EDINBURG NEWS

December 2006

www.newedinburgh.ca

Cocktails for Crichton/Santé à Crichton

A Resounding Success!

As the enthusiastic crowd of party goers and avid bidders will attest, the CCCC's first fundraising auction, Cocktails for Crichton, was a resounding success, both as a splendid community event and as a much needed boost to the Centre's resources. A total of close to \$13,000 (after expenses) was raised at the auction, a final tally which for the first time in our fundraising history actually exceeded our target. A success indeed!

All who attended eagerly embraced the theme of the Rat Pack era, many of them dressed for the occasion in cocktail lounge wear of the late 1950's and early '60's, and feather boas, fedoras, and basic black dresses were the order of the evening. The CCCC team of "bouncers," which included our Chair Johan Rudnick, were a particularly striking touch as they plied the halls and stood guard at the entrance in their sunglasses, fedoras and sharp suits.

To the nostalgic strains of Rat Pack era crooners, partygoers sipped cocktails and nibbled canapés as they browsed the dazzling collection of well over 100 Silent Auction items artfully displayed in the main

hall and at both ends of the Dufferin Room. The collection included, quite literally, something for everyone, with a variety that ranged from art work to flower arrangements; gift baskets; gift certificates; gourmet treats; tickets and passes to theatre, music and sporting events; lunches with local politicians; signed books by local authors; CDs and much more. In many cases, the bidding became highly competitive, with savvy participants getting the hang of the system to sneak in a final winning bid just seconds before closing

The highlight of the evening was the Live Auction of a dozen superb contributions, many of which were previewed in our October issue. They included a week long stay in a charming villa in Tuscany; an evening of sommelier-led wine tasting and gourmet treats provided by The Savvy Grapes and Epicuria; commissioned works by MainWorks artists Karen Bailey and John Jarrett; a splendid oil painting of Fall in the Gatineau by well known local artist Gordon Harrison; breakfast with the legendary Leonard Lee, founding President of Lee legendary

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Vive La Francophonie! Page 8



Ernest Johnson's Antiques.

Sketch by Martha Markowsky

Sculpture Trail Showcase Installed

(OST) is a community driven initiative to install public art along both sides of the Rideau River from the falls at Sussex to Hogs Back. The idea for the initiative originated out of efforts to turn a dead willow into sculpture. When these efforts failed, New Edinburgh residents Heather Matthews and Colin Goodfellow decided to launch a public consultation on the idea of a more ambitious Sculpture Trail.

Colin, now volunteer Chair of the OST, explained why the first sculpture, *U Split* by sculptor **Ed Zelenak**, was placed in our park. "Not only did the idea start in New Edinburgh, this neighbourhood is a model for supporting the arts, and quality public space."

In support of this view he

cited a number of important facts about New Edinburgh: the historic effort to prevent the park from being turned into an on-ramp; the fact that more artists live in our area than any other in Ottawa; that there are already ten public sculptures or memorials between Rideau falls and the Stanley Park Fieldhouse; and the deep support for the Crichton Cultural Community Centre, which has become a regional arts incuba-

"This is about communities obtaining public art for the enjoyment of their neighbours. The generous financial support from NECA attests to the feasibility of this concept in Ottawa," said Colin. Building on NECA's example, the Trail can now engage greater participation from more communities along the Rideau River.

Heather, who did extensive research on sculpture trails in

The Ottawa Sculpture Trail other countries, added "when communities are engaged it builds cohesion and removes some of the mystique of art that gets in the way of enjoyment." To underscore her point, she tells the story of watching a young couple and their daughter walking by USplit. The father turned to his partner and said "what is that?" Simultaneously their little girl ran up to one of the big orange tubes laughing and hugged it. The mother turned to him and said "I don't know either but she seems to like it so it must good." "Art can be magic without the mystique," concluded Heather.

When asked what lies ahead for the Trail, Colin said that the plan is to have three additional sculptures installed along the trail next year and to open up discussions with the NCC to convert the defunct Canada and the World Pavilion on Sussex into exhibition space for smaller scale and climate sensitive sculptures. "Right now that building is empty and it is a perfect space for exhibitions," added Colin.

Until the Ottawa Sculpture Trail web site is up and running, interested readers can contact the OST through colingoodfellow@yahoo.ca.

Editor's Note: In the interval since this article was submitted by the Ottawa Sculpture Trail Committee, "U Split", the first work installed on the trail, was unfortunately vandalized and burned beyond repair. Despite this regrettable incident, the OST intends to replace the sculpture at the earliest opportunity.





NECA President Gemma Kerr Reports

Municipal elections are over for another four years, and we glad to see Jacques Legendre re-elected. He has always been responsive to our community's concerns and has provided valuable help in the past. More surprising was the election of Larry O'Brien as Mayor, and we wish him well in that very difficult job. Outgoing Mayor Bob Chiarelli has also helped us, and we thank him for his support for 200 Crichton and the vision of Crichton Cultural Community Centre (CCCC) to provide cultural programs in the community.

Development and intensification continue to be strong focuses of neighbourhood concern. In light of this, NECA has hired a planning consultant, FoTenn, to assist in reviewing the proposed new City zoning bylaw and identifying issues for which NECA will request clarification or suggest change. FoTenn will also be helping NECA's

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 forseeable 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**:

No meeting in December January 15, 2007 February 19, 2007 March 19, 2007 **April 23, 2007** May 21, 2007 June 18, 2007

Development and Heritage Committee to develop a Community Design Plan for New Edinburgh that we hope can be used to curb some of the developmental excesses that we have seen in the past.

Elsewhere, two large development projects that have the potential to impact New Edinburgh significantly are moving forward. One is on the old Rockcliffe forces base near the Aviation Museum. This is presently in the planning phase. I am pleased to report that the planning team is committed to sustainable development and to creating a new community rather than a just a subdivision. A small science park near the NRC Montreal Road campus is also being considered. When completed, this development will probably provide homes for at least ten thousand people. As such, it can be expected to have a large impact on traffic in our neighbourhood, as New Edinburgh is situated between this development and downtown Ottawa. It is not clear that the City have a strategy in place for dealing with the extra traffic.

The second development, at 100 Landry in Vanier, has very recently been approved by City Council. While the maximum apartment building height, now 25 stories, is lower than originally proposed, this remains a large development with more than 700 units projected. The increase in population will be good for the Beechwood commercial area, but is expected to affect local traffic significantly despite the addition of a dedicated entrance off the Vanier Parkway.

With traffic becoming an issue that will require more of NECA's attention in the near future, we are looking for volunteers to help out in this area. If you are interested, please email me necapres@magma.ca, phone 613-745-7928.

As this year draws to a close, I would like to wish everyone a very happy holiday season. Meilleurs voeux à vous tous pour la saison des fêtes.



Your NECA Representatives 2006-2007

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Intensification Friends of NE Park Neighbourhood Watch CCCC Program Co-ord. Past President City Councillor New Edinburgh News Community Council Chair **CCCC** President

Editor's Notes

I would to take this opportunity to wish everyone a very happy holiday season. You have all been terrific contributors to our wonderful community paper. Keep 'em coming in the new year!

Changes at the NEN

Charles Wesley-James, who has diligently managed the delivery the NEN for the past number of years is stepping down as Distribution Manager.

I want to thank Charles for his dedicated and reliable assistance. Thank you!

Help Wanted: Distribution

Anyone interested in taking on the bimonthly volunteer position of Distribution Manager can contact the NEN at 613-745-8734 or by email to newednew@hotmail.com

The Distribution Manager is responsible for managing the team of volunteers for the residential deliveries.

Archiving Project

The NEN has begun a special archiving project whose aim is to ensure that past and future issues of the NEN are securely stored in multiple locations (libraries/archives), and accessible to the public by traditional and electronic means.

Anyone who is interested in assisting with this project can contact the NEN. And if you happen to have an 11" x 17" scanner that we could use, please give us a ring.

Cindy Parkanyi



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Mauril Bélanger, M.P.

Recent Highlights, Current Concerns

I thank the New Edinburgh News for the continued opportunity to share federal news and views with constituents of New Edinburgh. In this column I highlight the latest news and share the serious concerns I have which particularly pertain to the latest cuts. My worries revolve around the effects constituents of Ottawa-Vanier and of other communities across the country will undoubtedly feel as a result of the cuts imposed on a number of important community programs. Many of you have undoubtedly heard of the government's latest announced on September 25 2006, in a number of sectors, and as a member of Her Majesty's Loyal Opposition, it is my duty to criticize the government where and when warranted. I believe this time has come.

I agree with a government's need to review its spending priorities with a view of redirecting some resources from lower to higher priorities. I have no qualms with this approach and would not be critical if indeed the cuts announced were the result of such an exercise. In my opinion, however, cutting the very programs that were originally designed to enhance the wellbeing of communities and equality rights is a bad choice. The effects of a number of these cuts are particularly disturbing, such as the four mentioned below.

Youth Employment Strategy (YES)

Launched in 1997, YES, now cut by \$55.4 million, was instrumental in developing Canada's workforce of the future by providing young Canadians with access to programs and services to help them gain the skills, knowledge, career information and work experience they need to find and maintain employ-

ment, as well as helping youth make a successful transition into the labour market. In addition a number of institutions, NGO's and community association benefitted from the work done by those students.

National Literacy Program

The federal government's cut of \$17.7 million of adult literacy programs will adversely affect the infrastructure built co-operatively by all levels of government and the literacy community and will undermine our ability to meet the literacy challenges of Canadians. A recent OECD survey on adult literacy and life skills indicates 42 per cent of adult Canadians do not have the basic skills to fully participate in the economy or society. As the knowledge economy becomes more and more preponderant literacy becomes a basic and necessary tool.

Museums Assistance Program ("MAP")

Cut by \$4.6 million, MAP had allowed hundreds of museums, big and small to manage despite the modest funding available. Museums offer visitors an important cultural and historical perspective in the context of an enriching experience. Museums are record-keepers of our heritage. The implications of funding cuts, as echoed by many communities across the country, are considerable.

Court Challenges Program ("CCP")

Set up to protect minorities in upholding their rights and freedoms under the Charter when such rights were ignored or violated, the CCP is now regrettably cancelled and considered a "wasteful" program. The Harper Government's deliberate mischaracterization of the program as a funding source for "liberal party lawyers" reflects a total lack of understanding of the real issue,

or worse, an ill-intentioned Yes

misconstruction of the funda-

mental human rights at stake.

On a local note, the public consultation process of the development of the Rockcliffe Air Base began on June 27 of this year with the purpose to involve and engage surrounding communities. I am confident that the New Edinburgh community, along with surrounding communities, will continue to participate in great numbers. As one would expect, opinions and suggestions vary a great deal, almost occupying the entire develop-

To conclude, as we approach the end of 2006, I would like to take this opportunity to wish the New Edinburgh Community a very happy and prosperous year.

ment spectrum. I look forward

to your continued and engaged

participation.

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



Letter to the Editor

School Bus Incident

Yesterday I witnessed a situation that brought chills to my spine.

While driving my son to school. I witnessed a car pull out and pass a stationary school bus with its lights flashing, as it was stopped at the corner of MacKay and Electric. The car had diplo-



matic plates. I got out of my car to flag down the car and inform the driver that they had just committed a serious infraction. A mother who was waiting at the bus stop also came running over to add to the discussion. The driver was only to respond that she did not understand and drove off.

Unsatisfied by this situation. I call the police and continued to follow the offending vehicle down the Vanier Parkway. The Police caught up with us at Conventry and we were both pulled over. I gave my report to the police while they dealt with the other vehicle. The

constable told me that in diplomatic situations there was only so much they could expect to do.

Later that day I visited the parent who had witnessed the offence. Her husband informed me that a similar incident had occurred the previous day, only that time it was an Ontario plated Mercedes which pulled out and passed the school bus as it was loading the children in the morning.

I hope that we can raise the awareness of this frightfully dangerous situation.

Warren Hall

Editor's Note: The penalties for illegally passing a stopped school bus were doubled in 1997. For a first offence, the penalty for not complying with the law is a fine of \$400 to \$2000 and the assessment of six demerit points. For a second conviction, the fine is \$1000 to \$4000, and the assessment of six demerit points, as well as the option of a jail sentence.

For more information regarding school bus safety refer to the School Bus Safety Resource Guide on the Ontario Ministry of Transportation web site: www.mto.gov.on.ca.



NEW EDINBURGH NEWS

is published five times a year

by the New Edinburgh Community Alliance Mailing Address: P.O. Box 74038, Ottawa, K1M 2H9 Publication dates: Oct. 1, Dec. 1, Feb. 1, April 1, June 1 Deadlines: Sept. 10, Nov. 10, Jan. 10, March 10, May 10 Editor: Cindy Parkanyi, 13 Avon Lane

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Printed in Renfrew, Ontario by Runge Newspapers, Inc.



Ottawa City Councillor Jacques Legendre Reports

Election 2006

I would like to take this opportunity to thank you for expressing your confidence in me once again. I pledge that I will continue to keep you informed, partly through the 'News', and to work on your behalf and in the interest of the greater public good. THANK YOU.

100 Landry

Regrettably, City Council has just given its approval for the development at this site in the former Vanier. Its proximity to New Edinburgh will likely lead to spillover effects in the community. The impact of this decision however extends well beyond the bounds of the 'east end' of Ottawa.

The decision, if allowed to stand at a presumed upcoming OMB hearing, will mean that the City of Ottawa's Official Plan (Ottawa 20/20), adopted in 2003, contains a flaw that will have major consequences for the way that Ottawa will

intensify.

Make no mistake, intensification is important. It is a crucial element of containing urban sprawl – of 'growing in, not out' as the RMOC's last Official Plan (1997) put it just prior to amalgamation. We hear constantly about the need to control City spending and checking tax increases, however, the economic (and tax) benefits of properly conceived intensification are too often ignored. Yet there is probably no more important single factor responsible for the cost of local government, driving the expenditure of 100's of millions of dollars in our budget discussions. We usually end up wringing our hands over expenditures in the 10's of millions of dollars (or less!) and yet the really 'big stuff' - and what has led to the need for those larger costs - is given little attention and none at all once the budget is decided! To be very clear, intensification is

the way to make Ottawa and its quality of life affordable and keep it affordable in the long term. The result of properly conceived intensification ought to be a higher quality of life – public parks, public institutions (libraries, pools) and other services become more affordable, the Transit system and other infrastructure would be more cost-effective, business districts more vibrant. Effectively, everybody wins. This is what Ottawa 20/20 was supposed to mean. It would appear, if this decision is allowed to stand, that the sections of Ottawa 20/20, such as Compatibility Development (see box inset), intended to put some constraints on intensification, are not stated with sufficient strength or clarity. I fear that this approach to intensification, without 'reasonable' constraints, will eventually drive us to abandon the concept entirely. What ought to happen is that a clearer and more reasonable definition of intensification needs to be incorporated within our Official Plan.

I encourage my constituents and all citizens of Ottawa to think on the issue because it is so very important that we arrive at a collective acceptance of the limits of a reasoned approach before it is too late.

CFB Rockcliffe

The appropriate redevelopment of CFB Rockcliffe, by far the largest parcel of land within the urban core, is certainly driving some of my preoccupation with getting 'intensification' right. By the time that this article appears, the Canada Lands Corporation (CLC) - the crown agency charged with developing an urban renewal plan for the site - will have held its second open house and

public consultation session on November 29. The first public meeting, at the end of June, was attended by approximately 500 very interested residents. (The power-point presentations, first by CLC and its consulting team then by CARAD – Community Action for Rockcliffe Airbase Development- and, finally, a

includes representatives of groups with citywide interests and mandates such as various housing groups, Ottawa's Forests and Greenspace Advisory Committee, and Transport 2000 (Friends of Light Rail).

Season's Greetings

I also take this opportunity, on

2.5.1 Compatibility of Development

The City's growth management strategy includes intensification of development in the urban area over the next 20 years ... Introducing new development in existing areas that have developed over a long period of time requires a sensitive approach to differences between the new development and the established area, in terms of building heights, setbacks, and other characteristics. This Plan provides guidance on measures that will mitigate these differences and help achieve compatibility of form and function.

Exerpt from Ottawa's Official Plan (Ottawa 20/20). Underlining added for emphasis.

video recording of the first half hour of the Q&A period that evening, can be found at www.rideau-rockcliffe.com for those who missed the June meeting. I will endeavour to post similar elements of the second meeting for those who could not attend on November 29). Since the June meeting, terms of reference for the 'Community Design Plan' were developed and accepted by City Council. They are posted on CLC's web-site (www.clc.ca). The intervening months have also seen the formation of a Public Advisory Committee (PAC), chaired by Professor Caroline Andrew of the University of Ottawa's School of Political Studies. The full membership can be found on CLC's web site. The PAC membership, in addition to representatives of the surrounding communities, also

behalf of my family and myself, to extend to all, Best Wishes for Health, Prosperity and Personal Serenity in 2007.

Meilleurs vœux

Je profite de cette occasion pour vous souhaiter mes meilleurs vœux pour une année de santé, prospérité et sérénité.

Jacques Legendre Councillor, Rideau-Rockcliffe

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Letter to the Editor

How the residents near 100 Landry dodged the bullet

Residents near 100 Landry have won a great victory with the final incarnation of this project. When residents contacted me a year or two ago to help them, I would never have dreamed that they would succeed so well.

Let me back up a few years. In late 2002, I was on the board of Action Sandy Hill and a developer came to us proposing a building on Rideau Street. Fine, I thought, we already had a verbal deal with the developer (in exchange for dropping an appeal on a property where he had added several stories after construction had started) that this next one was going to be 5 stories. To my surprise, his actual proposal would renege on the deal and propose 7 stories instead. When he was told the community couldn't support that, he went to the City with 9 stories.

To make a long story short, developers in other neighbourhoods were also approaching the City asking for 9 stories where 4 - 6 was allowed. Local councillors supported our neighbourhoods in rejecting these, but were outvoted and the rezonings passed anyway. Neighbours then raised a 5-figure fund to go to the OMB after all the law was on our side. The opposing side reportedly spent a large multiple of that amount on lawyers. They won, and even got the OMB to further change the zoning in their favour. They then went to the Committee of Adjustment and got still more concessions. This time we resolved the second OMB appeal with a deal signed by the developer and by the city. It was not respected, and neither was a minor OMB order in our favour. The cards

are stacked against communities.

One of the activists who went door to door urging neighbours to write and attend public meetings was Georges Bédard, before he ran for council. I suspect the experience taught him the lesson that having councillors simply vote against some projects does the community very little good, it only makes the project bigger.



In terms of 100 Landry, Claridge's original and much bigger project would have passed easily, even over the objections of all councillors from the old City of Ottawa. And unfortunately for residents, there is very little in the law to stop it. Vanier's old Official Plan and zoning did most of the damage, and the current policies of putting highrises in these "edge" locations and high density on brownfields have the force of law even though we may disagree with them.

Unfortunately, the time to fight these policies is when Official Plans and provincial laws are debated. A number of community associations spent some time and money opposing and later appealing Official Plan policies that would have

put excessive densities in our neighbourhoods. Although Vanier and New Edinburgh did not participate in these negotiations, other associations went to bat for them to protect the character of Montreal Road and of Beechwood.

I hadn't looked at the final details of the zoning at 100 Landry until recently. I had expected to be disappointed. But now I call this a victory because I would never have expected this low a zoning. It only seems big on paper because of the height difference between commercial and residential development. Commercial is usually 4 metres per story vs. 3 metres for residential, so going from 19 to 24 stories is not bigger than before. Provincial law regarding density targets equates one job with one resident, but the parking and traffic impact of residential development is lower. So in my mind the developer agreed to a zoning reduction. Wow.

I know that people are going to pitch square feet and units at me, but what I see is towers of less mass than the zoning had allowed, smaller-scale townhouses than is the norm in Ottawa. Providing housing that is suitable for families, more open space than is normally required, and a transition in height between Landry and the Vanier Parkway shows a sensitivity for the neighbourhood that I didn't know that either Claridge or city zoning approvals staff were capable of. And three public meetings! Getting even one is unusual.

