

NEW EDINBURGH NEWS

February 2007

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Energy Grants on Offer

By NEN staff

On January 21, Natural Resources Minister Gary Lunn unveiled government plans to invest approximately \$300 million over four years to promote smarter energy use and reduce the amount of harmful emissions through the ecoENERGY Efficiency Initiative, which will encourage Canadian homeowners, businesses and industry, and the building/renovations sector to use energy more wisely. "It's time to recognize that the largest untapped source of energy is the energy we waste," said Minister Lunn.

As part of this plan, the **ecoENERGY Retrofit program** will offer homeowners, along with smaller businesses and organizations, the support and information they need to retrofit their homes, buildings and industrial processes.

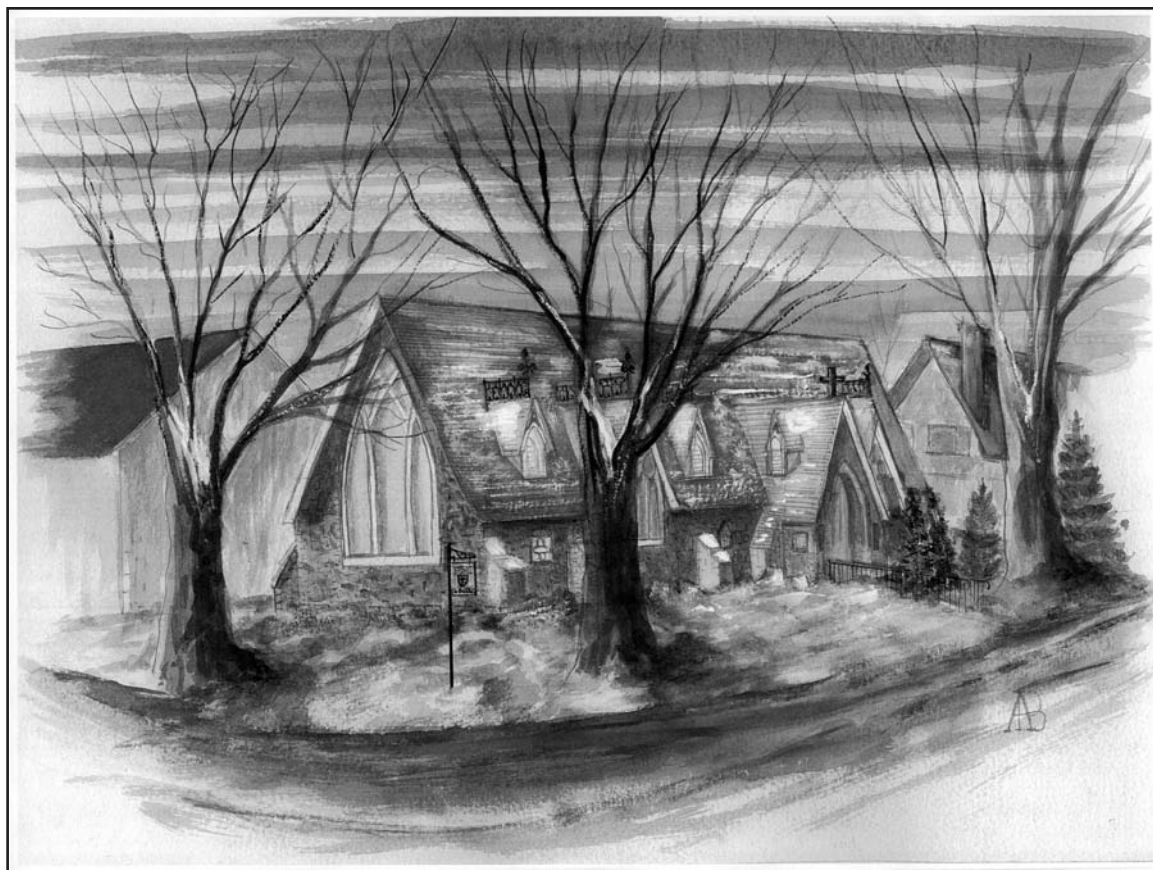
Homeowners, smaller busi-

nesses, institutions and industrial organizations often don't know which improvements would yield the largest energy savings, and lack sufficient funds to carry them out. The \$220-million initiative will fill that gap by offering financial support and information to encourage energy-wise retrofitting.

What does this mean for Homeowners?

A personalized checklist will show homeowners the best upgrades for their homes and how much financial support is available to make those improvements. The average grant is expected to be more than \$1,000 and will yield an average 30 percent reduction in energy use and costs.

For more information on these grants visit the Natural Resources Canada web site at: www.nrccan-rncan.gc.ca



St. Bartholomew's Church.

Watercolour by Ana Irondo de Bryson.

NCC Mandate Review Committee Report:

"Charting a New Course"

By Jane Heintzman

Shortly before Christmas, the NCC Mandate Review Committee, a three person panel chaired by distinguished Ottawa academic **Gilles Paquet**, issued its report and recommendations on the future role and modus operandi of the National Capital Commission (NCC), an institution which has had a profound impact on the capital region as a whole, and from time to time, on the community of New Edinburgh in particular.

In the course of the past twenty-five years, our community has struggled against a variety of NCC initiatives,

ranging from an erstwhile plan to reconfigure Sussex Drive in such a way as to encroach directly on the neighbourhood, to the construction of the now moribund *Canada and the World Pavilion* in the formerly sylvan Rideau Falls Park, and most recently, a plan to "liven up" the area with a new public building on the green space along Sussex Drive between Stanley and Alexander Streets. Many of us have also watched in horror as the once park-like open spaces abutting the Pearson Building were sold off to permit the construction of new embassies, arguably not a visual enhancement of "Confederation Boulevard" and almost certainly a questionable exercise of the Commission's stewardship role in the protection of public land.

In its report entitled *Charting a New Course*, the panel concluded that the NCC has played a vitally important role in shaping the national capital region, and deserves to be strengthened not scrapped as some observers have suggest-

ed. The panel conceded, however, that many of the rampant criticisms of the Commission are well founded. Specifically, Mr. Paquet referred to its "culture of secrecy", its "flawed initiatives and public relations problems", and its apparent indifference to Ottawa's history and the concerns of residents about the preservation of green space (amen!) His panel concluded that a number of these problems can be traced to the deep budget cuts which began in the 1990's, effectively squeezing the Commission into the real estate market to generate operating funds, or in Paquet's words, "selling public land to pay for the groceries."

In its 31 recommendations to government, the panel proposes measures which address a broad range of aspects of NCC operations, from governance to financing, mandate priorities, communications and the contemporary mantra of openness and transparency (not a strong point in the Commission's recent history). A number of

Continued on page 5



Winter Carnival 2007
The Spirit of a Community

Skating and fun at Stanley Park during the recent New Edinburgh Winter Carnival.

In this issue...

Bulletin Board	Page 39
Breezy Bits	Page 40
Burgh Business Briefs	Page 10
CCCC Programs	Page 20
For the Birds	Page 26
Memories of the Burgh	Page 18
Vive La Francophonie!	Page 8



NECA President Gemma Kerr Reports

Not much has changed since my December report, except that winter seems to have arrived at last. While I don't welcome ice on the roads and piles of city-delivered snow in my driveway, I am glad to see the canal ready for Winterlude, and our own community Winter Carnival go back to being a Skating Party.

An Open and Responsive NECA

I was reflecting recently on how I came to join the NECA Board. I was invited to join after being active with a residents' group that was set up to protest perceived lack of openness and responsiveness on the part of NECA regarding developments on Stanley Avenue. Perceptions of this nature have periodically been an issue since I joined the Board, and I would like to report to you on three initiatives that we hope will improve matters.

Heritage & Development Committee Mandate

Development continues to be a strong focus of neighbourhood concern, and NECA's Heritage

and Development Committee reviews all development proposals that the City provides us information on (which is virtually all that are submitted). Members of this Committee are knowledgeable and hard-working, and often work to tight deadlines when City information is late in arriving. There have been occasional communication breakdowns, and we are addressing this by developing a mandate for the Committee that should ensure, among other things, that everyone is kept properly informed. More information is provided elsewhere on this page.

Sculpture Selection for Trail

Many of us were thrilled when the first sculpture on the new Ottawa Sculpture Trail (OST) was installed in our park. However, some reservations were expressed about lack of community involvement in selecting the piece displayed. When a new sculpture is chosen for the park in the Spring, the OST organizing committee will put together a shortlist of possible choices, and will

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CCCC Program Co-ord.
Past President
City Councillor
New Edinburgh News
Community Council Chair
CCCC President
Traffic Calming

showcase them at an Open House. That way, people who are interested can participate in the final selection.

Website Discussion Groups

With the addition in 2006 of a Discussion Groups section, where members of the community can ask questions and post comments on any topic of interest, the New Edinburgh Website has become an even better tool for communication and exchange of information. Webmaster Andrew Kerr is doing a great job, and I encour-

age anyone who is connected but has not yet visited our website to log on to www.newedinburgh.ca.

New Chair for Traffic Calming Committee

Finally, we welcome **Julie Sunday** to the position of Chair for the Traffic Calming Committee, and wish her and her Committee success. Traffic is shaping up to be a very important issue in the near future as large developments are implemented in nearby neighbourhoods.

NECA MEETINGS: All Welcome

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

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

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

February 19, 2007

March 19, 2007

April 23, 2007

May 21, 2007

June 18, 2007

NECA Committee

Heritage & Development Conducts Mandate Review

NECA's Heritage and Development Committee has recently completed a review of its Mandate and Terms of Reference in a effort to ensure proper alignment to community goals and expectations. The following are excerpts from this review.

The purpose of NECA's Heritage and Development Committee is to encourage compliance with Ottawa zoning by-laws, heritage requirements, infill housing design guidelines, and the existing Neighbourhood Plan for New Edinburgh in a manner that is sympathetic to the character, needs, and wishes of this community. Members of the Committee monitor proposals for property development in New Edinburgh, undertake associated reviews and studies, and make submissions to the City and Provincial planning bodies,

The Committee addresses planning and development issues that are considered a priority in the community, such as the following:

- Preservation of the heritage character of houses, streetscape, and lanes.
- Protection of the green environment.
- Guidance on property development and review of proposals (including additions, carports, garages, etc.)
- Monitoring of infill and intensification proposals, and their impact.
- Appropriate application of City by-laws in New Edinburgh.
- Providing input to the City's evolving Official Plan.

Anyone interested in volunteering to participate on this Committee must be ratified by NECA's Board of Directors.

Notes from the Editor

I would like to take this opportunity to introduce the newest member of the NEN team. **David Horley** of Stanley Avenue has volunteered to take on the role of residential distribution manager. So, if you are not receiving the paper, or *would like to help with the deliveries* he is your man. He can be reached at 613-745-6156 or horlat@magma.ca. Thank you David for taking this on!

It is also a good time to say a very big THANK YOU to our dedicated volunteer delivery team. They are out there come rain, snow or ice delivering to your homes: Celine Amdur, William Bedoe, Greg Birch, Isobel Bisby, John Cox, Michael Crystal, Sandra Ferguson, Anne Haas, Phillip McAdam, Kathy McConkey, Michelle Rene-de-Cotret, Margo Silver, and Veronica of Belvedere Crescent.



Deadline

for the next issue of the
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➔ **March 10** ➔
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Rideau River Clean Up 2007: Can You Help Out on Mothers Day?

We know, we know, it's the middle of winter and the farthest thing from anyone's thoughts is the river. Within a couple of months, however, that pristine snow and ice cov-

The 2007 Rideau River Clean Up is currently the community's Number One environmental project, and successfully orchestrating an event of this kind requires the assistance of

for the Stanley Park Field House, to take charge of operations in our neighbourhood on Clean Up Day, please contact Catherine Canning at cathcanning@hotmail.com. To lighten the load a bit, you may want to volunteer with your spouse, your teenager (in search of volunteer hours and/or a not too costly way of paying tribute to Mom on Mother's Day), or a public-spirited friend. **No experience is needed**, as Catherine plans to provide a thorough training session in the relaxed atmosphere of one of our local pubs and will make sure you are fully acquainted with the logistics of the operation by the time Mother's Day rolls around.

If you are able to help out in other ways such as making contacts with other community or environmental groups, assisting with publicity, finding sponsors to provide refreshments and prizes for participants, or simply lending a hand to clean up the shoreline on Mother's Day morning, please get in touch with Catherine as soon as you can. It's our river, it's our mess and it's all of our responsibility!



ering will be gone, revealing the regrettable human legacy of garbage and debris that piles up on the river banks or bobs along in mid-stream each summer and fall. As we have reported in recent issues of the News, a NECA-sponsored working group, newly dubbed the **Urban Rideau Conservationists**, with the help of a recent generous grant from the City, has ambitious plans for a greatly expanded Rideau River Clean Up Day this coming Mother's Day, **May 13, 2007**.

Our Project Coordinator **Catherine Canning** has taken the lead in preparations for the event, which we hope will extend beyond our own annual clean up in Stanley Park and environs to include communities up river such as Vanier, Sandy Hill, Hog's Back, Mooney's Bay and Hunt Club.

willing volunteers. Whatever your particular interests and skills, *we need your help to make this happen!*

If you think you may be able to help out as a Team Leader



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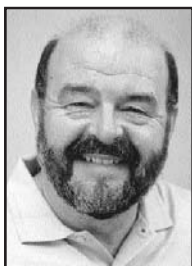
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- ✓ **We strive to be good neighbors** and recognize our responsibility to the community we work and live in.

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Ottawa City Councillor Jacques Legendre Reports

The Demise of 'this' LRT Design – What Lessons Can Be Learned?

Readers may be most interested in knowing how their representative voted and why. The following is a short synopsis of recent events:

Tuesday, Dec. 6, 2006 – Mayor O'Brien proposed an amended LRT, removing the problematic downtown section. That proposal, *conditional* on senior government funding for the truncated system, narrowly passed 12-11. I supported it since it removed my own objections to the system design. This was portrayed as a flip-flop because of the mayor's statements during the campaign. Personally, I felt that he took a courageous position. He tried to fix the major defect of the proposed system. Others questioned "How could a system, not serving the downtown - clearly the destination of choice for most transit riders - make better sense than a system actually reaching downtown?"

It's a very good question. I had voted against the full system in July because of the downtown portion and the effect that this would have on our downtown. It proposed to add surface trains to the already congested Albert and Slater Street bus corridors. That approach was doomed to poor performance and most certainly would have continued the abuse of those down-

town streets. Anyone familiar with the streets today will admit that they are unpleasant 'traffic sewers' in our downtown. The system proposed in July would have continued to sacrifice these streets, at great expense, and yet be susceptible to disruptions for a host of reasons typical of busy downtowns. The 'truncated' system kept the best of the earlier system and removed its major flaw. Of course, the North-South LRT would need to connect to the downtown. But remember that this line was to be the first of an entire system of LRT lines serving Ottawa, east-west as well as north-south. Those lines will also need to get commuters to the downtown core. Revisiting the downtown leg allowed Ottawa to build on a stronger foundation for the future. It appeared that we were finally going to take a serious look at putting that downtown link underground. There are plenty of examples of cities that have neglected their downtowns and paid a heavy price. We should learn from their experience.

Thursday, December 14, 2006 – Council reconvened to consider whether the funding conditions for the truncated system had been met. It was my belief that they had. The province had agreed and the federal Treasury Board Minister, the Honourable John Baird, had given his written assurance, on December 12, in

the following terms – "I am pleased to reiterate that the Government of Canada remains committed to providing \$200 million to the City of Ottawa for public transit infrastructure, even in light of this new direction (i.e. excluding the downtown portion). You have my full support." I voted against abandoning the LRT proposal. Council disagreed and terminated the agreement by a vote of 13-11.

Where do we go from here and what lessons should we learn? I believe that we had the right mass transit technology for the future. I also believe that LRT will be back with a better system design. A future design ought to deal with our major system bottleneck – the downtown – as a starting point. Council should never again agree to so much secrecy on a major public works decision. Also, Council should insist on being presented with all of the options put forward by the responding firms. The public, and their representatives, ought to see all of the choices available.

The day that this was being written, Mayor O'Brien announced that former Minister of Transport, the Honourable David Collenette, had agreed to chair a

"Mayor's Task Force on Transportation". This will be an external advisory body that will report back to Mayor O'Brien on or before June 1, 2007. Its mandate is to:

- Examine the City of Ottawa's current Transportation Master Plan and all current or proposed transportation infrastructure projects;
- Review available transportation options including Bus Rapid Transit (BRT), Light Rail Transit (LRT), heavy

rail, High Occupancy Vehicle (HOV) lanes, new transit corridors, bridges and facilities;

- Review proposed future residential and commercial development plans to assess their impact on existing transportation infrastructure and future needs;
- Solicit input from Ottawa city councillors, the City of Gatineau, and the National Capital Commission (NCC) on their transportation objectives, with a view to ensuring future City of Ottawa initiatives are aligned with an integrated approach to transportation planning within the National Capital Region (NCR);
- Provide a forum – to be defined – to receive public input and submissions.
- Make recommendations (short-, medium-, and long-term) for development of a integrated rapid transportation plan that: alleviates existing East/West pressures; is scalable to account for immediate and growing pressures in the South end; and provides options to reduce congestion through the downtown corridor.

Upon review, Mayor O'Brien will then submit the Task Force Report to the relevant committees of City Council for consideration.

I am optimistic that Ottawa will get this right. I am encouraged that Mayor O'Brien has recognized that a negative decision in December was insufficient. Ottawa needs to develop a consensus on the way forward. If it takes a little longer to 'get it right', the result may well have been worth the slight 'detour' on the way to an improved transportation system for Ottawa.

Princess Road Reconstruction

The City of Ottawa is currently designing a roundabout at the intersection of Princess Avenue, Rockcliffe Parkway, and Tea House Road. A public meeting will be planned for March to review the project details. Construction is anticipated (budget dependent) for 2007 on the Roundabout, and will include construction on Princess Avenue/Lisgar Road if details can be finalized. I expect that the public meeting will discuss both projects.

Ward Budget Meeting

Consultation in Rideau-Rockcliffe on the proposed 2007 City Budget has been scheduled for:

February 12th 7:00 pm
Manor Park Public School
(Gymnasium)
100 Braemar Street

Mr. Kent Kirkpatrick, the City's CAO, and other senior managers will be on hand to provide an overview of the proposed budget and answer questions. As in the past, this is your best opportunity to learn directly how City taxes are directed and to provide your views and comments directly to your elected representative. I hope to see you that evening.

Jacques Legendre
Councillor, Rideau-Rockcliffe

You can communicate with me at (please include a telephone number):

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Wing Night Tuesdays

Art Beat: Vernissage at the Dale Smith



Photo by Roving Burgh Photographer

Dale Smith, owner of the Dale Smith Gallery, hosted the Opening and Show of some of Ottawa's talented artists. The vernissage held Friday, January 5, saw a packed gallery with folks in the street waiting to get in. Pictured here are Gallery owner Dale Smith (centre) with (l to r) Joy Kardish, Amy Thompson, Marion Fischer and Sarah Hatton.

NCC...

Continued from page 1

the key recommendations include:

- Creation of four open Advisory Committees: Planning; Environment and Asset Management; Parliamentary Precinct; Official Residences and Heritage; and Celebration, Commemoration and Promotion. Members of the public would be able to participate in these Committees much as they do now in the case of municipal Standing Committees;
- Quarterly Board Meetings which are open to the public but in which the public cannot participate;
- Splitting the Chairman and CEO roles, which are currently combined;
- Creation of an Associate Chief Operating Officer and a strengthened Ombudsman to boost the Commission's capacity to deal with public complaints and improve the effectiveness of its overall communications;
- An increased federal contribution of \$25 million a year to relieve the budgetary squeeze, along with an instruction to the Commission that public land deemed to be in the national interest may not be sold off to generate operating funds;
- A sharper focus on the Commission's central mission of planning and protecting the core of the capital, including national assets such as the Official Residences;
- An increased NCC role in planning issues that span both

sides of the Ottawa River, and in particular transportation and the distribution of the federal workforce;

- A move away from political patronage appointments to the Board of the Commission towards greater emphasis on the selection of those with special expertise in the areas encompassed by the NCC mandate; and
- Appointment of a Commission head who is "a Canadian of significant national stature who will bring to the Commission an immense amount of moral authority and prestige."

