speed limits on their streets are forced to make the case. If the default speed on residential streets was 40 km/h 'the shoe would be on the other foot'.

I believe that this approach would be in greater harmony with Ottawa's Official Plan and its emphasis on safe streets. Moreover, it has the potential of being a lot less costly than the current situation. The question will be debated at the October 18 meeting of Transportation Committee. I invite your comments and your participation in that debate.

A Better Way to Recycle Surplus Public Schools

In recent years schools in the urban core have been under increasing pressure and many have closed. In Rideau-Rockcliffe alone I can recall at least five such cases, two of which were high schools! In

August, I asked Council to approve making a request to provincial authorities to modify the regulations dealing with the disposal of surplus public school sites. Currently a public school Board must offer any of its surplus sites to other public school Boards and other public agencies, including the City and the Province, at market value (determined through professional evaluations and negotiations). If the property finds no interested public agency the site is placed on the open market. Since the City has not often been in a position to purchase, this usually results in the site becoming a housing project of some sort and a valuable community resource is lost. Private schools have frequently bid on existing school sites but have seldom been successful in an aggressive open market. The motion that I advanced, and that Council approved, would ask that private schools be afforded the opportunity to purchase the surplus property, at market value, on the same basis as the municipality. This way the property, although now private, would remain a functioning school. Moreover, my experience of private schools in this ward is that they are quite happy to make their facilities available to the surrounding communities for after-school community functions, events or meetings. Typically the schoolyards could be utilized as well when not required for school programs.

*Jacques Legendre
Councillor, Rideau-Rockcliffe*

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Elizabeth May Wins Green Party Leadership

By Jane Heintzman

Within a year of being named an Officer of the Order of Canada, Elizabeth May achieved yet another milestone when she won the leadership of the Green Party of Canada at its August convention here in Ottawa. Elizabeth won handily, receiving more than 65% of all the votes cast and close to twice as many as her nearest rival, Ottawa's David Chernushenko, Deputy Leader of the party.

The consensus among those in the party who elected her, as well as many other knowledgeable observers of the political scene such as renowned pollster Allan Gregg, is that Elizabeth's dynamism and media savvy will be enormously helpful in bringing the Greens firmly into the public spotlight and improving their electoral position in the next federal campaign. The experience of the few brief weeks since her election seems have borne this out, as Elizabeth has been at the centre of a whirlwind of media attention, conducting an astonishing 28 interviews in one day on the Monday following the convention.

Elizabeth's plans for the early months of her leadership are characteristically ambitious. She intends to be an active and visible presence on the Hill when Parliament resumes, despite not yet having a seat in the Commons. She will attend Question Period on a regular basis and make herself available for media scrums on the issues of the day, not least the hot button issues such as the softwood lumber deal which she believes has seriously undermined NAFTA. She will continue to press hard for compliance with the Kyoto Protocol on climate change, and pursue her discussions with like-minded MPs and Senators in an effort to create a multi-party "green caucus" on Parliament Hill.

As promised during her leadership campaign, her agenda also includes a plan to hold policy sessions across the country, engaging the best and the brightest in a broad spectrum of policy areas in discussions aimed at building a comprehensive platform, including a detailed costing of its policy proposals. Needless to say, winning a seat in the House of Commons is also high on the priority list, and while her strong personal preference is to

run in her home riding of Cape Breton Canso, if a by election crops up in the interim prior to the next election, she may be on the campaign trail sooner rather than later.

In early September, Elizabeth took advantage of a pre-arranged excursion with her daughter Victoria Cate to conduct a whistle stop tour by VIA Rail, traveling from Vancouver to her home base in Ottawa with stops en route at Jasper, Edmonton, Winnipeg and Toronto. Her aim was in part to promote the environmental benefits of riding the train vs.



Elizabeth May with supporters on a recent trip.

the fuel guzzling, emissions-heavy option of air travel, and her online blog during the five day trip suggests that VIA Rail staff are thoroughly supportive of her efforts!

Congratulations Elizabeth! We look forward to tracking your political career and have no doubt that you will add leaven, energy, and a much needed environmental focus to the debate on Parliament Hill. (Now if I could only figure out what fuel powers Elizabeth's indomitable public spirit. One thing's for certain: it's renewable and inexhaustible!)

Family Resource Services

Care of the Elderly at Home

Elizabeth Dale-Harris
RN, BScN

23 Rideau Terrace
613-745-5950

Neighbourhood Watch Update

Safety Tips for the Fall
By Michael Histed

It has been a very quiet summer in the neighbourhood. Nonetheless, now is a time to be vigilant again. Everyone has returned from their vacations and cottages, the kids are back at school and we are all cleaning out our homes and garages before the onset of winter.

With that in mind, we must again turn our attention to protecting our property and families. The next several months present a number of opportunities for criminals and consequently risks for homeowners and their families:

Back to School

With the kids back at school or University, houses tend to be unoccupied for longer periods than during the summer months. Therefore, it is important to remember a few tips for while the house is empty during the day:

- Keep windows and doors locked while you are away
- Put some lights on timers to give the impression of someone being home
- Pick up your newspaper in the morning. Do not leave them sitting on the front porch all day
- Advise your children what to do if they come home to find the front door open. Give them the name and phone number of a trusted friend or neighbour



Thanksgiving

Many of us will be away visiting family over the Thanksgiving holiday. Thieves know this. Many of the same rules apply as above, however there are a few additional measures that can be taken, for example:

- Tell a neighbour that you will be away and to watch out for suspicious activity
- Get a neighbour or friend to park their car in your driveway
- Cancel your newspapers
- Have someone pick up the mail (if gone for a longer period)

Halloween

Halloween is a fun time for everyone. A few easy steps will help protect your children and keep it an exciting time for all:

Make sure your children wear something bright so that they can be seen on a dark night. Carrying a flashlight will work as well.

Check candy carefully before allowing your children to indulge.

Do not open your door later in the evening if you feel uncomfortable.

Christmas

I know it seems a little early to be talking about Christmas, but many of you keeners will be

starting your gift shopping early. For those of you hitting the malls in November and early December, criminals are starting to watch mall parking lots for people carrying gifts to their cars. A few tips can help avoid a Christmas nightmare:

Do not make multiple trips to and from your car. Criminals are waiting for you to return to the mall so they can help themselves to the contents of your car.

Never keep items on the back seat of your car.

Keep your credit and debit cards safe. Watch out for hidden cameras at ATMs and be wary of store staff who seem to be taking a long time to process your card.

Reporting

Several residents I have spoken to over the summer expressed a reluctance to report suspicious incidents because they did not want to bother the Police. I cannot stress this too much – the Police want your call. The best way to stop crime is to prevent it from happening in the first place. Whether it is by implementing some simple measures to protect yourself and your home, or by calling the Police when you observe something suspicious, the more you report, the safer our neighbourhood will be.

Want to know more about Neighbourhood Watch? Call Michael Histed at 613-741-1660.

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Mauril Belanger, M.P.

Call for a regional perspective

First I would like to take this opportunity to congratulate the organizers of the Lumière Festival and thank all those who attended this year's event, which was a success. Secondly, special praise goes to the people of New Edinburgh and surrounding communities for their tremendous turnout and participation at the June 27 initial public meeting to discuss the future use of the Rockcliffe Air Base.

As we all know, the Hemlock/Beechwood, St-Laurent and Montreal Road corridors could soon bear witness to numerous and significant developments. Whether it is the Rockcliffe Air Base, new apartment buildings on St-Laurent or the proposed development at 100 Landry Street, all of these will have an impact on the communities nestled between Rideau Street/Montreal Road and the Ottawa River.

Yet each development is only subject to its own site plan approval. Would it not be appropriate for our City Council to ask for a regional planning exercise? Should we not have a handle on the impact of these proposed developments on our physical and social infrastructure?

I applaud the community associations who are asking legitimate questions concerning the major proposed devel-

opments. There needs to be a closer look at transportation, recreational and educational facilities, water and sewage infrastructures and green spaces to see whether or not the area can handle the increased population. Zoning by-laws exist for a reason and the City should stick to existing by-laws because a population feels disenfranchised when someone buys a property anticipating to develop it at a density much higher than that allowed by the by-law. The impact of such developments on the daily life of thousands of residents has to be carefully assessed. The City should fully study the impact of the pending developments and the Council has the responsibility to preserve our quality of life in the coming years.

In my view, a regional perspective is required and I hope this issue is addressed this Fall as the municipal election revs up. It is time to ask hard questions because we all know that the City wants greater density within the Greenbelt in order to limit suburban sprawl.

In these neighbourhoods we enjoy a high quality of life and a friendly atmosphere and we don't want to have this fabric damaged by over-development.

*Mauril Bélanger, P.C., M.P.
Ottawa-Vanier*

Rideau River Clean Up Day Gets a Boost from the City of Ottawa

By Jane Heintzman

As we reported in our April edition, a small group of project volunteers, under the auspices of NECA, applied in late spring for City funding to support the development of **Rideau River Clean Up Day** as a firmly established and well publicized annual tradition here in the Burgh, and if possible, promote its expansion to other communities up river. We are delighted to report that the application to the Community Environmental Projects Grants Program (CEPGP) was ultimately successful, and this Fall NECA is to be awarded a grant of \$5000 to help cover the costs of undertaking and publicizing future Rideau River Day Clean Up operations. Plans are already underway to launch the next Mother's Day Rideau River Clean Up on Sunday, May 13, 2007 with the assistance of this generous funding from the City, so please mark your calendars *NOW!*

We are most grateful to the City of Ottawa for supporting our efforts to maintain the health and beauty of this incomparable natural asset here on our doorstep. Many thanks also to the project team who launched the application and organized the first in what we hope will be an annual tradition of Mother's Day Rideau River Clean Ups: Project Coordinator **Catherine Canning, Andrew Kerr, Rick Findlay, Gemma Kerr, Rouben Katchadourian, and Cindy Parkanyi** (who

deserves special thanks for her proficiency and patience in dealing with paperwork involved in the application!)

As we noted in our report last April, we are extremely fortunate to have Catherine Canning as our River Day Project Coordinator. Catherine is a dedicated, experienced and energetic steward of the



Staff Photo
A solitary innushuk holds vigil on the Rideau River.

Rideau River and, in 1999, established **Rideau Enviro Defence**, under the auspices of which she organized a succession Rideau River Clean Up Days (often twice annually) based in our community. Last April she joined our NECA-based group in an effort to broaden the base of community efforts to maintain the health of the river. Over the coming months she will take the lead in moving the project forward.

Catherine's energies will initially be focused on a number

of top priorities, including:

- commissioning the design of a Rideau River Day logo for all future publicity materials as well as t-shirts, mugs and other paraphernalia for clean up volunteers;
- developing a website for updates on our Rideau River Clean Ups;
- writing up a Community Handbook: a "how to" guide for other communities interested in organizing river clean up operations;
- having a publicity banner prepared to spread the word prior to Clean Up Day, and
- contacting other communities and groups around the Rideau to let them know about our project and to seek their participation in a large scale Spring Clean Up Day in May 2007.

Needless to say this is a tall order for Catherine and our comparatively small group of volunteers: *additional help from the community is badly needed and would be warmly welcomed!* If you have time and skills you'd be prepared to share in the interests of preserving the health of our river, please contact cathcanning@hotmail.com or janeheintzman@hotmail.com.

And most important of all: please join us on the river banks next May for the second annual Mother's Day Rideau River Clean Up.

Sunday, May 13!



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Annual Picnic Cool But Hoppin'

By Brian Torrie

The New Edinburgh Annual Community Picnic was a great success — despite some cool temperatures and threatening skies. On June 11, the Stanley Park Fieldhouse and nearby area filled with parents, kids and other friends to enjoy face painting, a balloon-making clown, free freezies, races, bubble blowing, prizes and lots of other fun.

Determining the race winners was a bit hectic but congratulations should go out to the top three finishers in each race: **three-legged race:** (younger kids) 1st Dexter and Paul, 2nd Fiona and Lucas, 3rd



Photo finish: Local athletes go all out during the New Edinburgh Annual Picnic in Stanley Park.

Daniel; **Sprint:** (3 and under) 1st Dexter, 2nd Justin, 3rd Adam; (age 4-6) 1st Ben/Sebastien (tie), 2nd James, 3rd Emma; (age 6-7) 1st Vicky, 2nd Caelan, 3rd Sarah/Alexandra (tie); (age 12 and under) 1st Keith, 2nd Rowan, 3rd Angus/Julian (tie); (over age 12) 1st Steve (way over age 12), 2nd Sylvie, 3rd Danny. Congrats to all the participants.

Thanks to the local businesses who donated prizes for raffle: New Edinburgh Pub, Clock Tower Pub, Books on Beechwood, Loeb, Loblaws, Birder's World, Epicuria, Bread and Roses, Video Shack, Kavanaugh's Esso, Hamie's Diner, Ideal Coffee, The Works, the Ottawa Lynx, Upward Dog Yoga and the

Railway Safety Association. A special thanks to the Beechwood Bank of Montreal that made a cash donation towards the cost of the clown, to Giant Tiger, who lent us a "Giant Tiger" and provided face paints and stickers, and to JR and his gang at Co-operators on Beechwood who came out to the picnic with free freezies and bottled water for everyone.

This fun wouldn't have been possible without the help of some great volunteers who helped organize the event — Melanie, Katherine, Marta, Jill, Debra and Sue. Thanks also to Laura — "the Giant Tiger".

A final thanks to everyone who came out and participated. See you all next year!



Rebecca Lipman (left) and Anna Chedore share a popsicle.

Ross and Ella/Emma and Sophia (tie); (older kids) 1st Marc and Angus, 2nd Rowan and Emma, 3rd Julian and



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Qu'est-ce qui arrive au parc?

En allant au parc Stanley ces jours-ci vous ferez la connaissance d'une dame qui fait une étude assez originale sur les rapports entre les humains et la gent canine. Vous la reconnaîtrez aux grands personnages rembourrés qu'elle utilise. Allez lui parler et apprenez davantage sur son projet. Son travail questionne l'identité collective et individuelle, humaine et sociale.

Son nom ? Hélène Lefebvre. Née à Beauport, Québec, Hélène vit et travaille à Ottawa depuis 1971. Diplômée des universités de Laval et d'Ottawa en Philosophie, Lettres, Linguistique et Droit, elle a poursuivi une formation en arts visuels principalement de l'École d'Art d'Ottawa.

Boursière du Conseil des arts de l'Ontario, ses oeuvres font partie de collections privées et corporatives au Canada (tel que le Cirque du soleil), aux États-Unis et en Suisse. En plus, ses oeuvres ont fait l'objet de plusieurs expositions solo dans les galeries publiques.

Lumière 2006

Par Pierrette Tousignant

Le 12 août dernier avait lieu au Parc Stanley, le Festival Lumière 2006

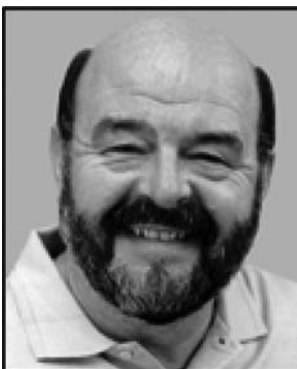
Étant la troisième année du Festival, les enfants avaient choisi d'avance où ils allaient se retrouver. Retournons-y avec eux. D'abord le sentier illuminé de lampions qui mène au parc, puis la tente des transformations pour qu'on décore leur visage de fleurs, de fusées ou d'autres formes farfelues et jolies. Ils y choisissent aussi des accessoires pour leurs costumes de fées et de magiciens. Le temps de costumer tout ce beau monde que déjà l'obscurité jette un voile magique sur le parc. Et nous voilà partis pour la fête ! Le labyrinthe des lampions où l'on marche au son des tamtams entouré des parents, amis, voisins et des amis des voisins...en fait tout le monde s'y trouve à un moment ou à un autre. La nuit s'anime, ponctuée de la scintillante lumière des lanternes que l'on balance fièrement pour les avoir fabriquées soi-même. Ici

un acte d'une pièce de Shakespeare, là une tente à souvenirs, un kiosque à patates frites, des marcheurs sur échasses, un orchestre Big Band qui fait danser les touts petits dans les bras de papa ou maman, et partout des groupes joyeux portant des lanternes de toutes tailles. Même nos voisins chinois sont venus en grand nombre et contribuent agréablement à la fête! Tout le monde est là. Plus de 8500 personnes !!!

Puis, sur le tard, sur l'eau deux monstres marins colorés créent moins d'effroi que d'émerveillement....

Les feux d'artifice du Casino avoisinant donnent une note finale à une fête de village dont chacun gardera un souvenir précieux tout en planifiant les lanternes de Lumière 2007 !

Merci au Centre Culturel Communautaire Crichton et à son équipe pour un événement qui va au-delà de notre quartier et rejoindra bientôt tous les amis de la Lumière!



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La petite maison d'école

Par Pierrette Tousignant

Ce serait, dans quelques semaines, la rentrée des classes. Ma première. J'avais hâte! Tout un événement. Tant de choses à apprendre. Et j'entrerais avec les autres, par la grande porte, dans la petite maison d'école, ma première Maison du Savoir. J'avais été précédée dans cette expérience d'une soeur et de deux frères aînés. Ils en sortaient chaque soir très sérieux et dès la vaisselle finie, se mettaient à leurs devoirs. On nous disait, à nous les petits, d'être tranquilles pour ne pas les déranger....Mais, maintenant, je ferais enfin partie de plein droit d'un groupe privilégié et savant, celui des élèves. Je ne pouvais attendre!

Ma mère avait acheté tout ce qu'il fallait au magasin général, notre deuxième voisin; l'école se trouvant entre les deux. Elle en avait fait la distribution avec cérémonie ponctuée d'amples recommandations sur l'utilité et le respect qu'on devait porter aux instruments du savoir.

C'est ainsi que dans mon sac d'école tout neuf, exhalant le cuir robuste, s'entassaient deux cahiers à lignes doubles, une règle en bois de douze pouces, deux crayons aiguisés, un aiguiseur et une gomme à effacer d'un rose bonbon qui sentait bon le caoutchouc neuf.

L'école. Une maisonnette grise, en bois, dont le minuscule clocher coiffait un toit en pente et dont les fenêtres immenses révélaient l'identité, se situait au centre du village. Sur le devant il y avait deux portes doubles. L'une pour les petits, de première à septième années; l'autre pour les grands, les huitième et neuvième.

Je suis donc entrée, le pre-

mier jour de classe, par la porte des petits. C'est là que se trouvaient les câbles servant à sonner la cloche, dans une sorte de portique peint d'un vert pâle défraîchi. Un plancher en bois gris s'étendait sur toute la place. Du portique on passait dans la salle de classe. Des crochets au mur pour les manteaux aux rangées de pupitres doubles, en bois, dont les sièges levés attendaient qu'on les abaisse pour commencer la classe. Au centre de l'école, près de la cloison séparant notre classe de celle des grands, ronronnait un immense poêle à deux ponts, en fonte noire très décorée. C'était comme ça qu'on chauffait l'école?

Sur le mur extérieur, entre les deux fenêtres, une carte géographique immense, celle du Canada, apprendrons-nous plus tard. En avant, sur une estrade, le pupitre de la maîtresse d'école. Il était imposant et garni d'objets inconnus de nous tel un encrier, des bâtons de craie, un grand cahier à grilles avec les noms des élèves inscrits d'une écriture soignée. Quelques livres ouverts, empilés les uns sur les autres pour économiser l'espace, occupaient le coin du bureau. À côté, sur le plancher, une corbeille à papier pour la maîtresse d'école puis devant le bureau, une autre pour nous.

La maîtresse d'école nous attendait. Son sourire portait du rouge et elle avait coiffé ses longs cheveux bruns ondulés. Elle était mince et élégante. Dans une robe sobre en taffetas bleu pâle aux revers de velours noir. L'image même de l'instruction. Nous saurons plus tard qu'elle n'était pas très patiente.

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BURGH BUSINESS BRIEFS

- By Jane Heintzman -

By Jane Heintzman

Lester's Barber Shop: He's Off Again!

As hinted in our June issue, **Lester Clark** is on the move again, pursuing the adventures he interrupted about a year ago to return to his legendary Beechwood business. Lester's original plan was to begin his journey with a visit to Iran, the cradle of the Baha'i religion, and to explore Tehran, Isfahan and Shiraz in the south. Unfortunately for Lester, he was obliged to skip this leg of the journey because of difficulties obtaining a visa.

Instead, he set out in late August for New Delhi, India where he hopes to resume his duties at the Lotus Temple where he had been happily engaged prior to his return last year. Thereafter, his traveling agenda remains open, but he hopes to include the Baha'i communities in Israel and China in his itinerary before coming back to Canada. As the former is in Haifa, it may be



Photo: Peter Glasgow
Eli and friends will keep the barber shop buzzing along in Lester's absence.

some time before that corner of the world has stabilized sufficiently to make it a safe destination. Knowing Lester's unfailingly upbeat and positive attitude to life, it's a sure bet that he will make the most of his travels wherever they take him and whatever situation he finds himself in.