Do I like the project? No, but it could have been much, much worse. Some residents took a dangerous gamble in opposing the much reduced project, and surprisingly won anyway. I know some residents don't feel like celebrating, but trust me you should congratulate yourselves on your success.

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Martin Laplante







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Auction Soiree

Continued from page 1

Valley Tools; an evening and dinner with chef Mark Leonard of The Elgin Street Freehouse; Breakfast with radio personalities Mildred MacDonald and Rob Clipperton; a private architectural tour of the National Gallery and an introduction to the two current Gagnon and Holgate exhibitions led by resident Gyde Burgh Shepherd, a former Assistant Director of the Gallery; a gourmet Italian dinner for six prepared by Margot Silver, and an exciting National Arts Centre package which includ-

Our Thank You List

Behind the sparkle and fun of all successful events is, of course, an enormous amount of planning, orchestration and just plain hard slogging, and Cocktails for Crichton was no exception to this rule. Over the course of the three months prior to the Auction (two of which were summer months when the pace of life traditionally slackens), the CCCC's Auction Committee worked feverishly to solicit donations, produce posters, tickets and a bilingual comprehensive Auction catalogue, and plan out the logistics of the evening.



Photo: Peter Glasgow Auctioneers Joseph Cull and Alex MacDonald strike a 'pose'at the Cocktails for Crichton auction.

ed a dress rehearsal and concert, along with a gift certificate to dine at Le Café.

Auctioneers Joseph Cull and Alex MacDonald did a magnificent job of stirring up the crowd into a brisk round of competitive bidding, and by the end of the evening, many of the winning bidders no doubt experienced the same sense of combined elation and exhaustion that follows a hard fought marathon run. And just in case you're curious about the lucky group who will bask in the Tuscan sun, two couples collaborated to come up with the winning bid: our CCCC Treasurer Vicki Metcalfe and her husband Dennis Orchard will join forces with Leslie-Anne Scott and Martin Andison for a blissful two week holiday at the Anghiari villa in the Fall of 2007. Divertiti tutti!

Our remarkable Auction Committee Chair, Alex MacDonald, took the lead from the outset, working tirelessly and with extraordinary organizational skill to direct and encourage the efforts of her less experienced team, as well as take charge of the myriad of detail involved in an event of this kind and complexity. Sincere thanks, Alex: it's no exaggeration to say that we couldn't have done it without you! (And far from being depleted by these Herculean efforts, Alex has just added new Monday two and Wednesday Stretch and Strength classes to her repertoire at 200 Crichton!)

Special thanks is also due to Alex's partner, **Martin Clary**, who devoted many hours to the event, assisting us with his technical wizardry in designing the tickets and posters, as well as producing both the



power point presentation at the Live Auction and the lighting effects needed to create the wonderful cocktail lounge atmosphere of the evening.

And thanks too to all of our hard-working Auction Committee members:

- Sandra Ferguson, who acted as our Secretary, keeping careful track of our activities, and organizing the wealth of donations which flowed in over the weeks prior to the event;
- Joseph Cull, our consummate Auctioneer who used his considerable persuasive powers to gather many wonderful donations, and kept us all smiling when the going became intense;
- Hilary Armstrong, who was dauntless in her pursuit of donations and took charge of the Silent Auction, teaming up with faithful CCCC supporter Peter Honeywell to produce the splendid display on the Silent Auction tables;
- Kelly Beaton, a newcomer to the CCCC fold whose energy, charm and admirable competence were an invaluable asset to the Committee;
- Carol Burchill, our Volunteer Coordinator who somehow managed to ensure that all the bases were covered on the night of the event; and CCCC Treasurer Vicki

aged the daunting financial aspects of the event, but also pitched in every step of the way to gather donations and work her magic on the Auction catalogue.

As always, the Centre's hard working and versatile Community Facilitator Joanne Hughes, assisted by her helpers in the office, Sue Campbell and Sally Deline, was enormously helpful in dealing with innumerable aspects of the event, not least a last minute blitz to create eyecatching display posters for the Silent Auction tables.

And to all of those community members who gave their time and energies to help out with preparations and on the night of the Auction, we wish a hearty Thank You! The list is impressively long and includes: Bob Burchill, Johan Rudnick, Jack Ferguson, Greg Hill, Anne Maheux, Dennis Orchard, John and Heather Jarrett, Cécile Latour, Peter Glasgow, Bethann Robin, Anne Ostrom, Caroline Elson, Liba Bender, Barbara Benoit, Isobel Bisby, Hedda Blom, Pauline Bogue, Bob Marguerite Cairns. Charland, Marc and Jennifer Faguy, Judy Hunter, Moneca Kaiser.

MacEachern, Aidan Mulroney, Marie-Rose and Brian Northgrave, Roz Ross and Karen Thorington.

It goes without saying that were it not for the generosity of our many donors to the Auction, this year's success would not have been possible, free-flowing cocktails notwithstanding! Our sincere thanks to all the businesses and individuals who contributed, whose names are listed in our special Cocktails for Crichton thank you notice. Special thanks goes to our caterer for the event, Epicuria Fine Food and Catering, whose professional services and ongoing support for the Centre are greatly appreciated.

And a final note: many thanks to all of you who joined the party, took part in the bidding (we hope successfully) and entered into the spirit of the occasion. We are especially grateful for your support for the CCCC at this challenging point in our history, when we continue to face serious impediments to our future development at 200 Crichton, despite the rapid growth of our activities and programmes, and ongoing improvements to our facilities. Please make sure to join us again next year!





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session early in the New Year.

Introducing:

The Urban Rideau Conservationists

By Jane Heintzman

In the interim since our last report in October, Catherine Canning, our Project Coordinator, has been hard at work advancing plans for a greatly expanded Rideau River Clean Up Day on Mother's Day, (Sunday, May 13), 2007. The working group has acquired a new name, the Urban Rideau Conservationists (URC), and a new logo (shown with this article), which we hope will become an easily recognizable

and widely known signature of

the annual community effort to

preserve the health of the mag-

nificent river that is the distin-

guishing natural feature of our

neighbourhood. The logo will

appear both on the publicity

materials for future events, and on promotional items such as T-shirts, mugs and reusable bags for leaders and participants in our clean up efforts.

Team Leaders Needed

urban rideau conservationists

The next vitally important step in the process is to identify Team Leaders for as many of the communities along the Rideau River as possible, expanding our reach from our own home base at the Stanley Park Field House to Vanier, Sandy Hill, Hog's Back,

Mooney's Bay and Hunt Club.

Catherine and our URC work-

ing group will be stepping up

our efforts to establish contacts

with these communities up

river and to arrange for a pre-

liminary meeting and training

top priority is to recruit a **Team** Leader for the Field House to be in charge of operations on Clean Up Day, taking the lead in the recruitment of participants, distributing clean up supplies and equipment, deploying volunteers along the river banks and bringing refreshments and prizes for workers. While weary Catherine has assumed this role herself in previous years, her plan is to take over the Vanier area at this year's event so a replacement will be needed here in the Burgh. Experience is definitely not required as Catherine intends to offer a detailed training session for prospective Team Leaders in early 2007, and the core NECA-based working group will be available to provide ample help and support.

carelessness.

Here in New Edinburgh, our

Anyone interested in finding out more about the role of Field House Team Leader for Rideau River Clean Up Day and/or participating in the project can contact Catherine Canning at cathcanning@hot- mail.com or Jane Heintzman at janeheintzman@hotmail.com. Make it your personal environmental project for the New Year: it's close to home; it's close to nature; it's companionable and fun, and the results are immediately visible. We owe it to the frogs covered in Styrofoam debris that I encountered last spring, and to all the other life forms whose habitat is threatened by human

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Thank you to all my friends and clients who worked with me and referred me business this year. I am privileged to have the opportunity to serve this great community.

Best regards to all for a happy and healthy 2007. I look forward to assisting you with your real estate questions and needs in the future.

J'aimerais remercier tous mes amis et clients qui ont travaillé avec moi cette année et qui m'ont référé des nouveaux clients. Je me sens privilégiée de travailler dans notre communauté.

Je souhaite à tous santé et joie pour l'année 2007. Je suis toujours disponible pour répondre à vos questions au sujet de l'immobilier et pour vous servir.





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La patinoire

Par Pierrette Tousignant

La première neige couvre le sol. Novembre s'achève et déjà la terre commence à s'endimancher pour la Grande Fête. Celle dont tous les enfants rêvent...toute l'année. Les tous petits voient des jouets magiques, des soldats de bois qui marchent et font vibrer leurs tambours, des poupées vêtues de nuages roses...et entendent déjà les boîtes à musiques. Noël...dans quelques jours...ces jours qui s'étireront de plus en plus à mesure que leur nombre lui, diminuera. Noël!

Ceux qui sont à l'école anticipent les vacances avec leurs matins chauds dans la maison, leurs nouveaux jeux et les longs après-midi à jouer dans la neige affairés à construire une forteresse ou à glisser légers sur la patinoire.

Comme ce Noël où j'avais reçu mes premiers patins de fille, tout blancs, avec une lame à dents pour les arabesques que j'admirais à la télé. J'avais cinq ans. Et je me voyais déjà championne. En tutu rose, sous les étoiles et les projecteurs. Touchant le cuir lisse et robuste, j'imaginais les adulations d'une foule formée de tous ceux que j'aimais. Comme je me sentais aimée en ces moments-là. Je ne suis pas

devenue championne....Mais j'ai beaucoup patiné, hiver après hiver.

Ce qu'elle amuse ma mémoire, cette patinoire à ciel ouvert de mon village et l'air de sa "Valse des Patineurs" coulant d'un disque égratigné et de mauvais haut-parleurs, sous les étoiles. Elle ruisselait sur les enfants, cette valse. Et sur les couples d'adolescents dont l'agilité sur patins compensait à la naïveté de coeur.

L'éclairage précaire formé d'ampoules électriques, pas toujours recouvertes d'abat-jour de métal vert foncé, suspendues en rangés parallèles espacées au-dessus de la glace, n'obstruait en rien la vue des étoiles. Sans que nous ne sachions son nom Orion jetait sur nous un regard protecteur. Nous patinions pendant des heures. Mes frères, mes soeurs et moi.

Les jours de semaine la routine était rassurante, voire excitante. Souper, vaisselle, devoirs et puis patinoire. En effet, les devoirs à peine terminés, la cuisine se métamorphosait de salle d'études en vestiaire sportif ou chacun aidait l'autre à enfiler les habits de neige et à lacer les patins de toutes tailles, patins de cuir brun, patins de cuir blanc. Le cliquetis des lames

NEW EDINBURGH NEWS

sur le linoléum ciré, en quelques minutes laissait la place au silence et aux voix de ma mère conversant avec ma grand-mère reprenant leurs tricots. Des mitaines pour l'un ou l'autre des petits patineurs.

Aussitôt dehors, insensibles à la morsure du froid, nous marchions hâtivement vers la patinoire qui se trouvait tout près, à peine cinq cents mètres, derrière la maison, à côté de l'é-

assurément beaucoup de chandails tricolores et plus d'un Maurice Richard ou Jean Béliveau. Quelques audacieux incarnaient Bobby Hull ou Gordie Howe. On ne manquait pas d'en souligner la trahison partisane et les plaisanteries étaient franches et pas toujours sans méchanceté.

Lorsque leur nombre le permettait, les futures étoiles amorçaient une pratique. Les alternaient les choix jusqu'à ce que tous aient une équipe. Un arbitre était désigné d'office et la partie commençait.

Nous, les filles, essayions de continuer à patiner en évitant les zones dangereuses ou les noyaux de jeu. De guerre lasse nous allions bientôt trouver refuge sur les bandes entourant la patinoire. Ce n'était jamais pour bien longtemps. Les hautparleurs nous envoyaient quelques instants plus tard les premières notes de la "Valse des Patineurs". C'était le signal de ranger bâtons et rondelle. Le patinage libre commençait. Un decrescendo de bruits entrechoqués. Puis seulement la musique. La noirceur avait déjà longtemps enveloppé les champs de neige à perte de vue. Nous nous trouvions dans un oasis de lumière. Les plus petits étaient rentrés chez eux. Quelques garçons offraient leur bras et amenaient leur favorite valser sur la piste d'eau gelée. On n'entendait plus maintenant que le glissement des lames sur la glace et bien sûr la musique.

Plusieurs, comme moi, patinaient seuls. Perdus dans nos rêveries, nous goûtions à plein coeur le plaisir de glisser facilement, légers, entre ciel et terre, dans un monde ouaté où tous les rêves étaient permis. Les limites inexistantes. Le temps s'étirait de bonheur et nous en étions conscients.

Vive La Francophonie!

Parlez-moi de vous...

Cette page est la page où le New Edinburgh News souhaite offrir vos écrits littéraires, vos récits de voyage, vos anecdotes du passé ainsi que les haut- faits de notre vie de quartier à tous nos lecteurs.

Je vous ai offert certains de mes textes. Vos commentaires ont été nombreux et souvent élogieux. Je vous en remercie. Maintenant c'est à votre tour de tenter l'expérience et de lancer votre petit voilier sur l'eau de la fontaine....vous verrez, c'est une belle expérience!

Cette fois, je vous donne « La Patinoire » en espérant vous lire en ces pages au prochain numéro....date de tombée 10 janvier ! Je vous attends....Soyez au rendez-vous.

Pierrette Tousignant

cole. Arrivés, nous retrouvions nos amis. Quelques garçons, rêvant de gloire au hockey, pratiquaient leur lancer frapper avec plus ou moins d'adresse. D'autres, en petits groupes, affichaient leurs couleurs en pourchassant échevelés la précieuse rondelle. Il y avait chefs d'équipes s'avançaient. Leur initiative incontestée venait de leur réputation de bons joueurs. Ils tossaient un bâton de hockey et un court rituel d'alternance de leurs mains jusqu'au pommeau du bâton décidait de celui qui choisirait le premier joueur. Puis ils

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Hallowe'en in the Burgh

A row of jack-o-lanterns lighted up the driveway of 24 first Sussex. It's my Hallowe'en in New Edinburgh and I was excited. Being from previous Toronto. my Halloweens involved me sitting by the doorway of my apartment with a small carved pumpkin and a glass bowl filled with chocolates in

downtown I Toronto. Not surprisingly, the only people w h o showed up were my roommates returning from a late



Street. Their costumes smelled of cigarettes and one of their boyfriends, obviously wasted, tripped on my bowl of Hershey chocolate bars on the way in. My pumpkin grew mould the next day and I threw it out the window.

On Hallowe'en night in New Edinburgh, over 60 kids came to our unit at Crichton and Union. Children dressed as little ballerinas, miniature devils, witches and hockey players to name a few, toddled up our step and rang our doorbell. Sadly, my partner and I were not as prepared for the number of kids in the neighbourhood and ran out of candy early in the evening.

I decided to make the most of my stay in New Edinburgh so I turned off the lights and locked up the house. A few neighbours claimed that there were candies being given out at 24 Sussex. I had no costume, no bag, and I looked well over 30 years-old, but I was determined to say I went trick-or-treating at 24 Sussex. Just as I arrived the gates closed and Mrs. Harper was handing out the last of her loot bag of candies.

I still have a few bags left,

are there any kids that didn't get any?" she peered around, moving side to side. I stood in front of her, well within her view. She moved to the left, I moved to the left. She moved to the right, I moved to the right. "Anymore kids?" she asked.

"Um, hi," I said. "I'm new to the area, but I'd love to have a bag to take home.'

"Oh sure," she said handing me candvstuffed white bag paper with a fancy "24 Sussex" stamp at the t o t o p . Beautifully c a r v e d

with a creative signature ranging from a Walt Disney castle to Hello Kitty to Casper the Friendly Ghost. The house staff had had a party which included a pumpkin carving contest the night before, a security guard explained.

As I walked back home, I passed Rideau Hall where a man hung from a tree and haunting music echoed in the gardens. Sadly, the gates closed just as I arrived.

"Please can I have a peak? It's my first Hallowe'en here," I begged.

"Sorry," said the security guard in a cow costume.

My partner had passed out

"Moo?" "No."

on the couch early in the night due to a strange concoction of beer and milk, mixed with some greasy pizza, a lesson he will never forget. But when I came back and showed my loot bag of candy, he was filled with envy. It's been years since I went trick-ortreating but seeing so many

children on the streets and lighted pumpkins and decorations, I really felt the Hallowe'en spirit in New Edinburgh that evening.

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Neighbourhood Watch Update

Ottawa Neighbourhood Watch Surveillance de quartie d'Otta

Are Break-ins a Problem?

Last year around this time there was a spike in the number of break-ins in New Edinburgh between October and December. As we enter the same period in 2006, it is worthwhile taking a look at what can be done to prevent this type of crime. Even though we have seen some improvement within New Edinburgh during the past year, we must still be on guard. Between 2004 and 2005, the Rideau-Rockcliffe Ward saw a 27% increase in break-ins, almost three times the Ottawa average of 10%. There are many possible explanations including the fact that our neighbourhood is considered affluent, and is in close proximity to the centre of the city. Whatever the reasons, breakins are for the most part preventable The Ottawa Police web site contains many useful tips on how to secure your home. I will summarize the key points and provide the web site address should you want more in-depth information.

http://ottawapolice.ca/en/resou rces/safety prevention tips/cri me prevention home.cfm

Securing your Home

The first line of defence is the exterior of your home. Conduct an assessment to determine where your weaknesses are. If in doubt, the Ottawa Police can assist in conducting a threat assessment of your home. The most common areas of concern tend to be doors and windows. Key

prevention tips include:

- · If you recently purchased a new home in the neighbourhood it is always a good idea to change all the exterior locks. You never know who might have a key (did the previous owner remember to collect all keys lent out to contractors, cleaners, et cetera?)
- Get an alarm system installed. It is not a guarantee that your house will never be broken into, however, it has certainly been proven to be a significant deterrent. course always remember to activate the alarm.
- · Secure all windows and doors with good locks. A deadbolt is highly recommended on exterior doors.
- Install lights on your porch or garage that come on at night with a timer or by motion. Criminals do not like to be seen.
- · Secure sliding doors with both locks and a bar that prevents the door from being slid open. Place screws between the top of the slider and the frame (these doors can often be lifted off their track from the outside.)

Interior Security

- Keep all doors and windows locked whenever possible
- Store all valuables (purses,

of potential criminals. For example, do not store valuables near a front door with windows, or windows with no curtains

Insist on seeing identification from sales and service people. You do not have to open the door if you are not totally comfortable.

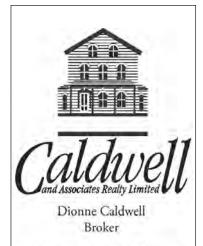
Exterior Security

- Keep tools and ladders locked away. These can easily be used as tools to enter your home
- Never leave notes on your door. This is an obvious clue that you are not home
- Do not leave keys hidden outside. This is the first place criminals look for an easy entry into your home.

Vacation Security – when you are away

- Inform a trusted neighbour or friend when you are away. Leave your keys with them or with a specialized security company. (It may also be a requirement of your home insurance policy.)
- Have someone park their car in your driveway, or put tracks in the snow
- Remember to have your driveway cleared of snow or your grass cut even when your are on holiday.

Remember: Break-ins are usually a crime of opportunity. Let's all work together to take away that opportunity. Have a safe Christmas season.