Federal Transport Minister Lawrence Cannon, who commissioned the mandate review, has promised a government response to the report early in the New Year, and has already endorsed the proposals for greater transparency via open Board meetings and the creation of Advisory Committees to provide for regular public input, which he described as a "refreshing direction." We're with you on that one, Mr. Cannon!

So it appears that after many years of strained relations with the NCC, our community and all other residents of the National Capital Region can perhaps look forward to a changed approach at the Commission, particularly as it begins the New Year under new leadership following Mr. Beaudry's departure on December 31, 2006. Readers may be interested to learn that the NCC's interim head, pending the government's appointment of Mr. Beaudry's successor, is Rockcliffe resident

Heather Chiasson who had been Vice-Chair of the Board. We wish Heather the best of luck in this demanding role as she captains the ship through the tricky waters of transition.

Post Script on Our Favourite White Elephant

The latest word from the NCC on the fate of the *Canada and the World Pavilion* is ... no word. My informant's only report was that the Commission continues to seek out prospective users/purchasers (?), but that no decision (nor indeed, timeline for reaching a decision) has been reached.

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From the Desk of...



Mauril Bélanger
Member of Parliament for
Ottawa-Vanier



I thank the New Edinburgh News for the continued opportunity to share federal news and views with constituents of New Edinburgh.

First, I would like to offer information on a pet project, *Celebrate 150!* In 2017, just 10 years from now, Canada will celebrate its 150th Anniversary. I am inviting Canadians to share their suggestions and ideas on how we should celebrate Canada's 150th Anniversary and what we need to do in the intervening years to prepare. Log on to www.celebrate150.ca and get involved!

D'abord quelques renseignements au sujet d'une récente initiative, *Célébrons 150!* Dans 10 ans, soit en 2017, le Canada célébrera son 150e anniversaire. J'invite les Canadiens à partager leurs idées et suggestions de célébration du 150e anniversaire de la Confédération et des préparatifs à cet effet. Visitez le www.celebrons150.ca et engagez-vous!

On a more local perspective, on November 29, 2006, Canada Lands Company, the Crown Corporation in charge of the redevelopment of the Rockcliffe airbase, unveiled its

community design plan. I was delighted to witness a good attendance from more than 600 people who attended the second public meeting in an attempt to find out more about the development plans underway and share their concerns with Canada Lands Company.

As laid out, the residential plan calls for eight distinct neighbourhoods to be made up of stores, offices and roughly 4,500 housing units. I continue to maintain the importance of setting aside sufficient land on the site for non-residential use, as I strongly believe that this project must cater to a vision that goes well beyond the development of yet another residential project.

For a community projecting 10,000 residents or more to be sustainable and not become a quasi-bedroom community, there is a strong need for jobs on site. The current plan calls for the creation of 1,500 jobs. I believe a number in the range of 3,000 - 4,000 would be a greater guarantor of sustainability.

There needs to be a larger focus on real job creation so that we may enhance economic development for the entire eastern region. In-community job creation will also contribute to reducing commuting congestion.

Let us be mindful that with this development we have an opportunity to build a sustainable community, on a significant scale, which could become a blueprint community for future projects in Canada.

On the political side of things, in my last note I was critical of the Harper Government's drastic cuts on important programs, however this time there are two recent decisions by his government that warrant positive comment.

First, a new Homelessness Partnering Strategy (HPS) aimed at combating homelessness in communities across Canada will be funded at \$270 million over two years. This important announcement essentially represents the extension of the National Homelessness Initiative set in place by the previous government in 1999.

Premièrement, c'est avec soulagement que j'ai accueilli l'annonce du gouvernement quelques jours avant les Fêtes que 270 millions \$ seraient consacrés au cours des deux prochaines années au principal programme fédéral de lutte contre l'itinérance, soit la *Stratégie des partenariats de lutte contre l'itinérance*. Il s'agit essentiellement de la prolongation de l'*Initiative nationale pour les sans-abri* mise en place par le gouvernement précédent. La clé de voûte de ce programme est l'Initiative de partenariats en action communautaire, qui a été lancée en 1999. Je suis fier d'avoir fait parti d'un gouvernement qui a reconnu la gravité de la situation du logement et qui a décidé de lutter contre l'itinérance en venant en aide aux sans-abris. De plus, le 23 mars 2005, le gouvernement de l'époque avait

annoncé que les programmes de suppléments de loyer pourraient désormais recevoir un financement fédéral, dans le cadre de l'*Initiative en matière de logement abordable*; le but étant de permettre aux Canadiennes et Canadiens de louer des logements qu'ils ne pourraient payer autrement.

The second decision which has a positive impact for our region is the allocation of \$30-million to the endowment fund of the *Global Centre for Pluralism*, which is a future archive and study centre of the Aga Khan Development Network (AKDN) devoted to the promotion of pluralistic values, policies and practices. The centre will be located on the site of the former Canadian War Museum here in Ottawa. The Aga Khan Foundation has also allocated \$30-million to the centre. In 2005, the Martin government became a partner in the *Global Centre for Pluralism* project. I am very happy that the Harper government honoured the commitment and concluded the transaction with the Aga Khan in November. Log on to www.pluralism.ca for more information.

In conclusion, now that the municipal elections are over I would like to congratulate the newly elected and re-elected members of City Council. I wish them all the best in 2007 and throughout their term.

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Neighbourhood Watch Update

By Michael Histed

Since Christmas, the neighbourhood has been quiet with respect to criminal activity. Nonetheless it pays to continue our vigilance to prevent the statistics from climbing.

We have often talked about putting in place measures to secure the home such as putting on lights, cancelling the newspapers when you go away and keeping your doors locked at all times. We have, however, not talked much about the additional measures that help to enhance your home's security, like security systems, or the use of keys and garage door openers.

Security systems by no means ensure that you will never be broken into, however it acts as a deterrent. Younger criminals in particular, who are looking for something to sell, will mostly look for an easy entry into your home, i.e., through unlocked doors, or an open garage door. In other words, crimes of opportunity. They would usually prefer not to risk setting off an alarm. Therefore, if you decide to get an alarm, choose a reputable company. There are numerous companies to choose from, but remember, you are trusting your security with them, so choose wisely. Ask for references and ask your friends and neighbours for recommendations. You

can also check with the Better Business Bureau.

If you move or change doors, get new locks installed or change the key combination. You can never guarantee how many keys the previous owners made, and more importantly who they were given to. Remember, criminals are looking for the easy way to enter your home. Having your keys gives them free and easy access without trying.

Lastly, have you ever wondered why you woke up one morning to find your garage door open, even though you swore you had closed it. Well, it is amazing how many of us buy that new garage door with the latest in remote controls, but forget to change the code. All garage doors openers are set to the manufacturer's base specifications with a common code. You must remember to ask your installer to change the code to one unique to you. Otherwise criminals can purchase a standard opener and cruise the neighbourhood trying everyone's garage door until one opens. Before you know it, the contents of your garage are gone.

I say this almost every article, but get the Police to help you assess your home security. It is free and it might just save you from the next round of break and enters.

Governor General Helps Queen Elizabeth Students Celebrate Their 50th Anniversary

By L. Gillian Brodie

Her Excellency the Right Honourable Michaëlle Jean, Governor General of Canada, joined students, staff and guests at Queen Elizabeth Public School on November 7 to celebrate the school's 50th anniversary. Students performed a series of ethnic dances and presentations illustrating the school's history and multicultural heritage. In her opening remarks, Principal Catherine Deschambault, inspired students to imagine the school 50 years ago and reminded the crowd that "Despite our age, we know that at Queen Elizabeth we are never too old to set another goal or to dream a new dream".

Within the halls of Queen Elizabeth Public School hang twenty-five paintings that have been created for permanent display. Her Excellency, along with the School Board Chair, Lynn Graham, unveiled two of these paintings. The paintings are a part of the Heritage Art Project. They depict a Somali Countryside and Panama. These paintings are said to echo the diversity found within the walls of the school and have been created to remind us of how vital the arts are in creating an understanding of one another in the world in which we live.

Though Her Excellency's speech was powerful, more so was her direct connection with the children of Queen



Her Excellency the Right Honourable Michaëlle Jean made a lasting impression with students during her visit to celebrate the Queen Elizabeth Public School's 50th anniversary.

Elizabeth Public School during the reception and classroom visits. She conversed with students in French, English and Spanish with ease and engaged them in conversation about

their school lives and native countries. Both the students and Her Excellency were delighted with their opportunity to make a lasting impression on one another.



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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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Le magasin général

Par Pierrette Tousignant

On achetait tout au magasin général. De l'épicerie à la quincaillerie en passant par les tissus et les gants. Les fermiers, eux, s'y approvisionnaient davantage, moulée pour les animaux, instruments aratoires et de jardinage... J'avais bien hâte d'y aller. Je jouais souvent avec la fillette du marchand. Elle allait commencer l'école dans ma classe. Bien que nous puissions aller dans la maison, nous étions encore trop petites pour qu'il nous soit permis de descendre au magasin. Nous ne pouvions qu'entrevoir, de la porte de la cuisine, cet espace lourd de surprises et de mystères.

Un jour, j'y suis allée. Avec ma mère. Faire le marché. Cette première visite, jusque là, me décevait beaucoup car ma mère ne me permettait pas de la laisser d'un pouce. À part un large présentoir vitré, à gauche, en entrant, où se côtoyaient des blouses blanches, quelques chapeaux, des ceintures et des nappes brodées, je n'avais vu que des étagères portant quantité de boîtes de conserves où je

reconnaissais des soupes, des légumes et quelques autres qu'on avait eu à la maison. Maman en choisissait, toujours les mêmes, les indiquait au commis qui les déposait sur le comptoir. Pendant cet exercice, je me mets à regarder autour de moi et qu'est-ce que j'aperçois ? Oh ! Merveille ! Un présentoir à bonbons à cinq étagères qui s'élevait du plancher jusqu'au dessus de ma tête !! Les tablettes où l'on empilait les bonbons à la livre, emballés dans des sacs de polythène et portant chacun une étiquette écrite à la main. Il y avait des chocolats en rosette, en cloche, des truffes, des jujubes, des menthes roses, des menthes vertes, des bâtonnets à rayures rouges et

Vive La Francophonie!

blanches, des bâtonnets à l'érable au cœur de beurre d'arachide, et, et, tellement d'autres ! Ma mère choisit des chocolats en rosette et me chuchote : « Il ne faut pas le dire, c'est pour dimanche... » Quel défi, c'était seulement

jeudi ! Puis elle retourne à ses emplettes.

Derrière le comptoir sur lequel était encastré un mètre en bois, il y avait encore dans des tablettes, des cartons blancs étiquetés dont je ne pouvais ni voir, ni lire le contenu. C'est là aussi que se trouvait la caisse enregistreuse. Maman a payé la facture. Le tout sera livré dans l'heure.

Quelques années plus tard, alors que j'y aidais ma copine à regarnir les différentes étagères, j'ai pu explorer les entrepôts du magasin général. Pour les boîtes de conserve, il fallait aller au sous-sol. Grand mot car ce n'était finalement qu'une cave au plancher de terre battue qui sentait la terre humide et un peu le mois. C'était un entrepôt fort pratique pour les conserves car le



immenses sacs de moulée pour le bétail et les pains de sel pour les vaches, que de coins de ces cubes amers avons-nous brisés et léchés en cachette. Bien sûr on a vite découvert notre larcin. Il y avait eu des blocs qu'on avait dû vendre à rabais. On nous faisait quand même confiance et quelques jours plus tard on nous demandait de peser du bonbon. C'était là un grand privilège. On n'était pas payé mais on avait le droit de goûter avec modération.

Alors on ouvrait de grosses boîtes de jujubes, de menthes blanches à lignes rouges, de bananes en guimauve, de chocolat au lait, de macarons et pour les Fêtes toute la série de bonbons cristallins et multicolores. Mais ce n'était rien à côté des crèmes françaises ! Quel délice ! Je voulais peser des bonbons toute ma vie ! Au moyen d'une petite pelle à

bonbon, nous (la plupart du temps c'était moi) mettions ces trésors si alléchants dans des sacs transparents en prenant bien soin de goûter le plus discrètement possible. Ma voisine qui était grande pour son âge et pouvait donc utiliser la balance aisément, s'occupait de peser les sacs. Sa petite sœur écrivait le prix sur l'étiquette qu'elle brochait soigneusement fermant ainsi le sac. C'était une grande responsabilité. Nous en étions très fières.

Le bénévolat au magasin m'a aussi permis de visiter un troisième entrepôt, celui au-dessus du magasin. C'était pratiquement un grenier. Grenier à la fois commercial et privé des propriétaires. En été on y retrouvait les boîtes de patins neufs, les raquettes, les tuques, les foulards et les gants attendant d'être descendus pour l'hiver. Il y avait aussi les malles des trois garçons en vacances scolaires et qui retourneraient en septembre à leur vie de pensionnaires. On y trouvait en plus ce que l'on retrouve dans tous les greniers : de vieux vêtements attendant d'être défaits et dont le tissu servirait à la confection de nouveaux vêtements, et des boîtes de souvenirs qu'il était interdit de toucher. L'hiver on y gardait les parasols, les maillots de bains, les cerfs-volants et des barils de pommes cueillies du verger de la propriété, pour vendre et aussi pour la famille. Le magasin général nous a vues grandir. Puis un jour l'école secondaire a changé notre univers.

Ma voisine n'irait pas, comme moi, à l'école secondaire du village. Elle sera pensionnaire. Mes visites au magasin sont ainsi devenues moins fréquentes. Les plus jeunes de leur famille accomplissaient maintenant nos tâches d'autrefois. Je n'étais plus que cliente... Plus tard, alors au collège à Montréal, j'ai appris lors d'une visite chez mes parents, qu'un incendie avait complètement ravagé le magasin et le hangar...

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New Edinburgh's New Co-operative Daycare: Le Jardin to Hold Open House

By Adrienne Blair

New parents planning ahead for their return to work or families looking for an unique child care opportunity in the New Edinburgh and Vanier area will want to check out a new parent-run co-operative daycare. Le Jardin was founded by five local working families who want to remain deeply involved in their children's day-to-day learning and development and were disheartened by the limited opportunities for family participation in conventional daycare settings.

Le Jardin's true founding couple, Amy Lightfoot and Alasdair Stuart-Bell bought their home in Beechwood Estates in September 2006 with the express intent of starting a daycare in the in-law



tion of full-time caregiver. In fact, for the first two months, Le Jardin operated solely with parent volunteers! After a long search, however, the parents found a wonderful caregiver in Early Childhood Educator Lana St. Jean, a newcomer to the Ottawa area whose wealth of experience and seemingly endless store of energy have made her very popular with the children and parents alike.

But what does "co-operative" child care mean? A co-operative venture is one that is operated "by and for the benefit of those using its services." Essentially, the family of every child enrolled at Le Jardin also works at Le Jardin, volunteering for a "Duty Day" once a week – this parent volunteer assists the caregiver in all aspects of the daycare routine, from arts and outdoor playtime in the morning through lunchtime, nap time, an afternoon walk and story time and free play as the day winds down. The parents also handle all the behind-the-scenes operations of Le Jardin: creating menus and preparing meals, planning outings and activities, co-ordinating the Duty Day schedule, maintaining the facility and managing the centre's finances. The co-operative model provides:

- Cost-effective child care: \$28/day for a full-time place* vs. \$35+/day in a conventional daycare (*based on 20 days'

care/month with a full complement of children);

- An experienced Early Child Educator to provide stimulating programming and continuity of care for all children;

- A 3:1 child-to-adult ratio ensuring lots of individual attention for your child, with a maximum of 6 children present at any time;

- An opportunity to be deeply involved in your child's day-to-day learning and development;

- A chance to meet like-minded parents and really get to know your child's caregiver and friends at daycare; and

- The ability to oversee and affect the operation of your child's daycare and make real and positive changes through your involvement.

As many parents can attest, high-quality, affordable child care is hard to find in Ottawa. Le Jardin is one attempt to achieve that, in a warm, familial setting. Le Jardin currently has just two full-time spaces left and part-time care is also available. **Le Jardin will be holding an Open House for interested families on Saturday, February 17 from 2-5 p.m.** For more information, visit www.lejardincoop.ca.



One of Le Jardin's clients enjoying his craft.

suite, a plan inspired by the Kinder Garden, a successful co-op in Toronto.

The families worked very hard to make Le Jardin a reality, putting in long hours preparing the physical space, planning menus and schedules and interviewing for the posi-

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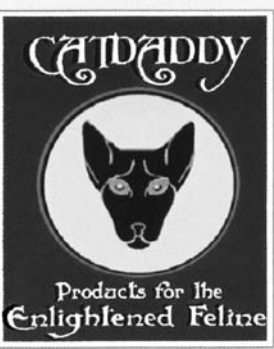


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BURGH BUSINESS BRIEFS

- By Jane Heintzman -

By Jane Heintzman

Details Home Apparel Inc.

A slightly belated welcome to **Colleen Strban** and **Janice Schick** of Details Home Apparel Inc., a new interior design and décor business which opened its doors at 131-B Beechwood Avenue (next to Bridgehead in the recently renovated headquarters of the former "Foam Shop") in late November. Colleen has been in the interior design business for close to a decade, and has tackled jobs on every scale from single rooms to entire houses. She has numerous clients in the Rockcliffe, New Edinburgh and Manor Park areas who will no doubt be delighted to find that she is hanging out her shingle in this convenient spot. Janice is a lawyer with administrative experience who handles the business side of the new enterprise. Their sales staff now includes two regulars, **Lesley Jamison** and **Katherine Skidmore**.

A portion of Details' bright 865 square foot space is devoted

to Colleen's design studio, while the display area is attractively arrayed with giftware and furnishings of all descriptions, including a number of custom pieces designed by Colleen herself. When I visited Details shortly before Christmas, the store was replete with festive and artfully arranged merchandise ranging from comfortable chairs and tables, to sofas, shelving, chandeliers, lights, mirrors, table lamps, wonderful decorative cushions, colorful rugs, vases and glass jars, picture frames, candles and of course, Christmas decorations. Janice reports that business was remarkably brisk over their first Christmas season.

We wish Colleen and Janice a prosperous and successful business on Beechwood, and congratulate them both on recent additions to their families. Colleen's twins **Nicholas** and **Natasha** were born on September 16 just a couple of months before the opening of the store, while Janice and her husband **J.D. Sharp**'s enchanting daughter **Rae Sharp** arrived from China on November 17. Between the new business and the bouncing babies, there'll be no dull moments for Colleen and Janice in 2007!

Birders Corner

Barring an eleventh hour sale of Birders Corner, retiring owner **Lynn Smyth** will launch a final *Good Bye, Good*



Photo by Peter Glasgow
(l to r) Katherine Skidmore and Lesley Jamison show some samples at Details.

Luck Sale, with 30-90% discounts for all items in the store from birding equipment to garden ornaments, gift ware, books, binoculars, CDs and even the store fittings. This could also be your chance to get the deal of a lifetime on Tilley hats, although sales were so brisk over Christmas that supplies may be running low. The Farewell Sale will continue through February and March, so stock up while you can, and take the time to wish Lynn good bye and good luck. Thank you Lynn for bringing the endlessly fascinating world of birds to our little corner in Beechwood Village.

Piccolo Grande

We welcome **Kauser Yusufali** and her son **Muhamed** who took over the management of

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Photo by Peter Glasgow

Muhamed (pictured here) and his mother, Kauser Yusufali have taken over management of Piccolo Grande.

Mackay Street's Piccolo Grande at the end of November 2006. Kauser and Muhamed emigrated five years ago from Mombasa, Kenya, where Kauser had operated a boutique selling African wood carvings. Since their arrival in Canada, she has honed her culinary skills operating a home catering business while Muhamed learned the tricks of the ice cream trade in a Baskin and Robbins outlet. Both are delighted to take on the challenge of operating their own store, a chance which presented itself when former owners Maria and Juzer Dohadwala decided to launch a new business in the Carlingwood Mall. Kauser and Muhamed are part of the same community as Maria and Juzer, and attend the same mosque, so they were lucky enough to find out early about the opportunity opening up at Piccolo Grande.

