

NEW EDINBURGH NEWS

December 2007

www.newedinburgh.ca

CCCC Community Dance

Saturday January 26th, 6:30-9:30 pm
\$20 per family; \$5 per individual

Led by Maura Volante with accompaniment by
Greg Brown on fiddle, accordion & guitar.

Join us for our first all ages community dance.
Bring your family, your friends, and your
grandparents, and enjoy some community spirit!!



Bring the whole family to the Crichton Cultural Community Centre
where you'll enjoy live music while a caller keeps you in step!

People of all ages enjoy dancing to live music and callers including
circle dances, square dances, contra dances and just plain playful dances.

This series is designed for us all to build a community together
young people, older people, singles, couples and our families.

Call 613-745-2742 to purchase tickets and for more information

2nd Floor – 200 Crichton Street
Avon Lane Entrance ONLY

Winter Carnival

Stanley Park Fieldhouse

January 26, 2008

Games

Prizes

Donuts

Hot Dogs

Sleigh Rides

Hot Chocolate



Skating

3 p.m. to 5 p.m.

Celebrate Our Community

Fun for All!



Sketch by Martha Markowsky

Other works by Burgh artist Martha Markowsky can be seen at The Table Vegetarian Restaurant on Wellington Street from December 28, 2007 to January 26, 2008.

III Kyoto: A New Year's Resolution

How Each of Us Can Help to Keep the Spirit of Kyoto Alive

By Hugh Robertson

Editor's Note: This is the third in a series of articles on climate change by local environmental activist Hugh Robertson, a resident of Cardinal Glen and one of the founding members of Cercle Glenviro Circle, a grassroots environmental group based in the Cardinal Glen neighbourhood. The second in the series, II Kyoto: A Call to Arms, appeared in the October 2007 edition of the News (pp.30-31), and in our next issue, a fourth

installment, Kyoto: The Role of Governments, will address the crucial question of how to bring about the necessary reductions in carbon emissions produced by the industrial and commercial sector.

Shortly before we went to press, the Intergovernmental Panel on Climate Change (IPCC) released its strongest warning yet on the urgent need for the global community to take swift action to address the climate change crisis. In releasing the report, IPCC

Chair Rajendra Pachauri called for "a new ethic by which every human being realizes the importance of the challenge we are facing and starts to take action through changes in lifestyle and attitude." This is precisely the message of the third article in Mr. Robertson's series. Time is running out! We can and must take steps as individuals to re-examine our ways of living through the lens of environmental impact, and resolve to make the changes

Continued on Page 33

New Police Chief Vows Tougher Stance on Street Crime in Vanier and Elsewhere

By David Sacks

A small but attentive crowd was at St. Brigid Elementary School on Nov. 13 evening, to listen to and ask questions of Ottawa's new police chief, Vernon White. Chief White, who succeeded Vince Bevan to the job last May, has been gradually making the city rounds, speaking to community groups and other organizations. The St. Brigid talk was sponsored by local Neighbourhood Watch.

The Chief began by commenting strongly that several Ottawa neighbourhoods, including Vanier and Hintonburg, have deteriorated over past years in terms of street crime and public safety, and that his first priority is "to start taking back the streets." Accordingly, he described the launch of a citywide campaign

by a new police unit to target "anything at street level": drug trafficking, aggressive panhandling, suspicious loitering, etc.

Many such problems, he said, are due to the prevalence here of drugs like heroin—he estimates 6,000 intravenous-drug addicts in Ottawa—and crack cocaine. "Crack is eating this city alive. It is our biggest problem right now." A crack addict on average commits four-to-ten crimes daily to

feed a habit, he said. "We have to be arresting dealers and getting addicts to treatment."

The chief spoke sympathetically of the hellishness of addiction and the fact that it overlaps often with homelessness and mental illness, which also are Ottawa street problems. The remedy lies not just in tougher policing but in efforts coordinated with city

Continued on Page 32

In this issue...

Book Nook	Page 40
Burgh Business Briefs	Page 10
Construction and Demolition in the Burgh . . .	Page 18
For the Birds	Page 28
Geothermal on Queen Victoria	Page 8
Recipes for the Holidays	Page 38
Transit: Dublin's Answer	Page 35



NECA President David Sacks Reports

Autumn brought some beautiful weather to New Edinburgh, and to NECA it brought changes and renewal. Following four resignations from the board in September, NECA welcomed five local residents who graciously stepped forward to fill the four empty seats plus one more, thus bringing NECA to its full complement of 12 board members for the first time in four years. The new members, voted onto the board in October, are **Bob Burchill, Gemma Kerr, Philip MacAdam, Karen Squires, and Jim Watson.** (Gemma returns to NECA after just a four-month break, having served as President from 2002 to 2007.) We are happy and grateful to have these five people aboard; and we know the community will benefit from their knowledge and commitment.

Also at the October meeting, three board members were elected as NECA officers: Jim Watson as Treasurer, Gemma Kerr as Secretary, and myself as President. I look forward to helping maintain NECA as a voice and watchdog for New Edinburgh—a vital information-gathering and action group that focuses community concerns about development, traffic, crime, and other quality-of-life issues, and that facilitates interaction with city hall, the police, and the National Capital Commission (NCC).

Canada and the World

NECA continues to view with concern the possible future uses of the former Canada and

the World Pavilion, still standing vacant amid ongoing construction work around the site. Specifically, we wonder about the future choice of tenant and whether the tenant will allow open public access to the historic Rideau Falls. A complicating factor is the question of how the choice of tenant will be shared between the NCC, which currently holds the building lease, and Public Works and Government Services Canada (PWGSC), which owns the site. To date, no new tenant has been announced. At the NCC's annual general meeting in November, I publicly put a question on this to NCC chairman Russell Mills and CEO Micheline Dubé. Ms. Dubé answered reassuringly but not specifically, to the effect that (1) the NCC shares our concerns in wishing to see public access maintained; (2) the NCC remains involved in the leasing decision and is working with PWGSC in considering a possible tenant (identity undisclosed); but (3) no tenant has yet been chosen. Ms. Dubé said that the site's construction work has been purely for needed repairs and maintenance, not for specifications of an intended tenant. NECA plans to pursue the matter with the NCC's incoming CEO, Marie Lemay, who takes office in January.

Sussex Drive Development

Also at the NCC's general meeting, NECA board member Ernie Smith asked publicly whether the NCC has any plans to allow building on the

green space along Sussex Drive, at the end of Stanley Avenue and John and Alexander Streets. Said Ernie, "We like it as green space." Mr. Mills and Ms. Dubé replied that they too like it as green space and they have no current plans to develop there. This should come as good news to residents who as recently as spring 2005 were writing letters to protest an announced NCC study of possible Sussex Drive development—including ideas for embassy buildings and a snack bar (!). Let's hope those ideas have been shelved permanently.

NECA and the 4C's

Following a discussion at our November board meeting, NECA voted to donate \$1,000 to the Crichton Cultural Community Centre, for their immediate use for operating expenses in their campaign to secure a legal settlement with The School of Dance. (See article on CCCC fundraising on page 5 of this issue.) The gift comes from NECA funds available at the moment, but NECA will consider making a further gift or a pledge in coming weeks, toward the CCCC's purchase of the 200 Crichton Street building.

Next Meeting

NECA meets again after the holidays, on **Monday, Jan. 21, at 7:30.** We are always looking for new ideas and topics of concern, and we invite any interested residents of the burgh to attend our meetings. Or drop us a note through the "Contact Us" button at the New Edinburgh website—so beautifully maintained by NECA Webmaster *Andrew Kerr*—at www.newedinburgh.ca.

Heritage and Development in New Edinburgh

By **Paul McConnell and Inge Vander Horst**

Co-Chairs of the NE Heritage & Development Committee

What's the most sensitive aspect of the Heritage and Development Committee's work? Probably when we review applications for what the City calls a "Minor Variance". This is a request by a property owner for an exception to a zoning by-law when building an addition or undertaking similar work on their property. A large new infill project may require several minor variances if the proposed height, size, parking arrangements, or distance from neighbouring properties fail to comply with the zoning by-law.

Why does the City allow ANY variances at all? This would certainly be simpler and cause less disruption in the community. On the other hand, especially in an older neighbourhood such as New Edinburgh, a lot of houses, garages, additions and front porches were built very close to the property line a long time ago - closer than the current by-law would permit. Should the City penalize property owners when the time comes to replace and improve these structures? In another case, a modest addition to a tiny house might require a variance to permit a rear yard setback that is just a few centimetres shorter than specified in the by-law. Is this desirable? And, of course, granting minor variances can help the City implement its policy of increasing

residential "intensification" by allowing more infill (a topic to be explored another time).

Ideally, there should be no surprises for neighbours when an application for minor variances surfaces. The NE Heritage and Development Committee - and City planning staff - encourage property owners to consult neighbours (and us) before making an official application so that plans can be adjusted to accommodate any concerns. This may not resolve all problems, but it's worth a try. Even if early unofficial consultation doesn't happen, two important steps are taken to publicize an application when it formally enters the system - the City mails an official written notice to property owners within 60 metres of the property in question (and also to the NE Heritage & Development Committee), and an official sign is posted on the property announcing the requested variance.

When does a "Minor" variance become major?

Applications for minor variances are decided upon by the Committee of Adjustment, a quasi-judicial tribunal of architects, planners, and engineers appointed by Ottawa City Council. City planning staff do meet with applicants and provide technical input to the Committee but the Committee itself is independent from the City administration. It holds public hearings throughout the year. This is not an exact science with hard and fast rules. Each application is examined according to its own

Your NECA Representatives 2007-2008

Bob Burchill, 741-7205
Andrew Kerr, 749-5260
Gemma Kerr, 745-7928
Madelien Lang, 741-8370
Philip MacAdam, 741-9235
Dilshad Macklem, 746-3951
Paul McConnell, 746-4901
David Sacks, 740-0650
Ernie Smith, 744-8191
Karen Squires, 741-2341
Julie Sunday, 744-8224
Jim Watson, 745-7928

Ex officio:

Michael Histed, 741-1660
Joanne Hughes, 745-2742
Jacques Legendre, 580-2483
Cindy Parkanyi, 745-8734
Penney Place, 749-6763
Johan Rudnik, 749-2811

robert.burchill@gmail.com
webmaster@newedinburgh.ca
newedgem@magma.ca

pmb@bellnet.ca
oberon@sympatico.ca
paulmcc@magma.ca
dsacks1776@aol.com
ernie4smith@yahoo.ca
k.squires@sympatico.ca
julie.sunday@gmail.com
watamarack@aol.com

mhisted@uottawa.ca
cccc@bellnet.ca
jacques.legendre@ottawa.ca
newednews@hotmail.com
penneyplace@rogers.com
ccc@bellnet.ca

Webmaster
Secretary
Friends of NE Park Chair

Heritage & Development
President

Traffic Calming Chair
Treasurer

Neighbourhood Watch
CCCC Program Co-ord.
City Councillor
New Edinburgh News
Community Council Chair
CCCC President

NECA MEETINGS:

All Welcome

NECA meets nine times a year, normally on the **third Monday of each month** (except for July, August, and December) at **7:30 pm** in the **Stanley Park Fieldhouse**, 193 Stanley Avenue. Our June meeting is our annual general meeting.

Any changes to this schedule would be posted in advance on the New Edinburgh website, www.newedinburgh.ca, and on outdoor bulletin boards at the Fieldhouse and 200 Crichton Street.

All community residents are welcome to attend any NECA board meeting and to suggest topics for discussion. We want to hear from you! Our next meetings are:

No meeting in December 2007

January 21, 2008

February 18, 2008

March 17, 2008

particular circumstances. The Committee of Adjustment is authorized to grant a minor variance if the following four criteria are met: Does the variance maintain the general intent and purpose of the Official Plan? Does it maintain the general intent and purpose of the Zoning By-law? Is it desirable for the appropriate development or use of the land? Is it minor?

"Minor" is highly subjective and is assessed case-by-case. However, probably the most important factor in determining "minor" or "major" is the impact the proposed development will have on adjacent properties. **Your opinion matters.** The Committee of Adjustment will take into consideration the views of neighbours, as well as the formal submission by the local community association (which in NE is provided by the Heritage and Development Committee). Therefore, if you see an official notice about a minor variance that you believe could adversely affect your own property or neighbourhood, you should do two things - accept the invitation from Committee of Adjustment and write or e-mail them about your concerns and secondly, share those concerns with the NE Heritage & Development Committee by phone or e-mail. Even if you are not an immediate neighbour, you can still express your views.

The role of the NE Heritage & Development Committee
We get involved in applica-

tions for minor variances in different ways. One of our objectives is to improve access to information in the community. We believe the City's distribution of the official notices is too narrow, so this year we have started posting the ones for New Edinburgh on our community website as soon as we receive them. (Unfortunately they are not published on the City's website.) In addition, we post any correspondence that we have with the Committee of Adjustment, as well as their formal decisions. We'll try to add other updates too. Check out www.newedinburgh.ca for more details.

We also meet to review each application. As concerned local residents, we examine the pros and cons of a proposal with a critical eye. In addition to the actual amount of the requested variances, we look at several additional factors such as potential shade problems for neighbours, loss of privacy, possible noise issues, parking arrangements, whether trees will be removed, how the scale fits in with adjacent properties, heritage provisions, etc. We try to contact the applicant to obtain additional details about the proposal. We sometimes also examine the project file at the office of the Committee of Adjustment.

What is harder to do, is to obtain timely input from concerned neighbours. In a few cases, usually involving bigger developments such as the new one at Dufferin and MacKay, we get plenty of lead-time and

can arrange local public meetings to ensure the widest possible community input. But in most applications for minor variances, the City's official notice is mailed out only two weeks ahead of the formal hearing. Submissions are supposed to be filed five days ahead of the hearing, so this

means we have only a very narrow window of time to meet, collect and review information, and decide whether to write to Committee of Adjustment to support or oppose an application. This is why, if you have concerns on receiving an official notice or seeing a signpost on a proper-

ty, we encourage you both to send your comments directly to the Committee of Adjustment promptly, AND to contact us so that we are aware of your views and can incorporate them in our submission. This will help ensure the views of NE residents are represented as effectively as possible.

Light Rail Coming to Rockcliffe?

By Jane Heintzman

If you've had reason to use the newly completed traffic circle at Sussex Drive and Princess Avenue, you may have wondered whether plans were afoot to introduce light rail in this somewhat improbable location. And indeed, two short stretches of railway track have in fact been laid at the site, one of them extending diagonally across the roundabout and the second angling off Princess towards the Pine Hill Woods (perhaps strategically positioned by a canine member of the design team?). Somewhat regrettably, the tracks are not a harbinger of a future rail line for our area, but rather have been installed by the NCC and the City for their historic significance at this location.

For close to a century, a tram service extended from downtown Ottawa to New Edinburgh and Rockcliffe, beginning in 1866 with the horse drawn tram service operated by the Ottawa City Passenger Railway Company. Horses were ultimately replaced by electric street cars



in the mid 1890's, and electric tram service to our area continued under the Ottawa Electric Railway Company (and later the Ottawa Transportation Commission) into the 1950's. Then, plans were launched to beautify Sussex Drive as a ceremonial route and the offending tracks, trams and overhead wires were eliminated.

While there are no present plans to restore the trams and wires, the tracks are back in the new traffic circle, marking a spot which is thought to be close to the old Rockcliffe Streetcar Barn where the trams were serviced. According to the NCC, while the stretches of railway line in the new traffic circle are not authentic artifacts of the former tram line, the construction contract for

project had included a provision that if remnants were found during excavation, as they in fact were when the Sussex/Rideau Gate roundabout was constructed in 2002, they would be used at the site. Authentic or not, this imaginative addition to the new traffic circle offers a permanent reminder of Thomas Ahearn and Warren Soper's groundbreaking electric railway service and its contribution to the development of our community.



Deadline

for the next issue of the
New Edinburgh News

→ Jan 10 ←
newednews@hotmail.com



WINTER OVERNIGHT PARKING REGULATIONS

November 15 to April 1

Winter overnight parking regulations are in effect throughout the City from November 15 until April 1. This means that you cannot park on City streets between 1 a.m. and 7 a.m. when a snowfall of 7 cm or more is forecast by Environment Canada in the Ottawa area. This includes any forecast of a range of snow of more than 7 cm, for example 5 to 10 cm. On-street parking permit holders are exempt from winter overnight parking restrictions.

To be in the know about snow and find out if an overnight parking restriction is in effect:

- Sign up for Winter Parking e-Alerts at ottawa.ca/winterparking to receive e-mail notification of overnight parking restrictions.
- Visit ottawa.ca/newsroom for special advisories about on-street parking restrictions.
- Call 3-1-1 (TTY: 613-580-2401).
- Listen to local media for special advisories about on-street parking.

Planned Snow Removal

Look for temporary "no parking" snow removal signs posted ahead of time alerting motorists when daytime or nighttime snow removal is planned and when on-street parking is not permitted. Do not park where you see temporary "no parking" snow removal signs posted or your vehicle will be ticketed and towed to a nearby street.

This restriction applies to all vehicles, including those with on-street parking permits.

ottawa.ca/winterparking



City
services **3-1-1**
TTY 613-580-2401



Want to be plugged in?

Like to discuss local issues?

Come join our online community!

www.newedinburgh.ca

NEW EDINBURGH NEWS

is published five times a year by the

New Edinburgh Community Alliance (NECA)

Mailing Address: P.O. Box 74038, Ottawa, K1M 2H9

Publication dates: Oct. 1, Dec. 1, Feb. 1, April 1, June 1

Deadlines: Sept. 10, Nov. 10, Jan. 10, March 10, May 10

Editor: Cindy Parkanyi, 13 Avon Lane

Tel: 745-8734, **Fax:** 745-4766

E-mail: newednews@hotmail.com

Advertising Manager: Brian Holland, 257-7762

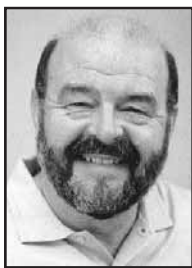
E-mail: NEN-ads@hotmail.com

Business Reporter: Jane Heintzman, 741-0276

Breezy Bits: BreezyBits@hotmail.com

Residential Distribution Manager: David Horley, 745-6156

Printed in Renfrew, Ontario by Runge Newspapers, Inc.



Ottawa City Councillor Jacques Legendre Reports

The 2008 Draft City Budget

The most important “big picture” aspect surrounding the City budget this year is not the on-going controversy as to whether “zero” is achievable without major cuts to existing services. The real major change that appears to have escaped major media attention has to do with the approach adopted by Council. For the first time, Council has agreed to establish a **Fiscal Framework** (adopted in September) and a **Strategic Plan** for its term of office, 2007 – 2010. This will hopefully stabilize the City’s financial picture by adopting a

longer term budgeting window and perhaps diminish the perennial “crisis mode” nature of this process.

The foundation of the Fiscal Framework is a set of overarching principles of responsible financial management focusing on financial sustainability. The principles outline the City’s basic philosophy and orientation on financial matters. For each of ten key financial elements, a range of guiding principles, targets and accountabilities are provided. The ten financial elements are: **asset management, growth and development, strategic initiatives** and

enhancements, debt (such as, principal and interest for tax and rate supported debt not to exceed 7.5% of the city’s own source revenues), **operating surplus/deficit, budgeting** (such as, establishing a financially sustainable budget by 2010, including a forecast for the two following budget years), **user fees and service charges, property taxation, program review, and fund balances and municipal position** (such as, recording physical assets on the city’s financial statements by 2009). The framework serves multiple purposes:

- It is a preamble to the long-range plan;
- It serves as a guide and reference to the budget process;
- It can be a reference in any Council debate involving the use of funds; and,
- It is an accountability and communication tool for Council and residents.

This last bullet is interesting. The framework will only function as intended if residents become familiar with its contents. It is not very long (15 pages) but it does make for ‘dry’ reading (hence the lack of media interest). Nonetheless, I would encourage my constituents to examine the document, if only to monitor Council’s ability to ‘stay the course’.

The other new element that has gone into the draft budget is the City Strategic Plan, tabled in November and to be considered by Council in January. This is the result of a

series of planning sessions initiated by the Mayor this past spring. That document establishes Council’s priorities for the current term. It does not include reductions in services such as libraries, community parks and recreation programs. For this reason, I do not believe that the current budget debate will result in anything like a “zero tax increase” budget. The major reason that such a scenario is still dis-

have not yet examined the feasibility of the suggestions advanced in this report.

Budget documents are available at all of the branch libraries and on-line at www.ottawa.ca. The main budget document, at 837 pages is very ‘heavy going’. I would recommend that those interested start with the “Transmittal Report” which is bureaucrat-speak for “summary”. This 54-page document provides a

“For this reason, I do not believe that the current budget debate will result in anything like a ‘zero tax increase’ budget.”

cussed at all is that Council, when setting its budget directions for staff in September, asked for options that would result in tax increases of 0%, 1.4% and 3.4% for City operations excluding Police.

The largest tax increase scenario (3.4%) includes management efficiencies (in terms of productivity, technology, assets and procurement) amounting to \$20 million and some combination of service reductions and revenue increases amounting to \$25 million. (The long-range budgeting plan is calling for further management efficiencies of \$32 million in 2009 and \$48 million in 2010, for a total of \$100 Million over the next three years.) A report commissioned by Mayor O’Brien (the Hunter Report) claims that \$97 million in cost savings or revenue options (some of which are one-time) are possible in 2008 without affecting services. At the time of writing, I

quick picture of revenue options, reduced new operating needs, options for deferred capital projects, program/service growth reductions, existing program/service reductions, 2008 new operating needs, additional 2008 capital renewal projects and 2005 OMBI results (which show how Ottawa compares with other municipalities in the province). Call my office if you have any difficulty accessing the budget information. Council will hear from the public during the week of December 3. Anyone may reserve time to address Council by calling 311 in advance and asking for the Clerk’s Department.

Update on CFB Rockcliffe

Mark Laroche, the new (as of June) President and CEO of the Canada Lands Corporation recently advised me that the Corporation is closing its offices on the former military base. No further planning relating to the redevelopment of those lands will occur until Canada Lands have purchased the property.

Season’s Greetings

I also take this opportunity, on behalf of my family and myself, to extend to all, Best Wishes for Health, Prosperity and Personal Serenity in 2008.

Meilleurs vœux

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

Jacques Legendre

Councillor, Rideau-Rockcliffe

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

City of Ottawa

110 Laurier Avenue West
Ottawa ON K1P 1J1
Tel: 580-2483, Fax: 580-2523
E-mail: jacques.legendre@ottawa.ca
Web Site: www.rideau-rockcliffe.com



Michael, Marc and Knud, the Victoria Island Sales Team

Wish all of our Clients a Happy Holiday Season



FOR RENT
NEW EDINBURGH. Totally reno'd side by side double. One unit faces Crichton St; the other is a 1 storey garden unit. Both units redesigned by interior designers, will appeal to young professionals. #28 is a 2 storey, 2 bdrm w/ hwd flooring throughout, contemporary kit & powder rm. #28-A is a 1 storey, 2 bdrm w/ dramatic liv/din/kit, fab bath, large garden.



THE RENAISSANCE. 40 Landry. A Ten*** This total redesign features a 24' panorama of the river and city skyline. Cherrywood stained floors and a den full of mahogany built-ins incl. a Murphy bed. Ensuite laundry, an awesome kitchen, a high-end bathroom reno and murano glass light fixtures. See the photos on our website. \$299,900.



CHARMING AND ATTRACTIVE. Convenient to downtown, parks and more. 3 bedroom bungalow. Many updates: hardwood, newly finished rec room, and 3 piece bath. Loads of storage, bright laundry. Hanover kitchen cupboards. Great Lindenlea location. \$459,000.



LINDENLEA \$750,000. This property is located on Beechwood Ave and Putman. Fully leased office space with 14 parking spaces.



2951 RIVERSIDE DRIVE. Apartment 1003 has been renovated. The hardwood floors are lovely. The 12 x 20 living room has a fireplace. Three bedrooms, but now the master bedroom has ensuite bathroom and walk-in closet. Priced at \$269,500.



SOLD
KINGSVIEW PARK. An exceptional location overlooking the Rideau river in the centre of the city. All brick family home w/ 4 huge bdrms & 2.5 bthms. 2 storey entrance hall with a grand circular staircase entry to sunken liv rm w/ fireplace or sunken fam rm w/ fp. Reno'd kitchen includes brkfst area which opens to the deck. Main fr study & new rec rm in the basement. \$599,000.

MICHAEL VALIQUETTE
613-255-7779

MARC KAPPINGA
613-866-1113

KNUD V. POULSON
613-884-7676

www.victoriaisland.ca

Leo La Vecchia SALE: 20% OFF

from Jan. 1st to Feb. 28, 2008

on

Made to Measure
Suits, Sport Jackets,
Overcoats, Pants

Ladies & Gentlemen
Finest European Fabrics

We also specialize in
Made to Measure Shirts
and Alterations



Enquire about our new line of
custom-ordered ready-to-wear

17 Springfield Rd.
Ottawa, Ont. K1M 1C8
(613) 749-8383

Strong Show of Community Support Kick Starts CCCC Fundraising Campaign

By Jane Heintzman

Any lingering doubts about whether the community wants and needs a thriving cultural and community centre at 200 Crichton were put to rest at the CCCC's Public Meeting on Sunday, October 21. Despite the allure of glorious Fall weather, a standing room only crowd of well over 125 supporters, as well as our elected representatives from all three levels of government, sacrificed their leisurely, sunny afternoon to get the facts on the situation at 200 Crichton and to show their support for the efforts of the CCCC to secure the building's future as a public asset for generations to come.

Participants at the meeting heard heartfelt and unequivocal expressions of support from our three politicians, the Honourable **Mauril Bélanger**, M.P., P.C., the Honourable **Madeleine Meilleur**, M.P.P., and Councillor **Jacques Legendre**. It was Councillor Legendre who best summarized the sentiments at the meeting when he noted: "What the CCCC has been doing with the community is absolutely fantastic. That the problems with the TSOD [The School of Dance] management have continued for so long is simply incomprehensible. Enough is enough already. It's time for the City and the community to now act and get this ridiculous situation with TSOD management resolved once and for all." In the seven years since its inception, all three of these representatives have made consistent and often heroic efforts to advance the interests of the CCCC and the community.

For the first official donations of the launch, we were extremely grateful when both Mme. Meilleur and M. Bélanger stepped forward at the meeting to publicly pledge \$1,000 each towards CCCC's campaign to reach a final settlement and acquire the building.

Few would argue that the highlight of the Public Meeting was the barn-burner of an address by our honorary Chair for the event, **Marion Dewar**, former Mayor of Ottawa and Member of Parliament, and a much loved champion of social justice in our community, as well as in the national and international arena. As a former member of the Board of The School of

Dance when the agreement at 200 Crichton was originally forged seven years ago, Mrs. Dewar had high hopes of a fruitful partnership in the building, where the life and activities of the CCCC could

flourish and grow alongside those of the school. Sadly, the reality proved radically different from the dream and Mrs. Dewar gave an impassioned expression of her support for the current efforts of the CCCC to cut its ties with TSOD, and get a fresh start in its mission to build a vibrant centre for community life and artistic endeavours in the heart of our neighbourhood - this time on a secure footing.

CCCC FUNDRAISING REPORT

The Community Target: \$550,000

The community fundraising target was to raise \$550,000 to keep the CCCC operational and provide a reasonable down payment to help acquire 200 Crichton.

As of mid-November, we are extremely happy to report on the amazing outpouring of community support.

Progress to Date: More Than Half Way There!

We have commitments and general pledges for \$270,000. We have received over \$17,000 for immediate and operational needs. And we have received an additional \$17,000 in pledges and donations specifically directed to building acquisition.

This puts us at over half way towards our target!

Thank you everyone for your support: let's keep that forward momentum building in our community to reach our collective goal in the New Year!

Meeting participants also heard a presentation by **Johan Rudnick**, Chair of the CCCC Board, who summarized the events and circumstances leading to the CCCC's current "make or break" situation in its dealings with TSOD management. He also outlined the CCCC plans to seek a comprehensive settlement, and ultimately to acquire the whole school building for use as an expanded cultural and community hub. Johan stressed that the success of the project will depend ultimately on the financial support of the neighbourhood and the wider Ottawa community through pledges and donations towards the CCCC's settlement fund, as well as on volunteer participation in the campaign to secure the building's future as a public asset.

Ellen Goodman, Past Chair of the CCCC, echoed this theme, emphasizing the need for the community to step up to the plate at this critical time when the future of our commu-

nity centre hangs in the balance. And step up you did! Starting with the **Friends of Crichton** campaign to collect pledges in early summer, and picking up steam on the day of the public meeting, a steady

flow of pledges and donations has been coming in to the CCCC, some of them specifically earmarked for purchase of the building, and others donated to help cover the costs of simply keeping the doors open as we work towards a comprehensive settlement. In addition to the generous donations of Mme. Meilleur and M. Bélanger, **Suzan Lavertu**, director of the School of Afro-Caribbean Dance, pledged \$5,000 at the Public Meeting as a measure of her strongly expressed commitment to maintaining the CCCC as the home base of her school (which now offers regular dance classes at the Centre and has taken part in the Lumière Festival). Long-standing Yoga instructor and former CCCC Board member **Barbara Young** and MainWorks artist **Liz Minnes** both spoke eloquently on the great value of the CCCC in their lives and their professions. Friends of Crichton co-founder **Barbara Laskin** stressed the importance of broadly-based community support to strengthen the hand of the CCCC in its dealings with governments, the court and potential major donors as it moves forward with a bid to acquire the building.

To all who attended the October 21 meeting and who showed their support through pledges, donations and offers of assistance, we send our sincere thanks and a hearty

"Welcome Aboard". There is a long road ahead, but with this remarkable vote of confidence from the community we are embarking on the journey with greatly increased confidence, energy and optimism. Much remains to be done to secure the future of 200 Crichton as a public asset, but we look forward to having you with us every step of the way.