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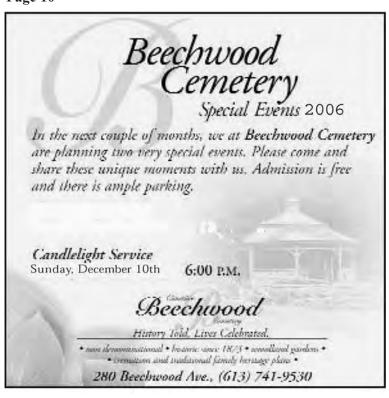
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BURGH BUSINESS BRIEFS

- By Jane Heintzman -

By Jane Heintzman Beechwood Cemetery: National Memorial Centre is Underway

On October 25, the Beechwood Cemetery Foundation unveiled plans for a new multi-faith **Beechwood National Memorial Centre**, an impressive 14,000 square foot, nine-sided structure

Ontario Multi-Faith Council and a range of different faith groups as a basis for launching the project.

In keeping with the uniqueness of the design and purpose of the centre, the official "ground breaking" ceremony on October 25 also marked a departure from tradition. Instead of a traditional sod

(commemorated in Ottawa), street names, and such well known figures on the national scene as Tommy Douglas, former Governor General Ray Hnatyshyn and former Prime Minister Sir Robert Borden.

This Christmas the Cemetery is selling a special thirteen month calendar filled with images from its scenic grounds. All proceeds from calendar sales will be directed to the projects and programmes of the Friends of the Beechwood Cemetery Foundation, a volunteer group dedicated to supporting initiatives which enhance the profile of Beechwood throughout the region and the country as a whole. Calendars are \$20 each and can be ordered through the cemetery's main office at 613-741-9530.



Photo: Cook/LSP Groundbreaking ceremony at Beechwood Cemetery.

intended to accommodate commemorative ceremonies ranging from major events on a national scale to the intimate memorials of individuals and families from all faith communities. The \$5 million project will be completed by October

2007.

The glass-domed building, which was designed by local architect Robert Martin of Martin Robertson Architects, will accommodate up to 400 people and features a large reception hall with a "Hall of Colours" to display the laid-up colours of Canada's military regiments. The distinctive nine-sided design is intended to address the needs of different faith groups, allowing them to stand in the room facing whichever direction is accounted most holy in their particular tradition. While there will be no religious icons in the building, families and groups will be encouraged bring their religious symbols to the centre for memorial cer-

The idea of creating a versatile national facility for commemorative events and celebrations on every scale and for all denominations has been brewing for several years, and the **Beechwood Cemetery Foundation** engaged in extensive consultations with the

turning, a large boulder was unearthed at the event, a rock selected from the cemetery's property which will be placed at the heart of the centre as a symbol of "permanence in the grander order of things," in the words of **Padre Gerry Peddle**, former Chaplain of the Canadian Forces.

As residents of the neighbouring community we have perhaps come to take for granted the great natural beauty and historical interest of Beechwood Cemetery which

Birder's Corner: Store for Sale!

After nearly 15 years in the Burgh at the Corner of Beechwood and the Vanier Parkway, **Birder's Corner** is up for sale. Owner **Lynn Smyth** is planning a well-deserved retirement to her new riverside property close to Thunder Bay, Ontario. In the course of a summer visit to the area earlier this year, Lynn fell in love with a charming, beautifully designed house on a seven acre property in the Township of Ware, about 30 kilometres from Thunder Bay (where Lynn has numerous



Photo: Peter Glasgow

Lynn Smyth of Birder's Corner.

was designated a National Historic Site in 2001. The expansive 160 acre cemetery is home to the National Military Cemetery of the Canadian Forces, the RCMP Memorial Cemetery and the graves of many distinguished Canadians, including 26 former city mayors, over 40 leading families

friends and family members.) Her new abode is on the Little Dog River, which runs into the Kaministiquia River, the source of the Kakabeka Falls in Kakabeka Provincial Park. Kakabeka is the largest waterfall in the Lake Superior watershed and is widely known as the "Niagara of the North."

December 2006

Lynn is actively seeking a buyer for her remarkable and eclectic store. Over the years Birder's Corner has built up a substantial regular clientele ranging from birders and field naturalists to non-birding general shoppers, including many from the diplomatic community, all in search of unique, decorative and distinctively Canadian gift ideas. Anyone with a serious interest should give her a call at 613-741-0945. Lynn is planning a February 2007 departure, so don't delay!

In the meantime, Christmas shoppers can take advantage of Birder's traditional array of gift items for all interests, ages, tastes and pocket books. New on the agenda this year are Tilley hats for the outdoor adventurer and, as always, the cupboard is stocked for the aspiring birder, whether novice or expert. For the serious field birder there is an impressive library of books, CDs and CD Roms, as well as an excellent selection of binoculars, including the Swift Ultra-Lite variety of which I am now the proud owner.

Birder's is also a one-stop shop for back yard birders looking for a host of different suet and seed varieties (see our "For the Birds" column in this issue for a few suggestions), as well as bird houses and feeders, bird baths and all the accoutrements required to welcome and support our urban feathered population. For the general shopper Birder's also has an extensive selection of decorative gift ideas, including Lynn's traditional array of colourful holiday flags, so be sure to drop by in your pre-Christmas travels and pick up a package of smoked salmon candy (with or without maple syrup) to sustain you while you shop.

Best of luck Lynn! We wish you a long, happy and bird-filled retirement in your new home, and fervently hope you find a buyer for the wonderful store that has been a part of our Beechwood landscape for so many years.

Kudos to Our Local Chefs: Ambiente, El Meson and The Scone Witch Make the Honour Roll

Congratulations to three of our local food emporia which recently received high ratings in a special culinary edition of *Ottawa Magazine*. Our newest gourmet restaurant, **Ambiente** at 18 Beechwood, ranked Number 5 in the **Top 10 Best Restaurants** selected by acclaimed local food columnist and television personality **Chris Knight**, taking its place

in the pantheon of such stars on the Ottawa dining circuit as Beckta Dining and Wine; Domus Café; Juniper Kitchen and Wine Bar and Social Restaurant and Lounge. Knight describes Ambiente as 'a small restaurant with a cool vibe and excellent service," praising the quality of its food and wine and welcoming it as a "wonderful addition" to the dining Ottawa scene. Congratulations to chef/owner Michael Guy and his crew for making the A-List so soon after Ambiente's opening last winter!

In addition to Chris Knight's pick of the Top Ten Best Restaurants, Ottawa



Photo: Peter Glasgow

Magazine's principal food reviewer made his own selection of Ten Don't Miss **Restaurants**, two of which are familiar names here in the Burgh. El Meson at 94 Beechwood was pick number 3 in the Don't Miss category, receiving a glowing review for its "old world ambience" and delectable Iberian cuisine, not least the Casserole Alentejana, pork tenderloin cooked in a Provençal sauce with clams, which is apparently the reviewer's special favourite. The restaurant also made the



NEW EDINBURGH NEWS

Top Ten in the **Best Wine List** category, as selected by noted wine writer **Natalie MacLean**.

Heather Matthew's Scone Witch at 388 Albert Street also ranked among the "Don't Miss" eateries. The Scone Witch received high praise not only for its delicious fare ("the lightest, most buttery scones I've ever come across," in the words of the reviewer), but also for its excellent tea, its bright, convivial ambience, and its eclectic collection of dishware and glasses, a collection whose quality and caché the reviewer attributes (no doubt correctly!) to Heather's early business experience as the creator of Domus house wares.

Congratulations to all three establishments for their stellar rankings in the world of fine dining and good food here in Ottawa!

New Edinburgh Spa For close to 17 years, the New Edinburgh Spa (formerly Exquisite as Hairstyling and Esthetics) has been a familiar fixture here in the Burgh at the corner of Crichton and Keefer Streets. Throughout that period the Spa has built up a substantial clientele of faithful regulars from the community and owner Vesna Pavec estimates that nearly a third of her current clients have been with them since their earliest days. Many

Photo: Peter Glasgow

The New Edinburgh Spa team.

of the Spa's older customers are transported to and from their appointments by **Ron**, a wonderful and kindly gentleman who is a familiar face at the spa and who takes great care ensuring that his often frail charges are safely delivered to their destination.

In recent years, however, Vesna reports that the demographics of the neighbourhood have changed significantly with an influx of young professionals and young families. In response to the requirements of this new clientele the salon undertook a major renovation five years ago, transforming itself into a full service spa, complete with showers and an extensive esthetics menu of facials, manicures and pedicures and body treatments. The update also included a name

change and it was at that point the New Edinburgh Spa came into being.

Tracey, Samantha and Nadia are the esthetics team at the spa offering a wide range of beautifying and rejuvenating treatments. In addition to regular facials for both men and women, as well as the teenage crowd, they provide Sumishi Facials using a Sumishi Toning Machine to tone and firm the face using microcurrent technology. Body treatments include Swedish Relaxation Massage, Hot Stone Massage, Mud Wrap and Cellulite treatment with lymphatic drainage. If your feet are in need of some professional help Tracey is a specialist in pedicures for problem

Continued on page 12



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Continued from page 11

feet, so a day at the spa can literally rejuvenate you from head to toe. Hairstylists at the Spa are **Vesna**, **Victoria** and **Michelle**, and it's a sign of the times that they now have a special station dedicated to kids' cuts, complete with toys and a high chair.

For a full run down on the Spa's services and prices, check out their website at www.newedinburghspa.com. And here's a tip for the holiday

season: make your appointment well in advance as the Spa regularly has a spike in demand from holiday visitors to the community, so last minute callers could be out of luck.

Lester's Barber Shop: Wedding Bells!!

When we reported on Lester's planned travels to Iran in our October issue we were blissfully unaware at the time that he had in mind far more than a visit to the holy sites of the Baha'i religion. While Lester was unable to obtain a visa for his Iranian trip, he clearly managed to meet one his objectives for the trip. On a glorious day in early September, Lester married his Iranian bride, Shabnam, in a simple service at Baha'i House in New Delhi. According to Lester the grounds of Baha'i House, a former Russian Embassy in pre-independence days, are "quite stunning in a stately sort of way" and the residence is the meeting place of the Baha'i National Spiritual Assembly in India.

At last report Lester and Shabnam were in Istanbul and while their future plans are still uncertain their hope is to return to India, if Shabnam is able to get a visa. Congratulations Lester! We send you very best wishes from all your friends and neighbours here in the Burgh, and wish you and Shabnam many years of health and happiness together. Please keep us posted on your overseas adventures!

Piccolo Grande: Farewell to Maria and Juzer

The beginning of November saw a changing of the guard at **Piccolo Grande**, the familiar chocolate shop and cosy neighbourhood café at **411 Mackay Street**. In late October the NEN received the following note of thanks and a farewell to the community from **Maria** and **Juzer Dohadwala**, its owners for the past two years.

"Maria and Juzer, the current owners, will be leaving Piccolo Grande and would like to thank the community for their patronage, friendship and support for the last two years. We will miss this little gelato and chocolate shop in the heart of the Burgh. Piccolo Grande will stay a family business, but it just won't be ours. Kauser and Muhamed, a mother/son combo, will be taking over soon, and you can expect the same quality and service you have relied on us to provide."

Juzer has recently purchased a housewares business in the Carlingwood Mall, so the couple will be launching into a new challenge in the already challenging weeks before Christmas. We wish them a fond farewell and a prosperous New Year in their new store. At the same time we extend a warm welcome to their successors, Kauser and Muhamed, and look forward to getting to know them in the months ahead.

Suzanne St. John Smith, Psychotherapist

We wish to extend a warm welcome to Suzanne St. John Smith who recently launched a private psychotherapy practice for individuals, families and couples here in the Burgh at 16 Beechwood, Suite 200. Suzanne is an Adlerian trained psychotherapist, and after moving to Ottawa from Vancouver spent several years as an Associate Therapist with the Adlerian Counseling and Consulting Group in Alta Vista. Prior to her move east she had worked as a Management Consultant, honing her psychotherapeutic skills on a part time basis in the realm of addiction counseling, where she now has over two decades of experience.

While Suzanne's particular areas of specialization include working with couples and with those struggling with eating disorders, her new practice encompasses a broad range of problems ranging from addic-



THESE OFFERS VALID AT BOTH PICCOLO GRANDE LOCATIONS 55 MURRAY ST. AND 411 MACKAY ST. UNTIL JAN 31st, 2007



tions to depression and low self-esteem; stress and anxiety; grief and bereavement; separation and divorce; anger management; and the panoply of mid-life anxieties about aging, financial security, empty nest or divorce. developed in the childhood "testing ground" of the family play a significant role in later life, supporting or in some cases undermining an individual's sense of self-worth and capacity to form healthy relationships.



Suzanne St. John Smith

Photo: Peter Glasgow

She was attracted to the Adlerian approach, which is based on the teachings of Alfred Adler, one of the founders of modern psychology and a contemporary of Freud and Jung, because of its fundamental common sense and practical basis. Adler believed that people are best understood in the context of their overall environment or social context, including their relationships to friends, family, colleagues and community. At the same time, he argued that beliefs and behaviour patterns

In her practice as a psychotherapist, Suzanne attempts to assist her clients to see themselves more clearly within their particular family and social context and to recognize negative patterns of behaviour or self-images as a basis for overcoming them. She has five basic principles which guide her psychotherapeutic approach. These are explained in detail on her website at www.stjohnsmith.ca.

The first session in Suzanne's practice is a 55 minute assessment to determine the nature

of the problem to be tackled and the primary goals of the therapy. Thereafter she recommends a weekly visit for 4 weeks in order to develop a solid relationship of trust with the individual client, couple or family group. Once this relationship is established, the frequency of the sessions varies with the nature of the individual case.

We wish Suzanne and her family a happy and healthy New Year, and a successful first year in her practice on Beechwood.

Thyme and Times Past

Some stores seem tailor made for the Christmas season and Thyme and Times Past is clearly one of them. Each year since the opening of the store four years ago, owner Linda Brown has exercised her skills and imagination to create the palpable aura of "Christmases past" in her domain at the corner of Beechwood and Mackay Street, and to fill the store with an eclectic and appealing collection of gift items and ornaments from all corners of the earth. None are the products of modern mass production and on the contrary, most of the items are handcrafted and come with intriguing stories about the artisans who created them, as well as the traditions from which they emerged. So be warned: "browsing" at Thyme and Times Past can be

a deeply engrossing task!

As the name of the store suggests, Linda's aim is to reflect the traditional in her collection of merchandise and to "bring the past into the present, inspiring memories among those of us in the older generations and sparking the imaginations of the young. This year's Christmas display will feature an old fashioned train set, including locomotive, train cars, transformers and tracks, and if all goes as planned she hopes to have the set operational for the Christmas shopping season. Other memorabilia of a bygone age include antique dolls, teddy bears and doll carriages to enhance the atmosphere of Christmases past, as well as two Christmas trees decorated entirely in antique and vintage ornaments, with dried flowers and berries as an added Victorian touch.

If the train set doesn't take you back to simpler times, the 1920's Hoosier cupboard should do the trick. The cupboard (which incidentally is for sale, and not purely decorative) is filled with cooking utensils from that era, including cookie cutters, spice jars and all the essentials from grandma's kitchen. Whether your tastes run to nostalgic charm or contemporary practicality, there is quite literally something for everyone in the store's extensive teapot collection which covers the gamut from the early 19th century Georgian style to the Victorian and Edwardian eras, the age of the Brown Betty, each of the decades from the 20's to the 60's, and of course, the sturdy modern teapot for everyday use.

The infinite variety of Linda's wares includes Alpaca wool sweaters, vests, shawls, scarves, hats and mitts from Peru (including enchanting children's "hoodies" in brilliant colours); Nepalese hats, scarves, mitts and pashminas (shawls); hand made silk scarves from Cambodia; distinctive South African candles; handsome table linens from Provence; Russian-made linen table cloths created using Belgian flax; hand made papers, stationery, cards and gift bags from India; and note cards of all descriptions, some reflecting images from museums and galleries in the UK, and others capturing scenes closer to home, including a charming series designed by Linda's sister Catherine using old family photographs.

As always, Thyme and Times Past has a wealth of distinctive tree ornaments from around the world, including the Russian *metrushka* doll which has been a particular favourite in recent years. The store is also Ottawa's sole supplier of

Continued on page 14



Continued from page 13

British-made Bridgewater pottery, a favourite in many households including our own where competition for the Bridgewater puppy mug can be intense.

Despite the weather, the store's garden section is still in operation, and this year, shoppers will find natural fresh wreaths and greenery, including special bird feeder wreaths made from sunflower heads with suet and sunflower seeds for the hungry feathered population.

Over the years since she opened the store, Linda has come to deal increasingly with small fair trade suppliers who buy directly and at a fair price from the artisans and craftspersons who create the products. One of her suppliers is Coriander, a small, Guelphbased company whose buyers travel extensively in India, Nepal, Indonesia, Cambodia, Afghanistan and Kenya, making contacts with fair trading sellers. Linda also carries oneof-a kind fabrics from Joy Bamber Stubbs, a British jewelry designer who travels to remote corners of the Indian subcontinent in search of beau-



Deadline for the next issue of the **New Edinburgh News**

January 10

newednews@hotmail.com



Photo: Peter Glasgow Display of russian metrushka dolls at Thyme & Times Past

tifully crafted, hand-dyed and wood block-printed fabrics, some of which are on display in the store. Check out the ajrak design table linens, duvet covers, sheets and napkins which come in deep, rich natural colours, and the decorative ralli embroidered cushion covers made by the nomadic tribes of the Kutch Desert.

When the pressure is on this holiday season, take a moment (or two) to step out of the rat race into this sanctuary of simpler times and innumerable treasures.

The Physical Therapy Institute

It wasn't only the kids of the Burgh who were back to school this Fall. The crew at **Physical** Therapy The Institute have been busily adding new dimensions to their expertise in a variety areas from weight control to chronic pain management. Owner/physiotherapist **Pam** Siekierski and her expanding team of massage therapists have been exploring the potential benefits of Scenar technology in addressing chronic

soft tissue injuries and conditions. Scenar (a helpful acronym for the mouthful Self-Controlling Energo-Neuro-Adaptive Regulation) is a noninvasive pain-relieving device invented by Russian Alexander Karasev. For close to three decades, Scenar technology has been widely used in Russia and Eastern Europe to treat a broad range of diseases and injuries, and has been credited remarkable results, including considerable success in reducing the recovery times

of elite athletes.

The basic purpose of the Scenar device is to assist the patient's body to reactivate its own self-regulatory, healing mechanisms. It does so by means of electrical impulses that stimulate the parts of the nervous system which produce neuropeptides, the body's natural arsenal of biochemicals needed to address injury and disease. Scenar is analogous to the concept of the TENS machine with which many of us are familiar, but infinitely more powerful, and unlike the TENS machine which merely blocks pain, the Scenar works to eliminate the cause of the pain by restoring the body's self-regulatory functions.

Trainer P.T.I. Personal George Chiappa has been in studving Toronto BioSignature Modulation, a new method of weight and health management based on many years of research and clinical experience. According to the theory underlying BSM, the places in which our body stores fat reflect both our hormonal profile and our genetic predisposition to use that fat. Many of the chemicals now used in food processing can cause hormonal irregularities which in turn can lead to the chronic illnesses such as cardiovascular disease, diabetes

and cancer which are the scourge of our era.

The specific areas in which an individual stores excessive fat are thought to indicate which hormones (e.g. thyroid, insulin, estrogen etc.) are not functioning properly. Once these areas have been identified through a 12 point body fat skin fold assessment (not just a casual glance at a straining waist band!), a specific nutritional and exercise régime can be devised to address the underlying problem and shed the added rolls in the process.

George will be holding a **free** BioSignature workshop for anyone interested in learning more about the effect of hormones on our health, and how hormonal balance can be modulated to help us lose weight, increase our energy and improve our general health. The workshop will take place on Thursday, December 14 from **7-8:00 pm** at the Physical Therapy Institute (350 Crichton Street). Space is limited and it's first come, first served, so be sure to call ahead to confirm your attendance (613-740-0380), and get a head start on your New Year's resolutions!