In the meantime, back at the

shop, Lester's capable sidekick Eli, assisted by two recent arrivals, Iris and Erica, will take over the barbering duties at 13 Beechwood (Sundays included), while his trusted friend Amir manages the business side of the operation. Happy trails, Lester, and please keep us posted on your international adventures.

Life Organic

A warm welcome to new advertiser **Tasha Kern** and her organic food home delivery business, Life Organic. Tasha's own connection with organic products dates back to her days as a student in British Columbia when she became a regular customer of Green Earth Organics, a Vancouver-based delivery service which has since expanded its operations to Toronto. After moving to Ottawa, Tasha looked around for a comparable service and found that they were few and far between (Bryson Farms excepted of course!) and this despite the fact that the Ottawa region, with its surrounding acres of farm land, is a natural hub for an enterprise of this kind.

Tasha and her husband **Chris** have since stepped into the breach to launch Life Organic delivery service, initially targeting the communities of Lindenlea, Manor Park, New Edinburgh and Sandy Hill where they felt (rightly as it turns out) there might be a



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receptive clientele. At the outset, they relied on word-of-mouth marketing, going door to door in these neighbourhoods on walks with their dog. In recent months, however, their clientele has steadily expanded and while the bulk of their customers remain close by in these core neighbourhoods, their weekly deliveries now take them to Centretown, Westboro and even on a Friday run to Kanata.

Life Organic's product list is focused primarily on fresh, certified organic produce, and depending on the season, you can have spinach and greens cut that very morning delivered to your door. Among their guiding principles is to buy locally whenever possible, and while some of their products such as bananas and oranges necessarily come from farther afield, when the season permits, the bulk of the fruits and veggies on their weekly list are purchased from local growers. This has the twofold benefit of ensuring fresher, longer lasting produce for their customers while at the same time minimizing the transportation and packaging requirements involved in each shipment, and their attendant environmental impacts (not least the carbon emissions from fleets of 18 wheelers).

In addition to fresh produce, Life Organic offers Dairy Products including milk (in returnable bottles), cream, butter, eggs, yogurt, and occasionally cheese; organically grown nuts; and 8 varieties of fair trade organic coffee from a family run business in nearby Almonte where the beans are freshly roasted the day before Life Organic's delivery date.

Deliveries take place on weekly or bi-weekly basis (the latter being a bit more conven-



Chris of Life Organic picks apples for the Thursday baskets - straight from the tree to your doorstep.

ient for singles or small families who take longer to work through the generous stash in each basket). The signature Life Organic Harvest Box comes in three sizes, the smallest of which is \$35 or \$32 if you subscribe to a series of 10 deliveries. Moving up the scale are the Family Harvest Box at \$45 and the Super Harvest Box at \$60, reduced to \$42 and \$55 respectively for subscribers.

The contents of the boxes vary each week depending on seasonal availability, and you can get an online preview of the list by checking their website at www.lifeorganics.ca. Depending upon your family's preferences and/or food sensitivities, you can make unlimited substitutions to the list either online or by calling the 24 hour Harvest Hotline at 613-745-0060, and if need be, create a standing order of "Never Send" or "Household Favourite" items. While it is also possible to order "à la carte" from the product list, you do pay a premium for this

because of the added work involved.

Along with your order of fresh organic goodies, Life Organic sends out a regular newsletter with recipes on the back to offer inspiration to the cook(s) in your household about ways to prepare the fresh foods in your basket. *The Natural Enquirer* is a delightful read and includes some fascinating short reports on subjects ranging from the prodigious health benefits of apples and almonds to tips on avoiding pesticide-laden produce in the supermarket.

My first Harvest Box was a thing of beauty, laden with fresh tomatoes, eggplant, beets, peppers, salad greens, tiny new potatoes and the most enormous and deliciously aromatic bunch of basil imaginable.

Interested readers can find out more and/or create an account by going online or calling **613-745-6868**.

Deliveries here in the Burgh take place each Thursday between 4:30 and 9:00 pm, and if you're not home, the box can be left in a cooler (recommended in the warm weather) or on your doorstep. For those who work late into the afternoon, Tasha and Chris also deliver to a number of offices in the area. Best of luck Tasha and Chris! No doubt there are some eager new clients out there among our readers who look forward to trying a selection of tasty organic products straight from the field and delivered to their doorsteps.

Postscript: Just to underscore that Life Organic is truly a "green" enterprise with a serious environmental mission, readers should take note that the business is now **"Bullfrog Powered"**! (See our February 2006 article outlining the ben-

efits of this new green alternative to Ontario Hydro).

Delish: Dinner Anyone?

Since our last report, Delish has developed a thriving lunch trade in its new location at **45 Laval Street** in Gatineau as word of its delectable cuisine and welcoming atmosphere spread to the surrounding office towers. In late June, it added yet another string to its bow when it became a fully licensed establishment with a selection of wine and beer to further enhance the appeal of its tasty gourmet fare.

While Delish continues to offer take out meals as it did in its former Crichton Street location, it is **now open for dinner** until 8:00 pm from Monday to Friday, with indoor seating for about 20 diners and room for a dozen more on the cheerful outdoor patio for as long as weather permits. The restaurant is closed over the weekend, but the catering operation

is still in full swing on Saturdays: if you need to call, their new number is **819-771-3456**. Delish regulars will find most of their favourite dishes still on the menu, and this Fall Judith plans to offer a monthly menu with special seasonal features.

The wine list varies from week to week, and includes a range of interesting selections which are anything but run of the mill: take for example a Mexican red which became an instant hit in the late summer. (Indeed, despite the crushing summer heat, Judith reports that the reds were consistently more popular than the whites.) There are usually four or five kinds of both red and white available by the glass and a smaller number by the bottle. So if you are pressed for time during office hours, drop by after work and enjoy your favourite dishes and a relaxing


Continued on page 12

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Wing Night Tuesdays

Continued from page 11
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Loeb Beechwood: Progress on Plastic Bags

In early June, Loeb Beechwood joined forces with other Loeb outlets in the area to launch a **new plastic bag recycling project**, working in co-operation with the City's expanding "Take It Back" program to divert waste from our overburdened landfill sites. If you aren't already re-using your Loeb plastic bags for other purposes, you can take them back to the store and deposit them in the large blue recycling container at the entrance – *but first, please make sure they are thoroughly emptied out and turned inside out!*

The returned bags are sent back to the supplier, U.S.-based Hilex, who then recycles the material into new plastic bags, Bags-2-Bags. An added benefit of the new project is that a portion of the proceeds from the recycling will go to United Way/Centraide Ottawa, so whatever you do, make sure the bags aren't just tossed in the garbage. According to City estimates, every 1000 plastic bags returned to Loeb results in the diversion of 17 pounds of waste from the City landfills, progress in itself but especially significant when you consider that those bags take

up to 400 years to break down!!

Kudos to Loeb for two more "green" initiatives: the sale of sturdy, re-useable grocery bags and a reduction in store lighting throughout the summer months when electricity demand was at its peak.

Louis Hutchison: Furniture Repair, Refinishing and Restoration

In the brief period since **Louis Hutchison** arrived here from Glasgow, Scotland in 2000, he has made impressive strides in putting down roots and launching a successful profession as a one man furniture repair, refinishing and restoration business. For the first year following his arrival, Louis was unable to engage in paid employment because of his immigration status. Far from resting on his laurels, however, he kept busy by working on a voluntary basis for a local furniture repair business where he honed his skills until he obtained his landed immigrant status.

Since then he has worked hard to build up his own business, and while antiques are a special passion, he deals with the whole gamut of the wooden furniture spectrum, as he puts it, "from IKEA to antiques." Louis lived in the New Edinburgh area for some time before meeting and marrying his Canadian wife and

NEW EDINBURGH NEWS

moving to Chelsea with their infant son. He continues, however, to maintain workshop space on Myrand Avenue close to the Patro, space which he shares with local cabinetmaker **Alec Maclaren** (featured in an earlier edition of the News). The workshop includes a fully operational spray booth which equips him to tackle ambitious refinishing projects.

Louis' current clients are split roughly 50/50 residential on the one hand, including a number of families in the Rockcliffe/New Edinburgh area, my own among them, and commercial on the other, including the Rideau Club, the NCC, the Carlingwood Mall and a number of embassies. Consultations and estimates are free, and charges for pick up and delivery are included in the price of the repair, though in some cases, Louis is able to carry out repairs on site in the case of relatively minor touch up jobs.

In addition to tackling furniture projects, Louis has also taken on other jobs such as refinishing front doors and shutters. Because his costs are comparatively low, Louis is able to offer reasonable prices and from his perspective, "no job is too small." In my case, this proved to be a saving grace as prior to finding Louis, I had made several abortive attempts to arrange for the repair of just one (though a

much loved) chair, only to find that this was far too small potatoes to be of interest to larger businesses.

So to all you readers who have broken chairs, tables with uneven legs and/or scratched up surfaces, or perhaps antique pieces needing a skillfully executed facelift, give Louis a call at **613-850-6707**.

Bridgehead Coffee House: NEW on Beechwood!

We are delighted to report that

October 2006

Bridgehead's Managing Director and moving spirit **Tracey Clark** is a long time resident of the Burgh and former Manager of Mountain Equipment Co-op when it occupied the space at Crichton and Beechwood which is now the New Edinburgh (Guardian) Pharmacy.

Tracey is enthusiastic about the new location, which has undergone a major transformation in recent months, carried



just about the time this publication hits the streets in early October, Bridgehead will open the doors of another in its rapidly growing chain of coffee houses right here in the Burgh at **131 Beechwood**, the site of the former Casa Azores Variety or "Foam Shop." As many readers may be aware,

out by the new owners of the property, **Routeburn Urban Developments**. The former decidedly lop-sided two story structure has been reduced to a single story and thoroughly renovated outside and in. The new coffee house will occupy a generous 1,500 foot space with wonderful windows and both patio and indoor seating.

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For clients with cars (unlike Tracey, who bikes all over the city!), there are on-street parking spots on both the Putman and Beechwood sides of the building, and the Beechwood frontage will be attractively landscaped. Tracey reports that **Councillor Jacques Legendre** has been enormously helpful in the complex process of obtaining the City approvals required to launch a new food service operation.

As most readers well know, the Bridgehead Coffee House chain boasts not only superb coffee, tea and freshly made soup and sandwich fare, but also a clear environmental and social mission. All Bridgehead coffees are organically grown and purchased directly from co-operatives that buy the beans from farmers at fair trade prices, (prices which are currently received by only about 800,000 of the world's 25 million growers). Bridgehead teas come from the Sri Lankan-based Small Organic Farmers' Association (SOFA), a highly successful program run by BioFoods(PVT) Limited which also aims to promote the use of organic cultivation methods and ensure fair prices for farmers. Even the milk, cream and sugar at Bridgehead are organically produced (apart from the milk used in the espresso machine where the organic variety apparently

doesn't foam properly!)

With the opening of the Beechwood store and another new outlet at **Dalhousie and Guigues** in the Byward Market, Bridgehead will boost its total to seven locations throughout the Ottawa area, ranging from the Glebe to Centretown, Westboro and now Lowertown and our own neck of the woods here in New Edinburgh. For the fourth consecutive year, Bridgehead was voted Ottawa's finest coffee house by the readers of *Ottawa Xpress*, and was also nominated for the Chamber of Commerce award for small business of the year.

The new Beechwood location will feature not only Bridgehead's legendary teas and coffees, but also freshly baked goods, savoury soups and sandwiches, all of which (with the exception of the croissants from a French bakery) are freshly made in the Bridgehead kitchen. The new Beechwood Manager **Eldar Islamovic** has transferred here from the Elgin Street store and fortuitously, has also moved into the area and will be able to walk to work, in keeping with Bridgehead's central ethic of environmental responsibility!

Welcome, Tracey, Eldar and the Beechwood Bridgehead crew! We look forward to having you in our midst and are especially pleased that, as Tracey emphasizes, there will

still be FOAM for sale at the corner of Putman and Beechwood: some traditions die hard!

The Electric Gallery 30 Marier Street

An Artists' Mecca Blossoms in the Burgh

Since the start of the summer, there's been yet another welcome addition to the landscape at the Beechwood/Marier end of the neighbourhood, just a short block or two from the new Bridgehead location. On June 2, The Electric Gallery opened its doors at 30 Marier (at Laval Street), heralding its arrival with a lively opening celebration. The gallery is an artists' co-operative specializing in contemporary art, and our Beechwood South correspondent **Marilyn Hart** has provided an excellent and detailed account of its origins and planned activities in this issue of the News.

The arrival of the new gallery gives a further boost to the burgeoning community of artists working, and in many cases living, here in the Burgh. Directly down the block from The Electric Gallery is the **Dale Smith Gallery** at 137 Beechwood. In the CCCC quarters on the second floor of 200 Crichton Street, the 16-member **MainWorks Artists Co-operative** has for several years been flourishing in the studio and exhibition space of the historic Crichton School.

Across the street in the Field House at 193 Stanley, the eleven artists in the **Stanley Street Workshop** continue to gather on Monday mornings to work on their latest artistic projects. The group, which includes **Charline Alward, Jean Brimmell, Nancy Chance, Ann Clayton, Joan**



Photo: Peter Glasgow

The new Electric Street Gallery on Marier.

Crate, Nan Griffiths, Margaret Harman, Edith Liepa, Lynn McIntosh, Carol Towe and Janice Yalden, will hold its Third Annual Exhibition and Sale at the Field House sometime this Spring.

Around the corner from the CCCC, local artist **Bill Murray**, the creator of an intriguing and unusual series of lino-cut prints exhibited this summer at 200 Crichton, works out of his studio at 142 Avon Lane. Closer to the Sussex Drive end of the Burgh, painter **Gordon Harrison** has established a studio at 81 John Street where he works on and periodically exhibits his striking and boldly colourful Canadian landscape oil paintings. Gordon's work covers a range of classic landscapes from Newfoundland to Nova Scotia, P.E.I., the Charlevoix region, Georgian Bay and the Algoma region of Lake Superior. As visitors to his wonderful exhibition in late May will have discovered, his paintings also encompass scenes from much closer to home, including familiar spots in the Ottawa Valley and the Gatineau, and even a series on the lanes of

New Edinburgh.

So welcome to all at The Electric Gallery, and may the Burgh's vibrant artists' community continue to thrive and grow!

Jacobson's: Guess Who's Coming for Dinner?

In mid-September, Jacobson's gourmet food store at 139 Beechwood launched a significant expansion of its base of operations, and a broadening of its product repertoire to encompass virtually all aspects of the experience of preparing, presenting, serving and savouring good food. Jacobson's has taken over the space formerly occupied by Griffin Kennedy Interiors, and has undertaken a thorough renovation of the space, including an extension of its hardwood floors throughout the store.

The core of Jacobson's operation, with its traditional array of specialty gourmet food products from all corners of the world, has been moved to the Griffin Kennedy side of the store, and expanded to include a pastry and cheese counter offering imported cheeses never before available in Canada, as well as fresh breads not previously available in the Ottawa area. Owner **Susan Jacobson** has also introduced some new products into the mix, including a full selection of traditional Christmas goodies such as plum puddings, rum and brandy butters, special stilton cheeses and fruit cakes. At the back of this portion of the store is a full gift section where you can pick your own selection of items and have Jacobson's create a gift basket, or buy one ready made.

In the original Jacobson's store on the 139 side, Susan has launched an entirely new

Continued on page 14

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Continued from page 13

section dedicated to all the elements of entertaining, fashion and fine dining, from the special decorative touches worn by the hostess, including one of a kind necklaces and accessories, to handsome serving pieces, candles, napkins, hostess gifts and a fully stocked cocktail corner, including glasses and all the non-alcoholic accoutrements of cocktail preparation. "Dress it up with pearls" was the rubric for the introduction of a new English product in this section, goat cheese pearls marinated in oils, which are reportedly the perfect single serving on a tasty cracker.

The current theme of Jacobson's new entertaining section is "A Great Gatsby Dinner Party," and according to Susan, the theme will change on a regular basis to reflect the season and/or perhaps a flight of fancy such as Dinner with Prince Charles featuring his own line of Duchy Originals delicacies. So drop by and check out the new premises and new products, and while you're at it, try a tasty morsel of cheese to sustain you while you look over the merchandise.

New Edinburgh Pharmacy: Guardian Club Reward Programme

In early August, when many readers were no doubt still quietly reading thrillers by the lake, the New Edinburgh Pharmacy introduced the **Guardian Club Reward program**, offering regular customers a chance to accumulate points and reduce the costs of their drugstore purchases (with the notable exceptions of prescription drugs, stamps and lottery tickets). According to owner **Frank Tonon**, the Reward Account system is



Photo: Peter Glasgow

Ambiente opens its doors to the lunch crowd. Come for the food, stay for the ambiance.

being introduced on a six month trial basis, with the Beechwood pharmacy serving as the pilot Guardian store for Eastern Ontario. At this stage of the game, the Reward points are only redeemable at the Beechwood store.

Because of the traditional slump in activity over the summer holiday period, the Reward system has had a gradual start, but once a sufficient client base has been established with the return to reality after Labour Day, Frank is planning to ramp up the program with special bonus offers for conscientious users of the point system. So if you're among the many residents of the Burgh who rely on our local pharmacy for all your regular drugstore purchases from shampoo to soap to dental floss, be sure to get that application form filled out and start racking up points to soften the blow the next time around.

Ambiente: What's for Lunch?

In early June, Ambiente opened its doors to the lunch trade, reviving activity on the sunny patio at Beechwood and Charlevoix, and offering area

residents an upscale option for the midday meal, one which for most of us is well within walking distance and conveniently close to our regular shopping haunts in Beechwood village. Owner **Michael Guy** plans to keep the outdoor patio going for as long as weather permits, and hopes to make some structural changes next year to build in banquette seating and generally create a more comfortable seating area for fresh air loving clients.

Lunch is served from 11:30 am to 2:00 pm, Tuesday to Friday, and the menu incorporates slightly lighter fare than Ambiente patrons may have sampled at dinner, including soups and salads, risotto, pasta dishes and light entrées. For reservations please call 613-744-6509.

Birder's Corner

If you're planning to buy a back yard feeder to keep the birds around and properly nourished through the long winter months, now is the time to do it as the frost will soon have settled in, and hammering in that feeder pole will be a task for a titan. Birder's Corner's **Lynn Smyth** also

notes that October is the ideal month to pick up next year's garden ornaments at deeply discounted prices.

Following her excursion to a major gift show in late summer, Lynn is already well stocked with ornaments, flags, wind chimes and gift items for Christmas, including the popular "Motion Bird" which sings to salute each passer by. For the serious birders in your life, she also has a range of new feeders and a line of high quality binoculars, including the extra light **Swift birding binoculars** which she personally swears by and which (if my spouse reads this) I hope will be my Christmas present. So drop by the store and equip yourself and your garden to welcome and enjoy the bird population in the chilly months ahead.

Books on Beechwood

History buffs should mark their calendars for **Saturday, October 21** at 11:00 am, when author **H.J. Smith** will visit the store to read from his new book, *Smoke in the Cockpit: The Flying Adventures of Don "Smokey" Patry*.

Au Prêt-à-Reporter and Clothes Encounters of a Second Time: Women Helping Women

Over the course of the summer, local consignment shops Au Prêt-à-Reporter and Clothes Encounters collaborated with an impressively large number of other Beechwood businesses to raise funds for **La Maison d'amitié**, a shelter for women and children escaping from violent situations and struggling to rebuild their lives.

The instigator behind the event, and one of the principal organizers, was long-time New Edinburgh resident **Liba Bender** who approached the two consignment clothing stores for assistance in carrying out a **Women Helping Women** fundraiser, and con-

tacted other merchants for donations of silent auction items. Both consignment stores responded with enthusiasm, setting up a raffle for two \$25 Gift Certificates (worth an actual \$50 during their 50% off summer sales) and providing a venue for the silent auction on July 15.

A month prior to the silent auction in mid-June, Au Prêt-à-Reporter and Clothes Encounters also invited women from the shelter to a private after-hours "shopping spree" at which they were encouraged to help themselves to items from a collection of clothing amassed by the two stores. By all reports, the shopping spree was a great success, with many of the women ending the afternoon with a full shopping bags and a renewed sense of optimism.

Despite the crushing heat of the day, the Silent Auction on July 15 was also a highly successful event, and a total of over \$670 was ultimately raised for residents of the shelter. Apart from the two consignment clothing stores, a **host of local businesses contributed generously to the auction:** Beauty Mark Salon and Spa, Clocktower Brew Pub, Feel Better Massage, The Hill Butcher Shop, Jolicoeur Home Hardware, The New Edinburgh Pharmacy, The CCCC's Lumière Festival, The New Edinburgh Pub, The Physical Therapy and Sports Medicine Institute, Rassi Hair Salon, Thyme and Times Past and Zoom Exposure.