The Piccolo Grande tradition of superb gelato, sherbets, coffee, tea, tasty lunches and of course, chocolates from all over the world, continues under Kauser and Muhamed's management. Kauser takes particular pride in her home made organic soups, including protein rich lentil; cream of broccoli; red pepper, tomato

and corn; chicken and corn, and leek and potato, to mention only a few of her extensive repertoire. Readers planning a lunch, brunch or after skating party may be interested to know that she also makes her soups to order, so you can supply your guests with a hearty, healthy meal and save yourself the time and trials of soup preparation.

Best of luck, Kauser and Muhamed! We wish you both a happy and successful New Year in this familiar and popular Burgh meeting spot.

Mrs. Sew and Sew

A very warm welcome to Janet Rowett, a.k.a. Mrs. Sew and Sew, who joined the ranks of our advertisers in December. Janet has been in the dressmaking and alterations business since the mid-80's, moving to Ottawa from her native New Brunswick in 2001. Currently operating out of her home at 166-B Carillon Street in nearby Vanier, she learned her basic skills as a seamstress in high school, but has since honed and updated these skills on an ongoing basis. She recalls that her initial interest in making clothes sprang from the hard reality that next to none of the ready made articles in local stores

were suitable for her statuesque 5'11" height, so wardrobe self-sufficiency seemed the only option!

After a stint in the tailoring department of a large shop on Bank Street, Janet decided recently to launch her own home-based business, and set out in search of a promising source of referral clients. She showed samples of her work to the team at Darrell Thomas Textiles, a well known high end supplier of dress-making

textiles and accessories at 217 Bank Street. The Darrell Thomas crew was sufficiently delighted with the quality of Janet's work that she has since been receiving regular referrals from them, and has been able to build up a healthy regular clientele.

Her repertoire encompasses everything from women's business wear to prom dresses and wedding gowns. Typically, her clients bring her a pattern or design with which to work,

frequently seeking her counsel on an appropriate fabric to suit the garment in question. Occasionally Janet even accompanies clients on fabric shopping expeditions to Darrell Thomas, helping to guide their hand in making a selection from the vast array of available choices.

The turnover time for Janet's custom made creations varies with the kind and complexity of the item, the number of fit-

Continued on page 12

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Continued from page 11

things and the pressures of the season. On the whole, however, she aims to allow herself about six weeks to completion, though bridal gowns, of course, are in a category of their own, and the lead time involved can be considerably longer. Janet also does alterations of both women's and men's clothing, and these can be completed much more



Miniature bride (Kayla Sharkey) wearing a Mrs. Sew & Sew creation.

swiftly.

Janet, we wish you well in your new home-based business. We are confident that your skills as a seamstress will be greatly appreciated in our stylish community!

Clothes Encounters of a Second Time: Happy 25th Anniversary!

On January 19, 2007, Clothes Encounters celebrated a quarter of a century in business on Beechwood, a truly remarkable achievement for a small local business. Our congratulations to current owner Monique Dugas and to **Mari Rubeli, Gillian Kenward** and

Marina Pascoe, the team of Founding Mothers who started it all in the winter of 1982. Anniversary celebrations include a month long **50% Off Sale** which runs from mid-January to mid-February.

When the germ of an idea for a consignment clothing store first sprouted twenty five years ago, Manor Park residents Mari, Gillian and Marina were all mothers of young children, eager to try their hand in the business world but not yet ready to commit to full time employment because of their family obligations. When their accountant at the time speculated that the enterprise might last a year or two, he clearly had not yet taken the measure of the team's energy, flair and determination which have ultimately carried the store through a further two decades as a thriving operation with a substantial regular local clientele, and even customers from as far a field as Montreal, Toronto, B.C. and Alberta. And thanks to the current "retro" clothing craze, the store now has more younger clients than ever.

Those of us who are New Edinburgh lifers can recall the early days when Clothes Encounters was located at 117 Beechwood, the current home of **Video Mondo**. At that time, and indeed until fairly recently when a group of flagship enterprises moved into the area, drawing traffic out of the Mackay Street core of Beechwood Village, the Putman/Marier end of the street had very little commercial activity, so launching the new business was particularly challenging.

Clothes Encounters soon outgrew the premises, however, and moved to its present location at 67 Beechwood.

Mari reports that while in the early days, the business was extremely labour intensive, with all the receipts for clothing items being laboriously hand written, the introduction

of computer software for consignment stores has since revolutionized the process. While Monique is now the sole owner of the store, all members of the original team continue to help out with the business, with Mari taking on the accounting tasks while Gillian and Marina periodically lend a hand on sales duty. Many of their earliest customers are every bit as loyal as the founders of the operation, still turning up regularly to check out the bargains and turn over the no-longer-needed items in their wardrobes.

Congratulations to all at Clothes Encounters and best wishes for continuing success in your next quarter century here in the Burgh!

Da Bombe Desserts

A belated welcome and a happy New Year to **Bill Ross** and his wife **Lisa Acreman**, owners of Da Bombe Desserts at 176 Beechwood (next to Gourmet Canada), and new advertisers in the NEN. Readers who have yet to try Da Bombe's sumptuous gourmet desserts should suspend their dietary resolutions (temporarily at least) and treat themselves to one of Bill's delectable mousse cakes (Swiss mocha buzz is in close competition with peanut butter cups on my personal list), or perhaps a mouthwatering cheesecake, tart, pie, ice cream cake or giant cookie. All are made



Photo by Peter Glasgow
Monique Dugas (left), current owner of Clothes Encounters and Marina Pascoe (right), one of the three founding partners who established the business 25 years ago.

right on the premises with the highest quality ingredients from Belgian chocolate to fresh cream, butter and fresh fruits.

If you don't happen to have a sweet tooth (or have more dietary resolve than the rest of us), Da Bombe also offers a range of oven ready meals including lasagna, manicotti, cannelloni and dry rub ribs, as well as focaccia style pizzas, quesadillas, panini grilled sandwiches, salads and of



Photo by Peter Glasgow
Bill Ross and wife Lisa Acreman of Da Bombe Desserts.

course, coffee and tea (both of which are infinitely enhanced by a fresh pastry or a chewy cookie, which you can savour at one of the two small tables in the store.) You can also place advance orders for brunches or children's birthday parties, and in the latter case, you have an almost unlimited menu of ice cream cakes from which to choose. For a com-

plete listing of Bill's extensive dessert repertoire, check out his website at www.dabombe-desserts.ca.

Bill's original intention was to open a restaurant so he set about preparing the ground by acquiring his Chef de Cuisine certification in 1995. Ultimately, however, he launched a wholesale operation selling gourmet desserts to restaurants, stores, golf courses and other businesses. It was on one of his delivery excursions to a regular client in nearby Rockcliffe that Bill spotted Gourmet Canada and dropped in to inquire about their pastry supplier, only to discover that owner, **Sylvie Lauzon**, was thinking about closing the business altogether. After several months of discussions and negotiations, Bill and Sylvie came to a mutually happy arrangement, with Bill acquiring just over half the space, including the kitchen, and Gourmet Canada remaining in the other. All of Bill's culinary creations are prepared

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and Lisa helping out at the end of each day when she returns from her job with the city. Lisa's father **Leo Primeau** and his wife also lend a hand on weekdays. Bill's son takes on the deliveries whenever possible over the weekend. According to Bill, business has picked up each month since they first opened in September, with the holiday season topping off an excellent first quarter.

Mood Moss and Da Bombe Team Up for Valentine's Day Valentine's Day will soon be upon us and if you're looking for the ideal Valentine's package. Da Bombe is teaming up with Mood Moss Flowers to provide a sumptuous oven ready meal for two (including

candles and all the accoutrements) and a glorious flower arrangement to complete the romantic picture. Drop in to find out the details or give Bill a call at 613-741-0044.

Best of luck and best wishes to Bill, Lisa and family, and please keep us posted on your new ideas for spring: rumour has it that "adult" ice cream sundaes may be on the menu!

Canine Touch and Tell: A Remarkable Dog Tale

One of the most charming and faithful clients of canine masseuses **Sandy Benoit** and **Sylvia King** is a spirited golden retriever whose full name is **Cecily Parsley**, a Beatrix Potter-inspired moniker used sparingly by her owners, and only in those moments of high

dudgeon that dog owners know only too well. Cecily, as she generally is known by her family and friends, has been a regular client of Canine Touch and Tell for the past five years, and according to her owner **Tim Loughheed**, she hasn't missed a month of massage throughout that period, often visiting Sandy 3 to 4 times a month to take advantage of her healing touch and appreciative welcome.

According to Tim, "the chemistry between Sandy and Cecily is a joy to behold," and he gives particular credit to the Canine Touch and Tell team for working in a close and complementary way with Cecily's regular vet, who reportedly finds the feedback from the massage sessions (which comes in the form of a detailed top-to-toe report on the animal's lumps and bumps, and aches and pains) extremely useful.

On January 18 of this year, Cecily celebrated her 17th birthday, an estimable age which is literally off the charts in dog years, however you calculate them, and particularly remarkable in the case of a large breed dog like the golden. And just in case you are visualizing a creaky old soul confined to her own back yard, visualize again: though Cecily is of course not immune to some of the scourges of old



Photo by Peter Glasgow

Farzaneh and Mohsen Nojoui, owners of Rockcliffe Photo.

age such as stiffness and declining vision, she is still full of zest for life, taking hour long daily rambles in the park with her younger sister Sunshine (aged 14!) and her well-trained owner/dad Tim.

Throughout her long life she has been an enthusiastic participant in the Loughheeds' outdoor camping and canoeing adventures, and as recently as this past summer, accompanied her family on a canoe trip in Algonquin Park, still ready for action whatever her limitations. Her present level of activity is particularly remarkable in light of the fact that she was severely afflicted with arthritis at the age of 10, and through a combination of acupuncture, medication and regular sessions of massage with Sandy and Sylvia, has regained much of her mobility and love of life.

We send our warmest, if belated birthday wishes to Cecily, and hope that she continues to flourish under the attentive and loving care of her family, friends and extended family at Canine Touch and Tell. And special thanks to Tim Loughheed for his willingness the share the charms, wiles and eccentricities of his remarkable companion with another life long dog enthusiast!

Rockcliffe Photo

When **Mohsen** and **Farzaneh Nojoui** took over as the proprietors of Rockcliffe Photo 12 years ago, the age of digital photography was still in its infancy, and the majority of their clients continued to drop in to have their film developed, as well as to purchase film, batteries, frames and photo

Continued on page 14



Cecily, taken on a canoe trip in Woodland Caribou Provincial Park in Northwestern Ontario.

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Continued from page 13

albums for their prints. In the intervening years, however, the digital age has moved in like a tidal wave, and close to 90% of their customers now have digital cameras and no further need of their film development service.

Many readers, particularly more recent arrivals in the neighbourhood who have not been long time clients of Rockcliffe Photo, may not be aware that the store has made great strides in keeping up with the technological revolution, and adapting its products and services to meet the needs and demands of the digital community. While the Nojournis' regular customers (our family included) have become aware of these changes in the course of our periodic visits, Farzaneh reports that attracting new clients has been a difficult task for their small, family-run local business, particularly when faced with the commercial muscle of the large chains of photographic stores.

Given the convenience of this centrally located store in our community, combined with the extraordinarily hard work which the Nojournis have invested for more than a decade in keeping up the level and quality of their services,

we hope that readers will take advantage of their extensive updated repertoire of products and services, which include the following:

- Prints from digital sources
- Digitized prints on CD or DVD
- Creation of CDs or DVDs from slides
- Making your old movies or pictures into CDs or DVDs (including editing as required)
- Creating prints from prints, slides or negatives
- Sale of cameras (including digital cameras by Minolta, Canon, Olympus and soon Nikon), binoculars, digital accessories (batteries, adapters, digital cards etc.)
- Making colour and black & white copies
- Printing of your digital pictures sent in by E-mail to Rockcliffe Photo. You must specify which files you would like printed and pick up your prints and/or CDs from the store
- Lamination on board
- Frames, albums, folders and camera bags
- Making your own prints
- Minor camera repairs and camera cleaning (including digital cameras)
- Passport photos, where the Nojournis have built up an

NEW EDINBURGH NEWS

encyclopedic knowledge of the exact specifications for passport photos not only for Canadian government purposes, but also for most of the foreign embassies, many of whom send their nationals there for this purpose.

If you're new to the Burgh or haven't been by Rockcliffe Photo for some time, drop into



The WORKS manager Rosemary O'Neill and a restaurant patron.

the store at 18 Beechwood Avenue, or give Mohsen and Farzaneh a call at 613-747-6259 to inquire about many new products and services. We wish a very happy and prosperous New Year to the Nojournis and their amazingly hard-working and efficient son Surouss, who frequently helps out at the store when his busy school and soccer schedules permit.

The Works: 24 Hour Celebration of Life

In mid-January our well known local gourmet burger establishment, The Works at Putman and Beechwood, celebrated its 5th anniversary and the opening of its newest location at 65 Stonehaven Drive (at Eagleson) in Kanata, with a 24-Hour Free Burger

Fundraiser for the **Ottawa Regional Cancer Foundation**. From 9:00 pm. on Sunday, January 14 to 9:00 pm on Monday, January 15, patrons at all of its five locations were treated to one of the Works' 10 best selling burgers, plus soft drinks and a side dish, free in exchange for a donation towards cancer research.

The Works founding owner **Ion Aimers** had a powerful personal reason for organizing the fundraiser. His beloved sister, Elizabeth, recently died of cancer. Ion set himself an ambitious target of raising \$100,000 to help fight the disease here in Ottawa. In addition to the day long Free Burger celebration, the Works launched a new "Guardian Angel Burger" which Elizabeth helped to create. Throughout 2007, a dollar of the proceeds from the sale of each Guardian Angel burger (a delectable combination of caramelized onions, avocado and havarti cheese) will be donated to the Ottawa Regional Cancer Foundation. So the next time you're at the Works, try one and help out a worthy cause while you get your burger fix.

Our sincere condolences to Ion and his family on the loss of Elizabeth, and our best wishes for great success in your campaign to support the battle against this extraordinarily destructive disease.

Dennis Brunton, One-on-One Dog Trainer

A warm welcome to new (or more accurately, returning) advertiser **Dennis Brunton**, a dog trainer with thirty years of professional experience to his credit, and a wealth of knowledge about virtually all aspects of dog ownership, from the gamut of canine behaviour issues to dogs' regular require-

ments for food, exercise and play. Dennis is the founder and former chief instructor of the Northwest Dog Training Academy in British Columbia, and creator of the Canine Concept programme, a step-by-step dog training approach using a careful balance of praise and correction based on a thorough assessment of each individual dog, taking into account its temperament, ancestry, instincts and family environment.

For the past four years, Dennis has worked extensively with the diplomatic and corporate executive communities in the greater Rockcliffe Park area, providing regular dog training and exercise in households where free time to deal with Fido's daily needs is in short supply. With the assistance of co-trainer **Jill Vyse**, Dennis offers a range of approaches to training depending on the circumstances of the particular household, and often begins by taking on the training responsibilities himself when the families have other pressing priorities. Thereafter, once the dog has mastered the abc's of manageable behaviour, Dennis may teach the requisite dog handling skills to the family of the animal, or in the case of some embassies, to the staff who will be taking on the dog care duties. In the case of families with more time and inclination to be part of the process from the outset, Dennis and/or Jill start from scratch, training the dog and its handlers simultaneously.

Most of us who own dogs are all too familiar with the litany of behavioural issues that Dennis and Jill address on a regular basis, ranging from poor recall to jumping up on visitors, pulling on leash, digging, jumping fences, barking,



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Dennis Brunton and client.

aggression towards people or other animals, raiding the garbage or simply "attitude" problems as basic as paying no attention to the entreaties of the owner (imagine!). As a result of his long experience in the dog world, Dennis is also extraordinarily helpful in sorting out problems arising from the dynamics among dogs in a multi-dog household, which in our case reached a fever pitch when we introduced a pushy new puppy into the lives of two quiet, recessive older males.

Readers who think they might be interested in having an experienced helping hand to assist with their particular dog training and/or exercise requirements on an individual, one-on-one basis should feel free to give Dennis a call at **613-830-6690 #2**.

Post Script: Those readers who paid particularly close attention to our previous profile of Dennis' business in an NEN issue several years ago may remember that he is also a talented singer who has recently broadened his repertoire to include everything from Celtic and classic rock to songs of the 40's, 50's and 60's. We wish him well with his plans to team up with a range of instrumental accompanists to offer his musical services for parties, weddings, anniversaries and special events of all kinds.

The Beauty's Edge: A Detoxification Protocol

Many readers may have taken note of the alarming levels of

toxic residues discovered recently in a test of five of our Members of Parliament, with Toronto Liberal John Godfrey reportedly leading the pack with the highest levels in the group. Sadly, the rest of us are unlikely to have fared much better in a test of this kind, as it is widely recognized that we are exposed to literally thousands of toxic chemicals on a regular basis. Current estimates suggest that there are upwards of 100,000 toxic chemicals in our environment, about one quarter of which are known carcinogens.

Under the circumstances, it is no surprise that an increasing number of detoxifying diets, supplements and therapies are emerging on the market, several of which form part of the detoxification package which is one important element of **Helena Rego's** seven step protocol for achieving and maintaining good health. Some readers may recall that in a previous issue we profiled Helena's business, *The Beauty's Edge*, which provides more than simply the basic repertoire of esthetics treatments (though these too are offered), but also advice and products relating to overall good health. In particular, the maintenance of a healthy balance between the acidity and alkalinity of our bodies, known as the pH balance is explored in depth.

The first of these detoxification methods is a dietary supplement called *Natural Cellular Defense*, a product which first came on to the market in 2005. Natural Cellular Defense is composed of zeolites which are volcanic minerals consisting of a unique and complex cellular structure with a honeycomb of cavities and channels. Because zeolites are one of the few negatively charged minerals, they are thought to act as magnets, drawing toxic heavy metals such as mercury, cadmium, lead, arsenic, aluminum and excess iron into these cage-like

NEW EDINBURGH NEWS

cell structures, and removing them from the body.

The zeolite product is also reputed to reduce the absorption of nitrosamines (typically found in processed meats) which have been linked to pancreatic, stomach and colon cancers, capturing these chemicals before they are digested. Since pesticides and herbicides have negative or neutral charges, the zeolites are not able to eliminate them directly, but by greatly reducing the

toxic load on the liver, they can facilitate the body's natural means of getting rid of these residues through a process called liver glucuronidation. Because the zeolites' honeycomb cell structure can also trap and remove viral particles, Natural Cellular Defense is also considered an effective natural preventative of colds and flu.

Helena's second detoxification therapy, perhaps better suited to those who find it dif-

ficult to stick with a regular régime of supplements, is the *Aqua Chi Ionic Detoxification Foot Bath*. This involves the use of a hydrotherapy device that produces a bio-electric charge which disperses throughout the water in the foot bath, thereby creating negative ions which are equivalent to those found in the hot springs and other naturally charged water sources.

Continued on page 16

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Continued from page 15

The bath therapy has been used for all manner of afflictions for centuries. Among the results of this detoxifying treatment as reported by Helena's clients (apart from the relaxing effects of the foot bath), are: greatly enhanced energy levels; reduced inflammation and recovery time; better sleeping patterns; and improved immune function.

The third and final element in the detox package offered by The Beauty's Edge has the significant esthetic benefit of reducing cellulite deposits in the body which thrives in the toxic environment many of us unwittingly provide. *Ionithermie treatments* involve the use of two kinds of electrical stimulation (known as galvanic and faradic) along with micronized algae to promote detoxification and supports cellular function. The first method uses a conductive thermal aroma clay which transmits warmth and the second method involves electrical stimulation over the whole area. Also, there is a range of products from Les Complexes Biotechniques which contain active ingredients such as ivy, seaweed and amino acids to break down and disperse cellulite wastes. For more details about the process and its potential detoxifying benefits to reduce cellulite build up and improve muscle tone, give Helena a call at 613-447-7750.