P.T.I Physiotherapist Eric Finstad, well known to many in the community (my grateful household included) for his skills in **manual therapy**, has recently completed a course in Vestibular Rehabilitation. a therapy which addresses the common but often disabling balance problems experienced by close to 40% of people over 40. Symptoms such as dizziness or vertigo, motion sensitivity, blurred vision, poor balance or a predisposition to falling very often relate to disorders of the vestibular system, a part of the inner ear and brain that regulates balance and eye

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movements.

Vestibular rehabilitation therapy uses a systematic, individually tailored regimen of exercises and activities to address these symptoms, and to assist the sufferer to better manage the routines of daily life, as well as regain the independence which may have been undermined by balance problems. Treatment varies according the precise diagnosis, but may include balance retraining exercises, specific vestibular exercises and supervised physiotherapy sessions to monitor progress and continually challenge the vestibular, visual and balance systems. While no physician referral to the clinic is required, Eric recommends a consultation with your doctor before embarking on a vestibular rehab programme.

Tim Wideman, another member of P.T.I.'s physiotherapy team, has just completed a course in the management of chronic pain, and is enthusiastic about some new approaches which he feels may be of considerable value to family doctors who confront this problem on a daily basis. P.T.I. Pilates teacher and golf trainer Stuart Maskell also continues to upgrade his skills in courses with The Chek Institute, a well known North American institute specializing in exercise education and founded by Paul Chek, a leading expert in the clinical application of functional biomechanics.

Everest Restoration: Sequel on the Hynes Brothers' New Release

If you have a teenager or young adult on Christmas list this year, here's an idea they just may not have thought of. In our last issue, we reported that Everest Restoration owner Tony Hynes' two sons, Brandon and Tyler, were on

Guardian



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New Edinburgh Pharmacy

December 2006

the point of releasing a new "concept album" on which the brothers have collaborated for the past two years in their home studio in Embrun.

After a lengthy and apparently highly effective "teaser" ad campaign which blanketed the Eastern Ontario landscape with posters and signs saying "Don't Hold Back," the album Don't Hold Back: "The Story of Jarvo" was finally released on November 1st and has since met with considerable interest and acclaim. Within days of its release, the boys had been interviewed by



Breakfast TV, CBC and CTV News, and been profiled in 12 local papers. Early sales were also brisk, with one Ottawa HMV outlet already sold out in the first week of November.

The 19 track enhanced album, which comes complete with a video accompanying one of the songs, was described by one reviewer as a "genre jumping, boundary bumping album that will appeal to a wide variety of people...From haunting classical piano to the electronic drum beat to the Beastie Boyzesque lyrical exposition, it's different. And that's what makes it good....One thing is for sure: I can't wait to see the movie!" And in fact, there are already tentative plans in the works to make a film based on Tyler's screenplay which tells the story of skateboarder Jarvo Anderson's voyage of self-discovery. For details check out their website at www.donthold-back.com. (Please note: there really is no apostrophe in "dont" in this web address!)

Congratulations to Tyler, Brandon and their parents who have played an active in supporting and promoting this musical project. And to think it all started with Tony's nightly routine of playing his guitar to the boys at bedtime when they were small!

CORRECTIONS: Delish and Haute Mama!

Since the publication of our October edition, there have been changes in the Hours of Operation of two of the businesses reported on in that issue:

Delish is no longer open for the evening hours, but closes at 6:00 pm Monday through Friday. Owner Judith Gripton is focusing her resources on the busy lunch trade. While the restaurant is closed on weekends, the catering operation is available from Monday through Saturday so book your holiday parties before the rush.

Haute Mama's hours are now "By Appointment Only," so if you're planning a trip to Kanata to buy your holiday wardrobe, give them a call first at 613-592-3800.

Burgh Business Bits

Time Sharpening

Belated congratulations to Ashkan Zandi, owner of Beechwood Village's Time Sharpening, and a supremely skilled craftsman specializing in the repair of watches, clocks and jewelry. Last May Ashkan became a Canadian citizen and we extend our hearty congratulations and best wishes for many more years of prosperity



Hours:

Mon. to Wed., 10 a.m. - 5 p.m. Thursday, 10 a.m. - 6 p.m. Friday, 10 a.m. - 8 p.m. Saturday, 9 a.m. - 5 p.m. Sunday, 1 p.m. - 5 p.m.

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NEW! Tilley hats are in for Christmas!

NEW EDINBURGH NEWS

and happiness here in Ottawa.

Educarium Macoun Marsh Project: Species List Cracks 1000!

Congratulations to the team of young naturalists involved in the Macoun Marsh project. This Fall the team's fast growing list of living species identified at the marsh passed the 1000 mark, a milestone that was appropriately celebrated with a giant cake! (See the full report on their activities and an

update on the \$100,000 Marsh Enhancement project elsewhere in this issue.)

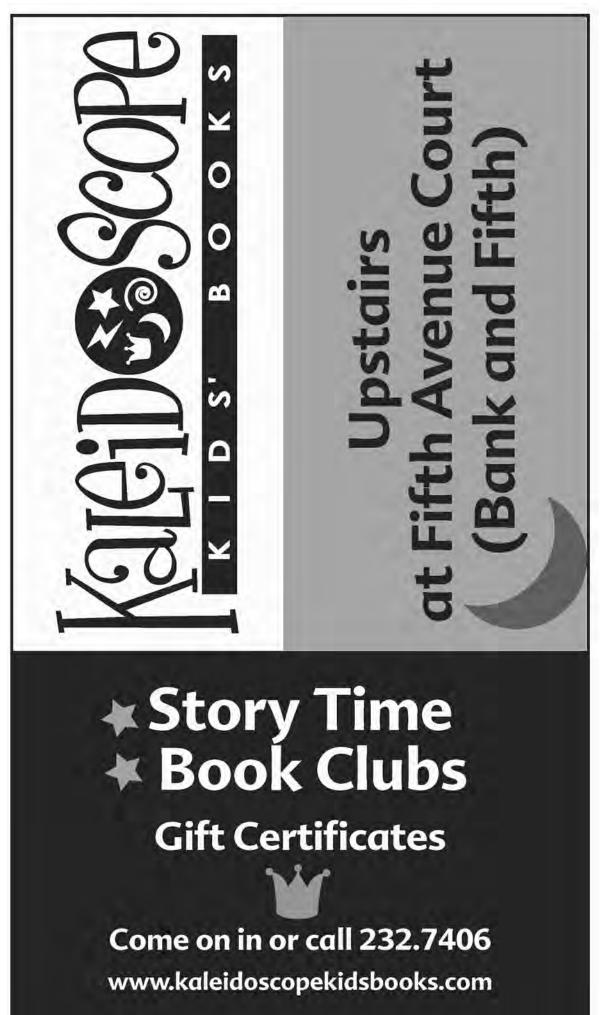
Denys Builds Designs

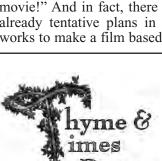
Congratulations to **Paul Denys** who won the Housing Details award, one of five awards in the 2006 Housing Design Awards competition sponsored by the Ottawa-Carleton Home Builders Association.

Mood Moss Flowers

Mood Moss Flowers was a showcase decorator at the

Austrian Embassy, one of the residences on the roster for this year's Homes for the Holidays event, an annual fundraiser for the Hospice at May Court which took place in late November. Owner Eric Cardinal and his assistants Michelle and Renée worked their accustomed magic to create the ambience of an Austrian Christmas, complete with Edelweiss flowers flown in for the occasion.





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Community & Family Events

The Crichton Community Council would like to welcome the return of Heather Borquez to our neighbourhood and as a new member of council. We are delighted that Heather has decided to join us and look forward to her fresh ideas.

ing the interesting discussion on the New Edinburgh web page regarding playground improvements. The news from the city is not all positive, but the Council, under the able direction of Brian Torrie is looking into all the possibilithe background regarding the problems we face and may even spark some new ideas.

And as we move closer to winter it is time to think of our rink operation. As you likely already know, the rink in New Edinburgh Park is one of the best in the city and we receive rave reviews every year. Watch for postings around the neighbourhood once the skating schedule has been determined.

We have purchased 25 folding chairs, with substantial help from NECA, so if you plan to rent the Fieldhouse for meetings or larger groups, there will be new chairs to sit on. Thanks to Joseph Cull for organizing this with Canadian Tire.

Our next meeting will take place on Monday, November 13 at 7:30 pm - we will discuss plans for upcoming events. The annual skating party will take place on January 27 in Stanley Park with fun and food and our

famous sleigh ride.

Congratulations to our Garage Sale winners:

The Delaneys Greg Gibson Helen Eum Fong Erin van Schaayk R.Chapman & P.Honeywell gift certificate: Loeb Carol Najm Elizabeth Katz Ainsley Shepherd John Coo Susan Feldman

gift certificate: Epicura gift certificate: The Works gift certificate: The Works three haircuts: Lesters cake: Da Bombe Desserts birdhouse: Home Hardware gift certificate: Zoom Exposure gift certificate: Thyme & Times Past

gift certificate: Ambiente

Garage sale prizewinners were drawn from all who donated 10% of their earnings to the CCC and have received their prizes from our hardworking treasurer, Jill Hardy. Thank you to our generous sponsors (and to Isobel Bisby for organizing the prizes) – we live in a caring community and rely heavily on the merchants who support our projects. Many thanks to you all and to Cathy McConkey and , for a very successful 2006 Garage Sale.

We were delighted with the turn-out for our reinstated Halloween Howl held on Sat. October 28. Everyone had a great time - including the residents of Governor's Walk, who received a visit from our costumed little ones. A big thank you to Sue Hunnewell and her group of helpers – we are happy to have the Howl back! I hope you have been follow-

ties. We would like to upgrade our playground equipment and your input and ideas would be most welcome. The discussion group on the web page is a great way for us all to communicate. The postings provide



Members of the Burkom family of Crichton street give the reinstated Halloween Howl "two thumbs up".

andrewsherwood.

Andrew Sherwood Ph.D. 613-747-9350

Dreams prepare, announce, or warn about certain situations often long before they actually happen

C. G. Jung

Halloween Howl Rises Again

By: Sue Hunnewell

It was a dark and stormy night -- well, a gray and rainy afternoon -- when, after years of having been left for dead, the Halloween Howl came back to life.

The Howl, which used to be an annual community event, was last held many years ago. This year, at the instigation of the Crichton Community Council (the 3 Cs), the Howl was resurrected at the Stanley Park fieldhouse on October 28th. Sponsored by the 3 Cs and organized by myself and a group of neighborhood volunteers.

As the number of families with young children has been growing steadily in the neighborhood, the Howl seemed a particularly good event to bring back into the community. And sure enough, despite the wet weather, a crowd of over

one hundred princesses, superheroes, assorted spooky creatures and their parents packed the fieldhouse.

The event included crafts and activities geared toward those age six and under. The kids enjoyed decorating trick-ortreat cups, making paper bag pumpkins, and playing such games as "Pick My Brains" (a gooey, slimy favourite) and Pin the Wart on the Witch.

And even though it did, literally, rain on our parade, spirits weren't dampened. The event began as promised with a costume parade up Stanley Avenue to the Governor's Walk retirement residence, where the children were warmly greeted with smiles and treats. After meeting, mingling, and sharing some Halloween enthusiasm with the residents, it was back to the

fieldhouse for the party.

A good time was had by all, and my thanks go to Brian Torrie, Debra Conner, and Melanie Chedore for their help in planning the event, as well as to all the volunteers who helped out on the day. Without their help, the event wouldn't have been such a 'howling' success!





Thank you from Olivia Borodchak

I am touched and honoured by the unexpected show of kindness and generosity by all those who have contributed to the memorial red maple to be planted at Stanley Park next May in memory of my late husband, Borodchak. Peter would like to extend my heartfelt thanks to everyone, with particular gratitude to Pauline Whelan who has so graciously given her time and energy to organize this project. Many thanks to all of you. I shall see you and your doggies at Stanley Park.

Olivia Borodchak

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(full schedule and course description overleaf)

About u

Facilitator - Peter Welch BA, MA, MBA

"Think....?' provides a range of entertaining and personally enriching evening courses. There is no need for any prior knowledge, just a love of finding out something new, we aim to make even the complex subjects accessible. The style of delivery of the facilitators is conversational and inclusive. Part of the experience of taking a "Think...?" course is the opportunity to meet other interesting people and make connections through discussion of fresh ideas.

Peter has facilitated various educational projects around the world for the past fifteen years. He studied history at Cambridge University and education at the London Institute: His teaching career has taken him to Ghuna and Lesotho in Africa, to Singapore and to Milan in Italy.



Please feel free to call and or e-mail to find out more and sign up.

Tel: 613 867-3017

peterwelch@hotmail.com

Crichton Community Community

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.

In the Works at MainWorks!

It was another successful "Open House Exhibit" at Mainworks Artists Studios this year. All the artists would like to take this opportunity to thank everyone who attended, especially the New Edinburgh Community for their continued support and enthusiasm. We would also like to thank Shine Music Academy for volunteering their time to add beautiful music to our exhibit.

Be sure to catch Karen Bailey and Sharon Kelly in the group exhibition "Celebration: New Works, New Year" at the Dale Smith Gallery, 137 Beechwood Ave, January 5-27, 2007.

December's featured artist is long time Mainworks member Liz Minnes. A native of Ottawa, her work has been shown across Canada as well as the United States.

Liz Minnes

Liz Minnes is an active and long term member of MainWorks Artist's Studios at the Crichton Cultural Community Centre.

In terms of her artist life Liz says, "My creativity is my voice. It is my way of making sense of the world. It is how I find the visual metaphor that will allow me to address our struggles, and humanity. It fascinates me. It is a true and wonderful challenge. It is a joy. It is forever."

Liz has been an artist in the region for over 25 years. Prior

CCCC Office

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Ph:(613) 745-CRIC (2742)

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

to receiving her degree from Carleton University, she studied at the Nova Scotia College of Art and Design. She is priand symbolism are of great importance for they support her search for visual metaphors that will go beyond



MainWorks feature artist Liz Minnes is known for her bold use of colour.

marily an acrylic painter, often using mixed media.

She is known for her bold use of colour, and her work ranges from figurative to abstracted landscape. Colour, its effects mere appearance, in order to reflect energy, memory and essence.

Liz can always be reached at taprte@mac.com.



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Time: 10:00 am - 4:00 pm

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CCCC December 2006 Update:

Still Trying to Do the Right Thing...

By Johan Rudnick

Anyone who has visited the Centre lately can be forgiven for wondering what the heck is going on, or not, with the renovations. While the CCCC thought it was doing the right thing, The School of Dance (TSOD) management has taken great and as yet unexplained exception to Centre's planned improvements to its facilities. While this has been a fact of life for the CCCC for some time now, this time around, TSOD management's complaint to the City has resulted in the suspension of work at the Centre on grounds that appear at the very least questionable. The outcome is that renovations have ground to a halt, pending TSOD management's consent to the issuance of a building permit to the CCCC for what City staffers themselves concede are very minor works, like replacing a sink or defective exit door hardware.

Coupled with the ongoing problems with TSOD management, this now leaves the completion of the provincially approved Centre renovations in limbo until either City staff, like others, see their way clear to deal with a unique situation, or TSOD management consents to the issuance of the per-

As anyone familiar with the

Carol Burchill

Colin Goodfellow

Ellen Goodman

Marion Haunton

Alex MacDonald

Johan Rudnick, Chair

NECA - Gemma Kerr

CCC - Penney Place

Bethann Robin

Carol West

Ex Officio:

John Jarrett

Centre's ongoing difficulties TSOD management might note, the secret to getting them to voluntarily do the right thing is yet to be discovered. The net result of this situation is that even the simplest most straight-forward matters now require court and/or City intervention (more mediation, arbitration and eventually court hearings).

The latest round of interventions will be arbitration of operational issues in early 2007. For example, as we have mentioned in earlier updates, the City gave the community Centre the exclusive right to use the Dufferin stairwell as its main entrance. TSOD management refuses to turn over the stairwell and this will now go to arbitration. The City also gave the CCCC four parking spaces. TSOD management refuses to turn them over to the Centre and this too now will have to go to arbitration. And the list goes on. These difficulties have been going on since June 2004. For some reason, it appears that just doing the right thing in these matters is just not seen as important.

At the same time, TSOD management appears absolutely determined to sell the building out from under the community Centre, and profit from the substantial public funds invested in the building by all levels of government. Determining the rights to the building, as well as the question of whether or not TSOD management will be allowed to get rid of the community Centre and sell the building, continues to slowly wind its way through the courts. Discovery is now scheduled for late January 2007 and a trial hearing for May. Before the trial, it is expected that there will be another attempt at mediation. So at some point down the road in the next year or two, we may finally have closure on the difficulties with TSOD management. As representatives of the community interest in this historic and irreplaceable building, we will do our best to persist in the effort to ensure that at the end of the day, the right thing does indeed get done.

Meditation Workshop at the CCCC

An Introduction to Zen Meditation with Nenates Pineda Roshi

Sunday December 3, 2006 (2:00pm - 5:00pm)Room 307

The Way of Zen is to silence the body and mind using the ONENESS of the breath.

This opens up the possibility of be-ing in our daily lives and of coming to an experience of one's own Nature, the deepest longing in the human heart.

Nenates Pineda has been practicing Zen since 1982 with the Zen Centre for Oriental Spirituality, under the guidance of Sister Elaine MacInnes. In 1993 Sister Elaine appointed Nenates to be the assistant Zen teacher for the Philippine Sangha. Nenates is currently an Associate Zen Master (Roshi) of the Sambo Kyodan in Kamakura Japan

and is the assigned Zen teacher for the Toronto Sangha of the Sambo Kyodan.

Schedule:

2:00 - 2:30 Welcome and Registration

2:30 – 3:15 A Glimpse of Zen 3:15 – 3:30 The Dharma and the Sangha

3:30-4:00 Silencing the Body

4:00 - 4:30 Silencing the Mind

4:30 – 5:00 Beginning Your Practice

For more information or to register:

Tel: 416-285-4872 freeingthehumanspirit@bellnet.ca





To everyone who made Cocktails for Crichton such a great success,

Thank You!

A Better Frame of Mind A Culinary Conspiracy A-Channel Ottawa Ambiente Angela's Esthetics Hillary Armstrong Artistic Environments CRICHTON CULTURAL COMMUNITY CENTRE Susan Avishai Karen Bailey **BOARD OF DIRECTORS** Jennifer Barbarie Birders' Corner Jennifer Barbarie, ad hoc jennifer.barbarie@international.gc.ca Mauril Bélanger cburchill@webruler.com Black Cat Café colingoodfellow@yahoo.ca Bloomfields Flowers ellen_goodman@ocdsb.edu.on.ca Pauline Bogue Bombshell Beauty hauntonm@dfo-mpo.gc.ca Books on Beechwood Jane Heintzman, Secretary janeheintzman@hotmail.com Gail Bourgeois johnjarrett812@hotmail.com Bread and Roses alex.macdonald@rogers.com Bridgehead Coffee Houses Steven Brougham Vicki Metcalfe, Treasurer 46metcalfe@sympatico.ca Denis Bourdon Bethann.Robin@ccra-adrc.gc.ca Ana Iriondo de Bryson rudnick.johan@ic.gc.ca Bytowne Cinema cwest@cscb.ca Canada Dance Festival Canadian Agriculture Museum inair2@cyberus.ca Canadian Aviation Museum Canadian War Museum penneyplace@rogers.com Canine Touch and Tell MainWorks - Karen Bailey karenartist@sympatico.ca Carleton University MainWorks - Karen Rasmussen vistas@travel-net.com Carpet Diem André Casaubon To contact CCCC Board call 745-CRIC (2742) Cisco Systems Ottawa Bluesfest Crichton Cultural Community Centre Board meet-Rob Clipperton Clothes Encounters of a ings take place on the 1st Sunday of the month at Second Time 4:00pm. These meetings are open to the public.