According to Clothes Encounters' **Robin Campbell**, one of the key organizers of Women Helping Women, she and fellow organizers were so pleased with the results of this truly collaborative enterprise that planning for a second auction next summer is already in the works! Thanks to **Liba, Robin, Monique Dugas** (Clothes Encounters' owner), **Lucie Thivierge** (owner of Au Prêt-à-Reporter) and all the other businesses who took part

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in this wonderful community event.

Kaleidoscope Kids' Books

We welcome new advertisers **Karin Fuller, Kelly Harrison, and Kim Ferguson** and their recently launched business, Kaleidoscope Kids' Books (why am I not surprised the name begins with a "K"?!) In February of this year, the store opened its doors on the second floor of **Fifth Avenue Court** (Bank and Fifth in the Glebe), launching its operations with a gala opening party that took over the entire courtyard.

tion section on Canada. In addition to the in store selection, the three K's place special orders on a daily basis, so if you can't find what you're looking for, just ask and it shall be ordered. They are also available for suggestions and consultations on what to buy for the kids in your life, and if clients request it, Kaleidoscope will even host special consultation evenings.

Story time takes place at Kaleidoscope **every Friday morning at 10:00 am**, when toddlers, pre-schoolers and their parents can gather for



Co-owners of Kaleidoscope Kids' Books (from left) Kim Ferguson, Karin Fuller and Kelly Harrison.

Parties have since become (and according to Karin will remain) a hallmark of the Kaleidoscope crew, and building on the rousing success of their Fairies and Knights Party in April, they were planning to follow up with a Pirates and Mermaids event in mid-September. If you have a child or two who loves any chance to parade in a costume, watch for news of future events or check the store's website at www.kaleidoscopekidsbooks.com.

The new bookstore is the culmination of several years of planning and discussion on the part the "the 3 K's," who initially met when their children were in the same elementary school class. All three have bookish backgrounds: Karin worked for some time in a university bookstore and Kelly is a librarian, while Kim has worked in the school system. Karin is well acquainted with the legendary children's bookstore, **The Bookery**, which closed some years ago when its owner, former Burgh resident **Joan Askwith**, retired from the business, and she has been gratified by the warm reception Kaleidoscope has received from former Bookery clients and employees who regard it as a worthy successor.

Kaleidoscope carries reading material in English, French and Spanish for kids aged 0 to 15, including a large non-fic-

tion section on Canada. In addition to the in store selection, the three K's place special orders on a daily basis, so if you can't find what you're looking for, just ask and it shall be ordered. They are also available for suggestions and consultations on what to buy for the kids in your life, and if clients request it, Kaleidoscope will even host special consultation evenings.

For friends and relatives in search of a Christmas or birthday gift, Kaleidoscope also offers a **Gift Registry** where children can sign on, for example, before their birthday parties, and record their literary wish list. While kids' tastes are every bit as variable as those of adults, Karin reports in the toddler category, board books, and in particular the works of Sandra Boynton, Eric Karl and Robert Munsch, remain extremely popular. Among six to eight years olds, the British *Rainbow Magic Fairies* series by Daisy Meadows is a big hit with the girls, while *Captain Underpants* still tops the list of many boy readers. Favourites among the slightly more advanced nine to twelve year old crowd include the *Fairy Realm* series by Emily Rodda (a girls' pick), the dragon-related adventure works of German author Cornelius Funke, and the *Charlie Bone* series by Jenny Nimmo which seems to have taken over where Harry Potter left off.

In addition to its extensive

book collection, Kaleidoscope also offers a range of book-related gift items such as journals, diaries, writing books, book plates, books on CD and of course, kaleidoscopes (though the latter may relate only indirectly to the literary realm!) The next time you're in the market for reading material for the kids on your list, drop in to Fifth Avenue Court and meet the three K's. There is free parking underneath the building so no matter if it's

raining or (God forbid!) blowing snow, you'll stay warm and dry.

Haute Mama

We welcome new advertisers **Suzanne Smith** and **Shannon Dougall**, a mother-daughter team who recently launched Haute Mama, a small business dedicated to bringing style and pizzazz back into maternity clothing, and generally enhancing the experience of mums-to-be and new mothers. Suzanne comes to Haute

Mama after more than a decade operating her own home décor business, while her daughter Shannon has a background in marketing and (perhaps more importantly) very recent experience of the challenges of being "hip and pregnant" here in the Ottawa area.

Despite the fact that Hollywood has in recent years brought the whole realm of

Continued on page 16

Kaleidoscope

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Continued from page 15

pregnancy, motherhood and babies into its inimitable spotlight, when Shannon was expecting her two children (aged three and one) she found slim pickings in the pregnancy clothing line here in Ottawa, to the point that she and her pregnant friends would consult before social events to ensure that they didn't all turn up "in uniform." Haute Mama attempts to change all that by offering a range of stylish new clothing lines, covering the gamut from everyday wear to elegant evening clothes.

One very popular label is a



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Suzanne Smith and Shannon Dougall of Haute Mama at the recent Baby Boom Show at the Nepean Sportsplex.

Swedish-made line that literally grows with you through the nine month period and then returns to its original slimmer shape when the baby is born. Haute Mama's "Belly Basics Maternity Survival Kit" is a stylish but immensely practical mix and match wardrobe in a box, including pants, skirts and tops, for either hot or cool weather. Their nursing clothes, on the engagingly named "Boob" label, are also suitable for wear during pregnancy, and they offer their own popular line of T-shirts for both Mums and Dads. Indeed, according to Shannon, a number of women have used the surprise gift of an Haute Mama Daddy T-shirt to inform their partners that a baby is on the way!

In addition to clothing, Haute Mama's repertoire includes baby bedding, sheets, nursery décor, plush toys, nursing accessories and baby slings. Perhaps the most unique and

appealing aspect of their business is the chance to avoid the crowds and the cluttered clothing counters, and to shop in the relaxed atmosphere of Suzanne's home (6 Pommel Crescent, in Kanata) at a time of your choosing. **Shoppers are welcome every Saturday from 11:00 am to 3:00 pm**, but if your weekends are hectic, you can book a personal appointment at a time that suits your busy schedule: just call Suzanne at **613-592-3800**.

For the first time in its brief nine month history in business, Haute Mama organized a major community benefit shortly after Labour Day. On Saturday, September 9, it hosted its 1st annual **Baby Shower for CHEO** fundraiser, featuring a silent auction, a soother raffle, door prizes and a maternity and nursing fashion show, with local celebrities **Angie Poirier** from the A Channel and **Stuntman Stu** from CTV Ottawa acting as emcees for the evening.

For more details about the clothing and products available at Haute Mama, or a look at the fact-packed Haute Mama Newsletter which includes an event schedule, valuable pregnancy tips, and a list of essential reading on pregnancy and infant care, check out their website at www.hautemama.ca. (You'll also find a detailed map to their Kanata location if you're thinking about a shopping excursion.)

Sylvie Sauvé: Esthetician, Electrologist For Women,

Men and Teens

Welcome/Bienvenu to new advertiser **Sylvie Sauvé**, an experienced professional esthetician and electrologist based in nearby Manor Park. Sylvie has been in the business for over two decades, and has worked as an esthetics teacher and practitioner in New York, Boston and Barcelona where she still teaches aspiring Spanish estheticians several times each year. Prior to moving to Ottawa Sylvie owned and operated a spa in the St. Sauveur area so the avid skiers among our readers may already have had the benefit of her services.

Sylvie's esthetics studio, which is based in her own home at **54 Dunvegan Road** (close to Birch), is fully equipped to provide a wide range of professional services on a highly personalized basis: one client at a time. In addition to electrolysis and full body waxing, her services include facial treatments; manicures; pedicures and holistic foot care dealing with a range of foot problems among the elderly in particular; hygienic ear care; ear piercing; make up application and lessons (single or group) and permanent make up. Sylvie is also an eye brow specialist and an experienced diagnostician in the realm of skin conditions, employing a technique called the "skin scan" to evaluate the condition and determine the type of treatment required.



Brandon and Tyler Hynes have released a music CD.

As noted above, Sylvie's clientele includes women, men and the teenage set, and it

would appear that her skillful touch and personalized service have earned her a loyal following over the years, with several of her clients still coming all the way from Montreal on a regular basis. For an appointment or a pre-consultation to sort out your needs and priorities in the esthetics realm, give Sylvie a call at **613-748-0352**.

Burgh Business Bits

Summer isn't *really* over! Well, it is actually, but **Piccolo Grande** plans to serve its signature gelato all Fall and Winter long, so drop in and transport yourself back to the heat of July.

The Hynes family of **Everest Restoration** will shift its focus from masonry to music later this month when owner **Tony's** two sons, **Brandon**, 23 and **Tyler**, 20, release their new CD, "**The Story of Jarvo**", an innovative twist on the "concept album" on which the brothers have collaborated to blend their considerable talents. Brandon (featured in the News last summer when he accompanied his Dad to help out in the New Orleans relief effort) is a composer and lyricist while Tyler, who wrote the script on which the album is based, has gained considerable acclaim as an actor in television and film. Watch for more details in December, and in the meantime, check out their CD when it reaches the stores later this month.

Beechwood Animal Hospital recently celebrated its 10th Anniversary on Beechwood and welcomed the newest member of its veterinary staff, **Dr. Marie Haynes**, a specialist in Orthopedic Cruciate repairs and Bone Plating. Congratulations to all at 266 Beechwood!

A warm welcome to **Da Bombe**, a new food take out establishment which opened in early September in a portion of the space formerly inhabited by **Gourmet Canada** (which continues to operate in the other half). Da Bombe features tasty luncheon fare and freshly baked pastries and desserts, made right on the premises.

Across the road in the renovated "Foam" shop, next to the new Bridgehead Coffee House, a new interior decorating shop, **Details Home Apparel Inc.** is scheduled to open its doors in November. Details' proprietors are **Janice Schick** and **Colleen Strban**, an interior designer who has worked in the area for many of years. We hope to find out more about their plans in time to bring you up-to-date in our next issue.

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By Penney Place

I suppose the first order of business, as the new president of the Crichton Community Council, is to introduce myself. My name is Penney Place, I live in the old Archive building on Stanley Ave. and I have been a member of council for the last fifteen years – time to take on a few more responsibilities!

My late husband, Tom, and I moved to Ottawa from Montreal in 1990 and were fortunate enough to discover New Edinburgh and Stanley Ave. I have many fond memories of getting to know the Burgh – walks along the river, exploring the lanes, taking exercise classes at the school and riding bikes to Bread and Roses for cinnamon buns. We made a

**Community & Family Events**

in Lesotho again this winter.

Crichton Community Council (better known as CCC) is the group in New Edinburgh that organizes and co-ordinates community and family events, as well as operating, along with the city, the field house and the skating rink. We usually have a project or two on the go – with a focus on those things which will enhance family life in the neighbourhood. The spray pad in the park is a good example of such a project. We work

Garage Sale, our first event of the year, always takes place on the 3rd Saturday of September and will be over by the time you read this. Weather often determines the success of this event with some people even continuing on Sunday if we have rain! Participants contribute 10% of their earnings to CCC and non-residents are asked to pay \$10. This money is used to pay for other CCC sponsored events.

Our September meeting will also be over but by the next issue of the New Edinburgh News you will be able to read about our plans for the upcoming year. Some CCC events are traditional (skating party, picnic) and hopefully, we will have decided to run some new events and will have agreed upon a project (or projects) to focus on. We welcome your ideas and your participation – even if it's just one idea and/or one meeting. The meetings are held at the field house on Stanley Ave. on the 2nd Monday of every month at 7 pm – and are actually quite a lot of fun. The next meeting will be held on Monday, Oct. 16, postponed due to Thanksgiving. We'd love to see you.



Photo: Laurette Coupe

The sun was bright and warm during this year's New Edinburgh Garage Sale.

perfect choice. When we decided to become part of this wonderful community, Tom joined NECA, I joined CCC and we both volunteered to distribute and deliver the New Edinburgh News. So here I am in 2006-2007 as president of the Crichton Community Council – but ably supported by Brian Torrie as vice-president. And this is especially important, as Brian will be the man to go to while I volunteer

closely with NECA and CCCC – and if you are new to the Burgh and all this seems a bit of a muddle, do read the articles by the other two organizations and you'll get a feel for who does what.

We had a most successful picnic last June, run by Brian Torrie, with lots of participation, fun and games. This is an annual event for all – especially for children (see Brian's article). The New Edinburgh

The Crichton Community Council team this year is:

Penney Place – president
Brian Torrie – vice-president
Melodie Salter – secretary
Jill Hardy – treasurer and field house co-ordinator
Isobel Bisby
Joyce Dubuc
Cathy McConkey
Joseph Cull
Roger Hardy
Mary Grainger
Michel Giroux

See you next month.



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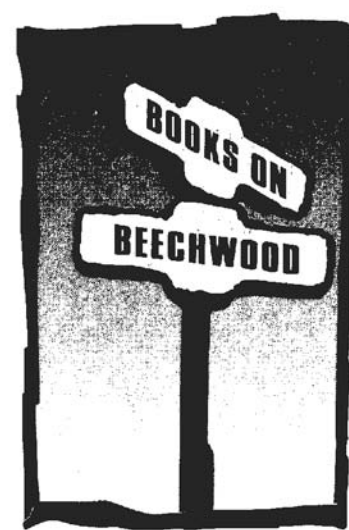
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Joan Bulger, Ottawa

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How many light bulbs does it take to change Ottawa?

Project Porchlight, with the generous support of Hydro Ottawa, will deliver 200,000 compact fluorescent light (CFL) bulbs to households in Ottawa over the next two months. Starting in late September, Project Porchlight teams will be delivering the energy-efficient bulbs door-to-door, encouraging everyone to make "one small change". The 13-watt CFL bulbs will save consumers money on their hydro bill and are better for the environment than incandescent bulbs.

Using CFL bulbs saves money – up to \$50 per bulb on your electricity bill over the life of the bulb. The Project Porchlight city-wide endeavour will generate \$10 million of hydro savings for Ottawa residents over five years. Through their use of these CFL bulbs, Ottawa residents will stop 100,000 tons of greenhouse gases from being emitted into the air. CFL bulbs are very safe and can be installed indoors or outside.

Project Porchlight Ottawa would not be possible without the generous support of its prime contributor Hydro



Local resident Stephen Harper has seen the light - the CFL light that is.

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Asbestos: Fact and Fiction

By Neil Fortier

Asbestos! The word strikes fear into the heart of many homeowners, conjuring images of coughing, choking tradespeople and inspectors wearing spaceman-like white suits and masks. In TV and movies, asbestos has taken on an almost mythical status as an invisible threat, foisted on the public by greedy and ignorant homebuilders looking to make a fast buck at the expense of public health. However, is asbestos really as dangerous as it is made out to be?

Asbestos has been valued for centuries because of its resistance to heat and fire, and was used in a wide variety of products. Ancient Egyptian Pharaohs had asbestos woven into their burial shrouds, and the ancient Greeks used it to make lamp wicks and various forms of clothing. Some historians claim that Charlemagne (an 8th century European king) owned a tablecloth made from asbestos, which he cleaned by throwing it into a fire. Through the 19th and 20th centuries, the material was widely used throughout Europe and North America in a wide variety of construction and industrial products, such as plasters, tiles, adhesives, brake pads, and insulation. As time wore on, however, a darker side of asbestos began to emerge.

Near the end of the 19th century, several supervisors began reporting that workers were becoming ill after inhaling asbestos dust, and in 1897 the first confirmed death from the substance was reported. Since then, doctors have found medical evidence that microscopic asbestos fibres, invisible to the

human eye, can be inhaled by humans and lodge themselves in lung tissues. Over the years, inhaling asbestos fibres has been linked to a number of diseases, including damage to the lining of the lungs, larynx cancer, and "asbestosis", a lung disease resulting from scarring to lung tissue.



As a result, asbestos use was banned in the United States in 1978, although the material was still used in some areas until the 1980's. However, Canada has never completely banned the use of asbestos (although its use has declined very sharply). In fact, Canada continues to mine and export asbestos. In 1999, Canada was the world's largest exporter of asbestos, primarily to countries in the developing world where its use is still widespread.

What does this mean for the average homeowner? If your house was built before 1980, there is a chance that asbestos was used in its construction. Houses built before 1950 are more likely to contain asbestos. However, simply having asbestos in your house is not dangerous. According to Health Canada, asbestos is only a threat if its fibres are released into the air and

inhaled, and most products in a home that might contain asbestos (tile, insulation, shingles, etc.) will not give off fibres unless they are sanded, cut apart, or disturbed in some other way.

If you are planning major renovations or additions to your house and you are concerned about asbestos, have an experienced contractor inspect the area you plan to work on. If you do find asbestos, talk to the contractor about whether or not the material needs to be removed. Do not try to remove it yourself. Disposing of asbestos properly is a complicated process, best done by an experienced professional. Working around it safely requires specialized equipment, such as sealed coveralls, gloves, and facemasks.

The use of asbestos was banned throughout the European Union in April of 2005, and there are ongoing calls for a global ban. The material is now rarely used, except in a few specialized products such as heat resistant gloves. For a typical homeowner asbestos is a concern, but a manageable one that should not induce panic.

Save for your children's education with an RESP

With the costs of attending university and college rising, saving for your children's education is more important than ever.

You can make the most of the money you save through a Registered Education Savings Plan. An RESP offers advantages that include tax-deferred growth of investments and government-sponsored grants.

Tax-deferral means your money has the potential to grow more quickly than outside an RESP. Taxes aren't payable until funds are used to finance education. The money is taxed in the child's hands, but generally little or no income tax is due because of the child's low income.

Plus a child may be eligible to receive the Canada Education Savings Grant. This can amount to a maximum of

\$400 to \$500 a year, depending on the level of family income and the child's age.

You can contribute \$4,000 annually per child to an RESP to a lifetime maximum of \$42,000 for each child. Many types of RESPs are available. These range from plans in which contributions are managed for you to self-directed plans. You can have separate RESPs for each child or set up a family plan with multiple beneficiaries.

Ask your investment representative for more details.

Article provided courtesy of:
Alain Samson, Investment Representative
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Did you Know?

New Edinburgh has a community website.
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www.newedinburgh.ca



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CCCC Update

Good Works are Underway

By Johan Rudnick, Chair

In case anyone wondered about the bright orange plastic sheeting that adorned the second floor hallway recently, this was not some mysterious Halloween preparation! In fact, the CCCC was up to some good works to improve the centre – and the orange sheeting was part of the specialized asbestos abatement measures that were required. Thanks to funding support from the Ontario Trillium Foundation, the CCCC is undertaking a series of improvements that should help improve the utility

of the centre. The CCCC has hired Michel Giroux (Pandore Innovations), a neighbourhood contractor, to help get all the good works done.

The large hallway space is being provided with real gallery lighting and picture rails. A new office for the CCCC is being created from a storage area and will now be accessible directly from the hall – so no more having to disturb classes in the Community Room. The staff kitchen area is being rebuilt and joined to the Dufferin Room to provide very much needed sink, count-

er, clean-up and storage space. Dufferin Room tables and chairs have been acquired and we now have a way to store them. And we will be upgrading the Dufferin stairwell area and hope to be able to use this as our main entrance shortly. These and other improvements should make the Centre much more inviting and expand the scope of activities that we can host and support.

Work has been moving forward steadily and we are hoping that everything will be completed by mid November.

Afro-Caribbean Dance at the Centre

Suzan Lavertu is an inspired performing artist, seasoned teacher and choreographer who was recently a 2006 Nominee in the category of Healthy Living for the YMCA-YWCA Women of Distinction Awards.

Suzan has trained at The Montreal Jazz Dance Academy, which led to a national tour with the South African singers Lorraine and Tandie Klassen. Lorraine is one of Canada's top World Beat performers and Tandie is a famous South African singer and anti-apartheid activist. Suzan's experience in cultural diversity was the catalyst for her to explore and promote her cultural artistic roots. She joined The WestCan Folk Performing Company of Montreal where she trained in afro-Caribbean dance and performed across Canada and the United States.

In the past, Suzan has choreographed award winning dance

pieces at The Junior Caribbean Dance Festival in Toronto and The Ottawa Dance Festival. She was also a member/choreographer for Voices of Praise Gospel choir who performed with Paul Anka, Celine Dion, Maya Angelou and Coretta



Scott King. In 1995 she founded The School of Afro-Caribbean Dance.

Suzan describes the Afro-Caribbean dance program as a "journey through a flavorful dance fusion, a melting pot of rhythm and movement vocabulary that is unique, invigorating and celebratory. I am committed to the preservation and sharing of Afro-Caribbean culture through dance."

In August, Suzan and a group of her youngest dancers gave a fabulous performance at the Lumière Festival. Then in September, The School of Afro-Caribbean Dance started offering a range of classes at the CCCC. These programs are designed not only to teach dance but also to promote the development of well-rounded, culturally aware and strong principled young people. The process of learning about other cultures fosters an appreciation and respect for all traditions and diversity.