Detoxification is only one of Helena's 7 step protocol for general health. The others include:

- Drinking lots of good water (i.e. water with a pH level of 7.5 or higher), a level which can be measured using pH strips available at health food stores or at the

Beauty's Edge);

- Maintaining a balanced diet with a ratio of alkaline to acidic foods and beverages of as close to 70:30 as you can get. However, this ratio entails going much lighter on some of our favourite pleasures such as caffeine, sugar, soft drinks, alcohol, most meats and pasteurized dairy products, and turning to alternatives such as fruits, veggies, fruit juices and tofu for the bulk of our nutritional requirements);
- Getting regular exercise, with a special emphasis on walking whenever and wherever possible;
- Adding regular supplements to your daily diet;
- Maintaining regular sleeping habits (and avoiding the modern scourge of chronic sleep deprivation); and
- Cleansing our bodies on a regular basis to prevent the build up of toxic residues and restore the alkaline/acid balance (pH level) which is thought to be essential to good health.

Burgh Business Bits

Lester's Barber Shop: Welcome Home Lester and Greetings to Shabnam

By now most readers are well aware that Lester has returned from his travels to take up his accustomed post at 13 Beechwood. His wife Shabnam arrived shortly before Christmas to begin her new life in Canada, and we wish her a very warm welcome and not too harsh a winter (as I write in balmy early January, where hope seems quite likely to materialize, though anything can happen on our current climate rollercoaster!)

As we reported earlier, Lester visited Istanbul in his recent travels and has kindly agreed

to share his observations about that intriguing city in our April issue.

New Edinburgh Spa

Vesna Pavec and her team at the New Edinburgh Spa are delighted to report the recent arrival of **Terri**, a local hair stylist, who has moved from her former location at the now closed Rendez-Vous Hairstyling and Esthetics on Beechwood down the street, to the Spa at 131 Crichton.

La Boulangerie du Village

We bid farewell to **Mai Nguyen** and her team at La Boulangerie du Village at 82 Beechwood Avenue. In the weeks before Christmas, Mai and her co-workers closed down the store and packed up their belongings. While we are not certain of Mai's future plans, we understand that she had been considering a move back to Montreal, and we wish her the best of luck in her future endeavours.

Coming Soon: Celadon Salon and Spa

Morna Paterson, a manager at the National Research Council, and her daughter-in-law **Eunan Jung (Patty)**, an experienced esthetician, are actively planning their new venture, the Celadon Salon and Spa, which is scheduled to open its doors at Rockcliffe Crossing in March 2007. As most readers will have noticed, the plaza is currently undergoing major renovations, and construction of the 1500 square foot space which the salon will inhabit was begun in January. Watch for more details about Celadon's products and services (to include medical anti-aging treatments) in our next issue.

Dog Day Afternoon

Canine Recreology

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Community & Family Events

By Brian Torrie

Since our President, **Penney Place** is away volunteering in Africa until the spring, I am filling in during her absence. My main responsibilities include writing this piece for the News and making sure our monthly meetings end before midnight. So far so good.

We just finished off a busy year that included managing the Stanley Park Fieldhouse and Rink and a number of community events – including the Plant Sale, Community Picnic, Garage Sale, and renewed Halloween Howl. Thanks to all our volunteers and participants for making these events a success.

Now that we finally have snow, the rink by the Fieldhouse is in full operation. Hours have been posted here in the News and at the rink. On January 27, we celebrated the arrival of winter with the New



New Edinburgh Rink Schedule 2006/2007

MONDAY	CLOSED
TUESDAY	5 - 9 pm
WEDNESDAY	5 - 9 pm
THURSDAY	5 - 9 pm
FRIDAY	4 - 10 pm
SATURDAY	11 - 9 pm
SUNDAY	11 - 6 pm

Edinburgh Winter Carnival. Thanks to **Joseph Cull** for leading the organization of this annual event.

For the rest of 2007, the 3Cs is moving forward with our usual events and a few new

ones. In May, we hope to organize a special event in support of the National Capital Marathon runners who are expected to make their way through the Burgh. It should be lots of early morning fun -- more information will be forthcoming closer to race day.

Another important initiative this year is a proposed addition to the Stanley Park Playground. We now have a proposal to add a structure to the current park. You can learn more about the proposal and provide your views on the Burgh web site (www.newed-inburgh.ca). Information is also posted at the Fieldhouse. We hope to secure funding and submit a final proposal to the city this spring.

Our next meeting will take place on Monday, February 12 at 7:30 pm at the Fieldhouse. New members are always welcome.



The Hardy Boys, Roger and son Ryan (above) - without them there would be no Ice. Dame Jill and her Lady in Waiting Melody (pictured below) helped keep the kitchen running smoothly with Joyce Dubuc and Mohamed Docrat.



Sponsor Pauline Bogue with the winners of the Bubble Gum Bubble Competition (above). Winners of the Adult Wig Waddle Relay (below). Event goers enjoy a sleigh ride (centre).

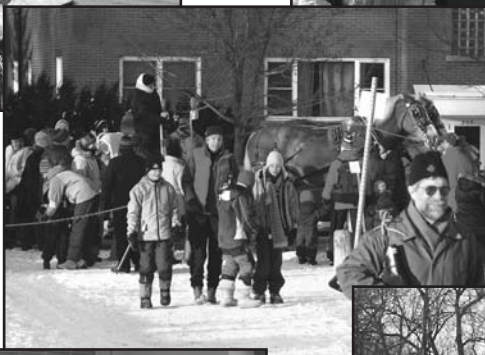


Photo of sleigh ride by Mike Iles. Other photos by roving burgh photographer Ian Engelberg.

Winter Carnival 2007: The Crichton Community Council's Annual Winter Carnival enjoyed great winter weather -- and lots of fun -- on January 27th. Burghers enjoyed wig races, jelly bean counting, hot dogs, hot chocolate and much more. A special thanks to Joseph Cull who organized the event, Roger and Ryan Hardy for getting the ice ready, Pauline Bogue and Catherine Bell for sponsoring the sleigh rides and to the New Edinburgh Pub for their continuing supply of hot chocolate. A final thanks to everyone who came out to celebrate our community!

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Community Council



**MANOR PARK
PLAYSCHOOL**

Manor Park Fieldhouse, 100 Thornwood Road

The Park Playschool is welcoming children ages 2½ to 5 years to its Preschool and Kindergarten Companion programs.

The Kindergarten Companion program is available mornings and afternoons. The Preschool program continues on weekday mornings.

Register Today!

For more information please call (613) 741-4776 or email us at mpcc@manorpark.ca



— by Ethel Sivyer Proulx —

More Winter in the Burgh

This article is reprinted from Ethel Sivyer Proulx's second book entitled *More Memories of the Burgh*.

homes, and then they stay at school for lunch.

When I was in school, we

so we would keep warm? Our parents used to have to get up a few times in the night and put on more coal.

And do you remember the coal truck coming to our house, and the coal in the chute going down to the basement? We would watch the coal going down and making a big pile in the basement. As well, we always had loads of wood come to the house. Our fathers would chop it to make kindling. And look how easy life is today - a



Courtesy of Archives Ontario
Boy shoveling snow (circa 1905). Some things don't change...

After each winter snowstorm, especially those that leave high snow banks, I am reminded of the winters we had years ago. Do you remember the fun we used to have walking on top of the snow banks on our way to school? The only time we would get down was to fight with the other school kids passing by. The corner of Dufferin Road and MacKay Street was known as the fight corner for the English, French and German kids on their way to school. Then, after school, everyone would play together and be best of friends!

Remember those long walks to school in Lower Town? Crossing that St. Patrick Street bridge in the middle of winter was just like being in the North Pole. Not only did we cross every morning and afternoon, but we also came home for lunch. It sure was a lot of walking. Some of the kids tried to cross the river, thinking that it was a short cut and warmer, but when that cold wind would blow, it didn't really matter where you were.

The kids today are lucky. Most of them go to school by bus that picks them up at certain corners near their

wore dresses a bit past our knees, or a skirt and blouse. The boys wore slacks and shirts. We never had jeans; they were just worn on the farm.

Remember when we had to help bring up the coal and wood from the basement to keep the fires going all night



Washing and wringing the clothes was hard work!

touch of the thermostat and you have as much heat as you want.

What about wash days? Remember the old wringer washing machines? You had to fill the washing machine with water, and fill a tub for rinsing the clothes.

Remember putting the "blue" in the rinse water? You had to take the clothes out of the water and pass them through the wringer, watching that your fingers didn't get caught up with the clothes. Now, with the touch of a button, the water comes in and your clothes are washed and rinsed automatically. All you do is throw the clothes in the washer, then after they're clean, into the dryer. Wonderful! No more going out in the cold to hang clothes on the line.

Life sure is easy today.

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CCCC Office

Joanne Hughes
Community Facilitator
#307-200 Crichton Street
Ottawa, Ontario K1M 1W2
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.

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.



St Lawrence Shakespeare Festival Auditions at CCCC

As we enter our 5th anniversary season, we are thrilled to announce that we are expanding the season to two shows, giving you double the opportunity to experience professional theatre on the banks of the St. Lawrence River. And what better way to launch this exciting new chapter in our history than by choosing to share with you two of Shakespeare's best known plays; the magical *A Midsummer Night's Dream*

and the world's most famous love story, *Romeo and Juliet*.

We are now accepting submissions for casting in its 2007 season. All actors will be cross-cast in both *A Midsummer Night's Dream* and *Romeo and Juliet*. Contract dates will be from June 11 - August 11.

We welcome submissions from actors of any ethnicity for the following roles:

- Juliet / First Fairy & Peaseblossom
- Capulet / Philostrate & Snout
- Friar Lawrence / Egeus & Snug

Please email your resume and headshot together with a cover letter indicating which city you would like to audition in to: slsfauditions@gmail.com.

Auditions will take place in Ottawa on Friday February 16th (12:00-4:00 pm) at the Crichton Cultural Community Centre.

For more information on the Festival, please visit www.stlawrenceshakespeare.ca.

CCCC Update

Looking Forward to Clearing the Air in Spring 2007

Like every other institution, business, family or individual, the CCCC looks back over the past year with mixed emotions and, in our case, a mixture of pride in the Centre's many accomplishments in 2006, and regret at opportunities lost and challenges remaining to be overcome. As most readers are aware, the Lumière Festival in August 2006 was an extraordinary success, attracting a crowd of well over 8000 people from throughout the region, as well as tourists from

much farther afield. Plans for the 2007 Festival are already well advanced, and a growing number of volunteers from throughout the City have come forward to assist with preparations for the event.

The Centre's repertoire of programme activities has continued to expand and diversify, attracting a significant increase in participation over previous years (including an enthusiastic group of 4-legged participants in the dog training courses offered each week!) More and more members of the community are discovering the attractions of using the Centre for everything from parties to exhibits, to photo shoots and concerts. And while our renovations were halted when TSOD management inexplicably refused to consent to the City issuing a building permit for the Centre, we have moved ahead with significant upgrades to our space, enhancing both its attractiveness and its utility as a venue for community, arts and cultural activities.

It is, of course, no secret that the Centre has continued to struggle with a multitude of contractual and operational issues in its relations with the management of The School of Dance (TSOD). Many of these were mentioned in our last Update in December, and some, such as our continuing

lack of access to the Dufferin Stairwell and Dufferin entrance, have been major impediments to meeting our objectives as a community and cultural hub.

As we head into the spring of 2007, we look forward to having these issues come to a head in May when the Court is scheduled to consider and decide two crucial questions: first, what is the scope and nature of the CCCC's interest in the building, and secondly, can the building be sold, with or without the Centre remaining in it. In the interim, we are working our way through arbitration, while our wonderful legal team at McCarthy Tétrault is working its way through the discovery process and preparing for our court case in May.

While the date of our Annual General Meeting has not yet been set, it is probable that the meeting will take place in April, and we urge readers to watch for notices in the community, and to come out and join us to show your support for the Centre as we approach this watershed in our development. Thanks to community interest and support in the past, we have managed to stay in the game, and to thrive and grow despite the obstacles. As we face these critical court decisions, we will need to draw on that support more than ever.

CRICHTON CULTURAL COMMUNITY CENTRE BOARD OF DIRECTORS

Jennifer Barbarie, ad hoc	jennifer.barbarie@international.gc.ca
Carol Burchill	cburchill@webmaker.com
Colin Goodfellow	colingoodfellow@yahoo.ca
Ellen Goodman	ellen_goodman@ocdsb.edu.on.ca
Marion Haunton	hauntonm@dfo-mpo.gc.ca
Jane Heintzman, Secretary	janeheintzman@hotmail.com
John Jarrett	johnjarrett812@hotmail.com
Alex MacDonald	alex.macdonald@rogers.com
Vicki Metcalfe, Treasurer	46metcalfe@sympatico.ca
Bethann Robin	Bethann.Robin@ccra-adrc.gc.ca
Johan Rudnick, Chair	rudnick.johan@ic.gc.ca
Carol West	cwest@cscb.ca

Ex Officio:

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

To contact CCCC Board call 745-CRIC (2742)

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

Health & Wellness

CARDIO KICKBOXING

Carolle Laliberté
(613) 263-0539
musgrove.laliberte@videotron.ca
Mondays & Wednesdays
6:00-7:00 pm
24 classes (twice/week) \$170;
12 classes (once/week) \$100;
Drop-ins \$9/class
This kickboxing inspired cardio workout will strengthen and tone muscles while burning fat. You will also benefit from improved flexibility, higher energy levels, greater aerobic capacity and reduced stress. Suitable for beginner to intermediate, ages 15 to a fit 60+.

FITMOM POST NATAL FITNESS
Cassandra Mactavish
613-884-7800
www.fitmomcanada.com
Thursdays, 11:15 am -12:15pm
\$168+GST for 12 sessions (rolling admission)
Come & try out a class for free!
All FITMOM + Baby™ classes include exercises to target all the major muscle groups. Each class concludes with a baby activity that changes weekly. In the course of the session participants will be able to address concerns about postnatal fitness and will receive handouts on relative topics for their interest.

YENGAR YOGA
Barbara Young
(613) 728-8647
b-young@rogers.com
Tuesday, 6:00 - 7:30 pm
Level 1
Tuesday, 7:30 - 9:00 pm
Levels 2 & 3
Thursday, 9:00 - 10:30 am
Gentle
Iyengar yoga teaches postures, or asanas, that bring flexibility, strength and endurance. Awareness deepens as students learn to practice with precision and subtlety, but even beginners can taste the well-being and stillness that yoga brings. Classes build over time, and so no two are the same.

KUNDALINI YOGA
John Yazbeck
(613)747-8111
john.yazbeck@sympatico.ca
Monday, 7:30 - 9:00 pm
Flex, stretch, connect, focus and relax. The benefits of Yoga are well documented and well known. Dynamic exercises combined with relaxation and meditation techniques help you:
• create a calm mind and stay centered in the midst of chaos
• increase concentration and focus
• develop a more powerful and resilient body, less susceptible to strain, weight gain and injury

Early Bird Work-Out
Louise Lettstrom-Hannant
(613) 747-1514 and Sharon Collins
(613) 816-4307
Monday, Tuesday, Thursday, Friday 7:30 - 8:30am
1 class/week \$95
2 classes/week \$180
3 classes/week \$260
4 classes/week \$335

In class we will work on gaining strength in our core muscles including abdominal and oblique using basic pilates technique and practicing balance. Sharon leads a multi-level 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 balls or yoga balls. The class will end with a complete stretch, leaving you relaxed and rejuvenated!

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(613) 816-4307
Monday, Tuesday, Thursday, Friday 7:30 - 8:30am
1 class/week \$95
2 classes/week \$180
3 classes/week \$260

4 classes/week \$335
A dynamic warm up followed by 20 minutes of cardiovascular work. 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 leave you fit and focused to face the day.

PILATES MAT CLASSES
Gaby Lefebvre
(613) 830-6495
gaby.lefebvre@yahoo.com
Thursdays 11:00 am-noon,
\$90 for 8 week session
Sign up now for Spring 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.

THE FELDENKRAIS® METHOD
Jill Ogilvie
(613) 742-8262
Mondays 11:00 -12:00 pm,
Wednesdays 6:00-7:00 pm
Sign up now for Spring classes.
\$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

Crichton Cultural Community Centre Programs Winter 2006/2007

• build confidence and a positive self-image
• reduce stress and fatigue
• have fun!

PILATES MAT CLASSES
Gaby Lefebvre
(613) 830-6495
gaby.lefebvre@yahoo.com
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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

BOLIVIAN DANCE
Carole Ouellette
(613) 837-0058
co@maqex.com
Introductory class: Sunday
February 4th (2:00-4:00 pm) - *FREE*
Sunday February 11, 18;
March 4, 18; April 1, 15, 29
(2:00-4:00 pm) - \$6/class
Come and experience the wonderful culture of Bolivia through dance and music. Join the newly formed Canadian Bolivian Association and help promote Bolivian culture to the Ottawa region. The Association invites anyone interested in learning Bolivian Dance to a free Introductory session on Sunday, February 4, from 2:00 pm to 4:00 pm.

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

KATHARINE ROBINSON SCHOOL OF HIGHLAND DANCING
Katharine Robinson, Director
(613) 733-2206
Wednesdays 7:00-9:00 pm
Saturdays 8:30 - 10:00 am
Saturdays 11:00 -2:00 pm
The Katharine Robinson School of Highland Dancing offers classes in highland dancing, a traditional Scottish

dance form. The school has several professionally qualified teachers, who train both recreational and competitive dancers of all ages. Depending on their interests and goals, dancers are prepared for annual examinations of the B.A.T.D., competition, choreography and performance.

Music & 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.

OYA: AN IMPROVISATIONAL CHOIR - *NEW**
Maura Volante, 613-277-9208
Tuesday 7:00-9:00 pm
\$20/month (come try it out first for free)
In this choir we are exploring vocal improvisation, shaping this material into improvisational compositions which we will perform when we are ready. No audition required. We accommodate all levels of ability, both in singing and in improvisation skills. The only requirement is to be willing to experiment, learn by ear and commit to weekly practices.

VOICE AND PRESENTATION COACHING
Sylvia Larrass
613-447-6428,
sylvia@sylvialarrass.com
Singing for all Ages
Explore your voice creatively and safely through various music genres. Write your own songs! Group and individual lessons are available. \$40.00/hour for individual lessons, group lessons are \$20.00/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).

JUNGLE PARTY - Sign up now for Spring session - *NEW**
Amanda DeGrace
(613) 746-1415
degrace.energetics@sympatico.ca
Tuesday 2:00-3:00 pm
(April 4- June 20)
12 week session/\$90

Visual Arts

FIGURE PAINTING AND DRAWING
John Jarrett
613-594-0182
johnjarrett812@hotmail.com
Wednesdays 9:30 am-12:30 pm
\$40 for six classes
In this workshop the model will sustain a pose over two sessions for a total of six hours. This will permit participants to complete a painting or to do a number of sketches or drawings.

Children

Little Rama Lotus Series - Sign up now for Spring session - *NEW**
Amanda DeGrace
(613)746-1415
degrace.energetics@sympatico.ca
12 week sessions/\$90

Safety

INFANT & CHILD CPR (Level 'F')
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:
• Recognition of heart attack and respiratory arrest
• Definition of CPR
• Performing CPR on infants, children and adults (one-rescuer)
• Clearing airway obstructions in children, infants and adults (choking)
• Barrier Devices
• Prevention of childhood injuries
• Safe and healthy lifestyles
• Signs and symptoms of Heart attack and stroke

Babes in arms are welcome to attend the course.

Safety Courses
Amanda DeGrace
(613) 746-1415
degrace.energetics@sympatico.ca
Safe Parenting: Infant & Child
\$30 per person
Sunday March 11
1:00 - 4:00 pm
This course details infant artificial respiration, CPR, choking, bone injuries and breaks, head injuries and is recommended for all parents, ECE, child care providers, grandparents and anyone else who comes in contact with infants! We will also look at household safety tips to keep your infant safe!

Baby-Sitters Training Course
\$50 per person
Sunday April 1
9:00 - 4:00 pm
This course will enhance the students learning skills and teach them hands on knowledge in dealing with children of all ages, basic first aid safety, emergency situations, preparing for the job, meal preparation and MUCH MORE! Students will receive a certificate upon successful course completion. Please note that candidates must be at least 12 years of age to baby-sit, however those who are 11 may attend the course if their birthday is within 6 months of the course date. Registration is on a first come, first serve basis! Numbers are limited!