A summary of the CCCC's progress towards its fundraising targets is provided in this issue, along with a review of the ongoing fundraising events and activities planned by the *Friends of Crichton* in collaboration with the CCCC Board. Readers can keep track of progress towards the CCCC's fundraising goal and further developments in the campaign by checking the CCCC website at www.crichtonccc.ca.

Directly on the heels of the October 21 launch of the

CCCC fundraising campaign, TSOD management issued two separate demands for immediate arbitration award payments totalling \$136,000 and engaged the sheriff to seize CCCC assets and virtually shut it down. With only days to finance the payments, the CCCC managed to raise the funds by using some cash on hand, some of the fundraising donations made for immediate use, and by obtaining loans from some very special supporters. Suffice to say, with some absolutely incredible efforts and support, the CCCC managed to discharge the entire debt well in advance of plans. The CCCC has emerged in a much stronger position to go forward into dispute resolution and the arbitration of CCCC issues against TSOD, and possibly to recover much - if not all or more - of the monies paid.




Pretoria Pet Hospital
16 Pretoria Avenue
(613) 565-0588

**PREVENTIVE HEALTH CARE
FOR YOUR PET**

- ♥ Vaccinations
- ♥ Dental Care
- ♥ Medical & Surgical Care
- ♥ Nutritional Counseling

Mondays, Tuesdays, Wednesdays & Thursdays 8:00am - 7:00pm
Fridays 8:00am - 6:00pm & Saturdays 9:00am - 12:00pm



Jacques Legendre

**City of
Ville d'Ottawa**

**Councillor
at your service**

**Conseiller
à votre service**

Rideau-Rockcliffe

110 Laurier Avenue West • 110, avenue Laurier Ouest
Ottawa, ON • K1P 1J1
Tel./Tél. : 613-580-2483 Fax/Télé. : 613-580-2523
www.rideau-rockcliffe.com
jacques.legendre@ottawa.ca
General Inquiries / Renseignements généraux : 311

Your Neighbourhood Specialist in Residential Real Estate



ROYAL LEPAGE

Performance Realty
Brokerage, Independently Owned and Operated

Office: (613) 744-2000

Direct: (613) 745-5950

e-mail: dalehwh@magma.ca web: www.hughdaleharris.com

201-5300 Canotek Road, Ottawa, ON, K1J 1A4

MONSON DELUXE CLEANERS

WE ARE A
CLEANER
DRY CLEANER

- ✓ **We care about the environment** and operate our business in a safe and efficient manner.
- ✓ **We use the best available equipment and technology** to reduce any chemical released into the air, water or ground.
- ✓ **We train our employees** and practice proper procedures and precautions to ensure safety in our operations.
- ✓ **We are members of professional associations** that keep us up-to-date with the latest technical and safety information.
- ✓ **We dispose of our chemical waste legally** through a licensed waste removal service.
- ✓ **We are working with governments** on the federal, provincial and municipal levels and surpass all required environmental regulations.
- ✓ **We are proud to be a part of the community** and respect our customers' and our neighbors' right to a safe and clean environment.
- ✓ **We strive to be good neighbors** and recognize our responsibility to the community we work and live in.

YOUR NEIGHBOURHOOD DRY CLEANER

WE CARE ABOUT YOU
AS WELL AS YOUR CLOTHES
SPECIALISTS IN SUEDE AND
FRENCH CLEANINGENVIRONMENTAL DRY CLEANER:
CERTIFIED BY JACQUES WHITFORD,
ENVIRONMENTAL SCIENTIST110 Beechwood (at St. Charles)
613 749-5969

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 this community.

Capital Punishment

A basic tenet of democracy is that government policies should respect the law of the land. Capital punishment was removed from Canada's Criminal Code in 1976. Furthermore, in 1987, a free vote regarding the reinstatement of the death penalty was defeated in the House of Commons.

Since then, Foreign Affairs has always sought clemency for Canadian citizens facing capital punishment in another jurisdiction...until recently! In the well publicized case of Alberta-born Canadian citizen Ronald Allen Smith, the Cabinet has instructed public servants not to seek clemency.

My colleague the Honourable Irwin Cotler, Official Opposition Critic for Human Rights, and former

Minister of Justice, asked the following question to the Minister of Public Safety on Thursday, November 1:

"Mr. Speaker, it has been the long-standing policy of our country, reaffirmed by Foreign Affairs as recently as last Friday, that 'there is no death penalty in Canada and the government of Canada does not support the death penalty' and that it will 'seek clemency for Canadians sentenced to death in foreign countries'. Yet the government has now reversed this policy in not seeking clemency for Alberta-born Ronald Allen Smith, the only Canadian on death row in the United States. Will the government reaffirm our long-standing policy restated last Friday and seek the commutation of a Canadian citizen?"

The answer from Minister Day was: "Mr. Speaker, we will not be actively seeking to bring back to Canada convicted murderers who have been found as such in a jurisdiction that is both democratic and

respects the rule of law. It would be a wrong message. We want to preserve public safety in Canada, and that is our position."

Subsequent questions have garnered similar answers of the type "we are not about to welcome murderers into Canada".

In matters of life and death I expect the government to be intellectually honest. As it stands, we are now treating American criminals better than we treat Canadian criminals since our law states that we cannot extradite an American who faces the death penalty.

Now we learn that the Government has decided that Canada will not co-sponsor a UN resolution to declare a worldwide moratorium on the death penalty. Their reasoning, "There are a sufficient number of co-sponsors already, and we will focus our efforts on co-sponsoring other resolutions within the UN system which are more in need of our support," said an official with the Foreign Affairs Department. I don't know what the real reason is but allow me to think it may have something to do with the fact that the Bush Administration also refuses to co-sponsor the resolution.

If the Conservative government wishes to restore capital punishment let them not do it by stealth. Let them bring this to a debate on the floor of the House of Commons.

And for the record, as long as I have the privilege of representing the people of Ottawa-Vanier to Canada's Parliament I will oppose the death penalty.

Mauril Bélanger, P.C., M.P.
Ottawa-Vanier
Official Opposition Critic for
Canadian Heritage, Francophonie
and Official Languages

GREENTREE
& COMPANY
Rental
Management
for the
Foreign Service
Community

Our services include:

- market analysis
- preparation of documents
- reporting
- maintenance
- regular inspections
- simplified & competitive fees

We've been there...we care!

Mary Ellen Boomgaardt

5 Beechwood Avenue
P.O. Box 74074
Ottawa, Ontario K1M 2H9

Tel: (613) 746-2367

Fax: (613) 746-3050

E-mail: greentreeco@sympatio.caHON. MAURIL BÉLANGER, P. C., M. P. / C. P., DÉPUTÉ
OTTAWA-VANIER

Chambre des communes / House of Commons

925, édifice de la confédération / Confederation Building
Ottawa (Ontario) K1A 0A6
(613) 992-4766 Téléc./Fax: (613) 992-6448belanm@parl.gc.ca[webpage: mauril.ca](http://webpage.mauril.ca)

Bureau de circonscription/Riding Office

504-168, rue Charlotte Street
Ottawa (Ontario) K1N 8K5
(613) 947-7961 Téléc./Fax: (613) 947-7963



Toot toot tootsie g'bye...

By Daniel Kingsley

For as long as I can remember my grandmother has been called Tootsie. That, and she has been writing articles for the New Edinburgh News. Recently at a family reunion she announced that she was going to retire. I thought it only fitting that one more article be written — one about Ethel herself. After all, she has played a part in the history of the New Edinburgh community for three-quarters of a century.



The Beginning

May 1929, Ethel Ida is born to Rose Buske and Edward Sivyer. She lives, prays, and is educated in the 'Burgh, then drops out of school in grade 6 to start working and help support her family. When she is still a teenager she must quit to take care of her ailing mother and is unable to pursue a career path of her own because her duty to her family and community calls.

Her Own Family

At eighteen Ethel married Jean-Louis Proulx and eventually raised five children. While raising a family she also had time to volunteer at the Creighton Street School (now 200 Crichton), where she became known as the "Lunch Lady" to many, including her eldest grandchildren. Ethel also found time to found the Euchre Club and more than forty years later she still participates in the club.

Her family knew love and joyous times, and I remember stories my Grandmother holding small dances in her living room and of my Grandfather fixing poor children's bicycles. But there were also dark times. The worst being when her eldest son, Johnny, drowned in the Ottawa River. She still grieves for that lost son. She also suffered another grievous loss when her long-time husband passed away in the 1980's.

Moving Away from the Burgh

After the death of her husband, Ethel moved to Gloucester to stay with her youngest daughter. Despite no longer living in the Burgh, she still found time to keep in touch with her neighbourhood roots by writing many articles for the New Edinburgh News, becoming recognized as its unofficial historian. Her greatest pride has been working for the New Edinburgh News.

But now Ethel has decided it is time to rest a little and spend more time with her twelve

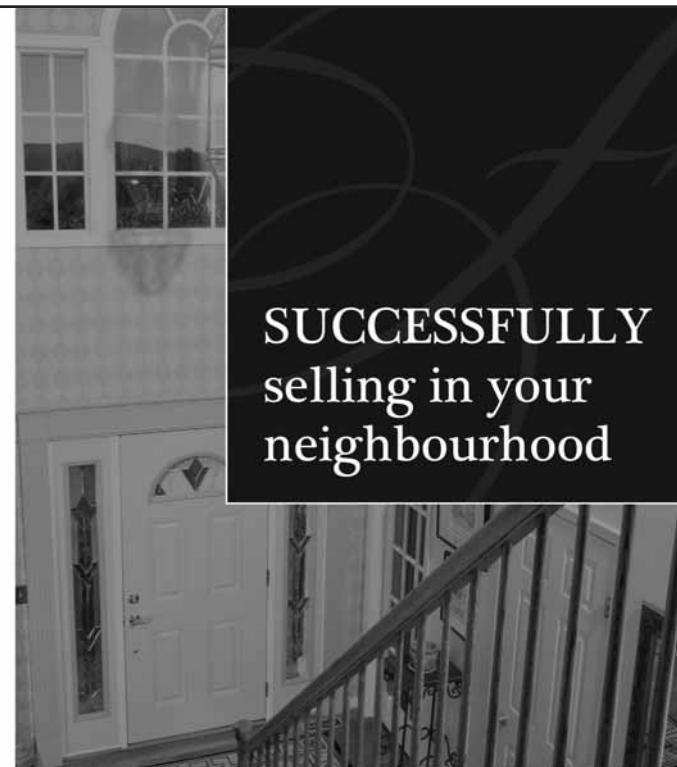
grandchildren (ranging in age from 2 to 37) and her great granddaughter, Ocean Victoria.

This is not an epitaph; rather it is a story of triumph, a celebration of my Grandmother's



many achievements and a testimony to her generous spirit. She has shown many people that all it takes is a good heart and a will to get things done.

Thanks, Tootsie.



SUCCESSFULLY
selling in your
neighbourhood

Faulkner
REAL ESTATE LTD.
100-116 Lisgar Street, Ottawa

JANE DAVIS sales representative
email janedavis@livinginottawa.com
613-231-4663 livinginottawa

Ottawa's only PANDORA Jewelry® preferred retailer



www.magpiejewellery.com



2 locations

799 Bank Street | 613.233.2065

2nd floor, Rideau Centre | 613.562.0101

magpie
jewellery

New Edinburgh Pharmacy

5 Beechwood Ave.

(Corner of Crichton
and Beechwood)

TEL.: 749-4444

FAX: 741-1866

Guardian

Monday - Friday — 8:30 a.m. - 8:30 p.m.
Saturday — 8:30 a.m. - 6:00 p.m.

GET TO KNOW YOUR GUARDIAN PHARMACISTS:
Frank Tonon B.Sc. Phm.

**Full Service, Royal Bank ATM unit now located on
premises (Beechwood entrance)
24 hour access**

Going Geothermal in the Burgh

By Jane Heintzman

Earlier this Fall, some Burgh residents, and perhaps in particular their neighbours, may have observed with curiosity the intensive drilling activities on the Queen Victoria Street property of **Miriam and Isaac Farbiasz**, longtime residents of New Edinburgh and proprietors of the incomparable **Byward Fruit Market**. Onlookers can be assured that Miriam and Isaac were not in search of oil or precious metals (despite the robust markets for both), but were in fact in the process of converting their home from an oil heating and electrical air conditioning system to an environmentally leading edge geothermal system.

Both Miriam and Isaac are conscientious environmentalists and have long been contemplating a move away from oil heating before finally taking the plunge this year. After a heated altercation with a Bush-friendly acquaintance who challenged her objections to the oil supply subtext in the U.S. invasion of Iraq by pointing out that she continued to drive a car and heat her house with oil, Miriam set about with iron determination to break this fossil fuel dependence. Miriam and Isaac hustled off to

the **Green Show** at the Congress Centre where they first encountered local geothermal contractors **72 Degrees** of nearby Carp.

Some months later, following an intensive period of information gathering, a physical assessment of the capacity and requirements of their home and property, successful applications for the federal and provincial ecoEnergy grants

tions) is a *closed loop* consisting of plastic pipes buried in the earth through which is pumped a continuous flow of an environmentally friendly ethanol solution. The solution is a highly efficient conductor of heat, absorbing the heat from the ground which is then pumped back into the *geothermal unit* inside the house. This unit, which is about the size of the average furnace, consists of

Depending on the efficiency (or lack thereof) of the system replaced, geothermal can reduce your annual heating bills by 50-80%.

available to offset the installation costs of energy efficient systems, and a detailed comparative analysis of their existing heating and cooling costs vs. those projected under a geothermal régime, Miriam and Isaac have become New Edinburgh's pioneering geothermal household. They are thoroughly delighted with the comfort, efficiency and environmental benefits of their new system.

Gary Bekolay of 72 Degrees points out that geothermal heating and cooling has been around since the early '70s when the oil crisis sparked a brief flurry of interest in alternatives to fossil fuels. In the intervening decades, however, comparatively low oil and gas prices dramatically reduced the financial incentive to make the switch to geothermal, and few but a hard core of rabid environmentalists actually made the move. With oil at well over \$90 a barrel, however, combined with the mounting pressure to reduce carbon emissions to combat climate change, the tide has turned and the geothermal option may well be the wave of the future.

First Principles of Geothermal

About half the energy from the sun that hits the earth each day is absorbed by the ground, and below a depth of six feet, the ground remains at a constant temperature of 10°-15° centigrade all year round. A geothermal heating and cooling system makes use of this constant temperature to regulate the temperature in your home, transferring heat from the ground to warm the air in your house in winter, and operating in reverse during the hot summer months to extract the heat from indoors and circulate it through the cooler ground.

At the heart of the system is an *earth loop*, which in the Farbiasz' case (and presumably in most urban installa-

a pump, a compressor and a fan. When the heat absorbed by the earth loop is transferred back into the house, the unit compresses the fluid to raise the temperature to the desired level and distributes it through the house via a conventional air duct system, or through pipes containing water for in-floor heating. In summer, the system operates in reverse, pulling warm air from the building into the earth loop which circulates it through the cooler temperatures below ground.

The location and design of the earth loop depends upon both the soil conditions and the amount of land available around the house. While the pipes can be installed horizontally, in Miriam and Isaac's case, the constraints of their lot size dictated a vertical arrangement consisting of six holes drilled to an impressive depth of 100 feet. Gary Bekolay of 72 Degrees notes that in an area like ours which sits on a thin layer of soil covering bedrock, the costs and complications of drilling is among the most challenging aspects of a geothermal installation. His company has, however, come up with a compact and cost efficient method of meeting this challenge, and the good news is that when the dust has settled, the installation of the earth loop has no damaging effects on grass, trees and shrubs in the area.

The Costs and Benefits of Geothermal

It goes without saying that the upfront costs of having a geothermal system installed can be significant. In Isaac and Miriam's case, while the total cost was \$27,000, this was offset by a total of \$7000 in **ecoEnergy grants** from the federal and provincial governments, grants that are currently available to homeowners who undertake to retrofit their houses to achieve major energy effi-



A True Italian Family Tradition

Our specialty: Fresh pasta made on the premises.
Seafood, chicken and veal.

Every Meal is a Special Event

186 Barrette (at corner of Beechwood and Marier)

Open for Lunch: Tues. - Fri. 11:30 am - 2:30 pm
Dinner: Tuesdays to Sundays, 5 p.m. - 10 p.m.
Open on Mondays for groups (reservations - min. 15 people)
Please call for reservations **613-749-4877**

Book now for your Christmas Party and for our special Christmas Eve and New Year's Eve events!



For all of your Insurance needs, call us for a quick quote today!

613-747-9737

266 Beechwood Ave **Serving Ontario & Quebec**
Ottawa, ON **since 1955**

www.fhrowat.com



New Edinburgh Square

OUR SERVICES INCLUDE

INDEPENDENCE

As independent as you choose. We're here to provide the service and support you desire.

-Presenting-

Honens International Piano Competition
June 6th, 2007 at 2pm

Join us for a Guest Speaker on
Osteoarthritis of the Knee
June 13th, 2007 at 2pm

RSVP by Tuesday June 5th to 613-744-0901




www.chartwellreit.ca



New Edinburgh Square Retirement Residence

420 MacKay Street
Ottawa, ON

613-744-0901



ciencies. (Check out www.oee.nrcan.gc.ca to get the details about how to apply and where to obtain an accredited energy assessment of your home).

row, are already ancient history!) If you're interested in exploring the geothermal option, ask your contractor for a detailed analysis of the comparative costs of your existing

supply by checking out Bullfrog's website at www.bullfrogpower.com.

From a strictly environmental perspective, the advantages of switching to a geothermal system are enormous. Unlike fossil fuels, geothermal energy is non-polluting and emissions free. Shifting off oil to geothermal will immediately cut your household's carbon emissions by about 50%, or the equivalent of taking several cars off the road. In the case of larger commercial projects, this reduction can be even more dramatic, producing an impact equivalent to putting up to 75 cars out of circulation. Moreover, unlike oil which has to be transported over vast distances by immense gas guzzling vehicles, geothermal energy comes directly from the ground around your house.

As a proud user of the system, Miriam is lyrical about the quality of a geothermally heated and cooled environment. The air is soft and comparatively moist, and the household temperature is noticeably more even and consistent than in a conventional system, which as most of us know, can be subject to wild swings that are particularly noticeable at this time of year when we awaken to a dank, morning chill followed by a blast of heat as the furnace struggles up to its daytime set-

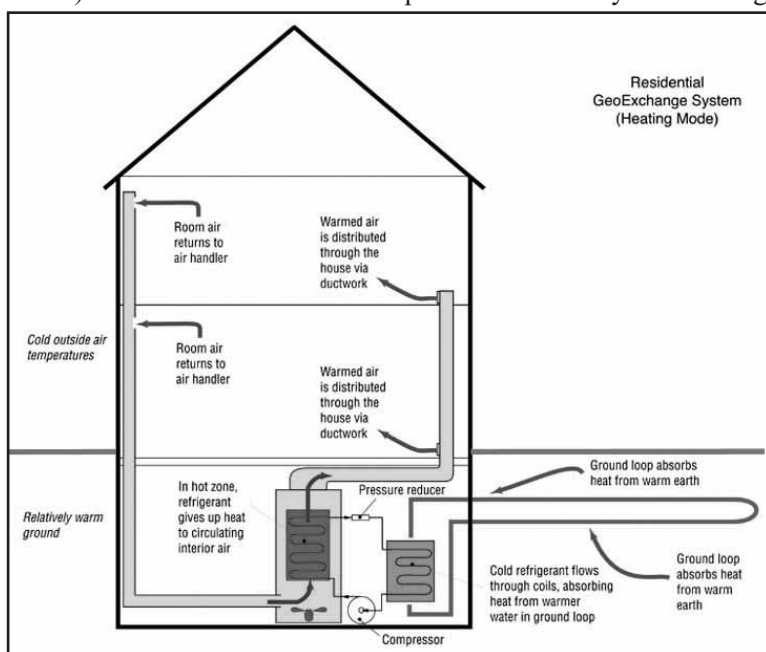
ting. Not only that, the geothermal household is virtually odorless in comparison to houses with an oil or gas burning furnace. Also, for allergy sufferers, the absence of dust and particles in the atmosphere is nothing short of bliss.

From a safety perspective, geothermal heating involves no flame, no chimney and no risk of fire or carbon monoxide poisoning. The system is also extremely low maintenance, requiring little more than a periodic cleaning of the electrostatic filter, and the buried earth loop can be expected to last for generations.

If your interest or curiosity is piqued by the Farbiasz' pioneering move to a geothermal system, you can find out more about this option from a variety of sources. Here are a couple of useful websites: www.waterfurnace.ca or the

website of **Next Energy** of Elmira, Ontario, whose geothermal products are supplied by the Farbiasz' local contractors at 72 Degrees: www.nextenergysolutions.com/why-geothermal.html.

Gary Bekolay has also offered to answer readers' questions (technical or otherwise) about how the system might work for their household, so feel free to give him a call at **613-831-8680**. And finally, Miriam Farbiasz has kindly offered to share her experiences researching, installing and now operating a geothermal system in her home on Queen Victoria Street. Interested readers can contact the News at newednews@hotmail.com and we'll put you in touch with this enthusiastic advocate of this energy efficient and environmentally beneficial system.



Of greatest importance in analyzing the economics of a switch to geothermal in your household are the potential monthly savings that can accrue under the new system. Depending on the efficiency (or lack thereof) of the system replaced, geothermal can reduce your annual heating bills by 50-80%, and some types of geothermal heat pumps can confer the added benefit of lowering your hot water heating costs by up to 50% by pre-heating tank water. The Farbiasz' monthly heating costs have dropped dramatically from an average of \$450/month to \$150/month. They not only expect to recoup the installation costs of their system within five years, but over the longer term of twenty years, they will have realized savings of at least \$60,000 based on last year's oil prices (which, as we know to our sor-

row, are already ancient history!) If you're interested in exploring the geothermal option, ask your contractor for a detailed analysis of the comparative costs of your existing

system vs. geothermal. Gary Bekolay of 72 Degrees in Carp, who provided this kind of analysis for Isaac and Miriam before they embarked on the project, can be reached at **613-831-8680**. While the indoor geothermal unit is electrically powered, it is three times more efficient than the most efficient conventional system, and generates 3 or 4 units of energy for every unit used to run it. Energy efficiency aside, Isaac and Miriam have bitten the whole Green bullet and switched to the new clean power provider **Bullfrog Power** to ensure that their electricity supply comes exclusively from non-polluting, emission-free sources like wind power and low impact hydro power rather than carbon intensive sources such as coal and oil. Interested readers can find out more about switching to a green electrical

Rent-A-Wife Household Organizers

"Every working woman needs a wife!"

- Regular & Occasional cleaning
- Pre & Post move cleaning and packing
- Pre & Post renovation cleaning
- Blitz & Spring cleaning
- Organizing cupboards, basements...
- Perhaps a waitress ???

rent-a-wife-ottawa.com

Laurel 749-2249



Didi Bakini

LUXURY WITH A CONSCIENCE

5% profits go towards women's empowerment projects in Nepal

HOLIDAY SALE

SUNDAY, DECEMBER 9th

Lindenlea Community Centre

(15 Rockcliffe Way, Ottawa)

10 am - 3 pm

Luxurious pashmina shawls, Himalayan spa products, artisan silver jewellery, hand-loomed cotton tote bags and textiles, artisan paper sets and albums. NEW Christmas cards, Tibetan door chimes, singing bowls, prayer flags!

Didi Bakini


HAND MADE FAIR TRADE
NEPAL ARTISAN PRODUCTS



Prepare... your taste buds

Da Bombe uses only the freshest ingredients in producing desserts and other foods of distinct quality.

Come on in for lunch and enjoy one of our delicious specials alongside one of our desserts. Be sure to prepare for a whole new taste experience.



- Gourmet Desserts
- Ice Cream Cakes
- Pies
- Salads
- Pizzas
- Oven Ready Meals
- Panini Grilled Sandwiches
- Quesadillas
- Coffee & Tea



...And Fresh Food Ideas

176 Beechwood Ave. Ottawa, ON K1L 1A9

613.741.0044

Chocolate Raspberry Bombe

ambiente
**LUNCH
DINNER
BAR MENU**

EARLY FIXED PRICE MENU

CLOSED SUNDAY & MONDAY

LUNCH: TUESDAY ~ FRIDAY 1130 - 2

DINNER: TUESDAY ~ SATURDAY 530 - 10

613.744.6509

AMBIENTEFOOD.COM

CATDADDY

Products for the
Enlightened Feline**Brian James Holland**Holistic Cat Furniture
and CatsultingRetail & Wholesale Inquiries
Welcomed

office: (613) 257-7762

mobile: (613) 262-4299

fax: (613) 745-4766

email: catdaddy@bellnet.ca



**Creative & incredible member of
the Canadian Decorator's Assn.**

Full service decorating/design,
window treatments and staging.
6134483945 wwwdressingrooms.ca



**Beechwood
Cemetery
Foundation**

2007 Special Events

Christmas Candlelight Service
Sunday, December 9th
6:00 p.m.



Fondation du Cimetière
Beechwood
Cemetery Foundation

• non denominational • historic since 1873 •
• woodland gardens • cremation and traditional family heritage plans •

613-741-9530
280 Beechwood Avenue
Ottawa ON K1L 8E2

BURGH BUSINESS BRIEFS

- By Jane Heintzman -

Ambiente: One of Chris Knight's Top 10 Best Restaurants in Ottawa!

Our congratulations to **Michael Guy**, owner/chef extraordinaire of Ambiente Restaurant here in New Edinburgh. Ambiente was among *Ottawa Magazine's* Top Ten Best Restaurants in Ottawa as selected by chef and local television personality, **Chris Knight**. Chris praised the delectable cuisine (noting specifically that a "killer crab and celeriac risotto ..was (one)... of the two best dishes I ate in Ottawa this year"), the excellent service and the relaxed atmosphere in the restaurant. He gave Michael full credit for declining a recent invitation to participate in the Gold Medal Plates culinary competition, a distinction accorded only the finest chefs in town, on the grounds that he had his hands full keeping the restaurant running smoothly, or in Chris' words, "putting his plates before self-promotion." If you haven't yet had a chance to dine (or lunch) at Ambiente, in our experience it more than lives up to its billing: the food is exceptional, the atmosphere comfortable and relaxed, and the service wonderful. Treat yourself to a visit over the holidays- and you can leave the car at home, as it's only a short walk away!

Dressing Rooms

A warm welcome to new advertiser **Darlene Hall-**



Michael Guy's Ambiente restaurant was among *Ottawa Magazine's* Top Ten Best in Ottawa. Photo: Louise Imbeault

Barrett and her interior decorating business, **Dressing Rooms**. Darlene has been a registered interior decorator since 1999, originally getting her start in the business while working on a co-op placement from Georgian College in Barrie where she was apprenticed to a high end establishment called Quay Designs. Spotting an emerging talent, the owner of the store kept her on after the 15 week placement, and essentially gave her carte blanche to deal with clients, participate in large commercial jobs, and redesign the interior layout of the store on a regular basis- a task which she undertook with particular enthusiasm!

After moving from Barrie to Ottawa, Darlene pursued her professional accreditation as a decorator through correspondence courses with **QC Design School** (formerly called the Sheffield Course, based in New York City), and Algonquin College. Following an initial stint handling window treatments for a local company, Darlene branched out her own, launching **Dressing Rooms**. Darlene continues to teach seminars for QC Design School, who are so impressed with her skills as a decorator and communicator, they have kept her on their roster to lead a three day course on such issues as "staging" (preparing a home for sale) and



Physical Therapy Institute

SPORTS MEDICINE & FITNESSoptimum **health**

- **Sports Medicine Physician**
- **Physiotherapy**
- **Massage Therapy**
- **Gym/Rehab Strengthening & Conditioning**

350 Crichton Street

(above Guardian Pharmacy)

(613) 740-0380Email: admin@ptisportsmed.comWebsite: www.PTIsportsmed.com

\$100.00 to \$150.00

a great gift - a wonderful keepsake

House Portraitsby **Donna Edwards**
233-4775



Darlene Hall-Barrett of Dressing Rooms.

colour analysis, a course which has frequently taken her to centres throughout North America, including New York, San Francisco and Los Angeles.

In her work at Dressing Rooms, Darlene is acutely conscious of the need to avoid imposing her own tastes and style on a decorating job, but rather attempts to work closely with each client to establish their own preferences and to help them create a space which truly gives them pleasure. (Ironically, the last thing she aspires to is to have her work instantly identified as “a Dressing Rooms’ job”!) Darlene’s services include:

- Colour consultation and wall finishes;
- Staging your home in preparation for sale, including de-cluttering; cleaning and “depersonalizing”;
- Quick Décor, or a “Walk Through” (usually of 1 to 3 hours), to offer suggestions for reordering or de-cluttering rooms, re-hanging pictures, or accessorizing, an ideal option for households

planning for a special guest(s) or event;;

- Interior or Exterior Finishes for new houses, as well as guidance on flooring, cabinetry, countertops, hardware, and exterior colours and finishes;
- Styling, Space Planning and Renovations, for a serious makeover. This involves an initial in depth consultation at your house when Darlene collects your floor plans, and takes measurements and detailed notes on your style and colour likes and dislikes. After applying her skills and her decorator’s eye to the raw materials at hand, she provides you with a portfolio of her recommendations, supported by colour and fabric possibilities, suggested window treatment styles, floor plans and other drawings. Depending on your interest and/or aptitude as a do-it-yourselfer, the project is either turned back over to you to carry out yourself using Darlene’s recommendations on preferred sources for products and services, or she takes over and does the heavy lifting and shopping on your behalf.