Afro-Caribbean Dance programs are creative and energetic, drawing strength from ancestral, folkloric and contemporary themes. The repertoire of choreographies is alive with afro-Caribbean dance fusion and includes a potpourri of rhythm and movement vocabulary that is unique, invigorating and celebratory.

Afro-Caribbean Dance currently offers four Saturday

dance programs:

SOULRHYTHMS: (10:00 am – 11:00 am) This dynamic adult dance class focuses on developing strength and flexibility with an emphasis on dance exercises designed to facilitate executing African-derived dance movement.

Jr. Ballet Ethnic: (11:00-12:00 pm) Discover how your body can express its creative self. Afro-Caribbean dance class for children ages 4-6.

Sr. Ballet Ethnic: (12:00-1:00 pm) An exciting afro-Caribbean dance program that explores various folklore and dance expressions of Africa & the Caribbean for children ages 7-12.

Kubuli Dance Company Program: (1:00-2:00 pm) For young persons between the ages 12-18, this is the vibrant and exciting training class for our performance company.

Contact Suzane Lavertu, Artistic Director, 863-3493, afrocaribdance@videotron.ca.

We ask people to pre-register for courses and special features so that we have some idea of numbers and can be adequately prepared.

Unfortunately, programs may be cancelled if there is insufficient registration. It is important for us to have a contact number in the event of a class cancellation.

Drop-ins are welcome, but please call ahead to confirm.

CCCC Office

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Fax: (613) 745-4153
Email: cccc@bellnet.ca
www.crichtonccc.ca

The Mainworks Artists invite you to their Open-House October 20 - 22, 2006

We are celebrating our 19th year as an artist cooperative and this will be our 6th annual Open-House since our relocation to Crichton Street. The 15 artists will open their studio doors to the public and look forward to meeting visitors of all ages and exhibiting both their completed art works as well as those in progress.

The Artist's have been busy as usual and here is a list of upcoming events:

- Anne Alcorn and Karen Rasmussen will be part of "Quadratic", a group show celebrating the first

anniversary of Cube Gallery, November 1 - 26 at 7 Hamilton Ave. North.

- Sharon Kelly is having a solo show at the Dale Smith Gallery, 137 Beechwood Drive, October 13 - November 4.
- Karen Bailey is having a solo exhibition of "The Marjorie Paintings" at the IPO Gallery, 110 O'Connor Street, Ground Floor, October 26 - November 9.
- Corinne Nieuwburg, Frances Caswell-Routhier and Gail Bourgeois were

part of a group show at Gallerie L'Imagier in June.

- Liz Minnes and Alberta Dickson are among the new artists added to the Ottawa Art Galleries sales and rentals gallery.
- Liz Minnes was in the "Wrapture" show at the Britannia Gallery, featuring the Northern Nine and friends during the month of September.

For more information on Mainworks artists please check the website at http://www.crichtonccc.ca/c2/prg_mw_e.html.

The Crichton Cultural Community Centre is a member-based volunteer charitable organization striving to maintain 200 Crichton Street as a public resource to support and encourage artistic, cultural, and community development. It was created with the objective of preserving the Crichton School, both as a heritage building and in its historic public function as a community centre.

To get involved, provide input, volunteer time, or enquire about using our community room, please contact the Community Facilitator. We encourage you to pre-register for courses or special features by calling the relevant contact number.

The Play Series: Expanded Toddler Programs at the CCCC

In 2003, **Caroline Elson**, a trained Mothergoose Facilitator (Mothergoose is a program focused on learning rhymes, songs and stories that parents and children can share together) started a small toddler/parent "Sing, Dance, & Play" program at the CCCC. Three years later this small program has flourished and is now offering three different classes.

stage of development and inclination.

Parents are pleased to have an increased repertoire of rhymes and songs to use at home. An additional benefit of this class is the increased sense of connection and community that has developed between neighborhood parents.

Caroline adds "I really enjoy working with the parents and children of this community. It

ple of mornings a week and she is now happy to offer a three morning a week program called **The Play Series**, three different classes aimed at developing different skills. The Play Series is unique in that it allows parents to purchase a punch card for ten classes-this allows families the flexibility to attend when they are able.

The three classes are:

Monday 10 - 11am (Room 307)

Craft and Play

This class is for anyone under 5 who likes to make a mess. Each week there will be a theme with a story and craft. All of the crafts will go home at the end of the class.

Wednesday 10 - 11am (Dufferin)

Song, Dance and Play

This class is for anyone under 5 who wants to sing and dance. The class begins with songs in a circle, then dancing with music and sitting to end the class.

Friday 10 - 11am (Dufferin)

Gym and Play

This class is for anyone under 5 that is walking. We will be tumbling, running, jumping, moving and playing games in this hour.

Classes begin on September 11, 2006.

Registration

You can purchase a punch card for 10 classes at \$100.00, which then entitles you to drop in to any or all classes for the week.

If you have any questions please call Caroline Elson at **613-282-7905**.



The root of Caroline's success is that she focuses on developing skills in the parents and allowing them to introduce their children to words and rhymes through songs and dancing. Another important element of this approach is allowing parents to judge what is appropriate to their child's

is fun to see parents returning to my class with their second child. The Sing, Dance & Play class has a welcoming, laid back feeling and it is a pleasure to be facilitating for such a warm group."

Parents of the Sing, Dance & Play class asked Caroline to expand the program to a cou-



Watercolour by Ana Irondo de Bryson

Ana Irondo de Bryson Offers Art Classes at CCCC

Ana was born in San Sebastian, Spain and took up oil painting and interior design in Madrid. Her marriage to Canadian Foreign Service officer, **John Bryson**, led to extensive travelling where Ana pursued her art studies including two years at the Volkshochschule Art School in Vienna.

Ana became established in international art communities, painting hundreds of portraits on commission. In Ottawa, Ana continues her artistic development by participating in art exhibitions and doing private commissions which include ink sketches drawing and portraits in oil, pastel and pencil.

During this time Ana developed visual art and theory classes for adults, teenagers and children in her New Edinburgh studio. In 1994, she was the chief coordinator of the Foreign Affairs, Arts and Crafts Exhibition. During a posting to Brussels, Ana began working on medieval Flemish techniques and Eastern Orthodox Icon painting. Currently she is a regular contributor of ink and watercolour sketches to the New Edinburgh News, displays her work at local galleries, is a member of the Ottawa Art Association and Arteast, and does commissions of family portraits.

During the fall and winter months Ana will be offering three unique art classes at the Crichton Cultural Community Centre. She is also including

an art class for the entire family.

Afternoon Art Start for Parent & Toddler (3 to 6)

Tuesdays, 1:45-2:30 pm (\$100 per child/adult, \$50 for second child)

Picasso? Monet? Charles Schultz? Your toddler could be the next great one! Toddlers, accompanied by an adult, will create art masterpieces and express their creative minds while learning about colour.

Drawing & Colour Techniques - Level 1 - Adult Beginners

Thursdays, 1:30 pm -3:00 (\$160 - includes paper)

This 8 week course will provide the basics for drawing in various media (pencil, color pencil, charcoal, pastel and oil) and instruction can be provided in English, French, and Spanish.

Fun Drawing & Colour Technique for the Family - Level 1 - Beginners

Saturdays, 2:30-3:30 pm (\$160, one child - 6 years and older - and adult, \$50 per additional family member)

This 10 week intergenerational class is perfect for families!

Course participants will learn about materials, proportions, aspects of drawing, techniques of color, perspective and free drawing.

Contact Ana at **613-740-0489**, www.anairiondodebryson.cjb.net.



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Lumière enchantment

Continued from page1

sound of giggles as children found their way through the boxes. The Transformation Tent actually had to close early – a victim of its own success! The busy volunteers created fairies, wizards and other Lumière creatures using make up and funky costume pieces – created by Diane Langlois. People were quickly drawn to the swinging music coming from the Shine- Lumière Ball, an event made possible through the hard work of Phyllis Colvin, and they were soon dancing to the rhythms of the Shine big band and appreciating the light display designed by Color Kinetics sponsor John Lawlor.

The Lumière Boutique, run by Susan Campbell and Robin Campbell (of Clothes Encounters), were kept busy selling wings, wands, glow products and lovely lanterns. Over five hundred happy children were able to create free lanterns at the lantern making tables, sponsored by the Co-operators-Beechwood branch.

Many people arrived carrying their hand-crafted lanterns, made at one of the workshops organized by Caroline Elson with the help of Sally Deline. Over 300 people came to the CCCC to participate in lantern making workshops, including a bridal shower and many families. Thanks to the Community Builder’s grant we were able to hold free lantern

making workshops at the Chinese Cultural Centre, the City of Ottawa, Spins and Needles and many other community locations, reaching over 300 people.

We are continuing to offer facilitated workshops throughout the year as lantern making workshops are a great idea for work or social functions. We are also pleased to offer our event specialist services. If you have an event and would like to add some magic consider calling our Lumière team. We will be happy to collaborate with you by providing lanterns and our event expertise.

Check out the Lumière website at www.lumiereottawa.com for pictures of the event, information about the performers or to leave your feedback about the festival. Imatics, our web company, continues to provide us with excellent service and puts in many sponsored hours of work on our festival site.

If you are interested in purchasing a ready-made lantern or a star lantern kit or if you would like information on how to donate to the festival, please call the CCCC office.

Also, if you would like to participate in LUMIERE 2007, please call the CCCC office at 613-745-2742.

Join us next summer at the Fourth Annual Ottawa Lumière Festival in Stanley Park on Saturday August 11, 2007.

Lumière Thank You’s

The Crichton Cultural Community Centre would like to sincerely thank the hard work and enthusiasm of the 2006 Festival staff, Board, volunteers, partners and sponsors.

The festival came together with the organizational work of Producer **Joanne Hughes**, Workshop and Installation Coordinator **Caroline Elson**, and production assistants **Sally Deline** and **Susan Campbell**, Artistic Director **Maureen Shea** and Transformation Tent Coordinator **Diane Langlois**.

Board members **Carol Burchill**, **Bethann Robin**, **Ellen “party” Goodman**, **Johan “bunny” Rudnick**, **Carol West** and **Vicki Metcalf**, were dedicated event day volunteers.

Our volunteer photographers **Clive Cretney** and **Michael Rajzman** really captured the magic of the lantern festival.

Volunteers who went the

extra mile, worked the long hours, sweated and slaved and carried and glued include **Andre Casaubon**, **Peter Honeywell**, **Cecile Latour**, **David Harley**, **Brian Torrie**, **Susan Torrie**, **Habib Siam**, **Meghna Atwal**, **Robin Campbell**, **Antoinette Fekete**, **Allison Prindiville**, **Kaitlin Linton**, **Nicola Linton**, **Claude Morris**, **Kerry Price**, and **Isabelle LaFreniere**.

Hugs to poster/skyscraper king **Dan Hughes**, super grandmother **Caroline Crowe** and the Lumière ‘orphans’ **Tegwyn**, **Enid** and **Sequoia**.

We also would like to give generous thanks for the government grants received from Community Builders - **The Ministry of Citizenship and Immigration**, **Job Creation Program** – **HRDSC**, and **Arts - City of Ottawa**.

The Lumière Shooting Star sponsors deserve thanks for



their much needed support - **Uniform Urban Developments**, **Color Kinetics**, **The Clocktower Brew Pub** (on Beechwood), **Royal LePage** (Bogue & Bell), and **The Co-operators** (Beechwood).

Candle sponsors were **Bridgehead Coffee**, **Dale Smith Gallery**, **The Purple Crayon**, **Lesters Barber Shop**, **Books on Beechwood**, **Beechwood Optometry**, **Crichton Community Council**, **Illuminated Engineering Society**, **The Heintzman Family**, **Royal lePage – The Power of Three**, **Fabricland**, **Co Creations Lighting**, **Music For Young Children**, **Rassi**, **Atlantis Hair**, **MacKay and Sharp**, **Mood Moss Flowers**, and **UPS** (Beechwood).

Our collaborators included



Photo credits (clockwise from top right): knights of the realm by Lainie Cambria; rope dancer by Karen Rodgers; Valiant Dance Club by Michael Rajzman; star lanterns by John Burridge; Queen of Hearts and Alice’s “Eat Me” biscuit photo by Clive Cretney; little boy bee by Kevin Daly; Transformation Tent fairy (centre) by Michael Rajzman; yellow fairy girl by John Burridge; Mad Hatter Tea Party by Lainie Cambria.



Crichton Cultural Community Centre

Fall Programs 2006

Fitness & Wellness

FITMOM POST NATAL FITNESS

Cassandra Mactavish
613-884-7800
www.fitmomcanada.com
Thursdays, 11:00 am - noon
\$168+GST for 12 sessions (rolling admission)
All FITMOM + Baby™ classes include exercises to target all the major muscle groups. Each class concludes with a baby activity that changes weekly. In the course of the session participants will be able to address concerns about postnatal fitness and will receive handouts on relative topics for their interest.

FITNESS: EARLY BIRD WORK-OUT

Louise Lettstrom-Hannant,
613-747-1514
Mondays, Tuesdays,
Thursdays 7:30-8.30 am
\$110 for 13 sessions
Louise will share her favorite music and choreography and take you through a dynamic warm up followed by 20 minutes of cardiovascular work and 20 min of strength exercises. Learn to use fitness balls, weights and toning bands to enhance muscular core strength, balance and postural improvements.

FITNESS FUSION: REJUVENATION OF BODY AND SPIRIT

Louise Lettstrom-Hannant,
(613) 747-1514
Mondays 9:00-10:00 am,
Wednesdays 7:30-8:30 am
\$110 for 13 sessions, or \$10 drop-in

The focus here is functional fitness beginning with a 15 min extended cardiovascular warm-up, moving into a fusion of Pilates, yoga postures and strength exercises. Use exercise balls, weights, and toning bands using a variety of breathing techniques and balance exercises.

PILATES MAT CLASSES

Gaby Lefebvre
(613) 830-6495
gaby_lefebvre@yahoo.com
Thursdays 11:30 am-12:30 pm, Fridays 9:30-10:30 am
\$90 for 8 week session

Pilates consists of a series of precise, rhythmic, fluid movements achieved through a harmony of breath, concentration and control.

Gaby teaches the Ron Fletcher Pilates Mat exercises where you're being lead through a flowing, continuous workout with the Fletcher precision and percussive breathwork. You will gain an understanding of the proper form and technique of the Pilates Method, which will help you to achieve a stronger more flexible body and gain a richer sense of body awareness.

Gaby has studied Pilates in Canada, the U.S, and Antigua since 2000. "Gaby is an extremely positive person who imparts the essence of Pilates in a straightforward and instructive manner. Her sense of humour creates a warm and inviting atmosphere where one feels at ease and predisposed to learning. Her classes leave you with a renewed level of energy and positive outlook for the day!" - Joy vanderZwan.

STRETCH & STRENGTH

Alex MacDonald
(613) 562-4858
Tuesdays 6:00-7:00 pm,
Thursdays 6:00-7:00 pm,
Saturdays 10:00-11:00 am
\$126 for 14 weeks
No drops ins.

A neighbourhood favourite for 17 years, this unique class that combines dance, yoga and movement exercises to improve strength, flexibility, balance and co-ordination.

Alex is a certified Can-Fit Pro Fitness Instructor Specialist with current CPR certification.

YANG STYLE TAI CHI

Larisa Gerol
(613) 722-4416
Wednesdays, 7:00-8:00 pm
8 week session, \$95

Tai Chi encourages the fulfillment of the individual person and helps to tone and strengthen body, improve concentration, coordination and balance. The practice of Tai Chi helps to discipline individuals to be healthy, kind and intelligent, to be responsible for assisting others to reach the same levels of achievement.

THE FELDENKRAIS® METHOD

Jill Ogilvie
(613) 742-8262
Mondays 11:00 -12:00 pm,
Wednesdays 6:00-7:00 pm
\$80 for 8 weeks, or
\$12 drop-in

The Feldenkrais® Method will help you to reconnect with your ability to move with ease, through a natural, exploratory learning process and learn how to make any activity easier, more effective, and more enjoyable.

Dance

SCHOOL OF AFRO CARIBBEAN DANCE

Suzane Lavertu
Artistic Director
(819) 863-3493
afrocaribdance@videotron.ca

Our programs are designed not only to teach dance but also to promote the development of well-rounded, culturally aware and strong principled young persons. We believe that the process of learning and sharing our unique culture fosters an appreciation and respect for all traditions and diversity.

SOULRHYTHMS

10:00 am - 11:00 am
Adult dance class
Jr. BalletEthnic:
11:00 am -12:00 pm
children ages 4-6

Sr. BalletEthnic
12:00 -1:00 pm
Children ages 7-12

Kubuli Dance Company
Program
1:00 - 2:00 pm
Ages 12-18

IRISH DANCE LESSONS

with the Taylor School of Irish Dance
Suzanne Taylor T.C.R.G
(613)761-6260
suzanne@tayloririshdance.com
www.tayloririshdance.com
Thursdays, 7:15 - 8:15 pm
14 week session/ \$168.00
Irish dance lessons are available to girls and boys of all ages. Irish dance is an excellent and fun way to strengthen and develop skills in music, tempo and rhythm, improve physical coordination and to learn about the Irish culture through its tradition of dance.

KATHARINE ROBINSON SCHOOL OF HIGHLAND DANCING

Katharine Robinson, Director,
(613) 733-2206
Saturdays 8:30 - 10:00 am
Wednesdays 7:00-8:30 pm
Saturdays 12:30 -1:30 pm
Special Workshops

The Katharine Robinson School of Highland Dancing offers classes in highland dancing, a traditional Scottish dance form. The school has several professionally qualified teachers, who train both recreational and competitive dancers of all ages. Depending on their interests and goals, dancers are prepared for annual examinations of the B.A.T.D., competition, choreography and performance.

Music

GET - TOGETHER FOR GIRLS: Music & Movement for Teens and Preteens with Visual Impairment

Kim Kilpatrick
613-567-7137
Ellen Goodman
613-749-9771
Tuesdays, 4:15pm - 5:45 pm

Dance-aerobics, drumming, conversation and a snack.

DRUM CIRCLE

Nancy Porteous and Corinne Davison
porteous_nancy@hotmail.com
Fridays, 8:00-9:30 pm (resumes Sep 2006)
\$4 a night
Bring your own hand drum and percussion instruments.

PLAY SERIES

Caroline Elson
613-282-7905
Buy a punch card for 10

classes at \$100.00, and attend any classes you wish.

Craft and Play

Monday 10:00-11:00 am
This class is for anyone under 5 who likes to make a mess. Each week there will be a theme with a story and craft. All of the crafts will go home at the end of the class

Song, Dance and Play

Wednesday 10:00 -11:00 am
This class is for anyone under 5 who wants to sing and dance. The class begins with songs in a circle, then dancing with music and sitting to end the class.

Gym and Play

Friday 10:00-11:00 am
This class is for anyone under 5 that is walking. We will be tumbling, running, jumping, moving and playing games in this hour.

VOICE AND PRESENTATION COACHING

Sylvia Larrass
613-447-6428,
sylvia@sylvialarrass.com

Singing for all Ages

Explore your voice creatively and safely through various music genres. Write your own songs! Group and individual lessons are available. \$40.00 per hour for individual lessons, group lessons are \$20.00 per person (for a small group).

Make your Voice your Ally!

This course is designed for those looking to harness their true speaking voice and tapping into its power. Ideal for all occupational speakers and those wishing to improve confidence in speaking. Group and individual lessons are available. \$40.00 per hour for individual lessons, group lessons are \$20.00 per person (for a small group).

Visual Arts

AFTERNOON ART START FOR PARENT AND TODDLER (3 to 6 years)

Ana Iriando de Bryson
740-0489
anairiando@hotmail.com,
Tuesdays, 1:45 - 2:30 pm
\$100 per child/adult, \$50 for second child
Picasso? Monet? Charles Schultz? Your toddler could be the next great one!



CCCC Office:
Joanne Hughes
Community Facilitator
#307-200 Crichton Street
Ottawa, Ontario K1M 1W2
Phone: 745-CRIC (2742)
Fax: 745-4153
Email: cccc@bellnet.ca
www.crichtonccc.ca

For more information about the Centre or programs call 745-2742. To register for a specific program please call the instructor.

Crichton Cultural Community Centre

Fall Programs 2006

Toddlers, accompanied by an adult, will create art masterpieces and express their creative minds while learning about colour.

DRAWING & COLOUR TECHNIQUES - Level 1 - Adult Beginners

Ana Iriundo de Bryson
613-740-0489

anairiundo@hotmail.com

Thursdays, 1:30 - 3:00 pm

\$160 (includes paper)

This 8 week course will provide the basics for drawing in various media (pencil, color pencil, charcoal, pastel and oil) and instruction

FIGURE PAINTING AND DRAWING

John Jarrett
613-594-0182

johnjarrett812@hotmail.com

Wednesdays 9:30 am-12:30 pm

\$40 for six classes

In this workshop the model will sustain a pose over two sessions for a total of six hours. This will permit participants to complete a painting or to do a number of sketches or drawings.