Compact Music Lafrenière and Pai Gallery Company of Fools Jennifer Cook Kelly Craig Creature Comforts Le Café Clive Cretney Joseph Cull Curves on Beechwood Da Bombe Desserts and Fresh Food Ideas Anne Davisor Delish Dogwood Artistic Design El Meson Evropa Bridget Farr Marilee and Gordon Fazil Ray Folkins, C.A. Mark Friedman Friends of the Village of Rockcliffe Park Foundation Charlotte Gray GCTC Great Expectations Hamie's Diner Hampton Inn Gordon Harrison Maurice Hébert Nicholas Hoare Joanne Hughes Michael Ignatieff Jacobson's John Jarrett Jolicoeur Home Hardware Kim Kaskiw Kavanaugh Esso Sharon Kelly Ottawa Canine School Sarah Kirby **Knight Productions** Ottawa International Jazz

Carolle Laliberté Sylvia Larrass Leonard Lee Mark Leonard Caroline Leonardelli Life Organic Alex MacDonald Mildred MacDonald Anne Maheux Mackay Street Epicuria Phil Massad Angela Marcus Ted Mathesius Elizabeth May Ingrid McCarthy Gail McEachern Madeleine Meilleur Mensour Agency Ltd. Mezotec Technologies Liz Minnes Catherine Mirsky Moda Hair Design Moneca Kaiser Design Build Mood Moss Flowers National Arts Centre National Arts Centre Orchestra National Gallery of Canada New Edinburgh Pharmacy Nunacom Inc. Odyssey Theatre Opera Lyra Ottawa Dennis Orchard Ottawa Bagel Shop and Deli

Festival Ottawa School of Speech And Drama Susan Parisien Physical Therapy Institute Piccolo Grande Pretoria Pet Hospital Prime Minister's Office Place for Paws Quality Entertainment RPMB SandBay Pictures Savvy Grapes School of Afro-Caribbean Dance Second Cup Erin Shaheen Soul to Sole Mind and Body Studio Margot Silver Gyde Shepherd Taylor School of Irish Dance UPS Universal Appliances Urban Element Voice Matters The Works John Yazbeck Barbara Young

And of course... All of the tireless volunteers without whom this event would not have been possible!

Classes run from January 8 – March 30 (no classes March 12-16). For more information about these classes please contact Louise (613 -747-1514) or Sharon (613-816-

Early bird work-out - Louise Lettstrom-Hannant & Sharon Collins

Monday, Tuesday, Thursday, Friday 7:30 - 8:30 am

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. Finish with a stretch and cool down to balls. The class will end with a leave you fit and focused to face the day. ticipants relaxed and rejuve-

Fitness fusion: a rejuvenation of body and spirit - Louise Lettstrom Hannant Mondays 9:00 - 10:00 am Wednesday 7:30 – 8:30 am

The focus here is functional fitness beginning with a 15 min extended cardiovascular

Centre for Winter 2007 Louise Lettstrom-Hannant, a warm up moving into a fusion balls, weights, and toning bands and a variety of breathing techniques and balance class will finish with an extended stretch and deep relaxation for the tranquility of the soul.

Core training: physical strength comes from our centre - Sharon Collins

Thursday 8:30 - 9:30 am

This class focuses on gaining strength in the core muscles including abdominal and oblique using basic pilates technique and practicing balance. Sharon leads a multilevel class that all fitness levels can enjoy and benefit. The class will start with a gentle yet thorough warm-up using dynamic movement followed by balancing exercises and abdominal/back work, sometimes using exercise or voga complete stretch, leaving par-

Register in class: 1 class/week \$95: 2 classes/week \$180: 3 classes/week \$260: 4 classes/week \$335 Drop in fee \$ 10.00

Beginner Art Class

Anik Fortin has worked with a Anik is delighted to be offervariety of mediums ranging from acrylic and oil paints, pen & ink, watercolour paints, and block printing. She has

graduated with Bachelor of Education with a specialization in teaching

recently

Visual Arts and a B.A. with a Minor Visual from

the University of Ottawa. Having taught fine arts at the

high school and college levels, Anik has experience working with people who have a range of artistic abilities.

Inspired by the impressionist and post-impressionist masters, Anik places emphasis on vibrant colours and movement in her artwork. Her love of nature and life's simple pleasures are reflected through her style and subject matter.

ing a beginner art class at the Crichton Cultural Community Centre.

ACRYLIC PAINTING FOR BEGIN

NERS Students will discovexpressive o o s e approach to

painting as h e y b e c o m e familiaı with acrylic

paints. Various painting techniques, colour balance, and composition will be addressed. Painting subjects will range from landscapes to

Fridays 7:00 pm – 9:00 pm \$100 for 5 week session

Contact Anik Fortin, 613-747-7477. anikfortin@gmail.com for course dates.

FITMOM POST NATAL **FITNESS** Cassandra Mactavish

Health & Wellness

613-884-7800 www.fitmomcanada.com Thursdays, 11:00 am - noon \$168+GST for 12 sessions

(rolling admission) All FITMOM + BabyTM 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

PILATES MAT CLASSES

topics for their interest.

Gaby Lefebvre (613) 830-6495 gaby lefebvre@yahoo.com Thursdays 11:00 am-noon, 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.

STRETCH & STRENGTH

Alex MacDonald (613) 562-4858 Mondays, Wednesdays 5:00 - 6:00 pm *NEW* Tuesdays, Thursdays 6:00-7:00 pm, Saturdays 10:00-11:00 am \$126 for 14 weeks 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 (613) 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 Saturdays *Adult dance class* 10:00 - 11:00 am

Jr. BalletEthnic: 11:00 -noon 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

KATHARINE ROBINSON SCHOOL OF HIGHLAND **DANCING**

through its tradition of dance.

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.

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.

Music & Voice

DRUM CIRCLE

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

SHINE MUSIC PROGRAMS

613-851-4682, contact@shinemusicacademy.com

Saturdays and Sundays 2:00 - 3:30 pm

Programs 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.

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

VOICE AND PRESENTATION COACHING

December 2006

Crichton Cultural Community Centre Programs

Winter 2006/2007

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).

Children

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 Mondays 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 Wednesdays 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 Fridays 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.

Visual Arts

FIGURE PAINTING AND **DRAWING**

John Jarrett 613-594-0182 johnjarrett812@hotmail.com Wednesdays 9:30 am-12:30

\$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.

General

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, 5:00 - 6:00 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 Mondays, 7:30 - 8:30 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 Sundays, 7:00 - 8:00 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

INFANT & CHILD CPR (Level 'D')

Erin Shaheen, 613-260-7309 email: werehip@magma.ca \$35 per person

This Heart & Stroke Foundation course covers common types of infant & childhood injuries and tips on how to prevent them as well as full CPR for infant/children and adults.

Topics include:

NEW EDINBURGH NEWS

- and respiratory arrest
- Definition of CPR
- Performing CPR on infants, children and adults (one-res-
- tions in children, infants and adults (choking)
- · Prevention of childhood
- iniuries • Safe and healthy lifestyles
- Signs and symptoms of

Heart attack and stroke Babes in arms are welcome to

SAFE PARENT: Infant and

613-746-1415

www.amandadegrace.ca Thursday January 18 1-4pm

Instructor Trainer with the Lifesaving Society in many disciplines. Amanda is also a child care and fitness professional who dedicates most of her time to the lives of young children.

This course details: • CPR- infant and child

- Contacting EMS
- Choking- partial blockage and complete. Conscious and
- Breaks
- Poisoning
- Eye, Nose, Ear Injuries
- Infants and children are more than welcome to attend with a participating adult. Be educated! Your childs life is in your hands!

Baby-Sitters Training Course

Amanda DeGrace 613-746-1415

degrace.energetics@sympatico.ca www.amandadegrace.ca Sunday January 21 9 am-4 pm \$50 per person. Please register at least one week before the course date that you are interested in attending. Each course participant will receive a comprehensive course man-

Recognition of heart attack

• Clearing airway obstruc-

- Barrier Devices

attend the course studying in India.

Child First Aid & CPR Amanda DeGrace

degrace.energetics@sympatico.ca

Amanda DeGrace is an

\$30/person, or \$45 for both parents. Please register at least 1 week before the course date you are interested in attending. Each participant will also receive a comprehensive manual containing all information taught during the course.

- unconscious. Burns
- Head Trauma and Injuries
- Bleeding

HOME SAFETY 4 KIDS

limited!

Amanda DeGrace 613-746-1415 degrace.energetics@sympatico.ca \$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

CCCC Yoga Circle

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

IYENGAR

Level 1 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

There will be no classes December, as the nstructor will be

Classes will resume in January

John Yasbeck

Mondays 7:30 - 9:00 pm

728-8647

CCCC YOGA CIRCLE Pre-registration

Once you have seen the schedule and programs that best suit your schedule e-mail your preference to cccvoga@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 Ivengar Yoga b-young@rogers.com

john.yazbeck@sympatico.ca

This course will enhance the

students learning skills and

teach them hands on knowl-

ty, emergency situations,

preparation and MUCH

preparing for the job, meal

edge in dealing with children

of all ages, basic first aid safe-

MORE! Students will receive

a certificate upon successful

note that candidates must be

baby-sit however those who

if their birthday is within 6

months of the course date.

are 11 may attend the course

Registration is on a first come,

first serve basis! Numbers are

course completion. Please

at least 12 years of age to

Kundalini Yoga 747-8111

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 comple-



#307-200 Crichton Street Ottawa, Ontario K1M 1W2 Phone: 745-CRIC (2742)

For more information

CCCC Office: Joanne Hughes Community Facilitator

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

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

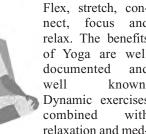
Tuesdays 6:00 - 7:30 pm Iyengar yoga teaches postures, or

Tuesdays 7:30 - 9 pm

Levels 2 & 3 Thursdays 9:00 - 10:30 am



Page 21



itation techniques.

Green Priorities for a New Council

No eye could be too sound To observe a world so vast, No patience too profound To sort what's here amass'd; How man may here best live no care too great to explore.

- Matthew Arnold

We are now deep into the 2006 Ottawa municipal election season. In order to work most effectively with the new Council elected on November 13th, the City of Ottawa's Environmental Advisory Committee (EAC) has developed a set of environmental priorities we believe will help Ottawa move most effectively towards sustainability.

The EAC believes that the City of Ottawa has a key responsibility to develop and implement policies, and programs that address pressing environmental issues. The municipal level of governments is the most accountable, and best positioned, to work

directly with its residents and businesses to address environmental concerns. The best example of this is that Ottawa has made a commitment to protect and enhance the environment, using sustainable development through its 20/20 vision and accompanying Environmental Strategy.

Under the new Council, Ottawa must continue to "lead example". The EAC believes that the priorities laid out below will provide guidance to that new Council in how to effectively address environmental issues and ultimately make Ottawa vastly more sustainable City. The EAC believes Ottawa can become a true leader, both nationally and globally, on environmental issues, and over long term, become Canada's most sustainable City. This will ensure our City's economic prosperity as well as the integrity of our quality of life.

The EAC believes the following priorities provide the necessary guidance to effectively address the environmental issues facing our community.

Climate Change – The new Council should fulfill and fully implement the City's Air Quality and Climate Change Management Plan. The Plan mandates the reduction of greenhouse gases by 20% by 2007 for City emissions, and 2012 for overall community emissions. Further the city must continue to address climate change over the longer term as a municipality of a country that ratified both the United Nations Framework Convention on Climate and its Kyoto Change Protocol.

Air Quality/Health -The new Council should establish

air quality monitoring stations across the city to measure the level of air pollution. Further the City should set local targets of reducing air pollution to levels that meet and exceed national and provincial standards.

Energy – The new Council should develop a municipal energy and electricity consumption plan that focuses on energy conservation, clean energy alternatives and energy efficiency. In so doing the City should continue to Partner with its Envirocentre.

Waste Reduction – The new Council should fully implement the rethink garbage program and implement "userfriendly" recycling and composting programs. This should be reflected in an updated Integrated Waste Management Plan.

Urban Design – The new Council should fulfill the mandate of the City's green buildings policy to ensure that all City buildings constructed or

leased offer improved environmental health and energy performance over the status quo. Further, that the approval of development applications and uses of land for public transportation, both in the rural and urban areas, must ensure the protection of green spaces, wetlands and other vulnerable lands.

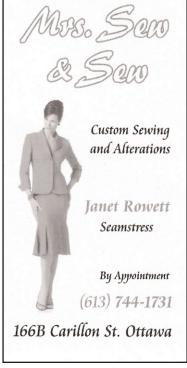
Water – The new Council should maintain and enhance City policies and programs that ensure the quality and quantity of drinkable water within rural and urban areas. The City should also take steps to improve the quality of recreational water. Such initiatives need to take a watershed approach to land development.

Wetlands – The new Council should implement a city-wide program to identify, protect and enhance all existing wetlands. A wetland monitoring system should be implemented with an annual report to Council.

The City should sign the UNEP Urban Environment Accords. Singing the Accords will indicate a commitment to address the environmental priorities listed above and allow Ottawa to join other signatory cities in a global community of committed Cities. The Accords are non-binding but provide guidance on how to address environmental issues at the municipal level from a global perspective.

These priorities aim to reinforce the City's existing plans and programmes while providing a clear vision for the future. We are looking for strong leadership and an unequivocal commitment by the new Council to address these issues. As the Municipal election comes and goes, the EAC looks forward to working with the new Council to deliver on these priorities.







The Forgotten Lane and Thomas Bell

This is an excerpt from from Ethel Proulx's second book entitled "More Memories of the Burgh" published in 1999. St. Lawrence & Ottawa Railway. (Potash was formed by leaching wood ash.) Between 1891 and 1893,



A map of New Edinburgh that appeared in The Evening Journal, 24 January 1903 showing Lorne Ave.

This summer I had a call from a gentleman who had just returned from a visit to the Archives on Wellington St. where he saw a map of the Burgh showing a street behind Stanley Ave. Curiosity got the better of me, so off I went to the Archives on Stanley.

Once there, I mentioned the map to Serge Barbe and Dave Bullock who went down to the basement to see what they could find. Sure enough, they brought up the map that clearly showed a street behind Stanley. It was originally called Lorne Ave, later changed to Basil and then turned into the park that is there today.

During this visit, I was shown a very interesting book that was written in 1994 by Betty Burrows, a retired school teacher and also a collector of ink bottles. Her story mentions that on the street behind Stanley (Lorne Ave.), there was an ink factory, and Thomas Bell was the manufacturer of "all kinds of writing inks, mucilage, office paste, sedility powders of superior quality..."

Thomas Bell was born in the Burgh on May 8, 1871 and was raised in the Bell home at 151 Stanley Ave., but at that time it was known as Rideau Street. His father, Dr. William Ralph Bell, had nine sons and three daughters. Behind their home was a potash field piting ground where hills of potash awaited shipment to their destinations on the neighbouring

Thomas operated a planing mill on his father's land at 155-157 Stanley. The busy planing mill did not contribute to a happy or refined home for the good Doctor who practiced medicine at the same address.

at 5 Crichton St. The Bell family was very active in St. Bartholomew's **Episcopal** Church on MacKay St. and later in the formation of St. David's Episcopal Church on Crichton St. In 1894 Thomas started producing ink under the name of "Bell's Inks Ottawa" in a building on Lorne Ave., behind 155 Stanley. In 1894, Thomas took two of his brothers into the business which went on to produce not only all kinds of ink, but also mucilage, office paste, and sedility powders of superior quality. To expand his client base, he set up a display at the Central Canada Exhibition in Ottawa to promote his wares.

in 1898-99, the brothers rented an office at 97 Sparks St., in addition to the Lorne Ave. business. Unfortunately, the Sparks St. office closed later in 1899, but business continued at Lorne Ave. until the company went out of business in 1903.



The Bell house (151 Stanley) today.

Photo: NEN Staff

Around 1893-94, Thomas gave up the planing mill business, perhaps because of the heavy labour, dust or local competition, and switched to manufacturing ink. He had now reached the age of 21, and perhaps his family encouraged him both emotionally and financially to set up this less noisy business. At this time the twelve brothers and sisters ranged in age from 12 to 36 and many of them were still living at home.

Thomas and his wife moved in with the minister who lived

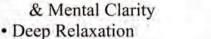
Their home, a heritage house, is still standing facing Stanley Ave. and is beautifully maintained by Barbara Potter, a descendant of Thomas' oldest brother.

Many thanks to Betty Burrows for her book and sharing this part of history with us.

Editor's Note: Although Barbara Potter has passed away since the original publication of Ethel's book, the Bell house continues to be well looked after by family memFree Your Neck & Back......Drop that STRESS

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- Increased Energy
 & Mental Clarity



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(613) 742-0011

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Sports massage Myofascial release Craniolsacral therapy Lymphatic drainage Pregnancy massage

Naturopath Osteopathy

Thank You
to all our friends
and clients in
New Edinburgh
for thinking of
The Ottawa Home Team
as your real estate
professionals.

We wish you health and happiness in 2007!





Pauline Bogue and Catherine Bell 613-725-1171

www.theottawahometeam.com contactus@theottawahometeam.com



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A Very Successful Wetland Project

By Liam Castle and Michael Leveille

It is amazing to all involved in the local Macoun Marsh Biodiversity Project that this initiative has gained huge attention. A lot has happened connected to this Beechwood Cemetery marsh since this paper last reported. In May, the Macoun Marsh Team went to Sweden and came away with second prize (\$6,000 US) in the International Volvo Adventure Environmental Competition. This is an annual event run in partnership with Volvo and the United Nations Environmental Program (UNEP). They were chosen from among teams from 43 In October, the countries. team was nominated in the local environmental Ladybug Awards.

As reported in this paper last October, students from Educarium and Jean Vanier Catholic School have been busy studying the incredible biodiversity at Macoun Marsh. The key interest here is the fact that these species survive in the center of an urban area. Recently, their research passed the 1,000 species mark. They included plants, animals, fungi, algae and bacterial forms in their listing. This

species count continues in all seasons. A large cake was part of the 1000 species celebration.

The marsh's \$100,000 Enhancement Project is well underway. The planned outdoor classroom is to be finhouses and feeders.

Recently, the United Nations Environment Programme's Convention on Biological Diversity in Montreal invited the Macoun Marsh team to speak to their Secretariat. It was a great honor to meet Dr.



The Ottawa Carleton Catholic School Board marsh woodworking team in the Macoun Marsh.

ished this spring and the retaining wall is now finished. About 300 trees, shrubs and aquatics will be planted - this process has already begun. The Ottawa Carleton Catholic School Board has engaged their youth to build the classroom, benches, signs, bird

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Djoghlaf, the Executive Secretary of the Convention, and his dedicated team. They were met with enthusiasm and a greater vision for this project is now in the works. It is exciting to be part of this community project and to share our passion for biodiversity. Marsh team will be presenting their work this spring at the Canadian Museum of Nature and at the Regional Wildlife Festival.

Editor's Note: Liam Castle is a Grade 6 student at Educarium and Michael Leveille is a Science Teacher at the same school.



"Media and Me" at Fern Hill School

By Gina Watson

Persuade. Inform. Entertain. That's what the media tries to do, the children in the grade 5/6 class at Fern Hill School learned during their "Media and Me" unit this fall. Lin Dickson, a University of Ottawa professor and consultant in activity-based learning, taught the children that media is everywhere from magazines and newspapers to television, radio, internet and billboards. They were taught to be wise to media and to learn to be smart consumers, but also that media can be constructive.

Students then took a turn at persuading, informing, and entertaining fellow schoolmates, and the grade 5/6 classes from Educarium and Ashbury. In the evening parents came to the "Four Corners Café" set up in the school gymnasium to listen as the children made presentations about four community initiatives that Fern Hill supports: the Run for the Cure, Sponsoring a family at Christmas, the Food Bank and the World Harmony Run.

The children had to persuade the audience about the quality of their chosen initiative. They had to inform the audience, and hold their attention (which is the media's definition of entertaining.)