While the majority of Darlene’s assignments involve the redecoration of a room or two, or perhaps a full house colour consultation, she recently undertook a top-to-toe renovation of a house in Manotick on the Rideau River, including windows, floors, rugs, colours and all, a labour which she found immensely satisfying.

Global TV watchers may

well have seen Darlene on Rona Dream Home, a renovation show on which she was featured in 2004 as a member of one the design teams guiding the hand of a family competing to win their own Rona Dream Home by undertaking an ambitious home renovation within prescribed time and budget constraints (reality TV!!). In the end, Darlene’s was the winning team, piling up the largest number of votes from viewers who clearly liked her style!

Interested readers can get more details about Dressing Rooms’ services on Darlene’s website: www.dressingrooms.ca.

Ernest Johnson Antiques:

Farewell to New Edinburgh

After 14 years at 292 Mackay Street (corner of Mackay and Dufferin), Ernest Johnson Antiques is leaving the Burgh on December 1 to relocate to a temporary showroom in the **Ottawa Antique Market** at 1179-A Bank Street in Ottawa South. In the interim while he searches for a permanent location in which to display his wares, Ernie will show a portion of his inventory in his temporary quarters, and keep in touch with his clients via the Manager of the Ottawa Antique Market **David Smith** at **613-730-6000**, as well as by e-mail: ejohnson@ernestjohnsonantiques.com. Items that are not on display through this hiatus period can be viewed on his website at www.ernestjohnsonantiques.com.

Since launching his business in 1989, Ernie has become one of the leading antique dealers in Ottawa, specializing in fine furniture, silver, paintings, porcelain and assorted objets d’art from the 18th and 19th



Photo: Peter Glasgow

centuries, with particular emphasis on the Georgian and Biedermeier periods. He is a member of the Canadian Antique Dealers’ Association (CADA) and a former Sotheby’s.Com Associate, and over the years has exhibited his wares at the finest shows in the area, most recently at the Ottawa Antiques Sale in late October, and at the Montreal Winter Antique Show from November 23 to 25.

We wish Ernie well in his search for a new headquarters, and will miss his handsome displays at the corner of Dufferin and Mackay Street, a popular destination of many Burgh residents on their weekend walks in the neighbourhood. Ernie’s intention is to contact regular clients and post notices on his website and in trade publications when he has found a new permanent location, and we will ensure that readers are updated here in the News about his new address and hours of operation. In the meantime, we will watch with interest what happens to the property at 292 Mackay which we understand has been commercially listed for sale.

Another new condo development perhaps?

Donna Edwards House Portraits: Inspiration for Christmas?

A warm welcome to new advertiser **Donna Edwards**, a local artist and architectural drawing enthusiast who specializes in producing house portraits both in pen and ink and water colour. Donna was originally trained as an elementary school art teacher, and taught for more than three decades before retiring recently to pursue her artistic interests. Over the years, she has taken courses at the Vancouver School of Art, studied acrylic painting, and this past summer took a course in sunny Provence, where she indulged her artistic passion to the fullest, drawing every day and filling a sketch book with architectural drawings of the region. Here at home in the Glebe, she also plays host to two groups of amateur water colorists who meet regularly in her home.

Donna’s house portrait enterprise began very casually when

Continued on page 12



CLOCKTOWER

est. 1996

BREW PUB

UNWIND

GREAT FOOD ★★★★★

6 HANDCRAFTED BEERS ON TAP

TRY OUR NEW MENU!

NEW BRUNCH MENU

422 Mackay 613-742-3169

Continued from page 11

she was asked by a friend for a drawing of the latter's home, a request which she readily agreed to and ultimately found extremely gratifying when the friend in question proved to be thrilled with the result. She has since gone on to produce many more portraits for interested clients, some of whom were moving and wanted a memento of their home, and in one case, for a mother of adult children who had copies of the portrait made for each of her offspring when they moved out to their own digs. Other clients have used her images of their houses on note cards and invitations.

If you are interested in enlisting Donna's services, perhaps

for a surprise Christmas gift for a friend or for your own household, (she also supplies gift certificates if you're in search of stocking stuffers), she can be reached at **613-233-4775**. Her rates are extremely reasonable- \$125 for a water-colour and \$100 for a pen and ink drawing- and depending on the volume of requests on her plate, her turnaround time is comparatively swift, normally within two or three days. Best of luck, Donna, and given the wealth of attractive, and in many cases, historic houses here in the Burgh, we hope you find many interested clients in our midst.

Clocktower Brew Pub

Manager **Terry Mellor** reports that the Clocktower Brew Pub



Sketch by Donna Edwards

GIVE A HOLIDAY GIFT THAT DOESN'T END WHEN THE BATTERIES RUN OUT.

Why not start a new holiday tradition? Make this the time of year that you save for a child's post-secondary education.

Edward Jones will work with you to develop a strategy to plan for university or college savings. One option is an RESP (Registered Education Savings Plan), where your gift now can have tax benefits in the future.

To make your education-savings gift in time for the holidays, call or visit your local Edward Jones advisor today.



Steve McIlroy
Financial Advisor

266 Beechwood Avenue
Ottawa, ON K1L 8A7
613-742-6811

www.edwardjones.com Member CIPF

Edward Jones
MAKING SENSE OF INVESTING

NEW EDINBURGH NEWS



Photo: Peter Glasgow
Terry Mellor serves up one of the Clocktower's frothy brews.

at 422 Mackay Street has been hopping this Fall, hosting a Halloween costume party on October 27 (with somewhat more emphasis on the concurrent hockey game than on the ghoulish guises!) and a "black and blood" Guinness and black currant combo as the theme beverage of the evening, followed by a Lobster Boil on November 7th. Pub regulars have also been enjoying live music every Wednesday evening at the Clocktower, featuring local musician Dave Grove playing East Coast Irish tunes from 9:00 pm until closing time - a perfect way to get over the mid-week hump!

If you haven't dropped in recently, you'll be pleased to discover that the pub has introduced a brand new brunch

menu and a new wine list, and just to keep the innovations rolling, Terry reports that a new main menu is also in the works. As the holidays approach, the Clocktower is heading into party time, offering its facilities as a venue for Christmas parties of up to 150 people- but be sure to call ahead and make your booking early, as it's a popular spot.

Beer aficionados will want to mark their calendars for mid-January (precise date and time to be announced), when the Clocktower will host a **beer tasting dinner** with a special menu designed to complement the various beers on offer. Brewmaster **Patrick Fiori** will be on hand to share his knowledge of fine beers and the

was a resident of New Edinburgh, learned from personal experience the value of regular exercise in helping to relieve stress, and to increase physical, mental and emotional well-being. Lise is an avid walker whose daily routine involves a vigorous hour-long constitutional, most often in the Rockcliffe area. Like many of us, Lise finds the combination of fresh air, sunlight and gentle exercise enormously beneficial in quite literally "clearing the head."

After becoming a Certified Canadian Counselor and working extensively with people in the throes of innumerable forms of psychological distress, including anxiety, depression, eating disorders,



Lise Rowell of Walk It Out While You Talk It Out.

brewing process, so don't miss this signature event for students (and lovers!) of beer. And on **February 3, 2008**, be sure to be on hand for the Clocktower's **Third Anniversary Celebrations**. According to Terry, business has been booming here on Mackay Street, so there will be much to celebrate!

Walk It Out While You Talk It Out

Psychological counselor **Lise Rowell**, who for many years

addictions, grief, trauma, problems with parenting and/or home/career balance, and difficult transitions in life, Lise had the brain wave of combining her counseling vocation with her walking avocation to create a new private practice, **Walk It Out While You Talk It Out**, a combined mind/body approach to emotional and psychological healing. While she has routinely counseled clients on the benefits of regular exercise, many are unwilling to stick to a routine on their own, or can't

Is everyday life getting you down?



Walk it out ...

while you talk it out.

I provide counselling sessions that combine *Walking with Talk Therapy*.

Walks originate from your home, workplace or my office.

Counselling focuses on positive change in the areas of:

- self esteem and assertiveness
- parenting skills
- home/career balance
- mid-life transitions

Lise Rowell MA CCA CCC

613-298-1733

lrowell@sympatico.ca or visit my website at:
www.walkitout.ca



EPICURIA
FINE FOOD STORE AND CATERING

For all of your
entertaining
needs visit
www.epicuria.ca

MACKAY STREET EPICURIA
419 MACKAY STREET, OTTAWA
TEL [613] 745-7356 fax [613] 745-2869

find time in their schedules. Lise hopes that for these individuals, her new service may kick start an ongoing change in their habits.

Earning her M.A. in Counseling from St. Paul's University here in Ottawa, Lise completed her clinical internship at the Centre for Treatment of Childhood and Sexual Abuse. In addition to her new private practice, she is an Associate at the Sana Centre and a volunteer counseling aide for the Family Support Group Program at the Rideauwood Addiction and Family Services Centre.

Lise works with those afflicted by the pressures of our fast-paced, hard driving society, with its emphasis on status, worldly accomplishment, appearance, and possessions, a culture of surface "values" that imposes enormous expectations on people which they struggle to live up to, often at great cost to their emotional and physical well being. Many of her clients are also survivors of physical, emotional or sexual abuse who are unable to get past that damage and can be psychologically disabled by its legacy. She works with individuals of any age from about 15 and up, and many of her current clientele are university students.

Clients of Lise's Walk It Out practice begin with a preliminary session at her Metcalfe Street office where she conducts an intake interview, completes the requisite Request for Services Confidentiality form and determines with the client whether the walking régime is suitable for them. If all goes as planned, an hour long walking/counseling session is scheduled, beginning at the client's home or office (in some cases over the lunch

hour), or at Lise's office at 180 Metcalfe Street.

The pace and distance of the walk is tailored to suit the capacities of the individual client, but in general, the session involves a moderately paced, relaxed and contemplative walk as opposed to a breathless "power walk" with fists and arms flying. As winter sets in, it will be up to the client to decide whether or not to brave the elements, as Lise walks in any and all weather! Fees for the sessions are \$90 per hour, some or all of which may be covered by extended health care benefits.

If you are intrigued by this innovative but thoroughly common sensical approach to counseling, check out Lise's website at www.walkitout.ca, or contact her at 613-298-1733 or at lrowell@sympatico.ca. Best of luck with this wonderful new practice Lise, and may the winter be merciful and blizzard free!

Originis: From Birds to Beautification

Slightly less than a year after the departure of Birder's Corner in February 2007, the prime corner location at 101-2 Beechwood Avenue (Beechwood and the Vanier Parkway) will be in business once again. If all goes as planned (and City regulations permitting), **Originis Medical Aesthetics Clinic** will open its doors in December, with operations projected to be in full swing early in the New Year.

Originis is owned and operated by two local medical practitioners, **Dr. Antoine Gagnon**, a family physician, and **Dr. Alain Michon**, also a family physician but with a specialization in emergency medicine. In case you are curious about the intriguing name of their new clinic, Originis is the

NEW EDINBURGH NEWS

Latin word for origins or the French *origines*, and according to Dr. Gagnon, was selected both to reflect the two physicians' Latin (French) cultural roots, and to refer to the return to one's youthful (original) appearance that can occur after their treatments.

Visitors to the new clinic will see a radical revision of the former retail space, which for over a decade had been a large, open area replete with birding supplies and equipment, garden ornaments, and assorted gifts on a broadly ecological theme. Originis will consist of three treatment rooms, each equipped with a different aesthetics technology, a consultations office and a waiting room. A comprehensive range of medical aesthetics procedures will be offered at the clinic, including:

- Laser hair removal; acne (scar and active) treatment; and treatment of vascular and hyper-pigmented skin lesions;
- Facial resurfacing, toning, tightening, and colour revision;
- Body toning and tightening, cellulite treatment and post-liposuction contouring;
- Serum-based skin resurfacing and facials;
- Cosmetic and therapeutic Botulism A (botox) injections; and
- Cosmetic medical fillers infiltrations (Restylane) for the enhancement of facial features.

While many of the treatments will be administered by professional aestheticians, the latter two will be performed by Doctors Gagnon and Michon, who will also keep a close watch on any type of skin

Continued on page 14



Ninom Rouze

Holistic Massage Therapy
Traditional System, Whole Body

For an appointment please call:

613-680-2744

Email: ninomrm@rogers.com

Now Living in New Edinburgh



GOLDEN BRIDGE SILK & GIFTS GALLERY



Mon. - Sun. 11am - 5pm

519 Rideau Street

Tel: 613-321-2330

silk@goldenbridge.ca

www.silkgallery.ca



At Ottawa Montessori School the joy of learning comes naturally. Join us at an upcoming "Montessori 101" session and discover what a Montessori education would mean for your child. We think it could mean everything. Programs for 18 months to Grade 8. Enrolment is beginning for 2008.



À l'école Montessori d'Ottawa, le plaisir d'apprendre vient tout naturellement. Venez nous rejoindre et assister à une session d'information «Montessori 101» pour découvrir ce que veut dire pour votre enfant une éducation Montessori. Nous pensons que ça veut tout dire. Programmes pour 18 mois à la 8^{ème} année. Inscriptions ouvertes pour l'année 2008.

OTTAWA MONTESSORI SCHOOL • ÉCOLE MONTESSORI d'OTTAWA

335 rue Lindsay Street, Ottawa ON K1G 0L6

Tel/Tél: (613) 521-5185 Fax/Télec: (613) 521-6796

www.ottawamontessori.com info@ottawamontessori.com

OakWood

BUILDERS

Professional Design-Build Service For Your Home



oak.ca

613 236.8001



Photo: Peter Glasgow

The UPS Store offers more than just packing and shipping.

Continued from page 13

lesion that may not fall within the aesthetics treatment protocol.

Originis' hours of operation remain to be definitively

worked out, but Dr. Gagnon is aiming to accommodate clients' work schedules by offering extended hours on weekdays and service on Saturdays. He also notes that there is very little down time

Evan Lee
Owner/Operator
27 Beechwood Avenue
Ottawa, ON K1M 1M2
613.842.8964 Tel
613.842.4262 Fax
store292@theupsstore.ca
theupsstore.ca/292



- Canada & Worldwide Shipping
- Colour & B/W Copies & Printing
- Custom Printing Service

-- Computer Repair - all kinds --

The UPS Store

Free Your Neck & Back.....
.....Drop that STRESS

Cranial Osteopathy

- Relief of Physical pain
- Increased Energy & Mental Clarity
- Deep Relaxation



For appointment and more information call
Joah Bates, D.O. in New Edinburgh

(613) 742-0011

Dr. John Martins
Dr. Patricia Prud'homme

Dentistry



200 Beechwood Ave.
Ottawa, Ontario K1L 8A9

T (613) 742-8016 F (613) 742-6818
E mpdentistry@bellnet.ca

involved in the bulk of the treatments, so that clients can expect to return to work promptly after their appointments. Doctors Gagnon and Michon plan to hold an **Open House** within the first couple of weeks after opening, so readers with questions about their services and perhaps plans to rejuvenate their appearance to start the New Year, should watch for notices at 101-2 Beechwood, and drop in to meet the Originis team.

We wish Dr. Gagnon and Dr. Michon a warm welcome to New Edinburgh, and a successful first year in their new enterprise.

The UPS Store

Our local UPS Store, and its hard-working owner **Evan Lee** and his employees, have become an invaluable resource for many individuals, community groups, organizations and businesses here in the Burgh, offering a vast array of printing, copying, packaging, shipping and computer services, and often working to meet our tight deadlines while still producing a high quality product at very reasonable cost.

****NEW**AT UPS!**

If you haven't had occasion to drop in recently, you may not be aware of a number of the new services offered at 27 Beechwood, including:

- Computer repairs, for all

makes of computer;

- Computer lessons;
- Buying and selling laptop computers;
- Buying and selling on e-Bay;
- Document shredding, and
- Custom calendars and cards, both much in demand for the holiday season.

For the past few years, we have had calendars made up by the UPS Store using our pick of the summer photographs of our three yellow Labradors (the perfect gift for dog walkers, pet sitters, or the dog-loving friend who has everything). The quality of these calendars is exceptional, and I have to confess that I reserved



Photo: Peter Glasgow
A sampling of the delectable fare at Epicuria.

a copy for myself which sits on my desk as a constant source of amusement (Labs are notoriously goofy) and pleasure. If you're in need of an original gift idea for family or friends, package up your favourite shots of the kids or the cottage or whatever is your distinctive "signature," and let Evan and company create an attractive custom calendar to keep your memories alive and in evidence through the year.

Best wishes for the New Year, Evan, and our thanks for all of the valuable services you provide to the community.

Epicuria: There've Been Some Changes Made

Co-owners **Heather Maclachlan** and **Tracey Black** have never been known to rest on their laurels at **Mackay Street Epicuria**, and innovation has always been an important element in the winning formula at their highly regarded fine food and catering business. Their business has served our community and the region for close to two decades. Once again, change has been afoot at Epicuria, and the result is an extensive and growing array of tempting new dishes, chutneys, jams, sauces, marinades and condiments to appeal to any palate, adventurous or plain.

Behind much of this innovation is Epicuria's new Brand Manager, **André Sanche**.

THE perfect BLEND

Enjoy the perfect blend of convenient amenities, beautiful accommodations and unsurpassed service. We do the work, so you can have the leisure time to enjoy everything The Edinburgh has to offer.

The Edinburgh Retirement Residence

10 Vaughan St. (613) 747-2233
www.retirementresidences.com

A Member of Retirement Residences Group RRG

Faulkner REAL ESTATE LTD.

Knowledge is power

Committed to sharing 21 years of real estate experience and success.

Mary Jane McKENDRY
Sales Representative
613.231.4663
MJ@RealOttawaProperties.com

André was the store's former Catering Chef Manager, and in recent months has devoted himself to an intensive round of culinary research, testing, inventing and reinventing all manner of recipes both old and new. Among his tasty new dishes, which you can find pre-packaged in larger family-sized containers in Epicuria's spacious new freezer (to house André's creations!), are Curried Turkey Pie with Roasted Root Vegetables; Bison Meatballs; Boeuf Bourguignon; Cassoulet; Chicken Chasseur; Shepherd's Pie; Chicken Marbella; Lasagne Bolognese and Lamb Tagine- and that's just to whet your appetite!

For the holiday season, Epicuria's expanded array of bottled products will serve both as ideal hostess gifts and to liven up your own table. André reports that the Italian Mustard Fruits are the perfect complement for wine and cheese, and a tasty addition to any antipasto plate. If you're a chutney fancier, you can take your pick from a selection of new varieties such as mango peach, cranberry pear, ginger-spiked rhubarb and apple, and of course, tourtière chutney to complement Epicuria's very fine tourtière. And in case you thought you'd tried every jam in the book, you may want to sample Epicuria's new lemon-blueberry, strawberry-vanilla, or peach-blueberry jams which are an intriguing departure from Grandma's traditional preserves.

Best wishes to all at Epicuria for a happy holiday season, and keep those innovations rolling, André: there is nothing quite like a tasty meal to keep the rigours of winter at bay!

The Edinburgh

A warm welcome to **Jennifer**

Martel, the new Executive Director at **The Edinburgh Retirement Residence**, who arrived in mid-October. Jennifer is a former employee of the Canadian Diabetes Association (CDA), and became familiar with our community during her years with the CDA on Montreal Road. She reports that her early days at The Edinburgh have been a great pleasure, thanks to the enthusiastic welcome she has received from both residents and staff. We wish her well in her challenging new role and look forward to her updates on life at the residence.



Jennifer Martel joins The Edinburgh as Executive Director.

Jennifer's first full month at the residence will be a particularly eventful one. In keeping with tradition at The Edinburgh, where many of the residents are distinguished veterans of World War II, there is to be a special observance of Remembrance Day on Sunday, November 11. Later in the month on Saturday, November 24, a Book Launch took place for longtime New Edinburgh resident **Mrs. Joyce Bryant**, CM, BEM, who has written *Slender Threads*, a memoir of her years at Rideau Hall where she worked during the terms of eight Governors General, including 14 years as Personal

Secretary to our first Canadian Governor General, Vincent Massey, and another 14 years in the secretariat of The Order of Canada.

Mrs. Bryant, who lived on Crichton Street for close to 50 years before her recent move to The Edinburgh, was invested as a Member of the Order of Canada in 1974 for her long and dedicated service at Government House. Punctuating these years of service was a period in which she took leave to assist former Governor General Vincent Massey, to prepare his own memoirs at his home in the Port Hope area (one of the most beautiful properties imaginable, I am able to add as a former Port Hope girl!) The tale of her experiences and insights as an insider at Rideau Hall for all those years is certain to be fascinating reading, and will no doubt be high on the book list of residents of The Edinburgh and the wider community over the holidays. In addition to her busy professional career, Mrs. Bryant has long been a pillar of St. Bartholomew's Anglican Church where a second celebration of the launching of her memoirs took place on Sunday, November 25. Half the proceeds from sales of her book at the launch will be donated to St. Bart's.

Topping off the month of November at The Edinburgh is a special 100th birthday celebration for resident **General Elliot Rodger**. We send our congratulations and best wishes to General Rodger on this remarkable milestone, and wish him continuing good health and happiness in his 101st year.

Ninom Rouze, Holistic Massage Therapist

We welcome new advertiser

Ninom Rouze, a holistic massage therapist who has been a Burgh resident since her move to Charles Street last February. Ninom is a native of Brazil with a remarkable background of social engagement and accomplishment. She was born into the Guarani Nation in South Eastern Brazil, and lived and worked in the province of Espirito Santo before coming to Canada in 2005. While she graduated as a Registered Nurse from a college in Brasilia and practised nursing for a decade, she became dissatisfied with the limitations of the official health system, and embarked on a new career as a health promoter and social consultant.

At the heart of her new holistic approach was a return to the traditional practices of the Guarani nation and those of other indigenous cultures in Brazil. Ninom learned traditional healing practices from her grandmother, who was a leading medicine woman and spiritual leader for the Guarani nation, and studied a broad range of traditional approaches to health and healing including medicinal herbs; hydrotherapy; traditional midwifery and nutritional practices focused on disease prevention and the promotion of general health. In the early '90s, Ninom published *Culinaria da Vida* (Cookery for Life), a cook book based on the use of tradi-



Ninom Rouze.

tional "slow" and organic foods. The four editions in 1992 flew off the shelves.

In her studies at the Bahania Integral Health Academy in Salvador, Brazil, Ninom acquired her skills as a practitioner of massage therapies ranging from Anti-Stress to Traditional Shiatsu; Traditional Tui-Na; Traditional Reiki (levels I and II); Reflexology; Manual Lymphatic Drainage and Quick Massage (Chair). Flower Essence Therapy was also added to her holistic healing arsenal, and is included in the package offered in her current massage therapy practice.

In her activities at the community level in Brazil, Ninom created a combined health promotion, nutrition education, human ecology and environmental education program to assist many indigenous and underserved Brazilian communities, launching social devel-

Continued on Page 16

Nice Legs, Great Body.

That's what you get when you make your wine with award winning, high quality products at **HOP 'N VINE**.

It's easy to craft affordable, personalized wines that you'll be proud to share with your friends and family.

Great wine is yours for the making.



Our 100% satisfaction guarantee ensures that you will enjoy a great winemaking experience.

HOP 'N VINE
BRINGING HOME THE ART OF MAKING WINE

5360 Canotek Rd. (Montreal Rd & Shefford) 613.748.1374

High quality renovation and custom carpentry services.

SPECIALIZING IN PERIOD HOMES.

Free estimate
613-227-5544
info@monfils-renos.com

WWW.MONFILS-RENOS.COM

HOLISTIC STUDIO-SPA

Summer special: 50% off first visit on all esthetic services

Massage Therapy • Detox
Slimming - Anti-Aging Treatments
Facial Treatments • Body Care
Permanent Hair Removal • Waxing
Infra-Red Sauna • Manicures & Pedicures

NEW! ION CLEANSING FOOT BATH helps your body to re-balance its bio-energy and get rid of toxins like chemicals, bacteria and heavy metals.
We also have Solaris-Healing Blankets available.

336 Cumberland Street
Byward Market
(613) 562-3882
Free Parking
Gift Certificates

Beauty begins with Harmony...

Continued from Page 15

opment projects in 13 municipalities and in Vitoria, the capital of Espirito Santo. Her efforts were recognized and rewarded in 1994 when she was elected to the **Ashoka Fellowship**, a global association of the world's leading "social entrepreneurs" whose work has had an important impact on the quality of life in their countries.

Here in New Edinburgh, Ninom brings to bear her traditional knowledge and holistic approach in her massage therapy practice, recognizing that "tight muscles tell a story" and doing her best to assist her clients to address the problems which may underlie their specific physical complaint. Her approach is gentle and non-mechanical, and while her therapeutic efforts will hone in on a particular source of pain, she keeps her eye on the larger picture, often providing counsel on relieving pain through lifestyle changes such as increased regular exercise and/or dietary improvements. Burgh resident **Julie Brunet**, a grateful client of Ninom, reports that in the course of her regular treatments, she has been impressed by Ninom's knowledgeable and experienced approach as a therapist, as well as by her personal warmth and charm.

Burgh Business Bits

Golden Bridge Silk and Gifts Gallery: We welcome new advertisers **Ming Li** and **Sing Jin** of Ivy Crescent who recently opened their new Gallery at 519 Rideau Street

(near Cobourg). The second floor of the gallery is entirely dedicated to exhibits relating to the 5000 year history of the silk culture, while the ground floor is a well-stocked gift boutique with a range of appealing merchandise for Christmas shoppers, from silk scarves to hand bags, gift bags, paintings, hand made silk papers, Tibetan pendants and beads, and fresh water pearl and silver jewellery. Former clients of **Birder's Corner** will be pleased to know that the boutique also contains much of Lynn Smyth's remaining stock when she departed last spring. Watch for a full report in our next issue, and in the meantime drop in or check out their website at www.silk-gallery.ca.

Nature's Buzz: **Eric Passmore** will soon be taking over from the Patry family as Manager of **Nature's Buzz** organic food and natural products store at 23 Beechwood. Eric has ambitious plans to build up the supply and diversity of the fresh certified organic meats and produce available at the store, and we look forward to providing readers with a full report on his innovations in our next issue. In the meantime, don't forget to place your organic turkey order in time for Christmas!

Fratelli's: Coming soon to the corner of Springfield and Beechwood (site of the former **Danny's Restaurant**) is **Fratelli's**, an Italian family restaurant chain well known to residents of the Glebe, Kanata and Westboro where Fratelli's

has thriving local outlets. We look forward to welcoming brothers **Riccardo** and **Roberto Valente**, owners of the restaurants, in our next issue.

Farewell to The Works: Our local gourmet hamburger establishment will soon be closing its doors at Putman and Beechwood, and reopening in January on the site of the former CIBC in the newly renovated **Rockcliffe Crossing** on St. Laurent Blvd. The new location will boast an expanded indoor seating capacity of 64 diners, a summer patio complete with awning and lots of free parking. We understand that the site renovation included the conversion of the CIBC's old bank vault into a walk-in refrigerator! Farewell to Manager **Andrew Craig** and his team **The Works**: we're happy to know you're only a short bike-ride away; the perfect distance to work off the burger and fries!

St. Laurent Tailoring: **Paul Schaub**, the longest standing tenant at the Rockcliffe Crossing Plaza, has moved his tailoring business one unit south, next door to the **Celadon Spa**. The new location affords more space for his operations, including two changing rooms for his clients.

Homes for the Holidays: Four of our local businesses were participants in the 5th Annual Homes for the Holidays fundraiser for the Hospice at Maycourt (November 16-18). **Mood Moss Flowers**, **Mackay Street Epicuria**, **New Edinburgh Square Residence** and **Bridgehead Coffee** all took part in this popular annual charitable event.

Dead Poets Live! at Beechwood's Poet's Hill

By Anne McDougall

Lampman-Scott Award Reading at Beechwood

You generally don't think of a cemetery as a jolly place to read poetry. Beechwood Cemetery, however, hosted just such an event this past September. Readings were presented by candidates for the



Poet's Hill at Beechwood Cemetery beckons all who want to learn about poets outside of the confines of a classroom.

Lampman-Scott Award for Poetry. The Lampman Award was founded in 1986 and this year the Estate of Duncan Campbell Scott added their name to the award, an award presented to poet recipients from the Ottawa area. This year's readings were enlivened with festive wine and cheese, door prizes and the sale of poetry books. Sylvia Adams, Ronnie Brown, Terry Ann Carter, Michel Dennis, Oni the Haitian Sensation, Monty Reid and Grant Savage were some

of the poets who presented readings. Two other Ottawa poets, Christopher Levenson and Rob McLennan were out of town and unable to attend the event. This year's recipient of the award is Monty Reid.

The program was a continuation of one started in 2005 – called Dead Poets Live! – and came about when Steven Ardell, active in Ottawa's Literary Heritage, teamed with Beechwood Cemetery to run an evening of music and poetry reading celebrating the lives of such Ottawa poets as Arthur Bourinot, John Newlove, William Wilfred Campbell and others. From this evolved the idea of a Poet's Hill. Poet's Hill stands to your left as you enter Beechwood Cemetery and it is a lovely locale replete with reading lectern, benches and flowers.

A program of walks and lectures run throughout the year and attract children and students of poetry who prefer to learn about poets outside of the confines of a classroom. **Roger Boulton** is the Manager of Operations at Beechwood Cemetery and uses his extensive landscaping experience to maintain the beauty of the grounds. With its selection of pools, lilies and walkways, the atmosphere is reminiscent of Mount Royal in Montreal, but on a smaller scale.

Beechwood Cemetery will soon be opening a multi-faith national memorial centre. The centre, set to open on April 17, 2008, will boast a nine-sided building that will be able to accommodate both large and intimate ceremonies, "away from conflict, a place for all, a symbol of all."