FUN DRAWING & COLOUR TECHNIQUE FOR THE FAMILY - Level 1 - Beginners

Ana Iriundo de Bryson
613-740-0489

anairiundo@hotmail.com

Saturdays, 2:30 - 3:30 pm

\$160, one child (6 years and above) and adult, \$50 per additional family member

This 10 week intergenerational class is perfect for families! Course participants will learn about: materials - paper, pencils, erasers - proportions, measurements, volume, aspects of drawing, light, shado, techniques of colour: make a colour wheel, perspective: different sizes, free drawing.

Dog Training

CANINE OBEDIENCE CLASSES

Chantal Mills
613-296-dog-e (3643),
good_dog@rogers.com,
www.ottawak9school.com

Basic Canine Obedience
Sundays, 4:00 - 5:00 pm
Sundays, 6:00 - 7:00 pm

Chantal's says "my goal during the Basic Obedience course is to help you establish yourself as the leader AND develop the willingness in your dog to follow you.

You want your dog to be obedient with an enthusiastic attitude!"

Puppy Kindergarten

Sundays, 5:00 - 6:00 pm

The first 6 months are crucial!

Your puppy must build confidence and learn that the outside world is not a scary place.

Agility Training

Mondays, 7:30 - 8:30 pm

Agility is one of the TOP 5 ways for your dog to get exercise! It's FUN! It is an ideal combination of mental and physical exercise. Even your puppy can try Agility Training! They learn quickly and it boosts their confidence.

Safety & Wellbeing

LET'S CONNECT - MOTHERS & TEENS

Summer Boone M.S.W., R.S.W.

613-816-8007

"Let's Connect" is a workshop series, for Moms and Teen daughters, who are looking to build on their relationship. Each session will entail lectures and techniques/strategies, participant involvement, referral and exercises. Each participant will gain communication skills and a keener understanding of the other. \$50/session.

Peer/Societal Pressure

Sunday October 15

1:00 pm - 3:00 pm

Successful Communication

Sunday November 19

1:00 pm - 3:00 pm

Celebrating Who I Am

Sunday December 10

1:00 pm - 3:00 pm

INFANT & CHILD CPR (Level 'D')

Erin Shaheen
613-260-7309

Sunday October 29,
November 26

1:00 - 4:00 pm

\$35 per person

This Heart & Stroke Foundation course covers common types of infant & childhood injuries and tips on

how to prevent them.

Topics include:

- Recognition of heart attack and respiratory arrest
- Definition of CPR
- The "Chain of Survival"
- Performing CPR on children and infants CPR (one - rescuer)
- Clearing airway obstructions in children and infants (choking)
- Barrier Devices
- Prevention of childhood injuries
- Safe and healthy lifestyles

Babes in arms are welcome to attend the course.

SAFE PARENTING: INFANT

Amanda DeGrace
613-746-1415

degrace.energetics@sympatico.ca

Thursday November 9

1:00 - 4:00 pm

\$30 per person

This course details infant artificial respiration, CPR, choking, bone injuries and breaks, head injuries and is recommended for all parents, ECE, child care providers, grandparents and anyone else who comes in contact with infants! We will also look at household safety tips to keep your infant safe!

SAFE PARENTING: CHILD

Amanda DeGrace
613-746-1415

degrace.energetics@sympatico.ca

Thursday November 23

1:00 - 4:00 pm

\$30 per person

This course details child artificial respiration, CPR, choking, bone injuries and breaks, head injuries and is recommended for parents to teachers and everyone in between! We will also look at household safety tips to keep your child (ages 2+) safe and happy!

BABY-SITTERS TRAINING COURSE

Amanda DeGrace
613-746-1415

degrace.energetics@sympatico.ca

Sunday November 5

9:00 - 4:00 pm

\$50 per person

This course will enhance the students learning skills and

teach them hands on knowledge in dealing with children of all ages, basic first aid safety, emergency situations, preparing for the job, meal preparation and MUCH MORE! Students will receive a certificate upon successful course completion. Please note that candidates must be at least 12 years of age to baby-sit, however those who are 11 may attend the course if their birthday is within 6 months of the course date. Registration is on a first come, first serve basis! Numbers are limited!

HOME SAFETY 4 KIDS

Amanda DeGrace
613-746-1415

degrace.energetics@sympatico.ca

Friday October 27

4:00 - 6:00 pm and

Friday November 3

4:00 - 6:00 pm
\$30 per person

This course is a must for all children who spend some time home alone, whether it's a weekend afternoon, or after school! This course incorporates basic first aid skills, making wise choices while staying home alone, and ways to stay safe and sound all within the comfort of their own home!

This program is a two part series, and is a fantastic way to spend a Friday after school! Students will receive a certificate upon successful completion.



CCCC Yoga Circle

Yoga at the Community Centre, on the second floor of 200 Crichton Street, is in a bright character room with large windows, natural light, hardwood floors and endless height.

IYENGAR

Iyengar yoga teaches postures, or asanas, that bring flexibility, strength and endurance. Awareness deepens as students learn to practice with precision and subtlety, but even beginners can taste the well-being and stillness that yoga brings. Classes build over time, and so no two are the same.

There will be *no classes in November/December*, as the instructor will be studying in India. Classes will resume in January.

Tuesdays 6:00 - 7:30 pm

Level 1

Tuesdays 7:30 - 9 pm

Levels 2 & 3

Thursdays 9:00 - 10:30 am

Gentle

KUNDALINI

Flex, stretch, connect, focus and relax. The benefits of Yoga are well documented and well known. Dynamic exercises combined with relaxation and meditation techniques.

Mondays 7:30 - 9:00 pm

KNITTERS YOGA

Now for something completely different for knitters, crocheters, spinners, and textile artists. Get up off your comfy chairs and s-t-r-e-t-c-h. This is a gentle hatha yoga class, with lots of stretches for the hands, arms and shoulders. Everyone is welcome, and everyone benefits from stretching and breathing. Students wanting more challenge can work to their own level.

Tuesdays 9:30 - 10:45 am

CCCC YOGA CIRCLE Pre-registration

Once you have seen the schedule and programs that best suit your schedule e-mail your preference to ccccyoga@canada.com. Leave your contact information and the instructor will respond to your request with program details. You can also contact individual instructors:

Barbara Young **Iyengar Yoga** 728-8647
b-young@rogers.com

John Yasbeck **Kundalini Yoga** 747-8111
john.yasbeck@sympatico.ca

BJ Porter **Knitter's Yoga** 728-4638
bjporter@rogers.ca

A Get-Together for Girls

A **Get-Together for Girls** is a jointly sponsored project by VIEWS Ottawa (a parents group for children with visual impairment) and the Crichton Cultural Community Centre.

Based on the success of a one day social skills workshop for students in the Public and Catholic school boards of Ottawa-Carleton last June, and the need for students in mainstream programs to meet peers who are also visually impaired, VIEWS, a parents group for children with visually impairment and the CCCC, have partnered to pilot a 10 week after-school program for girls with visual impairment. These students, who are educated in integrated settings, lack the opportunity to socialize and develop disability-specific skills with peers with visual impairment.

This program will be run by three staff people: an aerobics instructor/personal trainer, a family therapist and a music therapist who is visually impaired. The volunteers include: teachers of the blind/low vision and orientation and mobility instructors, a university student who is on the Canadian Para Olympic Ski team and a drumming instructor with experience in drum therapy.

The program will provide a safe and welcoming place for preteen and teenaged girls with

low vision and blindness to meet and learn new skills, have fun and get in shape. In order to make it easier for parents to drop off and pick up their children, space will also be available for parents to wait for their children during each session. Experienced volunteers can be available to facilitate parent discussion as required.

Although this first session is for teen and preteen girls, if it is successful, they hope to expand to create a program for boys (perhaps self-defense classes) and after that, a leadership group comprised of boys and girls with visual impairment who will act as role models for their younger peers and organize social and recreational activities for the group.

Where: Crichton Cultural Community Centre, 200 Crichton St. 2nd floor, entrance through Avon lane only.

Sessions begin Tues Oct 3 until Tues Dec 5 from 4:15 - 5:30 pm.

Cost: \$100.00 for 10 sessions (financial support available upon request)

For more information contact: Ellen Goodman (Crichton Cultural Community Centre) at 613-596-8211 #8394 or Sharon Forestell (VIEWS) at 613-596-8211 # 8488.



CRICHTON CULTURAL COMMUNITY CENTRE BOARD OF DIRECTORS

Jennifer Barbarie, ad hoc	jennifer.barbarie@international.gc.ca
Carol Burchill	cburchill@webruler.com
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Alex MacDonald	alex.macdonald@rogers.com
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Bethann Robin	Bethann.Robin@ccra-adrc.gc.ca
Johan Rudnick, Chair	rudnick.johan@ic.gc.ca
Carol West	cwest@cscb.ca

Ex Officio:

NECA - Gemma Kerr	inair2@cyberus.ca
CCC - Penney Place	penneyplace@rogers.com
MainWorks - Karen Bailey	karenartist@sympatico.ca
MainWorks - Karen Rasmussen	vistas@travel-net.com

To contact CCCC Board call 745-CRIC (2742)

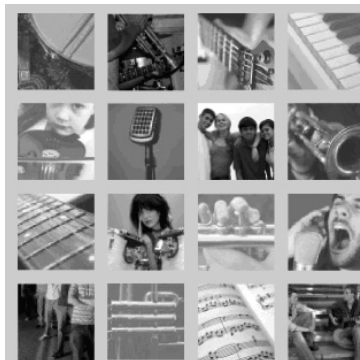
Crichton Cultural Community Centre Board meetings take place on the 1st Sunday of the month at 4:00pm. These meetings are open to the public.

Shine Music Academy Announces Instrumental Music Programming for 2006/2007 Season

Crichton Cultural Community Centre, in conjunction with the Shine Music Academy, is pleased to announce they are opening their doors to musical programming for the 2006-2007 season.

Programs begin Saturday, October 21 and are set to include wind ensembles, big bands, jazz bands and Klezmer groups. Interested parties of all ages are welcome to enroll, with groups being formed based on experience level and availability of space. Programming will run on Saturdays and Sundays from 2:00 until 3:30 pm with a minimum of 15 enrollees required for each class.

Programmes are set to include the following:



SHINE MUSIC ACADEMY OF OTTAWA

- Beginner wind ensemble (ages 7-12)
- Intermediate/advanced wind ensemble and Jazz Band (ages 12-17)
- Adult beginner/intermediate wind ensemble, Jazz Band

Instruction will include trumpet, trombone, euphonium, baritone, saxophone, clarinet, flute, oboe, bassoon, percussion, strings, keyboards, and stand-up and electric bass. Shine will be able to provide some instruments; please call for availability.

The Shine Music Academy offers a wide variety of music educational services to the Ottawa community, including in-school clinics and specialty groups covering ska, punk, soul and other popular genres.

All interested parties are encouraged to contact the program director at **613-851-4682** or by e-mail at contact@shine-musicacademy.com.

Coming Up at the CCCC in November...

Join us for the Lumière O' lantern Sat, Nov. 4

Come and see your neighbour's pumpkin carving skills!

The Crichton Cultural Community Centre is excited to launch a new Lumière initiative, starting at 6 pm on Saturday November 4.

In the days following Halloween (Tuesday October 31) volunteers will be knocking on your door and asking to collect your Halloween pumpkin. The pumpkins will then be transported to Stanley Park, or get into the spirit and drop off your own carved pumpkin along the path!

At 6 pm meet us at the Field House for a casual stroll along the lovely path of pumpkin lights.



Hot chocolate will be served at 7 pm at the Stanley Field House.

For more information or to donate your carved pumpkin please call 613-745-2742.

Modeling Seminar Sun, Nov. 26

Be discovered... Every year Models International Management attends the Canadian Model & Talent Convention in Toronto (www.cmtc.ca).

We are presently looking for new faces of all ages to join us May 3 -6, 2007

Free Seminar Nov. 26, 2006 from 11am to 1pm.

Contact info:

Models International Management
256 Elgin St Ottawa ON
Sophie Beaudoin
President/Director
613-236-9575
sophie@modelsinternational.on.ca
www.modelsinternational.on.ca

It's Fall Again

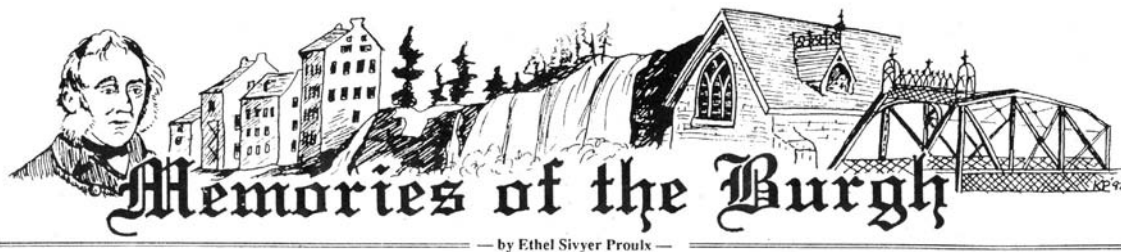
**Back to School.
Pumpkins.
Orange Leaves.
Church.**

Join Us Wednesday Evenings from 6-8pm.
Group Dinner and learning about topics like:
Social Justice, Faith & the Family, & the book *Jesus I Never Knew*
6 Weeks starting October 18.
More information: www.StAndrewsOttawa.ca/fall
St. Andrew's Church is at Kent & Wellington St.

This story is from Ethel Proulx's scrap book, where she has documented many of the sights, sounds and special stories of days gone by. A longtime resident of New Edinburgh, Ethel now lives in Orleans.

Today's story is about Wilfred Poitras, who was not only a chauffeur to Canada's Governors General and their families, but also a well known ski champion. He was born in 1902, the son of an Ottawa riverboat captain and in his teens and twenties he worked on riverboats and log drives during the summer. For a long time he lived with his parents in a house beside the river at the end of John Street.

Wilfred started driving for Governor General Lord Willingdon in 1926. After 31 years at Government House and six Governors General, ending with Canadian born Vincent Massey, he retired in 1957. The other Governors General included the Earl of Bessborough, Lord Tweedsmuir, the Earl of Athlone and Viscount Alexander. In addition, Wilfred also chauffeured for India's Prime Minister Nehru, President (the General)



Profiles of the Burgh: Wilfred Poitras

Eisenhower, the Queen Mother, the Earl and Countess of Dundee, Douglas Fairbanks Jr. and many others. He was very proud that after driving

dren, which he would occasionally share with his family.

Wilfred and friends started skiing around 1914 after watching the older boys enjoy

old pair of rubbers to the slats. They had no poles because in those days only the people who bought skis would use poles, and then only one. They'd dig it in the ground between their legs and then push off. But all Wilfred and his friends wanted to do, once they got skiing, was to jump. They would walk up the hill, slide/ski down, kick off the skis and start all over again. The boys would have to make their own hills to give lift to their jumps. After two winters on barrel skis Wilfred's father told him that if he wanted to do it in a big way he would make him a good pair.

The Ottawa Ski Club started in Rockcliffe around 1910. When Wilfred and his friends first wanted to use those slides they weren't allowed because the older boys thought they

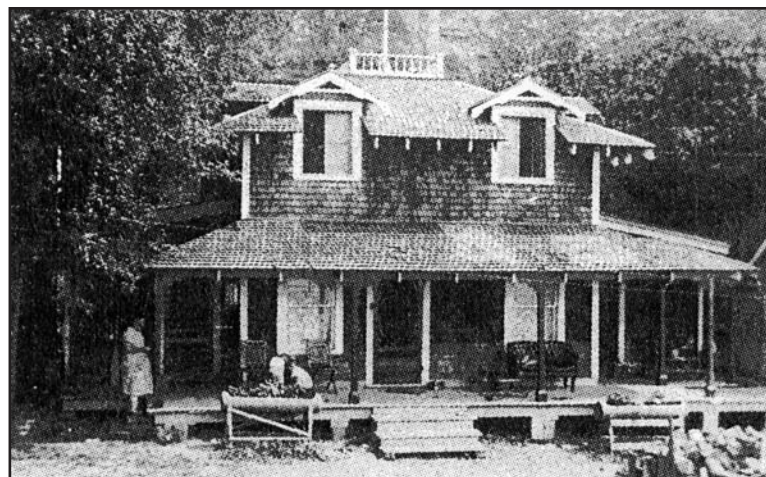
would break their hill or make holes in it. Finally, one day, one of the older boys needed a hand carting the snow to build the hill and said that if Wilfred helped he would be allowed to try skiing there. He did, he proved himself on the ski hill and was then allowed to continue. Wilfred started on



Rockcliffe Ski Jump.

Rockcliffe Hill as a junior. His first real year jumping off the slide was in 1918 when he was 16. Between 1918 and 1921, Wilfred won quite a few prizes and trophies in local and provincial competitions and in 1929 he won the provincial senior ski jump in Ottawa. For years Wilfred was a real ski bum, working with his father during the summer and skiing all winter. It was a life he loved.

Chauffeuring was Wilfred's career, but ski jumping was his passion.



The Poitras house at the end of John Street in New Edinburgh.

for all those years, he never had an accident. Wilfred had many stories of some of the exploits of the vice-regal chil-

the sport in Rockcliffe. His first skis were made out of barrels. They would get a barrel, pull the hoops off then nail an

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Notes from South of Beechwood

Neighbourhoods Change, 'The Electric' Lights Up Marier and Other Things

By Marilyn Hart

From cornflakes to canvases

On the 11th of November 1948, the brand new Joannis Super Food Market opened at the corner of Marier and Laval Street in the neighbourhood South of Beechwood. Years later the well known Joannis family business moved to even larger quarters on McArthur Road and the grocery store was taken over by the Lavergne family. Gradually the demand for cornflakes diminished and the grocery store has remained empty for many recent years.

Not any longer. After much volunteer labour, and the application of gallon upon gallon of orange paint, The Electric Gallery opened with much fanfare and large gatherings of people on June 2, 2006. It was a hot summer night. A night to remember as the patrons,

chardonnay or beer in hand, spilled out onto Marier. There was dancing in the basement, masses of art to behold and a great time was had by all. My neighbourhood had come alive at last!

So what is The Electric Gallery?

The Electric Gallery is an artists' cooperative, a self-funded organization devoted to exhibiting and promoting the work of the member artists. The emphasis is on contemporary art. The gallery's commissions are modest. Additional members are currently being sought. But there's more. The main floor area is enormous, possibly one of the biggest gallery spaces around. The ceilings are high, the windows are large and the equally large basement is presently set up with a cozy lounge area and bar for

vernissage evenings. Yet more space is available as artist studio space for rent (\$200 per month for members or \$250 for non-members) and, in time, maybe a recording studio will be created.

Although primarily for the exhibition and sale of the work of member artists, The Electric space is available for rent for other special artistic events. Art lessons will also begin in the Fall, as may poetry readings and any other artistic happenings that the community might generate.

Whose idea was this?

The Electric Gallery was founded by two established artists who were already living in the neighbourhood – **Craig Poirier, Geoff Derry** and their non-artist Administrator, **Paul Brown**. Craig trained as an artist at George Brown College and York University before finally transferring to the University of Ottawa BFA program where he graduated in 2003. He has since taught art for the City of Ottawa and developed Nomad Gallery. Geoff is an artist with diverse talents and has worked with many media. Come to The Electric Gallery and see his work.

Geoff and Craig know many of the surprising number of artists who live in our neigh-



Photo: Marilyn Hart

Craig Poirier, Paul Brown and their Big E, outside the newly opened Electric Gallery at Marier and Laval.

bourhood. The challenge was to find a venue to market the work of these talented people, some of whom were perhaps not being adequately recognized in the complex Ottawa art world of grant applications and sophisticated galleries. Their emphasis is on community generated art and community appreciation of art, operating without the restrictions of Federal and Provincial grants. All are welcome to walk through the doors of The Electric Gallery and enjoy an artistic space unlike any other in Ottawa.

So how do you get there?

From New Edinburgh simply walk or drive to The Works hamburger restaurant on Beechwood, look right or turn right down Marier and you'll see the large orange E sign suspended from the Gallery's wall. There's ample free parking on Laval Street.

When is the gallery open?

Monday, Closed
Tuesday, By appointment
Wednesday, 2 - 7 pm
Thursday & Friday, 2 - 9 pm
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Give Administrator Paul Brown a call at 613 742 7474 or email him at paul@theelectricgallery.ca to confirm gallery opening times or to find out more. You can also check out the web site which is www.theelectricgallery.ca.

Come to a vernissage

The Electric Gallery is an exciting new addition to our neighbourhood and I invite you all to come across Beechwood to one of the frequent vernissages. Member artists have shows opening approximately every three weeks, usually on Friday evenings. Works are moderately priced. My companion at the last vernissage in August (showing the vivid cartoon-inspired pop art and erotic contemporary works of Sean Hyatt) snapped up a canvas within minutes of entering the gallery.