Standard First Aid & CPR 'C' Training for Older Children and Young Teens!
Recommended for ages 12-15
\$120 per person
Monday March 12, Tuesday March 13 9:00 am - 5:00 pm
Wednesday March 14 9:00 am -12:00 pm
This course will cover all content required for certification with the Lifesaving Society, certification will be granted upon successful course completion. This course is a required certification for all lifeguards, recreation and fitness staff, team coaches and other employment opportunities. CPR and choking skills will be covered in depth for infants, children and adults.
Content also includes first aid legalities, self protection, burns, bites, breaks, spinal

Canine

CANINE OBEDIENCE CLASSES
Chantal Mills
613-296-dog-e (3643),
dog_trainer@rogers.com,
www.ottawak9school.com
Basic Canine Obedience
Sundays, 5:00 - 6:00 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!"
Private classes available
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.

Bolivian Dance classes at CCCC – Come Try an Introductory Class!
Known as one the oldest complex societies in the Americas, Bolivian culture has music and dance traditions that reach back 5,000 years. Traditionally, Bolivian dancing from the dance experience of Iana and Camila who form part of the Montreal Dance Troop K o r y Waynas and also dance for cultural events in the O t t a w a region as the duet "Las Imillitas".
Introductory class:
Sunday February 4 (2:00-4:00 pm) - FREE
Sunday February 11, 18; March 4, 18; April 1, 15, 29 (2:00-4:00 pm) - \$6/class
For more information please contact Carole Ouellette (613) 837-0058 co@maqex.com.

Agility Training
Sundays, 6:15 - 7:15 pm
Gymnastics for your dog!
Agility training is fun, both for the human and the canine participant. Obstacles include the tunnel, teeter, chute, tire jump and the A frame.



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

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

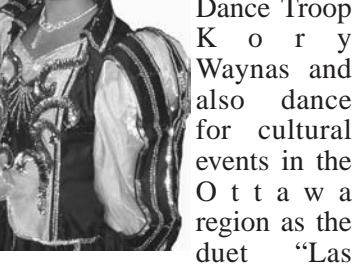
Agility Training
Sundays, 6:15 - 7:15 pm
Gymnastics for your dog!
Agility training is fun, both for the human and the canine participant. Obstacles include the tunnel, teeter, chute, tire jump and the A frame.

Bolivian Dance classes at CCCC – Come Try an Introductory Class!

Known as one the oldest complex societies in the Americas, Bolivian culture has music and dance traditions that reach back 5,000 years. Traditionally, Bolivian dancing from the dance experience of Iana and Camila who form part of the Montreal Dance Troop K o r y Waynas and also dance for cultural events in the O t t a w a region as the duet "Las Imillitas".

Introductory class:
Sunday February 4 (2:00-4:00 pm) - FREE
Sunday February 11, 18; March 4, 18; April 1, 15, 29 (2:00-4:00 pm) - \$6/class

For more information please contact Carole Ouellette (613) 837-0058 co@maqex.com.



Agility Training
Sundays, 6:15 - 7:15 pm
Gymnastics for your dog!
Agility training is fun, both for the human and the canine participant. Obstacles include the tunnel, teeter, chute, tire jump and the A frame.

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Puppy Kindergarten
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The first 6 months are crucial! Your puppy must build confidence and learn that the outside world is not a scary place.

Oya: An Improvisational Choir Starts at Crichton Cultural Community Centre

Oya, founded by Maura Volante, a small but dedicated choir exploring vocal improvisation, are excited about moving to the Crichton Cultural Community Centre where they hope to find new members in this community.

Maura Volante has been performing, composing and teaching vocal music for over twenty years. As well as performing extensively as a soloist, she has been part of many choirs, ensembles and collaborative projects.

Maura is a versatile singer, with a specialty in folk music, both traditional and contemporary. She sees herself as a community developer, using various formats to build community connections through shared singing.

Maura studied music at Simon Fraser University's School for the Contemporary Arts, graduating with a Bachelor of Education in 1996.

Currently, Maura is building a vocal and guitar performance ensemble which will be ready to perform later this year. Her own songs run the

gamut from simple folk tunes to complex art songs. Most of her tunes follow familiar patterns - swing, waltz and lyrical ballad forms - but often there will be an odd, unexpected chord change or a section in a completely different feel from



Maura Volante, founder of the Oya Improvisational Choir.

the rest. Her lyrics address topics such as food, politics, love, spirit and other basic human interests. She has also written many songs for younger audiences.

When not performing her

own songs, Maura usually chooses material by people who are no longer with us. She loves the ancient ballads of the British Isles. But she is also interested in preserving the legacy of more recently departed songwriters such as Malvina Reynolds, Wade Hemsworth and Phil Ochs.

Maura's concerts are always full of opportunities for the audience to sing, and one form this takes is through improvisational pieces in which Maura teaches sections of the audience repeating patterns which layer upon each other to create a whole.

Her past performances have included *Homelessness Conference 2003*, *Ottawa Social Forum 2003*, *CityFest (Vancouver) 1996-1999*, *The Counting Game 1995*, *Emily Carr School of Art and Design 1986*, *Western Front Arts Space 1985, 1987*, *Vancouver Folk Song Society 1973-1999*

Join Maura and the Oya Choir on Tuesday nights (7:00-9:00 pm) at the CCCC.

Call 613-277-9208 for more information.

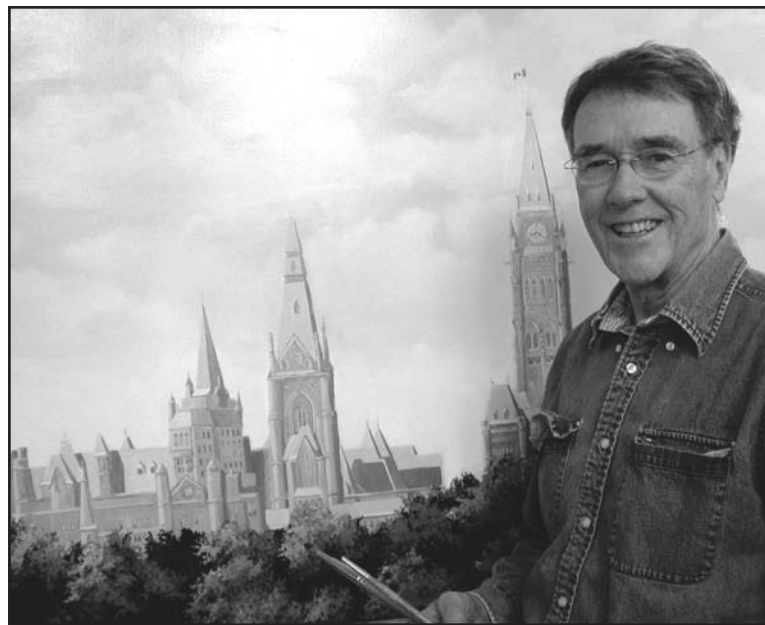
In the Works at MainWorks

All MainWorks members would like to take this opportunity to wish everyone a happy and a healthy New Year!

Please note that Anne Alcorn will be showing several new works at Cube Gallery as part

During the last thirteen years of his career he served as a Superintendent with the Board.

Following retirement John registered in the Diploma Program at the Ottawa School of Art. Here he spent three



John Jarrett is a long-time member of the MainWorks Artists Cooperative. He is seen here with his painting of Ottawa's Parliament building.

of the "Canadiana" Show Feb. 2-25th. The gallery is located at 7 Hamilton St. N. Ottawa.

It is with great pleasure we would like to introduce you to this month's featured artist, long time MainWorks member, John Jarrett.

John Jarrett

John Jarrett was born in Ottawa, grew up in the Glebe and now lives in Old Ottawa East. John's love of the city and its environs is reflected in his paintings of landscapes in and around the city. The Gatineau Hills and the older neighbourhoods of the city have a special appeal for him. He also does house portraits on commission.

John was in education before he retired. His teaching career included five years at Rockcliffe Park Public School. He also taught in Northern Ontario and in England. He went on to become a middle school principal with the Carleton Board of Education.

happy years studying art. During this period he served on the Board of the OSA.

John has been a member of the MainWorks Artists Co op for over fifteen years...the past six of which have been at the Crichton Cultural Community Centre. He knows he is fortunate to have such wonderful studio space in such a good location. John has had two solo shows of his paintings and has exhibited at many group shows including MainWorks' annual Open House.

John organizes a figure painting and drawing workshop that is held weekly in Room 307 at Crichton. In this workshop the model sustains a pose over two sessions for a total of six hours. This permits participants time to complete a painting or do a number of sketches or drawings.

For more information about John's paintings or the workshop, please contact John Jarrett at 594-0182.



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Tao for Women Workshop at the CCCC

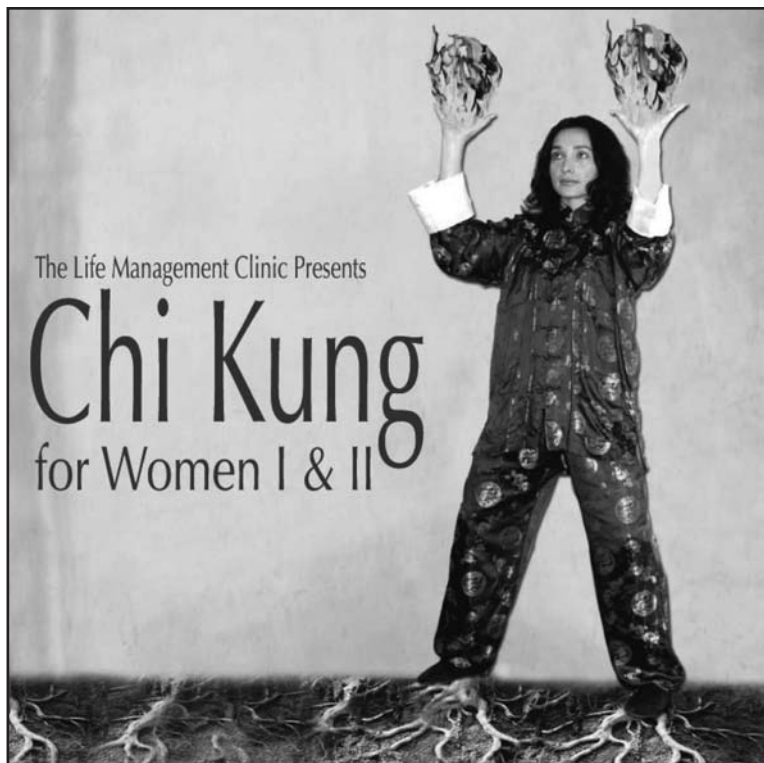
Irina Benoit has been an instructor of Tai Chi\Chi Kung for over 20 years. Irina trained in China and is the Russia Gold Medal Champion in Tai Chi and Russia Silver Medal Champion in Tai Shi with sword. She is a Master of Clinical Hypnotherapy, Reiki Master\Teacher, Initiated Ritual Master\Guide and Biotechnologist Engineer.

Irina believes that to be a successful woman in the modern world is to become aggressive, dominating, and extraverted and to keep up with the high stress level both at work and at home.

In her workshop, Irina examines what women lose at work, in sports, in the family and also in sex and how much we lose by not paying enough attention to some of the feminine qualities of love and compassion, stillness and quietness? How much of women's true sexuality is being locked out, taking them away from happy, fulfilling lives?

The media, commercials and society have created an image of what women should look like; the size and weight of their bodies, and how women have to feel and behave.

Irina explores how women can be trapped in their fears of



not being able to match the expectations of others - partners, bosses, children and parents. Often, social and religious taboos have separated women from their own feminine power, the source of creativity and healings that resides deep within every woman.

This workshop will show women that it is never too late to unfold the true potential of female sexuality, whether they

are living in a great relationship with their partner, just divorced, just becoming a mother or recovering from abuse or betrayal.

The ancient teaching of Tao for Women helps many women to get in touch with the Healing Feminine Power that sleeps within them. It teaches how to restore natural balance of the Female (Yin) and Male (Yang) energies within their bodies, using effective tech-

niques of breathing, relaxation and mental focus known as Chi Kung. The closest translation of Chinese words for Chi Kung is "mastering the inner work with the Life Force Energy".

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- seal the energy within the body
- be in control of orgasmic energy

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Check the website www.newlifemanagementclinic.com.

Amanda DeGrace; Bringing Children's Fitness & Safety to the CCCC

Amanda DeGrace has been actively involved in fitness and aquatics for over ten years. Over the last few years she has taken a strong interest in holistic personal development, helping people become more active and lead healthier lifestyles.

Amanda has presented at numerous fitness and instructor training workshops and at health and wellness conferences. She currently works as a childcare provider for four young girls and in the fitness industry throughout Eastern Ontario, training and providing quality educational opportunities.

Most recently, Amanda is offering a wide range of health, safety and children's fitness programs at the Crichton Cultural Community Centre:

Walk this Weigh - a progres-



sive walking fitness program for adults.

Little Rama Lotus Series - Little Lotus Yoga practices fun and healthy development movement classes based on yoga poses and breathing exercises. (ages 2-9)

Jungle Party - Interactive play

for 4 & 5 year olds incorporating gross and fine motor skills, balance, coordination, and promoting physical fitness.

Safe Parenting: Infant & Child - This course details infant artificial and child safety and household safety tips.

Baby-Sitters Training Course - Teaches hands on knowledge in dealing with basic first aid safety, emergency situations & meal preparation.

Standard First Aid & CPR 'C' Training for Older Children and Young Teens! - Covers

all content required for certification with the Lifesaving Society.

For more information and to register for Amanda's programs, visit Amanda's website at www.amandadegrace.ca or call her at 613-746-1415, degrace.energetics@sympatico.ca.

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Book Review

Rockcliffe Park; A History of the Village by Martha Edmund

Review by Deborah Fraser

This book, originally viewed as a millennium project, has been long in the making, and even a cursory glance at it shows why. It is an extraordinary achievement embracing a wide variety of aspects of the history of Rockcliffe as a community and the people who made it one. In great and interesting detail, author **Martha Edmund** covers the chronological history in the first ten chapters, and special themes of importance within that history in the remaining five. It is extremely well researched - historically, geologically, and botanically - and an enormous number of interviews with people who live or have lived in Rockcliffe give it great human interest. She writes well and manages to have a minimum of repetition, a frequent pitfall with the format she has chosen.

The book is beautifully produced. The paper is good, the print well-chosen, and the illustrations are splendid. Neville G. Poy, who took the contemporary photographs, deserves special commendation, and there are many interesting old photographs, maps, and other memorabilia as well. There is hardly a page without an illustration; the book is a feast for the eyes. I often found myself greedily looking ahead to see more illustrations, or flipping back to admire ones already seen.

I learned a great deal from my reading, including things which surprised me, not least the diversity of the village pop-

ulation. Rockcliffe has the reputation of being a community of the rich, and some people

worked at the brickyard near the end of Lansdowne Road North. (This enterprise seems

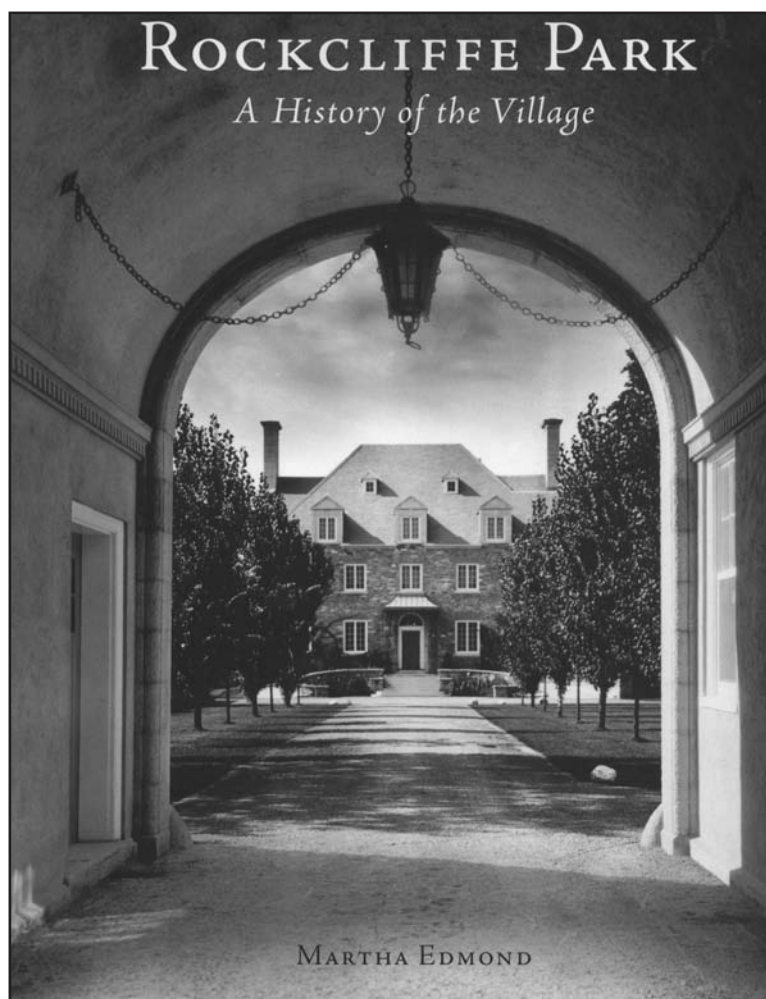
village population for most of the second half of the twentieth century were not necessarily very well off. Many rented houses for years before they could afford to buy one. Indeed, during the Second World War, Rockcliffe was considered a rather inexpensive place to live.

Rockcliffe residents have always been rich in beautiful surroundings. T.C. Keefer, the "founder" of the village, laid down fairly strict rules about the size of houses in relation to their lots, and landscaping requirements, particularly regarding trees. This ensured plenty of space between houses, and a leafy, country atmosphere which was augmented, as the years passed, by the creation of much park land.

For readers of this newspaper, the many Rockcliffe/New Edinburgh connections are of special interest. In fact, New Edinburgh is the godparent, if not the actual parent, of Rockcliffe, as we can claim both Thomas Mackay on whose property the village was built, and T.C. Keefer, his son-in-law. Perhaps we may also lay some claim, by inheritance, to Allen Keefer, grandson of

T.C., an architect who designed many of the village houses. One is now Stornoway, and a number are currently ambassadors' residences.

Another son-in-law of Thomas Mackay, Thomas Clark, built "Crichton Lodge", named for his wife's mother Anne Crichton, which has been the residence of the Norwegian ambassador for many years. Thomas Clark's brickyard also produced the "white bricks", (which are more beige actually), used as decorative accents on red brick houses including a number in New Edinburgh. The decoration is usually on the corners of the houses or above the windows, but there is one small apartment house, 245 Crichton, which is positively piebald. While there were still shops in New Edinburgh, Rockcliffe Village residents often shopped at McCreery's or Bedard's. Last but not least, I have been told that there are descendants of T.C. Keefer living in New Edinburgh. But you don't need to be a Keefer descendent, or even "old" Ottawa to enjoy the book. I am neither, and I did enjoy it and highly recommend it.



resent it as such. While it is true that the founders were rich, at least in property, and that there have always been some well-off people living there, a good many people of modest means have also lived in the village: the local policeman, a farmer, the local garbage collector, men who worked on the upkeep of the roads and other community facilities, and still others who

to have escaped the general embargo on businesses in the village, possibly because Thomas Clark, who established it was a son-in-law of Thomas Mackay.)

There are a number of quite small houses in Rockcliffe, particularly on the streets near Beechwood Avenue. The numerous civil servants, journalists and scientists who were a significant proportion of the

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Elmwood Theatre Presents: Ten Lost Years

By Jeff Meldrum

This February, the Elmwood School Theatre is proud to present *Ten Lost Years*, Jack Winter and Cedric Smiths' stage adaptation of Barry Broadfoot's highly acclaimed book about the Great Depression.