Bruce McConville's Garage

Your Car Care Counsellor
306 Montfort Street, Vanier
Tel: 613-748-7731

Proudly serving Manor Park for 20 years

Bruce McConville cordially invites you to experience a real difference in total automotive service. Whether your car is new or old, foreign or domestic, visit Bruce McConville's one-stop shop for all your car needs.

Routine maintenance services, body work, emissions testing (Ontario's Drive Clean), car cleaning, rust proofing, tires and major mechanical repairs are all part of the total service package offered at Bruce McConville's Garage.

With over 3,000 loyal customers built on trust-based relationships, Bruce McConville's Garage is your community car repair shop.

FREE LOANER CARS WITH EVERY VISIT

Follow the Bruce McConville's Garage,
1-2-3 easy car care maintenance schedule:

1. Oil, Filter & Lube Service - \$ 34.95 - every 5,000 Km
2. 300 Point Vehicle Inspection - \$ 69.95 - every 20,000 Km
3. Krown Rust Control - \$109.95 - every year
(Pricing applies to most cars and light trucks)

Bring this ad for \$20 OFF any service

----- Thank you for your continued support! -----



Beechwood Optometry
DR. J. LEDUC
DR. F. GAUTHIER

Give a visionary gift this year!

We have gift certificates that are redeemable all year, and on all of our products and services.

178 Beechwood Ave
749 0481

www.bwopt.com

Delicious fresh organic foods

life organic
WWW.LIFEORGANIC.CA

life organic delivered to your door.

613 745 6868
www.lifeorganic.ca

Fine Chinese Antique Furniture & Reproductions

Centuries old Chinese craftsmanship
All natural, hand rubbed finished



All Furniture 20% Off!
Watermelon Seed

503 Rideau St. (613)789-3120
(Between Augusta & Cobourg)

Tues. - Fri. 10-4; Sat. 11-6

Interest-free Financing Available



Community & Family Events

By Penney Place

News Flash!!! Council voted at our regular meeting to donate \$5,000 to support the CCCC fundraising efforts. This unanimous decision by members of Council is indicative of the direction in which the community of New Edinburgh is going. We listened to a powerful and succinct message from **Ellen Goodman**, asked many questions, held a discussion, gave our individual opinions and then voted. We hope that the people of New Edinburgh

will discuss the issue of saving 200 Crichton with family, friends and neighbours – and also donate!! The time is now – or we will lose the school. The Crichton Community Council works hand in hand with CCCC and we share common goals. Both organizations, along with NECA, work together and co-operatively while each playing a different role. We all need to keep 200 Crichton for public use in our community. Council members hope that their donation will inspire everyone to donate – NOW!

The 2007 Hallowe'en Howl was a super success thanks to all our wonderful volunteers, headed up by **Jill Burkom**. New Edinburgh's little witches and goblins look forward to the fun and games at the Howl every year.

The New Edinburgh skating rinks will be operated differently this year from past years. As most of you know, the Hardy family has been running the rinks and we can't thank

NEW EDINBURGH NEWS

them enough for all their time and hard work. This year the rink will be operated using *some* paid staff but will depend on a strong core of volunteers to assist and perform certain tasks. We have established a committee that will report directly to Council and make decisions regarding rink hours, workload, hiring and financial matters. The City of Ottawa contributes a grant each year to operate the rink and they provide training and expertise when needed. Our director of rink operations is Michel Giroux and he will be ably assisted by committee members Cathy McConkey, Mary Grainger and Brian Torrie. Michel is looking for volunteers to water the rink and to shovel snow after heavy snowfalls. These volunteers will be the key to a successful skating season and Michel would like to start putting together his list and setting up a schedule as soon as possible. **If you would like to help out in this capacity please call him at 613-978-3059.** If enough people volunteer then we will be able to extend the rink hours – a special bonus! The volunteer schedule and rink hours will be posted on the bulletin board at the fieldhouse and on the community website.

Our annual Winter Carnival will be held on Saturday,



Photo: Brian Torrie

The kids had a hoot at the recent Hallowe'en Howl.

January 26 from 3 to 5 pm. There will be the usual fabulous hot dogs, music, skating and of course, our famous sleigh rides. Mark this date on your calendar.

As some people already know, I have sold my condo on Stanley Ave and am living downtown for now. The time had come to make a change and move on and the decision

was a good one for me. But I do love New Edinburgh and will continue as President of Council for the remainder of this year as well as taking an active part in a number of our events. I will be going to Lesotho again in January and Brian Torrie will take my place while I'm away. Thank you Brian. I'll be back in time for the March meeting. *À bientôt.*

Rink Schedule TBD



Check for updates at

www.newedinburgh.ca

www.MetroOttawaRealty.com



Christopher BARKER
ASSOCIATE BROKER
613-612-9555

Tony RHODES
SALES REPRESENTATIVE
613-276-6061



• Number 1 Team in Ontario
• Number 2 Team in Canada

COLDWELL BANKER

RHODES & COMPANY BROKERAGE

613-236-9551



For Sale • \$1,850,000



For Sale • \$1,550,000



For Sale • \$499,000



For Sale • \$389,000



For Sale • \$279,000



For Sale • \$549,000



For Sale • \$509,000



For Sale • \$875,000



For Sale • \$1,499,000



Kavanaugh's Esso

- Motor Vehicle Inspection
- Air conditioning Specialist
- General Repairs by Licensed Mechanics
- Wheel Alignment
- 40 Years Experience



RUST CHECK

222 Beechwood, Vanier 613-746-0744

RoyalShine Car Wash

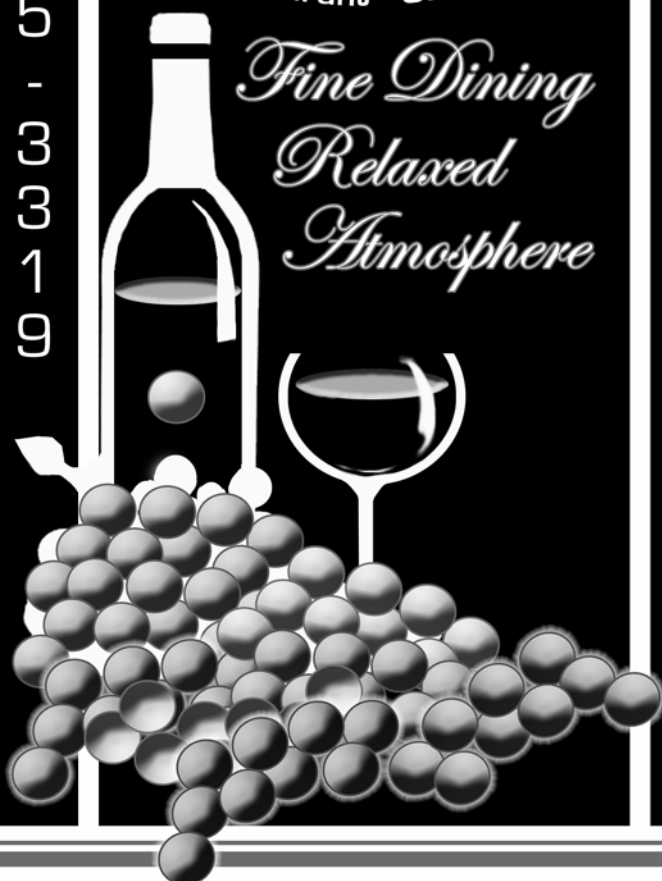
- Hand Wash (Interior and Exterior) •
- Hand Wax • Interior Shampoo •
- Leather Conditioning • and more ...

613-742-5208



Restaurant - Catering

*Fine Dining
Relaxed
Atmosphere*



ROCKCLIFFE BISTRO

\$10 *ten dollar*

GIFT CERTIFICATE

Limit 1 certificate per couple with 2 dinners and salads.
Not valid with any other promotions, dining in only.
Valid Monday to Thursday. Expires Dec 31, 2007.



www.rockcliffebistro.com



Construction and Demolition (or Not) in the Burgh: An Update

By Paul McConnell and Inge Vander Horst

Co-Chairs, NE Heritage and Development Committee

Is there too much construction taking place in New Edinburgh? Or not enough? Clearly this neighbourhood is attractive to developers, as witnessed by the never-ending series of construction projects. Just when it seems there can't possibly be any space left to accommodate a single or multiple-unit development, another one takes shape.

On the other hand, while we sometimes despair at seeing typical single houses disappear from the neighbourhood and we get nervous about the future of empty lots, we also get concerned about abandoned construction sites and properties that appear to be empty and in poor state of repair. Here's an update on what's happening - or not - at various locations around New Edinburgh.



Photo: Louise Imbeault

337 Crichton - Gateway to New Edinburgh?

allowed the developer to build a low-rise apartment instead. Although the City has published some impressive design guidelines intended to help infill housing "integrate harmoniously into a local landscape", it seems the guidelines carry little weight.

Next door, at **25 Vaughan**, there used to be a 2-storey detached house. Permission was granted in 2006 for this to be demolished and two 3-storey semi-detached houses built on the lot. Demolition took place, but then there was a

storey townhouses, leaving number 33 standing. There's little sign of activity at present; meanwhile, number 27 is starting to show neglect.

Watch This Space

Sprinkled around New Edinburgh, often undetectable to the normal eye, is an endless supply of potential development sites. Some are existing buildings waiting to be demolished, or lots to be severed. Others are empty lots that have dropped off the radar. Since there's no law that says infill projects *must* be oversized and unsympathetic to adjacent properties, let's hope that developers find ways to add value to the neighbourhood while conforming to its heritage feel at the following locations where construction is anticipated.

96 Crichton is an empty parcel of land inside the Heritage Conservation District. It used to be a side yard and has since been severed. Plans for a 3-storey detached house were formally approved for this site by the City some years ago. However, there's no sign of any current activity.

9-11 Putman has a double garage at present, but this is to be demolished and a 3-storey single dwelling will be built on the severed lot.

The owner of **198 Ivy Crescent** has received provisional permission to build two semi-detached houses in the side garden.

337 Crichton is the end property at the junction with Beechwood. Located there at present is a small single storey



Construction at 27 Vaughan.

Photo: Louise Imbeault

Work In Progress

As the community recovers from completion of MacKay House at Dufferin, residents near MacKay and Vaughan are coping with two large construction projects.

27 Vaughan used to be a small detached house with a long rear yard that ran along MacKay. The developer succeeded in getting approval from the Committee of Adjustment to demolish the rear addition and build two modern 3-storey townhouses in the back garden, fronting on MacKay. In approving the plans, the Committee had this to say, "...while appreciating the concerns of the area residents, [the Committee] notes that residential intensification policies are in place in the City's Official Plan, which encourages residential intensification within the urban area through infill." The Committee of Adjustment also noted the zoning designation would have

long delay over the summer, leaving a fenced-off semi-excavated site. However, construction started again in October, so perhaps the disruption in this part of the Burgh will eventually draw to a close, at least for a while.

We've also seen this "Start and Stop" on Springfield (near the junction with Bertrand) at numbers **27 and 33 Springfield** and the empty space between them. A couple of years ago plans were submitted to demolish number 27 and construct a row of four 3-



Photo: Louise Imbeault

No construction yet at 27 Springfield.



Photo: Louise Imbeault
282 Crichton: No phoenix from the ashes ... yet.

building, plus parking. On the drawing board are plans for a small 3-unit apartment. This is an important gateway into New Edinburgh, and hopefully the design will reflect this.

Where next?

Residents of New Edinburgh do a great job in maintaining their property. It's one of the reasons why strolling around the neighbourhood is such a pleasant experience. It's also the reason why abandoned and/or neglected property is so conspicuous. Maybe these are victims of a temporary lack of attention, or maybe we're seeing a harbinger of demolition and future construction. Here are some examples.

50 Bertrand is now a sad little house, empty and looking uncared for. A sign in the window reveals that AGC Incorporated, a property management company in Toronto, is responsible for maintenance; a company spokesperson did not wish to discuss the property's future.

84-86 Beechwood are two conspicuously neglected commercial properties. An old sign outside indicates that plans for two 3-storey mixed use buildings have been under consideration, but the City reports this is not a particularly active file. As regeneration continues at

various points along Beechwood, this particular location appears to be abandoned. It's possible the Property Standards By-law could be invoked to spur some action.

280 - 282 Crichton has been the focus of community action for years. Number 282 was never repaired after a fire. Against the wishes of the community, which wanted to see the fine existing building brought back to life, the City approved plans for it and the neighbouring building to be demolished and replaced by a

NEW EDINBURGH NEWS

39 unit apartment building. However, the owner has not pushed ahead on this and the building remains derelict.

What will become of the office block for sale at **39 Vaughan**? Or the vacant green spaces along Sussex Drive? The list of possible development sites in New Edinburgh is endless. If and when the NE Heritage and Development Committee becomes aware of significant construction plans in the neighbourhood, we will make information available through the *NEN* and the community website.



84 and 86 Beechwood seem abandoned. Photo: Louise Imbeault



QUINCAILLERIE JOLICOEUR LTÉE.
HOME HARDWARE

70 ANS DE SERVICES PERSONNALISÉS BILINGUES
YEARS OF PERSONALIZED BILINGUAL SERVICES

Affûtage • Sharpening
Accessoires de maison • Household Accessories
Coupe de vitre, miroir • Glass, mirror cutting

LIVRAISONS GRATUITES • FREE DELIVERIES

Business Hours

Monday - Thursday	8:30 a.m. - 6:00 p.m.
Friday	8:30 a.m. - 8:00 p.m.
Saturday	8:30 a.m. - 6:00 p.m.
Sunday	10:00 a.m. - 4:00 p.m.

19 Beechwood Ave.

613 749-5959

Pick up your aeroplan card at Jolicoeur Home Hardware.



PhotoAnne

personal photographic services



Anne Girard
Professional
Dog Trainer
and
Photographer

www.
photoanne
.com

(613) 255-4825

ADA DOG TRAINING

"When it's time to give your dog an education"

- On / Off leash instruction
- Behavior consultations & evaluations
- Protection training
- Courses provided at your home in your dog's own environment
- Since 1994, the #1 private training service in the region



www.
ADADOGTRAINING
.com

Lester's

Your neighborhood
Barber shop

Now open
7 Days
To serve you better

Mon - Fri 7am - 6 pm
Sat 7am - 5 pm
Sun 10am - 4 pm

Tel : 613. 745. 9623

3 Barbers
Hot Shaves
+
Clean cuts
Young Children
Are more than
Welcome
(Thomas train + Lollipops)

INCH OF GOLD

18k gold & sterling silver
sold by the inch.



bella bijoux
creative jewelry designs

613-257-3779

ROCKLIFFE PHOTO

IMAGE CENTRE INC.

Photo • Video • Digital

- Digital Cameras and accessories
- Digital Prints and enlargements
- Print from prints
- Passport photos
- Frames and other photo accessories
- Colour and B&W photocopies at the best price

Specializing in...

- Video and audio duplication
- Foreign video conversion to pal/scam/ntsc
- Transfer old movies (beta/8mm/super8/vhsc/dvc) into dvd at the best prices
- Slides on cd or dvd

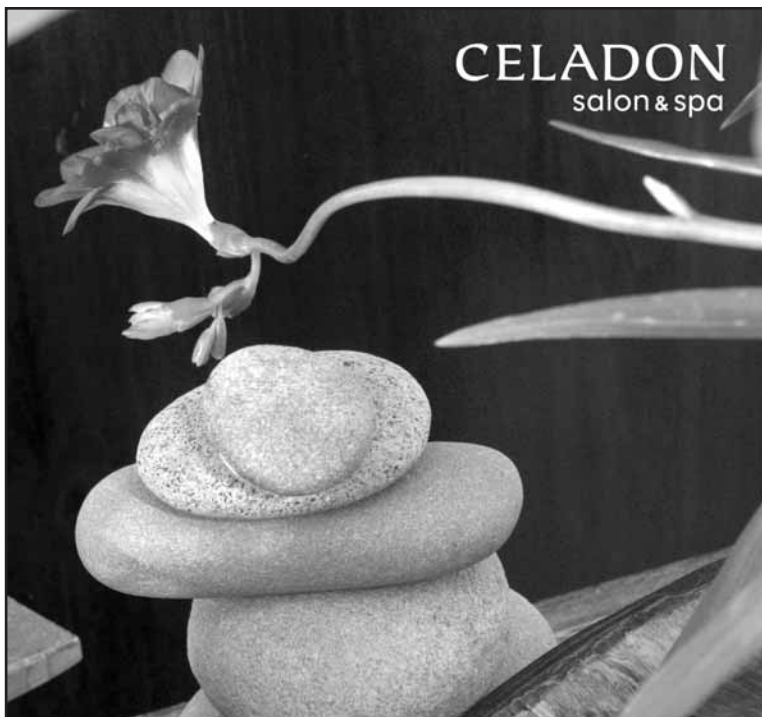
18 Beechwood Ave.
Ottawa, On K1L 8I9

tel. 613.747.6259

fax. 613.747.4458

email. moshen@rockliffephoto.com

CELADON salon & spa



TAKE THE STRESS OUT OF GIFT GIVING...

Our Harnn & Thann natural bath and body products will be sure to please everyone on your list. They make great stocking stuffers too! For complete stress-free giving consider a gift certificate.

Save 20% on all products.

Offer good until December 31.

HAIR • SKIN • BODY • NAILS

373 St Laurent Blvd 613-746-3500 www.celadonspa.ca

An Invitation from Friends of Crichton

By Margot Silver-Dumas
and Barbara Laskin

Following the success of the CCCC's appeal to the community on October 21, **Friends of Crichton** has agreed to coordinate fundraising efforts for 200 Crichton. The message has come through loud and clear that there is widespread support for maintaining the former Crichton public school as a focus for community activity. Not only have many people stepped forward to volunteer their time and expertise, but there has been a groundswell of support in terms of pledges and donations.

We now have a definitive answer to the question "Does the community care?" We can say with certainty that community ownership of the building is not just a pipedream, but a realistic goal. To further support the heroic efforts of the board of the CCCC, *Friends of Crichton* has gone into high gear to keep the momentum going. We invite all interested members of the community to join with us in pursuing our goal: \$300,000 in cash donations and pledges toward eventual purchase of the building. As a charitable organization, the CCCC offers tax receipts for all donations.

As fundraising co-chairs, there are various ways in which we intend to communicate. Through the *NEN* we plan to bring the community regular updates on the fundraising efforts. With the help of our volunteers we will be spreading the word, enlisting help and supporting others who want to organize their own fundraising events. We have printed materials that can be handed out at events and we can also arrange for members of the board or the *Friends of Crichton* to attend as guest speakers.

Several small fundraising events have already taken place and others are in the

works. For fitness buffs, including first-time participants, **Louise Lettstrom-Hannant** and **Sharon Collins** have planned a "fun-raiser"—a special aerobics bash, to which all are welcome, on Thursday December 20 at 7:30 am in the Dufferin Room (2nd floor, 200 Crichton), with proceeds to the CCCC. The CCCC Community Dance will be held on January 26 in the same space. **Ingrid McCarthy** is planning a benefit performance of the **New Edinburgh Players** on April 23. Several community members and groups such as **MainWorks** are organizing coffee klatches, wine-and-cheese events and street parties.

Our invitation to members of the community? Join us as a volunteer, a donor, or a corporate sponsor. Exercise your imagination and let us help you in planning your own unique event. If we all pull together, we'll reach our goal in no time!

To get in touch:

Friends of Crichton:
friendsofcrichton@yahoo.ca

Joanne Hughes:

(613) 745-2742

cccc@bellnet.ca

Barbara Laskin:

(613) 562-9953, x1

barbara@meta4creative.ca

Margot Silver-Dumas:

(613) 74807975

msilverdumas@sympatico.ca



INVEST IN YOUR COMMUNITY
CRICHTON CULTURAL COMMUNITY CENTRE
NEEDS YOU!

Help us to keep our doors open to the community - your children, family, neighbours, friends, retirees, professionals and businesses.
Here's how YOU can help:

Take Action:

- **Join Our Fundraising Team!**
- **Introduce** our *Big Gifts* Team to philanthropic individuals, corporations and foundations

Donate: a donation of any size shows you care, and encourages additional government and corporate support. All gifts are tax-receiptable.

- | | |
|-------------------------|---------------------------------|
| • friends = up to \$200 | • partner = \$5000 - \$10,000 |
| • family = \$400-\$1000 | • builder = \$10,000 - \$25,000 |
| • leader = \$1000-5000 | • benefactor = \$25,000 plus |

You can also donate shares!

As a registered charity, the CCCC can issue tax receipts for all donations. All donations are secured in a segregated trust account at the Bank of Montreal and are for the sole purpose of acquiring 200 Crichton.

YES! I want to support Crichton Cultural Community Centre:

- ☐ Please contact me so I can Get Active!
- ☐ Attached is a donation of \$_____ payable to CCCC to help secure a settlement with TSOD. Tax receipts will be mailed to the address below.
- ☐ Attached is a donation/pledge of \$_____ payable to 'CCCC Building Fund, in trust' pending completion of settlement discussions with TSOD. In the event that CCCC is not able to acquire the Crichton School, all donations will be returned without interest or deduction. Tax receipts will be issued upon use of funds.

Name: _____ Tel: _____

Address: _____ Postal: _____

Anonymous: No/Yes (circle one) Email: _____

Crichton Community Cultural Center, 2nd floor—200 Crichton St,
Ottawa, Ontario K1M 1W2
www.crichtonccc.ca

Now open at 42 Crichton with delicious
scones... sweet and savoury, one at a time
or by the dozen... "SconeWitches" with
fab fillings, "MealWitches" for a warm
treat, soups, coffee, teas, Devon cream,
amazing Moss Berry Farm jams, homemade
fruit compote & lemon curd... ALL TO GO!

open Tues. through Sat. 8am to 3pm

42 Crichton St. 613-744-2585

or visit our shop at 388 Albert St. just west of Lyon
where we have seating and are open 7 days...613-232-2173



Stuart Maskell To Teach Pilates at CCCC

Stuart Maskell is the owner of Firm Fit Personal Training Services. He has been coaching teams and motivating individuals for over 14 years.

Stuart has studied the work of Joseph Pilates since 2002 and is a certified STOTT Pilates mat work instructor. In addition, he holds a Personal Training Specialist certificate from Can-Fit Pro and has just completed training with the Titleist Performance Institute which will make him Ottawa's first certified Golf Fitness Instructor under the Titleist umbrella. Combining the Pilates method with traditional sport and bodybuilding techniques, he creates unique fitness programs that assist with core strength, posture, speed and strength.

Stuart's studio is located on Crichton St. within the

Physical Therapy Institute, a sports medicine clinic offering Physiotherapy, Massage Therapy, Sports Medicine and Personal Training. His private space offers clients an opportunity to relax and focus on their bodies while being led through workouts using tools like the Pilates Reformer, BOSU and Swiss Ball. He also trains individuals in their homes and will begin teaching classes soon at the Crichton Cultural Community Centre to enable a larger number of participants to enjoy his contagious energetic personality. Lululemon Athletica has just named Stuart as the Rideau Ambassador for 2008!

Course Description

As a certified STOTT Pilates Instructor, Stuart bases his mat classes on the principles of posture. This is effective, espe-

cially for toning the mid-section. Pilates Matwork focuses on increasing abdominal and back strength and mobilizing the spine! Variations and modifications are given to accommodate all levels and abilities.

For best results, join us twice a week!

Tuesday & Fridays 9:00 am, January 7 to April 25

Join anytime with one of our flexible drop-in packages.

1 Class	\$17
8 Classes	\$120
16 Classes	\$215
24 Classes	\$315
32 Classes	\$380

Prices do not include 5% GST. Cash or Check please.

To register call or email:

Stuart Maskell
Stuart@Firmfit.ca
 613-796-3476

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.

CRICHTON CULTURAL COMMUNITY CENTRE BOARD OF DIRECTORS

Carol Burchill	John Jarrett
Colin Goodfellow	Alex MacDonald
Ellen Goodman	Bethann Robin
Marion Haunton	Johan Rudnick, Chair
Jane Heintzman, Secretary	Carol West

Ex Officio:

NECA - Gemma Kerr
 CCC - Penney Place
 MainWorks - Karen Bailey
 MainWorks - Karen Rasmussen

To contact Board members please call 745-2742.

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.

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.

Morning DanceFit Classes to Start Jan '08

In January, Alex MacDonald will offer a new class, DanceFit, on Mondays and Fridays from 10-11 am.

use various styles of dance to ensure a good cardio work out, followed by a stretching and relaxation period.

A fun way to dance yourself into shape, the class will begin with an extensive warm-up and

No dance ability required, just a love of dancing!

Alex MacDonald has trained

extensively as a dancer in ballet, modern and jazz and has been teaching the neighbourhood Stretch and Strength class for 18 years. She is a certified Can-Fit Pro fitness instructor with current CPR certification.

Get Together for Girls and Guys

The Get Together for Girls and Guys project brings together on a weekly basis children and youth with low vision and blindness in a safe and validating environment at the CCCC. During this program the youth interact and build effective social skills through a curriculum based on physical participation and sports awareness and involvement.

The Fall session is off to a tremendous start. There are

currently 15 participants, ranging in ages from 6-18. The Get Together program is a fantastic leadership opportunity for our older participants as they acquire community service hours for assisting the staff with activities.

Participants have enjoyed golf, tae kwon do and floor exercise. Other group activities planned are dance, yoga, wall climbing and ice skating. A website has also recently

launched containing information about the program and a discussion forum for participants to meet online. Please check it out at www.gettogetherottawa.ca.

This program is offered by the Crichton Cultural Community Center with generous support from the Ontario Ministry of Health Promotion and the City of Ottawa.



DENYS
BUILDS
DESIGNS

I am an Ottawa based renovator that specializes in everything from modern renovations to historic restorations. As a creative designer who also builds, I have a passion for combining historical elements with new technology.

Please feel free to take a moment and explore some of our exceptional spaces at Denys.ca.

Paul Denys

EXPERIENCE THE DENYS DIFFERENCE

Health & Wellness

CARDIO KICKBOXING
Carolle Laliberté
(613) 263-0539
cardio.kickboxing@videotron.ca
or visit ckb.erclaliberte.com
Monday & Wednesday
6:00-7:00 pm
8 week session
Once/week \$65; Twice/week \$115; Drop-ins \$10/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+.

DANCEFIT * NEW**
Alex MacDonald
(613) 748-0870
Monday, Friday 10-11 am
1 class/week \$80,
2 classes/week \$145 for 8 weeks
A fun way to dance yourself into shape, the class will begin with an extensive warm-up, and use various styles of dance to ensure a good cardio work out, followed by a stretching and relaxation period.
No dance ability required just a love of dancing!
Alex MacDonald has trained extensively as a dancer in ballet, modern and jazz and has been teaching the neighbourhood Stretch and Strength class for 18 years. She is a certified Can-Fit Pro fitness instructor with current CPR certification.

FITNESS SERIES
Core Training: Physical Strength Comes from Our Centre
Sharon Collins
(613) 816-4307
Thursday, 8:30 - 9:30 am
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!
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
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.

Fitness Fusion: A Rejuvenation of Body and Spirit
Louise Lettstrom Hannant,
(613)747-1514
Monday, 9:00 - 10:00 am,
Wednesday, 7:30 - 8:30 am
1 class/week \$95
2 classes/week \$180
3 classes/week \$260
4 classes/week \$335
The focus here is functional fitness beginning with a 15 min extended cardiovascular warm up, moving into a fusion of pilates, yoga postures and strength exercises. We will use exercise balls, weights, and toning bands using a variety of breathing techniques and balance exercises. The class will finish with an extended stretch and deep relaxation for the tranquility of the soul.

FITWOMAN BOOTCAMP *NEW**
Cassandra Mactavish
(613) 884-7800
www.fitmomcanada.com
Monday, 8:00 -9:00 pm
\$168+GST for 12 sessions (rolling admission)

A high intensity workout for moms and non moms who want to workout without their little ones. This program is designed to maximize metabolism. Modifications are provided beginner to advanced

PILATES - NEW
Stuart Maskell
(613) 796-3476
Stuart@Firmfit.ca
Tuesday, Friday 9 - 10 am
1 Class \$17, 8 Classes \$120, 16 Classes \$215, 24 Classes \$315, 32 Classes \$380
Prices do not include 5% GST
As a certified STOTT Pilates Instructor, Stuart bases his mat classes on the principles of posture. This is effective, especially for toning the mid-section. Pilates Matwork focuses on increasing abdominal and back strength and mobilizing the spine! Variations and modifications

are given to accommodate all levels and abilities. For best results, join us twice a week!
Join anytime with one of our flexible drop in packages.
STRETCH & STRENGTH
Alex MacDonald
(613) 748-0870
Tuesday, Thursday 6-7 pm
Saturday 10-11 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
Wednesday 6:00-7:00 pm
\$80 for 8 weeks, or \$12 drop-in
The Feldenkrais® Method will help you to reconnect with your ability to move with ease, through a natural, exploratory learning process and learn how to make any activity easier, more effective and more enjoyable. These gentle, slow exercises are designed to develop your awareness of how you move, or maybe don't move!