Here are some dates for your calendar. Evening vernissages run from 7 to 11 pm.

- October 20: Geoff Derry and Len Ward
- October 31: Mr. D's Halloween Party!
- November 10: Val Roos and John Devette
- December 1: Susan Avishai and Terry Rempel-Mroz
- December 19: Seasonal Group Show and Sale

Oh, I almost forgot to mention The Limousine! On a trial basis The Electric has joined

with other galleries in Ottawa – for now The Cube in Westboro and La Petite Mort in the ByWard Market – to provide a fun limousine service, at minimal cost, to carry you in style from one gallery opening to the next (and back).

Come and join us. Introduce your friends and other artists to The Electric Gallery. It is definitely lighting up our neighbourhood.

Community Association Continues to Deal with the Claridge Homes Rezoning Application – 100 Landry

What stage are we at?

Over the past year, this newspaper has carried several detailed articles concerning the re-zoning application to allow 30, 26 and 16 storey apartments, plus town houses, on the vacant 10 acre site on the edge of our neighbourhood. This would amount to about 775 additional units and much additional traffic. Major traffic studies have been done and reported on.

The application, submitted by Claridge Homes, is specifically for the re-zoning of part of the total site from an office zone to a residential zone with an increase in permitted heights. Because of the large size of the site and the need to build new roads and services, it would also be appropriate to determine an acceptable site plan and massing arrangement for future buildings at the same

NEW EDINBURGH NEWS

time.

Many community meetings were held in the Summer and Fall of 2005 with municipal planners, Councillor Bedard, and at times, the developer's consultants in attendance. In November of last year a formal Community Association was convened to deal with the application, with the chosen name of SoBeCA (the South of Beechwood Community Association).

Last Fall I would have anticipated decisions being made by the City's Planning and Environment Committee on the re-zoning by February or March of this year. This did not happen. Be assured, however, that the application has not 'gone away'!

Environmental Risk Evaluation

The entire site was used in former years by the Dominion Bridge Company and the ground, although park-like in nature, contains toxic material. In today's terminology it is a classic Brownfield Site. Before any redevelopment can take place the Provincial Ministry of the Environment (MOE) requires a detailed plan of action, identifying the manner in which the site is to be cleaned up, before any building program can be considered.

It is this stage which is presently consuming the time of the developer. At the time of this writing, the MOE is requesting additional information from the developer. Although certification of the clean up procedure was originally anticipated for September, it will now be delayed.

The SoBe Community Association will be preparing a documentation of environmen-

tal concerns for submission to the MOE and requesting more specific consultation with the community. Anyone in New Edinburgh with a specific interest in the remediation (clean up) of toxic lands should get on board with this one. Contact the new President of SoBe, John Nolan, at 613-746-0908.

Urban design, site plans and traffic concerns

It is essential that our community, and neighbouring communities, do not lose momentum with regard to the basic urban planning issues generated by the application. We must be ready to express our concerns and preferred solutions when opportunities arise.

This site is by far the largest redevelopment site in the immediate inner city area and it will dramatically affect our neighbourhood. In terms of traffic, the long term redevelopment of the Rockcliffe Air Base, further to the east, will

also affect both our neighbourhoods. Our SoBe community has suggested to local politicians that an overall sector study of the wider area (Wards 12 and 13) be undertaken by the City.

Certainly, in the months and years ahead, we will have to deal with a variety of complex planning issues. Stay informed and get involved. Note: As I write this I have been advised by the City that they are anxious to take final recommendations on the 100 Landry re-zoning to the Planning and Environment Committee by October 10. This does not leave much time for further community consultation!

Marilyn Hart is a writer and public policy analyst focusing on urban issues, with over thirty years' experience in Canada and Australia. She now lives on Laval Street in the South of Beechwood Area. Contact at 613 842 4334 or marilyn-hart@sympatico.ca.

Breezy Bits South



Photo: Marilyn Hart
The newly painted Barrette Corner Store.

In the December 2005 issue of this column you were asked to hold your breath, to await the surprise opening of a new tempting food experience in the old Barrette Corner Store. Neighbourhood improvements have gradually taken place at this highly visible corner. Trees were planted alongside the store to enhance the streetscape and last August, in a truly remarkable community effort, Francine Meunier (normally found at a Loeb checkout counter) was seen with roller in hand, painting the outside of the store a shining white. The graffiti has gone.

The life of a high-tech engi-

neer, skier and white water paddler is a busy one. Dominic Ng, the busy owner of the above-mentioned store and its assorted accommodations, has none-the-less managed to begin major internal improvements. Mechanical details have been approved, and a building permit is at last posted to the inside wall.

Unfortunately for us, this September, Dominic was tempted away to Montreal to begin a new life as Engineer in Residence at Concordia University. It's hard to be in two places at once. Congratulations to you Dom, but we'll miss you.

In the meantime – and I'm serious now – if anyone out there is interested in opening a new "Delish" or "Epicuria" type of venture that is visible from Beechwood, the place is yours to rent! Just call the writer of this column - Marilyn Hart at 613-842 4334, and any ideas will be passed on to Dominic in Montreal.

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For the Birds



Summer Ramblings and Fall Departures

By Jane Heintzman

By the time this edition of the News reaches the shops and households of the Burgh, the Fall bird migration will be well underway and many of our welcome feathered visitors will have disappeared from the scene, on their way to warmer climes. Fleeting though it was, however, our summer was filled with avian interest, the memories of which will help to tide us over until the mating and nesting season begins again next Spring.

Birds of the Georgian Bay

For the first time in many years, we were lucky enough to spend an extended period at our cottage in the Georgian Bay area this summer. The cottage is on a small island south of Parry Sound, and happily (from a birding perspective at least) the island has a generous growth of mature oaks, white pines, cedars and berry laden shrubs, affording an ideal habitat for the bird population.

Needless to say, we are also surrounded by an immense body of water (Champlain's mer douce) which is a haven for water fowl of all descriptions.

A major focus of interest each summer is the **osprey** nest perched on a platform at the top of a hydro pole about 500 metres from our dock. The osprey, or fish hawk, is an impressive predator with a black mask, a vivid white head and undersides, crooked elbow-like wings spreading to a massive wing span of up to 6 feet, and a characteristic piercing whistle (incessant at feeding times) which makes it easy



Osprey in flight.

to spot on even the densest shoreline. Their talons have sharp spines to hold slippery fish, and from our vantage point on the dock, we frequently watch the parents cruising back to the nest with their prey dangling in their clutches.

In the 1960's, prior to the banning of DDT, osprey all but disappeared from the Great

Lakes region. As most readers may remember, DDT is a highly toxic pesticide which the osprey, as the top link in the food chain, absorbed in significant quantities. Because DDT interferes with the production of estrogen, the hormone which regulates calcium, osprey eggs became thin-shelled, resulting in widespread nesting failure. Since the banning of DDT in the early '70's, however, the osprey population has bounced back in Ontario, and most of the nests in our vicinity were active this summer, including the one opposite our dock which we regard as "ours".

In September, we say farewell but not goodbye to our south bound osprey family, as the parents return to the same nest each year to mate and lay their eggs in late April or May. The brood, which in our case appeared to be a singleton this year, hatches about 6 weeks later and hangs out on the nest for a further two months, being fed and protected by vigilant parents, and making a good deal of noise when hunger pangs strike!

Somewhat to our annoyance, our island was the destination of choice for a flock of a dozen raucous **Canada geese**, which at one point wandered up to our back porch, in search of a cup of tea perhaps, or more likely some free samples from our abundant blueberry patch. Happily our youngest Labrador dispatched the gaggle in short order, though it continued to hover around the points of the island and on one occasion, paid a visit to our nascent wild flower garden, leaving its messy signature in astonishing abundance.

As most Ontarians are well aware, the Canada goose population in this province has expanded steadily in recent years (to an estimated 125,000-150,000 in southern Ontario alone). Haunting as

the sound and spectacle of their migrating V-formations undoubtedly remain each Fall and Spring, these critters are large, noisy, aggressive, dirty and in short, far from agreeable neighbours. I much prefer my Canada geese in majestic flight 1000 feet up in the air!

A more welcome visitor to our island this summer was a family of common mergansers which plied the shoreline in search of minnows and crayfish. We watched the handsome merganser mother, who is predominantly gray with a striking red-crested head and white breast, lead her flock of 11 ducklings around the island and across the channel, keeping track of stragglers and frequently signaling a change of direction to steer clear of oncoming boat traffic or large, overly curious dogs. When we first arrived in early July, the ducklings in the brood were little more than tiny balls of fluff, but by the time we left in late August, they had grown almost to adult size, though several were still exhibiting clear signs of adolescent behaviour, veering off on unauthorized tangents or lagging behind the parade.

Regrettably the **double-crested cormorant** population is still very robust in our part of the Bay, but in the past two years has thinned out sufficiently to permit a resurgence in the number of **ring-billed** and **herring gulls** and **common terns**, which had been crowded out of their habitat by an explosion in the numbers of these ugly loon wannabes. We were also lucky enough to have a resident pair of **common loons** in our bay this year to regale us regularly with their distinctive call, and to glide elegantly in front of the island displaying their graceful, strong necks and striking black and white plumage. The classic loon wail is, in fact, only one of several loon calls, another of which is the eerie mad scientist's "loon laugh"

signaling danger.

After many fruitless excursions in the canoe in search of a **Great Blue Heron**, we were surprised one afternoon to find one in a shallow bay at the front of our island, poised and ready to strike for its prey, presumably a crayfish or a leopard frog, as fish are few and far between in the tepid shallows. A young male **black duck** took up temporary residence in the same bay not long thereafter, but gave no appearance of actively fishing and instead seemed to simply curl up on a rock, waiting perhaps for direction from a parent or sibling.

While I can scarcely claim a positive *visual* identification in this case, we did have overwhelming evidence of the presence of **ruffed grouse** in a rocky valley at the back of the island where numerous fallen and rotting trees have formed a dense protective thicket for their nests. The ruffed grouse, or "drummer of the forest," was a crucial food source for the Ojibway and Cree, and a creature of legend in Ojibway culture. They have a singular appearance with their broad fan tails and neck feathers resembling an Elizabethan ruff, and (as I can attest) are



Common loon.

notoriously secretive birds. When I inadvertently flushed one from its den while picking blueberries one afternoon, it literally did "explode out of nowhere" as my invaluable "Up North" wilderness guide describes, and while I distinctly heard the characteristic drumming of its wings, it was out of sight before I could draw breath.



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Among the smaller birds visiting the island this summer were a vociferous pair of **red eyed vireos**, a species which has been justifiably nicknamed "**the preacher bird**" because of its characteristic song: short whistled phrases rising up and down in couplets like an endless flow of rhetorical ques-



Male ruffed grouse.

tions in an impassioned sermon. Males of the species are known to belt out as many as 3000 songs an hour from May until mid-summer (though mine was still going strong in late August), and will apparently keep them coming even when their mouths are full of insects (no table manners in this community!) They are voracious insect eaters, but will also supplement their diet with berries, both of which were in abundance on our island this year.

Both the **white throated sparrow** and the **chipping sparrow** paid us visits this summer. Like the motor-mouthed red-eyed vireo, the chipping sparrow is notoriously vocal, belting out its cricket-like staccato series of "chip" notes to anyone who will listen. This gutsy little bird has acquired a reputation as a "**bold beaked hair stealer**," stopping at nothing to collect the animal fur with which they upholster their nests and insulate their featherless hatchlings. They have apparently been known to pull the hair straight from a horse's tail, and sleeping dogs are frequently fair game. It's perhaps no coincidence then that the chippies turned up on our island to reap the benefits of three heavily moulting Labradors.

As a novice birder, I am still struggling to sort out my **warblers**, a species in which the

variety is apparently endless. I am reasonably confident, however, that the **common yellow throated warbler**, with its distinctive "witchety, witchety, witchety" call and glorious pale yellow throat and breast, was a frequent visitor to our island this year, and in the course of a late afternoon paddle, I also spotted a group of **pine warblers** which had joined forces with a flock of **black-capped chickadees** in search of insects along the shore of a larger island across the bay. No summer at the cottage would be complete without the flying visit of a bustling flock of **cedar waxwings** which gorged themselves on the plentiful supply of blueberries, june berries, choke cherries, cedar berries and cranberries before moving off en masse to tackle another island.

Though we have never established a hummingbird feeder on the island, a **ruby throated hummingbird** turned up several times this summer, zinging past the porch at the speed of light (they can fly at speeds of close to 30 m.p.h.) and then hovering for a brief instant with its tiny wings flapping at a ferocious rate (up to 80 wing beats per second!) Hummingbirds are particularly strongly attracted to red flow-



Yellow throated warbler.

ers which tend to contain more nectar than others, and as the islands in our vicinity are covered in brilliant **cardinal flowers** throughout the late summer, the Bay is an ideal feasting spot before they begin their long migration south across the Gulf of Mexico.

While perhaps not a testament to the health of our trees, we also played host to an imposing **pileated woodpecker** which cruised through the woods like a low flying plane, and several **hairy woodpeckers** which did their best to keep



Chipping Sparrow.

down the population of boring insects in our decaying trees.

Brackley Beach, Prince Edward Island

In our rambles to visit our sons in Halifax this summer, we spent a weekend near Brackley Beach on the north shore of P.E.I. Not only did we watch several **osprey** soaring overhead from the window of our hotel dining room, on our excursions to the beach we spotted numerous **Great Black-backed gulls** resplendent in their black "dinner jackets" and brilliant white dress shirts. The Great Black back is the largest gull and in addition to its fish diet, pre-dates on other birds including puffins and terns. In our walks at low tide, we also encountered flocks of **ringed plovers** skittering along the shoreline, stopping only briefly to pick up a tasty morsel before darting off to its next destination.

Summer Reports from the Road

Two faithful readers responded to my call in June for reports of holiday bird sightings. Our NEN photographer **Peter Glasgow** and his daughter **Isabel** reported a number of interesting avian encounters on their late August trip to Vancouver where they spotted **whisky jacks** (or **gray jays**) which boldly ate out of their hands, as well as a **red shafted flicker** (the Western counterpart to our **yellow shafted** variety), a **green heron** and a **male peacock** strutting his stuff in Vancouver's legendary Stanley Park.

In her travels in the Picton area, **Books on Beechwood's Jean Barton** encountered an immense flock of **belted kingfishers**, blue gray crested birds

with a white collar and a prominent Pinocchio bill for catching fish and reptiles.

Back in the Burgh

While many of the birds of the Burgh will be in full flight south by the time of publication, as I write in early September, the **American goldfinch** population of our corner of the world remains robust and active, feasting on the six foot high "hedge" of Scotch thistles along the shoreline of the Rideau. Goldfinches are among the latest breeders of the year, sometimes nesting well into September. The brilliant yellow males will soon moult and shed their canary like plumage for a warmer, heavier (and duller!) gray-green coat. While most of the adults head south later in the Fall, the adolescents apparently hang back in large flocks (youth gangs, perhaps) which remain here to brave the winter, pecking out an existence from conifer cones, dead stalks of goldenrod and mullein and of course, back yard feeders.

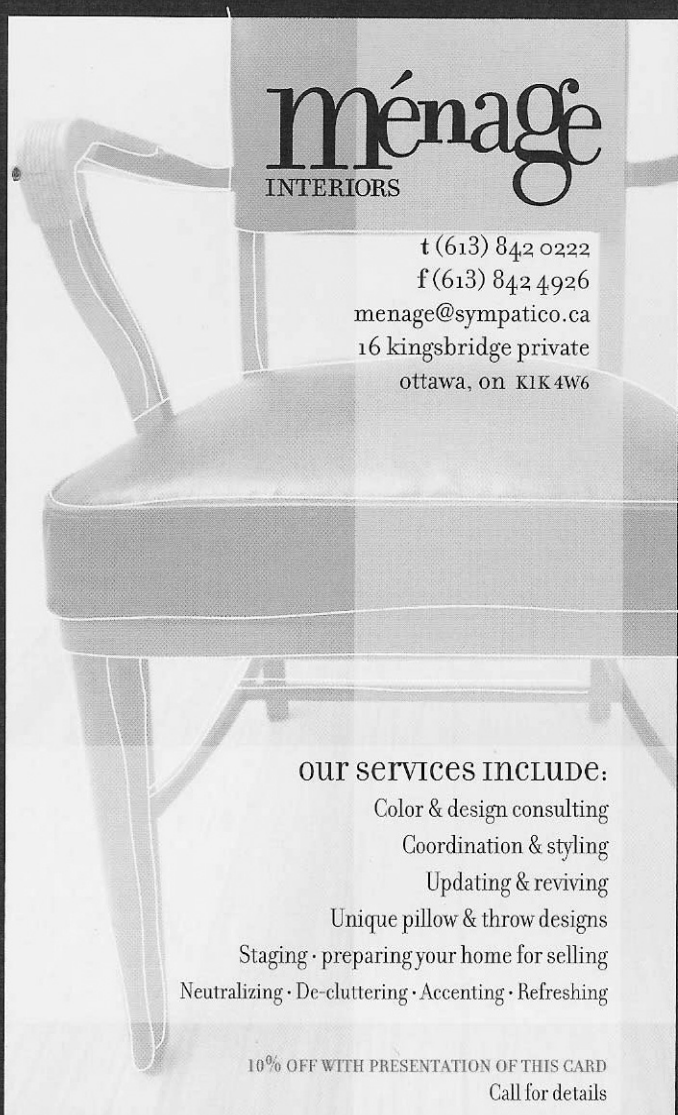
I was also delighted to find that the family of ten **mallard ducklings** which we had observed on the Rideau in the fluff stage in July had matured into a handsome adolescent brood (all ten healthy and in tact) when we returned in late August. While their colouring

was still largely pale brown, the vivid purple speculum on the their wings was a striking sight. Sadly they were all but engulfed by the thick wads of algae that clog the river in late summer, though this didn't appear to be a serious impediment to their feeding.

Fall Migration

According to **Birder's Corner's Lynn Smyth**, the notion that birds will be inhibited from their normal migratory patterns if feeders are left fully stocked through the Fall months is an urban myth. In fact, Lynn suggests, the birds' migratory instinct is far more powerful than the lure of a back yard snack, and it is more important than ever to keep up the food supply at this time of year as migrating birds need to stoke up before their long journey south, while those stopping by in transit from the far north need a meal en route, or as she puts it, "a roadside café!"

Lynn recommends, however, that feeders be thoroughly cleaned out in preparation for winter, and that suet feeders be reactivated in preparation for the coming of colder days and nights. (Sigh. And it seems like only yesterday that we were heralding the coming of Spring!)



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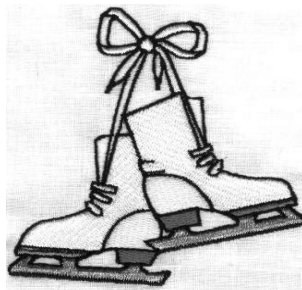
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What's New in Lindenlea

By the time you receive this newsletter our Fall programming will already be underway, but if you're still searching for the class that's right for you we invite you to join our ongoing classes. Please visit our web site, www.lindenlea.ca, for our full schedule, or phone the centre at 742-5011, for further information.

The Lindenlea Community Association will be holding their Annual General Meeting and Volunteer Appreciation night on Thursday, October 19, commencing at 7:30 pm. All are welcome to attend.

Please join us on Sunday, November 12, from 10 am to 3 pm, as we sponsor our first Lindenlea Fall Fashion Accessory Show. Fabulous original accessories and clothing designed and made by local artists will be available for purchase. Admission is free. For further information please call us at 742-5011.



On Sunday, November 19, we will be holding our annual Ski & Skate Exchange at the Lindenlea Community Centre. Both buyers and sellers are welcome. Call 742-5011 for more info.

MacKay United Church Welcomes New Minister

On August 1st, 2006, **Rev. Dr. John Montgomery** became the new minister at MacKay United Church. Born and raised in Toronto he has four University degrees, receiving his Ph.D. in Church History at the University of Durham, England in 1985. For the past 20 years he has been Minister at St. Paul's United Church in Perth, Ontario, a dynamic congregation of 600 families.

Rev. Montgomery believes that the Christian life calls us to "foster love, compassion, justice, reconciliation and wholeness in the world", stating that a deep concern for people and a desire to make a difference in their lives were the reasons that he entered the ministry. By nature, Rev. Montgomery considers himself compassionate, with strong interpersonal skills, a breadth of knowledge and an "affable" personality. Other people describe him as caring, thoughtful, and possessing a "robust" sense of humour.

MacKay United is excited to share with him his passion and energy in building a firm foundation for new and exciting future together.

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Recipes from Epicuria

It's Always the Season for Soup

By Heather Maclachlan

Welcome to Fall and the harvest of fresh winter vegetables! These are the times when the cool evenings happen rather quickly and we relish the idea of comfort foods. It is the perfect time to take advantage of the market. Cooking larger quantities of soup and freezing it for later facilitates a quick evening meal. Serving it with great bread and local cheese is a must.