The adjudicator, a Fern Hill parent, **Luc Dupont** who teaches communications at Ottawa University and has written several books about the media, congratulated the children for their clear, convincing and concise presentations. To give you a sample of their excellent work, one group transformed their verbal presentation into a newspaper article (see box on this page).



Fern Hill School Rakes, Mows, Washes and Runs for the Cure

By Sarah Phillips, Amanda Perras, David Duske, and Aidan Lee

On a beautiful sunny day on September 27th, teachers, parents and kids ranging from junior kindergarten all the way to grade six from Fern Hill School, all participated in the Run for the Cure at Stanley Park.

Joined by our new mascot, "Sunny" a giant plush parrot, all cheered on everyone, including Amikyo Anderson, a grade three student who had recently broken his leg, and demonstrated the Fern Hill spirit by hobbling around the field on crutches.

"With the Run for the Cure kids of all ages can participate. Funds go to the Breast Cancer Society to support research to find a cure for this terrible disease," said Principal Elizabeth Milligan. "Together we raised almost \$1000," she said.

To raise money for this event, the children asked friends and family to sponsor them to run around the field at Stanley Park. However, Richard Forsyth challenged his grade 5/6 class to raise money in a different way. He asked the children to do odd jobs around the house for loonies and toonies. The coins were then brought in and stuck on the rim of the whiteboard to "Boarder the Cure".

Parents were delighted to have their children mow the lawn, rake the leaves, fold laundry, and heck, even make their coffee. As a grand finale, the back parking lot of the school was turned into a full-fledged car wash with the grade 5/6 students washing away the summer grime from the staffs' cars. The students rolled up their sleeves and washed eight cars working together as a team.



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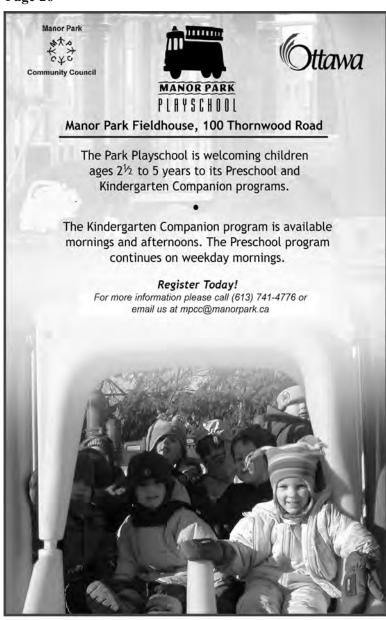
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For the Birds



By Jane Heintzman

As I write in the damp, declining days of late October, it's quiet out there on the Rideau River, too quiet from a birder's perspective. Earlier in the Fall the river had been well populated with mallards, ringbilled gulls, double-crested cormorants and the occasional common merganser. But since mid-October the familiar, friendly quacking of water fowl no longer greets me as I emerge in the morning, and for several weeks the river has been eerily empty. With luck,

Early in October the birding picture was considerably more lively and my garden played host to an invasion of song sparrows, followed closely by an even larger (and infinitely noisier) collection of blue javs. I watched in fascination as a shrieking blue jay aggressively pursued a crow which appeared to be fleeing with an enormous slice of bread in its beak. (The crow got away but if there's such a thing as avian indignation, I witnessed it in the fuming jay!)

In mid-October, a magnificent large great blue heron appeared on its accustomed perch on a spit of land in the middle of the river opposite my front door. It remained there in full view for several hours and appeared to be more preoccupied with preening its shaggy neck and breast feath-



Yellow throated vireo.

office window looks out on to a graceful choke cherry tree which is reportedly a mecca for birds each summer and fall. While a group of us were collaborating on a community project earlier this Fall, we were able to observe at close hand what we eventually identified as a yellow throated vireo, a beautiful bird with a bright yellow throat and breast and clearly defined white wing bars. Apart from its yellow plumage, the yellow throated vireo is readily distinguishable from its chatty cousin, the red**eyed vireo,** by the long pauses between the 2 to 3 note phrases of its song. In recent years its numbers have declined in urban and suburban areas as a result of the spraying of pesticides on shade trees.

Our corner of the world was clearly vireo country this Fall, as nine-year old Isabel Glasgow (daughter of our NEN photographer Peter Glasgow) spotted a red-eyed vireo nestled in a lilac bush while she was on her way to school. Isabel reports that she didn't actually see the red eye, but was able to identify the bird from its markings. Well done, Isabel, and keep those bird sightings coming!

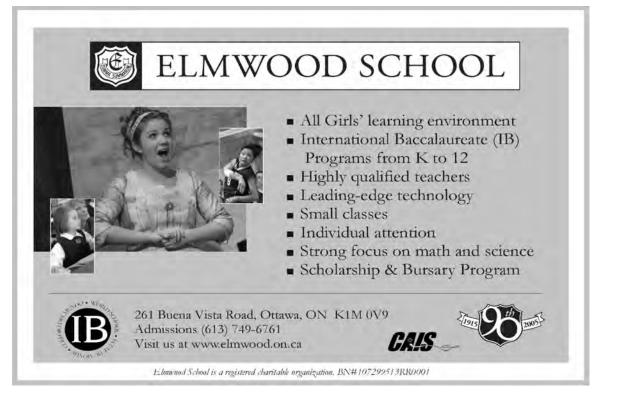


Hooded Merganser.

however, freeze-up approaches, the late departing ducks will return to this last open stretch of the river as they did last November when a flock of majestic hooded mergansers plied the waters to the Rideau Falls for a last snack before heading south.

ers than with fishing. Herons are relatively late migrators, departing in early November for regions ranging from the North shore of Lake Erie to the northern tip of South America, and returning early in April.

Metcalfe's home



Reports from throughout the city this Fall suggest that 2006 has been the year of the golden crowned kinglet, an enchanting little bird of only 3 ½ to 4 inches in length (not much bigger than a hummingbird). The male kinglet has a bright orange/yellow crown, while the female's is a more subdued yellow. Both grayish/olive upper parts and pale whitish breast, with white wing bars and yellow edges along their flight feathers and tail. They appear to be in constant motion and are comparatively easy to spot because of their distinctive buzzing call, a thin, high "tsee". Although they are most commonly found in coniferous forest areas where they pick for food among the needles or on the cones, I spotted a very large flock flitting between a leafless maple and a willow tree close to the river.

Mike Leveillé, Educarium science teacher who spearheaded the Macoun Marsh project in the Beechwood Cemetery, reports that golden-crowned kinglets have been hitting the school windows at Educarium. In response his Grade 7 class has created birds of prey silhouettes to frighten them away from the windows and out of danger. He also noted that these little creatures are by no means vegetarians, but have been observed greedily devouring grasshoppers at the Macoun Marsh. Among the many other feathered visitors to the Marsh this Fall were hairy and downy woodpeckers, red-winged blackbirds, white-breasted nuthatches,



Dark-eyed junco.

numerous juncos and black-capped chickadees, blue jays, white throat and fox sparrows, robins, goldfinches, mourning doves and a Cooper's hawk which was spotted carrying its prey.

Thankfully in these relentlessly gray days of late Fall, cardinals have been much in evidence in my garden and throughout the Burgh and I look forward to the continuing presence of these brilliant beauties throughout the winter months. Other frequent visitors

NEW EDINBURGH NEWS

to our nyjer seed feeder have been black capped chick-adees, American goldfinches (in their more subdued grayish winter attire), dark-eyed juncos, rosy breasted house finches and, alas, the ubiquitous and charmless European house sparrow (or English sparrow) which tends to arrive in noisy droves and muscle other species out of the way.

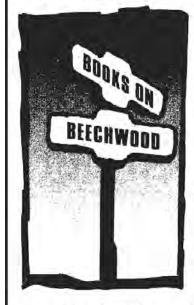
The European House Sparrow: Bullies of the Back Yard Feeder

The European house sparrow (which is in fact a member of the weaver finch family and not really a North American sparrow at all) was first imported to the U.S. in 1850, and proceeded to multiply exponentially to the point that a sparrow eradication programme had to be introduced by 1887. Clearly it failed as according to current estimates, the house sparrow population in the U.S. has ballooned to an astonishing 400 million, and its relentless spread throughout North America has been described as an "an avian plague." Perhaps not surprisingly it is one of only three species of bird not protected by U.S. law (in case you hadn't guessed, the other two are the European starling and the Rock pigeon!)

Continued on page 28

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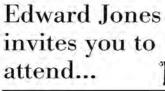


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Birds

Continued from page 27

Apart from its aggressive, bullying tactics at back yard feeders, the house sparrow is a major threat to many native cavity nesting species such as purple martins, bluebirds and tree swallows, usurping their nests, evicting or killing their nestlings, or building a new nest directly on top of an active nest and its occupants. Its powerful, conical finch beak can crush like a vise and has a sharp cutting edge for cracking seeds or attacking its less war-like competitors. Its eating habits seem to be infinitely adaptable, covering the gamut from insects to seeds, grains, berries and even spring flowers-especially yellow ones such as crocuses which they leave in shredded ruins. In short, these familiar, pushy members of our urban bird population have become a menace and if anyone has discovered a means of preventing them from taking over at their back yard feeders, please let us know! (janeheintzman@hot-mail.com or newednews@hotmail.com)

Feeding Winter Birds

As most readers are aware, there are numerous hardy species of birds which stay around throughout the long, cold winter, including chickadees, cardinals, blue jays, white breasted nuthatches, redpolls, pine siskins. goldfinches and house finches, pine and evening grosbeaks, hairy and downy woodpeckers and (regrettably) the house sparrow. While last December's column included a run down of the major types of food for back yard feeders, a quick resumé of the options

might come in handy for those who are new to the birding game.

- Striped and Black Oil
- · Sunflower Seed
- Nyjer Seed
- · Safflower Seed
- Suet (Comes in insect, berry, nut flavours)
- Peanuts (with or without
- Squirrel Free Mixture (white millet, rape seed and safflower seed)

Learning to Listen

Readers who, like me, are comparative novices in the world of birding may have discovered that learning to recognize bird calls is an invaluable tool in spotting and positively identifying the different species that share our open spaces. There are a variety of excellent packages on the market to help you train your ear to distinguish the calls of the species native to our area, and as Christmas is fast approaching, here are a few suggestions you may want to add to your Christmas list:

In the Peterson Field Guide Series, Birding By Ear: Eastern/Central Canada (CD)

Natural Sounds of Eastern Canada, by Monty Brigham (CD)

In the Thayer Birding Software series, Our Birds: Ontario (CD Rom, includes songs, photos, maps, videos and skill testing quizzes).

Happy holidays and happy birding to all, and please remember to send us your sightings whether it's from the field, the snowy woods or the back yard.

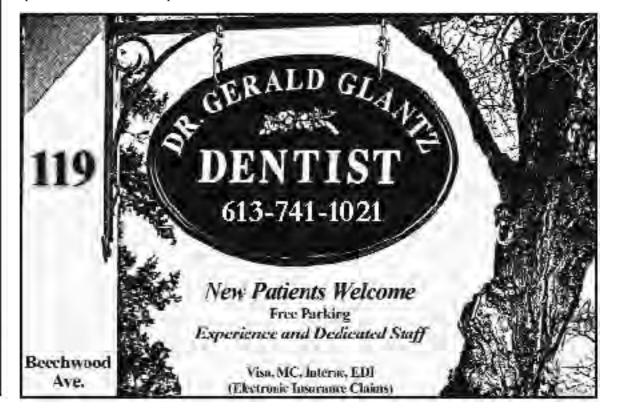
Post Script:

Shortly before our publication deadline in November, a group of hooded mergansers did in fact turn up on our stretch of the Rideau River, keeping their distance from the shoreline. So did an immense and boisterous flock of Canada geese, so when I complained earlier about the silence on the river, I should have been more careful what I wished for!

Winter Programs at the Lindenlea Centre

Our full slate of programming resumes the week of January 8, 2006. If you are searching for pre-school programs for your child, we offer art instruction, and our very popular Cooking and Science class. If you are interested in a musical program, our Music Time for Tots and our Pre-School Music and Movement might be for you. Our adult programs cover a wide spectrum: fitness classes (early bird fitness available), yoga, pilates, and Tae Kwon Several of our classes Do.

filled up quickly and with enrollment limited, some were disappointed. So please register early. If your child attends Rockcliffe Park P.S. and they need after school care, our program has space available on either a full or part-time basis. Registration is held every Tuesday evening at the LCC, 15 Rockcliffe Way, from 6 to 8:30 p.m. If you have any questions please call us at 742-5011 or visit our website at www.lindenlea.ca.



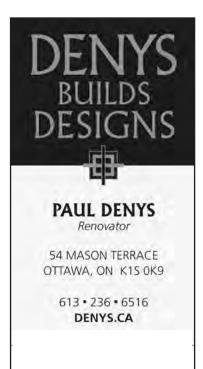


Sylvie Ceacero takes the helm.

New Exec at Beechwood Cemetery

Svlvia Ceacero assumed the role of Executive Director of The Beechwood Cemetery Company and The Beechwood Cemetery Foundation September 18. Prior to coming to Beechwood she held the position of Director of Customer Service at Notre-Dame-des-Neiges Cemetery in Montréal, managed her own business and served on a number of Boards of professional and community organizations. She has a Master of Business Administration degree from L'École des Hautes Études Commerciales, Montréal and a Master of Political Science degree from McGill University, bringing a strong background in business, community affairs and politics.

Her vision for Beechwood Cemetery encompasses the continuation of its rich traditions, excellence of service, key partnerships with historical, military, religious, educational and community groups, and its maintenance as an honoured and eternal resting place for those who are buried there.





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Winter Programs

Adult Book Chats

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

December 14

The Box Garden by Carol Sheilds January 18 The Laments by George Hagen February 15 The Green Library by Janice Kulyk Keefer March 15 The Lilac Bus by Maeve Binchy

Children's Programs

Registration for children's programs starts January 3 (in person or by phone) You may also simply drop-in to our children's programs.

Bilingual BabytimeSessions

A program for babies and their parents or caregiver with stories, rhymes, songs and games. January 8, 15 and 22 at 10:30 am

Bilingual Toddlertime

A story based program for toddlers and a parent or caregiver with rhymes, songs and games. January 29, February 5, 19 at 10:30 am

English Storytime Sessions A storytime program with stories and rhymes for young children. Parents and care-

givers are welcome to join in. January 10, 24; February 7, 21 and March 7 at 10:00 am

March Break

Family Storytime: Monday March 12 at 10:00 am (English)

My favorite book on a trip!/Mon livre préféré en voyage!: Thursday March 15 at 2pm (8-11 years old) (Bilingual Program)

Contact person for all branch programs: Sonia Doyon Public Supervisor

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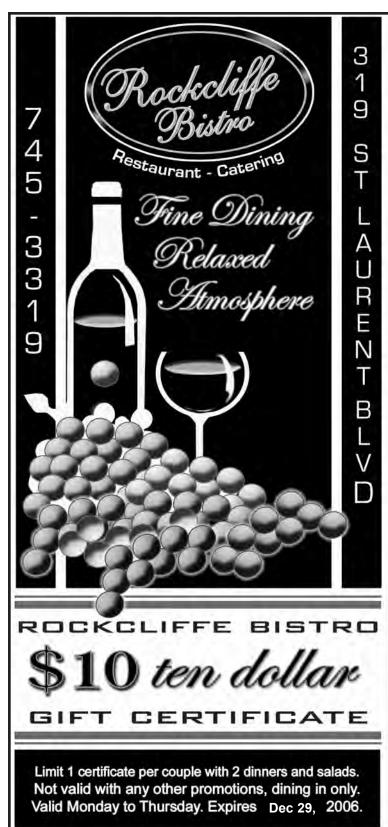
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The Breretons in Buffalo: Digging Out After the Storm

By Jane Heintzman

In late October, just over a year after her departure, we tracked down our former NEN Editor Carolyn Brereton to find out how she and her family have fared in their first year in Buffalo, New York, where her husband Stephen is now serving as Canadian Consul General. At that point, she was deeply embroiled in the city's recovery effort following a freak snow storm which battered upper New York State and parts of Ontario in mid-October.

On October 12 and 13 (Friday the 13th and an unlucky day indeed!), the storm swept across Lake Erie, dumping two feet of wet, claylike snow on metropolitan Buffalo and areas to the north. Its impact was devastating on the city's wealth of mature deciduous trees which buckled under the weight of the snow, knocking out power lines and causing havoc on a scale reminiscent of the Ice Storm of 1998. Three days later, President Bush issued an emergency declaration for the areas hardest hit by the storm, triggering the release of federal funds for the disaster relief operation.

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long outage, the Breretons were spared a sustained loss of power, just as they were during Ottawa's Ice Storm a decade ago. Many of their neighbours were not so fortunate, however, and Carolyn reports that Buffalo's reputation as "The City of Good Neighbours" has been put to the test. She and sons James and Will spent many hours helping to clear the debris from the extensive tree damage on the campus of The Park School where the

house in a beautiful neighbourhood on the edge of Delaware Park, a part of Buffalo's interconnected park system which was designed by renowned U.S. landscape architect Frederick Law Olmsted, creator of Central Park in New York City and other major U.S. park systems. Carolyn notes that the only anomaly in this scenic location is an expressway running straight through the middle of the park, a regrettable legacy of the



Buffalo after the storm.

Photo: James Brereton

boys are now enrolled in Grade 10. By the time she emerged from her labours for a chat with the NEN, the brush pile on the campus had reached epic dimensions at 40 yards long, 6 feet wide, and 10 feet high!

Apart from this recent natural disaster, the family's first year in Buffalo appears to have gone smoothly. The residence of the Consul General is a comfortable four bedroom

1950's.

The area around Breretons' house was the site of the legendary Panamerican Exhibition of 1901, where U.S. President McKinley was assassinated. By Carolyn's estimation they are only a block or two from the spot where the assassination took place, and her reading of the site map of the exhibition suggests that the consular residence is located on the former site of the Cuban Pavilion (happily, she made no mention of a lingering smell of cigars!).

The Canadian Consulate General in Buffalo has about 75 employees, the majority of whom are immigration officers, and its responsibilities extend over a broad swath of









The Brereton Family in front of their Buffalo home.

the state of New York, covering the whole of Upper New York State to Plattsburg, part of Western Pennsylvania and West Virginia. The border at Niagara is one of the busiest international crossings in the world, where roughly 30% of U.S./Canada trade crosses each year, along with many new immigrants and hordes of tourists. Steve is reportedly enjoying his busy and multifaceted role as Consul General, and while the Consul General's residence is by no means a vortex of social activity on the scale of our embassy in Washington, Carolyn and Steve have a regular round of official entertaining.

James and Will are both thriving at The Park School, a small, progressive private school with an educational approach comparable to alternative schools here in Ontario, stressing active learning and learning at one's own pace. The school is situated in the Buffalo suburb of Snyder on a large, heavily treed campus complete with a pond which serves as a convenient outdoor laboratory for ecological stud-

On Your Side.

ies. Carolyn was sold on the school from the time of her first visit last spring when she spotted a birch bark canoe suspended on a wall in the Library and Middle School building. In 2000, Park students built the canoe from scratch with the aid and guidance of two Algonquin Indians, and after a trial run on the pond, it even proved to be seaworthy.

Apart from her recent labours in the post-storm clean up operation on the grounds, Carolyn is active in the school community, serving as a Vice President on the Parents' Association and playing a major role in the organization of the annual Book Fair this Fall (a job which has been enormously complicated by a scheduling disruption caused by the storm.)

This spring the boys are off to France, Switzerland and Germany on one of the "immersion trips" organized by The Park every two years. In preparation for these trips, participating Park students spend the school year studying the area they will cover during their travels.

Carolyn reckons that a primary reason for the family's comfortable adjustment to life in Buffalo is the area's strong connection and proximity to Canada, where many Buffalo residents have friends, relatives and recreational properties. According to Carolyn, the Canadian connection is particularly evident in Buffalo's cultural community Canadians currently occupy leading positions in three important cultural institutions: the Albright-Knox Art Gallery ,which specializes in contemporary art; the Burchfield-Penney Art Centre and the Studio Arena Theatre.