Yoga & Meditation

HATHA YOGA
Avril Patrick / Sebastian Citro
(613) 742-8513
avril-sebastian@sympatico.ca
www.avrilpatrick.typepad.com
Tuesday, 6:15 - 7:15 am
\$72 - 6 weeks. Drop in - \$14
An early morning gentle Hata yoga class with an emphasis on core strengthening. Begin you day with a few rounds of sun salutations to warm up the body and senses. Perform asanas (postures) that will build strength, stamina, balance and flexibility. All levels are welcome to join us.
Instructors Avril Patrick & Sebastian Citro of Sculpt are certified in Sivananda Hatha Yoga, Personal & Boot Camp Training and Mad Dog Spinning.
IYENGAR YOGA
Barbara Young
(613) 728-8647
b-young@rogers.com
Tuesday, 6:00 - 7:30 pm
Level 1
Tuesday, 7:30 - 9:00 pm
Level 2
Thursday, 9:00 - 10:30 am
Gentle
Iyengar yoga teaches postures, or *asanas*, that bring flexibility, strength and endurance. Awareness deepens as stu-

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

KUNDALINI YOGA EN FRANÇAIS
Sophie Terrasse
(613) 842-9771
terrasse@rogers.com
Jeudi, 7:00- 8:30 pm
Le Kundalini yoga ou yoga de la conscience est accessible à tous; c'est une science complète qui comprend: une pratique corporelle tonique (asanas:postures statiques et dynamiques), un travail respiratoire (pranayamas), de la relaxation, de la méditation, du chant (mantras).
Un travail spécifique est effectué sur les aspects physiologique et psychologique de l'individu de telle sorte que la chimie du sang, le système nerveux, le système musculaire, le système endocrinien et les fonctions cérébrales s'en trouvent améliorées. A un niveau plus avancé, il permet à chacun de développer sa propre spiritualité, d'élargir sa conscience et de développer sa sagesse intérieure.
Le Kundalini yoga permet d'activer la circulation de l'énergie vitale, de renforcer le système immunitaire, de stimuler les systèmes d'auto guérison, de se régénérer mentalement, d'être plus centré, moins stressé, plus joyeux et optimiste!

Crichton Cultural Community Centre Programs
Weekly Programs 2007/2008

ZEN MEDITATION
Theresa Redmond
(613) 521-1509
theresa.redmond@rogers.com
Monday 7:00-8:00 pm
\$15/term
Meets for an hour twice a month. While not open to the general public, experienced meditators can contact the instructor to discuss joining the group.
Dance
AFRO CARIBBEAN DANCE
Suzane Lavertu
Artistic Director
(613) 863-3493
afrocaribdance@videotron.ca
Saturday
SOULRYTHMS:Adult dance
10:00 - 11:00 am
Dance Racine:
11:00 -noon
children ages 4-6
Mouvement Kwèyol
12:00 -1:00 pm
Children ages 7-12
Kubuli Dance Company Program
1:00 - 2:00 pm
Ages 12-18
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.

BALLROOM DANCE
Murray Carter
(819) 827-1603
Friday, 8:30 pm - 9:30 pm
BEGINNER BALLROOM DANCE
Stefania Baraniak
(613) 741-5569 Or e-mail Shalini at ballroomdnc@gmail.com
Friday 7-8 pm
\$80 / person for 8 weeks
If you have always wanted to learn how to ballroom dance or if you know the basics and want to improve your technique, Stefania is offering a 6-week ballroom dance session at the beginner level.
You will be introduced to some of the dances popular in social settings: Waltz, Foxtrot, and Tango, along with the Cha Cha, Jive and Merengue. No partner necessary.

SOCO DANCING
Leo, (819) 682-8827
leo@freefrogpercussion.ca
Tuesday 7:30 - 9 pm
\$160/10 weeks
Study the dance and intro drum parts to this athletic, beautiful dance from Guinea. No experience necessary. Wear comfortable clothing, bare feet. Drums provided.

Music & Voice

DRUMMING
Shara Weaver, (613) 240-9775
sweaver@magma.ca
Tuesday 7:30-9:00 pm

BOLIVIAN DANCE
Carole Ouellette
(613) 837-0058
co@maqex.com
Sunday, 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.

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
Thursday, 7:15 - 8:15 pm
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
Wednesday 7:00 - 9:00 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.

CLUB YOGA - NEW
Carol Sly, (613) 228-9235
Thursday 4:00-5:00 pm
8 classes/\$65 a family
"Club Yoga," a creative, uplifting multimedia yoga program for children and parents. We use yoga poses, props, story telling, singing, art, movement to music, games, breath work and meditation to bring children into a fun and uplifting space where they can access their own natural creativity and flow.
During this 8-week series of

Shara Weaver began studying Ghanaian Ewe dance with Kathy Armstrong in 1998. She has since then studied a variety of contemporary and traditional West African dance types in Ghana, Burkina Faso, Mali and in the US. Shara also teaches dance improvisation and is the co-director of Propeller Dance, a non-profit organization dedicated to dance for people with and without disabilities.

SIGHT SINGING AND EAR TRAINING COURSE
Marie-Lynne Sauvé
(819) 827-2657 or mlsauve@videotron.ca
pages.videotron.com/mlsauve
Sunday 3:00-4:30 pm (beginner)
2:00-3:00 pm (intermediate)
These small group workshops (8-10 participants) are geared toward choral singers and anyone interested in gaining the ability to sing music they have never seen before directly from sheet music. Participants will become familiar with the basic elements of music including rhythm, melody and intervals from both a theoretical and aural standpoint. Lots of singing is on the program as well as time for individual questions and one-on-one work adapted to each person.

Infants & Children

SATURDAY STORY TIME & CRAFTS - NEW
Michelle Morna
(613) 744-0275,
kenmich@rogers.com
Saturday 9:00- 9:45 am
8 classes/\$100
A drop off bilingual craft class for 3 to 5 year olds with a different theme each week, and consists of 2 fun crafts and a story time.
CLUB YOGA - NEW
Carol Sly, (613) 228-9235
Thursday 4:00-5:00 pm
8 classes/\$65 a family
"Club Yoga," a creative, uplifting multimedia yoga program for children and parents. We use yoga poses, props, story telling, singing, art, movement to music, games, breath work and meditation to bring children into a fun and uplifting space where they can access their own natural creativity and flow.
During this 8-week series of

classes your child (ages 5 and under) will experience a sense of well-being, increased awareness, improved concentration, increased self-confidence, relaxation and motor coordination. You and your child will be Happy, Healthy and Whole!
CREATIVE KIDS - NEW
Cheryl Brooks
(613)736-9099
Tuesday 4:00-5:00 pm
8 classes/\$100
This class is for 3-5 year olds and their adults, who will have a fun, creative and tactile experience making art with a variety of different tools and materials.
• Brown Bear Brown Bear, What Do You See?
• Rainbow Fish
• Watercolor Butterflies
• Marker and water painting
• Crayon and Finger-paint painting
• Paper Bag Puppets
• Papier Mache Fish
• Bubble Painting
• Egg Carton Critters
FITMOM POST NATAL FITNESS
Cassandra Mactavish
(613) 884-7800
www.fitmomcanada.com
Thursday 11:15 am-12:15 pm
\$168+GST for 12 sessions (rolling admission)
All FITMOM + Baby™ classes include exercises to target all the major muscle groups. Each class concludes with a baby activity that changes weekly. In the course of the session participants will be able to address concerns about postnatal fitness and will receive handouts on relative topics for their interest.
INTRO TO THE WORLD OF DANCE - NEW
Sally Collins, (613) 260-9847
sally.collins@ocdsb.ca
Saturday 9:00-9:45 am
8 classes/\$90
A fun introduction to dance and movement for young children. We'll explore different styles of dance (from hip hop, to Latin to African gumboot and beyond) and work with music from around the world. The course is aimed at children 3-5, but younger or older children may register with permission of the instructor.
HIPPIN' & HOPPIN' - NEW
Erin Dube, (613) 614-4590
makinmovesinoos@yahoo.com
Tuesday 10:00-10:45 am
8 classes/\$100
Erin Dube is the proud owner of Makin' Moves! Located in

Old Ottawa South, Makin' Moves brings dance and other forms of movement and exercise to the community. She finds it so rewarding to see the children and adults alike learning, making friends and having fun.
In HIPPIN' & HOPPIN' Erin will go thru all of the basic moves for 3 - 5 year olds. An excellent way to introduce your little one to their very first dance class. Focus will be on fun!
INFANT & CHILD CPR
(Level 'F')
Erin Shaheen, 613-260-7309
werehip@magma.ca
\$35 per person
Call for dates and times
This Heart & Stroke Foundation course covers CPR for infants, children and adults.
Topics include:
• Recognition of heart attack and respiratory arrest
• Home safety and injury prevention for babies and children
• Definition of CPR
• Performing CPR on infants and children (one-rescuer)
• Clearing airway obstructions in children and infants (choking)
• Barrier Devices
• CPR and the Heimlich on adults
• Safe and healthy lifestyles
Babes in arms are welcome to attend the course.
INFANT MASSAGE - NEW
Jill Vyse,(613) 830-6690
Sunday 11:00-12:00
5 lessons/\$110 includes oil & hand outs
Offering parent/caregivers and their baby's lessons in our nurturing touch and infant massage program. This is a non profit organization and all the instructors are certified with IAIM,® Classes are fun, interactive and gives suggestions for the growing children.
www.iaim.ws.
MESSY FUN - NEW
Cheryl Brooks, 613-736-9099
Thursday 9:30-10:30
8 classes/\$100
This class for 1 to 3 year olds and their adults will focus on the tactile experience of making art instead of on the results. Kids are introduced to a wide variety of tools, simple techniques and materials to stimulate their natural creativity.
• Painting with new and unusual tools
• Finger painting and making a print from the result

- Paper plate collage
- Bubble painting
- Sun Catchers
- Valentine=s Day Masterpiece
- Butterfly Mask
- Simple Mosaic

SPORTBALL
Gloria Hui
(613) 569-5300
Also register on line at www.sportball.ca
October 31 - December 19
JUNIOR SPORTBALL
(Age 16 mos -2 yrs)
Wednesday 9:30-10:15 am
Children and parents participate in sports, creative games, songs, rhymes, stories, bubble time and much more! Parents are encouraged to participate with their child and challenge them according to their skill level.
PARENT & TOT PROGRAM
Age 2 - 3 years
Wednesday 10:15-11:00 am
This program is designed to guide parents and their children through the introductory skills of 7 different ball sports.
MULTISPORT
3-5 year olds
Wednesday 11:00 am -noon
Multi-Sport programs focus on skill development in 7 popular sports: Soccer, Hockey, Baseball, Basketball, Tennis, Volleyball, and Golf. Participants learn, rehearse, and refine sports skills in a positive, encouraging, and non-competitive atmosphere.

Visual Arts

FIGURE PAINTING AND DRAWING
John Jarrett
613-594-0182
johnjarrett812@hotmail.com
Wednesday 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.

Canine

BASIC CANINE OBEDIENCE
Chantal Mills
613-296-dog-e (3643),
dog_trainer@rogers.com
www.ottawak9school.com
Sunday, 10:00 am - 12:30 pm
Chantal 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.

New Edinburgh Artist Gordon Harrison Opens New Gallery

By Gemma Kerr

It was exciting to attend the opening ceremony for New Edinburgh artist Gordon Harrison's art gallery at **100 Murray Street** in the Byward Market. The event occupied both the new gallery and the adjacent lobby to facilitate display of the paintings, but the space was barely big enough to accommodate the large number of people who came to join in the celebrations. The paintings were excellent, and were matched by the quality of the refreshments (hors d'oeuvres were catered by **Delish** whom

many will remember were located at 42 Crichton Street until two years ago). **Phil Emond**, Director of the new gallery, knows how to throw a good party.

As part of the ceremony, both Gordon and Phil talked about the idea of opening a gallery, which has been in planning for about a year. Finding a good location and making sure enough paintings were ready both played a part. **Dr. Bruce Firestone** also spoke in support of the new gallery. He is a notable Ottawa entrepreneur, son of the founder of the



Some of the many who attended Gordon Harrison's Gallery opening on the Market.

DIRECTION

ANDREWSHERWOOD.CA

GUIDANCE

ANDREW SHERWOOD PH.D
PSYCHOTHERAPIST

613-695-5600

It makes a great deal of difference to the behaviour of the individual whether the psyche is functioning mainly consciously or unconsciously. C. G. Jung

PASSAGES

INDIVIDUATION

MEMBER OF THE CANADIAN ASSOCIATION OF PSYCHODYNAMIC THERAPY

Firestone Collection of Canadian art, and a founder of the Ottawa Art Gallery. The ceremony was completed by an informal ribbon-cutting.

Gordon has been interested in art from an early age and has a particular interest in Canadian landscapes. His choice of subject matter, and effective use of vibrant colours and light and shade, make it no

surprise that his art is reminiscent of the *Group of Seven*. However, he has his own distinctive style. He is largely self-taught, and says that his development as an artist has been strongly influenced by Quebec's Jean-René Richard.

While Gordon has exhibited his work at a number of locations and been featured in several publications, opening a

gallery is a significant step forward and up. Judging by the sales during the first hour that the gallery was open, this new venture has a very good chance of success. We wish Gordon and Phil all the best for the future.

For those who are interested, some of Gordon's paintings can be viewed online at www.gordonharrisingallery.com.

WONDERFULLY DIFFERENT!

The
ROCKCLIFFE
RETIREMENT RESIDENCE

OPENING MARCH 2008

From the stunning location on Porter's Island to the panoramic vistas throughout the building, The Rockcliffe offers generously sized apartments in a variety of configurations. Choose between studios, one bedrooms, one bedroom plus den, and two bedroom suites, all with kitchenettes. There is as well a full continuum of care in a dedicated area. The Signature Service package is first rate and the amenities are unsurpassed.

Reservations are now being accepted. You are invited to call the Executive Director, Mary Albota RN., at **613-562-3555** for details, or visit her at the site office. She would be delighted to see you.



OPENING MARCH 2008 • www.TheRockcliffe.com

CCCC Auction Led to Great Times in Tuscany

By Vicki Metcalfe and
Dennis Orchard

Way back in October of 2006 we were the fortunate winners of the prime offering at the CCCC auction. Jennifer Barbarie, once a member of the CCCC Board but now in London, offered a week of her apartment in Anghiari up for bids. We, and our friends Leslie Scott and Martin Andison, jumped at it and in fact we bought a second week.

After several Chianti-inspired planning sessions, the four of us met in Rome at the end of September 2007 and proceeded to Anghiari in northeast Tuscany. Italy in the fall is wonderful. The harvests are in progress and the weather has a particular softness – warm days and slightly cool nights – that allows all kinds of activities. (When I win the lottery and have my restored farmhouse in Tuscany I'll have to have a swimming pool to deal with the heat.)

Anghiari is a delightful village. As a hill town, it offers spectacular views of the Tiber valley. Its walled centre dates back to the 12th century but it's a bustling little place with new building going on all the time. We had our choice of two bars with great people-

watching opportunities for breakfast, afternoon gelato or drinks, and after-dinner coffee. There's a good selection of museums, shops and restaurants. One night there was even a new opera presented in the historic teatro. Perhaps the best thing is that it's friendly. We experienced none of the



tourist-jaded attitude that we've had elsewhere. Maybe because most of the ex-pats living in the area are Canadian!

Jennifer's comfortable and beautifully decorated apartment is located in the newer part of town – 15th Century! – but on a steep Roman road that leads as straight as a die down through the Tiber Valley to Sansepolcro. The four of us had great times using the

apartment as more than just a base for outside activities. Jennifer has two books of collected comments and travel hints from previous guests and countless maps, books and brochures on the area – a valuable mine of information.

With a really well-equipped kitchen we wanted to cook and

often fruit). Highlights included funghi (mushroom) risotto and tiny quail stuffed flavourfully by the butcher. But then there was also the profusion of baby arugula and the delicious rabbit stuffed by the other butcher. Mmmm...

Early in our visit we saw posters for an itinerant dinner, with the offerings of several bars and restaurants. Not only was the food good, but we got to meet a charming American couple, who retired to the area 10 years ago, and a number of other people.

There's no shortage of restaurants in Anghiari, ranging from the busy pizzeria to very fine dining. At La Nena, just across the street from the apartment, we had a fine meal and the pleasure of the owner-chef coming out to shake hands and wish us buonanotte. We wish we could have sampled more restaurants, but the meals at home (and the \$2 Chianti) were just too good to pass up.

We took a number of day trips to Florence, Gubbio, Siena and Perugia – each a particular pleasure. The nearest city, Sansepolcro, appeared to be an industrial non-event where one caught the main highway and shopped for bulk

groceries at the Co-op, but in fact it turned out to be a beautiful walled town in its own right. Good clothes shops, too.

One of the best things to do was hike. There are the easy routes, and there are the more difficult ones. Then there is going astray in the woods for two hours. Luckily, our mistakes led us to a fantastic restaurant in Michaelangelo's birthplace village, so not all was lost.

By the time this article is printed Jennifer's delightful property manager (and man about town) Giuseppe Dini will have completed a Canadian tour presenting his charming book *An Adventure in Tuscany -- in and around medieval Anghiari*. I'm sure, though, that Books at Beechwood would be pleased to show you copies.

A division of 150420 Canada Inc.

FUOCO CRONIER

CONSTRUCTION & RENOVATIONS

Incorporated in 1986

- PLANNING & DESIGN
- OFFICE INTERIORS
- STORES
- HOME ALTERATIONS and ADDITIONS

613-744-3801

www.fuococronier.ca
55 Vaughan - Ottawa

Carlson Wagonlit Travel

Owned and operated by Madison Travel
130 Albert St. Suite 714, Ottawa, ON. K1P 5G4
Tel: 613-238-4040 / Fax: 613-238-4747

UPCOMING ESCORTED TOURS—CALL CHRIS CALDER AT EXT.229 FOR DETAILS.

- LADIES SPA GETAWAY AT CANYON RANCH: MAY 28TH–JUNE 1ST:
- STRATFORD FESTIVAL WITH ROBERT GOULD: JULY 10TH–12TH:
- MONTREAL "WEEKEND WITH THE GRANDKIDS" AUGUST 18TH–19TH
- BRIDGE WITH LIZ SCHWARTZ –PANAMA CANAL CRUISE: JANUARY 2008

Personalized and professional service with integrity since 1990.

Website: www.madisontravel.ca



**WINNER of the
BBB Torch Award
for Marketplace
Ethics**

"Some businesses go far
beyond the average standard
in maintaining high standards
of ethical behaviour.

They do what is right
& fair without question,
without compromise..."

Better Business Bureau

745-8502

**PHOTOGRAPHY
& MULTIMEDIA**



Wedding Photography & Video
Group & Individual Portraits
Commercial Photography
Old Photographs Restoration
Photo Finishing
Passport Photos

29 Beechwood Ave Suite 100
at Mackay St.

Tel: (613) 745-4000
www.zoomexposure.com

*Mrs. Sew
& Sew*



Custom Sewing
and Alterations

Janet Rowett
Seamstress

By Appointment

(613) 744-1731

166B Carillon St. Ottawa

Dog Day Afternoon
Canine Recreation

Daylight Savings

depriving your dog of his
after-work outing?

Nervous of walking your dog in the dark?

Whether it's snow, sleet or freezing rain,
nothing stops Dog Day Afternoon
from giving your dog
a great daytime romp!

Treat your dog to the best...

Group Park Romps include:

- off-leash interactive play with compatible dogs
- pick up and drop off
- free home-made dog treats
- daily report card



Your Best Friend's Best Friend

- Fully insured and bonded
- Member of Pet Sitters International
- Member of PDWAI (Professional Dog Walker's Association International)

Adrian M. Lloyd BSW

Phone: 613.748.7697

DogDayAfternoon@Rogers.com

www.DogDayAfternoon.ca

MainWorks Artist Karen Bailey in Kandahar

By Jane Heintzman

MainWorks artist **Karen Bailey**, whose studio is in a bright cul-de-sac on the second floor of **200 Crichton Street**, is a prolific and highly regarded member of the Ottawa arts community where she has achieved considerable professional distinction. In the course of her 25 year career as an artist, Karen's work has appeared in exhibits in London, Dublin, Toronto and Ottawa. She has a variety of strings to her professional bow, having worked as a courtroom artist for Global TV, designed the portrait side of the Governor General's Academic Medal for former GG Adrienne Clarkson, and served as Artist-in-Residence at Elmwood School from 2003 to 2005. Karen has twice received the coveted Elizabeth Greenshields Grant for painting and drawing, and in May of this year, she was awarded the Emerging New Talent Award by the Ottawa School of Art.

Karen has made her mark as a painter of people. A consistent theme throughout her work is the celebration in art of the under-recognized and unheralded members of society, including many of those who toil daily and often thank-

lessly, in the service industries. Her engaging series, *Are You Being Served?*, is an artistic tribute to the patience and perseverance of waitresses at work, while her more recent series *Cuts*, which was a solo exhibition in the Corridor

Anglican community where these faithful and resourceful women have been the heart of church life for generations. *The Church Tea* series will appear as a solo exhibition at the **Dale Smith Gallery** on Beechwood Avenue in April.



Gallery at 200 Crichton throughout September and October, captures life in the hair salon from an artist's perspective.

In keeping with the theme of celebrating the unrecognized in society, Karen is currently at work on a new series, *The Church Tea*, which is intended as an artistic record of ladies at work in the kitchen of an Anglican church, an image which is resonant to those of us who have been part of an

Well, it's a long way from the kitchen of an Anglican Church in downtown Ottawa to the Canadian Forces Base in Kandahar, Afghanistan, but in late June, Karen made that leap and has returned with a wealth of sketches, photographs and plans for a new series of acrylic paintings, not to mention her memories of some profoundly transforming life experiences. Just how she got to Kandahar is an interesting, if convoluted tale.

With the encouragement of her friend and fellow artist **Karole Marois** (whose work is included in the Vanier Publiart series of outdoor murals), Karen applied in late 2005 to participate as a volunteer in the Canadian Forces Artists Program. While she had no interest whatever in a stint on the front lines sketching combat troops, Karen was once again intrigued by the

possibility of capturing the unheralded members of the forces whose service rarely, if ever, grabs the headlines, but who play a vital role in military life. In her application for the program, she specifically proposed that medical personnel and catering staff be the focus of her artistic contribution. And her selection of the army as her service of choice came about more by default than design - as an MS sufferer, Karen is prone to both sea and air sickness, so keeping her feet on the ground was a priority!

When she was ultimately selected as one of five artists from across Canada to take part in the 2006-07 session of the program, the farthest thing from Karen's mind was a trip to Afghanistan. Indeed, when she first entered the program, it was her understanding that no artists could be sent to the region because of the impossibility (and/or prohibitive expense) of obtaining insurance coverage. At the outset, her expectations were considerably more parochial, and she visualized perhaps a stint in Petawawa or at the Royal Military College in nearby Kingston.

Spurred on by Karole Marois who had participated in the program the previous year, traveling abroad to cover the celebrations of the liberation of the Netherlands, Karen ultimately decided to pursue an assignment somewhat farther afield, applying to be part of a Medivac Team at the Canadian Forces Medical Centre at Landstuhl, Germany to which serious casualties from the war in Afghanistan are flown for treatment before returning to Canada. While the military brass agreed to this proposal, the paperwork involved was monumental and as the months went by, no serious Canadian casualties were incurred at the front (thankfully!).

In the interim, however, Colonel David Hogberg, C.D., Deputy Commander of the Canadian Forces Health Services Group here in

Ottawa, became interested in her work, and strongly encouraged her to travel to Kandahar to capture the heroic behind-the-scenes labours of the forces' medical personnel in whom he took great pride. With the encouragement and support of her husband, combined with some reassurances from Colonel Hogberg and Chief Warrant Officer Lorraine Shirley about her personal safety on the mission, Karen took the plunge and set about preparing for the adventure of a lifetime (beginning, predictably, with a battery of inoculations).

On June 22, one day after helping her mother at an Anglican Church tea, Karen set out from the Canadian Forces Air Base at Trenton for an arduous trip to Dubai via England and Budapest. From steamy Dubai, it was a further three hour flight to Kandahar in a Hercules aircraft, packed in like sardines and in full protective regalia, including helmet, visor and a 30 pound flak jacket. The arrival was anything but auspicious. The Herc landed in a raging sandstorm, and as Karen emerged from the helicopter, she was greeted by a blast of hot air and had her first encounter with the trademarks of a war zone, including razor wire, sand bags and an air terminal riddled with bullet holes.


With the aid of kind and solicitous military guides, she gradually got her bearings on the base and settled into her "VIP accommodation" (a room with four bunk beds). Each day she followed a detailed military schedule, accompanied by two escorts, both nurses who collected her in the morning and accompanied her to meals in the dining tents (which Karen describes as "refueling stations", far from a fine dining experience with gourmet fare and sparkling conversation, but more than adequate to sustain the body, if not the soul).

Karen's tour of the Kandahar base encompassed all of the medical facilities which


MOOD MOSS
FLOWERS

EVENTS ~ WEDDINGS ~ EVERYDAY

186 Beechwood Ave.
Ottawa, Ontario ~ K1L 1A9
613 741 1774 ~ moodmossflowers.com

 *activa physiotherapy clinic*

200 Rideau Terrace, Suite 202
Tel. 744-4188

Orthopedic & sport injury	Massage therapy RMT
Neck and back pain	Sports massage
Motor vehicle accidents	Myofascial release
Acupuncture	Craniocervical therapy
Manual therapy	Lymphatic drainage
Personal training	Pregnancy massage
Aquafitness	Naturopath
Exercise classes	Osteopathy



Caldwell
and Associates Realty Limited

Dionne Caldwell
Broker

Sales, rentals, and relocation

38 Charles Street
Ottawa, ON, K1M 1R2
(613) 744-5525

email: caldwell@cyberus.ca

www.caldwell-realty.ca

Michael K. Edwards
Chartered Accountant

- ACCOUNTING AND AUDITING
- FINANCIAL STATEMENT PREPARATION
- PERSONAL AND CORPORATE TAX
- SMALL BUSINESS COUNSELLING

68 Stanley Avenue
New Edinburgh

Tel: 749-7013
Fax: 749-6603

include a "Role 1" clinic for every day medical complaints; a "Role 3" critical care hospital with an intensive care unit and operating theatre; and a preventative care facility for dealing with such issues as water and air quality, and snake and rodent control. Readers who are snake-phobic may want to give Afghanistan a wide berth, as heavy rains such as those which occurred

who are obliged to work with limited facilities which are a far cry from the state-of-the-art equipment we are accustomed to here in Canada, the little girl's leg was ultimately saved and she was able to walk out of the hospital several weeks after her arrival.

Before setting about her sketches, Karen asked the permission of each of the Afghan patients whom she selected as

tered in Kandahar, Bruce, Joanne and Toby. Joanne is an ICU nurse who is currently part of the team that flies out to the front lines in a Black Hawk helicopter to evacuate the seriously injured, stabilize them in transit and rush them back to the base for treatment. Trauma is her daily fare, and according to Karen, she faces it with courage, professionalism and serenity: in short, precisely the unsung dedication that Karen's work is all about. Bruce, the Head Ward Nurse, was recently in Ottawa participating in the Remembrance Day Ceremonies, and took time for a portrait session with Karen at her studio.

Because of the timing of her assignment, Karen's planned series, *An Artist in Kandahar*, will be too late for DND's traveling exhibition of 2008-09. However, she is optimistic that there will be no shortage of opportunities to exhibit the work, and is actively seeking funding to pursue the project once her *Church Tea* series is completed. Exciting and prestigious as it may be to be chosen for the Canadian Forces Artists Program, the work is carried out on an entirely volunteer basis, and for Karen and all the other artists in the program, it involves a considerable financial sacrifice.

Since her return from Kandahar in early July, Karen has told the story of her experiences to **Paul Gessell** of the *Ottawa Citizen* (July 21), as well as in an article in the September/October edition of *Brushstrokes Magazine*, and on the CBC Radio Program *Out Front* with which many readers are undoubtedly familiar. (Interested readers can read both articles and view samples of her hospital sketches on



Kandahar girl.

Drawing by Karen Bailey



Kandahar boy.

Drawing by Karen Bailey

during Karen's visit bring a host of venomous snakes out of the ground, one of which—the second most dangerous viper in the world—was caught right outside the door of the Role 3 hospital where Karen was working.

Much of Karen's time each morning was spent in the Role 3 hospital sketching or taking photographs of medical personnel whose constant motion made drawing an impossibility. Ironically, at the time of her visit there were no Canadian soldiers among the patients in the hospital. All were wounded Afghan civilians, including two small children, a four year old boy, Aziz, and an eight year old girl, Mazlifa, whose home had been occupied by the Taliban. Her father had been killed in the incident, and she had suffered shrapnel wounds and severe trauma to her leg. Thanks to the skill and sheer ingenuity of the Canadian medical personnel

subjects, permission which in the majority of cases was readily granted. Like the medical personnel around her, she went about her work in extremely cramped quarters, balancing her sketch book on her knees with IV poles and assorted monitoring equipment pressing at her elbows. Even the translators in the hospital got into the spirit of the artistic exercise, offering themselves as subjects for a portrait. While Karen obliged, apparently to their great satisfaction, she is not able to show these sketches because of the serious risk of Taliban reprisals against these men and their families.

In keeping with her commitment to DND, Karen's plan is to transform her photographs of the medical personnel at the base into a series of acrylic portraits, and indeed she has already begun the process. She is looking forward in particular to capturing three of the remarkable nurses she encoun-

Karen's website at www.karenbailey.ca.) While she was fortunate enough to have travelled to the war zone in a comparatively "peaceful" period and reportedly felt quite safe throughout her visit, not long after she left, the violence resurged, and six Canadian

soldiers were killed. As I write in early November, even the area around Kandahar has been the scene of fierce fighting, so we are happy to have her safely back in her Crichton Street studio to tell the tale and continue with work on her new series, *An Artist in Kandahar*.

We buy any brand watches

Time Sharpening
Watch & Jewellery Repair
15 Beechwood Ave., Ottawa, ON
Tel #: (613) 746-7927

SANDY HILL CONSTRUCTION

THE NEIGHBOURHOOD SPECIALISTS™ IN RENOVATIONS
CELEBRATING OVER 10 YEARS OF QUALITY AND SERVICE
613-832-1717
www.sandy-hill.on.ca
Committed to Excellence

COLDWELL BANKER RHODES & COMPANY

Nancy Benson
Sales Representative

Passionate About Real Estate

Office: (613) 236-9551
Direct: (613) 747-4747
E-mail: nancy@nancybenson.com

www.nancybenson.com

ABR ACCREDITED BUYER REPRESENTATIVE

CLOTHES ENCOUNTERS OF A SECOND TIME

Now Accepting Winter Clothing !!