Ten Lost Years introduced audiences to a uniquely

Canadian genre of theatre known as the Collective Creation. During the 1970's theatre companies across the country were discovering that there was a rich source of material to be found in the stories of Canadian citizens – a mosaic of people from other lands who chose, for social, political and economic rea-

sons, to make this country their home. Professional actors moved out of the theatres and into the communities, playing and working alongside real Canadians who delighted (for the most part) in sharing their stories with these artists. The company of actors would then return to their respective spaces to explore, through interpretation and improvisation, the most effective way to present these stories dramatically on stage. While writing *Ten Lost Years*, author, Barry Broadfoot travelled 15,000 miles over the span of nine-months, gathering together the true stories of hundreds of ordinary Canadians and their experiences during the Great Depression (1930-1939).

Choosing to perform this play has posed several challenges for Elmwood Theatre's young actors, not the least of which is a theme that is very distant from the students' immediate experience. While many have grandparents who may have lived during the Great Depression, they were very young and therefore their perspective of this time period is quite different from that of an adult during this same era. It is also not a time about which people are particularly proud to reflect as there is still a sense of shame attached to the desperation suffered by so many unemployed Canadians.

Artistically, this is a very different kind of play for the young actors. The play carries the spirit of true Canadian theatre, a wonderful blend of Canadian landscape (a strong influence in this production), song, dance, tragedy, comedy, clowning, and poetry. Unlike more traditional scripts, this



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Winter Programs

Children's Programs

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

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

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

February 15
The Green Library
by Janice Kulyk Keefer

March 15
The Lilac Bus
by Maeve Binchy

Contact person for all branch programs: Sonia Doyon
Public Supervisor
sonia.doyon@bibliooottawalibrary.ca

adaptation does not feature a few principle characters following a single story-line; rather, a new story is introduced in every scene.

In presenting a colourful array of poignant moments and showcasing the tragedy and the triumph of one of the most significant decades of the twentieth century, the 24-member company will play a total of 88 characters – men, women and children. The actors will transform themselves on-stage into trains, rivers, mountains and roads in an acting experience that challenges both their imagination and performance agility and ability to remain

true to true-life dialogue.

For further information about Elmwood's production of *Ten Lost Years*, or to inquire about tickets, please contact Elmwood School at (613) 749-6761.

Performances are as follows:

Wed, Feb 14	7:30 pm
Thur, Feb 15	7:30 pm
Fri, Feb 16	7:30 pm
Sat, Feb 17	2:30 pm & 7:30 pm
Sun, Feb 18	2:30 pm


Ticket Prices: \$12.50 (Student) and \$16.50 (Adult)

Parental Guidance is recommended for some strong language and mature content.






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Jack Winter and Cedric Smith



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For the Birds



By Jane Heintzman

I awoke this morning (at the end of the first week of January 2007), to be greeted by the sounds of a gentle rain and a loud and lusty chorus of bird song. It was difficult to believe that we are in the midst of what ought to be the depths of winter rather than the early, heady days of April. And it appears that the feathered world shares this happy illusion, as record numbers of birds and waterfowl have remained in our area, taking advantage of the mild temperatures and open water to extend their stay in our environs.

According to *Citizen* columnist **Elizabeth Le Geyt**, the annual bird count at Dunrobin-Breckenridge at the end of December identified an impressive 47 species, including record high numbers of **common goldeneyes**, **red-tailed hawks** and **merlin**, as well as three new species for this time of year, the **wood duck**, **white-winged scoter**

and the **white crowned sparrow**. Mrs. LeGeyt also reported sightings of **robins** in the environs of Ottawa as late as mid-January.

Our own stretch of the Rideau River between the Minto Bridges and the Rideau Falls has been extraordinarily active since early December, with **mallards**, **common goldeneyes**, **black ducks** and **Canada geese** continuing to scour the open waters for sustenance before heading south-



White crowned sparrow.

ward. In early December we observed a fascinating competitive struggle for food between a group of diving **hooded mergansers** and some opportunistic **ring-billed gulls**. Fortunately, it appeared that in most cases, the **mergansers** were able to outwit the much clumsier scavengers and hang on to their prey.

Despite the fact that the mild weather and almost complete

absence of snow cover has made food sources more widely available than usual for this time of year, our back yard feeders have been continuously active, with **goldfinches**, **black-capped chickadees**, **white-breasted nuthatches**, **rosy house finches**, **pine siskins**, **juncos**, **purple finches** and **house sparrows** visible in abundance. Our resident **cardinal** pair keeps a distance from the melée at the feeders, but is also very much in evidence in the cedars at the back of the garden, waiting for a quiet moment in which to tidy up the sunflower shells beneath the feeder. To my astonishment, I heard what I believed to be the male cardinal's mating call on January 6 and can only hope that the pair are not deluded by the warm weather into a wildly premature coupling.

Chickadee Lore

Even in the most ornithologically bleak days of late Fall and Winter, the familiar sight and sounds of the **black-capped chickadee** remain a cheering presence in this part of the world. This year they seem particularly abundant throughout New Edinburgh and Rockcliffe. The **black cap** is only one of 50 species of **chickadees** and **titmice** occurring throughout the world, but by far the most common in this area where its signature "fee-bee-bee" whistle is a familiar feature of the landscape.

In late summer **black-capped chickadees** form non-breeding flocks of up to 10 birds which stay together through the winter until the spring mating season. The flocks consist of a mixture of singles, juveniles, pairs and even other species such as **white-breasted nuthatches** and **titmice**. Each flock estab-



Black-capped chickadee.

lishes and defends a feeding territory and there is frequently a hierarchy among members of the flock, which is immediately visible at back yard feeders where the lower ranks are summarily chased off.

Surviving the Winter

Despite the fact that these diminutive little creatures weigh no more than a handful of paper clips, they miraculously survive the rigors of our normal winters by means of a remarkable set of behavioural and physiological adaptations. Beginning in late summer they begin the process of "**scatter hoarding**", storing up an eclectic variety of foods such as seeds, insects, caterpillars, spiders, centipedes, slugs and berries. The foods are wedged into tree bark and crevices, and unlike squirrels which have a single cache for their supplies, the chickadee has multiple caches scattered throughout its ½ mile territory. They have a remarkable spatial memory which enables them to find these caches, and studies have shown that the *hippocampus* of the chickadee brain (the seat of memory) actually expands during the winter to facilitate the recovery process.

When the cooler weather arrives in the Fall the chickadee responds physiologically by beginning a process of continuous "shivering", flexing its chest muscles repeatedly to generate heat, heat which is contained by the air trapped in the bird's downy coat. As the temperatures plunge, the feathers rise to create an inch thick

layer of insulation which maintains a body core temperature as much as 100 degrees above the air temperature outside. Unlike a number of species which are equipped with a "crop" or internal sac for storing food, the chickadee has to eat continuously throughout the daylight hours to survive the cold weather, packing on fat amounting to 10% of its body weight each day and burning it off over night (we can only wish!) While its nightly retreat is not known for certain, students of chickadee behaviour speculate that they curl themselves up into fluffy balls wedged into crevices or tree cavities.



Red-tailed hawk.

Highway Birding

On our return trip home from Toronto after Christmas I made the best of an impossibly slow crawl along a heavily congested Highway 401 to watch for interesting bird life (I was not the driver!). While the sightings were few and far between, I did spot close to a dozen hawks perched atop trees or utility poles by the road side, several of them **red-tailed hawks**, which are reportedly the most common and widely spread hawk in North America, ranging from the northern limit of the tree line in Alaska and Canada to regions as far south as the mountains of Panama.

The red-tail is a member of the buzzard family and is a big bruiser of a hawk, 18 to 26" long with a wing span of up to 52". As the name implies, its broad tail is a distinctive rusty reddish colour, while its chest

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is pale with a darker speckled band across the belly, and its beak and legs are yellow. The diet of these hungry raptors includes rabbits, small rodents, snakes, lizards and even pheasants, when available in Spring and Summer. Movie buffs will be intrigued to know that the classic (dubbed) call of any hawk or eagle occurring in films is invariably the rasping steam-whistle scream of the red-tailed hawk!

Birding News from Manor Park

Manor Park naturalist **Dave Collyer**, writer of the popular *Encounters with Nature* column in the Manor Park Chronicle, has kindly offered to contribute his birding observations and expertise to future editions of *For the Birds* and we look forward to his contributions. Dave keeps an up-to-date list of recent bird sightings on the Manor Park website so check out www.manor-park.ca Since the launch of the Macoun Marsh project, Dave has been working with Educarium's **Mike Leveillé** to record the many bird and other wildlife species observed in the Marsh area, and has recently installed 25 new feeders, including several suet feeders. Dave reports that the resulting increase in the level of bird activity suggests that the creation of two separate Marsh feeding stations is a

popular move with the local bird population.

In his January 2007 *Encounters With Nature* column, Dave offers a number of useful tips about feeding the birds over the course of the winter, notably:

- When scattering seeds on the ground to attract birds to an elevated feeder, make sure to *spread the seed near cover such as a brush pile or evergreen shrubs* - this will help to protect the birds from hungry predators such as hawks (like the massive **Cooper's hawk** that visited my feeders last winter);
- When/if we get severe cold, **suet feeders** are essential to provide birds with the fat they need to maintain their body heat;
- Put out only as much seed as the birds can consume in short order, as seed that sits around too long (particularly in damp weather) will spoil or become moldy.

Winter at the Macoun Marsh

Recent reports from the Macoun Marsh website suggest that the mild winter may have had an impact on the bird population in that ecologically rich corner of the world. Sightings in the warm days of early January included **house finches, tree sparrows, song sparrows, chickadees, white-breasted nuthatches**, signifi-

cant numbers of **juncos** and **goldfinches**, **cardinals**, **downy woodpeckers** and numerous **mourning doves**. but at the time of writing in mid-January, no hawks or shrikes have been spotted, as might have been the case at this time of year. An immense flock of **crows** was also sighted at the end of the first week of January.



Downy woodpecker.


Farewell and Thanks to Lynn Smyth

Finally, a sincere *thank you!* to **Birders Corner's Lynn Smyth**, who, as most readers are aware, is closing the store this Spring and moving to her new retirement haven in the country outside of Thunder Bay. Since I launched this column just over a year ago Lynn has been an invaluable source of information and advice on the world of birds and birding. Thank you so much for all of your help, Lynn.

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News from the Ottawa-Carleton District School Board

By Bronwyn Funicello
OCDSB Trustee, Zone 6

I would like to take this opportunity to thank the residents of Zone 6 of the Ottawa Carleton District School Board (OCDSB) for your show of confidence in me through my re-election as public school board trustee for the area. I look forward to serving you

over the next four years.

Since the election last November, trustees at the OCDSB have been extremely busy. Currently there are four school accommodation reviews underway in different parts of the district. In addition, the board is developing a plan for a review of French as a Second Language programming. A review of secondary school programming across the district is ongoing. The board has also begun budget committee meetings to try and grapple with a projected \$28 million funding shortfall for the 2007/2008 school year. In fact, for the first time ever, in its management plan released on January 10, 2007, OCDSB staff is proposing a deficit budget that will need to be balanced over a couple of years.

Why such a significant shortfall?

The reasons are complicated but result from a number of factors all operating at once.

Our most significant financial hurdle is that the funding formula that the government uses to allocate education dollars does not provide enough money to pay actual teacher salary and benefit costs – our

problem amounts to a whopping \$36 million and we've been reducing discretionary spending for students and moving dollars between budgets to cover this shortfall for a number of years. Our school district is not alone: many large urban/suburban, rural and remote school districts are currently or will likely be fac-



Trustee Bronwyn Funicello.

ing similar challenges in the coming years.

The dollar benchmarks which drive all parts of the grant formula are not based on actual costs and the level of grants is based on provincial formulas which do not recognize the breath of programming and service delivery which Ottawa-Carleton stakeholders have come to expect. We have been calling this out to the province for nearly 10 years now or since the funding formula's introduction in 1998. This is further compounded by the fact that the Ministry continues to provide funding for new initiatives while under funding many of our basic costs.

We have used many of our discretionary grants and our operating reserves to maintain important programs and services that the funding formula does not support. However,

with continuing declining enrolment and with costs increasing faster than the revenue provided for them, our deficit has compounded at an alarming rate.

What are the actual numbers at this point?

Staff is forecasting budget expenses of \$650.6 million; \$599.1 million of which is paid for through Ministry grants and \$23.8 million by non-grant revenues such as one-time project monies, Continuing Education revenues, community use of school fees and such. Unlike the current fiscal year where we were able to pay \$13 million of expenses with one-time operating reserves, we no longer have any available reserves to offset operating expenses.

The OCDSB will not receive specific grant amounts until early spring; however the Ministry of Education has issued memorandums to school districts stating that no additional new money will be forthcoming.

Based upon our revenue, expenditure and enrolment forecasts, staff is projecting a shortfall of approximately \$27.7 million

Reductions at a glance

Reductions include academic staffing and special education including, but not limited to, the closure of several special education classes, reduction in the number of educational assistants, speech language pathologists, social workers, occupational and physiotherapists, learning support teachers, and special education learning centres.

Other proposed reductions call for program consolidations and may require additional school closures, in addition:

- Reduction of school operations budgets, which may include pairing of administrative teams in a number of elementary schools
- Reduction of Multicultural Liaison Officers
- Elimination of the Arts Coordinator at Canterbury High School and the International Baccalaureate Coordinator at Colonel By Secondary School
- Cancellation of the First Place program
- Cancellation of bussing to secondary gifted programs the IB and Canterbury Arts programs in the first year – affecting 355 students; cancellation of noon-hour kindergarten bussing in year two, moving to full-day, alternate day junior and senior kindergarten
- Staff reductions in continuing education, staff development, curriculum and quality assurance divisions, and most central administration departments.

Get involved

We need to hear from you. The OCDSB is holding public consultation meetings on these proposals on February 5 and 12. You can also provide your input to trustees directly via email. All trustee contact information is available on the board website.

Contact your local MPP. Request that changes be made to the funding formula to ensure that provincial education grants match the actual cost of public education.

I encourage you to get in contact with me about any matter related to public education. I can be reached by phone at 613-842-9184 or by email at bronwyn.funicello@ocdsb.ca.

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Pass the fufu, and I'll take seconds on the flying fish!

By Gina Watson

While most of us tuck into turkey, stuffing and cranberry sauce at Christmas, many families of recent immigrants prepare a Christmas meal with special food from their homeland.

who will spend their first Christmas together in Canada this year. This family in need connected with Fern Hill thanks to one of Fern Hill's own families.

The school raised money to pay for a special Christmas

contributing money to sponsor the family for Christmas. Over \$500 was raised to make this family's first Christmas together in Canada special.

The mother and father of this family of seven came to Fern Hill to thank the students and to share with them stories of their homeland, Ghana.

Fern Hill students learned that Ghana is a country in West Africa where the sun shines. They were given a brief history lesson before the floor opened for questions. Many hands shot up in the air asking everything from what languages are spoken in Ghana to what animals can be found there.

They were told that English is the main language spoken but there are many tribal languages including Ashanti, Ak, Ga and Ewe. antelopes, squirrels, deer and elephants can be found in the country.

Students opened their atlases to locate the country and find its capital, Accra. They learned that there are markets where fresh food is sold, but there are also many stores.

Grade six students then accompanied the family to a store in Ottawa where they bought their special Christmas treats. Along with the instant potato fufu, they helped fill the cart with plantain flour, gari, coconut milk powder, pig's tails, curry powder, flying fish, shrimp, grated shrimp and smoked fish. Food fit for a West African feast, in the deep of Canadian winter.



A Fern Hill Grade 6 student shops for West African food on a recent outing.

The students at Fern Hill learned about fufu (made with pounded plantain, cassava, yam or potato) from a family recently arrived from Ghana

feast for this Ghanaian family by holding dress-down days. Children wore casual clothes instead of uniforms, and teachers wore jeans, in turn con-

Mighty Moms Volleyball



Mighty Moms has moved indoors for the winter.

Ladies, come and join in some **fitness fun** on Monday nights at the Rockcliffe Park Public School gym.

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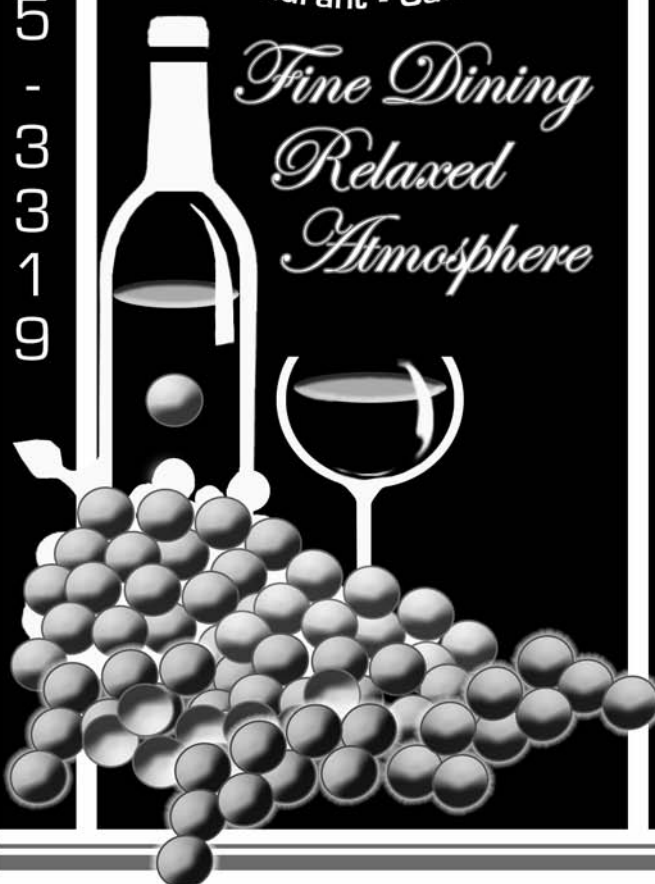
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Deposit/Return System Coming into Effect for Wine and Liquor Containers:

It's Back to the Beer Store NOT into the Blue Box for LCBO Empties

By Jane Heintzman

Beginning on in early February, 2007, the LCBO will introduce a deposit/return system for wine and liquor bottles, with consumers paying an up front, after tax deposit on all of their purchases, and receiving a full refund when they return the empties to any local Beer Store outlet. The amount of the deposit ranges from 10 to 20 cents per item, and varies with the size and type of container as shown in the table.

While the selection of Beer Store outlets as the designated collectors of LCBO empties has occasioned some Opposition criticism at Queen's Park because of the possible inconvenience involved for some consumers (yes, there *do* exist non-beer drinkers, myself among them!), the Beer Store (a.k.a. Brewers' Retail Inc.) currently operates one of the most successful deposit/return systems in the world, with a 98% recovery rate for bottles and 90% for aluminum cans. In contrast to LCBO outlets which are reportedly not equipped to run this type of program, Beer Stores have the infrastructure and expertise in place to implement the system as swiftly and efficiently as possible when it comes into effect this month.

Under the existing Blue Box program Ottawa taxpayers have been on the hook for the bulk of the costs of recycling LCBO bottles, paying out an estimated \$270 for every tonne of glass collected in Blue Boxes, amounting to a total of about \$1.8 million in 2005. The new deposit/return system introduces a strictly user pay model, shifting the burden of recycling costs on to the LCBO and its patrons, though conscientious consumers will have their deposits fully refunded when they return their empties to the Beer Store.

Environmental Impact

It is estimated that under the new deposit/return system, over 90% of LCBO glass containers will be returned for refund, a marked improvement on the current capture rate in the Blue Box program for which the provincial average is around 60%. Contrary to the assumptions of many committed recyclers, the present system isn't

tem will be received intact, with colours and clear glass separated at the outset so that many of the bottles can be sterilized and re-used, or recycled into new glass bottles. Since the process of producing glass containers from recycled glass uses about 65% less energy than starting from scratch, and entails a substantial reduction in emissions of carbon dioxide

Container Type	Deposit Rate
Glass or plastic (PET) containers, Tetra Pak, Bag-in-box less than or equal to 630 mL	\$0.10
Glass or plastic (PET) containers, Tetra Pak, Bag-in-box greater than 630 mL	\$0.20
Aluminium and steel cans over 1 L	\$0.20
Aluminium and steel cans under 1 L	\$0.10
Containers 100 mL or under	No deposit fee, can be placed in Blue Box

as efficient or as environmentally beneficial as had been hoped. In fact, only a small proportion of the glass picked up in Blue Boxes at curbside (about 7.6% last year, or 380 out of the 6757 tonnes captured) is actually recycled into new bottles, as the bulk of it is

and nitrous oxide (both greenhouse gases), the environmental benefits of the new system should be significant.