She reports that

Buffalo/Niagara region is widely considered "one community with a river flowing through it" (not unlike our own Outaouais Region), and the Bush administration's planned introduction of a passport régime at the border is receiving a cool reception among area residents. The annual **Doors Open Niagara** weekend (the equivalent of Doors Open Ottawa) spans both sides of the border, including Buffalo, Fort Erie, Niagara Falls (New York and Ontario), Queenston and Lewiston. While the snow storm intervened to disrupt this year's planned Doors Open weekend, Carolyn is looking forward to becoming involved in the organization of next year's event in the Fall of 2007.

We wish Carolyn and her family a very happy Christmas and a natural disaster-free New Year, and look forward to further updates on their Buffalo posting.



Louis Hutchison

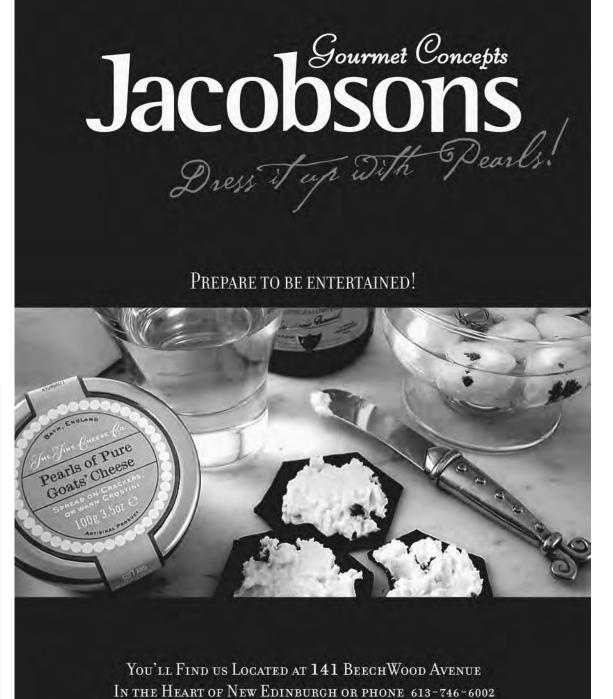
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News from Rockcliffe Park Public School

By Melanie Harmon

The 45th annual Rockcliffe Book Fair was a huge success! Thanks to our group of dedicated volunteers and the support of our community, a record-setting number of books were donated and sold. This is great news not only for RPPS, but also for other schools throughout the city that benefit from grants we are able to give them with the money we raise from Book fair.

This years Book Fair was officially launched on Friday, October 13 with an eight hour Read-a-Thon at the school. To emphasize the theme of "Read Out Loud", the gym was turned into a "Reading Only Zone" where students were able to come in during the day and hear stories read by teachers and parents. Even Prime Minister Stephen Harper got into the act by coming to read some of his children's

The opening ceremonies took place on November 3, when Joan Askwith, one of the



Book Fair co-founder Joan Askwith at the new "Joan **Askwith and Jane Dobell** Children's Section".

two women who originally started Book Fair all those years ago, came from Toronto to cut the ribbon and open the Fair. To further honour their contributions to Book Fair, the children's book area will now permanently be known as the 'Joan Askwith and Jane Dobell Children's Section".

The Grade 5 and 6 students got into the act by encouraging Book Fair customers to donate their loose change to the annual "Buy a Book for Lesotho" fundraiser. Over \$1,500 was

favourite stories to a captivated raised due to their diligent efforts and will go to our twin school in Lesotho.

> Many people have asked where the books go after Book Fair is over. While a great deal of them were sold during the Fair, there are still many that line the book shelves in the gym come Sunday evening. The good news is that this year several local charities including St Vincent de Paul and a woman's health clinic came by to pick up books for their charities and the remaining ones are sent to a national catalogue company that sorts them and distributes them to libraries across the country. No book goes unwanted! On that note, now would be a great time to start saving books for next year's fair.

> Not to be outdone by the excitement of Book Fair, our sports teams had their own successes this year when, on October 25, both the RPPS girls and boys soccer teams won the gold medal in their division, therefore taking home the banner for OCDSB Northeast Region. The girls made it through their season without losing a game! Well done everyone!



RPPS soccer teams took gold for their division!

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Open Doors at The Edinburgh

The Edinburgh Retirement Residence at 10 Vaughan Street opened its doors to the public on Sunday, October 1 to celebrate Open Doors 2006. This annual event normally attracts members of the local community, and provides an opportunity to see first-hand our neighbourhood care facilities and retirement residences, as well as to celebrate the International Day of Older Persons.

For this year's open house, Executive Director Mary Albota invited the Madeleine Honourable Meilleur, M.P.P. for Ottawa-Vanier and Minister of and Social Community Services, to participate in the event. Also invited was Martha Edmond, a local historian and author, and the daughter of a resident of The Edinburgh, Mrs. Mary Phemister. Ms. Edmond gave

a reading from her recent book, Rockcliffe Park: A History of the Village, which was of great interest to many of the residents. Some had grown up in the Village, many had lived there over the years, while others had strong connections to the community.

Guests were warmly greeted by activity director Luisa Romero, and enjoyed french pastries and coffee, as well as a tour of the building. The success of the day underlines the importance of good community relations. "We are fortunate at The Edinburgh," says Mary Albota, "to enjoy significant ties and relationships of long-standing with our "home" communities of New Edinburgh, Rockcliffe Park, Lindenlea and Manor Park. Beginning years ago in 1990, the year of our opening when we hosted a wedding for a couple from the residence of the

Governor General, we have looked outwards to our communities, whether to be of help, or to provide the services of our Community Seniors Meal Plan. Our collective neighbourhoods form a true village with a deep sense of community, a community in the heart of the city in which our residence plays an important role."

Michael K. Edwards

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Includes 30min Infra Red Sauna, Body Scrub
with Dead Sea salts, 30min Massage.

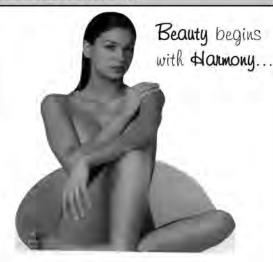
Luxury For Her .. Includes 30min Infra Red Sauna, Body Polishing, Vanilla or Chocolate Body Wrap, 30min massage

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RPL Soccer League Scouting for Convenor

The Rockcliffe Park Residents ditionally been a volunteer Association (RPRA) and the Lindenlea Community

Association (LCA) are jointly looking to fill the position of the Soccer RPL L e a g u e Convenor. Julie Vanderschot is stepping down

from that position after coordinating the PeeWee, Junior, Intermediate and Senior Divisions of the RPL League for the past two years. While the RPL Convenor role has tra-

position, the League has grown and the time commitment

involved increased. Next year some modest remuneration will accompany this position. Anyone interested in applying for this position or otherwise helping to run

our community soccer program should contact RPRA Chair, Anthony Keith at anthonykeith@comnet.ca or LCA President, Caryn Kewell at caryn@appian.ca.



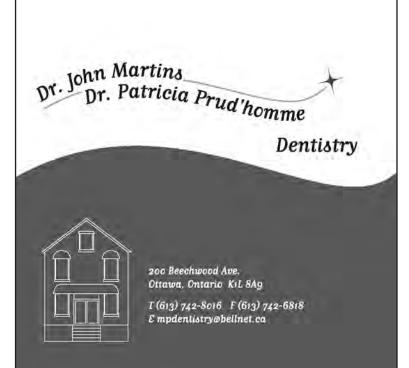


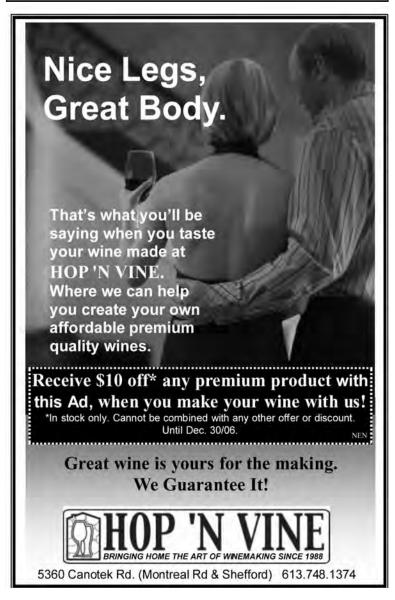
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Home Again; Learning the Language and Catching up on Trends

By Heather Bacon

Our Boat is in Venezuela and I am Home again!! I'm revelling in it! There are, however, a few adjustments required for "re entry". Writers have speculated how a visitor from outer space might react to some of our customs and aberrations. Indeed, it might be a good idea for everyone to go away for awhile, just so they can return and see the familiar through fresh eyes.

It is quite amazing how many changes can take place in a short time. Our last voyage kept us out of town for over one year. Although we received information reports from conscientious friends and occasionally ran across CNN, there were gaping holes in our tacit knowledge domain.

First you try to decode the vocabulary. A constant preoccupation with diet seems to be a current trend. But the buzz words keep changing. ZONE is passé. HIGH FIBRE is in. Red wine is a requisite diet component, followed closely by dark chocolate. So far, so good!

A BLACKBERRY used to be

A BLACKBERRY used to be a tasty fruit treat. It was puzzling to hear somebody say "you're in my blackberry." (Is this a term of endearment?) What's an IPOD and why am I the only person who doesn't have one?

I was ecstatic to be reunited with my domestic machines,

even though Harvest Gold is too new to be retro and too old to be trendy. (Don't they know that stainless steel shows *finger-prints*?) I had a more frightening experience than my voyage through Pirate Country when a friend's washing machine *talked* to me! I shuddered in trepidation for fear of putting in too much detergent. I learned that new washers only need a tablespoon of soap. That's why they cost \$5000.

I feel like a candidate for an ESL class. Having prided myself on dining well around the world I find menus in Ontario which are virtually incomprehensible. Between descriptions of a "smash" of one esoteric root vegetable and a herb from a recently discovered country, I must blushingly ask the waiter for a translation. And, of course, I must be politically correct as well as health conscious. "Is that fish TAME??" Were the beans for my coffee harvested by small children with little hands? Despite Popeye, we now know that spinach can kill. Tomatoes and lettuce have also joined the list of toxic comestibles.

Still hoping to dine in style, I am delighted that Toronto restaurants have picked up the very civilized Australian custom of BYOB. But then I learn that the corkage fee can be as

high as \$65.

Friends visiting our home have their own BYO policy; my refrigerator is filled with left-behind flax and, despite my supply of Earl Grey and Salada, they like to bring their own herbal tea. (Decaf, of course.) In fact my favourite bagel shop, known for cream cheese, lox and other delightful indulgences of the caloric kind, now has a whole department devoted to tea!

The incredible *embarrass de choix* in the most humble of shops is another stumbling block to one who has been out of touch. Have you noticed that you can't just walk into a drugstore and buy toothpaste? There are four shelves to choose from: whitening, plaque destroying, cavity preventing. . .can't they just make one that does it all and keeps your breath socially acceptable at the same time?

I looked forward to catching up on books, films, television, current events. But again the vocabulary has changed. What does "postmodern" mean? I think I might have liked it better when there were happy endings. The television news is grim and grimmer; I wish I didn't have to care about so many things, from the War in Iraq, our guys in Afghanistan, global warming and the fate of the orangutan. I care more than I used to about about places we visited, so it is wrenching to read about terrorism in Thailand or Sri Lanka, now that I can put a face on the people affected.

On the positive side, there have been very special opportunities to connect with my past. I was fortunate to be here for the Festival of Lights in Stanley Park.. It was wonderful to meet friends from the community where I once taught and lived. It was especially heartwarming to talk to "kids" I had taught in Kindergarten, now delightful young university students, "Golden People" I am so proud to meet again.

It is really lovely to be home. I will never lose my zest for travel, yet I long for the ties of community, continuity and personal rapport with old friends. I hope we can always return to touch base with the people and places we care about. Keeping touch through NEN gives me the occasion to do so. I may ask for help in translation. . . just lead me to the toothpaste counter and pick out an appropriate choice; direct my food shopping to the area with no trans fats and lots of fibre

WONDERFUL to be home again; Merry Christmas to all.



Be Winter Active Winter Smart!

By Ginette Asselin, Public **Health Nurse**

Winter can be a challenging time of year to be active because of harsh weather and fear of injury related to snow and ice. But we know regular physical activity helps older adults maintain their health and independence. So consider the following suggestions as you try to stay active and safe this winter.

Dress for the occasion

- Wear layers to preserve body heat.
- Protect exposed skin with sunscreen and a lip balm of SPF 15 or more.
- Wear sunglasses with UVA and UVB protection

Put your best foot forward

- Warmth and stability are important when choosing winter boots.
- Ice grippers on footwear can improve walking on hard



packed snow and ice, and may help prevent falls. Grippers become dangerously slippery and must be removed before walking on smooth surfaces such as stone, tile and ceramic. Before buying the grippers, be sure that you are able to attach and remove them from your boots, this is best done sitting down.

Get around safely

- Use a cane to help with balance and attach an ice pick to the end. Cane picks will be slippery on hard surfaces so be sure to flip it back as you get indoors.
- Wear hip protectors -a lightweight belt or pant with shields- to guard the hips.

 Another great way to stay safe is sprinkling grit on icy surfaces. Simply carry a bag of grit, sand, or cat litter and sprinkle it on icy sidewalks, steps, bus stops, etc. You can fill your bag at any of the 41 City of Ottawa Yellow Grit Boxes around the city.

Be active, your way

- Canada's Physical Activity Guide for Older Adults recommends 30-60 minutes of moderate physical activity most days.
- · Consult with your healthcare professional if you are not sure about exercising.
- If being active outside is not practical, consider a home exercise program. Walk in your home, apartment building or shopping mall.
- Consult the City of Ottawa Recreation Guide for programs offered in your community.

So when you are preparing for winter remember these quick ideas to keep you safe and keep a firm footing!

For more information call 613-580-6744. "Winter Active Winter Smart!" presentations and printed resources (English, French, Arabic, Chinese, Russian, Somali, Spanish & Swahili) are available. And visit www.safety-council.org obtain additional safety tips for winter walking.



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Crime Prevention for Vehicle Owners

Every year, thousands of dollars of merchandise is stolen from motor vehicles. This does not include the damages done to the vehicles to effect the theft, the personal costs to victims or costs to the insurance industry.

The Ottawa Police Service would like to offer the following tips to vehicle owners that would reduce the chance of becoming a victim of crime.

- A well-lit area with plenty of pedestrian traffic is the suggested location for parking vehicles.
- Items of value should be placed out of view. Parcels, CDs, cell phones, money and other valuables should be locked in the trunk.
- Do not store personal identification in the vehicle. A photocopy of insurance and vehicle registration without street address is recommended. Purses and wallets should not be left in the vehicle
- Close windows and lock all doors.
- Never leave keys in the vehicle.
- If purchasing sound system for vehicle, ensure that security/anti-theft features come with the system.
- If you observe any suspicious activities in or around vehicles call the Ottawa Police for assistance.

Following these tips will make your vehicle less attractive to thieves. For more crime prevention information visit our website at www.ottawapolice.ca or visit your local community police centre.

News from the Rockcliffe **Police Centre**

Several complaints have been received with respect to an individual canvassing for funds to pay off his Visa card and further money to purchase an inhaler for his asthmatic child. The fellow does not have children under his charge and he has been charged with fraud. As for the people giving money to pay off the Visa???

Another individual has been arrested for entering automobiles and stealing contents. This fellow pointed out seventy other vehicles he had entered. When pressed he stated, "It's so easy, just about everybody leaves stuff in their car.'

The next Neighbourhood Watch meeting Wednesday December 6, 2006 7:30 pm at the Hall, Community 380 Springfield Road

Crime Prevention Tip

When storing your bicycle lock it to something solid in the garage.

For further information on these and other crime prevention tips please call the Rockcliffe Community Police Centre at 236-1222 extension 5915.

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Mussel Mania - 25c each (min. order 20)

FRIDAYS - Chef's Special

SATURDAYS

2-4-1- Fajitas, 5 - 9 p.m.

SUNDAYS

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Christmas Book Suggestions from Books on Beechwood

For Children - Fiction

- A new *Olivia* by Ian Falconer, featuring the lovely, feisty heroine in a new adventure in which she forms a band.
- Animals on Parade, published by Chirp Magazine is filled with delightful verses and pictures by favourite Canadian authors
- *Wee Gillis*, an old favourite is back in print with its clever and appealing plot.
- Another good Ottawa choice is Snow by Joan Clark, illustrated by the talented Kady MacDonald Denton.
- Local author, Wallace Edwards' Extinct Files is a visual delight as one would expect.
- For the child you don't know very well Michael Morpurgo's The Kingfisher Book of Great Boy Stories is a collection of modern classics with their original illustrations.
- Novels for the young include No Place for Magic, by E.D. Baker, the fourth in the Frog Princess series. Lots of fun.
- Kate DiCamillo has another winner with *The Miraculous Journey of Edward Tulane*.
- And not to be missed is the classic writer Geraldine McCaughrean's *Peter Pan in Scarlet*, the official sequel to J.M. Barrie's old favourite.
- For the older readers there is a bevy of the ubiquitous fantasy novel. Kevin Crossland-Holland's *Gatty's Tale* is a historical novel of the medieval world, a wonderful tale.

For Children - Fiction

On the non-fiction side there are new books on hockey, history, biography, nature and science. Other attractions are pop-up, puzzle, activity books and a great selection of jigsaw puzzles.

For Adults - Fiction

- Penguin Book of
 Contemporary Short Stories
 by Canadian Women, selected
 and introduced by Lisa Moore.
 This is a good bet to please
 many of the readers on your
 list. It includes stories by
 Margaret Atwood, Bonnie
 Burnard, Mavis Gallant,
 Frances Itani, Jane Urquhart,
 and many others.
- The Other Side of the Bridge, by Mary Lawson, will delight the many fans of Crow Lake.
- William Boyd's new novel, Restless, is just plain stunning and just what one expects of the author of Brazzaville Beach and An Ice Cream War.
- Fans of Richard Ford will be pleased by the reappearance of Frank Bascombe in the new novel, The Lay of the Land.

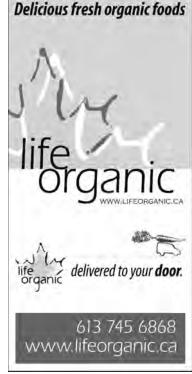
For Adults - Fiction

- For those who don't think of "Kitchen" as a bad word, there is the 75th anniversary edition of *The Joy of Cooking* with 500 new recipes with all the old classics retested and updated. It's more readable without the spilled batter and gravy stains, and it's almost \$20 cheaper than the previous edition as well!
- Jamie Oliver's new cookbook, *jamie's italy*, will be a hit with fans of both Jamie and Italian cuisine.

- Hugh Johnson's Pocket Wine Book 2007 is sure to be a welcome gift for many on your list.
- Bird Songs, 250 North American Birds in Song with audio from the Cornell Lab of Ornithology will thrill any birder or would-be birder.
- Schadenfreude anyone?
 Conrad & Lady Black,
 Dancing on the Edge by Tom
 Bower describes the rise and
 fall of Conrad Black and
 Barbara Amiel, "... modern day classic of hubris".
- On a different subject, or maybe not, is Antonia Fraser's new historical biography, *Love and Louis XIV, the Women in the Life of the Sun King.*
- Worldchanging, a User's Guide for the 21st Century is a resource guide for anyone concerned about the state of the world, and is packed full of information about changing technologies, changing climate, and changing values.

New Edinburgh authors No list would be complete without a reference to the recent works of our own distinguished group of New Edinburgh authors, including historian Charlotte Gray's critically acclaimed biography of Alexander Graham Bell, Reluctant Genius; Green Party Leader Elizabeth May's entertaining treatise on the mechanics of political activism, How to Save the World in Your Spare Time; and New Edinburgh Players Director **Ingrid** McCarthy's latest intriguing tale for young and old alike, The Black Pearl of Osis.