We are now carrying some very special fresh bread from **Art-is-in Bakery**. Kevin is using the kitchen at Henry Berger in Gatineau and his wife Stephanie delivers every morning to Epicuria. The loaves are the perfect medium size, no leftovers tomorrow, fresh everyday! We also have marinated chèvre from **Ferme Floralpe**, another local producer.

So here are two recipes from our repertoire of neighborhood favourites.

Potato Leek Soup / Potato Chive / Vichyssoise

2 tbsp canola oil
1 tbsp butter
1 white onions, chopped fine
3 stalks celery, chopped fine
6 leeks, chopped fine
5 cloves garlic, crushed

5 lb potatoes, peeled and roughly chopped
Chicken stock
Salt and fresh pepper
2 cups whipping cream
1 bunch chives, chopped for garnish



Heat the oil and butter in a large saucepan. Add the onions, celery, leeks and garlic with 1 tsp salt. Sauté gently until soft, this should take about 20 minutes.

Add potatoes, bay leaves and enough chicken stock to cover. Add 1 tsp salt and ½ tsp pepper and cook out until potatoes are soft.

Remove from heat and blend with hand blender until smooth. Season and finish with whipping cream.

For potato chive soup – finish with 2 bunches chives chopped fine.

Sweet Potato Soup With Cilantro and Chipotle Chili
8 lbs of sweet potato, peeled
2 onions thinly sliced
2 carrots, finely chopped
3 celery stalks, sliced
5 cloves garlic
1 Chipotle chili, chopped fine
Vegetable stock
1 bunch cilantro or 2 tbsp frozen
Splash of cream

Sauté the onions, celery, carrots and garlic with a tsp salt until translucent. This should take 20-30 minutes. Add Chipotle chilies. Add sweet potatoes and enough stock to just cover the potatoes.

Chipotle chili (they are small in size) comes in small tins (even smaller than tuna!) They have been roasted and are packed in oil. Use rubber gloves when you handle them. Use a small knife to remove the seeds by scraping them away from the peppers. Chop finely.)

Simmer until the potatoes are tender. Purée with hand blender and season. Add chopped cilantro.

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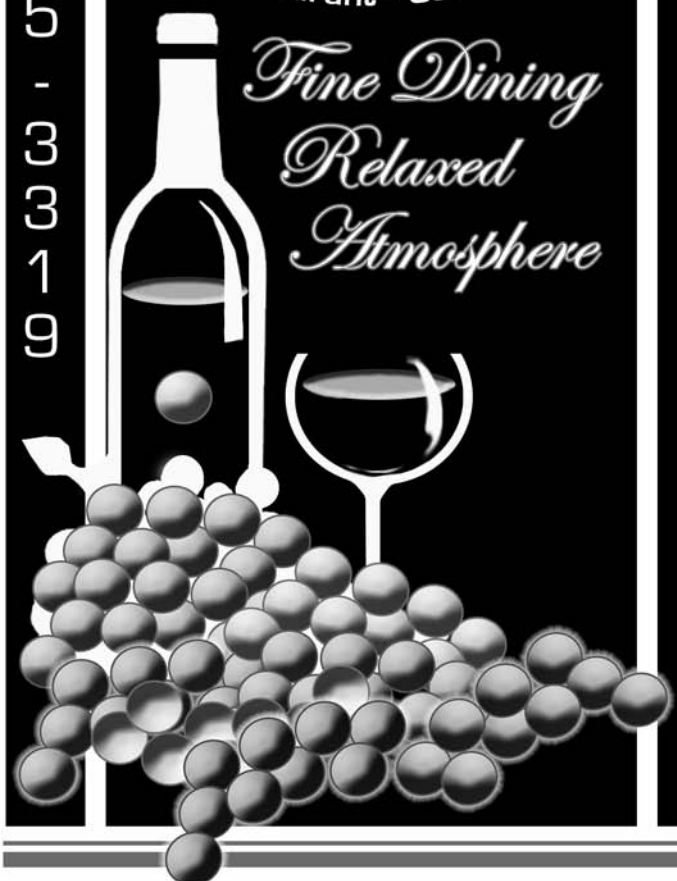
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The Difference our Community is making in Lesotho: An Open Letter to My Neighbours

By Peg Herbert

As I commence this letter at 4:30 am, I recalled that the first article on Help Lesotho in the New Edinburgh News appeared on March 31, 2005, entitled *Ottawa Responds to Lesotho*. Written by **Elizabeth May**, one of HL's staunchest and earliest supporters, it shared the involvement of **St. Bartholomew Anglican Church** on MacKay and its five-year project to support 16 orphaned girls with education, housing and mentorship. Subsequent articles told of various individuals and projects. I marvel at all that has happened

since then. In the brief two years, since Help Lesotho was founded, the involvement from the New Edinburgh community and the benefits flowing to remote villages in Lesotho has been extraordinary. When HL started, few had heard of this small country, completely surrounded by the Republic of South Africa, with the third highest incidence of HIV/AIDS in the world.

As Canadians learn that over 60 percent of the population of the country is under 24 years of age and that more than 30 percent of the children are orphaned, individuals and

groups came forward. I am haunted not only by the 25-55% of the students in our Basotho schools already orphaned but by the predictions of the numbers who will become orphaned over the next ten years.

HL focuses on literacy/education, gender equity, leadership development, governance and HIV/AIDS prevention, awareness, counselling and testing. We have established a Child Sponsorship Program and a Grandmother Support program. We build youth leadership and peer mentors in nine villages in Lesotho through training, leadership camp, workshops and HIV/AIDS Clubs in our 12 schools, villages and the orphanage. Thousands are involved both in Lesotho and all across Canada. Stephen Lewis has been a huge support to HL. We have champions in every sector. He and others, such as Bill and Melinda Gates and Bill Clinton, recognize that without Herculean efforts, this country is on the verge of extinction. They believe, as I do, that the motivation and government intention of the country is adequate to invest our funds and energy. Lesotho can be saved!

Our New Edinburgh Community has been a remarkable example of how the efforts of each group, school or individual can make such a cumulative difference. **Rockcliffe Park Public School**, our first school, has been faithful to their twin school, Guardian Angel Primary School, for two years. **Denis Delorme** and **Julie Vanderschot** have been a pleasure to work with. The children of RPPS are gaining a profound understanding of some very difficult concepts and realities. Living with this relationship over a span of years helps our children and youth to reach beyond the superficial charity perspective of the popular one-time fundraisers to ponder frequently how children live without parents, options or even school supplies and books. I believe they will grow up to be kinder and less judgemental of other people's situations because they are deeply involved with one school in one country which is so different and in dire need. RPPS has filled a library with books for the school and purchased two milk cows and materials to build a



Elizabeth May, leader of the Green Party of Canada, her daughter Victoria Cate Burton and Bill Clinton hold the Help Lesotho 2006 Calendar.

pen to provide milk for the children.

Our other neighbourhood schools are **Elmwood** and **Ashbury**. Ashbury College has raised a significant amount of money for HL HIV/AIDS and gender equity leadership programs. New Edinburgh, Manor Park and Rockcliffe residents have come forward to sponsor children, volunteer, be

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The October 4 concert is a Memorial Tribute to Mai-lin Tsou, sixteen year old daughter of Kathleen Lauder and Lorne Likely and co-founder of the Ridgemont High School HL Lesotho Club, who was tragically killed in a car accident August 28.

If you would be willing to sell calendars

contact calendars@helplesotho.ca. See www.helplesotho.ca for both events or email info@helplesotho.ca for more information. Have a look around the site to see our projects and meet the children.

It is now 6 am (emails from Lesotho intervening!) and as the morning rises, I again see how privileged we are to be able to help this small mountain kingdom in its hour of need. I see the faces of the children as I write. On the ground, I visit the projects and villages with tears in my eyes at the difference HL is making in quiet ways. It only happens because you have good hearts and are willing to reach out. Those at the New Edinburgh News have been an incredible support. On behalf of all those in Canada and Lesotho on the HL team, I thank you sincerely for all the efforts you have made. Every contribution makes a real difference in the lives of our Basotho friends who have almost nothing else to bring them hope.

Peg Herbert
Executive Director
Help Lesotho

Help Lesotho

on our board of directors, sell calendars and champion HL projects (**Phyllis Kennedy, Penney Place, Shelagh M'Gonigle, Rob and Joanne Nelson, Mary Ann and Chris Turnbull, Maeve Hancey, Elizabeth May, Jennifer North, Alison Wesley-James, Rev. Sharon Schollar, Marilyn Denton, Karen Morrison, Veronica Wessels, Peggy Cork, Tracey Clark and Gina Becker of Bridgehead, Michael Potter and Veronique Dhieux, Patsy Fyfe, David and Laura Kilgour, Tam Mathews, Hilary Nicholson, Rebecca Baker, Inge Van der Horst and Andrew Kerr** to mention a few). **Books on Beechwood** helps us to sell our calendars.

We want our kids to see that when we work together we can make a huge difference.

Join us to see the renowned South African contemporary cellist, Francois LeRoux (www.hamanworld.com). There are two Ha!Man HL Benefit Concerts (\$15 per person):

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New Edinburgh Dog Lovers Show Their Generosity

By Pauline Whelan

The community of Stanley Park's dog lovers were deeply saddened to hear of the passing of Peter Borodchak who lost his life last March. Peter died while trying to save his dog Skeena who had ventured out onto the ice.

Peter, his wife Olivia, and Skeena were regulars to Stanley Park. In Peter's memory a commemorative tree, a red maple and Peter's

favourite, will be planted by the city next May. Peter's tragic death was deeply felt by his fellow dog lovers who wanted to honour Peter and express their sympathies to his wife Olivia, who continues to frequent the park with Skeena. I would like to thank everyone who contributed to the costs of the tree and memorial plaque. On behalf of all of us we extend our very best wishes to Olivia.

List of donors to Peter Borodchak's fund and their dogs

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Fern Hill School

Raising Funds for MS Research

By Gina Watson

At Fern Hill School, bicycles, books and Mme Boucher are bonded by the belief that Multiple Sclerosis (MS) can be beaten.

Last winter Fern Hill was a-buzz with preparations for the MS read-a-thon. All the children attended assembly to learn that MS is a neurological disease that can affect vision, hearing, memory, energy levels, balance and mobility. By getting sponsors and reading books the children raised over \$1,500 for the Multiple Sclerosis Society of Canada to undertake research and provide support services to people living with MS.

Little did they know that their energetic and fun-loving French teacher had just been diagnosed with the disease.

Lynn Boucher said that she

was very moved by the show of support from the staff, parents and students at Fern Hill when she shared the news of her diagnosis. "I have the perfect job. The children lift my spirits every day which makes living with MS so much easier," Mrs. Boucher said.

raised just under \$1,000 for the MS Society.

"The bike tour was the highlight of my summer. It was very powerful cycling with 750 other cyclists on a beautiful sunny weekend, trying in our own way to make a differ-



Mme Boucher and young readers at Fern Hill raise over \$1,500 for the MS Society of Canada.

After the read-a-thon, teachers and parents got on board to do their part. In August, Fern Hill Principal Elizabeth Milligan and Board member Gina Watson joined the MS bike tour, a two-day 140 km cycle tour from Ottawa to Kemptville and back. Fern Hill parents and teachers sponsored the two cyclists who, together,

ence." Ms Milligan said.

For Mme Boucher, Fern Hill's support to these fundraisers makes a difference to her everyday. "When you come to work knowing that everyone around you cares and people are willing to go out of their way to show it, you know you work in a very special place."

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Book Fair for Beginners

By Melanie Harmon

This year the RPPS Book Fair turns 45. I know that most people do not need a refresher course about something that has been around for 45 years. I've seen the people shuffle into the school's gymnasium with their giant canvas bags, ready to stuff them to the point of bursting with the incredible deals they've found. I also know that with volunteers logging more than 3200 hours preparing for Book Fair last year there are a great deal of people involved and they do not need to be reminded how great it is. This article is for the people who may not have known for one reason or another but have always been too shy to ask.

First the basics: The Rockcliffe Book Fair usually takes place the first weekend of November – this year its November 3 to 5 – in the gymnasium of **Rockcliffe Park Public School**. With over 60,000 books it is a great chance to stock up. Not only are the books cheap, but there is also a huge selection of used games, videos, CD's and DVD's all at bargain prices. As Book Fair now has a reputation across Ontario many book dealers arrive when the doors open on Friday, so one helpful tip is that if you want to compete for the best titles, beat them to the door!

There, with those details out of the way I can get into the other things that make this event such a great way to spend a weekend, not just for adults but for children as well.

The Rockcliffe Book Fair is not just about Rockcliffe Park

Public School. Money raised through the Fair does go towards the school, but a portion of it goes to several other beacon schools to enhance their literacy programs.

One of the best kept secrets of Book Fair is opening day. For many years Rockcliffe has hosted children's workshops where visiting authors hold



workshops with the students. After reading the list of authors over the years, names like **Farley Mowatt, Denise Chong, Wallace Edwards** and of course **Oni, the Haitian Sensation**, I have actually considered going back to school just to take advantage of the opportunity to listen and work with these talented authors.

As a mother of young children, public sales of any kind can be a harrowing experience. (Yes, I am probably the one you saw last week whose children were throwing eggs around the dairy section of Loblaws). I tend to avoid them like the plague, but Book Fair has even thought of me. Along with their huge selection of children's books and comfortable chairs for the kids to flop in and read, there is also a

great crafts area where they can create while I shop. If things go well I may even be able to grab coffee or dinner (yes take out dinner!) at the international café, **Café du Monde**. Is it any wonder I go in when the doors open on Friday and leave Sunday afternoon?

The success of Book Fair rests on the dedication of so many volunteers. Last year 3,200 volunteer hours were logged. From collecting and sorting books to serving coffee to very appreciative parents of young children, there is no shortage of spaces to fill. *If you have time to help why not call Jean Scott at 613-741-6964?* It is also a great way to earn those volunteer hours required for high school students.

All this to say, if you have never been to Book Fair, go! It's a great cause and a lot of fun.

To celebrate this milestone anniversary the original founders of the event, **Jane Dobell** and **Joan Askwith**, will officially cut the ribbon at the opening ceremonies and the children's area will be dedicated the "Joan Askwith/Jane Dobell Children's Section". These remarkable women started Book Fair 45 years ago as a small new and used book sale to raise literacy awareness and funds for Rockcliffe Park Public School. Since its inception the Book Fair has grown into one of the best used book sales in Ontario, but as I discovered last year, there is so much more to Book Fair than books.



RPPS Grade 6 class in front of their award-winning mural.

News from RPPS

By Julie Vanderschot

The school year is off to a great start at Rockcliffe Park Public School. Student enrollment is at its highest level in over a decade with 458 students registered by mid September, including dozens of new students who registered during the first week of school. Two new teachers are being hired in the primary grades to accommodate the growth and a third portable classroom is being set up on the school grounds. The Meet the Teacher Night on September 14 was a big success, school programs are running smoothly, and the cross country running team and soccer teams are practicing regularly.

The Advisory Committee on the Arts of the Ottawa Carleton District School Board recently announced that The Aquarium Project – a three storey stairwell mural designed and painted by the Grade 6 class at RPPS – is the co-recipient of the Arts Recognition Award for the Elementary School Primary Arts Event for 2005-2006. An official presentation honouring the recipients will be made in October. Three leaders will also be commended for their hard work and dedication: the two supervising parents who spearheaded the project, Maggie Knaus and An Chi Wong, and teacher Leslie McKay.

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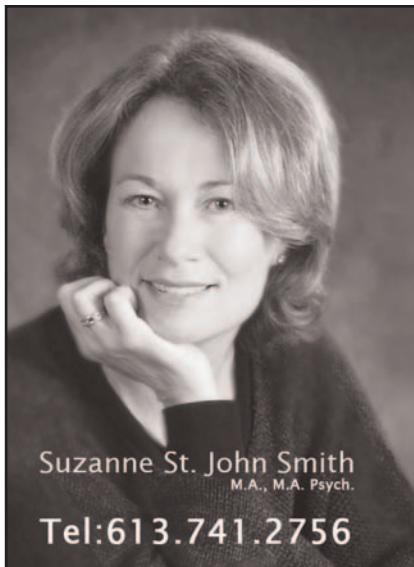
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Venezuela Revisited

By Heather Bacon

There was a sense of déjà vu as we raised the Venezuelan flag after almost nine years. Heading Into South American waters brought memories of a Christmas spent In Laguna Grande, gunk holing with new-found friends who are now in another hemisphere. We were tempted to spend a few final days in anchorages before putting ARGONAUTA I "up on

to arrive at a secure marina before dark.

I must explain that Venezuelan marinas and boat-yards take strict measures to protect those within (as do the gated communities in which the "haves" abide). Security measures in the storage yard at Proyectos Marinos Orientales (PMO), for example, are intense: glass shards embedded in high walls topped with



The ARGONAUTA I "up on the hard" (ground, that is) for the season.

the hard" for the season. However In networking with other cruisers we learned of boat boardings, attacks involving guns and machetes, robberies and one very serious incident in which a cruiser was shot and lost a kidney. Some cruisers said, "Don't anchor anywhere". Others said reports were exaggerated and there was "more to it than meets the eye". We decided that, in the final stage of our journey, it would be foolish to take unnecessary risks. So, after the obligatory stop at Margarita Island for beer, tax free rum and delicacies from the supermarket we headed directly for Puerto La Cruz, departing before dawn in order

razor wire, surveillance cameras, floodlights at night, guard dogs and security personnel with serious weaponry.

Well, I don't really like gated communities and I don't approve of elitism in principle. But I do like to feel safe and I did love the huge, warm pool in Marina Bahia Redonda. I especially loved the marina after we moved to an apartment with a large deck overlooking the boats below. We had our usual very frenetic two weeks of sorting, repairing, organizing, and cleaning, cleaning, cleaning Argonauta I. Two spectacularly gorgeous young sisters, known as The Cha Cha Girls, polished the hull of Das Boot while I

scrubbed behind the toilets and under the stove with a toothbrush. I kept myself amused with absurd thoughts: lying on your back in the berth scrubbing the ceiling? Pretend you're painting the Sistine Chapel. Standing on tiptoe trying to clean the ceiling of the salon? Next time wear three-inch stiletto heels. (Clothing is kept to a minimum in 94°F heat, so this is a truly absurd image!) Crawling beneath the table to get that floor clean is uncomfortable. Hey, you could be in those claustrophobic caves you visited unintentionally in Viet Nam!

We had first visited Bahia Redonda In January, 1998, intending to do a bit of travel in Venezuela then head for the Panama Canal on our circumnavigation. It was here that serious osmosis was discovered and ARGONAUTA I went into the boatyard at CMO (now PMO) for what became a complete peeling and rebuilding of the hull. Hugh was pleased with the job paid for by Beneteau, which he supervised with his usual scrupulous vigilance. We rented an apartment; I studied Spanish and taught English in a local language school.

There was, and is, a flourishing social life in the marina: a pot luck one night a week, informal invitations for drinks or dinner, Scrabble, dominoes, Spanish lessons, outings to supermarkets, town and tourist sites. Outside the gate, reality packs a mean punch. It is primitive in many ways, but not scary. (Not for me, anyway.) I traveled in buses and por puestos, walked all over the city and came to feel quite a loyalty to the milieu, despite ubiquitous garbage, wretched street dogs (some dead),

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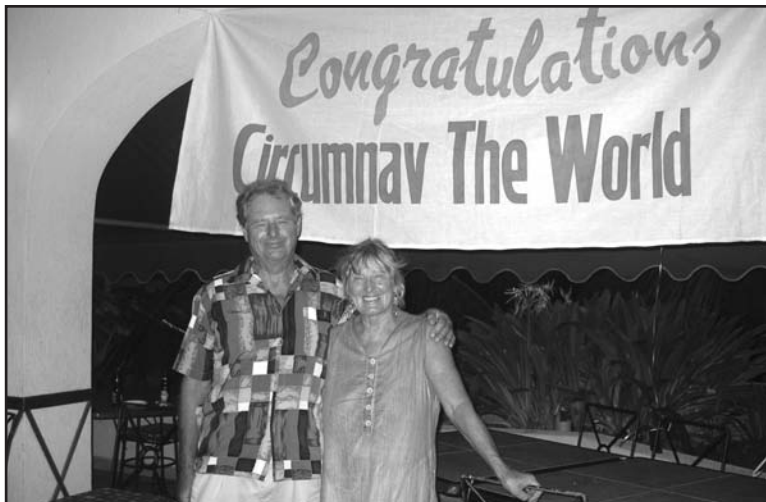
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Hugh and Heather celebrate their successful "circumnave".

incredible noise pollution, serious poverty and fairly common reports of violence in the newspapers I read to improve my language skills. The first time we visited Venezuela we travelled to Angel Falls, Merida in the Andes, and the Llanos, a truly fantastic wildlife area. There are long sandy beaches and excellent museums and art galleries. Then, as now, I loved going downtown in Puerto La Cruz, shopping in the market, trying out the language and even listening to the people hold forth on their political views. Certainly many people (mainly middle class and entrepreneurs) criticize the current administration strongly. The Venezuelans I met were friendly, helpful and charming. (Beautiful, too; the only disadvantage of employing The Cha Cha Girls was the traffic jam on the dock as a steady parade of caballeros found an excuse to walk by!) Venezuela has produced more beauty queens than any other country, and they aren't averse to using plastic surgery to enhance their chances.) Getting to know the people made me, inevitably, care about them. As we saw the

increasing crime rate and social and economic problems on this recent visit, I became concerned about their future.