The majority of the other provinces already operate deposit/refund programs for most beverage containers and the Association of Municipalities of Ontario has long been pressing for such a system here in Ontario. The glass industry in Ontario is also a strong supporter of the deposit/return system as it is currently obliged to import more than half of its glass cullet for bottle manufacturing from Quebec and Michigan.

Blue Box Protocol: A Change is Coming

Only containers purchased on or after the February start date will be eligible for the refund, so it is expected that the City will allow households a short period of grace to dispose of their earlier purchases via the accustomed Blue Box collection (watch for City notices in your Blue Box). But once the system is in full swing it is anticipated that the City will stop Blue Box collection for LCBO containers altogether, in part because it will no longer be receiving provincial funding for this significant and costly component of the recycling régime. Thereafter it will be off to the Beer Store for refunds, and just in case there are some among our readers who are not Beer Store regulars, two of the most convenient outlets from New Edinburgh are in the shopping plaza at 589 Montreal Road (at St. Laurent) or in the Eastview Shopping Centre on Montreal Road at River Road (next to the Rogers Video Store).



smashed and broken in the collection process, with clear and coloured glass mixed up together. While the crushed mixed glass is used as an aggregate material for road bed construction, this neither results in any energy savings in the production of new bottles nor offsets the need for new raw materials needed for glass production.

In contrast, the majority of the glass containers returned under the deposit/return sys-

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News From Rockcliffe Park School



RPPS Girls volleyball team brought home the Gold.

By Melanie Harmon

Rockcliffe Park Public School (RPPS) seems to be unstoppable! After enjoying incredible success this Fall with both the boys and the girls soccer teams taking home the banner for their divisions, the volleyball teams kept up the momen-

tum. On December 8 the Girls team beat out eight other schools to win the gold. The boys' team followed suit a week later, ending the season undefeated. Competition was tough so it was a remarkable accomplishment. Congratulations to all the play-

ers and their coaches!

On November 22 the Arts Recognition Award for Elementary Primary Schools was presented to Grade 6 students, teacher Leslie McKay and parent volunteers Maggie Knaus and An Chi Wong for the three storey aquatic mural the Grade 6 students painted on the stairwell walls of their school. When Leslie said that she wanted to do something to get the students excited about the subject, An Chi and Maggie wasted no time in coming up with ideas. The class was divided into groups that researched different areas of a tropical ocean. The results were painted on the walls in a truly amazing mural. Their enthusiasm and dedication was amazing.

With such successful Fall term completed, we can look forward to more great things in 2007.



Aquatic mural project at Rockcliffe Park Public School.

Rockcliffe Park Lindenlea Soccer League Update

By Julie Vanderschot

Although soccer season isn't exactly around the corner, preparations for the 2007 season are underway. Registration forms for the Rockcliffe Park Lindenlea House League Soccer Program will be available by early March, the registration deadline will be April 10, and the League starts up on April 28 this year. Please mark your

calendars! Coaches, referees and other parent volunteers are still needed to run this league. If you can help, please contact the new **RPL Soccer League Convenor, Nedko Panayotov** at nedpan@hotmail.com. By the end of February, our new web site should be up and running and you will be able to get the registration forms and other information from www.rplsoccer.org.

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David Paget in Poland

Impressions of Warsaw

By David Paget

Warsaw is imagined by many people to be grey and gritty. It is inevitably associated with the Jewish Ghetto Uprising of 1943, the Warsaw Uprising of 1944, and the Warsaw Pact Agreement, a precursor of the Cold War. Our guidebook notes wryly that Warsaw's image isn't helped by the name of its river, the Vistula, "which sound like a painful medical condition". Many first time visitors here expect to see, if not piles of war ruins, at least unrelenting rows of decrepit communist-era tenements and grim government buildings.

What a surprise, then, to find a city with many beautiful buildings and parks, with lots more under development - and a city with a new sense of optimism and buzz. Warsaw has new skyscrapers and beautifully rebuilt or renovated buildings from past centuries. Among the new buildings are the innovative Złote Tarasy, the Golden Terraces office, shopping and entertainment complex in the centre of the city nearing completion, with its immense glass wave-like roof.

Echoes of Warsaw's past include picturesque medieval market squares (in its Old Town), handsome baroque churches, imposing theatres and ornate palaces and residences of kings and aristocrats.



Statue in Warsaw's Old Town Square.

These old buildings have all been reconstructed as Warsaw was systematically demolished by the Nazis as punishment for the 1944 Uprising. The determination to rebuild their heritage continues to this day. In a large central square, work is underway on rebuilding the 18th century Palac Saski

(Saxon Palace), which once served as a royal residence.

Extensive parks provide attractive green space throughout the downtown area and are benefiting from the general sprucing up of the urban fabric. Some parks, neglected during the communist era, have been or are being renovated. One such park is the delightful Ujazdowski Park situated behind the Canadian and French Embassies. Its classical sculptures, stream, duck pond and marvellous children's play area. Another park, Łazienki Park, with its peacocks, 18th century Palace on the Water and "orangerie", is immensely appealing.

Since Poland's first free elections in 1989, and its subsequent admission to the European Union in 2004, there has been a massive inflow of investment and an unleashing of energy and economic activity in Warsaw (a city of 1.7 million). Its official Vision for 2020 is brimming with Euro-centric ambition: to be a "dynamically developing metropolis", the financial centre of Central Europe, a city of significant standing among the most important European capitals, an important centre of European culture - a city with soul.

While the prevailing sense is one of a city in transformation, Warsaw is far from forgetful of its past, including the vast suffering in the 20th Century. Hundreds of monuments to the dead are located all over the city. Most commemorate those executed by the Nazis during the 1944 Uprising. Flowers and candles are placed at many of these monuments. There are moving monuments associated with the Ghetto Uprising. A remarkable museum of the Warsaw Uprising has recently opened, and one is under construction to display the Jewish history of Warsaw.

There is such a contrast between the horrors that have occurred in this city and today's peacefulness. Seeing families stroll happily through the parks on Sundays and going about business on weekdays invites the reflection that Varsovites no longer live in fear of invasion by a neighbouring country. In the past, Poland has been invaded or occupied by forces from the west (Germans), the east

(Russians and Tartars), the north (Swedes), and the south (Austrians). I joked the other day with our guide that the only invasion Warsaw need fear now is by tourists. He replied that such an invasion would be welcome. Largely because of its image problem, Warsaw is not yet a major tourist destination. The Warsaw Destination Alliance, a consortium of major hotels, is trying to change that, targeting initially business travel.

While modern Warsaw has many attractions, and is clearly on the upswing, there are many dreary examples of Socialist Realist or "Stalinist" architecture, including gloomy streetscapes, bleak government buildings, oversized and soul-

attractively designed mid-rises are sprouting up. Although there are some wealthy gated communities, single-family dwellings remain rare here. Further signs of new construction and of the remarkable increase in standard of living are the new shopping centres and "hypermarkets". The new Arkadia Shopping Centre, in central Warsaw, is very large (the biggest in Central Europe) and glitzy. It has numerous good quality coffee shops, and an chocolate shop and café with the richest hot chocolate I have ever experienced, except for once in Tokyo. The Géant hypermarket has vast quantities of food as well as household goods and clothing, à la Wal-Mart.



View of the "Palace on the Water" in Warsaw's picturesque Łazienki Park.

less squares, and unappealing public housing.

But over time these drab buildings are being replaced. The trend in new downtown housing is for attractive mid-rise condos, clad in honey-coloured stone. A significant number of the new condos are being bought by foreign investors and speculators, mainly from Western Europe. Warsaw's current property boom has meant a sharp escalation in prices, so much so that downtown living is now beyond the means of many Varsovites, requiring them to live in distant suburbs.

The increase in the standard of living over the past decade or so has led to a huge increase in the number of automobiles (10 times as many cars as 15 years ago) and the road infrastructure has not kept pace. Starting in 2007, the EU will be pouring 70 billion Euros into Poland's infrastructure. Freeways are to be constructed across the country, including a ring road around Warsaw, and an expansion of Warsaw's metro, which at present consists of a single line.

New construction is also occurring in the suburbs where

And as members of the EU, consumers in Poland are now benefiting from the ready access to all European products, including food. Polish food products seem high quality, plentiful and very affordable. Food is plentiful. Under communism, there were food shortages; now 15 years later, there are surpluses.

Because Warsaw is in transition, there are many contrasts. For every new shopping centre and hypermarket, and every luxury jeweller and clothing store such as Escada, Zegna and Karl Lagerfeld, there are old communist-era stores, with unappealing store window displays, and gritty exteriors.

One positive legacy of communism is Warsaw's public transit system which is very extensive and inexpensive, mainly based on buses, but also including trams and the metro. While there are elegant, well-built modern buses, there are many more that date from another era and have seen many better days.

David Paget is a long-time New Edinburgh resident who has recently begun a posting in Warsaw, Poland.

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Who is actually being deceived?

Natalie Joy Quesnel directs *Betrayal* with Third Wall

After a successful autumn run of *Doctor Faustus*, Third Wall Theatre gears up for the second production of their sixth season. The Ottawa company is famous for their daring selection of adventurous classics, and the contemporary choice for this season does not disappoint. Artistic Director **James Richardson** is thrilled to reveal Third Wall's upcoming production, *Betrayal*, the gripping story of an extra-marital affair told in reverse, by Nobel Prize winning playwright **Harold Pinter**.

Third Wall invites **Natalie Joy Quesnel**, a recent graduate from the University of Ottawa Master of Fine Arts in Directing program, to guide a trio of some of Ottawa's finest actors through this fascinating tale. **Richard Gelinas**, best known for his work with a Company of Fools, plays insightful husband Robert. Quesnel's real-life husband, **Stewart Matthews** (*Doctor Faustus*, *Zombies*) returns to play Jerry, Robert's best friend and rival. **Alix Sideris**, recently nominated for a Capital Critics Circle award, plays Emma, the woman who stands between them. The enthusiastic director looks forward to delving into

this intricate love affair.

"*Betrayal* is both intensely theatrical and very real. Scene

The art of producing great theatre would not be possible without the help of a very supportive community. Our production partner for *Betrayal* is Knowledge Circle, a local company dedicated to innovative second-language training. **Geoffrey Eden**, President of Knowledge Circle is delighted to be working with Third Wall this season.

"Knowledge Circle is proud to support Third Wall Theatre as we share a vision for imagination and innovation, and strive for greatness in our respective fields of endeavour," says Eden.

Third Wall Theatre Company's *Betrayal* by Harold Pinter runs from February 8 – 17 in the Arts Court Theatre, 2 Daly Avenue. Performances are at 8

pm (no performances Sunday and Monday), with 4pm matinees on Saturdays. Tickets are \$24 for adults and \$18 for students and seniors. For more information, please contact Jessica Ruano, Publicist, or visit our new-and-improved website at www.thirdwall.com.



by scene, the audience receives more and more clues to understanding the deep and layered levels of betrayal between the characters. Pinter writes plays that are a pleasure for both the audience and the performers as each pause, comma and repetition hides a world of meaning and possibility," says Quesnel.

Joining the cast is a team of expert designers prepared to create visually the intricate world of *Betrayal* onstage: set design by **Darryl Bennett**, lighting by **Darcy Burgess** (*The Chairs*), and costumes by **Sarah Feely** (*Doctor Faustus*).

BETRAYAL

BY HAROLD PINTER
Directed by:
Natalie Joy Quesnel



A Tasty Vegetable Treat

By Heather Maclachlan
Mackay Street Epicuria

The weather this winter has been a challenge to those of us who relish the idea of simmering pots on the stove warming our kitchens and minds against the biting cold. I can't tell you how many times my husband has declared his wish for a winter BBQ! So my recipe for this issue combines winter ingredients with warm weather convenience. This vegetable side dish goes superbly with a nicely roasted Chicken and is a great last minute dish to whip up.



Bok Choy, Portobello Mushroom and Red Pepper with Sesame

2 Large Portobello Mushroom Caps
2 tbsp balsamic
2 tbsp olive oil

Brush any loose dirt from the mushroom caps. Place on a baking sheet and drizzle with balsamic vinegar, olive oil, and sprinkle with salt and pepper. Bake at 350° for 15 minutes. Leave to cool and slice thinly. Leaving them to cool means that the mushrooms absorb and hold the flavorings after they have been sliced.

4 Large Bok Choy (washed and quartered lengthwise)
1 red pepper, sliced thinly
2 cloves of garlic, minced
½ inch of fresh minced ginger
3 green onions, sliced on the diagonal
1 tbsp sesame oil
1 tsp light sesame seeds
1 tsp black sesame seeds
Salt and pepper

In a large pot, sauté the garlic and ginger very gently. Add the bok choy and stir briskly. When the bok choy starts to wilt add the red pepper and green onions. Continue to sauté until the bok choy is al dente.

Remove from the heat. Add the finely sliced mushrooms, sesame oil, seeds, salt and pepper and combine gently. When ready to serve heat gently to ensure the vegetables are hot and still al dente. Enjoy!

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Ottawa Internationals Soccer Club

Though it is still winter, it is time to think of soccer for the summer! Registration is starting for the Ottawa Internationals Soccer Club (OISC) club and their summer DSP (Developmental Soccer program) which holds sessions for children aged 5 to 11 in various parks in the former City of Ottawa areas. The Internationals DSP is the only children's soccer program in Ottawa that is based on established European patterns for building life-long soccer skills, rather than preparing young players for weekly games in the traditional "house league" format. The program includes twice-weekly training using drills and activities designed for young players to have fun while learning soccer skills, and monthly festivals where the over 60 teams and 900 players come together for a series of games.

The DSP program begins the

week of May 14 and ends with the last festival on the second weekend of September. These four festivals are:

June 9-10 Festival

Leitrum Park
Saturday U-5 & 9
Sunday U-7 & 11

July 7-8

Brewer Park
Saturday U-7 & 11
Sunday U-9

August 11-12

Brewer Park
Saturday U-9
Sunday U-7 & 11

September 8-9

Rideau High School
Saturday U-7 & 11
Sunday U-5 & 9

For New Edinburgh, we are very fortunate to have access to the University of Ottawa field and the London terrace field, which is located just east of St. Laurent Blvd and Hemlock Road. At both these sites we offer U7 (2000 & 2001), U09 (1998 & 1999) and U11 (1996

& 1997) teams for both girls and boys. At U of O, all teams are on Tuesdays and Thursdays from 6-7:50 PM while at London Terrace the boys are on Monday and Wednesday while the girls teams are on Tuesday and Thursdays.

The Internationals is a community-based club, run by volunteers. Recreational and competitive soccer programs are available for all ages and skill levels from DSP for the youngest members to youth, adult and old-timers recreational and competitive teams at the highest levels. If you want to play, the Internationals have soccer for you.

More information is available at:

DSP

www.ottawasoccerdsp.com or at 613-745-5009

Other programs

www.ottawasoccer.com or at 613-745-7400.

Sliding down the slopes safely

By Deborah Johnston
Public Health Nurse

Sledding is a popular recreational activity and gives us a chance to spend time with family and friends while participating in physical activity. It has been reported that each winter 75 per cent of Canadian children participate in at least one snow-sliding sport. Adults are encouraged to promote safety while sledding. Children between the ages of five and nine, account for 40 per cent of all sledding related injuries in Canada. Over 20 per cent of these injuries involve concussions, internal injuries or broken bones (Statistics:



Canadian Hospital's Injury Reporting Prevention Program). Most injuries are caused by colliding with an object (i.e., trees/rocks/signs) or from being thrown off from the sled.

Here are some simple safety tips that can help you enjoy this fun activity

- Only sled down on a hill with a gentle slope and on one that has a lot of room to stop.
- Put a helmet on children, even hockey helmets will do.
- Tuck in scarves, strings and long toques.
- Wait until the path is clear before starting down the hill.
- Kneel or sit and face forwards while sledding down the slope.
- Children under five years of age must be with an adult on the toboggan.

Ottawa Public Health works with the Parks and Recreation branch to provide a safe environment for all sliders. The outcome is to make this sport affordable and accessible to all ages. Some of the strategies include looking at the physical aspect of the hill and having an open/close procedure. The physical assessment includes positioning the hill so that it is not in direct sunlight, placing play structures at a safe distance from the hill, placement of outdoor rinks and landscaping. The open/close procedure involves assessing the weather and its impact on the safety of sledding such as too much ice on hill or too much exposed ground.

Please refer to our Web site at ottawa.ca/health for updates on hill closures. For any concerns about the City-sponsored hills, call 3-1-1. For any major injuries, call 9-1-1.

Have a happy sledding season!

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Ottawa in Winter

By Doug Cornish

This time of year people head south in droves. Perhaps, it's a Canadian thing, an Ottawa thing, the winters (any winter) are too tough to take for some, so they need a sun fix, a dose of warmth. I suppose it is what you would call "climate therapy", cheaper than a psychiatrist, easier on people's ears to not have you sing the blues, the winter blabs to them, and it's a visual indication that you've been down south, when you show up at a party, or a work golden skin, while everyone around looks like death warmed over.

You can tell it's winter when columnists wax on about the joys or sorrows of winter. This year may be different, though, although it did start out differently. Writing about the weather is tricky, because it is not predictable. The truth is that in Ottawa we only discuss two main subjects: politics and the weather. This winter the weather has been the number one topic.

Winter in Ottawa (normally) serves three main and, necessary purposes. First, it keeps the city talking. There isn't a daily conversation in Ottawa, either vocal or written, which doesn't somehow mention the weather. And it's not always negative. I've heard many conversations on sunny January days beginning with: "Nice, day, eh?" Winter is part of our make-up. There's a winter gene is all of us. There's a winter body language mannerism in all of us, and there's a winter conversation, a tundra-like vocabulary in all of us. Without winter, there would be only one thing to talk about in this town, and that would be politics, and surely we don't wish to be another Washington, DC, do we?

Secondly, winter in Ottawa keeps the city sane (this could also be applied to the entire country). Winter keeps us from being a pushover for people who would love nothing more than to turn Ottawa into a Disney-like, Miami Beach-like, circus-like atmosphere. Some would argue that we already have our own political circus or political zoo on the Hill, but that's beside the point.

Many people choose not to live in Ottawa; they prefer other places. That's OK. As I said, the Ottawa winters keep us focused, keep us from being too glitzy. The winter maintains just the right balance between national showpiece, and understated elegance. There is always a cool reserve in Ottawa. We are used to Kings and Queens and Presidents and Popes and other

employment such as snow plow operators, roof clearing operators, NCC employment and so on. The dollar value on winter to the local economy cannot be ignored, whether you like the season or not.

Winter makes the cash-registers ching ching, and that monetary ringing keeps us all singing, and keeps the city vibrant and healthy.

Winter bashing is trendy at this time of year, in fact, it's popular in some circles all year around, but if you're standing stationary at a local bus stop in 20 below weather the complaining does have a certain credence to it; a legitimacy.

People who don't like winter, though, do have a choice: they can live elsewhere. What we need in this town is more red cheeked (a definite sign of healthy living) optimists singing the praises of the season, that part of year which puts Ottawa on the tourist map, puts Ottawa on winter post cards. Winter is a photographer's, skier's, skater's, ice fisher's, season lover's dream. We are what we talk about, and if we extol the virtues of winter, it will not only pass more quickly, but will characterize Ottawans as people who realize just what winter means to their city. Winter gives an added seasonal feature to Ottawa that most cities just don't have.

Writer's note: This piece was written prior to the unusual start to this Ottawa winter, notably this year's green Christmas, so if winter fails to arrive this year, please ignore everything I've said above, and carry on golfing, and grass cutting!.



notables visiting the city. Ottawa is world class, and it's also winter class. The longest skating rink in the world, the largest winter festival in the world, the second coldest capital in the world (next only to Moscow), and has a world-class hockey team.