67 Beechwood
613-741-7887


MON-SAT: 9:30 - 5:00
FRI: 9:30 - 6:00
SUN: 12:00 - 5:00

LEE-ANN ZANELLI
OWNER

BEAUTY MARK

SALON & SPA

2 BEECHWOOD AVENUE
OTTAWA, ONTARIO K1L 8L9
Tel: (613) 744-4460



David Beauvais
(formerly Alexandre's)

Serving your community for the past 10 years.

We do it all!

- Renovations & Restorations
- Exteriors & Interiors

One resource for all your home repair needs.

Free Estimates Owner/Operator 613-276-4530



your friendly neighbourhood scuba & snorkeling headquarters

BURTON'S
Dive Service & Gear
since 1986








• snorkeling • scuba • rentals • service • training •


196 Beechwood Ave. Ottawa, ON K1L 8A9
tel: (613) 745-6444 • www.burtonsdive.com

BAG TO EARTH
SAC AU SOL

BAG TO EARTH'S
10-PACK OF
SMALL FOOD WASTE
BAGS & 5-PACK OF
LARGE FOOD WASTE BAGS

This amazing bag, which is totally biodegradable and certified by Environment Canada, is all that you require for food scraps. This bag system is made from paper – including the film! The product really does biodegrade and compost. It is designed to assist you in a very clean and practical way to participate in the compost pilot and in your efforts to be environmentally responsible. For more information: 800-366-6812 ext. 108 or 104.



These bags are available at:

Elmvale Acres Home Hardware Elmvale Acres Shopping Centre, 731-4492

Jolicoeur Hardware Ltd. 19 Beechwood Ave., 749-5959

Heron Home Hardware, 1593 Bank St., 733-3492

Canadian Tire 1170 Heron Rd, Bank & Heron 733-6776


Manor Park Grocery, 179 St. Laurent Blvd. 746-1023

Shopper's Drug Mart, 3310 McCarthy, 523-2835

Village Drug Mart, 425 St. Laurent Blvd. 746-4659

Quickie/ESSO Convenience Store, 3332 McCarthy Rd., 526-1230

Loblaws at Rideau St., Bank St., Riverside Dr. and St. Laurent Blvd. locations.



For the Birds



By Jane Heintzman

With the steady advance of Fall, many species of birds have begun to congregate in large and often noisy flocks to pursue their preparations for winter. In my own rambles in the Burgh and environs, I have encountered bustling collections of **black-capped chickadees**, **white-breasted nuthatches**, **slate-coloured juncos** and on one occasion, **American robins** singing lustily as they careened through a thicket after a heavy rain, presumably in search of emerging worms. Chickadees are inveterate hoarders of food, hiding vast quantities of seeds, insects and insect eggs in caches located in hollow stumps, under tree bark, inside dried out, curled up leaves, and even under moss to sustain them when winter sets in. If their particularly large numbers and feverish activity is a harbinger of the winter of 2007-2008, it could be a cold, harsh season ahead!

Another legendary harbinger of winter is the **slate-coloured junco** which has been much in evidence in the lanes, woods and parkland of the Burgh this Fall, as well as at the Macoun Marsh where a flock of 35-40 juncos was reported in mid-October. The slate coloured junco is one of five sub-species within the **dark-eyed junco** family, distinguished by the uniform dark gray colour of the male (the female is a brownish gray), a white belly and four white outer tail feathers, two on each side of the tail. When the junco takes off in flight, these tail feathers create a bold flash of white which makes identification of the species comparatively easy (at least in relation to its devilishly similar sparrow cousins),

and when a flock of 30 or 40 takes flight together, it's an eye-catching spectacle.

Juncos are ground feeders, scrounging for seeds, caterpillars, ants and spiders, and frequently visiting backyard bird feeders where they are eager consumers of millet, cracked corn and hulled sunflower seeds. They are cautious creatures, however, and are unlikely to visit your yard unless there are protective evergreens nearby. Juncos reportedly mate quite frequently with white-throated sparrows, creating a hybrid which resembles a grayish white-throat with dull markings and the characteristic white junco tail feathers.



Junco.

Perhaps the most exciting birding experience this Fall occurred on our last visit to the Georgian Bay over the unseasonably hot Thanksgiving weekend. In addition to encountering the usual suspects such as **black-capped chickadees**, **brown creepers**, **raucous blue jays**, **pileated** and **hairy woodpeckers**, **ring-billed gulls**, **cormorants**, **mallards**, **common mergansers** and **turkey vultures**, we paddled within a few yards of a group of a dozen **loons** which had congregated in the middle of our bay. As we made our way past this chatty loon gathering, we noticed two other **loon pairs** on either side of the central flock, both of which set up a haunting call, presumably to sound the alarm at the uninvited and unwelcome presence of two humans in a canoe. As the others responded in kind, we were literally surrounded by a stereophonic wave of loon calls,

combined with some energetic stretching of necks and flapping of wings to drive home the message: move along, intruders!

Closer to home, *Ottawa Citizen* Bird Columnist **Elizabeth Le Geyt** reports that last year's bumper crop of cones, berries and seeds has been followed by a comparatively poor one, and she surmises that this may bring more finches south to our area in search of food. She has already had numerous reports of **evening grosbeaks**, **pine siskins** and **redpolls** at backyard feeders in Ottawa, and in hopes of attracting the colourful grosbeaks (which haven't paid us a visit in close to a decade), we have kept our own sunflower seed feeder fully stocked. So far no luck but we'll keep trying and report back in February. The striking male of this species has a bright yellow body with black and white wings, a dark head and yellow eyebrows. Please let us know if you have had a visit from a group of these flashy finches with large appetites!

Another bird which has been much in evidence in our area this fall is the **woodpecker**. In my own wanderings, I have seen and heard numerous **pileated**, **hairy** and **downy woodpeckers** (two of which were engaged in what must have been a thankless exercise, attempting to bore holes in a plastic sheath on a hydro line!). Over at the Macoun Marsh, the team from St. Laurent Academy and Jean Vanier School has reported the sighting of a **yellow-bellied sapsucker** and an apple tree with the sapsucker's signature rows of small bore holes from which the sap is extracted. (While examining this tree with his student naturalists, St. Laurent Academy Science teacher **Mike Leveillé** reports that he was unceremoniously pooped on by a **golden crowned kinglet** in the branches overhead!)

The **pileated woodpecker** is undoubtedly familiar to most readers, as are the enormous rectangular holes in dead or

ST. LAURENT
ANIMAL HOSPITAL

Dr. Thomas Kral **Dr. Brigitte Mehlhorn**

654 Montreal Rd. (corner Cummings) **613-749-2143**






Photo: Louise Imbeault

Hairy woodpecker.

ailing trees which it leaves in its wake after drilling for carpenter ants and wood-boring beetle larvae. A record high 29 pileated woodpeckers were spotted in the course of this year's **Fall Bird Count**, the 13th annual fall count in the Ottawa region. The pileated is largest woodpecker in most of North America, and at nearly 20" long, cuts an imposing figure with its bright red crested head, black body and bold white stripe down the side of its neck. In addition to its ringing and repeated "cuk" calls, the pileated makes its presence known by drumming on hollow trees with its powerful bill to claim territory or as part of a courtship ritual.

The species plays a vitally important role in its ecosystems both because it helps to keep insect infestations under control, and because its prominent excavations create nesting and roosting cavities that are used by countless other species, from small mammals to reptiles, amphibians, invertebrates and many other birds. **Common mergansers, wood ducks, flying squirrels, owls, bluebirds and martins** are just a few of the species that depend for their shelter on the industrious labours of le grand pic.

Many of us first became aware of the **yellow bellied sapsucker** through the medium of Bugs Bunny cartoons where the name was frequently

taken in vain as a crowning insult. While the central belly of these birds is indeed pale yellow, they are otherwise somewhat similar to the **hairy** or **downy woodpecker** with a black and white streaked face, a red patch on the forehead, and black wings with white spots and a white shoulder patch. The male sapsucker also has a red chin, while the female's is white.

The sapsucker earns both its name and its nickname "The Master Sap-Tapper" from its legendary ability to make sap flow abundantly from trees, into which it bores neat rows of square holes. In summer, the birds feed on the nutrient rich phloem sap which carries the nutrients produced in the leaves to the rest of the tree. The sapsucker holes wound the tree, causing the sap to dam up and accumulate in plant tissue just above the holes. The industrious sapsucker then enlarges these holes and adds a new row just above them where the sap pickings are rich. They feed on close to 1,000 species of trees, with a special preference for birch, sugar maple and scotch pines, as well as for weakened trees in which the sap has been found to contain higher levels of amino acids and proteins. While researchers have yet to establish precisely how the sapsucker manages to get past the tree's natural healing defences to keep the sap flowing, it is speculated that their saliva may contain a substance which acts as an anti-coagulant.

Like its cousin the pileated woodpecker, the yellow bellied sapsucker plays a crucial ecological role, creating a source of nourishment for a host of other sap-loving birds and animals, including **bats, porcupines, squirrels, hummingbirds, warblers, nuthatches** and many other species of **woodpecker**. Without the benefit of its efficient sap-drilling activities, it is reportedly doubtful that hummingbirds

could survive at all in northern latitudes.

While this year's Fall water fowl sightings have been disappointing at our end of the Rideau River close to the Rideau Falls, (so far only **mallards** in moderate numbers and hordes of **Canada geese**), our resident **great blue heron** has been frequently in evidence and one afternoon, I came within a couple of feet of this majestic bird which stood motionless, balanced on one leg, as it surveyed the fish and frog scene from a fallen log. Our thanks to photographer **Francine Streeting** for providing the marvelous heron photo accompanying this column. Francine specializes in wildlife photography, and interested birders should check out her wonderful website at www.digitallystill.com.

Photo: Francine Streeting
Great blue heron.

Other feathered visitors to our garden and environs this Fall have included **cardinals** (who arrived with lightning speed when I accidentally dumped a bag of sunflower seeds on the ground in the back yard), **blue jays, red-eyed vireos**, an immature **Cooper's hawk**, **gold finches, chipping sparrows, golden-crowned kinglets** (heard more often than seen with their high pitched, buzzing "tsee, tsee, tsee"), **ring-billed seagulls** in a wild and raucous chase over a huge chunk of bread, and of course, the ever present house **sparrows** which are first to

arrive and last to leave when the feeders are stoked.

A first time visitor to our garden was the **red-breasted nuthatch**, a slightly smaller version of its better known white-breasted cousin, distinguished by its rosy under parts and black eye line. In addition to insects, these nuthatches eat the seeds of conifers, and when the cone crop fails in northern regions as it reportedly has this year, they move south in search of food, turning up more frequently at feeders for a feed of sunflower seed or suet.

News from the Marsh

In addition to the **yellow bellied sapsucker** who went to work on an apple tree at the Macoun Marsh, birding reports from the Marsh have included large flocks of **chickadees** and **slate-coloured juncos**, **white breasted nuthatches** (one of which was bold enough to light on Science Teacher Mike Leveillé's hand), **blue jays, white-throated sparrows, song sparrows, a fox sparrow, a tree sparrow, two white-crowned sparrows, mourning doves, cardinals, downy and hairy woodpeckers, two white-crowned sparrows, red-winged black birds, an eastern phoebe, golden- and ruby-crowned kinglets, a common redpoll** and a **possible raven**. In the course of one visit in early November, the St. Laurent Academy team also reported a flock of 120 **starlings**: now just exactly how they were able to count these peripatetic critters remains a mystery! Perhaps the most exciting news from the Marsh this month was the sighting of a **saw whet-owl**, a pint-sized (8") owl with enormous yellow eyes, a reddish brown facial disc with white eyebrows, and broad vertical streaks on its breast.

Dave Collyer Reports from Manor Park

Manor Park naturalist **Dave Collyer** reports that his



Photo: Mike Leveillé

Saw whet-owl.

favourite birding locations this Fall have been the Rockcliffe Rockeries/Mackay Lake and the surrounding area; Mariposa/Cloverdale Avenue to Mackay Lake, and in our neck of the woods, along the Rideau River. Dave's sightings on the Rideau have included **Canada geese, mallards, common golden eyes, and hooded mergansers** (yet to be seen at my end of the river, so I'm envious!). In the Rockcliffe area, he has encountered the usual suspects, including **chickadees, white-breasted nuthatches, juncos, downy and hairy woodpeckers, cardinals, mallards and ring bill gulls**.

Dave also sends a reminder to readers to keep their back yard feeders clean and well-stocked with wild bird seed, sunflower seed and suet, which are vital sources of sustenance for the bird population that remains in our area to brave the long winter.

Happy holiday birding to all, and please remember to send in your reports for our next edition in February, 2008 (janeheintzman@hotmail.com or newednews@hotmail.com).



Photo: Mike Leveillé

Cat bird feeder?

Pauline Bogue

Sales Representative

Catherine Bell

Sales Representative

(613)725-1171

contactus@theottawahometeam.com



Capital Service
with 28 years of combined
Real Estate experience.

We are dedicated to
our community and to providing
Quality Customer Service
with satisfaction guaranteed.

ROYAL LEPAGE

www.theottawahometeam.com

The News Is In: Rockcliffe Park Public School Rocks!

By Melanie Harmon

Fall has been a very busy time at RPPS. Whether it was our students setting the bar with both their athletic and academic abilities, or the incredible support of all of the volunteers who logged over 2,000 hours for Book Fair, we have certainly come out to show just what we are made of at RPPS.

done in both Grade 3 and Grade 6 and the results speak to the hard work of students, teachers and parents alike. Congratulations to everyone!

On the athletic front, our **cross country team** had a tremendous showing with the Grade 5 girls coming in first place overall and winning the 2007 championship banner.

The RPPS Environment Club registered a mark of 95% placing first among 117 elementary schools that took part in the School Board's Earthcare program. The mark was based on audits of the school with respect to conservation (such as L.O.C.O. - Lights Out - Computers off), leaky faucets, recycling (does every room have a recycling container?) as well as an evaluation of activities and teaching taking place at the school that deal with the environment. RPPS gained top marks for the Spirit Garden, the "No Idling Campaign" and its focus on reusable containers for lunch.

And finally, what would a news update be without mentioning **Book Fair**? Thanks to the hard work of all of our volunteers, led by **Maggie**

RPPS Grade 6 results were the highest they've been since provincial testing was introduced in 1997.

The 2007 EQAO (Education Quality and Accountability Office) results are in, and RPPS continued its trend of surpassing Ottawa and Ontario results in reading writing and math. Our Grade 6 results were the highest they've been since provincial testing was introduced in 1997. Testing is

The Grade 5 boys came a very close second with only 3 points separating them from first place. Congratulations as well to the Grade 3 boys and girls and the Grade 4 boys who all placed third overall. A huge thank you goes to our coaches, **Denis Montreuil** and **Christina Hawley**.

Knaus, Book Fair once again showed just how much the community cares. A record number of books were donated and everyone came out to support the event which took place between November 2-4. In keeping with this years' "Treasure a Book" theme, the Fair officially kicked off with a school wide treasure hunt to encourage students to read for clues. Pirates overtook the

school as the principal (Mr. D.) traded in his jacket and tie for an eye patch and parrot. No child could resist the urge to read with such inspiring participation!

It is never too early to start thinking about next year, so start collecting those used books now. Information on the Spring Book Drive will follow in future issues of the *NEN*.



Photo: Maggie Knaus

On the good ship RPPS the Pirate Principal (Mr. D.) and one of his trusty buccaneers hunt for reading treasure.

THE LOCAL BAR IS NOW OPEN!

Come in for a festive
Eggnog Cappuccino, our
December Menu or a Pear
and Pomegranate Martini



The Local Bar
café + wine bar

Home of the Great Canadian Theatre Company.

Tuesday - Friday 8:00 a.m. - 11:00 p.m.
Saturday 10:00 a.m. - 11:00 p.m.
Sunday 10:00 a.m. - 8:00 p.m.
Monday CLOSED

(613) 236-5196 ext. 315

1233 WELLINGTON STREET WEST
WWW.THYMEANDAGAINENCORE.CA

CAFE DU MONDE THANKS SPONSORS

Many hungry mouths and curious palettes were satisfied at this years Book Fair's *Cafe Du Monde*.

A special thank you goes out to all the parents and the following restaurants for donating thier scrumptious, amazing and thoughtful specialties:

- Lapointe's
- Aubrey's
- India Cafe
- Wang's Noodle House
- Da Bombe Desserts
- Sausage Kitchen
- Haveli's
- Second Cup
- Da Sergio Italian Restaurant
- Johnny Farina Italian Restaurant
- Bangkok Thai Restaurant
- Takara Japanese Restaurant
- Nagina Indian Restaurant
- Clocktower Brew Pub
- Rideau Bakery
- Sitar Indian Cuisine
- St. Laurent Pizzeria
- Bread and Roses
- Epicuria
- Subway

We truly appreciate what you have done! Thank you.

Book Fair Cafe Du Monde Volunteers

Fern Hill Sky Watchers

"I've looked at clouds from both sides now..."

By Gina Watson

"I've looked at clouds from both sides now, from up and down, and still somehow, it's cloud illusions I recall, I really don't know clouds, at all."

The **Fern Hill Sky Watchers** know how to look at clouds from both sides, and can gath-

Hudec, National Coordinator for Sky Watchers at Environment Canada.

Fern Hill's Grade 5/6 students were recognized as one of Ontario's most active Sky Watcher schools, winning a silver level achievement award for the school year 2006-2007.

"Almost five hundred schools

lots of fun, providing information on weather conditions for a variety of seasonal events such as Ottawa festivals or Winterlude.

He asked the children if they had any questions for him, and promised to have the best question appear on the six o'clock news as part of a short newscast on the Fern Hill Sky Watchers.

Charlotte, a grade five student asked, "Are clouds illusions," and won the honour to appear on the evening news to ask her question.

Apart from the excitement of media attention and winning the award, Mr. Forsyth explained that the Sky Watchers program provides a springboard for learning across the curriculum.

"Gathering the weather data ties directly into the Grade 5 science unit on weather, but it also serves to provide data for math as we learn about graphing, and can be linked into geography and social studies units as well."

He said it also has practical applications such as measuring sunrise and sunset times to see when the days are getting shorter, or tracking conditions

for a field trip to plan what the children should wear.

Grade six student Sarah, said the Sky Watchers program helps the class learn new weather vocabulary such as warm front, cold front, UV index and wind chill.

And Grade five student Charlotte got the answer to her question on the six o'clock news. Ian Black provided a scientific answer to explain that clouds are not an illusion, and why it is that they rain and snow on everyone!

"But now they only block the Sun, they rain and snow on

everyone. so many things I would have done, but clouds got in my way."

But clouds, rain and snow will not get in the way of the Fern Hill Sky Watchers, who continue to provide weather data to the Environment Canada Sky Watchers program with the goal of rising up to the gold level this year.

The Sky Watchers website is www.on.ec.gc.ca/skywatchers and the toll free number is 1-888-758-0000. The teacher's guide is available on the website for free.



Fern Hill Sky Watcher in Grade 6 gives the weather update to the class.

er information on precipitation, temperature, wind speed and direction.

Once they have collected the data, the Grade five and six students in **Mr. Richard Forsyth's** class submit the information on-line each day to Environment Canada as part of the Sky Watcher's program.

"The Sky Watchers Program was designed to support the teaching of weather in the curriculum. We want the kids to have the hands on experience of taking the measurements and then they can use the on-line data base to compare what they found," said **Victoria**

in Ontario have been registered for Sky Watchers in the past, and last year 25 schools in Ontario participated in the on-line data base," said Ms. Hudec.

Ian Black, the CBC meteorologist saw the recognition for Fern Hill School on the Environment Canada web site and paid a visit to the classroom to talk to the children about predicting and reporting the weather, to explain his job and to tell students many other interesting facts about the weather.

He told the children that being a meteorologist can be

PSYCHOTHERAPY

Individual
Couple
Family

200-16 Beechwood Avenue

Suzanne St. John Smith
M.A., M.A. Psych.

Ottawa, On. K1L 8L9
Facsimile: 613.741.8784
E-mail: suzanne@stjohnsmith.ca
www.stjohnsmith.ca

Tel: 613.741.2756

Fern Hill School

Leadership – Knowledge – Community

An Independent Day School – Preschool to Grade 6



OPEN HOUSE 5 - 7 pm

Tuesday, January 29, 2008



(613) 746-0255 or WWW.FERNHILLOTTAWA.COM

50 Vaughan Street, Ottawa, Ontario K1M 1X1

Puzzle Planet

puzzles games brain teasers

old-fashion, traditional and simple

no toxic lead paints

20 piece puzzles to 18,000 pieces

educational

for youngsters 2 years or 100 years old

puzzles for sight-impaired and digitally-handicapped

2 locations

176 Beechwood Avenue - 613-746-4515 (free parking)

240 Sparks Street, Level A - 613-235-2939

The Admiration of Lesotho from a Canadian Teenager

By Will Brereton

During the summer of 2004, I was a typical child enjoying the seasonal bliss in Ottawa. Something that I did not know of at the time was the country of Lesotho, in sub Saharan Africa. I was thirteen and had a limited knowledge of the humanitarian issues our world faced, particularly the lack of resources which most developing countries had in terms of infrastructure.

When **Peg Herbert** (of Keefer Street), founder of **Help Lesotho**, returned from her first visit to Lesotho in September 2004, I slowly became infatuated with the country and its people.

My first Lesotho encounter was in January 2005 through the church I was attending in Ottawa, **St. Bartholomew's Anglican Church** (on Mackay Street). They had started the St. Mary's Project which was designed to sponsor sixteen girls to complete high school. My father decided it would be a great idea to sponsor a girl named *Matsiba* through the program and that is what we did.

I am the letter writer in my family and even when my father got the diplomatic posting to Buffalo I continued to write letters to Lesotho.

I have persisted because of my love and interest in

Lesotho and my pen pal Matsiba ("Joanne" is her Canadian name).

This unbreakable interest in Lesotho has brought me back up to Ottawa from time to time. Most recently for the Lesotho Independence Day celebrations on October 4 at the Crowne Plaza Hotel in downtown Ottawa.

This year's celebrations were very special because I saw the appreciation many Basotho (people from Lesotho) had for Canadians. The warm feeling that I received when I mentioned that I was a member of *Help Lesotho* was a nice addition to the celebration.

One Lesotho diplomat, who was dressed in Lesotho attire for the occasion, was none other than New Edinburgh resident, **Tumelo Raboetsi** (of River Lane). He looked elegant in the traditional Basotho hat and the blanket poncho of his national dress.

"Lesotho's national day is similar to how Canadians admire Canada Day. Lesotho's Independence Day really reflects the history (and culture) of Lesotho since it received independence (in 1966)," Tumelo stated.

Mr. Raboetsi later went on to say, "The national day celebrations were the first since Lesotho reopened the High

Commission in 2006."

The celebrations included friends of Lesotho, Canadian friends, and many supporters of *Help Lesotho*.

Of the many people I have met through *Help Lesotho* there is one, a Canadian pianist, who has impressed me the most because of her 'musical' enthusiasm and love for Lesotho. The pianist is **Lenore Dixon** and she lives in Belleville, Ontario.

A year ago, Lenore released her first album, *The Greenleaf Variations*, and included in her debut CD is an admirable composition entitled *Tebello of Lesotho*, written for her sponsored girl in Lesotho.

"That piece of music brought many to tears. It carried melodic lines that compelled a deep response from many within," noted Ms Dixon.

"It was very kind of her to write a song dedicated to Lesotho and it is a wonderful song," remarked Tumelo. "The composing of Lenore's Lesotho song (based on her sponsored child) once again represents the compassion that Canadians have for my nation and Lenore's song has a terrific melody."

Besides having a deep passion for Lesotho, Lenore also juggles a career as a piano

teacher, performing the occasional concert, and being the Director of Music for St. Mark's United Church in Cannifton, Ontario.

Lenore went on to say that, at their first encounter, "Peg shared how her life had been

The amount of people I have met over the years because of *Help Lesotho* and the overall connection with the country brings a smile to me.

M'e Peg (as most people in Lesotho refer to Peg Herbert) is once again in Lesotho caring



Lesotho diplomat, Tumelo Raboetsi dressed in Lesotho attire for the Lesotho National Day events.

inextricably altered after having been to Lesotho and seeing the children. Her heart was broken, but that moved her to action. I caught the spirit of what had touched her heart. Learning about Lesotho has broadened my world. It has made it smaller for me due to the knowing of my child, Tebello."

for those who are desperately in need. Hearing of Matsiba and how her life and many other children have changed through the ongoing renaissance of Lesotho have brought me joy.

It is my goal to visit Lesotho, something I really hope to accomplish at least once in my lifetime.

Meet the Chief...

Continued from Page 1

hall and the province: "For starters, we badly need a drug-treatment centre in Ottawa, which we don't have. Get your politicians to support it."

In the question-and-answer period, in reply to an audience question, the chief affirmed that residents of neighbourhoods like New Edinburgh should be aware of such problems "next door," in Vanier and along King Edward Street in Lowertown, and should take

precautions accordingly, including always locking the doors of homes and parked cars.

Not all the talk's content was dark, however. In a friendly, confident style with flashes of humour, Chief White spoke of his affection for Ottawa (where he previously worked as an RCMP officer), his life-lessons learned as a son and parent, and his interest in the aboriginal concept of restorative justice—whereby community relationships help with deter-

rence and rehabilitation. He wishes to help bring that concept into mainstream criminal justice, he said.

Vernon White previously was chief of Ontario's Durham Regional Police. Before that, he served over 20 years in the RCMP in northern Canada and Ottawa. Born in Nova Scotia, he holds a B.A. in Sociology and Psychology (Acadia University) and a Masters Degree in Conflict Analysis and Management (Royal Roads University, B.C.).

BEECHWOOD CANADA AUTO SERVICE

Depuis / Since 1979

- Brakes • Tires
- Exhaust Systems
- Injection • Etc

Pierre Fortier

188 Beechwood Avenue
Ottawa, Ontario K1L 8A9

749-6773

- General repairs
- Towing & Plowing
- A/C Specialists
- Computer Diagnostic
- We buy and sell used cars

- Réparations générales
- Remorquage & déneigement
- Spécialistes en climatisation d'auto
- Diagnostic par ordinateur
- Nous achetons et nous vendons des voitures usagés

Fuel System Service
10% OFF*

Transmission Maintenance
10% OFF*

Oxygen Sensor Evaluation
\$10 OFF*

TECH-NET Professional Auto Service

North America's Fastest Growing Automotive Service Association

An Association of North America's Most Skilled Automotive Technician's Networking Through One Central Computer System for Fast and Accurate Automotive Diagnosis

IsmeneWood

Sales Representative

KELLER WILLIAMS
Ottawa Realty Ltd
brokerage
613-236-5959

Direct Line: 613-745-4562

www.IsmeneWood.com

III Kyoto ...

Continued from Page 1

that are urgently needed to forestall the looming climate crisis.

"Kyoto is dead. Long live Kyoto." To give the old monarchical adage a modern ring, Kyoto in one sense is dead. It was killed not only by the recent decision of our government, but also by the collective inaction of all of us over the past decade.

However, in another important sense, Kyoto lives. It lives in spirit because it is still the only international agreement attempting to rescue future generations from environmental chaos. Kyoto also lives because it is possible for us to achieve our reductions in greenhouse gases by the end of the first target period in December, 2012.

Kyoto actually commits us to reductions every year for the next 5 years. At this late stage, it is impossible to achieve a target that is 6% below our 1990 greenhouse gas level, in the next 12 months. But if we can reach our target by the end of 2012, the world will be cheering because few other countries will meet their pledges.

The three major greenhouse gases (carbon dioxide, methane and nitrous oxide) are created mainly by the extraction, refining and burning of fossil fuels, such as oil, coal and natural gas. The refined products are used primarily for energy, such as electricity, transportation and heating. Recent increases in Canada's greenhouse gas emissions are due largely to oil and natural gas production, particularly exports to the US. In addition, transportation emissions have ballooned because of the growth in truck freight and sales of sport utility vehicles and light trucks. Waste dumps and agriculture are significantly increasing emissions of methane.

The numbers behind the Kyoto Protocol were explained in the previous article. Rather

than repeat those stratospheric statistics, we have reduced our total greenhouse gases in megatonnes to an average per capita figure for each Canadian. The latest estimate from Environment Canada places our overall per capita emissions at approximately 24 tonnes per individual Canadian.

Roughly one quarter, about 6 tonnes, is directly attributable to activities that are an integral part of our personal lifestyles. These activities include heating and cooling our homes, appliance use, heating water, lighting, food consumption, water and sewage, waste disposal and driving.

The remaining 18 tonnes of per capita emissions result from industrial and commercial activity and from the manufacture and export of Canadian products. The next article in this series will focus on reducing emissions in these sectors and on the role that we as individuals can play in facilitating the overall reductions necessary for Canada to meet its Kyoto targets.

What Each of Us Can Do In the Spirit of Kyoto

According to our Kyoto commitment, Canada has to reduce its greenhouse gas emissions to 6% below the 1990 level. Using the present per capita figure of 24 tonnes per person, meeting the Kyoto target will require cutting that figure to 18 tonnes. If 6 tonnes of the present overall average of 24 tonnes is directly attributable to our personal lifestyles, then we have to trim our individual share of emissions to 4.5 tonnes each.