We had an absolutely upbeat experience at Bahia Redonda this year. On May 25, my birthday as it happened, it was announced that the staff of Bahia Redonda were having a cocktail party to thank the cruisers for their loyalty. Surprise: when we arrived at the marina restaurant there was a huge banner, congratulating us on our circumnavigation! Our friend Wendy on Kamytoo had persuaded the marina to throw a party, and it was heart-

warming. Although we had had private celebrations with friends along the way, we had not yet been with a large group who knew us. After two weeks in Bahia Redonda, we had acquired a "cruising family". The next night we presented one of our videos, which was warmly received by about 60 cruisers. I wrote home: Je suis bien ici!

POSTSCRIPT: We are now in Canada. The week after we left Venezuela the owner of the boatyard at Bahia Redonda was shot and killed along with his wife at the entrance to the yard. This tragic event, literally on the doorstep of our previous domain, was most disturbing and provoked a serious reassessment of the security issues. I continue to feel support for the good people I personally encountered during both sojourns in PLC. We will return and still believe that our boat is secure there. However we must acknowledge that serious problems do exist within the country. For the sake of the many good residents and cruisers who have developed a loyalty to Venezuela, we fervently hope that the crime situation can be addressed.

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There is a day in October

By Doug Cornish

This day sometimes falls on, or near, my mother's birthday which was the 26th of October, and it usually occurs in the last week. It's a special day, a truly miraculous, a hope bringing, something to look forward to, something to look back on kind of day. It's not unlike that old film, Brigadoon, where the tiny out of the way (not even on local maps) village wakes up every hundred years for only one day.

This one day in October usually comes long after cooler temperatures have settled in, and the uniqueness of this day is that a warm day like it won't return until the following Spring. This day in October is equivalent to the first warm day in March or in April that wakes us up after a long winter and rejuvenates our soul.

Days are emotional. It's the emotion that the weather gives to us. There are days that seem to be reoccurring, like an old Greek day that has returned from the past. This one day in October is a day apart from all the rest, and that is what makes it so special. It's different. It's like a summer's day at the end of the Autumn. It's a day that

doesn't quite fit where it is, it just happens, and it happens every year. It's the last nice day of the year. It's a day that makes everyone feel alive and special, full of wonder. It's a day that falls just before



Two New Edinburgh residents, Maddie and Thomas, of Avon Lane enjoy a nearly October day in the leaves.

November, so the autumnal massacre hasn't occurred yet. There are still a few leaves left, the sun glistens off the leaves.

The blue sky seems out of place for some reason. This one day seems out of place for some reason, but that's why it's so precious. It's a day that you'd like to somehow capture and put in the Hall of Fame of Days, days that seems to fire up the imagination, warm the heart and stir the soul.

It's also a day where one realizes that this day will only last a day. The next day will be completely different, this one day will simply be a memory, but it is a day that is sustaining. Perhaps this is Mother Nature's way of giving us hope, of giving us one last hurrah that will sustain us. This day takes everything that is wonderful about autumn, about warm weather, about keeping the wolves of winter from wandering onto the landscape and grants us a whole day to enjoy it. Every longing for nice weather, every wonderment of the sun, every feeling that life is worth living, that a day is an incredible vehicle is summed up in this one day in October.

October is probably the most beautiful month in the Canadian calendar. Most people associate autumn with the coming of winter, so many hate the coming of autumn. But autumn is a civilized summer and October, with the weather still decent and the flowers and foliage still in abundance, is the one month of the year where everything seems to come together. It's not hot, it's soft and it's civilized.

The one day in October comes near the end of this perfect month, a month in which all seasons are somehow reflected. It renews hope that nice weather can still exist at this time of year, if only for a day.

It's a day out of step with the rest. It's a maverick day, right on the cutting edge, and a day that's meant for dreaming, for longing, for remembering.

There is a day in October...

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Kids Helping Kids

By Flora Liebich

Kids Helping Kids/Enfants Solidaires would like to thank the members of the New Edinburgh community and beyond for their support for the June 25 fundraising concert for the Peaceful Children's Homes in Cambodia. The six young musicians (between 11 and 16 years old) – **Laurent Côté, Elaina Gauthier-Mammaril, Isabella Gomes, Catherine Sirois-Delisle, Amélia Suddaby and Greg Weeks** – presented an exceptional afternoon of music by Mozart, Bruch, Kreisler, Haydn, Saint Saens and other composers, before an audience of over 100 at **MacKay United Church**. The concert was followed by refreshments (thanks to **Delish, Loeb and Costco**) and a silent auction. Over twenty local businesses supported the Concert through Program advertising; A Better Frame of Mind and Ten Thousand Villages supported the Concert through ticket sales.

In all, Kids Helping Kids raised almost \$4,000 in support of children in Cambodia. We hope this will be an annual community event.

Thanks to all those who provided their support!



Rockcliffe Park Branch
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Fall Programs

Children's Programs

Registration for children's programs can be made in person or by phone.

New Bilingual Babytime Sessions

A program for babies and their parents or caregiver with stories, rhymes, songs and games. September 18, 25 & October 2, 10:30 am.

New Bilingual Toddlertime Sessions

A story-based program for toddlers and a parent or caregiver with rhymes, songs and games. October 30, November 6 and 13 at 10:30 am.

English Storytime Sessions

A storytime program with stories and rhymes for young children. Parents and caregivers are welcome to join in.

First session: September 20, October 4 and 18 at 10:30 am
Second session: November 1, 15 and 29 at 10:30 am

Adult Book Chats

Drop in at the library for an informal chat about great books and authors (meetings start at 7 pm)

October 19

Elizabeth Costello by J. M. Coetzee

November 16

Our Lady of the Lost and Found by Diane Schoemperlen

December 14

The Box Garden by Carol Shields

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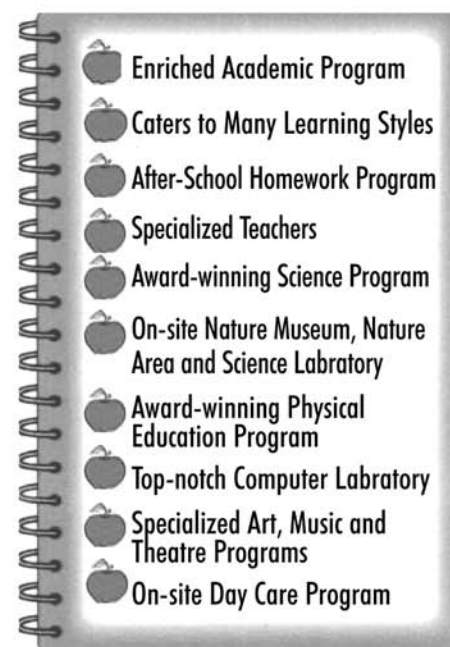
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Scouting Season has Begun

**By George Parkanyi**

The Scouting season has started up again, and the 63rd Ottawa is your local Scout Group – ready to do it all again, and more. The program includes Scouts (ages 11-14+), Cubs (ages 8-10), and Beavers (ages 5-7). All three sections are open to boys and girls, and there is also a very active girl's Brownies and Guides program (corresponding to Cubs and Scouts age groups respectively). **BEAVERS** (Tuesdays 6:30-8:45) and **SCOUTS** (Wednesdays 7:00-9:00) meet at the Viscount Alexander Park Community Centre (Room

178) at the Rockcliffe Base, and **CUBS** (Wednesdays 6:45-8:30) meet at Our Lady of Mount Carmel Church at 400 St Laurent Boulevard.

All are welcome, and activities are tailored to the respective age groups. We emphasize the "out" in Scouting, and much of the program is dedicated to enjoying the outdoors and learning outdoor skills. But we have fun indoors too.

We also encourage adult volunteers to participate as leaders. Training is provided by Scouts Canada, to not only ensure a creative, fun, and safe program for the youth, but also to develop your own outdoors and community service skills... and I think I read somewhere that you're actually allowed to have fun as well. I personally bring a guitar to every camp (but only a guitar, ever since the grand piano fiasco).

Now that you're hooked, call me, **George Parkanyi**, at 745-8734 for more information, or just come on out to one of our meetings at the times and locations listed above, check us out, and then we'll go from there.



Yuk! Cubs get their hands into it at a Halloween pumpkin carving event.

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Breezy Bits...

Continued from page 44

Washington D.C. and the Ottawa Dragon Boat festival this summer.

Susan Avishai will be showing drawings and paintings from her "Unbuttoned" series at the Atrium Gallery, 101 Centrepoin Drive. The opening is September 29th from 7-9pm and the exhibition will run until November 1st. This is the first solo show in Ottawa for the artist who moved to New Edinburgh a year ago from Boston. She has shown her work internationally and invites you to see the work in person and on her website: www.susanavishai.net

Back by popular demand, **Pierrette** is selling *homemade fudge* at the Newsstand.

After six months working for the American company GLGroup in India, **Charles Benoit** of Noel Street is moving to France to work this winter as a teaching assistant at a lycée near Chartres. Bonne Chance Charles.

Congratulations to **Anne Benoit** of Noel Street, who has just started a new job as Development Assistant at Elmwood School.

Thank you to all those have helped collect breezy bits. If you have a breezy bit you would like included in the next edition, please e-mail john at

Jarecsni@hotmail.com.



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The Burgh is On Line!

Have you seen the New Edinburgh Web site? The site is aiming to be the most up-to-date source of information for the New Edinburgh community and features:

- Upcoming Events
- Community News
- Garbage & Recycling Schedules
- Free Local Business Listings
- Minutes from NECA Executive Meetings
- Community Group Information
- Links to Local Political Representatives



NEW! Community Discussion Groups are now online!

The groups are intended to be a forum for friendly conversation and debate on issues that affect our neighbourhood. Sign up today and let your voice be heard!

Remember, this is *your* community site. If you have a news item or event that you'd like listed, or you have a local business that you'd like listed in our directory, please send an email to webmaster@newedinburgh.ca.

www.newedinburgh.ca



Burgh Bulletin Board

Fri, Oct 1, 2 - 3:30 pm

HERITAGE OTTAWA WALKING TOUR OF NEW EDINBURGH. Once a village lying outside the bounds of Bytown, New Edinburgh was established by industrialist Thomas MacKay and comprises both architecturally rich buildings and simple stone dwellings built to house 19th century labourers. Guide: Denise Jacques, historian. Meeting place: 62 John Street, near Sussex. \$5 member, \$10 non-members.

Fri, Oct 8, 2 - 3:30 pm

HERITAGE OTTAWA WALKING TOUR OF ROCKCLIFFE. Learn about the history of the village and the role the MacKay and Keefer families had in determining its layout and design of many of its homes. Guide: Martha Edmond, historian and author. Meeting place: intersection of Lisgar Road and Princess Ave. \$5 member, \$10 non-members.

Jeudi, le 12 octobre, de 19h00 à 21h00

Venez découvrir la particularité de l'enseignement différencié de la pédagogie Steiner Waldorf. Venez découvrir si cette manière de stimuler les enfants convient à votre enfant et vous interpelle profondément. La session est gratuite et sans aucune obligation et aura lieu à notre petite école élémentaire publique, au 140 de la rue Genest, à côté de l'école Le Trillium, à Vanier. Pour informations : info@steinerwaldorf.ca.

Sat, Oct 21, 10 am - 2 pm

FALL FAIR at Our Lady of Mount Carmel Church. Come and enjoy our Tea Room lunch and check out our crafts, home

baking, jewelry, knitting, toys, books, CD's and "white elephant" tables. Address: 400 St. Laurent Blvd. in Manor Park. Second church north of Montreal Road on west side.

Fri, Nov 3 - Sun, Nov 5

BOOK FAIR at Rockcliffe Park Public School. Browse the shelves for a good read or enjoy a delight at the Café du Monde. Visit www.rockcliffebookfair.com for more details.

Sat, Dec 2, 9 am - 3 pm

9TH ANNUAL CHRISTMAS TEA AND BAZAAR at St. Luke Lutheran Church, 326 MacKay Street at Noel. Come, enjoy a fun day. Have lunch at the deli, take a chance at the toonie table, buy one of our delicious pies, and have a wonderful time exploring our Christmas crafts, handicrafts, baked goods, preserves, and white elephant tables.

Sun, Oct 1, 7 pm

A Short Film about Love

The Embassy of the Republic of Poland and the Canadian Film Institute cordially invite you to the retrospective of the films of Krzysztof Kieslowski 1941 - 1996 in the Auditorium of Library and Archives Canada, 395 Wellington Street, Ottawa. Tickets will be sold at the door.

Sat, Oct 7, 7 pm

The Krzysztof Kieslowski retrospective continues with short documentaries by Kieslowski.

Sat, Nov 4, 9 am - 4 pm & Sun, Nov 5, 9 am - 2 pm

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tea room and jewellery. Entrance 50 Guigues St. Free parking, corner lot Parent/ St. Patrick St.

Fri, Nov 17 - Sun, Nov 19, 10 am to 4 pm

HOMES FOR THE HOLIDAYS fundraiser for the Hospice at Maycourt. Homes on display this year:

- 4818 Dove Court
- 727 Eastbourne Ave
- 40 Lakeway
- 133 Balmoral Place
- 9 Crescent Rd.
- 480 Manor Ave.
- 43 Aylmer Ave.
- 114 Cameron (The Hospice at Maycourt Boutique)

Cindy Ryley and New Edinburgh's own Joseph Cull, along with a host of 11 other volunteers worked in the Hospice kitchen jarring some great food items for the Boutique sale.

Sat, Nov 25, 10 am - 3 pm

CRAFT SHOW AND SALE at St. Columba Church, 24 Sandridge Road.

YMCA-YWCA Fall Events:

LEADERSHIP OLYMPICS
Enjoy this series of interactive, results-based leadership seminars taking place throughout October.

HEALTHY EATING, A GUIDE FOR FAMILIES
The perfect series for families with children of all ages who want to eat smart and live healthy. Childcare services are available on site. This series takes place in November and December.

KEEPING A HEALTHY BALANCE
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Burgh Breezy its

Congratulations

It's a BOY!!! Congratulations to Paul and Melanie and big sister Anna of Crichton street on the birth of **Marc Etienne Chedore**, 6lbs 4oz on Sunday August 27 (10 days early).



Big sister Anna with Marc Etienne.

It's a GIRL!!! Proud parents **Mike** and **Julie** and big sister **Ella** of Noel Street are pleased to announce the birth of **Madeleine Margaret Iles** on Monday September 18, 7 lbs. 15 oz. Congratulations to **Susan Abbott** on the birth of her first grandchild, **John Lachlan Abbott** who came into the world in May. The proud parents are Sue's son Matthew and his wife Allison who spent three weeks visiting from New York this summer while Lachlan had his first Canadian summer cottage experience. (Do they really make life jackets that tiny??)



Madeleine Margaret Iles.

Congratulations to **Chloe Bouza** and **Stephen Hillier** on their marriage which took place with a beautiful ceremony at Strathmere in North Gower on Sept. 9. **Judy Dougherty** and **John Bouza** of Crichton Street were looking quite proud in their role as parents of the bride. Brother **Reuben** brought his band and provided some happening dance music. If you ask I am sure that John or Judy would be happy to show off fabulous photos.

Congratulations to **Joseph Cull** and **Ian Engelberg** of MacKay Street on their marriage in May. A joyous celebration took place at their home on Mackay street. Congratulations and best wishes from all of your friends and neighbours in the Burgh.

August 26th saw two Burgh families united in a country wedding, held on a perfect day at the Glovers' farm. **Kitty and Mick Glover and family** are former residents of Dufferin, now living on Noel. **Fran and Brian Ward** moved from Centretown into their new house on MacKay two years ago. **Alex** and new husband **Ryan** met 11 years ago when both were students at Lisgar. They now live in Toronto. Congratulations and best wishes all round.



Nuptials Alex and Ryan.

In other **Glover** news, after completing his law degree at U of T **Chris** is now articling in Calgary. While completing his final term of law studies as an exchange student in Budapest last spring, he won a \$4,500 prize in a business plan essay contest open to all European university students.

Congratulation to **Lois and Howie McKay** of Crichton Street who celebrated their 60th anniversary this past summer. Howie and Lois traveled to BC and celebrated with momentous occasion with all of their family in attendance. We wish you continued health and happiness. A warm welcome to **Julie, Niko and Shophie** to Mackay street. Its great to have you in the neighbourhood.

Warm Welcome

A warm welcome to **Kevin, Julia, Delia and J.J** who recently moved to MacKay Street.

A warm Welcome to **Fawzia and**

Mohamed Docrat who arrived in the Burg in the early spring and stayed with friends in New Edinburgh until they found a place on MacKay Street. They moved from Iqualuit and are planning on settling here in Ottawa. She is a gifted Teacher and he is an Accountant.

Welcome back to **Jean-Pierre and Suzanne Kingsley** who have returned to New Edinburgh.

Farewells

Au revoir to **Krista, Jonathan, Caitlin and young Harry and Bridget** of Noel Street. They are moving just up the hill into Rockcliffe, so we will continue to look forward to seeing them around.

Goodbye for now to **Kevin, Rebecca, Alex, Amelia and Sarah** of Mackay Street who have move to Washington for a four year posting. Friends and nieghbours look forward to your return.

A fond farewell to **Dave Sankey**, of Queen Victoria Street. Dave is retiring to his native England this fall, where he will no doubt put his gardening talents to good use. Cheerio Dave!

David Paget and his family are off to Warsaw for a 3 year posting. Not to worry, he will be keeping up with all the happenings around the 'Burgh -- he will be receiving the NEN through our special subscription program. Have a great time across the pond!

Sad farewell to the Funicello's dog **Pokey** of Ivy Cres. Pokey was small in stature but big in spirit.

Condolences to the family and friends of **Jose de Silva** of Mackay street. Jose was killed this past summer as a result of a tragic fishing accident in the Azores.

Gerry Schoenherr passed away at the age of 91. She was a long time resident of Crichton Street and only recently moved to a care home. Gerry was an active member of St. Luke Lutheran Church for many years and she will be missed by many friends at church and in the neighbourhood.

Sympathy to the families of **Ola Kritsch** of Electric Street and **Georgette Proulx** of Ivy Crescent; residents of the Burgh for many years.

New in the Burgh

Noel Street has a new pup. Welcome to **Mertag**. Proud owners **Bill and Pam** will soon be out walking their new dog around the burg.

Kudos

Congratulations to **Ralph Heintzman** who was recently awarded the Vanier Medal of the Institute of Public Administration of Canada (IPAC). The award, which has been presented annually since 1962, is one of the highest forms of recognition for Canadian public administrators, and a mark of distinction and high achievement in Canadian public service. Ralph was selected for the award in recognition of the many remarkable achievements of his 30 year public service career, and notably, for his pioneering work in the realm of public sector service delivery where his efforts have brought Canada international recognition

as the world's leading nation in this field, and for his role as the moving spirit behind the Code of Public Service Values and Ethics. The award is to be presented by the Governor General at a ceremony at Rideau Hall later this Fall.

For those of you who may have been intimidated when you saw **Bronwyn Funicello** walking down the street with a large wooden paddle -- she was not on her way to a schoolboard meeting! Brownwyn and her team with the Ottawa Police Dragonboat team enjoyed a successful season which saw them competing in Belleville,

Continued on page 42



Photo: Linda Fowler

NEN Photo Contest

We have a Winner!

NEN's first Neighbourhood Photo Contest has a winner - congratulations to **Linda Fowler** for this striking image of a familiar sight. We received many excellent entries and our photographer, Peter Glasgow, had a hard time choosing between them. Why did he select this one? "Because of its dynamic composition," he said, "and because it features an architectural detail that is unique to New Edinburgh and interesting in itself." He also noted that the photo has some strong historical neighbourhood interest. "This beacon rose above the curved ticket window of the Bytowne

Theatre, which originally stood on this site before being moved to its present location on Rideau Street. Many people will remember the excitement of having our own movie theatre right here on Beechwood, and also the crazy fun of the midnight showings of The Rocky Horror Picture Show!" So, just as we expected, this photo and all the others proved to each be worth a thousand words about our neighbourhood and its interesting sights. Our thanks and congratulations to everyone who sent in their photos. And if you missed your chance this year, there's always next summer!