Thirdly, winter in Ottawa is an money making machine. People come here just to see what snow looks like. A few years ago Paul Newman and his wife were starring in *Mr and Mrs. Bridge*, and they needed a winter scene in a tony neighbourhood, so they filmed in Rockcliffe Village. When film makers want snow, they can always count on Ottawa. The economic benefit of winter in Ottawa can make a banker's balance sheet sing. Everyone from restaurants, to local shops, to ski and skate related activities owe a great deal to old man winter. Winter not only brings people into Ottawa after the weak-kneed snowbirds take flight, but it provides people with seasonal



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Stay safe in the winter by driving safely

By Constable Tom Mosco

These tips can help keep you safe while driving during the Winter months:

- Be aware and be cautious. Weather conditions can deteriorate quickly or change as you travel.
- Don't be fooled by clear skies. The road surface, in whole or in part, may still be slippery.
- Slow down. Posted speed limits reflect ideal conditions, not wet or snowy conditions.
- Keep a safe distance between you and the vehicle in front of you. On slippery road surfaces, double the two-second rule.
- Avoid sudden turns of the steering wheel, and sudden braking and accelerating that could cause a skid.
- Avoid situations where you may have to brake suddenly on a slippery surface.
- See and be seen. Always clear ice and snow from all vehicle windows to maximize visibility, and turn on your vehicle's full lighting system when blowing snow and white-outs impair your

visibility.

- Make sure you know how to use your braking system in all weather and road conditions.
- Allow more time to get to your destination. Extra time is required to negotiate snow-covered roads.
- Your vehicle's tire treads should be in good condition and you should always have plenty of windshield washer fluid to assist with visibility.

The Integrated Road Safety Program, involving the City of Ottawa Public Works and Services, Ottawa Public Health and Ottawa Police Services and community partners, calls winter motorists to action - stay alert, recognize the road surface conditions, slow down and stay in control. The Program's goal is to reduce traffic fatalities or serious injuries by 30 per cent by the year 2010.

For more information on the Integrated Road Safety Program or any of the Ottawa Police Service core programs please call 613-236-1222 extension 5915.



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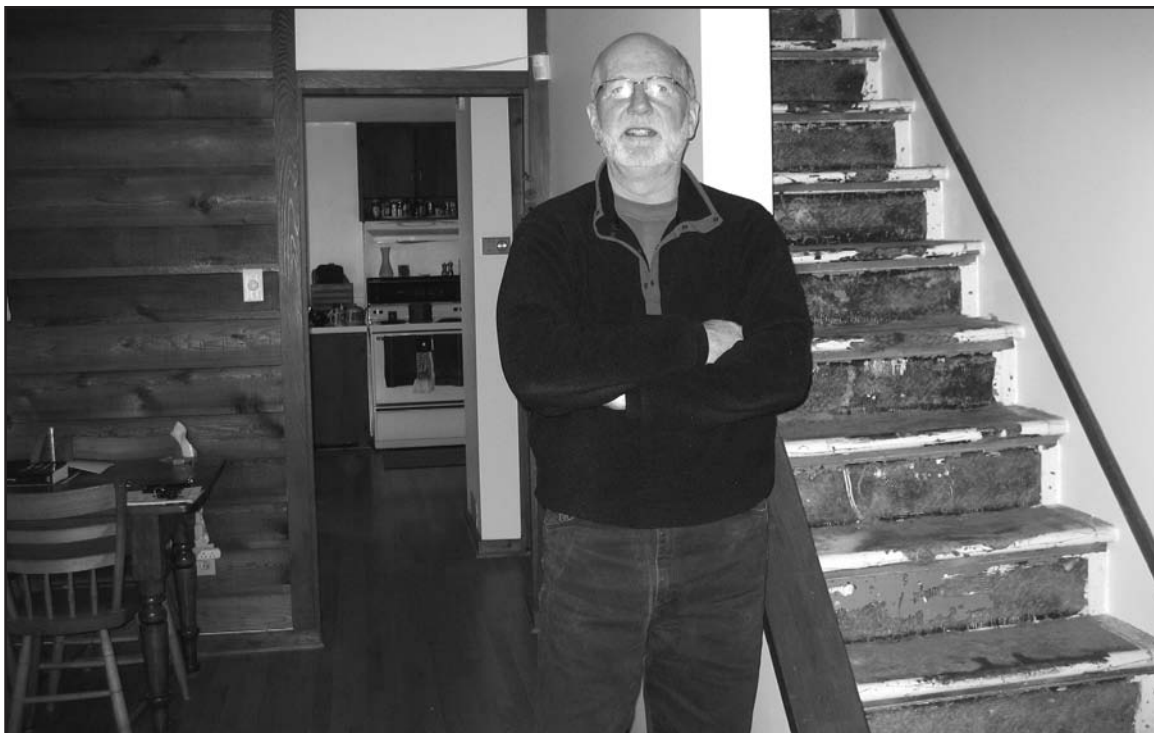
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Burgh Resident Wins Cancer Society Lottery: Paul Wallace of Electric Street was "too excited to sleep" when he got the message from the Cancer Society Lottery that they had some good news for him. In fact, he had won a \$40,000 car! He has opted for the money instead saying "I wanted to do some work on the house, but wasn't sure how I would pay for it. Now I know." First on the list, a carpet for the stairs. He is also planning a trip to visit friends in Europe. Be sure to send us postcard!

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The Million Dollar Teacher – and Why I’m Not a Millionaire (Yet)

Lessons in doing your own stock market investing

By George Parkanyi

In February 2005 a close friend of mine, in fact my high school teacher from 1971-1973, passed away from cancer at the age of 69. He was a millionaire.

On a teacher’s salary? Yes and no. Sheriffe was cheap as dirt in his frugality, and haggled over every last penny, even when I was paying! (He was no fun to buy a coffee for, I’ll tell you). He paid for everything he could in cash and cleared his credit card statements every month. He refused to go into debt to anybody, and he made a million dollars in the stock market.

Omar Sheriffe Vernon el-Halawani, bless his soul, had a tremendous grasp of economics, and intuitively knew what made sense and what didn’t. He laughingly once told me a story about how he was rapidly ushered out of a resort time-share sales session when he bellowed out to the cringing salesman, in earshot of everyone, “But young man, this doesn’t make any economic sense!”. So I listened to him – though not well enough.

He started in stocks in the early 1970’s, and like everyone else, took his rookie lumps – but the difference was he very quickly learned from them. Ultimately, near the end, he was simply just buying and holding everything. He traded a little, but in small amounts and just for sideline amusement. He was a great stock-picker, and his biggest regrets were never his losses (“tuition”), but rather they were selling things that ulti-

mately went massively higher. He would tell me over and over again, “George, why bother to sell? Remember Livermore (Jesse Livermore’s book *Reminiscences of a Stock Operator*) – the big money is made by sitting.”

He narrowed down his style to only looking at stocks that were in industries fundamentally important to the economy, and which had reason to grow with it. He particularly liked stocks that grew their dividends, because the stock price itself would follow. The capital gains were nice, but over time a 3% yield on an original investment might become 20% or more. Now that’s income. Over 20 years ago he had bought Bank of Montreal (BMO) stock. “Canadian banks are a license to mint money”, he would say. He still had it – stock split after stock split after stock split, and it generated serious annual dividend income.

Here are examples of other great calls. I steered him toward TransCanada Pipeline (TRP), which had dropped from \$30 to \$10 and cut its dividend. He scooped it up. (I didn’t - pardon me while I hit myself in the head with a book), and subsequently it went back to \$30 and re-instated and increased its dividend. In the dark days of 2002, he bought Corning Inc. (GLW) at around \$2, and Williams Companies (WMB) at about the same price – both are up by more than 10 times since. Talk about tremendous courage – and the patience of Job. He still held all these at his death, and would have kept holding had he lived longer.

The moral? When you are smart enough to buy a good company at a great discount (a

fairly rare occurrence) – never sell it. The internal growth – especially dividend growth – will make you wealthy, even if that growth isn’t particularly exciting. And stay in stocks and don’t try to time the market. Sheriffe never owned any bonds. Good companies can overcome things like inflation; bonds can’t. (I know, I know – I can hear the financial advisors gasping in horror; but solid, dividend paying stocks are good for widows and orphans and really old people. There. That’s my heresy and I’m sticking to it.)

Why am I not yet a millionaire then, when I had access to such a great mentor? Because I am, like Sheriffe was, fiercely independent with my investing decisions, and don’t let anyone make them for me. Ironically, I also am a pretty good stock picker, but my problem always has been, except for the past couple of years, that I have great ideas but never see them through to fruition. Why? - because there’s always a newer, better idea. Someone once put it well; it’s like trying to grow a garden by plucking up the

shoots to see how they are doing.

This is one of the biggest traps in the stock market. It’s so interesting. It engages the mind, and stirs all those problem-solving juices. There is always almost unlimited new opportunity – but the catch is, your capital is not unlimited. You get a new idea; you’re excited about it; you want to act on it. And then the problems start – you sell this at a loss, that at a small gain, and pretty soon you’re going nowhere and your broker is sending you free hockey tickets. Once you have a plan, you need to stick to it, and actually forget about daily quotes, daily news, and all that noise.

So am I doing what Sheriffe wisely counseled me to do? Partly. My approach now is to try to buy the same kinds of stocks as he did, and hold them as he did – but I also occasionally re-allocate between them – that is to say sell a bit of some of the leaders and re-investing the proceeds in some of the laggards. After a lot of number-crunching, I’ve found out that you can “manufacture” a significant annualized com-

pounding improvement by doing this. I never completely sell out of any stock, however, to maintain the benefits of holding. The other good thing about having a fixed portfolio is that you don’t have to constantly be on the hunt for the next great thing.

So far I’m up about 25% each of the past two years with my born-again investing – roughly what my model projects. 25% doesn’t sound like much, but just go back and check those cute glossy compounding tables that financial advisors like to stick in front of you when they’re trying to sell you that great 8%/year mutual fund. Hmmm indeed

So, for a few dollars a year, I will be happy to offer you my get-rich-slow service and come over to your house and smack your hand with a cane every time you reach to sell a good stock. That could be the best investment you ever make. Cheers.

The author currently owns BMO. The author also mutters and hits himself in the head with a book at any mention of TRP, GLW, or WMB, which regrettably, he does not own.

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The Speakers Program is sponsored by the Rockcliffe Park Residents Association, the Rockcliffe Park Foundation and the City of Ottawa.

SAFE PARENT 101:

Saving Your Child's Life

By Amanda DeGrace

The laughter and joyful voices of children can be heard throughout the neighbourhood. Each day a parent is grateful that their child is healthy and active, however are you prepared for the unexpected?

You may find yourself become a little anxious when your child is hurt at soccer, bumps their head, or falls down a set of stairs. It is a natural parent reaction, however what will happen when a major accident does occur? Take a moment to ask yourself the following questions: Are you prepared to contact an ambulance? Do you have the hospital and your doctor's phone number readily available? Are you comfortable administering first aid to your child before assistance arrives? All parents should have a completed emergency list beside at least one telephone. Include a short dialogue that you can give to the 911 operators when calling. Include: house address and description, full telephone number, description of emergency (age and sex of child, what occurred, how long ago, has situation changed at all) and any allergies or medical concerns your child may have previously to the situation. Always ensure you have the operator repeat all information back to you, and ask what their estimate time arrival may be. This will assure you that medical assistance is on their way, and that correct address is in the computer system. Leave this sheet up for any caregivers that may be taking care of your children in your home.

You may feel comfortable bandaging a cut, taking a child with a broken limb to the hospital or taking care of a bleeding nose. But dealing with an unconscious child is something else. Become educated; take the time to learn C a r d i o p u l m o n a r y Resuscitation (CPR) by attending a course. Below you will find the new CPR guidelines that have been implemented to ensure that all individuals of society are able to learn, and remember, the CPR sequence. If there is an available person to contact EMS do so when the emergency first occurs. If you are alone complete the steps below for 2 minutes before contacting EMS.

Without CPR chances of survival of a non-breathing child are greatly decreased after each minute that passes. If your child is going to become a statistic, ensure it is because their life was saved by early intervention of CPR. The importance of completing a First Aid & CPR course, specifically for infants and children, cannot be stressed enough. The use of barrier devices such as a pocket mask, are imperative to ensuring safety and barrier against diseases. Mouth to mouth resuscitation is NOT recommended for any child, other than your own.

**Cardiopulmonary
Resuscitation**

Determine if the child is responsive to your touch or voice. If no responsiveness...

Open the Airway. Tilt the head back with one hand on

the forehead, and place two fingers under the chin.

Listen for Breathing. Place your ear close to the Child's mouth and look for their stomach and chest rising and falling. If their breathing sounds "unnatural" (this could include wheezing, very faint breathing, or no breathing at all). Give two breaths. Ensure you plug the Child's nose so the oxygen is transported to the lungs and not out the nasal passage. If the child is an infant you may cover their mouth and nose with your mouth or a pocket mask.

Initiate CPR Compressions. Remove the Child's shirt and place the palm of one hand directly between the child's nipples. With one hand compress the chest 30 times. Infants- place two fingers between the nipples and compress the chest 30 times. Successful compressions are those that are given hard and fast, allowing the chest to recoil between compressions. Give two breaths (as above in Step 3).

Repeat 30 compressions to 2 breaths consecutively until EMS arrives.

Amanda DeGrace is a national fitness professional and presenter for numerous organizations, as well as an Instructor Trainer with the Lifesaving Society of Canada and Red Cross. For more information please visit www.amandade-grace.ca Dates for Amanda's upcoming SAFE PARENT: Infant and Child courses can be found on her website or the CCCC.



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PART-TIME CAREGIVER WANTED for 2 girls (ages 8 and 5). 2:30 - 6:00 (approx) M-F. Other duties include homework assistance, dinner preparation, dog walking. Start by end of February. Drivers License. Non-smoker. References. Please call (613) 746-5803.

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Burgh Bulletin Board

Thur, Feb 8 - Sat, Feb 17
THIRD WALL THEATRE COMPANY presents *Betrayal*, a play by Harold Pinter and directed by Natalie Joy Quesnel. In in the Arts Court Theatre, 2 Daly Avenue. Performances are at 8pm (no performances Sunday and Monday), with 4pm matinees on Saturdays. Tickets are \$24 for adults and \$18 for students and seniors. For more information, please contact Jessica Ruano, Publicist, or visit our website at www.thirdwall.com.

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

Sat, Feb 10 & Sun, Feb 11
CHAMBER MUSIC performed masterfully by Julie Nesrallah and Daniel Bolshoy, two internationally recognized virtuosi, accompanied by the Ottawa Chamber Orchestra. Saturday's performance will be held at 8 pm in Blessed Sacrament Church in the Glebe and Sunday's at 2:30 pm at Orleans United Church. Tickets are available through The Leading Note, all three CD Warehouse locations, the Ottawa Folklore Centre, Metro Music and Blessed Sacrament Church in the Glebe, and at the door. \$10 for adults, \$8 for seniors and students, and \$20 per-family. For further information, please visit www.ottawachamberorchestra.ca or call 613-623-6089.

Sat, Feb. 17, 8 pm
The Ottawa Folk Festival invites you to hear the legendary Willie P. Bennett and

special guest James Hill at the Library and Archives Canada Auditorium (395 Wellington St.) Tickets: \$20 in advance / \$24 at the door.

Sat, Mar 24

HUMANE SOCIETY FUR BALL to be held at the National Gallery of Canada. Local New Edinburgh resident, **Laureen Harper**, an OHS foster volunteer and adopter, is this year's Honorary Chair of the Fur Ball Organizing Committee. Mrs. Harper is a dedicated foster mother to the many kittens she and her family care for at 24 Sussex Drive. The Harpers also adopted a cat, called Cheddar, from the OHS last year. Proceeds from the evening will support OHS programs and services. Tickets are \$225 per person. To order, visit www.ottawahumane.ca/furball or call 613-725-3166 ext. 333.











Ongoing

VOLUNTEERS NEEDED at the Ottawa Hospital. Make a difference in your community by joining our dynamic team of volunteers. There are many opportunities available, from providing support to patients and visitors in areas such as information desks, ER and clinics, to volunteering in the shops. Please call 613-761-4279.

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Burgh Breezy its

New arrivals

Isobel and **Mark Bisby** are the proud grandparents of **Ava Mary Bisby** born on Christmas Day to son **Adam** and his wife **Angela Bisby**. Grannie particularly appreciated the Grannie Shower hosted by her New Edinburgh Book Club. Congrats also to Isobel who is celebrating 60 years of fine living in February.

The **Hall's** of Ivy Crescent are pleased that a brother for **Quinn** had arrived. **Owen Rhys Joseph** may have been 10 days overdue but he arrived very quickly on November 30th. Healthy and handsome he has been growing every day. Big Brother Quinn is adjusting (as are Mom and Dad and the dogs) and he is always willing to give little brother a hug and a kiss or bring him a little toy when he starts to fuss.



Newly arrived **Owen Rhys Joseph** Hall with big brother **Quinn**.



Ava Mary Bisby arrived just in time for Christmas Day fun.

Congratulations to **Martin** and **Marta** and big sister **Rebecca** on the birth of **Isaac Manuel Lipman** on December 21 at 6lbs, 6oz.



Isaac Manuel Lipman, born December 21, 2006.

Welcome to ...

Stephen Randall and **Louise Corbin** to their new home on Crichton Street.

Clare Robertson and **Rob Edelmänn** and their son, **Andrew** to Avon Lane.

Kathy Bunka and **Jonathan Solomon** (and their dog, **Shindig**) to their new home on Keefer Street, Kathy and Jonathan returned late last summer from a posting in the Middle East.

Dr. Abraham Sokhaya Nkomo, the new High Commissioner for South Africa who took up residence at the High Commission at 5 Rideau Gate last fall. Dr. Nkomo, a medical doctor with a long history as an anti-apartheid activist in South Africa, has received numerous awards for his work in the promotion of human rights and development, including the King Badouin International Prize for Development and the Nelson Mandela Award for Health and Human Rights. He has recently served as South Africa's High Commissioner to Malaysia, and we hope that he and his family don't find the rigors of a Canadian winter too dramatic a contrast!

A warm welcome to the **Glovers'** new dog, a 10-year-old golden retriever. A francophone in her earlier life, Ursule is adjusting to her new name, **Maggie**. When it

came to New Edinburgh Park, no adjustment was needed: she makes a delighted beeline for it whenever she leaves the house. She's a sweetheart, with beautiful manners.

Welcome also to newcomer to



New Edinburgh resident **Aaron King** and the bronze-winning **Glebe Gryphons Volleyball** team.

the 'burgh, **Alana K.**, who moved into to a lovely house near the park on Stanley Ave.

Farewell to ...

Andre, Nellie, Noah and **Louis** who recently moved to Vaughn Street from France. Farewell to **Michael Hammond** and **Simon Fothergill** who have left New Edinburgh to put their incredible good design talents to good use in their new stone house in Sandy Hill.

Julia and **Scott Reynolds** and little **Cameron** and **Rachel** who have moved from Crichton Street to Kanata.

Congratulations

Congratulations to **Agnes Chaudron** and **Patrice Corriveau** who were married in Paris in December. Agnes and Patrice recently bought the house formerly owned by **Philip Macadam** and **Jean Bellefleur**. Philip, Jean and of course, "Flora" are now the new residents of the house on Alexander Street, formerly owned by **Ann Doran**. Ann is now residing on Stanley Avenue.

Kudos

Congratulations to **Aaron King** of Noel Street and the rest of the Glebe Gryphons who won bronze at the Ontario High School Volleyball championships held in Barrie in December.

Congrats also to Avon Lane's resident coffee mogul, **Tracey Clark** on being named one of Ottawa's "Top 10 to Watch" by the Ottawa Citizen (Sunday, January 7)

Get well soon

A fond and unexpected farewell to **Aaron King's** appendix. Get well soon.

Speedy recovery to NECA President **Gemma Kerr** from her very recent knee injury.

Condolences

Dr. Andrew Kellen of the New Edinburgh Square Residence passed away a few days before Christmas. Andrew and his wife were often seen strolling down Beechwood and were friends to many. Sincerest condolences to Mrs. Kellen and family.

Want to be plugged in?



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