Change is never easy, especially in lifestyles that have developed a natural rhythm of comfort and convenience. But change is essential to moderate environmental degradation and to confront climate disruption. Sacrifice will inevitably be part of the changes but that does not mean we have to subject ourselves to a lifestyle of Spartan asceticism or that we

have to bankrupt ourselves by installing expensive technofixes.

The necessary changes will be as much behavioural as technological. For example, initiating a war on waste is neither inconvenient nor expensive. It is estimated that half our electricity is wasted, half the food produced is squandered and half of our garbage is biodegradable and should never end up in a landfill. Megatonnes of harmful gases

could be saved at no financial cost to individual Canadians.

Let each of us take the courageous step of focusing our new year's resolution on the challenge of meeting our Kyoto commitment over the next 5 years.

Measuring Progress towards our Personal Targets

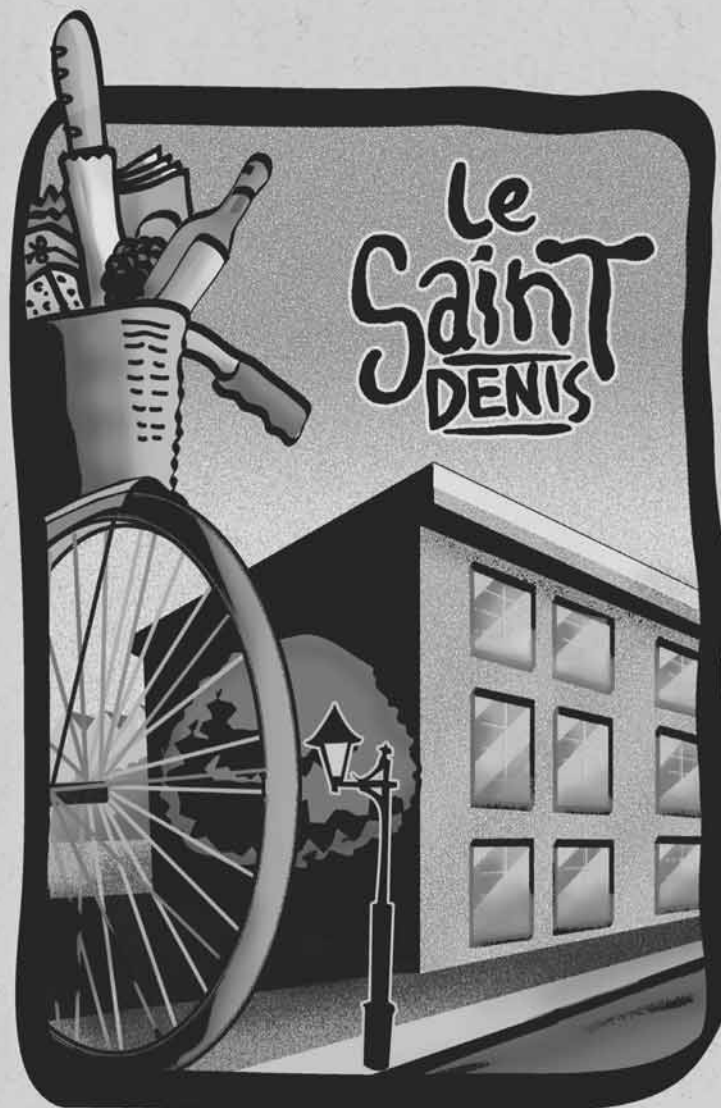
In preparation for our challenge, we need to establish baseline consumption figures before the end of December to measure our progress.

Calculate your consumption of electricity, natural gas, gasoline and water over the past year. Most utility bills provide a consumption history or alternatively phone the utilities and request the figures for 2007.

On January 1, 2008, record the readings from your electricity, gas, and water meters and the odometer in your vehicle. You can also obtain the details from your utility bills,

Continued on Page 34

COMING SOON



H A B I T A T
U R B A I N

in Quartier Vanier
The New Urban Village

CONDOS and TOWNHOMES
from \$189,000

PRIORITY REGISTRATION

613-747-1221

OR

www.lesaintdenis.com

ANOTHER PROJECT BY

**ReDevelopment
Group**

Marnie Edwards R.M.T.

Registered Massage Therapist

Serving New Edinburgh, Rockcliffe and Manor Park

Back Pain, Sports and Repetitive Strain Injuries, Whiplash
Headaches, Insomnia, Chronic Fatigue, Arthritis, Stroke

AND MORE

For an appointment, Call 613-741-3470

Please call for more information.

10 Braemar St.
Manor Park

Continued from Page 33

especially if you do not have a new digital electricity meter. Reading the meters allows you to calculate your consumption from the first day of the year, whereas you will have different starting points if you rely on your bills. Apartment dwellers might not have access to some of these details.

Set up a computer spreadsheet program or simply use graph paper to plot your monthly consumption from your meter readings or bills. Keep a notebook in your glove compartment to track your gasoline purchases. It is important that you record the consumption figures in kilowatt hours, cubic metres of natural gas, cubic litres of water and litres of gasoline and not the dollar amounts. You can track the dollar costs separately for your own interest.

Pledging to cut your consumption, and, thereby, your greenhouse gas emissions, gradually but systematically over the next five years is a heroic undertaking. Set yourself a reduction target of 5% per year. The 25% cut in personal consumption and emissions over 5 years, although significant, will not achieve our overall Kyoto target. However, it will be an impor-

tant moral symbol of our individual resolve to combat climate change.

A New Year's Resolution: Carbon Emissions**Reductions Begin at Home**

Listed below are the major categories where we will need to focus our individual reduction efforts. It is not possible to precisely quantify our consumption in all of these activities, as easily as we can by reading a meter. But we can pledge to restrict our purchase of goods and services that have a negative impact on the environment.

It is beyond the limits of this article to list all the possible means of conserving resources in these categories. A separate article could be written on each category. However, a profusion of conservation ideas can be found in books, newspapers and magazines and on numerous websites.

Develop suggestions and strategies from your reading and searching and list them under these category headings. Share and brainstorm ideas with neighbours and circulate the ideas and suggestions in your community. Although leading by personal example is crucial in combating climate change, building community

NEW EDINBURGH NEWS

support for sustainable living will help unleash a country-wide groundswell that is essential to achieve our Kyoto target.

- Driving: Approximately half our personal greenhouse gases are generated by driving.
- Heating: Close to 30% of our personal emissions result from heating our homes.
- Cooling: Air conditioning overburdens our electricity system in the summer.
- Cooking: Both electrical and gas-fired cooking appliances increase greenhouse gases.

- Appliances: Use a watt meter to measure the electricity consumption of your appliances.
- Heating water: Investigate pre-heating devices for warming water.
- Water: Water and sewage treatment accounts for half the City's electrical operating budget.
- Lighting: Replace incandescent light bulbs with compact fluorescent light bulbs.
- Food: Eating locally produced food can shave 20% off your greenhouse gas total.
- Waste: You could save

December 2007

another 20% with one small bag of garbage per month.

- Shopping: Consider the environmental burden of every purchase you make.
- Flying: Fly only for family – "love miles" in the words of George Monbiot.

Kyoto is a journey that starts in the hearts and minds of individual Canadians, not in cabinet meetings and corporate boardrooms. It is our individual attitudes and actions that will determine the fate of the vision enshrined in Kyoto. Let us live our values, let us initiate the necessary lifestyle changes one step at a time and build a sustainable future.

Turn the Key to be Emission Free!

The City of Ottawa's new **Idling Control By-law comes into effect on January 1, 2008**. The Idling Control By-law states that vehicles are prohibited from idling more than three minutes in a given 60-minute period when the temperature is between 5°C and 27°C, including wind chill and humidex.

We can stabilize our climate by acting now to reduce greenhouse gas emissions. Cutting down on idling vehicles is a great place to begin. Be aware of how much you are idling. Avoid excessive idling while stopped on the street, in parking lots, in traffic, and most of all, in your own driveway!

Here are some quick facts about idling:

Ten seconds of idling uses more gas than restarting an engine.



There is a direct link between vehicle emissions and heart disease and respiratory conditions such as asthma. Air pollution from idling decreases the lung's working capacity, reduces the respiratory system's ability to fight infection

and remove foreign particles and increases your risk of getting sick. Children are particularly vulnerable as they inhale more air per pound of body weight, and spend more time outside than adults.

\$680 million of fuel is idled away by Canadians annually.

Be aware of your environmental footprint. Join us in making Ottawa cleaner and healthier. Most of all, spread the word!

For more information visit ottawa.ca or contact Birgit Isernhagen, Environmental Planner, Planning, Transit and the Environment, City of Ottawa, at 613-580-2424, ext. 27912 or call the Public Health Info Line at 613-724-4179.

A Life That Keeps on Giving

By Barbara Benoit

Tears, love and a helping hand were the order of the evening on October 27 at The Physiotherapy Institute (above the Pharmacy) as physiotherapist **Pam Siekierski** welcomed friends of **Francine Godin** to celebrate and commemorate Francine's too-short life by buying a crate of wheelchairs to send to Afghanistan through the Wheelchair Foundation of Canada (WFC). As guests sipped their wine, **Sammy Saikaley**, a talented young flautist who is in Grade 12 at LaSalle Academy, provided a background of quiet classical music for the evening.

Francine loved life and she especially loved hats: she was a people-person and she had pizzazz. In Fredericton, where she grew up, she made and sold hats in her own hat shop, and all her friends at the memorial gala wore a hat in her memory.

In Ottawa, where she lived

for the eight years before her early death, she was Executive Director of Go for Green, a national NGO that encourages Canadians to pursue healthy outdoor activities that enhance the environment.



Francine was diagnosed with acute leukemia earlier this fall, and died less than a month later. Pam was with her daily through many hours of those last few weeks. Together, they agreed that a donation to WFC would be the best possible memorial.

The Afghan ambassador, who was in attendance with his wife, spoke movingly of what

the crate of wheelchairs would mean to the lucky 200 amputees in a country where to be disabled is to be left helpless and forgotten by society. In thanking Pam, he also thanked the Canadian soldiers posted to Afghanistan, who will volunteer in their off-hours to assemble the chairs. Each chair (in Canadian red) will have a plaque in Farsi, French and English, proclaiming that these chairs are sent in Francine's memory.

The fundraising is far from over: a crate holds 200 wheelchairs, and each chair (with heavy-duty tires for a country without paved roads) costs \$150.

To make a donation to this wonderful memorial, you can call the WFC at 866-666-2411 or donate online at www.wheelchairfoundation.ca.

Feel free to drop in at The Physiotherapy Institute and ask Pam how the campaign is progressing.

a better frame of mind

custom framing decorative objects

417 MacKay St. Tel: 613-746-5329

A.L. Painting

With 20 years of painting experience, Andre lefevre knows what it takes to do a professional job every time. If it's a small bathroom or the entire house, the job will be done the right way. Why not call Andre today and have him give you a free estimate?

Your free time is valuable.

Don't waste it painting. Let A.L. Painting do it for you. All the work will be completed in a good and workmanlike manner.

Call today 613-794-0778

Ladell
LANDSCAPING & GARDENS

(613)526-5251

www.landscapeottawa.com

Beat the spring rush!

Call now for a consultation and be ready for 2008

Natural Stone • Interlock • Walls
Water Features • Outdoor Rooms
Low-Maintenance Landscaping & Gardens

visit our website to see what our clients say about us

FULLY INSURED
WORK GUARANTEED

Member of
Landscape Ontario
HORTICULTURAL TRADES ASSOCIATION

Build It and They Will Come

Dublin: A Transit-Friendly City to Emulate

By Roderick Taylor

They have much in common. Both are national capitals, and of roughly equal size. Both are prosperous with healthy economies.

Montreal and to Toronto, no less than seven radiate from Dublin, offering speedy connection to the farthest reaches of the island. And these services are supplemented by exten-

streetcar operations—running about every five minutes—cater to inner-city travel and short-distance commuting. Both have been very successful, also carrying in excess of 80,000 passengers per day, and **have actually recorded an operational profit.**

The success of Dublin's rail system as a whole has spawned a slew of expansion plans to keep pace with the increasing demand for service. Foremost amongst these is an ambitious project, for which planning is already underway, to construct an underground DART line east-west through the core of the city. It is projected that, upon completion, this project will expand annual rail capacity from 25-million passengers per year to around 100-million.

Double and even quadruple-tracking of some routes is also in the cards to relieve the strain on the system, but the most tangible evidence of the vigor and the importance of rail as a transport mode in Dublin is, perhaps, the **opening and re-opening of downtown railway terminals** to cope with soaring ridership levels.

At the eastern fringe of the downtown area, adjacent to the port area, a new Docklands station was recently opened, to relieve pressure on the main station. However, the most dramatic manifestation of the renaissance and the vitality of railways in Dublin is the pending reopening of what was arguably the most imposing railway terminus in Dublin, Broadstone Station.

Once the terminal of the Midland Great Western Railway, it received its last passenger train as far back as

1937, and in the decades since has languished as a maintenance depot. A massive granite edifice, designed in neo-Egyptian style and fronted by

extension will see the reinstatement of a rail link to the Broadstone terminal.

Interestingly, there was once a spur from the nearby Royal

...the Irish capital boasts an extensive railway and light rail network that is positively bursting at the seams with ever-increasing ridership...

Yet, for all their similarities, Ottawa and Dublin might as well be on different planets when it comes to urban transportation and the preferred means of getting from point 'A' to point 'B.' While Ottawa might be fairly described as 'car city' (a costly bus transit-way system notwithstanding) where rail transit and transport

sive diesel commuter train operation. And, again, in contrast to Ottawa, where the only intercity rail station is some considerable distance removed from the downtown, all of Dublin's intercity and long-distance commuter trains terminate at one of four **conveniently located downtown terminals.**



The DART (Dublin Area Rapid Transit).

are chiefly notable by their absence, the Irish capital boasts an extensive railway and light rail network that is positively bursting at the seams with **ever-increasing ridership**, impelling growth and expansion in consequence.

While Ottawa has but two intercity rail routes, to

A frequent and very successful and electrified DART rail service, transporting some 80,000 commuters daily, complements diesel commuter train service, offering a train about every 15 minutes.

To complete the picture, two recently introduced LUAS (Irish for 'speed') electrified

119

DR. GERALD GLANTZ
DENTIST
613-741-1021

New Patients Welcome
Free Parking
Experience and Dedicated Staff

Beechwood Ave.

Visa, MC, Interac, EDI
(Electronic Insurance Claims)

[It is] an ambitious project, for which planning is already underway, to construct an underground DART line east-west through the core of the city.

immense columns, it dominates, from rising ground like some sentinel from a distant age, the surrounding cityscape of working class, north-central Dublin. Adjacent hotels, whose better days were long, long ago, completes a melancholy air of decline and neglect.

But rejuvenation should soon be at hand. Growing commuter rail traffic and a projected rail

Canal to a basin in front of the old station. It brings to mind a certain old, underused, former station, also adjacent to a canal, here in Ottawa. One wonders, is the fair city giving us some pointers?

Certainly, Ottawa could probably do worse than take some cues from Dublin when it comes to modern, efficient and environmentally-friendly urban transportation.

Take Some Time for Yourself...
For women, men and teens!

Sylvie Sauvé
Esthetician - Electrologist

54 Dunvegan Road
Ottawa, Ontario K1K 3G3
(Manor Park)

By appointment (613) 748-0352

• Facial treatments	• Permanent make up
• European & Holistic	• Eyebrow specialist
• Manicure	• Ear candling (hygienic)
• Electrolysis	• Ear piercing
• Foot care (Pedicure)	• Make up application & lesson
• Full body Waxing	• Gift certificates available

Free Consultation & Skin Scan

ManorPark.ca

Manor Park
PLAYSCHOOL

"Where children laugh, learn and play."

The Manor Park Playschool offers half-day programs that delight 2½ – 5 year olds. For older children, our supervised lunchtimes and school bus connections make the transition to or from Kindergarten* easy!

www.manorpark.ca
mpcc@manorpark.ca
613-741-4776

* St. Brigid and Manor Park schools

No Equipment? No Problem!

By Amanda DeGrace

No Equipment? No excuses! Learn the value of using your body as a training medium and gaining full benefits from functional strength training! Whether you are a busy parent with children, working gal, or just plain "caught up in the whirlwind of life!" you will be able to complete basic strength training exercises to tone muscle, lose fat and love yourself while on the journey!

Let's start with what exercises you can complete that will increase your overall strength, utilize your whole body and take little time to complete. Whenever you have a minute throughout the day (during a tv commercial, while at the park, or on your lunch) you will be able to complete these 5 movements.

Always begin in proper posture, standing tall, shoulders

back and down, activated abdominals, eyes looking forward, chin retracted and ears, shoulders and hips aligned. These movements have been designed through PTN Trainer Online, a program DeGrace Energetics utilizes for all of our clients on a daily basis. We offer our online trainer program internationally and welcome you to contact us for more information! It offers the benefits of having a personal trainer in the comfort of your own home, workout on your own time (not the trainers schedule) and save money (fraction of the cost of in person training).

1. Squat

Preparation: Stand in proper alignment, at shoulder width, with hands behind the head, fingers interlocked (DO NOT PRESS INTO THE HEAD/NECK).

Movement: Draw your belly button inward toward your spine. Allow yourself to lower to a squat position (think sitting down on a chair!) under control without compensation. Extend your hips, knees and ankles to a standing position.

Busy Mom out for a Walk? Why not make a commitment to yourself and your body....the next time you are out for a walk try doing squats consecutively while waiting at a stop light, or every few blocks!

2. Lunge Forward

Preparation: Stand in proper alignment with hands on hips. Place feet straight ahead and shoulder width apart. **Movement:** From optimal postural alignment, draw your lower abdomen inward toward your spine. While maintaining optimal spinal alignment, step

forward and descend slowly by bending at the hips, knees and ankles. During the descent maintain weight distribution between the heels and mid-foot (think of sitting back into a chair). Do not allow the feet to cave inward or shift outward. The knees should track between the first and second toes (ensure your knees are NOT going over your toes).

Perform downward reps slowly and concentrate on the descent and the alignment of your body. Only descend down as far as you can maintain optimal alignment throughout the entire kinetic chain. Keep upper torso erect. Leaning forward is potentially injurious to the spine, knee and ankle.

Note: Leaning forward may be a result of poor hip joint flexibility and a weak core. While maintaining tone in the lower abdomen (transversus, etc.) and optimal kinetic chain.

Busy Mom at the Sports Game? Whether you are chasing one of your little ones around in the park, or have the opportunity to sit and watch your child play why not take one quick time around the field doing forward lunges?! You will be glad that you took the 5 minutes to complete the exercise and feel invigorated!

3. Standing Calf Raise

Preparation: Stand in proper alignment with hands on hips and feet straight ahead. Ensure ideal scapular position by an adequate retraction and depression and chin tuck. Grip toes on the ground.

Movement: While maintaining total body alignment, raise heels off floor and hold. Lower slowly and repeat. Make sure that there is good stability in the frontal plane (no subtalar joint inversion or eversion). Progress to calf raise off a step for more range of motion (dorsiflexion).

Busy Mom? Next time you are at the park, helping your child up the slide, or pushing them on the swing try some calf raises while you are standing!

4. Bridge

Preparation: Begin by lying flat on floor in supine position (on your back) with knees bent, feet flat, toes pointing straight ahead and arms by sides. Activate core by drawing navel towards the spine and squeezing the glutes.

Movement: With core activated and glutes squeezed, lift hips off ground to form a straight line between knees and shoulders.

Hold and slowly return back to floor, touching floor momentarily then repeat. If your hamstring (the back of your leg) is cramping, check your pelvis for correct alignment. Pelvis should be neutral (your bum and hips should not be pushed out or in, think of keeping shoulders in line with hips!)

Busy Mom with a young child? Place your infant or toddler on your abdominals and hips, with their back resting on the front of your legs. As you lift your hips off the ground and come back down you become a human ride! Remember to move with control and strength.

5. Push Up

Preparation: In a prone position (on your front), place hands at a width that will allow the forearms to be perpendicular to the floor when the elbows are flexed (bent) at 90 degrees. Come into plank position with elbows extended (straight but not locked), make sure the entire body is in a neutral position. Activate your abdominals and do not allow your glutes to stick up.

Movement: Flexing (bending) at elbows, lower the body, maintaining neutral spine. Push back to starting position. You may place your knees on the floor, you may keep toes on the floor, or try one foot on the floor and other foot lifted off!

Busy Mom? If you have an infant you can place your child underneath you and share your kisses as you begin lowering yourself towards the floor. **SAFETY FIRST!**- remember to ensure you are confident and comfortable with the movement before trying with your child below! As you gain strength you can have your toddler or child lay on your back and add more resistance!

The next time you see a television commercial, need a break from reading a good book, or need some energy fit one, two, or all five of the movements above into your day. Please remember that you should be injury free and have your doctors recommendation for such physical activity before completing any movements or exercises!

Amanda DeGrace is a nationally recognized fitness consultant, who enjoys promoting physical fitness that is available to all. She can be reached at www.amandadegrace.ca.

STORE HOURS: TUES. - FRI. 10AM - 6PM SAT. 9AM-6PM SUN. 11AM - 5PM CLOSED MONDAYS

Gourmet Concepts
Jacobsons

Fall in Love...



YOU'LL FIND US LOCATED AT 141 BEECHWOOD AVE. AT ACACIA 613-746-6002

The Ottawa Public Health Corner

The scoop on shoveling

Shoveling snow counts as a moderate level of physical activity, but it also contributes to the increasing number of fatalities for those of us in middle age. Most people aren't worrying about the first major snowfall while the summer sun is beating down, but winter is never very far away. A little forethought may help prevent unnecessary harm.

Most people do not warm up before they begin shoveling. The sudden demand placed on the heart by this exertion is stressful for it. Within two minutes of heavy shoveling our heart rate and blood pressure levels can be as high as those reached during normal exercise. Pacing yourself can prevent a lot of heartache in the end.

If you are over 40, overweight and have associated risk factors such as diabetes, heart problems or hypertension talk to your health care provider before undertaking shoveling.

Extreme weather can also be a problem by making it harder to breathe and putting more strain on the heart. Taking it slow can help prevent this. And

to reduce the risk of hypothermia and frostbite, remember to dress in layers and keep your head and ears covered.

Taking a common sense approach to shoveling is the easiest way to prevent injury. Avoid eating, smoking and caffeine before you begin shoveling, and use a small shovel to lift less snow and put less strain on the heart. Avoid dehydration by drinking plenty of water.

Shovel snow when it is new, not ice laden or too wet. Push snow to the side of the driveway and take frequent breaks. Avoid twisting movements and stop if you feel pain or tightness, especially in the arms or chest.

Even those of us in top physical condition can experience back injury from the heavy exertion caused by lifting snow. Take time to bend from the knees and keep the shovel close to your body as you lift.

A snow blower can help, but using it improperly can cause serious injuries. Be familiar with how it works and make sure it is in good working condition before putting it into action.

Mauril Bélanger Airs Dirty Laundry at Market Cleaners

Mauril Bélanger, MP for Ottawa-Vanier, wants us to clean up our act when we bring our dirty laundry to the dry cleaners. The Ottawa-Vanier Federal Liberal Association, Mr. Bélanger, and Market Cleaners are working together to encourage clients to make more environmentally-friendly choices when dropping off and picking up their dry cleaning.

Rather than using plastic bags as covers, Market Cleaners is introducing a reusable multi-purpose garment bag. The bag can be transformed from a typical laundry bag with a draw-string for drop-off of clothing into a full garment bag used to cover dry-cleaned clothes when picked up.

"The plastic coverings that most dry cleaners use over our clothing is not recyclable and simply becomes landfill," said Mr. Bélanger. "We need to continue introducing innovative products that help us reduce our impact on the environment. I am pleased that Market Cleaners is taking a leading role in this effort so that clients now have the opportunity to demonstrate their commitment to environ-

mentally responsible options," added Mr. Bélanger.

This is one example of how greater community collaboration at a grass roots level can help make a difference.

Clients who purchase a spe-

cially-designed Liberal red garment bag from the Ottawa-Vanier Federal Liberal Association will also benefit by receiving a \$5.00 coupon to apply on future dry cleaning expenses at Market Cleaners.



Mauril Bélanger, MP for Ottawa-Vanier, unveiled the new eco-friendly dry cleaning bag at Market Cleaners in late November.

NEW EDINBURGH

PUB

International PUB & EATERY

HOURS : Mon. - Sat., 11 a.m. - 1 a.m.; Sun., 10:30 a.m. - 11 p.m.

1 Beechwood Avenue

Tel. 613-748-9809

We're #1 For Fun

On Beechwood

100" Big Screen TV!

The Face of Entertainment

SPECIALS THROUGHOUT THE WEEK:

TUESDAYS - 40c Wings

WEDNESDAYS

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

FRIDAYS - Chef's Special

SATURDAYS

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

SUNDAYS

Brunch, 10:30 a.m. - 1:30 p.m.

- Our kitchen stays open until closing time and we offer full menu

FEEL LIKE FAJITAS AT MIDNIGHT? COME ON DOWN!

100" Big Screen TV!

The Face of Entertainment

THE PURPLE CRAYON

childrens consignment shop

347 St. Laurent Blvd. (Manor Park Plaza)

Offering an extensive selection of children's pre-loved clothing, toys and equipment of all kinds.

Check out our new line of 'Kushies' and 'Grobags' children apparel.

Children's clothing and maternity wear for consignment must be clean and in desirable condition.

Toys and equipment must be in good working order with no missing pieces.

Hours: Tuesday to Saturday, 10 a.m. - 5 p.m.

613-744-2545

Tempting Truffles for a Sweet Holiday Treat

By **André Sanche**

Brand Manager
Mackay Street Epicuria

No holiday table is complete without a sweet ending. We all love to eat them and hate the thought of what they ultimately do to our bodies. Our craving for sweet seems intensely unfair! Our solution to overindulging is to find something perfectly small that totally satisfies; a single sublime treat.

The home made truffle is yours to discover, they are rich in flavour, easy to have just 1 or 2 of, and surprisingly easy to make! They only take time and a bit of organization.

Again, remember to break the recipe down into two easy steps: do the work over 2 days (or light evenings with a tall glass of red) in order to make it all seem more forgiving. Make your chocolate ganache



one day and roll your truffles the next.

The recipe I have listed below will yield many truffles, but if you are going to the trouble of making them, you might as well create some edible gifts (for friends), and bring them to the holiday cele-

brations you attend!

Remember: the quality of the chocolate defines the quality of the truffle.

Sortilège Truffles

Yields: 180 truffles

For the truffles:

2 cups or 500g heavy cream

21 oz or 600g good quality bittersweet chocolate, finely chopped

2 oz Sortilège (find this maple flavoured whiskey in any SAQ in Québec)

For the outside garnish:

2 cups Dutch processed unsweetened cocoa powder

or

2 cups shredded sweetened coconut, toasted

or

2 cups toasted nuts, finely chopped

Mini paper cups (likely found at the Bulk Barn)

Place finely chopped chocolate in a large stainless steel bowl. Heat cream in a heavy bottomed sauce pan until it begins to bubble. Before removing from the heat, add Sortilège to cream. Slowly pour hot mixture over choco-

late and let sit 20 seconds in order to melt. Slowly whisk until it becomes smooth and homogeneous. Pour the chocolate mixture into a heat safe container and leave at room temperature over night or for a minimum 4 hours.

When ready, use 2 spoons to shape the chocolate into little balls and place on a baking sheet lined with parchment paper. Set these in the fridge to cool for about 15 minutes.

Fill a bowl with the cocoa powder or coconut or finely chopped nuts. Wearing a pair of latex gloves (this is not required but helps keep you clean), roll the truffles between your hands to shape little spheres. As they are rolled place them directly into the bowl. (This is where having a friend help makes the job faster, easier and a whole lot neater.) Roll the truffles (shake the bowl a bit) so that they are completely covered and place in small paper liners.

The truffles will keep for approximately 2 weeks at room temperature.



EXPERIENCE THE ELEGANCE




GOVERNOR'S WALK
Retirement Residence

Governor's Walk, Ottawa's preeminent retirement address, is in historic New Edinburgh, on the edge of Rockcliffe.

Locally owned and operated by Dymon Healthcare Corporation and managed by retirement experts with over 40 years of experience.

Enjoy gracious living with highest level of comfort, convenience and care.

Call now for a Tour, Free Brochure or join us for our Open House every Sunday from 2 - 4pm.

The Lifestyle You Want... at Affordable Rates.



Ask about our spacious two-bedroom suite. (1120 sq.ft.)

GOVERNOR'S WALK
Retirement Residence

DUKE OF DEVONSHIRE
Retirement Residence

LORD LANSDOWNE
Retirement Residence

Introducing Duke of Devonshire in the Civic Hospital Neighbourhood

Opening soon in the Glebe Lord Lansdowne 613 230-9900 www.lordlansdowne.com

150 STANLEY AVENUE, OTTAWA • 613 564-9255

WWW.GOVERNORSWALKRESIDENCE.COM



☞ TAKE OUT FOODS & CUSTOM CATERING

☞ CONDIMENTS, PICKLES & PRESERVES



☞ EXTRAORDINARY DESSERTS & BAKED GOODS



☞ FAIR TRADE ORGANIC COFFEE & TEAS



☞ SALADS, SANDWICHES, PANINI & WRAPS



541 Rideau Street, Ottawa, ON
PH: (613) 241-3126
www.culinaryconspiracy.ca

Brining the Bird: The Secret to Perfecting the Christmas Turkey

By **André Sanche**
Brand Manager,
Mackay Street Epicuria

Christmas tradition involves a multitude of family roles and responsibilities. Some decorate, others organize family gatherings and then there are those who cook! There are two dreaded dynamics where cooking is concerned; having to cook one meal for so many and having to choose the

cooking experience, just when you need it most.