United in Rhythm

By John Montgomery

A new Drum Circle has started at Mackay United Church that is open to the community. It is led by the new minister of the church, John Montgomery, who has been leading drum circles and workshops in the Perth area since 1992. Coleader, Mike Bonsu, born in Ghana, brings to the group a wide knowledge of Ghanaian drumming and dance. We invite those interested in dance to join us as well...drumming and dance go together.

There are several drum circles in Ottawa. The one at MacKay is geared for beginner and intermediate drummers, however we have been happy to have had more experienced drummers join us in our initial weeks. We focus on chants

songs and rhythms from West Africa that Dr. John learned primarily from Kebba Jobateh. a Gambian master drummer, as well as Ghanaian songs and rhythms taught by Mike.

Drum circles are a means of bringing joy (mixed at times with a bit of frustration!) and health. It is a way of connecting in a non-verbal way through the diverse rhythms of the drum. When the circle gets into a deep groove, many people experience euphoria and even altered states of consciousness.

If you would like to experience the power of the drum, you are invited to check us out on Mondays from 7- 8:30 pm in the 130-year-old sanctuary of MacKay United Church... and it's FREE!

Last year's Bethlehem in the Burgh was a big hit. Back this year will be Posh the Donkey

and Nanny the Goat.

Bethlehem in the Burgh Set for Dec 17

Sunday December 17 2006. 6:30pm to 7:00pm

For the 5th year, MacKay invites the community to share in a unique re-enactment of the Nativity. This event is staged by the Church to raise funds for the Ottawa Mission. The cast includes members of the congregation both young and old, the choir and back by popular demand, crowd favourites - Posh the Donkey and Nanny

the Goat.

A voluntary collection will benefit the Mission, helping them in providing a Christmas dinner for the men.

Hot chocolate will be served in the Memorial Hall following

This year is dedicated to the memory of Yvonne Morris who spent many hours working on and sewing for the event.

The play is in the capable hands of Bob Gardiner and Suzanne Le.

For further information: Phone: 613-749-8727 e-mail:

mackayunitedchurch@rogers.com.

Christmas Chamber Concerts

For its annual Christmas offering, conductor David Thies-Thompson and the Ottawa Chamber Orchestra are pleased to team up with CBC's Laurence Wall for a performance of the classic children's story, Peter and the Wolf, a composition for narrator and orchestra by Sergei Prokofiev. In what promises to be an enchanting family event lasting slightly over an hour, the orchestra will also perform a selection of Christmasthemed music including "Sleigh Rides" from three different composers! Two concerts will be held, one on Saturday December 16 at 8:00 pm at Glen Cairn United, 140 Abbeyhill Drive, Kanata, and one on Sunday December 17 at 2:30 pm at Orleans

Boulevard, . Tickets are available at The Leading Note, 370 Elgin Street, and at the door - \$10 for

adults, \$8 for students and seniors, or \$20 per family. Donations towards the Canadian Cancer Society will also be accepted in the foyer.

United Church, 1111 Orleans

For further information, call 623-6089 or visit our website at ottawachamberorchestra.ca.

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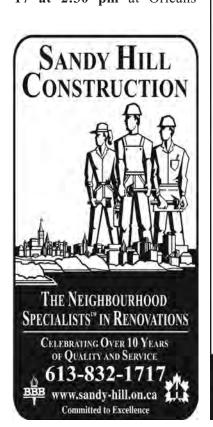
MACKAY STREET EPICURIA 419 MACKAY STREET, OTTAWA TEL [613] 745-7356 FAX [613] 745-2869 They had to cross a desert on a camel to make it on Christmas. Hey, you've got power steering.



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All are welcome Sundays at 10 a.m. Children's pageant Dec. 17th Christmas Eve Service 7:30 p.m. Christmas Day 10:30 a.m. (held at the Gary J. Armstrong Center)

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Saint Luke Lutheran Church

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Rev. Dr. Bryan J. King

"Come to me, all who labour and are heavy laden, and I will give you rest."

Matthew 11:28

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Advent Services: 1st, 8th and 15th of December at 7:30 PM

Christmas Eve Service: 7:30 PM
Christmas Service: 10:30 AM
New Year's Eve Service: 7:30 PM
Choir Practice: 7:00 PM Wednesday

Sharing the Love of God in New Edinburgh since 1915 All are welcome - please join us!

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- We strive to be good neighbors and recognize our responsibility to the community we work and live in.

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Sun., Dec. 3, 8:15 & 10:30 am Advent 1 (Wreath) Holy Eucharist

Sun., Dec. 10, 8:15, 10:30 am Advent 2 Holy Eucharist 4:00 pm Advent Carol Service Sun., Dec. 17, 8:15 am Advent 3 Holy Eucharist

10:30 am Holy Eucharist & Church School Pageant Sun., Dec. 24, 9:30 am Advent 4 Holy Eucharist 4:00 pm Holy Eucharist Family Christmas Service 10:30 pm Holy Eucharist Christmas Eve Service

Sun., Dec. 25, 9:30 am Christmas Day Holy Eucharist Sun., Dec. 31, 9:30 am Holy Eucharist

Sun., Jan. 7, 8:15 am
Feast of the Baptism of the
Lord (Holy Eucharist)
10:30 am Holy Eucharist and
Celebration of Holy Baptism

MACKAY UNITED CHURCH

MacKay St. at Dufferin Rd. 749-8727

Sun., Dec. 3, 10:30 am 1st Sunday Advent—Wreath Making. 11:30 am CECAP lunch benefit of HIV/AIDS Ethiopian orphanage. Sun., Dec. 10, 10:30 am 2nd Sunday Advent

Sun., Dec. 18, 10:30 am

3rd Sunday Advent.
4 pm Ashbury College
Christmas Concert
6:30 pm Bethlehem in the
Burgh Outdoor community
Nativity service. Donations to
the Mission
Sun., Dec. 24, 10:30 am

Sun., Dec. 24, 10:30 am
4th Sunday Advent
7:30 pm Christmas Eve
Service and Holy Communion

ST. JOHN EVANGELICAL LUTHERAN CHURCH 270 Crichton St. 749-6953 Sun., Dec 17, 10 a.m. Children's Pageant Christmas Eve, 7:30 pm Candlelight Service Christmas Day, 10:30 am (Gary J. Armstrong Center)

ST. LUKE LUTHERAN CHURCH

326 Mackay St. 749-1731 Sat. Dec. 24, 7:30 pm Christmas Eve Service Sun. Dec 25, 10:30 am Christmas Service Sat. Dec. 31, 7:30 pm New Year's Eve Service

ST. ANDREW'S CHURCH
Wellington at Kent

Sun., Dec. 10, 7 pm
Candelight Choir Concert
Christmas Eve
Pageant, 7:30 pm
Candlelight Service, 11 pm
Christmas Day, 11 am
Christmas Service with

Children's Program

Every Sunday, 9:30 am

Advent Worship Services
(with adult bible study)

Every Sunday, 11 am

Advent Worship Services
(with Church School and
Nursery)

Memorial for K'Leigh Cundall in Stanley Park

The memorial for K'Leigh Cundall, the Ottawa University student who was killed a year ago this month in her home on Queen Victoria Street, is now in place in New Edinburgh Park. A maple tree has been planted between the field-house and the riverside path, and a plaque beneath it reads:

IN MEMORY OF K'LEIGH CUNDALL

WHO DIED TRAGICALLY IN NEW EDINBURGH ON 8 DECEMBER, 2005, AGED 21. MOURNED BY THE PEOPLE OF HER COMMUNITY.

K'Leigh's parents, Brenda and Brian Cundall, would like to thank everyone who contributed so generously towards the memorial, especially the New Edinburgh Community Association and the Crichton Cultural Community Centre.

Dilshad Machlem

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Burgh Bulletin Board

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.

Sat, Dec. 2, 10 am - 3 pm

WINTER FAIR Join us for a magical day of storytelling, puppet plays, candle dipping, seasonal crafts, mystical winter oracle, crystal boat, handmade toys and gifts, festive music and homemade fare! Parsifal Waldorf School, 339 Wilbrod Street. Call 733-2668 or visit www.parsifalwaldorf.com.

Sat, Dec 2 & Dec 9, 11 am - 4 pm

UNICEF CARDS will be sold at Loeb's on Beechwood. For more information contact Renee Birkett 749-5023.

Sun, Dec 3, 9:30 am

CLOTHES ENCOUNTERS OF A SECOND TIME is hosting a customer appreciation day. This is our way of saying thank you to all the wonderful customers who have brightened our year. While you're in the store, don't forget to enter the draw to win a \$25.00 gift certificate! In January 2007, we will be celebrating our 25th anniversary and we are giving away four gift certificates on the first day of our massive January sale. Entries will be available at the store.

Thur, Dec 7 & Fri, Dec 8, 7 pm

LISGAR COLLEGIATE
Institute Presents: Arthur
Miller¢s The Crucible. A harrowing tale of the Salem Witch
Trials of 1692. Lisgar
Auditorium, 29 Lisgar Street.
Tickets \$5.00 available at the
door. For more information,
call 613-239-2696. Wed, Dec
13, 7:30 pm

THE STAIRWELL
CAROLLERS under the direction of Pierre Massie will present "O Holy Night /Minuit
Chretiens", Christmas Carols
Concert at St. Columba church
24 Sandridge Rd. Tickets
\$15.00 for adults, \$12.00 for seniors and students.

Wed, Dec 13, 10 am

COFFEE CLUB Edward Jones Investment Firm, Rockcliffe Crossing (formerly Manor Park Plaza) will be holding a monthly "Coffee Club" on the 2nd Wednesday of each month at 10 a.m. in the branch location. Video presentations with discussion to follow. All are welcome to join us; call 613-741-6262 to reserve your seat! (next "Coffee Club" scheduled for January 10).

Sat, Dec 16, 8 pm

THE OTTAWA FOLK FESTIVAL Don't miss Howe Gelb and Voices of Praise performing songs from 'Sno Angel Like You at the Library & Archives Canada Auditorium (395 Wellington St.). Since the album's celebrated release in the spring, Howe and the choir have performed in Europe and the U.S. Joining them for this concert are original Sno Angel band members Jim Bryson, Dave Draves and Fred Guignion. Festival Artistic Director Chris White says "this is sno show to miss!" Doors open at 7 p.m. for Silent Auction. Tickets: \$20 advance / \$24 door.

Sat, Dec 16, 10 am

FRESH HOLLY, Homemade Jams, jellies and baked goods will be for sale at the Church of St. Columba, 24 Sandridge Rd. For further information call 613-749-5103.

Sun, Dec 17, 6:30 - 7:00 pm BETHLEHEM IN THE BURGH - For the 5th year, MacKay invites the community to share in a unique re-enactment of the Nativity. This event is staged by the Church to raise funds for the Ottawa Mission. For further information phone

613-749-8727.

Mon, Jan. 15, 7 pm
LISGAR COLLEGIATE
INSTITUTE INFORMATION
NIGHTS for Grade 8 students
and their parents. Gifted
Program. Lisgar auditorium.
Includes presentations by students, teachers and administrators, school tours, information on the Advanced
Placement program, Third
Languages program, Core/
Extended French programs,
Special Education, Fine Arts
and more.

Wed., Jan. 17, 7 pm LISGAR COLLEGIATE INSTITUTE INFORMATION NIGHTS for Grade 8 students and their parents. Regular Academic and Extended French Programs.

Wed, Feb 28, 7 - 8:30 pm

OPEN HOUSE at Bettye Hyde Cooperative Nursery School. Come and find out more about this wonderful preschool that has been part of the community for over 60 years. Meet the teachers, talk to board members and parents and discover more about the programs and activities that make Bettye Hyde Nursery School so special! For more details visit www.bettye-hyde.com. 317 Chapel St. For more information or to arrange a visit call 613-236-3108

Ongoing

THE GLEBE CENTRE INC is seeking mature volunteers to operate its Gift Shop and commit one day per week (on a Monday, Wednesday or Friday) between 10 and 3 pm. Positions also available on an on-call/ casual basis. Also seeking mature volunteers to greet and welcome residents/families/visitors to Glebe Centre as a Main Reception Host/Hostess. Includes some clerical and reception duties, one shift per week (Mon-Friday) between 12-2 pm, positions also available on an on call/casual basis. Visit www.glebecentre.ca or contact Christine at 613 238-2727 ext 353.

POST CHRISTMAS CLEAN UP? Too many toys? Do you have gently used children's items (clothing, books, toys, snowsuits etc. etc.) to donate to a fundraising children's sale? If so please contact Bettye Hyde Cooperative Nursery School at 613-236-3108. Pickup can be arranged. Tax receipts given for larger items.



Classified Ads

RATES: \$10, first 25 words; \$5, each additional 25 words, payable on submission of ad. Public service ads (e.g., lost & found) free. Call Cindy Parkanyi, 745-8734 or email newednews@hotmail.com.

MATH TUTOR See your child's confidence and math skills improve under the guidance and care of an experienced teacher. Contact Linda Thomson at (613) 746-0077

VOICE LESSONS Classical, Semi-classical music. Adults only. \$35/hr. 30 years professional experience as performer, coach. Jane O'Brien, (613) 742-6024

HOUSECLEANING by longtime Burgh resident. Good references in neighbourhood. Available immediately. (613) 744-8449.

DOG WALKING and sitting. (Cats too!) Emergency and regular walking, Pet behaviour consultations, investigations and pet bereavement counseling. References. Liba Bender, (613) 746-4884.

PRIVATE TUTORING in maths and science, all levels. Experienced instructor with degrees in mathematics, science and engineering. References available.Please call 613-744-1329.

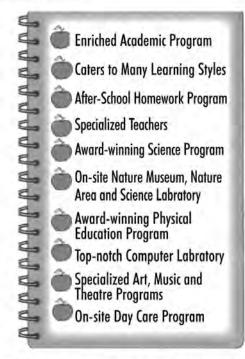
EXPERIENCED RELIABLE HANDYMAN with security clearance; in-house fixup and energy conservation background. Call Jacques at 613-256-3935.

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fundraising auction, and by all reports had a wonderful time taking in the action and catching up with old acquaintances.

The Legault family also made a big move this fall: from Crichton Street to their new home on Union Street.

Jennifer and **Jim** recently moved to the 'burgh. Jennifer is originally from Toronto and Jim is from Calgary.

Socialite **Heather Nesbitt** has purchased a fabulous home on Charles Street. Welcome to her and her great kids!

Congratulations

Noah, Nelly and Andre are pleased to announce the birth of **Louis Immanuel Staudte** on Aug 3 2006, 8lbs 1oz, at the Montfort Hospital.

Our own *Memories of the Burgh* columnist **Ethel Sivyer Proulx** was blessed with her first great grandchild, **Ocean Victoria Kingsley**, born to Rosie & Gilles on October 8.

Happy Birthday to **Raymond Dubuc** of Vaughn who turned 65 in October.

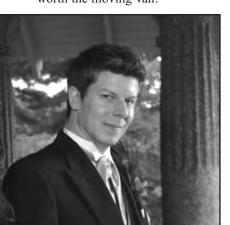
Congratulations to Sonja
Lishchynski and Derek
Thompson of Mackay St. on
their September 9 wedding which
took place at the Rockliffe
Pavilion and reception at the
Chateau Laurier. The happy
couple are thankful to Martin
Lipman of Crichton St. for being
the photographer on their special
day.



Yes, little Louis Immanuel, its a surprising world you have entered into.

Comings and Goings

Brian Torrie and Gillian Campbell and their children Ross and Alice have just made the big move over from Ivy Crescent to Noel Street. Hardly worth the moving van!



Sonja Lishchynski and Derek Thompson tied the knot at a ceremony at the Rockcliffe Pavillion. Great way to start!

Rebecca Rose Tsonos, daughter of Steve and Christine and sister to Victoria and Stephanie, was christened at St. Bart's on Easter Saturday. Festivities were held afterwards at the house of her grandmother, Marion Haunton of Dufferin Road. The party was enjoyed by all except possibly Rebecca - it's hard to tell, as she slept through the whole thing. May she always be as well behaved.

Many of her old friends and acquaintances were delighted to catch a glimpse of former N.E.C.A. Chair **Daphne Hope**, who was in Ottawa for a brief visit in mid-October, returning from her new home in Saudi Arabia where her husband **Doug Horn** works in the oil business. In the course of a weekend visit to CCCC Treasurer Vicki Metcalfe, Daphne and her mother **Jane Hope** of Brockville attend-

John Davison and family recently moved to Ivy Crescent.

Farewells

Crichton Community Council Chair, **Penney Place** will be returning to Lesotho for a short stay beginning in January. She intends to continue the good work she started last year. Stay well, and keep us posted!

Residents of Stanley Avenue are sorry to see Jennifer North and Ian Simpson moving to another neighbourhood close by. They WILL be taking their children Keenan, Quinn and Rowan and dog Quincy. We want to thank Jennifer for organizing the annual Stanley Avenue street party for so many years and can only hope that her new steet will benefit from same.

Clive, Susan and Alex
Carruthers of Noel Street left
for a posting to Cuba.
A fond farewell to Sharon Kelly,
Steve Brougham and their
daughter Hannah, formerly residents of 50 Charles Street. The
family has moved out to
Manotick in late November, and
we wish them all well in their
new community.

Farewell to **Fawzia** and **Mohaned Docrat** of Mackay Street and congratulations on their recent move and purchase of their new home in Alta Vista.

O Baby It's COLD Outside!

Over the next few months when the days are short, the bitter winds blow and we struggle with snow, sleet, ice and all the hazards that an Ottawa winter brings our way, many of our lucky readers will escape to warmer, sunnier destinations for a respite from the cold and darkness. If you are among them, how about sharing your good fortune with your neighbours: take a minute to send us photos and

brief reports from your travels to boost our spirits and give us heart to hang on for the warmer days ahead. In this age of e-mail and digital cameras, this shouldn't cut too deeply into your time for siestas, sightseeing and pina coladas! Just drop us a line at newednews@hotmail.com. Your contributions will be greatly appreciated by the winter warriors back here in the Burgh.

Kudos

In late November (November 17-19), local landscape artist **Gordon Harrison** held a splendid exhibit of his works at his studio at 81 John Street. The paintings selected for the exhibit depicted glorious, picturesque scenes from the Iles de la Madeleine in the Gulf of St. Lawrence. The bright, bold colours characteristic of Gordon's work were the perfect antidote to the endless damp gray of November.

Congratulations to Heather Matthews whose restaurant The Scone Witch on Albert Street was picked by Ottawa Magazine as one of the top ten "Don't Miss" restaurants in the city! See the full write up in this month's Burgh Business Briefs.

Congratulation to **Bronwyn Funiciello** of Ivy Cres for her reelection as OCDSB Trustee.

Hats off to long time New Edinburgh resident **Doreen Hirsch** of Rideau Terrace.
Doreen has been nominated for a lifetime achievement award for her contribution to heritage within the City of Ottawa. The Heritage Community
Recognition Awards is a program administered by the Ontario

Heritage Trust (OHT). For those who have known and worked closely with Dorene Hirsch over the past decades, she is an inspiration. Her constant enthusiasm, dedication, generosity and willingness to lend a hand to numerous projects and events truly advanced the heritage cause in Ottawa. Congratulations Doreen and thanks for all you do.

Condolences

Condolences to the **Reinberger Family** on the recent death of Mickey, beloved husband and father.

South of Beechwood

Sunday November 12, as part of National Child Day, the non-profit organization Jeun'Espoir Jamaïque run by SOBE residents André (high school teacher at Garneau High) and Michèle **Clermont** was honoured for its work with the children of the World at the Every Child is Sacred Celebration. Every March break, they take a group of teenagers to the poverty-stricken areas of Kingston, Jamaica in order to lend their assistance in various projects. See www.jeunespoir.org for more details.



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