Ideally the brine solution should be made 3-4 days ahead of time, leaving it time to cool and you time to relax. Cooling it properly avoids bacteria. Before cooking your turkey, choose a non-reactive (stainless steel is best) container; one that is taller than wide usually does the trick and don't forget, you need to fit that bird

the cooking period. A good guideline is 20 minutes for every pound of turkey. The best and safest way to test for "doneness" is to use an instant read thermometer in the innermost part of the thigh and wing as well as the thickest part of the breast. It should reach an internal temperature of about 165F. When this temperature is reached, pull the turkey out, cover loosely with foil and let rest in a warm place for at least 20 minutes to let the juices redistribute properly. This will allow you to make quick turkey gravy from scratch!

If you would like to experiment with different brine flavorings or meat choices go ahead. Just ensure that the salt levels are the same. If you'd like to make something a little different this year, see your local butcher, have him cut and tie a boneless pork loin. A great way to cook pork and ensure a moist and delicious result!

Happy Brining!



menu. Grand menu schemes usually default to turkey. The real challenge is to put the big bird in the oven and relax with a glass of wine. Most people are so concerned with cooking the bird; they spend most of the day with their head in the oven. Often, the result is an overcooked fowl. Truth be known; *Mother Nature never designed that massive bird to be cooked in one piece!*

But if you dismantle it, and cook the white and the dark meat separately, you're certain to have the perfect entrée. Besides the obvious amount of work involved in cooking dissected bird parts at different temperatures, guests wonder where your presentation skills have gone. Where is the whole roasted bird? Where are the glistening breast and savoury stuffing spilling out of the bird; there is little entrance appeal, no splash, no dash!

There is a solution; **brine your bird**; simply put it is a large salty bird bath! Through the process of osmosis, brining helps keep the meat well hydrated, and adds a little extra punch to the flavour. While the elevated levels of salt in the liquid help bring moisture out of the flesh, they also cause a parallel action of pulling more moisture back in, subsequently any flavoring you've added to that brine is imparted. Brining your bird means a stress-free

AND the brine into it without spilling the brine over.

Once fully-submerged, let the bird sit in the brine approximately 24 hours in your refrigerator, so that it has plenty of time to work its magic.

The day of the festivities remove the turkey from the brine and let it rest at least 1½ hours before putting it in the oven. This will let any excess juices and salt run from the flesh of the bird.

Set the oven to 450 degrees. Cook the turkey for 30 minutes; drop the temperature down to 325F for the rest of

Brine Yield: 2L

1-liter apple cider
1-liter water (substitute with 1 kg of ice to cool quickly if using brine same day)
½ cup coarse Salt
1 head garlic, split
2 tbsp pickling spice
3 branches fresh rosemary
3 branches fresh thyme
10 juniper berries

Bring everything to a boil, simmer one minute, remove from heat and cool overnight. Next day, strain and use as needed.

Bread & Roses Bakery
11 Beechwood Avenue
(613) 745-2087

Christmas Menu

Bread & Roses carries on the Christmas tradition by offering hand-made products using only fresh, wholesome ingredients with no preservatives.

Fruit Cakes

- Natural
- Traditional
- Jewel
- White
- Vegan

Shortbread

- Scottish
- Cranberry
- Hazelnut
- Chocolate
- Wheat-free
- Cherry

Christmas Pudding & Brandy Hard Sauce

Gingerbread Cookies

Mince Pies & Tarts

Cranberry Tea Breads

Cranberry & Raisin tarts, pies, and squares

We feature a fine selection of wholesome and delicious stocking-stuffers and hostess gifts.

Jacobsons Welcomes New Exec Chef James Avila

At a recent Christmas Open House, patrons and friends were introduced to Jacobson's new executive chef, James Avila.

James was "born in the kitchen". From the age of 14 he has been involved in the hospitality industry working first with his father in the family restaurant. After high school he attended Le Cordon Bleu academy and then traveled the world for three and a half years working and absorbing the culture and cooking of Thailand, India, Guatemala and Australia.

Closer to home, James has worked at Ironwood Cafe and Fresco's in Ottawa and most

recently was the chef at Metropolitan.

Jacobson's is delighted to have James join the team and look forward to the addition of his very social and personal catering dimension to the shop.

The recent Christmas Open House at Jacobson's was a three-day event where customers were treated to mulled cider and 'nibbles' created by Chef Avila.

As an extension to the current offering of breads, pastries and artisan cheeses from England, Europe, Charlevoix County and Ontario, the store will now offer a selection of savoury bites developed exclusively by Chef Avila.

Visit The Burgh Online!

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

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



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

www.newedinburgh.ca

SHARON COLLINS

Certified Personal Trainer

The Top 5 Reasons to Use a Personal Trainer

- 1 To make sure fitness is part of your daily routine.
- 2 To get you started and into the right fitness program.
- 3 To keep the fun and challenge in your exercise routine.
- 4 To eliminate the need for a gym.
- 5 Working with a trainer makes you get the job done.

Cardiovascular training, strength training, and flexibility can be achieved in many ways. Sharon works with each individual to customize a unique program that overcomes any obstacles—be they physical or mental. A program that is sure to bring success!

Get THE MOST out of your life

Let Sharon help you bring out YOUR BEST!

Call Sharon at **613.816.4307**
or email caj@magma.ca



The Book Nook



From Books on Beechwood

Reading Suggestions for the Holidays

This season is an excellent one for books and Canadian writers have been garnering even more attention at home and abroad. Ottawa's own **Elizabeth Hay** won the Giller Prize, most deservedly, for *Late Nights on Air*. **Alan Cumyn**, also from Ottawa, has been long listed for the IMPAC Dublin award, the richest international award for fiction, for his novel *The Famished Lover*, a sequel to *The Sojourn*, set during and after the First World War. **Margaret Atwood's** new collection of poetry, *The Door* is an absolute must for all Atwood fans. **Michael Ondaatje's** *Divisadero* is stunning. **Helen Humphreys' The Frozen Thames** is a collection of vignettes centered on the rare times the Thames River froze over. That's just to name a few literary stars.

In the Canadian non-fiction genre there is also much to choose from. *For the Love of*

Trees, A Guide to the Trees of Ottawa's Central Experimental Farm Arboretum is much more than that. It is a lush, beautifully illustrated field guide to trees. Another sure winner is *The 500 Best-Value Wines in the LCBO, 2008* by **Rod Phillips** and **Vic Harradine**. The brand new *Ottawa Book of Everything: Everything You Wanted To Know About Canada's Capital And Were Going To Ask Anyway* will delight newcomers and long-time residents alike with its fascinating assortment of facts and figures about our city. Toronto's **Trish Magwood** of *Dish* fame has a wonderful cookbook, *Dish Entertains, Everyday Simple to Special Occasions*. It is accessible, inspiring and very attractive. *The Lost Massey Lectures, Recovered Classics from Five Great Thinkers* is a collection of CBC Massey lectures by **John K. Galbraith**, **Paul Goodman**, **Jane Jacobs**, **Eric**

NEW EDINBURGH NEWS

W. Kierans, and **Martin Luther King Jr.** They date from 1965 to 1984 and many of us remember those years. A fascinating new book has just arrived in the store: *Mirror with a Memory. A Nation's Story in Photographs* by **Janice Weaver**, chronicles the history of Canada through vintage photos and the evolution of photography.

Brian Doyle's sequel to *Boy O'Boy, Pure Spring*, set in Ottawa, follows the story of Martin O'Boy as he finds a job, more trouble, and a girlfriend. Another coming-of-

age story for young readers is **Kit Pearson's** *A Perfect Gentle Knight* about a large family adjusting to their mother's death and the power of imagination. *Darkwing* is the newest book in the *Silverwing* saga by **Kenneth Oppel**, a fantasy set in the world of bats.

For the younger children there is also an embarrassment of riches. **Jan Andrews'** new *Stories at the Door* are funny and engaging and delightfully illustrated by **Francis Blake**. *The Painted Circus* by **Wallace Edwards**,

is a feast of optical illusions and visual trickery. More Stella and Sam adventures are featured in **Marie-Louise Gay's** new book, *Stella, Fairy of the Forest*. **Dennis Lee** of *Alligator Pie* fame now has a series of Board books for very young children. His poems along with illustrations by **Nora Hilb** will charm the little ones.

All Canadian, all winners. What better year to buy Canadian? What better way to sidestep the thorny issue of American imports and the exchange rate?



Photo: Louise Imbeault

The Rockcliffe Park Public Library is located on Springfield Road in Rockcliffe Park.

New Edinburgh's Local Library – It's Well Worth a Visit!

By **Barbara Benoit**

Branch libraries are the hearts of neighbourhoods, and the Burgh is blessed with a particularly fine resource in the Rockcliffe Park Public Library at the corner of Springfield and Buena Vista. The library was established by the former Village of Rockcliffe Park and incorporated into the City of Ottawa library system at the time of urban amalgamation.

The library is a particularly attractive refuge at this time of year, with its cosy reading areas, comfortable chairs, and large sunny windows. The on-site stock of books offers plenty of absorbing reading, and thanks to computerization, your basic Ottawa Public Library card gives you full access to the City's entire collection even at our little branch. The Rockcliffe Library has a particularly large stock of children's books to serve the

needs of junior readers at the adjoining Rockcliffe Park Public School.

Use it or lose it!

Another reason to use our local library is that small branches like ours are particularly vulnerable during periods of municipal cost-cutting. Every book you borrow is a small gesture of support for keeping this wonderful local resource

open. And every trip you make on foot to borrow a book (it's not more than a half hour's walk from anywhere in the Burgh) is a demonstration that we can reduce our carbon footprint by sourcing locally.

A brisk walk to our little library is good for the heart, good for the environment and good for the soul!



Photo: Louise Imbeault

The Rockcliffe Park Public Library offers a full range of research opportunities – and natural light!



Rockcliffe Park Branch
380 Springfield Road
613-745-2562

Winter Programs

Adult Book Chats

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

December 13

Luck by Joan Barfoot

January 10, 2008

The Weight of Water by Anita Shreve.

February 14

The History of Love by Nicole Krauss

March 13

The Sad Truth about Happiness by Anne Giardini

Children's Programs

Bilingual Babytime Sessions

For babies and their parent or caregiver with stories, rhymes, songs and games. 0-18 months. Mondays 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. Tuesdays at 2 pm and Wednesdays at 10:30 am

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



Photo: Louise Imbeault

On November 25, local author Joyce Bryant signed copies of her book of memoirs at St. Bartholomew's Church.

A remarkable story, Mrs. Bryant tells of her childhood in Depression-era Winnipeg, the war-time years in the RCAF, and subsequent service at Rideau Hall during the terms of eight Governors General — including fourteen years as personal secretary to Vincent Massey and another fourteen in the secretariat of the Order of Canada. Rich with illustrations and anecdotes of her work, family, faith, and friends, *Slender Threads* is a must-read for anyone who values the "ordinary extraordinariness" that is characteristic of so many Canadians.

Awesome authors Youth Writing Contest Poetry - Short Story



Ottawa residents can enter in the following age groups:
9-11, 12-14, 15-17

DEADLINE: Before the branch closes on Tuesday, Jan 15, 2008

Awards Presentation:
Tuesday, Mar 4 at 6:30 p.m.
The Chamber, Ben Franklin Place, 101 CentrepoinTE Dr.

All participants are invited!
Bring your friends and family!

For more information, contact your OPL branch.

Lots of Awesome prizes to be won!

Author Events in the Burgh

Rockcliffe Lecture Series,
Rockcliffe Park Community Centre

December 5:
Roy MacSkimming,
Macdonald
8:00 pm

December Book Signings at Books on Beechwood

December 1: Ken Hancock,
Sweets Off Coupons
11:00 am

December 1: Ken Rockburn,
The CPAC Interview
1-2:30 pm

December 6: Joyce Bryant,
Slender Threads
5-6:30 pm

December 8: Adrian de Hoog,
The Borderless Deceit
2-4:00 pm

December 15: Rick Mofina,
A Perfect Grave
2-4:00 pm

For more information, call the store at 613-742-5030.

BOOKS ON BEECHWOOD

WE KNOW OUR BOOKS!

Phone us or order online – we deliver!

Phone 613 742-5030
email: bksbeech@on.aibn.com
www.booksonbeechwood.on.ca

35 Beechwood Ave. Ottawa, ON K1M 1M1

Store Hours
Mon, Tues & Wed 9:30am to 6:00pm
Thurs and Fri 9:30 to 8:00
Saturday "Story time for kids" starting at 9am and close at 6pm
Sunday 11am to 5pm.

Celebrating the 40th Anniversary of the Order of Canada

Slender Threads

A Memoir

Joyce Bryant, CM, BEM

188 pages. \$15.00
ISBN 978-0-9784890-0-7

Available at
Books on Beechwood

Slender Threads tells of a life and career deeply rooted in New Edinburgh and Rideau Hall, where the author worked as secretary to Vincent Massey and in the secretariat of the Order of Canada.

““They desire a better country’ is what Joyce Bryant is all about.”

— Margaret D. Bell, Past President, May Court Club of Ottawa

Book Signing

Books on Beechwood,
Dec. 6, 5:00 – 6:30 p.m.

For more information, visit www.lifewriters.ca/slenderthreads

MACDONALD-CARTIER ACADEMY

FOR A LIFE OF Infinite CAPACITY

Macdonald-Cartier Academy (MCA) is one of the most respected, coveted, and genuine junior high school French Immersion educational institutions in the nation's capital.

From science to the humanities; sporting activities to cultural events – MCA develops and perfects the problem solving methods, study habits, time management, and social skills a child needs to confidently address the challenges inherent to continuing educational endeavors, career, and life.

- ✓ Private – Co-educational – Grades 7 and 8
- ✓ 16 students per class – Personalized attention
- ✓ Structured, rigorous, explorative environment rich in academic, physical and cultural curricula
- ✓ Equal student intellectual levels allow an unfettered educational pace
- ✓ Unrivaled and equal proficiency in Canada's official languages

At this pivotal chapter in a child's development, MCA students learn to learn – prepared for the next level of their education, and readied for a lifetime of learning that is virtually infinite.



For confidentiality, comfort, and accurate assessment, entrance examinations are administered on an individual basis.

For further information, please contact:
Jean Mantha, Headmaster
Macdonald-Cartier Academy
270 Crichton Street
Ottawa, ON K1M 1W4
Tel: (613) 744-8898



www.mcademy.ca



Hair of the Dog Care Services (Since 1999)

Dog Walking ~ Dog Sitting
Puppy Visits ~ Vet Visits
Insured and Bonded
Member of Pet Sitters International

613-842-4443

Linda Roininen 43 Alexander Street, Ottawa ON K1M 1N1

PLACE FOR PAWS

Boarding Camp for Dogs & Cats

THE place to stay while your family is away!

Visit the spa-like atmosphere and see for yourself.

Dogs enjoy 6 daily supervised outings
in our fenced acre & country trail walks.

Separate sunny CAT condos

Transportation Available

613-446-2280
Margo Edwards Ledoux

Holiday Services



ST. BARTHOLOMEW'S

125 Mackay St.

Sun., Dec. 23, 9:30 am

Advent 4 Holy Eucharist (BAS)

4:00 pm Service of Nine Lessons and Carols

Mon., Dec. 24, 4:00 pm

Holy Eucharist (BAS)

Christmas Eve Family Service

10:30 pm Holy Eucharist (BAS)

Christmas Eve Service

Tue., Dec. 25, 9:30 am

Holy Communion (BCP)

MACKAY UNITED CHURCH

MacKay St. at Dufferin Rd.

749-8727

Sun., Dec. 16, 6:30 pm

Community Christmas Music Service In aid of The Mission

Wed., Dec. 19, 7:00 pm

Blue Christmas Service

Christmas Eve 7:00 pm

Christmas Eve Family Service and Holy Communion

ST. JOHN EVANGELICAL LUTHERAN CHURCH

270 Crichton St. 749-6953

Sun., Dec 23, 10 a.m.

The Presence of Christmas Children's Pageant followed by potluck lunch

Christmas Eve, 7:30 pm

Candlelight Service

Christmas Day, 11:00 am

Worship Service at Gary J. Armstrong Cntr, Porter Island.

ST. LUKE LUTHERAN CHURCH

326 Mackay St. 749-1731

Mon. Dec. 24, 7:30 pm

Christmas Eve Service

Tue. Dec 25, 10:30 am

Christmas Service

Mon. Dec. 31, 7:30 pm

New Year's Eve Service

ST. ANDREW'S CHURCH

Wellington at Kent

Sunday Dec 9, 4:00 pm

Candlelight Choir Concert

Mon, Dec. 24

Christmas Eve Pageant 7:30

Candlelight Service, 11 pm

Christmas Day, 11 am

Christmas Service with Children's Program

Every Sunday, 9:30 am

Advent Worship Services

Every Sunday, 11 am

Advent Worship Services (with Church School and Nursery).

Buying or Selling?

Let Janny and Jeff's 42 combined years of experience help you meet your real estate needs.

Janny and Jeff...Working for You

proven performance in
New Edinburgh
since 1986



JannyMills · JeffRosebrugh

Sales Representatives

ROYAL LEPAGE
Performance Realty
Brokerage, Independently Owned and Operated

613.238.2801
jannyandjeff.com

From all of us at the New Edinburgh News



*We Wish You a Very
Merry Holiday
Season!*

LOUIS HUTCHISON

Furniture

Repair, Refinishing, Restoration
On-site Service - Commercial and Residential



Pick-up and Delivery
Kitchen and Bathroom cabinetry and furniture

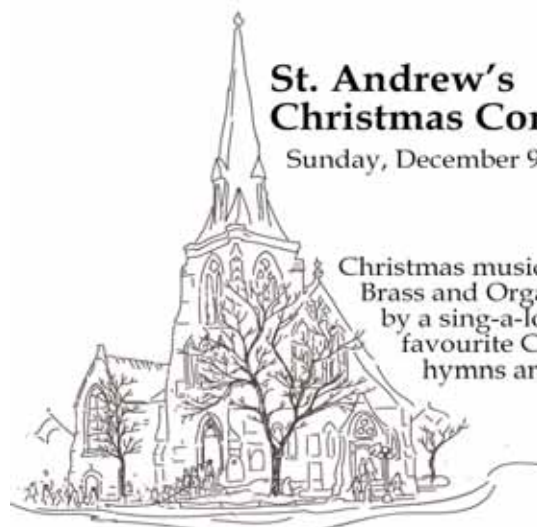
Call **613-850-6707** for free estimate
Ottawa/Gatineau area



St. Andrew's Christmas Concert

Sunday, December 9th, 4 p.m.

Christmas music for Choir,
Brass and Organ, followed
by a sing-a-long of
favourite Christmas
hymns and carols.



St. Andrew's Church, Ottawa

The Presbyterian Church in Canada

The Reverend Dr. Andrew J.R. Johnston

The Reverend J. Gregory Davidson

Music Director and Organist: Mr. Thomas Annand

Wellington at Kent Since 1828 ~ Parking behind Supreme Court
www.standrewsottawa.ca 613-232-9042



Burgh Bulletin Board

Sat, December 1, 6-9 pm

UNESCO WORLD PHILOSOPHY DAY was established to foster independent thought and dialogue through enlightened philosophical reflection. Our event will be held at the Crichton Cultural Community Centre, located at 200 Crichton, 2nd Floor (entrance around the back at 13 Avon Lane). Parking is available on the street.

For more information visit our www.worldphilosophyday.ca website or, to make a reservation, call (613) 265-7904 or email eastottawa@newacropolis.ca.

Until December 2

Haunt: New work by Sarah Hatton and Amy Thompson at the **DALESMITHGALLERY**, 137 Beechwood Avenue.

Wed, December 12, 5:30-7:30

BOOK LAUNCH "Ambassador's Word: Hostage Taking in Peru 1996-97". At the Department of Foreign Affairs in the Cadieux Auditorium. The event is being co-sponsored by the Canadian Institute of International Affairs. Admission is free and open to the public. Speaking at the event will be Peter Boehm (ADM DFAIT) and the Peruvian and Japanese Ambassadors.

Until December 13

INTERNATIONAL DIGITAL MINIPRINT EXHIBITION For the second year in a row, the Lieu de diffusion BRAVO-Est invites

you to this special event. This year, the curator of the exhibition Cécile Boucher proposes that we observe how the exhibiting artists manage once again to amaze us with their creativity and mastery of this contemporary expression of art. The exhibition will be held from November 2 to December 13, 2007 at the Lieu de diffusion BRAVO-Est located at 81 Beechwood Street, in Vanier.

Ongoing

MYTHS OF THE LAND The Ottawa Art Gallery Firestone Collection of Canadian Art, to January 27, 2008. Curated by Catherine Sinclair.

Family Workshop on Saturday December 8 at 1 pm.

Panel Discussion with Barry Ace, Michelle LaVallee and Ron Noganosh, moderated by Catherine Sinclair (in English) on Sunday December 9, 3 - 5 pm.

Talk with curator Catherine Sinclair (in English) on Friday December 14 at 12:30 pm.

The Ottawa Art Gallery Arts Court, 2 Daly Avenue, Tel: 613-233-8699 info@ottawaartgallery.ca www.ottawaartgallery.ca

ORIENTALISM & EPHEMERA, to February 3, 2008. Curated by Jamelie Hassan.

Meet the Artist School Program on Wednesday December 12 and

Thursday December 13 with artist Gerry Shikatani.

Screening: Out of Place: Memories of Edward Said. A documentary film by Sato Makoto (Japan) on Saturday January 26 at 7 pm, Library and Archives Canada Auditorium.

The Ottawa Art Gallery Arts Court, 2 Daly Avenue, Tel: 613-233-8699 info@ottawaartgallery.ca www.ottawaartgallery.ca

DRUM CIRCLE AT MACKAY UNITED Mondays from 7 to 8:30 pm in the Sanctuary. Drumming takes place in the sacred setting of the 130 year old sanctuary. Primarily African rhythms, songs and chants will be taught as well as some dance moves under the instruction of Ghanaian Mike Bonsu and Dr. John. The Drum Circle is open to the community. It is geared toward new and intermediate drummers and advanced drummers and dancers are welcome to join us. Some drums are provided. Contact Dr. John at 613 749-8727 or by email at minister@mackayunited.ca.

HELP LESOTHO Gift Catalogue is now available at www.helplesotho.ca. Please follow the link on the home page for gift suggestions for family, teachers, friends. Any questions may be directed to orders@helplesotho.ca. The catalogue is electronic to save money but can certainly be printed from the site.

MUSICIAN REQUIRED Divertimento Orchestra is in need of a percussionist for their "Pops" concerts in February. Rehearsals will start in January. To audition, please send an email to personnel@divertimento.ca.



Classified Ads

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

DOUBLE ELECTIC BED - Adjustable, like new. \$1,650. Simmons sofa-bed, double, excellent condition \$200. Contact 613-741-6606.

JAPANESE BONSAI POTS - Needlecraft supplies. Weaving wools. Small French lampshade forms. Theatre fabric, furs, trims, frames of all sizes, jewellery, collectibles. Contact 613-741-7703.

CREATIVE WRITING SERVICES by published author. Are you planning to write your memoirs or a novel? I will help you to get started and will assist and guide you from the opening sentence to the final word. Wordprocessing, proofreading, editing, ghostwriting, fact checking. Call Ingrid McCarthy (613) 860-2371. www.ingridmccarthy.com

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

DOG/CAT WALKING AND SITTING. (Your house and plants also safe with me!) Emergency and regular daily walking. Available early afternoons. References. Liba Bender 613.746.4884.

TIMESHARE FOR SALE - One-bedroom unit. 1 week/yr high season at Mont St. Anne Quebec. 27 years remaining \$3,000. Please call 613-745-8734.

GOLD MARBLE LAMINATE kitchen counter top. Two pieces. Brand new. \$40. 613-738-2231.

CAREGIVER AVAILABLE January. Mature, caring and hard-working nanny is available as of Jan 2 for looking after children (including toddlers), housekeeping and cooking. References from the neighbourhood. Contact Verlie Baker-Bell at 613-746-1413 (weekdays, daytime) or 613-744-1252 (evenings and weekends).

Stairwell Carollers Celebrate 30th Anniversary

The Stairwell Carollers, a 24-member a cappella chorus with roots in the New Edinburgh community, will present its annual Christmas concerts on **Saturday, December 15, at St. Charles Church on Beechwood Ave.** and on **Wednesday December 19 at St. Colomba Anglican Church, on Sandridge Road.** Both take place at 7:30 pm.

This year the chorus will be celebrating its 30th anniversary during the St. Charles concert, where a number of alumni will be returning for a gala celebration. Besides traditional Christmas carols, the programs will include pieces by the noted British composer/conductor **John Rutter**, and several original works by its musical director, **Pierre Massie**, one of which has



Members of the Stairwell Carollers a cappella chorus.

recently been recognized for an Amadeus Choir award in the unaccompanied composition category.

Each year the Carollers donate about \$5,000 to local charities, and to fund a scholarship awarded to the student applicant showing greatest promise in the field of vocal music. All of the funds are raised through ticket sales and the sale of their CDs. This

year's student scholarship winner was **Corey Arnold** of Ashbury College, who received the award in May.

Concert Tickets are available at the door. All tickets are **\$15** and **children under 12 will be admitted free.**

For more information about the Carollers and their recordings, check out their website at www.stairwellcarollers.com.

Room by Room Makeover^{Inc.}

- Painting
- Flooring and Tiling
- Upholstering
- Window Treatments
- Colour Consulting
- Small Carpentry

We help you get it done!

Owner/Operator: Kim McHugh **613-867-1074**
Email: roomakeover@yahoo.ca

+ de musique, d'activités physiques, d'arts,
d'expressions corporelles, de cours de langue, d'artisanat

Programme STEINER WALDORF
à l'école Le Trillium
Contacts : 613 744 8523

TRILLE DES BOIS

francophone et publique
140 rue Genest - Ottawa ON K1L 7X5
www.steinerwaldorf.ca

Une école publique, un enseignement + riche!

Conseil des écoles publiques de l'Ontario

Burgh Breezy Bits

Birthdays



Happy 70th birthday to **Gail McEachern** (pictured here) of Crichton Street.

Happy 75th birthday to **Derrick McGarry**.

Comings and Goings

We welcome **John-Paul Gouett** and **Lisa DiLorenzo** to Noel Street.

Welcome to **Kenny Brown** has moved to MacKay Street.

Penney Place has moved her permanent digs to downtown Ottawa but will continue to actively participate in the community as Chair of the Crichton Community Council. As many already know she

spends a good deal of time in Lesotho doing whatever she can to help that beleaguered country. She leaves for Lesotho sometime in January. Bon Voyage!

Farewell to **Ernest Johnson** of Ernest Johnson Antiques who is re-locating after 14 years on MacKay Street to a temporary showroom on Bank Street in Ottawa South until a new and permanent showroom has been found. We wish you the best in your new location.

Condolences

Sympathies to **John Callahan** and **family** of Ivy Crescent who's mother died in November.

We wish to express our heartfelt sentiments to the family and friends of **K'leigh Cundall**, who is gone but not forgotten from our community. Although she was taken from us in December two years ago, her memory lives on in our hearts and minds.

The tree that was planted in her honour in Stanley Park stands as a living reminder of her quiet sweetness.

Get Well Soon

It's the midnight call no one ever wants to get. "We need your permission to give your daughter 10 pints of blood." New Edinburgh friends and neighbours were shocked to hear that **Heather Matthews** had to rush to Hawaii where her daughter **Anna** was the victim of a hit and run car accident on Friday November 3. She was badly injured but is now recovering well. Anna will be returning to Ottawa with Mom for her recovery.

Kudos

Congratulations to **Ellen Goodman**, the well known and much loved Past Chair and moving spirit of the Crichton Cultural and Community Centre (CCCC). Ellen has received a National Excellence in Teaching Award for her dedication and innovative approach to teaching blind and visually impaired children, and in early November, was honoured at the 2007 Canadian Vision Teachers' Conference in Brampton for her groundbreaking work. Ellen has recently combined her vocation as a master teacher of the visually impaired with her avocation as a passionate advocate for the work of the CCCC through the introduc-



Photo: Larry Wilcox

Young musicians filled the air with their sweet music at MacKay United Church's recent Candlelight Bazaar.

tion a new program at the Centre, Get Together For Guys and Girls, which offers young people with low vision and blindness an opportunity for regular interaction, and development of social and physical skills.

David Sacks' book on the history and workings of the alphabet, published in 2003 under the title *Language Visible*, is just out in French translation from Montreal publisher Les Éditions de l'Homme. Titled *Une histoire des lettres de A à Z* (A History of the Alphabet: The Letters' Secret Life from A to Z), the new edition was featured recently at Montreal's French-language book fair, Le Salon du livre, and has so far received favourable notice in the newspaper La Presse.

William Barton, a distinguished former Canadian diplomat and public servant and a resident of the Burgh, is donating \$3 million to create the William and Jeanie Barton

Chair in International Affairs at Carleton University—an influential academic position that will enhance the understanding of arms control and disarmament issues worldwide. (N.B. there is no relation to Jean Barton of Books on Beechwood fame.)

Congratulations to **Aaron King** of Noel Street and his team the **Glebe Gryphons** for their resounding victory at the Secondary School Volleyball Champions held recently in Mississauga. The team received the Volleyball Champions of Ontario title, after winning all seven games of the tournament. Bravo!

We're Still Looking!

The New Edinburgh News is on the hunt for a new Breezy Bits editor – if you think you may be interested please send us an e-mail :

newednews@hotmail.com



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 2008.

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 e joie pour l'année 2008.

Je suis toujours disponible pour répondre à vos questions au sujet de l'immobilier et pour vous servir.



**Natalie
BELOVIC**

Associate Broker • Courtier associé

Direct Line: 613.747.9914
RE/MAX: 613.563.1155
www.nataliebelovic.com

RE/MAX
metro-city realty ltd.